

Meal Times

NEWS FROM
Project Open Hand



Issue No. 101

PROJECT OPEN HAND
PRESENTS

Taste OF THE City

Feast with Friends,
Nourish Your Neighbors.
Buy tickets now for our all new
Taste of the City gala on May 7.
See page 4 for details.

XUE JUAN'S STORY

Nourishing Our Diverse Community

BY JANE HONG, COMMUNICATIONS INTERN

Xue Juan emigrated from China to the United States seven years ago, inspired by a wonderful visit with family in San Francisco. She was drawn to the City by the Bay for its friendly, welcoming environment.

But when she was diagnosed with cancer in 2013, Xue Juan felt like a newcomer in a foreign country all over again — isolated and lost, struggling to navigate her path to wellness.

While searching for information and resources in the community, a Project Open Hand flier caught her eye.

"It was like something came down from heaven," Xue Juan said, looking upward. "Project Open Hand came at a really critical time when I needed help. I'm really lucky."

Xue Juan started with home-delivered meals, which she received during her cancer treatments. Once she felt well enough to return to her job as a pharmacist, she switched to weekly groceries, which enabled her to continue to eat right and helped relieve some of the burdensome financial pressures her family was experiencing.



Our multilingual caseworker, Grace Wong (left), helps client Xue Juan connect with our services, and also provided translation assistance for this story.

SÍ, PUEDO HABLAR ESPAÑOL

Project Open Hand strives to provide multilingual and culturally-sensitive assistance to our clients. Our Wellness Program staff speak English, Mandarin, Cantonese, Russian, Spanish, and American Sign Language. Volunteers who speak Vietnamese also help us communicate with clients.

"I felt that everyone around me was established, and I was the only one struggling with monthly expenses," she confessed. "I was feeling so much pressure that I had to think really hard before buying anything."

Still acclimating to life in the United States, Xue sometimes struggles to communicate in English. She says her feelings of fear and loneliness dissipate when she comes to Project Open Hand. Because our bilingual caseworker Grace Wong speaks Mandarin Chinese, Xue finds it easier to discuss her needs and challenges. Her sense of ease and comfort is apparent whenever Xue enters our Grocery Center with her bright smile and grateful heart.

"After I moved to the United States, everything started from zero — including my well-being," Xue Juan said. "What really helps when I come to Project Open Hand is that there is no language barrier. I feel really comfortable."



Project Open Hand

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 (left) spends a morning working side-by-side with volunteers in our kitchen.

made the decision to step down as executive director of Project Open Hand, effective April 3, 2015, so I can return to Minnesota and be with my family.

I am very proud of what we have accomplished at Project Open Hand since I joined the agency three years ago. With your support, we have transformed Project Open Hand into a stronger agency, clarifying our mission and vision and taking great strides to ensure the organization is not only sustainable, but also able to grow and succeed in the future.

The Board of Directors is actively developing a leadership transition plan which will be communicated before my departure. We are fortunate that Project Open Hand has dedicated and experienced senior leadership, staff, board and volunteers – as well as supporters like you – who will ensure that the organization continues to thrive during this time of transition and beyond.

Working at Project Open Hand has been one of the best experiences of my career. It has been an honor to be part of an organization that has changed how communities take care of some of our most vulnerable neighbors. I know I am a better person for having worked here.

Kevin Winge

Feeling the LOVE from our community

THANKS TO YOUR SUPPORT AND GENEROSITY, OUR CLIENTS AND VOLUNTEERS FEEL THE LOVE FROM PROJECT OPEN HAND EVERY DAY



"Healthy food from Project Open Hand has literally saved my life."
– JEFFREY



"I am always in awe how this entire operation works and am eternally grateful. Thanks again for the card and especially the wonderful food!"
– KEVIN



"Project Open Hand has made a real difference in my life. Sometimes when I come to the Grocery Center, I'm not in a happy mood or something has come down in my life. But when I get up to the counter, the volunteers always have a big smile and ask, 'How are you doing today?' That makes me feel so good inside." – CAROL



Tackling Health Care Disparities in the East Bay

When a recent study revealed that women of color in Oakland are 40% more likely to die of breast cancer than their Caucasian counterparts, we knew we needed to act. This disparity is largely due to lack of access to services, so we're using our food and nutrition services as a "bridge to care" for women of color with advanced-stage breast cancer.

Our aim is to attract and engage these women in care by offering our free, high-quality nutrition services, since so many are not only sick, but also food insecure. When they visit with us weekly or daily to pick up meals or groceries, we will connect them with health care service providers in our community.

We also launched an outreach campaign in the East Bay last fall, contacting 30 health care clinics that serve low-income residents. Our goal is to keep Project Open Hand top-of-mind among health care providers who can refer clients living with HIV/AIDS, breast cancer, diabetes and other diseases that disproportionately impact communities of color.

We know we can't do it alone. In November, Project Open Hand joined several East Bay social service agencies to explore opportunities to improve access to services for low-income residents.

"By working together, we can more effectively engage our most vulnerable and at-risk neighbors so they can get the health care services they need," said Marsha Martin, founder of Get Screened Oakland, who helped coordinate the November gathering of community partners. "Project Open Hand's healthy meals and groceries are an important part of the community response – using the basic necessity of daily food, we're able to attract and engage people in need and build better connections to medical, psychological and social supports."

Growing Our Senior Lunch Program

20,000 MORE MEALS FOR SENIORS IN 2015

Did you know that a majority of Project Open Hand's clients (55%) are served through our Senior Lunch Program?

During our last fiscal year, our Senior Lunch Program served 347,630 meals with love. We continue to improve our menus to meet seniors' nutritional needs and tastes, knowing that for many of our senior clients, lunch with us is their only substantial meal of the day.

We continue to grow and enhance how we serve seniors and recently added two new senior lunch sites in northwest San Francisco, including a dining room at a facility that focuses on veterans. As a result of this expansion, we will serve another 20,000 nutritious meals to seniors this year.



"I come most days for lunch. I enjoy the food and the company. After lunch, I swim at the city pool across the street. Being active and eating right are really important for my health."

– Steven

Making A Difference

There are so many ways to get involved with Project Open Hand, as demonstrated by our supporters Tim and Gail. Every Wednesday, Gail home-delivers meals to our clients in San Francisco's Tenderloin neighborhood. Her husband, Tim, serves on our Board of Directors and four Board-level committees. Gail and Tim support Project Open Hand as participants in the Giant Race and as donors in the Brass Plate Club.

WHY DO YOU SUPPORT PROJECT OPEN HAND?

Gail and Tim: We live in the city and believe it is our duty to support our neighbors and our communities. We support Project Open Hand's mission and respect the agency's history and its leadership. We feel good about the work we do, and POH makes us feel appreciated.

HOW DID YOU FIRST GET INVOLVED?

Gail: When we first moved to San Francisco about five years ago, we were quite affected by the homelessness and hunger situation in the Tenderloin and SoMA. We wanted to deliver or serve meals and found Project Open Hand online. POH is very open to new volunteers, and I was invited to attend a volunteer training right away. So, immediate engagement was very important.

Tim: After accompanying Gail on her delivery route, I was interested in doing more to support Project Open Hand. I have a background in finance, so joining the Board and sharing my professional skills was a good way for me to get involved.

PLEASE SHARE A MEMORABLE EXPERIENCE YOU HAVE HAD AS A POH VOLUNTEER.

Gail: I had a client on my delivery route who, like me, was really into music. He loved to hear me share stories about live shows I went to, as he could rarely get to gigs due to his health. After I got to know him, he shared his art with me and gave me a music-themed painting of my choosing. It warmed my heart that he wanted to do something for me and I will never forget him. I also have a warm spot for my clients with animals. Animals are so therapeutic. I bring treats to the pets of my regular clients and they always appreciate it.

WHAT DOES 'MEALS WITH LOVE' MEAN TO YOU?

Gail: It means caring about clients. 'Meals with love' means that we don't simply deliver meals. It's something that I've tried to embody when I'm volunteering. I always take the time to ask clients how they are doing and chat if they are in the mood. I take the time to get to know them. I want them to know that I support and care for them.



SPECIAL EVENT

Taste OF THE City

As Project Open Hand's signature benefit, the ing culinary experience that brings those with Francisco's finest chefs' tables. Guests will mix & mingle d'oeuvres and cocktails before departing in their chauffeured ride to one of the city's finest restaurants. Guests will enjoy an exclusive chef's table-style dinner paired expertly with wine. After dinner their chauffeured rides will whisk them back to City Hall for dessert, drinks and to dance the night away! tasteofthecity.openhand.org

MAY 7, 2015

5:30 PM - MIDNIGHT

inaugural Taste of the City is an exciting appetite for philanthropy to San at City Hall, enjoying delicious hors

The following is a list of Plate Club donors who have made gifts to Project Open Hand from October 1, 2014 to December 31, 2014, and whose giving totals \$1,000 or more since July 1, 2014. Their generosity enables us to provide nourishing food to so many of our neighbors. If you have questions about this list, please call Robert Brenneman, Interim Director of Development at (415) 447-2410 or email rbrenneman@openhand.org.

DIAMOND PLATE CLUB**\$100,000+**

Anonymous (1)

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

John Frey & Jane Letourneau

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

Anonymous (1)
Estate of Leonie J. Darwin
Gap Foundation
William G. Gilmore Foundation
Macy's, Inc.
Susan & Nicholas Hellmann
James C. Hormel

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

Anonymous (2)
Folsom Street Events
John & Marcia Goldman Foundation
George Frederick Jewett Foundation
Project Inform
Safeway Incorporated
George H. Sandy Foundation
Under One Roof, Inc.
Adrian & Daniel Blumberg
Bruce Colman
Terri Hearsh
Estate of Milan Milton Holdorf
David Jacobs
Farhad & Flora Khosravi
Neil Mac Phail
Wilda & Lowell Northrop, III
Dr. Vernon Oi & Mrs. Jane Oi
Jane & Richard Peattie
Onnolee & Orlin Trapp
Joan Webb

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

Credit Suisse Americas Foundation
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BRASS PLATE CLUB**\$2,500 - \$4,999**

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Daniel Scales
Renee & Philip Seay
Lee & Perry Smith
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Gina Wellmaker
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Scott Willoughby

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

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Andrej Zervan & James Mercer
Denise & Joseph Ziony
Matthew Zito

Anatomy of a Project Open Hand Meal

When we say “Project Open Hand’s food is medicine,” we say it with confidence because nutrition science is at the foundation of every meal. Our registered dietitians work closely with our chefs to build meals that are nutritionally balanced, satisfying and nutrient-dense. As a result, our meals are like medicine that support clients’ medical treatment and positively impact their health. Our dietitians also meet one-on-one with our clients to counsel them about how to feel better by eating right.

PROTEIN

Essential for maintenance of muscle tissue and the immune system

WHOLE GRAINS

- Important vitamins and minerals
- Good source of fiber
- More satisfying and filling than processed grains
- Contributes plant-based protein and disease-fighting compounds

LOTS OF LOVE

A NOTE ABOUT SODIUM

Our meals contain 700 mg of sodium. We strive to keep sodium content low while maintaining good flavor.

VEGETABLES (2 SERVINGS)

- Chock full of essential vitamins and minerals
- Good source of fiber
- Powerful plant compounds to fight and prevent cancer and inflammation
- Nutrients support the immune system

OILS AND FAT

We use olive and canola oil in our meals, which are helpful in controlling high cholesterol. Our meals meet USDA recommendations of 20-35% of calories from fat.

Project Open Hand offers several meal types to meet a wide range of nutritional needs and preferences. With our recent expansion of eligible diagnoses, we added two new meal types this month to meet the needs of a growing number of new clients:

- “Renal” meals are designed to meet the dietary restrictions for clients on hemodialysis, with renal failure or a medical condition requiring a low-sodium diet.
- “Diabetic” meals in which care is taken to control saturated fat and keep a consistent carbohydrate level for clients with diabetes, glucose intolerance, metabolic syndrome or desire to lose weight.

OUR MEAL TYPES

- Regular (heart healthy)
- Mechanical soft
- Bland/nut-free
- Non-dairy
- Vegetarian
- Renal (new!)
- Diabetic (new!)