

December Newsletter

READ BELOW FOR TOBACCO AND COMMUNITY NEWS:



As 2024 draws to a close, we want to take a moment to express our deepest gratitude for your dedication, collaboration, and passion throughout this year. This season, as we all slow down and take a well-deserved break, we reflect on the incredible impact we've made together. It's been a year of growth, learning, and shared victories, and none of this would have been possible without each of you.



Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held March
2025 Location TBD

If you are interested in joining our coalition and presenting at our next meeting, please contact Sean Smith at ssmith@sanbenitocountyca.gov

WELLNESS COALITION
OF SAN BENITO COUNTY
Est. 1990



HAPPY
HOLIDAYS
DECEMBER 2024



ORGANIZATION

Spotlight



CALFRESH HEALTHY LIVING

- Delivers nutrition and physical activity education for afterschool programs and elementary school classrooms.
- Offers nutrition education for adults.
- Provides physical activity curriculum training for afterschool staff members.
- Collaborates with organizations to implement policy, systems, and environmental changes to support nutrition and physical activity.

FUEL YOUR FUN



Pineapple

A taste of the tropics! Buy fresh pineapple if it's a good price. Look for pineapple that is plump, with at least some yellow towards the bottom and healthy-looking green leaves. If it's not mostly yellow, let it sit for a couple of days on the counter before eating. Enjoy pineapple plain, in a fruit salad, in yogurt and smoothies, or in a sweet and tangy dish.

Pineapple with Sweet Mole

INGREDIENTS

An unusual, yet refreshing dessert that tastes as good as it looks.

- 1 fresh pineapple
- 6 tablespoons mole
- ½ tablespoon honey*

*Do not give honey to children under the age of one.

Preparation

1. Cut top and bottom off pineapple then cut into 6 round slices.
2. Cook pineapple slices on a hot grill or in a hot skillet for about 2 to 3 minutes on each side to lightly blacken and heat.
3. In a small saucepan, stir together mole and honey; cook until warm.
4. Spoon 1 tablespoon over each slice of warm pineapple, and serve immediately.

Makes 6 servings - 1 pineapple slice with 1 tablespoon mole per serving.



Improve Your Mental Health

Physical activity is so good for our minds! Being active is not just good for your muscles and bones, it can help you think, learn and problem solve. It also helps with our emotions and can reduce anxiety and depression. Get your family moving for a mood and energy boost!



Funded by USDA SNAP, an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

ALIMENTA TU DIVERSIÓN



PIÑA

¡El sabor del trópico! Compre piña fresca si está a buen precio. Busque una piña que esté regordeta, con al menos un poco de color amarillo hacia el fondo y hojas verdes de aspecto saludable. Si no está mayormente amarilla, déjela reposar un par de días en la encimera antes de comerla. Disfrute de la piña natural, en una ensalada de frutas, en yogur y batidos, o en un plato dulce y ácido.

Piña con Mole Dulce

INGREDIENTES

Un postre poco común, pero muy refrescante. ¡Es tan sabroso como parece!

- 1 piña
- 6 cucharadas de mole
- ½ cucharada de miel*

***No le dé miel a los niños menores de 1 año.**

Preparación

1. Corte los dos extremos de la piña y luego córtela en 6 rebanadas redondas.
2. Ase las rebanadas de piña en una parrilla o en un comal por 2 a 3 minutos de cada lado para calentarla un poco.
3. En una cacerola pequeña mezcle el mole y la miel, cocine hasta que se caliente.
4. Agregue 1 cucharada sobre cada rebanada de piña calentada y sirva inmediatamente.

Rinde 6 porciones - 1 rebanada de piña con 1 cucharada de mole por porción.



Mejore su salud mental

¡La actividad física es muy buena para nuestra mente! Estar activo no solo es bueno para los músculos y los huesos, sino que también puede ayudarlo a pensar, aprender y resolver problemas. También ayuda con nuestras emociones y puede reducir la ansiedad y la depresión. ¡Haga que su familia se mueva para mejorar el estado de ánimo y la energía!



Financiado por SNAP del USDA, un proveedor que brinda igualdad de oportunidades. Para consejos saludables, visite www.CalFreshHealthyLiving.org.

EDUCATION

A Conversation on Alzheimer's Care



Every 65 seconds someone in the United States develops Alzheimer's, a disease which still has no known cure...

In this session, we will focus on:

- Alzheimer's Disease Risk Factors
- Warning Signs
- Helpful Resources for Caregivers
- How **YOU** Can Join the Fight

When

Thursday January 30th
5:30pm-7pm
Registration starts at 5pm

Where

San Juan Bautista
Community Center
10 San Jose Street,
San Juan Bautista



Presented by:
Philip M. Geiger,
Regional Director for
Alzheimer's Association

Christina E. Andrade,
Senior Family Consultant
Health Projects Center-Del Mar
Caregiver Resource Center



RSVP to Mary Vazquez Edge
(831)-262-3484

Light refreshments offered



Del Mar Caregiver
Resource Center
Supporting Caregivers through their Journey

baby care kits

FREE KIT DISTRIBUTION

February 15th
10 AM - 12 PM
Drive-thru
while supplies last

Instructions:

- Head North on Egleberry until reaching Informed Choices at 66 1st St. Gilroy, Ca. 95020.
- A volunteer will hand each recipient a FREE baby care kit box. (each kit contains one diaper size ranging from 1 - 5. *while supplies last*)

Questions? Call 408-847-8880 or info@informed-choices.org

BABY CARE KIT CONTAINS:



WEEKLY FREE VACCINATION CLINIC

Flu Vaccine free for all

Covid vaccine for those eligible

WEDNESDAYS & THURSDAYS

10:00 a.m. - 12:00 p.m.
2:00 p.m. - 4:00 p.m.

Schedule appointments at myturn.ca.gov
Walk-ins welcomed!



Located at:
San Benito County
Public Health Services
351 Tres Pinos Rd Suite B,
Hollister, CA 95023



For more information call (831) 637-5367.

CLÍNICA GRATUITA DE VACUNACION SEMANAL

Vacuna gratuita contra la gripe

Vacuna de covid para elegibles

MIÉRCOLES Y JUEVES

10:00 a.m. - 12:00 p.m.
2:00 p.m. - 4:00 p.m.

Programe citas en myturn.ca.gov
¡Sin cita bienvenidos!

ubicado en:

Servicios de salud pública del condado de San Benito
351 Tres Pinos Rd Suite B, Hollister, CA 95023

A partir de los 6 meses



Para más información, llame al (831) 637-5367

kits de bebé

GRATIS: DISTRIBUCIÓN DE KITS

Fecha: 15 de Febrero
Hora: 10 AM - 12 PM
Drive-thru
hasta agotar el stock

Instrucciones:

- Vaya hacia el norte por Egleberry hasta llegar a Informed Choices en 66 1st St. Gilroy, CA. 95020.
- Un voluntario le dará GRATIS una caja con un kit para el cuidado del bebé.

(Cada kit contiene pañales en una talla entre 1-5 *hasta agotar el stock*)

¿Preguntas? info@informed-choices.org o 408-847-8880

EL KIT DE BEBÉ CONTIENE:



**Would like to share an announcement? Email our
Program Coordinator at
ssmith@sanbenitocountyca.gov**

Cessation Resources



Ready to Quit?

Kick It CA is a free program that helps Californians kick tobacco with the help of proven, science-based strategies. Take the first step toward quitting.

For more information:

**San Benito County Tobacco Education Program 351 Tres Pinos Rd,
Suite A-202 Hollister, CA 95023 Tel: (831) 637-5367 Monday-Friday:
8:00am to 5:00pm**

[San Benito County Tobacco Education Program Coalitions](#)