



The Sixth Annual AUTHORS IN KIND Literary Luncheon



Giulia Melucci, Wally Lamb, Linda Fairstein and William D. Cohan

How does she do it? Once again this year, legal expert, best-selling author and God's Love Board member Linda Fairstein hosted the Authors in Kind Literary Luncheon with an amazing line-up of authors. Linda was joined by the incomparable Wally Lamb, author of *The Hour I First Believed*; the wise and funny William D. Cohan, author of *House of Cards: A Tale of Hubris and Wretched Excess on Wall Street*; and in her debut, Giulia Melucci, author of *I Loved, I Lost, I Made Spaghetti*. The authors signed copies of their most recent work and made wonderful remarks – humorous, insightful and serious – during the luncheon. Linda and the other authors also spoke about their appreciation for God's Love We Deliver and the importance of the need we meet. **Mikimoto (America) CO.**, famous for its cultured pearls from the South Seas, donated a stunning pearl necklace that was raffled and given away to a guest, and each of the authors received a signature fountain pen generously donated by **Montblanc North America**. Every year Authors in Kind gets better and better through the hard work and dedication of the remarkable Linda Fairstein. We can't thank her and all of the wonderful authors, friends and sponsors enough for making the day so successful! ♥



Jonathan Adler, Marnie McBryde and Jeff Pfeifle



God's Love We Deliver Board Members

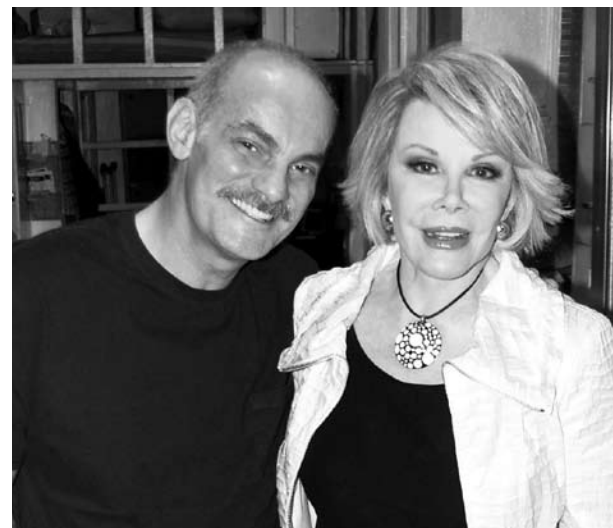


Alan Rogers, Sylvia Vogelmann, Michael Moran and Louis Bradbury



Cynthia Lufkin, Linda Fairstein and Karen Pearl

Joan Rivers Wins “Celebrity Apprentice”! God's Love We Deliver Benefits



Sebastian, a client, and Joan Rivers

“OUR VOLUNTEERS ARE THE GREATEST!”

At **GOD'S LOVE WE DELIVER**, the daily accomplishment of our important mission would not be possible without the dedicated support of over 1,400 committed volunteers every week. Last year alone, our volunteers provided nearly 80,000 hours of enthusiastic service valued at more than \$1 million – truly remarkable.

To recognize their efforts, God's Love celebrated National Volunteer Week from April 19th through 25th with a variety of events. On April 20th, at a

kick-off appreciation event, New York City Council Speaker **Christine Quinn**, actor and God's Love volunteer **Matthew Modine**, Executive Director of the Polo Ralph Lauren Foundation **Oscar Cohen**, and President & CEO of God's Love We Deliver **Karen Pearl** all made warm

remarks extolling the critical role all of our volunteers play in the successful operation of God's Love.

Throughout the week, each Department at God's Love took turns hosting the volunteers in the lounge with refreshments and decorations and each neighborhood distribution center received baskets of brownies.

Thank you again to all of our volunteers for your dedication and caring. You are the heart and soul of this organization and we can never thank you enough! ♥



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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(212) 294-8162

Website
www.godslovewedeliver.org



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

A MESSAGE FROM Karen Pearl

With our fiscal year ending on June 30, 2009, it is a good time to take stock. This has certainly been a tumultuous year financially, and yet, for our programs, it has been a year of growth and success.

On May 10th, Joan Rivers' amazing victory in *Celebrity Apprentice* provided us with a tremendous boost of good fortune and recognition. We are grateful for Joan's incomparable energy and compassion, as well as her generosity over the past twenty years, which has helped ensure our ability to meet the urgent and growing need for our services.

I am extremely proud that we have managed the budget cuts without sacrificing the level or quality of services we provide to our clients every day.

Even though we are facing tough economic times and feeling great pressure from a budget that has been reduced by 15%, we have managed to stay true to our core principles: no one should ever face the dual crises of hunger and serious illness; there will never be a waiting list for our services; and, our meals will always be provided free of charge.

As the safety net has frayed for people who are ill, God's Love has not turned away a single person who qualified for our home-delivered meal program. In fact, as of this May, we are serving 12% more clients than we did a year ago. This fiscal year, we will reach a new milestone by delivering more than

810,000 freshly prepared meals to our neighbors in need.

Often I am asked, "How do you provide expanded services with a budget that has been deeply cut?" It's not easy. It takes the deep and abiding commitment to our clients that everyone involved in God's Love brings to the table – our Board, staff, volunteers and supporters all contributing their best to ensure that we keep our promise of serving nutritious meals to those living with life-altering illnesses.

Here are some of the ways we lowered our expenses. We reduced

starch, and more fruit. For new clients, we streamlined the intake process so they can get their first meal delivered within 24-48 hours, depending upon where they live. And, as we prepare to deliver our 10 millionth meal, we remain mindful of the personal touches that mean so much. We now deliver a birthday card, hand-decorated by local school children, along with a personalized birthday cake, so our clients remember that all of us care about their well-being.

Our ability to stay true to our core principles has been challenged this year. Yet, you have made it possible. Every person who gives of their time and/or resources to God's Love provides vital support for our mission and work. Whether you volunteer weekly or once a year, donate monthly or once a year, you make a significant difference. I cannot thank you enough for your generosity and for your deep commitment to the most vulnerable among us, those facing serious illness who are too sick to shop or cook for themselves. ♥

While cutting costs, we have made changes that have enhanced programs and services to better meet the needs of our clients. This fall, we revised our menu to now include more whole grains, less sugar and fat, more vegetables, less



starch, and more fruit. For new clients, we streamlined the intake process so they can get their first meal delivered within 24-48 hours, depending upon where they live. And, as we prepare to deliver our 10 millionth meal, we remain mindful of the personal touches that mean so much. We now deliver a birthday card, hand-decorated by local school children, along with a personalized birthday cake, so our clients remember that all of us care about their well-being.

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Karen

ADVOCACY at its Best

Last month, when the only federal funding God's Love receives for services in New York City appeared to be at risk, we sprang into action. At stake was our "Ryan White" funding for people living with HIV/AIDS. These funds, administered locally through the New York City Planning Council, became threatened when the Integration of Care Committee of the Planning Council initially reviewed proposed language that did not require the services of Registered Dietitians in menu design or nutritional counseling and education.

In response, God's Love staff, along with members of our coalition of food and nutrition services providers, wrote new guidance language stressing the importance of having Registered Dietitians in charge of nutrition services.

The expertise of Registered Dietitians is critical in providing quality nutrition education and menu planning for clients living with HIV/AIDS who are managing complex symptoms and medications.

Testimony to the Integration of Care Committee was provided on several occasions by God's Love staff, as well as many of our coalition partners to ensure that our perspective was heard. We are pleased to report that we were heard – and that new language was approved, reflecting the critical role of nutritionists in the design and implementation of food and nutrition programs. The new Food and Nutrition RFP that will dictate how "Ryan White" funding will be spent in New York City is yet to be approved by the full Planning Council, but we believe that our collaboration and advocacy efforts were successful, and will



Council Member Eric Gioia with God's Love Volunteers

result in strong programs that support the nutritional needs of our clients.

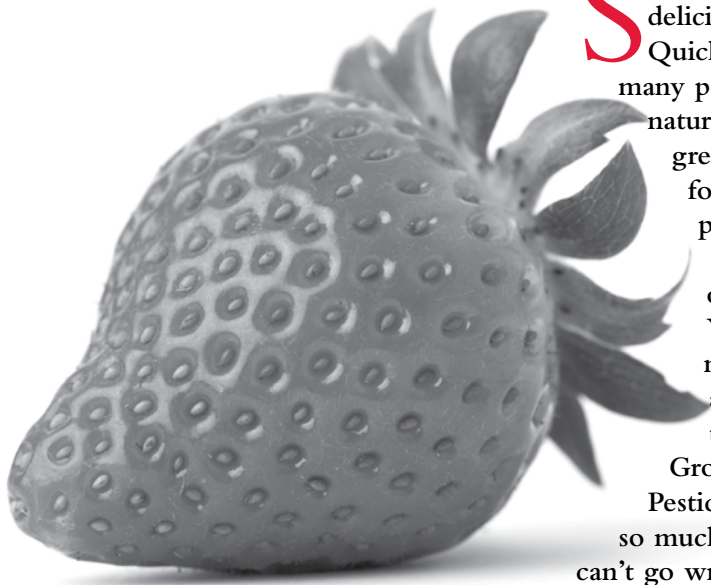
On other advocacy fronts, in the last month, we had the pleasure of welcoming to God's Love Christine Quinn, the Speaker of the NYC Council, to kick-off National Volunteer Week, and Eric Gioia, a NYC Council member representing communities in western Queens. Councilman Gioia was impressed to learn that we deliver almost 15,000 meals to his constituents! ♥

God's Love memories is when he traveled from the kitchen to the conference room and everywhere in between, on his quest for tools to fix a rickety can opener. While on that journey, Christian met so many different people who work every day to fulfill God's Love's mission: Maintenance, Kitchen, Development and Client Services staff, volunteers, and Board members. It takes a village as they say!

In addition to working in the kitchen, God's Love has been so lucky to have Christian volunteer his skill as a professional photographer at our major events, including Authors in Kind, the Golden Heart Awards, the volunteer party and the Race to Deliver — which is Christian's personal favorite. Despite needing to get to Central Park by 7:30 a.m. for the Race, which is quite early for him since this night owl usually starts the day with a ritual of green tea at noon, he enjoys this annual fall event because of the number and diversity of participants. Christian is also responsible for the beautiful cover photo of our kitchen staff used on last year's annual report.

Christian is touched by our mission and feels happy that he can use his gift as a photographer to help God's Love. A self-described "Chatty Cathy," he feels so connected to God's Love, since he knows all the staff and most of the volunteers by sight. He says, "the ability to give of your time, your health, your energy and your ability is the biggest gift you can receive." God's Love is extremely grateful to Christian for donating his time and special talents in support of our mission. Christian, we are delighted you've made this connection! ♥

Fruits: WHAT'S IN SEASON THIS SUMMER



Summer brings an abundance of delicious fruits to the New York area. Quick and easy snacks, fruits have many potential health benefits, are naturally low in calories and they taste great! What more could you ask for? Eating fresh, seasonal fruits is part of the summer experience.

Below is a guide to just a few of the fruits in season in the New York area over the summer months. For more information about pesticides in produce, see the Environmental Working Group's Shopper's Guide to Pesticides at www.ewg.org. With so much choice in New York, you can't go wrong adding fruit to your diet this summer. Enjoy!

STRAWBERRIES:

Strawberries are packed with vitamin C, folate and many beneficial phytochemicals, like ellagic acid, which seems to have anti-cancer properties. Local strawberries are available in June and July. Choose organic if possible to reduce exposure to pesticides. Select firm berries with a full red color and do not wash until ready to eat.

BLUEBERRIES:

Blueberries truly are a super food. In fact, the US Department of Agriculture's Human Nutrition Center has found that blueberries rank #1 in antioxidant activity as compared to 40 other fruits and vegetables. Rich in antioxidants, vitamins A & C, they are also packed with pectin, a type of fiber, which may help control blood cholesterol. Local blueberries are in season and are available during July, August and September. Look for firm berries with a dusty blue color.

PEACHES:

Peaches are a good source of beta-carotene, an important precursor of vitamin A. This phytochemical prevents the formation of harmful LDL cholesterol and may inhibit cancer cell growth. Additionally, peaches are high in vitamin C,

fiber, potassium and niacin. Look for local peaches in July, August and September. Choose organic peaches if possible with firm, fuzzy skins. Avoid blemishes.

CHERRIES:

Cherries' beautiful color is brought to us by various phytochemicals, high levels of the anti-inflammatory anthocyanin, in particular. The potential benefits of these phytochemicals include: reducing joint pain, preventing urinary tract infections and lowering the risk of some cancers. Cherries are available locally in July. Choose organic if possible and consume cherries within three days. If this isn't possible, cherries can be frozen (without pits) or made into jam.

CANTALOUPE:

Cantaloupe is an excellent source of the antioxidants beta-carotene (a precursor to vitamin A) and vitamin C, which promote healthy vision and immunity. Local cantaloupe is available during July and August. Not sure how to tell a ripe one? Look for a melon that is heavy for its size, and without bruises, and then tap on the melon with your palm. If you hear a hollow sound, it is ready! ♥

FROM THE NEW AMERICAN PLATE COOKBOOK

Chilled Strawberry Soup

SERVES 4

Ingredients:

- 5 cups (about 2 pounds) fresh strawberries, sliced
- ¼ cup freshly squeezed orange juice
- 2 tablespoons fresh mint leaves, chopped
- 2 tablespoons honey (optional)
- 4 fresh mint sprigs, for garnish

Method:

In a blender or food processor, purée the strawberries with orange juice and mint leaves until smooth. Add the honey, if desired, and blend. Transfer to a bowl, cover, and refrigerate 1-2 hours, until cold.

To serve, ladle the cold soup into 4 serving bowls and garnish with mint sprigs.

Nutrition:

Per serving: 114 calories (9 from fat), 1g total fat, less than 1g saturated fat, 27g carbohydrate, 6g dietary fiber, 2g protein, 10mg sodium.

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CLIENT PROFILE

Louis Cloyd

Life has been quite a journey for Louis Cloyd. Growing up in Detroit, Louis attended the magnet school Lewis Cass Technical High School where fellow alumni include such well-known celebrities as Diana Ross and Lily Tomlin. When Louis graduated in 1966, he knew that he could be drafted to go to Vietnam at any time. Instead of waiting for his number to be called, he chose to join the Air Force.

During his time in the service, Louis was sent to Japan and Taiwan. He learned how to translate Mandarin Chinese and became a translator for the Air Force. In his free time, Louis directed plays at a high school in Taiwan and a theater club in Japan. When his time in the service was over, Louis left the Air Force and moved to New York.

He put his considerable skills to wonderful use at the United Nations as a translator in the General Assembly. Feeling restless after three years, he moved on to pursue a degree in Film Studies at Hunter College. While a student at Hunter, Louis



accepted a scholarship to the prestigious graduate program in Film Studies at Stanford University in California, where he studied Film Editing.

After Stanford, Louis moved back to New York and began his career in the film industry. In 1983, he worked with legendary director Bob Fosse on "Star 80," a movie about a Playboy Playmate who is murdered by her husband. For several years, Louis continued working as a freelance editor, but he began having difficulties finding continuous work. "It was the first time I had really experienced being that hungry," Louis says about this period of time.

In 1989, Louis embarked on a totally new career when he was hired by The Plaza Hotel as a concierge. Here, he was able to put his love and vast knowledge of the city to great use. Shortly after, Louis received news that changed his life. Feeling ill, he went to the doctor and was diagnosed with HIV. Living with HIV while working was difficult for Louis. In the early days of his illness, he took 4 pills at 4 different times a day. After 3 years he found himself too weak to continue, and had to leave his position at the Plaza.

As his illness progressed, Louis lost over fifty pounds and felt too weak to walk. His sister saw that he needed help and urged him to join the home delivered meal program at God's Love We Deliver. Since he has been a client, Louis has improved tremendously. His appetite is stronger and he has gained weight.

Louis is feeling so much stronger that he has actually gone into acting. This winter, he played the role of Geppetto in a local production of Pinocchio. Despite his illness, Louis looks forward to the future and credits God's Love We Deliver for his improving health. Through all of the twists and turns in his life, Louis is thankful for the wonderful life that he has lived. When he reflects on all of his experiences, Louis says, "I have lived a charmed life. Thank you so much for giving me more of it to live. Thank you." ♥

Save the

DATE

♥ **Midsummer Night Drinks**
Saturday, June 13, 2009
6 pm – 9 pm
Whimsy Farm in Sagaponack

Spend a summer night in the Hamptons with God's Love We Deliver at the magnificent home of Martin and Mary Puris.

For more information, please contact Susan Oher at msd@glwd.org or call 212.294.8162

♥ **Third Annual Golden Heart Awards Celebration**
Monday, October 19, 2009
The IAC Building

God's Love We Deliver will honor and celebrate those who have helped our mission.

For more information, please contact Susan Oher at events@glwd.org or call 212.294.8162

♥ **16th Annual Race to Deliver**
Sunday, November 22, 2009
Central Park

Join with thousands of runners in Central Park to benefit God's Love We Deliver—it's not just another walk in the park.