

Welcome to Issue #3 of our **CONNECTED Program Newsletter** and
Announcing **FREE Virtual Wellness** this Summer!

Our Connected Program is pleased to share our 3rd quarterly newsletter for
Veterans on our meal program. Read on for more news!



GOD'S LOVE WE DELIVER
CONNECTED

#3 | SUMMER 2024

WELCOME TO OUR **Connected Newsletter**

WELLNESS NEWS JUST FOR VETERANS
You served. Now, let us serve you!



Queensborough President Donovan Richards and our client, Ms. Catherine

Let's Check In!

Hello Veterans, it is an exciting time here at God's Love We Deliver! Our **CONNECTED** program is rapidly growing, and we thank you. So many have answered our outreach, attended our wellness seminars, consulted with a Registered Dietitian Nutritionist, and read our newsletter. We are most proud of Veterans referring other Veterans to our program. We have now served over 1,000 Veterans, including their dependents, with **CONNECTED**. It is our goal to be a trusted source for health equity in the Veteran community. Thank you for trusting us!

A special delivery was made in Queens to Army Veteran Ms. Catherine, who served for 25 years as an Army nurse. Accompanying the delivery team was Queensborough President, Donovan Richards. We would like to thank the Office of

Mr. Richards, Mr. Richards himself, and Ms. Catherine, for sharing their connections and celebrating Veterans!

"These meals saved my life," Ms. Catherine says. "Before God's Love We Deliver, I wasn't eating. I almost died from not eating. Now, I have someone here who takes care of me, and I always have food that helped me gain weight and now I can think. I can communicate with my friends. These are lifesaving meals."

It was a privilege for the CONNECTED team to speak with you, Ms. Catherine; we are so proud to serve you and be part of your health journey!

Register for our Virtual
Wellness Group

Download and Share our
Wellness Group Flyer

Download and share our Outreach Brochure

Noteworthy News

God's Love has received grants from Craig Newmark Philanthropies and the Bob Woodruff Foundation, helping to fund and expand our CONNECTED Program. We are so grateful for their contributions and support for Veterans!

In This Issue

Our upcoming July Virtual Wellness webinar will feature the topics of summer hydration and seasonal eating, both essential when working to reduce symptoms of chronic illness and/or a mental health diagnosis. This will take place on Zoom, on July 11th at 11a.m. Email connected@glwd.org if you would like to attend. You can catch a sneak peek below, with a written piece by Katie Leonard, MS, RDN, CDN.

Also in this issue, a Pride Month guest contribution by Mr. Bryan Ellicott-Cook, from SAGEVets, and a moving personal story about family and service by God's Love We Deliver Executive Chef, Andre Daquigan.



Thoughts for the Season

Cool as a Cucumber: Summer Hydration and Seasonal Eating

BY KATIE LEONARD, MS, RDN, CDN
COMMUNITY NUTRITION ED

Summer is here, time to enjoy the bounty of seasonal fruits, vegetables, and herbs available in our region. It's also an important time to ensure we're staying hydrated. At God's Love We Deliver, we procure many of our ingredients locally, including fresh produce and herbs. In fact, we use herbs from our rooftop garden in our kitchen this time of year. When you are enjoying our home-delivered meals, please know you are enjoying seasonal, and often local, products.

Farmer's Markets are a great resource for seasonal foods, where for every \$2 spent using SNAP on an EBT card, you get \$2 in Health Bucks, up to \$10 a day. Health Bucks are available year-round at NYC farmers markets that accept EBT.* Try a new fruit or vegetable to increase variety in your diet and enjoy it while practicing mindful eating.

Hydration and summer produce go hand in hand, so choose fruits and vegetables with high water content, like cucumbers, tomatoes, melon, zucchini, peaches and lettuce. About 20% of our water intake can come from these water-rich foods**, and you also get the benefits of vitamins, minerals and fiber. The remainder of your hydration should come from beverages like flat or sparkling water or unsweetened tea. Add flavor with sliced cucumber, fruit, berries and herbs. To calculate how much water you need, take half your body weight, and drink that number of ounces. Talk with your doctor if you have a fluid restriction.

Stay cool and hydrated this summer and join us for the Virtual Wellness Webinar, where we will elaborate on this topic. You can speak to me, Lori—our Behavioral

Health Program Administrator—and there will be time to speak with other Veterans!

*nyc.gov

**mayoclinic.org



Would you or your caregiver like to be featured on the God's Love website or newsletter? Let us know! Share your story and inspire others! Please reach out to our Marketing & Communications team at communicationsteam@glwd.org.

#FeedYourPride

A Celebration of Pride, with SAGEVETS

BY BRYAN ELLIOTT-COOK, THEY/THEM
SAGEVETS PROGRAM MANAGER

June, celebrated as Pride Month, holds special significance for LGBTQ+ Veterans and military service members. This month not only honors the broader LGBTQ+ community but also acknowledges the unique challenges and contributions of those who served their country while navigating their identity in environments that have not always been accepting.

Throughout history, LGBTQ+ individuals in the military have often faced discrimination, harassment, and the threat of discharge due to their sexual orientation or gender identity. Despite these obstacles, many have served with distinction and bravery, demonstrating immense courage and resilience.

Pride Month serves as an important opportunity to recognize and honor these individuals for their sacrifices and contributions. It is a time to celebrate their achievements, highlight their stories, and bring attention to the ongoing need for equality and support within the armed forces. This month also provides a platform to advocate for policy changes and cultural shifts that ensure all service members can serve openly and authentically without fear of discrimination or reprisal.

Furthermore, Pride Month serves as a reminder of the progress made in recent years, such as the repeal of the "Don't Ask, Don't Tell" policy and the growing

acceptance of transgender service members. However, it also underscores the work still needed to ensure full inclusion and respect for all LGBTQ+ individuals in the military. By honoring LGBTQ+ veterans and service members, we acknowledge their vital role in our nation's history and the importance of continuing to fight for their rights and dignity.

To learn more about SAGEVets and how we may be able to assist you with Restoration of Honor if you were discharged under DADT please visit [SAGEVets | SAGE NY \(sageserves.org\)](https://www.sagevets.org) or email sagevets@sageusa.org. You can also call us at 646-660-8955.

Legacy of Service

BY CHEF ANDRÉ DAQUIGAN

EXECUTIVE CHEF AT GOD'S LOVE WE DELIVER



My name is André Daquigan, and I am the Executive Chef at God's Love We Deliver. I am also a Filipino-American and a proud member of a US military family.

My father, Baltazar Daquigan, was raised in a remote coastal village on the South China Sea. I grew up listening to stories of his childhood in the northern province of Ilocos Norte. Some of his memories were magical to me: riding water buffalo, hunting frogs, farming rice, and catching fish by throwing nets into the surf. Other stories were darker, with memories of poverty and need, Japanese invasion and occupation.

When my parents married in the late 1950s, they were living in the urban sprawl of Manila and dreaming of a better life. Opportunity arrived when my father enlisted in the United States Navy. At the time, Filipinos were the only foreign nationals the US military was allowed to recruit, and my father joined the more than thirty thousand Filipinos enlisted in the Navy between 1946-1976.

With the promise of US citizenship and upward mobility, my parents uprooted their growing family and spent the next twenty years moving to wherever my dad was stationed, often awaiting his return from long periods at sea. My older brothers were born in San Diego and Long Beach and bore the brunt of navy brat life. Faded family photos show them growing up in the shadow of military housing with an ever-changing cast of school friends and adversaries. I was born back in the P.I., on Subic Bay Naval base, a base I will never be able to revisit because it no longer exists.

My father ended his Naval career after twenty years, having started as a raw recruit and ending as a Chief Petty Officer. I remember attending his retirement party as a small boy. It took place in the Treasure Island officers' club where he sometimes moonlighted as a bartender.

My father would have a successful second career in the private sector, working for a growing aerospace industry. But it was his time in the armed forces that made this success possible. His time in the Navy wasn't always pleasant, as he dealt with the

rampant racism inescapable for Filipinos of his generation. Still, my father considers it his life's honor to have served. Through his service he taught his sons that there is no easy path to success. The road is paved with hard work and sacrifice, perseverance, and community.

Nutrition counseling by our Registered Dietitian Nutritionists is available to you five days a week!

Call your Dietitian today at 212-294-8103.

We also have Education Modules online, that were created just for Veterans! Visit: glwd.org/nutritionportal.

Refer a Friend

Are you enjoying our food? Do you know someone who could benefit from our program? Please recommend our services. Discharge status does not disqualify a person from our services.

If you are a Veteran with a mental health diagnosis, a substance use challenge, or a chronic illness, and you cannot shop and cook for yourself ~ we are here to serve!



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