



foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER

A MESSAGE FROM **Karen Pearl**

25 YEARS OF SERVICE TO THE COMMUNITY

This year, God's Love We Deliver celebrates our 25th anniversary. For all these years, we have served as a beacon of hope for the most vulnerable in our community, those who are severely ill and unable to take care of their most basic human need – nourishment.

As I reflect on our more than two decades of service, I am struck by the momentous changes God's Love has made over the years. We started our great work at the height of the AIDS pandemic, cooking and delivering meals to people living with HIV/AIDS. We learned a great deal about the power of nutrition in giving people dignity and hope, and helping them manage their illness for as long as possible. Applying what we learned in helping those with HIV/AIDS,

As our clients' nutritional needs have changed, so too has our program changed. Our menus are ever more tailored to each individual's medical circumstances. As obesity, diabetes and heart disease become more prevalent in all of our clients, we are cooking with more whole grains, fruits and vegetables, and reducing fats and carbohydrates. With each new challenge, we continue to evolve our services to help clients achieve better health outcomes and a better quality of life.

In December, we began our transition from a hot/frozen meal delivery model to a chilled/frozen model, one delivery route at a time. This strategic decision was made based on a survey of our clients, where they indicated such a change would offer them enhanced service, greater variety and

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about 10 years ago we expanded our mission to serve people with all severe illnesses including cancer, Alzheimer's disease, multiple sclerosis and almost 200 other diagnoses. In turn, as our clients with HIV/AIDS have aged, and developed many secondary illnesses, we are able to apply what we have learned from providing meals and nutrition to people living with other illnesses to their unique situations.

more convenience. With this new model, clients will also have increased control over what they eat when, giving them greater dignity through choice. With our growing meal numbers (up almost 50% over the last four years), this change

will make it possible for God's Love to ensure food safety no matter how many meals we cook and deliver daily.

The work our volunteers do for God's Love every day is critical to our mission. Their participation with us is deeply personal, and their gifts of time invaluable to all we accomplish. We applaud our volunteers and their extraordinary gifts of caring, respect and compassion. Our clients consistently tell



us that they feel this astonishing love with each and every meal delivery.

As we celebrate 25 years of service, some things have not changed. We hold fast to the belief that being ill and hungry is a crisis that demands an urgent response. And, we remain true to our founding core principles: we will deliver each client's first meal on the next delivery day, we will never have a waiting list, and we will never charge our clients for their meals.

If you have never volunteered at God's Love, I invite you to join us in our kitchen, on a delivery, or to bring your team from work for a service day. I know that you will enjoy experiencing firsthand the power of our life-affirming mission. I also thank you for your financial support. This year, you are making it possible for us to cook and deliver 20% more meals than last year – that's thousands of pounds of chicken, Swiss chard, brown rice and other fresh ingredients, not to mention gallons and gallons of gas for our vans and more than 1 million delivery bags! As we reach a new milestone of cooking and

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CORPORATE PROFILE: Wells Fargo

Since our founding 25 years ago, God's Love We Deliver has been fortunate to have had many wonderful corporate supporters. In addition to providing valuable financial contributions, they also serve as ambassadors, volunteers and allies in our community. Among them, our great friends at Wells Fargo have been especially generous in many ways. Most recently, Anna Kalaj, Anna Damiano, and our new Board member, Wells Fargo Regional President Joe Kirk, hand-delivered a special \$25,000 check to help us meet the critical needs of our clients. This gift was in addition to Wells Fargo's annual support of our ever-growing program.

Wells Fargo also invites each of its branch managers to nominate a local charity that will receive a community partner grant. This year, Branch Manager Divya Avasthi nominated God's Love to receive their \$1,000 community partner grant. We are grateful to Divya for thinking of us.

Wells Fargo goes above and beyond its generous financial

support by serving as a vibrant community of volunteers in our kitchen and on the road. Whether they are chopping vegetables, packaging meals or delivering to our clients, the employees of Wells Fargo have donated their time and energies to help us fulfill our mission.

Our wonderful partnership with Wells Fargo allows us to always be there, helping to serve people who are too sick to shop or cook for themselves. As we embark on the next 25 years, we are honored to include such an esteemed company among our generous supporters and friends in the community. Thank you, Wells Fargo! ♥



VOLUNTEER PROFILE:

Ryan Louis

VOLUNTEER AND AMBASSADOR FOR GOD'S LOVE WE DELIVER

At God's Love We Deliver, our volunteers are known for their dedication and warm hearts. Often, when one joins our volunteer family, one also becomes a God's Love "ambassador" to the greater community. One such volunteer, 17-year-old Ryan Louis, has embarked early on his journey as a God's Love volunteer and ambassador by making birthday cards for

our clients and recruiting peers to volunteer. In doing so, Ryan won a scholarship for his good work, which, in turn, led to a grant for God's Love.

In 2010, Ryan, who attends Gramercy Arts High School, volunteered with a group of peers to make birthday cards for our clients. After that one session, Ryan was inspired to lead several groups of volunteers from the McBurney YMCA, and to make even more cards. Based on this experience, Ryan entered the "JCPenneyCares" contest held by J.C. Penney Company, Inc. for community service and reached the semi-finalist round. Ryan won a scholarship for college, plus a \$3,000 donation to his favorite charity, which was God's Love We Deliver!

Entrants were asked to write a short essay on community service, detailing their work in the community and why service is important. Ryan's essay included his personal story of family members living with diabetes, and the importance of giving back. Regarding the home-delivered meal program at God's Love, Ryan wrote, "There is a strong yet simple message being delivered in perfect brown bags: Everyone matters." In particular, his work creating personalized birthday cards for our clients was especially important to him. "This act of kindness, while seemingly small, meant a world of difference to people who are not used to having things come easily." God's Love We Deliver is fortunate to have a passionate volunteer base with people like Ryan spreading our message about love, community service and helping hands.

Beyond school and his volunteer work at God's Love, Ryan is interested in drama (*In the Heights* is his favorite musical), anime and manga. In the future, he hopes to be an actor or teacher. One thing is certain: No matter where he goes or what he does with his bright future, Ryan will be volunteering and spreading the critical mission of God's Love We Deliver – an organization and community he holds so close to his heart. ♥

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

With **Love**, From Those We Serve

It is only through the continued generosity of our wonderful donors that we are able to provide the life-sustaining meals and nutrition counseling on which our clients rely. In celebration of 25 years of service to our community, we share some heartwarming letters from grateful clients and their families.

I wanted to quickly send an email to thank God's Love We Deliver for your services. My grandmother, who is suffering from Alzheimer's Disease is a client and I just want you to know that I appreciate the work being done by GLWD. Your organization was also a blessing to my family several years back when my father was a client.

— **Toí, a client's loved one**

I've been your client for some time now and now I feel like it's time to move on. You helped me so much during and after my breast cancer treatment and recovery, and I think I can begin preparing my own meals again. I especially want to thank you for your kindness and accommodation. I spoke to so many people there in your department and Nutrition and everyone was always so open and caring. I also want to thank those delivery people and volunteers who called me ahead of time so that I was ready when they arrived with my meals. That was so considerate of them and it meant a lot to me. I just want to be sure that you let everyone know how much everything your program did for me was helpful and greatly appreciated. Thank you so much.

— **Heather, a God's Love client**

I usually spend my birthdays alone and wondering what to do with myself, but this year I got a birthday cake and a card from you and that changed my whole day. Thank you so much. It was so great! I really appreciate that you thought of me.

— **A God's Love client**

I count myself among many others battling HIV/AIDS who consider God's

Love a positive, life-altering and delicious service. The quality of the food is outstanding, the friendliness of the volunteers and staff who deliver the food brings happiness to the recipients and the level of stress relief is vital to successful management of HIV/AIDS.

The highlight of my day is often when my food arrives, delivered always by a cheerful, friendly and helpful volunteer or staff member.

No longer do I go hungry – ever. Thank you again and keep up the good work!

— **Robert, a God's Love client**

I would like to say “thank you” to each and every one of you who take the time from your own busy schedules to help out people like me. Before receiving meals, I had not been eating on any type of schedule or even eating more than one time each day. Just knowing the food is there for me makes my life much easier. But a special thanks for the birthday cake. Totally unexpected but it made my day!

PS – A special thanks to the gentleman that always delivers my meal with a wonderful smile!

— **Celia, a God's Love client**

Thank you so much for my yummy birthday cake. It meant more than I can describe. You continue to return wonder to my life.

— **Chuck, a God's Love client**

I have to say that I love everyone at God's Love. You follow through so well on everything. I've referred so many people to your wonderful program and they all feel the same way. It's hard for many of us

when our parents get old and then they get sick, and all of your staff makes it easy for us to get them some help that we just can't give them ourselves. Thank you so much.

— **A client's loved one**

I pray that no one shall ever feel the loneliness in their heart of not having a friend or someone to turn to. You give me the inspiration to keep going on when I see your smiling faces at my door. Once again, I thank you.

— **A God's Love client ♥**

Calendar

♥ **Heritage of Pride March**
Sunday, June 26, 2011
NYC

♥ **5th Annual Golden Heart Awards**
Wednesday, October 19, 2011

♥ **18th Annual Race to Deliver**
Sunday, November 20, 2011
Central Park - NYC

For tickets, sponsorship or more information for any of these events, please contact Susan Oher at events@glwd.org or call (212) 294-8162.

WATER Trends

Would you have ever imagined buying bottled water 25 years ago? Not sparkling or mineral water, but plain water? Or what about carrying water with you during the day? Perhaps if you were hiking, but otherwise you would have looked for a public water fountain if you were thirsty. What was once uncommon is routine today. The bottled water industry has grown enormously over past decades, dramatically changing how we drink water. In the late 1970's, the average American consumed 1.5 gallons of bottled water a year, most of which was either from large water cooler bottles or sparkling mineral water. By 1986, this increased to 4.5 gallons and reached 12.7 gallons by 1997. Consumption jumped to 30 gallons a year in 2009, with Americans collectively drinking almost 8.5 billion gallons of bottled water. Americans now drink more bottled water annually than any beverage other than carbonated soft drinks. Most of this is from the ubiquitous single serve container.

Health Benefits

One great benefit of the water boom is increased water consumption. Water has a multitude of functions in the body. To name just a few, it improves digestion and bowel function, regulates body temperature, cushions joints, flushes toxins, and transports nutrients. It is also calorie- and caffeine-free and quenches thirst like nothing else.

Water Safety

Much of the popularity of bottled water may be related to convenience and to questions regarding the safety and contamination of tap water. Water safety is an elevated concern for certain populations, such as people who are immunocompromised or undergoing cancer treatments, infants and the elderly. Using bottled water may be one method to ensure that water is safe. However, many bottled waters are just filtered municipal (tap) water, and are not pure. Filtering tap water at home with a faucet

mounted or pitcher filter is a cheaper, more environmentally friendly way to clean your water. Boiling water for one minute can also remove harmful bacteria. The Environmental Working Group's website provides information on water safety and purchasing water filters that are appropriate for your needs; (www.ewg.org).

Environmental Concerns

While we are making healthier drink choices, the convenience of single use bottles has a high environmental cost. Their manufacturing requires energy. Most are not made from recycled plastics and the majority end up in landfills. For these reasons and more, reusable containers are becoming a common choice, although this has been complicated by worries about the safety of certain plastics. Which containers are safe? Choose a BPA (bisphenol A) free plastic or stainless steel container. Avoid any hard plastic (#7) that could leech BPA into the liquid. Do not reuse bottled water containers.

How much to drink?

Relying on thirst as a guide is safe for normal, healthy adults living in a temperate climate. If you exercise and/or spend time outdoors in the heat, fluid needs increase. If you are ill with a fever, vomiting or diarrhea, fluid needs are also increased. Additionally, as we age, the sense of thirst is diminished, so older adults may need to drink prior to feeling thirsty. A quick way to monitor your hydration is to check the color of your urine. It should be a pale yellow straw color. A sign of dehydration is very dark, or concentrated, urine. Note that some medications and vitamins can discolor urine.

While the majority of our total fluid intake comes from beverages, about 20% comes from food. Some delicious high water content foods to stock up on this summer include watermelon, lettuce, grapefruit, tomato, cucumber, blueberries and yogurt. Try this Tomato and Watermelon Salad recipe for a refreshing summer meal! ♥

Tomato and Watermelon Salad with Feta and Mint

SERVES 8

Per serving (About 11 oz/315g-wt.): 350 calories (210 from fat), 23g total fat, 4.5g saturated fat, 6g protein, 29g total carbohydrate (2g dietary fiber, 24g sugar), 15mg cholesterol, 610mg sodium

Ingredients:

- 2 cups balsamic vinegar
- 2 large ripe tomatoes
- ¼ medium watermelon
- 2 tablespoons olive oil
- Salt to taste
- ½ teaspoon sugar
- ½ cup toasted pine nuts
- ½ cup crumbled feta cheese
- ¼ cup shredded mint

Directions:

- ◆ Heat the balsamic vinegar in a small saucepan over low heat until the volume is reduced by half, 20 to 30 minutes. Remove from heat and let cool to room temperature.
- ◆ Core tomatoes and cut each one into four ¼ inch thick slices. You need eight slices total. Cut eight ¼ inch thick slices of watermelon. Trim the rind and cut slices into rectangles of equal sizes, about 2-inches wide and 3-inches long.
- ◆ Spread watermelon and tomato slices out on a plate. Drizzle with olive oil and sprinkle with salt and sugar.
- ◆ Layer watermelon and tomato slices on 4 plates to form a stack on each plate. Sprinkle pine nuts and feta over the watermelon and tomato stacks, then drizzle with the balsamic reduction, zigzagging back and forth across the plate. Sprinkle each stack with a pinch of salt and garnish with mint.

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

NEWS: **GOD'S LOVE** *Celebrates 25 Years*

When God's Love We Deliver began 25 years ago in response to the HIV/AIDS pandemic, no one could have predicted that God's Love would be where it is today. From one woman whose love and compassion drove her to deliver meals to a friend living with HIV/AIDS, God's Love We Deliver is now comprised of a deeply-committed Board, small staff, and annual volunteer base of 7,600 strong, working together to nourish people living with not just HIV/AIDS, but 200 different life-altering illnesses. We celebrate 25 years as the only organization of our kind in New York City and look forward to many more.

And what a celebration we are having. We began in April by ringing the NASDAQ Closing Bell in Times Square. Karen Pearl, President & CEO, and Tamara Tunie, Tony award-winning actor,



Tamara Tunie and Karen Pearl

producer and God's Love Board Member, rang the bell among cheers from God's Love friends and family. The ceremony was broadcast live via webfeed and even tweeted about by Joan Rivers. We really *have* come a long way.

We continued commemorating our milestone year with the 8th Annual Authors In Kind Literary Luncheon. The festivities will continue with other events

throughout the year, like the Heritage of Pride March on June 26, our 11th Annual Midsummer Night Drinks cocktail party in the Hamptons, the 5th Annual Golden Heart Awards in October, and our 18th Annual Race to Deliver in Central Park in November. We will celebrate in high gear all year long while continuing to serve our ever-expanding number of clients who so desperately need our help. As we are delivering 4,000 meals daily to an average of 2,000 clients, we know that there is so much more in store for us.

We hope that you will celebrate this milestone anniversary with us by staying in touch and involved through our website www.glwd.org, Facebook (www.facebook.com/godslovewedeliver) and Twitter (@godslovenyc). Be sure to view photos on Flickr (www.flickr.com/godslovewedeliver) and remember, you can always share your story with God's Love We Deliver on our site: www.glwd.org/community/sys.jsp.

And finally, for more on our first 25 years and our next 25 as well, please see: www.glwd.org/events/twentyfive.jsp. ♥



**Leave a
Legacy**

"The best legacy you can leave is one that keeps on giving. The Legacy Society is the best way to give significantly without it affecting your current lifestyle. It keeps your memory alive and for me it's important that the support I give God's Love We Deliver now still carries on."

Vicente Wolf, *God's Love Leadership Council and Legacy Society member*

With each passing year, 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 our clients at a time in their lives when they need us most. By including God's Love We Deliver in your estate plans, you will help us continue our mission of caring and compassion.

Vicente, along with many thoughtful friends, has chosen to include God's Love We Deliver in his estate plan. Doing so is a demonstration of his dedication to the life-sustaining work we do. The Legacy Society was formed to thank and honor those who have made this most generous decision. While you have many options about how you will use your financial assets to create a legacy, we hope you will choose to secure the long-term future of God's Love We Deliver. Please join other committed friends as a member of our Legacy Society.

If you have questions, please contact us at (212) 294-8144, or visit us at www.godslovewedeliver.org. ♥

EVENT RECAP: AUTHORS IN KIND

As this year's Authors In Kind event began at The Pierre Hotel, a rainy April morning bloomed into a sunny and laughter-filled afternoon. On Wednesday, April 13, hundreds of guests gathered to have their books signed and to listen to remarks from acclaimed authors Linda Fairstein, Lee Child, Ruth Reichl and Dan Savage. Beautifully emceed by author and God's Love Board Member Linda Fairstein, this year's event was the largest and most successful to date. Our guests dined on a delicious meal of flank



steak and salad, and the authors regaled the audience with quick-witted stories and moving memories. Lee Child hilariously recounted his first book tour in Bulgaria; Ruth Reichl reminisced about her first book, *Tender at the Bone*; and Dan Savage captivated the room with his heartfelt remarks about Billy Lucas and the *It Gets Better Project*. Thank you to all of our friends who supported this delightful afternoon. For photos of the event, please see www.flickr.com/godslovewedeliver. ❤️



Margaret Russell and Jack deLashmet



Lee Child, Linda Fairstein, Ruth Reichl, Karen Pearl and Dan Savage



Lesley Stahl



Betty Gilman, Naomi Rosenthal and Mitzi Gilman



Bob Colquhoun, Erik Bottcher, Adam Lippes and Michael Sennott

A MESSAGE FROM Karen Pearl

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delivering 1,000,000 meals this year, we need your support more than ever.

Throughout this year, we will host a number of 25th Anniversary celebrations. I hope you will join us as we prepare to meet the urgent needs of the next 25 years. We are confident that, with

your wonderful gifts of time and resources, the unique, life-sustaining services that only God's Love We Deliver provides will remain that beacon of hope for the men, women and children who count on us every day. ❤️

Karen

our mission

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



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



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