



# IMPACT REPORT

Fall 2023



## Message from Michele Lew

Due to a recent staff vacancy, The Health Trust had a temporary shortage of drivers to deliver Meals on Wheels. I jumped at the opportunity to drive a few routes, since I hadn't done a route in awhile and wanted to try the new mobile app we implemented.

My recent routes took me to neighborhoods in Santa Clara, Sunnyvale, and Los Gatos - a reminder that low-income homebound older adults live in every community in Santa Clara County.

Before getting on the road, I double-checked the number of beverages my clients needed, made sure that the fruit bags for clients who can only eat soft fruits didn't have apples, and loaded up an array of hot and frozen entrees in the car. Then I called my first client with an estimated time of arrival, and the mobile app routed me to his home.

There's something extremely satisfying about delivering Meals on Wheels. I love the direct interaction with clients, handing them a delicious and nutritious meal, as well as checking in on them with my own eyes. There's such a tangible sense of meaningful project completion at the end of each route. I never wonder, "Did I make a difference?" on my Meals on Wheels days.

On one of my visits, the client was an older woman who was legally blind, living in a second floor walk-up apartment, and cautious on her feet. She was so grateful for her Meals on Wheels that she grabbed my hand and kissed it. That's a memory I will treasure, and a reminder of how privileged I am to serve.

One of the things keeping me up at night is worry about all the seniors needing home-delivered meals who aren't receiving them. Government pandemic funding is drying up, individual donations are trending down throughout the nonprofit sector, and yet the need for food is still so high, right here in our backyards.

We at The Health Trust, in collaboration with our many partners, can solve food insecurity in Silicon Valley. Please join us in strategizing about how to ensure no homebound senior has to go without a meal. We treasure you and thank you for your support.

Yours in community,

Michele Lew, CEO

In FY2023, The Health Trust served **13,456 individuals** through our programs:



Food & Nutrition Services  
HIV/AIDS Services  
Housing Services

Reflecting the diversity of Santa Clara County, Our clients are:



**52%** White  
**40%** Latino  
**20%** Asian  
**10%** Black

Of all clients receiving services in FY2023:



**25%** age 55-64  
**24%** age 75+  
**20%** age 65-74  
**15%** age 45-54

Learn more about our programs and services by visiting [healthtrust.org](https://healthtrust.org)

## HIV/AIDS Services: Supporting HIV-positive Individuals for More Than Two Decades



Established more than 25 years ago as a pilot project of the State Office of AIDS to address the HIV/AIDS epidemic, The Health Trust's **HIV/AIDS Services** program has been supporting individuals living with HIV in Santa Clara County for more than two decades and continues to be a national model for the team approach to case management.

The program offers extensive wrap-around support and has demonstrated expertise in serving the HIV-positive LGBTQIA+ community, racially and ethnically diverse populations, and clients with multiple comorbidities, disabilities, mental health challenges, unemployment, and other barriers that negatively impact health management and wellness.

The Health Trust believes that everyone should have the opportunity to be healthy. By providing these services, we are helping to reduce the social stigma of living with HIV and encouraging individuals to seek treatment, which is essential for their well-being and controlling the spread of HIV.

This includes:

- medical and non-medical case management
- food assistance
- transportation assistance
- housing assistance
- emergency financial assistance
- support groups
- links to community resources
- jail linkage program

Learn more about our HIV/AIDS Services program by visiting [healthtrust.org/provider/chronic-disease/](https://healthtrust.org/provider/chronic-disease/)

## Celebrating Our First Health Equity Champions: Creating a Healthier Silicon Valley Together

Earlier this year, The Health Trust launched Health Equity Champions, an exciting way for local companies to make a lasting impact and help create a healthier Silicon Valley for all.

By joining forces with The Health Trust, Health Equity Champions are contributing to the vital support services needed by more than 13,000 local seniors, people living with HIV, and unhoused individuals in Santa Clara County.

A huge thank you to our first two Health Equity Champions, **Star One Credit Union** and **UA Local Union 393**, who are leading the way.

To learn more about how you can become a Health Equity Champion and help create a healthier Silicon Valley, contact us at [info@healthtrust.org](mailto:info@healthtrust.org) or 408.513.8700.



## Food As Medicine: A New Lease on Life

In the heart of San Jose, a transformation was taking place, one that would not only nourish the body but also rekindle the spirit. The Health Trust's **Medically Tailored Meals** program is not just about food; it gives people a second chance at life.

For Raul Campos Morales, an 87-year-old senior who had seen his share of struggles, and had recently lost his beloved wife, his world had grown lonely, and his health had taken a sharp turn for the worse. Hypertension, hyperlipidemia, orthostatic hypotension, and alarming weight loss had left him frail, with a broken arm from a recent fall adding to his woes.

Then, like a beacon of hope, his daughter came across The Health Trust and signed him up for Medically Tailored Meals. Raul's life was about to change in ways he couldn't have imagined.

From the very first bite, Raul was in for a delightful surprise. The meals were a symphony of flavors, reminding him of his Mexican food culture. The subtle heat of non-spicy chili and the comforting embrace of tomato rice took him on a culinary journey back to his roots. These meals were not just nourishment; they were a reminder of the vibrant life he had once known.

After three months of medically tailored meals, Raul felt the strength returning to his body. He was motivated to eat, and each meal became a moment of joy he eagerly anticipated. The mundane act of heating and eating his meals had become a cherished ritual, something he had struggled with since his wife's passing.

With his meals taken care of, Raul found a new lease on life. He no longer had to worry about the daily grind of meal preparation and could use his newfound energy for other pursuits. He became more productive, cleaning his home, going for invigorating walks, reading the Bible, and even taking up the challenge of learning English.

Every day is now a new adventure for Raul - an opportunity to spend time with his daughter, attend church, and exercise his mind, body and soul.



### As a Funder...

In September of 2023, The Health Trust awarded grants to four local organizations aligned with our mission of building health equity and focus areas. These grants will address food insecurity, expand food options, and increase access to healthcare and additional services with the launch of a mobile clinic. Read more about these partnerships on our website: [healthtrust.org/news](https://healthtrust.org/news)

- Health Partnership Grants
  - School of Arts and Culture at Mexican Heritage Plaza
  - Self-Help for the Elderly
- Health Equity Grants
  - Catholic Charities of Santa Clara County
  - Silicon Valley Community Foundation

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## Congressman Jimmy Panetta Visits the Food Basket and Delivers Meals



On September 25th, **Congressman Jimmy Panetta**, who represents California's 19th District which covers most of Santa Cruz County, parts of Santa Clara County, Monterey County and San Luis Obispo County, visited The Health Trust's **Jerry Larson Food Basket** to learn about our food programs and the needs in our community. While visiting, he met program staff and volunteers, and picked up a nutritious meal to deliver to a local Meals on Wheels program recipient.

A lifeline to many homebound individuals and people with disabilities **Meals on Wheels** provides meals that meet the nutritional standards of the Older American Act so seniors can maintain their health and independence in their own home for as long as possible.

With the high cost of living in Silicon Valley and inflation at an all-time high, many local residents are struggling and



and having to make difficult choices between food, rent, medication, and other basic necessities. Meals on Wheels helps alleviate some of the burden by providing healthy food.

**Learn more about our Meals on Wheels program** and how you can support local residents in our community by visiting [healthtrust.org/provider/food/](https://healthtrust.org/provider/food/)

## Support Our Work

As a 501(c)(3) nonprofit, The Health Trust depends on partners, including volunteers and donors, to support our work. Donations to The Health Trust support our direct service programs. Federal Tax ID #94-6050231.

To get involved, contact [info@healthtrust.org](mailto:info@healthtrust.org).

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