



NEWSLETTER SPRING 2014

FEED people | FIGHT disease | FOSTER hope

25 YEARS OF FOOD AND HOPE

You are (still) the heart of Moveable Feast

They say that out of dark, desperate and ugly times, people can rise up to create something beautiful. In many ways, this is the story of Moveable Feast.

Tired of helplessly watching as friend after friend was diagnosed, and soon after died of AIDS-related illnesses, seven men and women came together in 1989 to do something simple; they brought meals and hugs to people struggling with AIDS in the Baltimore community. Along with heartbreaking stories of disownment, tears, and loneliness, they were met with profuse thanks. As the very first man who received meals explained, "I'm as grateful for the company as I am for the food. When I got my first meal, I was still crying all the time. I remember sitting there and crying over it. I just don't know if I could have made it without Moveable Feast."

From those first deliveries in 1989, our founders came to recognize Moveable Feast food services as much more than a meal; they saw our food as medicine – for the body and the soul.

Twenty-five years later, our meals are much more diverse and nutritionally-based; we've moved from a small church kitchen to a state-of-the-art kitchen in East Baltimore; our staff has grown as have our programs; and from an initial ten individuals, we now bring food to thousands of Marylanders struggling with over 20 different diagnoses.

What hasn't changed over time is the heart of our organization: our vision to feed people, fight disease and foster hope, and the passionate community that makes every meal, every mile and every hug possible.

"Moveable Feast is about neighbors taking care of neighbors and friends helping friends."

This year, we recognize an incredible 25 years of delivering food and hope in Maryland. We will hit many exciting

milestones, including our 13 millionth meal and the opening of our first distribution site on the Eastern Shore. In looking back on our quarter century of service, what we really want to recognize is that, at its core, Moveable Feast is about neighbors taking care of neighbors and friends helping friends. It's about community, about struggle, about gratitude and hope. And every step of this journey is thanks to thousands of passionate men and women like you.

THEN



NOW



25 YEARS | 25 MOMENTS

A video series featuring people like you

Can you believe it? Moveable Feast turns 25 this year!

Over the next number of months, we'll be releasing 25 Years | 25 Moments, a video series that tells the story of Moveable Feast through the distinct voices of our staff, volunteers, donors and supporters.

{ Visit www.mfeast.org or our YouTube Channel to watch. }



"This disease [HIV/AIDS] has brought out the best in people and the worst in people. Thank God for Moveable Feast, because it has brought out the best in people."

-Tom Patrick, Volunteer Manager



OUR RIDE SPONSORS

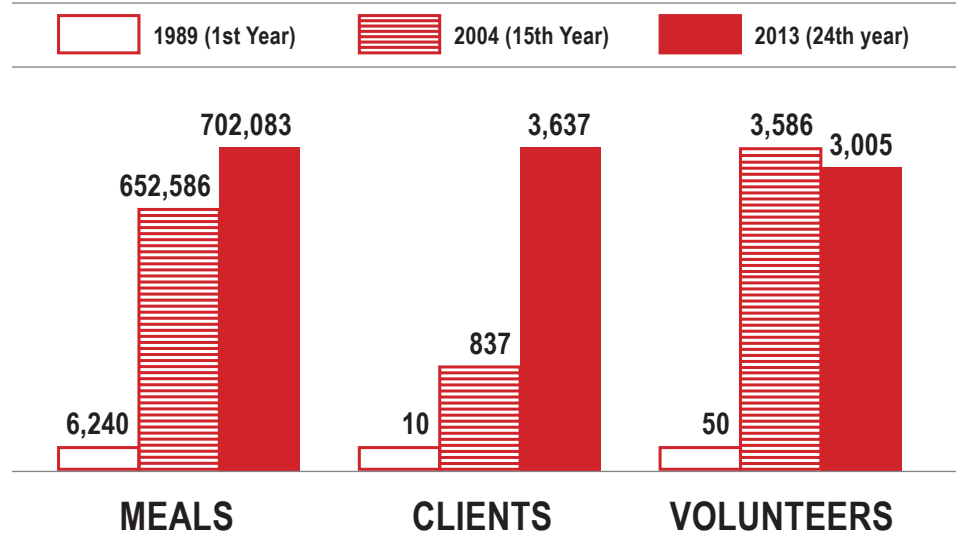
Thanks to these amazing sponsors, 100% of Ride donations go directly to saving lives through food.

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THEN & NOW

A glimpse of Moveable Feast services since 1989

My, how we've grown! Take a look at how Moveable Feast has expanded over the last 24 years to feed even more chronically ill people in Maryland. While a lot has changed since 1989, the heart of our organization remains the same: food, neighbors-in-need, volunteers and you.



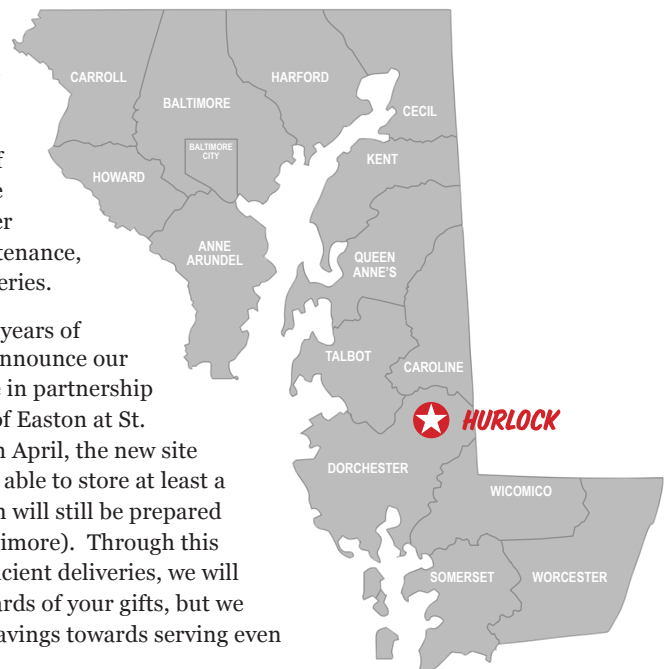
HURLOCK, HERE WE COME!

Moveable Feast opens our first distribution site

For the last fourteen years, Moveable Feast has traveled as far as 140 miles from our Baltimore office to our clients' doorsteps on Maryland's Eastern Shore. During that time we have learned that these are some of the most poor and ill men and women we serve in the entire state.

While all those miles surely demonstrate our commitment to saving lives through food, the distance is becoming an increasingly inefficient use of resources; more hours on the road to the shore mean higher gas costs, more vehicle maintenance, and less time for actual deliveries.

So we got creative. After two years of planning, we are thrilled to announce our first satellite distribution site in partnership with The Episcopal Diocese of Easton at St. Andrew's Church. Opening in April, the new site in Hurlock, Maryland will be able to store at least a month's worth of food (which will still be prepared with love by our chefs in Baltimore). Through this change to more localized, efficient deliveries, we will not only become better stewards of your gifts, but we will also be able to put cost savings towards serving even more people on the shore.



THE RIDE OF A LIFETIME

Moveable Feast driver, Paulette Moore, talks about medical transportation, chickens, and finding family on the road



Paulette still smiling after 14 years at Moveable Feast.

HOW LONG HAVE YOU WORKED AT MOVEABLE FEAST?

It will be 14 years in November. My friend Caroline, who was working here, asked if I was interested in a job as a driver, and I jumped on it! When I started, we were located on York Road. I've done food delivery, People on the Move, and have been a medical transportation driver for many years now.

WHAT HAS KEPT YOU HERE FOR SO LONG?

Our clients and my coworkers. I just love it. I remember one of the first clients I ever met – Rosa. I took her to appointments for many years, and, when my oldest brother passed away, she comforted me. She gave me a pillow that said “Old friends are hard to find.” Rosa passed away recently, and that pillow will always be special to me. Through Rosa, I learned that I am family to my clients, and they are family to me. They lift me up, and I lift them up, too.

“I learned that I am family to my clients, and they are family to me.”

WHY IS OUR MEDICAL TRANSPORTATION PROGRAM IMPORTANT?

Without us, our clients wouldn't be able to get back and forth from their medical appointments. But we do more than just transport them – we lend them an ear and let them know that we care about them.

WHAT ARE YOUR MOST MEMORABLE MOMENTS AT MOVEABLE FEAST?

The chicken farm! Years ago, as part of People on the Move, I drove incarcerated clients to job interviews at a farm in Denton, Maryland. It was August, and it was hot. You could smell the chickens before you saw them. I thought, “Oh my gosh, what I am doing here with these chickens!?” I had to sit and wait while 16 clients were interviewed. The smell was so awful – I didn't eat chicken for a while after that.

I can also remember another of my first clients. She told me she was HIV positive and had six kids. Her own family would not come near her and made her eat on paper plates. She said to me, “Sometimes, I just need a hug.” And I said, “Come over here!” and gave her a big hug. I can't understand how people can be so mean. I always try to give as much comfort as I can – wherever I can be and whatever I can do, I'm happy to help.

Do you have your own favorite memory from Moveable Feast? Email Ted at tblankenship@mfeast.org

A TRIP DOWN (LITTLE KNOWN) MEMORY LANE

Fun facts about Moveable Feast over 25 years

- 1** Moveable Feast has worked out of 6 different kitchens around Baltimore City.
- 2** One of our clients used to retrieve meals from our driver by lowering a bucket from his second floor window and pulling them up. Due to his illness, he was unable to come downstairs to unlock his door.
- 3** Even in our first year of service, we delivered Christmas presents to our clients' children.
- 4** In the early years, our meals were packed in ice chests before we had refrigerated vans.

- 5** With eleven years under its belt, our Culinary Training Program is one of the longest most consistently running food service training programs in the city.

- 6** Our first Board President, Joi Venney, was inducted into the National Women's Hall of Fame as a result of her leadership at Moveable Feast.



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WHAT MOVEABLE FEAST MEANS TO ME

By Forrest Poindexter

A counselor introduced me to Moveable Feast at the most difficult time in my life. I had just been diagnosed with AIDS and Kaposi Sarcoma. I was devastated, especially by my doctors' lack of compassion when she gave me the diagnosis – she walked out of the room and didn't return for 30 minutes. During that time, I thought about death. I had no insurance, and I was not working.

Having just been introduced to my illness, I had to see doctors almost daily. Moveable Feast would send one of their vans to get me to my appointments, because otherwise, I was not going consistently. Once I got into regular care, my health began to improve almost immediately. My CD4 count increased as a result of Moveable Feast's actions.

Thankfully, I also received meals from Moveable Feast and met with one of their dietitians. This helped me to eat on a regular basis – and encouraged good eating habits - as they provided lunch and dinner for me 5 days

per week. The food was healthy and many times the only food I had. Food is so expensive, and I did not qualify for food stamps, which made things worse.

I speak with Moveable Feast almost daily – about my weight, my food and my appointments. I am appreciative for all their support through my hospital visits, losses in family and friends and through other personal challenges. Moveable Feast even remembered my birthday and sent me a card, wishing me the best.



Forrest with our Moveable Feast dietitians.

TOP 5 FOR OUR 25TH

MAY 2 & 3: DIVAPALOOZA

Our favorite performers return to present The 35th Anniversary Spectacular.

MAY 10 & 11: RIDE FOR THE FEAST

With 275 riders, we need volunteers to make this bike ride go smoothly!

JUNE 7: THE NEW WAVE SINGERS

Kick your summer off with New Wave's "The Road Traveled" at St. Marks – benefitting Moveable Feast. newwavesingers.org

JULY 13: A STAR SPANGLED EVENING

Join us for a night of food, drink and design at Frederick Douglas Museum. baltimoremace.net.

SEPTEMBER 18: DINING OUT FOR LIFE

Your favorite restaurants will be giving back 20% or more; all you have to do is dine out!

YOUR LEGACY

To help Moveable Feast continue services for the next 25 years, please think of us in your will and estate planning.

Contact Executive Director, Tom Bonderenko, at tbonderenko@mfeast.org for details.

www.mfeast.org

