

FOOD FROM THE HEART newsletter



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www.foodfromtheheart.us • 805-898-3981

FOOD FROM THE HEART is a volunteer-driven program that meets every Wednesday to prepare delicious and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

We continue our series of honoring a volunteer each week - this week let's meet Barbara Kaplan...

Barbara Kaplan



Barbara has lived in Santa Barbara since 1986 and has been volunteering for FFTH for the last 5 years along with her husband Len. She is a psychologist who works part time at Cottage Hospital as part of a trauma team. Barbara became licensed as a psychologist in her early 50's after going back to school as a single mom.

During the 60's and 70's Barbara lived in the San Francisco Bay area and went to Berkeley during the crazy days of "love, sex and rock and roll". During that time she did some work with the Haight Ashbury Free Clinic working with alcoholics and drug addicts.

Barbara belongs to the SB Athletic Club and loves to exercise. She goes to yoga, pilates, Nia and weight workouts as well as spinning classes.

She loves the outdoors and is a great hiker.

She and Len love to travel and in particular love visiting third world countries with their different cultures. They just came back from the Galapagos Islands and are going to Vietnam in December.

Barbara loves her large family. In addition to her younger twin sisters, she has three sons of her own, two daughters and a son from Len and a stepson and stepdaughter from her former husband. She has ten grandchildren from age 3 -15 and a wonderful mother-in-law who is 94 and comes to volunteer at our kitchen when she is here in town visiting.

When asked, what is your favorite part about Food From the Heart, Barbara answers, "Being part of a community that is doing something positive in this negative world is my favorite part. And meeting the people we deliver food to and seeing how much it means to them is another great part of FFTH."

We're grateful that Barbara finds FFTH to be so fun and creative. Her love of cooking (and love of eating!) make her one of our devoted volunteers.

As a non-profit group, FOOD FROM THE HEART relies on pledges, donations and grants to fund our program - in other words we rely a lot on people like you. Here's how you can help:

1) **SEND MONEY!**

Because we are a 501.c.3 non-profit public benefit corporation, your donation may be tax-deductible. Please make your check payable to:

FOOD FROM THE HEART
PO Box 3908 Santa
Barbara, CA 93130.

You can also visit our web site at www.foodfromtheheart.us and make a donation or an ongoing pledge using your credit card.

2) **REMEMBER US IN YOUR WILL...**

You do not have to be wealthy to leave a legacy – every little gift really does help. Please call for information on how to include us in your bequests, or see our web site for more ideas.

3) **INVITE A FRIEND TO VOLUNTEER**

- we meet every Wednesday morning from 8 A.M. to approximately 1 P.M. Anyone can come for any part of it; our kitchen is in the First Presbyterian Church, 21 East Constance, behind the children's preschool.

We also always need drivers to deliver the food every week. Drivers pick the food up at 12:30 pm and make a few deliveries to happy clients.