

# foodforthought

SPRING 2019

## A Message From Karen Pearl



This spring has been busy at God's Love We Deliver. In April, for National Volunteer Week, it was our great pleasure to recognize and thank our terrific volunteers for their extraordinary service.

As we celebrated, I thought a lot about my first volunteer experience. When I was a teenager, I served as a candy striper at North Shore Hospital in Manhasset. I thoroughly enjoyed my different shifts, especially once I was "promoted" to helping in the radiology department. I was entrusted to get certain patients from their beds to wheelchairs to radiology, and to bring them back safely. In those few minutes of conversation, I knew that I was helping the patient and felt like my service really mattered. This experience was a key driver in my career, which has been dedicated to working directly with people, first as a teacher, then as a counselor, and now as a nonprofit leader.

At God's Love, we are proud and humbled to have the help of more than 14,000 volunteers who give their hearts, time, and talent on behalf of our clients every year. They help us bring dignity, respect and love to the clients who count on us for their meals and nutrition, and who look to us on every delivery day for a friendly smile and words of caring and kindness.

We are also grateful to have volunteers of all ages. Our Young Hearts program engages children – as young as three-years-old – and instills in them the spirit of service on which God's Love We Deliver was founded. Among other things, these young volunteers help us by making birthday cards for our clients, growing herbs for our rooftop garden, and decorating holiday bags and cards for our clients' children.

Whether they volunteer in the kitchen, meal packaging, as a van assistant, or in an office role, each one of our volunteers is a critical part of our vibrant community, making a tremendous difference in the lives of our neighbors who are too sick to shop or cook for themselves and their families.

The spirit of volunteerism at God's Love was felt in other ways too. In March, our third annual Love Rocks NYC benefit concert at the iconic Beacon Theatre was a smashing success, thanks to our exceptional friends and supporters Greg Williamson and John Varvatos as Executive Producers and Nicole Rechter as Producer. The sold-out show was emceed by Martin Short, Bill Murray, Kevin Bacon, and Paul Shaffer and featured an extraordinary lineup of rock, soul, and blues stars. These musicians, led by the phenomenal musical director Will Lee, lent their tremendous talent

to make the evening a huge success. My deepest gratitude goes to the RJKB Family Charitable Foundation, the Steven & Alexandra Cohen Foundation, Jonah Disend and so many others for their generous support.

In April, we hosted our 16th annual Authors in Kind literary luncheon led by the exceptional event emcee, author, and God's Love Board member Linda Fairstein. Together with Linda, we were delighted to welcome authors David Burtka, Michael Beschloss, and Lisa Gardner for an intimate reception and book signing followed by a luncheon during which the authors entertained attendees with stories about themselves and the books they have written. This was a fantastic afternoon with so many great friends joining us.

Since 1985, God's Love We Deliver has been cooking and delivering the tailored, nutritious meals our clients so urgently require. From the beginning, we have counted on the goodwill and enormous power that our volunteers and supporters bring to our work. It is because of you that we can accomplish so much for so many of our most vulnerable neighbors. Thank you from the bottom of my heart.

*Karen*



#### CLIENT PROFILE:

## Delivering Love to Rosemarie

Our client Rosemarie is a born and raised New Yorker and military veteran living with chronic obstructive pulmonary disease (COPD). Now 60, Rosemarie has lived a very active life in service of others and country – working for EMS and traveling extensively with the Army and Navy.

But now, because of COPD, things have changed. Breathing is difficult and getting around is a challenge. She relies on an inhaler and a walker. Sometimes she can't even finish a sentence when she is talking. Getting to her medical appointments requires all her energy, so shopping for food is out of the question and cooking is much too strenuous.

A healthy diet is important for people living with COPD because breathing requires so much more energy than it does for those without the disease. The muscles used for breathing sometimes require ten times more calories than those of a person without COPD. Additionally, good nutrition helps the body fight infections, and chest infections often cause those with COPD to be hospitalized. Rosemarie not only needed access to food, but she needed convenient access to the proper nutrition for her body and her illness.

Rosemarie needed help, so she reached out to God's Love. Now, she receives healthy, medically tailored meals delivered to her home. Every meal is cooked from scratch in the God's Love kitchen and designed by a Registered Dietitian Nutritionist specifically for Rosemarie's nutritional needs. "When God's Love came along, my nutrition was not very good, and the food helps a lot," Rosemarie says. "My doctor gives you a thumbs up. The meals are low in sodium, they're tailored for me, and they taste good. They're good for you."

The meals from God's Love give Rosemarie energy and strength. She adds, "It makes you feel good knowing that people care. I would like to say thank you for the wonderful food."



ROSEMARIE

**“It makes you feel good knowing that people care. I would like to say thank you for the wonderful food.”**

#### ADVOCACY UPDATE:

## God's Love Finds Success with Mount Sinai on Diabetes Pilot

For the past six months, God's Love We Deliver, in partnership with staff from Mount Sinai St. Luke's and Mount Sinai Jackson Heights, has engaged in a pilot program providing medically tailored meals to individuals diagnosed with severe diabetes who were also experiencing frequent hospitalizations. The goal of the pilot was to provide nutritional stability, increase comfort, and reduce hospital utilization for participants.

During the six-month pilot we worked with Mount Sinai staff at both locations to enroll fifteen high-need patients in the God's Love program. The patients each received a nutritional assessment and ongoing counseling from our team of Registered Dietitian Nutritionists who tailored each of their meals (breakfast, lunch and dinner) to address the patient's individual diagnosis.

The feedback we have received at the conclusion of the project has been overwhelmingly positive from the Mount Sinai staff. In fact, the staff saw such a significant improvement in their diabetes population that they have decided to extend the project for another three months! We could not be more thrilled with this partnership and look forward to working with Mount Sinai and other hospital systems on projects like these in the future.

NEWS:

# God's Love Goes Local and Sustainable

At God's Love, our Nutrition Services and Kitchen departments recognize the benefits of using locally sourced, sustainable ingredients in our medically tailored meals. For our clients, these products often taste better – local producers need not focus as much on packing, shipping and shelf life and instead can prioritize quality, freshness and nutrition. Buying locally and sustainably is also good for the environment and supports small farmers and producers in our own community. With that in mind, we are excited to share some of the recent efforts we have made to expand our use of local, sustainable, or organic foods:

- **Single-source spices:** When you buy spices from the supermarket, they have often changed hands hundreds of times over the course of years, being mixed and processed with spices from many different farms and regions. Our chefs have recently begun using single-source spices, which are fresher, higher quality, and can be traced back to their specific place of origin.
- **Domestic wild fish:** For the fish dishes on our menu, our chefs are using domestic wild fish, such as salmon and pollock, more and more. Pollock is the most abundant, sustainable fish in the U.S. With few exceptions, wild-caught fish are more nutritious and better for the environment than farm-raised fish.
- **GrowNYC:** As part of our Grocery Bag program, we purchase fresh, local produce from GrowNYC, a non-profit seeking to improve New York City's quality of life through environmental programs that transform communities block by block and empower all New Yorkers to secure a clean and healthy environment for future generations. Every week, we pack produce in a grocery bag that is delivered to clients living with HIV who are able to cook for themselves, with a recipe and a handout that explains how to store and prep the items in the bag that week.



- **Local dairy:** Our kitchen uses milk from Byrne Dairy in many of our recipes. Located in Syracuse, NY, Byrne Dairy is a fourth-generation, family-owned producer and distributor of dairy products that works with local farmers to provide fresh, high-quality milk.

Chuck the Baker supports all these steps, saying, "The future must be regional, organic agriculture and more community-based business." We are grateful to all the local and sustainable vendors, suppliers and farms working with God's Love to provide our clients with the highest quality, most nutritious food possible that their illness and treatment require.

NEWS:

# Celebrate your Birthday with God's Love



Looking for a special way to celebrate your birthday? A Facebook fundraiser is an easy thing to do with friends that raises awareness and funds for God's Love. Instead of presents, ask your friends and family to donate a meal for someone who is sick and hungry. Every \$10 you raise funds a delicious, medically tailored meal for a client living with illness.

It's simple: just visit [facebook.com/godslovewedeliver](https://facebook.com/godslovewedeliver), click "Fundraisers," and create your own with a fundraising goal and end date. Don't forget to share and invite friends! Thank you for making your special day an opportunity to give back to our neighbors who are too sick to shop or cook for themselves.



NEWS:

# Advancing Food is Medicine with our Partners

We know that food is medicine and that our meals help people heal. That's why God's Love advocates for the integration of food and nutrition services in healthcare. Research from across the country has proven that the act of tailoring each meal to meet a client's specific medical situation works. In fact, it not only improves a client's health outcomes, but also improves medication adherence, and keeps clients out of the hospital and in their homes.

Additionally, adding medically tailored nutrition to a care plan dramatically reduces healthcare costs. To ensure that as many people as possible have access to medically tailored meals as part of their treatment plan, we continue to partner with hospitals, physicians' groups, insurers, and others across the healthcare continuum.

In February, President & CEO Karen Pearl and Senior Director of External Program Affairs Dorella Walters led a training for staff at Healthcare Partners IPA in Garden City. Healthcare Partners manages the care of thousands of people living in the five boroughs of New York City and on Long Island. God's Love is teaming with Healthcare Partners to serve more of their members living with severe and chronic illness. At the training, Karen and Dorella shared with Healthcare Partners staff more about what we do at God's Love and equipped them with the tools they need to work effectively with us to best serve their members.

With our Community Partners Program, God's Love receives reimbursement through contracts with Managed Long-Term Care and Mainstream Medicaid plans, helping to create long-term sustainability for our clients. This also helps position God's Love as a nutrition leader providing health services for those who count on Medicaid for their health care.

We look forward to continuing our collaboration with hospital systems, insurers and other service providers to address the needs of those living with serious, life-altering illnesses throughout the city.

CORPORATIONS & FOUNDATIONS:

# New and Returning Partners

Since our founding, God's Love We Deliver has provided nutrition to vulnerable people with serious illnesses free of charge. We rely on the commitments of many corporations and foundations whose philanthropy helps keep the lights on, the food purchased and freshly prepared, and our vans and drivers on the road to our clients. These corporations and foundations help us accomplish our mission every year with their generosity and the time their employees spend to volunteer.

To highlight a few, we are very grateful for the ongoing support of the New York Community Trust. The Trust supports our Cancer Program that provides over 300,000 meals each year to households with a family member living with a cancer diagnosis. Thousands of cancer patients, at various stages of their health care journey including surgery, chemotherapy, radiation and recovery, have been helped through the Trust's engagement with God's Love.



Even though God's Love started out supporting those living with HIV/AIDS nearly 35 years ago, it may be surprising to learn that our HIV/AIDS Program is still the largest program at God's Love. Numerous organizations provide grants to allow us to maintain our vital relationship with clients living with HIV. DIFFA, Macy's, Nordstrom, Broadway Cares/Equity Fights AIDS, the Ted Snowden Foundation and the M-A-C AIDS Fund have all helped us provide the specific nutrition these clients urgently require.

Grants for general operating support are critical to our continued success. Capital One, Citizen's Bank and Bloomberg have helped God's Love with operating support, continuing to show their generosity to the communities where they conduct business. Among our many corporate funders, Wells Fargo has taken on a significant role supporting God's Love with generous grants and a large volunteer effort by its employees. By partnering with us, giving time, effort and donations, Wells Fargo allows God's Love to accomplish its mission and not turn people away because we lack the capacity to help.

If you work for a corporation, we welcome you to assemble a volunteer team and sign up at [godslovewedeliver.org/volunteer](http://godslovewedeliver.org/volunteer). You can also find out if your employer matches funds for donations or volunteer work – make your effort work as hard as you do!

**M-A-C  
VIVA  
GLAM  
FUND**

**Thanks and congratulations to our friends at M-A-C VIVA GLAM for 25 years of partnership!**

## VOLUNTEER PROFILE:

# Many Stories, One Mission

Our 14,000 annual volunteers come to God's Love from different backgrounds and for different reasons. It's an amazingly dedicated group, some volunteering for decades! We asked and here's what a few of our volunteers had to say about why they do what they do:



### DONOVAN WATT

**Volunteer since 2017  
(16 hours)**

"I always feel the need to help people who are less able to fend for themselves. My partner

passed away in December 2016 of heart disease. I decided to continue supporting charitable organizations in his memory, whether by donating or volunteering my labor. This was when I found out about God's Love We Deliver. Sometimes it's hard to get up early mornings, but I think about the people who I will make happy, and the fact that if I don't turn up to help, others might possibly not turn up either. I feel happy and blessed to be here. It's all about giving and treating others the way I'd like to be treated if I'm in their position."



### ILDA TERAN

**Volunteer since 2007  
(1,423 hours)**

"My daughter was just 28 years old when she passed away from esophageal cancer. The

diagnosis was a shock – she had never smoked nor drank, and when she died, I was devastated. My heart was breaking, and I didn't know what to do or where to go. Someone suggested that I start giving back – it would give me something to do and distract me from my grief. I started volunteering at God's Love and right away I realized what I needed: a family. And that's what my Thursday night group and all my other shifts have become. God's Love has helped keep me going through the pain but also has brought me so much joy over the years. I come to God's Love, rain or shine, no matter what. The love I have for my daughter carries on through the love I give to my work at God's Love. I am with wonderful people, and I am showing the clients that I care."



### LEILA MAE MAKDISSI

**Volunteer since 2014  
(683 hours)**

"My first husband, Howie Hershey, died of AIDS and was a chef. I remember the struggle to

get him to eat at the end of his days and realizing that his lack of any interest in food was a sign that he was turning away from life. Nourishing others in need of healing was what I wanted to do. I finally made the move in 2014 and became a volunteer at God's Love. I love my shifts and I look forward to them. I enjoy the work and the friends I have made. At the end of my shift, I feel good knowing I have accomplished something not related to making my living, that benefits people that I do not know personally. I love that this work contributes to the general welfare of people most in need, and I'm doing something that I enjoy at the same time! I have recommended God's Love to a friend taking care of someone who was dying of cancer. My friend was so impressed by the compassion that God's Love brings to everything."

## VOLUNTEER NEWS:

# National Volunteer Week

During National Volunteer Week in April, it was our great pleasure to recognize and thank our wonderful volunteers. Their work is truly exceptional, and they are integral to everything we do at God's Love. Without our volunteers, we simply would not be able to cook and deliver meals to thousands of our neighbors in need.

For more than three decades, God's Love has been providing the medically tailored, nutritious meals that our clients so urgently require. From the very beginning, we recognized the tremendous heart of our volunteers, and today, we are proud and humbled to work with more than 14,000 individuals who give their time and talent to God's Love every year.

Last year, together with our staff, volunteers:

- Prepped more than 7,200 meals per day, Sunday through Friday
- Packed hundreds of bags filled with produce and other nutritious items for our Grocery Bag clients
- Managed over 105,000 calls from clients
- Rang over 250,000 doorbells

Every single volunteer at God's Love had a hand in accomplishing these extraordinary milestones. Today and every day we honor our volunteers and thank them for their extraordinary service and dedication. Their engagement and commitment are unparalleled. We are grateful for their gifts of time and heart. We thank them for choosing to make God's Love a part of their lives, and for making our life-saving services possible.

## VOLUNTEER NEWS:

# Opportunities for Kids

There are so many ways to support our mission through volunteerism and we understand the importance of getting kids involved with philanthropy at a young age. Here are some of the great opportunities for all our Young Hearts out there.

- **Field Trip Friday** (third Friday of every month): Show your class one of the largest kitchens in NYC! Students will tour our kitchen and rooftop garden and get a chance to test their knowledge with our fun nutrition worksheet. Projects are tailored to the age of the group.
- **Crafting Love** (first Sunday of each month): Young ones can decorate birthday cards and other holiday cards for our clients. No artistic experience required – just a whole lot of love.
- **Volunteer at home, at school, or with a community group:** Take God's Love with you wherever you go! Children can decorate birthday cards, winter holiday cards, Valentine's Day Cards, placemats and more.

For more information on how you can get your children or students involved, please contact [volunteer@glwd.org](mailto:volunteer@glwd.org).

**EVENT RECAP:**

# Love Rocks NYC

The Beacon Theatre rocked on March 7, 2019 when a sensational lineup of rock, soul and blues stars came together to play the third annual Love Rocks NYC, our annual benefit concert, which raised \$2.3 million. Since its inception, the Love Rocks NYC concert series has raised nearly \$6 million for the clients of God's Love.

Co-produced by designer John Varvatos and top NYC real estate broker Greg Williamson with Nicole Rechter of UpperWest Music Group, the sold-out show was hosted by Martin Short, Bill Murray, Kevin Bacon and Paul Shaffer, and included spectacular performances by legends such as Robert Plant, Ann and Nancy Wilson of Heart, Sheryl Crow, Buddy Guy, Mavis Staples and Bernie Williams, along with dynamos such as Hozier, Grace Potter, Marcus King, Lukas Nelson, Larkin Poe and our incredible musical director, Will Lee. The evening concluded with all the artists returning to the stage for a rousing group performance of "Feelin' Alright."

We were delighted to have this remarkable event return for another year and to see the great support the event inspired from the artists and the audience alike. Our deepest gratitude goes to co-producers John Varvatos, Greg Williamson, and Nicole Rechter for their brilliant vision and expertise.

The evening would not have been possible without our Title & Presenting sponsors Katy & Greg Williamson, Richard & Brett Yulman, the RJKB Foundation, the Steven & Alexandra Cohen Foundation, and Jonah Disend, as well as our Gold sponsors The Altman Family Foundation, CAA-Global Brands Group, the Campbell/Ribbecke Family, David Terveen and DK Display Corp., Douglas Elliman, Gramercy Tavern, Valerie Dillon & Daniel Lewis, Pandora, and Shake Shack. Finally, we'd like to thank our Media Sponsors: iHeart Media, The Wall Street Journal, Q104.3, and Conde Nast.



LOVE ROCKS NYC



SHERYL CROW & ROBERT PLANT



DOYLE BRAMHALL II & LUKAS NELSON



NANCY WILSON & ANN WILSON OF HEART



REBECCA LOVELL & MEGAN LOVELL OF LARKIN POE



BUDDY GUY



SHERYL CROW



MAVIS STAPLES & HOZIER



BILLY F. GIBBONS & BERNIE WILLIAMS



CHEVY CHASE, MARTIN SHORT & BILL MURRAY





GRACE POTTER



IVAN NEVILLE & CYRIL NEVILLE



GREG WILLIAMSON, WILL LEE, NILE RODGERS,  
KAREN PEARL & JOHN VARVATOS



STEPHEN COVELLO, TERRENCE MECK,  
KATY WILLIAMSON, GREG WILLIAMSON,  
KAREN PEARL & DAVID LUDWIGSON



WILLIAM RIBBECKE, MICHAEL ANTHONY, JOHN VARVATOS,  
JOYCE ZYBELBERG VARVATOS, BLAINE TRUMP, ERIC LEVENTHAL,  
DAVID TERVEEN, JONAH DISEND & AMANDA FREITAG



RICHARD YULMAN  
& KANDY KRAMER



KATY WILLIAMSON &  
LINDSAY HOLDEN



BRAD LEARMONTH, DAVID TERVEEN,  
ANDREW GOLDFARB & ROBERT ROHR



GREG WILLIAMSON  
& JOHN VARVATOS



JESSICA NASH, LORI NASH,  
ZACH NASH & FAMILY



CHRIS WANLASS &  
MARK BRASHEAR



TERRENCE MECK, BLAIRE MECK  
& EDDIE ZAMORA



WILLIAM RIBBECKE, KENNETH DE LA TORRE,  
SETH FRANK & STEPHEN COVELLO



JARI LIEVENS, RJ KING  
& CYPRESS HAYUNGA



ERIC & JENNIFER  
LEVENTHAL



BARBARA KAVOVIT,  
LUANN DE LESSEPS &  
ANN CUTBILL LENANE



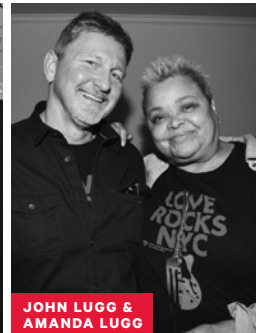
GERARD MAIONE  
& SETH FRANK



ROBERT MCMASTER, BRIDGET HARVEY,  
MOLLY TOWNSEND, NICHOLAS COMPAGNONE  
& FELICIA SAUCEDO



KEVIN WACHS, LAURI REIMER  
& STEVEN GODDARD



JOHN LUGG &  
AMANDA LUGG

EVENT RECAP:

# Authors in Kind

God's Love was thrilled to welcome more than 200 guests to the 16th Annual Authors in Kind literary luncheon on Wednesday, April 17 at the Metropolitan Club. Friends and supporters of God's Love, and some of New York's most avid readers, gathered for an intimate reception and book signing. After a fun meet-and-greet, guests were seated for a cheerful luncheon and program, emceed by Board Member, prolific author, and Authors in Kind founder, the inimitable Linda Fairstein.

Linda's boundless energy, wit and wisdom contributed to a lively, engaging program. In addition to Linda, we were honored to host the following exciting authors this year:

**David Burtka**, award-winning and sought-after host, chef, caterer, actor, and author of *Life Is a Party: Deliciously Doable Recipes to Make Every Day a Celebration*.

**Michael Beschloss**, acclaimed presidential historian and author of *New York Times* and *Wall Street Journal* bestseller *Presidents of War*.

**Lisa Gardner**, *New York Times* bestselling thriller novelist and author of her new book in the Detective D.D. Warren series, *Never Tell*.

President & CEO Karen Pearl offered moving words on how this event supports the mission of God's Love and shared many of the innovative efforts our staff and volunteers have accomplished this year. Each author then took to the podium to share stories and remarks about their work, as well as their connection to our work. The celebrated authors also signed books before and after the event, greeting delighted guests and fans. Each guest left Authors in Kind with one of Chuck's Famous Brownies.

It was an inspiring and fun afternoon. We are so grateful to Linda and all the authors who signed books and shared their stories with our guests.



DAVID LUDWIGSON, LINDA FAIRSTEIN, MICHAEL BESCHLOSS, LISA GARDNER, DAVID BURTKA & KAREN PEARL



COBUS GAUCHE, JEFFREY SCHNEIDER, JAMES GUNTER, GREG LAWRENCE, TERRENCE MECK & JEFFERY POVERO



KAREN NABER & ROBIN CAIOLA



DIANA LYNE & KEN ARETSKY



MIKE ANTHONY, DANNY CLINCH, MARIA CLINCH, NICOLE RECHTER, & GREG WILLIAMSON



LAMONT CRAIG, KAREN PEARL, & JEFF BELDNER



CLAUDIA WAGNER, MELISSA GOODING & DEBORAH BACHRACH



NICHOLAS PRAMIK, DAN WRIGHT & DAVID LUDWIGSON



DANIELLE SEGAL



BRAD LEARMONTH & ILENE SAMETH



MARY SALTER, JON GILMAN & HENNY GARFUNKEL



DEBRA CHIARAMONTE, GABY LEHRER & MARK LEVINE



# Our Signature Difference in Action

by Lisa Zullig, MS, RDN, CSG, CDN

Each spring, the observance of National Nutrition Month in March brings heightened awareness of food, nutrition and health issues to communities across the country. These issues are core to our work at God's Love and are always the focus for our Nutrition Services Department.

From the direct work with clients, to food safety oversight in our facility, our team of seven Registered Dietitian Nutritionists (RDNs) strive to improve the health and well-being of our clients with serious illnesses. While the team's scope of work is wide-ranging, the overall goal is to provide care to our clients, as well as to promote food as medicine.

The provision of medical nutrition therapy (MNT) is a key strength of our program. MNT is an evidence-based application of the Nutrition Care Process focused on prevention, delay, or management of diseases and conditions, and involves an in-depth assessment, periodic reassessment, and intervention. All clients receive MNT with an RDN, and, additionally, they have access to the nutrition team in between sessions as needed.

As a complement to MNT and to broaden our reach within the community, our RDNs conduct nutrition education through workshops and cooking demos in our teaching kitchen, and via teleconferences and webinars. The department has also written nutrition booklets on many topics including breast cancer, HIV, caregiving, colorectal cancer and nutrition for older adults. Our educational materials are available in English and Spanish and can be downloaded for free at [godslowedeliver.org](http://godslowedeliver.org).

The delicious meals created by our Kitchen team are guided by nutrition standards set by the Nutrition Services Department. Nutrition analysis of menu items as they are developed ensures that our meals are appropriate for the nutritional needs of our clients, many whom have a variety of medical conditions. Once new menu items are developed, the team then actively seeks feedback from our Client Community Advisory Board, as well as from clients at large. The team also coordinates the Grocery Bag program for people living with HIV, delivering non-perishable items, local produce and nutrition education each week.

It goes without saying that strict attention to food safety and sanitation is paramount to the successful achievement of our mission. Working with our Kitchen, Facilities and Fulfillment teams, our RDNs coordinate agency food safety and sanitation practices to ensure that food travels safely within the facility to our clients' homes.

Finally, one of the department's favorite activities is training and mentoring future RDNs. The team is assisted by student volunteers, who gain valuable field experience while being supervised by an RDN. Additionally, our RDNs oversee Dietetic Interns from many accredited Dietetic Internship programs. In the past year alone, 19 Dietetic Interns were trained by God's Love Registered Dietitian Nutritionists.

Every year, we look forward to National Nutrition Month as another opportunity to spread the word that Food is Medicine. As we like to say, every month is Nutrition Month at God's Love.



## from the God's Love kitchen

### Black Eyed Pea Soup (Serves 6)

- 1 cup black eyed peas, soaked overnight in 2 cups water and drained
- 2/3 cup carrots, raw, chopped
- 3 celery stalks, chopped
- 2/3 cup onions, chopped
- 1/2 cup collard greens, chopped
- 1/2 cup bulgur wheat, dry
- 2 cups low sodium vegetable broth
- 3 cups water
- 1 tablespoon vegetable oil

1. Heat the vegetable oil in a soup pot.
2. Add the chopped carrot, celery, and onion and sauté for 5 minutes.
3. Add vegetable broth and water. Bring to a boil.
4. Add black eyed peas, bring to a boil, and reduce to a simmer.
5. When black eyed peas are soft (around 15 minutes), add bulgur wheat.
6. Cook until bulgur wheat is tender (around 15 minutes).
7. Stir in the collard greens.
8. Bring to a boil, then reduce to a simmer, heat for ten minutes, stirring occasionally.

Photo by Julia Choi



@elliekemper

#latergram!! A belated thank you to @johnvarvatos and @gwilliamson79 for presenting the most magical night of music last week at LOVE ROCKS NYC. I am still glowing. Best part was all the love (and money!!!) for fabulous @godslovenyc, delivering meals to New Yorkers in need. A perfect event. I ♥ NYC. #FoodIsMedicine #FoodIsLove #MavisStaplesIsEverything



@AnthonyMasonCBS

"Crazy On You" - Ann & Nancy Wilson of @officialHeart reunited at #LoveRocksNYC last at @BeaconTheatre @godslovenyc





**Sightings of great work for God's Love around town...**



## BOUQUETS FOR LOVE

God's Love We Deliver partnered with Alexandra Abuza Floral & Garden to host a floral workshop called Bouquets of Love, where participants were able to make their own bouquets just in time to share with their valentine!

## OUTSIDER ART FAIR

For 27 years, the Outsider Art Fair has been the world's foremost annual show of Outsider, Self-Taught, and Folk Art. For this year's Fair in January, God's Love was once again the official charity partner. Not only were 100% of the proceeds from tickets sold on our website donated to God's Love, but generous galleries donated art to a silent auction also to benefit our work. Thank you to the artists, galleries, and everyone involved with the Outsider Art Fair for their support!



## QUEER SOUP NIGHT

On March 27, God's Love hosted a very special evening celebrating intergenerational queerness and food. Hosted by award-winning cookbook author Julia Turshen, Queer Soup & Stories featured storytelling from legendary chef Anita Lo, Queer Soup Night creator Liz Alpern, Grub Street staff writer Nikita Richardson, and two storytellers from God's Love: volunteer and Board of Trustees member Sylvia Vogelmann, and volunteer Lloyd Cheu. Queer Soup & Stories also served as a live taping of Julia's podcast, "Keep Calm & Cook On."

## GOD'S LOVE WE DELIVER IN MIAMI AND PALM BEACH



## COCKTAILS AT CRAIG AND EILEEN NEWMARK'S HOME

In February, Craig and Eileen Newmark kindly opened the doors to their new West Village home to host an intimate evening celebrating God's Love We Deliver. Karen Pearl welcomed the 100 guests with brief remarks. A huge thanks to Craig and Eileen for their ongoing, generous support!



In January, God's Love celebrated our supporters in Florida. First, we gathered for a fabulous cocktail party at the stunning Bar Bevy, a new bar and lounge in Miami's Design District. The event was co-hosted by Jon Gilman, Terrence Meck, Lara Shriftman, Lee Schrager, Blaine Trump, and Richard Yulman and Kandy Kramer. Next, the God's Love team visited Palm Beach. Thank you to our wonderful hosts Jeff Pfeifle and David Granville who welcomed everyone to their beautiful home, and to our co-hosts, Dennis Basso and Michael Cominotto, Mr. and Mrs. Dixon Boardman, Mr. and Mrs. Christopher Chase, Mr. and Mrs. J. Pepe Fanjul, Julie Geier, Jon Gilman, Terrence Meck, Tom Samet and Nathan Wold, Michael Sennott, and Blaine Trump.



**@cohengive**

Alex Cohen had the pleasure of joining rock legend @RobertPlant at @godslovenyc to help feed seriously ill New Yorkers. It was a humble reminder of the mission behind tomorrow's #LoveRocksNYC benefit concert, which we're so proud to support! #CohenGive #LoveTheGive @BeaconTheatre



**@gameela\_wright**

Just did my first volunteer gig at @godslovenyc great people and organization. My back hurts a little but my soul is full. #volunteer #giveback



# Meet Pete Webb and his husband Eric Blomquist, Legacy Society Members



Recently, our longtime supporter Pete Webb told us how he and his husband, Eric Blomquist, decided to become Legacy Society members and include God's Love in their wills:

*In the '90s, a few of my friends living in New York City had HIV. While I lived far away, I knew about their struggles – the weight loss, the medicines, the loss of appetite, and how the disease was ravaging their bodies. Luckily, they had God's Love, which was providing them much needed food.*

*When I moved to NYC, I couldn't wait to get involved. I started volunteering on Sundays, and now I find myself in the kitchen and at different volunteer events regularly. My husband Eric has been affiliated with the organization from the early days. Together, we have chosen to become more involved.*

*We have friends who have been clients and we have friends who are currently clients. It means a lot to us that someone is taking the time to prepare their food and deliver it. For people that have mobility issues, their rare encounter with someone at the door means a lot to them. It warms their heart to see a friendly face from an organization they love.*

*When Eric and I got married in 2013, we made a commitment as a couple that we would include certain organizations in our wills. We chose to include God's Love in our long-term financial plans because we care deeply about the organization and its mission. What we like about God's Love is that you see your money in action. When you donate your time or money, you see the food, you see the clients, you see the ripple effect of the organization in the community. By being a Legacy Society member, we can do what we love and help people after we are gone.*

## ON THE CALENDAR:

### Save the Date

#### Midsummer Night Drinks

**JUNE 15, 2019**

The Samuel Parrish house, est. 1889,  
Southampton, New York

[glwd.org/midsummernightdrinks](http://glwd.org/midsummernightdrinks)



Midsummer Night Drinks has become one of the most anticipated events of the Hamptons season. Each year, some four hundred generous friends enjoy a memorable June evening of cocktails,

music, and spectacular views at a significant private home in the Hamptons. All funds raised allow us to continue our important work. Midsummer Night Drinks is a great way to kick off the "summer season" while supporting one of New York City's most beloved charities.

#### Savor Pride

**JUNE 28, 2019**

God's Love We Deliver

[glwd.org/savorpride](http://glwd.org/savorpride)

#### WorldPride March

**JUNE 30, 2019**

New York City

[glwd.org/feedyourpride](http://glwd.org/feedyourpride)

#### Golden Heart Awards

**OCTOBER 21, 2019**

New York City

[glwd.org/goldenheartawards](http://glwd.org/goldenheartawards)

#### Race to Deliver

**NOVEMBER 24, 2019**

Central Park, New York City

[racetodeliver.org](http://racetodeliver.org)

**For tickets, sponsorship or more information for any of these events, please contact [events@glwd.org](mailto:events@glwd.org) or call 212.294.8162.**



#### @VVIdeas

Vaudeville volunteers! Thanks to our friends at God's Love We Deliver for letting us help out with food prep - they cook and home-deliver more than 1.8 million meals each year to people in need. Check 'em out here: <https://www.glwd.org/>



#### @godslovekaren

Thanks to @wholefoods for supporting @godslovenyc. Love how we both focus on fresh and healthy food. #WholeFoodsGiving





# The Results are in: Medically Tailored Meals Make a Difference

Here's how clients responded to a recent survey



**80%**

of clients report that our meals help them adhere to their treatment regimens.



**94%**

report that the food that we provide helps them to eat more nutritiously than they would otherwise eat.



**81%**

report that they have more money to spend on household expenses because of God's Love meals.



**96%**

report increased ability to live independently.



**92%**

report reduced stress or worry about having enough to eat.



**82%**

report decreased fatigue since joining our program.

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**GOD'S LOVE  
WE DELIVER®**

**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

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[godslovewedeliver.org](http://godslovewedeliver.org)

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**To Volunteer:** 212.294.8158

**To Become a Client:** 800.747.2023

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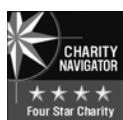
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