



## MAKING A DIFFERENCE ONE DELIVERY AT A TIME

“positive vibe.” He gets to know each of the clients, and is quickly able to detect when a client needs a little something extra with their food delivery.

Recently, Mr. Ellison delivered food to a woman who, he says, was “usually very chipper and full of life.” Instead of her usual exuberant greeting, she answered the door with a flat-toned “Hello.” He immediately knew something was wrong and asked her to tell him what was bothering her. She said that she’d been looking in the mirror that morning and became depressed about the toll her HIV status had taken on her beauty. This made her reflect on everyone who had pulled away from her since her diagnose, about how alone she was. Mr. Ellison knew what she needed to hear: “You woke up this morning and you were able to stand up. I know things can be hard but you feeling sorry for yourself is not going to help you get better and fight your disease. You lost a lot but you’ve gained so much. With Moveable Feast you have a whole lot of people you don’t even know, in your corner, fighting your fight.”

He was able to sit with the client for a while and let her know that she was valued. He let her know that he’ll be there for her “putting my foot up your tail to until you get off it and do what you need to do. Until you’re able, Moveable Feast is here. Just give us a call.”

Mr. Ellison knows how hard it is for our clients to cope with the isolation and loneliness that comes with fighting a serious illness with limited resources. On his deliveries he stays as long as time permits because sometimes he’s the only person a client sees all week and he knows, “You can’t beat these diseases without a support system.”

The whole Moveable Feast community—our staff, like Mr. Ellison, board, donors, and

volunteers—are our clients’ support systems. Together, we can celebrate positive changes and face challenges with a smile.

### DELIVERIES THEN & NOW

Moveable Feast began delivering two meals twice a week to 10 clients, from the vehicles of volunteers, in 1989.



Today, we have 6 refrigerated vans, 2 unrefrigerated vans, 3 transportation buses, 9 drivers on staff and 25 volunteer drivers who deliver meals 5 times a week plus take clients to medical appointments and deliver food to our community partner drop-in and homeless shelters. In a typical week, our vehicles will transport over 14,000 meals and, in 2014, we provided food for 5,455 people in need!



At Moveable Feast we believe that food is medicine; someone who is getting good nutrition is better able to stay strong while they treat their disease but the act of bringing the food to a sick person, seeing them, smiling, having a short conversation, also provides nourishment. Clients may receive Moveable Feast’s services for a few weeks or for much longer, regardless, our drivers learn to recognize small changes that may signal a downturn in the client’s health or mood.

When Rufus Ellison took a job as a Moveable Feast driver in 2013, he was just looking for a position with better benefits than his current job. He had no idea how big a positive impact he’d have on the lives of Moveable Feast’s clients and vice versa.

During his time at Moveable Feast, Mr. Ellison has delivered food to over 700 clients and, treating each client with his signature

# JUST A THOUGHT

Dear Friends of Moveable Feast:

Change seldom happens with a single action, but with a series of small movements. So it is here at Moveable Feast. Whether with the change of the style of a newsletter (I hope you like this!), or a menu, or the way we fulfill our mission, there are usually many smaller parts that have shifted, resulting in a significant change.

Recently I returned from our Food is Medicine coalition meeting in Washington, DC. While Moveable Feast has promoted food as medicine for many years, this is quickly becoming a national mantra among health care professionals and food providers in the health care industry. Along with our sister programs across the country, Moveable Feast wants to be among the leaders in defining what it means to provide medically tailored, home-delivered meals (MTMs) to individuals with HIV, cancer, and other life threatening illnesses. MTMs have the potential to impact the triple aim of the Affordable Care Act: better health outcomes, better access to care, and reduced medical costs. This change in thinking will ultimately

have a positive impact on the life of critically ill people, making home-delivered meals more available to them, thus keeping them healthier and creating a more healthy community, and, ultimately, reducing costs of health care for those with serious illness. A small movement, in the big picture of change, where everyone wins!

One other change happening here at Moveable Feast: after 15 years, Nancy Etheridge-Guest, our Director of Client Services, is leaving to work for the State of Maryland. Nancy was a tireless advocate for our clients, and brought them the gift of a listening heart. Her compassion and competence will be sorely missed by us all! I thank her and wish her well!

THANK YOU for being part of the change, and for your continued support of the mission of Moveable Feast!



Sincerely,

*Tom Bonderencko*  
Thomas Bonderencko

## PLANNED GIVING—SUSTAIN THE FEAST, SECURE THE FUTURE



**Tom Bonderencko & Tom Mayer geared up for Ride for the Feast**

A diagnosis of HIV is not the death sentence it was in 1989 when Moveable Feast began, but, even if HIV/AIDS was cured tomorrow, Moveable Feast's services would still be needed. HIV remains a health threat in Maryland. It will always be difficult for many in our community to afford, access, and prepare healthy meals for themselves when they are seriously ill. How will we sustain

the Feast? One way is to ask our donors to make Moveable Feast a beneficiary of their long-term financial and estate planning.

Tom Mayer, a long-time Moveable Feast supporter, believes that "how you plan your legacy should be an extension of how you're living today." In his case this means making sure Moveable Feast's mission can continue long after he's gone.

Planned giving offers a way for individuals to give beyond the limits of their current income while providing tax benefits to the donor. Moveable Feast benefits by having resources available to plan for future needs.

There are three kinds of planned giving:

- Make a charitable bequest—Designate Moveable Feast as a beneficiary of your estate in your will or as a beneficiary of a life insurance or retirement policy you own

- Donate appreciated assets—Give Moveable Feast something that is worth more now than when you bought it. You could donate stock purchased for \$10 a share, now worth \$20 a share, allowing Moveable Feast to benefit from the higher value while you might avoid paying capital gains tax.
- Establish a trust—Contribute to Moveable Feast through a special kind of trust where Moveable Feast pays you a set dollar amount or fixed percentage of income from that contribution

"None of our neighbors should have to go to bed not knowing where their next meal is coming from," says Mr. Mayer. There will always be people in need during times of crisis and Moveable Feast plans to be here to address those needs.

For more information about planned giving, contact Mary K. DiUbaldo, Moveable Feast's development director.



# GET INVOLVED

## FOLLOW MOVEABLE FEAST



## VOLUNTEER OPPORTUNITIES

Christmas Day—Help us deliver Holiday meals to our clients

Martin Luther King, Jr. Day of Service—Join us on January 18th, 2016 to celebrate Dr. King's legacy

Every day! We need volunteers every day to help prepare meals in our kitchen, deliver food to clients, and support us in the office and, in the warm months, in our garden. Volunteers keep Moveable Feast moving!

Contact Valerie Staats at VStaats@mfeast.org to sign up & help!

## BEAUTY AND THE FEAST AT BALANCE, THE SALON – NOVEMBER 30, 2015

Make a haircut appointment on November 30th between 3:30 and 8:00 p.m. and Balance, the Salon, will donate 100% of the proceeds to Moveable Feast!

Can't make that date? If you mention Moveable Feast when booking a future

appointment, the salon will donate \$10 of your service to us.

To make your appointment call 410.366.6169

## WORLD AIDS DAY – DECEMBER 1, 2015

Candle Light Vigil Service at the Mt Vernon United Methodist Church at 6:30pm

Ride for the Feast 2016 registration opens! Go to our website, [www.rideforthe Feast.org](http://www.rideforthe Feast.org), to register as a rider or volunteer and look for an invitation to the registration kick-off event soon!

## STI PREVENTION CHARITY NIGHT AT TORRENT NIGHTCLUB – DECEMBER 5, 2015

Join the Johns Hopkins Bloomberg School of Public Health and Public Health United at Torrent Nightclub in Towson from 10-2 am for a fun evening promoting the prevention of sexually transmitted infections. There will be free HIV and HCV testing, games, music, and dancing and all proceeds from the night will go to Moveable Feast!

## Thank you to all of the Baltimore-area restaurants that participated in Dining Out for Life 2015!

13.5% Wine Bar  
Alonso's  
An Poin Stil  
Atwater's  
b, a Bolton Hill Bistro  
Baskin Robbins  
Blue Pit BBQ & Whiskey Bar  
Bookmakers Cocktail Club  
Café Gia  
Café Hon  
Carson's Creekside  
Charmington's  
Ciao Bella  
City Café  
Cunningham's  
Earth, Wood & Fire  
Fleet Street Kitchen  
French Kitchen at the  
Lord Baltimore Hotel  
Germano's Trattoria  
Gertrude's  
Grano Emporio  
Hoehn's Bakery  
Jack's Bistro  
Joe Benny's  
Johnny's  
Jokers n' Thieves  
Kali's Mezze  
Koco's Pub

Le Garage  
Linwoods  
Little Havana  
Maggie's Farm  
Minato Sushi Bar  
Myth & Moonshine  
Nancy by SNAC  
Niwana  
Our House  
Sascha's 527 Café  
Saute  
Shotti's Point  
small restaurant  
Sobo Café  
Sweet27  
Tavern on the Hill  
Ten Ten American Bistro  
The Brewer's Art  
The Charmery  
The Dizz  
The Food Market  
The Grill at Harryman House  
The White Oak Tavern  
Verde  
Village Square Café  
Wiley Gunter's  
Woodberry Kitchen  
Zella's Pizzeria



Left  
*Moveable Feast ambassadors at City Café*

Below  
*Dining Out For Life at Woodberry Kitchen*



**Dine Out, Fight AIDS**





*John Shields,  
Chef Owner  
of Gertrude's*



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## 3-COURSE MEAL

*Three questions for a Moveable Feast staff member or supporter.*

John Shields is the “chief cook and bottle washer” of Gertrude’s restaurant at the Baltimore Museum of Art. Gertrude’s has participated in Dining Out For Life for many years and John is also a member of the Ride for the Feast team Rebels with a Cause.

### WHAT 3 WORDS COME TO MIND WHEN YOU THINK OF MOVEABLE FEAST?

Family, Community, & Warmth

### WHAT IS YOUR FAVORITE HOLIDAY FOOD TRADITION?

When I enter a house during the holidays I want to smell turkey roasting and sauerkraut. Gertie (John’s grandmother and Gertrude’s namesake) made it from scratch and I do every year for Krautfest. One thing I like to do is rinse the sauerkraut and sauté apples, ginger, and butter or bacon, toss that with the cabbage to coat it, add a little dry champagne

or cider and braise it on the stovetop or in the oven for about an hour.

### WHAT’S YOUR FAVORITE RECIPE TO MAKE FOR FRIENDS AND FAMILY?

I love one-pot, simple meals. For family, my favorite is Portuguese kale soup—linguiça, white beans, lots of kale, and a touch of red wine vinegar at the end—served with a salad and crusty bread. For a party for friends I make gumbo. It’s fun to make the roux and I love the smell and the color. We do a New Year’s Day brunch and serve three types of gumbo—seafood, chicken, and veggie—with cornbread.

These dishes exemplify my idea of Our Common Table, they are warm, comforting, and nurturing. It goes back to Moveable Feast and how we bring people together and care for them.

## PARTNERSHIPS THAT WORK!

*Working with like-minded organizations to fulfill the triple aim of the Affordable Care Act—to improve care, improve health, and control health costs—and to promote FOOD AS MEDICINE!*

Moveable Feast has teamed with Riverside Health, Inc., a managed care organization subsidiary of the University of Maryland Medical Systems Health Plans, to provide a more positive health care experience and improve the health outcomes of those who are ill, and contain ever-rising health care costs. Starting in 2016, Riverside will make home-delivered, medically tailored meals available to individuals on Medicaid and Medicare, who do not have the means or ability to prepare healthy food for themselves, after they’ve received medical care and been discharged. Moveable Feast will prepare and deliver meals to these individuals and, as we do for our clients, identify and report back on any of their unmet needs. Through this partnership, and the nutritious meals it will provide, we hope to help these individuals regain their health and limit their need for additional care.

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