

MealTimes



Spotlight On

JANE: CNP Client Knows Nutritious Food

Project Open Hand client Jane was a regular volunteer at the Richmond Senior Center where Project Open Hand serves approximately 80 meals daily, five days a week. For more than a decade, she helped serve daily lunches and also spent her time with seniors in ceramics classes, and taking photos whenever they went on a trip together.

"I've always looked forward to interacting with the seniors here. I am a widow and it made me feel better to do something for others here at the center. I like to find out their interests and help with their English language challenges."

Jane has a bashful expression when she talks and her soft spoken manner makes the room get quieter in order to make

space for her voice.

"I guess eating the food here keeps me from being hungry and interacting with others here keeps me from being depressed or lonely. I think the food is balanced and filling."

And Jane knows food. Jane and her family moved to San Francisco from Hawaii when her aunt purchased an American grocery store with living quarters in the back where

the family could live. Jane contributed to the business by filling shelves and waiting on customers.

She later majored in Home Economics and Dietetics at San Jose State University and after graduating, began in dietetic

a Dietetic Internship Director at a hospital."

Jane mentions her high blood pressure and high cholesterol, and the foods she needs to avoid, "I know I can eat well and according to my dietary needs when I come here (for meals prepared by Project Open Hand.)"

The Richmond Senior Center is one of the community nutrition sites where Project Open Hand serves nutritious meals five days a week (weekends too in select locations.) Last year, over 4,000 seniors dined at congregate sites, spent time with friends, and enjoyed recreational activities at locations across the city of San Francisco.

Tara Blake, Marketing
Communications consultant

**"I know I can eat well and
according to my dietary needs
when I come here (for meals
prepared by Project Open Hand.)"**

— JANE

work that took her all over the country – from New York to Ohio.

"I ended up going on to receive my masters degree in Nutrition Education and became



Mark's Letter

Hello Everyone,

In the spirit of the season – and in the grand tradition of “pipers piping” and “lords a-leaping” – I’d like to talk about five assets critical to Project Open Hand.

I begin with you – our donors and supporters. Thank you for recognizing the fact no one else can do what we do. That what we’ve built cannot be re-built. We value and appreciate your belief in us.

Your belief has meant we’re serving almost 40% more critically-ill individuals than five years ago.

Of course – our work wouldn’t be possible without our volunteers and staff. They are deeply aware they are stewards of a precious legacy – one that is part of the very fabric of San Francisco.

They provide dignity for someone who needs help. They are family to those without one. They deliver services with hope – **meals with love** – medicine for body and soul.

Certainly – it’s all about our mission. Food is Medicine – Food is Love. Food and nutrition is what we do. Providing delicious home-cooked, medically tailored meals is what we do.

It is important that you know, very clearly, that our food saves lives. Our published research confirms this.

The pots and pans you hear clanging about in the kitchen; the hiss of steam coming from a kettle; the whiz of a blender; these are the sounds of vital health signs stabilizing; the sounds of healing and recovery.

It would be hard to find another non-profit with fewer degrees of separation between your support – and a life saved. The link is virtually direct.

And it speaks to another gold ring: our impact. Our metrics prove our impact. But more than numbers, more than statistics, our impact is evident in our clients’ stories. Hundreds of them – thousands, even!

Our clients make Project Open Hand who we are. Our clients “get” us – and we “get” them.

What we get is the fact our clients need more than a handout; more than a peanut butter sandwich. **They need nutritionally tailored meals. Served with love – served**

with care – served with human kindness.

I believe you – our donors – “get” our clients, too. You value the impact our work has on our clients – impact made sweeter by the fact it’s often achieved against all odds.

But I felt only after discussing these five invaluable assets, could I make a request of you.

It’s my one partridge in a pear tree; help keep us from disappearing. Because we are in real danger of disappearing from San Francisco’s collective consciousness.

To many of you – your knowledge of our work – your confidence in our work – perhaps even sharing in the pride in our work – knowing not one client has missed a single meal – might suggest all is well. All is fine.

It is not.

HIV, heart disease, diabetes. These illnesses are not as prominent as other medical conditions – although certainly serious to those who suffer from them. These conditions are well-researched, and possibly controlled with medications, for those with access to nutritious food.

These diagnoses are seen as somewhat less urgent in the face of compelling headlines and campaigns promising cures.

But from where I stand – these medical crises, as experienced by our clients, require the epitome of urgent care.

That’s because the populations Project Open Hand has always served – our clients – are already marginalized. Their visibility is at risk or, perhaps, their invisibility is already in play.

Invisibility means slower access to diagnosis; it means research for these conditions receives less funding; invisibility means less access to medication and recovery.

Today, what we offer is the opportunity for you and others to support a movement that began here and remains unique to San Francisco.

The opportunity for you and others to ensure what “Ruth and her boys” began... caring for the marginalized – seeing the invisible – continues. **The opportunity for you and others to serve the critically ill**



in our community by providing a simple salve: nutritious food.

We need you to help tell our story. Remind others that deaths from HIV occur every day. That not everyone is safely covered by the healthcare system. That breast cancer has victims in Pac Heights and in the Bayview.

Remind people that Project Open Hand is still here. Still serving. Still vitally important to critically ill people who otherwise will slip through the cracks.

Still trying to hold back disease armed with nothing but a whisk and delivery van keys. Still managing to out-run death in an apron – and often in heels.

And we cannot do it without you.

Thank you.

Mark Ryle, LCSW
Chief Executive Officer

(Remarks delivered by Project Open Hand CEO, Mark Ryle, at the 2018 Hand to Hand Luncheon. Copy edited for space.)



Project
Open Hand
openhand.org

Project Open Hand's mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.

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Community

Volunteer Spotlight: Maleasa's Reunion

Maleasa wanted her 45th birthday to be special. She was seeking a place with meaning to celebrate this year's birthday. And this birthday was even more important, as she had planned a long-awaited family reunion with her father who she hadn't seen in over forty years.

Maleasa had previously volunteered at Project Open Hand through a Meetup group. But what she remembered most was a place where the peeling, chopping, and packaging ended up as life-saving meals in the hands of those who needed it the most. So on a day that was sure to be emotional, Maleasa, her two adult sons, Kris and Bill, and their grandfather came to the Polk Street kitchen for a special celebration.

The family toured the building, learned highlights of Project Open Hand's "secret sauce" to serving so many in San Francisco and Oakland from the Volunteer Services staff, and then suited up for a full-shift of volunteering.

They labeled hundreds of meal containers for clients suffering from chronic illnesses like diabetes and congestive heart failure, and prepped vegetables as sous chefs in the non-profit's industrial kitchen.

After their shift, the family enjoyed birthday cake with four candles – one for each decade the birthday girl had not seen her father.

It was a heartfelt reunion where they reminisced about Maleasa's brother who passed away tragically during the AIDS epidemic. Maleasa cherished the memories of the family circling around him for support and how they worked as a team to prevent the wasting disease that had taken so many of her brother's friends. Maleasa's brother left the world gracefully, held in the arms of a family that cherished him.

Project Open Hand Executive Chef Adrian Barrow assisted by Greg was honored to welcome the family for an afternoon of service, reunion and **"Meals with Love"**.



Interview and photos by Laura Garner,
POH Volunteer Coordinator



Project Open Hand Plate Clubs

Your gift makes a difference. In each issue of *MealTimes*, we give special acknowledgment to our supporters who have made gifts to Project Open Hand during the previous quarter (July 1, 2018, through September 30, 2018) and whose giving totals \$1,000 or more since July 1, 2018. If you have questions about this list, please contact info@openhand.org or 415-447-2300.

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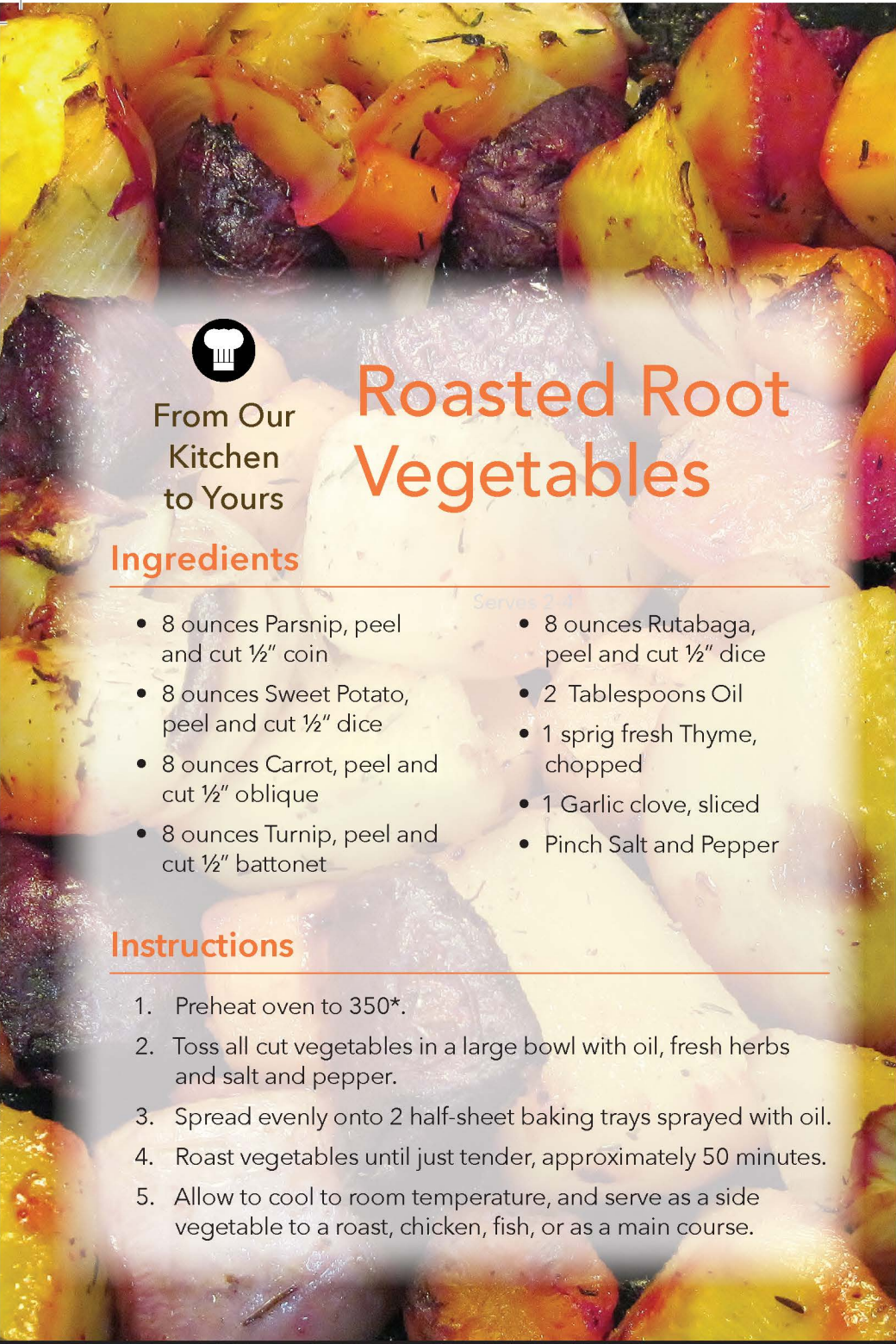
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From Our
Kitchen
to Yours

Roasted Root Vegetables

Ingredients

Serves 3-4

- 8 ounces Parsnip, peel and cut 1/2" coin
- 8 ounces Sweet Potato, peel and cut 1/2" dice
- 8 ounces Carrot, peel and cut 1/2" oblique
- 8 ounces Turnip, peel and cut 1/2" battonet

- 8 ounces Rutabaga, peel and cut 1/2" dice
- 2 Tablespoons Oil
- 1 sprig fresh Thyme, chopped
- 1 Garlic clove, sliced
- Pinch Salt and Pepper

Instructions

1. Preheat oven to 350*.
2. Toss all cut vegetables in a large bowl with oil, fresh herbs and salt and pepper.
3. Spread evenly onto 2 half-sheet baking trays sprayed with oil.
4. Roast vegetables until just tender, approximately 50 minutes.
5. Allow to cool to room temperature, and serve as a side vegetable to a roast, chicken, fish, or as a main course.



PROUDLY HONORING

Project Open Hand is thrilled to pay tribute to individuals and community partners who show exceptional support for our services throughout the years. This year's recipients include:



MOST OUTSTANDING COMMUNITY PARTNER 2018

Ghirardelli Chocolate Company, Patricia King

Recognizing Ghirardelli Chocolate Company as an exemplary community partner for their commitment to our sick and vulnerable neighbors. Ghirardelli partners with Project Open Hand as the sole beneficiary of their landmark Chocolate Festival, and the partnership has blossomed over the years. From providing teams of volunteers to package meals with love, to offering sweet treats for clients, Ghirardelli defines how a company can demonstrate a vital part of our mission, "caring for our community". Ghirardelli Chocolate Company's Vice President of Restaurant and Retail, Patricia King, joined Ghirardelli in March 2016, and brings more than 20 years of experience with prestigious retailers in North America. She currently serves on the Project Open Hand Board of Directors, contributing her time, voice and resources in support of the Project Open Hand mission.



RUTH BRINKER VISIONARIES 2018

Richard McAllister and Marie Crinnion

Recognizing Richie McAllister and Marie Crinnion for their work as philanthropists, volunteers and community leaders, touching countless lives throughout the Bay Area by delivering meals in the Tenderloin neighborhood of San Francisco for more than 25 years, and raising essential funds for AIDS Walk San Francisco. We thank Richie and Marie for their selfless dedication, generosity and contributions of time, energy and resources, ensuring that the mission of Project Open Hand continues.

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