



APRIL 2016

Five months ago, Food For Thought realized a long-held goal of expanding our services. We continue to improve our offerings for our HIV-positive neighbors and are now helping other critically ill members of our community who do not have enough to eat.

EATING WELL THANKS TO FFT

By Therese "Tess" Wharton

When I first got a phone call from Nina, Food For Thought's nutritionist, I was blown away. I was amazed at the extent of the food I could receive, and that it would be ongoing. I'm forever grateful!

I started getting meals around Christmas and it's helped so much. I'm eating better food and more fresh produce. My mental health has improved. I used to worry about where my next meal was coming from, and now that fear is gone.

I have a lot of health concerns: fibromyalgia, diabetes, and Hepatitis C. I also struggle with anxiety and depression. These conditions make it hard to manage my portion control and sugar intake.

I used to worry about where my next meal was coming from, and now that fear is gone.



The frozen meals I get from Food For Thought are my favorites, especially the lemon fish. I have arthritis in my hands, so cooking is tough. Prepared meals make it so much easier to eat well and eat the right amount.

I know that the staff and volunteers of Food For Thought care about me. I look forward to getting a weekly call to place my order. My volunteer driver, Maya, along with her son Max and baby Theo, bring my groceries every Thursday. On Valentine's Day, Max picked a flower for me. It's this type of kindness that keeps me going.



YOU CAN HELP FEED OUR NEIGHBORS IN NEED

PLEASE SEE PAGE 5 FOR DETAILS



FOOD FOR THOUGHT BOARD OF DIRECTORS

Frederick Kasl
President

Dena Bliss
Vice President

Rodney DeMartini
Secretary

Larry Needleman
Treasurer

Michael Collins

Diana Laczkowski

Mark Leavitt

Larry Prager

Mark Short

Sandy Younglove

FOOD BANK

Tuesdays-Saturdays

10 am-5 pm

(707) 887-1647

6550 Railroad Avenue

PO Box 1608

Forestville, CA 95436

FFTfoodbank.org



FOOD FOR THOUGHT
ANTIQUES
GIFTS & GARDEN

11 am-5 pm every day

2701 Gravenstein Hwy S.

Sebastopol, CA 95472

(707) 823-3101

FFTantiques.com

COMMUNITIES IN NEED

by Ron Karp, Executive Director

For 27 years, our lifesaving nutrition services have been available to anyone living with HIV in our region. Now we are bringing our comprehensive nutrition services to those in our community with other illnesses as well. Last November, we began accepting new clients with a range of serious medical conditions as part of our *Vital Nutrition* program.

In this short time, we have learned a lot about those experiencing hunger, poverty, and illness in our region. What is most shocking to me is that the need for our services exists in virtually every community in Sonoma County. In Santa Rosa, Sebastopol, Petaluma, Windsor, and throughout our county, we have neighbors who struggle with illness and lack access to healthy food.

Everyone suffering from critical illness and malnutrition can receive the services they need to be healthy.

We're now serving more people than ever before, and with the support of our community, I am confident in our ability to serve many more in the coming years. We know that the need is great, and that this effort will take some time. But together, we can make sure everyone suffering from critical illnesses and malnutrition can receive the services they need to be healthy.

Every day when I come to work, I am amazed and humbled by the support of our community around this expansion. Because of you, we are able to serve people across the entire county who so desperately need our help.



Dave Hall Photography

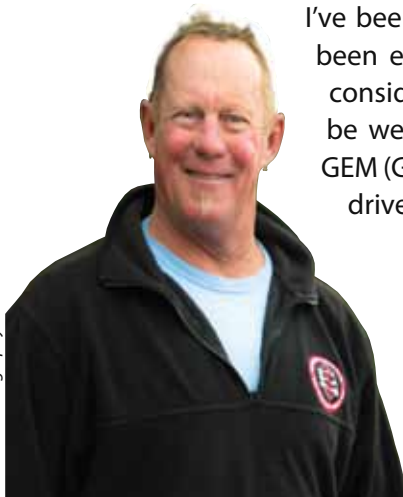
WHY I GIVE By Greg Mitchell

Food For Thought is a homegrown, local organization that helps people in a very meaningful way. You can just feel the personal connections between the clients, volunteers, and staff. When I give my time or money to Food For Thought, I can feel the impact immediately, and I know that what I contribute is appreciated.

I've been HIV-positive since 1985, and though my life hasn't always been easy, I feel blessed and grateful for what I have now, and I consider it an honor to give back to my community. I may not be wealthy, but I give what I can. I donate monthly through the GEM (Giving Every Month) program, and I volunteer regularly at food drives and at Dining Out For Life.

When I give my time or money to FFT, I can feel the impact immediately.

I am so happy to hear that FFT is expanding its services and serving other people who need help. This expansion is a way to help more people who are ill and need food. It will also help the organization grow as it continues to support the HIV community in Sonoma County.



Dave Hall Photography

Food For Thought is a nonprofit grassroots organization dedicated to meeting the nutritional needs of persons affected by HIV and other critical illnesses in Sonoma County, regardless of financial, sexual, racial, religious, political, or any other attitudinal preferences and proclivities (including past life regressions). We provide free weekly grocery bags containing a wide variety of fresh fruits and vegetables, high-quality protein sources, whole grains, healthy packaged foods, and prepared meals. We also provide vitamins and supplements, nutrition education, and a congregate lunch. Occasional hugs are also available at no additional charge.

EXPANSION UPDATE

Good news! The *Vital Nutrition* pilot program is now in full swing. We're now serving 42 men, women, and children affected by a range of serious illnesses, in addition to our 700 HIV-positive clients. We're bringing our new clients all the same lifesaving nutrition services that Food For Thought clients have always received.

We know that there are many people in Sonoma County who are ill and hungry, and we're in a great position to help feed more people in our community. We're starting small with our *Vital Nutrition* program, and we have set a big goal to double the number of clients we serve in five years.

To identify our new clients, we're working with West County Health Centers to refer patients who are suffering from a wide range of critical illnesses and are at great risk of malnutrition. As they get groceries, meals, vitamins, supplements, and nutrition education, we'll be monitoring improvements in their health.

This work is only possible because of our volunteers and donors. If you have contributed to the *Vital Nutrition* program as a volunteer or donor, then THANK YOU for making this possible.



HIV & AGING

Food For Thought has been serving people in our community living with HIV/AIDS for 27 years, and in that time, a lot has changed.

Today, many of our clients are newly diagnosed with HIV, but the majority are long-term survivors who are now dealing with the challenges of being diagnosed with other illnesses as well. Like most people blessed with a long life, many of our clients are facing health issues such as cancer, heart conditions, respiratory issues, and other age-related conditions such as frailty and isolation.

Food For Thought is committed to serving people living with HIV/AIDS for as long as they need us. We're currently expanding services for these long-term clients as well. We're now offering more food options than ever before, and are in our second year of our hot lunch program. It is our goal to remain a safe, welcoming, and inclusive place for all of our clients.

GET INVOLVED

COME TO A NEW VOLUNTEER ORIENTATION!

Third Tuesday of every month: March 15, April 19, and May 17 at 7 pm at the food bank

Contact Elisa at volunteer@FFTfoodbank.org or (707) 887-1647 for more information



Dave Hall Photography

Ruben Carrillo

January 1, 1931–December 15, 2015

We recently said goodbye to a longtime friend. Ruben was a fierce advocate for HIV-positive Latinos, especially farmworkers and immigrants who were not getting the support they needed. Ruben was a father figure, bringing comfort, humor, and grace to those around him. Ruben volunteered at FFT to translate materials, take grocery orders, and make sure that Spanish-speaking clients were welcome in our community. We miss him dearly.



Photo: Elisa Baker



Photo: Elisa Baker



Photo: Elisa Baker

Check out our volunteers in action!



VOLUNTEER ANNIVERSARIES JANUARY – MARCH 2016

27 years!
Kathy and John Dennison
Gregory Venegas

20 years
Randi Megorden

19 years
Keith Fratzke
Craig Zimmerman

17 years
Michael Fontaine
John Sutherland

15 years
Khysie Horn
John Rizzi

14 years
Barbara Doyle
Jack Welch

13 years
Debbie Feraco

12 years
Allan and Mary Cone
Lyn Johnson
Sandra Orr

11 years
Joe Ambrosio

9 years
Joanie Carlson

8 years
Cheryl Armstrong

7 years
Erica Alsbury
Tim Bernard
Marcus Cayson
John Consedine
George Harrington
Ann Kaplan
David Kruppa

6 years
Shelley Bermudez
Rebecca Guarda
Nancy Vallee

5 years
Fabian Alvarado
Bea Griffiths
Wally Krampf
CJ Vandegrift

4 years
Pepe Conran
Roberta DeMartini
David Hubbard
Jennie Madden
Michael Strain
Richard Waldringer

3 years
Donna Smith
Sharon and Bill Whitten

2 years
Steven Lovejoy

1 year
Marge Holland
William Jake Jacobs
Lynn Lacount
David Palmer
Kathy Prather
Barbara Shatto
Karen Smith
Cheryl Vargas

Oscar Miranda
Henry Romero
Alice Rossiter
Suzanne Ruggirello
Margie Tygerson
Gretchen Whisenand

WAYS TO GIVE



Give the Gift of Food + Love

By mailing in a gift in the enclosed envelope, you can provide so much for our neighbors in need. Your donation will help provide healthy groceries, prepared meals, vitamins and supplements, hot lunches, and nutrition education for those affected by HIV and other critical illnesses in our community.



Monthly Giving

Setting up a monthly gift is easy and automatic, and will help feed people in need in our community. GEM benefits include receiving limited mail solicitations from FFT, invitations to special donor events, and plenty of warm fuzzy feelings. For more information, visit FFTfoodbank.org.



Leave a Legacy

Your legacy gift will make a huge difference to those we can serve in the future, and to the future of Food For Thought. Please consider naming FFT in your will, trust, or life insurance policy. For questions or suggested language, please contact your estate planning professional or Ron Karp at RonK@FFTFoodbank.org or (707) 887-1647.



Project Africa

You can help feed orphans affected by HIV/AIDS in Namibia by supporting our partnership with Hope Initiatives. Based in Namibia's capital, Windhoek, Hope Initiatives provides nutritious food, education, and support to over 300 children and caregivers. To support their work, write "Project Africa" on your check and send in the enclosed envelope.

DONATIONS HAVE BEEN MADE IN HONOR OF:

The Barone Family
Rodney DeMartini and Frederick Kasl
Barbara Doyle
Rachel Gardner
Kim, Shelley, and Kerry Garloff
Julia Grant
Parke Hafner

Jim Kaiser
Margo Triest
Charles Wallis
Chris Wilson and Stephanie Marquez
Jim York
Sandy Younglove

DONATIONS HAVE BEEN MADE IN MEMORY OF:

Caolin Bryan
Lynn Campanario
Ruben Carrillo
Mark Chilton
Bill Day and Jim Hickey
Paul DesMarais
Rob Eason
Don Frost
Greg Hage

Hector Hernandez
Lyman Johnston
Daya Judge
Larry Kittell
Kirk Lawler
Ted Lawyer
Kevin McDaniel
Raymond Najar
Jeffry Nathan

Erik Orav
Dennis Paynter
Stuart Peot
Steven Pepper
Marc Phillips
Gary A. Pierce
Donald B. Rice, Jr.
David Robinson
Stewart Scofield

Jacqueline Sears
Gerald Simpkins
Alan Lee Snodgrass
Randall Thompson
George Triest
J. Russell Wherritt

IT'S IN THE BAG



Dave Hall Photography

An average grocery order contains enough healthy food for three meals per day for the whole week. Here's a closer look at what we offer to all of our clients.

Protein: We offer a wide range of frozen meats and fish, canned tuna and chicken, deli meats, tofu, tempeh, eggs, hummus, cheese, yogurt, beans, almonds, peanut butter, and much more!

Grains: Clients get a variety of bread, cereals, rice, quinoa, barley, polenta, and pasta.

Fresh produce: Clients pick from a fully stocked produce section, featuring lots of local, seasonal fruits and veggies—including items from our own organic community garden.

Vitamins and supplements: We give out over 12,000 containers of supplements per year, offering high-quality options recommended by our on-staff nutritionist.

Packaged items: From canned soup to prepared meals, frozen veggies to energy bars—you name it we have it.

And the list goes on! We've got a huge assortment of condiments, sauces, teas, baking ingredients, and more.



"I just love all the veggies and the organic garden as well as the free-range chicken offered. The folks there could not be any kinder. I could not make it without Food For Thought, and I can't thank them enough."
—George

CHOICE AND PERSONALIZATION

Each one of our 750 clients is a unique individual. One of Food For Thought's founding principles was to provide not just healthy food, but food that people want. That means that we have lots of choices, and that people can pick food that is familiar and comfortable, and can also try new things.

At Food For Thought, we believe that honoring the unique needs of every person is as important as the food we provide.

Circle of Giving

Food For Thought - healing with food + love

It is the generosity of our donors that ensures that our clients continue to have the nutrition they need to survive and be healthy. Thank you to all the individuals, businesses, and foundations who contribute to this important work.

Diamond Circle (\$25,000 or more)

Estate of H. Lance Cook
Charles A. Frueauff Foundation

Gilead Foundation
Larry L. Hillblom Foundation

Estate of George W. Lord
M.A.C. AIDS Fund

Mert Preston
Sonoma County Wine Weekend

Platinum Circle (\$10,000 or more)

Abacot Fund / Lisa Clyde and Elsa Garcia
Ron and Linda Backstrom
David Baylor and Theresa Helmer

Bethlehem Foundation
Broadway Cares/Equity Fights AIDS, Inc.
Electra D. De Peyster

Horizons Foundation
Kathleen and Frank Mayhew
RiskPress Foundation / Charlie Pendergast

Mary Ann Rovai
Rubin Family of Wines
Estate of John Smith

Gold Circle (\$5,000 or more)

Julie and Tom Atwood
Mark K. Cooper
The Elder Family Foundation
Exchange Bank

Steven Haggard
Philip Kuo and Del Ray Hankins
Lazy Bear Fund, Inc.
Sonia Miller

Clay Nesbitt
Laurie Plant
Estate of David Robinson

Joseph Tse Charitable Works / Jeff Tse
and Monique Dubois
Jane and Nelson Weller

Silver Circle (\$2,500 or more)

Banfield Charitable Trust
Burr Pilger Mayer
Clif Bar Family Foundation
Emily and Melvin Davis
Rod DeMartini and Frederick Kasl

Tom Garigliano and Jim Dugan
Harvest for the Hungry Garden
Meleana Holroyde and Kathryn Toms
Kaiser Permanente
Katie Killefer

Larry Prager and Linda Myszak
Rialto Cinemas / Ky Boyd
Russian River Sisters of Perpetual Indulgence
Mark Short and Carl Ray
William and Arlene Smith

Lynn Spaulding
Jim Stacy
Summit State Bank
Sandy Younglove

Bronze Circle (\$1,000 or more)

AcAccounting on Computers / Lisa Ireland
Winifred and Harry B. Allen Foundation
Sigmund and Susan Anderman
Animal Hospital of Sebastopol / Nicole Canon
Alan Beckstead
Kelly and Phil Beffrey
Barry and Gail Ben-Zion
Steve and Robin Black
Terri and Glen Blackley
Lee Boyack
California Water Service Company
Michael Calvelli
Marie Chandoha
Coddling Foundation
Jona Consani
Rob Cooke
Elizabeth and John Cotton
Gar Cross and George White
Arnaldo Delucchi
John and Patricia Dervin

Digital Ciggy
Barbara and Mike Doyle
Dan and Stephanie Dumbrill
Jane and Herbert Dwight
Lisa Fischer
Forestville Pharmacy / Mark and Pamela Olson
Forestville Planning Association
Barbara and Gary Gerber
Charlotte Griswold-Tergis
Parke and Sarah Hafner
Jeffrey and Terri Hamilton-Gahart
John Hershey
Patricia Couryer Johnson
Ruth Anne Johnston
Jim Laufenberg and Mike Daly
Diana Lobush and Jim Penpraze
Patricia London
Francis Lum
Diane and Leslie Lynch
Doris and John Lyons

Risty Marckx
Nancy H. Markell
Laura and Larry Martin
David McAuliffe
Myers Restaurant Supply
Gary and Marcia Nelson
Oxford Construction / Tim Oxford
Bruce and Renae Perry
Dennis R. Petri
Preston of Dry Creek / Lou and Susan Preston
Rainbow Cattle Company
Michael Randolph
Michael and Sue Rataj
Redwood Credit Union
Bill and Mary-Louise Reinking
Kent Ritchie
Russian River Festivals
Salmon Creek School
Nancy Schaub
Lucia and Jim Schultz

William Scott
Daniel Shanahan and Dale Miller
John and Elizabeth Sheela
Jim and Kathleen Sparling
Stuart Foundation
Anjali and Ray Sussman
John Sutherland
Richard Sutherland and Duane Wakeham
Harold Torres and Jimmy Mallett
Hugh Trutton
Vanguard Properties
Michael Vellard and James Dern
Cara Christina Widmer
Willow Creek Wealth Management
Evan Wright
Nancy and King Wright
Yunhee Yoo

Copper Circle (\$500 or more)

Ray Allen
Susan and Norman Amidon
Linda Bauer
Jennifer Lynn Bice
Michael Bielawski and Alison Hannah
BoDean Company
Chris Bramble
Larry and Cecilia Bridges
Steve Bromer
Larry Campbell
Paula Chiotti
Jeff and Stacey Civian
Robert Clegg
Milo Coccimiglio
Rose Cohen
Congregation Shomrei Torah
Nancy Crowe
Steven Deas and Jane Rosenberg
Gary Eisman and Brent Fisher
J. Yusuf Erskine and David Taff
John F. Ewing
Alice Fielder

Robert and Jan Fisher
Lynn and Jim Fitzwater
Tom Fleming
George Fossett and B. Gretter
John and Debra Franzman
Nancy Genoa
David and Nancy Gerber
Harold V. Geritz and Margaret Griffin
Ron and Bea Griffiths
George Harrington
Jeffrey Hayes and Paul Cardus
Pattie and David Heisser
William and Flora Hewlett Foundation
Gail and Bob Hight
Ambassador James C. Hormel
Pete Hosier and Don Reeser
Sally Hurd
Carolyn Jean Johnson and Rick Theis
Ron Karp and Ann Dolin
Neal M. Katz and Jan Zeitlin
James King
Mark Kowalkowski and Robert Gonzalez

Wally Krampf
Jane Krensky and Peggy Tourje
Kim Lawton
Mark and Raylene Leavitt
Margaret Livingston and Shirley Liberman
Jesus Lozano
Chris Markell
Jan Marks / Don Blaugrund LGBT Fund
Mary Jo McBride
James and Sandra McCambridge
John McGuirk
Edith P. Mendez
Peter Mirkovich
John Mitchell and Randy Lofquist
Phil and Maureen Murphy
Thomas Nelligan
Veronica Ng
Patti O'Brien
Berta and Ron Pecoraro
Jan Postma and David Karp
Gerald Rape
Stephen Resnick

John Ross
Russian River Rotary
Robert Sargent
Fred Schneider
Stephen and Deb Scholey
Donna Seid
Patrick and Cris Simmons
Timothy Stevenson and David King
Regina and Tim Sullivan
Vrenae Sutphin and David Gray
Terri Tachovsky and Karen Knudson
Kelly Temple and Mark Erickson
Ted and Elizabeth Theiss
Curtis Thomson and Sonny Childers
Christine Tsai
Charles Wallis
Jon Western and Elaine Ramires
Caryn Woodhouse and Gene Lamka
Christian Wright
Doug Yule

Food For Thought
PO Box 1608, Forestville CA 95436

Address Service Requested



VISIT OUR STORE

2701 Gravenstein Highway South, Sebastopol, CA

*All sales benefit Food For Thought!
11 am–5 pm every day*

Save the date for two great FUNdraisers

HUMAN RACE

SATURDAY, MAY 7

Come on a fun walk with us as we raise money for Food For Thought.
Sign up or donate at www.humanracenow.org

Spring Home & Garden Tour

SUNDAY, MAY 29

Join us on a self-guided tour of spectacular West County private properties.
More information at www.FFTfoodbank.org



Photo: Elisa Baker



Sandy Miller Photography