



# kitchen angels express

Hot, tasty news delivered fresh to you!

FALL 2016 ISSUE

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## An Unexpected Benefit



Volunteer Carolyn Wright  
shares a special moment  
with a new friend.

**L**oneliness can make you sick. It can even kill you.

Researchers writing in *The British Medical Journal Heart*, looked at the results from more than 20 studies and found that social isolation, or feelings of loneliness, were linked to an increased risk for heart disease and stroke. Loneliness can lead to physical inactivity and smoking. It is also linked to lower self-esteem and limited use of active coping methods. Even more striking, the researchers found that feeling lonely or being socially isolated are also associated with diminished immune functioning and higher blood pressure. All of these findings suggest that loneliness and social isolation may be risk factors for becoming ill or for making an existing illness even worse. Addressing them can benefit public health and personal well-being as well as reduce healthcare costs.

In Great Britain, researchers found the link between loneliness and physical illness so strong that loneliness out-ranks obesity as a predictor of early death.

Loneliness over-stimulates the body's stress response, causing it to produce higher levels of cortisol as well as higher vascular resistance, decreasing blood flow to vital organs. Studies have found that the part of the brain best known for its link to depression becomes more

active during periods of loneliness. In one study, the researchers found that the increased activity could be reduced by simply reducing the subject's isolation from others.

John Cacioppo, director of the University of Chicago's Center for Cognitive and Social Neuroscience, has been studying loneliness since the 1990s and says that feeling lonely is not unlike feeling thirst, hunger or pain. "Denying you feel lonely makes no more sense than denying you feel hunger." Yet the word "lonely" carries connotations of weakness or an inability to stand on one's own.

In the United States, nearly one in three people older than 65 live alone and half of those older than 85 live alone. The prevalence of loneliness among people older than 60 ranges from 10 to 60 percent. As Baby Boomers grow older, finding ways to help alleviate loneliness in an aging population will become an increasingly important piece of the overall healthcare puzzle.

Whatever the causes, Kitchen Angels has known for many years that we do more than address clients' nutritional needs. Our delivery volunteers help reduce our

*(continued on page two)*



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.

## Welcome New Board Members

We are thrilled to welcome new talent to our Board of Directors. **Carmen Gonzales, Karen Wolfe-Mattison, and Martha Gandert Romero** have all answered the call to bring their wealth of knowledge to Kitchen Angels. Carmen, who recently retired as the Vice President for Student Success at Santa Fe Community College, says, "I've always cared about vulnerable populations. I grew up with parents who believed very much in helping those in need. Kitchen Angels is an organization that fits well with how I feel we should help others." Karen has been an active volunteer for the past five years. "Kitchen Angels is amazing and I am delighted to be a part of an organization that is committed to helping so many people in need." Martha earned her Ph.D. in counseling and looks forward to helping with strategic planning. "I like contributing to basic services for people in need and making a connection to the local community."

Thank you for committing your time and talents to Kitchen Angels. ♥



Karen Wolfe-Mattison is the organizer of Sotheby's Thanksgiving Week volunteer experience at Kitchen Angels.

## An Unexpected Benefit (continued from page one)

clients' feelings of loneliness by simply showing up each day with a freshly prepared meal delivered with kindness and compassion. Our volunteers create important and meaningful relationships with the clients to whom they deliver meals. Frequently, our delivery volunteers are the only social interaction these folks experience.

It's this "unexpected benefit" that helps make Kitchen Angels and our volunteers such an amazing team and such an important part of the community. Not only do we work to make sure our clients have enough to eat to stay as healthy as possible, we remind them that they're not alone and, while they may be homebound, they're still valued members of our community. ♥

## World Food Day – Another Opportunity to Make a Difference



More than 124,000 people in northern New Mexico don't have enough to eat. If you're involved with Kitchen Angels, you already understand how serious the problem of food insecurity is in the area. Worldwide, 795 million people didn't have enough to eat last year.

World Food Day, October 16, 2016, is an opportunity to help change that. One hundred and fifty countries will celebrate World Food Day to promote awareness of the importance of food security and the need to make nutritious food available to those who suffer from hunger.

World Food Day is the birthday of the Food and Agriculture Organization of the United Nations (FAO). This year's theme is **The climate is changing. Food and agriculture must too.**

Here in northern New Mexico, World Food Day is a perfect opportunity to celebrate the unique cultures and agricultural traditions of our communities by focusing on how we grow food, how we get food, and how we learn about food. It's also an opportunity to recognize those who produce food and those who help others access food and work to end hunger in our communities.

Nutritious food can be expensive, making a balanced diet a luxury for many. Job loss, a family tragedy, poor health, or an accident can make anyone, anywhere, go hungry in a moment. As rising temperatures, more frequent and extended drought, and flooding all remind us, extreme climate events are making the need to change food production and agricultural practices more and more urgent. And it's not just changes in climate that impact access to food. Even financial crises can dramatically affect a person's ability to feed themselves and their family. Without social safety nets, resiliency measures, and good public policies, seemingly small events can set off a cycle of hunger and poverty.



Students from the Santa Fe University of Art & Design help in our kitchen on Community Focus Day.

Hunger doesn't just affect vulnerable people. All of us bear the cost. One in three people admitted to the hospital in the United States is malnourished. This means that the care they receive takes longer and is less effective than if they had had enough to eat. It also means that their care costs more.

Hungry people also tend to have learning difficulties, are less productive at work, are sick more often, and live shorter lives. Ending hunger is not just a moral imperative, it's a good economic investment.

It takes a lot of energy to produce the food we find in our grocery stores. The farther away the source of that food is from the store, the more energy it takes to package and ship. But even more important, over one third of the food produced worldwide is lost or wasted each year. Wasted food means wasting the money, labor, and precious natural resources that went into producing the food. Simply by saving leftovers, freezing portions of food, planning meals, buying only what you need, and even buying "ugly" fruits and vegetables, (the ones that aren't pretty but are still good to eat), we can help reduce the effects of food production on the climate.

World Food Day is an opportunity to learn how the choices we make about food impact the production, transport, and sustainability of the food we see in the store. It's also an opportunity to become involved in organizations that work to eliminate hunger. If volunteering isn't a possibility, World Food Day organizers have created a list of actions individuals can take to help minimize their impact on the climate at <http://www.fao.org/world-food-day/2016/climate-actions/en>. ♥

County Commissioner Kathy Holian, Tony McCarty and Mayor Javier Gonzales at the release of the Santa Fe Food Plan.





## Building Renovation Project Continues to Move Forward

We never dreamed when we moved into the Coll Green Angel Depot in 2001 that we could out-grow our facility. At that time, the building seemed so big and spacious! But that's exactly what has happened. The growth we've seen in client enrollment over the past few years has just about exceeded our capacity. That's why we were so excited when The Food Depot built their new building and the entire building became available to Kitchen Angels.

It has been a long journey from agreeing to acquire the entire building to actually beginning renovations. But we're almost there! Even though the Legislature appropriated a significant amount of funding in support of the project, state laws, rules and regulations governing how those funds can actually flow has made the process seem rather daunting and at times to feel ... well ... almost impossible.

Nevertheless, the project continues to clear major hurdles and we're a bit closer to determining a start date for construction.



FedEx delivering our new convection ovens donated by VULCAN.

As many already know, the land on which our building sits is owned by the City of Santa Fe and we have a long-term land lease that allowed us to construct the building. In order to comply with state law and receive the appropriated funding, however, we needed to negotiate a new lease. That new lease has been approved by the Santa Fe City Council. In addition, we have a Professional Services Agreement with the City that addresses the services we provide to offset any cash payment for the land lease. That has also been approved by the City Council. We now await approval of these documents from the state's Department of Finance & Administration, then one more

round of City Council committee hearings and all the paperwork will be finalized with the City. That's when we can begin creating a timeline for our long-awaited expansion.

We are grateful for the diligence and hard work of the many people who continue to shepherd this complicated process along. Special thanks go to **Senator Nancy Rodriguez** for her never-ending support of Kitchen Angels and for spearheading the legislative funding. Thanks go also to **Matt O'Reilly**, Director of Asset Management with the City of Santa Fe, who made a complicated, and sometimes confusing, journey through process and paperwork easier to understand. **Ramona Schmidt**, our volunteer legal counsel, kept Kitchen Angels' best legal interests at the forefront of all of the negotiations. And finally, many thanks go to you, our donors, supporters and volunteers, for your patience. Everyone is excited to see this project through to completion and begin our 25th year in service to Santa Fe! ♥

Marge and Judy prepping watermelon in our crowded kitchen.



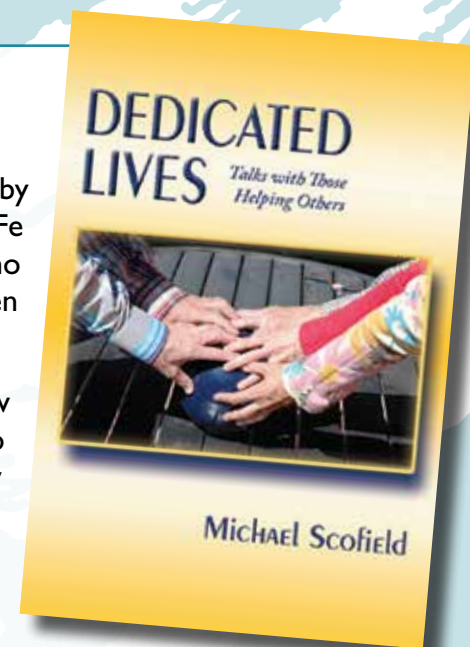
## Focus on Santa Fe

The new book, **Dedicated Lives: Talks with Those Helping Others** by **Michael Scofield**, focuses on some great work going on in Santa Fe and honors the legions of people throughout the United States who are dedicating their lives to helping others. The book chronicles thirteen in-depth talks with fourteen Santa Fe residents.

Santa Fe was chosen because it's Michael's home and he's gotten to know many people who dedicate their lives to service here. Readers will get to know them as well. Some of those interviewed include **Tony McCarty** of Kitchen Angels, **Deborah Tang** of St. Elizabeth's Shelter, foster parents **Diane Kell** and **Russel Stolins**, geriatric psychiatrist **Larry Lazarus**, and infant mental health specialist **Jane Clarke**, along with eight others.

**Mayor Javier Gonzales** said, "The Santa Feans you'll get to know, and probably love, in Michael's book represent our city's multicultural community of good neighbors reaching out to help others—because that's very much what Santa Fe is all about." At the book's launching this past September at **Collected Works**, the mayor introduced a city-wide campaign promoting Santa Fe as the "City of Kindness and Service." He is asking everyone to post on their favorite social media any acts of kindness they may observe, no matter how small.

Copies of the book are available at Collected Works. ♥



Volunteers busily wrapping gifts for our clients.



## Spirit of Giving Is Coming Soon

One of our favorite annual events, **Spirit of Giving**, is scheduled for December 3rd from 10 AM until 2 PM.

Most of our clients have no family, friends or loved ones near them. That's especially hard during the holidays when the loneliness that many clients experience feels especially acute. And that's why the simple act of remembering clients with a gift basket is so important.

For the past 24 years, Kitchen Angels has provided a cornucopia of gifts to each of our clients in celebration of the holidays. Our goal is to make certain that everyone is included in this very special time of year. As **Jan M.** told us in a recent letter, "Every year, you create Christmas for me, with a bag brimming with beautifully and lovingly wrapped gifts. My two recent favorites include a glittery hedgehog and a flat, green striped plastic vase, that expands with the addition of water. Both sit on my ledge, always in sight ... The provision of Holiday meals, emergency meals and the weekend meals, also show how much you care."

Join us and be a part of this meaningful gesture. Bring any small gifts, suitable for a homebound person, to Kitchen Angels on or before December 1st. If you've already wrapped it, identify whether the gift is suitable for a man, a woman, or a child. Then, join us on Saturday, December 3rd to assemble our baskets and kick off the holiday season in the company of other angels. We'll also serve lunch.

Please RSVP to [info@kitchenangels.org](mailto:info@kitchenangels.org) so we can prepare! ♥



# Paying It Forward

Occasionally the unintended consequence of a great idea is another great idea. Such was the case when KITCHENALITY recently partnered up with a number of other agencies in the city to provide housewares for their clients. We realized that, while sometimes we receive donated kitchen goods that we just can't sell in the store, someone else probably *can* use the items.

For example, we've provided goods to **Casa Familia**. They serve families and women who are experiencing homelessness. When their staff called to see if we could help a homeless family that was being rehoused, their client services folks worked with our volunteer **Sarah Taylor**, who organized the items the family needed. The eight-year-old was particularly delighted with the muffin tins and baking tools.

Volunteer **Jane Shea** recently took donations to **Sojourner's**, who helps women and families, as well as people who have fallen prey to human trafficking. Sojourner's provides safe spaces, including permanent housing.

**Adelante, Adult Protective Services** and our own clients have also benefited from being able to ask for specific things, as the need arises. Through KITCHENALITY, we've provided blenders, microwaves, crock pots and hot plates, without charge, to people who would otherwise struggle to afford these items on their own. KITCHENALITY is not just a wonderful resource for those seeking out the perfect item for entertaining at an affordable price, it's also a wonderful resource for others and one whose success continues to inspire. ♥



Jeanette Iskat choosing dinner ware to fulfill a client request.



Sarah Taylor, Jill Markstein, Ginny Selvin and Ildy Poliner celebrate our success!

# KITCHENALITY Marks a Milestone

Our retail store will celebrate its first birthday this December. It's been an amazing year with sales generating sponsorship for 40 of our clients for a full year! Who'd have thought what a huge impact the small space that KITCHENALITY occupies could make!

As the *Santa Fe New Mexican* proclaimed in its February 2016 article, "in a modest space at Kitchen Angels' warehouse on Siler Road ... Kitchenality offers some of the best deals in kitchen and tableware in town. The items ... are all lovingly curated, and perusing the shelves affords that same visceral pleasure you get browsing the best hipster shops in San Francisco's Mission District. The selection makes it feel more like a vintage store than a thrift shop, a mecca for lovers of porcelain chickens, like-new waffle irons and eclectic china."

We couldn't have done it without the many donors who continue to supply our store with essential, unique, and some even pretty

outrageous items. We're especially grateful to **Sarah Taylor, Jill Markstein** and **Suellen Shapero** for their countless hours of dedication and their willingness to obsess over the details that continue to make this new project such a success. And of course, endless thanks to our volunteer staff who keep the store moving forward and keep customers coming back to see what's new.

Please keep KITCHENALITY in mind as you rediscover those unused treasures in your own kitchens that you'll never use again, but that deserve a new home. Your donation is tax deductible and sales go to feeding our homebound clients.

Our **Holiday Boutique** will open October 15th. Come by for some great deals on holiday ware, or that special vintage piece for your holiday entertaining needs. You'll also find terrific one-of-a-kind gifts. Shop early and shop often to find that extra special holiday gift at a price that won't break your budget! ♥



# Pet Angels

When the recession hit in 2008, the **Santa Fe Animal Shelter and Humane Society** found that many pet owners were returning their pets to the shelter because they couldn't afford to feed them. That prompted staff at the Shelter to reach out to Kitchen Angels and ask how our clients fed their pets. We surveyed our clients and found out that they, too, were struggling to feed their pets and that pet food would be a welcomed addition to our service. Since that time, the Shelter has repackaged dry dog and cat food into weekly bags which are picked up every Tuesday morning and delivered to Kitchen Angels by **Christie Vasquez** and **Thom Eberhardt**. Our regular delivery volunteers take the pet food when they drop off clients' meals in the evening.

This is another example of what might seem like a small thing that translates into a terrific collaboration that makes a huge difference in the lives of our pet owning clients. Thank you to **Roddey Burdine** and the Santa Fe Animal Shelter for extending this kindness to our homebound clients' best friends! ♥



Pets provide loving companionship.





KitchenAngelsSF



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## Dearest Kitchen Angels

*"I am a new recipient of your wonderful meals. So, I just want to thank you with all of my heart for the lovely, fresh, delicious cuisine! I suffer from frequent seizures, which burns a lot of calories—making it difficult to maintain a normal weight. I am not allowed to cook with a stove, and it is difficult to fix myself something to eat when I am dizzy, and/or not able to get around. Yet, since starting your program, I have already gained weight and feel better. What you have done for me is making such a positive difference not only for my health, but in the quality of my life. I am so impressed with your talented & thoughtful preparation, time and service to others. I look forward to each and every daily drop off/visit from your kind volunteers. They greet me with a smile and acknowledge me, saying my name. That too, makes a world of difference to my day, my week, and my sense of self. All of you are in my thoughts and prayers. I am so very grateful, truly thankful, for all you do." Blessings, Rachel. ♥*



Some of the terrific produce donated to our program this summer.