



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**



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## FOOD BANK

**Tuesdays–Saturdays**

**10 am–5 pm**

**(707) 887-1647**

**6550 Railroad Avenue**

**PO Box 1608**

**Forestville, CA 95436**

**[FFTfoodbank.org](http://FFTfoodbank.org)**



**FOOD FOR THOUGHT  
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## 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

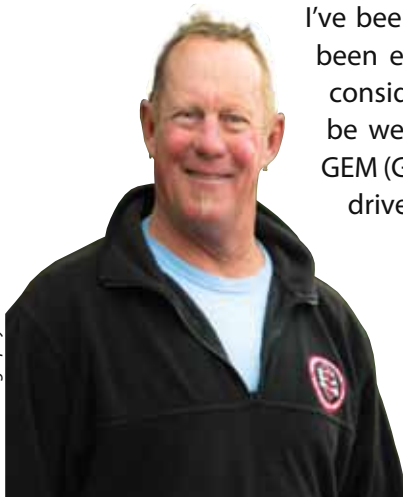
By Greg Mitchell

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](mailto: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](http://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](mailto: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  
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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  
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RiskPress Foundation / Charlie Pendergast

Mary Ann Rovai  
Rubin Family of Wines  
Estate of John Smith

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The Elder Family Foundation  
Exchange Bank

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

Clay Nesbitt  
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Estate of David Robinson

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

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

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William and Arlene Smith

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Summit State Bank  
Sandy Younglove

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Animal Hospital of Sebastopol / Nicole Canon  
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Steve and Robin Black  
Terri and Glen Blackley  
Lee Boyack  
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Marie Chandoha  
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Cara Christina Widmer  
Willow Creek Wealth Management  
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Yunhee Yoo

## Copper Circle (\$500 or more)

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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](http://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](http://www.FFTfoodbank.org)



Photo: Elisa Baker



Sandy Miller Photography