

Save the date!

Dining Out for Life® April 28, 2011

Attention metro-area restaurants,
volunteers, and diners...

Join us for Dining Out for Life® in 2011!

Be part of one of the tastiest
fundraisers of the year!



On Thursday, April 28, 2011, more than 300 Metro Denver restaurants will donate 25% of the day's food sales to Project Angel Heart. Sign up as a participating restaurant to support the cause and benefit from more than 15 million media impressions. Or sign up to volunteer as a restaurant ambassador and help increase visibility and donations for Project Angel Heart. With support from the restaurant community and ambassadors, Project Angel Heart will be able to continue to fund the agency's home-delivered meal program, which serves men, women, and children coping with life-threatening illness, free of charge.

To become a participating restaurant, contact us at 303-830-0202 ext. 21, download the participation agreement from our website (www.projectangelheart.org) or email Jessica Shoemaker, Events Manager, at jshoemaker@projectangelheart.org.

To volunteer, contact Heather Kopas, Community Outreach Coordinator, at 303-830-0202 ext. 29 or hkopas@projectangelheart.org.



pie in the sky

Sweeten Someone's Life this Season

Every year, Project Angel Heart is your source for Thanksgiving pies through it's *Pie in the Sky* campaign. Delicious pumpkin, apple, pecan, and cherry pies, generously donated by Bluepoint Bakery, were sold online October 15-November 17, with 100% of the proceeds benefiting Project Angel Heart. This year, Project Angel Heart sold more than 1,200 pies, raising more than \$28,000, providing more than 6,000 meals to our clients.

Many, many thanks to Bluepoint Bakery, Sunflower Farmers Market, 5280 Magazine, Metromix.com, Team Packaging, Mix 100, 92.5 The Wolf, Kool 105, Out Front Colorado, Salon 7, Central Bancorp, for their help in making life a little sweeter for our clients living with life-threatening illness.

If you were unable to purchase a pie but would still like to make a contribution, visit www.projectangelheart.org and click the "Donate" button.

www.projectangelheart.org
303-830-0202

Project Angel Heart
4190 Garfield St Unit 5
Denver CO 80216



HOLIDAY 2010

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Art for Life
A Taste for Life

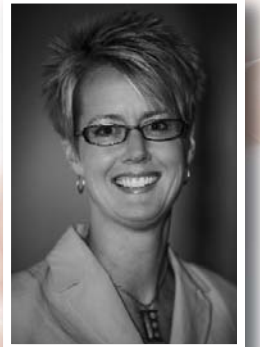
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Save the Date
Pie in the Sky

Food for Thought

Meeting challenges with compassion and character

I have always believed that our huge corps of volunteers and donors bring much more value to Project Angel Heart than efficiency and cost savings—more than the \$500,000+ that volunteers save us each year in labor and mileage. I know and believe that each volunteer and donor brings a unique passion for Project Angel Heart's work, and yet, I was pleasantly surprised twice in the last week in conversation with two supporters by their stories of care and commitment.



Erin Pulling

In one case, I was rushing through the kitchen and stopped briefly to chat with Fred, a donor and kitchen volunteer for the last five years. Sweet, generous, and smiling, Fred is so consistently eager to help that he can most often be found at the dish pit, doing the dirty work that most volunteers eschew in favor of chopping carrots.

In the course of chatting about holiday plans, Fred mentioned that this time of year always inspires him to concentrate on how glad he is still to be alive. It seemed like an odd comment for someone who can't be much more than sixty. Fred went on to say that, thirteen years ago, he was diagnosed with brain cancer and given three to twelve months to live. Shocked, I watched as this man who beat such stark odds felt for the radiation scars on his scalp.

Graced with the friends, family, and finances needed to support him through his treatment and recovery, Fred never received Project Angel Heart meals when he was ill. Still, he shows up every week to donate his time and energy to Project Angel Heart because he so profoundly understands the devastation of a life-threatening diagnosis. Volunteering here helps him remember to be actively grateful for his life by contributing to those less fortunate than he.

Then, in talking recently with another volunteer and donor who has supported Project Angel Heart since its founding nineteen years ago, I was impressed by his unique description of our agency:

The way I view Project Angel Heart and the community's support of the organization is like the sewing on of a button. This button has been sewn on with great care, taking no shortcuts, with the thread pulled tight. If cheap thread were used, too little thread, or if care wasn't taken, the thread would come loose or break. But with Project Angel Heart, we've used strong thread and have paid great attention to every stitch. I care that my donations are going to make a long-term impact and that care will be taken. Project Angel Heart is an organization that I know will be around. This is why I give.

Each of us who has donated an hour or a dollar has a story of why. Some of these stories have been told dozens of times. And some are so deep that they may have yet to be spoken. Project Angel Heart is a compilation of thousands of these stories, each one remarkable, and each one serving as an integral component of the delivery of home-delivered meals, free of charge, for those coping with life-threatening illness.

I hope that your story includes some joy, and certainly some gratitude, this holiday season. Thank you for what you give.



Erin Pulling

Erin Pulling, MNM
Executive Director

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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.

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Nourishing the artist within



When Horace was diagnosed with end-stage renal disease, he faced serious financial obstacles, and was unable to afford the quality food necessitated by a renal diet. Maintaining a healthy renal diet requires attention to detail at all times. High levels of sodium, potassium, and phosphorus can trigger symptoms of end-stage renal disease and cause swelling, muscle fatigue, breathing problems and heart failure. Monitoring these minerals and making careful adjustments in a diet can make a drastic difference.

For several years, Horace faced a variety of health challenges. It wasn't unusual for him to be hospitalized several times a month. Yet in 2008, Horace was referred to Project Angel Heart for assistance. As soon as he began receiving meals, his situation improved. Not only is Horace getting quality food prepared and delivered, at no-cost, but as he put it, "I can get my nourishment and not sacrifice unbelievable food. It helps me live."

Horace now relies on Project Angel Heart to provide him with nutritious and medically appropriate food. Life is still a challenge each and every day.

But because of Project Angel Heart, it is far more manageable. He doesn't need to worry about where his next meal will come from, or whether or not it will cause him harm. And this provides Horace with more time to do the things that make him happiest: Spending time with his wife and reliving exotic locals through his artwork. "When I draw, I can go back to the places I've been, and recreate the things I've seen." For as long as he needs it, Project Angel Heart's staff and volunteers are grateful to be able to provide Horace with nourishment, fueling his artwork, his health and his life.



Horace has a good deal of time on his hands. Yet by no means is he wasting it. Living with end-stage renal disease and chronic obstructive pulmonary disease for more than twelve years, Horace spends the majority of his time in treatment. Three times a week, dialysis consumes five hours of Horace's day, leaving him exhausted and weak. But Horace chooses to see the good in every situation. Dialysis is his time to revisit memories of his life and express them through his artwork (shown here). With pens, pencils and markers in hand, Horace fills his time at dialysis by drawing. It's his time to reflect on places he's traveled to, the people he's met, and challenges along the way.



The gift of time

Nearly every Monday morning, Fran and Ken Berry make the drive from their home south of Denver to volunteer for Project Angel Heart in northeast Denver. This is a 50-mile round trip they have made approximately 450 times, in sunshine, rain, sleet, and snow, over the past decade.



Ken and Fran Berry

Fran Berry began volunteering in 1994 as a meal delivery driver when Project Angel Heart was located in St. Barnabus Church in downtown Denver. Ken enthusiastically joined her in 1999 after his retirement. Throughout the years, Ken and Fran have worked in a multitude of volunteer assignments including both weekday and Saturday meal delivery driving, shuttle driving, helping advertise, sell and distribute pies for *Pie in the Sky*, assisting with *A Taste for Life* event and serving as *Dining Out for Life*® ambassadors.

Their steadfast and deep commitment to Project Angel Heart's mission is motivated in large part by losing a beloved family member to a serious illness. As Fran explains, "I began volunteering as a tribute to my brother, Robin, who died in 1989 at the age of 38 from an AIDS-related illness. I love bringing a nutritious meal, a smile and a warm greeting to so many people whose only personal contact that day was with me as a Project Angel Heart volunteer." Ken's passion for delivering meals rivals Fran's as he describes, "Project Angel Heart is a blessing for others as well as a blessing for me. What a pleasant way to spend some extra time I have."

Fran and Ken's abiding dedication to altruism expands beyond Project Angel Heart, as both of them engage in a remarkable amount of volunteerism. Fran serves as the facilitator/organizer of the Highlands Ranch Parkinson Support Group and also serves on the Program Committee of the Parkinson Association of the Rockies. She is also very involved in several ministries and serves as a new church treasurer. Ken chairs the Board of Directors for a private preschool, helps with a service one Sunday a month at Craig Hospital, volunteers in a 6th grade classroom and gives time to his church and in various ministries.

Fran and Ken are a valuable part of a truly unique and special volunteer community at Project Angel Heart. In 2009, our agency had the privilege of working with more than 3,000 individual volunteers and 150 volunteer groups. This tremendous volunteer contribution added up to over 43,000 hours, which is the equivalent of more than 20 full-time staff.

All of this volunteer power culminated in five extraordinary statistics. In 2009, our volunteers chopped 9 tons of carrots, 9 tons of onions, and prepped over 12 tons of chicken and our drivers traveled over 72,000 miles, which is enough miles to circle the earth nearly three times!

Project Angel Heart's board of directors and staff would like to sincerely thank Fran, Ken and all of the wonderful volunteers who dedicate their time, skills, and enthusiasm to Project Angel Heart's mission. We wish you all a joyous holiday season!

Holiday Menu

THANKSGIVING Plated November 18
Oven-Roasted Turkey with Natural Pan Gravy
Creamy Mashed Potatoes
Herb Dressing
Brown Sugar Glazed Carrots
Pumpkin Pie

CHRISTMAS Plating December 17
Roast Beef with Horseradish Sauce
and Gravy
Skin-on Mashed Potatoes
Roasted Carrots

KWANZAA Plating December 23
Chicken Yassa (Senegalese Style)
Berbere (Ethiopian Spiced) Yams
Spinach, Corn and Pimento
(symbolizing Pan-African colors)

NEW YEAR'S DAY Plating December 24
Baked Ham with Honey Mustard Glaze
Herb-Roasted Potatoes
Braised Greens with Black-eyed Peas

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TO CONTACT US

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303-830-0202 | 800-381-5612
4190 Garfield St., Unit 5
Denver CO 80216



Bread & Butter Club Members

The Bread & Butter Club is a group of extraordinary Project Angel Heart donors who commit to supporting Project Angel Heart's mission through monthly donations of \$30 or more. Sign up for the Bread & Butter Club today, and join the corps of sustaining donors who help Project Angel Heart consistently deliver nutritious meals, at no cost to our clients!

MASTER CHEF (\$416+ per month)

Hugh E. Shields

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*List current as of 11/16/10

Ways to give

GENERAL DONATION Give the gift of life with a general donation in any amount! (A return envelope is enclosed for your convenience.)

ADOPT-A-MEAL Make a special day in your life a special day for our clients by adopting meals for that day with a \$1,000 donation (or \$2,000 for a holiday meal).

BREAD & BUTTER CLUB The Bread & Butter Club is a group of sustaining donors who make a donation of at least \$30 each month. The Gay & Lesbian Fund for Colorado will match donations from new members, increased donations from existing members, and members who switch their monthly donation to a credit card.

COLORADO GIVES DAY On December 8, 2010 thousands of Coloradans worked towards raising \$1 million in one day for Colorado charities. Colorado Gives Day was made possible by Community First Foundation, a Denver-based community foundation whose mission is "to improve quality of life by increasing community generosity and involvement."

DONATE A CAR Project Angel Heart partners with Cars for Charity to turn your unwanted wheels into delicious meals! Donate your unwanted vehicle to benefit Project Angel Heart today.

GIVINGFIRST.ORG The Community First Foundation presents an online tool to match donors with nonprofits. For more information, visit www.GivingFirst.org.

MEMORIALS/TRIBUTES/HONORS A memorial or tribute gift of any amount is an ideal way to remember or honor the life of someone special. With notification information provided at the time of the gift, a card will be sent to the recipient or family, notifying them of your gift.

PLANNED GIVING AND BEQUESTS Leave a legacy of love by remembering Project Angel Heart in your will or through other structured gifts.

SPECIAL EVENTS Taste Denver's finest culinary creations, patronize a local restaurant, bid on fine art, or become a piece of the pie — all to support Project Angel Heart. Annual special events include *Dining Out for Life*®, *Art for Life*, *A Taste for Life*, and *Pie in the Sky*. Or support Project Angel Heart with your own fundraising idea. Visit projectangelheart.org for more information.

VOLUNTEER Give the most precious gift of all — the gift of your time. Project Angel Heart is able to deliver meals to more than 1,850 clients with life-threatening illness, at no cost, thanks to the support of our volunteers.

WORKPLACE GIVING Designate Project Angel Heart as the recipient of your payroll deduction/workplace giving campaign, even if you participate in United Way. People who donate through payroll deductions are eligible for membership in the Bread & Butter Club.

Community Shares of Colorado—#5050

Combined Federal Campaign—#71347

Colorado Combined Campaign—#5085

United Way and other campaigns—please write in "Project Angel Heart, 4190 Garfield St., Unit 5, Denver, CO 80216."



CommunityShares



Now your donation can go twice as far! The Gay & Lesbian Fund for Colorado — see www.gayandlesbianfund.org — will match the annual donation of new members, increases in donations from existing members, and the full annual donation of any existing member who switches to a monthly credit card donation.



Chef's Corner

FALL HERBS

When people come into the Project Angel Heart kitchen and say, "Wow, it smells like the holidays in here," sage and thyme are usually the reason. Used extensively in many holiday recipes, sage and thyme have come to signify the fall. They are late-season herbs which dry and keep well, so they can be used toward year's end with very little loss of flavor or quality. These two herbs share a similar earthy and clove-like flavor profile, while incorporating complex citrus undertones. Use both sage and thyme throughout the fall and winter months, providing a seasonal touch to your dishes.

Enjoy, and Happy Holidays from the Project Angel Heart kitchen crew.

Modifications:

- For our clients with renal disease we remove much of the milk (substituting more stock) butter (subbing olive oil) and salt from the recipe.
- For our clients with diabetes we reduce the flour and salt, substitute olive oil for the butter and substitute ground chicken for half the pork to reduce fat.
- For our clients with lactose intolerance we substitute more stock for the milk and olive oil for the butter.
- For our clients on severely bland diets we remove all spices, herbs and pepper.
- For our clients on a low salt/low fat diet we substitute ground, lean chicken for the pork, use skim milk, reduce or eliminate the salt, reduce the amount of roux, substitute olive oil for the butter and bake the patties instead of frying.

Homemade Breakfast Sausage Patties with Country Gravy (serves 12)

Sausage:

- 5 lb ground pork
- 2 T kosher salt
- 1 tsp white pepper, ground
- 1 T rubbed sage
- ½ tsp dry ginger, ground
- 1½ tsp nutmeg, ground
- 1½ tsp fresh thyme leaves, chopped
- 1½ tsp red pepper flakes (optional)
- Peanut oil for sautéing

Gravy:

- 2 C whole milk
- 2 C chicken stock
- 5 T butter
- 6 T all-purpose flour
- 1 tsp rubbed sage
- 2 tsp fresh parsley, chopped
- Salt and white pepper to taste

Prepare the sausage: Combine all the sausage ingredients except the oil into a large bowl and mix thoroughly. Shape into 24 equal sized patties and set aside until ready to use. When ready, heat a large skillet on the stove over medium heat until hot. Add enough oil just to coat the bottom of the skillet. Add enough patties to the skillet to comfortably fill the pan, but be careful not to over fill. Sauté the patties until browned on either side and cooked through, approximately 6 minutes per side. Serve with the country gravy.

Prepare the gravy: Add the milk and stock into a sauce pan. Bring to a simmer over medium heat. In the meantime, melt the butter in a small skillet. When melted add the flour and whisk to make a smooth roux. Remove from the heat and set aside for 2-3 minutes. Add the roux to the simmering milk and stock, whisking to incorporate completely. Add the sage and allow to gently simmer for 10 minutes or until the sauce no longer tastes of raw flour. Lower the heat if necessary to keep the simmer gentle. Add the parsley, season with salt and white pepper and remove from the heat. Serve over the cooked sausage.

Homemade Breakfast Sausage Patties with Country Gravy (serves 800)

Sausage:

- 350 lb boneless pork shoulder
- 1 gallon kosher salt
- 5 C white pepper, ground
- 10 C rubbed sage
- 1½ C dry ginger, ground
- 5 C nutmeg, ground
- 5 C fresh thyme leaves, chopped
- 5 C red pepper flakes (optional)

Gravy:

- 5 gallons whole milk
- 5 gallons chicken stock
- 8 lbs butter
- 10 lbs all-purpose flour
- 5 C rubbed sage
- 5 C fresh parsley, chopped
- 4 C kosher salt
- 2 C white pepper

Prepare the sausage:

Grind the pork shoulder through a medium plate. Divide into seven equal batches in bus tubs. Divide the remaining ingredients among the meat batches. Mix each batch thoroughly, either in the Hobart mixer with the paddle attachment, or by kneading with your hands. Form into 24 individual patties (3 oz each). Place onto sheet pans and place on speed racks in the walk-in cooler. When ready to cook, heat convection oven to 400 degrees. Bake the patties until an internal temperature of 155 degrees is reached. Serve with the country gravy.

Prepare the gravy:

Add the milk and stock into a tilt skillet set to high. Bring to a simmer and lower the heat. In the meantime, in roasting pan on top of the stove melt the butter. When melted add the flour and whisk to make a smooth roux. Remove from the heat and set aside for 10 minutes. Add the roux to the simmering milk and stock, whisking to incorporate completely. Add the sage and allow to gently simmer for 10 minutes or until the sauce no longer tastes of raw flour. Add the parsley, season with salt and white pepper and remove from the heat. Serve over the cooked sausage.

Art for Life

Vibrant art, delectable culinary creations and lively camaraderie created a palette full of fun and flavor at Project Angel Heart's ninth annual *Art for Life* silent art auction on Thursday, August 26. Artwork Network, in the heart of Denver's Art District on Santa Fe, was an ideal location to display the variety of donated works from more than 100 talented artists. Colorful, captivating "Coffee Break," by plein air landscape painter Cheryl St. John, was used as 2010's poster art.



Leslie Mitchell

Denver artist Laurie Maves set up an easel and created a striking painting during the event, to the delight of art lovers who were able to chat with the artist as she worked. Meanwhile, chefs put the finishing touches on their own tasty creations. This year, food stations with a spectrum of delights were added to the reception's usual enticements of cocktails, wine bar, hors d'oeuvres and desserts.

With the support of our generous sponsors, artists, art purchasers and guests, the event raised more than \$60,000 to help fund our client meal program.

(Courtesy of Lisa Perry, Blacktie Colorado; images courtesy of McBoat Photography)

SPONSORED BY: American National Bank | WellsFargo | Gerretson Realty Inc. | Michael Ragsdale, MD | Lynn & John Grigsby | Michael F. O'Donnell | Deidre O'Callaghan | David Q. McGrath & Andrew Silver, MD

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A Taste for Life A SUCCESS BY ANY MEASURE

2010 marked the 10th anniversary of *A Taste for Life*, mixing a unified vision of community service with the best of Denver's culinary scene. More than 500 attendees, community leaders and foodies came together in support of Project Angel Heart, helping to raise more than \$89,000 - making this year's event the most successful ever!

The evening fulfilled its reputation as a night of great company and delicious offerings, and for the first time ever included CBS4's Gloria Neal as the evening's emcee. Project Angel Heart's own Chefs shared their excitement for the festivities with tastes for everyone, including Vietnamese-Style Vegetable Spring Rolls with Almond Sauce (photo, bottom right), as well as Chef Emanuel's Sautéed Veal Sweetbreads with Persimmon Demiglace (photo, top left). And this year the event went above and beyond to recognize its culinary ambassadors. Chef Andrew Lubatty and The Avenue Grill have participated in *A Taste for Life* eight out of ten years running.

This year's reverse auction raised more than \$21,000, setting yet another event record. Generating heat all night, the auction featured vacation getaways in Sonoma, CA, New Orleans and the Colorado Rocky Mountains, spa packages, tickets to sporting and cultural events, and more.

Project Angel Heart is so grateful for all its donors, sponsors, community partners, volunteers and attendees. Proceeds from *A Taste for Life* will provide our clients with more than 15,000 meals over the coming year. Thank you.

(Images courtesy of McBoat Photography)

SPONSORED BY: EXDO Event Center | Chevron | Robb Green & Terry Sherman | HealthONE | Sage Hospitality | Sage Restaurant Group | At the Beach | Colorado Housing and Finance Authority | Contract Furnishings | FirstBank | Lynn & John Grigsby

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There are a number of ways to give to Project Angel Heart's mission, including making gifts of time, financial contributions, or in-kind donations. This holiday season, consider meeting the needs of Project Angel Heart by making an in-kind gift.

HOLIDAY WISH LIST

1. Cleaning Supplies
2. One professional double-handled cheese knife
3. Assorted cookie cutters
4. Aprons for kitchen volunteers
5. Kitchen speed racks on casters (20-pan capacity)
6. Laminating machine
7. Auction items
8. General office supplies
9. Paper
10. Avery Labels 5162
11. Courier services for *Dining Out for Life*®
12. Supplies for 2011 events (beverages, ice, valet services)