

# Meat Times



Spotlight On

## Ann & Cheryl: Dedicated Duo Volunteer in Oakland

**N**estled in between a pizza joint and a beauty parlor in Uptown Oakland, 1921 San Pablo Avenue is Project Open Hand's East Bay grocery center that serves approximately 900 Project Open Hand clients – and volunteers Ann Hasse and Cheryl Wood are prepping for the Friday-morning rush.

East Bay residents Ann and Cheryl have volunteered at the grocery center in Oakland every Friday morning for the past five years. Their duties include welcoming and checking in clients, assisting with client questions, restocking inventory, and gathering groceries for clients.

Although Project Open Hand's grocery centers in San Francisco and Oakland provide healthy groceries to more than 400 people a day, Friday mornings at the Oakland site are met with a sense of calm because of the dedicated duo.

"Cheryl and I are a very well-oiled team," Ann said. "We come from professional backgrounds where we had to learn how to be organized and efficient. We both realized that we had to

work together."

Like any team that has spent a significant amount of time together, Ann and Cheryl have built a special bond over the years at Project Open Hand – friendship.

"It started right here. She (Ann) started about two weeks ahead of me. We did not know each other before this – she is absolutely incredible," Wood said. "Some weeks we go to lunch together. When I was out with a knee injury, she came over. We care about each other."

The sense of caring is also the reason why both volunteered

**"It's Incredibly rewarding. I'm making a difference in somebody's life." – ANN**

at Project Open Hand. Ann, originally from Santa Barbara, is a retired lawyer with nearly 40 years' experience. She first volunteered at Project Open Hand about 25 years ago when her then employer, American President Lines, held a volunteer day at a previous grocery center location in the East Bay, an experience she loved. Although her work schedule did not allow time for her to volunteer,

she contributed financially with donations throughout the years and eventually began volunteering at Project Open Hand during her retirement.

Cheryl, who grew up in Western Massachusetts and has 38 years' experience in retail management, first volunteered eight years ago at the San Francisco headquarters. Like Ann, she planned on spending her retirement by helping those in need. She found Project Open Hand because the mission of providing nutritious meals to the sick and vulnerable resonated with her.

Ann and Cheryl have not only built a special bond with each other, but also with the clients they serve – some continue (fighting critical illnesses) to this day and others have ended due to untimely passing. Regardless, helping the clients and the sense of fulfillment keeps the two coming back to volunteer every Friday morning.

"It's more than a fleeting

relationship. The sense of getting to know people, and in general, they (clients) are so appreciative of the food and what we do. It's incredibly rewarding. I'm making a difference in somebody's life," Ann said.

"You have to embrace it. You have to love it. I get excited getting up on Friday mornings. It gives one a real sense of purpose and community," Cheryl said.

The month of March marks Women's Health Month followed by Volunteer Appreciation Month in April. Although Ann and Cheryl play vital roles in women's health and volunteerism at Project Open Hand, they both acknowledge that supporting and promoting each cause is a year-round pursuit.

Ann and Cheryl are just two of our more than 100 volunteers needed every day at Project Open Hand. Find out how you can help by visiting: [www.openhand.org/volunteer](http://www.openhand.org/volunteer).

Marcus Tolero, Marketing and Communications Officer



## Announcement

# Project Open Hand's New Leader

**P**roject Open Hand, the largest provider of nutrition intervention for the critically ill and vulnerable in San Francisco and Oakland, today announced that it has named Paul Hepfer its new chief executive officer (CEO).

Hepfer joins us from The Health Trust and will succeed Mark A. Ryle in leading Project Open Hand's mission of improving health outcomes by providing nutrition services and medically tailored meals to the Bay Area's most vulnerable populations. His first day here will be March 18.

"After a comprehensive search process of highly qualified candidates, the board is thrilled to welcome someone with Paul Hepfer's experience to help Project Open Hand reach new heights," said Board Chair, Tim Barabe. "We are at a critical moment in medical nutrition intervention and with Paul's leadership we will continue to advance the Food is Medicine movement across California."

"I am humbled and excited to join Project Open Hand, an organization whose mission and values so closely align with

my own," said Hepfer.

In his new role as CEO, Hepfer will be instrumental in continuing to leverage and expand the relationships with government partners, health plans and providers,



private funders, donors and volunteers. As an advocate for medical nutrition intervention, he will further the mission of educating healthcare payers and providers on the role of medical nutrition in health outcomes.

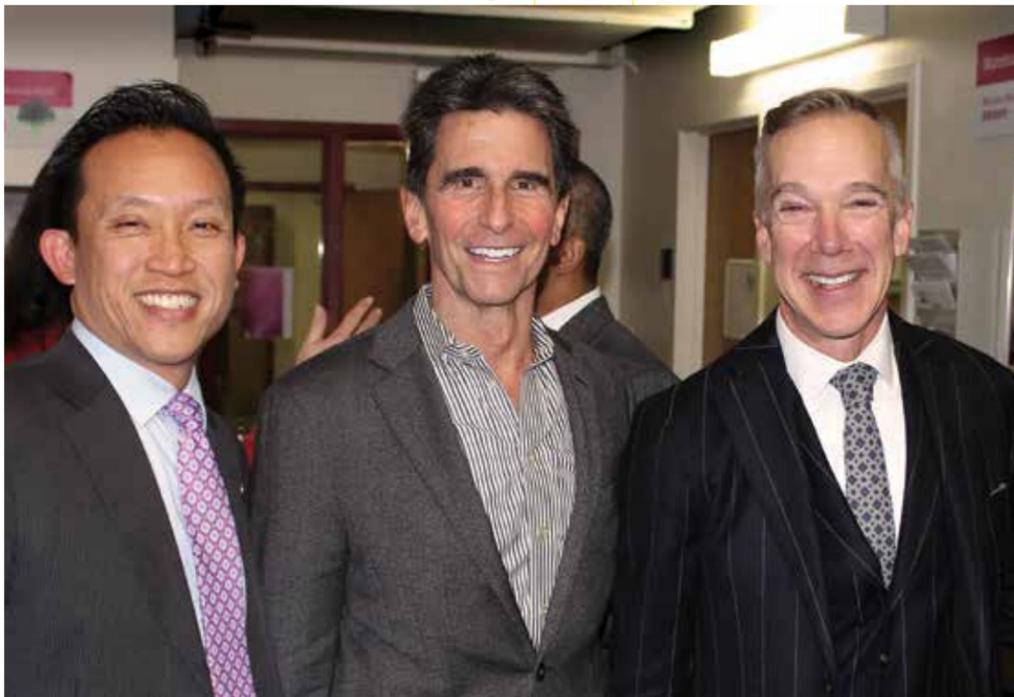
Hepfer brings more than 20 years of experience in community health and wellness services. He previously served

as senior vice president of programs for The Health Trust in San Jose and Santa Clara County for 13 years. In that role, he provided vision and leadership for The Health Trust's entire portfolio of services, including HIV/AIDS programming, Meals on Wheels, the Jerry Larson Food Basket, community-based chronic disease prevention and management services, and a wide range of supportive housing programs.

Prior to joining The Health Trust, Hepfer was chief operating officer at Via Services for two years and executive director of Wellness and Education for the Pueblo of Sandia Native American Reservation in New Mexico for eight years. Hepfer holds a B.S. in Physical Education from Indiana State University and an M.S. in Park and Recreation Administration with a specialization in Therapeutic Recreation from Indiana University.

Project Open Hand press release, February 19, 2019

# Mark Ryle's Farewell Celebration



Thank you Mark Ryle for your six dedicated years of service.

- Rafael Mandelman  
District 8 SF Board of Supervisor

Local dignitaries, community members, friends, and Project Open Hand staff gathered in the grocery center at 730 Polk Street to honor and say farewell to Chief Executive Officer Mark Ryle, the organization's fearless and passionate leader of the past six years.

Photos by Marcus Tolero, Marketing and Communications Officer



**Project Open Hand**

*Project Open Hand's mission is to improve health outcomes and quality of life by providing nutritious meals to the sick and vulnerable, caring for and educating our community.*

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### Executive Team

Mark Ryle, LCSW, Chief Executive Officer

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## Community

# Volunteer Spotlight: Jon Borset

The year was 1985, and Detroit, Michigan native Jon Borset was reading a copy of the *Bay Area Reporter*. He came across a notice that Project Open Hand Founder Ruth Brinker was looking for volunteers to deliver gifts to her clients on Christmas Eve. He answered the call.

The experience had a profound impact on Borset. He came back the following week and started to deliver dinners to the sick and vulnerable populations of San Francisco.

“What could be more basic than feeding people? It’s why I joined Project Open Hand,” Jon said.

It’s been 34 years since he read that notice, and the seed planted then has blossomed into a career of volunteering at Project Open Hand.

Jon, who is a retired window display designer and San Francisco resident, spent the first 10 years delivering meals once a week from Project Open Hand’s former location at Trinity Church. His delivery routes covered areas that included Pacific Heights, Marina District, Nob Hill, and the Tenderloin. He once tried to deliver meals by car, but he quickly discovered that walking the route was the better option over the stress-induced effort of finding parking in a condensed city like San Francisco.

When he retired in 1995, he fully committed to volunteering daily. He worked in the kitchen, delivered meals, and helped where he was needed. The inspiration to dedicate a portion of his life to helping others – the AIDS epidemic.

“My mother and father were very involved in supporting organizations, but I never was particularly involved in that,” Jon said. “But when the epidemic got so bad, that’s when I decided that I should be doing something to help. I got so involved that I also started working with Shanti (Project Open Hand’s neighbor organization). But my main focus was always Project Open Hand.”

Nowadays Jon can be found in the first-floor kitchen at the San Francisco headquarters from 10 a.m. to noon, six days out of the week. During this time slot, he works the line packaging some of the 2,500 meals that are prepared every day. The other day of



the week he can be spotted on the second-floor grocery center gathering groceries for clients.

The impact of providing nutritious meals to clients and the Food is Medicine movement has also affected Jon, who changed his diet to pattern the healthy food served to Project Open Hand Clients.

“It’s been a revelation. I didn’t realize how fulfilling (volunteering) was. It’s such a great feeling to be able to help people. So many times people have said, ‘You saved my life, literally,’” Jon said. “I highly recommend this for anyone. It’s a transforming experience to work with like-minded people and produce healthy food for the clients.”

Jon is just one of the more than 100 daily dedicated volunteers at Project Open Hand. Find out how you can lend a hand by visiting: [www.openhand.org/volunteer](http://www.openhand.org/volunteer).

Marcus Tolero, Marketing and Communications Officer



# Project Open Hand Plate Clubs

**Your gift makes a difference.** In each issue of *MealTimes*, we give special acknowledgment to our supporters who have made gifts to Project Open Hand totaling \$2,500 or more during the previous quarter (October 1, 2018, through December 31, 2018). If you have questions about this list, please contact [info@openhand.org](mailto:info@openhand.org) or 415-447-2300.

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Please visit [www.openhand.org](http://www.openhand.org) for the list of China Plate Club (\$1,000 - \$2,499)

\* Designates members of The Supper Club, Project Open Hand’s monthly giving program. To learn more about The Supper Club, visit: [www.openhand.org/give/supper-club](http://www.openhand.org/give/supper-club)



From Our Kitchen to Yours

# Cauliflower Fried Rice

## Ingredients

- 1 large cauliflower head
- 2 large eggs
- 1 bag of broccoli florets
- 4 pearl onions
- 2 large carrots
- 1 tablespoon reduced sodium soy sauce
- 2 garlic cloves
- 1 tablespoon sesame oil
- 1 teaspoon ground ginger
- 2 tablespoons vegetable oil
- ¼ teaspoon white pepper

Serves 2-4

## Instructions

1. Blend cauliflower in a food processor or blender until it resembles the texture of rice (about 2-3 minutes), then set aside. Process for less time if you prefer a chunkier texture. *Note: grate cauliflower using a cheese grater if you do not have a processor or blender*
2. Mix soy sauce, sesame oil, ginger and white pepper in a bowl and set aside.
3. Beat eggs until scrambled in a small bowl.
4. Heat 1 tablespoon vegetable oil in a medium skillet then add eggs. Once cooked, remove from heat and dice eggs in small pieces.
5. Heat remaining tablespoon of vegetable oil in a large pan. Sauté onion in pan for roughly 3 minutes then add broccoli and carrots and cook until vegetables are tender.
6. Stir in cauliflower, eggs, onion, and soy sauce mixture until cauliflower is tender (roughly 4 minutes), stirring occasionally.
7. Remove from heat and serve immediately.



DINING OUT FOR LIFE

# OAKLAND

SAVE THE DATE **April 25, 2019**

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# MealTimes



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**Volunteer in Oakland**

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