

# Meal Times

NEWS FROM  
Project Open Hand



Our 100th Issue!

OUR **100**<sup>TH</sup> ISSUE OF  
MEALTIMES

We're celebrating this milestone with a special look back at our favorite memories from newsletters past. See the back cover.



*Leon (right) receives groceries from Greg, a Project Open Hand volunteer.*

## LEON'S STORY:

### “Thank Goodness for Project Open Hand”

Leon has lived a full life. He has spent his years working in a variety of jobs, and though he's never been rich, he's usually had enough to provide for himself. Most recently, he worked as a driver for Mobility Plus, helping transport adults with disabilities around the Bay Area.

Now retired, Leon finds it challenging to buy the nutritious foods he needs to manage his diabetes. “After paying my rent, I don't have much left to buy good food – the fruits and vegetables that I need to eat right,” said Leon. “And because I receive Social Security, I can't get Food Stamps. The meat, fresh fruit and milk from Project Open Hand are just great. They're beautiful.”

This summer, Leon struggled to fight an infection on his foot, which spread quickly. Like many people with diabetes, Leon has challenges with circulation in his extremities, which makes it hard to fight infections. Ultimately, he needed surgery to amputate one of his toes.

After the operation, Leon's doctor recommended he apply for nutrition services at Project Open Hand.

“Getting healthy food from Project Open Hand has been really important for me as I keep on healing and try to keep my blood sugar down,” said Leon.

With Project Open Hand's recent expansion of eligibility to serve people living with diabetes, Leon was able to not only receive home-delivered meals immediately after his surgery, but switched to picking up groceries as his mobility improved. (Read more about our expansion in Kevin's letter.)

Today, Leon continues to strive to get his diabetes under control, knowing that good nutrition is a key factor. Each week, he picks up healthy groceries at Project Open Hand, a few blocks away from his studio apartment in San Francisco's Tenderloin neighborhood.

“This kind of good, fresh food is very necessary for people like me who are trying to stretch all of our resources. Thank goodness for Project Open Hand,” he said.

PROJECT  
OPEN HAND  
**ADDED 10+**  
**DISEASES TO**  
OUR WELLNESS  
PROGRAMS

READ KEVIN'S  
LETTER ON PAGE 2.



**Project Open Hand**  
meals with love

[www.openhand.org](http://www.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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# Kevin's Letter

## PROJECT OPEN HAND ADDS 10+ DISEASES TO WELLNESS PROGRAMS

This is our 100th issue of MealTimes. Thank you for all the great memories and accomplishments that you have made possible for Project Open Hand over the years.

As we celebrate this milestone, we are building on our history by preparing for the future. This summer, Project Open Hand took an important step by expanding eligibility for our Wellness Programs to more than ten additional disease diagnoses.

This expansion extends our full range of Wellness services – meals, groceries and nutrition counseling – to people living with diseases for which good nutrition is a key factor in medical treatment and sustained, stabilized and improved health. While Project Open Hand has provided nutritious, home-delivered meals for many years to people who are homebound due to a wide range of illnesses, groceries and pick-up meals were previously available only for people with HIV or breast cancer.

*Kevin thanks some of our dedicated volunteers in the Project Open Hand kitchen*



### PROJECT OPEN HAND WELLNESS PROGRAMS: ELIGIBLE DIAGNOSES

- ALS - LOU GEHRIG'S DISEASE
- CANCER, ACTIVE DIAGNOSIS
- END-STAGE RENAL DISEASE
- DIABETES
- END-STAGE LIVER DISEASE
- CHRONIC HEART FAILURE
- CORONARY ARTERY DISEASE
- CHRONIC OBSTRUCTIVE PULMONARY DISEASE
- HEPATITIS C
- HIV/AIDS
- MULTIPLE SCLEROSIS
- SERIOUS NEUROLOGICAL CONDITION/STROKE/PARKINSON'S
- AUTOIMMUNE DISEASE (E.G. LUPUS)
- RECENT MAJOR SURGERY

In addition to expanding eligibility, we are making our services consistent for all clients we serve, based on the severity of clients' symptoms and how our nutritious food mitigates those symptoms. As a result, some existing clients who are in good health will no longer be eligible for our services.

We will work closely with affected clients over the next several months to refer and transition them to other food resources, including our Senior Lunch Program for those who are over 60 years old.

Continually making best use of our resources is not only our responsibility to our clients and funders, it is also critical to preparing us for future demands. By continuing to expand who we serve, we are able to access new funding opportunities, which can strengthen our agency. This ultimately benefits all of our clients and our entire community.

I welcome your questions and comments. Please contact me by phone or email: 415-447-2462 or [kwinge@openhand.org](mailto:kwinge@openhand.org).

*Kevin Winge*



# Perfect Holiday Gifts for the People You Love

Spread the message of love and nourishment by purchasing your holiday gifts from Project Open Hand. All proceeds benefit 'meals with love' for our sick and elderly neighbors.

Check out our online store: <http://store.openhand.org>

- Food=Love Aprons and T-shirts
- Versatile tote bags
- Sturdy Sunglasses
- Beautiful 2015 calendar



## Volunteer During the Holidays

Sign up NOW. Shifts fill fast!

We offer a variety of volunteer opportunities, including preparing meals in our kitchen, working in our grocery centers or warehouse, delivering meals and serving lunch to seniors.

Come as an individual, with your family (age 15+) or with a company team.

Learn more at [www.openhand.org/volunteer](http://www.openhand.org/volunteer).



## Taste of the Season

BY JANE HONG, COMMUNICATIONS INTERN

Turn autumn's harvest into nutritious meals all season long. Follow these tips from our chefs on how to store, prep, and cook this season's freshest produce.

STORE



BROCCOLI



Wrap in damp paper towel and refrigerate up to a week

SWEET POTATO



Keep in cool, dark place for up to 2 weeks



ARTICHOKE

Refrigerate up to a week; avoid storing in a plastic bag

PREP

Cut into florets and slice the main stem

Wash thoroughly; the skin is edible, but peel if you prefer

Slice off tips of artichoke leaves

COOK

Steam or roast in the oven

Mash, grill, or boil for a healthy fiber-rich dish

Steam until leaves can be easily pulled off

EAT



Rich in fiber, minerals, vitamins A and C, and antioxidants

Provides vital minerals such as iron, calcium, magnesium, and potassium

A great source of folic acid, antioxidants, potassium, iron, and copper



# SPECIAL EVENTS



## Annual Gala

*save the date*

THURSDAY  
MAY 07, 2015

We're pulling out all the stops for our annual gala! We're moving our best and biggest event of the year (formerly the Hand to Hand Luncheon) to an incredible evening in May. Join us to celebrate 30 years of meals with love and support our vision for the future.

## Giant Race a GIANT Success

Thank you and congratulations to the 20,000 people who participated in the 2014 Giant Race Benefiting Project Open Hand. Special thanks to those who went the extra mile to fundraise more than \$320,000 for Project Open Hand. Check out photos from the Expo and Race Day, including Kids' Races and VIP Fundraiser Lounge on our website: [www.openhand.org/giantrace](http://www.openhand.org/giantrace).



## Open House at Open Hand

Join us on Thursday, October 23, 2014 at 5 pm for a behind-the-scenes look at Project Open Hand's San Francisco headquarters. We'll tour our kitchen, greenhouse and grocery center, as well as unveil our newest delivery van. RSVP to Hannah at [hlevinson@openhand.org](mailto:hlevinson@openhand.org), 415-447-2494.





# OUR 100<sup>TH</sup> ISSUE OF MEALTIMES

## FAVORITE MEMORIES FROM MEALTIMES PAST

Project Open Hand expands groceries program by taking over management and operation of the AIDS Food Bank



SPRING 1996

Project Open Hand begins serving lunch to seniors at community centers and churches throughout San Francisco.



SPRING 2004

Project Open Hand moves East Bay Grocery Center to its current location at 1921 San Pablo Avenue, Oakland.



SPRING 2007

PRESENT

1990

SUMMER 1991

FALL 1998

Project Open Hand moves headquarters to 730 Polk Street in San Francisco, consolidating operations from four business sites.



Newly Elected Mayor Gavin Newsom serves meals for our Senior Lunch Program.



100  
100  
100



## Send A Birthday Wish With Love

Sponsor a birthday cake so our sick and elderly neighbors know someone is thinking about them on their birthdays. For so many in our community, this is the only present they will receive on their birthday. Sponsor a \$15 birthday cake, and make someone feel special and celebrated. Visit [store.openhand.org](http://store.openhand.org).



## 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 Rachel Rubin, Assistant Director of Development at (415) 447-2413 or [rrubin@openhand.org](mailto:rrubin@openhand.org).

# PROJECT OPEN HAND Plate Clubs

CONNECT WITH US  
[www.openhand.org](http://www.openhand.org)



The following is a list of Plate Club donors who have made gifts to Project Open Hand from July 1 to September 1, 2014, and whose giving totals \$1,000. Their generosity enables us to provide nourishing food to so many of our neighbors. If you have questions about this list, please call Rachel Rubin, Assistant Director of Development at (415) 447-2413 or email [rrubin@openhand.org](mailto:rrubin@openhand.org)

**DIAMOND PLATE CLUB**  
\$100,000+  
Milan Milton Holdorf Estate

**GOLD PLATE CLUB**  
\$25,000 - \$49,999  
Gilead Sciences  
Wallis Foundation  
Walter & Elise Hass Fund  
Anonymous (1)

**SILVER PLATE CLUB**  
\$10,000 - \$24,999  
Robert and Dana Emery Family Foundation  
Adobe Foundation

**CRYSTAL PLATE CLUB**  
\$5,000 - \$9,999  
Mary Norris Preyer Fund  
Anonymous (1)  
Shabbir Anik  
Harold Crosby, Jr.  
Carmen McReynolds  
David Prouty  
The Tuma Family Trust

**BRASS PLATE CLUB**  
\$2,500 - \$4,999  
American Endowment Foundation  
San Francisco Pride Celebration  
VanLobenSels/RembeRock Foundation  
Wells Fargo Community Support

**CHINA PLATE CLUB**  
\$1,000 - \$2,499  
Community Thrift Store  
First Dollar Foundation  
Glenview Women's Club  
Kling Family Foundation  
Levi Strauss & Co.

Anonymous (2)  
Kay Andersen  
Richard Barth  
William Correia  
Jerome Dodson  
Diane Freeman  
Joseph Lacocca  
Peter Michael

Colin Mitchinson  
Linda Nanbu  
William Robinson  
John Sullivan  
Diane Wilsey  
Robert Youngs & Susan Cohen  
Shabbir & Ashrafa Anik  
Harold Crosby & Kenneth Johnson  
Kay & Benjamin Anderson  
Richard & Debra Barth  
William & Chris Correia  
Jerome & Thao Dodson  
Diane and John Freeman

## ADVOCACY CORNER

### 3 Reasons to Vote "Yes" on E

As an agency focused on nutrition and wellness, Project Open Hand encourages San Franciscans to vote "yes" on Proposition E, the tax on soda and other sugared beverages. Here's why:

**1** Poor nutrition contributes to obesity and poor health, and sugary drinks are a big part of this problem, according to the American Heart Association.



**2** The City's top economist says the tax could generate up to \$31 million in revenue annually, which will be dedicated to support nutrition, wellness and health education programs that empower people to make better choices about nutrition and exercise.

**3** At Project Open Hand, we see the effects of poor nutrition every day.

Some of our most critically ill clients come to us after years of eating poorly, often because healthy choices were not available to them. Fortunately, we also know how good nutrition and healthy lifestyles boosts wellness among seniors and the critically ill.

## SENIOR SPOTLIGHT

*"Coming for lunch every day and being part of this community is the number one highlight of our day. And, it's increasingly important as we age." - Steve and Ken, together for over 27 years and clients of our Senior Lunch Program for more than 10 years.*



Learn more about our  
Senior Lunch Program  
[www.openhand.org/seniors](http://www.openhand.org/seniors)