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Hot, tasty news delivered fresh to you!

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From Our President



USS Santa Fe
crew on deck.

USS Santa Fe

"Working at Kitchen Angels is one of the best things we do, and the people there and what they do are just incredible. The fact they plan for each person's individual needs and provide high-quality food is just flat out amazing."

This year, Tony McCarty was invited on a *distinguished visitors cruise* while the submarine was in San Diego. "The officers and crew are a finely tuned force. I am inspired by their dedication and expertise. It is a great comfort to know, firsthand, that the security of our nation is in exceptionally capable hands." And the food? "Impressive" was the word Tony used. "Even with limited access to fresh ingredients and storage, our lunch on board was terrific." Special thanks to **Rick Carver** and the **USS Santa Fe Hospitality Committee** for facilitating the trip and ensuring our namesake crew knows we think of them and support them all year round. ❤️

Only 24 US cities have a submarine named after them. Santa Fe is one. The **USS Santa Fe (SSN-763)**, a *Los Angeles*-class submarine, is the second ship of the United States Navy to be named for our city. She was launched on December 12, 1992. Since 2013, members of the crew have volunteered each year at Kitchen Angels during their visit to Santa Fe. They help out in the kitchen, share lunch and camaraderie, and then continue on with their official itinerary.

Last fall the crew presented Kitchen Angels with a check for \$1,200. According to **Commander Timothy Poe**, "Kitchen Angels is our adopted charity in Santa Fe. This was the third time we have been able to contribute to Kitchen Angels and, to date, we have contributed \$4,200." **Lt. Darren Kurt** added,

Lunch is served
onboard the USS Santa Fe.



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.

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

Intentional Cooking



Marshall, one of our clients, called **Lauren LaVail**, our Community Liaison, last week. Marshall had saved a muffin from his previous night's meal and had just eaten it for breakfast. "That was the best muffin I've ever eaten! It reminded me of spring and the renewal of life. I went outside, fell to my knees and started gardening—something I love to do and that gives my life meaning. Please thank whoever made it." Lauren told him that the muffin was our Healthy Morning muffin. "Your driver, Ron, baked it and delivered it to you." "Well, he is going to get a big hug next week, that muffin was life-changing!"

Kitchen Angels has made the recipe for many years. The ingredients include rolled oats, raisins, carrots and bananas as well as abundant love, which makes everything so much better! Thank you to **Ron Wieneke**, a volunteer who exemplifies the meaning of service. And thank you Marshall. It is our intention to provide nutrition that makes a very real difference in your life. ♥

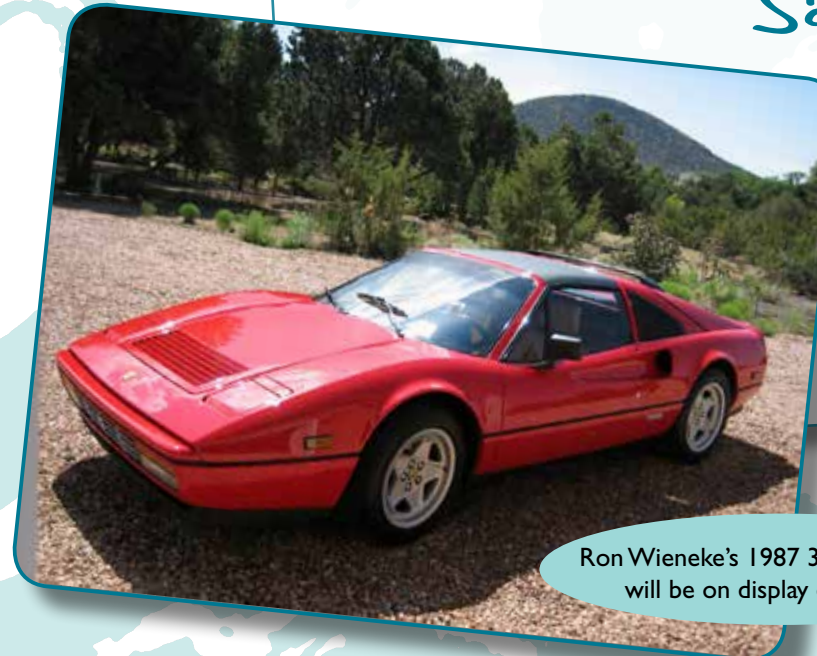


Jim and Sarah Taylor cut into their 50th Anniversary cake baked by Maggie Faralla

Cake on Board

We lost a dear friend. **Maggie Faralla** died at home in Santa Fe on December 21, 2014, with those who loved her at her side. Maggie had a large and generous heart, and believed in giving back to her adopted hometown, donating birthday cakes for Kitchen Angels' clients, museum openings and other community events. She brought light and love and laughter to every room she entered. We will miss her wit, wisdom and indomitable spirit. ♥

Santa Fe Cruise Night



Ron Wieneke's 1987 328 GTS Ferrari will be on display on July 17th.

The **Santa Fe Vintage Car Club** coordinates several Santa Fe Cruise Night events each year and supports community organizations. On July 17th, Kitchen Angels will be the featured non-profit organization. Please join us on The Plaza from 5 PM until 9 PM for a brief look into the world of vintage cars. ♥

Win a New LEXUS

LEXUS of Santa Fe and **Sotheby's International Realty** have teamed up to support Kitchen Angels **Spreading Our Wings** capital campaign. Stop by LEXUS of Santa Fe and visit **Audrey Allison** to purchase a \$25 key and your chance to win a 24-month lease of a 2015 Lexus CT Hybrid. Kitchen Angels will receive \$4,238 from the sale of all keys. With fewer than 20 keys remaining, buy yours soon! LEXUS has also pledged \$25 per car sold through September 30, 2015. Thanks to our Sotheby's International Realty friends, **Tara Early, Nancy Lehrer, Ann Brunson** and **Ed Schroeder** for organizing this exciting promotion for Kitchen Angels. Many thanks also to **American Country Collection** for hosting a key sales event in April. ♥

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Ann Brunson, Jim Brack, Haila Harvey, Stephanie Gonzales, Linda Dressman, Carmon McCumbee and Tony McCarty at the LEXUS event.



Win a Mini Break in Pagosa Springs

Imagine yourself and your family enjoying a panoramic view of the San Juan Mountains from your private deck at the edge of a small lake.

Eagle's Loft, a Wyndam Resort

timeshare property just west of Pagosa Springs, Colorado, is a three-story detached condo which sleeps up to eight people in three bedrooms accompanied by two baths. You'll enjoy the fireplace and the private, indoor hot tub on the ground floor. The well-equipped kitchen allows you to eat in or on one of the two outdoor decks. A permanent Bar-B-Que

serves several condos and is just steps away. You will have access to two beautifully groomed 18-hole golf courses, an indoor swimming pool, exercise room and handball courts, miniature golf, and eight tennis courts with a great pro—a wonderful resort experience right outside your door. Hiking trails, fishing in a number of mountain streams, mountain and road biking, the hot springs in town, great shopping, a variety of restaurants, and a day trip to Durango or Mesa Verde can easily fill up a week of fun! And one of the best parts about this location is that it is only three hours from Santa Fe. The use of the timeshare is from Saturday to Saturday, August 1 through August 8.

Tickets are \$25 each or 5 for \$100 and are available in the Kitchen Angels office or by phone, 471-7780. ♥

Collectible Boxes are Back by Popular Demand

Kitchen Angels is bringing back our popular **Collectible Box Auction** this October. The committee has invited more than 100 artists to create original works of art on boxes that will be auctioned to benefit our meal program. **Linda Dressman** is leading the effort to make this our most successful auction. Committee members include **Stephanie Gonzales, Lisa Gordon, Haila Harvey, Al Holzgruber, Catherine Lewis, Barbara Marburger, Fran Nicholson** and **Elizabeth Pettus**. Kitchen Angels is grateful to **City Councilor Joe Maestas** for securing the **Santa Fe Community Convention Center** for this gala event. Preview our on-line gallery beginning this September and make plans to join us on October 2nd for a fun night. Tickets will be available in September. ♥



Sarah Tyson claims her treasure at the last auction.

Inn of the Governors' 50th Anniversary Package

It's a "golden" year for the **Inn of the Governors** as they celebrate their 50th anniversary. The family owned Inn provides a "**home in the heart of Santa Fe**" to weary travelers and empowers employees to provide excellent service. They've been a proud member of the Santa Fe community for many years. To celebrate, they are offering an anniversary package that will be available throughout the entire year. The package is not only a special value for those guests booking it, but also benefits four Santa Fe non-profit organizations. Stay three nights nights at their best available rate, and the fourth night will cost only \$50 plus tax. The Inn will also donate the fourth night's revenue to a different non-profit each quarter. **Kitchen Angels** was the recipient of the first quarter's gift. Other non-profits

include **ARTsmart, International Folk Art Market** and **Esperanza Shelter for Battered Families**. If you have guests visiting Santa Fe this year, let them know about this special package that benefits a locally owned treasure and four important community services. ♥



General Manager Sam Gerberding and Tony McCarty at the Inn of the Governors 50th Anniversary reception.

Exercise Protects Aging Brains

Staying mentally sharp as we age may have more to do with working out than working on crossword puzzles, research suggests. In a study in the journal *Neurology*, people who stayed physically active into old age tended to have larger brains than those who did not exercise. The brain typically shrinks in late adulthood, and this shrinkage is believed to play a role in age-related memory decline. "It is pretty clear that exercise is one of the most potent things we can do to protect our brain as we age," says University of Pittsburgh exercise and aging researcher Kirk Erickson, PhD, who was not involved with the study.

The research included about 700 people living in the United Kingdom who all had brain scans when they reached the age of 73. Three years earlier, at age 70, the study participants were questioned about the leisure and physical activities they engaged in. People in the study who reported being the most physically active tended to have larger

brain volumes of gray and normal white matter, and physical activity was linked to less brain atrophy. Non-physical leisure activities did not appear to protect the brain from shrinkage, suggesting that mental activity may be less important than regular exercise for preserving brain function into old age, the researchers say.

Orthopaedic surgeon Vonda Wright, MD, who studies aging athletes, says it is a myth that frailty and mental decline are inevitable in old age. Wright directs a performance program for older athletes at the University of Pittsburgh and she is the author of the book *Fitness After 40*. She points out that exercise has been shown to help prevent many diseases, including diabetes, hypertension, heart disease, and some cancers.

"It is never too late to harness our body's capacity to get stronger and more functional," she says. "There is no pill that can do what exercise does." ♥

Fabulous Volunteers

For the past five years, the **KIVA Program** (Keeping Independent Vision Alive) has been sending a group of young adults to volunteer at Kitchen Angels several times each week. KIVA is a post secondary program through the Santa Fe Public Schools, whose aim is job training and placement for 18-22 year olds with learning disabilities. The young adults are very enthusiastic about volunteering at Kitchen Angels.

Chris, who just graduated from the program, said he'll miss washing all the dishes on Tuesdays. Stephanie loves sorting and stacking our paper bags, as well as helping in the kitchen. The kids are all very fond of Teresa, our food service manager, who is "fun and jokes around with us all the time." The coaches and kids were deeply touched when Teresa attended one of their Halloween parties, and spoke at a graduation. Mary, a recent graduate of the KIVA Program, loved her work in the kitchen so much she found a job working in food service at an elementary school. "Volunteering at Kitchen Angels gave Mary experience and skills, which prepared her for meaningful employment in the food service industry," said Maggie Thomas, one of the coaches with the program. We look forward to the smiling faces and open-hearted enthusiasm of every KIVA student who comes through our doors each week! ♥



Team KIVA (L-R) Ben, Coach Lanette, Ish and Antoinette,

Angels Night Out

Angels Night Out is a favorite community event bringing good food and good-hearted people together. It's a simple idea – dine at one of our participating restaurants and enjoy a great time with family and friends. The restaurant commits 25% of your bill to Kitchen Angels! It's a heavenly way to celebrate delicious food, good friends and our local restaurants – all while helping our clients, too. This year, Angels Night Out raised more than \$53,000. Heartfelt thanks to our 29 community minded restaurants, our sponsors, our volunteer ambassadors and each of you who dined out for a great cause.

Congratulations to our two grand prize winners **Hilario Leyba** and **Betty & Russell Bellamy**. Special thanks to **Peter Lovato** and **Hilton Santa Fe Buffalo Thunder** for underwriting the Buffalo Thunder Weekend Getaway. ♥



Heather Van Cleave, Shelly Brock and Tune Up Café Staff at Angels Night Out.

Easy Ways to Fund Our Meal Program

Here are a few easy ways to help fund Kitchen Angels just by doing what you normally do: shop.

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.



Albertson's Community Partners Program

Scan your Kitchen Angels Community Partners card each time you shop at Albertson's and we earn 1% of your shopping bill. Cards are available at our offices or by mail.



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

AutoZone Regional Grant

AutoZone believes in giving back to better the community. The **AutoZone Charitable Program** supports non-profit organizations and provides financial grants by giving to organizations located in AutoZone communities. Each year AutoZone awards two regional grants selected from nominations made by AutoZone employees. On May 19th, Kitchen Angels was presented a check for \$1,000 from our friends at the Airport Road location. Thank you. We appreciate your community spirit! ♥



AutoZone Staff presented a check to Kitchen Angels. (L-R) Store Manager Ladislao Lopez, Amberly Montoya, VP of Sales Dwayne Findlay, Tony McCarty, Regional Manager Scott Jackson and District Manager Andrew Lopez.



Kitchen Angels
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Santa Fe, NM 87507

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From Our President

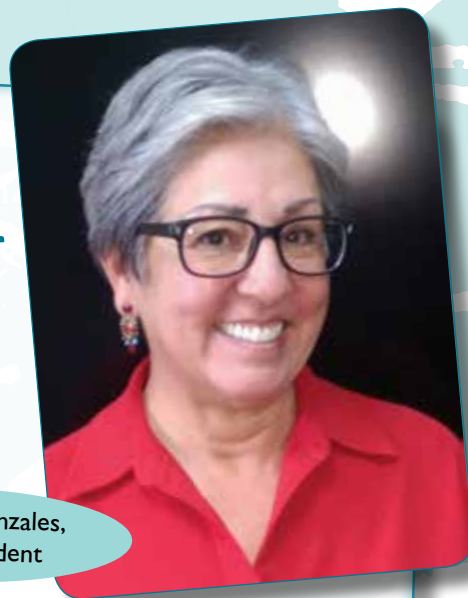
Volunteers are the heart and soul of Kitchen Angels. We couldn't do our work without the tireless commitment and dedication of more than 365 regular volunteers who cook and deliver every weekday. And, if volunteers are our heart and soul, financial contributions and grants are our bread and butter.

It takes a lot of work on the part of a dedicated Board of Directors, advisors, staff and others to keep the income flowing that allows us to purchase the food and other supplies that translate into the meals our clients rely upon. Kitchen Angels is fortunate to have a committed network of donors who see the importance of what we do. Last year, more than 7,000 individuals opened their hearts and wallets and contributed 56 percent of our total income. We're also fortunate to have a strong reputation with foundations and other organizations from whom we receive another 26 percent of our income. These organizations come from as far away as New York's **Broadway Cares/Equity Fights AIDS** and as close to

home as the **City of Santa Fe**. Everyone sees the importance of feeding homebound and chronically ill individuals and helping them stay in their own homes.

A few other important figures to keep in mind: last year volunteers donated more than 30,500 hours with an in-kind value of nearly \$690,000, and local organizations donated 15,900 pounds of food, valued at more than \$26,400.

So, as you're prepping, cooking or delivering meals, offer a quick thought of thanks to the many other individuals and organizations who help fund our work. It takes all of us. We thank all of you! ♥



Stephanie Gonzales,
Board President