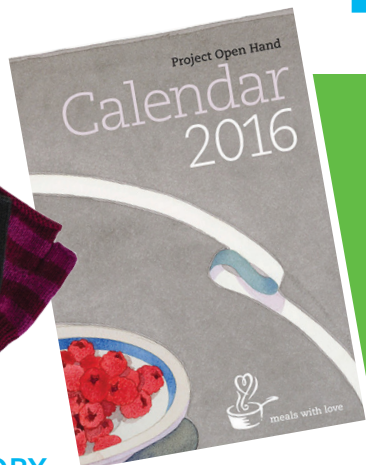


Meal Times

NEWS FROM
Project Open Hand



Fall Issue, No. 104



Great Gifts!

Holiday shopping just got easier! Find a gift for everyone on your shopping list by purchasing one of the many items in our online store. From greeting cards to sweatshirts, we have everything you need to make the season of giving a joyous occasion and support our mission at the same time! Don't wait — items sell fast! Shop now at <http://store.openhand.org/>

THERESA'S STORY

Less Stress, More Healing

For Theresa, finding out last year that she had breast cancer was upsetting enough. But discovering that she was not eligible for state disability benefits threw her life into total chaos. Despite being employed as an anthropology professor at two local colleges, she was not able to claim disability support because she held two part-time faculty jobs, instead of one full-time job.

“By the time I was heading into chemotherapy, I had exhausted my sick pay and had literally no financial resources,” said Theresa, who is a single mother with three children. “Getting healthy groceries for me and my children from Project Open Hand provided enormous financial relief. All the basics — milk, bread, eggs, and meats — I would never have been able to afford those on my own at that point. Project Open Hand saved us.”

“ALL THE BASICS — MILK, BREAD, EGGS, AND MEATS — I WOULD NEVER HAVE BEEN ABLE TO AFFORD THOSE ON MY OWN AT THAT POINT. PROJECT OPEN HAND SAVED US.”

I think one of the biggest benefits of getting food from Project Open Hand was that it lowered my stress level” she said. “I didn’t have to worry about whether my kids were going to eat. I would have given them food from my own plate rather than see them go hungry, but getting food allowed me to focus on healing. For that, I am so grateful.”

Theresa was diagnosed with breast cancer in December 2014 and was referred to Project Open Hand in February by a social



Theresa in our Oakland grocery center with Ralph, a volunteer

worker at a cancer support group at Summit Medical Center in Oakland. In addition to receiving healthy groceries, she met periodically with Project Open Hand’s nutritionist Jenna Lindamood, who provided strategies and recipes for eating well during cancer treatment.

“All of the wholesome, healthy foods we got every week made me certain I was eating right. It helped me focus on good food and move away from processed foods,” Theresa said. “The variety of groceries and the abundant fruits and vegetables were awesome. I was also impressed by the volunteers, who are so giving and dedicated to helping others.”

Theresa is happy to say that she is cancer free after completing her medical treatment a few weeks ago.

According to a study by the University of Texas Integrative Medicine Program, lowering stress, alongside medical treatment, may ultimately improve outcomes for cancer patients. Project Open Hand is proud to provide nutrition and counseling that support our clients’ medical treatment, reduce stress and improve their quality of life.



Project Open Hand

OpenHand.org

730 Polk Street
San Francisco, CA 94109
(415) 447-2300

1921 San Pablo Avenue
Oakland, CA 94612
(510) 622-0221

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.

EDITOR: Maria Stokes,
Vice President, Communications

DESIGN: Praise Santos, ComePlum

FOUNDER: Ruth Brinker

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Simon (left) with his husband, Jim, and sons, Spencer and Sairus enjoying a San Francisco Giants game.

SIMON'S LETTER

Much To Be Thankful For

As we prepare for Thanksgiving, I have been reflecting on what this time means for me and for Project Open Hand. Now in our ninth month as Co-CEOs of Project Open Hand, Mark and I have much to be thankful for.

We are most thankful for the trust placed in us to lead this incredible organization and set the vision for Project Open Hand's future. We are humbled by the support we've received from our volunteers, generous donors, board, staff and community partners. And, we are so fortunate to serve our clients and our community every day. We are also grateful to our families and friends for their love and encouragement as we navigate our expanded roles and responsibilities.

Having grown up in England, I didn't fully appreciate Thanksgiving when I first arrived in the states in the 1980s. I met my husband, Jim, during my first year in California, but we nearly didn't make it past our first Thanksgiving. We were traveling that holiday, I was vegetarian, and I couldn't understand his determination to find a turkey dinner. What was wrong with vegetarian Chinese food on Thanksgiving?

As our extended family grew to include our sons, their moms and respective families, as well as friends we met in our journey, it became much clearer to me what Thanksgiving is about: a celebration of the gifts we receive through family and friends and the unifying joy of sharing a meal. The act of preparing and sharing a meal is truly an act of love.

This Thanksgiving, Project Open Hand will deliver holiday dinners to more than 2,500 seniors and critically ill neighbors in our community. Your generous support enables us to share warm, nutritious meals with love and the spirit of the holidays with our clients, and each other. Thank you for all that you do.

Wishing you a warm and healthy holiday season,

Simon Pitchford, Co-Chief Executive Officer, Project Open Hand

FOOD = LOVE

HELP SPREAD THE
UNIFYING JOY OF
MEALS WITH LOVE

Donate now at
openhand.org



Priscilla (right) sharing a meal at the Telegraph Hill Neighborhood Center

PRISCILLA'S STORY

Happy & Healthy

In today's busy world, sometimes the energy to "get up and go" feels like it's gotten up and left. For 86 year-old Priscilla finding the motivation to get out and about every day comes from looking forward to visiting with friends and enjoying lunch provided by Project Open Hand at the neighborhood center near her home.

**"SEEING FRIENDS
AND EATING A
HEALTHY MEAL
GETS ME GOING
AND KEEPS ME
STRONG"**

"Seeing friends and eating a healthy meal gets me going and keeps me strong," Priscilla said. "The food is good and healthy, and I especially love the stews and spaghetti."

She added, "After lunch, I take care of things like doing my laundry and other errands, since I'm already on the go."

Priscilla moved to the Bay Area from Boston in 1956 and spent her career as a legal secretary. Today, she lives alone and is happy to be within walking distance of the neighborhood center where she participates in a variety of activities.

"It's so great having a place like this right here in my neighborhood," she said. "The staff and volunteers couldn't be nicer, and I like to talk and get to know the other guests. We're a very happy group."

Telegraph Hill Neighborhood Center offers a rich array of activities for seniors, many led by the seniors themselves. Drop by and you can find seniors playing dominoes or bingo, attending a lecture on good health, or participating in exercise and dance classes. The seniors also share a love of music: "When Ina plays the piano, it's such a treat. And John always plays the old favorites — songs that our age group really loves," said Priscilla.

DO YOU KNOW A
SENIOR WHO COULD
USE A HEALTHY LUNCH
AND GOOD COMPANY?

Visit openhand.org/seniors to find one of our 21 senior dining rooms in San Francisco.

CAULIFLOWER WITH A KICK

CAULIFLOWER AND HORSERADISH GRATIN

Serves 10 people

INGREDIENTS

3 ½ pounds cauliflower, trimmed,
cut into florets (about 8 cups)
6 tablespoons unsalted butter, divided
3 tablespoons all-purpose flour
2 cups half and half
7 tablespoons prepared white horseradish, divided
1 teaspoon white wine vinegar
Ground nutmeg
1 cup packed grated Fontina cheese (about 4 ounces)
½ tablespoon Dijon mustard
2 cups fresh breadcrumbs

DIRECTIONS

Preheat oven to 375 degrees.

Steam the cauliflower over boiling water until crisp-tender, about 9 minutes. Transfer to 13x9x2 inch glass baking dish.

Melt 3 tablespoons butter in a large saucepan over medium heat. Add the flour and stir 2 minutes (do not brown). Gradually whisk in half and half. Cook until sauce boils and thickens, whisking constantly, about 4 minutes. Mix in 5 tablespoons horseradish and vinegar. Season to taste with nutmeg, salt, and pepper.

Pour the sauce over cauliflower and mix to coat. Sprinkle cheese over the top of cauliflower mixture. (Can be made to this step one day ahead. Cover and chill.)

Make the topping: melt remaining 3 tablespoons butter in a medium skillet over medium heat. Mix in mustard and remaining 2 tablespoons horseradish. Add breadcrumbs; stir until crumbs are golden brown, about 9 minutes. Sprinkle over cauliflower. Bake until cauliflower is heated through, about 25 minutes.

This easy side dish recipe from Chef Kevin makes a great addition to your holiday table!



HIGHLIGHTS FROM

Toast & Jam

SEPTEMBER 26, 2015



The sun was shining and smiles were infectious at our inaugural Toast & Jam Brunch in the East Bay! Delicious food and generous donations made our champagne brunch a successful event in Oakland's beautiful Preservation Park. We love our East Bay community and this event was a wonderful way to toast and celebrate our 26 years of service in Alameda County, and share our vision for the future.



NOTES FROM OUR COMMUNITY

Dear Project Open Hand,

THANK YOU SO MUCH! I just finished receiving six weeks of meals from you all after returning home after major surgery (below knee amputation). I am able to cook for myself with more and more ease, but it was quite difficult when I first returned home. The DELIVERY PEOPLE were unerringly pleasant and prompt! The PHONE STAFF were awesome! The CHEFS and other food production crew were incredible! I chose the regular diet, partly to spoil myself with the beef, chicken, and fish I can't afford to buy daily on my social security income. Your recipes' inclusion of all the vegetables, brown rice, barley, and quinoa made the dishes so healthy! I usually would not eat the entire entree at one sitting since I supplemented with my own dessert. I saved all extras and froze them in plastic bags; I have many more portions still to eat! Thank you for going light on the salt and for all the spices and herbs. Ruth Brinker is smiling down at all of you from heaven!

Thank you again,
Keith D.

Dear Project Open Hand folks,

I've been donating to POH steadily for many years, having begun when I was still working full-time as an RN here in the city. Recently, I was on board a MUNI bus that was in an accident and sustained a back injury that had me laid up at home for a few weeks.

I received seven frozen meals from POH, each of which was enough for 2 or 3 meals for me. This was an enormous help as, at 68, I live alone and am legally blind.

Please pass along my thanks to all: the phone workers, those who prepare the meals (which were quite tasty), those who deliver the meals, and to everyone who keeps the program running. Your genuine kindness and warm professionalism are deeply appreciated.

I'm enclosing a donation check for \$100.

Happily, I'm almost back to my usual life again.

Sincerely,
Susan K., RN

**DID YOU KNOW APPROXIMATELY 15%
OF PROJECT OPEN HAND WELLNESS
CLIENTS ARE FIGHTING CANCER?**

PROJECT OPEN HAND Plate Clubs

CONNECT WITH US
OpenHand.org



In each issue of MealTimes, we give special acknowledgement to our supporters who gave \$1,000 or more during the previous fiscal quarter (July 1, 2015 to September 30, 2015). Your generosity enables us to provide nourishing food to so many of our neighbors. If you have questions about this list, please contact John McArdle, Senior Officer, Individual Giving and Operations, at jmcardle@openhand.org or 415-447-2413.

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\$100,000+

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TAKE PROJECT OPEN HAND TO WORK

Is your company conducting a United Way or employee-giving campaign? Project Open Hand would love to help inspire charitable giving at your workplace. Our staff can present at your offices, and we can host your employees as volunteers.

REQUEST a speaker by contacting Maria Stokes, mstokes@openhand.org or at 415-447-2426

LEARN more about group volunteer opportunities on our website at openhand.org/volunteer.

KAISER AWARDS \$478,000 FOR HIV NUTRITION RESEARCH



**KAISER
PERMANENTE®**

We are delighted to announce that our longtime partner, Kaiser Permanente, recently awarded \$478,072 to Project Open Hand to fund a new study about HIV and nutrition. Supported by this grant from the Kaiser Permanente National Community Benefit Fund at East Bay Community Foundation, we will be able to build on the findings of our Food=Medicine Pilot Study, which we conducted in 2014 and 2015 in partnership with physicians and researchers at the University of California, San Francisco (UCSF) AIDS Research Institute (findings of the pilot study will be released soon). This funding will enable Project Open Hand to further understand and enhance the impact of our nutrition on the health and well-being of neighbors who are battling HIV. Kaiser Permanente has been a generous supporter of Project Open Hand since 1986.

CALL FOR VOLUNTEERS

OUR ABILITY TO PROVIDE NOURISHING MEALS WITH LOVE TO OUR COMMUNITY IS MADE POSSIBLE IN LARGE PART BECAUSE OF OUR AMAZING VOLUNTEERS. WE ARE CURRENTLY LOOKING FOR HELP WITH OUR SENIOR LUNCH PROGRAM AND MEAL DELIVERY.

For all volunteer opportunities with Project Open Hand please visit openhand.org/volunteer.



DELIVER MEALS WITH LOVE Deliveries can be done alone or in pairs, walking or by car. On-call positions are also available. Help us deliver nutritious meals to homebound clients. We need volunteers for walking delivery and driving delivery (using your own car). Shifts start between 3:30 PM and 5:30 PM. To sign up for a shift, please email volunteers@openhand.org.



SENIOR LUNCH PROGRAM

Help create an inviting atmosphere for elderly neighbors by serving meals with a smile at one of 15 dining rooms across San Francisco. One-time groups of 3 to 6 volunteers are welcome. We are also seeking individuals to volunteer once a week for a six-month commitment. Learn more and get involved by emailing seniors@openhand.org.

