

# Douglas & Michaela Say I Do



Douglas & Michaela... with her broccoli bouquet!

Last month, wedding bells rang for two of our volunteers, Douglas Kurdziel and Michaela Dooley. They started volunteering together when they began dating, three years ago. They're now back from their honeymoon and back to work—Douglas, at Columbia University where he is getting his Master's in Business Administration, and Michaela with her company, Willis.

Douglas and Michaela met several years ago while attending Vanderbilt University. Douglas interned in New York City during his summers and joined his uncle, Ray, at God's Love on the Friday morning packout line.

Volunteering at God's Love became

an integral part of Douglas's life, and his commitment to the organization strengthened when he moved to the city after school. After this move he and Michaela began dating. Michaela says, "I knew how important God's Love was to Douglas and I wanted to volunteer. Now the Friday team is like family to me!" Douglas feels the same way.

Today our God's Love community gets to celebrate the wedding of Douglas and Michaela, who are such bright lights in our volunteer team. It is also our opportunity to say thank you to the two, who have chosen to include us in their wedding. Rather than handing out traditional party favors to guests at their wedding, Douglas

and Michaela made a donation to God's Love. On the plate of every guest was a card that read "A meal has been donated on your behalf to a client of God's Love We Deliver."

Douglas says, "We know that our guests don't need more 'things' to take home. We figured that rather than give something small as a favor, we could give so much more by donating in this special way to God's Love."

We are honored to have Douglas and Michaela in our God's Love family and we are grateful for this generous and creative alternative way of giving. Thank you and congratulations! ♥

## MEET OUR CLIENT, James



James grew up in the Bronx in a spacious apartment in Parkchester. He was an only child with a father who worked in advertising and a mother who stayed at home, raising him.

In school, James excelled. He attended parochial schools and ultimately graduated high school near the top of his class. His tireless work ethic and craving for education helped him earn an undergraduate degree in journalism from Fordham University and an MBA from Manhattan, both with honors.

James was used to giving his all with his academics and his work but he still managed to find time for balance.

Twenty-three years ago he left his Parkchester neighborhood and moved to a small studio apartment in Manhattan. James loves his neighborhood and community and has always been active in political and community affairs. He would also attend a local church and serve as a lector during Sunday mass.

The successes that James had in his academic, professional and social life were many and he truly enjoyed the richness of his life as a successful Manhattanite. James enjoyed a career in human resources and management. But just two years ago, when he started having difficulty keeping food down, he knew something was wrong. Several weeks later,

he received his cancer diagnosis. Immediately his daily routine changed and he started chemotherapy and radiation.

Everything that he had built so carefully and successfully changed. As James says, "immediately my life began to revolve around medical appointments." Managing his illness and treatments as extraordinarily difficult.

Luckily, a social worker told him about the services at God's Love. James was thrilled to learn that our services were not solely for those living with HIV/AIDS, as they had been for years, but that our services were available also to those with cancer and other life-threatening illnesses. After getting sick, James was often too tired and physically weakened to go to the store or deli for food.

Once on our program, James noticed a difference right away.

Gone was the stress of having to think about how he was going to get his next meal. Gone was the stress of having to use his savings to pay for food. Gone was the frustration of working with difficult food packaging. God's Love was there when he needed us most.

James says it best with, "The meals from God's Love We Deliver are a triple bonus—helping me physically, emotionally and financially."

Today, James is happy to see delivery staff and volunteers. "They have been and continue to be a huge morale booster for me," he says. He also feels stronger thanks to the meals he receives, which are modified and recommended by the God's Love registered dietitians he speaks with. James remarks, "My cholesterol and potassium numbers have consistently been even *better* than before I started cancer treatments—thanks to your healthy menus."

James has worked hard in his life and overcome obstacles. We are happy to know that he feels stronger and less stressed and that he enjoys his nutritious meals that are lovingly delivered by our volunteers. Thanks to James for telling us "I know that God's Love is to be admired for consistently delivering top notch services with finite resources *and* for making it seem effortless to those who are receiving your services. Bravo to your volunteers, staff and management!" ♥

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# foodforthought

THE NEWSLETTER OF GOD'S LOVE WE DELIVER | NUTRITION: OUR SIGNATURE DIFFERENCE

## A MESSAGE FROM Karen Pearl

With each passing week, we move closer to starting our Building Expansion Project. The urgent need for this expansion is evident as we reflect on all that we accomplished in 2012.

We cooked and delivered over 1.1 million meals. This is a 6% increase from 2011. We served over 4,700 clients and their senior caregivers and children. Our drivers drove over 165,000 miles. Our Client Services Department handled over 80,000 phone calls. Our Nutrition Services Department conducted more than 8,000 nutrition counseling sessions, nutrition assessments and nutrition reassessments.

To manage this increase in services, we added volunteer shifts, such as the new kitting shift in delivery and the new shift in Client Services that focuses on follow-up with clients who miss a delivery. We converted offices into freezers and currently house a temporary truck-sized freezer in our loading dock. We became wizards at scheduling to accommodate all the production we must accomplish in the limited space we have.

While managing this growth, we dealt with many other issues as well. When the boiler broke this summer making it impossible for us to cook soup and sauces, we got it up and running in record time with a huge push and the generosity of our supporters.

We dealt with the emergency of Hurricane Sandy with incredible grace and focus. Despite the power outage at God's Love for a week, and the overall disruption in service throughout the

City, we donated 8,000 meals to shelters housing those most affected by Sandy, and delivered "Sandy bags" of non-perishable food to our clients two days after Sandy hit. I am extremely proud of our staff and volunteers who demonstrated that God's Love can weather whatever comes our way with the vibrant support of our community.

We are definitely feeling the pressure to start our expansion project. We are working with the City to move forward on multiple fronts. Our architects, engineers and kitchen consultants meet with us weekly to keep the project moving forward. We are in the process of arranging a temporary space where we will relocate during construction. And, I have been meeting with volunteers to keep them up-to-date on our progress.

As God's Love continues to evolve and change, there are some things that will never vary. As has been true for 27 years, we will continue our commitment to our core principles: we will deliver each client's first meal on the next delivery day, we will never charge our clients for their meals, and most importantly, we will never have a waiting list. Our ability to do this is made possible because of your generous support and unwavering dedication to God's Love.

We are grateful to all of our supporters and volunteers for making this work possible. I look forward in the coming months to sharing with you the progress that we will make on our building expansion so that we can continue to deliver life-sustaining nutrition to the most vulnerable in our community. ♥ —Karen— our way



I am extremely proud of our staff and volunteers who demonstrated that God's Love can weather whatever comes our way

### ALTERNATIVE WAYS TO GIVE

#### ♥ Kitchen Cabinet

The Kitchen Cabinet program is a convenient way to help God's Love We Deliver by providing a steady source of support. 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 [godslowedeliver.org/kitchencabinet](http://godslowedeliver.org/kitchencabinet).

#### ♥ The Legacy Society

As 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 seriously ill clients at a time in their lives when they need us most. That is why we ask friends to 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 [godslowedeliver.org/legacy](http://godslowedeliver.org/legacy).

#### ♥ Join us at our "Table for Six"

Have you ever wondered how you could share your passion for and involvement in God's Love We Deliver with your family, friends and colleagues?

Are your friends curious how we're able to prepare, cook and deliver more than 4,500 meals a day? Does your family ever wonder how we logistically manage over 8,000 volunteers annually?

Our Table for Six is a personal two-hour experience in our famous kitchen where you co-host with a member of our team a small group (6-8) of family, friends or colleagues. You can chop vegetables, wrap rolls/bagels, peel potatoes, make meatballs and at the same time receive a fun and casual orientation to the organization.

This is a wonderfully intimate way to share our joint efforts in improving the health and well-being of men, women, and children living with life-altering illnesses and to offer a way for your friends to get involved.

To discuss Table for Six and other alternative ways of giving, please contact Stephen Covello at 212.294.8144 or [scovello@glwd.org](mailto:scovello@glwd.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.

### CONNECT WITH US!

Text [godslovenyc](http://godslovenyc) to 22828 to join our email list. Data and message rates may apply. Please call 212.294.8141 with any questions or concerns.

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# Local Elected Officials Lend a Helping Hand at the Holidays



We were fortunate to have many elected officials lend their hearts and hands to our mission by volunteering with us during the holidays.

Just three short weeks after Hurricane Sandy, while still recovering from the storm, we were able to cook and deliver our traditional Thanksgiving feast. NYC Council Member Maria del Carmen Arroyo delivered meals in her district in the Bronx and Congresswoman Yvette Clarke delivered meals in her district in Brooklyn. NYC Police Commissioner Ray Kelly rolled up his sleeves to scoop vegetables with Bill Thompson and Gayle Horwitz in the kitchen. It was a full house!

On Winter Feast Day, NYS Assemblymember Richard Gottfried packed holiday meals into delivery bags that were decorated by NYC school children. NYC Council Members Rosie Mendez and Margaret Chin delivered meals to their constituents in Manhattan; and Comptroller John Liu worked on our packout line with Pooja Bansal, the General Counsel for Brooklyn Borough President Marty Markowitz.

We had the chance to share our life-saving services with our representatives on these special days and they saw firsthand the impact of our work on the lives of so many. Thank you! ♥

# Meet Our Volunteer, Jane

Jane Garvar has been volunteering in our Human Resources Department for five years. Like so many in our God's Love community, Jane knew someone who knew someone who was a longtime volunteer. Ultimately, it was Jane's cousin who suggested she check out volunteering with us and, boy, she's glad she did! Jane has found a community filled with love and support; she considers God's Love a unique place in our special city.

"One of the things I love about God's Love is that it doesn't take too long until you start to feel like family," Jane says.

In the five years Jane has been with us, she's seen and experienced a lot of fun events. "I have many favorite memories of working among the staff and volunteers. I do love the day-to-day work of helping in the office— it's always a joy to give. I remember the excitement in the building when Joan Rivers filmed a segment for Celebrity Apprentice. Also, I won a cashmere throw at the volunteer party and that was extra special, as I rarely win anything." Jane was also privy to some

wonderful news here before anyone else... a colleague that she worked closely with confided in her that she was pregnant!

When Jane isn't at God's Love, she takes part in the Mahjong Group of the Community Synagogue in Port Washington. Jane is grateful to move and experience the joys of Mahjong with a great group of people.

Thank you, Jane, for all that you do. You brighten up our day!

To learn more about volunteering, visit [glwd.org/volunteer](http://glwd.org/volunteer). ♥



## HURRICANE SANDY



Despite having no lights, power or computers at agency headquarters in SoHo in the days following Hurricane Sandy, we worked tirelessly to ensure that as many people affected by the storm as possible had access to nutritious food. Our staff and volunteers walked and biked across bridges and across town to reach the agency's darkened building and put together emergency food kits, dubbed "Sandy bags" for our clients. The phones at God's Love were down, but dedicated volunteers came knocking, offering to help. In the face of many obstacles, God's Love was able to deliver 8,000 meals and 2,300 Sandy Bags to all five boroughs.

Working with flashlights, a small team harnessed limited resources to provide emergency food for thousands of vulnerable New York City residents. In addition to reaching the clients of God's Love, we also coordinated with other relief providers to distribute food where needed.

Karen Pearl, our President & CEO, extends her heartfelt thanks to all of you for your support when she says, "On behalf of thousands of vulnerable New Yorkers at risk for hunger during Hurricane Sandy, thank you. Once again, the God's Love community has shown incredible leadership, and affirmed this organization's role as an essential food resource and emergency provider for our amazing city." ♥

# An Historic Night of

At this year's Golden Heart Awards God's Love honored Michael Kors for Lifetime Achievement, Ryan Murphy for Outstanding Service to the Community, and our volunteer, Cindy Little, for Outstanding Volunteerism. More than 600 people attended the dinner at The Cunard Building, making it the largest and most successful event in our long history.

At the dinner, Michael Kors, the world-renowned, award-winning designer announced his historic \$5 million gift to our Expansion Campaign. This gift has helped make the dream of our expansion project a reality.

The evening began with a warm welcome from New York City Council Speaker Christine Quinn followed by the viewing of a beautiful film celebrating the history of God's Love and our amazing volunteers. God's Love President & CEO Karen Pearl presented the Golden Heart Award for Outstanding Volunteerism to

Cindy Little, a God's Love kitchen and delivery volunteer.

Actor and singer Gwyneth Paltrow presented the Golden Heart Award for Outstanding Community Service to Ryan Murphy, creator of Nip/Tuck and Glee. "God's Love We Deliver has done such important work for over 25 years," said Mr. Murphy. "They are helping some of the most vulnerable among us...I am honored to be recognized by this amazing organization."

After a rousing live-auction presided over by Amy Cappallezzo of Christie's, singer and actress Bette Midler took to the stage and recognized the love, support and community purpose at God's Love. She then invited Michael Kors to the stage to accept the Golden Heart Award for Lifetime Achievement.

Before Mr. Kors could speak, Anna Wintour and Blaine Trump joined Ms. Midler on stage. As the buzz in the room grew louder, Ms. Wintour and Ms. Trump announced to a standing ovation that Michael Kors had made a \$5 million gift to the God's Love Expansion Campaign.

As a rendering of the new building played on screens throughout the room, Mr. Kors made his remarks to the evening's guests.

"God's Love does life-changing, life-saving work, and it's been an honor working with the team throughout the years," says Michael Kors. "There are so many people living with cancer, HIV/AIDS and other serious illnesses who need the care and the assistance God's Love offers. My support for the organization is lifelong and I am proud to be a part of the God's Love family."

In recognition of this amazing gift, we will re-name our home in SoHo the Michael Kors Building. Thanks to Michael's generosity, God's Love will be able to touch even more lives.

Please enjoy some pictures from this very special night!

To learn more about the Expansion Campaign, please visit [glwd.org/expansioncampaign](http://glwd.org/expansioncampaign)

To learn more about our Special Events, visit [glwd.org/events](http://glwd.org/events). ♥

# Golden Hearts

- |  |  |
|--|--|
| 1. Bruce Nelson & Bri Schultz                                  | 21. Brooklyn Decker  |
| 2. Jeff Krauss, Karen Pearl & Alan Rogers                      | 22. Constance Jablonski, Liu Wen & Chanel Iman                     |
| 3. Lance LePere, Bette Midler & Michael Kors                   | 23. Chris Quinn  |
| 4. Jon Gilman & Brad Learmonth                                 | 24. Paul Wilmot, Amy Cappallezzo & Michael Sennott                 |
| 5. Linda Fairstein & Scott Bruckner                            | 25. Lance LePere, Blaine Trump & Michael Kors                      |
| 6. Lisa Sherman, Scott Bruckner, Karen Naber & Michael Sennott | 26. Terry Lundgren & Tina Stephan                                  |
| 7. Karolina Kurkova  | 27. Olivia Munn  |
| 8. Jeff Pfeifle & Blaine Trump                                 | 28. Jessica Hart & Derek Blasberg                                  |
| 9. Seth Meyers & Em Findley                                    | 29. Claiborne Swanson Frank, Michael Kors & Vanessa Getty          |
| 10. Anne Keating & John Idol                                   | 30. Silas Chou   |
| 11. Bette Midler & Roz Gilbert                                 | 31. Desiree Gruber, Kyle MacLachlan, Georgia Kakis & John McDonald |
| 12. Gwyneth Paltrow, Ryan Murphy, Cindy Little & Michael Kors  | 32. Jon & Rebecca Bond   |
| 13. Alexandra Richards, Theodora Richards & Patti Hansen       | 33. Vicente Wolf & Margaret Russell                                |
| 14. Mike Moran & Justin Boisseau                               | 34. Dorian Grinspan & Adam Lippes                                  |
| 15. Nina Garcia, Michael Kors & Lisa Pomerantz                 | 35. Steve Simon, Robet Altman & Christopher Trump-Retchin          |
| 16. Richard Feldman & Jeff Krauss                              | 36. Cindy Little & Lynda Carter                                    |
| 17. Robert DeNiro & Grace Hightower                            | 37. Jonah Disend & friends   |
| 18. Anna Wintour & Bee Shaffer                                 | 38. Terrence Meck & Breton Alberti                                 |
| 19. Joe Kirk & Anna Kalaj                                      | 39. Robert Verdi   |
| 20. Bette Midler, Michael Kors, Anna Wintour & Blaine Trump    |  |



## Calendar

- ♥ **Authors In Kind Literary Luncheon**  
April 9, 2013  
Authors include Sandra Brown, John Schwartz, emcee Linda Fairstein and a third author, to be announced.  
[glwd.org/authorsinkind](http://glwd.org/authorsinkind)
- ♥ **National Volunteer Week**  
April 21-28
- ♥ **Volunteer Appreciation Party**  
April 22
- ♥ **Midsummer Night Drinks**  
June TBD  
Hamptons  
[glwd.org/midsummernightdrinks](http://glwd.org/midsummernightdrinks)

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



# The results are in: Our Children’s Meal Program is a **Success!**

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

For parents with life-altering illnesses, preparing nutritious meals for children is a constant worry. Throughout the years, God’s Love has sought to relieve this burden by providing meals for both clients and their dependents. This is a critical part of our mission: to nurture the body and soul of both the individual and the family.

The majority of the children in our program live below the poverty level in areas where access to nutritious food, especially fruits and vegetables, is limited. These circumstances put them at high risk for both malnutrition and obesity.

In response to this dilemma, God’s Love enhanced its *Children’s Meal Program* in 2010 to provide specialized nutrition education and meals for children aged 12 and younger. (Adolescents aged 13–18, whose nutritional needs differ from the younger group, receive meals similar to their parents). Under the supervision of our nutrition department, children receive healthy, well-balanced and appealing items for breakfast, dinner and snack-time. Each delivery is designed to provide two-thirds of daily nutritional requirements for children, including two to four servings of fruits and vegetables, as well as a weekly breakfast kit containing items for the week: low-fat milk, whole grain hot and cold cereals, fruits and yogurt.

By targeting this age group, God’s Love has successfully taught youngsters positive eating habits, improved their intake of breakfast, fruits and vegetables, and relieved family stress. The results of yearly participant surveys have routinely demonstrated just how well-received and utilized the program is. Some highlights of our most recent survey include:

**Over 75%** of the children on our program eat breakfast more often before school

**Thank you RJKB Family Charitable Foundation**

**W**e recently received a very generous \$100,000 grant from our friends Katy and Greg Williamson at the RJKB Family Charitable Foundation. The Foundation’s gift supports our Children’s Meal Program, which will help us prepare and deliver thousands of nutritious, age-appropriate meals for children in low-income households affected by cancer, HIV/AIDS and other life-altering illnesses. Thank you, Katy and Greg, for your caring spirit!

**Over 77%** of the children in the program eat more fruit  
**Over 87%** of our clients report that the food they receive from God’s Love helps their children eat more nutritiously than they would otherwise.

Another goal of the program is to provide easily understandable nutrition education for families, focusing on topics that they are interested in and request. Equipped with requests for specific information, our team of registered dietitians creates educational materials in both English and Spanish. Examples include information on Calcium & Vitamin D, increasing children’s vegetable intake, and food safety in the home. Families report that they have learned about the nutritional needs of their children through our educational flyers. Their comments help us focus our efforts, seek out new opportunities and reinforce our strengths. Here is a selection:

- “I buy better food because I know what’s better nutrition for my son now.”
  - “I love not just the variety of foods, but the fact that my kids are eating very balanced meals.”
  - “These children’s meals have helped my own children eat less junk food and helped them make better food choices. My ten-year-old and my 12-year-old, who were obese, have lost some weight from eating food from God’s Love. The bags we receive for breakfast have been so helpful with planning our breakfasts in the morning.”
  - “This program helps my family to incorporate fruits & vegetables into our diet.”
  - “This just makes things easier; my children are eating new things & eating more healthily.”
- For more from our Nutrition Services Department, please visit [glwd.org/nutritioninformation](http://glwd.org/nutritioninformation). ♥

### Apple-Berry Baked Oatmeal

Per Serving: 240 calories (70 from fat), 8g total fat, 1g saturated fat, 50mg cholesterol, 220mg sodium, 35g carbohydrate (4g dietary fiber, 19g sugar), 7g protein.

For more recipes, visit [glwd.org/recipes](http://glwd.org/recipes)

SERVES 8

**Ingredients**

- Canola oil cooking spray
- 2 cups frozen mixed berries
- 2 cups rolled oats
- ½ cup chopped pecans
- 1 teaspoon baking powder
- ½ teaspoon fine sea salt
- 1 organic apple, peeled, cored and grated (about 1 cup)
- 1 cup 2% reduced-fat milk

**Method:**

- Preheat oven to 375°F.
- Oil a (9-inch) pie pan with cooking spray; set aside.

- In a large bowl, stir together berries, oats, pecans, baking powder, salt and apple.
- In a medium bowl, whisk together milk, yogurt, syrup, vanilla, egg and yolk.
- Stir into oat mixture.
- Transfer to prepared pan and bake until firm and golden brown on top, about 50 minutes.
- Cut into slices and serve.



19th Annual  
Race to Deliver

## ... **OUR RACE TO RECOVER!**

This past November’s Race to Deliver, which raised funds and awareness for God’s Love, was more important than ever after Hurricane Sandy. The money raised from the Race helped us restock our shelves in the weeks after the hurricane’s destruction.

Thanks to the thousands of runners, race teams, generous donors, and volunteers who helped make a difference in the lives of individuals who are too sick to shop or cook for themselves.

We would also like to thank our sponsors Ford, Bloomberg, Pimco Foundation, MAC AIDS Fund, LF USA, LOGO, Simon & Schuster, Metrosource, NYRR, The New York City Parks Department, The Central Park Conservancy and The Office of the Mayor.

To learn more about the Race to Deliver, please visit [racetodeliver.org](http://racetodeliver.org). ♥

