

WHAT'S COOKING

NOURISHING THE HEART, ONE MEAL AT A TIME

SUMMER 2002

message

A Letter from the Executive Director

These are exciting times for Mama's Kitchen as it begins to navigate a new course in response to the changing needs and realities of HIV/AIDS in San Diego. In my 15 years of work in the HIV/AIDS arena, change has been the only constant.

I am honored and thrilled to take the helm of Mama's Kitchen, and work with the dedicated team of staff and volunteers who serve our clients and community so unselfishly. As the new executive director I will strive to maintain our commitment to the values of honor, trust, and service that have built Mama's Kitchen into an organization worthy of your respect and support.

Mama's Kitchen serves people living with AIDS, and contrary to some perceptions, the AIDS epidemic is not over. Information from the recent International AIDS Conference in Barcelona paints a grim picture for the world – dramatic increases of new infections in Asia, increased projections of AIDS orphans in Africa, slow advances for a preventive vaccine, and increases in the number of new infections among young people in the United States.

feature

New Faces, New Leadership

Just as spring fades naturally into summer, Mama's Kitchen has experienced a "changing of seasons" in our leadership.

After a six-month nationwide search, Mama's welcomes former board member and treasurer, **Alberto Cortés**, as our new executive director. Alberto has over 15 years experience in HIV & AIDS education, case management, program development, project and clinic management, and Spanish language outreach and education.

Since 1996 Alberto has served the Family Health Centers of San Diego in a variety of managerial capacities, most recently as clinic director of the Beach Area Family Health Center, where he managed a staff of 13 and had fiscal responsibility for a budget of over \$1 million. In addition, he served a dual role as Director of HIV Programs overseeing a budget of \$3 million.

Alberto's breadth of knowledge in HIV & AIDS, nonprofit management, and cross-cultural service delivery will provide us with the experienced leadership that our community has come to expect from Mama's Kitchen.

Mama's experienced a "homecoming" with **Edith Glassey's** return as our director of development. After a two-year stint as National University's director of development and alumni relations, Edith brings her many years of fundraising experience back to Mama's Kitchen, where she served in the same position for almost two years.

Edith has wide-ranging skills in organizational strategy, program development, direct mail campaigns, planned giving, special events, and managing comprehensive development programs.

As the competition for charitable donations continues to increase, Mama's will need Edith's talents to communicate our mission, and to position Mama's Kitchen as one of San Diego's most respected and supportable nonprofit organizations.

Mama's also welcomes aboard **Joe Fitzpatrick** as our new manager of volunteer services. Known affectionately by many as "Big Joe" during his five-and-a-half years of volunteering at Mama's, he comes to us with over 20 years of experience in program development, educational outreach, and volunteer recruitment and management.

With 52 volunteers for every paid staff member, Mama's Kitchen will need Joe's organizational skills and engaging personality to enlist the hundreds of volunteers necessary for Mama's to continue to deliver life, love, and hope to our friends and neighbors who need us.

Whenever you're at the Kitchen, please feel free to introduce yourself to our new family members – they all would love to meet you!



Some New Faces – Joe Fitzpatrick, Alberto Cortés and Edith Glassey

Meet “Big Joe”



Mama’s Kitchen has a new manager of volunteer services – known fondly as “Big Joe” by many in the community – Joe Fitzpatrick comes to Mama’s from the many worlds of museums, musical theatre performances, school arts education, and, of course, volunteer management.

“I moved to San Diego from New York City in 1990 and immediately took a job at the San Diego Museum of Art as their coordinator of outreach programs. I’ve worked for nonprofit organizations ever since. But my relationship with Mama’s Kitchen began when I was a caregiver for my friend Curtis, who passed away from AIDS in 1996. He was a client of Mama’s and I saw what a difference their meals and caring intervention had made in his life. I decided to volunteer for a year at Mama’s, but that year of commitment turned into five-and-a-half years of unbelievably rewarding volunteer service. So I know what volunteering has to offer.”

“I feel so very fortunate to be able to work at Mama’s Kitchen. Mama’s is a great big family to me. When Dave Andrews told me he was leaving, I knew I had to apply for his old position at Mama’s. I’m just thrilled to have the opportunity now to encourage others to volunteer at Mama’s and to allow that experience to enrich their lives just as it did mine.”

Pride Weekend Notes

We all had a great time working the Mama’s Kitchen float and festival booth! *The Pride Festival Committee* gave Mama’s a prime spot at the festival because they “felt Mama’s Kitchen is such a wonderful organization.” We recruited volunteers, talked to people about Mama’s Kitchen, our history and mission, and it was a party not to be missed! **Thank you to everyone!**



News YOU CAN USE

- ★ We have a new Volunteer Information Board, located on the wall across from Joe’s desk. Our volunteer sign-up sheet is hanging there, plus you’ll find new information posted about events, special volunteer recognition, and opportunities and announcements. Check it out!
- ★ We are looking to improve MK’s outreach in the highly impacted Latino community. We need volunteers who are fluent in Spanish to assist in client services and work as a receptionist. Please contact Big Joe at (619) 233-6262 or joe@mamaskitchen.org.
- ★ Mama’s Kitchen will have a booth at the **Escondido Street Fair on Sunday, October 20th**, and we’d love to have you with us. Bring a friend and make a day of it! Ask Joe for more info.
- ★ We have new white T-shirts available with “Mama’s Kitchen” written in green and purple lettering. They’re really good quality shirts and they only cost \$5, as do our purple and teal baseball caps. Joe can help you get yours on your next visit!

Anniversaries of Service

Thank you and congratulations to the following volunteers on their anniversaries of service to the mission and clients of Mama’s Kitchen.

- 10 years** Frank Stefano
- 9 years** Lea Francisco, Brian Kean
- 8 years** Roy Briscoe, Cheryl Devlin, Tim Devlin, Tim Dierks, Mike Minjares, Jerry Neu, Jesse Padilla, Stanley Pearce, Sharon Reynolds, Mark Sullivan, Robert Tol
- 7 years** Mebys Abrams, Cordelia Anderson, Terri Breining, Evelynne Davis Curran, Gerry Freed, Ken Freed, David Friedman, Verne Gladie, Laurie Goffman, Mike Groby, Kathryn Helmer, Rebecca Mouser, Cynthia Orr, Bill Patten, Tamra Rutherford, Richard Scott, Suzi Smith
- 6 years** Jose Anaya, Vicky Campbell, Janet Crump Castro, Tom Fleming, Kenneth Friedman, Wayne Guthrie, Jeanette Handelsman, Ron Kohnke, Jaime Rosales, Juanita Smith, Beth Swersie, Patricia Wilber, Gary Yunker
- 5 years** Jerry Cervantes, Kris Clark, Michael Croft, Kevin Day, Tom Keeley, Marci Knoles, Elaine Lewis, Phyllis Naiman, Valri Nesbit, Bill Oates, Sandy Silverman, Neal Slater, Daniel Stephen, Mark Vogel
- 4 years** Rebecca Alcorn, Richard Baca, Thomas H. Borgerding, Bobbi Harwood, Len Kamien, Kathy Wright

Volunteer Appreciation Day

Don’t forget to write it on your calendars! It’s Sunday, October 27th! You’ll have free admission, free food, lots of fun, prizes and entertainment, and share the day with all of the Mama’s Kitchen family. Please do come – we want to show you how much we appreciate you.

Big Joe has all the details. It’s gonna be an awesome day!



Mama's Kitchen Executive Director - Alberto Cortés

And even though we in San Diego have the blessing of more resources, people with AIDS in our county are still experiencing life-threatening health challenges that are the result of their HIV infection, or the long-term effects of medications on their bodies. The number of people with AIDS is growing in San Diego County. We are seeing large increases in communities of color.

Both the African American and Latino communities are disproportionately represented in recently reported AIDS cases.

The needs of the men, women, and children we serve are more complex now, and very often include issues of mental health and poverty. The epidemic continues to infiltrate disenfranchised segments of our society. Even people with resources fall into chronic poverty as a result of their inability to regain and maintain employment and overall self-sufficiency. The challenges resulting from AIDS have not disappeared; they have only changed over time.

Mama's Kitchen also continues to change in response to the current needs of the people we serve. In addition to providing breakfast, lunch, and dinner, we have been providing grocery bags to families directly affected by HIV/AIDS. We deliver grocery bags to organizations that serve people with AIDS. These expanded services help reduce the barriers of accessibility to food that were identified in a recent needs assessment conducted by the San Diego County Office of AIDS Coordination.

The board of directors of Mama's Kitchen has dedicated many hours to the development of a strategic plan that is providing direction for the challenges ahead. They have analyzed board structure, our responsiveness to the changing demographics of AIDS, and funding strategies that ensure the long-term stability of the organization.

Thanks to your long-term support, we are fiscally sound. And despite the fact that we received almost 900 fewer contributions in 2001 than in the previous year, we turned no one away.

While this will be a challenging year ahead, we feel confident that you continue to believe in our mission. We are deeply grateful to you for being a part of our family, and for continuing to help Mama's Kitchen nourish hearts....one meal at a time.

Sincerely,

Alberto Cortés
Executive Director

A Letter from the President



Dear Friends,
As president of the board of directors for Mama's Kitchen, it is my privilege to announce that Alberto Cortés has been selected as the new executive director of Mama's Kitchen.

Though this announcement comes with a new title for Alberto, he is no stranger to Mama's Kitchen. Recently serving as treasurer and a board member of Mama's Kitchen, Alberto has been committed to Mama's Kitchen for more than two years. He brings with him extensive professional experience and dedication.

For the last 15 years Alberto has been educating San Diegans about HIV & AIDS and helping to provide health-care to patients dealing with the disease. Alberto comes to Mama's after serving as the clinic director of the Beach Area Family Health Center (BAFHC), a satellite clinic of Family Health Centers of San Diego, where he helped to provide over 15,000 medical visits per year to over 5,000 patients. While with the Family Health Centers of San Diego, Alberto also acted as manager of special projects-HIV services, manager of school health services, and the health education services coordinator.

As the executive director of Mama's Kitchen, Alberto will play a key role in guiding the organization's goals. He will oversee an ambitious staff of 10 and will be responsible for cost-effective management of the organization, while providing support to the board of directors through fundraising, public relations, community development, strategic planning, and budget preparation.

On behalf of the board of directors, I would like to congratulate Alberto on his new position as executive director. Mama's Kitchen is starting down a new path in our long journey, and we are happy to have such a qualified, dedicated friend to lead the way.

Sincerely,

Thomas J. D'Amico
President - Board of Directors

www.mamaskitchen.org

- ● ● Learn about upcoming events!
- ● ● Look for volunteer info! Donate online!

RED HOT

“Mama’s Day 2002”

SAIC Leads the Way with \$25,000 Event Sponsorship
“Red Hot Event of the Year” Raises Record \$133,000!

The 11th annual “Mama’s Day” was the most successful ever! More than 700 supporters attended at the elegant *Hyatt Regency La Jolla*, netting \$133,000 for Mama’s Kitchen to provide nutritious meals for men, women and children living with AIDS.

“Mama’s Day 2002” featured more than 50 of San Diego’s hottest restaurants, caterers, and beverage providers who showcased their finest culinary specialties for guests to savor and enjoy. Also featured was an exciting opportunity drawing for prizes that included a Tiffany Atlas strap watch, hotel suite accommodations in San Francisco, and season tickets to the Old Globe Theatre’s 2002 Festival. One long-time donor in attendance was overheard to say that “...this ‘Mama’s Day’ is a model event for nonprofit organizations in San Diego.”

The event was co-chaired with elegance and professionalism by **Cathryn Ramirez**, vice president of *Tiffany & Co.* in Fashion Valley, **Don Caulfield**, Mama’s Kitchen board member and former banquet manager for the *Hyatt*, and **Elisabeth Bergan**, community leader, 1995 Mama’s Day co-chair and Mama’s Kitchen supporter.

SAIC, the nation’s largest employee-owned research and engineering firm, was this year’s presenting sponsor, donating \$25,000 to ensure a successful event. **Jim Bingham**, an SAIC employee and Mama’s Kitchen volunteer for nearly two years, serves on our board of directors and the board’s development and marketing committees. He played an integral role in this year’s “Mama’s Day” and, along with many other SAIC employees, helped to raise the sponsorship dollars needed for creating the event.

“SAIC was honored to be the presenting sponsor of ‘Mama’s Day’ this year. We were so proud of our individual employees, various groups within SAIC, and of our corporate headquarters, who all coordinated efforts in making this happen,” said **Kathy Holladay**, vice presi-

dent of SAIC. “The spirit of employee dedication surely prevailed and we are truly pleased to benefit one of our most valued community organizations.” Based in San Diego, SAIC has been at the forefront of HIV & AIDS research since the discovery of the virus in the early 1980’s and works extensively in AIDS vaccine research.

Additional sponsorship was provided by **Union Bank of California, the Hyatt Regency La Jolla, Cubic Corporation, and Tiffany & Co.**

Mama’s Kitchen thanks everyone for supporting our most successful “Mama’s Day” event ever!



Everyone’s up for the fun of Mama’s Day - (above from left) Bob Curran and Evelynne Davis Curran, Stan Nadel, Cecilia Carrick; (below) Mary McClellan and Ben Haddad (Sr. Vice President for Communications, SAIC)

EVENTS

The Photo Gallery



Carolyn McFarlane is honored for her work with Mama's Kitchen



SD's Annual Pride Parade - Mama's Kitchen gets involved



**Intuit Charity Golf Tournament
Intuit shoots a "hole-in-one" for Mama's Kitchen**



TimeWarner gets into the act at our Comedy Store fundraiser



Philip Morris Awards Mama's Kitchen \$50,000 Grant!

The Philip Morris Companies, through their Positive Helpings hunger initiative for people affected by AIDS, awarded a \$50,000 competitive grant to Mama's

Kitchen to help maintain our Breakfast Program. Their generous gift, the largest available to any nonprofit organization under the initiative, will provide nearly 36,000 nourishing meals for our clients.

Philip Morris and their family of companies have been supporters of Mama's since 1995, giving over \$100,000 in grants to help continue our mission of feeding impoverished and disabled clients who have been tragically affected by AIDS.



Alberto Cortés, Shaunice Washington – VP of External Affairs, Philip Morris Management Corp., and Carolyn McFarlane

The Positive Helpings initiative, a component of the Philip Morris Fight Against Hunger, which is supported by Philip Morris and administered by the AIDS Nutrition Services

Alliance, works to address the unique nutritional needs of people living with HIV and AIDS. The program will provide a total of \$1 million this year to 70 organizations, both in the U.S. and abroad.

Philip Morris is the nation's largest food company and one of the largest corporate funders of hunger-relief programs in the United States, giving over \$410 million since 1990 alone.

Mama's Kitchen is deeply grateful to Philip Morris and all their employees for their caring support of our mission!

Until There's A Cure

Visits Mama's Kitchen

Executive Director Jeff Cleary of the Until There's A Cure foundation (UTAC) paid a visit recently to the Kitchen. Supporters of Mama's Kitchen since 1998, UTAC has generously contributed over \$25,000 towards our meal delivery programs for people with AIDS.

Founded in 1993, their organization is dedicated to raising money to fund care services and foster compassion for those infected with HIV, provide prevention education, and advocate vaccine development to eradicate the HIV virus.

UTAC is a unique foundation because their sole source of funding comes from the sale of *The Bracelet*, an elegant, cuff-style bangle that is beautifully designed and manufactured in Italy. Starting with their copper or silver-plated models at around \$22, *The Bracelet* is also available for \$75 in sterling silver and for \$375 in 14K gold.

The Bracelet is available at a variety of fine stores locally, including **Ben Bridge Jewelers, The Body Shop, Tower Records, and Kenneth Cole**. Not all stores carry every model, so please call your favorite store to check for availability before shopping.

You may also view *The Bracelet* and make purchases directly from UTAC at their Website at www.utac.org.

Mama's Kitchen thanks the Until There's A Cure foundation for their support!

Time Warner Cable Gives Mama Additional Exposure

For the second year now, Mama's is once again a recipient of a \$25,000 airtime grant from Time Warner Cable (TWC) through their Operation Outreach program. Between now and the end of 2002, TWC will air 30-second promotional spots and public service announcements on various cable channels. Last year's grant garnered airtime for MK worth \$110,360 and reached more than 190,000 homes in San Diego. We hope to at least match this broad reach in 2002. Thank you, Time Warner for helping us raise awareness about MK's meal delivery services to people with AIDS, and thank you for helping us promote support of Mama's volunteer recruitment and fundraising efforts.



SUPPORT OUR FOOD DRIVES

The fall season marks a popular time for many of our community partners to hold food drives. The non-perishable food items collected are used to fill hundreds of grocery bags that are delivered to our clients.

Businesses, corporations, schools, and various civic groups take this opportunity to build their sense of teamwork, while encouraging a spirit of giving to those in need in our community.

If you and your organization are interested in conducting a food drive, Mama's will deliver special collection bins to your door, along with a wish list of non-perishable food items. We will also pick up your bins when filled, or after your food drive is completed. For more information,

Leaving a Legacy for Mama's Kitchen

Generous Donors Have Included Mama's Kitchen In Their Will

In February, Mama's Kitchen Director of Development Edith Glassey received a telephone call from Bill Piles and Howard Guidry, saying that they had established a \$250,000 endowment trust for Mama's Kitchen in their will. Since this was Bill and Howard's first contact with Mama's Kitchen, Edith invited them to visit and tour the kitchen. What follows is an excerpt from interviews and visits with Bill and Howard by Mama's.

Mama's Kitchen: How did you hear about Mama's Kitchen?

Bill and Howard: We first heard of Mama's Kitchen when we used to drive down for the weekend and had a second home here in San Diego. We did this for 18 years prior to moving here in 1999. Friends who lived in the same building told us about Mama's Kitchen and the wonderful work that they are doing for the San Diego community. At that time, we were living in Santa Monica and had lived in the LA area for many years.

Mama's Kitchen: What did you do prior to retirement?

Bill and Howard: We were both industrial and clinical psychologists. Howard at one point served as head counselor and a teacher of history and advanced economics in the Los Angeles public schools. I was senior vice president for six branches of the Southern Pacific Company.

Mama's Kitchen: What made you decide to give to Mama's Kitchen through an endowment trust?

Bill and Howard: Howard and I have been together for 48 years. We are both only children and we have no living relatives. Our relatives are the people to whom we give to. We chose Mama's Kitchen because we have been keeping tabs on Mama's Kitchen and the good work you've done for many years now. We have six long-time friends who died of AIDS back in the time when people did not have access to medications and services that are available today. When we visited the Kitchen, we knew we did the right thing. We were most impressed with the facilities, how well run the agency is, and the professional manner of the staff we met. Our hope is that those affected by HIV/AIDS will benefit from Mama's services for many years to come.

Mama's Kitchen: What other charitable organizations are you involved with?

Bill and Howard: We are involved with PROJECT 10 in Los

Angeles, the nation's first public school program dedicated to providing on-site educational support services to gay, lesbian, bisexual, transgender and questioning youth. We also provide scholarships to college students at the University of California, Irvine through their Lesbian, Gay, Bisexual and Transgender Resources Center. We have also supported Scripps Mercy Hospital's Nurse Training Program.



Howard Guidry, and Bill Piles leave a legacy for Mama's

Mama's Kitchen is grateful to Bill Piles and Howard Guidry for their generosity. As you make plans for your estate, please consider including Mama's Kitchen as a charitable beneficiary.

mama's kitchen
Legacy Club

Mama's Kitchen has been fortunate over the last 12 years to be the recipient of planned gifts from forward-thinking donors. Planned gifts, also called deferred gifts, are donations to a charitable organization from one's personal assets. These types of gifts vary and could be any of the following: bequests, charitable trusts, gifts from life insurance, securities, retirement plan assets, and gifts of appreciated property.

With planned giving, the charity receives designated assets from a donor's estate at a later date, usually after the lifetime of the donor or their beneficiary. Many donors choose to announce their planned gift to the charitable organization during their lifetime, and often after consultation with their estate attorneys and financial planners. On the other hand, there are donors who wish to remain anonymous, as has happened with some of the deferred gifts that Mama's Kitchen has received. In these instances, the gift is announced after the donor's lifetime.

We are pleased to announce the formation of a special giving club, **Mama's Kitchen Legacy Club**, for donors who have given a portion of their estate to Mama's. By including us in their will, these donors are leaving their legacy of caring for individuals affected by HIV and AIDS.

To find out about options for charitable giving, please contact Edith A. Glassey, director of development, at (619) 233-6262, or edith@mamaskitchen.org.

< **calendar
of events** >

- Aug. 12** - *Art and photography by Chris Nyce at the Abbey Café to benefit Mama's Kitchen.*
-
- Sept. 19** *Major Donor Reception and Open House*
-
- Sept. 25** *Mama's Kitchen Legacy Club Luncheon*
-
- Oct. 10** *Business/Corporate Reception and Open House*
-
- Oct. 13** *Great News Cooking School hosts a "Dueling Chefs"*
-
- Oct. 27** *Volunteer Appreciation Day*
-
- Dec. 1** *11th Annual Tree of Life Ceremony and "World AIDS Day"*

You can always contact Mama's Kitchen for more information (619) 233 6262 • www.mamaskitchen.org

mama's
mission

At Mama's Kitchen we believe that every person is entitled to the basic necessity of life – nutritious food. As a volunteer driven not-for-profit organization, we prepare and deliver food to men, women and children who are affected by AIDS.

WHAT'S COOKING

S U M M E R 2 0 0 2

Editorial Team: Edith A. Glassey,
Alan Harris and Alberto Cortés

Contributors: Mary Nedjar
and Joe Fitzpatrick

Designer: Terry Parish

Photography: Melissa Jacobs

SEND QUESTIONS/COMMENTS TO:

MAMA'S KITCHEN, 1875 SECOND AVENUE, SAN DIEGO, CA 92101
OR CALL: 619.233.6262 • MAMASKITCHEN.ORG