



# kitchen angels express

Hot, tasty news delivered fresh to you!

Fall 2019 ISSUE

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## Expanding Our Reach Frozen Meals Program

You may have heard it referred to as "Route 20." It's our Frozen Meals Program. More and more clients reside too far from Kitchen Angels for our "traditional" daily meal

providers or others facilitate the enrollment application with our Client Services Manager. Once enrolled, care providers stop by once a week and pick up a supply of freshly frozen meals according to the client's needs and storage capacity.



New bags for the expanded Frozen Meal Program!

During last year's renovation, we added a blast chiller that safely takes 100 pounds of meals from temperature to frozen in 90 minutes. The process prevents ice crystals from forming and maintains the integrity and nutritional quality of the freshly prepared meals. Because they are frozen, meals can travel long distances safely (when transported in our thermal bags). The meals arrive frozen and are stored in the client's freezer or refrigerator until needed.

Meals are thawed and reheated in a microwave or conventional oven. For clients who have need and storage capacity, we offer soup, breakfast and nutritional shakes.

delivery. With food insecurity a huge and persistent problem in Northern New Mexico, especially for the chronically ill and/or elderly, our frozen meals program allows us to deliver consistent and appropriate nutrition to clients who live too far from our usual service delivery area.

In the first six months of 2019, the program grew from 12 clients to 24 - people who would otherwise go without consistent nutrition. We're already seeing demand increase as word of the program spreads. ❤️

The program is for those who fit our eligibility criteria but who live outside our delivery area and have no meal options in their local community as well as clients within our delivery zone but who live with conditions that prevent volunteer contact. Care

*"I would not be eating well if it wasn't for you guys. It's saving me... thank you so much."*

Kitchen Angels Express is the official newsletter of Kitchen Angels, a non 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 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 think it's important to begin this letter with a thank you to everyone who supports Kitchen Angels and who makes Kitchen Angels such an extraordinary organization. Thank you to the many volunteers who give so much time and talent to keep our clients fed. Thank you to our generous donors whose never-ending support helps keep our doors open and our kitchen stocked. And thank you to a staff of individuals who are truly committed to making Santa Fe the best possible community in which to live.



Linda Dressman

Several of our Board members have retired recently and I want to acknowledge them and the work they did. Carmen Gonzales, Gary Mihalik, Gerry Cerf, thank you for your many volunteer hours, financial support and advocacy of Kitchen Angels' mission.

We have a new Board member to welcome. Many of you may have already met Nicole Tipton if you came to the Volunteer Appreciation Barbecue this past July. Nicole, the marketing and PR director for Santa Fe Dining Inc., brings her marketing expertise to our diverse Board. If you would like to learn more about any of our present Board members, please visit the Kitchen Angels website.

It's hard to believe the holidays are fast approaching. I know this time of year can be challenging for many of us. Between rushing to shop and cook, entertaining friends and family, and even traveling, we can lose track of the things that are important. I recently had the opportunity to "sub" for a driver, and it really brought home the impact of our services. Our clients continually remind us that it's the small things that make all the difference in our lives. A nourishing meal, a friendly face, a warm smile . . . these are the things that matter the most and that have a huge and lasting impact on the lives of our clients.



Dottie Hill, a 21 year volunteer, prepares to deliver meals.

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. And remember - take time for yourself and those who are important to you. ❤️

*"You guys are doing great! I love it. Thank you so much. Please let the kitchen know."*

Kitchen Angels is dedicated to providing free, nutritious meals to our homebound neighbors living with life-challenging conditions.  
505-471-7780

# Addressing Social Determinants For a Healthier Community

**G**ood health is the result of a lot more than simply receiving good medical care.

Many factors well beyond healthcare influence a person's health and their ability to recover from an illness or manage a chronic medical condition. Known as "social determinants of health," things such as the amount of money, power, and resources an individual has access to are estimated to have as much as a sixty percent influence on a person's overall health.

What are some of the factors related to good health? Secure housing, utilities, reliable transportation, nutritious food, and safe physical and social environments are some of the most important non-healthcare factors that affect a person's overall health.

And governments are taking note.

Several years ago, the Centers for Medicare and Medicaid Services began The Accountable Health Communities Model in an effort to address the gap between medical care and community services in the current health care delivery system. The intent is to identify the best ways to link social services and healthcare. The project is testing whether addressing the health-related social needs of Medicare and Medicaid beneficiaries through screening, referral, and community navigation services will impact healthcare costs and reduce unnecessary healthcare utilization.

Seeing the potential value to the local community, both the City of Santa Fe and Santa Fe County are taking similar steps to address health-related social determinants through a joint project, Santa Fe Connect. Kitchen Angels is a participant.

Through the project, a growing list of local social service organizations are working jointly with the area's three community health centers. Navigators, employees of the service organizations, evaluate clients' needs against a list of social determinants and facilitate connections to the organizations best able to address those needs. Sometimes it means simply giving the client a list of organizations best suited to help. Other times, it means helping the client make contact, fill out forms, or helping them make an appointment. It's an initiative that is very similar to an effort in which Kitchen Angels was a partner several years ago called the Service Providers Alliance.

What we discovered back then was that the initiative required a shared database of clients and that one agency needed to take a coordinator's role in managing the data. The City and the County are taking on those responsibilities.

The vision of Santa Fe Connect is that all City and County residents, regardless of income, have access to high quality healthcare and are linked to the resources they need to achieve and maintain the best possible health and well-being. Our volunteers already know the impact that regular nutritious meals and a visit from a friendly face can have on clients' overall health. With easier access to additional, and needed, social supports, our clients should see even more positive impacts on their quality of life. ❤️



Driver Lorraine Tecza heading out to deliver fresh meals!

# Feasting With Friends Makes Its Debut



Our first Feasting with Friends event!

If you love cooking and entertaining, join Feasting with Friends, a community-wide dining event October 12 and 13 and benefiting Kitchen Angels. On that weekend (or any weekend that works for you), you're invited to host a lunch or dinner party in your home. The host covers cost of the meal and guests are invited to make a financial donation in any amount to Kitchen Angels.

Do what you love and support your community at the same time! One hundred percent of the proceeds go directly to Kitchen Angels. Invite family, friends and coworkers to your home, wow them with your cooking, and support Kitchen Angels. More than just another fundraiser, our vision for Feasting with Friends is to create an inclusive community-wide movement that will bring Santa Feans together to enjoy food, friendship, philanthropy and community. This is more

than just a dinner party. Hosts and guests have a more meaningful experience because the gathering feeds a deeper sense of community. It's also another opportunity to invite new people into the Kitchen Angels family. For more information please visit [kitchenangels.org](http://kitchenangels.org) or call Dwayne Trujillo at 505-471-7780 x 204. ❤️

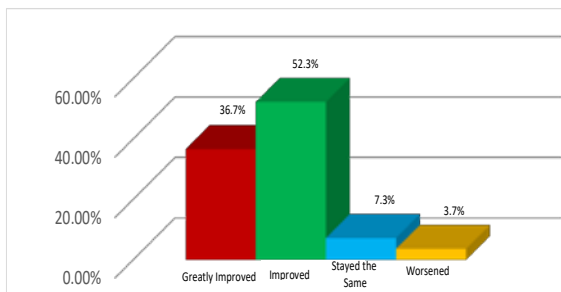
## More Than Statistics

It would be tough to overstate the impact our meal delivery program has on the lives of our clients. And yet, when we write grant applications and reports, every one wants to know the statistics. How many? How often? Did we make a difference?

That's why we survey our clients every Spring to hear directly from them how their lives have changed since enrolling in our program. And every year, we're amazed and humbled when we hear just how important the simple act of cooking and delivering meals is.

This past Spring

Clients' Reported Quality of Life



every single client responded that they were satisfied with our service. Although this is a pretty consistent response from year to year, we don't take their satisfaction for granted. Nearly all of our clients eat all or most of their meals, meaning that our portions are about right and food isn't being wasted. And just about all say that their diet has improved since coming on to service.

Of course, not all of our clients experience the same degree of benefit from our program,

especially clients whose health is deteriorating or who may be experiencing a terminal illness. Nevertheless, almost eighty percent of clients experience improved independence and almost ninety percent see their quality of life get better. Their words also speak volumes, sometimes much more than the statistics themselves. As one client wrote on her survey, "I'm so grateful for your service. Thank you and God bless you." ❤️

## Going Green(er) With Glove Recycling



In Kitchen Angels' ongoing love of the environment and all things green, we have

stepped up our efforts to recycle. Taking a note from our sister organization, Project Angel Heart in Denver, we are recycling used kitchen gloves. Unless they have touched raw meat, every pair of gloves will be placed in a recycling box in the kitchen.

The company behind this effort is TerraCycle, which operates in twenty-one countries. They work with typically non-recyclable items such as ocean plastic, and transform them into new products. To date, more than 200 million people have helped to recycle enough waste to raise more than 44 million dollars for charities around the world, according to the company's website.

It will take one extra step in the kitchen - washing gloved hands before stripping the gloves off and popping them into the specially marked recycling box. Our goal is to eliminate nitrile gloves going into the landfill. This will be a trial run for the glove recycling project. We will let you know how it's working! ❤️



# KITCHENALITY

“From tiny acorns grow mighty oaks.”

**T**here are many variations on this proverb but they all come down to the same thing. Something great can come from a modest beginning.

Such is the case with our resale store, **KITCHENALITY**. First it was an annual sidewalk sale. Then it became a small store in our Board room that one newspaper reporter likened to a "vintage cookware store one might find in San Francisco." Now, it's a destination shopping experience for locals and out-of-towners alike.

The store continues to exceed everyone's expectations with strong sales that feed directly into our home-delivered meal program. With 43 volunteers staffing the shop under the direction of the remarkable tenacity and leadership of **Sarah Taylor, Jill Markstein, Suellen Shapero** and **Kate Kostamo**, the store is open six days a week. Donations continue to come in every day, sometimes one or two items at a time and other times by the truckload. Although most of the merchandise is donated, we also sell a few products that we make in our kitchen.



Our amazing KITCHENALITY leaders!

With the holiday season just around the corner, our signature spiced pecans or Jefe Joe spice rubs make perfect host gifts. We also sell Kitchen Angels logo aprons as well as our award-winning **Seasons of Santa Fe Cookbook**. They make perfect gifts for the cooks in your life.

If you've not stopped by recently, come by and be amazed by the variety and quality of the merchandise. You're certain to spot a special treasure at a bargain price! And, best of all, every purchase will help buy a meal for a thankful home-bound neighbor. KITCHENALITY is open Tuesdays through Saturdays, 10:00 AM to 5:00 PM. ❤️

## Get Ready For Our Client Gift Project

**Y**ou're invited to help with our annual Client Gift Project on Saturday, December 7th at 10AM. Join your fellow volunteers and staff for a heart-warming beginning to the holiday season. This is our 27th year celebrating the season with our extended Kitchen Angels family. We'll get together to make up individual client gift baskets and then begin delivering them the next week.

Frequently, the gift baskets our volunteers prepare, and deliver are the only gifts our clients receive. And they always tell us just how much they appreciate the effort.

*"Thank you for the wonderful Christmas gifts and continued support with food. Never have I had a Christmas of such abundance and beauty before - in my entire life! I want to extend my deepest gratitude and thankfulness for all Kitchen Angels does for me. I am overwhelmed. I am making steady progress with my health thanks to your ministry."*

If you'd like to donate a gift, bring something suitable for a home-bound individual to the Coll-Green Angel Depot by the end of the first week of December. If you'll be wrapping them beforehand, please label them as suitable for a male or female adult or child. Then join us on December 7th for a festive morning of wrapping and camaraderie followed by a delicious lunch when our elfin work is done. ❤️



Community elves celebrate a job well done.

# Expanding Awareness Through Our Speakers Bureau

One of the newer strategic goals for Kitchen Angels this past year is to expand community awareness of our services and how people can sign up for meal delivery as well as inform others how they can support our efforts or adopt specific service projects. Led by Board member **Maureen Vosburgh**, and with the assistance of fellow Board member **Martha Romero** as well as **Mary Dale Gordon** and **Anita Hausafus**, speakers go out to service organizations, private clubs, congregations and other groups to talk about Kitchen Angels and the role we play in keeping homebound chronically ill folks in the comfort and safety of their own homes. Talks can be formal presentations or informal chit-chats, depending on the group.



Hispanic Chamber of Commerce getting to know Kitchen Angels.

Anyone interested in becoming a speaker should contact Dwayne Trujillo at [dtrujillo@kitchenangels.org](mailto:dtrujillo@kitchenangels.org) or stop by Dwayne's office. ❤️

## Life from a Client's Point of View

### A Letter from a Client

We recently received this letter from a client. Here's how our program has helped her.

"People with severe medical conditions or multiple medical conditions can experience high levels of food insecurity. Kitchen Angels has helped relieve some of that food insecurity for me. Also, to buy nutritious, healthier foods costs more than processed, junk foods. That's why I used to eat a lot of cup-o-noodles or canned spaghetti, or canned soups because they were cheaper.

I'm on medications and won't cook on the stove. I sometimes walk away and forget what I am doing or turn on the wrong burner. I can't flip an egg over to make it



A delicious salad prepared by Kitchen Angels crew.

the way I like. I have to eat with special silverware (mostly I just use a spoon) and am in occupational therapy for my hands. I rarely use forks or knives so I eat out of bowls or mugs. I don't use plates. It's a hidden world. Can openers are hard to use. I have difficulty opening Jello pudding cups, applesauce

cups, fruit cups, Pedialyte and Gatorade bottles. By the time I finally open something, I am tired and no longer interested in eating. I gave up on home health care because having someone in my house for four hours at a time was too much. I wanted privacy and time to rest.

Primarily, I use the microwave to heat up all meals. I make a lot of smoothies in the blender and that works well. Cooking in a crock pot is also safe! Jeanette gave helpful tips about using bone broth for extra protein.

Since Kitchen Angels, I've lost 15 pounds over the past two years. I stopped eating fast food (maybe once in a while as a treat). I used to never eat salads. Now, I like them. ❤️

# A Community Tradition Continues

**C**ommunity Farm is back in business with new owners and an expanded mission. **Reunity Resources**, best known for its waste-composting program in local restaurants and schools, has purchased the historic property that provided thousands of pounds of produce to local food programs over several decades. The owners plan on adding new initiatives that help put "community" back into "community farm."

**Juliana and Tijender Ciano** have also established a farm stand which offers produce for sale to the general public. Long-term, they plan a community gathering space, with farming and composting workshops, cooking classes and, eventually, a sandwich shop and pizza stand. Reunity's goal is to create a closed-loop waste-recycling system that turns trash into treasure.

We want to thank Juliana and Tijender for hosting our summer volunteer appreciation barbecue under the magnificent elm tree on their farm. It's one of the few places in Santa Fe where 100 people can enjoy a meal together in the shade of a single tree. The barbecue was a terrific afternoon of great food and live music.



The elm tree that shades the Barbecue.

The dessert competition was particularly delicious with prizes awarded for the people's choice favorites. **John Lippe** was the grand prize winner who made a Coconut Tres Leches Trifle. **Jane Ure** took second prize for her gluten free Carrot Cake and **Kay and Allison Jenkins** took third prize for their Praline Peach Cobbler. Thanks to everyone for sharing a Sunday afternoon with your fellow Angels. And thanks to Reunity Resources for providing the space for our event and for supporting Kitchen Angels. ❤️



Attendees chose their favorite desserts from the many entries.

# Crossing Cultures With Outstanding Garden Fare

**K**itchen Angels was fortunate to be chosen by **Hue-Chan Karels** to launch a series of exceptional foodie events called Table 2·3·1™. Hue-Chan, owner and creative force behind **Open Table Santa Fe**, teamed up with **David Sellers** of **Street Food Institute** to present a multi-course extravaganza that will be long remembered. The idea of Table 2·3·1™ is to pair foods from two cultures—in this instance Italian and Vietnamese, by using three shared ingredients for one amazing meal. The two chefs were joined



Guests enjoying Table 2·3·1™.

by sommelier **Mark Johnson** who paired each dish with wines from **Floating World**. Hue-Chan believes magical things happen when people gather around a table to share a meal. Table 2·3·1™ is a unique dining experience that celebrates both the commonality and diversity of cultures through the lens of food. We are hopeful of a return performance next year, so watch our website for the announcement. This event sells out fast, so make sure you're included! ❤️



Karen Wolfe-Mattinson puts the finishing touches on the tables.



KitchenAngelsSF



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## Angels Dine Out Breaks All Records

Once it was known as Angels Night Out. But with so many restaurants serving breakfast and lunch as well as dinner, we had to re-name it this year to Angels Dine Out. Forty restaurants and more than 100 ambassadors who greeted guests and talked about Kitchen Angels made the April event a record-breaker!

Begun in 2005 with six restaurants, the event has grown every year and has become a well-known and much-loved annual fund-raising event that benefits both the participating restaurants, by bringing

in customers, and Kitchen Angels. Originally conceived by the Association of Nutrition Service Agencies, a consortium of organizations across the country of which Kitchen Angels was a member, the event was held on the same night throughout the country as a way to build nation-wide awareness of home-bound and chronically ill individuals as well as create critical fund-raising mass. Although the Association has since disbanded, food-service agencies in many of the larger cities have continued the tradition. Next year's Angels Dine Out is set for April 23, 2020. Mark your calendars now and watch for more information on participating restaurants next March. ❤️



Kitchen Angels staff say  
Thank you for a great event.

*"The food is so good, I'm speechless. Like what do you have, like chefs there?"*