

# The 16<sup>th</sup> Annual RACE TO DELIVER

The 16<sup>th</sup> Annual Race to Deliver took place on November 22<sup>nd</sup> in New York City's Central Park and brought nearly 6,000 competitors out to run, walk, and raise much needed funds to help us continue our mission.

**Tamara Tunie** and **Blaine Trump**, along with corporate supporters and members of God's Love's Board of Directors cheered on the runners. Broadway star **George Brescia** sang the National Anthem. **Miss Teen USA**, **Stormi Bree Henley**, served as Ambassador for the Kids' Fun Run. We would like to thank our corporate sponsors, our race teams, the runners, the walkers, and the volunteers who helped make the Race a huge success! ♥



## The Third Annual Golden Heart Awards



The Third Annual Golden Heart Awards celebration took place on Monday, October 19<sup>th</sup> at the magnificent Frank Gehry-designed IAC Building. Over 300 guests enjoyed a fantastic evening. Our thanks go to Deborah Norville who provided heartfelt and thoughtful commentary as the event's emcee.

This year, we recognized three outstanding supporters: **Calvin Klein** whose Lifetime Achievement award was presented by Anna Wintour; NYC Council Speaker **Christine Quinn** whose Outstanding Service to the Community award was presented by God's Love We Deliver President & CEO Karen Pearl; and long-time volunteer **Ed Prostack**, whose Outstanding Volunteer award was presented by POZ Magazine Editor-in-Chief Regan Hofmann.

Vice-Chair of the Board Blaine Trump chaired this year's dinner, which was the most successful in our history. Thank you to everyone who was involved in making this event an extraordinary success! ♥

## AVON STRENGTHENS PARTNERSHIP WITH GOD'S LOVE WE DELIVER

During the weekend of October 10<sup>th</sup> and 11<sup>th</sup>, over 4,000 committed and determined individuals joined together and walked 39.3 miles across New York City in the Avon Walk for Breast Cancer. Once again this year, God's Love We Deliver was proud to provide lunch for all walkers and crew on day two of the Walk. We are very grateful for the help of the over 200 volunteers and staff members who assisted in preparing and handing out delicious sandwiches, salads, and brownies.

Volunteers and staff from God's Love We Deliver also gave brownies and encouragement at our cheering station along the route on day one of the Walk. Thousands of walkers signed



a God's Love and Avon Walk banner that later led the way during the closing ceremony at the finish line.

Funds raised by the Walk help organizations that support those living with breast cancer, including God's Love We Deliver. During the closing ceremony, Karen Pearl, President & CEO of God's Love We Deliver accepted a generous one-year grant of \$200,000 from the Avon Foundation to provide meals and services for our clients who are living with breast cancer.

Thank you to everyone involved in making the event a success, and to the Avon Foundation for Women for their continued support. ♥

## God's Love We Deliver Recognizes World AIDS Day 2009



On December 1<sup>st</sup>, a group of 30 volunteers from M·A·C Cosmetics and the M·A·C AIDS Fund joined God's Love staff and regular volunteers to recognize World AIDS Day through a day of service. John Demsey, Estée Lauder Group President, Nancy Mahon, M·A·C AIDS Fund Executive Director, and Karen Buglisi, SVP of Sales at M·A·C, joined their team. At the luncheon

program, over 70 God's Love staff members and Tuesday volunteers also participated.

The day was marked by a moment of silence and moving remarks from Karen Pearl, Nancy Mahon, John Demsey, Jeff Diglio (a former client and current God's Love Board member) and José Abad (a current client). Thank you to the M·A·C AIDS Fund for their continued support and commitment to fighting HIV/AIDS. ♥

## 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.



### Board of Directors

**Co-Chairs**  
Michael Sennott  
Sylvia Vogelman

**Vice-Chairs**  
Michael Meagher  
Blaine Trump

**Treasurer**  
Jeffrey M. Krauss

**Vice Treasurer**  
Jeffrey V. Diglio

**Secretary**  
Lisa Sherman

### Directors

Jonathan Bond  
Scott Bruckner  
Linda Fairstein, Esq.  
Richard E. Feldman, Esq.  
Jon Gilman  
Barbara Goodstein  
Lester Gribetz  
Desiree Gruber  
Star Jones, Esq.  
Mark Lanspa  
Alan G. Levin  
Barbra Locker, Ph.D.  
R. Michael Moran  
Bruce Nelson  
Jeff Pfeifle  
Joan Rivers  
Jim Roltman  
Margaret Russell  
Reginald W. Smith  
Tamara Tunie  
Paul Wilmot

### Executive Staff

**President & CEO**  
Karen Pearl

**Chief of Staff**  
Candy Bonder

**Chief Development Officer**  
David Ludwigson

**Director of Finance**  
Michael Kanyuck

**Editor**  
William Gioconda



166 Ave. of the Americas  
New York, NY 10013

**Phone** (212) 294-8100

**Fax** (212) 294-8101

**To Make a Donation** (212) 294-8142

**To Volunteer** (212) 294-8104

**To Become a Client** (800) 747-2023

**Special Events** (212) 294-8162

**Website**  
[www.godslowedeliver.org](http://www.godslowedeliver.org)



# foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

## A MESSAGE FROM Karen Pearl

For many of our clients, the holidays and the winter months are the most difficult time of the year. The cold weather keeps them indoors, and they often feel lonely, isolated and depressed. This is why our staff and volunteers work extra hard to make the season a little bit brighter for those living with life-altering illnesses and their families. One thing we do is prepare and deliver special Thanksgiving and Winter Feast meals that are delivered in bags beautifully decorated by local school children. We also send along an extra guest meal if a client has a friend or relative who is able to join them for the holiday.

potatoes, cranberry relish and mixed vegetables, and a warm apple crisp for dessert. With the help of 500 volunteers, we delivered 2,500 meals. It was truly a magical day, knowing that we were delivering nutritious, tasty meals along with hope, compassion, and love to neighbors in great need.

We have already started preparing for our Winter Feast which we will deliver on Christmas Day along with special gifts for every client and their children. I know that this day will be another heartwarming experience for staff and volunteers alike.

Providing increasing numbers of meals each year is costly, and with the

current economic crisis, more and more people are calling us every day. Last fiscal year, we provided services to 10% more people than the previous year. Just this past November, our meal numbers for the month increased another

We remain committed to never having a waiting list and to always delivering the first meal within 24-48 hours

Through the support of the Binn Family Foundation and the Krumholz Foundation, on Thanksgiving, our clients also received a basket filled with goodies. This year, cooking on Thanksgiving Day started at 2 am and by 5:30 am, volunteers had arrived, ready to start packing out 300 gallons of pumpkin bisque soup. Later, volunteers packed the Thanksgiving meal of roast turkey with gravy, cornbread stuffing, sweet

3.5% from last year; we cooked and delivered 66,710 meals. For God's Love We Deliver, these increases are a lot to absorb in our already stretched budget. We've worked hard with our vendors to get lower prices. We've made sure that our operations are as efficient as possible. We've trimmed our budget but have never compromised on quality, or on our core principles. We remain



committed to never having a waiting list and to always delivering the first meal within 24-48 hours after someone calls seeking our help when they are sick.

Your past generosity is what makes it possible for us to continue providing nutritious and delicious food to those who need it most. I thank you for all your support and caring.

This year, we need your assistance even more. Please be as generous as possible in your support of God's Love We Deliver. With your help, we can continue to meet the urgent challenge of preparing and delivering individually-tailored meals to anyone who needs us, anyone living with HIV/AIDS, cancer, multiple sclerosis, Alzheimer's disease and all the other life-altering illnesses that lead people to turn to God's Love.

I wish you a very happy holiday season and a joyful year ahead. Please help us make it a good year for those who are at home and hungry, in need of good nutrition, and too sick to shop or cook for themselves. ♥

-Karen



# CONGRESS PASSES 4 Year Extension of Ryan White Funding

After years of working with our national HIV/AIDS partners to secure an extension of the Ryan White Program, we are pleased to announce that Congress passed and President Obama signed a four-year extension of the program in October. A critical part of our advocacy work has involved HRSA (Health Resources and Services Administration), the agency within the Department of Health and Human Services that is responsible for overseeing the Ryan White program and funding.

Most importantly, we worked hard to achieve a clarification of the definition of “Medical Nutrition Therapy” and we are extremely gratified that HRSA recently made changes to this within the Ryan White Program. They highlighted the importance of proper nutrition in the treatment of HIV/AIDS, and said that food and nutrition services, when offered along with medical nutrition therapy, may be considered core medical services. Since our founding, God’s Love We Deliver has been committed to providing both medical nutrition therapy and healthful meals for our clients. We are excited that the government has recognized our program as part of core medical services for people living with HIV/AIDS.

We wish to thank everyone who helped us educate key decision-makers about the importance of appropriate nutrition in the continuum of care for people living with HIV/AIDS. This victory is shared by everyone who advocated on behalf of our friends and neighbors in need. Thank you again for your support! ♥



Comptroller Thompson, Karen Pearl, and Council Member Mendez

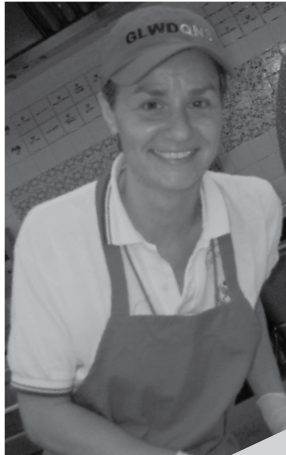


Client Laverne Young, Jim Shields, and Congressman Towns

## VOLUNTEER PROFILE: Jicky Leidicke

### ♥ What prompted you to volunteer for God’s Love We Deliver?

**JL** | In 2000, I was at Pridefest and saw a table with information on volunteering. When I first volunteered, I loved seeing how I could have an immediate impact and I really enjoyed chopping vegetables! Seeing so many people who are sick in our community and need the meals that God’s Love provides has motivated me a lot. I have been down in the kitchen nearly every Tuesday night since the first time I walked through the doors. It’s really a part of my life. If I’m not there, I feel like part of my week is missing.



### ♥ What is your favorite part of working in the kitchen during the holidays?

**JL** | There could not be a better place to be for the start of the holidays than in the kitchen packing out meals at God’s Love We Deliver. The people you see every holiday and each week become old friends. You tell each other stories of what’s going on with your life. It’s amazing that someone you spoke with for a few minutes last Thanksgiving will remember you and so much about what you told her. It’s a great way to be a part of something bigger than you.

### ♥ What exactly is a Team Captain?

**JL** | Over the past 5 years, I have been a Team Captain in the kitchen. My role is to assist volunteers with each activity and show them proper chopping, wrapping, or pack out techniques. I also work with the chef to make sure that all the tasks for the night get completed. I also work with the Volunteer Services staff to ensure that each volunteer in the kitchen follows the hygiene and dress protocol. Keeping the kitchen immaculate is critical, when you are preparing meals for people with compromised immune systems.

### ♥ How long have you been running in the Race to Deliver and how much have you raised in donations?

**JL** | This November, I ran in the Race to Deliver for the 10<sup>th</sup> time. In 10 years, I have raised close to \$30,000! When I first ran in the Race, I had just started volunteering and I wanted to help. It has become a yearly tradition for me. For 4 years, I dressed up in female drag and used it as a fundraising gimmick. I even got an honorable mention in Women’s Wear Daily as having a Marge Simpson hairdo. It became more and more challenging to come-up with new outfits and two years ago “Lady B-Hive” retired.

### ♥ Do you have any plans for the upcoming New Year?

**JL** | I am in the midst of planning a yearlong solo photo trip throughout the lower 48 states with a pick-up truck and a camper. I intend to come back to New York after I am done traveling across the country, but you never know what life has in store for me. I know that I will support God’s Love We Deliver no matter where I end up.

# SUPERFOODS WHAT IS HOT FOR THE WINTER?

Winter time is quickly approaching and flu prevention is the talk around town. Washing our hands frequently, drinking enough fluids, and getting adequate rest are tips all too familiar. What about diet? We want to nourish our immune system to fight off bacteria or viruses that lurk in our environment. At God’s Love We Deliver, we promote good health through good nutrition. This includes two well-balanced meals daily with a high intake of fruits and vegetables to provide clients with antioxidants and phytochemicals.

**Antioxidants** are nutrients found in plant foods that neutralize free radicals formed when the body uses oxygen for energy. They also protect us from dangerous substances in the environment such as smoke, chemicals, toxins, and stress. Beta-carotene, a precursor to vitamin A is one such antioxidant. Vitamin C is another; it helps maintain skin integrity and the immune system.

**Phytochemicals** are chemical compounds that occur naturally in plants and act as antioxidants. They seek out and detoxify dangerous substances that can damage our bodies. Common ones include isothiocyanates, flavonoids, and organosulfurs, which contain anti-cancer properties.

**Foods that are high in antioxidants or phytochemicals are believed to confer health benefits. They are commonly called superfoods or immune-boosting foods. Below is a guide to a few of these superfoods:**

**SWEET POTATOES** are a nutritional All-Star. They are loaded with vitamins A and C, two powerful antioxidants that help eliminate free radicals. They are also high in potassium and fiber. You can find them year-round. Eat them whole or use them in pies and stews.

**BROCCOLI** is rich in vitamin C, beta-carotene and folic acid. It also contains isothiocyanates, which may inhibit tumor growth. This vegetable provides a range of tastes and textures, from soft and flowery (the floret) to fibrous and crunchy (the stem and stalk).

**SPINACH** is packed with flavonoids, vitamins A, C, and K and potassium. Lutein, a carotenoid protective against eye diseases such as age-related muscular degeneration and cataracts, is found in spinach. Fresh or frozen, you can use this in salads, dips or soups.

**ONIONS** contain powerful sulfur-containing compounds that are responsible for their pungent odors and anti-inflammatory properties. Potential benefits include reducing the severity of symptoms associated with inflammatory conditions such as asthma, osteo- and



### RECIPE BY: CHEF SVEN ERIK RENAA

Baked Norwegian salmon with apple, horseradish yogurt and dill

SERVES 4

#### Salmon

4 pc. (6 oz.) Norwegian Salmon filets  
1 tsp Fennel seeds, toasted  
1 tsp Mustard seeds, toasted  
1 tsp Black pepper, toasted  
1 tsp Salt  
1 tsp Horseradish, grated  
4 tbsps Olive oil

#### Vegetable Salad

½ cup Potato, small, boiled, cubed  
1 ea. Red onion, small, julienne  
1 ea. Apple, Pink Lady®, cored, sliced thin  
½ Fennel, baked, sliced thin  
8 Red radishes, sliced thin  
4 tbsps Horseradish, grated  
4 tbsps Dill, fresh, chopped  
Salt and Pepper to taste

#### Horseradish Yogurt

1 tbsps Yogurt, plain  
3 tbsps Horseradish, grated  
Salt and Pepper to taste

#### Method:

**1.** To prepare the Salmon, grind the toasted fennel seeds, toasted mustard seeds and toasted black pepper. Use half of the ground up spice mix to coat the salmon filets. Sprinkle the grated horseradish on top. Season with salt.

**2.** Mix together the ingredients for the Vegetable Salad and place in a 1” deep baking pan.

**3.** Top the Vegetable Salad with the salmon filets and pour the olive oil over the filets.

**4.** Cover the baking pan with foil and bake for 10 minutes in a 325° F oven.

**5.** To prepare the Horseradish Yogurt, mix together the yogurt and horseradish, seasoning with salt and sugar to taste. Reserve until servicing.

**6.** To plate each serving, spoon about 1 cup of Vegetable Salad with a single salmon filet out of the baking pan and onto a plate. Top with approximately 1 Tbsp. of Horseradish Yogurt and serve.

rheumatoid arthritis, and the common cold. Chill the onions for an hour or so before cutting. This will slow the activity of the enzyme that causes tearing. Enjoy them in a salad or sauté them for a vegetable dish.

**WILD SALMON** is low in calories and saturated fat, high in protein, and contains the health-promoting omega-3 essential fatty acids. Essential fatty acids are necessary for human health because they are not made by the body; they must be obtained from foods. These fatty acids help reduce the risk of unwanted inflammation and maintain the integrity of our immune and circulatory systems. Whenever possible, choose wild rather than farm-raised salmon since the latter can pose a cancer risk due to its high levels of carcinogenic chemicals called polychlorinated biphenyls (PCBs).

There is no one food that meets all of our nutritional needs. Thus, it is important to consume a variety of foods including lots of fruits and vegetables along with whole grains, nuts, seeds and lean protein such as legumes and poultry for a healthy diet. ♥



## CLIENT PROFILE Janice

“Life is what happens when you’re busy planning other things.” This quote hung above Janice’s desk for many years. Only in recent years has she realized how deeply the meaning rings true.

As a girl in high school, Janice dreamed of owning a horse ranch in the West. She hoped to make the move after finishing school. However, her plans were changed during her junior year of high school. As part of a class project, she taught remedial reading to children living in foster homes. Despite her original plan to move away, Janice wanted to continue helping children where she grew up.

Over the next six years, Janice volunteered at a youth center, while studying to become a social worker. After graduating from college, she embarked on a career in social work that made a difference in the lives of many children who needed support and compassion. Janice said, “*When you are a social worker, the things you say or do will affect people in a way that you just don’t expect. One child was going through a very hard time living in a foster home. We talked about how he felt and I helped him get through that challenging time by supporting him emotionally. Years later, I received flowers and a card that said, “I will always remember you.” It really touched me to know that I made such a difference in his life.*”

Janice was very happy as a social worker and planned on continuing her career. Unfortunately, the agency where she worked went out of business due to a lack of funding. She was unable to find another position. Desperate for a job, she answered a job listing for a position as a fleet manager at a pharmaceutical company. Janice

had no experience or knowledge of managing a fleet of vehicles. A manager at the company took her under his wing and taught her the ropes. Over time, she became knowledgeable and successful in her new role because of her dedication. She ended up working as a fleet manager for the next 30 years.

In 2001, Janice was only 60 years old, when she was diagnosed with Stage I breast cancer. Janice underwent radiation treatment that helped her go into remission. After retiring in 2006, she was looking forward to the future. Only three years later in January of 2009, the cancer returned in the same spot and was more invasive this time.

Janice had a much more difficult time with the treatments during this reoccurrence. She lost weight because of the chemotherapy. She lost her sense of smell and taste, which made gaining weight back more challenging.

In August of 2009, a home care nurse convinced Janice to sign up for a meal delivery program. The first program that she called had a one-month wait to begin receiving meals. A month’s wait threatened her survival. Unable to wait that long, Janice’s friend told her about God’s Love We Deliver and said they had delicious meals and no waiting list. Janice called the number that her friend gave to her on a Tuesday and by Thursday she received fresh, nutritious meals that were delivered right to her door.

“*Even though I’ve lost my sense of taste and smell, the textures of the meal make me want to eat. I love the crunchy vegetables and the desserts. My driver is always so patient and friendly. Seeing his smile each time I receive a delivery makes my day a little better. I can never thank you enough.*” ♥



Seventh Annual  
AUTHORS IN KIND  
Literary Luncheon

Thursday, April 22, 2010  
The New York Palace Hotel

### FEATURED AUTHORS

*Master of Ceremonies*  
Linda Fairstein

David Baldacci  
Frank Bruni  
Malaak Compton-Rock

For more information, including tickets and sponsorships, please contact Susan Oher at 212-294-8162 or events@glwd.org

## NEED A LAST MINUTE HOLIDAY GIFT?



Treat your loved ones with a special gift and help fulfill the urgent mission of God’s Love We Deliver.

View our 2009 Gifts from the Heart Holiday Catalogue at [www.godslovewedeliver.org](http://www.godslovewedeliver.org)