



kitchen angels express

Hot, tasty news delivered fresh to you!

FALL 2014 ISSUE

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Food Plan for Our Community

The Santa Fe Food Policy Council will release *Planning for Santa Fe's Food Future: Querencia—A Story of Food, Farming and Friends*, or “Food Plan” for short, on October 24. The Food Policy Council (FPC) is a joint city and county appointed body responsible for recommending action by the Santa Fe City Council and County Commission to increase the availability and security of healthy and affordable food for all residents. The FPC is comprised of 13 members including city and county staff as well as representatives from Santa Fe’s food organizations, interests and sectors—including Tony McCarty who serves as vice chair.



The Food Plan was developed by the FPC to ensure that a safe, healthy and affordable food supply will be available to all residents for decades to come. The Plan recommends a variety of actions designed to promote food security, improve access to retail food outlets, encourage healthy

eating, enhance the food system infrastructure, and protect the natural resources necessary to produce food.

The Plan is the culmination of extensive community-level research that included interviews with hundreds of citizens, public and private officials, and food system stakeholders. It draws on the latest food, farm and health related data relevant to the Santa Fe community and involved a review of current food system policies, programs and regulations. To the greatest extent possible, the Food Plan is also aligned with existing city and county plans including the County Health Action Plan, the County Sustainable Growth Management Plan and the Sustainable Santa Fe Plan.

The Food Plan is a dynamic document meant to be discussed, acted on, monitored, evaluated and modified periodically. For more information about the FPC and the Food Plan please visit santafefoodpolicy.org. ♥

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.



Congratulations volunteers!

Exceptional Volunteers

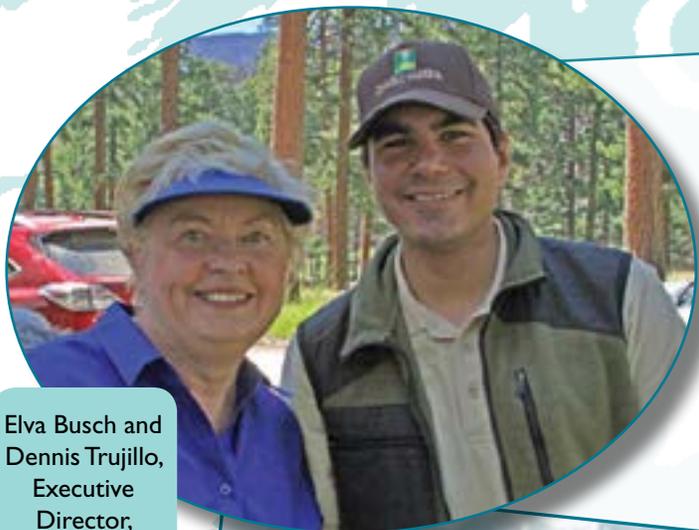
Kitchen Angels is a volunteer-driven organization. Our 350 weekly volunteers donate more than 30,000 hours of service each year. This is a huge gift to Santa Fe. Some volunteers have been giving freely of their talents for many years. **Rob Higgins** and **Joanna Ipiotis-Romero** started volunteering in 1992 at our very first kitchen in Westminster

Presbyterian Church. **Linda Evans** and **Sylvia Palmer** have been dedicated volunteers for 20 years. **Richard Arens**, **Bonnie Lieberman**, **Fabrizia Staglieno-Marcus** and **Judy Strittmatter** joined 15 years ago at our second location in the kitchen of the old National Guard Armory on Cerrillos Road. **Alice Fleischer** and **Mae Martinez** are 10 year veterans. Mae, now on staff as Client Services Manager, began her career as a volunteer at our current location. Five year volunteers include **Barak Wolff**, **Donald Percious**, **Karen Loucks**, **Will Knappen**, **Gregory Hunt**, **Beverly Hafner**, **Eleanor Eisenmenger**, **Paula Eastwood** and **Judy Anderson**. These sterling accomplishments are representative of the dedication and heart each and every Kitchen Angels volunteer exhibits through their continuing service with our program. We offer our deepest gratitude for your vibrant community spirit that helps build a stronger Santa Fe for us all.

We will honor all of our volunteers for their service to our homebound clients with an appreciation party on November 1st at the Farmers Market Pavilion in the Railyard. We are humbled by your commitment. ❤️



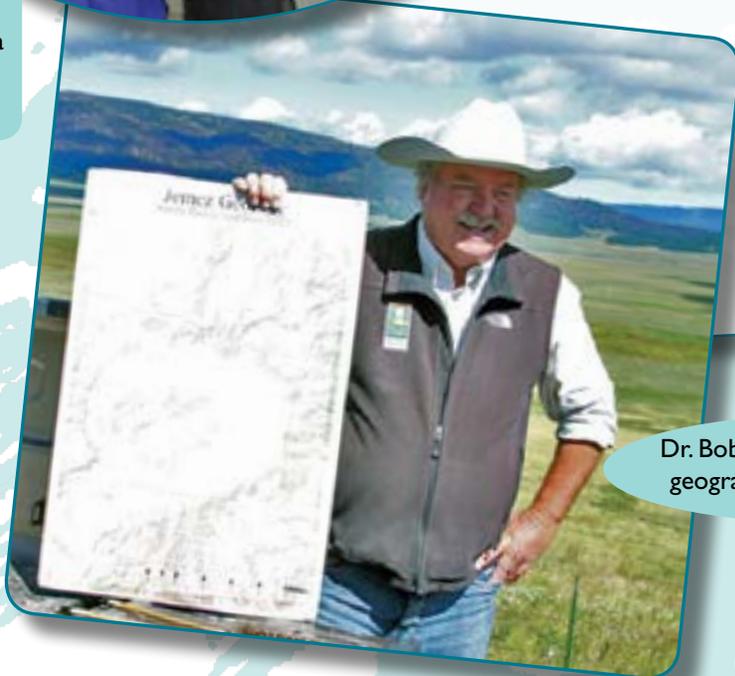
Teresa Norton, Linda Evans,
Paul Keshtkar and Sarah Roybal



Elva Busch and
Dennis Trujillo,
Executive
Director,
Valles Caldera
National
Preserve.

Adventures a la Carte

Now completing its fifth successful season, the Adventures series continues to play to capacity crowds and enjoys rave reviews. Thank you to **Elva Busch**, for introducing the wonders of the Valles Caldera to the 2014 lineup. We are also grateful to **Sallie Bingham** for a delightful afternoon in her beautiful gardens. We send gratitude to **Jill Markstein** for an unforgettable visit to the sculpted caves in Dixon. And finally, heartfelt thanks to **Nancy** and **Gene Mroz** for a heavenly finale to this year's season of new and exciting adventures. And, of course, thanks to everyone who attended an event this year. Together, you provided 1,844 meals for our grateful clients! ❤️



Dr. Bob Parmenter explaining the
geography of the Valles Caldera.

From a Client

“I want to say a special thank you to each of you who arranged for, prepared and delivered all the delicious and nutritious food during my illness. You all were so respectful, flexible, supportive and understanding when I really needed help. I know that Kitchen Angels helped me stay strong and nourished.

Because of you, I was able to successfully complete my treatment. The food was so lovingly prepared and delivered that I actually felt like eating it—miraculous for someone with no appetite! I'm much better now and I'll never forget what Kitchen Angels did for me as long as I live. Thank you SO MUCH, straight from my heart to yours.” ❤️



Burch Tuzen putting the
finishing touches on a
pan of baklava.

Impacts on Lives

While providing consistent, healthy, and appetizing meals to homebound clients is our chief aim, we are also committed to:

- Improving clients' quality of life by ensuring that fragile, homebound individuals have a daily opportunity to interact with a concerned person;
- Providing nutritional consultation to clients with extreme dietary requirements through the services of a certified nutritionist/registered dietitian;
- Supporting clients to stay out of institutional care settings such as nursing homes and remain in the comfort and security of their own homes; and
- Increasing our collaboration with other agencies dedicated to ending hunger in New Mexico.

The economic impact of keeping people out of nursing homes when they don't need the care cannot be overstated. Nationally, the average cost per patient to Medicaid and Medicare for nursing home placement is approximately \$58,000 annually. According to the Kaiser Foundation, the average annual cost for New Mexico is around \$75,000. The cost to feed a single Kitchen Angels client for a full year was around \$1,700 in 2013. **With 98 percent of clients regularly reporting that, were it not for our services, they would find themselves living in a nursing home, the economic impact alone of our services last year was between \$20.8 and \$27 million in avoided nursing home costs.** ♥



Angie Vigil looks on as Ada Browne prepares to leave for delivery.



Jane Shea was our Tuesday hat contest winner.

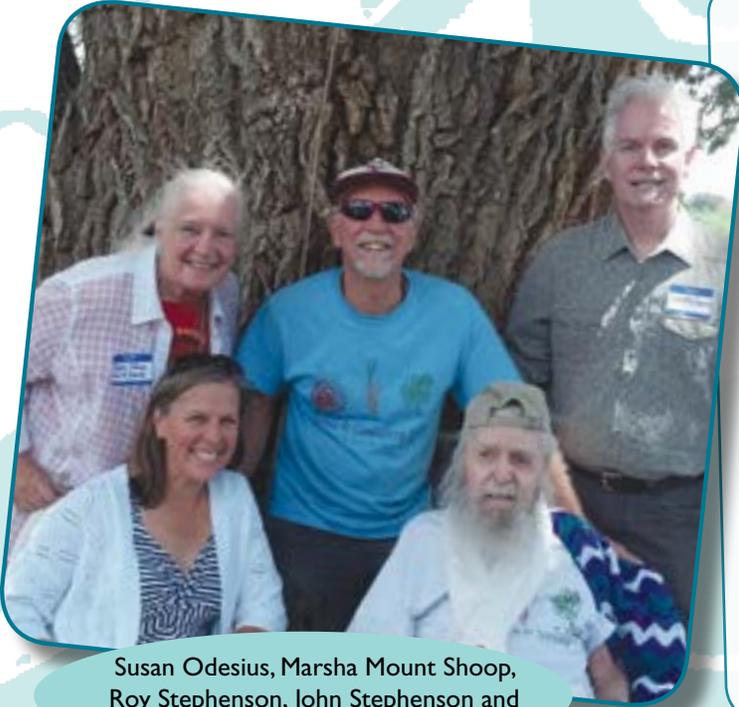


Best of Santa Fe

Thank you for voting Kitchen Angels one of the Best Local Charities in the Santa Fe Reporter's Best of Santa Fe edition.

A Tip of the Halo

Happy 100th Birthday to our friend and benefactor, **John Stephenson**. John and the Community Farm have provided fresh vegetables for Kitchen Angels for our entire 22 years. It's always a thrill to see the farm volunteers walking through the kitchen, arms loaded with just-picked produce for our clients. John and scores of his friends celebrated his birthday with an al fresco party on August 3rd. "I think that farmers generally have a longer life than some other people," he says. "They are sort of independent people, and they make it or don't make it on their own." Thank you John for all you do for so many in Santa Fe! ♥



Susan Odesius, Marsha Mount Shoop, Roy Stephenson, John Stephenson and Tony McCarty

Life Saving Delivery

Whereas it is rare for a delivery volunteer to come upon a client in dire circumstances, sometimes it does occur. Such was the case in August when Lori arrived to find a client in peril. As Lori described it, "When I got to Paula's, she was unconscious on the front steps. I called an ambulance and waited for them to arrive. I called her emergency contact who didn't answer. Once I knew she was being treated I left to complete my other deliveries." Lori continued, "I heard from the contact later in the evening. I told her that Paula is really my favorite client so if she heard anything about her condition that she could share with me, I wanted to know that she was okay." Paula recovered and soon returned home, in large part thanks to Lori. However, our caring volunteer didn't

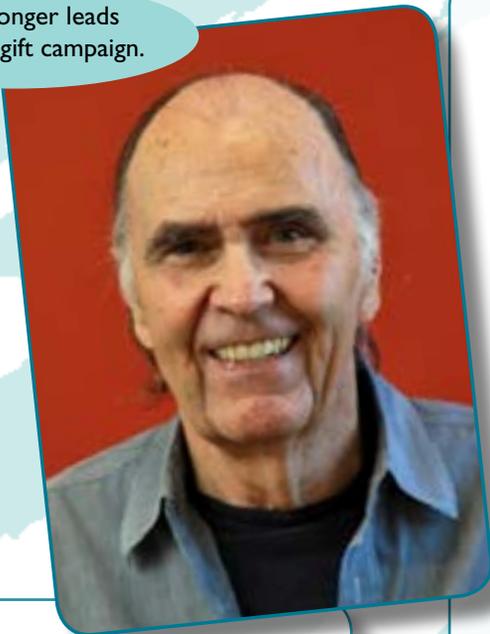
stop there. We received an e-mail later in the day asking, "Would it be out of line for me to stop by her place tonight to see her?" Then another the next day, "I took her some lunch and gatorade. She's a bit shaky but okay."

Therein lies the importance and critical effect of Kitchen Angels. Our volunteers care about the clients we serve. Thank you Lori, for staying calm, following our emergency procedures and, above all, for caring. ♥



Lori Woodcock, delivery volunteer extraordinaire!

OJ Niswonger leads our legacy gift campaign.



MAZON Award

MAZON: A Jewish Response to Hunger is a national nonprofit organization working to end hunger among people of all faiths and backgrounds in the United States and



Roasted beet, orange and fennel salad

Israel. Kitchen Angels received a one-year grant to continue our critical advocacy work on behalf of people in need. “Despite the enormous political and budgetary challenges and threats facing anti-hunger programs you (Kitchen Angels) have reported important accomplishments and successes over the past year. We are honored to partner with you,” wrote **Abby J. Liebman**, President and CEO, in the award letter. ❤️

Legacy Angels: For Good, Forever

Gifts to Kitchen Angels can be other than cash donations. Kitchen Angels also accepts gifts of stock and other securities. Your donation of stocks or bonds will support our mission of providing meals to those in need. And you benefit from:

- A charitable income tax deduction based on the full fair market value of the securities at the time of the gift; and
- Avoidance of the capital gains tax on appreciated securities. This means the value of your gift will be increased due to the tax savings.

In order to make a gift of stock, bonds, or other securities, please contact Tony McCarty at 505-471-7780. Tony will help guide you through the process of transferring the stock from your current financial institution to the account designated for Kitchen Angels.

Remember, any gift must be made in the year in which you wish to receive the deduction. Please contact your tax professional for further tax related information. ❤️

CHRISTUS Awards Funds for Seniors

Christus St. Vincent Regional Medical Center and SVH Support, the local board that owns half of the hospital, awarded Kitchen Angels a grant at its annual Community Health Provider Funding Awards on September 29th.

“Improving the health of Northern New Mexico requires everyone’s collaboration, and it’s an honor to be able to support organizations whose missions align so closely with our own,” said **Kathy Armijo-Etre**, vice president of mission at the hospital.

The hospital awarded funds to organizations that fill gaps in the public health needs of vulnerable populations.

“Community organizations play a critical role in taking care of people’s health needs early, which can help prevent a hospital visit or assure that people have the supports they need following a hospitalization to prevent further readmissions,” the hospital said in a statement. ❤️



Kitchenality



The angel committee, led by **Jill Markstein** and **Sarah Taylor**, has been enthusiastically preparing for the grand opening of our pop-up resale store. We continue to be optimistic that the shop will open in time for this holiday shopping season! Meanwhile, our inventory looks great thanks to the expert deliberations of **Alice**

Fleischer, Karen Benjamin, Elaine Lansky, Marcia Berridge, Denise Filchner, Jane Shea and **Judy Faust**. Thanks also to everyone who has contributed gently used treasures to this effort. Please, keep us in mind and continue to bring us your kitchen and entertaining goodies. You get a tax deduction and our clients get a hot meal! ❤️



Angel elves happily wrapping gifts for our clients.

Spirit of Giving December 6th

Kitchen Angels is currently engaged in our annual “**Spirit of Giving**” and “**Giving Tree**” projects. Wrapped gifts for either male or female recipients can be delivered to the Kitchen Angels office on Siler Road, which will in turn be delivered to our clients beginning December 15th. We are also accepting quantities of smaller gift items that will be wrapped and placed in each client’s gift bag at our working luncheon on December 6th at our facility. Items such as stationary, pens, toiletries, crafts, candles, mugs, and the like are all welcomed. These two projects help make the holidays brighter for our homebound clients. Please join us. ❤️

The Future of Food

Many of us are familiar with the story of our broken food system in the United States and much of the world. Agricultural practices such as mono-cultures, the overuse of chemicals, and potentially dangerous GMOs are prevalent. Access to healthy, organic produce is limited for many low-income individuals, while unhealthy food is subsidized, leading to an increase of diet-related illnesses and obesity. By 2050, the planet will need to feed 2 billion more people than today. It’s easy to get overwhelmed when looking at this picture.

Lucky for us, there are many bright and passionate individuals and groups who are working to improve the way we grow food and feed people.

National Geographic magazine is currently featuring an 8-month series, “*The Future of Food*,” which investigates how to meet our growing need for nutrition without harming the planet. The first article, which ran in the

May 2014 issue is titled, “A Five-Step Plan to Feed the World” and is available online. The series is a powerful and illuminating read.



Vegetarian meal featuring quinoa, arugula, lentils and vegetables.



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From Our President

There are multitudes of volunteers and supporters who are responsible for the continued success of Kitchen Angels. I'd like to thank a few extraordinary individuals whose efforts keep our program strong and vibrant for the community.

First is **Senator Nancy Rodriguez** who lead the effort to galvanize the Santa Fe Delegation and the charge to secure legislative funding for our program. City Councilor **Joseph Maestas** has also earned major kudos for supporting our request for the use of the Convention Center in 2015. Board Member **Elva Busch** has distinguished herself as a dynamic organizer by leading our strategic planning process. Our paid staff may be small in number, but they are huge in impact and keep our program running smoothly in spite of the almost daily surprises that appear. And, as difficult as it is to single out any one of our terrific volunteers, **Ron Wieneke**



Stephanie Gonzales,
Board President

goes beyond the call of duty and completes additional tasks well after most others have gone home.

Why does our program appeal to such a diverse group of talented and caring people? Because what we do makes a difference in people's lives. Every shift. Every day. Thank you for your contributions to Kitchen Angels. We could never do it without you! ❤️