



kitchen angels express

Hot, tasty news delivered fresh to you!

SPRING 2019 ISSUE

inside



From the President

Angels Dine Out

VIP Tour

2 Cultures • 3 Ingredients
• 1 Amazing Meal

Health Benefits of Giving

Three Years & Stronger
Than Ever

Training Videos Premier

Hervé Volunteer Party

Hispanic Chamber of
Commerce

Angel Spotlight

2018 in Review

Simple gestures of kindness can have huge positive impacts. Kitchen Angels volunteers know how positive the effects are of their cooking, packaging and delivering meals. In a state where nearly one in five people doesn't have enough to eat, the simple act of cooking and delivering a meal to someone who is homebound and chronically ill can have a tremendous effect on that person's life.

folks many people don't even think about, that simple feat is pretty amazing. But 2018 wasn't only about marking 26 years of service – we did lots of other amazing things.

First and foremost, we served 395 clients who might have otherwise gone without proper nutrition.

And we completed renovations to our building, updating the entire facility with no outstanding debt. We have many people to thank for that simple accomplishment. The Santa Fe delegation to the New Mexico Legislature was instrumental in securing nearly three-quarters of a million dollars to pay for the renovations. But we also had many donors, large and small, from local businesses, to national foundations, to individuals, who all gave generously because they believe in the work we do and the impact we have on our community.

We also made significant contributions to our endowment and the Board of Directors adopted a policy to continue making contributions to the endowment to ensure Kitchen Angels can continue to do our work well into the future. KITCHENALITY, our resale store, helped tremendously in funding both our operations and our endowment, exceeding all expectations in revenue and becoming a “go to” spot in Santa Fe for marvelous, often one-of-a-kind, cooking and dining accessories.

We celebrated in a manner that Kitchen Angels is becoming known for, by hosting a benefit concert at the Santa Fe Opera

continued on page 4



Tony McCarty in front of our newly installed Spreading Our Wings Donor Appreciation Wall. Where is your name?

Last year, our volunteers, donating more than 31,000 hours, prepared and delivered more than 113,000 meals, bringing our 26-year total to more than 1.3 million meals.

That's quite an accomplishment in and of itself. As a small non-profit agency serving

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. Many are under 60 years of age and most 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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Robert Horwitz

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 honored to serve as President of the Board of Kitchen Angels.



Linda Dressman

First of all, thank you to the many volunteers who give so much time and talent to keep our clients fed. And thank you to our generous donors whose never-ending support helps keep our doors open and our kitchen stocked. We couldn't do it without you! Finally, thank you to our retiring Board members.

OJ Niswonger will be retiring after nine years on the Board. OJ spearheaded Legacy Angels, helping to ensure the future of Kitchen Angels and also volunteered in KITCHENALITY. Elva Busch stepped down as Board President. Elva served on the Board since 2012 and was president during the renovations. She will continue to work in the kitchen on the Friday morning shift. Ginny Selvin was Treasurer for the last two years and helped handle the many financial aspects of the renovation. Ginny continues to volunteer at KITCHENALITY. Kitchen Angels will remember all your efforts for many years to come.

We now welcome our newest Board members. Darrin Abby comes to the Board with a strong financial background as an Investment Banker with Los Alamos National Bank. Morgan Honeycutt, an attorney practicing family law, is a partner in the firm Walther Bennett Mayo Honeycutt, P.C. And Peter Lovato, a native of Santa Fe, is the Catering Director for Buffalo Thunder Resort. All three bring a great deal of experience and enthusiasm to our Board. If you would like to learn more about any of our present Board members, please visit the Kitchen Angels website.

The Board is delighted to be working with our new Development Officer, Dwayne Trujillo, in strengthening and building our relationships with other organizations. Some of these include Meow Wolf, Los Alamos National Bank, and New Mexico Bank and Trust.

One of the Board's strategic goals is to "inform the Community of our mission, reach new clients, and raise the necessary funds to fulfill our mission." To do this, we've formed a Speakers Bureau to go out and talk to various groups and organizations throughout Santa Fe. If you're interested in having someone come speak to your group, just give us a call. We're also creating new fund-raising events. Two new events on the horizon are 2-3-1: 2 Cultures • 3 Ingredients • 1 Amazing Meal, and Feasting with Friends. You can read more about these elsewhere in this newsletter. In the meantime, if you're interested in signing up for either of these events, please contact Dwayne at 471-7780, ext. 4, or dtrujillo@kitchenangels.org.

We're off to a great start for 2019. It was wonderful to meet so many Kitchen Angels volunteers at our Volunteer Appreciation Event at Hervé and I look forward to meeting many more. I can't say it enough – thank you for all you do for Kitchen Angels, our homebound neighbors and all of Santa Fe. We simply couldn't do it without you. ❤️

Angels Dine Out

April 25, 2019

This year we celebrate our 21st year with Angels Dine Out. We're proud to partner with a record 40 participating restaurants. We changed the name from Angels Night Out to Angels Dine Out as there are more breakfast and lunch participating restaurants than ever before. Simply dine at any of these restaurants and they will donate 25% of their sales to Kitchen Angels. Pick your favorite restaurant(s), invite your friends and join the fun. This has become our signature benefit because it's easy and it's fun. And remember, diners can enter to win a \$500 gift card.

You can contribute to this special community event by going out for breakfast, lunch or dinner at any one of the 40 participating restaurants. ❤️



Diners anticipating a wonderful Angels Dine Out meal at Arroyo Vino.



Trish Bellia our 2018 ambassador at Cowgirl BBQ

BREAKFAST

Café Fina
Dolina Bakery & Café
Joe's Dining

LUNCH

Andiamo!
Café Fina
Dolina Bakery & Café
Hervé Wine Bar
Izanami
La Casa Sena
Museum Hill Café
Pecos Trail Café
Piccolino Italian Restaurant
Second St. Bar & Grill, Rufina Taproom
Terra Cotta Wine Bistro
The Ranch House

DINNER

315 Bistro & Wine Bar	La Casa Sena
Amaya (Hotel Santa Fe)	La Fogata Grill
Anasazi Restaurant	L'Olivier
Andiamo!	Mariscos Costa Azul
Arable	Paloma
Arroyo Vino	Paper Dosa
Bouche Bistro	Pecos Trail Café
Bourbon Grill	Piccolino Italian
Café Castro	Restaurant
Café Fina	Plaza Café Southside
Café Pasqual's	Radish & Rye
Cowgirl	Second St. Bar & Grill,
El Meson	Rufina Taproom
El Nido	Tecolote
Estévan Restaurante	Terra Cotta Wine Bistro
Fire and Hops	The Ranch House
Hervé Wine Bar	The Teahouse
India House	Trattoria A Mano
Izanami	Tune Up Café
Jambo Café	

VIP Tour

We welcomed District 4 City Councilors who toured our facility in March. Councilor Michael Harris and his wife, Marilyn, visited Monday, followed by Councilor JoAnne Vigil Coppler the next day. Thank you both for spending some time getting to know the great service we provide the City. Thanks too, for listening to the challenges we work to overcome. We're encouraged by your energy and the thoughtful way you work to govern our City. ♥



2018 in Review

continued from page one

Theatre. The B52s rocked the house as only they can, giving the near capacity crowd an evening of high energy music that had just about everyone dancing in the aisles. Besides giving our volunteers and donors a wild party, the concert was a great way to introduce Kitchen Angels to a new audience and draw new volunteers and supporters into our family.

Through all the excitement we felt during 2018, however, we remained committed to our mission and primary goal: making sure no one in our community who is homebound and chronically ill goes without proper nutrition.

But it takes more than food to feed our clients. And the volunteers who cook and deliver meals know just how important the daily visits of our delivery volunteers are to our clients' well-being. Our impact on clients' lives has been of equal importance to us as is making sure they have enough to eat. Last year, through our annual survey, clients again told us we helped them improve their diets and afford their prescription medications, we helped them see their doctor when they needed to, we improved their feelings of self-worth and independence, and we improved their quality of life. In short, we reminded them that they are not forgotten.

The importance of the daily visit has been part of the Kitchen Angels DNA since our beginning. In fact, our founders knew that a daily visit was just as important as delivering a meal. It still is. And clients remind us just how much impact the simple gesture of asking "How are you doing?" can have.

"Your interactions with all of us homebound, and often socially isolated, clients certainly restore our dignity and

Cooking Up Care

Since 1992

elicit profound gratitude. It's very likely that I would have become homeless or institutionalized without your help."

"Thank you for all of your help. Without your program, I don't think I would be alive. It helps with food insecurities and so much else ... like nutrition ... stuff like that. Thank you."

Our work takes money and we take our stewardship of the funds entrusted to us very seriously. We remain committed to ensuring that the vast majority of each dollar we take in goes directly to client services. With five paid staff (we added a Development Officer in mid 2018), we rely on regular and visiting volunteers to keep things going. In addition to a number of generous donations, bequests and contributions, income from KITCHENALITY has sponsored 255 clients over the course of three years and remains a strong source of program revenue. Our signature fund raising event, Angels Night Out, was the most successful ever, with 37 restaurants participating.

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. As both the City of Santa Fe and Santa Fe County work to become Accountable Health Communities, using technology and organizations such as Kitchen Angels to link individuals in need to the services that can help, we see great promise for Kitchen Angels and the citizens of Santa Fe and northern New Mexico.

Still, it all comes down to simple acts of kindness. Saying hello, providing a meal, and just being there for someone can make all the difference. We're honored and humbled to be a trusted part of Santa Fe. ♥

2 Cultures ♥ 3 Ingredients ♥ 1 Amazing Meal

Join Kitchen Angels for this delicious event as we blend great food with a great cause for our first 2·3·1™ dinner benefit. This first of the series will take participants on a journey of the senses, bringing together distinct yet complementary aromas and flavors. The meal will celebrate a deeper appreciation of Italian and Vietnamese cultures, traditions and the stories behind their food. Conceived by Open Kitchen's Chef and Owner Hue-Chan Karels, 2·3·1™ believes magical things happen when people gather at the table to share a meal. The dinner partners Chefs

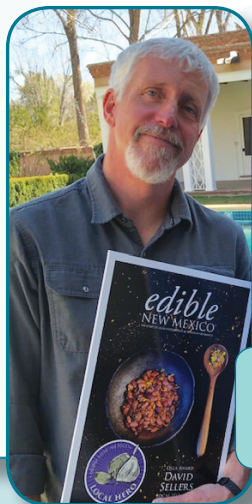


Table 2·3·1™

2 Cultures | 3 Ingredients | 1 Amazing Meal

Hue-Chan Karels and Dave Sellers as they present an amazing wine paired dinner featuring dishes using three common ingredients from the Italian and Vietnamese food cultures, concluding with a sweet surprise dessert that unites both cultures.

2·3·1™ will be Saturday, June 15, 6:00 pm, and will be held at a private residence. Tickets are \$175 and are available for purchase at kitchenangels.org. ♥



Chef Dave Sellers was awarded the prestigious Olla Local Hero Award from Edible Magazine this year.

Health Benefits of Giving

Giving can be good for the heart. Giving of time, money, or other resources, actually has beneficial effects on your physical and mental health. Studies find that people who volunteer have lower mortality rates, greater functional ability and less depression than those who don't. Older volunteers are the most likely to benefit.

There doesn't seem to be a single reason that anyone can give for why volunteering and giving helps our physical

health. One thought is that volunteering has a positive effect on one's "sense of purpose." The greater our sense of purpose, the greater our sense of connection to others. This can protect us from feeling isolated during difficult times. Another thought is that volunteering helps to reduce stress by giving us something to focus on that isn't ourselves.

One researcher says "it's very important for many people to feel that they're going to leave the world a better place, particularly as they get older." Because volunteering leads to enhanced mental functioning, many people who volunteer ultimately tend to feel happier and, as a result, feel physically stronger and more energetic. Why? Scientists used magnetic resonance imaging to monitor the brain activity of people during certain "giving" activities. They discovered that the decision to give money away, for example, activates regions of the brain that make people feel good. Simply put, people seem to be "hardwired" to feel fulfilled through behaving charitably.

While the studies differed in a number of respects, they all found a significant relationship between volunteering and good health. People who give of themselves feel better, more connected and more energetic. If you can't give time, you can give money or other resources. So give of yourself - it's good for you. ♥



Mu Lau, Joe Cates, Janet and Dave Reffert celebrate at Herve.

Three Years & Stronger Than Ever

KITCHENALITY has quickly become the go-to spot for finding that unique vintage item or a must-have kitchen implement. It is also a great place to donate those things in your kitchen that you don't really love—or use—any longer. Because all of the sales go directly to support meals for our clients, both buying from and donating to KITCHENALITY is a feel-good shopping experience that is also guilt-free!



Adrienne Digneo and Rhonda Summerlin freshen displays between customers.

Even our clients contribute to the success of our store. Recently, a long-term client passed away and his family gifted our store much of his life-long collection of sombreros. The authentic Mexican collection warranted a special display in the store and proved to be a hit with many of our customers. Thank you, Rusty and family, for a kind remembrance.

The funds raised by the store have sponsored 225 clients since opening three years ago. Sincere gratitude goes to each of the more than 40 volunteers who keep the donations sorted, displays fresh and who greet our supportive shoppers. KITCHENALITY is a lively, upbeat space to browse. You never know what treasures you'll find, or which old friend you'll meet for a heartwarming chat. Thank you, donors. Our store thrives because you bring us your cherished treasures for the next generation of foodies to take home, repurpose and love just as much as you did.

KITCHENALITY is open Tuesday through Saturday from 10:00 AM until 5:00 PM. We also accept donations of gently used kitchenware anytime Kitchen Angels is open. ♥

Training Videos Premier

Film makers Christy Vasquez and Thom Eberhardt of Big Sky Productions have worked their magic once again for Kitchen Angels. Christy and Thom completed the edits on an entertaining take on kitchen safety earlier this year and the video is now available on our website (kitchenangels.org) and our YouTube channel, Kitchen Angels Santa Fe. The video is a fast seven minutes and features many of our volunteers as well as Chef Joe Cates, plus a few memorable animated characters that are sure to imprint a memorable lesson. The video covers the major rules for working in any kitchen and joins our knife skills series. The knife skills videos feature longtime volunteer Julee Angell, who also introduces knife safety to our new recruits. All of the videos feature a fresh take on skills we can all use, so treat yourself when next you're surfing the web. Thank you, Christy and Thom, for these great tools for Kitchen Angels and our community. ♥



The infamous Chicken-Banana from our new video.

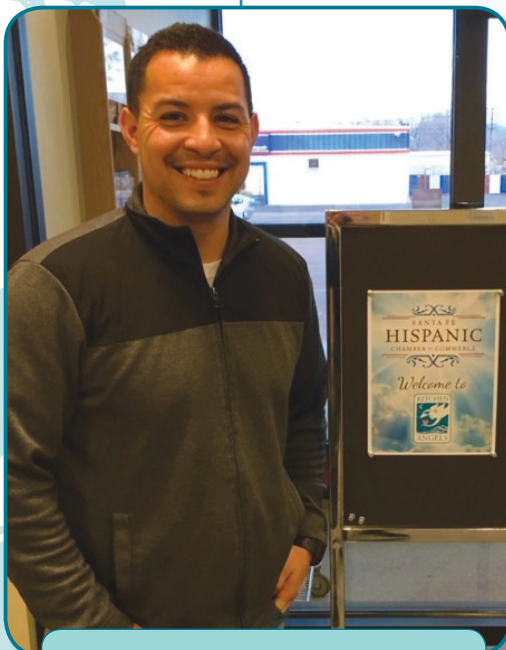
Hervé Volunteer Party

One hundred volunteers attended our Spring Appreciation Event at Hervé Wine Bar on March 3rd, celebrating a year of service to the community. Thank you to our host, Marilyn Litton, general manager, and staff for a welcoming atmosphere in the beautifully renovated space. Volunteers, staff, board members and guests, all enjoyed the food, drink, ambiance and especially the camaraderie of like-minded folks. In 2018, volunteers donated 31,068 hours of service through our program — and that's definitely a reason to celebrate. Simply stated, we couldn't continue our top-quality program without each of you. Thanks to every volunteer who contributes light and love by showing up for your shift. Our combined efforts add up to so much more than any one of us could accomplish on our own. We celebrate your accomplishments. Remember, Hervé Wine Bar is participating in Angels Dine Out, so stop by for lunch or dinner on April 25! Be sure to say hello to Marilyn. ♥



Jane Shea, Mary Ellen Degnan and Judy Nix enjoying a moment at the volunteer party.

Hispanic Chamber of Commerce



David Fresquez, Vice President of the Hispanic Chamber of Commerce.

Kitchen Angels welcomed the Hispanic Chamber of Commerce After Hours on Wednesday, March 20th for a tour of our facility and a presentation on our programs at their monthly networking meeting. Vice President of the Chamber, David Fresquez lead the meeting. Over 50 members joined in the festivities that were hosted by our new Board President, Linda Dressman, Executive Director Tony McCarty and Development Officer Dwayne Trujillo. Board Members Gerry Cerf, Ben Alaimo and Sarah Taylor were on hand to tour our guests. We also welcomed Peter Lovato, our newly elected member. We enjoyed delicious hors d'oeuvres made by Karen Price-Coberly, our substitute Chef and her husband, William Coberly. Thanks everyone for the warm hospitality for our neighbors at the Chamber. ♥



KitchenAngelsSF



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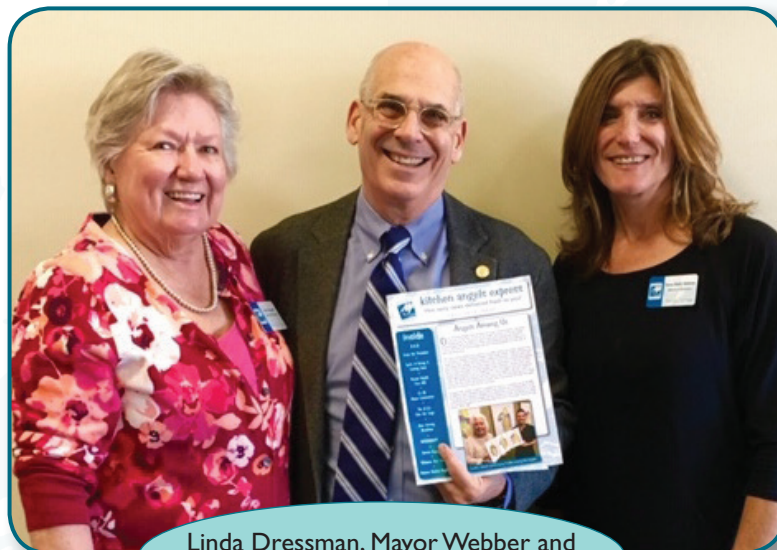


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Angel Spotlight

Mayor Alan Webber is mightily impressed with the services provided by the army of volunteers working on any given day around Santa Fe. So much so that this year, instead of a fundraising gala, Mayor Webber is hosting the first annual Mayor's Give Back Ball to honor some of the many selfless volunteers who keep our City running so well. Kitchen Angels is honored to be among the programs chosen this year. Staff made the difficult choice of narrowing our superstars down to six amazing volunteers. Congratulations Kay Jenkins, Susan & Tim Kilkenny, Jane Shea, Sarah Taylor and Ron Wieneke. Our volunteers, along with volunteers from across the City, will be feted on March 30th at the Santa Fe Community Convention Center with a dinner and a performance by the show band, Pink Flamingos. Thank you, Mayor, for recognizing the many ways

that local non-profits make Santa Fe a wonderful place to live and the myriad of tasks that get accomplished every day of the year, by a legion of unpaid talent, working selflessly and often with very little recognition. ♥



Linda Dressman, Mayor Webber and
Karen Wolfe-Mattison