



# kitchen angels express

Hot, tasty news delivered fresh to you!

FALL 2017 ISSUE

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## It's Not Just About Food

**F**ood is life. We know this. But it takes more than just food to keep ourselves healthy. And Kitchen Angels volunteers know just how important their daily visits are to our clients' well being. Many research projects and scholarly articles continue to point out this fact.

Loneliness is an invisible epidemic affecting an estimated 60 million Americans. While each of us has felt lonely at some point in our lives, chronic loneliness poses a serious health risk. "People need to attend to loneliness in the same way they would their diet, exercise, or how much sleep they get," says Richard Lang, chair of preventive medicine at the Cleveland Clinic in Ohio.

We hear regularly from our clients how important the daily delivery visit is to them. "Your interactions with all of us homebound, and often socially isolated, clients certainly restore our dignity and elicit profound gratitude. It's very likely that I would have become homeless or institutionalized without your help." When Kitchen Angels was first created, as **Tony D'Agostino** recently wrote, "our task was four-fold: provide food that was appealing, appetizing, and nutritious; make sure the food was comforting; deliver the food by a friendly, caring face who provided a smile along with regular human contact; and finally, give those with caring hearts a place to be of service to the community." We knew back then that our daily visit was an important part of our service. It still is.



Front Row, L to R Hue-Chan Karels—owner of Open Kitchen Santa Fe, and Board Members Carmen Gonzales, Martha Romero, Maureen Vosburgh, Karen Wolfe-Mattison. Standing, L to R Ben Alamio-Monson, Haila Harvey, Donna Ruscavage, OJ Niswonger, Ginny Selvin, Elva Busch and Linda Dressman.

Many studies report that persistent loneliness actually accelerates aging with many potential health consequences, including conditions that can lead to death. Loneliness, isolation and living alone can be as threatening to health as cigarettes, excess alcohol and obesity. The danger of loneliness is especially acute in later life when social resources decline and illness sets in, often impacting our independence. From birth to old age, we need each other to regulate not only our emotions but our bodies as well. When living alone leads to social isolation, health consequences follow.

So it's not just our meals that help keep our clients as healthy as possible – it's the friendly smile and the few minutes of friendly interactions our volunteers do every day that can make much of the difference in our clients' lives. ❤️

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 Board President



As this newsletter goes to press, we are nearing the final stages of Phase One of the renovations to the Angel Depot. The areas now under construction - the kitchen, the drivers' room where deliveries are staged, the lobby, some offices, and part of the warehouse - are all beginning to take shape. We can now see how Kitchen Angels will move into the future and serve even more clients with the same high quality of individualized service that has long been part of our history. We are sure that our dedicated corps of volunteers will appreciate these new spaces and continue to provide the caring service that has always been the hallmark of Kitchen Angels. We are grateful to our donors - individuals, organizations, foundations, and the citizens of New Mexico - for making these and the upcoming 2018 improvements to our facility possible.

This is also our 25th Anniversary year and we remain unwavering in our commitment to Kitchen Angels' mission. It has been a year of hard, but rewarding, work as well as a celebration of all that makes our organization great. Our small staff has worked tirelessly on all our activities and keeping service to our clients as seamless as possible, overseeing the renovations, and making our celebration activities special for the community to enjoy.

There have been countless "angels" who have stepped forward to help with all of this year's challenges. These include many talented volunteers, vendors, donors of goods and services, volunteer consultants, our capable board of directors, and our staff - too many to name individually. Angels are like diamonds. They can't be made - you have to find them. Each one is unique. And we have been blessed to find so many of them.

We look forward to inviting the community to visit our new facility when the work is completed. And we invite each of you to participate in our mission in any way you are able - with your time, your treasure, and your support.

With your support, we truly make a difference in so many lives. ❤️

## Farewell Teresa

It is with a bit of both sadness and joy that we bid farewell to **Teresa Norton** who was our Director of Food Services for 16 years. Teresa retired her halo on September 6th. She cooked, danced, and sung her way into our hearts. Her good humor brightened many people's days. She facilitated the preparation of hundreds of thousands of meals for our clients and kept a multitude of food facts running through her head for years. Teresa's attention to detail and love of good, nutritious food kept our clients quite happy. Thank you for all your years of service, Teresa. We wish you all the best as you move on to your next great adventure! ❤️



Teresa Norton  
—off for her next great  
adventure!



# Our Amazing Impact

We received this letter recently and it speaks volumes about the impact of our service and our meals.



Fresh ingredients prepped for our famous Green Chile and Cheese Tamale Pie.

"I have had the pleasure of working with Kitchen Angels over the past 18 months. I am a Registered Clinical Dietitian employed with the Veterans Administration here in Santa Fe, and I work with a cohort of predominately elderly Veterans. We provide primary care services to homebound Veterans who, due to one more chronic debilitating medical conditions, can no longer come to the VA clinic to receive medical care. We provide all of our services in the comfort of the Veteran's own home to improve their quality of life and to help them maintain their independence for as long as medically possible.

Nutrition is an integral part of health, and when high-quality, nutritious food is lacking, the Veteran's overall health picture deteriorates. Nutrition is the first true medicine to promote wellness.

Many of the Veterans I see are food insecure, and all suffer from various disease states which negatively impact their health. Common diagnoses include diabetes, chronic obstructive pulmonary disease, dementia, congestive heart failure, chronic kidney disease, and abnormal weight loss. Many need a soft diet. Meals on Wheels, which is a vital and wonderful organization serving needy individuals, unfortunately does not have the resources or capability of individualizing the meals they serve to cater to the highly variable individual needs of their clients. Kitchen Angels, however, does have this capability. It is a true blessing to the Santa Fe community, to myself as a Clinical Dietitian, and to our entire Home Based Primary Care Team to be able to refer our medically complex, homebound Veterans to Kitchen Angels for the provision of meals. "The proof is in the pudding" as they say, and this could not be more true than for the lab-work of Veterans pre-and post-Kitchen Angels' meals.

Because of Kitchen Angels, I have seen patients' lab values change for the better. One Veteran, for example, saw his hemoglobin A1C (a marker of blood glucose control in diabetes) drop from 10.4%, which is far too high, to 7.5%, which is within recommendations, in a matter of months after he began receiving Kitchen Angels meals. This was truly amazing and his physician was very pleased with these results. His current A1C, in fact, is 6.1%, which is actually considered within the "pre-Diabetes" range. These improvements must be credited in large part to Kitchen Angels' nutritious meals.

Several of my other referrals have not only gained needed weight after significant, undesirable loss, but they have also seen their diabetes-related labs improve significantly, including their kidney function improving. With these improvements, Veterans are able to live longer, healthier, and at a higher quality of life than without them.

I cannot say enough how grateful I am for the Kitchen Angels program, and I hope one day to be on your team of dedicated volunteers. You truly live up to your name, and each and every Veteran I have referred to you has expressed their overwhelming gratitude."



# Change Don't Come Easy

Numerous community angels have made Phase One of our renovations possible. First, we offer our enduring gratitude to the intrepid **Karen Price-Coberly** who supervised the move to the community kitchen and established the daily routine that made the off-site procedures a success. Karen instructed the volunteers on best methods and provided continuity for our new Director of Food Services, **Joe Cates**. Karen, we are ever grateful for your dedication and loyalty to our mission. We look forward to your next shift in our new kitchen.

Next, thank you to each of the kitchen volunteers who extended their shift to make certain our clients were fed during the transition this summer. Some days, it was an accomplishment just getting past the guards and through downtown traffic and locked doors so that you could cook! Our delivery volunteers were undaunted by concrete cutting, jack hammers and more than a bit of dust. Thanks to each of you for keeping the supply chain running. Through it all, our fine team of **KITCHENALITY** volunteers continued to take in and prepare donations so that other volunteers could sell them to help fund our program. **Thank you all!**

Thanks, also, to our friends at the **Santa Fe Convention Center**. We couldn't have kept the program running without your help. Thank you **Randy Randall, Melanie Moore** and **Jessie Bartlett**. We appreciate all of your help to increase our success.

And finally, our heartfelt gratitude goes to our Building Team for helping us realize the vision we have held for so long. Thank you **Elva Busch, Jim Brack, Stephanie Gonzales, John Padilla, Bob Busch, Bob Horwitz, Jeffrey Less, Ramona Schmidt** and the leadership team from **Longhorn Construction Services, Lawrence Trujillo** and **Andres Sosa**.

Everyone's efforts will ensure we have a secure home for our program for many years to come. ❤️



Karen Price-Coberly directs Brett Wilson and Patrick Carlos at our temporary kitchen.

Sweet potatoes, green beans and Turkey a la King makes a comforting fall meal.



## From a Client

“Thank you for our Kitchen Angels meals! My husband has not been able to walk or stand since January and I have in turn been a full time caretaker without time to shop or cook. Your unique and incredible program has changed our lives towards a brightness that I would never have imagined. Each day when the volunteer, who is so personable, brings our dinners it really is a delight equivalent to a Holiday meal.” ❤️





# Siler Rufina Nexus

**L**ots of changes have happened in the Kitchen Angels neighborhood in the past few years. Back in 2001 when we first built the Coll-

Green Angel Depot, the area was pretty much an industrial area with few places to attract visitors. But these days, that's all changing. Now known as **SIRUN**, the Siler Rufina Nexus is a creative innovation district in central Santa Fe that celebrates and cultivates artists, performers, craftspeople, tradespeople, makers and innovators of all kinds and the organizations, businesses and actions that promote a healthy, vibrant community. In short, it's an effort to support collaboration, conversation and community development.

The initiative was spearheaded by **Wise Fool** and several other non-profits who received a grant from The City of Santa Fe Arts Commission. Recognizing

the importance of bringing as many of the area's businesses into the conversation, these groups opened up the process to others with the aim of developing a marketing plan that can benefit the entire neighborhood.

In addition to Kitchen Angels, the area is home to **MAKE Santa Fe**, a workspace where people can access tools, resources and workshops in order to make, repair, invent or create anything they can dream, **MeowWolf**, a critically acclaimed immersive arts venue, **Wise Fool**, a contemporary circus arts organization, a number of micro-breweries, exciting new as well as tried-and-true restaurants, art studios, and a growing number of resale stores (including our very own **Kitchenality**).

To learn more about the people and places that help this neighborhood thrive, visit Facebook@silerrufinanexus. By the spring of next year, there should be a map of the Siler Rufina Nexus, a website, and rack cards around town. Stay tuned! ❤️



## Meet Chef Joe

**P**lease welcome the newest member of the Kitchen Angels family, **Joe Cates**. Joe and his family recently relocated to Santa Fe from Berkeley, CA, drawn by the promise of blue skies, fresh air and our reputation as a great environment in which to raise kids. Joe has been in the service industry for over 20 years and most of that experience has been in management. He was most recently the owner of an all-natural butcher shop where he wore all the hats, from budgeting and marketing to washing dishes. As a chef instructor, Joe developed and taught cooking classes and menu planning. Joe and his wife, Tracey, are instructors for "Cook" a summer program for kids. Joe brings a myriad of talents to Kitchen Angels as our new Director of Food Services. We look forward to the innovation and personal touch he will bring to our program. ❤️



Joe Cates  
contemplating the possibilities for our  
newly renovated kitchen.

# Just the Best

Our move to the Santa Fe Community Convention Center Community Kitchen required upgrading our processes for just about everything we do. **Lauren LaVail** and **Jeannette Iskat** took charge of the day-to-day processes and, thanks to our valiant crew of flexible and adaptable volunteers, our clients continued to receive meals.

One of the major logistical hurdles was safely transporting the meals from downtown to our facility on Siler Road. And who stepped up to the plate to help? Our longtime produce supplier, **Just the Best**. Owners Jenny & Bill Morris were happy to take on our dilemma with their fleet of commercial refrigerated trucks and professional drivers. It was the miracle of the summer! Bill told us, "Think of this as our contribution to the great service you provide to our community." It's not often that a business is perfectly named, and in this case, Just the Best, captures the community-minded spirit of our great friends, Jenny and Bill Morris. We thank you for an extraordinary gift! And, wish you a very happy 37th Wedding Anniversary. ♥



The professional assistance of Just the Best provided the critical element for the success of meal delivery during our renovations.

Time is drawing near for our favorite holiday ritual. Please save the date for **Spirit of Giving** on Saturday, **December 2nd at 10 am**. The festivities begin with our Angel Elves wrapping gifts and filling gift bags to the brim with holiday goodies for each of our clients. Throughout October and November, we'll be collecting small gifts appropriate for a homebound person. Gifts typically include stationery, stamps, toiletries, socks, ornaments, mugs and just about anything you can imagine that would be useful to someone who is shut-in. If you'd like an idea for a

## Spirit of Giving

gift, this year we're collecting winter scarves for each of our clients. Please deliver your wrapped gift, marked male, female, or child, and deliver it to our facility by **Wednesday, November 15th**. And, if you like, please join us on December 2nd to assemble the gifts and enjoy a delicious holiday lunch with your fellow elves. It's a heart-warming event. Come join us! ♥

Haila Harvey  
(center)  
flanked by Holiday  
Elves preparing gifts  
for delivery to  
our clients.





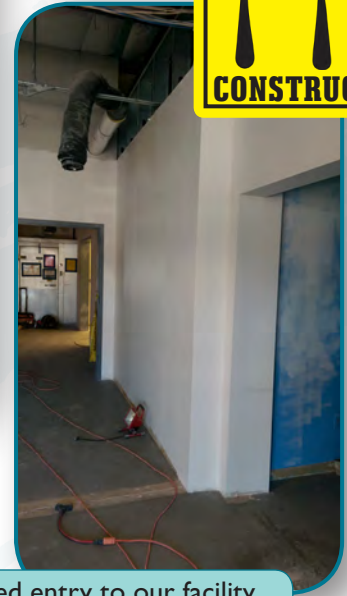
# Changes to Our Building

If you've been in the Kitchen Angels building lately, you're aware that we're renovating. There are three main priorities for the renovations: increase building security; improve energy efficiency; and enhance program flow. Phase One, which includes improvements to the kitchen and meal packaging and delivery areas, is nearing completion and already we can sense success in all of our priorities. When completed, staff will be located throughout the building and we will be better able to monitor who is in the facility. We've also installed added insulation to improve temperature control and reduce noise. One of the major improvements will probably never be seen but we are grateful to have done. Plumbers excavated 55 feet of concrete, three feet deep to replace the kitchen drain and cure a long term headache. We expect to be free-flowing and able to accommodate all of the kitchen drain needs. New equipment in the kitchen will make our work safer and more efficient and produce a better product for our clients. We anticipate we'll move back into the kitchen mid-October and look forward to being back home. ❤️

New walls in the kitchen.



The infamous 55' trench awaiting new pipe.



Expanded entry to our facility.



KITCHENALITY is waiting for your shopping enjoyment. Remember all purchases go directly to feed our clients. Open Tuesday through Friday from 10 until 5 and Saturday from 10 until 2.



KitchenAngelsSF



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## Hey Eugene



If you don't recognize the title, you must have missed the gala!

The group **Pink Martini** performed at the Santa Fe Opera Theater in August in honor of Kitchen Angels' 25th Anniversary. Thank you **Jamie Lenfesty** of AMP Productions, and **Julie Wheeler** and **John Morris** of Santa Fe Opera for your generosity, professionalism, and expertise that made the evening enjoyable and successful. Thank you also to **Karen Wolfe-Mattison** and **Linda Dressman** for staging a perfect pre-concert reception in the beautiful Opera Club. The hors d'oeuvres by **Adobo Catering** and pink drinks, courtesy of **Santa Fe Spirits, Fiasco Fine Wines, The Liquid Muse** and **OM Liqueurs** enhanced the magical Santa Fe landscape. A special, if brief, appearance by performers **China Forbes** and the BIG ONE, **Timothy Nishimoto**, set the stage for a rousing performance followed by what is reportedly the very first Conga Line in the SFO theater. It was a sterling night of international music, audience participation, community involvement and love for the incredible work of Kitchen Angels. Thank you Santa Fe for filling the theater to capacity and all that you accomplish for so many in our community. ❤️



Greg Antonsen—event sponsor, Rachel Woodman, Tony McCarty, Karen Wolfe-Mattison—event sponsor, and Peter Stoessel await the Pink Martini performance at the Santa Fe Opera Theater.