



Kitchen Angels
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kitchen angels express

Hot, tasty news delivered fresh to you!

SPRING 2014 ISSUE

Joy Martindill, a member of the Kitchen Angels team for six years from 2004 to 2010, died unexpectedly on April 4. Most of us remember Joy's quick smile and hearty laugh as a big part of daily life in the office. A former horseback rider, she loved animals and, over the past months, enjoyed the company of her beloved Standard Poodle Jean Luke. Memorial services are pending. Our sincere condolences to her brothers and her many friends around the country. We miss you, dear friend.



Joy Martindill, Tony McCarty and Bernadette Peters celebrating Kitchen Angels 15th Anniversary in 2007.



Our satisfied client Jean on a good day.

**97.8% of our clients report
Kitchen Angels home-delivered
meal service has contributed to an
improved quality of life.**

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Changes on the Horizon

by Bob Horwitz and Elva Busch

New Mexico ranks as one of the most food-insecure states in the country. With nearly one in five people living in poverty, these individuals frequently have to choose between buying food and paying for needed healthcare. The problem is even more severe for people with chronic illness. According to the American Journal of Medicine, nearly one in three adults with a chronic disease has problems paying for food, medicine, or both.

A national survey of primary care physicians found that physicians believe unmet social needs (such as food insecurity) are directly leading to worsening health for Americans and that patients' social needs are as important to address as their medical conditions.

The report summarized "Health care 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."

Physicians feel so strongly about the connection between social needs and good health that 3 in 4 wish the health care system would pay

for costs associated with connecting patients to services that address their social needs. Access to nutrition and food represented 64 percent of the social service prescriptions physicians wish they could write.

Expansion of Medicaid coverage and the Affordable Care Act will address some of the issues related to accessing healthcare, but it will take more than just health insurance to meet people's need for good food. Kitchen Angels, along with several other local non-profit agencies, is talking to both the state's Medicaid program and the Managed Care Organizations (MCOs) with which Medicaid contracts to include coverage of, and payment for, food and nutrition services to address some of these social concerns.

The \$1,700 it costs each year to feed a Kitchen Angels client is a lot less than the annual cost for a nursing home. It's also cheaper than frequent visits to the emergency room or a single overnight hospital stay. And with a majority of our clients reporting that our meal delivery service helps them afford to see their doctors and purchase their medications, we know our program is having an impact, not just on clients' lives, but on the entire healthcare system . . . at least here in 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 for 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.

Angels Night Out

Now in its 16th year, Angels Night Out is a favorite community event bringing good food and good-hearted people together for a good cause. It's very simple – dine out at one of our participating restaurants and enjoy a great time with family and friends. The restaurant will donate 25% of your bill to Kitchen Angels! It's a heavenly way to celebrate delicious food, good friends and local restaurants – while helping our clients too.

BREAKFAST & LUNCH

Crumpacker's Café & Bake Shop, Café Fina

DINNER

Andiamo!, Asian Restaurant, Bouche Bistro, Café Café, Café Castro, Café Pasqual's, Counter Culture, Cowgirl BBQ, El Meson, Galisteo Bistro, India House, India Palace, Jambo Café, L'Olivier, Mariscos Costa Azul, Midtown Bistro, Piccolino Italian Restaurant, Pizzeria Espiritu, Plaza Café Southside, Pranzo Italian Grill, Ristra, Santa Fe Bite, Second Street Brewery at the Railyard, Swiss Bistro & Bakery, Terra at Encantado, The Ranch House and Vinaigrette.



Everyone in the family can enjoy Angels Night Out!



Teresa and the gang share a laugh at Angels Night Out.



Heather Robinson was our 2013 ambassador at Andiamo!

Happy Valentine's Day, Kitchen Angels!

Fifty lucky volunteers celebrated Valentine's Day at a wonderful thank you party given by the Kitchen Angels staff. On the eve of the holiday the happy group, many who dressed in red, celebrated at the Angel Depot at a dinner that included a wonderful Chicken Mole made by our volunteer Julee Angell.

Dessert included an array of homemade specialties brought by the attendees. Everyone voted for his or her favorite with the winning prize going to Tom Andrassy. To top off the evening several volunteers and staff members told their own personal love stories about their very own "valentines". It was an enjoyable evening for all!

More thank you celebrations for our volunteers are planned for later this year. Volunteers should sign up early when you see these events announced - a Bar-B-Que in June and our annual Volunteer Appreciation Party in October.



The winning dessert was *Coeur a la Crème*.

New Mexico Community Foundations to Make History

The Community Foundation Coalition of New Mexico is organizing Give Grande New Mexico, a day of giving dedicated to supporting local causes. It's one of many giving days happening on May 6 as part of the national Give Local America event.

Donors will be able to give directly to non-profits working in their communities by visiting www.givegrandenm.org. Visitors to the site will also be able to search for non-profits by name, city, geographic area, and cause, and will be able to see in real-time how much is raised across the state and for each non-profit.

"Give Grande New Mexico is an opportunity to highlight the culture of giving that has been a part of our state's identity for hundreds of years. It's a chance to show that everyone can be a philanthropist and that if we all pitch in together we can make a huge impact. Non-profits are crucial to the health and well-being of our population and a critical part of our economy. Give Grande will generate even greater support for their important work," said Brian T. Byrnes, President & CEO of Santa Fe Community Foundation. "Every dollar will go further if you give on May 6."

Because Give Grande NM is one of many activities being held across the country, it is likely to be part of the largest online fundraising event in history. The Community Foundation Coalition is partnering with 345 non-profits statewide to meet needs and connect people in their communities with the causes they care about.



In Memoriam



Max W. Coll, II
2.26.1932 to 3.27.2014

Most of you know that the building housing Kitchen Angels is the Coll-Green Angel Depot. Max Coll, who is included in our building's name and who was a major force in our acquiring the building, died this past March.

Kitchen Angels operated out of the kitchen in the Westminster Presbyterian Church until January 1996. When it became apparent that a larger space was needed, board member Gregory Green enlisted the considerable talents of then-Representative Coll, and the two were soon joined by Colonel Joe Black from the National Guard. After finding a suitable location for the expanded facility in the old New Mexico National Guard Armory on Cerrillos Road, we negotiated a 15-year lease with the Guard and the State of New Mexico.

In 1998, the National Guard transferred ownership of the Cerrillos Road building to the state. Realizing that Kitchen Angels and The Food Depot would need other quarters, Representative Coll helped develop a strategy for a new 14,000 square-foot facility that would house not only Kitchen Angels and The Food Depot, but also the weekly pantry program, Food For Santa Fe.

After a year of negotiations, a site was found on Siler Road. In 2000, the City Council approved an agreement and land lease, making the three-agency complex possible. We moved in on February 15, 2001.

Thank you Max, for making a lasting impact through your public service. Our sincere condolences to your family and friends who mourn your passing.

Words of Gratitude

Jill Markstein recently delivered to a new client on his second day of service. Mark told her, "My body immediately felt better after eating my meal yesterday! The food was so good." The following week, he remarked, "Getting a meal each day gives me faith that I'll make it to another day. Because of the many caring people who come to my door, it gives me hope—to go on."

You are welcome, Mark. Mark's comments echo the thoughts we hear everyday from our clients. Kitchen Angels continues because of the many caring volunteers and donors who make our mission in Santa Fe a priority for their charitable giving.



Advisory Council Member Jill Markstein (left) and Board President Stephanie Gonzales at our 2013 Splendid Fare Adventure.

82.4% of our clients report
Kitchen Angels home-delivered
meal program has improved their
ability to afford medications.

A Tip of the Halo

We are especially
grateful to our
many supporters
who live in other
areas of the
country and who
maintain lasting
ties to Santa Fe.



Visitors from Syria were our most recent volunteers and came to us through the Council on International Relations

Exciting Venture

We're cooking up a way to fund more meals for our clients and to support Kitchen Angels' mission. Plans are underway to open a delightful kitchen and tabletop shop and we need your help!

The shop will feature donated, gently used kitchen and tabletop wares. So, do some spring cleaning and bring us kitchen items, dishes, glasses, and other cooking utensils you no longer want. We will be accepting donations at the Kitchen Angels loading dock (1222 Siler Road) Monday mornings from 10 to Noon and Wednesdays from 1 to 3 pm. If you are unable to bring donations in during these times or have questions, please call Jill Markstein, 690-2892 or Sarah Taylor, 660-2231.

This is an exciting new venture and we hope you'll join in the fun by both donating and shopping at the store! We hope to open our doors in September. So, stay tuned for developments.

We are also looking for a name for the shop. Send in your ideas to kitchenshop@kitchenangels.org. Name suggestions will be accepted until April 30, 2014.



Our new store is fun way you can help keep fresh fruit and vegetables in our clients' meals.



Legacy Angels: For Good, Forever

If you would like to support Kitchen Angels without making a cash donation, we accept gifts of stock and other securities. Your donation of stocks or other securities will receive tax benefits including:

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

To make a gift of stocks, bonds, or other securities, contact Tony McCarty at 505-471-7780 or tmccarty@kitchenangels.org. Check with your financial or tax adviser to determine if this type of donation is appropriate for you.



Ann displays a bountiful bowl of fresh fruit ready for packaging.



What a crew! Members of the crew of the USS Santa Fe wanted to "give back" this past holiday season and sent a generous gift to Kitchen Angels. Thanks guys—you're in our thoughts, too.

A Measurable Impact on People's Lives

Scattered throughout this newsletter, you'll see some client survey statistics. That's because we recently completed our 2014 client survey and, with a 72% response rate, we learned a lot about how our services impact clients' lives.

Here are a few more interesting statistics:

- 98% of clients reported an improved diet because of our meals;
- 77% can afford to see their doctor because we help them meet their need for food;
- 72% don't know where they'd live if they couldn't stay in their home; and
- 99% are satisfied and grateful for our service.

As a program serving a chronically or terminally ill population, however, not all clients will report improvements in their condition. As we know, some clients are receiving end-of-life care while others are experiencing the effects of an increasingly debilitating illness. Changes in diet brought about by changes in medical condition don't always coincide with clients perceiving an improvement in their diet or overall quality of life. That's why client measures that look at stabilized or improved weight, improved diet, and increased ability to live independently tend also to reflect the deteriorating condition of these individuals. Nevertheless, most clients report that Kitchen Angels has had a positive impact on their lives.

These amazing results are all because our donors support our program and our volunteers take the time and energy to prepare and deliver nourishing meals to people who might otherwise have nothing to eat. You should feel proud of what your efforts have accomplished!

Spotlight on Dottie Hill

Born and raised in Norton, Virginia, Dottie Hill has lived a full and meaningful life. She started volunteering when her children were teenagers, and hasn't stopped yet. Dottie has worked as a volunteer for many organizations, including Hospice for 20 years. When Dottie arrived in Santa Fe back in 1981, she says that she finally found her home. She's been volunteering as a delivery driver with Kitchen Angels for the past 16 years and is a shining example of a caring and responsible individual.

Every time one of Dottie's clients isn't home, she calls Kitchen Angels and lets us know. You may think this is an unimportant detail, but it helps us keep in touch with our clients to ensure they are alright and home when they say they will be.



Dottie is quick to share her infectious smile and cheerful outlook with her clients.

Recently, Dottie was making a delivery soon after a client had taken a fall. He had made it into the bathtub, but couldn't get out. She helped him get upright and then called 911. Dottie stayed until the emergency response team showed up and brought our client to the hospital. If it weren't for Dottie following these procedures, our dear client might have suffered for days, without anyone knowing he was hurt. It's a good reminder that we don't JUST deliver meals. We quite often are a lifeline for our isolated clients. Thanks, Dottie, for making an effort to connect with the clients every time you delivery- it makes a world of difference. Here's to many more fruitful years of serving your community.

92.2% of our clients report Kitchen Angels home-delivered meal program has increased their ability to live independently.

Carol Beesley, now living in Norman, Oklahoma, was our go-to emergency delivery volunteer for more than a decade. Often, Carol would respond to our last-minute request still wearing her paint-spattered artist gear—having put down her brush and immediately driven over from her studio. Invariably cheerful, always willing and reliably intrepid, Carol was famous for enlisting passers-by to help complete a delivery . . . even on those dark and stormy nights!

Of her time with Kitchen Angels, Carol says "During the 10 years I volunteered for Kitchen Angels, I tried a bit of everything My favorite job, however, was as a sub-driver. I searched out the most hidden client bailiwicks, evaded dogs (and one cat), survived ice, sleet and snow . . . all you drivers know how it is! Best of all I met our clients who gave me an excellent perspective on the dimensions and effects of the services provided. I miss my Angel friends lovingly working together to deliver beautiful, delicious food! Kitchen Angels continues to top my list as the best!"

Thank you Carol, and thank you to all of our out-of-state donors for continuing to hold Kitchen Angels near to your hearts and for keeping our homebound clients in your funding priorities.



Carol Beesley is a rose among roses.