



Dave Hall Photography

HANS' STORY: IT'S NOT JUST ABOUT THE FOOD

We met Hans in spring 2019 when he was discharged from Sutter Santa Rosa Regional Hospital. A former truck driver, Hans has lived and worked in Sonoma County for many years, raising his daughter here as well. Life has had its challenges, but Hans focuses on the positive with an open and gracious attitude.

In January 2019, Hans' life changed dramatically when he slipped and fell in a puddle of oil at a gas station. At the time he was a smoker and weighed 240 pounds—the hard fall broke his pelvis, requiring complicated surgery. He remained in the intensive care unit and began to lose weight. Although he left the hospital at a healthier weight, his injury left him unable to return to work.

Just three months later, Hans suffered a major heart attack that sent him fighting for his life.

“My cardiologist didn't think I would make it out of the hospital,” Hans remembers. “And I continued losing weight for about two to three weeks.”

At discharge, Hans' weight had dropped by 70 pounds. He had no steady income, and while a regular, healthy diet

was exactly what he needed, he was unsure how he would secure or prepare wholesome food in his compromised physical condition.

“Sutter gave me phone numbers for both Food For Thought and Meals on Wheels,” Hans explains. “But I didn't qualify for Meals on Wheels because I'm not 60.”

That's when Hans connected with our Welcome Home program, which fundamentally altered his health and recovery. Part of Food For Thought's expanded services, Welcome Home provides three months of healthy food and nutrition education to Sonoma County residents who are discharged from a medical facility and are at risk of malnutrition. The program aims to help people recover and reduce hospital readmissions.

But the program offers benefits beyond food and nutrition.

“There were people coming by my house once a week with nutritious food,” Hans recalls. “But it was more than that. During my recovery, one of the difficult parts was loneliness and isolation. And to have these kind people coming by, volunteering their time, and bringing the food by that I dearly needed ... it meant the world to me.”

As part of the Welcome Home program, our Registered Dietitian checks in on clients like Hans to assess their progress and answer any questions. Hans has traveled a long road to recovery, but he's quick to point out that the healthy food he's received has made a difference: “Now I'm at 175 pounds,” he says, “right where I need to be.”

For information on our Welcome Home Program, please contact our Registered Dietitian and Client Services Director Nina Redman at Nina.R@FFTfoodbank.org or (707) 887-1647 x119.

A MESSAGE FROM RON

Over the past several months, we've been pleased to see positive results from our work to meet the nutrition needs of our Sonoma County neighbors living with HIV and other illnesses. Both our *Welcome Home* and *Bags of Love* programs are going strong, and local health care and social services organizations have been very receptive to these services. Their feedback indicates we're filling an important gap by providing nutrition to former hospital patients and the homeless.



We're also working on refreshing our mission statement and brand identity. We'll soon reveal our new logo and colors, so stay tuned for a new look on our website and other materials.

Thank you to everyone who helped with *Our Long Table* event! Volunteers and donors like you improve the lives of our Sonoma County Neighbors.

In service,

Ron Karp, Executive Director

Our staff and Board of Directors also have been busy with projects strengthening our operational and financial capacity. We're nearing completion of our three-year strategic plan, which charts the course to significantly increase the number of clients we serve throughout the county. Part of this plan includes establishing a second location in Santa Rosa, where nearly half of our clients reside.

“Volunteers and donors like you improve the lives of our Sonoma County Neighbors”

2018 Annual Report Available

You can view the PDF online or download and print a copy. FFTfoodbank.org/newsletters



YOUR LEGACY GIFTS WORK FOR OUR FUTURE

Are you planning your estate? Consider leaving a legacy gift to Food For Thought to provide healing food and nutrition to seriously ill people in Sonoma County.

To inquire about IRA charitable contributions or legacy gifts, contact Mark Green, Development Director, at MarkG@FFTfoodbank.org or (707) 887-1647 x102.

Food For Thought is a non-profit 501(c)(3) corporation. Our Federal Tax ID is 68-0181095.

FROM THE KITCHEN

Our garden is bursting with zucchini, and this easy recipe makes a delicious snack or light dinner entrée.

Zucchini Pizza Bites

4 slices large zucchini, or 1 medium zucchini cut on diagonal

Olive oil spray, or olive oil and brush

Salt and pepper

2 tbsp marinara sauce

¼ cup shredded part skim mozzarella

Cut zucchini into 1/4-inch slices. Spray both sides lightly with oil and season with salt and pepper. Broil or grill the zucchini for about two minutes on each side. Top with sauce and cheese and broil for an additional minute or two (be careful not to burn cheese). Serve and enjoy!



Food For Thought Executive Director Ron Karp (right) accepts a \$30,000 check from Corine Bollinger of the Ernest L. and Ruth W. Finley Foundation.

GRANTS & DONORS

We are grateful to the following organizations that recently awarded grant funds to our Food For Thought programs:

- **Gilead Sciences**.....\$75,000.....HIV Food Program
- **Ernest L. and Ruth W. Finley Foundation**.....\$30,000.....Children's Pantry Program
- **Sonoma County Vintners Foundation**\$15,000Welcome Home Program

We also extend a special thank you to **Ron Rubin Winery** for the generous matching pledge in support of our 2019 major donor campaign.

THANK YOU TO OUR LONG TABLE SPONSORS!

We extend a huge thank you to the following individuals and companies who gave their financial support as sponsors of *Our Long Table*. We could not have done it without them!



SILVER SPOON SPONSORS

Julie and Tom Atwood
Barbara and Gary Gerber
Emily Davis—
In Memory of Mel Davis

 Jim Laufenberg
Broker Associate
DRE#: 01201131



The Press Democrat
pressdemocrat.com

BUTTER KNIFE SPONSORS

Edward Jones,
Cara Widmer
Ellen Rosenquist
Exchange Bank
Forestville Pharmacy
Kaiser Permanente
Mark Short
and Carl Ray
North Bay Bohemian
Sonoma County
Gazette
Sonoma West
Times & News

BOW TIE NAPKIN SPONSORS

Alan Beckstead
Steve Bromer
Lyle Mary and Warren Bullock
Paula Chiotti
Elizabeth and John Cotton
Dr. J. Yusuf Erskine
and David J. Taff
Ron and Bea Griffiths
Sarah Glade Gurney, Council
Member, City of Sebastopol
Linda Illsley
Pilates Personal Training

Judy Henning in Honor of:
Elisa Baker, Doug Gosling,
and Rachel Gardner
Ron Karp and Ann Dolin
Wally Krampf
Eric Lapointe
Estelle Rogers and
Hal Kwalwasser
Lou Rosenberger, Realtor
Peggy Tourje and
Jane Krensky
Steve and JoAnn Wilson



DINING OUT FOR LIFE SONOMA COUNTY

Become an Ambassador

Do you like talking to people and talking up Food For Thought? If so, we want to talk to you!

We're looking for volunteer ambassadors to help with our Dining Out For Life fundraiser on Dec. 5 at restaurants throughout Sonoma County.

As an ambassador, you'll spread the word about Dining Out For Life to your families, friends, and social networks. On the day of the event, you'll represent Food For Thought at one of our partner restaurants by greeting and talking with

diners. Dining Out For Life is a great event with a 18-year history in Sonoma County, and many of our ambassadors have so much fun they return year after year to help out. We hope you'll join us!

Sign up today online at fftfoodbank.org/dol19-ambassador-form

Find out more at FFTfoodbank.org/dining-out-for-life.



Sign Up for **ROUNDUP APP** Today!

Did you know you can help feed seriously ill people in Sonoma County by simply donating your spare change to our programs?

RoundUp App is a great new tool that lets you round up your credit card and debit card purchases to the next whole dollar and donate the extra change to Food For Thought. The app makes it simple to contribute small amounts over time.

The Food For Thought staff and Board of Directors members who have started using RoundUp App give it a solid thumbs up, saying it's easy to sign up for and use.

To put your small change to work for our programs and clients, sign up on Food For Thought's RoundUp App page at fftfoodbank.org/RoundUpApp



CONNECT WITH US:



6550 Railroad Avenue | P.O. Box 1608 | Forestville, CA 95436
(707) 887-1647 | www.FFTfoodbank.org