

FOOD FROM THE HEART newsletter



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www.foodfromtheheart.us • 805-898-3981

FOOD FROM THE HEART is a volunteer-driven program that meets every Wednesday to prepare delicious and nutritious meals for members of our community in crisis. The food is important but what is equally important is the message it brings that others really care and have true empathy for the challenging situations which our clients are facing.

We continue our series of honoring a volunteer each week - this week let's meet Cecelia Muñoz...

Cecelia Muñoz

Cecelia was born and raised in Santa Barbara. In 2003 after 25 years of working as a certified income tax preparer and an accountant she became self-employed so she could concentrate on passing the Enrolled Agent Exam. During this time she unfortunately fractured her arm in three places and endured a years worth of therapy.



While home-bound, Cecelia began receiving Food from the Heart weekly deliveries. Wanting to give back to our program she became a devoted volunteer and has been showing up regularly for the last year. Now we're lucky because she has volunteered to help us keep our financial records in order.

Cecelia was diagnosed with Multiple Sclerosis in 1993 and this disability has helped her appreciate other people who face daily challenges. She reminds us to acknowledge and respect all the gifts we have and all the things that we are able to do each day.

"One of the things I enjoy about being a volunteer at FFTH is the close work environment and camaraderie I feel every Wednesday with all of the other volunteers. Having been disabled myself for so long makes me proud to know FFTH really "IS FROM THE HEART". When Joel Fithian was featured in one of our newsletters a few weeks ago, he and I suddenly discovered we were probably distant cousins and didn't know it."

Cecelia has two sons and two grandsons. Albert, 34, is an athletic trainer/physical therapist for an orthopedic clinic in Mesa, Arizona. Adam, 33, a recording engineer based in San Francisco, has numerous albums to his credit and a movie due out at the end of the year.

Cecelia is an avid reader of novels, mysteries and Bible studies.

As a non-profit group, FOOD FROM THE HEART relies on pledges, donations and grants to fund our program - in other words we rely a lot on people like you. Here's how you can help:

1) **SEND MONEY!**

Because we are a 501.c.3 non-profit public benefit corporation, your donation may be tax-deductible. Please make your check payable to:

FOOD FROM THE HEART
PO Box 3908 Santa
Barbara, CA 93130.

You can also visit our web site at www.foodfromtheheart.us and make a donation or an ongoing pledge using your credit card.

2) **REMEMBER US IN YOUR WILL...**

You do not have to be wealthy to leave a legacy – every little gift really does help. Please call for information on how to include us in your bequests, or see our web site for more ideas.

3) **INVITE A FRIEND TO VOLUNTEER**

- we meet every Wednesday morning from 8 A.M. to approximately 1 P.M. Anyone can come for any part of it; our kitchen is in the First Presbyterian Church, 21 East Constance, behind the children's preschool. We also always need drivers to deliver the food every week. Drivers pick the food up at 12:30 pm and make a few deliveries to happy clients.