



**COMMUNITY
HEALTH TRUST**
of Pajaro Valley

Pulse of the Trust



A quarterly newsletter for supporters of the Community Health Trust

MAKING AN IMPACT

87-Year-Old Judson and the Carey-Davis Community Garden



Judson, one of the resident gardeners of the Carey-Davis Community Garden, used to live in a remote town three hours south of Watsonville. Recently, his family realized he needed to be closer to them and moved him to Watsonville. In his previous home, Judson would spend a significant part of his day tending to his garden. Judson and his family were uncertain if he would be able to continue his beloved gardening activities, which had kept him active and engaged at the age of 87.

Fortunately, Judson and his family stumbled upon our [Community Gardens program](#) and immediately enrolled him. Ever since, the garden has become a place where Judson feels connected to the community, focused, and happy. You can spot Judson helping fellow gardeners by pulling weeds in their plots. His family attributes his cheerful demeanor to his ability to garden, spend time outdoors in the fresh air, and get his hands dirty.

Judson's family also joins him in the garden, taking the opportunity to interact with other community members who share a passion for

growing food. Despite the diverse backgrounds of the residents, they all come together in the garden to cultivate their crops and forge connections with one another.

DONOR SPOTLIGHT



Daniel Spilman, M.D.

Dr. Daniel Spilman, a local physician, has been a long-standing supporter of our [Diabetes Health Center](#). Dr. Spilman hails from Detroit, where he grew up, obtained his medical degree, and completed his residency. He has been practicing medicine in Watsonville since 1997. In addition to his clinical work, Dr. Spilman has actively served on the boards and committees of several medical associations, including the Pajaro Valley Medical Group and Physicians Medical Group Santa Cruz. He has also held the position of President at the Central Coast Surgery Center. Alongside his professional commitments, Dr. Spilman finds solace in traveling and engaging in outdoor activities such as surfing, hiking, and snowboarding.

Dr. Spilman's decision to become a donor is rooted in his personal connection to our work, having experienced the loss of a brother due to diabetes complications. He recognizes the vital role we play in providing local care to our community, ensuring that families benefit from our services. "I support the CHT because you provide local care to the community, and I can be confident that the families I am seeing in the office are benefiting from these services," states Dr. Spilman. We are profoundly grateful for Dr. Spilman's support and his commitment to improving the health and well-being of our community.

WHAT'S NEW?

Artist Collaboration

The [Central Coast Creative Corps](#) is a pilot program funded by the California Arts Council that provides \$140,000 to 23 community-based organizations to support collaborations with local artists. We are excited to announce that we have been selected to work with an artist for a year to address community health needs.

Through this creative collaboration, we want to promote activities or choices that help prevent illness. Potential messaging includes increasing the consumption of vegetables, trying new physical activities, drinking less soda, going for walks with the family in nature, introducing strategies for reducing stress, or being mindful of food portions. Our goal is to empower Pajaro Valley residents to make simple lifestyle changes that help them live longer and fuller lives. We look forward to sharing more details with you as this project develops.



SPONSOR SPOTLIGHT

Sutter Health

For decades, local businesses have generously supported our annual fundraiser, Wine & Roses. This year marks a significant milestone as Wine & Roses celebrates its 40th anniversary. We are thrilled to shine a spotlight on one of this year's valued sponsors, Sutter Health.

Wine & Roses is a remarkable event that brings together vintners, breweries, restaurants, and caterers, to celebrate the bounty of the Monterey Bay region. But it is also a significant fundraiser for our programs and services. Sutter Health supports Wine & Roses and CHT because of the impact in access to care we provide for the underserved community in South Santa Cruz County.



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In Santa Cruz County alone, Sutter Health facilitated over 1.4 million visits over the past 12 months, through the Sutter Maternity and Surgery Center and Palo Alto Medical Foundation.

Sutter Health's dedication extends beyond hospital services; they proudly fund and collaborate with community programs to ensure that those in need have access to essential healthcare and social services. We are grateful for their support.

STAFF SPOTLIGHT



Ofelia Garcia, Promotora

Ofelia has dreamt of helping others at our Diabetes Health Center since she was 11 years old. She now serves as our first Promotora, or Community Health Worker, and helps connect the most disadvantaged members of our community with the resources they need. She works directly with low-income individuals with diet-related illnesses to enroll in [VeggieRx, our produce prescription program](#), and performs community outreach. She travels to Pajaro weekly with Dignity Health's Mobile Wellness Clinic to meet with uninsured individuals and help them understand the services available to them. For several months, after the community of Pajaro was flooded, she helped staff

the donation center to support those displaced or affected. Prior to joining our team, Ofelia worked for the Community Action Board and educated Pajaro Valley's Spanish-speaking community about COVID-19 resources. She is a native of Watsonville and understands the unique conditions and circumstances that many individuals living in Pajaro Valley experience daily. She has experience supporting individuals who are dealing with stress or trauma. Ofelia helps us stay connected to the community.

UPCOMING EVENTS

El Mercado Farmers' Market Tuesdays 2-6pm through October

[El Mercado](#) is a weekly farmers' market at Ramsay Park aiming to decrease food insecurity and improve access to health-promoting resources for Pajaro Valley families. Our goal is to make the healthy choice the easy choice for everyone. Supported in part by [California Giant Berry Farms](#), [Granite Construction](#), [Kaiser Permanente](#), [Lookout Santa Cruz](#), [Santa Cruz County Bank](#), and the [U.S. Department of Agriculture](#).

Upcoming events:

- July 25 – Back to School Fair
- August 29 – Public Health & Emergency Preparedness
- September 19 – Hispanic Heritage Month



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 **SANTA CRUZ**
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Health Forum – July 31

The [2023 Health Forum](#) is an educational seminar for physicians, dentists, and other health professionals titled *Oral Health and Diabetes: A Two-way Relationship with Clinical Relevance*. Continuing education units are available through Cabrillo College Dental Hygiene and American Academy of Family Physicians. Supported in part by [Sutter Health](#).

 **Sutter Health**



Rally in the Pajaro Valley – August 26

In partnership with the City of Watsonville and the Pajaro Valley Unified School District, the third annual [Rally in the Pajaro Valley](#) is a friendly, adult softball tournament for local nonprofit organizations and businesses. Proceeds benefit Empower Watsonville, a youth program of the Pajaro Valley Prevention and Student Assistance, Inc. Supported in part by [Martinelli's](#) and [Bay Federal Credit Union](#).

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Community Health Fair – September 29

The annual [Community Health Fair](#) brings together healthcare entities and nonprofits at the Watsonville Civic Plaza to share health-promoting resources with the community.

The fair features fun, family-focused activities, more than 30 booths, and live entertainment to be enjoyed by all. Supported in part by [WOW! Smiles](#) and Terry Mechanical, Inc.

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Interested in being a sponsor?

Contact Celeste DeWald, Development Director, at 831-726-4271 or cdewald@pvhealthtrust.org.