



kitchen angels express

Hot, tasty news delivered fresh to you!

SPRING 2017 ISSUE

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The recent legislative session saw many efforts to improve New Mexico's tax base through a number of changes to the state's Gross Receipts Tax (or GRT). The last time the state implemented any significant tax reform was in 1969. One of the biggest proposed changes that would have directly affected Kitchen Angels was the proposal to eliminate the gross receipts tax-exempt status on non-profits. As a non-profit, Kitchen Angels pays GRT on services only, not on tangible goods (such as material, supplies or equipment). In short, Kitchen Angels would pay more to keep doing what we've been doing for the past quarter century.

Non-profits embody the best of spirit and values. Across the U.S., they help millions of individuals and families every day.

Home delivery of meals has been studied

repeatedly and is consistently found to be one of the most effective methods of addressing the nutrition needs of low income homebound and chronically ill individuals. Our program is a critical component of the community's overall social service safety net, helping to keep people out of high cost institutional care as well as the hospital and emergency room.

In one of the most compelling studies of the impact of home delivered

meals on the cost and consumption of health care services, a 2013 Philadelphia project examined the relationship between home-delivered meals and health care utilization. **The Metropolitan Area Neighborhood Nutrition Alliance (MANNA)** looked at the health care expenditures of 65 Medicaid-enrolled chronically ill clients over time and compared those expenditures with a similar group of Medicaid patients who did not receive meal delivery services. MANNA is a non-profit organization similar to Kitchen Angels. All health care expenditures were examined both before and after clients began receiving services.



Comfort food at its best.

Researchers found that mean monthly health care costs dropped by 28 percent for the 65 clients receiving nutrition services. The cost and frequency of hospital admissions and lengths of stay also decreased. **"Not**

only was the length of [hospital stays] 37 percent shorter for the MANNA client group, but also the number of admissions was half that of the comparison group." In the 12 months following the start of MANNA's home-delivered meal services, 93 percent of clients with in-patient hospitalizations were discharged to their homes; 72 percent of those who did not receive home-delivered meal services were discharged to an acute care facility.

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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.

From the President

I am very proud and honored to be the new President of the Board of Directors of Kitchen Angels for 2017. We are so fortunate to have a caring group of individuals from many walks of life serving on our board. They each donate a great deal of time to all the various aspects of the organization. Many serve as volunteers as well - cooking, delivering meals, or working in our store, **KITCHENALITY**.

The wonderful work of Kitchen Angels would not be possible without the dedicated volunteers who make it all happen. Last year we served **100,278** meals to our homebound neighbors. We average 254 volunteers each week. Fifty-five percent of our volunteers are long term. We are grateful for the generous, talented, and willing workers who come to Kitchen Angels to help others in our community. Thank you so much for all that you do!

2017 is an important milestone year for Kitchen Angels. This year we celebrate our 25th anniversary. During the past quarter century, we've helped more than 5,600 people stay in the comfort and safety of their own homes and we've prepared and delivered more than **1.1 million meals!** We'll have a variety of celebrations throughout the year to commemorate our achievements and we hope that you, our readers, will attend one of these celebrations as we begin our next 25 years providing free, nutritious meals to our homebound neighbors facing life-challenging conditions. ♥



Elva Busch

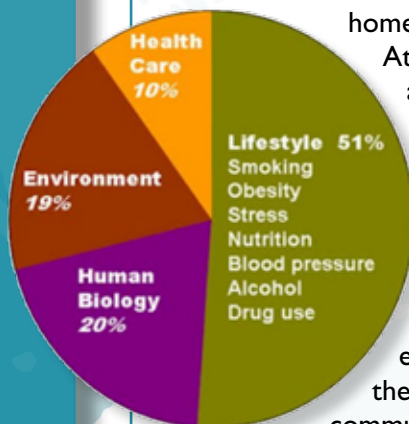
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What is the Value of Non-Profit Services?

Kitchen Angels delivers a tremendous return-on-investment for every dollar we spend. As many as 13 percent of people live in nursing homes only because they can't feed themselves at home.

At more than \$75,000 per year for nursing home room and board, compared with the \$1,700 it costs Kitchen Angels to feed a homebound client, the savings is \$44 for every dollar we spend.

With all that was reported during the legislative session about the need to "level the playing field" by applying the state's GRT more broadly, and with the national budgetary debate focusing on the potential elimination of much social service funding, now is not the time to pull the rug out from under New Mexico community non-profits. What it costs the state to not charge GRT on non-profits is more than made up for in savings to the state's budget. ♥



Kitchen Angels is dedicated to providing free, nutritious meals to our homebound neighbors living with life-challenging conditions.

505-471-7780

25 Years of Meals



It's been a quarter of a century since Kitchen Angels began delivering meals to homebound individuals. During that time, we've prepared and delivered more than 1.1 million meals to more than 5,600 people who would have otherwise gone without nutrition and who would have faced the bleak prospect of life in a nursing home or worse.

The "Founding Circle" of Kitchen Angels was a handful of people who contributed a tremendous amount of time and energy. Our first meals were delivered on June 1, 1992, and, within six months, we had served more than 2,000 meals to 80 homebound clients.

By 1998, we outgrew the kitchen in the Westminster Presbyterian Church and moved into the old New Mexico National Guard Armory. But this was only temporary. In 2001, we moved into our current home on Siler Road, thanks to the efforts of **Gregory Green** and the late **Representative Max Coll**, both of whose names appear on the building.

We've come a long way since 1992. With more than 650 regular and part-time volunteers preparing and delivering more than 250 meals each weekday (with frozen meals for weekends), community support for our work could not be stronger. We've been honored by the New Mexico Legislature, the Santa Fe City Council and the Santa Fe County Commission. We're consistently voted one of the best non-profits in the City and our clients regularly tell us of the positive impacts our program has had on their lives.

In 25 years, we've never turned away a client who met our eligibility and we've never had a waiting list for service. We remain dedicated to helping improve the quality of life for some of the most fragile and vulnerable individuals in our community and to making sure that those who need help



Entrees being prepped for sealing.

securing consistent and reliable nutrition never go without.



Farm fresh lettuce ready for salads.

As we look to the next quarter century, we see a growing need for our meal delivery program. Demand for our service expanded from our original focus of those under 60 who are homebound to those over 60 and who have special dietary needs. By 2040, one-third of the County's population will be 65 or older placing even greater demands on an already fragile social service safety net. With the funding challenges facing many social service non-profits, we are fortunate to have a strong, committed, and reliable donor base who

continue to show they care about the community and who help to make sure our program remains vibrant. ♥

The Santa Fe Animal Shelter and Kitchen Angels Team Up

Every Tuesday afternoon, Diana's three dogs and two cats wait patiently at the door. She's not sure how they sense it, but when that doorbell rings, they know something is waiting for them.

"They are all so excited," Diana said. "They somehow know that it's dog food and cat food day, and they all stand around as I put the food in different containers like I'm decorating a Christmas tree or something."

Every week, Diana, who suffers from debilitating seizures, receives a supply of pet food through a unique partnership between **Kitchen Angels** and the **Santa Fe Animal Shelter & Humane Society**. **Kitchen Angels** provides and delivers nutritious meals for homebound people, while the animal shelter provides their pets with pet food and other supplies.

The partnership, which started in 2008, has been a lifeline for people struggling to make ends meet but who rely so much on their animals for comfort and companionship, according to **Jeanette Iskat**, Client Services Manager. The shelter helps more than 30 Kitchen Angels clients with their pets every week.

Several shelter volunteers help pack up donated pet food and kitty litter for Kitchen Angels clients. **Christy Vasquez** and **Thom Eberhardt**, Kitchen Angels volunteers, bring the food and kitty litter to Kitchen Angels for actual delivery to clients' homes. **Devin White**, the shelter's volunteer coordinator who oversees the shelter's program, says the partnership is phenomenal. "It's so wonderful that two groups

can get together and help those homebound people with pets," he said. "Our volunteers enjoy working with Kitchen Angels and it's our mission to spread compassion."



Diana and Jojo

Diana, who has several degrees and worked most of her life as a professional until being diagnosed with temporal lobe epilepsy about five years ago, considers her current situation as a "journey." She jokingly calls it an evolution – or devolution, depending on the perspective.

Because of her seizures, which can be prompted by light, noise or motion, her world has become increasingly small. Without meals from Kitchen Angels, Diana says she likely would have starved. "It was tough at first. It was humiliating to accept charity. It's never going to be you who needs it. I've had people tell me that I should get rid of my dogs and cats because I'm sick, but I could never. Now, I can't wait until the Kitchen Angels drivers get here. They acknowledge me and use my name. It means so much."

Diana said she knows her life might be easier without animals – perhaps she'd be able to find a nicer place. But then her life wouldn't be her life without those precious pets.

"I'm lucky I have a roof over my head," she said. "The help from Kitchen Angels and the shelter means so much to me. Dog food is expensive, but I would never give up my animals," she said. "I will feed my animals before I feed myself. The gratitude I feel for them is immeasurable." ❤️

(excerpted from an article by Benjamin Swan)



Diana with CJ, Edgar and Sammy.

Adam S. said, "It melted my heart, the kindness of the gifts. Everyone who takes the time to get to my place, it's not easy and I appreciate it."

Brandi's 9th Annual Oscars Event

Thank you to the many who contributed to the success of this sparkling event. First and foremost, thank you to **Calvin "Brandi" Fields** for inviting Kitchen Angels to be the featured non-profit this year. We are grateful for your tireless efforts to make Santa Fe an inclusive, welcoming, and supportive community. Thank you also to **Karen Wolfe-Mattison** and **Linda Dressman** for leading the effort to help coordinate the event on behalf of Kitchen Angels. We are most appreciative of the underwriting sponsors who made the evening possible. A tip of the halo to the **Eldorado Hotel & Spa, Trout Stalker Ranch, Hutton Broadcasting Company, Southwest Care Center, Flow Science, Los Alamos National Bank, Crystal Springs, Corvue Holdings, Santa Fe Reporter, Eldorado Dental, Eldorado Animal Clinic, Santa Fe Motor Sports, Oriental Medicine Specialists, Boxcar** and **RKW Enterprises**. Special thanks to the more than 80 donors to the spectacular raffle and silent auction. We know our beloved Santa Fe merchants are asked every day to support a worthy cause, and we sincerely appreciate their community-minded spirit!

Finally, thank you to the 200 attendees who dressed in their finest Oscars attire and who made the evening a spectacular success. It wouldn't be a party without you. ♥



Mariachi Somidos Del Monte, Oscar, and Brandi anticipate the winners!

Pagosa Springs Raffle

This is your chance to win a one week stay at Eagle's Loft timeshare property just west of Pagosa Springs, Colorado. Imagine yourself and your family enjoying a panoramic view of the San Juan Mountains from your private deck at the edge of a small sylvan lake. The Eagle's Loft, a **Wyndam Resort** timeshare property, is a three-story detached condo which sleeps up to eight people in three



View from the balcony at Eagle's Loft.

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 take full advantage of the condo and dine indoors or on one of the two outdoor decks. A permanent Bar-B-Q serves several condos and is just steps away. You 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, 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. Use of the timeshare is from Saturday, August 5 through Saturday, August 12. Check in is at 4 pm and check out is 11 am. Tickets may be purchased in person at our offices on Siler Road, or by phoning 505-471-7780. ♥

KITCHENALITY

Our resale store recently celebrated its first amazing year in business. **KITCHENALITY** sales sponsored sixty of our housebound clients for a full year. It brought in twice the projected income in 2016 and continues to generate vital funding for our program every Tuesday through Saturday. Under the expert guidance of **Sarah Taylor, Jill Markstein, Ginny Selvin** and **Suellen Shapero**, the *little shop that can* is quite a hit with both shoppers and the donors who supply the merchandise we sell. Even visitors from out-of-town have come in, hearing through word-of-mouth that **KITCHENALITY** is a must visit while in Santa Fe. ❤️



Annual sidewalk sale is
Saturday, 13 May.



Onward

After more than three years of planning and fund-raising, thanks to the efforts of many people, we will begin renovations to our facility this Summer! We anticipate the work will begin in July and progress in phases. The entire project should be finished by late Autumn—just in time to gear up for the holiday season! Meanwhile, the kitchen phase requires that we temporarily relocate for several weeks. Our telephone number, email addresses and website will remain unchanged, so if you need to get in touch, please continue to use any of our current contact information. We're also hopeful to keep **KITCHENALITY** open during the majority of the project, but things change quickly during construction, so please check for updates on social media. We are grateful to our Building Team as they work through the challenges of this process. Thank you **Elva Busch, Stephanie Gonzales, Jim Brack, Tony McCarty** and **John Padilla, AIA**. ❤️

“Thank you too, for also being guardian Angels, reporting out of concern, if I am not home. Recently, angels Will and Bob expressed concern to a neighbor, who called 911. I was found unconscious, on my bathroom floor, where I had lain for at least several days... those Guardian Angels literally saved my life.” **Joan Marie**

ANEW Foundation: Doing Right with what's Left

A huge thanks go out to our great friends at **ANEW Foundation**, **Rose Tourjé** and **Morgan Turner**, who helped us acquire some wonderful furniture. Simply stated, ANEW helps to guide corporate surplus furniture and other goods away from landfills and back into the community where the items can continue their usefulness.

The ANEW Foundation opened its doors on Earth Day 2005. At the time, it was at the forefront of what is now a growing corporate stewardship movement. Each year, ANEW diverts more than three million pounds of surplus goods to non-profits, schools and communities that need them. Their mission is to be a catalyst for positive change in liquidating practices, creating awareness of the social, environmental and economic benefits of surplus stewardship, and providing sustainable solutions through leadership and education.

Recently, Rose was shopping in **KITCHENALITY**



Our annual Valentine's party was a smashing success. Pictured from L – R are Juliana Lujan, volunteers admiring the dessert buffet, and Lauren LaVail presenting the prize for Best Dessert to Jim Brack.

and struck up a casual conversation with staff. That conversation opened the door for a sizeable donation of furniture to Kitchen Angels. With our renovations set to begin this Summer, the gift was a timely one indeed and includes a solid oak conference table, stacking chairs, desks, and several bookcases that are already in our store, filled with merchandise.

Thank you Rose! We wish you the best of luck as you continue your mission in New Mexico to reuse, repurpose and recycle! ♥

“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! 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 very grateful, truly thankful, for all you do. Blessings.” **D.D.**



KitchenAngelsSF



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Santa Fe, NM 87507



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Angels Night Out

JOIN US FOR
ANGELS NIGHT OUT
THURSDAY | 27 APRIL

Our 19th annual **Angels Night Out** is Thursday, April 27. Thirty-five restaurants throughout Santa Fe will contribute 25% of your check to Kitchen Angels.

Show your support by simply dining out at one of the participating restaurants. This is a great opportunity to take that special person out to dine, or invite your family and friends to join you for a wonderful meal that also supports Kitchen Angels. Help fill the restaurants and enter the drawing for a number of fabulous prizes.

For the past 25 years, we have enhanced the quality of life and supported the dignity of homebound individuals who are unable to prepare their own meals. You can join this special community event by going out for breakfast, lunch, or dinner at any one of the participating restaurants.

Breakfast, Lunch & Dinner: The Teahouse; **Breakfast & Lunch:** Tecolote Café; **Lunch & Dinner:** Andiamo!, Dr. Field Goods, Izanami, La Boca, Piccolino Italian Restaurant, 2nd Street Brewery at the Railyard, TerraCotta Wine Bistro

and The Ranch House **Dinner only:** 315 Restaurant & Wine Bar, Arroyo Vino, Bouche Bistro, Bourbon Grill, Café Castro, Café Fina, Café Pasqual's, Counter Culture, Cowgirl BBQ, El Meson, Estevan Restaurante, Fire & Hops, Galisteo Bistro, India House, Jambo Café, L'Olivier, La Fogata Grill, Loyal Hound, Mariscos Costa Azul, Midtown Bistro, Paper Dosa, Plaza Café Southside, Santa Fe Bite, State Capital Kitchen, and Tune Up Café. ♥



Kathryn Shelley,
Thom Eberhardt, Christy Vasquez and
Cristi Branum at Bourbon Grill.