



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

The first glimpses of spring always turn up the corners of my lips and brighten my mood. There's nothing quite like the purple of hyacinths, the scent of flowering pear trees, the taste of young arugula or fresh salad sprouts straight from the soil. They call to mind a quote I hold close: *In the spring, at the end of the day, you should smell like dirt.* (Margaret Atwood) Here's hoping you find ways to connect to the earth, our first and greatest restorer of health!

~Caitlin Brune, MPH, CEO, PV Community Health Trust

Last Call! Nominations for the 2018 Phil Rather Award for Leadership in Healthcare

The Rather Award recognizes and honors individuals and organizations in the community whose contributions of time, effort and/or philanthropy have helped make a difference in the quality of our community's health. Please help us select this year's winner(s) by nominating an individual or organization [HERE](#).



2017 Rather Awardee organization, FoodWhat?!

Save the date-May 16th-2018, when we'll gather to celebrate the Rather Award Winners' contributions!

Looking for a few healthy recipes?



Last month, the [Diabetes Health Center](#) hosted another successful [Cooking Demo](#) featuring our amazing Registered Dietician/Diabetes Educator, Cristina Vega-Martinez, and sous chef Teresa Martinez-Rodriguez, Office Manager.

These demos teach attendees how to prepare their own healthy meals and incorporate more fresh produce into their daily diets! [Click here for a link to some recipes to try at home!](#)

Healthcare Beyond the Clinic: Addressing the Social Determinants of Health

We invite all physicians, physician assistants, nurse practitioners and other health & human service professionals to join us for the [15th Annual Diabetes Health Forum](#), Friday, March 23, 2018 at the [King Community Room, 85](#)

[Nielson Street, Watsonville.](#)

This free educational event offers an opportunity to learn about and identify actions that can be taken to reduce health inequities by addressing the underlying environmental, social and economic conditions that affect health and well-being of our patients and residents. Come learn what local and regional groups are doing to improve health and quality of life using innovative approaches.

To register, [CLICK HERE!](#)

On the Horizon

The 2018 Human Race

Each spring, hundreds of individuals participate in the County's largest nonprofit fundraiser event, [The Human Race](#). This spring, the Health Trust will again unite with students from Watsonville high school's [Health Academy](#) to raise funds for the it's [Diabetes Health Center](#), which provides care to individuals regardless of their ability to pay. Please stay tuned to learn how you can support these efforts!



15th Annual Community Health Fair

Thanks to our early event sponsors!



On Friday, May 25, from 4-7pm, the Pajaro Valley Community Health Trust will host the 15th Annual Community Health Fair in conjunction with the farmer's market at the Plaza in downtown Watsonville.

This fun, family-oriented, free event will provide health education, screening and resources to anyone who attends. It will also



feature face painting, music, Zumba, and prizes, adding to the fun!

This event is a great opportunity to reach hundreds of community members. If your agency is interested in participating, tabling, sponsorship or advertising, please contact Francisco Estrada at 831.763.6445 or festrada@pvhealthtrust.org for more information.



Pajaro Valley Community Health Trust | 831-761-5639 | info@pvhealthtrust.org
<https://pvhealthtrust.org>

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