



FROM CLIENT TO FAMILY

Moveable Feast was founded on the principle that no one should feel isolated and alone. That every client who needs a “family” will have one in Moveable Feast. Sometimes, however, the tables are turned and clients become OUR “family”. This is the case with our longest served client, Judith Wagner, who recently passed away. This is Judith’s Story.

Judith Marie Wagner began service with us in 1998, and she soon became very involved with our organization and an advocate for those like herself who are living with HIV/AIDS and have struggled with addiction. Judith was recognized as one of Moveable Feast’s HEROs for her advocacy, and received a Governor’s Citation from the State of Maryland for her outstanding Volunteer Service to our organization.

Judith was estranged from her family and had abandonment issues. So when her long-serving volunteer delivery driver, Debbie Foreman, had to discontinue deliveries, Judith was very apprehensive about a new person entering her life.

“Truly, Moveable Feast was her family that was unconditionally there for her... When she was feeling scared and alone at night, she knew she could call Moveable Feast in the middle of the night and hear a familiar voice of someone who cared about her.”

Karen Brennan, who is now the President of our Board of Directors, became Judith’s new volunteer driver. Karen describes how Judith became her “family”—

“Our friendship started off slowly, and turned into a sisterhood. She was an open book, and unlike most clients, she wanted her story

told to everyone. Even though our choices in life were very different—we still were able to bond on so many deep levels, which was so refreshing.”

“She had food stamps and no transportation. Judith knew exactly what everything at the grocery store cost to the penny. She taught me how to stretch a dollar. And she taught me to start every day with a grateful mindset



Left
**Judith
and
Karen
Brennan**

Below
**A volunteer
with Judith**



and to turn to God or a higher power and find comfort in that.”

“Truly, Moveable Feast was her family that was unconditionally there for her. She received weekly deliveries of meals and a hug. The hug was very important to her. She was a very thoughtful person, and always gave her drivers beautiful flower arrangements from her balcony garden, sometimes several to share with the other staff. When she was feeling scared and alone at night, she knew she could call Moveable Feast in the middle of the night and hear a familiar voice of someone who cared about her”.

Karen and Debbie taught her that she was truly loveable. “We showed her that people don’t leave you— we stayed with her until the end.”

“I truly loved being with her. It was a joy to learn from her. I think about her and miss her every day.”

Karen describes Judith this way: “Judith embodies gratitude. Even with all of her hardships, it was amazing that she lived her life in gratitude, and she literally prayed and thanked God on her knees every morning. I truly loved being with her, it was a joy to learn from her, I think about her and miss her every day. What people don’t realize is that even though she lived in a 1 bedroom apartment and everything she had was secondhand, she gave me so much, more than life, more than anything money could ever buy.”

At Judith’s Memorial Service, her doctor, Dr. Joel Gallant, described her as “radiant with love, kindness, joy, compassion and optimism... Judi never let me forget what I meant to her.” He also said, “she did more for me than I did for her! I loved her and I will never forget her.”

Judith’s story is unique in that she bonded so deeply with those she met. It is ingrained in our service that clients receive a personable and genuine experience that not only feeds their bodies, but feeds their spirit. Moveable Feast is proud to be the “family” people can rely on for food and comfort in their time of need.

JUST A THOUGHT

Dear Moveable Feast Family,

Moveable Feast staff, volunteers, sponsors, and more than 200 individuals participated in another very successful Ride for the Feast on May 13th and 14th. This was my first year participating in the Ride and it was very impressive. The staff and volunteers work tirelessly to make sure that all of the riders are safe and having fun, and the riders challenge their bodies as well as their family and friends to raise funds for our life-saving programs.

The monumental level of effort and dedication behind our biggest event of the year is apparent to everyone involved. However, what many people don't see is that our staff and volunteers work tirelessly year-round to provide our services.

It is important for us to make sure each client knows that someone loves and appreciates them. From our delivery drivers, to our Dietitians, to those answering our client phone calls, we are all here to help and support clients. The care for those we serve is ingrained in the culture here at Moveable Feast; I could see it in the dedicated faces of our riders and volunteers at Ride for the Feast, and I know our clients feel it on a regular basis.

Here is a quote from one client receiving our meals:

"... No one has ever done anything like this for me before. I was overwhelmed when the driver showed up at my door. It has made such a difference in my life. The driver is a really wonderful gentleman, and the food is wonderful! I haven't had anything un-tasty. I'm even eating the greens, my wife can't believe it. The service has made a major difference in my life. Thank you."

It is only because of the hundreds of people that work with us during Ride for the Feast and on a day-to-day basis – including volunteers, supporters, advocates, and staff – that we are able to achieve amazing results.

Thank you for everything you do to make Moveable Feast a very special place!

Christian J. Metzger
Executive Director



RIDE FOR THE FEAST

Thank you sponsors, supporters, volunteers and riders for a record-breaking Ride for the Feast! You make a difference in the lives of those we serve.



Photography credit to: Human Being Productions

GET INVOLVED

VOLUNTEER APPRECIATION WEEK

Moveable Feast relies on volunteers to carry out our mission, prepare and package thousands of meals, and touch the lives of clients every single day. Our volunteers give so much to us, and during Volunteer Appreciation Week, it was our turn to give to them!

During the week of April 23rd – April 29th, all volunteers received one of Chef Melanie's homemade spice blends: The Roasted Garlic Spice Medley. This blend is used on many of our client meals, but pairs particularly well with pastas and poultry.

Thank you to the following businesses for donating raffle prizes to our hard working volunteers: MOM's in Hampden; Pandora; Cinebistro; Berger Cookies; Hoehn's Bakery; Koco's Pub; Fluid Movement; Verde Pizzeria; Fells Point Ghost Tours; and Heavy Seas Brewery. Who knew giving was so delicious?



VOLUNTEER GROUPS: Make Moveable Feast part of your next corporate or organizational retreat! We welcome groups of up to 15 volunteers in the kitchen at a time. All group events begin with an orientation that introduces our mission and why their service is so important to our clients. See available group dates at www.volunteergroups.mfeast.volunteerhub.com.



DINING OUT FOR LIFE: Ambassadors needed! Call Angie Elliott at 410-327-3420 x31 or email her at aelliott@mfeast.org for more information on how to become one!



VOLUNTEERHUB: Interested in volunteering? Get started by making a volunteer account at www.mfeast.volunteerhub.com. Use VolunteerHub to schedule or cancel shifts, track your hours, and stay up to date on special events. After your account has been made, Volunteer Services will contact you with your next steps.



A huge thanks to the international insurance company, Liberty Mutual, for volunteering with us as part of their annual Serve with Liberty campaign. For the first two weeks of May, our kitchen was a sea of blue as over 50 Liberty Mutual employees "insured" high quality client meals. While here, they prepared approximately 8,000 meals and volunteered for 216 hours total. That is \$5,704 worth of service! Thank you and see you next year!

FOOD IS MEDICINE, FOOD IS ACTIVISM: THE PARTNERSHIP THAT STARTED IT ALL

By the end of 1988, the AIDS crisis had already claimed over 61,800 lives in the United States. Very little was known about the disease, and discrimination was rampant; many medical professionals refused to even touch a patient with AIDS, exacerbating the crisis. In the midst of this climate of loss and confusion, many types of activists stood up to support the communities hit hardest. Artists played a crucial role in the fight for awareness, with the creation of the red AIDS ribbon and the annual tradition of displaying the massive AIDS Memorial Quilt on the National Mall. Radical action and dramatic protest played a major role, while others worked to create a direct dialogue with the National Institute of Health and the Federal Government to ultimately prioritize funding for AIDS-related research.

But there was another kind of activism that rarely gets remembered amidst this fraught era—the radical act of people taking care of and providing for each other. Robert Mehl,

an officer at the Baltimore Department of Health, was asked by then-Mayor Kurt Schmoke to head a committee to address the crisis locally. Mehl's connections to these issues were deeply personal—he was diagnosed with the disease in 1985 and had worked as the Executive Director of the AIDS Medical Foundation in New York. With a small grant from Mayor Schmoke, a single office on loan from the city, and access to a church's kitchen, Mehl established the AIDS Response Network in 1989. The group delivered their first home-cooked meals to homebound members of the community in August of that year. In 1990, with a contract from the city, the group became what is now known as Moveable Feast.

Today, advanced modern medicine and treatment make HIV and AIDS far more manageable conditions than they were in the 1980's. With increased information about the illness and the collective efforts made by AIDS activists in the past, today



the stigma is not quite as strong. However, the intersections of homophobia, racism, and classism still play the part it did when the crisis began, and our work is by no means complete. In 2002, the Board of Directors voted to expand our home-delivered meal service to include breast cancer patients in Maryland. Since then, our services have been expanded even further to meet the dietary needs of Marylanders living with a wide range of life-threatening illnesses—and we are proud to continue our legacy of activism 28 years later.



**Jermaine
Peterson**



3-COURSE MEAL

Three questions for a Moveable Feast staff member or supporter.

Jermaine Peterson joined Moveable Feast's Culinary Training Team in 2013 as the Culinary Business Coordinator. Jermaine was soon promoted to Culinary Program Manager. He recruits and interviews incoming Culinary Students for our Culinary Training Program, which is a 12 week program that trains un- and under-employed adults in the Culinary Arts. He works with the ServSafe Instructor and Culinary Chef Instructor, and teaches the Life Skills component of the training program. Jermaine has over 15 years experience in the Food Service and Hospitality industry.

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

Charity, Food, and Opportunity

WHAT IS YOUR FAVORITE HOLIDAY FOOD TRADITION?

My family used to have a traditional Thanksgiving on Thanksgiving Day but we had to choose which family to celebrate with, my wife's family or my family. In order to get everyone together, we started a new tradition of having a seafood Thanksgiving two days after Thanksgiving. It is very popular and makes Thanksgiving more exciting.

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

Buffalo Shrimp or anything on my charcoal grill.



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Save the date for Dining Out For Life 2017 on Thursday, September 14th!

What could be a better way to support Moveable Feast than simply dining at your favorite restaurant? As always, we'll be offering some fabulous raffle prizes for anyone who fills out an envelope—**did we mention premium Lady Gaga tickets?!**

Last year, Moveable Feast partnered with 64 restaurants throughout Baltimore City and Maryland, and with the support of several sponsors, we raised over \$95,000 to support our organization's continued efforts to feed people, fight disease, and foster hope! This year, for the event's 24th anniversary, our goal is to partner with 70 restaurants and raise \$100,000! We know we can reach our goal with your help.

A great way to get involved is to become an Ambassador volunteer. Our Ambassadors are key to the event's success as they represent Moveable Feast at our participating restaurants. They promote the event to family, friends, and coworkers to increase attendance at their assigned restaurant that evening; greet and thank diners for their participation; answer questions about Moveable Feast; and collect the optional contribution envelopes. Interested? Please visit www.diningoutforlife.com/baltimore/volunteer/ to learn more and fill out our Ambassador sign-up form. Questions? Contact Angie Elliott at 410-327-3420 x31 or aelliott@mfeast.org.

For a complete list of partnering restaurants or more information about Dining Out For Life 2017, please visit our website at www.diningoutforlife.com/baltimore or contact Samantha Flottesmesch, Events and Social Media Manager at 410-327-3420 x. 52 or SFlottesmesch@mfeast.org.

We look forward to dining with you on Thursday, September 14th!

MOVEABLE FEAST BOARD OF DIRECTORS

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