



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

**From all of us at the Pajaro Valley
Community Health Trust, we wish you Happy
Holidays!**

The dawn of a new year invites a recommitment to healthy choices and the vision of a healthy community, where everyone has the tools they need to flourish. Join us in promoting access to healthcare and health services that support local residents to choose a nourishing diet, get out & get fit, and reach personal health goals. Make a year-end [donation](#) online or by check sent to 85 Nielson Street, Watsonville 95076, or email us at info@pvhealthtrust.org find out how you can help!

Please Join Us!



Gather with us to greet the new year in a freshly decorated Kathleen A. King Community Room. Please join us **Friday, January 26th from 4:30-6:00pm** for an Open House where we'll celebrate the new artwork, window treatments, sound buffering technology and furniture that have warmed up the space. Mark your calendars now!

Details to follow.

What's New

Regional Diabetes Collaborative



Join us for the Regional Diabetes Collaborative meeting January 9th at 9:00am at the Kathleen A. King Community Room, where we will be planning our 15th annual Diabetes Forum, 15th Annual Diabetes Health Fair and more! For more information please email Francisco Estrada, Program Associate, at festrada@pvhealthtrust.org.

Choose Health



Beginning in February 2018, the [Diabetes Health Center \(DHC\)](#) will have appointments available through 6:00pm on Mondays. You'll also find DHC staff out in the community, teaming up to provide health education at the popular Second Harvest Food Bank [Passion for Produce](#) distribution site, Our Lady Help

of Christians' Don Bosco Community Room, on the third Thursday of each month. We'll be starting a diabetes self-management group class for Spanish speakers in February 2018, offering seasonal Cooking Demonstrations at the DHC, and providing other opportunities to make health improvement your priority in the new year! Contact the DHC by phone at 831.763.6445.

On the Horizon

We Need More Empathy



Beginning in January 2018, Martha Quintana, RN, of the Health Trust's Diabetes Health Center and Maritza Lara, MSA, RN of the [Health Improvement Partnership of Santa Cruz County \(HIP\)](#) will be partnering to train healthcare providers on a new communications approach, [The Empathy Effect](#). Developed by the [Institute for Healthcare Communications](#), the 4-hour training supports healthcare professionals to adopt strategies to

overcome various types of implicit bias that can lead to discrimination in the healthcare setting. Contact HIP at admin@hipscc.org for more information.

World Cafe-style Community Conversations about HEALTH!

We'll be collaborating with [United Way's Jovenes SANOS](#) youth, [Mesa Verde Gardens](#) and othe



r allies to hold a series of conversations focused on HEALTH in early 2018. Following the pioneering example of [Santa Cruz Indivisible](#) and with their support, we're planning a series of [World Cafe](#) conversations aimed to inform the Health Trust's FY 2020 strategic plan and inspire local electeds to focus on health in all policies. Watch our website for more information.

Pajaro Valley Community Health Trust | 831-761-5639 | info@pvhealthtrust.org
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