



  
**Healing Meals**  
COMMUNITY PROJECT

# 2023 Annual Report



“  
In the kitchen  
where our youth  
volunteers and  
mentors work  
side by side,  
magic happens.”





Dear Friends,

As we gather to reflect on the past year, I am filled with immense gratitude for the unwavering support and dedication that define our Healing Meals family.

2023 has been a year of transformative growth. Together, we have nourished not only bodies but also spirits, providing comfort and hope to those facing health challenges. Our mission—to nourish through food and connection—has been our commitment toward a healthier community.

In the kitchen where our youth volunteers and mentors work side by side, magic happens. The chatter of our volunteers as they dice and prep and the clatter of pots and pans becomes a symphony of care, as each meal is crafted with love and intention. These meals, infused with healing energy, find their way to the doorsteps of families in need. Imagine the relief, the warmth, and the hope that a nourishing broth or a wholesome dish brings to someone recovering from illness. It's a small act with immeasurable impact.

Our Healing Meals Team in collaboration with our Kindness Crew, epitomizes the very essence of our organization, always bringing their compassion and positive energy into each new day. They selflessly give their time, ensuring that no one faces their health journey alone. Their commitment inspires us all.

As we turn the pages of our 2023 Annual Report, we celebrate milestones and partnerships. We honor the courage of our clients, the dedication of our volunteers, and the generosity of our supporters. Each story shared, each meal delivered, and each smile exchanged is a testament to the healing power of community.

In 2024, we will continue to seek new opportunities to enhance our programs, build strong partnerships, and savor each day. Together, we can continue to nourish bellies, hearts and minds. May our shared commitment continue to ripple outward, touching lives far beyond our kitchen doors.

With gratitude and anticipation,

*Sarah Leathers*

Sarah Leathers, Founder and CEO

# Kindness Crew

We are grateful to the hundreds of volunteers who fuel our mission. In 2023, **530** individuals provided **13,000** hours of service.





### **Adult Volunteers:**

#### **400+ Hours**

Annette Lilly  
Gene Evans  
George Kearns  
Jane Brockway  
Rich Sider

#### **200-399 Hours**

Allison Schmitz  
Betsey Rollins  
Bob Goodman  
Bob Janas  
Cheryl Velasquez  
David Fleming  
Gayle Gagliardo  
Gloria Riberdy  
Hillary Pease  
Jackie Charest  
JD Riley  
Jean Canter  
Jeanne Conrad  
Jeanne Russo  
Jonathan Housum  
Karen Worley  
Karin Sebolt  
Kevin Masse  
Len Bieringer  
Lin Branham  
Linda Samoncik  
Melanie Geno  
Michael Marti  
Michele Dyson  
Myck Williams  
Nanci Fox  
Nancy Shyer  
Pamela Bowman  
Sue Zeller  
Susan Myers  
Suzy Wertz  
Tracy Arnold

#### **85 Hours—Green Aprons**

Aaron Frank  
Adam Cohen  
Alison Keefe  
Amy Beup  
Amy Stevens  
Andy Satell  
Barbara Flynn  
Barbara Marsalisi  
Barbara Teiger  
Caroline d'Otreppe

Carrie Titolo  
Cheryl Glasgow  
Christina LaPent  
Christine Pandolfe  
Cindy Dodge  
Cindy Welsh  
Claudia Norsworthy  
Dale Galbo  
Daniel Flynn  
Doug Nielson  
Ellen Palmer  
Emily Sondheimer  
Gaganjot Bedi  
Harry Jones  
Jean Molodetz  
Joanne Cieri  
Joan Whittaker  
Johann Mooney  
Juliana Cooper  
Karyl Carlson  
Katherine Viani  
Kathleen Hughes  
Kathleen Kelly  
Katie Martin  
Kimberly Calcinari  
Linda Landrigan  
Lisa Marti  
Lisa Peluso  
Liz Keenan  
Lori Stethers  
Lorrie Lescarbeau  
Lynn Everett  
Marcia Pfeiffer  
Margaret Domashinski  
Marie Stone  
Marsha Nedorostek  
Mary Sanislo  
Mary VanDerMeid  
Quincy Williams  
Ryan Mazun  
Sandy Garcia  
Sharon Lingenheld  
Siobhan Ulrich  
Smadar Ohlbaum  
Sue Mazurski  
Susan Eblen  
Susan Powers  
Tom Johnston  
Wendy Saffer  
Bill Bergamo  
Zarouhi Khachoyan

#### **Members**

Ai Calovich  
Amanda Kellogg  
Amanda Soucier  
Anne Massucco  
Anne McFadden  
Ann Leabman  
Anthony Ciccone  
Ari Mills

Avra Novarr  
Beth Tolan  
Betsy Hole  
Bill Keenan  
Bob Richardson  
Bonnie Daly  
Brian DiFatta  
Brittany Kalnenieks  
Camilla Kerr  
Carol Davis  
Caroline Zhang  
Carrie Kranz  
Catherine Earnhardt  
Cathryn Amarante  
Cathy Cummings  
Chad Hoke  
Charles Spencer  
Chelsea Ross  
Chip Walters  
Chloe Shoaf  
Chrissi Bartkiewicz  
Christine Cieplinski  
Christine Fichera  
Christine Granger  
Cristina Dornelas  
Dame Catalan  
Dana Fluder  
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David Rosenfeld  
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Deborah Fazzina  
Deborah Giuffrida  
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Diane Oberhausen  
Donna Brugnetti  
Donna Comeau  
Durga Shenvi Kuvelkar  
Eileen Neubert  
Elizabeth Neave  
Elizabeth Reilly  
Elizabeth Robinson  
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Ellen Lescher  
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Harold Coderre  
Heather Vega  
Holly Powers  
Holly Simeon  
Inés Freitag  
Ira Goldman  
Isabel Prieto Blanco  
Jacob Appleton  
Jane Lowry

Jane Perkins  
Janet Black  
Janice McClutchy  
Jason Berry  
Jayne Gordon  
Jeanne Ward  
Jeanne Young  
Jean Thompson  
Jennifer Davis  
Jennifer Roller  
Jessica Wollmar  
Joan Alger  
Joan Gentile  
Joanne Burke  
Joan Ryan  
John Carlson  
John Rodis  
John Verrengia  
Julia Mainelli  
Julie Dunn  
Julie Williams  
Justine Smith  
Kali Jones  
Karen Gallagher  
Karen Meyer  
Karen Purcell  
Katherine Cain  
Kathleen Gauthier  
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Katia Oliveira  
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Kiley O'Meara  
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Kim Sabo  
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Lauren Magel  
Leena Kunthara  
Linda Coveney  
Linda Goldman  
Linda Traficanti  
Lisa Frisbie  
Lisa Gardiner  
Lisa Levy  
Liz Stoner  
Lora Rancourt  
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Lorry Belanger  
Lynette Simpson  
Lynn Hajjar  
Margaret Kozlak  
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Maria Tuckler

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Marytherese Rodis  
Melanie Ellis  
Melissa Jacobson  
Michal Ayalon  
Michelle Sullivan  
Michelle Winkleblack  
Molly Sullivan  
Nance Jacobs  
Natalie Reilly  
Nicole Pilon  
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Susan Bristol  
Susan Dorfman  
Susan Schenker  
Suzanne Shea  
Suzanne Waters  
Tanya Smith  
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Tom Hole  
Tom VanDerMeid  
Tony LaMark

Tracy Guyer  
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Tricia Laubscher  
Trudy Pearce  
Vanitha Sitaram  
Virginia Worrell  
Vitali Zhulkovsky  
Wendy Lisle  
Yvonne Bergholtz

**Youth Volunteers:  
Master Chef (200+ Hours)**

Anna Baran  
Bhajan Deshpande  
Hayden DiFatta  
Imani Lagasse  
Sam Mills

**Chef Coat (100–200 hours)**

Alex Picoult  
Andrew Taylor  
Bella Listro  
Charlotte Case  
Charlotte Nolan  
Charlotte Olin  
Gavin George  
Hannah Schoen  
Iris Wen  
Jai Deshpande  
Jenna Lee  
Kate George  
Katherine Droppo  
Ketan Badrinath  
Rohan Badrinath

**Blue Apron (50–100 hours)**

Addie Gill  
Bebeann Oh  
Charlotte Ranks  
Elizabeth Zehr  
Emilie Carroll  
Giselle Larbi  
Hannah Rabinowitz  
Henry Frank  
Kate Schwendemann  
Katherine Tsang  
Katie Chaletsky  
Kelly McNamara  
Konrad Motyka  
Lauren Lee  
Logan Gottesmann  
Maisie Collins  
Max Petropoulos  
Michael Kalinowski  
Nadine Behjet  
Raymond Zhang  
Sahai Haylett  
Sam Baran  
Sasha Davis  
Sierra Secor  
Thomas Le  
Timmy Baumer

Varun Srinivasan  
Vera Srinivasan  
Vikram Chetnani  
Yilian Jiang  
Zoe Howe

### Members

Aarika Biswas  
Abby Patterson  
Abby Rothstein  
Abhi Poddar  
Abhi Srivel  
Abishek Kandasamy  
Adam Pendergrass  
Aditty Chopra  
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Alex Schwendemann  
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Anna Fluder  
Anna Pastor  
Anna Stockwell  
Anne Bitondo  
Aparna Sitaram  
Aradhana Chetnani  
Arin Yadav  
Aryana Patel  
Audrey Duan  
Ava Canning  
Avery Prewo  
Ayaan Panjani  
Ben Sagiv  
Bhadra Aneesh  
Bowen Lightner  
Brecon Morgan  
Bryson Tsogt-Erdene  
Camryn Telford  
Caroline Hebbeler  
Caroline Sisk  
Cedar Kulynych-Griffith  
Chance Housum  
Charlie Hoffman  
Charlotte Page  
Chloe Dismukes  
Chloe Grant  
Chloe Wasserman  
Ciaran Groom  
Claire Ha  
Claire Reidel  
Cooper Mason  
Cooper Thomas  
Courtney Meeker

Danielle Fisher  
David Hebbeler  
David Scoll  
Daya Laurich  
Delaney Soucie  
Elaine Ding  
Ella Babigian  
Emma Krug  
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Finn Heller  
FOCUS Center for Autism  
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Gillie Baxter  
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Grace Jennings  
Grace Magel  
Graham Johnson  
Hannah Irvin  
Holly Freeman  
Ian Wolfe  
Idalia Ortiz  
Jack Earley  
Jackie Curley  
Jackson Shultz  
Jagruti Tirunagari  
Jake Bender  
Jameson Knall  
Jenna Hole  
Jillian Beatman  
Jinandi Herath  
Joanna Ha  
Jomelis Bruno  
Jordana Connell  
JP Budlong  
Juliet Pia  
Katelyn Saul  
Katie O'Meara  
Kevin Chokshi  
Kierra Wilson  
Larry Ortiz Escalante  
Lauren Firestone  
Lauren Titone  
Lex Sullivan  
Liam Heaney  
Liam Hildinger  
Lillian Iloeje  
Lily Jones  
Liya Tang  
Lizzie McClellan  
Logan DiFatta  
Logan Dunn  
Lucas Pylypiv  
Macie Goetz  
Madison Brady  
Mady Tucker  
Maeve Trudell  
Maia Aronson  
Mason Pia  
Matthew Picoult

Matthias Reiser  
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In 2023

**33,000**

Meals served to

**349**

Clients enrolled  
in Meal Program

**+**

**203**

Family members


**3,050**

Deliveries made  
and cards written

**80%** of clients  
are considered  
low-income







I can't thank all of your staff enough for the relief, comfort and solace these wonderful meals have done for us. My husband had two surgeries and we sustained severe financial hardship. The meals are 'delicious' and literally fed us, for without these meals, we literally would have had very little to eat. What took me so aback was that it doesn't take a huge crisis to place individuals in this position and if their health is significantly impacted, how difficult shopping and trying to prepare a decent meal truly is!! Your program has been a bright light and not only removed my worries but gave me a much needed respite as my spouse is requiring much care. We send our profound gratitude for the gift of service to our community and the wonderful volunteers, including your high school students, who participate in making life so much better for our community. May God Bless all of you!

—Jacqueline, Healing Meal's Client

# Thank You to Our Donors



## **\$50,000+**

84VIKINGSFORGOOD  
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### *Note from Board Chair:*

Whenever I spend time at Healing Meals, I leave feeling uplifted. The team at Healing Meals are truly nourishing with love. This includes the community of clients, volunteers, staff, supporters and board members, who are nourished both physically and emotionally. Under Sarah Leathers' strong leadership, 2023 was a terrific year for Healing Meals! In this annual report, you'll read about impressive highlights of the year.

Sarah and her team set ambitious goals for 2023, and with the generous support and involvement from many of you, they met or exceeded all of them. From serving the 145,000th meal, to hiring a new executive chef, to receiving countless positive testimonials from clients and youth volunteers, Healing Meals is making an incredible impact on our community. There are many new opportunities in 2024 to get involved, to be nourished, and to support the mission. I hope you will join us!

With gratitude,  
Katie S. Martin, PhD  
Board Chair

# Staff and Financials

## Thanks to our staff who supported the work in 2023

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