



kitchen angels express

Hot, tasty news delivered fresh to you!

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You've read in this Newsletter about the effects of loneliness on health, particularly on the health of older adults. And you've read about how Kitchen Angels volunteers help alleviate the loneliness many of our clients experience. The government of Great Britain recently took a major step to address that country's growing concern with loneliness: the appointment of a Minister of Loneliness. In doing so, the government is acknowledging years of research showing that loneliness can be detrimental to people's health.

Great Britain is responding to the growing body of research that loneliness is quickly becoming a major public health concern and is set to reach epidemic proportions throughout the western world by 2030, outstripping obesity as a public health crisis.

Since people are social creatures, our interpersonal relationships are necessary to maintain both mental and physical health. As Julianne Holt-Lunstad, Professor of Psychology and Neuroscience at Brigham Young Univer-



Students from Santa Fe University of Art & Design build camaraderie and learn about the benefits of volunteering at a recent Community Focus Day.

"For far too many people, loneliness is the sad reality of modern life," Prime Minister Theresa May said this past January when the appointment was announced. "I want to confront this challenge for our society and for all of us to take action to address the loneliness endured by the elderly, by care givers, by those who have lost loved ones — people who have no one to talk to or share their thoughts and experiences with."

sity testified to the US Senate Special Committee on Aging last year, "social relationships have a direct influence on health-relevant physiology such as blood pressure, immune functioning and inflammation."

This isn't news to Kitchen Angels volunteers. In addition to providing consistent, healthy meals to home-bound clients, our delivery volunteers

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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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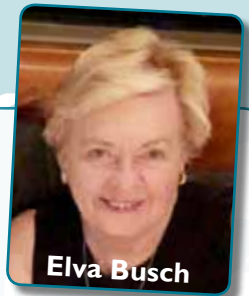
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Kitchen Angels was founded in 1992 by Tony D'Agostino, Anna Huserik, Leise Sargent, and the very first group of volunteer Angels.

From the President



Elva Busch

What a thrill it is for me to be President of the Kitchen Angels Board of Directors at this time of great celebration! Early in March we completed our renovations at the Angel Depot. This concluded seven months of construction - with elements both inside and out - to complete our dream of making our building ready for the future. We will be able to serve our ever-increasing numbers of clients in continually improving ways for many years to come. We are so thankful for our wonderful and patient volunteers, our supportive board, our terrific, hard-working staff, and our contractor team from Longhorn Construction - all of whom were important in accomplishing this difficult task. We are already utilizing all our new and improved spaces in the building. If you haven't seen the end result, come by for a tour. We will proudly show it off!

Special thanks also goes to two long-serving retiring board members, Haila Harvey and Jim Brack. Each recently completed nine years of service on our board of directors, including terms as officers. They both still volunteer in many ways and have "earned their wings" at Kitchen Angels many times over. We also thank Donna Ruscavage who has left our board after four years of service to Kitchen Angels in many capacities. Thank you all!

Meanwhile, we welcome new board members Geraldine "Gerry" Cerf and Elizabeth "Liz" Montoya. Both have jumped right in and are already participating in many ways to help Kitchen Angels.

This is indeed one of the most exciting times in the 25-year history of Kitchen Angels. The final steps of a long journey dreaming, planning, wishing, fund-raising, and sweat and tears come to fruition with our improved facility. Thank you to all you angels who helped make this possible!



Heartfelt appreciation to Haila Harvey and Jim Brack for a decade of service to our community.

2017 in Review

Cooking Up Care
Since 1992

Last year, Kitchen Angels celebrated our 25th anniversary cooking and delivering nutritious meals to homebound and chronically ill people throughout the greater Santa Fe area. *A quarter century.*

As a small, local non-profit agency serving a largely invisible population, that single feat can feel like quite an accomplishment in and of itself. But 2017 wasn't only about marking 25 years of service – we did some other pretty amazing things.

First and foremost, we served 414 clients and prepared and delivered more than 105,500 meals, reflecting a five percent increase in meals over 2016. And we prepared and delivered those meals during a major renovation to our entire facility. After 17 years, the Kitchen Angels building desperately needed updating. Following several years of our *Spreading Our Wings* capital campaign as well as three appropriations from the New Mexico Legislature, we were able to complete Phase I of our renovations which included updating and upgrading our kitchen, installing a huge new walk-in refrigerator and freezer, adding new equipment including a new steam kettle, new convection ovens, and a flash freezer, and expanding our meal delivery staging area. The new refrigerator and freezer required an updated electrical service to the building which resulted in a shut down for a few days. And although the kitchen was out of commission for 16 weeks, through the combined efforts of **Sprouts Market** and **Just the Best Produce**, we kept clients fed with no interruption in service. Kitchen volunteers relocated to the kitchen of the Santa Fe Community Convention Center to prepare all the special diet meals.

In celebration of our quarter century of service, **Pink Martini** performed a benefit gala at the Santa Fe Opera Theater. The standing-room-only event exceeded both fund raising and attendance expectations and we're told resulted in the first-ever conga line danced throughout the aisles of the opera house.

The year also ushered in a new public outreach campaign: **Cooking Up Care** will be Kitchen Angels tag line in all our marketing materials.

Nevertheless, through all the changes, challenges and celebrations 2017 presented, we remained committed to our mission and primary goal: making sure no one in



Volunteers enjoy seeing the results of a shift in our kitchen.

our community who is homebound and chronically ill goes without appropriate nutrition. But it takes more than food to feed our clients. And the volunteers who cooked and delivered meals last year know just how important the daily visits of our delivery volunteers are to our clients' well-being. Our impact on the quality of life of our clients has been of equal importance to us as making sure they have enough to eat.

Surprisingly, loneliness affects an estimated 60 million Americans, especially older individuals and, even more significantly, homebound individuals. We hear regularly from our clients how important our daily delivery visit is to them. It's been part of the Kitchen Angels DNA since our beginning. In fact, when we first began, our founders knew that a daily visit to our clients was just as important as delivering a meal. It still is.

"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."

Of course, we can't continue to do our good work without being careful stewards of the funds entrusted to us. We remain committed to ensuring that the vast majority of each dollar we take in goes directly to client services. With four paid staff, we relied on 687 volunteers who donated nearly 32,600 hours last year to keep things going. In addition to a number of generous donations, bequests and contributions, our resale store **Kitchenality** remained a strong source of program revenue, bringing in more than \$134,000 in 2017, all from donated and gently used cooking and entertaining items. Our signature fund raising event, *Angels Night Out*, was the most successful ever, with 36 restaurants participating.

We're confident that Kitchen Angels will remain a strong and vital presence in Santa Fe for many years to come and we never take for granted the support we've enjoyed from throughout the community. We're honored and humbled to be a trusted part of Santa Fe. ❤️

Angel Artist Makes Gift

Cynthia Stibolt recently said that when she opened *Edible* magazine and saw the Kitchen Angels article, she knew she wanted to give us her *Blue Angel Triptich*. When she walked into our lobby, her hunch was confirmed by the colors and light filled space. “Angels are showing themselves to us in new contemporary ways. They appear as light-filled, unique beings dressed in vibrant colors, ever-present and waiting for us to recognize them as true helpers and intermediaries,” Cynthia commented. She believes these light beings are here now for the benefit of all mankind to impart hope, peace, healing and wisdom to the world. Most importantly, they are here to assure us that we are not alone.

Thank you, Cynthia. Your messengers of hope, peace, healing and wisdom are perfect additions to our facility. ❤️



Volunteers and Staff appreciate being surrounded by Angels.



Edible Local Hero

Edible selected Kitchen Angels as Best Organization in the magazine’s 2018 Local Heroes issue. The editors define a “Local Hero” as “an exceptional organization working to create innovative, vibrant and resilient local food systems in New Mexico.” Last fall, *Edible* readers nominated and voted for their favorite food artisans, growers and advocates. The editors wrote, “It is imperative to the local food movement that we come together as a community to support each other, our local economy, and our environment.” Kitchen Angels is honored to be chosen as a Local Hero and we thank the magazine’s readers for recognizing the broad impact of our program. ❤️

Renovations Completed

The construction is complete!

Kitchen Angels received our final approvals to move into our newly renovated facility on March 12th. Thank you all for your support and patience throughout the seven-month process. It was wonderful to watch the kitchen volunteers adapt to the new equipment and roomier accommodations. Our delivery volunteers get major accolades for adaptability and good humor. Even though the pickup process and locations changed as the contractors progressed with their work, everyone stayed flexible and good-natured. We greatly appreciate your dedication to working together and making our journey to a new and better equipped facility as easy and painless as possible. ❤️

Joe Cates finishing off a batch of vegan stock made in our new 40 quart steam kettle.



More Positive Effects *continued from page one*

help improve the quality of life of our clients by spending time with them each day and making sure they feel connected. It's just one of the "side effects" of feeding our clients meals prepared with love and attention that keeps them in the best possible overall health. It's also why we remember their birthdays and why we put together client gift baskets every holiday season.

But "loneliness is a subjective experience. It's an internal emotional response to one's life situation," as Dr. Mark Hughes from Southern Cross University put it. While nearly all of our clients live alone and have limited ability to interact regularly with others, not all of them experience loneliness in the same way or to the same

degree. Not all of them want the same kind of interaction with our volunteers. It's one of the reasons we remind our volunteers to be attentive to the individual needs of each client.

Nevertheless, the trend seems pretty clear, at least in the United States. Twenty-eight percent of older adults live alone, more than a third of US adults over age 60 experience frequent or intense loneliness, the average size of social networks has declined by one-third since 1985, and the majority of American adults do not participate in social groups.

As more and more people in our community get older (and social isolation tends to increase as we age), the importance of Kitchen Angels' work will only grow. Because it's not just our meals that help keep our clients as healthy as possible, it's our volunteers. The special relationships they create with clients make all the difference. In Great Britain, there's even a nationwide Campaign to End Loneliness. Kitchen Angels has been engaged in our own campaign to end loneliness for more than 25 years. ❤️

Janet Refert and Winona Killmar serving up a fresh salad in our spacious prep area.



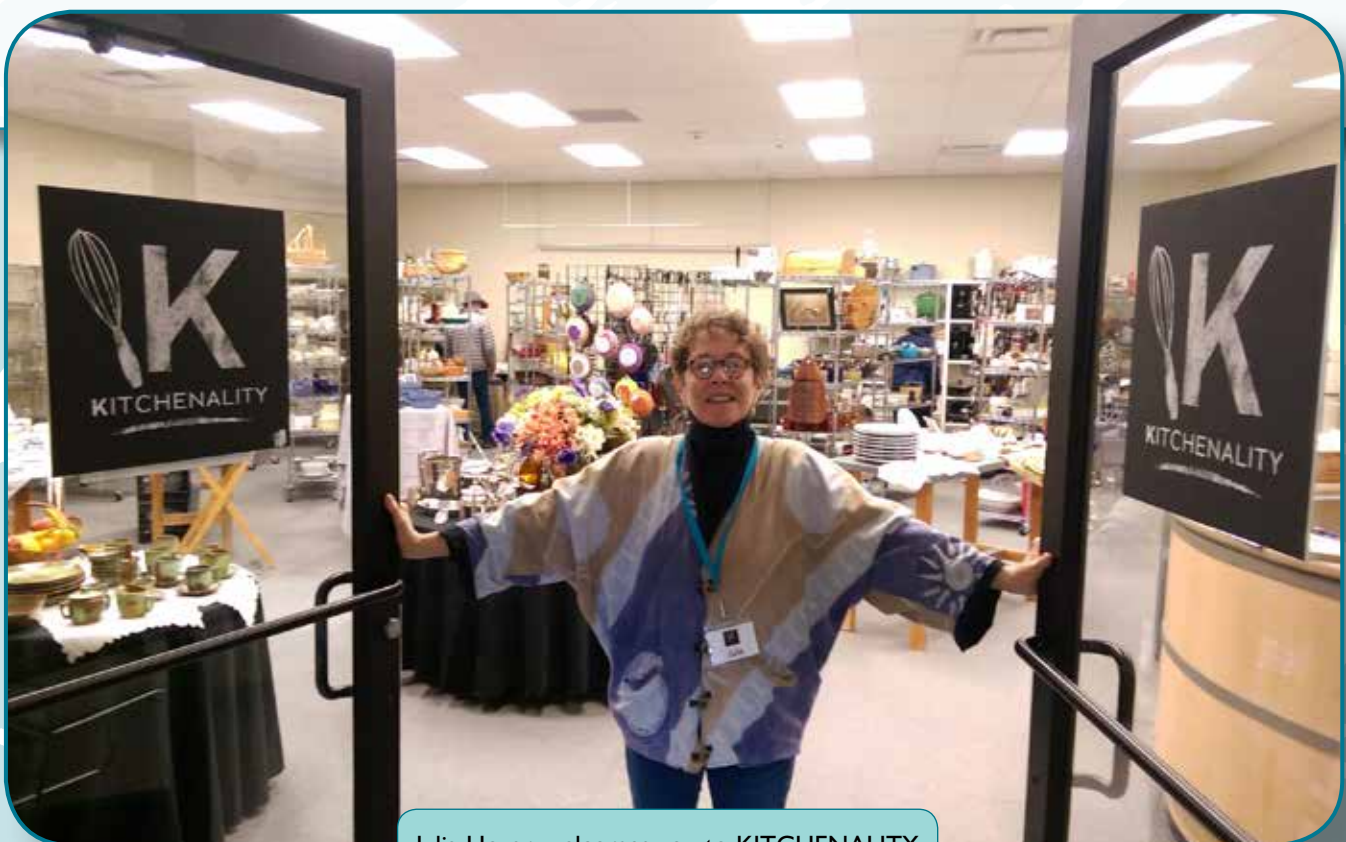
Kitchenality

WELCOME
PLEASE COME IN

Come visit the new digs for our resale store, **Kitchenality**. In just two years, Kitchenality has become an integral part of Kitchen Angels. Last year, sales from the store sponsored 88 clients for a full year! From its humble beginnings in our Board Room, to its annex in a partitioned corner of the warehouse, Kitchenality has finally claimed a home of its own! The new retail space is spacious and shows off all of the kitchenwares beautifully.

Thanks to every one of you who donated gently used items. And for those of you on the hunt for that perfect item, there are remarkable finds, fairly priced staples and one-of-a-kind oddities just waiting for you to take them home.

Congratulations to the store's leadership team: Sarah Taylor, Jill Markstein, Suellen Shapiro, and Kate Kostamo, for building an awesome store and for keeping the inventory interesting for our customers. The store is open Tuesday through Friday from 10:00 until 5:00 and on Saturday from 10:00 until 2:00. Donations are always accepted and all proceeds benefit Kitchen Angels. ♥



Julia Hogan welcomes you to KITCHENALITY.

Farewell

It is with great sadness that we share news of the death of a dear friend and wonderful volunteer, **Jeanne Frazier**. Jeanne began volunteering in 1993 while we were still located at the Westminster Presbyterian Church. She moved with the organization to the National Guard Armory and again to our permanent home in the Coll Green Angel Depot. Jeanne served on our Board of Directors and helped establish our Frozen Meal Program. She was an active volunteer until relocating to Tuscon a few years ago with her husband Jack.

Thank you, Jeanne, for your indomitable community-minded spirit. We will always remember the light you shared freely with the world. ♥



Linda Evans, Jeanne Frazier and Tony McCarty enjoying our 2007 volunteer party.

Shop April 8 and Benefit Our Program

Kitchen Angels has teamed up with **Andrea Fisher Fine Pottery** and 24 other local Not for Profit Organizations to celebrate the gallery's 25th Anniversary! Andrea Fisher Fine Pottery is giving Kitchen Angels ten percent of their pottery sales on Sunday, April 8th. In celebration, the gallery is also discounting 250 select items up to 25%. If you were planning to add to your pottery collection, update your home décor, or purchase gifts, if you make your purchase on Sunday, April 8th, you will directly benefit Kitchen Angels, whether your purchase is made in person, online at www.andreafisherpottery.com, or by phone at (505) 986-1234.



Andrea Fisher Fine Pottery is located at 100 West San Francisco Street in downtown Santa Fe and is open Monday-Saturday 10:00 to 5:00 and Sunday Noon to 5:00. Andrea Fisher Fine Pottery is dedicated to supporting our community by selling the pottery of over 600 local Native American artists. ♥



Kitchen Angels
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Santa Fe, NM 87507



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Join Us for Angels Night Out • Thursday April 26th

37 Local Restaurants, One Angelic Event

Kitchen Angels' 20th annual **Angels Night Out** is Thursday, April 26, 2018. Thirty-seven restaurants throughout Santa Fe will contribute 25% of their revenue to Kitchen Angels. You can contribute to this special community event by dining out for breakfast, lunch or dinner at any one of the participating restaurants:

Breakfast: Joe's Dining

Lunch: Café Castro, Museum Hill Café

Breakfast, Lunch & Dinner: Café Fina, La Fogata Grill, Tecolote Café, The Teahouse

Lunch & Dinner: Cowgirl, El Meson, Izanami, Piccolino Italian Restaurant, TerraCotta Wine Bistro, The Ranch House

Dinner: Andiamo!, Arable, Arroyo Vino, Bouche Bistro, Bourbon Grill, Café Pasqual's, Counter Culture, El Callejon, Estevan Restaurant, Fire & Hops, India House, Jambo Café, L'Olivier, La Boca, Loyal Hound, Maize Restaurant, Mariscos Costa Azul, Paper Dosa, Plaza Café Southside, Santa Fe Bite, State Capital Kitchen, Trattoria A Mano, Tune Up Café, Vinaigrette.

It's easy to support Kitchen Angels by simply dining out at one of the participating restaurants. Invite your friends, family and co-workers. Make a celebration that day and help us fill all of the restaurants. You can also enter to win a \$500 gift card!

There's a restaurant to suit everyone. Make a note on your calendar to reserve space at your favorite participating restaurant and join us for Angels Night Out. And remember, it's not just for dinner! ❤️



Bud and Shelly enjoying lunch at TerraCotta Wine Bistro.