

# THE HEIMERDINGER FOUNDATION



THE HEIMERDINGER FOUNDATION

*Meals 4 Health  
and Healing*

ANNUAL REPORT  
2021



# PROVIDING ORGANIC MEALS TO PEOPLE FACING CANCER AND EDUCATING OUR COMMUNITY ON THE HEALING NATURE OF FOOD

Our nonprofit organization, The Heimerdinger Foundation, provides and delivers nutrient-dense meals and nutrition education free of charge to people facing cancer through its signature Meals 4 Health and Healing program. Every week, we provide up to 800 nutrient-dense servings to approximately 100 cancer patients and their caregivers from all walks of life so that those going through cancer treatment can focus on healing by eating immune boosting, anti-inflammatory meals. We serve people in Davidson and Williamson Counties. Our clients share with us that this gift of food is a critical source of their healing and that the “food is medicine” nutrition education we provide inspires a transformational journey in how they learn to care for and nourish themselves. Fifty-one percent of our clients report an income of \$44,999 or less and 13% of those earn \$10,000 or less. Our mission has never been more essential.

A critical pillar of our program is teaching others about good nutrition and the philosophy that food is medicine – particularly volunteer teens who learn cooking skills, where food comes from, leadership skills, and the importance of giving back to the community.

## MESSAGE FROM OUR EXECUTIVE DIRECTOR KATHARINE RAY

*“I’m very appreciative of you guys. There were so many days I was just so broken I couldn’t have fed myself without these meals. Just wanted y’all to know how grateful I am.” – Client, Leah*

*“Broken” - we hear all too often how cancer has a deep physical, emotional, and economical impact on many households. Appointments, determining treatment options, medical bills, the loss of work on a household budget, all take a devastating toll on individuals and families. Add in the complexities of being immune-suppressed during a pandemic and trying to stay nourished during one of the most challenging times imaginable, and the stress is unbearable. Meals 4 Health and Healing strives every day to alleviate some of that burden by providing immune-boosting meals that serves as a healthcare intervention to everyone in the household that we serve. This year, we are serving **40% more** clients **than in 2020**, and the majority of our clients experience the dual challenge of limited income and serious illness. Thank you for joining us in turning “brokenness” into hope and healing.*



### Board of Directors

Wade Weaver, President  
Christa Gassler, Secretary  
Don Diffendorf, Treasurer

Blake Boyd  
Jenni Bradley  
Joseph Conner  
Lynda Davenport  
Kevin Elkins  
Tim Falade  
Kathie Heimerdinger  
James O'Brien  
Sharon Peters, PhD  
Andrew Sartoris  
Katharine Ray, Executive Director

Lacy Wright, Advisory Board



Ceres Affiliate Partner delivers healing organic meals to those facing serious illness. Youth volunteer as chefs, gaining cooking, job and life skills, as they give back to their communities.

# MEALS 4 HEALTH AND HEALING

## Mission Impact

We partner with many community organizations including **Ascension Saint Thomas, Vanderbilt Ingram Cancer Center, Sarah Cannon, and Tennessee Oncology** and work closely with nurse navigators, oncologists, and social workers to bring people into our program and to inform our community of our services. We also have partnerships with Vanderbilt University and Tennessee State University to incorporate dietetic interns into our program. We work closely with local farms and gardens to procure fresh vegetables and sustainably sourced protein.

Each Meals 4 Health and Healing client is on our program for up to **24 weeks**. To evaluate the success of our Meals 4 Health and Healing Program and the promotion of a plant-forward diet, our clients complete pre- and post-program surveys. This data provides the baseline from which we work with each client. The results of our post surveys as tabulated for 2021 show a **38.6% increase** in energy during treatment, and a **28% decrease** in clients feeling alone in their illness by the program's end.

We have found that **35% of our clients** worry about having enough food before they are able to purchase more and 30% report that the food they purchased didn't last and they weren't able to purchase more. Due to COVID-19, **26% of our clients report barriers** to grocery stores due to transportation, too costly, too tired, doctor orders, or fear of exposure to the virus. Now more than ever, Meals 4 Health and Healing is an essential program in our community.

## Important Statistics at End of 2021



**137,824 SERVINGS PROVIDED TO DATE**



**\$1.62 PER SERVING**



**6,870 TOTAL VOLUNTEERS HOURS IN 2021**



**144 VOLUNTEERS IN 2021**



**1,736 CLIENTS AND CAREGIVERS TO DATE**



**\$196,112 TOTAL VALUE OF VOLUNTEER WORK IN 2021**

The Heimerdinger Foundation Staff

Katharine Ray, *Executive Director*  
Missy Hamilton, *Garden Manager*  
Juan Kirby, *Chef & Teen Coordinator*  
Bijal Mehta, *Volunteer & Outreach Manager*  
Susan Poteet, *Kitchen Manager*  
Lexy Vogel, *Nutrition Educator*  
Tonya Whittaker, *Client Manager*  
Nan Zierden, *Fundraising & Development Manager*



We are grateful for these 2021 community supporters:

Bloomsbury Farm  
Broadway Sports Media  
By Faith Farm  
Calvary United Methodist Church  
Cronin Creative  
Field of Dreams Farm  
Green Door Gourmet  
Jason Brockman  
Jeff Fisher  
Paul Campanis  
Tennessee Oncology  
West Glow Farms  
Woman's Club of Nashville

# 2021 | OUR VOLUNTEERS MAKE THIS MISSION POSSIBLE

*Below is a list of volunteers who donated at minimum 50 hours in 2021. We are so grateful for their time, talent, and passion for our Meals 4 Health and Healing mission.*

## 50 TO 100 HOURS

Maria Acevedo  
Karen Anderson  
Christine Barnes  
Beth Bowie  
Jeanette Bowie  
Wyeth Burgess  
Hala Daouk\*  
Munir Daouk\*  
Suhayl Daouk\*  
Alicia Davis  
Barbara Dorris  
Ruth Drury  
Linda Endres  
Mary Jo Coscia Hanks  
Bill Joslin  
Joy Kosarsky  
Becky Lamar  
Diana Lowry  
Gwen McKinney  
Janie Omer  
Shiv Patel\*  
Daniel Ray  
Michael Shaughnessy  
Lynn Spaw  
Joe Sumislawski  
Robert Templeman  
Katy Wilson  
Dana Zelenik

\*Teen Volunteers

## 100 TO 200 HOURS

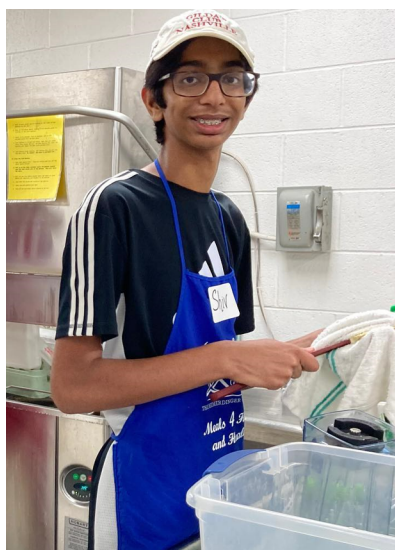
Cheryl Baird  
Skylar Bush  
Marie Coz  
Rebecca Duke  
Carli Emerson  
David Eyler  
Alberta Fitzgerald  
Jeff Fuldauer  
Elaine Loughlin  
Denise Pastina  
Glen Sisk  
Carol Smith  
Dana Sullivan  
James Vaughtner  
Vincent Walkup  
Ann Walkup  
Becky Young

## 200+ HOURS

Jim Chesney

## 300+ HOURS

Kathy Ford  
Judi Medford



2021

# THANK YOU FOR SOWING THESE SEEDS OF GROWTH

## \$10,000+

*Tennessee Oncology  
Mercy Multiplied  
Team Chad  
Galena Foundation*

## \$5,000 - \$9,999

*Cindy and John Borum  
Chuck and Tricia Elcan  
HCA Foundation  
Kathie Heimerdinger  
Cris Lacy*

## \$2,500 - \$4,999

*Anonymous  
Maria and Antonio Acevedo  
AIG  
Beth Bowie  
Endodontics Associates, PA  
Lynda Davenport  
Don and Mandy Diffendorf  
Tim and Sarah Falade  
Food Sales East, Inc.*

## \$1,000 - \$2,499

*Tim Adams  
Nancy Alcorn  
Bill Armistead  
Backfield in Motion  
Bob and Ann Baisden  
Caroline and Stanley Berry  
Bloomsbury Farm  
James and Denise Boosalis  
Marty Bonick  
Jason Bowen  
Dr. Lee and Kellee Bryant  
John Carr  
Karen and Tom Crook  
KMZ Foundation  
Maria Coz and Allen Reynolds  
Rebecca Denton  
Dorothy Cate and Thomas F. Frist  
Foundation  
Barbara Dorris*



Fisher & Friends 2021

*Marlene and Spencer Hays Foundation  
Mark and Judi Medford  
Ellen More  
MTE Sharing Change  
Tennessee Titans*

*The Frist Foundation  
The Memorial Foundation  
Bill and Sally Zierden*

*Christa and John Gassler  
GE Foundation  
HCA Healthcare  
Bob and Barbara Heimerdinger  
Kroger: Zero Hunger Zero Waste  
Mark and Kelly Lombardi  
Eric and Julie Martin  
Gwen and Scott McCoy  
Joseph Petty*

*PiK Foundation  
Pinnacle Financial Partners  
Katharine and Daniel Ray  
United Way of Greater Nashville  
NASBA  
Waller Lansden Dortch & Davis  
Jennifer and Chris Wobensmith  
Whole Foods Community Giving*

*Kevin and Jenna Elkins  
Megan Freeman  
Robert Frey  
Ian Gazard  
General William Mayer Foundation  
Cynthia and Bob Grindstaff  
Mary and Mark Hotwagner  
David and Pamela Jennings  
Darlene and Craig Johnson  
Jeremy Kelton  
Martin & Zeffoss, Inc  
Leighanne and Derek Mason  
Phil Mazzuca  
Eileen McDermott  
Duke Naipohn  
Nashville Predators Foundation  
Pace Family Foundation  
Susan Patton  
Sharon Peters, PhD*

*Sarah and Charles Pierce  
Jim and Sharon Powlus  
Dr. Terry Propper  
Dr. Jerry Reese  
Regions Bank  
Laura and Spencer Schimmel  
Section 119  
Tommy Stone  
Nicole Tremblett  
US Bank  
Amy and Arthur Van Buren  
Don and Linda Ware  
Larry and Alice Wells  
Barbara Whittemore  
Charlotte and Dennis Witzenburg  
Dana and William Zelenik*



# MEALS 4 HEALTH AND HEALING

## \$500 - \$999

Anonymous  
Rose Atkins  
John Baker  
Luella S. Baker  
Greg and Allison Blandford  
Lori and Stephen Bridges  
James Bristol  
Parker Buckles  
Charles and Kathryn Clark  
Dan Coleman  
William Collins III  
Joseph Conner  
Sam Davis  
Dee Doochin  
Dr. Tommy and Beth Ducklo  
Daniel Elkins and Meryll Rose  
Carli and Jim Emerson  
Kari Every  
Dr. Mark Freeland

Danielle and Harris Gilbert  
Honey Glasscock  
Brian and Caitlin Heimerdinger  
Ashley and Philip Hutcheson  
Joanne Katcher  
Mac and Nancy Kelton  
Rhett Kelton  
David and Alicia Landman  
Dr. Jeff and Susie Lemay  
Luke and Alyssa Lemay  
Mike Lemay  
Patrick Lowry  
Kathie Madden  
Richard Manson and Ruth Johnson  
Kevin and Kathy Lemay McCarthy  
Kathy McGee  
Hugh Middlebrooks  
Cindy Miller  
Tucker Moore

*PEO Sisterhood*  
Alicia and Tim Pepe  
Don Reed  
Phil Reynolds  
*Father Ryan High School*  
Chris and Tricia Casa Santa  
*Slow Food of Middle Tennessee*  
Harriet Spear  
Chris and Les Steckel  
Jenny and Nick Streams  
Randall Taylor  
Wade and Lauren Weaver  
*West Glow Farm*  
Shea Williams  
Carol Woodul  
Randy Yard  
Barry and Becky Young

## \$250 - \$499

DeVan and Karen Ard  
Cheryl Baird  
Jamie Barber  
Kyle and Kayla Barrier  
Linda Berg  
Johnathan Boren  
Wyeth and Ed Burgess  
Drs. Floyd and Aleeta Christian  
Kimberly Clark  
*The Jones Company*  
Brian and Cara Costner  
Patty Daniel  
Rebecca DeVane  
Debe Dohrer  
Dianne Doochin  
John and Lynly Dwyer  
Dr. Cathy Eng  
Tiffany Evitt  
David and Alberta Fitzgerald  
Bobby Jean Frost  
Rusty and Marshall Gardner  
Donna Gerndt  
AG Granderson  
Susan Gregory  
Victoria Hall

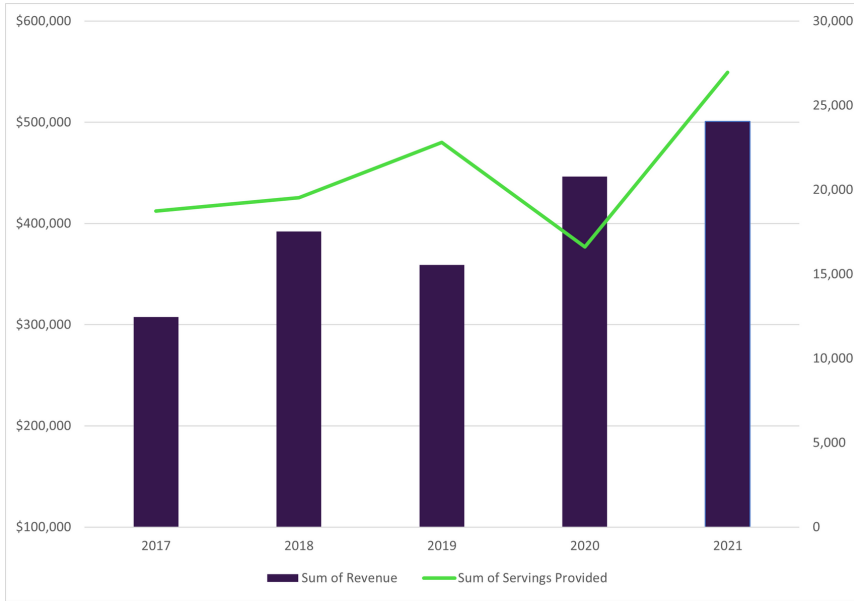
Mary Jo and Tom Hanks  
Margaret Heard  
Ian Hopkirk  
Pat D. Jansen  
Rebecca Jarrard  
Jess and Kathleen Judy  
*Kraft & Company CPAs*  
Loraine and Nicholas Lippolis  
Carol McDonald and James Foster  
Sharon and Jay McKiever  
Thomas and Paula Milam  
Tawana and Stacy Mitchhart  
Christopher and Lindsay Northam  
Donna Owens  
Adrienne Parker  
Maggie Purcell  
Judy Rash  
Suzanne Regen  
Paul L. Riggan  
Paul and Carolyn Riviere  
Nancy and Bill Rutherford  
Liz Sanders  
Josh and Emily Capo Sauerman  
Shelley Schmidt  
Whitney and Parsa Shariati

Christine Skold  
Susan Slack and Bob Driskill  
Jennifer and Richard Sluss  
Tom and Jane Stoffels  
Vanessa Thomas  
Candy Tomlinson  
*Vitality Medical Wellness Center*  
Janet Walls  
Lucy White  
Lynda Wimberly  
Nan and Nick Zierden



# 2021 | BY THE NUMBERS

## Annual Revenue & Servings Provided 2017 - 2021



Based on 990 reporting



## 2021 Revenue

