



# kitchen angels express

Hot, tasty news delivered fresh to you!

FALL 2015 ISSUE

## inside



Spreading Our Wings



Collectible Box Auction



Community Focus Day



Molina Healthcare  
— A New Partner



Lexus Raffle Winner



Pagosa Springs Winner



Easy Way To Help



Fast Friends



Staying Fit



From Our President



We Get Letters



Kitchenality

## One Million Meals and Counting

Join us as we celebrate Kitchen Angels one millionth meal delivery.

Come out to our facility at 1222 Siler Road on October 10th from 11 AM until 2 PM for food, music, fun, surprises and an opportunity to meet some of the great folks who have made our work possible. Now celebrating our 23rd year of home-delivered meals, the demand for our services has never been greater! Client enrollment has grown an average of 18% each of the past eight years and this year the trend will be for even more growth! You'll learn about our history, our plans for the future, and help us recognize some of our outstanding current volunteers. ♥

Please make plans to join us for this very special celebration and help launch our next million meals! RSVP to 471.7780 by October 1.



Debbie Shapiro shows off a meal after her shift of cooking.

Kitchen Angels Express is the official newsletter of Kitchen Angels, a not-for-profit organization providing free hot meals to eligible homebound persons in Santa Fe.

All of our clients face life-challenging situations and are ineligible for other area food programs. Our clients are selected without regard to race, color, national origin, gender, sexual orientation, or religious affiliation. Most are under 60 years of age and live at or below the poverty level. Kitchen Angels Express is published for the friends and clients of Kitchen Angels. The name "Kitchen Angels" and the angel logo are registered trademarks.

#### BOARD OF DIRECTORS

Stephanie Gonzales, *President*  
Mary Dale Gordon, *Vice President*  
Haila Harvey, *Secretary*  
James Brack, *Treasurer*

Ben Alaimo-Monson  
Elva Busch  
Ann Brunson  
Linda Dressman  
OJ Niswonger  
Donna Ruscavage  
Ginny Selvin

#### KITCHEN ANGELS

**Executive Director**  
Tony L. McCarty

**Director of Food Services**  
Teresa Norton

**Community Liaison**  
Lauren LaVail

**Photography**  
Daniel Quat, Lauren LaVail,  
Tony McCarty & Rick Carver

**Printing**  
AlphaGraphics Santa Fe

**Editor-in-Chief**  
Robert Horwitz

Kitchen Angels was founded in 1992 by Tony D'Agostino, Anna Huserik, Leise Sargent, and the very first group of volunteer Angels.



*Spreading Our Wings*

By now, you've probably heard that the **Spreading Our Wings Capital Campaign** began last fall. Since that time, we've raised \$986,000 of the \$1.3 million we need to meet our goal.

Right now is the perfect time to lend your financial support to the **Capital Campaign**. The **Mabee Foundation** out of Tulsa, Oklahoma, has awarded Kitchen Angels a \$75,000 challenge grant if we can match their generosity with donations from our community. For every dollar we raise between now and December 31, 2015, Mabee will make a match, up to the \$75,000. This means your financial gift will have double the impact and bring us very close to our final goal.

Good fortune can be pretty fickle. Just ask any Kitchen Angels client, 98% of whom live on less than \$750 a month! Surprisingly, even here in Santa Fe, access to reliable and appropriate nutrition remains a significant problem for many people. It's even more of a problem for people who are chronically ill. The *American Journal of Medicine* found last year that 30% of people who have a chronic illness can't afford to pay for both food and medicine. This is why Kitchen Angels exists and why your help is so important. Your donation to our **Capital Campaign** will help make it possible for us to continue to meet the growing demand in Santa Fe for home-delivered meals.



Capital Campaign committee members Haila Harvey, Katharine Kagel and Karen Wolfe-Mattison

Please send your donation today. While most of us enjoy abundant food along with the comfort and safety of our own homes and family, our clients rely on us as their only source of nutrition and, frequently, their only consistent source of human caring and comfort.

Please help us meet our **Capital Campaign** goal. Your financial gift will ensure Kitchen Angels is around for many years to come. ♥



# Collectible Box Auction

The box auction is back! Friday, October 2nd at the Santa Fe Community Convention Center, enjoy food, music, beverages, and the opportunity to purchase a one-of-a-kind treasure created by some of Santa Fe's finest artists. Linda Dressman, chair of the Box Auction says "This evening will delight on many levels. There is something for everyone. We have boxes made of glass, bronze, paper and a few new materials I've never seen before! Of course, all proceeds benefit our meal program, so you'll take home a treasure and our homebound clients will continue to receive a good meal."



*Dawning Vision by Lindy Teresi*

We are grateful to our underwriters, **AlphaGraphics** and **Hutton Broadcasting** for whole heartedly supporting this event. Thanks also to our sponsor, **Santa Fe New Mexican** and allies, **AutoZone**, **anonymous**, **New Mexico Bank and Trust** and **Peyton Wright Gallery**. Our friends include, **First National Santa Fe**, **anonymous**, **Things Finer** and **Raymond James & Associates**. Sincere appreciation to our in-kind donors, **Alpine Builders Supply**, **Keith Hartman**, **Santa Fe Cigar Co.**, **Bob Busch**, **Mission Linen Supply**, **SFCC Fine Woodworking Program Staff and Students**, **Francine Fischer**, **Mark Hazlewood**, **Michael Klosterman**, **Peter Calderon**, **Lisa Golden** and **Jack Mitchell**.

Our very special thanks go to **Santa Fe City Councilor Joseph Maestas** and the **Santa Fe Community Convention Center**.

Tickets to the VIP Exclusive Preview, starting at 5:30, are \$75 and include food, spirits, reserved seating and free parking in the SFCCC garage. General admission to the Box Auction at 6:30 is \$35 and includes food, free parking and a cash bar. Advance tickets may be reserved at [kitchenangels.org](http://kitchenangels.org) or by calling 471.7780.

Join us for a fun night that will kick off our next million meals! ❤️



*Salt Cedar Glowing Box by Lauren LaVail*

Aspiring young artists from the Santa Fe University of Art and Design help out on Community Focus Day.



# Molina Healthcare – A New Partner

**M**olina Healthcare, the largest of the four Managed Care Organizations providing Medicaid coverage here in New Mexico, is partnering with Kitchen Angels to provide home-delivered meals to their members who have been discharged from the hospital and need time at home to recover.

This is a brand new initiative for both Molina and the state's Medicaid Program. "We're thrilled to be partnering with Molina and commend them for their vision in addressing the nutrition needs of their enrollees," Tony McCarty, Executive Director, said of the partnership. "We've known for many years the importance of keeping homebound and chronically ill folks fed and, as more people gain access to healthcare under the expansion of Medicaid, we expect client enrollment to continue to grow."

Feeding people and allowing them to remain in their own homes also

makes good economic sense. Nearly 13 percent of all nursing home residents are in care only because their food needs can't be met at home. And primary care physicians are finding that hunger is directly linked to worsening health for all Americans. Social needs are as important to address as medical needs.

That point was underscored in a national survey of primary care physicians conducted several years ago by the Robert Wood Johnson Foundation. They found that physicians believe unmet social needs such as hunger and food insecurity are leading to worsening health for Americans. "Healthcare itself plays a surprisingly small role in life expectancy. Social circumstances, environmental exposure and behavior are estimated to account for 60 percent of the risk of premature death," the report stated.

The new Molina partnership is being carried out elsewhere in the state by other meal delivery programs. "We hope to be able to gather enough New Mexico-based data on the positive impact home-delivered meals has on the health of our clients that the other Medicaid MCOs will want to join in," Tony commented. ❤️



Jane Swartz and Julie Angell making magic in our kitchen.

## Lexus Raffle Winner

It's not every day that you get to drive away in a brand new car, especially one that you've won! But that's exactly what Emily Garcia got to do in July. She won the raffle. Lexus of Santa Fe and Sotheby's International Realty teamed together to bring us the event and support our capital campaign. Audrey Allison, General Manager of Lexus, Tara Early, Nancy Lehrer, Ann Brunson and Ed Schroeder from Sotheby's organized the raffle of a 24-month lease of a 2015 CT Hybrid.

But that's not all that Lexus is doing to support Kitchen Angels! In addition to the raffle, they pledged \$25 per car sold through September 30, 2015, to the capital campaign. Our heartfelt thanks go to Audrey, Sotheby's and everyone who participated. ❤️



Audrey Allison, General Manager of Lexus and raffle winner Emily Garcia.



Volunteers (L-R) Delores Boyd, Elva Busch, Ellen Benson, Tony McCarty, Kathy Parks-Yoast and Kuniko Kusuda draw the winning ticket.



## Pagosa Springs Winner

**K**en Bateman won our Pagosa Springs get-away raffle! Ken won an entire week in beautiful Colorado, compliments of Kitchen Angels. As it turned out, Ken couldn't make the trip and gave the week to a grateful friend who wrote, "Pagosa Springs turned out to be the best place for a quick vacation - better than we could have imagined. Three generations ... grandma, daughter and seven-year old twin grandchildren enjoyed all kinds of adventures, from a first real horseback ride, to miniature golf, to swimming, to visiting the Wildlife Center, to just hanging out and enjoying the spectacular scenery and watching colorful hot-air balloons cruise by overhead! The condo was very well equipped, clean, and comfortable. The check-in office featured a welcome room with rum punch for the adults and punch and cookies for the kids! It was a great start for a wonderful visit."

Thanks to everyone who purchased raffle tickets, we brought in over \$4,000, the equivalent of 550 client meals. Watch for the raffle next year and you could be the lucky winner in 2016. ♥



Juan Caballeros on an adventure in Pagosa Springs.

## Easy Ways to Help

Here are two easy ways to help fund Kitchen Angels this holiday season, and all year round.

### AmazonSmile



Register your Amazon.com account with AmazonSmile. Just about any purchase you make on Amazon can be purchased at AmazonSmile. When you shop at AmazonSmile, Kitchen Angels receives 0.5% of the purchase price. Bookmark the link <http://smile.amazon.com/ch/85-0423492> and support us every time you shop.

### Smith's Community Rewards Program

Participants must swipe their registered Smith's Rewards Card or use the phone number tied to their registered Smith's Rewards Card when shopping, for each purchase to count. Find step-by-step enrollment instructions on-line at [www.smithscommunityrewards.com](http://www.smithscommunityrewards.com).



After many years of faithful gifts, **Albertson's Community Partners Program** is ending. The program continues through December 31, 2015, and then it will be no more. Thanks to each of you who supported Kitchen Angels through this program, and thanks to the generous folks at Albertson's for the many meals you've funded over the years.

**You're shopping anyway! Why not fund a few meals at the same time? We always appreciate your thoughtful habits!** ♥

# Fast Friends

**Sujata Handelman** came to Kitchen Angels with a sincere desire to serve those living with physical challenges. From the moment she walked in the door, it was clear that her heart was wide open. Sujata always showed up for her Friday delivery shift with a smile on her face, kind words, and a hug for those who needed it. She embodied what it means to be a Kitchen Angel. Sujata drove our Eldorado route, for which it is sometimes difficult to find drivers. Sujata delivered meals to the same 5 clients every week for seven months, but her last delivery to Ann always took a little longer than the rest. What started as a series of simple friendly exchanges, soon developed into a sincere friendship. We eventually got a call from Sujata telling us that she needed to quit Kitchen Angels so she could dedicate more time to her favorite client, Ann. The connection between these two was strong and mutually beneficial. Although we were sad to lose a great volunteer, we couldn't be happier that these two kindred spirits found each other. ❤️



Jocelyn Orner and Paula Eastwood preparing bags for delivery.

## Staying Fit – It's Never Too Late to Start

As we get older, staying active becomes more important than ever. Regular exercise can help boost energy, maintain independence, and help keep symptoms of illness or pain under control. Exercise can even reverse some of the symptoms of aging. And not only is exercise good for the body, it's also good for the mind, mood, and memory. Whether you are generally healthy or are managing an illness, there are plenty of ways to get more active, improve confidence, and boost your fitness. Here are a few of the "myths" many older folks believe about physical fitness:

**Myth 1:** *There's no point to exercising. I'm going to get old anyway.* | **Fact:** Exercise and strength training help us look and feel younger and stay active longer. Regular physical activity lowers our risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. Not only can exercise help stem the decline in strength and vitality that comes with age, it can even improve it. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

**Myth 2:** *Older people shouldn't exercise. They should save their strength and rest.* | **Fact:** Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

**Myth 3:** *Exercise puts me at risk of falling down.* | **Fact:** By building strength and stamina, regular exercise prevents loss of bone mass and improves balance, actually reducing our risk of falling.

**Myth 4:** *It's too late. I'm already too old to start exercising.* | **Fact:** One is never too old to start exercising! In fact, adults who take up exercise later in life often show greater physical and mental improvements than their younger counterparts. If you've never exercised before, or it's been a while, you won't be encumbered by the same sports injuries that many regular exercisers experience in later life. In other words, there aren't as many miles on your clock so you'll quickly start reaping the rewards. Just begin with gentle activities and build up from there.

Adapted from [HelpGuide.org](https://www.helpguide.org) ❤️



# From Our President

It's no small accomplishment to cook up and deliver one million meals. It's also no small accomplishment for a local non-profit to have enjoyed the continuous support of so many wonderful people for nearly a quarter century.

The numbers associated with our accomplishment are a bit staggering: twenty-three years; three locations; over 100 Board members; 20,000 (plus) volunteers; and more than 500,000 volunteer hours.

Just as important, though, is the support Kitchen Angels has received from some very special people, starting with three visionaries, **Tony D'Agostino**, **Aleise Sargent** and **Ann Huserik**. They saw the need homebound chronically ill people under age 60 were facing in Santa Fe back in 1992 and had the courage to get Kitchen Angels off the ground. Without a kitchen, however, they couldn't have made their vision a reality and, for that, we are thankful to the members of the **Westminster Presbyterian Church**, who made their kitchen available during those early years. We also need to thank the **Frost Foundation** whose start up grant funded the operation during those early days and who helped fund the Coll-Green Angel Depot and who are still supporting us through their generous donation to our **Spreading Our Wings Capital Campaign**.

The very name of our building brings two other fine visionary supporters to mind as well: the late **Representative Max Coll**, who made our current building possible through the brilliance of his legislative acumen; and **Gregory Green**, a friend and former

Board President, who helped coordinate the pieces to secure the land we sit on and fund construction of the building. And of course, the **Community Farm**, who has been sharing its abundant produce with Kitchen Angels over the years and who has helped feed countless homebound Santa Feans.

Really, there are far too many people to thank – restaurant owners who participate each year in Angels Night Out; artists who contribute to the Collectible Box Auction; donors, foundations, organizations and individuals who regularly open their hearts and wallets to help pay for our services; and state legislators, county commissioners, and city counselors, all of whom have recognized our work over the years and have honored us in so many ways.

Thank you to all for making our one million meals possible. And to help make our second million meals possible, I hope you will join me and the many individuals and organizations that are supporting the **Spreading Our Wings Capital Campaign**. As you've read, the Mabee Foundation is matching every donation made between now and December 31, up to \$75,000. Please contribute and double the impact your gift will have on the lives of countless Santa Feans well into the future.



Stephanie Gonzales,  
Board President



## We Get Letters

"Just want to say Thank You for the meals you prepare. I have been receiving Kitchen Angels meals for about 16 months. I was not sure of the service when I first signed on for receiving meals. But, I was pleasantly surprised at the quality and flavor of the food. Your love of cooking comes through in every bite. Thank you and keep up the good work. May things be well with you and your staff. God bless you ALL."

– Received from Richard S.

"I want to acknowledge how much I owe you for your help with food, which has been critical for me. In addition, the kindnesses you extend at the holidays are so heartwarming, especially as I have no family here and so little mobility—and you are all so very warm. Bless you all. With apologies for the delay in sending this . . . have had one illness after another." – Helen P.

Jill, a Wednesday driver, reported that her client Paul said, "You have no idea how much this means to me. Sometimes, I just sit at my table and weep. I am so thankful for these meals."



Kitchen Angels  
1222 Siler Road  
Santa Fe, NM 87507

Nonprofit Org  
U.S. Postage  
PAID  
Albuquerque, NM  
Permit #1888

## KITCHEN ANGELS COLLECTIBLE BOX AUCTION

FRIDAY, OCTOBER 2, 2015

SANTA FE COMMUNITY  
CONVENTION CENTER  
201 W. MARCY ST.

VIP Exclusive Preview 5:30 to 6:30  
Tickets \$75. Food, spirits, reserved seating  
and Free Parking at the SFCCC  
Box Auction 6:30 to 8:30 Tickets \$35  
Food, free parking at the SFCCC  
cash bar Advance Tickets available at  
kitchenangels.org or call 471-7780

Special Thanks to Councilor Joseph Maestas  
and The Santa Fe Community Convention Center



Volunteers enjoying a picnic at  
the Community Farm.



The greatly anticipated opening of our resale store is here! There are a few more details to work through before we set the date, but we hope to have our grand opening this fall, giving everyone plenty of time for holiday shopping. As you know, we'll be selling gently used kitchen and entertaining goods. A million thanks to our valiant committee, led by **Sarah Taylor** and **Jill Markstein**, who have our inventory prepped and awaiting its debut. Sincere appreciation to everyone who contributed to the store. We appreciate your patience and know you'll be as pleased as we are when our doors are opened and the sales begin generating funds for our meal program. Stay tuned, we'll make the announcement in short order! ❤️