



7.30.19 / [Clients](#)

## Delivering Love to Angela

Originally from Jamaica, Angela moved to Brooklyn a few years ago. She loves reading Agatha Christie murder mysteries and watching sports, particularly basketball. A former New York Knicks fan, she has now transferred her loyalty to the Brooklyn Nets.

Angela loved her work as a property manager. Climbing up stairs and down fire escapes and inspecting rooftops, she loved its demanding physicality and how every day was different. But after Angela was diagnosed with breast cancer, her whole life was turned upside down.

Cooking and shopping for herself became impossible. Her medication leaves her dizzy. She is so exhausted that she can no longer climb stairs. Following her lumpectomy, Angela had nine months of chemotherapy and radiation. Today, she is undergoing hormone therapy and there have been troubling side effects: Severe neuropathy in her feet and hands, and dizziness from her medication.

“Breast cancer made things so much more difficult for me. Cooking is out of the question. I can’t stand for a long time and I feel lightheaded over a hot flame. I know I can count on your delicious meals in my freezer. It’s good for me, I look forward to it, and I don’t have to worry.”

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She tells us, “When I get up in the morning, my feet are crying. It’s like you’re standing on stones or something sharp. I drop things– things fall out of my hands.” Angela learned about God’s Love through an outreach person at the American Cancer Society. Immediately she began receiving medically tailored, home-delivered meals from God’s Love. All of a sudden, everything she’d been struggling with became much easier.

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Her cholesterol has gone down since she joined our program. She loves her Thanksgiving meal delivery that comes in a bag hand-

decorated by kids. Our Nutrition team members have worked closely with Angela to provide her with a vegetable-rich diet she loves.

“The staff have been helpful in making these meals just for me. I love that it’s an already-prepared meal, and I don’t have to do anything but heat it up.” Angela is grateful for the ease and relief our meals bring to her and her life, and she’s also thankful for all the people who make this possible.



6.26.20 / Nutrition

## **Healthy Eating After Cancer Treatment**

Cancer survivorship celebrates life after cancer and is commemorated each June on National Cancer Survivors Day. Many who have been treated for cancer realize how important diet and lifestyle can be during treatment. It is al...





6.26.20 / Nutrition

## **Maximizing Nutritional Value and Food Access during COVID-19**

COVID-19 has changed the way we shop, cook, and interact. While these drastic changes can be stressful, there are steps we can take to ease financial and food-related worries. Below are some tips that may help make food shopping...



5.13.20 / Nutrition

## **Older Americans: Nutrition Tips**

Diet can help manage some of the most common health problems faced by older Americans. Here's how.