

# THE DISH

E-Newsletter from Sedona Community Food Bank

## Arizona Community Foundation of Sedona Presents SCFB With Nonprofit Of The Year Award

Earlier this month, Sedona Community Food Bank was honored to be presented with the Nonprofit of the Year award at Sedona Arizona Community Foundation's Spirit of Philanthropy awards ceremony. Many thanks to our wonderful community who has supported us through the last two years - a time which saw us increase our average weekly client numbers 78% over the previous two years! We couldn't do it without you!



### Make a Plan for the Stamp Out Hunger Food Drive!

The annual Stamp Out Hunger For Drove on Saturday May 10, sponsored by the National Letter Carriers Association, is the largest one-day food drive in the country. To participate, fill a bag or two with shelf-stable food donations and place next to, around or below your mailbox early Saturday May 10 morning. Food bank volunteers and mail carriers will pick up your donation and deliver them to us for sorting! We need

volunteers! If you'd like to volunteer to help pick up or sort donations on May 10, please call Cathleen at 928-204-2808 Mon-Thurs 7:30-12.

## PATSY'S CORNER

STORIES FROM OUR VOLUNTEERS & CLIENTS

BY PATSY BRUNNER,  
VICE PRESIDENT OF SCFB BOARD  
& LONGTIME VOLUNTEER



## Meet A Winner!

One of the joys of working at the food bank is getting to know our clients. Every client who is part of the Sedona Community Food Bank family is unique and unforgettable, and everyone has a story!

Meet Shelia, for instance. Shelia has had more than one knee surgery

including a knee replacement but that hasn't seemed to slow her down. On February 1 of this year, at the age of 80, Shelia, decked out in her signature purple, participated in the final event of the 25<sup>th</sup> RunSedona.

Intrepidly walking the one mile, up and downhill, she made it to the finish line and was awarded her medal.

This was certainly not Shelia's first competition. She was a runner for many years and, in her 40's, walked an entire marathon just six months after knee surgery, finishing in six hours!

She's a winner beyond the racetrack: Years ago, she worked at the US Postal Service headquarters as well as at the Pentagon. She has been motivational speaker, and a Crisis Line volunteer. Today, Shelia is an artist who gives away her beautiful hand-painted inspiration rocks and is the author of the book "Divine Sparks," containing inspirational and insightful messages to help people reach their fullest potential.

We know Shelia as a cheerful, kind, and thoughtful friend to all of us at Sedona Community Food Bank.



### A Small But Important Correction

In our last newsletter, we were inspired to share about how SCFB volunteers had teamed up with volunteers from **Sedona Lodging Council, Knights of Columbus, Sedona Housing Coalition**, and the Board of Directors of **Housing Solutions of**

**Northern Arizona** to help prepare units for future residents at Oak Wash Homes in Cottonwood. Upon re-reading, we feel it's important to clarify that this project was not led by SCFB but only supported by SCFB. Apologies for any misunderstanding!



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to **53-555**



## Many Thanks to Our Generous Supporters!

*Thank you to all our supporters!  
We appreciate you and all that you do for our community!*

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Sedona Recycles  
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Sedona Toys for Tots  
Sedona Unitarian Universalist Fellowship  
Sedona United Methodist Church  
Sedona Wish List  
St Andrew's Episcopal Church  
St John Vianney Catholic Church  
St Luke's Anglican Church  
Stamp Out Hunger Food Drive  
The Humane Society of Sedona  
The Sedona Women  
Tlaquepaque  
Unify Sedona - A Rainbow Alliance  
Verde Valley Caregivers' Coalition  
Whole Foods Market  
Wildflower Bakery & Cafe  
Wyndham Resort

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## Our Board Members

*Sedona Community Food Bank's board is a working board - we couldn't accomplish everything we do without the amazing contributions & dedication of this fantastic team.*

**Jane Tusso** - President

**Patsy Brunner** - Vice President

**Felicia Blasdel** - Treasurer

**Robin Czachor** - Secretary

**Mike Cook**

**Carol Kurimsky**

**Rick Ferreira**

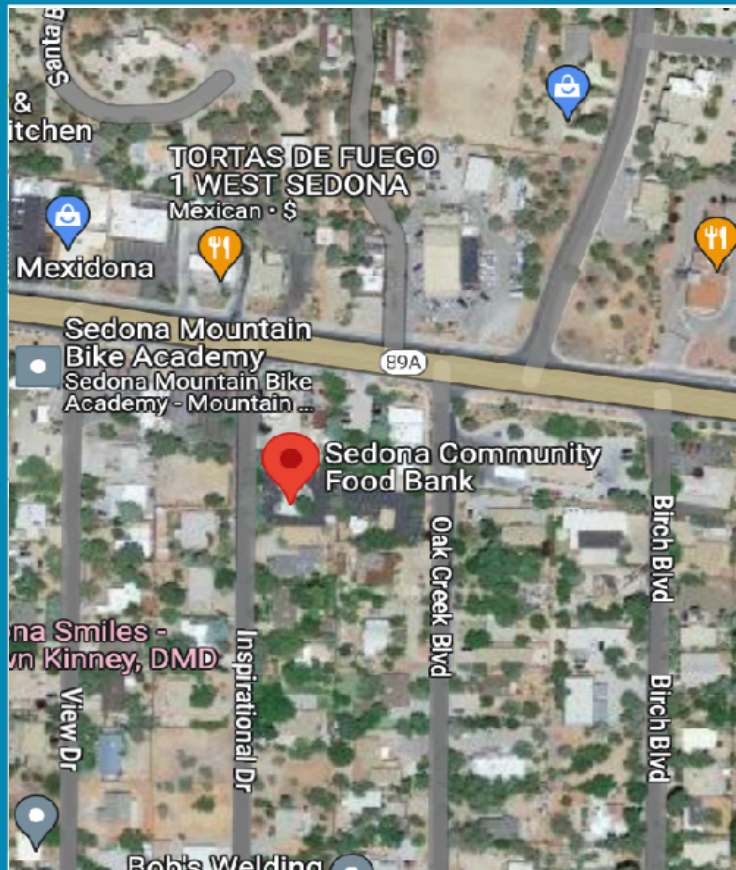
**Cathleen Healy-Baiza** - Executive Director



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*“Help us Trade  
Hunger for  
Hope!”*



## Get in touch with us!

The Sedona Community Food Bank is located at  
**30, Inspirational Dr  
Sedona, AZ 86336**

Cathleen Healy Baiza, Executive Director -  
**[SedonaFoodBank@gmail.com](mailto:SedonaFoodBank@gmail.com)**

- Laura Brown, Community Development Manager, -  
**[FoodBankDevelopment@gmail.com](mailto:FoodBankDevelopment@gmail.com)**

**[SedonaFoodBank.org](http://SedonaFoodBank.org)**

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