Staff News

As we grow to serve more members of our community, we’ve been excited for the opportunity to create new career pathways for the talented staff team at Ceres. Congratulations to Tina Green, recently promoted to Program Director, overseeing our client and youth programs at all sites. Tina started at Ceres as a volunteer kitchen mentor in 2013, and joined our staff in 2014. Tina works closely with client families to help overcome barriers to healthy eating. Tina has led our families on educational journeys in real-time and translated for two English speakers. Sandra “started the program with success for people to vision and affirm their goals for self-care. In a group setting, holding each other accountable and committing to show up to each week’s class builds buy-in. That especially helped students who were part of small families or living alone.” Families were encouraged to attend. “In one case, the mother had lost her sight, and so her husband and children attended so they could all learn about healthier cooking and eating habits.” Students felt empowered to change their lives and their families’ lives.

Phase II continues with monthly classes and check-ins, and follow-up health screenings. A comparison of participants’ health markers at the start and end of phase I showed improvement in weight, blood pressure, and blood sugar control, and we hope to test the program with additional cohorts in the future. You can learn more about how Ceres’ work is reshaping clients’ lives through our meal program, as well as our pilots, in our newly released Client Impact Report at CeresProject.org/Publications.html.

Dynamic Duo: Knowledge + Food Improves Health

SmartBox is just one of three exciting Food Is Medicine pilots Ceres is involved in this year. It’s a collaboration between Ceres Community Project, Redwood Empire Food Bank and St. Joseph’s Health, funded by a grant from Sonoma County’s Department of Health Services. The pilot aims to reduce heart attacks and strokes by improving eating habits. In phase I of the project, seventeen families of Santa Rosa’s Roseland neighborhood gathered weekly for cooking classes and nutrition classes, and to pick up healthy prepared meals, recipes and produce. At least one member of each family had a very high blood pressure and/or diabetes, risk factors for heart attacks and strokes. “I’m not a huge cook,” shared participant Jan Pain. “The hands-on cooking classes taught me simple ways to put together meals that were tasty and good for me. I was really excited for some to class every week, and received the prepared meals made a huge portion size.” The classes were taught in Spanish by Ceres’ Nutrition Educator, Sandra Di Maria, and simultaneously translated for two English speakers. Sandra “started the program with success for people to vision and affirm their goals for self-care. In a group setting, holding each other accountable and committing to show up to each week’s class builds buy-in. That especially helped students who were part of small families or living alone.” Families were encouraged to attend. “In one case, the mother had lost her sight, and so her husband and children attended so they could all learn about healthier cooking and eating habits.” Students felt empowered to change their lives and their families’ lives.

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Brightside Blue: A benefit for Ceres Community Project

Thursday, July 11
6 to 9 pm
Freestone, CA

Tickets are $55 and include a wine and cheese reception, dinner catered by Ceres, and Cedar Enzyme footbaths to conclude the evening.

Osmosis.com or 707-823-8231

Brightside Blue combines heart and soul filled vocals with virtuoso guitar-work to create brilliantly colored musical portraits.

We are so grateful for all that you’ve been able to do for our families, and we’re so glad that Ceres is in our community.

Ceres Project 911 Buena Vista St. Sebastopol, CA 707-829-5833 • CeresProject.org

Osmosis presents a magical evening concert in their meditation garden, featuring Brightside Blue, a duo from Nevada City that combines heart and soul filled vocals with virtuoso guitar-work to create brilliantly colored musical portraits.
Meet Our Clients

Trevor considered himself a healthy person. An active, athletic man in his early sixties, he visited his doctor when he started having pain in September of last year. By the end of the month, he had received news that shocked him: a diagnosis of inoperable stage IV cancer. It came with mutations to five and thirteen. He began a course of immunotherapy, but had to stop it due to intense side effects including irreversible adrenal damage.

“My doctors told me do whatever I could to keep myself going. I was doing the best I could to stay alive. I was basically eating rabbit food and losing weight quickly. The food I was eating wasn’t even worth a party. A friend offered a spare room in her house so Trevor could stop working and focus on healing full-time, and he contacted us about our meal program.

On the day his first meals arrived he thought “Wow! This is a big bag of food. I was very happy that I had given. It was a lot of time, and I was able to focus on other aspects of my healing. They send a little informational page out there supporting you.”

“Thank you for being a part of the Ceres community, and for you, and you’re not by yourself in a kitchen cooking for one person. Let’s get energy and a positive attitude and we’re going to sit down and talk about your situation and then can connect you with estate planning advisors who are supporting Ceres by providing pro bono consultation about legacy giving.”

Thank you for being a part of the Ceres community, and supporting clients like Trevor and Emily with healing meals, hope and love.

Thank Y you!

We’re grateful to the following businesses and foundations for their recent gifts.