



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

A MESSAGE FROM Karen Pearl

This has been a difficult winter for all of us, but most especially for our clients who struggle to get outside without the added burden of snow and ice. You can only imagine how delighted we are that it is nearly over. On December 24th, we delivered “Blizzard Boxes” to every client, each containing non-perishable food items including oatmeal, chunk light tuna, water, fruit juice, peanut butter, granola bars, jam, crackers, Parmalat milk and canned fruit. Each year, we provide these “Blizzard Boxes” in case severe weather interrupts our meal delivery. As it turned out, 24 hours after delivering the boxes, one of the worst blizzards in the city’s history buried us in snow. Thanks to our emergency planning, our clients had their “Blizzard Boxes” to tide them over.

Fearing even more bad weather, we called for help to raise additional emergency funds, and there was an instant and truly wonderful response from donors, volunteers, Board Members and corporate supporters — including, among others, contributions from Ameriprise, Coach, and Full Picture. For the first time in our history, we assembled and delivered a second emergency Blizzard Box. When storms struck again late in January, our clients were extremely grateful that we had ensured this second emergency supply of food. Thank you for being so generous when we called on you for help.

During this year, the demand for our services has continued to grow, up 21% from this time last year. To accommodate this growth, we have started the transition to the chilled/frozen model that I

described in our last newsletter. With this model, we will ensure that we stay true to our commitment of never having a waiting list. We will also ensure that our clients and their children and senior caregivers always receive fresh and delicious meals that are of the highest quality no matter how long a delivery route might be. To get started, we installed new freezers and blast chillers, and parked a 34-foot freezer trailer in our loading dock. Thus far, we have two routes that have been fully converted to the new model with 3 more coming on line in the next few weeks. Our clients welcome the greater variety of food they now receive and the greater flexibility they have in choosing what they want to eat and when they want to eat it.

We have enjoyed some special events with some of our most generous foundation supporters. On Saturday, October 16, 2010, the AVON Foundation for Women kicked off its annual 39.3-mile, two-day “Walk New York” to raise funds for the treatment and cure for breast cancer. For the third year in a row, God’s Love was delighted to participate by providing lunches for the



Karen Pearl, Cyndi Lauper, John Demsey and Nancy Mahon

walkers – tasty sandwiches, fruit, salad and, of course, brownies. We were also grateful to the AVON Foundation who awarded us a wonderfully generous check for \$200,000 at the closing ceremonies. This grant will go a long way in helping us cook and deliver nutritious meals to women living with breast cancer and to their children. It will also allow us to purchase a new refrigerated van for our chilled/frozen transition.

To celebrate World AIDS Day, God’s Love welcomed Grammy award-winning artist Cyndi Lauper and our friends from the M·A·C AIDS Fund. Cyndi, along with Lady Gaga, are the celebrity faces of M·A·C Cosmetics Viva Glam lipstick. Every cent from the sale of Viva Glam lipsticks goes toward helping people living with HIV/AIDS, including those who count on God’s Love for nutritious meals. John Demsey, Group President of Estee Lauder (parent company of M·A·C Cosmetics), Nancy Mahon, Executive Director of the M·A·C AIDS Fund, and makeup artists from M·A·C Cosmetics joined Cyndi in our kitchen to chop vegetables during the morning shift in our kitchen. Cyndi told our staff how much she loves God’s Love for



Karen Kim, Sylvia Vogelmann, Marc Hurlbert, Karen Pearl, Avon spokesperson Suze Orman, Karen Bdera & Alissa Wassung



Congressman Ed Towns & a client family



Karen Pearl, Queens Borough President Helen Marshall, Alissa Wassung & a client



Police Commissioner Ray Kelly



Jim Shields, Assemblywoman Deborah Glick & a client



Assemblyman Richard Gottfried



Michael Sennott, Karen Pearl, Mayor Michael Bloomberg, Sylvia Vogelman



Former Comptroller William Thompson & God's Love baker Chuck Piekarski



Council Member Margaret Chin & Nutritionist Pauline Cheung

ADVOCACY UPDATE MARCH 2011

This past fall we have been busy meeting with local, state and federal elected officials to refresh and expand their awareness of our program and services, and to urge their support for our current and future efforts.

During our meetings, we take the opportunity to inform our representatives about our major accomplishments and new initiatives. Many of those we visited were stunned at our skyrocketing meal numbers (up 21% from the same time last year) and were impressed that every weekday almost 4,000 meals are prepared, cooked and delivered from our facility in SoHo.

As God's Love serves clients citywide, our list of visits is a long one. At the local level, we have seen Chris Quinn, Speaker of the New York City Council, and Council Members Maria del Carmen Arroyo, Margaret Chin and Rosie Mendez. We have also visited with Borough Presidents Scott Stringer and Helen Marshall, met with staff from the offices of Borough Presidents James Molinaro and Ruben Diaz, Jr., and have a planned meeting with Borough President Marty Markowitz.

At the state level, we have visited with Assembly Members Deborah Glick and Richard Gottfried, and Senator Tom

Duane, as well as with staff from Speaker Sheldon Silver's office. On the federal level, we made sure to make appointments with staff from the offices of Senators Kirsten Gillibrand and Chuck Schumer, as well as staff representing Representatives Elliot Engel, Nita Lowey, Jerry Nadler, José Serrano, Ed Towns and Anthony Weiner.

This past Thanksgiving, God's Love was pleased to welcome Mayor Bloomberg and former Comptroller William "Bill" Thompson to our kitchen, where they joined President & CEO Karen Pearl and a group of enthusiastic volunteers in "working the line," and added to the general good will of the day. For our "Winter Feast," which was prepared and delivered on Christmas Eve, Congressman Towns delivered holiday meals to his constituents in Brooklyn, Assembly Member Gottfried donned an apron to scoop vegetables and Police Commissioner Kelly cheerfully packed meals in bags decorated by school children. We greatly appreciate all the support we get from our public officials, who have demonstrated their personal and extraordinary commitment to God's Love.

We often ask clients who are constituents of elected officials to accompany us on visits, so that our

representatives understand the face of God's Love in their own districts. Recently, one client, a woman in Queens struggling with severe diabetes and the debilitating effects from a stroke, lit up the room with her description of the service she receives from God's Love. Here are some highlights:

"God's Love gives you healthy, portion controlled meals that help me manage my weight and my diabetes. I love the vegetables! They are very, very fresh and true to color. I used to be a broccoli and carrot girl, but now I eat wax beans, lima beans and Brussels sprouts. Friday is fish day, and it is the highlight of my week. The fish they serve is plump and juicy, better than any restaurant. They even anticipate the weather. Last week, they delivered our food early, because we were expecting a snow storm. It's not just the food though; you can see the love and care going into each meal. On your birthday, they remember and bake you a cake, with frosting and your name on it. It's not a cupcake or a slice, but a whole cake! They are like family."

We are grateful that our clients and our elected representatives believe so fervently in our mission. We are indeed fortunate. ♥

GOD'S LOVE

◆ WELCOMES ◆

New Board Members

We are delighted to announce the addition of six new members to the Board of Directors at God's Love We Deliver.

Sue Chalom is a successful international commodities trader. Sue also travels around the globe finding unique objects and discovering emerging artists. Her talent for recognizing fine design has led to her business success in importing and distributing luxury goods.

Jonah Disend has been hailed as a "marketing guru" by Newsweek and is founder of RedScout, a brand-driven innovation firm. RedScout serves as a strategic partner for firms such as PepsiCo, Kraft, Johnson & Johnson, Hyatt and Nickelodeon. Jonah is a popular industry speaker and he is currently at work on his first book.

Joseph F. Kirk is Executive Vice President and Community Banking Regional President for Wachovia Wells Fargo. He is an active community leader for a number of well-respected organizations in the tri-state area, and is an active member of the Wachovia volunteer team at God's Love.

Mark Lehrer, Esq. is an attorney at SNR Denton. He represents foreign and domestic financial institutions in complex secured real estate transactions. He is a member of the New York City Bar Association, the Real Estate Board of New York and the Association of Foreign Investors in Real Estate.

Adam Lippes is a fashion designer and Founder and Creative Director of his own fashion collection, ADAM. In 2007, he was inducted into the prestigious Council of Fashion Designers of America (CFDA). Adam is involved with many charitable causes.

Gerald Madigan is Managing Director of Credit Trading at JP Morgan Chase. He works with worldwide industries including airlines, retailers, real estate, consumer goods and insurance. He is a director on a number of corporate boards, and is involved in a program that helps students attend Cardinal Hayes High School in the Bronx.

In addition, the following individuals have completed many years of dedicated and distinguished service to the Board of Directors. They have been invited to serve as inaugural members on our newly-formed Chairman's Council.

Richard Feldman, Esq.

Barbra Locker, Ph.D.

R. Michael Moran

Sylvia Vogelman

We are deeply grateful for their commitment and years of accomplishment. We know that they will continue to lend their hearts and expertise to all of our efforts. ♥

Leave a Legacy

...of lasting compassion and caring for the seriously ill people in our community. By including God's Love We Deliver in your estate plans, you will help ensure that we can carry out our vital mission well into the future. To find out more about creating a legacy that includes God's Love We Deliver, please visit www.godslovewedeliver.org or call Paul Kearney at (212) 294-8142. ♥



Race to Deliver RECAP

How much fun can one have in Central Park and all before noon? Well, on Sunday, November 21st, thousands of runners joined God's Love We Deliver in the 17th Annual Race to Deliver. On a perfect morning, people of all ages came out in droves to enjoy the weather, their friends, and most importantly, to raise funds for God's Love. Our thanks go out to all of the runners, teams and corporate sponsors, and we look forward to seeing you again next year! Check out all the pictures at www.flickr.com/photos/godslovewedeliver.com ♥



Is Your Refrigerator **SAFE?**

According to the Centers for Disease Control, food-borne illnesses—most of which are preventable—strike 48 million Americans each year, causing 128,000 hospitalizations and 3,000 deaths. Recent outbreaks of food-borne illness and resulting product recalls have gained increased public attention and concern, as have the numerous documentary films dealing with the subject of the safety of our food supply.

Food Safety Modernization Act

This past January, President Obama signed the Food Safety Modernization Act into law. The legislation is intended to prevent food-borne illnesses by strengthening the nation's food safety system.

Food safety is a critical issue for everyone, especially our clients living with life-altering illnesses and compromised immune systems. It is at the core of our operations at God's Love, and it determines how we handle food for meals. Our Registered Dietitians counsel each client, giving them one-to-one instruction on safe food handling. Every conversation with a client provides a timely opportunity to further improve food safety practices. ♥

Here are some suggestions to make your home kitchen safer:



1 Regulate your refrigerator temperature with an appliance thermometer. The temperature should be between 32°F-40°F. Keep the thermometer on the center of the middle shelf and check it regularly. Adjust the control settings dial accordingly.

2 Give your refrigerator a thorough cleaning. Remove items and using a damp, clean sponge and mild soap, clean the interior, including drawers and shelves. Other good cleaning solutions you can make at home are a mix of 1 cup of vinegar diluted in 1 gallon of warm water, or 2 tablespoons of baking soda mixed with 1 quart of warm water.

3 Take a freezer inventory. If you have no idea what something is, or how long it has been in there, it is safest to toss it. Keep in mind that it's best to use leftovers within 3 months. Label and date items as you freeze them.

4 Inspect your cutting boards. Replace any that are grooved or worn. Look for plastic or acrylic boards because they are nonporous and the easiest to clean.

Couscous and lamb pilaf with dried fruits and nuts

SERVES 8

Per serving: 350 calories, 11 g Total Fat (2g Saturated Fat), 48g Carbohydrates, 13g Protein, 5g Dietary Fiber, 338 mg Sodium

Ingredients:

- ½ teaspoon ground cumin
- 1 teaspoon of coriander
- ½ teaspoon ground cinnamon
- 1 teaspoon salt, plus more to taste
- 6 ounces lamb tenderloin, trimmed of visible fat
- 2 tablespoons canola oil, divided
- 1 box (10 ounces) couscous, preferably whole wheat
- ½ cup dried apricots, cut into slivers
- ½ cup golden raisins
- 3 cups boiling water, divided
- 2 cups boiling water, divided
- 2 cups frozen green peas, thawed
- freshly ground white pepper to taste
- ½ cup unsalted shelled pistachios or slivered almonds, toasted*
- ¼ cup minced fresh mint leaves for garnish

Couscous is a light, fluffy pasta resembling a grain. It is a dietary staple in many Mediterranean countries. This recipe pairs it with other classic Mediterranean ingredients—plump golden raisins, apricots, toasted nuts, and tender lamb—in a pilaf scented with cumin, cinnamon, coriander, and mint. Look for whole wheat couscous, which is becoming increasingly available in supermarkets.

Directions:

◆ Mix together the cumin, cinnamon, ½ teaspoon of the coriander, and 1 teaspoon salt, and rub this spice mixture into the lamb. Cover the lamb and let stand for 30 to 60 minutes in the refrigerator.

◆ Meanwhile, in a medium saucepan, heat 1 tablespoon of the canola oil over medium-high heat. Add the couscous and cook, stirring for 1 to 2 minutes, until the grains turn translucent and shiny. Remove the pan from the heat. Add the remaining ½ teaspoon of coriander and the apricots and raisins, and mix well. Pour in 2 cups of boiling water and stir briskly. Immediately cover the pan with a tight-fitting lid. Let it stand for 7 minutes.

◆ Stir the couscous with a fork to fluff the grains. Add the remaining 1 cup of boiling water. Put the peas on top of the couscous. Cover and let it stand for 5 to 8 more minutes, or until liquid is absorbed.

◆ Cut the lamb into ¼-inch-thick slices, then into bite-sized pieces. In a skillet, heat the remaining 1 tablespoon of canola oil over medium-high heat. Add the lamb and sauté 5 to 7 minutes, until browned and cooked through. With a slotted spoon, transfer the meat to a paper towel.

◆ Stir the couscous with a fork to fluff the grains and season to taste with salt and white pepper. Transfer to a serving bowl. Top with the lamb and nuts. Sprinkle with mint and serve.

*NOTE: To toast the nuts, put them in a small skillet over medium-high heat and stir frequently for 2 to 3 minutes, until lightly browned. Immediately transfer the nuts to a small dish and cool.

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Not Just Any Thursday Evening

By Emily Findley

The Thursday night crew is definitely known for the “caring is sharing” attitude that they bring to God’s Love We Deliver. Not only do they chop, slice and dice together, but they also expand their time together outside of God’s Love, deepening their friendships and strengthening the volunteer family with a variety of activities. Whether it’s a barbeque on a hot summer day, a holiday party or weekly visits to the Sullivan Diner, the Thursday crew shares it all with their enthusiastic love, energy and dedication.

Nearly every volunteer who works on Thursday night has been volunteering with God’s Love We Deliver for at least two years. Their bonds seem unbreakable and as they cement their friendships each week, they continue to bring in their loved ones, whether family or friends, to

give them a glimpse of the love and good times they have at God’s Love We Deliver.

Each Thursday night volunteer goes above and beyond his or her weekly chopping in one way or another. Just three years ago, they started a lasagna party to raise money for the Race to Deliver. One volunteer opened up her beautiful home, another provides all of the delicious lasagna and the whole team comes out for a potluck fundraising night a week before the 4-mile run/walk. What started out as a genius idea by a new volunteer has now become a staple in November!

If that wasn’t reason enough to get together outside of the kitchen – every year around the holidays, the Thursday night team reserves an evening at Cody’s, a restaurant down the street from God’s Love, for an all-you-can-eat evening of

fun, fellowship and even a gift swap. Volunteers from past and present get down to eat, boogie and celebrate the holidays together. But they don’t need an excuse for a party, as they get together every Thursday and work hard chopping vegetables after already having put in a long day.

There are many reasons that the Thursday night crew keeps coming back, week after week, and year after year. But one thing remains the same – all of them believe in the mission of God’s Love, to provide nutritious meals to their friends and neighbors who are too sick to shop or cook for themselves. We are fortunate to have such an enthusiastic and motivated crew and we are delighted to see them walk through our doors every Thursday evening. ♥

In *Loving* Memory

For 25 years, God’s Love We Deliver has been fortunate to have the tireless support of many truly wonderful individuals. Over the past few months, sadly, we lost two of our best – Board Members Reggie Smith and Jeff Diglio.

Reggie, who passed away on October 25th, touched people’s lives in a most special way by always giving selflessly of his time and talent. Reggie was an active volunteer, and along with his Board service, he and his partner, Robert Herbert were dedicated to supporting God’s Love for over 20 years.

Jeffrey Diglio, who also gave his all as a volunteer, donor and member of the Board of Directors, passed away on January 4th after a long and valiant battle with HIV/AIDS. A former client himself, Jeff could often be found volunteering in our Client Services department, leading us by inspiration and example to continue our excellent service to others living with serious illnesses.

Everyone at God’s Love and in the community mourns the loss of Reggie and Jeff whose lives and spirits were blessings to everyone who knew them. We will miss them deeply and always remember them. ♥

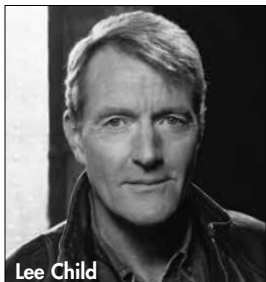


Jeff Diglio & Reggie Smith

8TH ANNUAL
AUTHORS IN KIND
LITERARY LUNCHEON



Linda Fairstein



Lee Child



Ruth Reichl



Dan Savage

On Wednesday, April 13th, our Board Member and bestselling author, Linda Fairstein, will be hosting the 8th Annual **AUTHORS IN KIND** literary luncheon at The Pierre in Manhattan. Linda and the guest authors will discuss their recent books, and will sign complimentary copies immediately before and following luncheon.

This year we are pleased to welcome the following authors:

Lee Child, the #1 internationally bestselling author of the “Jack Reacher” crime novels. Lee will give luncheon guests a behind-the-scenes briefing of his enormously popular protagonist when he shares insider stories about his fifteenth thriller, *Worth Dying For*.

Ruth Reichl, a major force in the culinary

world, is a bestselling author, renowned restaurant critic, and former food editor of the *New York Times* and *Gourmet Magazine*. Ruth will talk about her critically acclaimed memoir, *Tender at the Bone*.

Dan Savage, author and journalist, will speak about the project he created after the tragic suicide of a fifteen year-old teenager, who was bullied for his perceived sexual orientation, in his brilliant new book, *It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life That’s Worth Living*.

We invite you to support the **AUTHORS IN KIND** luncheon by purchasing tickets or tables. All attendees will receive one complimentary book of their choice, and all books will be available for sale. For more information and reservations, please call 212-294-8162 or send an email to events@glwd.org. We hope to see you there! ♥

A MESSAGE FROM **Karen Pearl** *[continued]*

taking care of a dear friend of hers who had AIDS.

We are proud that in our 25-year history, we have always been there for people with severe illnesses who cannot take care of their own nutritional needs. Whether they are living with cancer, HIV/AIDS, Alzheimer’s disease or any other illness, we will get them their first meal on the next delivery day, without fuss, without barrier. We will take care

of their children and senior caregivers. We will not charge them for their meals. And, no matter how high the demand for our services grows, we will make whatever program and operational improvements are needed to ensure that we do not turn anyone away and never have a waiting list.

That’s a remarkable achievement. I cannot thank you enough for your generosity. You have made this our shared and wonderful story. ♥

Karen

our mission

The mission of God’s Love We Deliver is to improve the health and well-being of men, women and children living with HIV/AIDS, cancer and other life-altering illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who are unable to provide or prepare meals for themselves. We also offer illness-specific nutrition education and counseling to our clients and families, care providers and other service organizations. All of our services are provided free of charge without regard to income.



GOD’S LOVE WE DELIVER is a BBB Accredited Charity and a proud member of the BBB Charity Seal Program. God’s Love meets or exceeds all 20 BBB Standards for Charity Accountability.



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