



TM

P R O J E C T

ANGEL HEART

meals with love for people living with HIV/AIDS, cancer, and other life-threatening illnesses

Colorado's Most Outstanding  
Nonprofit Organization  
—El Pomar Foundation, 2002

FROM THE

heart

2005 ANNUAL REPORT

a report to our community

Project Angel Heart promotes the health, dignity and self-sufficiency of people living with HIV/AIDS, cancer and other life-threatening illnesses by providing nutritious, home-delivered meals with care and compassion.

## Project Angel Heart's Service

Project Angel Heart's service is simple. Nutritious, home-delivered meals, prepared with love, and delivered with care and compassion.

And Project Angel Heart's service is complex. Roughly 70% of our clients require a modified meal, at least one day each week. For someone living with end-stage renal disease, their meals must be low in phosphorus, sodium and potassium. For someone living with esophageal cancer or someone with mouth sores, their meals must be pureed. Others cannot tolerate wheat, legumes, nuts or certain kinds of meat. And many of our clients require extremely bland meals.

Project Angel Heart works to accommodate virtually any dietary restriction which is medically necessary or religious in nature. We implemented a new system of "grouping" modified meals during 2005 - a system that will enable us to continue providing modified meals to this extent as we grow, which are so essential to many of our clients.



Client James Nash

“Project Angel Heart's staff and volunteers have been angels who have come into my life.”



Client Araceli Bueno with grandson

“I pray for the strength from God every day to be here for my grandson.”

An increasing number of our clients receive frozen meals, weekly, rather than hot meals, daily. At year's end, 90% of clients received their meals frozen, once per week. Project Angel Heart now delivers meals to roughly 750 square-miles of metro Denver and 150 square-miles of Colorado Springs - distances that are too great to safely deliver hot meals, especially given that many clients are undergoing medical treatments and cannot be home every day to receive hot meals.

All meals are provided free of charge. And true to the standards on which Project Angel Heart was founded, meals are prepared and delivered with love.

# From the Executive Director and Board President

**2005** proved to be a remarkable year for Project Angel Heart - a year in which we successfully accommodated near record growth - a 30% increase in the number of meals delivered and a 48% increase in the number of clients served - just since 2004! Some of this growth - namely our expansion to Colorado Springs - was projected. And much of this growth was not anticipated. What led to this level of growth? The answer does not seem to be simple, but is multi-factorial, including the growing number of our referring partners who know about Project Angel Heart, the continual spreading of the word that Project Angel Heart serves people with all life-threatening illnesses and the still-hurting economy which has eaten up the savings of many of our clients - leading them to turn to Project Angel Heart for help.

In large part, it is thanks to our dedicated volunteers that we have been able to meet the increased demand for our services. Our reliance on volunteers has increased with this growth, and as always, volunteers have stepped

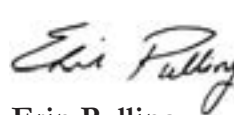
up to the plate - with over 250 volunteers needed every single week just to get the meals out the door. When we add in a fund raising event or a mailing, that number can swell to over 800 volunteers within one week!

A highlight of our growth in 2005 was our launch of service to people living with life-threatening illnesses in Colorado Springs. On our first day of service, March 5, 2005, we delivered meals to fifteen clients. By year's end, we had served 171, surpassing our projections. All meals are delivered to Colorado Springs each Saturday after having been frozen in our state-of-the-art blast freezer. Meals are then transported from our kitchen, Randy's Kitchen, in Denver, to our church satellite in Colorado Springs, First United Methodist Church, in our freezer truck - generously funded by a matching grant from the Gay & Lesbian Fund. We have been welcomed with open arms by our many referring agencies in Colorado Springs, including nearly every renal or cancer care center, AIDS service organization and hospital.

For 2006, we are planning for additional

growth for Project Angel Heart under the excellent leadership of incoming Board President, BJ Dyer. We are also looking at ways to continue to effectively and efficiently serve as good stewards of our donors' dollars. You will notice on our summarized, audited, financial statement that \$.89 of every dollar donated went directly to our home-delivered meal program in 2005 - an indicator of our efficiency of which we are very proud.

As you, our donors, continue to generously support the work of Project Angel Heart, we pledge to you that we will continue to stretch every dollar donated so that we can provide this essential, and often life-saving service, to as many clients as possible. And as we grow, we ask for your continued and generous support. Thank you for making the daily miracle of Project Angel Heart possible.

  
**Erin Pulling**  
 Executive Director

  
**Mark Cornetta**  
 President of the Board of Directors  
 2004-2005

## 2005 BOARD OF DIRECTORS

Mark Cornetta, President  
 9News

BJ Dyer, Vice-President  
 Bouquets

Sandy McConnell, Vice-President  
 Homesmith's Keller Williams

Lee Rudofsky, Treasurer  
 Remax Cherry Creek

Melissa Feig, Secretary  
 University of Colorado  
 Health Sciences Center

Pam Clifford  
 Volant Health Diagnostics

Jason Dicken  
 Wells Fargo Bank

Dani Newsum  
 University of Colorado at Denver

Flynn Rivenbark  
 KCNC - TV

Dr. Mark Thrun  
 Denver Public Health

John Wagner  
 Warwick Hotel

## 2005 Governance Council Members

Project Angel Heart's Governance Council is a group of former board members who have committed to ongoing support of and involvement with Project Angel Heart.

### Former Presidents

John Connell, Esq., CPA,  
 Peter Di Leo  
 Charles Robbins,  
 Project Angel Heart Founder  
 Cheri Vargo

### Governance Council Members

Val Armstrong  
 Jim Coyle, Esq.  
 Lanny Dick  
 Lannie Garrett  
 Dr. Rebekah Gass  
 Rhondda Grant  
 Rev. Al Halverstadt  
 Gary Hard  
 Jeffrey Hopper  
 Pat Long  
 Anne Mack  
 Carol Shepard  
 Brenda Whiteman  
 Don Widler

## From the Heart

2006 Annual Report  
 © 2006 Project Angel Heart  
 Project Angel Heart is a  
 non-profit, tax-exempt  
 501(c)(3) corporation.

# Statement of Financial Position

From the 2005 Independent Audit

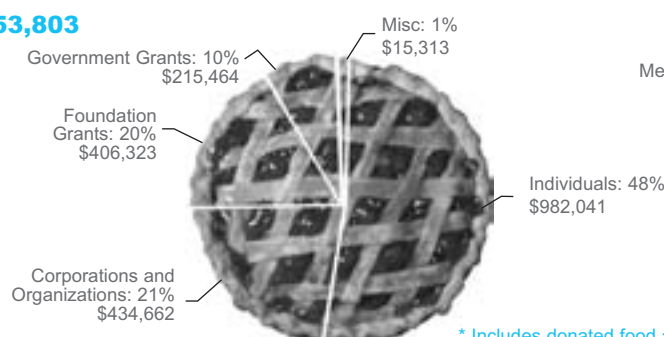
December 31, 2005 (with Comparative Totals for 2004)

	Total <u>2005</u>	Total <u>2004</u>
<b>ASSETS</b>		
Current assets		
Cash and cash equivalents	\$ 1,274,403	\$ 1,106,265
Grants and pledges receivables	43,564	102,498
Deposits and prepaid expenses	<u>10,000</u>	<u>10,000</u>
	1,327,967	1,218,763
Deferred rental expense, long-term	42,500	52,500
Fixed long-lived assets, at cost		
Leasehold improvements	296,801	226,405
Kitchen equipment	219,680	184,835
Office equipment & furnishings	70,523	68,506
Program vehicles	<u>60,823</u>	<u>16,377</u>
	647,827	496,123
Less: accumulated depreciation	<u>(341,130)</u>	<u>(255,103)</u>
	<u>306,697</u>	<u>241,020</u>
	<u>\$1,677,164</u>	<u>\$ 1,512,283</u>
<b>LIABILITIES AND NET ASSETS</b>		
Current liabilities		
Accounts payable	31,359	\$ 47,511
Accrued payroll liabilities	<u>37,519</u>	<u>29,019</u>
	68,958	76,530
Net assets	<u>1,608,206</u>	<u>1,435,753</u>
	<u>\$ 1,677,164</u>	<u>\$ 1,512,283</u>

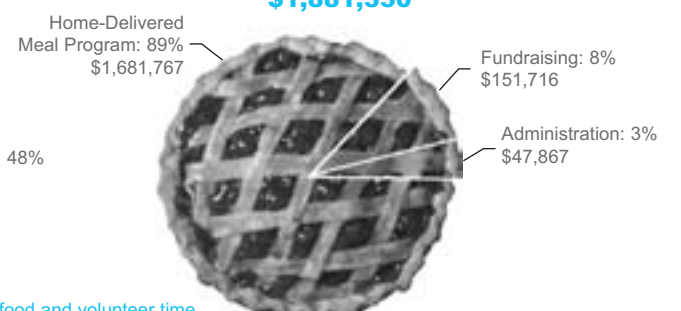
Please visit [www.projectangelheart.org](http://www.projectangelheart.org) for our complete, audited financial statements.

## How We Cut the Pie

### 2005 Revenue\* \$2,053,803



### 2005 Expenses\* \$1,881,350



\* Includes donated food and volunteer time



Clients Wanda and Hannah Vogt

**In Kind Goods and Services Donors**

Project Angel Heart depends on the generosity of our in kind donors to keep our food costs low and help us create successful fund raising events, among numerous other types of inkind donations of goods and services. Thank you to these generous contributors!

5280 Magazine  
9News  
Abend Gallery Fine Art, LLC  
John Ackley  
Alliance Magazine  
American National Bank  
Steve Anchell  
Anonymous  
Arbonne International  
Art Colorado

Artwork by Chris Schranck  
Artwork by Hannah Myra Ashe  
Ashgrove / Cook Park  
Community Garden  
Avenue Grill, Inc.  
Avenue Theater  
Baldoria Catering  
Banister Flowers, LLC  
Bartenders and More  
Baumgartner Portraiture  
Benessere  
Betty Aldworth  
The Blue Cow  
BookCliff Vineyards  
Theo Boudreaux & Tim Mason  
Bouquets Floral

The Broadmoor  
Butler Rents  
Cage, Williams, Abelman & Layden, P. C.  
Campo de Fiori  
Charlie's  
Cherokee - Dining on 12th Ave.  
Child's Pastry Shop  
Chipotle Mexican Grill  
Cintas Document Management  
City Wine  
Coca-Cola USA  
Judith Cole  
Colorado Natural Eggs  
Colorado Pride Guide  
Colorado Springs Independent  
Comedy Works  
Joyce Comin  
Consulate Healing Center & Karlton Terry  
Tim Cook  
Creative Design Photography - Puppy Pix

The Culinary Group Caterers  
The Delectable Egg  
Denver Botanic Gardens  
Denver Bread Co.  
Denver Film Society  
Denver Metal Finishing  
Denver Museum of Nature & Science  
Denver Office of Strategic Partnerships  
Denver Swim Club  
Denver Urban Garden  
Denver Zoo  
Design Toscano  
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Dirty Hands Ceramics  
BJ Dyer & Guenther Vogt  
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Fiorello Gardens  
Deana Fisher Wilfong  
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Franco's Italian Foods  
Frederic Printing  
Alix Freshman  
Garden of Eden  
Gateaux Bakery  
Gensler & Associates  
Joseph Gibson & Joe Davalt  
Girl Scout Troop 2551  
Girls Scouts  
Gran Vin  
Great Harvest Bread Co  
The Hair Shop  
Headwaves  
Healthway Foods of Arvada  
Dave Hess  
Horton House Bed & Breakfast  
House of Rose  
Jim Howard  
Hunt Club Properties, LLC

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Isis Books and Gifts  
Janus  
Paul R. Jeselnick  
Jewelers Gallery  
Josh & John's Ice Cream  
Joyful Journey Hot Springs  
JR's Bar and Grill  
JW Marriot  
Kaladi Brothers Coffee  
KBCO 97.3 FM  
Kindred Hospital Denver  
King Soopers  
KOA-TV  
Kosher Konfections  
Las Margaritas  
Lavender Fields  
Le Bakery Sensual  
Left Hand Brewery  
Lifestyles Catering  
Liks Ice Cream Parlor, Inc.  
Little Bits of Yesterday and Today  
Little Pub Company  
Lorie Gottschalk  
MAC Cosmetics  
The Magnolia  
Majestic Metal  
Mandolin Enterprises LLC  
Diana Marlowe Newman  
Shirley & Vince Martino  
McNeil Designer Portraits  
Mill Street Deli  
Gerri Morningstar  
Morrison Country Store  
Morrison Inn  
Dave Hess  
Mulberry's  
Naples Group  
National Distributing  
Neo Studio

News First 5/30  
Nobel Sysco  
Omega Marketing Inc  
Oona's Day Groom & Spa  
OutFront Colorado  
Ozzi's  
Pachanga, USA  
The Palm Restaurant  
Palmer Community Garden  
Panera Bread Company  
Panera Bread Company - DTC  
Panini Grill  
Pappardelle's Classic  
Italian Foods  
Paradise Bakery  
Party Lite  
Patricia Carlisle Fine Art  
Robert, Eleanor & Susan Pope  
Eddy Poston  
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Q3 Consulting, Inc.  
Qumbria  
Razor Douglas Danger  
Ervin, Marcia & Petey Rea  
Red Rocks Grill  
Red Square Euro Bistro  
Renaissance Denver Hotel  
The Rio Grande Mexican Restaurant  
Rock Bottom Foundation  
Rocky Mountain News (Denver Newspaper Agency)  
Rodney's  
Rosedale Community Garden  
Lee Rudofsky  
S Design  
Safeway  
Sam's No. 3  
William Scott Coors & David Hurt  
Silver Wave Records, Inc.

Susan & Kelly Skaggs  
Smooth Jazz 104.3  
Sounds True  
Southern Wine & Spirits of Colorado  
Southwest Art  
Cydney Springer  
Starbucks Coffee Corporation  
Starbucks Store #6214  
Stephany's Chocolates  
Don Steward  
Stickley Furniture  
Andrew Strickland  
Summit Resort Group  
Tamayo Restaurant  
Tattered Cover  
TDA Design and Production  
Ted Fons  
Arthur Thompson, Jr.  
Thunderridge High School  
Tokyo Joe's  
TruAccess  
True Cruise Coaching  
Udi's Bakery  
Victorian Antique Jewelry  
John T. Vrabel  
Wahoo's Fish Taco  
Sharon Walton  
Watkins  
The Wayfarer  
Westword  
Wholly Tomato  
The Wizard's Chest Inc.  
Yellow Tail

If we made an error in our recognition of you, our donor — a misspelling, listing or omission of your name — please accept our apology. Please contact Heidi Wilhelm, Director of Development, at heidi@projectangelheart.org or (303) 830-0202 ext. 12, so that our records can be checked and adjusted. Thank you for your understanding!

## Volunteers - the Heart of Project Angel Heart

A model of reliance on volunteerism is a value on which Project Angel Heart was founded in 1991, and it is remarkably how Project Angel Heart continues to operate today - even though the number of clients served has increased eighty times over since our first year of service.

Volunteers are the driving force behind Project Angel Heart - literally. After meals are prepared by volunteers, under the supervision of Project Angel Heart's professional chefs in Randy's Kitchen, every meal is delivered to a client's home by a volunteer - using their own time, their own car and their own gasoline. Volunteers also help in the office, assist with fundraising events, sort and package meals...the list goes on and on. Simply stated, Project Angel Heart is made possible by our generous brigade of volunteers.

Over 2,800 volunteers contributed their time during 2005. Donated hours totaled 40,112 hours during 2005, the equivalent of over 21 full-time employees! The value of all donated volunteer labor and mileage totaled \$587,217 during 2005 (\$381,839 of which is represented in our audited financial statements as direct program support).

Besides helping to make Project Angel Heart efficient, volunteers each bring diversity of experience and compassion to their volunteer jobs.

We are fortunate to have cancer survivors working alongside people who have lost a family member to a life-threatening disease, kids wanting to make a difference, people completing school or court ordered community service and those just wanting to give back. Every volunteer has a compelling story behind why they come chop carrots every Tuesday, why they deliver meals very Saturday, or why they help out with Dining Out for Life® every year. Every single one of these stories is a contribution to the passion and momentum that make the miracle of Project Angel Heart happen every day. To each of Project Angel Heart's volunteers - thank you. Volunteers are the heart of Project Angel Heart.



Client John Crancer

## Those We Serve . . .

Project Angel Heart delivered a total of 237,153 meals to 1,216 men, women and children during 2005. Ninety-one of those served were dependents of clients while 1,125 of those served were living with a life-threatening illness.

Cancer, categorized as one illness, was the most common disease our clients were living with during 2005, with breast cancer being the most common type of cancer among our client base. After cancer, the most common diseases served were end-stage renal disease,

HIV/AIDS, chronic obstructive pulmonary disease and congestive heart failure, in that order.

Given that most of our clients have multiple health conditions and diagnoses, we have a growing list of over 150 diseases and health conditions that our clients are living with - some diseases as common to our clients as HIV/AIDS and various types of cancer, and some diseases as rare to our client base as celiac sprue and amyotrophic lateral sclerosis (Lou Gehrig's disease).

## Client demographics in 2005

Gender	
52%	female
48%	male
Race	
62%	Caucasian
20%	African American
14%	Latino/a
1%	Asian
1%	Native American
2%	Other or Mixed Race
Age	
49%	60+
32%	45 to 59
18.5%	20 to 44
.2%	14-19
.3%	0-13

Using the federal definition of 125% of poverty (less than \$997 per month for a household of one), 77% of clients were living at or below the poverty level, though technically, over 90% of our clients are considered to be impoverished, by anyone's standards.

Project Angel Heart bases a client's eligibility to receive home-delivered meals on the presence of a life-threatening disease in addition to other factors of limited mobility in the client's life that affect their ability to provide for their own nutritional needs. For example, many of our clients are battling severe fatigue, nausea, weight loss and other complications as they battle their disease or undergo treatments such as chemotherapy, radiation or dialysis treatment. And many clients are living with an opportunistic infection or a severe mental illness, they are homeless, or they are living with other health conditions in addition to having a primary, life-threatening illness - making it virtually impossible to provide their own nutritious meals. A medical practitioner authorizes every client's eligibility when the client begins service with Project Angel Heart and once per year thereafter.



"I was feeling terrible today until the volunteer showed up and talked with me for a



couple of minutes. I went from having no appetite today to heating up some Shepherd's Pie.

Thank you... **you've made a difference in my life.**"

Client Thomas R.

### What's Cookin'?

**Monday:** Frittata Lorraine with Mixed Greens and Fresh Fruit

**Tuesday:** Tilapia Almondine with Cous Cous, Glazed Carrots and Fresh Fruit

**Wednesday:** Chicken Breast with Indian Style Tomato-Yogurt Sauce, Chick Peas, Steamed Broccoli and Fresh Fruit

**Thursday:** BBQ Chicken Breast with Mashed Potatoes, Green Beans and Fresh Fruit

**Friday:** Baked Pork Chop with Peach Chutney, Au Gratin Potatoes, Cabbage and Fresh Fruit

**Saturday:** Beef and Spinach Lasagna with Mixed Veggies and Fresh Fruit

"Up until now, I have been struggling to keep my weight steady at 118 pounds...and since I started on **Project Angel Heart** I have gained 3 pounds, and my doctor is delighted! And so am I, since I can enjoy eating once again.

**Thank you** for your wonderful program. It has added more to my life than I ever thought possible."

Client Cindy P.



"Project Angel Heart's meals are the **sunshine of every day.**"

Now some may think  
That I might not care,  
But there are days  
When my pain is hard to bare.

I hear your knock  
Each and every day  
Though I may be silent,  
A thanks to you I say.

So keep this in mind  
In all the things you do,  
The care and joy you bring my way,  
Know that it is because of you.

Client David Towndrow



Client Adrienne Roberts Denes

"Your program not only provides meals for the much needed, but **hope and a special gift of sharing and compassion.** The world is a better place because of people like you. May God Bless."

Maricela M.

"When I started [receiving Project Angel Heart's meals], I was very thin at 138 pounds. Homeless are in need of help. The **hot meals are the best thing for me.** I'm in better health and look at life with hope and big ideas for myself because there are **people who**

**care.** Thank you so much!"

Client Daniel R.

**DINING OUT FOR LIFE  
THURSDAY APRIL 27TH**

[www.projectangelheart.org](http://www.projectangelheart.org)

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(800) 381-5612



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