



# kitchen angels express

Hot, tasty news delivered fresh to you!

FALL 2018 ISSUE

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## Angels Among Us

One of Kitchen Angels' favorite Santa Fe artists, Cynthia Stibolt, is donating a portion of the sale of each of her Angel Triptychs to Kitchen Angels. Cynthia paints her angels to impart hope, peace, healing and wisdom to Kitchen Angels and to the world in these unprecedented times. She believes so much in the work of Kitchen Angels that she is donating \$200 from the sale of each individual piece.

Her new nine-by-twelve-inch triptych is a smaller version of a larger triptych that is currently on display at Kitchen Angels. Titled "Angel of Past, Angel of Present and Angel of Future," these mesmerizing art angels are painted in colorful pinks, teals and cobalts. But perhaps the most brilliant color of all is the carefully hand-applied gold. Cynthia notes these particular angels show themselves in new and contemporary ways and appear as unique beings of light, dressed in vibrant colors, ever present, and waiting for us to recognize them as true helpers and intermediaries. These light beings are here as a reminder to come together and ask—when in need—for divine intervention. We only need to ask. Her paintings aspire to collaborate with the unseen and physical worlds. Most importantly, she adds, the angels are here to assure us that we are not alone.

Cynthia's new smaller triptych is available for sale as a complete set for \$1,800 or \$600 for each individual piece. These small triptychs are a limited edition of 20. Framing for the triptychs is available at an additional cost and Cynthia can arrange a special discount. Kitchen Angels will also display five other wonderful art pieces by Cynthia throughout the building beginning early November 2018 through January 2019. ♥



Cynthia Stibolt and Dwayne Trujillo among the Angels.

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

What a difference a year makes! One year ago, we were fully consumed with our interior renovations of the Angel Depot where all the magic happens. The building was completely torn up with deep trenches for new drainage systems, an electrical upgrade underway, no working kitchen at all, and office areas constantly being relocated. Processes to prepare and deliver meals were changing almost daily, or so it seemed, and everyone involved was having to adapt to a constant barrage of necessary updates. Nevertheless, we were able to continue our meal service to our clients without interruption.

What a time that was!

Now, one year later, we are utilizing all our great spaces, working in a much more efficient kitchen, turning out ever more nutritious and delicious meals with streamlined systems, holding donor and volunteer appreciation events, and enjoying our new, beautiful KITCHENALITY store. I couldn't be more proud of our staff, our donors, and our able volunteers who have made all this possible.

Our other exciting news is that we have, at long last, hired our first Development Officer! We are delighted to welcome Dwayne Trujillo to the Kitchen Angels family. Dwayne has jumped right in without hesitation and has been fully engaged in our efforts right from the start. Welcome, Dwayne! We also recently welcomed new Board Member Gary Mihalik to our Board. Gary brings a wealth of new talents to our group.

We recently marked the 20th Anniversary of volunteering by Sarah Taylor – a true volunteer extraordinaire. Sarah not only serves as Secretary of the Board, she is one of the Founding Mothers of KITCHENALITY, and provides support to Tony and the staff in a myriad of ways. We don't know what we would do without her. Thank you for all your dedication to Kitchen Angels, Sarah.

I also want to thank Board Members Linda Dressman and Karen Wolfe-Mattison who, along with Tony and the staff, worked tirelessly to make our benefit concert with the B52s at the Santa Fe Opera House a success.

As Board President of Kitchen Angels, I'm proud of our dedicated and committed Board of Directors. We all believe strongly in the mission of Kitchen Angels and are always "Cooking Up Care." ♥



Elva Busch

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

505-471-7780



# Spirit of Giving Is Coming Soon



One of our favorite annual events, Spirit of Giving, is scheduled for December 1st from 10 AM until 2 PM. Most of our clients have no family, friends or loved ones near them. That can be 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 25 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. reminded 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 Holiday meals, emergency meals and the weekend meal, also show how much you care."

Join us and be a part of this important gesture of kindness. Bring any small gifts, suitable for a home-bound 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 1st 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! ❤️



Volunteers Getting into the Spirit of Giving

## Mental Health First AID

Mental health problems are common in the United States, with one in five adults having a mental disorder in any given year. Little wonder that we are seeing a growing number of Kitchen Angels clients living with mental health challenges, and sometimes with multiple mental health challenges. Medical experts rate mental disorders among the most disabling illnesses which often lead to premature death.

That's why Board Member Gary Mihalik suggested staff go through Mental Health First AID training. Gary introduced us to Jeanette Borunda, LCSW, Clinical Services Director at Behavioral Medicine Services in Alamogordo, who conducted our training. Kitchen Angels staff was joined by a delivery volunteer and three staff from The Food Depot for the day-long training. Jeanette guided the group through the course with professionalism and humor resulting in a two-year certification for the attendees. There are many ways to prevent mental health problems as well as help people who are already struggling with such challenges as psychosis, depression, and substance abuse. Mental Health First AID is just one element in the spectrum of interventions that we can use to help our clients and ease some of the discomfort we often feel when working with an individual with a mental disorder. ❤️



Jeanette Borunda & Kitchen Angels Staff

# It's All About Community

**M**any Kitchen Angels clients struggle with more than not having access to basic nutrition. They frequently face challenges such as low income, poor housing, limited access to transportation, neighborhood problems, lack of social support systems, and even poor education. These factors can affect a person's health even more than the health care they receive. Known as "social determinants of health," they are the conditions in which people are born, grow, live, work and age, and that shape their health.

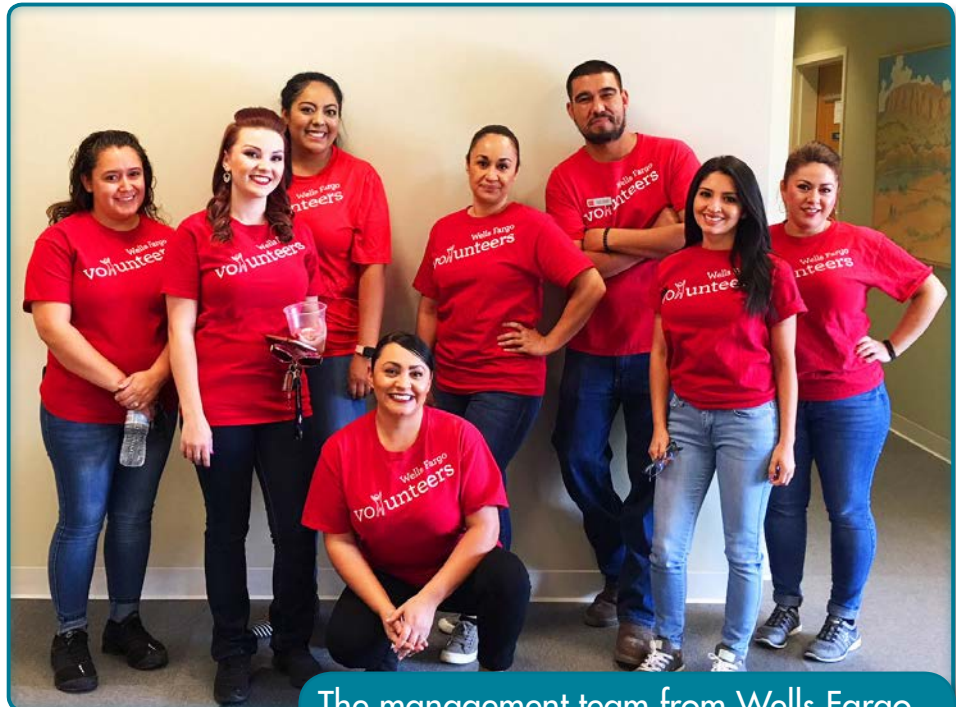
People living with multiple chronic medical conditions, like our clients, are frequently challenged by a number of unmet social needs that can make their medical conditions even worse. In fact, the health care that a person receives is estimated to have only a minor impact their overall health. Social determinants and behavior are estimated to have a 60 percent impact on an individual's health while health-care has only a 10 percent impact. Consequently, addressing unmet social needs is critical to helping our clients experience the highest quality of life possible. Our delivery volunteers know this firsthand and many go the extra step to help address some of the challenges clients face.

While individual organizations can help resolve some of the unmet social needs our clients and others face, it frequently takes the effort of two or more organizations to help an individual address enough of their needs that they can achieve self-sufficiency. And coordination across agencies can be its own challenge.

That's a dilemma Santa Fe County is working to resolve.

The Accountable Health Community of Santa Fe County is a program intended to "strengthen the existing network of community service organizations by improving communication, sharing resources, and working collaboratively to address unmet social needs that influence many peoples' health and well-being." Their effort is an outgrowth of the Accountable Care Communities movement - a new approach that involves multiple stakeholders working together to address social determinants of health. Stakeholders include health care delivery systems, public health agencies, and community organizations.

Beginning in 2017, the County brought together seven community organizations to help residents find the services they need. Employees at those organizations, called "navigators," screen clients for unmet social needs and link clients to the appropriate services and resources.



The management team from Wells Fargo takes a moment to pose after volunteering.

( Continued on 7 )





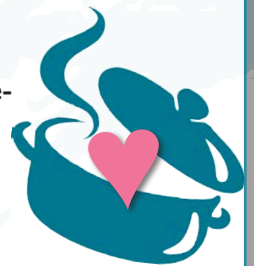
During their stay in Santa Fe, students from Christ Redeemer Church in Lubbock, TX, made time to paint a new mural, clear our storage trailers, cook for our clients and deep clean the shelving in our new walk-in refrigerator. Thanks for spending three days in support of Kitchen Angels!

“Can you hug your chef for me? I struggle with wanting to eat and every afternoon my belly starts rumbling like “Food is on the way! Food is on the way!” And it is such good food, like you get at a five-star restaurant. I’m just overwhelmed with joy to eat it.”

## Now Serving Breakfast

This past summer we began a pilot breakfast program for ten clients. Kathy Moore-Gregory, our nutritionist/dietician who visits our clients with dietary challenges, recommended we offer breakfast, especially for our clients who are vegetarians and those living with diabetes. As Kathy explained, both groups benefit from a bit of protein in the morning. We pulled together a task force and soon came up with recipes for over-night oats. The oats are prepared in the afternoon along with our regular menus, and included with our evening deliveries. By morning, the oats are ready to eat and are perfectly tasty. Our crews add nuts, fruit and a variety of protein enhancements keeping in mind the nutritional content of the dish.

We started small to work through the packaging and delivery challenges always present in arranging deliveries. The program has now expanded to 30 clients and, by late fall, we expect to provide breakfast to every client in need of this great addition to our daily delivery. For little added expense, the program adds great nutritional value and seems to be a big hit with clients. ❤️



Volunteers from Las Companas join Chef Paddy Rawal to prepare a special meal for our clients.

Thank you to Katharine Kagel and Jenny Brady for giving this project wings.

# KITCHENALITY



Many of you remember the annual Kitchen Angels sidewalk sales. Every year we gathered up all of the wonderful donations of cooking and entertaining items we had accumulated over the year and held our one-day event in front of the building. No one ever dreamed that, from this unassuming event, KITCHENALITY, our resale store, would take root and flourish.

The store continues to exceed our expectations and there are many factors contributing to its success. Many folks have been wonderful about bringing in their gently used items for us to sell. And while we couldn't have the store without the donations, there is an army of volunteers who spring into action when donations show up. First, there is the "sort," when the great stuff is passed along to our cleaning crew. Helen Fabel, Mary Black and Susan Cort are responsible for making sure everything looks its very best before it is passed along to our research team.

Next comes the research. Janey Sherman, Jill Markstein, Maggie O'Reilly, Melanie Winans and Sue Ellen Shapero search online for similar items, then price accordingly, making certain it's a good price for both Kitchen Angels as well as our loyal customers.

Finally, once priced and polished, the items are entrusted to Kate Kostamo and her team to display on the sales floor. Proceeds from sales go directly to our meal program. Last year, the store paid for 90 clients for a full year!

But what happens to the items that don't pass our rigorous review and make it into our store? That's more good news. Those items are made available to other organizations that help individuals and families in need outfit their kitchens. KITCHENALITY has helped furnish kitchens for the clients of many of our sister agencies including Adelante, Bienvenidos, La Familia, Habitat for Humanity, Red Cross and even the Dixon Public Library, Santa Fe Botanical Garden and Espanola Elementary School.

The bottom line is that no donation goes to waste. Come on in and see our holiday collections. The volunteers are now displaying a wonderful fall selection that is certain to brighten your season. Store hours are Tuesday through Saturday, 10 AM to 5 PM. ❤️



Volunteers Bonnie Cozart, Renate Cornell and Ann Hunter freshen up a display table in our store.

"I really like the food. It's good. I especially like the salads. It looks awkward, like it shouldn't go together, but you try it and it tastes good."



## 2018 Service Anniversary Awards

Kitchen Angels is proud to announce our 2018 Volunteer Service Awards. Nonprofits can't function without the commitment and support of their volunteers and Kitchen Angels is no exception. This year's group of special heroes include Judy Costlow, our longest serving volunteer, who has given 25 years and is receiving a gift certificate to KITCHENALITY. Dottie Hill, Peggy Rudberg and Sarah Taylor are each receiving a hand cast bronze "angel" feather by Kitchen Angels donor and sculptor Lisa Gordon for their 20 years of service. Tony Moony is receiving a Kitchen Angels tote bag for his 15 years and Howard Turner, Janey Sherman, Julie Angell and Lionel Russell will each receive a framed angel lithograph by Louise Roach for their ten years.

Every one of our volunteers is a hero and we are immensely grateful for your support every day. Thank you! ❤️



Peggy Rudberg is celebrating 20 years of service.



# Welcome New Staff



**K**itchen Angels is proud to introduce our newest team member, Dwayne Trujillo. As our new Development Officer, Dwayne will be involved with everything related to fundraising. Although Dwayne grew up in Albuquerque and graduated from the University of New Mexico, he spent most of his adult life in San Diego and Los Angeles. He recently moved to Santa Fe and is elated to be back in his home state.

Dwayne shares our mission to help homebound people in need with fresh food and nutritious meals. "Everyone deserves a healthy meal. Food isn't a luxury, but a fundamental right," he says. "It's always important to give back and support your community and Kitchen Angels provides both of these needed services."

He admits his favorite meal is stuffed chicken sopaipillas with red chili. Throw in a basket of sopaipillas and he's very happy. Please stop by his office and say "hello." ❤️



Dwayne Trujillo, our new Development Officer.

## 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 burn a lot of calories, making it difficult to maintain a normal weight. I am not allowed to cook 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 and 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, Diana D



### ( It's All about Community)

It seems to be working. Between January and March this year, the program helped 174 people find the services they needed, including those who needed help with getting food. Some of those clients came to Kitchen Angels.

The County's efforts will take on even greater importance as we age and more and more residents find themselves in need of services tailored specifically to senior citizens. Home-delivered meal programs like ours, in particular, have repeatedly been shown to help keep seniors healthier and out of nursing homes and other high-cost settings.

Kitchen Angels has always known that we can't improve clients' well-being on our own. That's why we've always worked with other organizations to make sure our clients receive the broadest array of services available and that are appropriate to their situations. Jeanette Iskat, our Client Services Manager, is a Certified Peer Support Worker and provides support, coordination, and practical assistance to clients when they need services from other organizations.

The County's vision is that all County residents, regardless of income, have access to high-quality health care and are linked to the resources they need to achieve the best possible health and well-being. That's been our vision at Kitchen Angels since our beginning. With the backing of Santa Fe County, we may actually get there. ❤️



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*Spirit of Giving  
December 1st, 2018*

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## The *the* B-52s Take the Stage

**T**hey came, we saw, they conquered.

The B52s took the stage at the Santa Fe Opera House on September 10 in support of Kitchen Angels and didn't let go. The nearly sold-out theater was filled with folks who were dancing in their seats as well as others outside the theater who moved to the sound of one of their favorite musical groups. The high-energy B52s have been wowing audiences for 40 years and the evening's performance delighted everyone. And who would have thought there were so many beehives, bouffants and bon vivants ready to party in Santa Fe ...all for Kitchen Angels!

In addition to thanking a wonderful audience that brought such wild energy to the concert, we want to thank Jamie Lenfesty of AMP Concerts for producing a wonderful show. A million thanks also to Linda Dressman and Karen Wolfe-Mattison for their meticulous planning and their fabulous outfits! You both are true angels.

Congratulations to Kathleen Doyle who won our B52s hairdo contest on social media. And we'd be remiss if we didn't give a whole-hearted thank you to Hue-Chan Karels of Open Kitchen Santa Fe for the brilliant retro-menu served at the VIP reception before the show. It was a night to remember and makes us all wonder what's in store for next year! ❤️



The B-52s kept the audience on their feet all evening long.





