

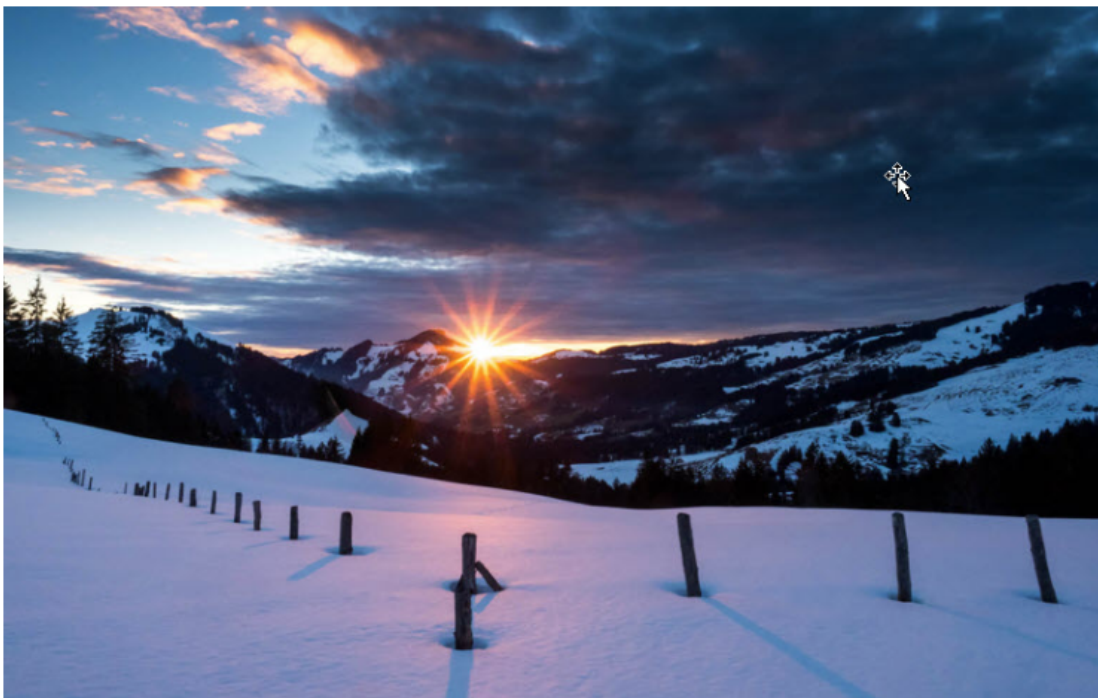


Sierra HOPE's mission is to promote individual dignity and support the health and well-being for at risk members of our community through compassionate services

Volume 4, Issue 1

Quarterly Newsletter

Winter 2024



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Message from Executive Director

Greetings!

As we begin 2024 the Board will be conducting a strategic planning day led by a professional facilitator provided by the Calaveras-Mariposa Community Action Agency (CMCAA) to assist in the development of a strategic plan for board efforts around fundraising and special events, communications, strategic use of limited grant funds and to identify both short and long-term goals to guide future efforts.

Prior to our formal planning, the board has already allocated funds for emergency motel vouchers for truly unhoused individuals referred by local churches and law enforcement during extreme weather conditions like we've had recently.

Sierra HOPE is also engaged in a collaboration with Anthem, Calaveras County Health and Human Services, California HealthNet, Mark Twain Medical Center, and

Valley Springs Health and Wellness to plan and implement a Street Medicine Program to provide outreach and basic medical care for people who are unhoused or disenfranchised in Calaveras County.

In addition to medical care provided by a mobile health clinic, this program may provide additional services such as food, showers, laundry, and referrals to housing programs. Calaveras County Public Health already has a mobile clinic van and is taking a lead role in developing the program proposal.

In our next newsletter we will continue a practice we started last year, introducing you to staff and board members. In Spring we will spotlight our talented HIV Program staff Bonnie and Gayle in an effort to help you understand better the important work they do every day as well as introduce you to two of our board members and report on what we accomplished at our strategic planning session.

Jerry

Jerry Cadotte
Executive Director

PROGRAM UPDATES

FOOD PANTRY NEEDS MORE VOLUNTEERS!



Food Pantry needs more Volunteers!

Sierra Hope's food pantry continues to serve more than 40 families every Wednesday afternoon, which represents a significant increase from prior years. Our food pantry is operated entirely by volunteers, including Steve Parkison who has been managing the food pantry for more than seven years. Other volunteers assisting him are Toni Klass and her husband Ron, Jodie Gibson, and Sierra HOPE Board Member Xan Adams.

We are actively seeking additional volunteers to help out in the pantry, especially to help with shopping, organizing and distribution. Shopping for food at our regional

food bank can involve some lifting (think a 50-pound sack of produce). **Volunteers can be scheduled on a rotating basis so that they don't have to be here every week.** Funding for the Food Pantry is provided by a generous grant from the Calaveras Community Foundation, and support from the Church of Jesus Christ of Latter-Day Saints and individual donations.

HIV Care program:

We're working on the new Ryan White budget which is up \$909 for a total of \$184,908 for the year starting April 1. Beyond medical treatment, Sierra Hope's community-based approach offers vital resources and addresses disparities, particularly in underserved rural areas. New clients trickle in and we are presently serving 50 clients spread over 5 counties with most of them in Calaveras, Amador and Tuolumne with a few over in Alpine and Mono counties.

The Continuing Need for Community Support in the Era of Treatable HIV/AIDS

In the realm of public health, few success stories rival the progress made in combating HIV/AIDS. Advances in medical science have transformed what was once a near-certain death sentence into a manageable chronic condition. However, amidst the triumphs of medical innovation, a critical reality persists: the indispensable role of community support in the ongoing fight against HIV/AIDS.

Despite significant strides in treatment accessibility and effectiveness, the need for robust community support systems remains paramount. Here's why:

- **Holistic Care Beyond Medical Treatment:** While antiretroviral therapy (ART) has revolutionized HIV/AIDS treatment, managing the condition extends beyond medication. Community support programs offer vital resources such as counseling, peer support groups, mental health services, and assistance with navigating social services. These holistic interventions are indispensable in fostering the overall well-being and quality of life for those living with HIV/AIDS – especially in rural areas.
- **Promoting Adherence and Retention in Care:** Sustained adherence to ART is crucial for suppressing the virus and preventing disease progression. However, various factors, including medication side effects, logistical barriers, and psychological stressors, can impede adherence. Community-based organizations play a pivotal role in promoting treatment adherence and retention in care by providing personalized support and addressing barriers on an individualized basis.

In our next newsletter, Bonnie Nordby, Sierra Hope's HIV Care Program Lead will help us gain a deeper understanding into the important care and support she and her team provide in our community.

FUNDRAISING 2024 NorCal AIDS Ride





Norcal AIDS ride is coming up May 16-19 – Wanna ride? It's a really fun day. This year, base camp will be in Roseville and each day cyclists will ride a different route returning to basecamp each night. Entertainment activities are will in the works, but Sierra Hope board president, Sue Brown, will serve as crew, and Jerry Cadotte, Sierra Hope Executive Director is already signed up to ride. Join us by [signing up on our team page here!](#) Or, support Jerry [by donating here.](#)

Thank you all for your ongoing support and generosity! We appreciate it!



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