



May 15, 2026

TO: Legal Counsel

News Media

Salinas Californian

El Sol

Monterey County Herald

Monterey County Weekly

KION-TV

KSBW-TV/ABC Central Coast

KSMS/Entravision-TV

The next regular meeting of the **COMMUNITY ADVOCACY COMMITTEE - COMMITTEE OF THE WHOLE** of **SALINAS VALLEY HEALTH**¹ will be held **WEDNESDAY, MAY 20, 2026, AT 12:00 P.M., DOWNING RESOURCE CENTER, CEO CONFERENCE ROOM 117, SALINAS VALLEY HEALTH MEDICAL CENTER, 450 E. ROMIE LANE, SALINAS, CALIFORNIA.**

(For Public Access Information Visit <https://www.salinasvalleyhealth.com/about-us/healthcare-district-information-reports/board-of-directors/board-committee-meetings-virtual-link/>.)

A handwritten signature in black ink, appearing to read "Allen Radner".

Allen Radner, MD
President/Chief Executive Officer



Committee Voting Members: **Rolando Cabrera, MD**, Chair, **Isaura Arreguin**, Vice-Chair, **Allen Radner, MD**, President/CEO, **Clement Miller**, Chief Operating Officer, **Jaime Gonzalez, MD**, Medical Staff Member.

Advisory Non-Voting Members: Julie Edgcomb, Community Member

**COMMUNITY ADVOCACY COMMITTEE
COMMITTEE OF THE WHOLE
SALINAS VALLEY HEALTH¹**

**WEDNESDAY, MAY 20, 2026, 12:00 P.M.
DOWNING RESOURCE CENTER, CEO CONFERENCE ROOM 117**

**Salinas Valley Health Medical Center
450 E. Romie Lane, Salinas, California
(Visit [SalinasValleyHealth.com/virtualboardmeeting](https://www.salinasvalleyhealth.com/virtualboardmeeting) for Public Access Information)**

AGENDA

1. Call to Order / Roll Call
2. Public Comment

This opportunity is provided for members of the public to make a brief statement, not to exceed three (3) minutes, on issues or concerns within the jurisdiction of this District Board which are not otherwise covered under an item on this agenda.

3. Approve Minutes of the Community Advocacy Committee Meeting of February 18, 2026 (CABRERA)
 - Motion/Second
 - Public Comment
 - Action by Committee/Roll Call Vote
4. Salinas Valley Health Foundation Update (GUTIERREZ)
5. Mobile Clinic Update (FITZGERALD)
6. Live Well Project Update (DITULLIO)
7. Adjournment

The Community Advocacy Committee meets quarterly and the next meeting is scheduled for Wednesday, **August 19, 2026** at 12:00 p.m.

This Committee meeting may be attended by Board Members who do not sit on this Committee. In the event that a quorum of the entire Board is present, this Committee shall act as a Committee of the Whole. In either case, any item acted upon by the Committee or the Committee of the Whole will require consideration and action by the full Board of Directors as a prerequisite to its legal enactment.

¹Salinas Valley Memorial Healthcare System operating as Salinas Valley Health

The Salinas Valley Health (SVH) Committee packet is available at the Committee Meeting, electronically at <https://www.salinasvalleyhealth.com/~/about-us/healthcare-district-information-reports/board-of-directors/meeting-agendas-packets/2026/>, and in the SVH Human Resources Department located at 611 Abbott Street, Suite 201, Salinas, California, 93901. All items appearing on the agenda are subject to action by the SVH Board.

Requests for a disability related modification or accommodation, including auxiliary aids or Spanish translation services, in order to attend or participate in-person at a meeting, need to be made to the Board Clerk during regular business hours at 831-759-3208 at least forty-eight (48) hours prior to the posted time for the meeting in order to enable the District to make reasonable accommodations.

CALL TO ORDER
ROLL CALL

(Chair to call the meeting to order)

PUBLIC COMMENT

DRAFT SALINAS VALLEY HEALTH¹
COMMUNITY ADVOCACY COMMITTEE MEETING
COMMITTEE OF THE WHOLE
MEETING MINUTES FEBRUARY 18, 2026

Committee Attendance:

Voting Members Present: **Rolando Cabrera, MD**, Chair, **Isaura Arreguin**, Vice Chair, appearing via teleconference pursuant to Government Code Section 54953 (b)(3), **Allen Radner, M.D.** President/CEO, **Clement Miller**, COO, and **Jaime Gonzalez, M.D.**, Medical Staff Member

Voting Members Absent: None

Advisory Non-Voting Members Present:

In Person: **Iftikhar Hussain**, CFO, **Gary Ray**, CLO, **Rakesh Singh, M.D.**, VP, **Tiffany DiTullio**, VP, **Matthew Ottone**, Esq., District Legal Counsel

Via Teleconference: **Michelle Childs**, CHRO, **Carla Spencer**, CNO and **Alysha Hyland**, CAO

Other Board Members Present Constituting Committee of The Whole:

Via Teleconference: **Victor Rey, Jr.**

Jaime Gonzalez, M.D. arrived at 12:22pm.

1. CALL TO ORDER/ROLL CALL

A quorum was present and Chair Rolando Cabrera, MD, called the meeting to order at 12:00 p.m. in the Downing Resource Center CEO Conference Room 117, and via teleconference at Boulevard Paseo Ixtapa S/N, 40880, Ixtapa Zihuatanejo, Guerrero, Mexico.

2. PUBLIC COMMENT: None

3. APPROVAL OF MINUTES FROM THE COMMUNITY ADVOCACY COMMITTEE MEETING OF NOVEMBER 5, 2025

Approve the minutes of the November 5, 2025 Community Advocacy Committee meeting. The information was included in the Committee packet.

PUBLIC COMMENT: None

COMMITTEE MEMBER DISCUSSION: None

MOTION:

Upon motion by Committee Member Miller and second by Committee Member Dr. Radner, the minutes of November 5, 2025 Community Advocacy Committee were approved as presented.

ROLL CALL VOTE:

Ayes: Chair Dr. Cabrera, Vice Chair Arreguin, Dr. Radner, and Miller;

Nays: None;

Abstentions: None;

Absent: Dr. Gonzalez;

Motion Carried

¹Salinas Valley Memorial Healthcare System operating as Salinas Valley Health

4. COMMUNITY HEALTH NEEDS ASSESSMENT REPORT

Karina Rusk, Director Public Relations presented the 2025 Community Health Needs Assessment (CHNA), which was developed alongside professional research consultants and partners in the Monterey County Health Needs Collaborative. Over 3,000 surveys across Monterey County were conducted - including more than 1,000 responses from the Salinas Valley Health service area and input from 116 community collaborators. Findings show improvement since the 2022 CHNA, while also identifying key areas of opportunity for 2025. Priority focus areas include improving access to healthcare services, addressing cancer and heart disease (the leading causes of mortality in Monterey County), and promoting Healthy Living – particularly targeting diabetes, nutrition, physical activity, and weight management.

Karina reviewed the Salinas Valley Health CHNA timeline. The Leadership Working Group has examined the findings and defined priorities, it has now been shared with the Community Advocacy Committee. Executive Leadership will create a strategic implementation plan based on the four primary focus areas: Access to Healthcare Services; Cancer; Healthy Living and Diabetes; and Heart Disease and Stroke.

A full report was included in the packet.

COMMITTEE MEMBER DISCUSSION: Chair Rolando Cabrera, MD, inquired about Access, and Karina Rusk noted that several survey questions and data points addressed the issue, with additional details highlighted later in the presentation.

Jaime Gonzalez, MD, asked whether the Cancer health need would focus solely on care delivery or also address potential pesticide links. Karina Rusk explained that efforts are centered on collaborating with clinical and executive teams to reduce cancer deaths and increase screenings. She noted that pesticide use is not a measurable component of the assessment and is difficult for a healthcare system to influence.

A member of the public asked why dementia was not mentioned. Karina explained that Alzheimer's is addressed in the report, including survey findings, and offered to provide page references.

Dr. Rakesh Singh, VP and Vice Chair, Isaura Arreguin inquired about IRS requirements. Karina stated that the CHNA and Implementation Strategy are required by the IRS every three years and are completed to meet federal requirements.

Chair Rolando Cabrera, MD, thanked Karina Rusk for her presentation.

5. CONSIDER RECOMMENDATION FOR BOARD APPROVAL OF COMMUNITY FUNDING PLANS & PROGRAMS – ANNUAL REVIEW/APPROVAL

Tiffany DiTullio, Vice President Partner and Community Relations went over the preliminary Administrative Community Funding Policy changes.

A full report was included in the packet.

PUBLIC COMMENT: None

COMMITTEE MEMBER DISCUSSION: Rolando Cabrera, MD, Chair, asked Tiffany DiTullio to email him the summary of changes to present to the board. Vice-Chair Isaura Arreguin also asked to be copied on the summary of changes document.

MOTION:

Upon motion by Committee Member Miller and second by Committee Member Dr. Radner, the Recommendation for Board Approval of Community Funding Plans & Programs – Annual Review/Approval was approved as presented.

ROLL CALL VOTE:

Ayes: Chair Dr. Cabrera, Vice- Chair Arreguin, Dr. Radner, Miller, and Dr. Gonzalez

Nays: None;

Abstentions: None;

Absent: None;

Motion Carried

6. ADDITIONAL ITEM DISCUSSED: MOBILE CLINIC UPDATE

Chair, Rolando Cabrera, MD, requested Lynette Fitzgerald, Director Community Benefit to provide an update on the Mobile Clinic. Lynette Fitzgerald, Director Community Benefit announced that VFC has achieved its target of 124 by administering 350 vaccines and everyone is returning for catch-up vaccinations. Every child who undergoes sports physicals is checked for vaccinations. VFC is excited about our program and are informing everyone about the initiative.

COMMITTEE MEMBER DISCUSSION: Chair Rolando Cabrera, MD, asked about the availability of mobile vaccine clinics and measles updates. Lynette explained that mobile vaccine clinics are rare because they require significant effort and noted no new measles developments. She shared that many polio vaccines are being administered, and highlighted an upcoming back-to-school vaccination event in partnership with the Santa Rita District.

Vice Chair Isaura Arreguin expressed interest in collaborating on back-to-school efforts and inquired about school partnerships and marketing. Chair Cabrera thanked Lynette and her team for their work and dedication.

7. ADJOURNMENT

There being no other business, the meeting adjourned at 12:46 p.m. The Community Advocacy Committee Meeting meets quarterly and the next meeting is scheduled for **Wednesday, May 20, 2026** at 12:00 p.m.

Rolando Cabrera, MD, Chair
Community Advocacy Committee

Salinas Valley Health Foundation

Spring 2026 Update



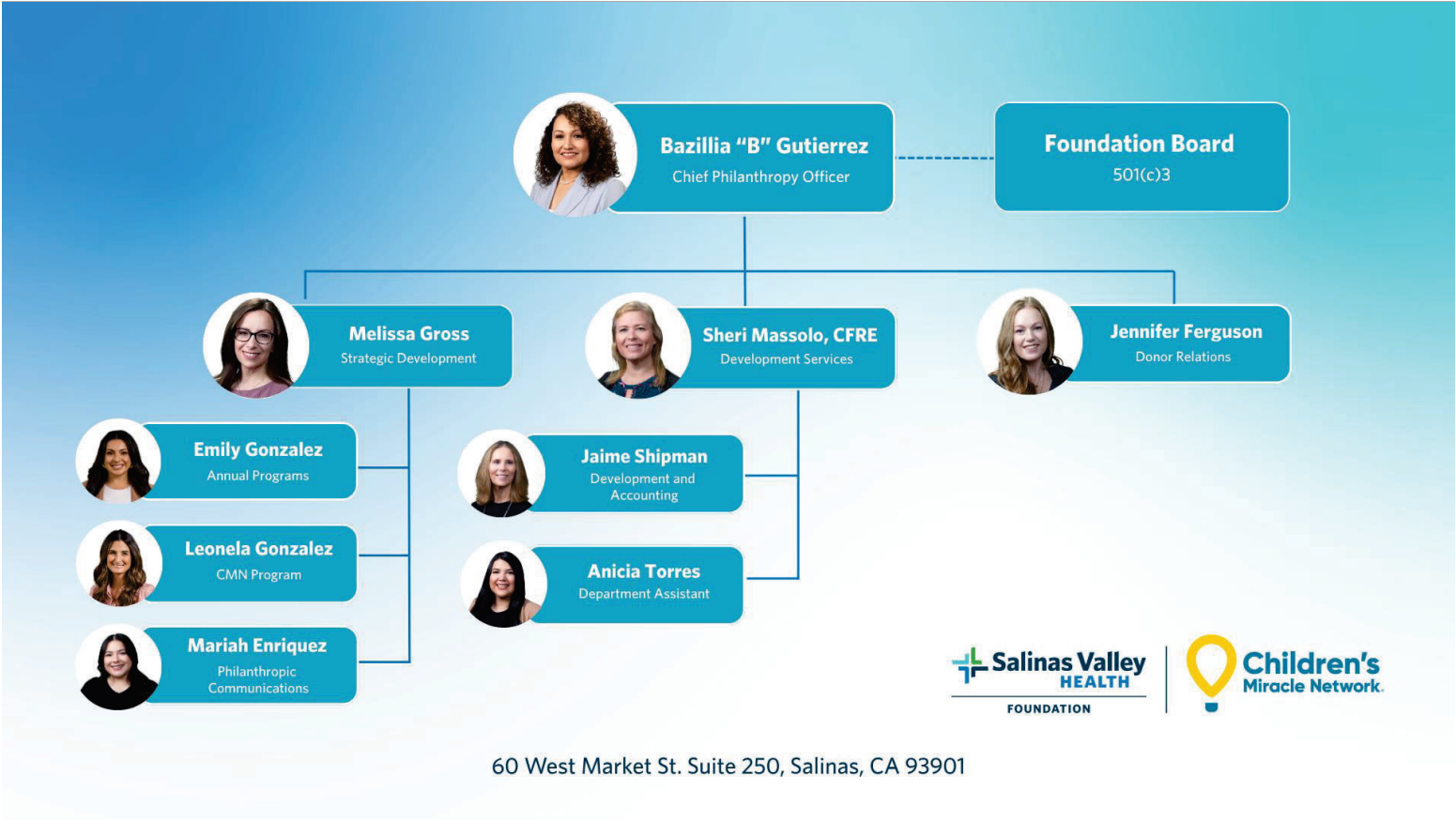
FOUNDATION

Mission

The mission of Salinas Valley Health Foundation is to support Salinas Valley Health by funding healthcare services, programs, and facilities for our diverse community.

Vision

Our vision is accessible healthcare for our diverse community.



Board of Governors



Bill Hastie, Board Chair Helen de Young, Vice Chair, Governance Carrie Birkhofer, Treasurer Bill Tebbe, Secretary Jonathan Geisler, Vice Chair, Development



Ramon Castro Linda Grier Ted Kaczmar, MD Dawn Mudge, MD Matthew Nelson Richard Rees David Ramos, MD Nadine Semer, MD

Performance Metrics

revised											5/14/2026	
Monthly Performance Summary												
FYTD 2026												
As of April 2026												
	Actual Development					FYTD 2026	Budget YTD 2026	FYTD 2026 Act vs Budget		Actual FYTD 2025	Actual vs Prior YTD	
	Q1	Q2	Q3	Apr-26	Q4			\$	%		\$	%
Operating Revenue	\$682,183	\$957,477	\$306,689	\$42,899	\$42,899	\$1,989,248	\$2,689,938	(\$700,690)	-26%	\$1,537,181	\$452,067	29%
Annual Programs	\$51,830	\$63,846	\$46,407	\$17,173	\$17,173	\$179,256	\$235,148	(\$55,892)	-24%	\$188,501	(\$9,245)	-5%
Direct Appeal	\$843	\$184,540	\$13,226	\$160	\$160	\$198,769	\$208,333	(\$9,564)	-5%	\$182,369	\$16,400	9%
Grants	\$220,000	\$205,000		\$7,500	\$7,500	\$432,500	\$912,857	(\$480,357)	-53%	\$282,500	\$150,000	53%
CMN	\$254,899	\$168,332	\$200,271	\$6,751	\$6,751	\$630,253	\$649,319	(\$19,066)	-3%	\$623,831	\$6,422	1%
Solicited	\$118,156	\$313,584	\$27,887	\$7,237	\$7,237	\$466,864	\$642,615	(\$175,751)	-27%	\$204,188	\$262,675	129%
Misc	\$36,455	\$22,175	\$18,897	\$4,078	\$4,078	\$81,606	\$41,666	\$39,940	96%	\$55,791	\$25,815	46%
Individual Giving	\$166,215	\$269,904	\$104,101	\$32,514	\$32,514	\$572,734	\$820,290	(\$247,556)	-30%	\$502,274	\$70,460	14%
Corporate Giving	\$295,968	\$482,571	\$202,587	\$2,883	\$2,883	\$984,010	\$956,791	\$27,219	3%	\$752,437	\$231,573	31%
Foundations (Grants)	\$220,000	\$205,000		\$7,500	\$7,500	\$432,500	\$912,857	(\$480,357)	-53%	\$282,500	\$150,000	53%
Total Expenses (01.8635 + 501c3 Expenses Granted Funds Excluded)	(\$440,962)	(\$485,492)	(\$478,464)	(\$197,118)	(\$197,118)	(\$1,602,036)	(\$2,057,443)	\$455,407	-22%	(\$1,673,996)	\$71,960	-4%
Unrestricted Reserves / Months (NET UR / Avg Monthly Exp of \$351,182)	40.3	41.4	41.2	43.5	43.5	43.5	32.0	11.5	36%	36.4	7.1	20%
Funds Granted	(\$1,320,467)	(\$2,515)	\$26,919	(\$1,320,282)	(\$1,320,282)	(\$2,616,345)	(\$1,620,000)	(\$996,345)	62%	(\$2,756,963)	\$140,618	-5%

*Operating revenue for the 501c3 is isolated to fundraising revenue only. Complete budgetary picture including the 501(c)3's operating revenue and the Healthcare System's cost center operating expenses

FY26 YTD Released Funds

Total: \$1,322,982

- Kim Kelley Memorial Nursing Scholarship
- Haynes Scholarship
- SVEMG Medical Education Scholarship

Organizational Development
\$6,500



- Pediatric Comfort Items
- NICU Reunion
- Asthma Day Camp
- Partners in Excellence
- Disaster Relief
- Perinatal Loss
- Healing at Home
- Health and Wellness
- Innovation Fund

Programs
\$303,352



- Level III Neonatal Intensive Care Unit
- Taylor Farms Family Health & Wellness Center
- Heart Program
- LM Tynan ED
- Breast Health Center
- Cardiac and Stroke
- Comp. Cancer Care
- Buildings & Equipment Fund
- Infusion Center
- Greatest Needs Fund
- Diabetes Center

Capital
\$665,230



- Partnership for Children (Miracle Mobile)
- CMNH Pediatric Medical Needs Assistance
- Patient Assistance
- Mobile Clinic
- Cancer Resource Center
- Wahine Project
- Patient Assistance Migrant Worker EOL
- Palliative Care

Community Impact
\$347,900



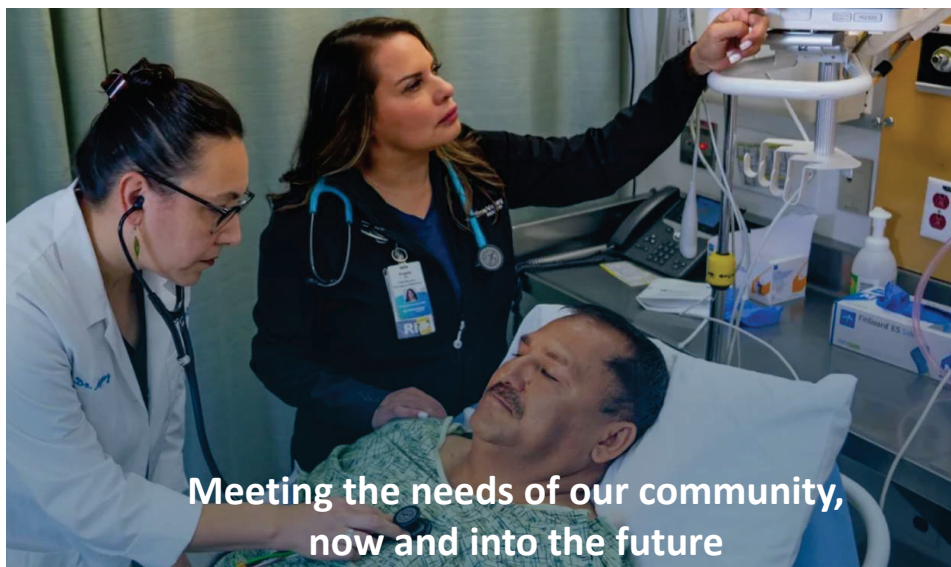
*All data represents FYTD-December



Emergency Department Capital Campaign

Your Emergency, Our Priority

Salinas Valley Health is committed to providing high-quality, compassionate emergency care, 24 hours a day, 365 days a year, for every member of our community.



Meeting the needs of our community,
now and into the future

When our Emergency Department first opened in 1980, it was designed to accommodate 15,000 patient visits annually.

Today, we manage
over 65,000
patient visits annually.



QUALITY HEALTHCARE
DELIVERED LOCALLY
FOR EVERYONE

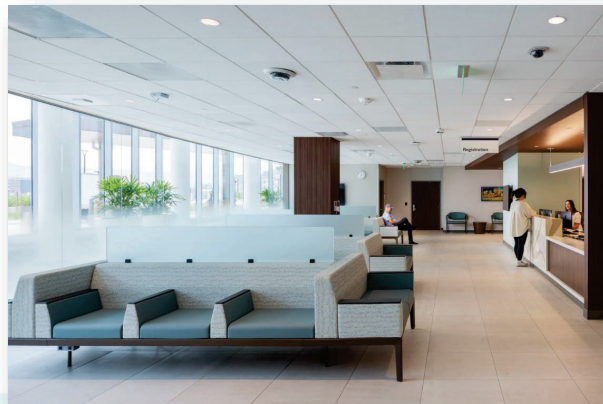
External Rendering



We are proud to announce that Salinas Valley Health Foundation launched a multi-year, \$10+ million capital campaign to support the new Emergency Department.

Design Inspiration

Updated designs anticipated in Spring 2026



Capital Campaign Anticipated Naming Opportunities*



QUALITY HEALTHCARE
DELIVERED LOCALLY
FOR EVERYONE

Type
Emergency Lobby / Waiting Lounge
Outdoor Family Waiting
Physicians Charting Room
Results Waiting Lounge
Nursing Stations / Clinical Hubs
Bereavement Room
Pediatric Room
Staff Wellness Breakroom
Women's Health
Resuscitation Rooms
Triage Rooms
Exam Rooms



Design and naming opportunities are subject to change

\$653,510 committed of \$10M+ campaign

*Subject to final approval



Capital Campaign Fundraising Plan

\$10M+ Capital Campaign Fundraising Plan

Moves Management & Strategic Philanthropy Approach

Campaign Purpose

The Salinas Valley Health Foundation capital campaign will secure transformational philanthropic investment to support the future of healthcare in our region through strategic priorities such as emergency care expansion, advanced technology, patient-centered spaces, workforce support, and community health initiatives.

This campaign will utilize a disciplined **Moves Management model** focused on identifying, cultivating, soliciting, and stewarding current and prospective donors to achieve and exceed a \$10M+ goal while strengthening long-term philanthropic relationships across the Salinas Valley community.

Campaign Vision/Goal

Raise **\$10M+** in philanthropic support over a 3–5 year period through:

- Major gifts
- Principal gifts
- Corporate and foundation partnerships
- Community giving
- Physician and employee engagement
- Planned giving and multi-year commitments

Campaign Objectives

- Deepen relationships with existing donors
- Increase major donor pipeline capacity
- Expand major, principal and planned giving opportunities
- Build sustainable long-term philanthropy infrastructure
- Align philanthropy with the hospital's strategic priorities and community health impact

Moves Management Strategy

The Foundation will utilize a donor-centered moves management approach designed to strategically advance donor relationships toward meaningful philanthropic investment.

Moves Management Philosophy

Every donor interaction will intentionally move a supporter closer to:

1. Deeper engagement (getting external)
2. Greater trust
3. Increased philanthropic investment
4. Long-term partnership (fundraising vs. philanthropy approach)

Strategy:

- Portfolio-based cultivation
- Mission-focused storytelling
- Physician and patient impact engagement
- Campaign events and targeted gatherings
- Multi-year pledge opportunities

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Prospect Development & Pipeline Strategy

The Foundation will prioritize current donors by:

Existing Donor Analysis

- Lifetime giving
- Capacity indicators
- Affinity and engagement
- Grateful patient history
- Volunteer and board involvement
- Corporate relationships

Portfolio Management & Key Metrics:

- Number of qualified prospects
- Donor visits completed
- Proposals submitted
- Dollars solicited
- Dollars committed
- Pipeline movement by stage
- Team collaboration efforts (joint visits & solicitations)

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Campaign Revenue Strategy

Gift Level	Number Needed	Revenue
\$2M+	1	\$2M
\$1M+	3	\$3M
\$500K+	4	\$2M
\$250K+	4	\$1M
\$100K+	10	\$1M
\$25K–\$99K	Multiple	\$750K
Community Giving (less than \$25K)	Broad Base	\$250K+

Individual Solicited Giving	as of 2/28/25		Projection FY 2025	Budget FY 2024	Budget FY 2025	Budget FY 2026	Budget FY2027
	Actual FYE 2024	Actual FY 2025					
Donor Ind Solicited Funds	\$0	\$0	\$250,000	\$425,000	\$200,000	\$2,615,000	\$2,432,500
					*plus 1M for capital campaign for FY25 budget		
2027	Count	Min Value	Max Value	% value asked	% value closed		50%
Jennifer Tier 1 & 2	10					\$365,000.00	\$182,500.00
Melissa	1					\$250,000.00	
B	12					\$2,000,000.00	
Total		\$0.00	\$0.00	\$0.00	\$0.00	\$2,615,000.00	

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Enhancements Implemented

Ease of Giving

- Enhanced online giving options

Professional Development Opportunities for Staff

- Conferences, Webex Trainings, Certificate Programs (CFRE & CAP)
- Appreciated Assets – Real Estate, Stocks, Bonds, Collectibles, etc.

Software & Partnership Deployment

- Crescendo (Gift Planning Software)
- The Giving Block (Crypto)
- Double The Donation (Corporate Matching Gifts)
- Vehicle Donation (Pending)
- Estate Planning & Wealth Advisors

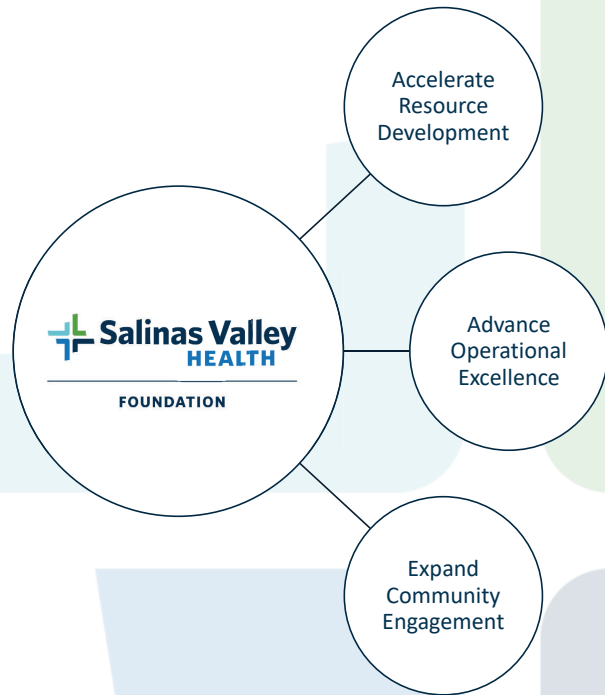
20

FY26-FY28 Strategic Plan: The Future

Work has already begun on the plan for the next 3 years, with several workgroup meetings and multiple stakeholder interviews scheduled for the next month. The plan is to have the Foundation Board approve the final draft FY26-FY28 Plan at their retreat on June 13, 2025.

This next chapter will encompass a third pillar, “*Expand Community Engagement*,” which will support the advancement of key areas of the organization’s work such as governance and board development, internal/external talent building, communications program planning and performance analysis, strategic coalition building, as well as institutional elements like workforce development and retention.

Our Community: Defining our Audiences



The Gratitude Effect



At Salinas Valley Health, we treasure the stories of our patients and families.

Physicians, therapists, nurses, caregivers, and hospital staff members are modern-day heroes. Making a positive difference in the lives of others is not driven by recognition, but by purpose. Often, when we express our gratitude, we hear, "Of course, this is my job," or "You don't need to thank me, this is what we do."

The Gratitude Effect is our way to provide a meaningful way to say "thank you" to caregivers and staff at Salinas Valley Health who have made a difference in your life. Gifts may be designated to a specific program, department, or initiative that is important to you and your family.

Your experiences inspire us and highlight the positive impact our team has for the patients and families that we serve. Thank you for sharing your gratitude!

Questions?

Mobile Clinic



**Community Advocacy
Committee**
May 20, 2026

VFC Update/Expansion

Lynette Fitzgerald

Director Community Benefit



	Doses
Tdap (Required)	19
HPV (Recommended)	17
<u>Meningococcal (Recommended)</u>	<u>17</u>
Total Number of Patients	20

Vaccines for children for entry into 7th grade

Vacunas para niños para entrar al 7mo grado



Who is eligible

Children who are 18 years and younger and meet at least one of the following criteria:

- Medi-cal as primary coverage
- Uninsured
- American Indian or Alaska Native

Quien es eligible

Niños de 18 años o menos que cumplan al menos uno de los siguientes criterios:

- Medi-Cal como cobertura principal
- No tiene seguro médico
- Indios Americanos o Nativos de Alaska

Friday, May 1, 2026

Viernes, 1 de mayo

3:00 pm - 7:00 pm

Gavilan View Middle School
18250 Van Buren Ave
Salinas, CA 93906

Available Vaccines Vacunas Disponibles

- Tdap
- Meningococcal
- HPV

VFC Immunizations 8/1/25 – 5/7/26

Vaccine	Age Groups (Years)				Total Number of Doses	Total Number of Patients
	<1	1 to 6	7 to 18	19+		
DTaP	0	1	0	0	1	1
DTaP, 5 pertussis antigens	0	12	0	0	12	12
DTaP, IPV, Hib, HepB	1	12	1	0	14	14
HPV9	0	0	76	0	76	73
HepA-Ped 2 Dose	0	18	32	0	50	50
HepB-Peds	0	4	13	0	17	15
Influenza split virus trivalent PF	0	1	9	0	10	10
MMR	0	3	15	0	18	17
MMRV	0	18	3	0	21	21
MenB, OMV	0	0	31	0	31	31
Neisseria Meningitidis Serogroups ABCWY	0	0	5	0	5	5
Pfizer COV2tris-sucrose 30mcg.3mL 12+	0	0	10	0	10	10
Pneumococcal conjugate PCV20	1	7	8	0	16	16
Polio-Inject	0	12	32	0	44	44
Tdap	0	0	62	0	62	62
Varicella	0	11	34	0	45	39
meningococcal polysaccharide TT conj	0	0	72	0	72	72
Total Doses					504	
Total Unique Patients					188	

VFC Eligibility

Who: Children 18 years or younger

Criteria (must meet one):

- Medi-Cal
- Uninsured
- American Indian or Alaska Native

Total Cost of VFC Vaccines Received
\$70,480.44

Expansion

- Additional locations
- Increased budget in FY27

Next Steps

- Hire additional part-time provider (.6)
- Assess staffing – hire more per diems, possibly another full-time driver
- Assess community need and reach out to potential partners



QUALITY HEALTHCARE
DELIVERED LOCALLY
FOR EVERYONE

Mobile Clinic



**Community Advocacy
Committee**
May 20, 2026

Thank you!



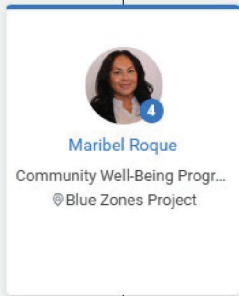
Live Well
PROJECT

PROYECTO
Vive Bien

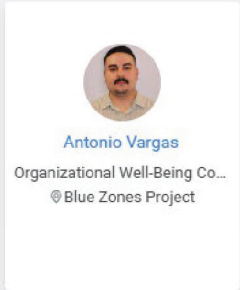
 **Salinas Valley**
HEALTH

Live Well Project | Six Month Update

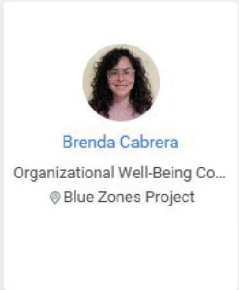
- Transition from contracted model to integrated model
- Transition and onboard team
- Develop strategic department goals
- Rebrand and align all community facing materials
- Facilitate gap analysis to ensure CHNA alignment
- Identify opportunities for aligned patient/community engagement



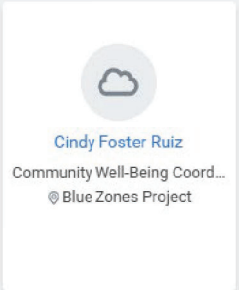
Maribel Roque
Community Well-Being Progr...
Blue Zones Project



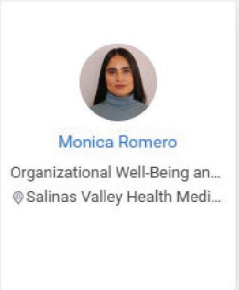
Antonio Vargas
Organizational Well-Being Co...
Blue Zones Project



Brenda Cabrera
Organizational Well-Being Co...
Blue Zones Project



Cindy Foster Ruiz
Community Well-Being Coord...
Blue Zones Project



Monica Romero
Organizational Well-Being an...
Salinas Valley Health Medi...

Live Well Project Team

3

Patient & Community Engagement Strategies

4

Patient & Community Engagement Strategies

Gap analysis to enhance CHNA alignment in programming, resulting in:

- Expanded programming throughout our service area
 - Salinas (56), North County (6), South County (24)
- Introduction of new programs
 - Walk for Health, Hike for Health, Healthy Food demos, Grocery tours
- New Bilingual education and events
- Developed community exercise and walking challenges
- New community partners
- Diabetes Campaign

The screenshot shows the Salinas Valley Health website. The navigation bar includes: ABOUT US, EVENTS, FOUNDATION, FIND A PROVIDER, LOCATIONS, PATIENTS & VISITORS, SERVICES. The main content area is titled "DIABETES & ENDOCRINOLOGY" and "Experienced Salinas Endocrinologists". It features a paragraph about diabetes, a list of services, and a sidebar with links to "DIABETES & ENDOCRINOLOGY", "OSTEOPOROSIS", "CLASSES & EDUCATION", "RESOURCES", "RECIPES", "THE MADISON CLINIC FOR PEDIATRIC DIABETES", and "DIABETES RESEARCH". A photo of a doctor examining a patient is also visible.

PATHWAYS TO WELLNESS
Whether you're managing a chronic condition, working on your fitness level or looking for ways to de-stress, Salinas Valley Health can put you on your path to wellness.
For more information on our Pathways to Wellness offerings or to receive a printed copy, please contact our Health Promotion Department at 831-759-1890 or email: HealthPromotion@salinasvalleyhealth.com
[Click here to view the current edition](#)

The graphic includes four small images: a person meditating, a bowl of healthy food, a family eating together, and a group of people outdoors.

Diabetes-Friendly Recipes
Discover delicious, diabetes-friendly recipes designed to help you maintain balanced blood sugar without sacrificing flavor. From satisfying meals to smart snacks, these dishes make healthy eating simple and enjoyable.

The graphic shows four recipe images with captions: Apple Cinnamon Overnight Oats, Cauliflower Mexican Rice, Coconut Chia Seed Pudding, and Creamy Broccoli Soup. A "Show More" link is at the bottom.

Community Programming



Community Programming

Bilingual Education & Resource Materials

HEALTHY HABITS, HEALTHY YOU

At Salinas Valley Health, we are dedicated to improving the health and well-being of everyone in our community. *Join us!*

Pathways to Wellness
Resources designed to help you live your best life. Programs include:

- Community Activities
- Events
- Mindful Meditation
- Speakers Bureau
- Support Groups
- Yoga & Zumba Classes

Scan the QR code to learn more about our Pathways to Wellness offerings.

ZUMBA & YOGA
Get moving with one of our free community classes.

Dance your way to fitness with Zumba or build strength, improve flexibility and reduce stress with yoga. Registration is highly recommended, walk-ins are also welcome.

HEALTHY COOKING
Make healthy eating a priority.

A healthy and balanced diet is important for not only overall health, but especially for heart health. Salinas Valley Health partnered with local chefs to bring you a variety of healthy recipes.

SPEAKERS BUREAU
Educating, informing, and inspiring. Connect with our local community with experienced medical providers. Salinas Valley Health-Speakers Bureau brings awareness through education and outreach. Our Speakers Bureau offers a national presentation free of charge.

Diabetes & Endocrine Center

Salinas Valley Health is dedicated to offering comprehensive care and support for those living with prediabetes and diabetes. From a clinic staffed with an expert care team to classes and cooking demos, we are here to help you manage your diabetes diagnosis with confidence.

Diabetes Management
Equipped with state-of-the-art technology and an expert endocrinology team, our Diabetes & Endocrine Center is here to support your health and well-being through compassionate, specialized care.

Cooking Demos
Discover how healthy eating can be simple, enjoyable and diabetes-friendly. These cooking demos will teach practical cooking tips and simple ingredient swaps that support ideal blood sugar control.

Classes and Education
Learn all about diabetes management through a 4-week series led by expert diabetes clinicians. From understanding how diabetes affects your body to learning about proper nutrition and medication management, these classes will set you up for success. Some insurance policies may cover the program fees.

Free Fitness Offerings

From free fitness classes to guided wellness walks, Salinas Valley Health brings well-being to every corner of our community—making healthy living more accessible, engaging, and enjoyable for all.

Yoga
Whether you are new to the practice of yoga or have years of experience, we invite you to take one of our in-person or virtual classes and discover the many benefits yoga has on the body, mind and spirit. These classes are free and open to ages 16 and above.

Zumba
Our Zumba classes aim to burn calories, tone muscles, and improve your cardiovascular health. With each class you will get a full-body workout while you dance your way to fitness! These classes are free and open to ages 16 and above.

Walk With A Doc
Join our physicians and healthcare providers for a monthly walk and talk, designed to inspire healthy living. Each month, we'll explore a new health topic, followed by a relaxed 2-mile walk and an open Q&A where you can connect directly with our expert care team. This event is free and open to all ages.

Hiking
Join us as we explore our local trails together! Our guided hikes offer a chance to move, connect, and boost well-being while experiencing the breathtaking landscapes of the Salinas Valley. This activity is open to ages 13 and above or accompanied by an adult.

9 HEALTHY HABITS

Here are 9 great ways to stay healthy and happy! Try to build these helpful habits into your life!

- MOVE YOUR BODY**
Play outside
- BE MINDFUL**
Listen to your body when you are full and no longer hungry
- STAY POSITIVE**
Remember to see the positive in your life
- FIND YOUR GIFTS**
Learn what you are good at
- EAT WELL**
Add fruits & vegetables to your meals
- FAMILY TIME**
Spend time with your loved ones
- REST**
Find time to relax
- TIME WITH FRIENDS**
Play with friends
- CONNECT**
Join clubs, sports, or learn to play an instrument

Education Materials

School Engagement Strategies

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School Engagement Strategies

Department Goals related to Passive and Active Engagement

- Sixty-eight schools
- Five Districts with Community Schools (36 locations)

Progress to Date:

Passive Engagement – 32 schools

Active Engagement – 21 unique schools, 27 programs

Engagement Resources

9 HEALTHY HABITS

Here are 9 great ways to stay healthy and happy! Try to build these helpful habits into your life!

- 1 MOVE YOUR BODY**
Play outside
- 2 BE MINDFUL**
Listen to your body when you are full and no longer hungry
- 3 STAY POSITIVE**
Remember to see the positive in your life
- 4 FIND YOUR GIFTS**
Learn what you are good at
- 5 EAT WELL**
Add fruits & vegetables to your meals
- 6 FAMILY TIME**
Spend time with your loved ones
- 7 REST**
Find time to relax
- 8 TIME WITH FRIENDS**
Play with friends
- 9 CONNECT**
Join clubs, sports, or learn to play an instrument

Salinas Valley HEALTH | Live Well PROJECT

HEALTHY BREAKFAST & SNACK IDEAS

- Apple with peanut butter
- Baked sweet potato chips
- Dates filled with almond butter
- Dark chocolate dipped strawberries
- 100cal popcorn bag
- Pretzels
- Unsalted mixed nuts
- Peanut butter & banana sandwich
- Greek yogurt & berries parfait
- Baked tortilla chips & salsa
- Cucumber slices with lemon & chile
- Hummus & veggie whole wheat wrap
- Veggies with hummus
- Fresh fruit cup
- Avocado on whole wheat toast with pico de gallo
- Overnight oats with berries
- Guacamole with baked lentil chips
- Rice cakes with almond butter & fresh fruit
- Nuts with dark chocolate
- Banana chips
- Oatmeal with banana & peanut butter

Salinas Valley HEALTH | Live Well PROJECT

Servicios de Maternidad

De clases de preparación para el parto hasta los servicios de apoyo a la lactancia, Salinas Valley Health está aquí para ayudarle a recibir a un nuevo bebé.

Curso de Preparación para el Parto
Estas clases le brindan el conocimiento y las herramientas necesarias para que tenga una experiencia de parto saludable. Hay disponible un curso virtual de 5 noches o un curso híbrido (virtual/ presencial) de 2 días para usted, su pareja o acompañante.

Clase de Amamantamiento Sin Complicaciones
Antes de que nazca su bebé, aprenda técnicas prácticas de lactancia que le ayudarán a aumentar el éxito de amamantamiento y prevenir problemas comunes. Esta clase está dirigida a la futura madre y a su pareja o acompañante.

Apoyo de Amamantamiento
Nuestras consultoras de lactancia certificadas le brindarán apoyo experto con la lactancia durante su estancia y después de ella. Si tiene alguna inquietud, después del alta, nuestras consultoras están disponibles con esta preve.

Visitas Guiadas por el Centro de Maternidad
Invítanos a las futuras mamás y papás a visitar el departamento de labor y parto de Salinas Valley Health. Conoce nuestras instalaciones y el equipo de profesionales que se dedican a que su parto sea seguro, cómodo e inolvidable.

Salinas Valley HEALTH

Handy Guide to Serving Sizes

Learn how to use your hand to estimate serving sizes and compare them to the food portions you eat.

Vegetables and Fruit Aim to eat 4 servings of Fruits and 5 servings of Vegetables
• 4-6 slices equals about a serving of fruit
• 1/2 cup = 1/2 fist

Fresh, frozen or canned vegetables
1/2 cup = 1/2 fist

Leafy vegetables
1 cup = 1 fist

Whole fruit
1 fruit = 1 fist

Fresh, frozen or canned fruit
1/2 cup = 1/2 fist

Dried fruit
1/4 cup = 1 tipped hand

100% Fruit Juice
1/2 cup = 1/2 fist

Grains Aim to eat 3 servings of grains weekly. Choose whole grains at least 50% of the total grains you eat a serving looks like

Bread
1 slice = 1/2 fist

Bagel
1/2 small bagel = 1/2 fist

Rice
1/2 cup = 1/2 fist

Pasta
1/2 cup = 1/2 fist

Cold Cereal
1 cup = 1 fist

Salinas Valley HEALTH | Live Well PROJECT

Passive Engagement Resources

Active Engagement



Active Engagement Programs

AUSD | Farmers' Market Pilot

Whole Community Whole Child Wellness Programming

- Three month pilot (began March 26th)
- Three locations in AUSD – Alisal, Fremont, Virginia Rocca Barton



Fresh Produce

Delivered twice a month for fidelity



Cooking Demonstrations

Improve nutrition knowledge and lifelong healthy eating habits



Nutrition Education

Promote preventative health to reduce chronic preventative diseases

Worksite Engagement Strategies

Worksite Wellness Programming

Program Includes

- Utilization report evaluation
- Priority identification
- Development of worksite specific quarterly plan
- Quarterly onsite programming
- Monthly education resources
- Wellness Challenges

In Progress – Farm Worker Speakers Bureau Initiative



Worksites Engaged



Soledad Unified School District
Every Student, Every Day

Newly Engaged
City of Greenfield
Greenfield Unified School District
King City Unified School District
City of Soledad

Healthy Eating, Healthy Living Strategies

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Healthy Eating

- Recipe Project
- Grocery Store Tours
- Double Up Food Bucks
- Food Access Education
- Healthy Cooking Demonstrations
- Fun Food Experiences
- Bilingual Food Label Education
- Nutrition & Fitness Collaborative

The screenshot shows the Salinas Valley Health website's 'Farmers' Market Recipes' page. The page features a navigation bar with links for 'ABOUT US', 'EVENTS', 'FOUNDATION', 'FIND A PROVIDER', 'LOCATIONS', 'PATIENTS & VISITORS', 'SERVICES', and 'MYCHART LOGIN'. Below the navigation bar, the page is titled 'Farmers' Market Recipes' and includes a sub-header 'SALINAS VALLEY HEALTH RECIPES'. The main content area is divided into three sections: 'Farmers' Market Recipes', 'Plant-Based Recipes', and 'Diabetes-Friendly Recipes'. Each section displays a grid of recipe cards with images and titles. The 'Farmers' Market Recipes' section includes 'Creamy Tomato Soup', 'Fall Salsa', 'Spinach & Pomegranate Winter Salad', and 'Veggie Casserole'. The 'Plant-Based Recipes' section includes 'Acai Bowl', 'Balsamic Vinaigrette', 'Banana Cherry Nice Cream', and 'Beer Rice Cake'. The 'Diabetes-Friendly Recipes' section includes 'Apple Cinnamon Overnight Oats', 'Cauliflower Mexican Rice', 'Coconut Chia Seed Pudding', and 'Creamy Broccoli Soup'. A 'Show More' link is visible at the end of each section.

Healthy Eating

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Healthy Eating Tools

Cómo leer una etiqueta de comidas

Consejos simples para tomar decisiones más saludables

Datos de Nutrición

4 porciones de envase

Tamaño de Porción 1 taza

Cantidad por Porción **250**

Calorías

% Valor Diario*

Grasa total 12g 15%

Grasa Saturada 1g 5%

Grasa Trans 0g

Coolesterol 0mg 0%

Sodio 300mg 13%

Carbhidratos Total 31g 11%

Fibra 5g 18%

Azúcares 12g

Incluye 10g de Azúcares 20%

Proteína 6g

Vitamina D 5mcg 25%

Calcio 130mg 10%

Hierro 3.6mg 20%

Potasio 470mg 10%

*El valor diario le indica cuánto de un nutriente contribuye a una dieta diaria en una porción de comida. El porcentaje de los valores diarios están basados en una dieta de 2,000 calorías.

Ingredientes: Elija alimentos con listas más cortas y con ingredientes que reconozca.

1 Revise la porción

Toda la información nutricional se basa en una porción. Si come más de una porción, necesita multiplicar los valores.

2 Observe las calorías

Las calorías indican cuánta energía aporta una porción. Compare productos para elegir opciones que se ajusten a sus necesidades.

3 Limite estos nutrientes

Fíjese en elegir alimentos con menos:

- Grasa saturada
- Sodio
- Azúcares añadidos

5% del Valor Diario (VD) o menos = bajo

20% VD o más = alto

4 Consuma más de estos

Busque alimentos con mayor contenido de:

- Fibra, Vitamina D, Calcio, Hierro, Potasio

Consigne. Un %VD más alto es mejor para estos nutrientes.

5 Lea la lista de ingredientes

Los ingredientes aparecen en orden de mayor a menor cantidad. Elija alimentos con listas más cortas y con ingredientes que reconozca.

Salinas Valley HEALTH | PROYECTO Vite Bien



EAT WISELY

LIVE WELL PROJECT TAKEOUT GUIDE

Live Well Project can help you make the healthy choice, the easy choice.



SCAN QR CODE OR VISIT: bit.ly/LiveWell-TakeoutGuide

Thank you for supporting local businesses and joining us in creating a healthier, happier community — one meal at a time.

Salinas Valley HEALTH | Live Well PROJECT

Making a Balanced Plate

Non-Starchy Vegetables

Artichoke
Asparagus
Beet greens
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Cucumber
Eggplant
Garlic
Green beans
Kale
Lettuce
Mushrooms
Onions
Peas
Spinach
Squash
Tomatoes
Zucchini

Carbohydrates*

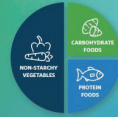
Apples (1 small)
Bananas (1/2 large)
Black or blueberries (3/4 cup)
Cherries (about 10)
Grapes (1/2 cup)
Mango (1/2 cup)
Milk (1 cup)
Oatmeal (1/2 cup)
Peach (1 medium)
Raspberries (1/2 cup)
Strawberries (1 1/4 cup)
Corn (1/2 cup)
Pasta (1/2 cup)
Rice (1/2 cup)
Beans (1/2 cup cooked)
Edamame (1 cup cooked)
Lentils (1/2 cup cooked)
Ragi (1/4 cup)
Bread (1 slice)
Noodles (1/2 cup cooked)
Oatmeal (1/2 cup cooked)
Pasta (1/2 cup cooked)
Potatoes (1/2 of a sweet potato)
Rice (1/2 cup cooked)
Tortillas (1 soft-shell tortilla)
Milk (1 cup)

Lean Protein

Chicken
Cottage cheese
Egg whites
Salmon
Tofu
Turkey
Shrimp
Tapioca (100% whole-grain)

Healthy Fats

Almonds
Nut butter
Nuts
Olive oil
Avocado oil



Nutrition Facts

8 servings per container

Serving size **2/3 cup (85g)**

Amount per serving

Calories 230

% Daily Value*

Total Fat 1g 2%

Saturated Fat 1g 2%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Total Carbohydrate 37g 7%

Dietary Fiber 1g 2%

Total Sugar 1g 2%

Total Protein 10g 20%

Calcium 100mg 20%

Total Iron 10mg 20%

Sodium 100mg 20%

Total Potassium 100mg 20%

Total Phosphorus 100mg 20%

Total Magnesium 100mg 20%

Total Zinc 100mg 20%

Total Selenium 100mcg 20%

Total Vitamin A 1000IU 20%

Total Vitamin C 100mg 20%

Total Vitamin E 100IU 20%

Total Vitamin K 100mcg 20%

Total Biotin 100mcg 20%

Total Folate 100mcg 20%

Total Niacin 100mg 20%

Total Thiamin 100mcg 20%

Total Riboflavin 100mcg 20%

Total Pantoic Acid 100mcg 20%

Total Pyridoxine 100mcg 20%

Total Cyanocobalamin 100mcg 20%

Total Inositol 100mg 20%

Total Choline 100mg 20%

Total Betaine 100mg 20%

Total Creatine 100mg 20%

Total Carnitine 100mg 20%

Total Glutamine 100mg 20%

Total Alanine 100mg 20%

Total Aspartic Acid 100mg 20%

Total Glutamic Acid 100mg 20%

Total Serine 100mg 20%

Total Proline 100mg 20%

Total Tyrosine 100mg 20%

Total Phenylalanine 100mg 20%

Total Valine 100mg 20%

Total Isoleucine 100mg 20%

Total Leucine 100mg 20%

Total Methionine 100mg 20%

Total Cysteine 100mg 20%

Total Histidine 100mg 20%

Total Lysine 100mg 20%

Total Tryptophan 100mg 20%

Total Arginine 100mg 20%

Total Glycine 100mg 20%

Total Proline 100mg 20%

Total Sarcosine 100mg 20%

Total Homocysteine 100mcg 20%

Total Methionine 100mg 20%

Total Cysteine 100mg 20%

Total Glutamine 100mg 20%

Total Alanine 100mg 20%

Total Aspartic Acid 100mg 20%

Total Glutamic Acid 100mg 20%

Total Serine 100mg 20%

Total Proline 100mg 20%

Total Tyrosine 100mg 20%

Total Phenylalanine 100mg 20%

Total Valine 100mg 20%

Total Isoleucine 100mg 20%

Total Leucine 100mg 20%

Total Methionine 100mg 20%

Total Cysteine 100mg 20%

CONSEJOS PARA CREAR PLATILLOS BASADOS EN PLANTAS

Sigue estos consejos para crear platillos a base de plantas para tu restaurante. Un platillo basado en plantas es una comida hecha principalmente de verduras, frutas, granos y proteínas vegetales (sin el uso de carne o pescado).

PROTEÍNAS BASADAS EN PLANTAS

- Incluye proteínas de origen vegetal como frijoles, lentejas, garbanzos, tofu, tempeh y edamame.

INCLUSIÓN DE VERDURAS Y FRUTAS

- Incluye productos frescos y locales en cada platillo. Da prioridad a conseguir productos de agricultores cercanos y ajusta tu menú según la disponibilidad estacional.

MÉTODOS DE COCCIÓN

- Prepara la comida hornando, asando, salteando o a la parrilla en lugar de freír.

GRASAS SALUDABLES

- Utiliza aceite de oliva, canola, soja, sésamo, aguacate y cártamo en lugar de mantequilla o margarina. Mejora los sabores con aguacates, nueces, semillas y aceite de oliva para lograr un sabor bien balanceado.

HERBAS Y ESPECIAS PARA SABOR

- Mejora el sabor de tus platillos utilizando hierbas, especias y cítricos para dar profundidad de sabor en lugar de depender del exceso de sal o azúcar.

CREMAS Y ALTERNATIVAS

- Substituye la mantequilla y la margarina con mantequilla de nuez, guacamole, hummus o mostaza.

LÁCTEOS Y HUEVOS

- Elije productos lácteos de leche de cabra o oveja (como queso fetá o pecorino) y una queso de vejas con moderación.

GRANOS ENTEROS

- Preferentemente elige granos enteros como pan y pasta integrales, quinoa, cebada o tortillas de maíz.

INSPIRACIÓN DE PLATILLOS TRADICIONALES

- Inspírate en platillos tradicionales auténticos, especialmente aquellos con una fuerte historia basada en plantas. Esto promueve una resonancia cultural y una conexión con la comunidad.

Salinas Valley HEALTH | PROYECTO Vite Bien

Healthy Eating Tools

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Healthy Living

- Park Rx Programming
- Walk for Health
- Hike for Health
- Zumba and Yoga Programming
- Walking Challenge
- Fitness Challenge
- Annual Wellbeing Calendar
- Healthy Youth Taskforce
- Safe Streets Partnership

Emphasis on Bilingual programming, throughout our service area.

Active Living



Get Outdoors. Connect with Nature. Feel Better. Park Rx Monterey County is here to help!

Did you know that there are many health benefits to spending time outdoors? Park Rx Monterey County is here to help connect you with all of the wonderful open spaces here on the central coast.

We invite you to explore our map and partner links to see all our county has to offer. So grab your walking shoes and join us outside...there's a park waiting just for you!

Benefits of going to the park:

- Mental Focus
- Physical Wellness
- Mental Health
- Social Connection
- Sleep Quality

To learn more, visit: parkrxmontereycounty.org



RELAX YOUR BODY

Stretching exercises for physical labor

Take two minutes to stretch your body before and after doing physical work. These simple exercises are sure to help you move naturally towards well-being.

- Side to Side**
Move your neck from side to side, stretching toward your shoulders.
10 seconds
- Sky to Ground**
Move your neck up to sky, stretching toward your head, and back down towards the ground.
10 seconds
- Shoulder to Shoulder**
Move your neck from side to side, stretching forward towards your shoulders.
10 seconds
- Flying Wings**
Put your hands on your shoulders and move your arms in a circular motion.
10 seconds
- Open Chest**
Interlace your fingers behind and open your chest.
10 seconds
- Tree Hug**
Interlace your fingers forward and round your back.
10 seconds
- Table Pose**
Lean back with your back straight. Sit & hold.
10 seconds
- Sawtooth**
Lean back with one side to side, extending towards the feet.
10 seconds
- Windmill**
Rotate your arms from side to side by controlling your back.
10 seconds
- Heels to Toes**
Raise your leg upwards as you stretch.
10 seconds
- Wrist Twists**
Twist your wrists around in a circle, switching sides.
10 seconds
- Kickbacks**
Kick each leg back, alternating legs.
10 seconds

Salinas Valley HEALTH | Live Well PROJECT

Questions

Appendix

Programs Project Year to Date (October 2025 – May 2026)

Event Name	Event Date	City
2025		
OCTOBER		
MCOE Annual Health & Wellness Fair	10/16/25	Salinas
Greenfield USD Annual Family Fun Run	10/18/25	Greenfield
Gonzales Cooking Demo (SVH Community Health Day)	10/25/25	Gonzales
NOVEMBER		
Salinas High School Health Presentation	11/04/25	Salinas
Salinas (Cesar Chavez Library) Cooking Demo	11/12/25	Salinas
SUHSD Strengthening the Family Conference	11/15/25	Salinas
National Hike Day	11/16/25	Soledad
El Puente College and Career Fair	11/19/25	Salinas
Thanksgiving Eve Zumba at the Soccer Complex	11/26/25	Salinas
DECEMBER		
Soledad FRC Snack Demo	12/03/25	Soledad
CHISPA Loteria Social	12/12/25	Salinas
Healthv Holiday Snack Demo	12/18/25	Soledad

2026		
JANUARY		
Gonzales Cooking Demo	01/07/26	Gonzales
Gonzales Community Center Ribbon Cutting	01/10/26	Gonzales
Healthy Charcuterie Board Demo	01/12/26	Salinas
Los Padres Elementary Speaker's Bureau Presentation	01/13/26	Salinas
Panther Nights	01/13/26	Soledad
Panthers Night	01/15/26	King City
Zumba for Seniors	01/21/26	Castroville
Purpose Worksop	01/24/26	
Hartnell College Healthy Food Tasting	01/27/26	Salinas
Frank Paul Elementary Cooking Demonstration	01/29/26	Salinas
FEBRUARY		
Zumba (Gonzales)	02/03/26	Gonzales
Gabilan Creek Clean Up	02/04/26	Salinas
Garden Seed Planting & Social	02/07/26	Salinas
Salinas (El Gabilan Library) Cooking Demo	02/10/26	Salinas
Walk for Health in Soledad	02/13/26	Soledad
Group Hike with Live Well Project	02/14/26	Salinas
Soledad Cooking Demo	02/18/26	Soledad
Greenfield Union School District Pathways to Early Success Resource Festival	02/18/26	Greenfield
King City USD Cooking Demo	02/24/26	King City
North Salinas High School Cooking Demo	02/19/26	Salinas
Ask the Experts	02/25/26	Salinas
Yoga at the Soccer Complex	02/28/26	Salinas

MARCH		
Kammann Elementary School- Community Resource Fair	03/07/26	Salinas
Salinas Cooking Demo (CCA)	03/10/26	Salinas
Cesar Chavez Community School Cooking Demo	03/11/26	Salinas
Grocery Store Tour (Jesse G. Sanchez)	03/12/26	Salinas
Walk with a Doc	03/14/26	Salinas
Group Hike at CRU WINERY	03/15/26	Soledad
Walk for Health in Gonzales	03/20/26	Gonzales
Zumba (Soledad)	03/21/26	Soledad
Grocery Store Tour (King City)	03/23/26	King City
Virginia Roca Barton Farmer's Market Experience	03/26/26	Salinas
Castroville Cooking Demo	03/26/26	Castroville
Gonzales Community Garden - Food Pantry Opening	03/28/26	Gonzales
North Salinas High School Wellness Fair	03/31/26	Salinas

APRIL		
Salinas Cooking Demo (CCA)	04/03/26	Salinas
Seedling Planting at Natividad Community Garden	04/04/26	Salinas
Gonzales Cooking Demo	04/08/26	Gonzales
Alisal Community School Grocery Store Tour	04/09/26	Salinas
VRB AUSD Farmer's Market Experience	04/09/26	Salinas
Fremont AUSD Farmer's Market Experience	04/09/26	Salinas
Lincoln Elementary School Career Day Presentation	04/10/26	Salinas
Monterey Park Career Day	04/10/26	Salinas
Diabetes & Nutrition Talk with Live Well Project	04/12/26	King City
City of Salinas Cooking Demo	04/15/26	Salinas
Monte Bella Elementary Cafesito Presentation	04/15/26	Salinas
Zumba for Seniors with CHISPA	04/15/26	Salinas
Cesar Chavez Elementary Career Day Presentation	04/16/26	Salinas
Adventure Seeking Seniors (Gonzales)	04/16/26	Gonzales
Walk for Health in Greenfield	04/18/26	Greenfield
Our Plant, Our Park - Earth Day at Tatum's Garden	04/18/26	Salinas
Girl Scouts Snack Demo	04/21/26	Salinas
VRB Farmer's Market Experience	04/23/26	Salinas
Fremont Farmer's Market Experience	04/23/26	Salinas
Chualar Union School District Carnival	04/24/26	Chualar
Dia Del Nino (SVH) Tabling	04/26/26	Castroville
Clean Up at the Soccer Complex	04/28/26	Salinas
SVAEC Nourishing Communities Resource Fair at Hartnell Alisal Campus	04/29/26	Salinas
Bardin Elementary Garden Workshop for students	04/30/26	Salinas

Programs Project Year to Date

MAY		
Mental Health Fair Rancho San Juan High School	05/01/26	Salinas
NAMI Walks Monterey County (National Alliance for Mental Illness)	05/02/26	Salinas
Soledad Cooking Demo	05/05/26	Soledad
Bardin Elementary Garden Workshop for Parents	05/06/26	Salinas
VRB Farmer's Market Experience	05/07/26	Salinas
Dr. Oscar Loya Wellness Presentation	05/08/26	Salinas
Ocean Mist Farm Tabling Health Fair Event	05/12/26	Castroville
SV Live Well Project Omni Presentation	05/13/26	Salinas
Zumba with Live Well Project	05/14/26	Salinas
Group Hike with Live Well Project at Marks Ranch-	05/16/26	Salinas
Rancho Cielo Career & Resource Fair	05/21/26	Salinas
Alisal Community Farmer's Market	05/21/26	Salinas
Fremont Farmer's Market	05/21/26	Salinas
Walk for Health in Gonzales	05/22/26	Gonzales
El Sausal Middle School Cafesito	05/22/26	Salinas

Programs Project Year to Date

Programs Scheduled (June 2026– December 2026)

Programs Project Year to Date

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Event Name	Event Date	City
2026		
JUNE		
VRB Farmer's Market Experience	06/04/26	Salinas
Fremont Farmer's Market Experience	06/04/26	Salinas
CCA Cooking Demo	06/11/26	Gonzales
Walk for Health in Castroville	06/12/26	Castroville
CAL Water Speakers Bureau for Worksites Q2	06/12/26	Salinas
Cooking Demo at the Soccer Complex	06/13/26	Salinas
CRU Winery Hike	06/14/26	Soledad
Salinas (Cesar Chavez Library) Cooking Demo	06/17/26	Salinas
AUSD Summer Community Resource Fair	06/17/26	Salinas
TBA AUSD Summer Farmer's Market	06/18/26	Salinas
Yoga in King City (Sol Treasures)	06/19/26	King City
Community Gardening Clean Up (Gonzales)	06/20/26	Gonzales
Worksites Cooking Demo for Soledad Unified School District	06/24/26	Soledad
Interim 2026 Summer Wellness Fair	06/26/26	Salinas
JULY		
Cal Water Cooking Demo for Worksites Q3	07/08/26	Salinas
TBA AUSD Summer Farmer's Market	07/09/26	Salinas
Zumba at the Soccer Complex	07/11/26	Salinas
Castroville Cooking Demo	07/16/26	Castroville
Walk for Health - Ensen Park	07/18/26	Salinas
Senior Chair Yoga	07/22/26	Salinas
Speakers Bureau Presentation for City of Salinas	07/23/26	Salinas
SSA Salinas Summer Wellness Escape 2026 (Social Security Administration)	07/23/26	Salinas
Group Hike	07/25/26	Greenfield
AUGUST		
Back to School Night Northridge Mall	08/01/26	Salinas
CRU Winery Hike	08/09/26	Soledad
Clean Up at the Soccer Complex	08/11/26	Salinas
Ocean Mist Farm Worksites Cooking Demo- either 07/29 or 08/12	08/12/26	Castroville
Gonzales Cooking Demo	08/18/26	Gonzales
City of Salinas Worksites Walk	08/21/26	Salinas
Walk for Health	08/21/26	King City
Harvest Community Garden (Natividad Park)	08/29/26	Salinas

Scheduled Programs

SEPTEMBER		
TBA AUSD Fall Farmer's Market	09/03/26	Salinas
Dia de Convivencia- South Monterey County	09/06/26	Greenfield/King
JUHSD Parent Event	09/06/26	Greenfield/King
Salinas (El Gabilan Library) Cooking Demo	09/08/26	Salinas
Walk for Health	09/10/26	Castroville
Community Garden Clean Up (Gonzales)	09/12/26	Gonzales
Group Hike	09/26/26	Salinas
OCTOBER		
Walk for Health	10/3/2026	Greenfield
Cal Water Live Well Presentation for Worksites-Q4	10/08/26	Salinas
Soledad Cooking Demo	10/14/26	Soledad
Group Hike	10/25/26	TBD
Clean Up Soccer Complex	10/27/26	Salinas
NOVEMBER		
City of Salinas Q4 Holiday Charcuterie Board for Worksites	11/04/26	Salinas
Walk for Health	11/06/26	Salinas
CRU Winery National Hike Week	11/08/26	Soledad
Ocean Mist Farms Worksites Q4 Holiday Craft	11/18/26	Castroville
Community Garden Clean Up (Gonzales)	11/14/26	Gonzales
Castroville Cooking Demo	11/19/26	Castroville
DECEMBER		
Salinas (Cesar Chavez Library) Cooking Demo	12/09/26	Salinas
Walk for Health	12/11/2026	TBD
Group Hike	12/19/2026	TBD

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ADJOURNMENT