

Client Profile

Adele

used to work nights as a bartender, serving drinks and playing the jukebox at her local neighborhood bar. She'd pour for her friends and neighbors until the early morning while swinging her hips to the Supremes, the Shirelles and the Chantels. After a long night at work, Adele would head back to her three children and her Queens apartment.

She and her family spent their time together dancing to oldies and touring New York City, spending entire days wandering museums, seeing shows on Broadway and at Radio City Music Hall. Despite busy nights at the bar and the

"I know you will always be there for me, so that I can always be there for my family."

hard work of raising three active children, Adele always had the energy to construct fun and memorable days and to encourage her loved ones to pursue their educations, hopes and dreams.

As the 69-year-old single mother of three, the grandmother of nine and the great-grandmother of six, family is everything to Adele. Today, Adele is eager to brag about her daughter who just got her Master's degree in social work, and she closely follows the lives of her big extended family. Adele has photos of her family all over the walls and bookshelves of her small apartment. The surfaces that aren't covered with family smiles and memories are decorated with large house plants. Adele's zest for life and love surround her.

Today, Adele has slowed down some, as she deals with significant health issues. In 2005, she was diagnosed with Chronic Obstructive Pulmonary Disease and high blood pressure, probably from years of long hours working in the bar and eating a poor diet, always on the run. Adele can no longer enjoy the city and dance like she used to. More urgently, she can no longer shop or cook for herself.

After Adele was diagnosed, a friend referred her to God's Love We Deliver. She started our program right away, and her life quickly made a turn for the better.

Adele now eats our freshly prepared, nutritious meals rather than the greasy bar foods of her younger days. Due to dramatic diet changes developed by our registered dietitians, Adele has lost weight and lowered her blood pressure. Because she gets meals delivered right to her door, Adele can focus on the oxygen treatments she receives 4-6 times a day and making sure she keeps her doctor appointments. She has also enjoyed other aspects of our program, such as our free and unlimited nutrition counseling as well as our Thanksgiving and Winter Feast meals, which she shared with a friend.

She believes she receives something special, something more than a meal, with each delivery. She knows that she's receiving love and care from her God's

Love family. In particular, Adele loves the volunteers and drivers who deliver right to her door and brighten her day, and

says that she feels the strength and warmth they bring with every delivery. After putting her much-anticipated meal away, Adele always watches out the door to make sure her visitors are safely on their way. In true Adele style she says, "They keep me safe and make me feel loved, I want to do the same!" Confident in her care and recovery, Adele says, "I know you will always be there for me, so that I can always be there for my family." ♥

Calendar

♥ Authors In Kind

Emcee Linda Fairstein
Featuring Harry Belafonte
April 26 at The Pierre

♥ Midsummer Night Drinks

Mid-June

♥ The Golden Heart Awards Celebration

October 17

♥ The Race to Deliver

November 18
Central Park

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



Michael Sennott An Appreciation



At the end of 2011, our great supporter and inspirational leader, Michael Sennott, ended his time as Chairman of the Board of Directors after ten years of exceptional service.

We are deeply grateful to Michael for his commitment and years of accomplishment as one of our strongest allies and advocates. In our grand tradition, however, Michael will not stray far. He remains the Chairman of our Expansion Campaign and will also join our Chairman's Council.

We also said goodbye to our long-time Board member and former Co-Chair of the Board, Alan Levin, as well as Board members Sue Chalom and Jim Rottman. We thank them

for their distinguished service.

We now look forward to Scott Bruckner moving seamlessly from the Vice Chair to Chairman of our Board. The impact of his thoughtful and creative leadership will certainly be felt as the demand for our services continues to grow.

New Board members welcomed

We are also delighted to announce the addition of four new members to the Board of Directors. Chris Lacovara, Laura Michalchyshyn, Terrence Meck and Karen Naber each bring unique and valuable qualities to the work of God's Love We Deliver. We cannot wait to collaborate with these visionary leaders who will contribute so much to the mission of God's Love. ♥

Public Officials lend a HELPING HAND

Our holiday celebrations were, as always, special days at God's Love. Many local, state and federal officials gave of their hearts and hands to our mission by volunteering, helping us to bring meals, holiday baskets and gifts to our clients and their families.

On Thanksgiving, Ray Kelly, Commissioner of the New York City Police Department and his son, Greg Kelly, host of Good Morning New York "worked the line" in our kitchen. They joined Bill Thompson and Gayle Horwitz, Chair and President & CEO, respectively, of the Battery Park City Commission. Rosie Mendez, New York City

Council Member from the 2nd District, delivered meals to clients in her district, and Gil Quiniones, CEO & Acting President of the New York Power Authority, delivered meals to clients in Manhattan with his family.

For our Winter Feast, which was prepared and delivered on Christmas Eve, U.S. Congressman Ed Towns delivered holiday meals to his constituents in Brooklyn and NYS Assemblymember Richard Gottfried cheerfully packed meals in bags decorated by school children.

We are indeed fortunate that our public officials believe so fervently in our mission. ♥



CEO and Acting President of New York Power Authority, Gil Quiniones with his wife and daughter · Assemblymember Richard Gottfried · Senior VP of Public Relations at Bloomingdale's, Anne Keating, Karen Pearl and NYPD Commissioner, Ray Kelly · Battery Park City Authority Chairman, Bill Thompson, Jeff Simmons and Battery Park City Authority President & CEO, Gayle Horwitz · Congressman Ed Towns with our client · Council Member Rosie Mendez with our client ·

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212.294.8142

To Volunteer 212.294.8158

To Become a Client
800.747.2023

Special Events
212.294.8162

Website
godslowewedeliver.org

our mission

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



GOD'S LOVE WE DELIVER

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



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foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER | CELEBRATING 25 YEARS OF SERVICE

A MESSAGE FROM Karen Pearl

Whenever a new year begins, it is natural to take a moment to reflect on the one just ended. For God's Love We Deliver, this appraisal is an incredibly rich one. We have so much to be thankful for; most especially, in 2011, we reached the milestone of cooking and delivering over 1 million meals in a single year. Without the steadfast efforts of our volunteers, supporters and friends, we would never have been able to accommodate such growth. We were also fortunate that, in April, we launched a year-long celebration of our 25th year of service to the community. We offer our deepest thanks to all of you who have contributed to our success over these many years.

As we say a hearty thank you, we also look forward to 2012 and beyond with much excitement and anticipation. In October, at our Golden Heart Awards Celebration, we announced the most important initiative for the future of God's Love – an expansion project that will more than double our capacity to serve those in need.

As our numbers have continued to reach a new watermark each year, we find ourselves at a critical crossroad. In the last five years, our production has increased 50%. As such, our facility has simply become too small to accommodate our growing operation. Without a significant capacity expansion in the immediate future, our ability to

continue meeting the urgent and constantly growing needs of those living with severe illnesses is in jeopardy.

So that we hold fast to our commitment to never turning away a sick person in need, we have launched a \$25 million Expansion Campaign, which will allow us to more than double the capacity of our SoHo home. The campaign is going well, and to date we have raised more than \$14 million towards our goal. Once completed, God's Love will be able to cook and deliver more meals, host more volunteers and play an expanded, critical role in the community. And, we will do this without missing a beat in the daily delivery of meals and nutrition counseling that our clients depend on.

Throughout this year, we will be telling you much more about the Expansion Campaign. We will also be asking for your help as we continue to serve those who are too ill to shop or cook for themselves. This effort will have far-reaching benefits for our clients and our community. It will require the good will and open hearts of all of our friends to make our new home possible.

Please feel free to contact us about the Expansion Campaign with your comments and questions. We have set up a special email address for this purpose: expansion@glwd.org. We look forward with great excitement to taking this journey together. ♥ *-Karen*



“So that we hold fast to our commitment to never turning away a sick person in need, we have launched a \$25 million Expansion Campaign...”

To volunteer is a blessing and at God's Love, I get to deliver love each week. With my heart full of happiness I arrive at God's Love to prep food with other happy volunteers because I know that at the other end, anxious people who are in need of good food will have their fill.

Joan R., Kitchen Volunteer

When I started it was because my sister had recently been sick and we found it was very difficult to find healthy and appealing food. I wondered how people without loved ones around can conquer this issue, and then I found God's Love. Part of my reason is selfish—I have made dear friends, I love the conversations and I get great theater reviews.

Phyllis K., Kitchen Volunteer

God's Love nurtures the spirit as well as the stomach.

Noreen B., Kitchen and Health/Community Fair Volunteer

It's the right thing to do, on many levels. Thank you, God's Love, for being there.

Tom S., Delivery Volunteer

After talking about God's Love We Deliver at a dinner party recently, a man came up to me and said, "It's a great organization. In 1995, I was a client for 6 months, and it saved my life."

Bill R., Kitchen and Delivery Volunteer

I deliver because the thought of people who are hungry and ill breaks my heart. Volunteering at God's Love is a great way to fill my time and the people who work at God's Love are the very best!

Jane G., Human Resources Volunteer

I volunteer at God's Love as a tribute to loved ones in my life who have faced terrible illnesses.

Lenni F., Kitting Volunteer

25 Years of **Volunteers** "Why I Deliver"

This summer, we asked our volunteers one simple question: "Why do you deliver?" We received an outpouring of warm and wonderful comments—we share some with you here. The love continues! ♥

God's Love has taught me the JOY of giving rather than receiving. I wouldn't be anywhere else on a Thursday night but chopping with all my friends in the kitchen!

Thank you, God's Love.
Richie F., Kitchen Volunteer

I volunteer because it helps keep me centered by helping me maintain a positive outlook on life. Love is all around us. God's Love keeps me focused on this truth by allowing me to experience loving others at a time in their lives when they need it most.

Ryan B., Client Services Volunteer

God's Love cared for someone I cared for. I'm just saying thanks.

Brian M., Kitchen Volunteer

I deliver to see the smile on clients' faces when I arrive with their meal. I deliver because as a member of the food community I believe it is my responsibility to help feed people. I deliver because it helps me give back to the community. I deliver so that I can do something that is bigger than me. I deliver to enrich my life. I deliver because I can. I deliver because I can't imagine my life without God's Love.

McKenzie M., Kitchen Volunteer

foodforthought

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

CELEBRATING TWENTY YEARS OF NUTRITION SERVICES

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

As we reflect on our agency's 25th year, we also mark a second important anniversary. We are so proud of all that our Nutrition Services Department has been able to provide to the community over the past twenty years. In 1992, God's Love We Deliver established our Nutrition Services Department. Staffed by registered dietitians, the department is dedicated to developing individually tailored meals and providing nutrition counseling and education. This built upon our strength as a compassionate food provider to both increase the array of services provided, and ensure that meals were nutritionally optimal for clients with HIV/AIDS. In fact, it is the provision of nutrition services that has become our signature difference among food providers.

In 2001, armed with nutritional expertise gained at the forefront of the HIV/AIDS pandemic, God's Love broadened our mission to serve other seriously ill populations, like people living with cancer and Alzheimer's disease. The nutrition team likewise expanded our scope of expertise to meet the new challenge. Over the past decade, this capacity has grown considerably, and today, God's Love serves people living with over 200 different illnesses. In order to best serve this diverse clientele, our registered dietitians continuously keep up-to-date with developments in nutrition practice by participating in educational webinars and teleconferences, attending and presenting at local and national conferences, holding leadership roles in local and national professional organizations and by hosting bi-monthly professional development meetings for area HIV dietitians. As a result, the Nutrition Services Department has earned widespread acclaim as experts in the field of community nutrition.

Every day, our registered dietitians address the unique dietary needs of our clientele by tailoring meals specifically to each illness. After an initial intake, dietitians conduct comprehensive interviews to understand a client's symptoms, medications, allergies and other pertinent medical information. Dietitians then capture this data in the Client Activity Tracking System (CATS) and use it to customize meals for clients.

The registered dietitians also provide ongoing nutrition counseling and support. These sessions help clients and family members cope with illness and also provide the information they need to lead the healthiest lifestyle possible. During counseling sessions, clients receive individualized nutrition advice. Clients can also call our Nutrition Services Department any time if they have any questions about their diets or if they experience changes in their health or medications. At each of these sessions, the focus is on the importance of daily dietary management and on helping clients build strength and improve emotional and physical well-being.

Our team of dietitians also provides community-based nutrition education and cooking workshops for people living with serious illness and their caregivers. Free of charge to participants, these classes are designed to increase knowledge of how nutrition affects disease progression and quality of life, and how it can assist in treatment adherence. Cooking and menu



Our staff of Registered Dietitians: Ronnie Fortunado, Lisa Zullig, Linnea Matulat, Monica Gonzalez, Pauline Cheung, Esther Trepal

WINTER RECIPE

Warm Lentil and Vegetable Salad with Toasted Walnuts and Dill

- 3 cups water
- 1 cup brown lentils – picked over to remove pebbles and rinsed
- 20 medium Brussels sprouts – stem ends trimmed and halved
- 1 medium sweet potato – diced (peeling is optional)
- 1 small red onion – chopped (about ½ cup)
- ¼ cup rice wine vinegar
- 2 medium garlic cloves – minced
- 2 tablespoons flaxseed oil or extra-virgin olive oil
- ½ cup chopped walnuts – toasted
- ⅓ cup chopped fresh dill leaves
- Salt and ground black pepper

Directions:

◆ Combine water, lentils, Brussels sprouts, sweet potato and half of onion in large saucepan. Bring just to a boil. Reduce heat to low, partially cover, and simmer for 20 minutes, or until lentils and vegetables are tender. Drain and transfer to salad bowl.

◆ Combine vinegar and garlic in small bowl. Slowly whisk in oil until thickened. Pour over lentil mixture and toss to combine. Add remaining onion, walnuts, and dill and toss again. Season with salt and pepper to taste. Serve warm.

planning workshops further enhance the presentations.

To support these efforts over the years, the Nutrition Services Department has created fourteen education booklets for population groups in several languages. They have been disseminated throughout the country and worldwide. Downloadable versions of the current booklets are now available on our website. In addition to these publications, the nutrition section of the website includes disease-specific nutrition fact sheets created for people affected by different illnesses.

In addition to our work with clients and the community, the Nutrition Services Department also established and periodically reviews agency nutrition standards and menu content, and monitors food safety standards set by the NYC Department of Health and Mental Hygiene.

As we start a new year and new era of growth at God's Love,

Here are some of the past year's **ACCOMPLISHMENTS:**

- Worked with the Client Services Department to double participation in the Grocery Bag Program, established a partnership with the Tribeca CSA to provide local produce for the bags, and launched a workshop series for the participants, "Nutrition & Healthy Cooking on a Budget."
- Presented 58 nutrition workshops in English, Spanish and Cantonese reaching 2,400 people.
- Translated nutrition fact sheets into Chinese with support from The Palette Fund.
- Provided 5,742 nutrition counseling sessions for clients living with over 200 illnesses.
- Developed and conducted a teleconference series for clients living with diabetes.
- Regularly updated content in the nutrition section of the website. The section includes: information on nutrition & specific illnesses in multiple languages; a quarterly newsletter; recipes for individuals and families; food safety education; and downloadable versions of nutrition booklets. Please visit our website for more.
- Distributed over 18,000 nutrition publications worldwide.
- Attended national nutrition conferences including the American Dietetic Association's annual meeting and the Association of Nutrition Services Agencies (ANSA) conference.
- Collaborated with the Mailman School of Public Health, Columbia University and Cook For Your Life on an ongoing study funded by the National Institutes of Health, titled "Implementing Diet Change Among Hispanic Breast Cancer Survivors."
- Printed a new Spanish version of our publication, *Eating Tips: A Nutrition Guide for People Living with HIV*.
- Contributed nutrition articles to the newsletter of the NYC Chapter of the Alzheimer's Association.
- Reprinted two popular booklets for breast cancer patients and survivors.



Walmart volunteers in the kitchen



MAC Cosmetics volunteers on World AIDS Day



Edelman PR at the Race to Deliver



Delivery volunteers from Whole Foods Market NYC

Partnerships Bring New Energy to God's Love

In 2011, God's Love was blessed with the generous support of many longtime corporate and foundation partners—and we made some wonderful new friends as well.

Our great friends at Avon Foundation for Women, American Express, Broadway Cares/Equity Fights AIDS, The Calamus Foundation, Komen Greater NYC, M•A•C AIDS Fund, Macy's, New York Community Trust, Wells Fargo, R/GA Media, Morgan Stanley, and others generously helped with meal expenses, delivery expenses, and our exciting expansion campaign.

New organizations joined the God's Love family in 2011, and old friends found new ways to participate. Edelman volunteered in our kitchen, helped support boiler repairs, and donated wonderful holiday gifts for the children of our clients. We received an amazing \$50,000 grant from Walmart. Longtime

partners Levi Strauss joined us for the first time at our annual Golden Heart Awards Celebration. The Palette Fund helped our nutrition team grow our outreach efforts into more underserved communities.

Hugo Boss generously utilized our Holiday Tribute Card program in December with a \$20,000 contribution. Our partners at Lenox helped support over 500 client meals when Facebook users "liked" them in November. Our new friends at Whole Foods Market NYC took the time to volunteer delivering meals, and they invited us to participate in their 5% Day on Thursday, January 5, when five percent of sales at all Whole Foods Market NYC stores benefited God's Love for a total of more than \$62,000.

A huge thank you to all of our corporate and foundation friends in the community. All of us, and especially our clients, truly appreciate everything that you do! ♥

WHOLE FOODS MARKET 5% Day Raises More than \$62,000 for God's Love

On Thursday, January 5, friends, volunteers, staff and supporters swarmed all six Whole Foods Market NYC stores on their "5% Day." For the entire day, 5% of sales at the six NYC locations benefited God's Love, helping us continue to provide individually tailored meals, nutrition counseling and much more to sick friends and neighbors in our community. Staff and volunteers tabled the event at each store, providing curious shoppers with information about God's Love. In total, Whole Foods Market NYC 5% Day helped raise over \$62,000 dollars for God's Love. Thank you, Whole Foods Market NYC! ♥



the Nutrition Services Department celebrates its 20th year. The team is proud of past accomplishments and looks forward to meeting new challenges in innovative ways, so that we can continue to best serve the community's evolving needs. ♥



Alan Cumming



Blaine Trump & Uma Thurman



Bruce Nelson, Roz Gilbert,
Barbra Locker & Bri Schulz



Chris Quinn, Nancy Mahon,
Sally Susman & John Demsey



Terrence Meck & Ganga Stone



Tamara Tunie



Calvin Klein & Carolina Herrera



Anne Keating



Jonah Disend & David Altmejd

2011 GOLDEN HEART AWARDS CELEBRATION

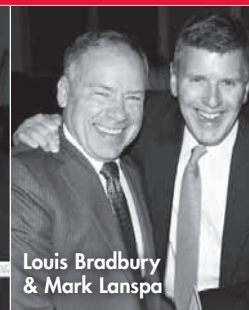
This past October, more than 450 wonderful supporters spent a glorious evening at the Skylight Soho honoring the philanthropic work of Carolina Herrera and “25 Years of Volunteers.” Our many thanks to our dinner co-hosts: Blaine Trump, Michael Sennott, John Demsey, Calvin Klein and Diana Taylor, and to all of our guests, volunteers and sponsors for making this our most successful Golden Heart Awards Celebration to date. ♥



Jeff Gates, Karen Pearl & Mike Moran



Michael Sennott & Scott Bruckner



Louis Bradbury
& Mark Lanspa



Joe Kirk & Susan Oher



Jon & Rebecca Bond



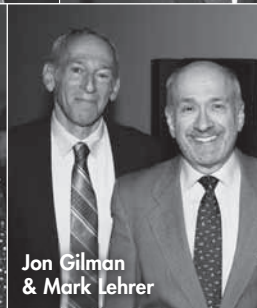
Lucas Goossens & Adam Lippes



Margaret Russell



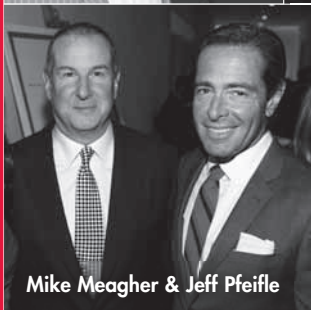
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Jon Gilman
& Mark Lehrner



Sandra Lee



Mike Meagher & Jeff Pfeifle



Jeff Krauss, Paul Wilmot, Karen Pearl
& Jerry Nadler



Tory Burch



Jeff Pfeifle, Lisa Sherman & Marnie McBryde



18th Annual Race to Deliver God's Love We Deliver



The 18th Annual Race to Deliver took place on November 20th 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 fulfill our mission.

Sandra Lee, Food Network Superstar, volunteer and honorary "Love Team" team captain, introduced the Race. **Kimberly Marable** of SISTER ACT sang the National Anthem, and **Leila Lopes**, Miss Universe, passed out ribbons to our Kids' Fun Run participants. We were also joined by **Mr.G** from PIX11 and **Rosanna Scotto** from Fox 5 TV.

God's Love partnered with the Broadway show SISTER ACT, which showed its support by outfitting runners with signature nun habits. SISTER ACT cast members **Kimberly Marable**, **Lance Roberts** and **Carolee Carmello** all cheered on the runners, and **Carolee Carmello**, the show's Mother Superior, ran the race herself!

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! ♥