A Message From Karen Pearl

The holiday season is always a special time at God’s Love, this year especially, as we marked the first year in our beautiful new Michael Kors Building. Once again, our volunteers rose to the challenge and helped prepare and deliver a record 4,200 holiday meals at Thanksgiving, and again on December 24, making the holidays much more joyous for our clients, their children, and their senior caregivers. Volunteers helped us deliver throughout New York City and into New Jersey, and I was delighted to see so many familiar faces helping in the kitchen and delivering holiday meals. The many sweet thank you notes and messages of gratitude from clients and their families show the tremendous difference our volunteers and supporters made in their lives this season. Thank you so much.

Our newly renovated building makes it easier to feed more people at the holidays, and throughout the year. At the new Michael Kors Building we are cooking and home-delivering more individually tailored meals to more people than ever before. Having heard from a number of appreciative clients this holiday season, I am happy to share with you that our community’s investment in this wonderful resource is producing a tremendous benefit to thousands of New Yorkers who are struggling with HIV/AIDS, cancer, and other life-altering illnesses.

We have had many reasons to celebrate the work you helped make possible in 2015. In October, I had the honor of accepting a Proclamation from the New York City Council recognizing our 30th Anniversary of service to our community. The City Council has supported our organization every year, and a number of Council Members volunteer with us as well. Our very own City Council Member Corey Johnson presented the Proclamation, and many Council Members joined with us in celebration. It was truly a momentous occasion for God’s Love.

Elected officials showed their holiday spirit, including Senator Kirsten Gillibrand, who joined NYC Council Member Corey Johnson and Manhattan Borough President Gale Brewer for an afternoon of chopping vegetables in our kitchen for client meals cooked the next day.

I am grateful to so many supporters for their commitment to our clients. At the Golden Heart Awards in October, we recognized Neil Patrick Harris, the wonderfully talented Tony and Emmy award-winning stage and screen performer, and Michael Sennott, the incomparable former Chairman of our Board of Directors and current Chairman of the Board of Trustees. On November 22, our 22nd annual Race to Deliver drew 5,000 supporters to Central Park for a 4-mile walk/run.

Our partners showed remarkable dedication to our community through extraordinary acts of generosity and volunteerism. For example, the real estate agents of Douglas Elliman raised more than $175,000 through their Ride to Reinvent, a 100-mile cycling fundraiser from New York City to Atlantic City. To everyone who participated in any of our volunteer or fundraising activities last year, thank you. Your compassion continues to inspire.

Our Board of Directors held its first meeting in our newly renovated facility, and I am so grateful for their leadership which made this building project possible. Good governance is a priority at God’s Love, and we again received a 4-star rating from Charity Navigator in 2015, the highest possible rating from this independent nonprofit evaluator. This is the third year in a row they have recognized God’s Love for fiscal responsibility, and their recognition helps confirm our commitment to smart use of community resources to help those in greatest need.

In 2015, God’s Love celebrated 30 years of service to the community, a milestone worthy of reflection. Last year, God’s Love cooked and home-delivered more than 1.4 million meals for individuals and families affected by HIV/AIDS, cancer, Alzheimer’s, and other life-altering illnesses. So many of you contribute your time and resources to make this work possible. Thanks to you, we will always be there for our neighbors who are too sick to shop or cook for themselves.
Our client Kate was living the fast-paced life known so well by New Yorkers until she was diagnosed with multiple sclerosis. In addition to MS, Kate’s health continued to decline as she endured three bouts of cancer. Kate was constantly in and out of the hospital, and like so many in her place, her savings evaporated. She was so sick and malnourished, she did not have the strength to get out of bed and prepare a meal. That’s when she decided she needed help, and reached out to God’s Love.

“When I finally called God’s Love I was fighting stage 4 cancer and multiple sclerosis,” Kate says. “I’d lost 60 pounds, and wasn’t eating properly due to a lack of energy and financial concerns. All that my doctor wanted was for me to eat more. But that’s easier said than done.”

Immediately, Kate began receiving wholesome, individually tailored meals delivered to her door. She was finally eating right for the first time in years. Since she has been on our program, Kate’s doctors are pleased to find that she has gained 25 pounds and can now adhere to her treatment plan.

Kate tells us, “My life is completely turned around. Eating daily, I now have so much more energy. Joy is part of my life again.”

Client Profile
Delivering Love to Kate

Chris Phillips did not need to see our kitchen or meet our volunteers to know that we were doing good work. His uncle, Mark, was diagnosed with HIV and later developed AIDS in the 1980s, and Chris and his family knew first-hand how important food—especially nutritious food—was for those living with severe illness. When we asked Chris just what drew him to God’s Love, he told us, “Your mission is so simple and so profound. Bringing food to people who can’t help themselves is good, necessary and urgent work. How could I not?”

Chris moved to New York City in the late ’90s and worked downtown, passing by our building on the corner of Spring Street and Sixth Avenue regularly. He knew that inside that nondescript, two-floor building we were cooking and delivering thousands of meals a day for his neighbors living with illness. Chris decided to get involved, first purchasing our holiday tribute cards for his family and friends, and then a tile in our kitchen, in memory of his uncle.

Since then, Chris’ support of God’s Love has been generous and steadfast. Chris is a Kitchen Cabinet member, making a monthly donation to our program. Monthly donations provide donors with an easy, affordable way to support God’s Love, while ensuring a steady source of good nutrition, hope and dignity for the men, women and children who depend on our meals. As we continue to grow, now cooking and delivering over 5,800 meals each weekday, a monthly gift to God’s Love means so much.

This past November, Chris had his first visit to God’s Love, after having supported our work for over 15 years. We were thrilled to show him the new Michael Kors Building, introduce him to volunteers, and show him exactly what his consistent and generous support has made possible: more nutritious meals for more people living with illness.

When we asked Chris what inspires his giving, even though he now lives on the West Coast and doesn’t see our work directly in action every day, he tells us, “It is my great joy and my responsibility to give back.”

If you would like more information on Monthly Giving, please contact Stephen Covello, Manager of Key Donors and Corporate Partnerships, at 212.294.8144 or scovello@glwd.org.
Holiday planning begins more than two months in advance, with an initial meeting between our Delivery team, Kitchen crew, Volunteer department, and other staff members in early September.

Client numbers grow year-round, with an extra boost of new clients during the holiday season. In early October, our Client Services Representatives contact every client and ask if they would like to invite a guest, as we believe that no one should have to spend the holidays alone. Many local schools and their students participate in our bag decorating program. We ramp up our recruitment of volunteers to make sure we have the help we need to deliver over 4,000 holiday meals.

By the beginning of November, we have printed our menu cards, and finished receiving the last of our client RSVPs. Careful thought is given to what items we need for the Emergency Meal Kits that we provide to every client. The weekend before Thanksgiving, almost 100 dedicated volunteers come in to assemble special gift baskets filled with holiday treats for our clients. Two weeks before the holiday, we map out every single address our volunteers will deliver to, and we train all of our Distribution Center monitors on how to direct delivery volunteers on the day. The week of Thanksgiving, we are busy counting every single meal component, confirming all volunteers, coordinating press and putting the finishing touches on getting our building holiday-ready.

With the help of hundreds of volunteers, we are able to deliver meals and holiday cheer without charge, without fail, and most importantly, with love.

This holiday season, we were grateful to have many public officials join us, volunteering in our kitchen and helping to deliver meals and holiday gifts for our clients and their families.

At Thanksgiving, Council Member Rosie Mendez delivered holiday meals and cheer to her constituents in Manhattan. Other Thanksgiving helpers included former New York City Comptroller Bill Thompson, along with former staff members Jeff Simmons and Gayle Horwitz.

During Winter Feast, we were honored to have State Senator Liz Krueger join us to help pack out meals for delivery. We were so grateful to have Tracie M. Gardner, Assistant Secretary of Health to the Office of Governor Andrew M. Cuomo, help us pack out client gifts and Emergency Winter Meal Kits, which we delivered to clients in case of extreme weather that prevents us from reaching them. Council Member Margaret Chin joined us to deliver holiday meals to her District 1 constituents in Manhattan.

Thank you to all of our public officials for making this year a remarkable and love-filled holiday season at God’s Love. We were so pleased to share our urgent mission with our representatives on these special days, and that they were able to see firsthand the impact of their support on the lives of so many.

ADVOCACY UPDATE

Public Officials Pitch In

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@wholefoodsnyc
Sharing some of our #BestMemoriesOf2015. This one’s from the @NYCPrideMarch w/@godslovenyc #FeedYourPride

@robinlordtaylor
A sincere thank you to all who made this happen & to those who continue to support @godslovenyc. You are angels. <3
About Our New Space

The Michael Kors Building at God’s Love We Deliver is quickly becoming a popular destination for corporate groups looking to plan a day of service or other team building activities while making a difference. With hundreds of square feet of flexible space on the fifth floor and roof garden for corporate outings and team building events, our volunteer department can design a day for your group that helps support the work of God’s Love.

Whether you’re chopping vegetables in our kitchen or meeting in our conference room, you will be helping God’s Love cook and home-deliver more than 1.4 million individually tailored meals annually for New Yorkers who are too sick to shop or cook for themselves. Our new building is a great location for giving back, with a state-of-the-art demonstration kitchen, and unparalleled New York City views from our terrace and rooftop garden. Visit glwd.org/rentspace for more information, or call 212.294.8162.

President’s Luncheon: Breast Cancer & HIV/AIDS

Autumn 2015 saw the launch of our President’s Luncheon, a new initiative at God’s Love. These quarterly Luncheons, hosted by President & CEO Karen Pearl, are designed to facilitate informal conversations among small groups of God’s Love staff, Golden Heart Society members and friends. Each Luncheon showcases one of our programs and provides a more in-depth discussion on areas of our organizational expertise.

For October’s Luncheon, in recognition of Breast Cancer Awareness Month, we invited a core group of supporters to learn more about how we tailor our services to meet the needs of individuals and families affected by breast cancer. For example, many of our clients with breast cancer receive chemotherapy and/or radiation. Food can be unappetizing during treatment, but nutrition is essential to healing, so our dietitians work with clients to identify palatable, healthy meals and snacks to keep sick clients nourished.

Our December Luncheon was planned to coincide with World AIDS Day and focused on our history and the evolving role of nutrition in HIV/AIDS care. God’s Love was founded as a meal delivery program for people affected by HIV/AIDS and this remains our largest client group. This lunchtime presentation covered the full arc of services, from the early 1990s when high-calorie foods were paramount, to the evolution of anti-retroviral medications, and the dietary needs that emerged in response to many difficult side effects of treatment. Now, in 2016, our HIV/AIDS program contends with an aging population, co-morbidities such as diabetes and cancer, and the need for long-term advocacy strategies that educate policymakers about the need for nutrition support services for people living with HIV/AIDS, and for those living with other illnesses.

Presenters at these two Luncheons were experts from the God’s Love team, including Senior Director of Program Services Dorella Walters, Director of Nutrition Services Lisa Zullig, Director of Culinary Services Nic Cortese, Pastry Chef Chuck Piekarski, and Director of Policy and Planning Alissa Wassung.

Each Luncheon offered a chance to taste our healthy and delicious client meals, straight from the kitchen of God’s Love. After lunch, the group enjoyed fresh desserts made by Chuck the Baker followed by a private tour of the new building.

Our spring event will focus on nutrition, our signature difference. If you are a member of the Golden Heart Society and want to learn more, please email Jessica Cox at jcox@glwd.org.
Friends Seminary Brightens the Holidays

For almost 25 years, our friends at Friends Seminary have been decorating holiday bags for our clients. The program started with just 40 bags, and today they decorate more than 1,000 each year!

This generous tradition brings so much joy and light to the holiday season. But it was born during a very dark time in the early 1990s, when so many in our community were being diagnosed with and dying from HIV/AIDS. John Jones, the art teacher at Friends, was a gay man living with HIV who decided to do something for the community. One day, he shared with his lower school students that many of his friends were sick, and it would cheer them up if they got their Christmas dinner in a festive bag decorated by them. And just like that, the John Jones Holiday Bag Decorating Program began.

The staff, administration and students at Friends embraced John's project. As longtime English teacher John Byrne says, “John was an inspiration and living testament that you can light a candle in the dark.”

After the first year’s enthusiasm and support, Friends adopted it as a yearly tradition. Now, more than 1,000 decorated bags are displayed each year in the Meetinghouse before being delivered to God’s Love.

The program has become a teachable moment for the children and the community. Byrne tells us, “It was a time to show kids that they could take their compassion and focus it, to actually make a difference in the lives of other people. Kids want to do the right thing; they want to help. Kids aren’t afraid. They hear of someone suffering, and they say “What can we do?” John was brilliant in harnessing that. He was our guide – for the administration, for the teachers – and he gave us a way to fight that terrible, bleak despair of that period. So, for us, the school is very much a family and a community.”

What John taught, and what everyone at Friends knows, is that we are not powerless. We can all help someone else. A decoration on a bag can change someone’s day, and this project can change someone’s life.

Thank you, John and everyone at Friends, for this yearly tradition that brings so much joy and love to our clients, and has inspired thousands of holiday bags decorated throughout the city. Our clients’ lives are brighter for your efforts.

CORPORATIONS AND FOUNDATIONS

Volunteering on World AIDS Day

M·A·C AIDS Fund once again joined God’s Love to honor World AIDS Day by volunteering in our kitchen for the first two weeks of December. God’s Love was founded in 1985 as a response to the HIV/AIDS crisis, and people living with the disease continue to represent our largest client group, comprising 20% of our total client population. M·A·C AIDS Fund has been a supporter of God’s Love since 1993, and helps to provide more than 280,000 meals for over 1,100 clients living with HIV/AIDS annually. In addition, support from the M·A·C AIDS Fund has helped us lead advocacy capacity building efforts for HIV/AIDS nutrition programs nationwide. We are honored to partner with M·A·C AIDS Fund on World AIDS Day, and every day, to provide life-sustaining meals to individuals and families affected by HIV/AIDS.

@RalphLauren
Today RL employees joined in Race to Deliver to raise money for God’s Love We Deliver in NYC. #RLGivesBack

@LaurenCohan
looking 4a way to give this holiday season? think of @godslovenyc #actnowgetafreehairnet:) #thanksforhavingusdavid
Reading Up on Nutrition Tips

By Lisa Zullig, MS, RDN, CSG, CDN

Last month, the Nutrition Services Department published its twenty-first nutrition education booklet, *Nutrition Tips for Colorectal Cancer*. Written by our staff of Registered Dietitian Nutritionists, the booklet is an excellent resource for patients, caregivers and health care professionals to help patients maintain adequate nutrition during and after cancer therapy. It addresses the various challenges faced by those living with colorectal cancer by outlining how to plan healthy meals to meet individual needs, incorporate more plant-based food choices, manage side effects, and follow food safety guidelines. Readers are given tools to help them feel their best during treatment and to protect themselves against recurrence.

Our experience creating exceptional, user-friendly nutrition education materials began with the 1993 publication of our first booklet, *Living with HIV: A Nutrition Guide with Special Emphasis for People in Recovery*. All of our publications are intended for individuals living or caring for people with serious illnesses, including breast cancer, HIV/AIDS, and prostate cancer. Most are available in both English and Spanish. We distribute thousands of copies free of charge to individuals and organizations worldwide each year, and they are also available to download on our website, glwd.org.

If you would like copies of *Nutrition Tips for Colorectal Cancer* or any of our other publications, please contact the Nutrition Services Department at nutrition@glwd.org for more information.

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**ROASTED SALMON AND GRAPES**
(SERVES 4)

**INGREDIENTS:**
- 2 cups red grapes
- 1 large bulb fennel, thinly sliced, or 1 large red onion, halved and sliced
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon sea salt, divided
- ½ teaspoon ground pepper, divided
- 4 six oz. pieces of skin-on salmon fillet
- 2 tablespoons chopped flat-leaf parsley

**METHOD:**
Preheat oven to 400°F. Place grapes and fennel or onion in a roasting pan, drizzle with olive oil and sprinkle with ¼ teaspoon of the salt and ¼ teaspoon of the pepper. Roast until grapes just begin to shrivel and fennel or onion just begins to brown, about 25 minutes, stirring once halfway through cooking.

Sprinkle salmon with remaining ¼ teaspoon salt and ¼ teaspoon pepper. Stir grape mixture again and arrange salmon, skin side down, on top. Continue roasting until salmon is just cooked through, 10 to 12 more minutes. Transfer fish to a platter or plates. Toss grape mixture with parsley and serve along with salmon.

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

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**GOD’S LOVE SUPPORTS...**

The 2015 Avon Walk for Breast Cancer

God’s Love was proud to once again participate in the 13th annual AVON 39 The Walk to End Breast Cancer, formerly known as the Avon Walk for Breast Cancer, on the weekend of October 17-18. On Saturday, we welcomed walkers with brownies at our Cheering Station where they signed our Avon 39 banner. On Sunday, we provided a nutritious lunch and snacks for the walkers. Afterward, we joined the Avon Team at the closing ceremony, where our President & CEO Karen Pearl accepted a much-needed grant award of $150,000 in support of our breast cancer program for women. A special thanks to our volunteers who helped make this weekend possible, preparing thousands of lunches and brownies for the walkers. And of course a huge thank you to the Avon Foundation for Women for its sustained support of our breast cancer program.

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@ElsForEllis
My last day volunteering at God’s Love We Deliver… I’ll miss you guys! #Since2004
#NYCFarewellTour @godslovenyc

@NASDAQ
@godslovenyc rang the @Nasdaq Closing Bell!
On October 17, Team Elliman from Douglas Elliman completed a 100-mile cycling fundraiser, the #RideToReinvent, from New York City to Atlantic City. In total, the team of 30 cyclists raised over $175,000 for God’s Love, funding over 17,500 meals for our clients. God’s Love would like to thank Dottie Herman, Howard Lorber, Max Dobens, and all those from Team Elliman involved in this year’s ride.

God’s Love was an Official Charity Partner for the TCS NYC Marathon on Sunday, November 1. God’s Love is proud to be a Charity Partner once again, as every year our Marathon team raises thousands of dollars for our programs and services. Thank you teammates T.J. Luty, Becca Hoffman, Dan Wright, Corine Horeth, Norma Grant, Elisa Smilovitz and Hilario Woods for fundraising and running all those miles for meals!
More than 700 guests attended our Ninth Annual Golden Heart Awards on Thursday, October 15. The sold-out gala, which was held at Spring Studios in Manhattan, featured a welcome from famed singer-songwriter, actress, and comedian Bette Midler, who chronicled our 30-year history. She then presented Michael Sennott, former God’s Love Chairman of the Board and current Chairman of the Board of Trustees, with the Golden Heart Award for Outstanding Volunteerism.

Following Michael Sennott’s inspiring remarks, fashion designer and God’s Love Board Member Michael Kors presented actor and performer extraordinaire Neil Patrick Harris with the Michael Kors Award for Outstanding Community Service.

God’s Love President & CEO Karen Pearl then took to the stage to introduce the new God’s Love agency video, followed by a rousing auction led by Jamie Niven.

We offer a huge thank you to all who attended the dinner—for their support, and their generous, golden hearts! ❤️

EVENTS

Golden Heart Awards
The 22nd Annual Race to Deliver took place on Sunday, November 22, 2015 in Central Park. The Race to Deliver is one of the largest annual fundraisers for God’s Love We Deliver. It is a 4-mile run/walk, followed by multiple-distance Kids’ Races. The Race is a symbol of our daily race to ensure that no person ever has to face the unthinkable combination of illness and hunger. More than 5,000 enthusiastic people participated, raising funds to support our mission. We would like to thank all who joined us, especially Macquarie Group, M·A·C AIDS Fund, The Love Team, Gramercy Tavern, Global Brands Group, Friends Seminary, and Red Thread Good Coffee.
On November 11, God’s Love We Deliver hosted “How to Create Magic,” a Q & A with Chef Dominique Ansel of Dominique Ansel Bakery, moderated by Susan Ungaro, president of the James Beard Foundation. Guests enjoyed cocktails and hors d’oeuvres catered by Canard, Inc. followed by an inspiring discussion between Dominique and Susan about creativity and food, giving back, and just how Chef Ansel is able to change his menus every 4 – 6 weeks! Thank you to Dominique, Susan, and our guests and supporters for a wonderful evening supporting God’s Love.

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SAVE THE DATE

Authors In Kind

The 13th Annual Authors In Kind will be held at the Metropolitan Club on Tuesday, April 12. Authors In Kind features a book signing reception with noted writers, followed by a fun and informative luncheon during which the authors talk about their recent work. This year, we have an all-star cast of authors: Lesley Stahl, author of Becoming Grandma: The Joys and Science of the New Grandparenting, Chef Amanda Freitag, author of The Chef Next Door: A Pro Chef’s Recipes for Fun, Fearless Home Cooking, Lisa Scottoline, author of Most Wanted, and event emcee God’s Love Board Member Linda Fairstein, author of the Alex Cooper series. For tickets and tables please call 212.294.8162, email events@glwd.org, or visit glwd.org/authorsinkind.
**ON THE CALENDAR**

**Big Love Weekend**  
February 19, 20, 21, 2016  
New York City  
Multi-day yoga and wellness event  
biglovewknk.com

**Authors In Kind**  
April 12, 2016  
Metropolitan Club  
Authors Lesley Stahl, Amanda Freitag, Lisa Scottoline, Linda Fairstein  
glw.org/authorsinkind

**Midsummer Night Drinks**  
June 18, 2016  
Bridgehampton, home of Alex Papachristidis  
glw.org/midsummernightdrinks

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

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**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.

166 Avenue of the Americas, New York, NY 10013  
TEL 212.294.8100  FAX 212.294.8101  godslovewedeliver.org

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**THE KINeR CENTER**  
A multi-day yoga and wellness event in New York City  
February 19, 20, 21, 2016

**Multi-day yoga and wellness event**  
New York City  
February 19, 20, 21, 2016

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**ALTERNATIVE WAYS OF GIVING**

**Generation Love**  
Generation Love (genLOVE) is a group of motivated young professionals who are committed to embodying the mission of social service on which God’s Love was founded. genLOVE members will: raise the awareness of God’s Love by serving as social media ambassadors and cultivating new relationships with their peers; promote giving to God’s Love by individual contributions and through events; and be a champion and passionate advocate of our work. Our genLOVE members all donate at least $10 a month through our Kitchen Cabinet program and will support God’s Love in various ways throughout the year.

To find out more about genLOVE, please visit glwd.org/genLOVE.

**Kitchen Cabinet**  
The Kitchen Cabinet program is our monthly giving program. Each month, your gift is paid automatically through your bank or credit card.

To find out more about this opportunity for monthly giving, please call us at 212.294.8144 or visit us at glwd.org/kitchencabinet.

**The Legacy Society**  
Help secure the long-term future of God’s Love We Deliver by joining The Legacy Society.

For more information, please call 212.294.8144 or visit glwd.org/legacy.

**Golden Heart Society**  
The Golden Heart Society is a group of like-minded people who make our work possible. By making annual gifts of $1,000 or more, members receive special benefits like invitations to exclusive members-only Golden Heart Society events for you and a guest, opportunities for one-on-one meetings with God’s Love program staff and President & CEO Karen Pearl, a private tour of our newly renovated Spring Street headquarters, reports on your gift’s impact in the community, and acknowledgement on our website and in our newsletter. Most importantly, your valued leadership gifts help the staff and volunteers of God’s Love build cutting-edge nutrition and advocacy programs that 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.

To find out more about the Golden Heart Society, please visit glwd.org or email Jessica Cox at jcox@glwd.org.

**Join us at our “Table for Six”**  
Table for Six offers a unique experience in our famous kitchen where you and your friends can chop vegetables, peel potatoes, and make a difference in the lives of those in need. At the same time, you’ll enjoy a fun and casual orientation to our organization.

For more information please contact Stephen Covello at 212.294.8144 or scovello@glwd.org.

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We are proud to have earned a coveted 4-star rating on Charity Navigator.  
Printed on recycled paper