What’s New at MAMA’S KITCHEN?

As we wrapped up the past year, Mama’s Kitchen celebrated the growth and expansion of our mission and recognition of food as medicine. With a small set of paid staff, it is no surprise that we rely on our wonderful volunteers to keep our mission thriving. Nancy Janus, a valued volunteer of over 17 years, speaks to the dedication our volunteers have to the mission of Mama’s Kitchen.

In her career as a registered nurse, Nancy experienced the severity of the HIV epidemic as it unfolded. Distraught by the impact of this horrible disease, Nancy naturally saw Mama’s Kitchen as a perfect fit to be involved with a community that she valued dearly.

Each Friday morning, Nancy volunteers at the reception desk – answering phone calls, greeting visitors, and providing general office support. Throughout her time here, Nancy has seen Mama’s Kitchen serve more clients, expand its mission, and strengthen outreach within the community. She finds that “it is wonderful to be able to serve more clients and help more people. I believe the mission is still the mission, and the goal is still the goal.”

As we transition into the New Year, we embrace these new opportunities to improve the lives of those that are affected by HIV, cancer, or other critical illnesses. Thanks to volunteers like Nancy, we remain steadfast in supporting the nutritional needs of our neighbors working towards better health.

We want to recognize Nancy, not only as a valued volunteer, but as a compassionate and generous donor who makes our day-to-day tasks feasible. Nancy and her late husband, Tony, were generous supporters of our capital campaign. Nancy is currently a Bread and Butter monthly donor, and an incredible donor of time who makes our work possible.

Nancy sees her time at Mama’s Kitchen as valuable, and says, “I love my Friday shift. I love the people who work here. Coming here is not only a destination, it is an event.”

We can all agree that Nancy admirably embodies the values and mission of our organization with compassion and wit. We are grateful beyond measure to have Nancy in the Mama’s Kitchen family and we look forward to every Friday shift where she welcomes us with a warm smile.

MESSAGE FROM THE EXECUTIVE DIRECTOR

Gratitude: The holidays are over and we experienced the glowing wake of extraordinary expressions of generosity as the year came to a close. We are grateful for your year-end contributions in support of the mission of Mama’s Kitchen. These contributions provide nutrition education, medically appropriate home-delivered meals, and pantry services.

Medi-Cal Pilot Project: 2018 will see the implementation of an exciting pilot project funded by the State of California that will serve people living with congestive heart failure (CHF). Specifically, this nutritional intervention will focus on Medi-Cal patients with a diagnosis of CHF who have been in the Medi-Cal program for at least one year. The intervention will include a minimum of 12 weeks of home-delivered meals that are medically tailored. It will also include intensive nutrition counseling and education by our registered dietician.

This project is being implemented in collaboration with five other nutrition service providers in California. It has been a joy to work with the leadership of Project Open Hand (San Francisco), Ceres Community Project (Sonoma County), Project Angel Food (Los Angeles), The Food Trust (Marin County), and Food for Thought (Sonoma County).

This project’s goal is to demonstrate that the provision of medically tailored meals will improve health and wellbeing of participants and, in doing so, reduce the number hospital readmissions, emergency room visits, and the length of hospital stays. Over the course of the pilot project – three years – we anticipate serving an estimated 150 people living with the challenges of congestive heart failure.

Dr. Mathilde Krim, a crusader against AIDS from the early days of the epidemic, passed away on January 15, 2018. Not only did she fight AIDS, Dr. Krim also fought for the civil rights (continued on back page)
We are thrilled to announce that we met our 2017 pie sales goal! Thank you to all who donated! The $137,000 raised will provide over 47,000 MEALS FOR OUR CLIENTS!

MESSAGE FROM THE EXECUTIVE DIRECTOR continued

of people living with AIDS. According to an article in the New York Times, “she became America’s foremost warrior in the battle against superstitions, fears and prejudices that have stigmatized many people with AIDS, subjecting them to rejection and discrimination.” She was a voice of knowledge and compassion at a very critical time in the AIDS epidemic. Dr. Krim was 91.

Alberto Cortés, Executive Director

Thank You

Due to space limitations, we are unable to recognize our generous donors and Legacy Club members in the print version of What’s Cooking, but please see the digital version on our website. Our mission would not be possible without your support, so Thank You Donors!

Corporate Highlight

Mama’s Kitchen is proud to receive a $5,000 grant from The Elizabeth Taylor AIDS Foundation (ETAF) in partnership with Macy’s. This gift will be used to purchase food for our HIV Nutrition Program. Our program provides 100% of recommended daily nutrition directly to clients’ doors, and food is our program’s largest expense.

ETAF was established by the legendary actress, Elizabeth Taylor, in 1991 to provide grants to organizations offering direct care to people living with HIV and AIDS. The foundation focuses on supporting marginalized communities and has expanded its support to innovative HIV prevention, education, and advocacy programs.

Mama’s Kitchen would like to thank Stater Bros. Charities for their generous $3,000 “Harvesting Hope” grant. Throughout the months of November and December, Stater Bros. Supermarket accepts donations at the check stands to be distributed to Southern California nonprofit organizations. This year, Stater Bros. Charities donated over $500,000 to qualified food banks and feeding programs through its giving campaign.

Stater Bros. Charities
Caring For The Communities We Serve

Letter from a Client

“Without Mama’s Kitchen I wouldn’t be alive. I’ve been sick so very much since my husband of 20+ years died; I am not so much that woman any longer. By myself completely-disabled, left knee broke, right wrist broke, degenerative disc disease (5 discs removed), with HIV barely above AIDS. I’ve lost 49 pounds. Without my food I will die. I’m not the one to give up now. Thank God for my food, each time I can eat. Thank you Mama’s Kitchen for all that you do for me every day”
— Mama’s Kitchen Client

REMEMBERING THOSE WHO’VE PASSED

Our deepest condolences to the families and friends of Robert P., Edward M., Kelly M., Katrina V., and Sterling B.
Our mission would not be possible without the generous support of our donors. We are grateful for gifts of any amount – they all add up. The following list includes donors of gifts of $100 or more during the months of October – December 2017. THANK YOU!

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LEGACY CLUB

Mama’s Kitchen wishes to recognize the members of our Legacy Club. These individuals have provided for Mama’s Kitchen in their estate plans, and we are most grateful for their dedication to our mission. If you would like to learn more about including Mama’s Kitchen in your will or trust, please contact Ben Coyle, Director of Development, at (619) 233-6262 x112.

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** Indicates a gift has been realized.