

Meat #times



Cover Story

The Benefit of Nutrition Guidance

Robert has a question about mushrooms. He wants to incorporate it into his diet, but he needs them to talk to his nutritionist first.

"I bounce a lot of stuff off of Kristi because I have this mushroom thing that I want to do for brain health.," Robert said. "I pretty much go with whatever she says, because she knows what she's talking about."

Having a nutritionist to guide your diet could cost hundreds of dollars per consultation. But in Robert's case, it's different because he is a client of Project Open Hand and meetings with a Registered Dietitian Nutritionist here are free of charge for clients.

"I'm very fortunate to have something like this. I try to take advantage as much as I can what the nutritionists here offer," Robert said.

Robert grew up on the Hawaiian Island Oahu during the 1970s. He spent time in Waikiki and Kailua. He and his family then moved to Piedmont, California after his freshman year of high school in the 1980s.

After high school, he moved with his family again and settled in San Francisco's Hayes Valley neighborhood.

Robert struggled with addiction for years and experienced homelessness.

In 2012, he received news that changed his life - he tested positive for HIV. "A

"I'm very fortunate to have something like this."

- Robert, Client

little bit of disbelief" Robert said. "But, It connected me with people who are important to my life now."

Robert knew about Project Open Hand through his partner, who was also a client. He signed up after he was referred by a medical provider.

"I was still in addiction pretty bad then. I didn't have the ability to make sure I was eating properly and stuff like that. Project Open Hand really helped me early on in my HIV to maintain some sort of weight," Robert said.

"I started to focus on getting better, and in order to do that you have to have a good diet." He credits Kristi for helping him stay healthy with a proper diet. He said he can talk about anything - weight issues, individual eating trends.

"I like to be able to bounce things off her before I jump in on something that might be harmful to my health and my HIV status."

In fact, with a mix of a good diet and medication he recently raised his T-cell count from 300 to 540.

"Robert comes into the grocery center every week, and we often have the opportunity for a quick chat about what he's cooking for dinner, what he found at the farmers' market this week, or nerd out on cool nutrition topics like nutrient quality

of different types of culinary mushrooms. Connection with our team of RDNs provides a more whole person approach to nutrition services, beyond simply the groceries and meals we provide to clients," Nutrition Services Manager Kristi Friesen said.

Not only is Robert's health better, but he also improved his personal life.

He lives in the Tenderloin Neighborhood of San Francisco and is heavily involved in the recovery community.

He is also taking classes at the City College of San Francisco with the goal of becoming a social worker.

"I'm eternally grateful for what POH has done for me and done for the community. I hope one day I can give back in a way that is substantial. Thank God that there are resources like this for the people that need them," Robert said.

by Marcus Tolero,
Marketing and Communications Manager



Paul's Letter

The Secret Ingredient

Dear Friend,

We don't just provide food. No. Quite often, Project Open Hand is categorized as a food pantry or a place where you can get a free meal.

While services like these are vital in the Bay Area and help address Food Insecurity amongst the most vulnerable and underserved, it's important to understand what we provide to the community.

Yes, we provide meals to those who need them. But we are so much more than that.

Our clients have to be referred to us by a medical professional, and once they are, it opens a door to what we call our "Nutrition Intervention Services."

This means access to healthy groceries and balanced meals, and life-saving food delivered or shipped right to their home.

But what sets us apart is our team of registered dietitian nutritionists (RDN).

Behind every item we offer in our grocery centers in San Francisco and Oakland, behind every ingredient we put into our medically tailored meals, you can be certain that our RDNs put their stamp of approval on them. Why? Because all of our clients have different dietary needs depending on their condition.

I would change to this day: No matter which disease, the groceries and meals you will receive from Project Open Hand have been approved by our RDNs as being medically appropriate for your diagnosis.

Our RDNs also provide counseling sessions. That means our clients have the opportunity to meet one-on-one with an RDN to discuss their nutritional needs and health.

As our cover story client Robert said, "I'm very fortunate to have something like this," from a nutritionist.

Last year, we conducted 1,970 nutrition counseling sessions with our clients - free of cost.

Our RDNs put in so much time and effort to ensure our clients and community members receive the very best in nutritional care.

That's why Kim Madsen, our former Director of Nutrition Services who is featured in the Spotlight section, spent more than 23 years with us trying to "problem solve with our clients" so that they can live healthier lives.

Our RDNs, and the entire kitchen staff who work closely with them, are the magicians behind what we do. They are our secret ingredient.

They are the reason why I can tell you that our Meals Do Heal. You make this possible. Thank you!

Paul Hepfer
Chief Executive Officer

Hand to Hand Another Success! What Does Moving Forward Mean?

Thank you to everyone who attended our 30th Annual Hand to Hand Gala at The Hibernia in San Francisco on Friday, December 9th.

This evening's event raised **over \$330,000** because of your kindness and support of our mission to provide meals that heal.

This year's celebration included multi-levels of entertainment, experiences, music, unique live auction items, a fund-a-need, and local fare inspired by Bay Area chefs.

Spencer Day, DJ Airsun, and Project Open Hand's very own Client Engagement Specialist, Joe Wicht, provided the musical entertainment, while Emcee Shawn Ryan kept the audience engaged with his energy and witty humor.

A special thank you to all of our event sponsors for helping us put on the new *Hand to Hand* experience.

Thank you to our community partner, The Bread Project, for partnering with us on this amazing event.

We can't wait to see you again next year for #HandtoHand.



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Project Open Hand

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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FOOD=LOVE



Community

Spotlight: I Always Loved Nutrition.

"I've been here for so long and I worked with so many people. I have incredibly fond memories with the people I worked with, especially in the beginning."

Kim Madsen's career at Project Open Hand began over 23 years ago. But for the real beginning of her career in nutrition, you'd have to go back to when she was a high school student in her hometown of Sherborn, Massachusetts.

During those formative years, Kim was already eyeing the field of nutrition for her career. "I wanted to be involved in the field of nutrition in high school. I always loved nutrition and loved the sciences. I just remember being a teenage girl and I wanted to know about why things worked. How it worked. Was it good. Why it didn't. That peaked my interest in nutrition," Kim said.

Thinking about college, she wanted to apply to a school that had nutrition/diet-tech programs to become a dietitian so she enrolled at the University of Vermont. After graduation, she worked at various hospitals in Boston as a diet tech before applying to Birmingham State College where she received her Master's degree as a registered dietitian.

Kim moved to the San Francisco Bay Area in 1991 and found work at Mount Zion Hospital. During that time, the HIV/AIDS epidemic was at its height.

"We had a whole floor for hospitalized AIDS Patients. At the time it was pretty dire. That was an amazing field to be in as a nutritionist because there was so much we didn't know."

She also had friends who were dietitians. They were also looking at nutrition as a way to help those diagnosed with HIV/AIDS. They worked at Project Open Hand.

In 1999, these same friends told her about a dietitian position within the newly formed senior nutrition program. Kim applied and accepted the role to provide oversight for the Senior Nutrition Program.

As her career continued, her role expanded, and she began to work with clients in the Wellness Program. "I have to say, working down in the grocery

center and working with our clients in the Wellness Program was the most rewarding and growth I have ever had in my career."

"I love how to problem solve with folks to help them better their health, given all the obstacles and barriers they have to get there. They may not even have a fridge, or just a rice cooker to cook their food."

Kim continued to make an impact within Project Open Hand. She helped lead the

Kim said. "It's part of what we do now."

As the years went by, Kim continued to guide Project Open Hand as the Director of Nutrition Services. In this role, she guided the development of menus for clients, provided nutrition analysis, and made sure all meals stuck to MTM guidelines.

But every beginning has an end. After 23 years, as the next step in her career, Kim will be a nutrition care manager at Ceres Community Project, a Project Open Hand partner in the California Food is Medicine Coalition.

"I worked with some of my most favorite people in this world. People are here because they want to be here. It attracts a certain type of person. Our dietitians, they can make a lot more money elsewhere, but they are here because they want to be." Kim said. "I'll miss the people here ... and some of the great work that they are now doing."



implementation of medically tailored meals (MTM) in the mid-2000s.

She shared what was most important about this: "Bringing the MTM to Project Open Hand and working with the kitchen. The best part was successfully bringing in new diets that were medically tailored. The chef at the time was able to get a renal menu. Nobody really had that type of meal in the city for people who were on dialysis,"

by Marcus Tolero,
Marketing and Communications Manager



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* Designates members of The Supper Club, Project Open Hand's monthly giving program.

To learn more about The Supper Club, visit: openhand.org/give/supper-club.



From Our Kitchen to Yours

Tuna Salad

Ingredients

- 1 can of tuna in water, drained
- 1/4 cup unsweetened yogurt
- 1 tbsp. lemon juice (optional)
- 1 small pear, chopped
- 1 stalk celery, finely diced
- 1 small carrot, grated
- 1 tbsp. fresh or dry parsley
- Salt & pepper to taste

Instructions

1. Drain tuna. Add to a bowl with chopped pear, celery, and carrot.
2. Add yogurt and lemon juice.
3. Add herbs and spices. Stir together. Serve on slice of whole wheat bread, in a whole wheat pita, or on whole grain crackers.

Note: Lemon juice is not required. Using it will make end product thinner and make the fish taste more subtle. Adding a tablespoon of mustard in place of lemon juice works as well.

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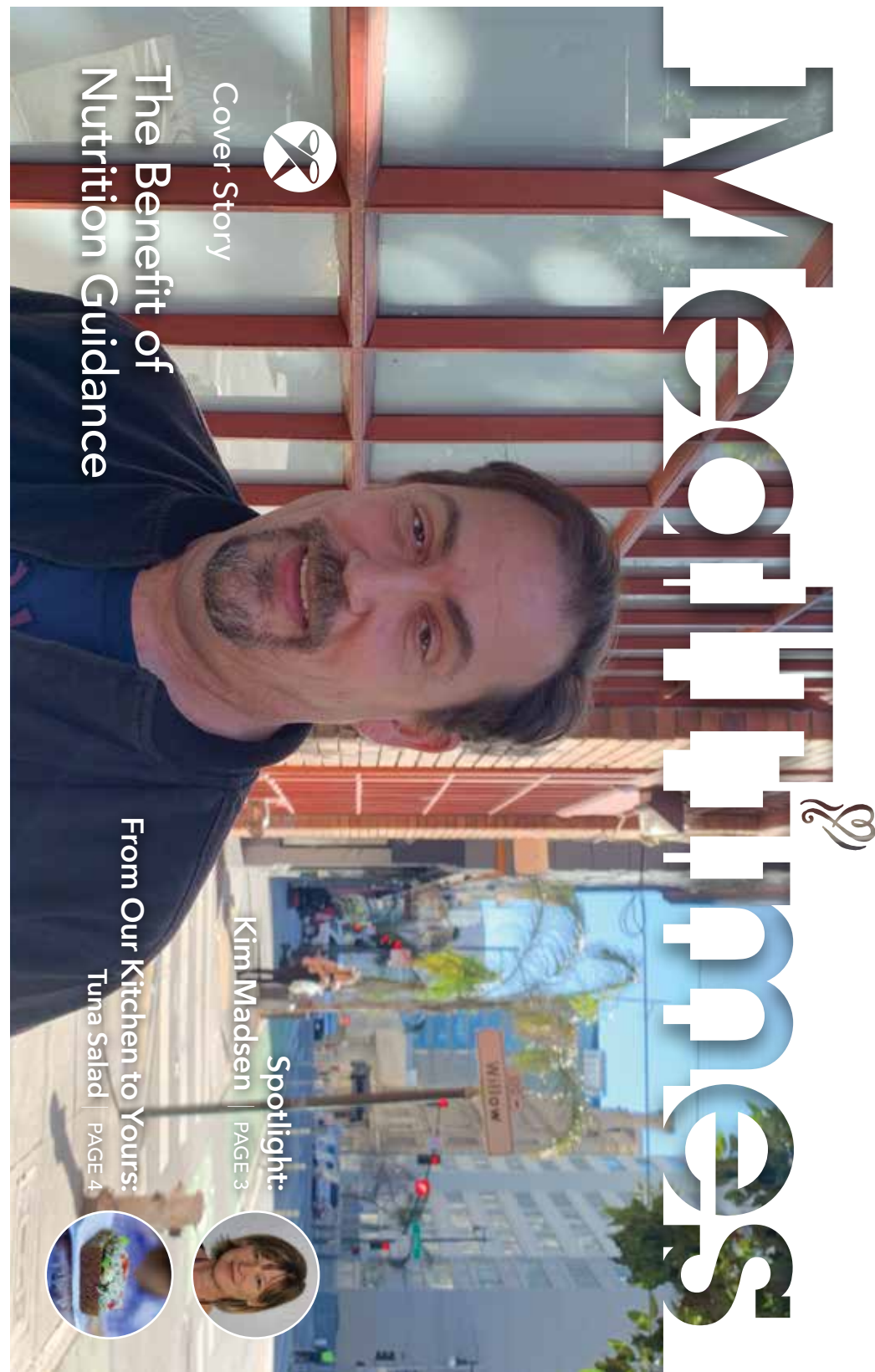
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