



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER | NUTRITION: OUR SIGNATURE DIFFERENCE

A MESSAGE FROM Karen Pearl

In April, we celebrated National Volunteer Week with our legendary annual Volunteer Appreciation Party. It's not surprising then that the outstanding contributions of our volunteers have been on our minds. Combined, our volunteer efforts exceed 132,000 hours of service each year – that's the equivalent of 72 full-time positions. This year, with their help, we are cooking and delivering close to 1.1 million meals, a number that truly astounds and humbles us as we remember that it was one woman delivering one meal to one man that started the movement we continue to this day – providing nutrition, dignity and hope to those living with severe illness.

home was a small kitchen in the West Park Presbyterian Church on Amsterdam and 86th Street. In 1991, we moved to a larger kitchen at the American Youth Hostel on Amsterdam and 103rd Street. At the end of 1993, we purchased our current home in SoHo and moved in after a complete renovation in 1995. We thought we'd never need more space than what we had.

But over these 17 years, we have converted many offices into freezers and refrigerators. We've upgraded our kitchen to handle the increasing volume of meals. And, last year, we placed a freezer trailer in our loading dock to help us manage the ever-increasing volume of meals we prepare.

What amazes me is how many of our volunteers have taken this journey along with us. It is a testament to their dedication and caring...

Last year at our Authors in Kind luncheon in April, God's Love We Deliver kicked off our 25th anniversary celebration. This year at AIK, we started to look forward to our next big celebration, the "roof breaking" for our expanded building. As we reviewed our 25-year history, a chant that runs through it is, "We're out of space!"

As God's Love has grown from 50 meals a week in 1986 to 21,472 meals a week just this past week, we have had to keep growing our space as well. Our first

What amazes me is how many of our volunteers have taken this journey along with us. It is a testament to their dedication and caring that we have so many volunteers with 20+ years of experience at God's Love. Other volunteers have joined us along the way, and each and every volunteer's commitment and gifts of time mean so much to our organization.

We have embarked on a \$25 million Expansion Campaign to renovate and expand our current home so that we



more than double our space. This will give us the kitchen, delivery and volunteer areas we need to more than double the number of meals we cook and deliver to clients each year. Once again, we will not be able to complete this next stage in our journey without the support of every member of the God's Love community. It is for this reason that we have formed both a Campaign Steering Committee and a Volunteer Campaign Steering Committee to facilitate the involvement of all of our volunteers and friends in building our future.

To date we have raised \$14.7 million toward our goal. We are ecstatic about our progress, and also recognize the work still ahead to get us to our goal. We hope you will support us in our efforts by considering a gift to the campaign. If you would like to learn more about the campaign, please visit us on our website at glwd.org/expansioncampaign or call our Campaign office at 212. 294.8140. I look forward to keeping you updated on our progress. ♥

Karen



Committed Friends, Dear Partners

You never know who you're going to meet at God's Love, as we are lucky to have phenomenal support from our community. Recent examples include the Tracy Family Foundation, Levi Strauss & Co., and the Fan Fox and Leslie R. Samuels Foundation.

The Tracy Family

Foundation was established to provide resources to local charities and instill family values of giving and volunteerism to their 73-member family. During their yearly search for grant recipients, Mary, Teresa and Maggie were introduced to God's Love through one of our volunteers.

Impressed by our volunteer's strong connection to our mission and the unique quality of our programs, Mary and her two daughters joined the God's Love family. A huge thanks to Mary,

Teresa and Maggie for volunteering and financial support!

God's Love has greatly benefited from the special hands and hearts of our friends at Levi Strauss & Company. Joel Allen, President of their Community Involvement Team, has worked hard to mobilize the Levi Strauss team in support of our vital mission. Our friends at Levi Strauss have volunteered, attended events, and made generous grants as a team to help us prepare meals for those too sick to shop or cook for themselves. They are a caring group, and very generous with their time and resources. Thank you for your support!

The Fan Fox and Leslie R. Samuels Foundation recently returned to God's Love with a very generous grant for our Food as Medicine Advocacy Initiative, benefiting vulnerable seniors. The officers, staff, and board of the Samuels Foundation are powerful community leaders supporting arts, health, and social services. This grant will help us identify more seniors in need, while measuring our success and ensuring broad public support for nutrition resources. ♥

For Francesca, God's Love Delivered

A letter from a client's son

Recently, our client Francesca passed away. She had been on our program for several years and her son stayed in touch with us, always letting us know how our programs and services helped Francesca and her family. The letter below was sent to us by her son, reminding us that, because of your help, God's Love delivered.

"Throughout her life, my mother Francesca was the source of active, abundant love. I am grateful to God's Love We Deliver for sustaining her with excellent nutrition, delivered through a network of loving people, when she became unable to care for herself.

An immigrant from Italy, she was an outstanding seamstress who created and repaired clothing. She loved her family and friends. She repaired me when I was hurt and made the best eggplant parmesan I ever had! She was always cheerful, kind and loving, and she especially loved to cook for people. Like God's Love, her love was active; she delivered, there were smiles at hello, at goodbye and in between. And like God's Love, her love healed, through acts of kindness and caring.

The sister of three brothers and daughter of a seamstress and carpenter, Francesca learned to sew from her mother

and the town's local seamstress. At nineteen, she attended the *Accademia Italiana di Taglio* in Naples where she mastered the skills of cutting, pattern-making and sewing.

At 25, her mother passed away and Francesca then became housekeeper for her father and brothers. Just three years later, she married an Italian-American World War II veteran. Soon after, Francesca crossed the Atlantic Ocean by ship and joined her new husband in Brooklyn, New York.

Francesca kept a busy life, working in a dress factory and raising her two sons. Taking care of others remained the focus of her life, even with its twists and turns. Over the years, Francesca was widowed twice. No matter the hardship, she stayed true to her generous and caregiving ways, continuing to cook and care for her family.

But at the age of 78, she began to show signs of dementia. Her life changed dramatically in a short time. She was no longer able to walk or speak. It broke my heart when my mother, the chef of my childhood, could no longer feed herself.

I didn't know where to turn and a

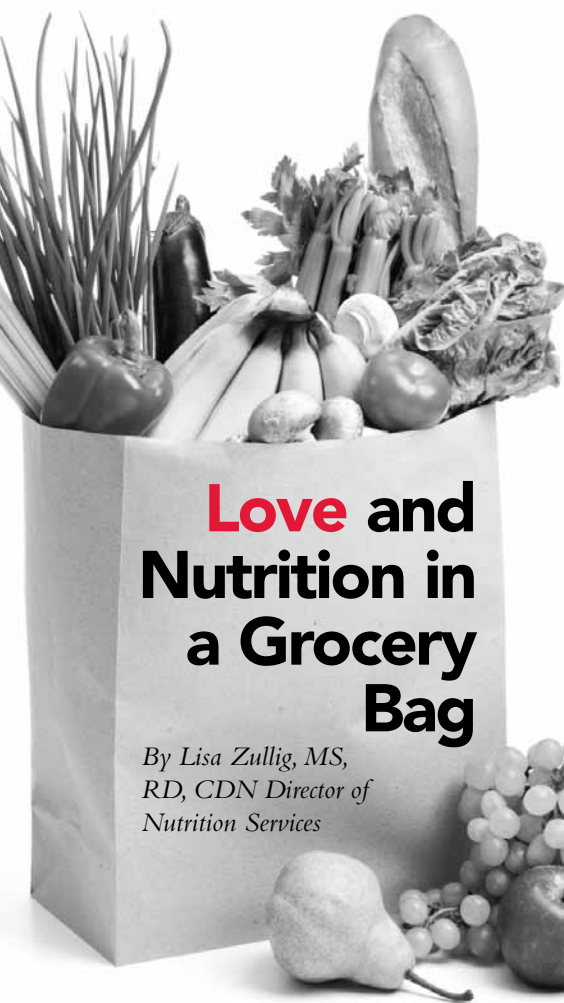
friend told me about God's Love. Right away, the nutritionist contacted me to establish her meal preparation. God's Love cooked and delivered special meals, minced in texture so that she could eat more easily. The discussions with the nutritionist were so helpful.

When her life became too difficult a journey for her alone, God's Love We Deliver kept her safely, fully fed.

"I want everyone to know that when she was most in need, God's Love delivered!"

Throughout the years of food delivery I marveled at the reliability and goodness of the food. The experience inspired me to volunteer and contribute whenever I can and I have recommended God's Love We Deliver countless times to friends.

I personally witnessed the sustenance that God's Love We Deliver provided to my mother. I saw firsthand the compassionate and essential meal delivery that God's Love provides. I want everyone to know that when she was most in need, God's Love delivered!" ♥



Love and Nutrition in a Grocery Bag

By Lisa Zullig, MS,
RD, CDN Director of
Nutrition Services

live in New York City and do not require our full Meal and Nutrition Program but require some assistance with access to food and nutritional guidance. Nutrition counseling and weekly nutrition education are provided, as well as well-balanced grocery items. These items include fresh produce, delivered weekly during the growing season thanks to our partnership with the Tribeca CSA. In addition, program clients are invited to the agency several times a year for nutrition and cooking workshops led by Registered Dietitians.

Spring is a season traditionally marked by renewal, revitalization and growth. Our Grocery Bag Program is expanding, with the number of items provided and clients served, both poised to increase. The Nutrition Services Department will meet this challenge head-on by establishing nutritional guidelines and conducting surveys of current program clients.

This small, targeted survey (in contrast to the department's larger, annual survey of the full client population) will be used to enhance the program in the face of its rapid growth.

Made possible by funding from the New York State Department of Health AIDS Institute and Public Health Solutions, the Grocery Bag Program's goals are simple: to provide clients with healthy food options and the tools to help them maintain their health, including increased nutritional knowledge and cooking skills. The program has grown steadily since its inception, with its client base doubling in the last year alone. That is reason for celebration: through the program, God's Love has been able to provide a broader range of food and nutrition services to more people facing diverse needs.

These activities and so many others further the mission of God's Love to alleviate hunger and malnutrition, thereby improving the health and well-being of those living with HIV/AIDS, cancer and other serious illnesses. ♥

foodforthought

Do you have a suggestion for a story that you would like to see in Food for Thought? Email us at communications@glwd.org

This savory egg dish easily adapts to other vegetables or cheeses, like blanched broccoli rabe and sharp cheddar, or artichoke hearts with a Parmesan and Fontina combination.

Portobello and Asparagus Egg Strata

SERVES 8

Per serving: 230 calories (100 from fat), 11g total fat, 4g saturated fat, 220mg cholesterol, 660mg sodium, 19g total carbohydrate (2g dietary fiber, 6g sugar), 14g protein

Ingredients

- 1 tablespoon extra virgin olive oil
- 1½ cups chopped yellow onion
- ¼ teaspoon dried thyme
- 3 cloves garlic, finely chopped
- 8 ounces portobello mushrooms, thinly sliced
- ½ pound asparagus, trimmed and cut into 1-inch lengths
- 1 teaspoon salt
- 8 eggs
- 1 cup milk
- 2 tablespoons Dijon mustard
- 3 tablespoons chopped parsley
- black pepper to taste
- 5 cups (1") cubes sourdough bread
- 4 ounces herb or plain goat cheese, crumbled

Method

◆ Heat oil in a large skillet over medium heat. Add onions and thyme and cook until softened, about 4 minutes. Add garlic, mushrooms, asparagus and ½ teaspoon salt and cook 5 more minutes. Set aside. Meanwhile, whisk together eggs, milk, mustard, parsley, pepper and remaining ½ teaspoon salt in a large bowl. Set aside.

◆ Spread half of the bread over the bottom of a lightly greased 9-x13-inch baking dish. Top with half of the mushroom mixture and a third of the goat cheese. Layer with remaining bread and mushroom mixture, and pour egg mixture evenly over the top. Cover strata and chill overnight.

◆ Preheat oven to 375°F. Remove strata from refrigerator and bring to room temperature while the oven heats. Sprinkle remaining two-thirds goat cheese over the top and bake until firm in the center and golden brown on top, about 45 minutes. Let rest 10 minutes before serving.

Recipe courtesy of Whole Foods Market.
Visit wholefoodsmarket.com for more great recipes.

For 25 years, God's Love We Deliver has provided exceptional food and nutrition services to the HIV/AIDS community of Greater New York. We respond to the dual crises of HIV/AIDS and malnutrition. This focus remains central to the agency's mission – and one of its core competencies. We perform culturally appropriate outreach to all sectors of the HIV/AIDS community continuously in order to locate those who are in need of food and nutrition services. This has become an area of expertise for the God's Love Nutrition Services Department, and our Registered Dietitians are leaders in the field. Over the years, the nutritional needs of people living with HIV/AIDS (PLWHAs) have changed as much as the manner in which these needs are met – and throughout, God's Love has remained dedicated to meeting the shifting needs of the community.

The God's Love's Grocery Bag Program is a prime example of how the agency's services have evolved over time with the HIV/AIDS community. Established in 2007, the program (which complements our Home Delivered Meal Program) is suitable for PLWHAs who

THE TWELFTH ANNUAL
**MIDSUMMER
 NIGHT DRINKS**
 IN SUPPORT OF
 GOD'S LOVE WE DELIVER

You are cordially invited to one of the most anticipated events of the Hamptons summer season.

On Saturday, June 16, Tony Ingrao and Randy Kemper will host *Midsummer Night Drinks* at their magnificent home, Woodhouse Park, in East Hampton.

All funds raised allow God's Love We Deliver to continue our urgent work. Midsummer Night Drinks is a great way to kick off the summer while supporting one of New York City's most beloved charities.

To purchase tickets, call us at 212.294.8162 or visit our website glwd.org/midsummernightdrinks. ♥

KITCHEN CABINET

The Kitchen Cabinet program is a convenient way to help God's Love We Deliver by providing a steady source of support. Each month, your gift is paid automatically through

your bank or credit card.

To become a member of the Kitchen Cabinet, please call us at 212.294.8146 or visit us at glwd.org/kitchencabinet. ♥

Volunteers Party during National Volunteer Week

Incredibly, each year nearly 8,000 different people volunteer at God's Love by chopping, scooping, wrapping, delivering, lifting, filing, calling, kitting and most of all, caring.

We simply could not do what we do without the unwavering support of our amazing volunteers.

We kicked off National Volunteer Week this year with our annual Volunteer

Appreciation Party held at the Copacabana in NYC. Over 400 God's Love volunteers showed up allowing us to say "Thank you," once again.

From all of us at God's Love and on behalf of our clients, we thank every one of our volunteers for caring. ♥

Volunteers at our Volunteer Appreciation Party



The HIV/AIDS Planning Council: Advocates for Our Community

By Dorella Walters, Senior Director of Program Services

For more than 25 years, God's Love We Deliver has been a vital first responder in the fight against the HIV/AIDS pandemic in New York City. We have understood from the very beginning that providing nutritious home-delivered meals and nutrition counseling is an essential part of the scope of services that our clients so desperately need.

Because food and nutrition resources are essential to those with life-altering illnesses, we advocate for strong public support of food and nutrition programs. As part of our advocacy efforts for funding services for People Living with HIV/AIDS (PLWHAs) through the Ryan White Care Act, I have been privileged to represent the agency as a member of the HIV Health and Human Services Planning Council of New York for four years. Today, I serve as its Community Co-Chair.

The Council, made up of 50 members that are PLWHAs, caregivers, governmental representatives and community members, is responsible for creating spending priorities and allocating funds to address the ever-changing needs of PLWHAs.

Through the years, God's Love has engaged our clients and volunteers to support our advocacy efforts for continued funding for food and nutrition services by providing both written and verbal testimony to the Council and its subcommittees. In fact, one of our volunteers was recently elected Rules and Membership Committee Co-chair.

This year, we are extraordinarily grateful to have been awarded \$1.5 million in federal funding through the Planning Council's priority setting and resource allocation process. These funds will help provide meals and nutrition counseling services to over 700 of our clients diagnosed with HIV/AIDS. The grant will also allow our Client Services and Nutrition Services staff to record data in *eSHARE*, the database of the NYC Department of Health and Mental Hygiene.

Our hope is to continue to be here providing the very best in meal and nutrition services to all those who need us. Thank you for the support of our advocacy efforts on behalf of our clients. ♥

Calendar

♥ Midsummer Night Drinks

Saturday, June 16, 2012
Woodhouse Park, the home of
Tony Ingrao & Randy Kemper
glwd.org/midsummernightdrinks

♥ Heritage of Pride March

Sunday, June 24, 2012
Visit glwd.org/feedyourpride
for more information

♥ The Golden Heart Awards Celebration

Monday, October 15, 2012
Honoring Michael Kors, Ryan
Murphy & Cindy Little
glwd.org/thegoldenheartawards

♥ Avon Walk for Breast Cancer

Saturday – Sunday, October 20-21
For information visit
avonwalk.org/new-york

♥ The Race to Deliver

Sunday, November 18, 2012
Central Park
Registration opens mid-summer
at racetodeliver.org

For tickets, sponsorship or more
information for any of these
events, please contact Susan
Oher at events@glwd.org
or call 212.294.8162.

Jamar Rogers

Laughing, Loving, Caring... and Singing!



Jamar at his kick-off party before he left to compete on *The Voice*

God's Love volunteer, Jamar Rogers, competed on the second season of *The Voice* this year. We watched him week in and week out, Monday nights on NBC, as he joined Team Cee Lo and wowed the crowd and judges. We were able to snag Jamar during his busy schedule to get a glimpse into the music business, his life and volunteering at God's Love. Jamar made it all the way to the semifinals, a wonderful achievement. Jamar tells us to love, serve others, and sing out!

What prompted you to volunteer for God's Love?

I was diagnosed with HIV several years ago and it was hard. Even though I think I maintained a good attitude, on the inside I dealt with a lot of shame, stigma and embarrassment. When I moved to New York City, I saw a counselor and he told me that, in giving back, I could, and would, feel better. With my counselor's encouragement and a friend's suggestion, I hit gold... I found God's Love.

What are some of your favorite memories?

I cannot forget the first time that I went on a van delivery for God's Love. From the smiles at every door to people shaking my hand and thanking me, it was a huge thrill. There is something unmatchable about

seeing the smile on a client's face when you deliver a meal.

What's strikes you most about God's Love?

Without a doubt the camaraderie among the volunteers. Take the volunteer lounge, for example. I would come in for van assisting and the folks who had just finished their 6:30 a.m. shift would be relaxing in the lounge, in no hurry to leave. It is remarkable, this community, and that's what I think is so warm and inviting about God's Love.

You're amazing on *The Voice* and we're honored to see that you talk about us. What's it like to be an ambassador for God's Love?

I'm so glad was able to talk about God's Love with *The Voice*! God's Love is forever a part of my story! I am messaged constantly about people wanting to get involved. Just the other day, I was eating at TGI Friday's and a waiter came up to me and told me that he liked *The Voice* but he was really interested in learning more about God's Love.

What I stand for is service to others. If I can get across to people that that is where true happiness and joy is, then I've done my job.

Ok, time to get back to the music... what are your top three favorite songs?

There's just so many! "House of the Rising Sun" by The Animals, "I Can't Make You Love Me" by Bonnie Raitt and "Ex-Factor" by Lauryn Hill. I play piano and write my own songs and next up I'll be learning guitar, so you better watch out!

What's one thing you want the world to know?

That we get the most out of living when we are loving others, laughing and loving extravagantly. And singing out, of course! ♥



AUTHORS IN KIND

On Thursday, April 26, 2012, more than 260 friends of God's Love We Deliver gathered at the Ninth Annual Authors In Kind literary luncheon. Held at The Pierre, this event marked the conclusion of our 25th Anniversary, which commenced at this wonderful event one year ago. Board Member, author extraordinaire, and Authors In Kind founder, **Linda Fairstein**, emceed as our guest authors took the podium to share anecdotes and remarks about their work to the delight of our many guests. The authors signed books before and after

the event, meeting and greeting guests and fans. Our thanks to all who attended and supported this event, which directly supports the programs and services of God's Love.

This year's authors included **Harry Belafonte**, legendary performer and activist, author of *My Song*; **Adam Gopnik**, brilliant writer for *The New Yorker*, author of *The Table Comes First: Family, France, and the Meaning of Food*; and, **Michael Connelly**, internationally #1 crime selling novelist, author of *The Drop*. ♥



The Legacy Society

As the demand for our services continues to grow, we hope that each generation will help provide for the next, so that we can always be there for seriously ill clients at a time in their lives when they need us most. That is why we ask friends to help secure the long-term future of God's Love We Deliver by joining the Legacy Society.

For more information, please contact Patrick Schultz at 212.294.8137 or visit godslowedeliver.org/legacy. ♥

"The best legacy you can leave is one that keeps on giving. The Legacy Society keeps your memory alive. And for me it's important that the support I give God's Love We Deliver carries on."

Vicente Wolf, Interior Designer and Legacy Society member

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 serious illnesses by alleviating hunger and malnutrition. We prepare and deliver nutritious, high-quality meals to people who, because of their illness, are unable to provide or prepare meals for themselves. We also provide illness-specific nutrition education and counseling to our clients, 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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