



4.25.19 / [Clients](#)

## Delivering Love to Rosemarie

Our client Rosemarie is a born and raised New Yorker and military veteran living with chronic obstructive pulmonary disease (COPD). Now 60, Rosemarie has lived a very active life in service of others and country – working for EMS and traveling extensively with the Army and Navy.

But now, because of COPD, things have changed. Breathing is difficult and getting around is a challenge. She relies on an inhaler and a walker. Sometimes she can't even finish a sentence when she is talking. Getting to her medical appointments requires all her energy, so shopping for food is out of the question and cooking is much too strenuous.

A healthy diet is important for people living with COPD because breathing requires so much more energy than it does for those without the disease. The muscles used for breathing sometimes require ten times more calories than those of a person without COPD. Additionally, good nutrition helps the body fight infections, and chest infections often cause those with COPD to be hospitalized. Rosemarie not only needed access to food, but she needed convenient access to the proper nutrition for her body and her illness.

Rosemarie needed help, so she reached out to God's Love. Now, she receives healthy, medically tailored meals delivered to her home. Every meal is cooked from scratch in the God's Love kitchen and designed by a Registered Dietitian Nutritionist specifically for Rosemarie's nutritional needs. "When God's Love came along, my nutrition was not very good, and the food helps a lot," Rosemarie says. "My doctor gives you a thumbs up. The meals are low in sodium, they're tailored for me, and they taste good. They're good for you."

The meals from God's Love give Rosemarie energy and strength. She adds, "It makes you feel good knowing that people care. I would like to say thank you for the wonderful food."

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