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HUMAN RESILIENCY ON THE EASTERN SHORE

By Transportation Manager, David Rutkowski

Some of my favorite clients are those on the Eastern Shore. They seem to be the poorest of the poor that we serve. But their spirit, personality and perseverance in the face of some of the most rundown and unsanitary conditions could soften the hearts of the most judgmental people in our society.

Even after little over a year as Moveable Feast's Transportation Manager, my experiences on the Eastern Shore continue to open my eyes. Mr. W, for example, lives behind a home in a shed with a microwave oven and a mini-fridge that we gave him. The only thing I ever see in that fridge before we bring his meals are 2 bottles of water. Another client, Mr. P, is blind and living alone. He always has a huge smile on his face and a warm greeting, happy to have someone to chat with for a few minutes when we show up at his door. When I see the roaches in his kitchen as I put the food in the refrigerator, I can't escape the feeling

that, if I ever had to live like this, maybe it would be a blessing to be blind.

I am humbled by the resilience of these men and women. Leaving each client with food for the week, I usually tell them to, "Take care!" Recently, a client called back, "No...YOU take care. We need you."



David – proudly delivering food and hope.

5 DATES FOR YOUR CALENDAR

NOV 28: Thanksgiving Day deliveries. Volunteers needed.

www.mfeast.org/volunteers

DEC 1: Ride for the Feast 2014 registration opens.

www.rideforthe Feast.org

DEC 3: #GivingTuesday, a national day to use your money for good.

www.givecorps.com

DEC 5: Living Red Ribbon event at Morgan State University.

www.mfeast.org

DEC 25: Christmas Day deliveries. Volunteers needed.

www.mfeast.org/volunteers

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GIVE THROUGH WORK #6574





NEWSLETTER FALL 2013

FEED people | FIGHT disease | FOSTER hope



REACHING BROADER POPULATIONS: Read how your support is bringing life-saving food to even more chronically ill Marylanders across the state.



GIVING PROSTATE CANCER THE FINGER

Steve Esmacher's personal fight against cancer and his inspiration for starting a prostate cancer fund at Moveable Feast

Since 2003, Steve Esmacher has fallen in the "amazing supporter" category. He was instrumental in getting the first Ride for the Feast off the ground, led training rides for all riders, and has gotten on the bike to raise funds for Moveable Feast each year since (11 total!).

Last year, however, our mission took on a much more personal meaning for Steve when he was diagnosed with prostate cancer. His doctors at Union Memorial Hospital noticed an elevated PSA level during a routine examination. When the results came back from a subsequent biopsy, Steve was stunned. He was so sure it wasn't cancer, let alone an aggressive one with a low percentage of cures.

Six weeks later, he was in the operating room at Johns Hopkins Hospital, having a radical prostatectomy. Recovery was difficult and painful, but Steve's loving family and friends stepped up to support him. During this time, Steve often thought about how many Moveable Feast clients are fighting their illness alone. "My wife Vicki

was my rock through this whole thing," Steve said. "I can't imagine what things would have been like without her, without my two sons and the rest of our family."

Thankfully, Steve's treatment was successful. He is back to enjoying time with his family. He is back to work, riding his bike again, and enjoying hobbies like boating and fishing. But his experience with prostate cancer also changed him, motivating him to give back in a new way.

"I have a passion for helping people who are hungry and cannot take care of themselves. I came to Moveable Feast to ask that we develop a partnership to feed men who are poor and going through treatment for prostate cancer. When Moveable Feast agreed, I was overjoyed and incredibly motivated."

Thanks to Steve's vision and a resulting partnership with Shepherd's Clinic, a nonprofit that provides quality health care to uninsured people in Baltimore, we are now delivering nutritious meals to poor men fighting prostate cancer.

"Through my own experience, I've learned that Moveable Feast is a part of my family and that they are a lifeline for the people they serve."

"I've learned that Moveable Feast is part of my family and a lifeline for the people that they serve."

This spring, Steve rode in Ride for the Feast with his brother, Matt. Their team, Giving Prostate Cancer the Finger, raised \$6,700. Steve is still working hard to raise additional money for his Prostate Cancer Fund at Moveable Feast - and we are still marveling at the dedication, kindness and generosity of so many people like Steve, and like you, who save lives each day through nourishing food.



Steve and his wife, Vicki, at Ride for the Feast.

DID YOU SEE US ON SECRET MILLIONAIRE?

On Sunday, August 4th, viewers across the nation got a window into the good work of Moveable Feast through ABC's hit show Secret Millionaire. We were proud to be able to share the power of food as medicine with so many new people, something that you made possible through your compassion and commitment to your Maryland neighbors.



If you did not see the show or cannot wait to watch it a second time, visit www.mfeast.org to get the link to the full episode online.





“Moveable Feast has been the best thing that has happened to me!!! I would lay in bed dreaming of the days when I could cook. These wonderful people fulfill a service that has literally saved my life!!! Thank you and God Bless.”

- Acute Care Client with Ovarian Cancer

NOURISHING MORE MARYLANDERS

Broadening eligibility criteria through our Acute Care Program

In July 2012, Moveable Feast launched what we call our Acute Care Program. Over the years, we have received a growing number of calls from people with diagnoses other than AIDS, breast cancer or blood cancer – people who were critically ill and who needed food. Our Client Services Team, however, had nowhere to send them. In fact, no other food service like ours existed for those populations. Believing that nobody should be sick, poor, hungry and alone, we broadened food service eligibility to include men and women in treatment for *any* life-threatening illness.

This is what happened in the last fourteen months:

67,255 life-saving meals and
3,321 bags of fruits and vegetables delivered to
378 critically ill Marylanders with
11 distinct diagnoses (including tongue cancer, stomach cancer, end stage renal disease and Alzheimer's disease).

YOUR COMPASSION AND GENEROSITY MADE THIS POSSIBLE.

SALT-FREE COOKING

Sharing our food and nutrition expertise with the community

“You mean we aren’t using any salt?” That question echoed around the kitchen as our Director of Food Services, Demetrius Sanders, prepped eight community members for a cooking class. On the menu for the night was chicken or salmon and vegetables, veggie wraps, and a yogurt and granola dip for fruit. And yes, no salt.

This was the last night of Moveable Feast’s three-part food and nutrition workshop series, funded by Community Health Charities. For a few weeks in a row, we welcomed neighborhood men and women to learn about basic nutrition with our Registered Dietitians and to discuss the health issues raised in the popular documentary, *Super Size Me*. Now they were putting the ideas into action. People attended for various reasons – losing weight, learning to cook new foods, and even helping a family member to cook healthy meals after having a stroke. We loved the opportunity to share our love of and expertise in nutrition with the community around us and will be offering the workshop series again in October.

At the end of the night, Chef Demetrius got a standing round of applause. Who knew healthy food could taste so good? Eight new people. That’s who.



Learning how to cook up a healthy storm.

THANK YOU DINING OUT FOR LIFE RESTAURANTS

55 community-minded restaurants banded together to create a 20th annual Dining Out For Life event and after party we won’t soon forget.

Help us continue to thank these charitable eateries by dining out year round.

www.diningoutforlife.com/baltimore



To see Chef D’s salt-free recipes, visit www.mfeast.org.



MOVEABLE FEAST TEAMS UP WITH SHEPHERD'S CLINIC

Patient Care Coordinator, Brenna Brown, offers a window into clinic operations and the budding partnership with Moveable Feast



Brenna – helping to provide high quality care to uninsured Baltimore patients.

TELL US ABOUT SHEPHERD'S CLINIC.

We're a free-standing clinic that serves uninsured Baltimore City patients. The clinic was founded in 1991 by members of the Seventh Baptist Church and Union Memorial Hospital providers in response to the overcrowding of the emergency

room by non-emergency, uninsured patients. We operate with a pretty small staff of seven and rely on a team of more than 350 volunteers, including doctors, nurses, wellness providers, front desk staff and many others to provide primary care services.

BEYOND VOLUNTEERS, WHAT MAKES SHEPHERD'S CLINIC UNIQUE?

We work closely with Medstar Union Memorial Hospital and are able to access charity care at the hospital for our patients, enabling them to receive specialty and surgical care without fees. Our Joy Wellness Center provides wellness and preventative care services, such as yoga, acupuncture, massage, meditation, walking groups, and diabetes and heart disease education classes. We're also very excited for a new series of nutrition lectures and private nutrition appointments that are starting this month.

WHO CAN GET CARE AT THE CLINIC?

Shepherd's Clinic will see uninsured and low-income adult patients who live in the following zip codes: 21211, 21213, and

21218. We see a large number of people with diabetes, hypertension and other chronic conditions.

“Nutrition should be involved in every plan for managed care.”

THANKS TO STEVE ESMACHER, MOVEABLE FEAST CAN NOW DELIVER MEALS TO SOME OF YOUR PROSTATE CANCER PATIENTS. WHAT ROLE DO THESE MEALS AND NUTRITION IN GENERAL PLAY IN RECOVERY?

Our patients are underserved, and food scarcity is a real issue in our community. We are aware of how important nutrition is to good health and believe that it should be involved in every plan for managed care. Our partnership with Moveable Feast will improve patients' health outcomes and take a whole other stressor out of their lives. We're excited to get the word out there about this partnership!

MORE THAN A MUSTACHE

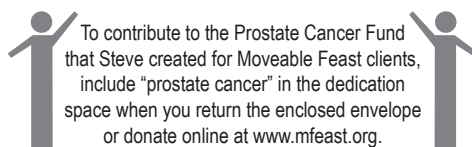
Lady Riders use humor and love to stamp out prostate cancer

When Rider, supporter and all-around awesome human being Steve Esmacher was diagnosed with prostate cancer in November of last year, the Moveable Feast family did what it does best. You were angry, you were sad, you opened your arms to Steve, and then you took action.

A group of amazing Ride for the Feast ladies banded together to create a Movember fundraising campaign in honor of Steve. As they wrote on the page, “Steve doesn't fear cancer. Cancer fears Steve, and it had better fear us too!” Soon, witty captions and hilarious pictures of women sporting mustaches of all shapes, sizes and colors sprouted up on the Ride for the Feast

Ladies Movember page. New mantras were born, like, “Fighting cancer is so good to do – when you sport a Fu Man Chu!” and cancer was quaking in its boots.

The campaign raised nearly \$900 to stamp out prostate cancer and, more than that, showed the fierce love that our community has for its members – whether clients, friends, supporters, donors or volunteers.



Cancer doesn't stand a chance against Miss Molly's strongest weapon – cuteness!