

Halo Headlines

JULY 2016

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Thank you for your
on-going dedication and
support of Kitchen
Angels and the
community of Santa Fe.



**VOLUNTEER
MILESTONE
ANNIVERSARIES**

Dear Lauren,



"Live in each season as it passes: breathe the air,
drink the drink, taste the fruit."

-Henry David Thoreau

Another Adventure Awaits...



The next Kitchen Angels'
Adventures á la Carte is **Star Axis**.
Tickets are going fast for this private
tour of land artist **Charles Ross'**
architectonic earth/star sculpture.
Located about 90 minutes from

1 Year

Magdalena Colton
Carolynn Hartley

5 Years

Virginia Martin

15 Years

Julie Roybal-Robinson



Santa Fe in Anton Chico, Star Axis consists of a "Solar Pyramid" and "Star Tunnel." The sculpture, which is eleven stories high and 1/10th mile across, places viewers inside the

trajectory of the Earth's axis. It is truly a sight to behold.

After touring this extraordinary structure, adventurers will enjoy lunch at the neighboring **Apache Mesa Ranch**. Click [here](#) to purchase tickets. A full event will raise funds for 661 Kitchen Angels client meals!

Stay Connected

Join Our Mailing List!

In Case You Missed it...

Saturday, June 25,
Adventures á la Carte
toured one of **Ra Paulette's**
masterpiece cave sculptures
located in the cliffs overlooking
Embudo Station and the Rio
Grande. Hosts **Liz Reidel** and
Shel Neymark opened their
hearts and home to 40 visitors
who heard Ra's story and
learned how he dug the cave
by hand from solid limestone.

If you'd like to learn more
about Ra's cave sculpting,
click [here](#) to view the piece
that appeared on *Sunday
Morning* in May 2014.



*The entry to **Ra Paulette's**
carved cave sculpture.*

Many thanks to Kitchen Angel **Jill Markstein** who hosted and coordinated the event.

**Welcome New Board and Advisory
Council Members**

We're extremely fortunate to have three remarkably talented individuals joining our Board of Directors. **Karen Wolf-Mattison, Martha Romero** and **Carmen Gonzales** bring community experience, new talents, and vision to our already strong group of leaders. Said Karen of her early volunteering experience, "I felt an immediate connection to Kitchen Angels."

It's not just our Board that has new members - our Advisory Council is pleased to welcome **Pam Egan, Mary Dale Gordon, Katharine Kagel** and **Stephanie Gonzales**. As you

know, Stephanie just retired as President of our Board.

Advisory Council members serve as ambassadors of Kitchen Angels' mission and goals to the broader community and increase the support we receive from our Board of Directors.

Welcome to all and thank you for your commitment to Kitchen Angels!

Tasty Tidbits



Imagine a fruit that's low in calories but high in nutrients and fiber, loaded with antioxidants, protects against aging and cancer, lowers blood pressure, improves memory and prevents heart disease. Too good to be true? Well, it is and it's none other than the humble blueberry. This month is [National Blueberry Month](#). If you don't believe that one little fruit can be so very good for you, then click [here](#) and read the research for yourself.

Now you can get busy incorporating more blueberries into your diet. In appreciation of this delicious and nutritious berry, here's a yummy list of [22 blueberry recipes](#) to try. Go ahead! Dig in!



*Blueberry-Pecan Galette-
yes thank you!*

As we move into the heart of summer, it becomes more necessary to have a cool glass of some refreshing beverage at our fingertips. You may have noticed staff members walking around with a scarlet red cup of something lately. In case you've been wondering, this is *Agua de Jamaica*, or Hibiscus tea. Not only is it tart and refreshing, but it's also high in vitamin C and claims have been made that it reduces high blood pressure, cholesterol and inflammation. For more facts on the health benefits of hibiscus, [click here](#). If you'd like to skip the facts altogether and jump right into brewing up a batch yourself, then here's a [really nice recipe](#) that includes ginger and cinnamon.



Volunteer Opportunities

We always welcome new volunteers! Here are our current opportunities:

- Tuesday Driver, Route 9 (Alta Vista)
- Tuesday Driver, Route 10 (N. St. Francis Dr.)
- Tuesday Driver, Route 16 (Airport Rd./Jaguar Dr.)
- Tuesday Driver, Route 18 (Agua Fria)
- Wednesday Driver, Route 11 (S. on Cerrillos Rd.)



- Friday Driver, Route 7 (E. Rufina St.)
- Friday Driver, Route 8 (Mid Airport Rd.)
- Friday Driver, Route 15 (Rodeo Rd.)



Upcoming Volunteer Orientations

Wednesday, July 20th from 11:00 - 1:00

Wednesday, August 10th from 11:00 - 1:00

Please tell people who may be interested to call Lauren at 471-7780

Continuing Education



Windy cheered up the clients on his route by singing them silly songs. They loved it!

July 11 is [Cheer Up the Lonely Day](#). Aside from having to be *homebound* to go on service with Kitchen Angels, another criterion is having *no other resources to provide meals for yourself on a consistent basis*, such as family. Our clients face life-challenging health conditions, are unable to leave their homes without assistance, and most don't have family in the area. This makes for individuals who are tremendously isolated, which can be quite lonely.

Delivery volunteers are the perfect people to help alleviate the [sadness and depression](#) that can accompany a life of extreme isolation. It doesn't take much effort to counter the effects of loneliness: kind sentiments, a hug, simple conversation, a shared cup of tea, or an invitation to an event. Often times, Kitchen Angels volunteers are the only people our clients see all day. Please be mindful of this and take a little extra time to reach out and let our clients know that they are valued. No one should have to live with such loneliness.



Nancy delivering food and friendship.

In case some of you are unaware, Kitchen Angels has partnered with the [Santa Fe Animal Shelter & Humane Society](#) for the past eight years to offer our clients a pet food program. In order to help keep pets at home with their loving caretakers, even when the caretakers are themselves in need of care, we deliver pet food to those in need. Our volunteers **Christy** and **Tom** pick up packages of pet food from the shelter and deliver them to Kitchen Angels. But for a few exceptions, our clients get their pet food on **Tuesdays**. If you are a delivery driver and notice one of your clients has a new pet, please have them call the office so we can put them on the pet food program. The pet food counts are exact, so please only deliver on Tuesdays unless otherwise noted, and only deliver to those who have numbers marked in the pet food boxes on the client slips. On behalf of the hungry dogs and cats out there, thank you kindly!



Reducing Waste: How You Can Help

Developed countries are responsible for most of the food left uneaten on grocery-store shelves, on restaurant plates, and in home refrigerators. Here are some tips to reduce your waste footprint.

AT A STORE	AT A RESTAURANT	AT HOME	IN YOUR COMMUNITY
<p>Make careful decisions about what and how much you buy at the grocery store.</p> <ul style="list-style-type: none"> • Shop at stores that offer misshapen food at a discount. • Purchase prepared meals at the deli or salad bar, which allows supermarkets to make use of imperfect produce. • Buy frozen foods, which suffer fewer losses from farm to shelf. • Shop often. Start with a large trip and then make smaller follow ups to buy a few days' worth of produce at a time. • Buy fresh food at local farmers markets. 	<p>Americans spend about as much at restaurants as they do at grocery stores.</p> <ul style="list-style-type: none"> • Skip the cafeteria tray. Diners who use trays waste 32% more than those who carry their plates in their hands. • Take home leftovers. • Share side dishes to keep portions under control. • Ask the waiter to hold extras such as bread and butter you don't plan to eat. • Encourage restaurants and caterers to donate leftovers. 	<p>Small changes in the kitchen can reduce the amount of food your household throws out</p> <ul style="list-style-type: none"> • Use FoodKeeper or other apps for food-expiration reminders • Switch to smaller dishes to control portions. The standard plate is 36% larger than it was 50 years ago. • Eat leftovers on a regular night each week. • Give uneaten food a second chance. Freeze or can extras. Blend bruised fruit into smoothies. • Try not to waste water-intensive foods like meat. 	<p>Businesses, schools, non-profits and governments can all find ways to dump less food</p> <ul style="list-style-type: none"> • Bring back home economics classes to teach cooking, canning and storage basics. • Get your school to join the USDA Food Waste Challenge. • Ask your local government for a curbside good-scrap collection service like that provided in roughly 200 U.S. communities. • Share the bounty of your home garden with your community through ampleharvest.org



Thank You, Thank You, Thank You!

Thank you to all of the volunteers who helped set up, take down and staff the Kitchenality sidewalk sale on June 18th. It was Kitchenality's highest grossing day to date. We are thrilled at how profitable our kitchen re-sale venture has been thus far. In 6 months, Kitchenality has netted \$42,000 in profit. That is enough funding to serve 26 Kitchen Angels clients for an entire year! A great big round of applause for the Kitchenality co-chairs, **Jill Markstein** and **Sarah Taylor**. They have taken this venture from concept to realization to resounding success. We thank the team of volunteers who process incoming donations, research, price, sort, stock, display and staff the store. You keep the stock moving through, which provides a significant income stream for Kitchen Angels and the important services we provide. Thank you for the skills which each of you bring, and the generous gift of your time.



Ginny & Sarah welcoming new shoppers back in December.

The summer months at **Kitchen Angels** can be challenging! So many people are away on vacation, that it leaves the kitchen and delivery very short on volunteers. We are truly grateful for those who remain and hold down the fort. To all of our steady kitchen volunteers and kitchen substitutes, thank you for doing a bit extra in the past month to ensure our clients receive uninterrupted meal service. And to the hard working substitute delivery drivers, our heart-felt thanks for enduring all of the calls and squeezing meal delivery into your busy schedules. Please tell friends and family that **Kitchen Angels** needs help during the summer months especially. Many thanks to each of you!



*Tamara, Helen & Ann topping
the meals with flowers and joy*

Kitchen Angels | [505-471-7780](tel:505-471-7780) | info@kitchenangels.org | <http://www.kitchenangels.org>
1222 Siler Road
Santa Fe, NM 87507

Please forward this email to a friend. It's a great way to share our mission with new folks who may want to join our group. Simply click on the blue link below this box.

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Kitchen Angels, 1222 Siler Road, Santa Fe, NM 87507

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