



COMMUNITY
HEALTH TRUST
of Pajaro Valley

Pulse of the Trust



A quarterly newsletter for supporters of the Community Health Trust

IMPACT STORY

Watsonville Resident Lino and VeggieRx



Lino, a resident of Watsonville, has been on a journey towards better health and has benefited greatly from [VeggieRx](#), a produce prescription program that provides encouragement for adopting healthier eating habits, starting with manageable changes.

VeggieRx has become an important resource in Lino's commitment to health and well-being. He is actively addressing his health concerns, including weight loss, in preparation for an upcoming surgery and to proactively prevent diabetes.

Not only has VeggieRx played a pivotal role in helping Lino improve his lifestyle, it has also been a source of valuable education, empowering him with the knowledge necessary for sustained well-being. In VeggieRx group classes, Lino has gained valuable insights into improving his lifestyle through better eating habits. VeggieRx has fostered a sense of community, allowing him to connect with fellow participants who are also facing chronic health issues.

For redeeming his weekly, free produce, Lino frequents [El Mini Mercado](#), the produce pantry at the Diabetes Health Center. He also accesses fresh and nutritious options at the Watsonville Farmers Market. He has developed a fondness for certain fruits and vegetables, with cacti, apples, and oranges at the top of his list.

Lino's story is a testament to the transformative power of VeggieRx. For more information, contact our Community Health Worker, Angelica Martinez, at (831) 732-5397 or amartinez@pvhealthtrust.org.

VeggieRx is supported by grants from Central California Alliance for Health and Sunlight Giving.



WHAT'S NEW?

Free Healthy Movement Screenings for Medi-Cal Members

Medi-Cal members can now benefit from a new Healthy Movement Screening Program, offered every Thursday (by appointment) at Callaghan Park in Watsonville. Community members can engage with experienced physical therapist Matt Rohan for a personalized assessment designed to enhance the body's mobility, mitigate injury risks, and guide residents towards a path of improved movement, enhanced biomechanics, and overall functional well-being.

Every third Thursday of the month, physical therapist Matt Rohan will also teach a back safety and injury prevention program. This group class includes education on the spine and muscles, how to stabilize your core, and the proper body mechanics needed for lifting. Prioritizing back safety through proper body mechanics and core stabilization significantly reduces the risk of injuries by promoting optimal spine and muscle alignment.

More information about the screenings and group classes is available by calling (831) 726-4267 or emailing reception@pvhealthtrust.org.

The Community Health Trust's active wellness program is supported by a grant from Central California Alliance for Health.



VOLUNTEER SPOTLIGHT



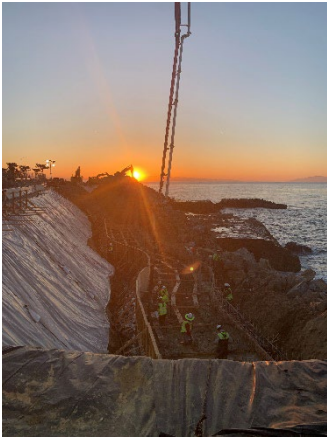
Elia and Frank Zamudio

In 2007, Elia and Frank Zamudio attended Wine & Roses, creating an unforgettable experience for them. They were thrilled to participate in a fundraising event that supported the health and wellness of the Pajaro Valley community. Ever since, they have volunteered at Wine & Roses and it has evolved into an annual event—one that gives them the opportunity to connect with other community members for a good cause. Elia and Frank have enjoyed volunteering their time to help raise funds to support the Community Health Trust's programs and services and express a commitment to contributing to the cause in the future.

The Community Health Trust is grateful to the 74 volunteers—including Elia and Frank—who helped make the 40th anniversary of

Wine & Roses possible in 2023. Interested in volunteering? Contact Eli Garnica at 831-726-4263 or egarnica@pvhealthtrust.org.

SPONSOR SPOTLIGHT



Granite Construction

Founded in Watsonville in 1922, Granite Construction (NYSE: GVA) has a long history of supporting the Community Health Trust, most recently as an annual sponsor of [El Mercado Farmer's Market](#), the Community Health Trust's California-certified, seasonal, and health-centric farmer's market. Granite has sponsored El Mercado for the past three years. The purpose of El Mercado is to provide greater access to healthy choices in an area with concentrated poverty and high rates of health disparities.

For Granite, supporting the health and well-being of the local community is representative of a company-wide commitment to sustainability. Granite is one of the largest diversified construction and construction materials companies in the United States. More information about Granite, including its annual Sustainability Report, can be found at [graniteconstruction.com](https://www.graniteconstruction.com).

STAFF SPOTLIGHT

Teresa Martinez-Rodriguez, Program Manager-Community Gardens

Teresa has been a dedicated team member of the Community Health Trust since she joined the Diabetes Health Center in 1999. Bringing with her over two decades of medical office experience, Teresa's commitment and expertise have been invaluable to the organization. In 2005, she earned the prestigious title of Mentor of the Year from the Workforce Investment Board and was honored as the Human Race Hero for both 2004 and 2005. Teresa's exceptional interpersonal skills uniquely position her to foster strong community relationships.

In June 2021, Teresa received official recognition from the City of Watsonville for her outstanding leadership and efforts in revitalizing the Carey-Davis Community Garden. This acknowledgment underscores her significant contributions to the community and highlights her unwavering dedication to making a positive impact.

Over the next two years, Teresa will be leading the expansion of the Community Gardens program and the construction of three new community gardens in Watsonville.



UPCOMING EVENTS

Deadline: 2024-25 Grant Cycle

Monday, January 15, 2024

Through [grantmaking](#), the Community Health Trusts aims to build health equity and promote wellness for all. In the 2024-2025 grant cycle, \$15,000 grants will be awarded to organizations serving Pajaro Valley residents. The deadline to apply for the 2024-2025 grant cycle is January 15, 2024. For more information, please contact Gustavo Indarose at gindarose@pvhealthtrust.org.

Muzzio Park Community Garden Grand Opening

Saturday, February 24, 2024, 1pm

Muzzio Park

Join us for the grand opening of the new Muzzio Park Community Garden. The Community Health Trust is partnering with the City of Watsonville and Monterey Bay Master Gardeners to build new community gardens on vacant property. Near the Pajaro River levee and adjacent to low-income apartments, Muzzio Park will be the site for the first new community garden.

The Muzzio Park Community Garden will enhance access to fresh and nutritious food, promote increased physical activity, and contribute to overall well-being in the low-income neighborhood.

Muzzio Park garden location



The Muzzio Park Community Garden is supported by:

U.S. Department of Agriculture

Superior Foods International, LLC

Elena Cohen and Steve Ritz

Tracy Johnson

DeAndre' James

Beth Love and Golden Love

Anonymous (2)

Louise and Alexandra Florimonte

Susan and Thomas Gaspar

Cynthia Nelson

Steven Ramirez and Jacqueline Espinoza

Nanlouise Wolfe

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Rusten Hogness

Stephanie Jacobs

Rose K Murphy and Joe Gallagher

Jo Farb Hernandez

Mariah and David Roberts

Elissa Wagner

Kiandra Kang and Iris Dichupa