At Moveable Feast we believe that food is medicine; someone who is getting good nutrition is better able to stay strong while they treat their disease but the act of bringing the food to a sick person, seeing them, smiling, having a short conversation, also provides nourishment. Clients may receive Moveable Feast’s services for a few weeks or for much longer, regardless, our drivers learn to recognize small changes that may signal a downturn in the client’s health or mood.

When Rufus Ellison took a job as a Moveable Feast driver in 2013, he was just looking for a position with better benefits than his current job. He had no idea how big a positive impact he’d have on the lives of Moveable Feast’s clients and vice versa.

During his time at Moveable Feast, Mr. Ellison has delivered food to over 700 clients and, treating each client with his signature “positive vibe.” He gets to know each of the clients, and is quickly able to detect when a client needs a little something extra with their food delivery.

Recently, Mr. Ellison delivered food to a woman who, he says, was “usually very chipper and full of life.” Instead of her usual exuberant greeting, she answered the door with a flat-toned “Hello.” He immediately knew something was wrong and asked her to tell him what was bothering her. She said that she’d been looking in the mirror that morning and became depressed about the toll her HIV status had taken on her beauty. This made her reflect on everyone who had pulled away from her since her diagnose, about how alone she was. Mr. Ellison knew what she needed to hear: “You woke up this morning and you were able to stand up. I know things can be hard but you feeling sorry for yourself is not going to help you get better and fight your disease. You lost a lot but you’ve gained so much. With Moveable Feast you have a whole lot of people you don’t even know, in your corner, fighting your fight.”

He was able to sit with the client for a while and let her know that she was valued. He let her know that he’ll be there for her “putting my foot up your tail until you get off it and do what you need to do. Until you’re able, Moveable Feast is here. Just give us a call.”

Mr. Ellison knows how hard it is for our clients to cope with the isolation and loneliness that comes with fighting a serious illness with limited resources. On his deliveries he stays as long as time permits because sometimes he’s the only person a client sees all week and he knows, “You can’t beat these diseases without a support system.”

The whole Moveable Feast community—our staff, like Mr. Ellison, board, donors, and volunteers—are our clients’ support systems. Together, we can celebrate positive changes and face challenges with a smile.
Dear Friends of Moveable Feast:

Change seldom happens with a single action, but with a series of small movements. So it is here at Moveable Feast. Whether with the change of the style of a newsletter (I hope you like this!), or a menu, or the way we fulfill our mission, there are usually many smaller parts that have shifted, resulting in a significant change.

Recently I returned from our Food is Medicine coalition meeting in Washington, DC. While Moveable Feast has promoted food as medicine for many years, this is quickly becoming a national mantra among health care professionals and food providers in the health care industry. Along with our sister programs across the country, Moveable Feast wants to be among the leaders in defining what it means to provide medically tailored, home-delivered meals (MTMs) to individuals with HIV, cancer, and other life threatening illnesses. MTMs have the potential to impact the triple aim of the Affordable Care Act: better health outcomes, better access to care, and reduced medical costs. This change in thinking will ultimately have a positive impact on the life of critically ill people, making home-delivered meals more available to them, thus keeping them healthier and creating a more healthy community, and, ultimately, reducing costs of health care for those with serious illness. A small movement, in the big picture of change, where everyone wins!

One other change happening here at Moveable Feast: after 15 years, Nancy Etheridge-Guest, our Director of Client Services, is leaving to work for the State of Maryland. Nancy was a tireless advocate for our clients, and brought them the gift of a listening heart. Her compassion and competence will be sorely missed by us all! I thank her and wish her well!

THANK YOU for being part of the change, and for your continued support of the mission of Moveable Feast!

Sincerely,

Thomas Bonderenko

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JUST A THOUGHT

PLANNED GIVING—SUSTAIN THE FEAST, SECURE THE FUTURE

A diagnosis of HIV is not the death sentence it was in 1989 when Moveable Feast began, but, even if HIV/AIDS was cured tomorrow, Moveable Feast’s services would still be needed. HIV remains a health threat in Maryland. It will always be difficult for many in our community to afford, access, and prepare healthy meals for themselves when they are seriously ill. How will we sustain the Feast? One way is to ask our donors to make Moveable Feast a beneficiary of their long-term financial and estate planning.

Tom Mayer, a long-time Moveable Feast supporter, believes that “how you plan your legacy should be an extension of how you’re living today.” In his case this means making sure Moveable Feast’s mission can continue long after he’s gone.

Planned giving offers a way for individuals to give beyond the limits of their current income while providing tax benefits to the donor. Moveable Feast benefits by having resources available to plan for future needs.

There are three kinds of planned giving:

- **Make a charitable bequest**—Designate Moveable Feast as a beneficiary of your estate in your will or as a beneficiary of a life insurance or retirement policy you own
- **Donate appreciated assets**—Give Moveable Feast something that is worth more now than when you bought it. You could donate stock purchased for $10 a share, now worth $20 a share, allowing Moveable Feast to benefit from the higher value while you might avoid paying capital gains tax.
- **Establish a trust**—Contribute to Moveable Feast through a special kind of trust where Moveable Feast pays you a set dollar amount or fixed percentage of income from that contribution

“None of our neighbors should have to go to bed not knowing where their next meal is coming from,” says Mr. Mayer. There will always be people in need during times of crisis and Moveable Feast plans to be here to address those needs.

For more information about planned giving, contact Mary K. DiUbaldo, Moveable Feast’s development director.
Thank you to all of the Baltimore-area restaurants that participated in Dining Out for Life 2015!

13.5% Wine Bar
Alonso’s
An Poitin Stil
Atwater’s
b, a Bolton Hill Bistro
Baskin Robbins
Blue Pit BBQ & Whiskey Bar
Bookmakers Cocktail Club
Café Gia
Café Hon
Carson’s Creekside
Charmington’s
Ciao Bella
City Café
Cunningham’s
Earth, Wood & Fire
Fleet Street Kitchen
French Kitchen at the Lord Baltimore Hotel
Germano’s Trattoria
Getrude’s
Grano Emporio
Hoehn’s Bakery
Jack’s Bistro
Joe Benny’s
Johnny’s
Jokers n’ Thieves
Kali’s Mezze
Koco’s Pub
Le Garage
Linwoods
Little Havana
Maggie’s Farm
Minato Sushi Bar
Myth & Moonshine
Nancy by SNAC
Niwana
Our House
Sascha’s 527 Café
Saute
Shott’s Point
small restaurant
Sobo Café
Sweet27
Tavern on the Hill
Ten Ten American Bistro
The Brewer’s Art
The Charmery
The Dizz
The Food Market
The Grill at Harryman House
The White Oak Tavern
Verde
Village Square Café
Wiley Gunter’s
Woodberry Kitchen
Zella’s Pizzeria

VOLUNTEER OPPORTUNITIES

Christmas Day—Help us deliver Holiday meals to our clients

Martin Luther King, Jr. Day of Service—Join us on January 18th, 2016 to celebrate Dr. King’s legacy

Every day! We need volunteers every day to help prepare meals in our kitchen, deliver food to clients, and support us in the office and, in the warm months, in our garden. Volunteers keep Moveable Feast moving!

Contact Valerie Staats at VStaats@mfeast.org to sign up & help!

BEAUTY AND THE FEAST


Make a haircut appointment on November 30th between 3:30 and 8:00 p.m. and Balance, the Salon, will donate 100% of the proceeds to Moveable Feast!

Can’t make that date? If you mention Moveable Feast when booking a future appointment, the salon will donate $10 of your service to us.

To make your appointment call 410.366.6169

WORLD AIDS DAY – DECEMBER 1, 2015

Candle Light Vigil Service at the Mt Vernon United Methodist Church at 6:30pm

Ride for the Feast 2016 registration opens! Go to our website, www.rideforthefeast.org to register as a rider or volunteer and look for an invitation to the registration kick-off event soon!

STI PREVENTION CHARITY NIGHT AT TORRENT NIGHTCLUB – DECEMBER 5, 2015

Join the Johns Hopkins Bloomberg School of Public Health and Public Health United at Torrent Nightclub in Towson from 10-2 am for a fun evening promoting the prevention of sexually transmitted infections. There will be free HIV and HCV testing, games, music, and dancing and all proceeds from the night will go to Moveable Feast!

Thank you to all of the Baltimore-area restaurants that participated in Dining Out for Life 2015!

Get Involved

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Left
Moveable Feast ambassadors at City Café

Below
Dining Out For Life at Woodberry Kitchen
Moveable Feast is a 501 (c)(3) charitable organization, contributions to which are tax-deductible. A copy of our current financial statement is available upon request by contacting our accounting office. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401 for the cost of copying and postage.