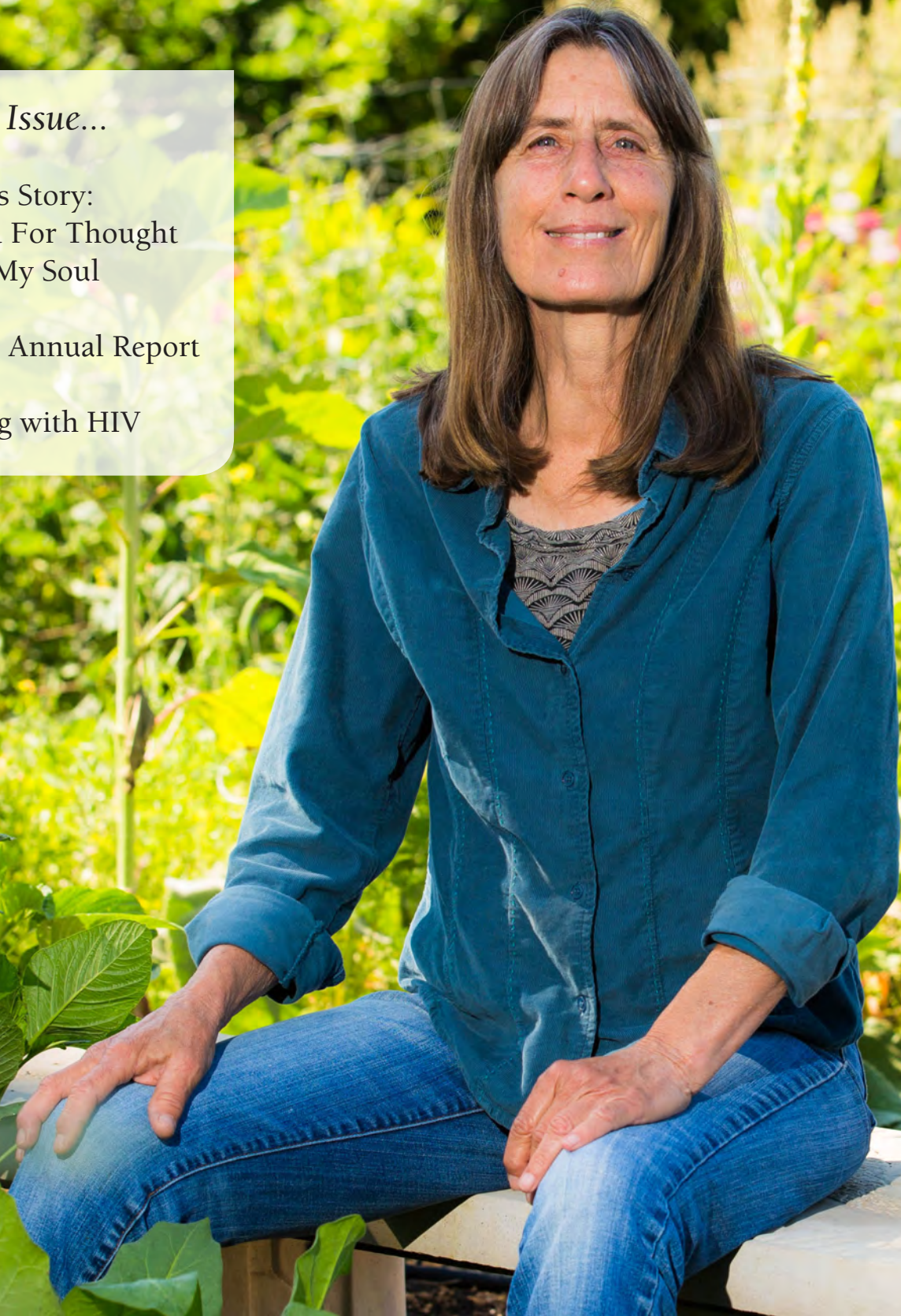


THE DISH

FOOD FOR THOUGHT
COMMUNITY NEWS
SUMMER 2018

Inside This Issue...

- p. 4 Julie's Story:
Food For Thought
Fed My Soul
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- p. 10 Aging with HIV



WE SERVE SONOMA COUNTY

A message
from
Executive
Director,
Ron Karp



Dear Friend,

Food provides not only the nutrients that we need to survive and thrive—it also connects us to our families, farmers, and the wider community. In all of our interactions with food—whether it's eating a meal with family and friends, making a pot of soup for a neighbor who is sick, volunteering at an organization like Food For Thought, or making a donation so that others may eat—food is one of our primary human connections.

As donors and volunteers, you make it possible for Food For Thought to continue providing life-sustaining nutrition services to our clients. Together, we are taking care of our friends and neighbors in need. On page 4 of this issue, Julie explains how it was not just the food we gave her that helped her regain her health, but also the support and connection she felt by eating at our community lunch program.

On page 3, Nina Redman, RDN, writes about the cooking classes and individual nutrition counseling sessions that are so important for our clients who want to eat and be healthy. And on page 7, Coby Leibman, chef for our community lunch program, provides a tasty recipe that shows how to use the bounty of the garden to make a very special and healthy meal. Food truly connects us all, and we are proud to share with you how our volunteers, donors, and staff provide food to those most in need in our community.

A handwritten signature in black ink that reads "Ron Karp".

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MISSION

A photograph showing a pair of hands cupped together, holding a small pile of green lentils. The background is blurred, showing more produce.

**Food For Thought's mission
is to nourish and serve
our community by providing
healthy food and compassion
to people living with HIV/AIDS
and other critical illnesses.**

FOOD BANK

Tues.-Sat. 10 am-5 pm
6550 Railroad Avenue
PO Box 1608
Forestville, CA 95436
(707) 887-1647
FFTfoodbank.org

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Daily: 11 am-5 pm
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(707) 823-3101
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TRUST, FAITH, AND HOPE

For the past 36 years, I have lived in the Russian River area, and I have relied on trust, faith, and hope to get me through the challenges in my life. In 2000, I was diagnosed with HIV, and in 2016 I was diagnosed with leukemia. During both of these challenging times I decided to put my trust in medical professionals who helped me through both diagnoses. I was also blessed to receive nutritious food from Food For Thought and support from their Registered Dietitian Nutritionist, who put me on nutrition supplements and helped me keep my calorie intake up so I was strong enough for cancer treatment.

Today, I can say I'm both an HIV survivor and a cancer survivor. I'm so thankful for all the support that I have been given. It helped me keep faith and hope that I would be okay. Now, I feel that it's time for me to give back. I plan on growing flowers and vegetables to give to Food For Thought. Maybe this will inspire other clients to have trust, faith, and hope that it will all work out.



Thomas



Nina Redman, RDN (right) explaining food labels to FFT client, Jimmy (left).

Providing Nutrition Education and Care

Interview with Nina Redman, RDN

Our Registered Dietitian Nutritionist, Nina Redman, helps ensure that our clients are getting the food they need to heal. She provides one-on-one nutrition counseling and teaches bimonthly nutrition education and cooking classes. We sat down with Nina to learn more about her work and the connection between food and health.

Q: Can you explain your one-on-one nutrition counseling?

A: My nutrition counseling is tailored to each client's needs. I look at a client's medical information and help them find an eating pattern that is most helpful to them. For example, if a client has diabetes, I help them figure out ways to have the right amount of carbohydrates in their diet. I discuss with the client what he or she currently eats and see how we can make their diet healthier.

Q: What happens in your nutrition education and cooking classes?

A: My nutrition education classes are interactive workshops on a topic such as reading food labels, salt, sugar, and others. They are activity-based and we always serve lunch. I also teach a cooking class where we make a meal, practice cooking techniques, and share healthy recipes. These classes help our clients learn how to be healthy and gain a better understanding of food.

Q: Do you believe that food is medicine?

A: Of course! Eating well can help us heal and stay healthy. I see a lot of people living with HIV and other serious illnesses and those who have access to and eat healthy food often improve their health.

**Nina teaches
every 1st and 3rd
Wednesday from
12-1:30 pm at FFT**

Food For Thought Fed My Soul



Julie smiles in Food For Thought's organic garden.

**“When I was recovering from my illness, I had no fear of not having food to eat because of Food For Thought.”
—Julie**

Originally from Southern California, Food For Thought client Julie has lived in Sonoma County for most of her adult life. For years she has worked as an in-home care provider for the elderly and as a gardener. But in the fall of 2016, Julie knew that something wasn't right.

“I just started getting progressively weaker and weaker. I was losing a lot of weight and then I lost my ability to speak.”

After a week in the hospital, Julie was told that she had a rare and life threatening blood disorder called thrombotic thrombocytopenic purpura. This blood disorder had caused Julie's weight loss and two minor strokes, which were the reason for her temporary loss of speech.

“Once I was diagnosed, I spent another three weeks in the hospital. I had to have my blood cleaned and some chemo. I also received treatment for malnutrition because I weighed less than 100 pounds.”

Julie was then able to return home and begin the slow recovery process. It was at one of her follow-up appointments that she was referred to Food For Thought.

“Coming to Food For Thought was one of the few things I got to do socially, while I was recovering. My partner and I would come in each week to get our food and have lunch. It was food as a community, and it fed my soul.”

As Julie regained her health, she decided to begin volunteering with Food For Thought. Unfortunately, Julie faced one more health challenge and came down with shingles on her face. But once she recovered, Julie became a weekly volunteer.

“Volunteering gave me confidence and strength because I had been shaken in my ability to function. I wanted to come in each week and see what I could do. I tried different tasks, but I mostly worked stocking produce so I could build my strength lifting all the fruit and vegetable boxes.”

Throughout 2017, Julie volunteered on Thursday afternoons restocking the produce case and taking client orders at the counter. She enjoyed getting to know all the regular volunteers, clients, and staff members.

“I felt like I was part of a family when I was at Food For Thought and I really needed that. I felt productive and just being able to give to others was important.”

Julie is now transitioning back into the workforce and no longer needs our nutrition support. She has very fond memories of her time as both a client and a volunteer at Food For Thought.

“When I was recovering from my illness, I had no fear of not having food to eat because of Food For Thought. I felt connected while volunteering and giving food to people in need—like we are all in this together.”

VOLUNTEER ANNIVERSARIES

June – September 2018

28 YEARS
Paula Chiotti

24 YEARS
Jineen Summerton
Nancy Scott-Hunnicut
Kevin Burton

23 YEARS
Will Fulwider

22 YEARS
Roger Reed

21 YEARS
Will Brown

20 YEARS
Maggie Blanchard

19 YEARS
Rosen Cohen

18 YEARS
John Dempcy

16 YEARS
Daniel Clark
Suzanne Reta
Susan Volmerding
Eric Keller

15 YEARS
Rodney Rovai

14 YEARS
Katherine Kendall
Peaches Henning
Judy Henning

13 YEARS
Remi Newman
Joy Oncken

12 YEARS
Gloria Turchi
Angela Sturr

10 YEARS
Larry Prager
Linda Myszak
Ron Higgins

9 YEARS
Dena Bliss

8 YEARS
Janet Ramirez

7 YEARS
John Balich
Darcie McNally
Glenn Recchia
Robin Bartoo
Misti Wood

6 YEARS
Margaret Walker
Melinda Feinstein
Claudia Sisomphus

5 YEARS
Chris Moisenko
Mike Tucker
Cindy Tucker
Glen Blackley
Debra Buetow
Sioux Ault

4 YEARS
Greg Thompson
Skipper Cassady, Jr.
Margaret Pinkham
Barbara Fabrizio
Kim Aikawa
Robert Gonzalez

3 YEARS
Ken Paradise
Lauren Owens
Michele LeRoux
Donna Blue
Kathryn Rahmn
Jim Haidler
Estelle Rogers

2 YEARS
Sheila Huberts
Lynn Whilshire
Lauren Kershner
Joseph Jimenez
Cynthia Bittner
Christopher Auzston
Amy Kang
Jane Sipe
Lucien Reyna
Miles Levine
Bart Levine

1 YEAR
Alan Porter
John Lowrey
Sarah Gross
Charles Joiner
Wayne Berger
Tom Sipple
Diane Galiardi
Kim Winter
Mark Bartlett
Pasha Lah
Ann Shrader
Peggy Hires



Garden volunteers and staff from left to right: Rebecca Guarda, Doug Gosling, Bella Barclay, and Snow McNaughton

WHAT'S GROWING IN THE GARDEN

From kale to pears, our garden has it all, thanks to the hard work of our garden volunteers and staff gardeners. Garden Manager, Doug Gosling explains the thought process behind what we grow in our beautiful organic garden.

“We grow things that are not commonly donated and would be expensive to buy. Some examples are greens for salad mix, asparagus, and snap beans,” explains Doug. Another priority is to grow food that tastes best fresh, like tomatoes or basil.

When possible, we like to invite clients out to the garden to pick their own fruits and vegetables. “We have a ‘you pick’ policy for clients,” explains Doug, “Last week, clients could go out and pick fresh raspberries. We do this for other crops too like strawberries, kale, tomatoes, and herbs.”

“Volunteering at FFT is always inspiring. I get to make friends and always get more out of it than I put in.” – Rebecca

The intention of the garden is to create a beautiful space for our clients, and a productive edible landscape. Each year, our volunteers and staff grow and harvest 35 different crops with an annual value of \$19,900. As Doug explains, “Fresh organic food is the best food you can give your body. The fact that we can grow beautiful, nutritious, organic fruits and vegetables for our clients is a wonderful gift.”

We Love our GEMs



GEM SPOTLIGHT: Lucy Barnett

**“It’s so easy to
give every month
and consistently
support the cause
I believe in.”
– Lucy**

In the 1980s, I was a volunteer with Face to Face and picked up groceries from Food For Thought for my client. I saw firsthand how food made a difference and improved his life. I later became a volunteer at Food For Thought because I was impressed with how organized the agency was at serving so many clients.

I also support Food For Thought financially by making monthly donations through the GEM (Giving Every Month) program. Being retired, I can’t make large gifts anymore, but I can give a little every month. It’s so easy to give and consistently support the cause I believe in. This year, FFT needs 30 new GEMs. I encourage you to think about it. You won’t regret becoming a GEM!

Help us reach our goal of 30 new GEMs in honor of Food For Thought’s 30th Anniversary!

Become a GEM and provide nutritious food + love to your neighbors living with HIV and other serious illnesses all year long!

Here’s what your monthly donation can do:



A \$30 gift per month provides a year’s worth of fresh produce delivered to a homebound or homeless client

A \$50 gift per month provides 200 bowls of hearty chef-prepared soup served at our community lunch program



A \$150 gift per month provides an entire year’s groceries for one client: fresh fruits and vegetables, chicken and fish, eggs, cheese, yogurt, and healthy grains

Plus, GEMs receive special invitations to donor events, limited mail solicitations, and the joy of helping feed our neighbors in need.

Ready to become a GEM? Simply set up a monthly donation, in any amount, at www.FFTfoodbank.org or contact Kaaren Van Dyke, at (707) 887-1647 x 102 or KaarenV@FFTfoodbank.org.

See page 11 for a full list of our wonderful GEMs!

Green Goddess Quinoa Salad



Serves: 6 Prep Time: 1hr

- | | |
|------------------------------------------------------------------------------|------------------------------------|
| 1 jalapeño | 3 tbsp pine nuts |
| 3 cups greens such as
amaranth, mustards, chard,
arugula, or dandelion | 2 tsp salt |
| 2 lemons, juiced | 1/2 cup olive oil |
| 1 cup parsley | 3 cups vegetable broth |
| 1/2 cup cilantro | 1 cup quinoa, soaked and drained |
| 2 cloves garlic, minced | 1 cup cherry tomatoes, cut in half |
| 2 avocados, remove skin and seed | 1 red pepper, half-inch dice |
| | 1 bunch green onions, chopped |
| | 2 tbsp edible flowers |

"This is a great summer recipe for using the bounty of the garden. You can supplement the greens in the sauce for whatever you have on hand. Wilder greens have a bit more of a bite to them, so you can balance the recipe with more basil and cilantro or a bit more avocado and olive oil. The cherry tomatoes and ripe peppers add sweetness, and the quinoa adds a nutty pop to it all. Enjoy!"

– Chef Coby Leibman

1. Fry or grill jalapeño coated with a little oil, remove seeds and veins from jalapeño.
2. To make the dressing: pulse garden greens, lemon juice, parsley, cilantro, garlic, avocado, pine nuts, salt, jalapeno, and olive oil in a food processor until smooth.
3. Add broth to large stock pot, add quinoa and bring to a low simmer. When the quinoa is just tender, drain and spread out on a cookie sheet to cool.
4. Add dressing to quinoa, add cherry tomatoes, diced red pepper, and green onion. Stir thoroughly, garnish with edible flowers.

Call for Volunteers



FFT VOLUNTEERS DO IT ALL!

From running food drives at local markets to delivering food, volunteers make sure that our neighbors living with HIV and other serious illnesses receive the food they need to heal. Find a volunteer opportunity that's right for you at FFTfoodbank.org and join us!



BECOME AN AMBASSADOR

Support FFT's biggest fundraiser of the year—Dining Out For Life on Thursday, November 29th. Select a role as a breakfast, lunch, or dinner ambassador from restaurants across Sonoma County. Sign up to volunteer at FFTfoodbank.org or contact Helen Myers at (707) 887-1647 x 103.

Food For Thought 2017 Annual Report



For the past 30 years, Food For Thought has provided food and love to our neighbors living with serious illnesses in Sonoma County. Our agency began with a grassroots effort: volunteers collecting and bringing food to their neighbors living with AIDS. From then until now, we are neighbors helping neighbors. It is your support that makes it possible for us to meet the nutritional needs of our neighbors living with HIV and expand to feed our neighbors living with other serious illnesses.

I am proud to report that 2017 was a great year from a financial perspective. Food For Thought has stable, diversified revenue streams including grants, government funding, individual gifts, sponsorships, event revenue, and bequests. New in 2018 is a three-year program serving Medi-Cal patients living with congestive heart failure, funded by the California Department of Health Care Services.

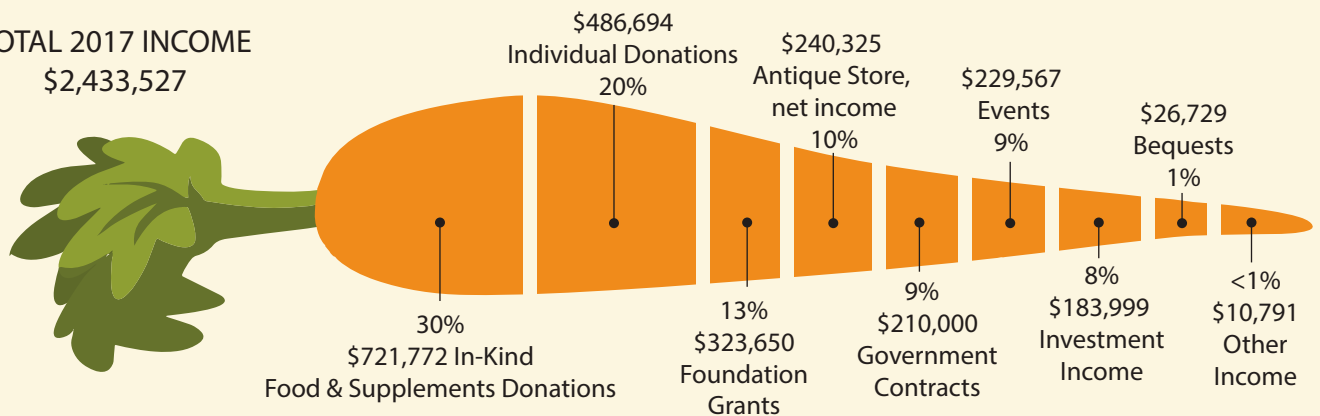
Food For Thought has a bright and growing future, thanks to your generous financial support and volunteer service.

Diana Laczkowski

Diana Laczkowski, President of the Food For Thought Board of Directors

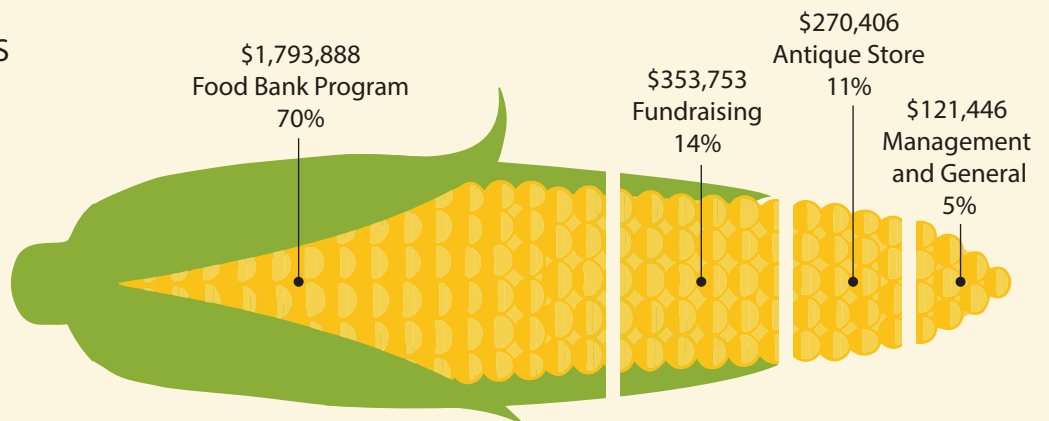
INCOME

TOTAL 2017 INCOME
\$2,433,527



EXPENSES

TOTAL 2017 EXPENSES
\$2,539,493



During 2017, Food For Thought invested \$25,619 in improvements to our facilities and received an annual distribution of \$71,000 from its endowment fund for client services. Not included above was \$45,171 in Depreciation Expense. For more information about Food For Thought's endowment, please contact RonK@FFTfoodbank.org. Our finances are audited by an independent accounting firm, Goranson & Associates, Inc.

Food For Thought 2017 Annual Report

Here's what we accomplished together...

THE NUMBERS



distributed food for
310,527
healthy meals



Free
of charge

FACTS ABOUT OUR CLIENTS

68%

live on an annual income
of \$18,000 or less

47%

live in Santa Rosa

10%

are homeless



TOP 5 DIAGNOSES

HIV/AIDS

Depression/Anxiety

Diabetes

Heart Disease

Cancer

IMPACT OF VOLUNTEERS



408
volunteers



28,171
volunteer hours



\$819,494
Value



THE RESULTS

96%

of clients reported feeling cared about,
less isolated and lonely

94%

of clients increased consumption of
fruits and vegetables

96%

of clients reported feeling better physically
and having more energy



Aging with HIV

For 30 years, Food For Thought has provided lifesaving nutrition services to our neighbors living with HIV. Today, we serve many clients that have recently been diagnosed with HIV. However, the majority of our clients are long-term HIV survivors.

The effects of HIV over the long-term vary, but most medical experts agree that HIV speeds up the aging process, adding about ten years to a person's age. This is true in FFT's client population, where many of our long-term HIV survivors experience the following issues:

- Other illnesses, such as cancer, heart disease, kidney disease, and diabetes
- Dementia and other cognitive issues
- Social isolation and stigma, which unfortunately increase with age
- Poverty: the majority earn less than \$18,000 per year

The needs of our aging HIV-positive clients continue to increase, and these clients are having a harder and harder time taking care of themselves. FFT is committed to meeting these increased needs—we're now providing more home deliveries, hot lunches, and prepared meals than ever before. And as always, we provide a whole lot of love and

social support along with the healthy food we give out. By providing these services, we are helping our clients meet their basic needs, improve their quality of life, and remain healthy and independent.

DID YOU KNOW?

25% of clients have lived with HIV for 30 years

60% of clients have lived with HIV for 20 years

85% of clients have lived with HIV for 10 years

Food For Thought's work to feed those aging with HIV is only possible with your support. Thank you to our donors and volunteers for making our work possible.

A Heartfelt Thank You to all our Donors!

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Rodney DeMartini	Nancy Giannini	

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SONOMA COUNTY



**DINE OUT
GIVE BACK**

Thursday, November 29, 2018

Restaurants throughout Sonoma County will donate 25% or 50% of your purchase to Food For Thought.

VISIT FFTFOODBANK.ORG/DINING-OUT-FOR-LIFE FOR MORE INFO.



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