



# Healing Tina's Heart

## Client Story: Tina Flewell

In early May of 2019, Tina Flewell was feeling seriously ill—a friend urged her to go to the hospital. The doctor quickly diagnosed her with congestive heart failure and told her that her heart was pumping at just 10% of its capacity. “The diagnosis was a big wake up call,” said Tina.

Tina knew that she hadn't been taking care of herself or eating well. She was smoking a lot and eating lots of fast food. She knew that she would need to make major lifestyle changes if she wanted to survive.

A friend mentioned that she might be eligible for Food For Thought's Medically Tailored Meals (MTM) Program, which provides meals to Medi-Cal patients with congestive heart failure. After making a few calls, Tina spoke with Nina Redman, client services director and registered dietitian. Nina explained how the program worked and helped her through the process of how to request a referral from her doctor. Once Tina completed the paperwork, Food For Thought's client services team walked her through the specifics of the program and enrolled her.

The program includes two meetings with a dietitian, nutrition education, in-person and phone

wellness check-ins and ends with an assessment of the program.

Since starting the Medically Tailored Meals Program, Tina has noticed a significant improvement in the way she feels and she really appreciates the support that she receives from Food For Thought's

staff and volunteers. She also really likes the food and doesn't ever feel deprived or want to add extra salt or unhealthy condiments. At the completion of the three-month MTM program, Tina looks forward to transitioning to FFT's standard food program for two more months.

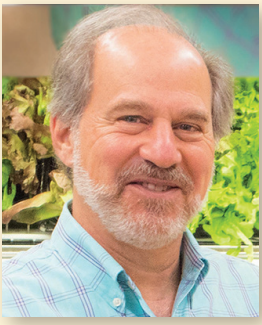
“It feels like I have a whole team helping me to heal my heart,” said Tina. “The support I receive is very inspirational and it has helped me to make better lifestyle choices.” Since joining the program Tina has started swimming regularly and hasn't touched a cigarette.

Tina is optimistic about the lifestyle changes she is making and looks forward to enjoying more time with the important people in her life. “I have a wonderful son who is a firefighter and I want to be around to spend more time with him.”

*“It feels like I have a whole team helping me to heal my heart,” said Tina. “The support I receive is very inspirational and it has helped me to make better lifestyle choices.”*



# Ways to Give



## A Message From Ron

Although it has been an exciting year at Food For Thought, the recent Kincadee fire is a sobering reminder to all of us about our need to be prepared for the unexpected. I am extremely grateful to the firefighters and first responders, and that no lives were lost and the damage was far less than it could have been.

*In the “new normal” of power shutoffs, we will need to find the money to purchase and install a generator to power our facility.*

Food For Thought is having a remarkable year in many ways, completing a new strategic plan with our sights set on a ten-year vision to grow the agency and serve many more of our Sonoma County neighbors in need.

We have launched several new programs:

- A Medi-Cal pilot program serving clients like Tina Flewell on the cover
- Welcome Home, serving people discharged from a hospital and at risk of malnutrition
- Bags of Love, providing a nutritious bag of food to homeless individuals, distributed by partner health care agencies and homeless service providers

During this season of giving, I am very appreciative of your generous support. We simply could not provide food for more than 850 people throughout Sonoma County without your donations and volunteer hours. Now that the holidays are here, we are especially busy making sure that our clients can have a delicious and nutritious holiday meal with their families and friends. We would love your help. You can volunteer at a food drive, help out in the food bank, drop off donated groceries or make a monetary donation to support our programs. See the articles in this newsletter for other ways you can help.

We look forward to 2020 and are thankful for your support as we continue to serve more people who are living with HIV and other serious illnesses. Thank you for being a part of the Food For Thought family!

In Service,

Ron Karp, Executive Director

Here are some ways you can support us:

## Make an Online Donation

You can easily make a gift to Food For Thought on our website: [FFTfoodbank.org/take-action](https://fftfoodbank.org/take-action).

## Make a Tax-Free Distribution from Your IRA

IT'S EASY! Donors aged 70½ or older can ask their IRA custodian to transfer up to \$100,000 in 2019 and each year thereafter to a nonprofit like Food For Thought.

Gifts directed from your IRA administrator should be made payable to:

Food For Thought, P.O. Box 1608  
Forestville, CA 95436



## Monthly Giving

By becoming a Food For Thought GEM (Giving Every Month donor), you provide us with predictable funding, allowing us to plan for the future. Your monthly contributions provide healthy food + love to your neighbors in need all year long!



To sign up, go to:

[FFTfoodbank.org/take-action](https://fftfoodbank.org/take-action) and select MONTHLY below DONATION FREQUENCY.

## Questions

If you have questions about any of these Ways to Give, please contact **Mark Green, Development Director**, at (707) 887-1647 ext. 102 or [MarkG@FFTfoodbank.org](mailto:MarkG@FFTfoodbank.org).

## Circle of Giving

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

Please visit our website to see a list of Food For Thought's 2019 donors:

[FFTfoodbank.org/thanks-to-our-generous-donors](https://fftfoodbank.org/thanks-to-our-generous-donors)

# From the Kitchen



## Create a Healthy Holiday Appetizer Plate

The holidays can be a time of overindulgence, and it's nice to offer a healthy appetizer to balance out all the holiday treats! This hummus recipe, which we serve in our Medically Tailored Meal Program at Food For Thought, makes a great center to a vegetable plate. Cut vegetables into strips to accompany the hummus. Good colorful choices are red pepper, carrots, celery, jicama and cucumber.

### Low Sodium Hummus:

- ½ pound dried chick peas (garbanzos), cooked,  
OR 2 cups canned low salt chick peas, drained and rinsed
- 2 large cloves garlic
- 4-6 tablespoons lemon juice (to taste)
- 2 tablespoons olive oil
- 3 tablespoons tahini
- ½ teaspoon ground cumin
- ½ teaspoon salt

Combine the beans and puree with the garlic in a food processor, blender or food mill. Add the remaining ingredients, and add more garlic or lemon juice as needed, and blend. Cover and refrigerate until ready to serve.



## WHY WE GIVE

By  
**Cecilia and  
Larry Bridges**

*“We want our contributions to continue to support others in need and make a positive impact after we are gone.”*

In the 1990s, we lived in Dillon Beach and shopped at Petaluma Market. One day, we spoke to a volunteer from Food For Thought who was collecting items for a food drive. The person explained FFT's mission and we liked what we heard. One of the partners at Cecilia's law firm had AIDS so we had seen firsthand the suffering caused by the disease.

We made a donation to FFT by mail, and soon after we received a thank you call from a board member. Over the years, we had donated to many organizations, but this was the first time anyone had ever called to thank us. As long-term donors, we've continued to enjoy a close connection with FFT. Ron, the executive director, stays in touch with us and our interactions with everyone have been very positive.

In terms of deciding whether or not to support an

organization, we have three criteria that it needs to meet. We like to support **local groups** with a **mission that we strongly believe in**, and it is also very important to us that the agency be **well-managed**. We want the funds raised to benefit people in need directly.

We believe that Food For Thought is on the right track and especially appreciate that its mission has evolved to meet the needs of today. FFT is still dedicated to meeting the nutrition needs of people living with HIV, but the agency now also serves individuals with other serious illnesses who are residents of Sonoma County. For this reason, we decided to become members of the Legacy Society and include FFT in our estate planning. We want our contributions to continue to support others in need and make a positive impact after we are gone.

## Help Us Provide Turkeys for Holiday Meals!

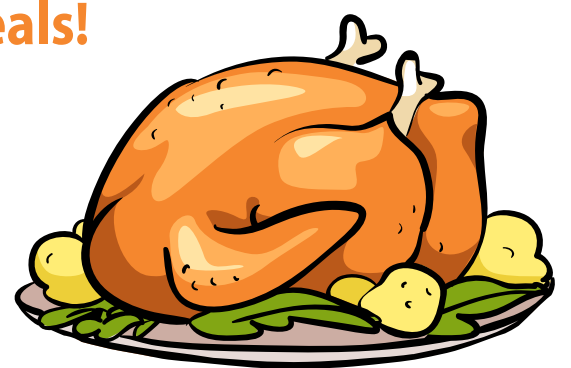
Every year Food For Thought's clients receive everything they need to make a festive holiday meal. We would love your help providing turkeys for the main course! Please stop by our Forestville location and drop off **frozen** turkeys during the entire holiday season.

### Location:

Food For Thought  
6550 Railroad Avenue  
Forestville, CA 95436

### FFT Hours:

Tuesday through Saturday, 10 a.m. to 5 p.m.





# A Special Thanks to Our Volunteers!

## Making All the Difference

We sincerely appreciate all of our volunteers and their tireless efforts in providing healthy food to our neighbors living with HIV and other serious illnesses in Sonoma County. Whether it's collecting nonperishable items at food drives, working in the food bank, delivering home orders, helping out in the office with important administrative work or helping to harvest produce from our organic garden—every volunteer makes an impact! Each year Food For Thought recognizes several volunteers who have made especially notable contributions.

### KIM WINTER Volunteer of the Year



There is probably not a task that Kim hasn't helped out with in the past few years. She has worked in the kitchen, the garden and the food bank, picked up donations and made home deliveries all over Sonoma County. Kim says, "I love working behind the scenes and learning how everything comes together to make an impact in the lives of our clients." She particularly enjoys making home deliveries. "I love meeting the people we serve. Everyone is so kind and appreciative," said Kim, "I think it is an experience every volunteer should have!"

### MARILYN "CHARLIE" CHUCK Golden Can Opener

Charlie is this year's recipient of the Golden Can Opener Award, which recognizes the well-rounded support provided to both Food For Thought and our clients. She brings her sense of humor and technological expertise to our offices each week. Charlie works tirelessly to ensure that our fundraising efforts go smoothly and are successful. Her involvement in events such as Our Long Table and Dining Out For Life is invaluable. In the past year, she procured over \$10,000 worth of in-kind donations. Charlie really enjoys working in the office. "All of the staff and volunteers who work at Food For Thought are so kind and appreciative," said Charlie. "When you walk in, you feel like you are home. Volunteering at Food For Thought is as much about receiving as it is about giving!"



### SUZANNE RETA Dennison Award



In honor of Kathy and John Dennison, who have been volunteering at Food For Thought for 30 years, each year we recognize an individual for their outstanding service who has been volunteering for 10 years or more. This year's recipient, Suzanne Reta, has volunteered for more than 17 years. Her bilingual skills are a tremendous asset in assisting our Spanish speaking clients, and she has been an inspiring advocate for the Latino community. "I really believe in Food For Thought's mission and I appreciate the organization's cultural sensitivity in serving the Latino community," says Suzanne. "Over the years, I've really enjoyed connecting families with services and seeing their children grow up."

## DINING OUT FOR LIFE SONOMA COUNTY

## THURSDAY DECEMBER 5, 2019

Dine at these restaurants and they will donate 25% to 100% of your purchase to Food For Thought.  
\*50% of sales and \*\*100% of sales goes to Food For Thought.

#### BODEGA BAY

Terrapin Creek Cafe

#### COTATI

Lynn's Thai Restaurant

#### FORESTVILLE

Canneti Roadhouse Italiana  
Sunshine Coffee Roasters\*  
Twist Eatery

#### GEYSERVILLE

Rustic, Francis's Favorites

#### GUERNEVILLE

boon eat + drink  
Coffee Bazaar  
Koala's Fine Food  
The Farmhand

#### HEALDSBURG

Baci Cafe and Wine Bar  
Mateo's Cocina Latina  
spoonbar  
Wicked Slush

#### OCCIDENTAL

Hazel Restaurant

#### PETALUMA

Central Market  
Cucina Paradiso  
Ristorante Italiano  
Dempsey's  
Restaurant & Brewery  
McNear's Restaurant

#### ROHNERT PARK

Amy's Drive Thru  
Hana Japanese Restaurant

#### SANTA ROSA

Basilico  
Bistro 29  
Blue Beagle Coffee  
Brew Coffee & Beer  
Bruno's on Fourth  
Carmen's Bistro and Bar  
Cascabel  
Cibo Rustico Pizzeria  
Dierk's Midtown Cafe  
Dierk's Parkside Cafe  
Gerard's Paella  
Hank's Creekside Restaurant  
Jack and Tony's  
Restaurant & Whiskey Bar  
Jackson's Bar & Oven  
JoJo Restaurant & Sushi Bar\*  
Mac's Deli & Cafe  
Mombo's Pizza  
Perch + Plow  
Pizza Gourmet  
Ricky's Eastbound

#### Russian River Brewing Co.

Sazon  
SEA Noodle Bar  
Spinster Sisters  
Three Leaves Foods\*  
Walter Hansel Bistro\*\*  
Yeti Restaurant  
Zoftig Eatery

#### SEBASTOPOL

Bar B Que Smokehouse Bistro  
Eight Cuisine and Wine  
Fern Bar  
Fork Roadhouse  
Gravenstein Grill  
Gypsy Cafe  
Handline Coastal California  
Hole in the Wall  
K&L Bistro  
Martha's Old Mexico Restaurant  
Mombo's Pizza  
Namaste Kitchen

#### Ramen Gaijin

Retrograde Coffee Roasters  
Rialto Cinemas  
Screamin' Mimi's  
Sunshine Coffee Roasters\*  
Sushi Kosho  
Sushi Tozai

#### SONOMA

Hopmonk Tavern  
Maya Restaurant  
Plaza Bistro

#### VALLEY FORD

Rocker Oysterfeller's  
Kitchen + Saloon

#### WINDSOR

Russian River Brewing Co.  
Sweet T's Restaurant & Bar  
Ume Japanese Bistro

Reservations are recommended,  
contact the restaurants directly.



Presenting Sponsor



Gold Fork Sponsors



Silver Spoon Sponsors



## WWW.FFTFOODBANK.ORG/DINING-OUT-FOR-LIFE

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

Food For Thought | (707) 887-1647 | info@FFTfoodbank.org | FFTfoodbank.org

