

Meal Times

NEWS FROM
Project Open Hand



Spring Issue, No. 102



SATURDAY, JUNE 13, 2015

OAKLAND'S PRESERVATION PARK

**Toast & Jam is our new brunch
benefit event in the East Bay.**

See page 4 for details.

PATRICIA'S STORY

I Won't Give Up

You can see it in her smile. Although Patricia has been battling breast cancer since 1995, her optimism and her positive attitude remain undaunted.

When Patricia's breast cancer returned last year, Project Open Hand joined in her battle, providing healthy groceries to ensure she gets the essential nutrition she needs to stay strong and continue to recover.

"Before I started getting food from Project Open Hand, I was eating a lot of cereal," said Patricia, who lives on a tight budget after losing her husband to liver cancer. "I'm still fighting my cancer. I know I need to eat right, but life is expensive and most of my paycheck goes to my rent."

**SINCE EXPANDING SERVICES LAST YEAR,
PROJECT OPEN HAND SERVES CLIENTS WITH
MORE THAN 25 DIFFERENT TYPES OF CANCER.**

Getting groceries and meals has helped me close the gaps in my budget and get the healthy food I need," Patricia said. "Getting help from Project Open Hand helps me keep going, keep fighting. I won't give up."

Ironically, Patricia visited Project Open Hand dozens of times before she ever became a client. As a home healthcare aid for some of our critically ill clients, she often came to our San Francisco Grocery Center to help clients do their weekly shopping or to pick up meals on their behalf.

"One day when I was in the Grocery Center with a client, I thought to myself, I'm just going to ask. Maybe I can get some help, too," she said.



Patricia (in front) with members of our Client Services Team

When asked which foods she most enjoys from Project Open Hand, Patricia said, "I love the bell peppers and the turkey. I'm not a big fruit eater, but I take the fresh produce I get and make great smoothies. And I'm trying new foods, too. I'd never had sunflower seed butter before, but I've tried it and it's really good! I can really see how nutritious and good the food is for me."

Patricia also enjoys being part of the caring community at Project Open Hand: "I love coming in for my groceries, or for my clients, and talking with the volunteers and staff. Everyone is so nice. It's not just about getting the food and leaving. They really know how to make me feel welcome – treating me in the same way that I care for my clients. I really appreciate that."



Project Open Hand

OpenHand.org

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Project Open Hand's mission is to nourish and engage our community by providing meals with love to the sick and the elderly.

MealTimes is published quarterly for the friends and clients of Project Open Hand.

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MEET OUR NEW CEOS

Simon Pitchford and Mark Ryle

Project Open Hand is delighted to announce that Simon Pitchford and Mark Ryle have been appointed to lead our organization as Co-Chief Executive Officers, starting April 4, 2015. Their appointment follows the departure of prior Executive Director, Kevin Winge.

Simon brings a wealth of scientific, sales and marketing, and operations experience to POH, joining our agency in 2012 after a 25-year career in the research and biotech industry. Mark joined POH in August 2013 and brings a unique lens to his work at POH, having spent the first 20 years of his career in corporate finance, then transitioning to social work in 2007.



Co-CEOs Simon Pitchford (left) and Mark Ryle

Q. WHAT ARE THE FIRST CHALLENGES YOU PLAN TO TACKLE AS THE CO-CEOS OF PROJECT OPEN HAND?

Simon and Mark: We are excited to lead Project Open Hand to help ensure it continues to thrive and grow over the coming years. We continue to implement Project Open Hand's three-year strategic plan, which places renewed emphasis on wellness and nutrition for all communities we serve.

The Food=Medicine Pilot Study that we are conducting in partnership with the University of California, San Francisco (UCSF) School of Medicine is nearing completion. The pilot study will demonstrate that providing nutrition to people with critical illness benefits their health. We anticipate the study results will help Project Open Hand to secure new funding opportunities under the Affordable Care Act. As a result, we can better serve our existing clients and expand to serve others.

Q. WHY DO YOU CHOOSE TO WORK AT PROJECT OPEN HAND?

Simon: I have always admired Project Open Hand's mission as the embodiment of selfless giving and the power of community. We get to work with the most caring individuals who give their valuable time, energy and dollars to lift neighbors at a critical moment in their lives. Who would not want to be part of that? I feel like the luckiest person because I get to work with passionate staff, board members and volunteers who are helping us elevate our

impact by expanding programs and empowering our most vulnerable neighbors to move toward wellness.

Mark: I believe every single person on this planet deserves complete access to healthy, nutritious food. When you add the vulnerability of our clients and all the love that comes with our meals, it is the most compelling story I can imagine. I get to be a part of this amazing team who wake up every day, committed to getting seniors and the critically ill the delicious, nutritious food that will help them feel better. Our clients have so many hoops to jump through; while we can't fix everything for them, we can address the nutrition part.

Q. WHAT EXCITES YOU MOST ABOUT OUR WORK?

Mark: The work we do is critically important to our clients, our volunteers, our staff and the Bay Area. It is essential that we continue to innovate. We must always look for improvements in process, structure, financing and sustainability so we can keep doing what we do with all our hearts: providing meals with love.

Simon: The people that I get to work with every day. Not a day goes by when I don't learn something about the generosity of the human spirit, whether from a client, volunteer, staff or board member. That, and the challenge of figuring out how we stay ahead of the curve to ensure that our services remain relevant and available for all the communities we serve for the next 30 years and beyond.



A Day in the Life of Our Dietitian

BY MARIA MEALLA, CLIENT SERVICES TEAM

MEET KIM MADSEN, registered dietitian for our Wellness Programs. This April marked 16 years that Kim has worked with us at Project Open Hand. She has been a pioneer in the development and growth of our Wellness Programs and strives to ensure our clients receive nutritious *meals with love* that align with their healthcare needs.

HELPING CLIENTS MAKE HEALTHY CHOICES

Each of our three dietitians meets with an average of five clients a day. In these meetings, they assess clients' nutritional needs based on diagnosis, medical treatment and medication side effects. They also evaluate clients' eating habits and other sources of food, then make recommendations to help clients make healthy food and lifestyle choices.

Kim works with clients to establish wellness goals and assists with problem solving, since many of our clients have low incomes and may face multiple life challenges. Our dietitians also make sure clients know that they are available to answer inquiries on a drop-in basis and over the phone.



TEAMING UP WITH OUR CHEFS TO MAXIMIZE NUTRITION

Kim works closely with our kitchen team to create recipes that are delicious, nutritious and meet a wide range of tastes. She and her team analyze every ingredient in every recipe to build meals that are medically-tailored and well-balanced. In all, we offer our Wellness Program clients seven different diet types that help address a range of health challenges.



ENSURING QUALITY IN OUR GROCERY CENTERS

Every item in our Grocery Centers is reviewed by our dietitians to make sure it provides a complete, healthy serving size.



DEMONSTRATING HOW TO PREPARE HEALTHY MEALS

Our dietitians collaborate with our kitchen to provide cooking demos and recipes, featuring items that we carry in our Grocery Centers. These recipes are often adjusted so that clients with limited kitchen facilities can prepare meals using only a hot plate or microwave oven.



SPECIAL EVENTS

PARTICIPATING IN OUR SPECIAL EVENTS ARE A GREAT, FUN WAY TO SUPPORT PROJECT OPEN HAND.

Get more information and sign up for events by contacting us at events@openhand.org or 415-447-2404.



TOAST & JAM JUNE 13

Get ready for Toast & Jam, our new brunch benefit at Oakland's Preservation Park. This New Orleans-style jazz brunch will feature talented East Bay chefs and live musical performance. Learn more at ToastandJam.OpenHand.org.

GIANT RACE AUGUST 23

RUN FOR FREE when you join Project Open Hand's Giant Race team, "Fundraise to Run."

Every Project Open Hand team member receives personal fundraising coaching, a ticket to the August 25th Giants vs. Cubs game, awesome VIP race day perks and are eligible for exclusive fundraising prizes. Run to nourish your body, fundraise to nourish your community. Register now at GiantRace.com.



VALENCIA CYCLERY'S 20TH ANNUAL BENEFIT SALE

VALENCIA CYCLERY'S 20TH ANNUAL BENEFIT SALE: JUNE 11-14

1065 & 1077 Valencia Street,
San Francisco

Stock up on all your bicycling needs with incredible bargains! All parts, accessories and clothing get a 20% discount at the register, and many bicycles will be marked down as well! Get the best deals of the year and 10% will be donated to Project Open Hand! Previous benefit sales have raised a total of \$123,184 in donations for POH!

valenciacyclery.com

PRIDE PARADE JUNE 28

Project Open Hand is celebrating 30 years of nourishing our community with Pride. We invite you to dance, skip, hop, shimmy and shake with us in this colorful, fun parade! All members of the Project Open Hand parade contingent receive a free t-shirt.

Sign up by emailing events@OpenHand.org.



AVON WALK JULY 11-12

We're celebrating 10 years of partnership with the Avon Foundation and Avon Walk for Breast Cancer, which have contributed almost \$2 million to our *meals with love* since 2005.

- Register to walk at www.avon39.org
- Help us prepare sandwiches and cookies for walkers the week of July 5
- Cheer on walkers along the route and at our cheering stations

AIDS WALK JULY 19

Be a part of our spirited team, which raised over \$50,000 last year!

You'll get

- A POH T-shirt
- A team dinner at POH
- Free breakfast and lunch on walk day
- Cool fundraising incentives

Register at SF.AIDSWalk.net.

Clarence's Story

Clarence is a soft-spoken senior with a big heart. A retired literature professor, he has always been drawn to nurturing others. "Over the years, there were many times when I enjoyed my students so much, I felt like I should be paying them for the joy of teaching!" he said with a chuckle.



Clarence continues to nurture others and feeds his own giving spirit by lending a hand as a volunteer in our Senior Lunch Program. He's been coming for lunch at the Sunset Senior Center for about four years, commuting across town three or four days each week to enjoy a nutritious meal from Project Open Hand. After lunch, he clears empty plates for less-mobile seniors, then buzzes around the dining room wiping tables clean and tidying up.

Clarence discovered our Senior Lunch Program one day while walking along Irving Street and seeing a banner advertising our program. "Right from the very first day when I stepped inside the door, I felt welcome," he recalled.

"Right off the bat, the

site coordinator, Larry, was so warm and kind. It just made all the difference to be welcomed like that."

"Seniors in our community are sometimes overlooked, but we always feel comfortable here. There's such a great ambiance," Clarence added. "Coming for lunch is a great time to get together, and in this expensive city, seniors can always use more support like this."

When asked what his favorite meals are, Clarence replied definitively, "The fish dishes are the best. The sauces are delicious and imaginative."

Last year, Project Open Hand served 347,630 *meals with love* through our Senior Lunch Program. Thank you for your generous support, which is enabling us to expand our program and add new lunch sites.

Learn more at OpenHand.org/Seniors.

WE LOVE OUR VOLUNTEERS



86,479

THE NUMBER OF
HOURS VOLUNTEERS
CONTRIBUTED LAST YEAR

THE DOLLAR VALUE
CONTRIBUTED TO
OUR COMMUNITY

\$1,400,000



THANK YOU!

IN MEMORIAM

REMEMBERING OUR DEDICATED
VOLUNTEERS WHO HAVE RECENTLY PASSED:

Andrew Nishihira,
Kitchen Volunteer, 2009-2015

Billie Cayot,
Grocery Center Volunteer, 2011-2014

Wendy Low,
Senior Lunch Program Volunteer, 2004-2015

LEAVE A LEGACY OF LOVE

Has Project Open Hand made a difference in your life or the life of a loved one? Please consider including us in your will, trust, life insurance policy or other planned gift.

Contact Eileen Morris, Assistant
Director of Development, at
emorris@openhand.org or 415-447-2413.



PROJECT OPEN HAND Plate Clubs

CONNECT WITH US
OpenHand.org



The following is a list of Plate Club donors who have made gifts to Project Open Hand from January 1, 2015 to March 31, 2015, whose giving totals \$1,000 or more since July 1, 2014 (beginning of our fiscal year). Their generosity enables us to provide nourishing food to so many of our neighbors. If you have questions about this list, please contact Eileen Morris, Assistant Director of Development, at emorris@openhand.org or 415-447-2413.

DIAMOND PLATE CLUB \$100,000

Giant Race Fundraisers

PLATINUM PLATE CLUB \$50,000-\$99,999

The M.A.C. AIDS Fund
Marcia & John Goldman

GOLD PLATE CLUB \$25,000 - \$49,999

Anonymous (2)
Broadway Cares/Equity Fights
AIDS
Ghirardelli Chocolate Co.
Macy's, Inc.
Estate of Billie Cayot
James C. Hormel & Michael P.
Nguyen

SILVER PLATE CLUB \$10,000 - \$24,999

San Francisco Foundation
Maidenherren Fund of The Silicon
Valley Foundation
Middle Passage Foundation
PwC
Union Bank Foundation
UPS Foundation
Wells Fargo Foundation
Carmen McReynolds
Estate of Jane Musser
Onnolee & Orlin Trapp
Estate of Frederick Jacob Wenzel

CRYSTAL PLATE CLUB \$5,000 - \$9,999

American Conservatory Theater

Community Thrift Store
First Dollar Foundation
Tom May - David May II Foundation
Salesforce.com Foundation
SCAN Health Plan
Karl Christiansen
J. P. Richards Dillingham
Linda S. Glick
David R. Johnson
Peter Marko
Howard Simons
Charlotte von der Hude

BRASS PLATE CLUB \$2,500 - \$4,999

Anonymous (2)
Ancestry.com
Anthem Blue Cross
BDO USA, LLP
Capital Advisors Group, Inc.
Chapman and Cutler, LLP
Clearslide, Inc.
The Clorox Company Foundation
Robert Glavin, Inc.
Ke Kokua Charitable Gift Fund
Microsoft Matching Gifts Program/
Giving Campaign
Silicon Valley Bank
Rosa & Rayce Anselmo
Kathy & Mark Bergman
Swan A. Brown
Martha Ehrenfeld
Aey Phanachet & Roger Evans
Raymond Hawks
Brendon M. Kearney
Carmela Krantz
Gail & Peter McIntyre
R. Douglas Norby

Arthur & Toni Rembe Rock
Scott Willoughby
Douglas T. Yoshinaga
Andrej Zervan & James Mercer

CHINA PLATE CLUB \$1,000 - \$2,499

Anonymous (4)
BAR Architects
Extraordinary Talent Productions
McKesson Foundation Matching Gift
Program
Peet's Coffee & Tea
Premium Port Wines, Inc.
Rainbow Grocery Cooperative, Inc.
Revolver U.S.A.
Westin St. Francis
Patricia V. Angell
Les Behrens
Allan Berenstein
Ethan Bold
Mark Bresnik, MD
Jane Bryan-Jones
James Bryant
Kenneth Caldwell
Melanie & Mark Cervenka
Karin & David Chamberlain
Helen L. Chen
Suzanne K. Clausen
Marsha Condon
Shawn Marie Condon
Emily Cooke & Naggi Asmar
Marilyn & Dale Crandall
Patrica Cross
Priscilla Myrick & Thomas Cutillo
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Diane Diggins
Michael P. Dillon

Matthew C. Douglass
Margo Duckett
Deborah Anne Duenas
Lesley & Phillip Dunkelberger
John V. Fandel
Geraldine A. Farmer
Samuel A. Fishman
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Kelly Gaynor
Mona C. Geller
Denise Gibson
Barbarah Hamilton
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Joseph A. Iacocca
Estate of Sylvester James
Patricia K. Joanides
Ola Johnson
John M. Keagy
David T. Keenan
Susan Kegeles & Jeffrey Lazarus
Ruth Ann & John Kennedy
David Klein
Charles Knapp
Andrea & Kenneth Krueger
Sherri & Corey Leal
Beth P. Lind
Judith Biel Lipsett
Jane Lurie
Mary & Joseph Madruga
Denise & Stuart Matlow
Irmgard Schmid-Maybach
Carol & Charles McCullough
Mary McGuire-Hickey & John Hickey
Carolyn & Kenneth McMillen
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Christopher Thompson & Yves Zsutty
Sheila & Robert Weisblatt
Robert T. Weston
Ellie Wood
Edna & Brian Yeatman
T.G. Zimmerman

LYFT

DRIVERS ARE UNSTOPPABLE!

When it comes to volunteering, San Francisco Lyft drivers can't be beat. In 2014 alone, Lyft drivers participated in more than 30 volunteer shifts at Project Open Hand. Many drivers were so inspired by their experiences that they have become "regular" volunteers, helping out weekly at our organization.

Lyft's connection to Project Open Hand was initiated by Lyft driver Keith Maddock (in the green apron). Keith started with Project Open Hand in 2011 and volunteers every Wednesday morning in our kitchen. He also serves on the Board of Directors for Project Open Hand and frequently helps out at our special events.

"Project Open Hand has almost become a second family," said Keith. "I have met amazing people from all walks of life, and it feels good to know you're helping people who really need it. No matter what mood you are in when you walk in the door, you always leave in a good mood."



**WE LOVE HOSTING VOLUNTEER GROUPS!
BRING YOUR CO-WORKERS, CLASSMATES, FAMILY
AND FRIENDS FOR A GREAT EXPERIENCE.**

*Learn more and schedule your group by calling our
volunteer hotline at (415) 447-2404 or emailing our
Volunteer Services team at volunteer@openhand.org.*