



P A J A R O V A L L E Y
COMMUNITY
HEALTH TRUST

Improving health and quality of life for all people of the greater Pajaro Valley

Positive change happens one life, one family and one community at a time. And yet, I'm aware that - especially now, in a world characterized by unpredictability and dysfunction - living this truth is the only way I can operate. [Please join us](#) as we continue to make positive, life-giving changes for one neighbor, one household at a time until every member of our community is flourishing. With blessings on your holiday season. May you be nourished with exactly what you need to stay healthy.
~ Caitlin Brune, Health Trust CEO

Warm Thanks to All of Our Generous 2017 Evening of Wine & Roses Supporters!



On Friday, November 3rd, the Pajaro Valley celebrated the abundance of the harvest season with more than 600 community members at the [34th Annual Evening of Wine & Roses](#).

Together, we generated over **\$80,000** in support of the Health Trust's mission: to improve the health and quality of life for all Pajaro

Valley residents. **THANK YOU** for participating in this effort!



It's not too late to take part in this fundraising effort! To learn more about how you can support the Health Trust's mission, please [Click Here](#)

Our Latest Activities

Cooking Demo



On November 15th, the Diabetes Health Center hosted a Cooking Demo featuring our amazing Registered Dietician/Diabetes Educator, Cristina Vega-Martinez, and sous chef Teresa Martinez-Rodriguez, Office Manager.

The demo taught attendees how to make their own harvest-themed healthy foods and incorporate them into a daily diet! Below are the links to each recipe. Try them at home!

[Pumpkin Spice Arroz con Leche \(Rice Pudding\)](#)

[Apple and Pistachio Brussels Sprout Salad](#)

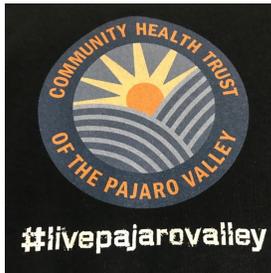
[Spicy Pumpkin Soup with Green Chile Swirl](#)

Letters of Inquiry

The Health Trust is pleased to announce that we received 33 Letters of Inquiry for our 2017-2018 funding cycle from organizations striving to promote good health, prevent disease, and address the healthcare needs of Pajaro Valley residents.

With this year's grantmaking cycle, the Health Trust plans to award \$195,000 to the most promising projects proposed. Grants will be awarded to organizations whose efforts advance the Health Trust's mission - to improve health and quality of life for residents of the Pajaro Valley - and the goals outlined in its 2015-2020 strategic plan. To learn more about our grantmaking program, [Click Here](#).

LIVEPajaroValley Podcast



The **LIVEPajaroValley** podcast is a digital media platform that allows members of the Pajaro Valley community to discuss pressing issues pertaining to health and wellness and how we can address them. The podcast is also an opportunity to highlight the important work being done by our community partners and to invite our listeners to participate. [Listen here](#).

On the Horizon

Good produce keeps on sprouting from Mesa Verde Gardens!



[Mesa Verde Gardens](#), a fiscally sponsored project of the Health Trust, recently spun off a new initiative launched by Ana Rasmussen, Mesa Verde Garden's Founder and former Director. **Esperanza Community Farms** will avail of the generosity of private landowners, who will allow small-scale farming to occur on their land. Produce from the farms will be circulated to low-income families

in the Pajaro Valley via an affordable Community Supported Agriculture (CSA) program. Esperanza Community Farms will be under fiscal sponsorship of [Second Harvest Food Bank](#) and launch operations in the Spring of 2018. We wish Ana and her community farming team an abundant harvest! Feel free to contact Vicente Lara, Mesa Verde Gardens' Executive Director, with any questions (vicente@mesaverdegardens.org or 831. 761. 5640).

STAY CONNECTED:

