

April 2024
Wellness Coalition
Newsletter



**Happy April Wellness Coalition Members!
Read below for tobacco news:**

During National Public Health Week, the Tobacco Education Program and Opioid Task Force of San Benito County, organized an art contest for the community. In collaboration with The YMCA of San Benito, the event received more than 100 submissions. "Radiant Futures: A Substance-Free Creation" highlighted the youth's creativity in envisioning a substance-free community.



Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held June
04, 2024
Location TBD

If you are interested in joining our coalition and presenting at our next meeting, please contact Javier Perez at jperez@cosb.us

ORGANIZATION

Spotlight



CENTRAL CALIFORNIA ALLIANCE FOR HEALTH (THE ALLIANCE)

- The Alliance is the Medi-Cal managed care health plan for 40% of residents in San Benito, Mariposa, Merced, Monterey and Santa Cruz counties. We've been serving families since 1996!
- We're proud to live and work in the communities we serve, and we understand the unique needs of our communities and our members. Members can visit us locally at 1111 San Felipe Road, Suite 109 in Hollister.
- Members have access to benefits such as a 24/7 Nurse Advice Line, health programs, transportation services and interpretation services.
- For more information on what we offer as your local ally in being your healthiest self, visit www.thealliance.health/sanbenito.



Fuel Your Fun

Earth Day

This month, we're encouraging you to get active while helping the earth! Pick up trash at a local park, plant a garden, or go on a scavenger hunt finding different kinds of plants in your neighborhood. Post your Earth Day activity on social media and tag #PlayYourWay so we can share what you've done!



Eating Out:



Eating out can be a fun thing to do with your family! You can enjoy eating out while still making healthier choices. Choose vegetables, fruit, or cottage cheese rather than a fried item, like french fries. Many kids' meals have an option of milk, rather than soda. The next time you eat out, check out all the options before you order and enjoy a night of no cooking.

Parts of the Plant



In Pick a better snack, students learn the parts of the plant that we eat. For example, potatoes are the roots, broccoli is a flower, strawberries are the fruit, and beans are the seeds.

What are stems that we eat? Yes! Asparagus, celery, and rhubarb are all stems that we eat. Next time you eat a vegetable, ask your child what part of the plant it is. It's a fun way to learn science.



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



HEALTHY KIDS DAY[®]

YMCA OF SAN BENITO COUNTY
April 20 • 10am - 1pm • Free to the Public



For a better us.[®]



Fruit parfaits sponsored by the Child Abuse Prevention Council of SBC

SAVE \$100

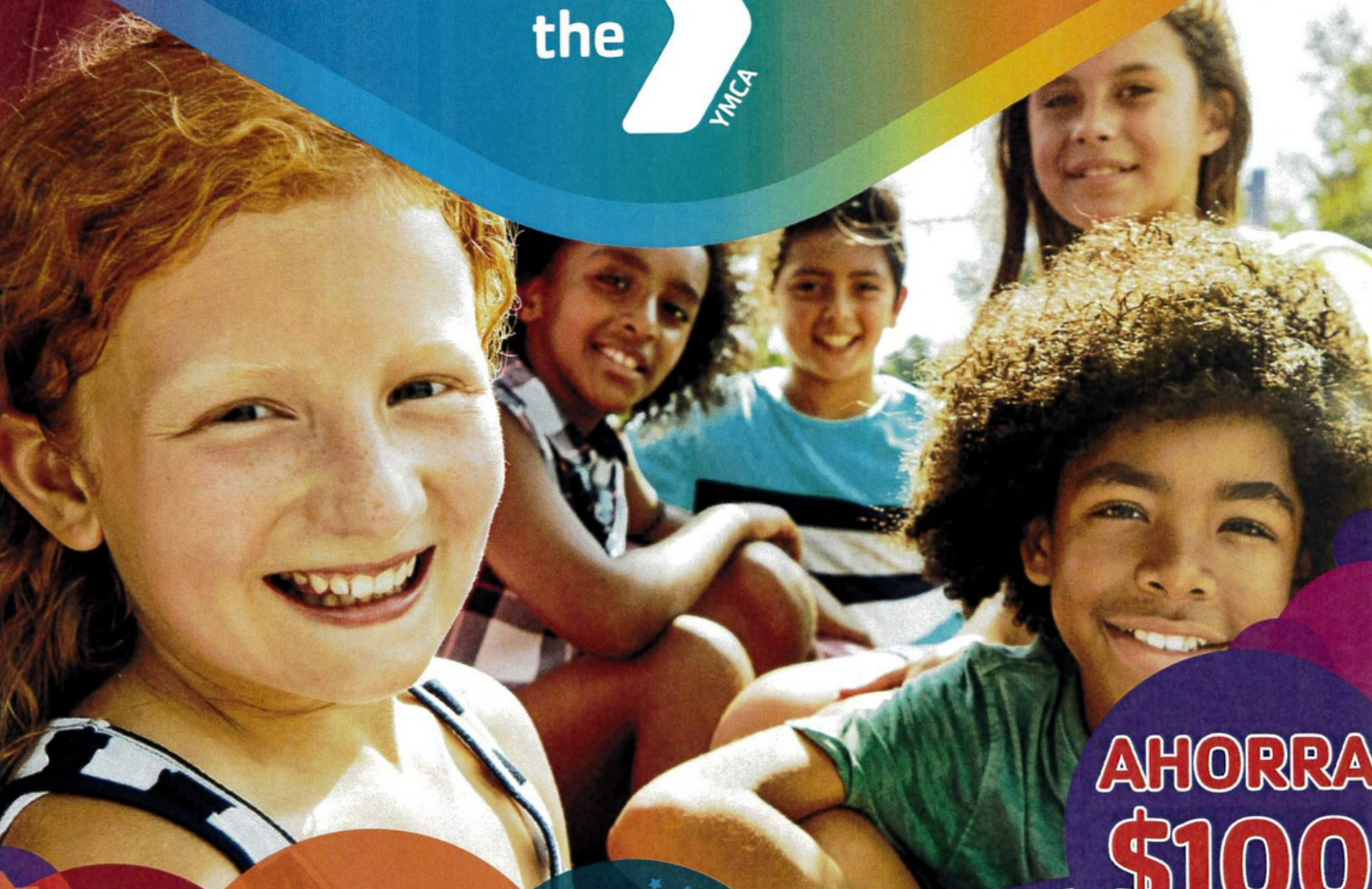
OFFER ONLY AVAILABLE
APRIL 1 - 30, 2024

Wellness
is in Full
BL*O*O*M

NO CONTRACT. NO JOINING FEE.
In honor of Healthy Kids Day.

YMCA OF SAN BENITO COUNTY
351 Tres Pinos Road, Ste. A-201
Hollister, CA 95023
☎ (831) 637-8600
🌐 CentralCoastYMCA.org
📷 @YMCAOFSBC
📍 YMCA Of San Benito County





**AHORRA
\$100**

OFERTA SÓLO DISPONIBLE
DEL 1 - 30 DE ABRIL, 2024

DÍA DE LOS NIÑOS SALUDABLES™

YMCA DEL CONDADO DE SAN BENITO
20 de Abril · 10am - 1pm · Gratuito al público



Que FLORZCA EL BIENESTAR

SIN CONTRATOS NI CUOTAS DE INSCRIPCIÓN.
En honor del Día De Los Niños Saludables.

YMCA DEL CONDADO DE SAN BENITO
351 Tres Pinos Road, Ste. A-201
Hollister, CA 95023
(831) 637-8600
CentralCoastYMCA.org
@YMCAOFSBC
YMCA Of San Benito County



Por una mejor comunidad para todos.



Parfaits de frutas patrocinados por el
Consejo de Prevención del Abuso
Infantil del condado de San Benito!





SAFELY DISPOSE OF ANY UNUSED OR
EXPIRED MEDICATION

NATIONAL DRUG TAKE-BACK DAY

HOSTED BY HOLLISTER POLICE DEPARTMENT

SATURDAY APRIL 27, 2024

10 AM - 2PM

**1790 AIRLINE HWY
PARKING LOT
(NEAR TARGET)**



**SAN BENITO COUNTY
OPIOID TASK FORCE**



For more information on safe med
disposal options locally:
<https://www.sbcopioidtaskforce.org/>

DESECHE DE FORMA SEGURA CUALQUIER
MEDICAMENTO NO UTILIZADO O CADUCADO

¡EL DIA NACIONAL DE DEVOLUCIÓN DE DROGAS!

ORGANIZADO POR EL DEPARTAMENTO DE POLICÍA DE
HOLLISTER

SÁBADO 27 DE ABRIL DE 2024
10 AM - 2PM

1790 AIRLINE HWY
ESTACIONAMIENTO
(CERCA DE TARGET)



SAN BENITO COUNTY
OPIOID TASK FORCE



Para obtener más información sobre las
opciones de eliminación segura de
medicamentos a nivel local:

<https://www.sbcopioidtaskforce.org/>



SAVE THE DATE!
WEDNESDAY
JUNE 12, 2024

10AM-2PM
DUNN PARK

SAFE
K:DS
SAN BENITO
COUNTY





¡RESERVA LA FECHA!

MIÉRCOLES

12 DE JUNIO 2024

10AM-2PM

DUNN PARK

**SAFE
K:DS**
SAN BENITO
COUNTY



JOIN US IN MARCH AND APRIL ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

10 Warning Signs of Alzheimer's
Tuesday, March 12, 2-3 p.m. | [Register](#)

**Advancing the Science:
The Latest in Alzheimer's and Dementia
Research** Wednesday, March 13, 2-3 p.m. |
[Register](#)

Dementia Conversations
Thursday, March 21, 10-11 a.m. | [Register](#)

Effective Communication Strategies
Tuesday, March 26, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body
Tuesday, April 2, 2-3 p.m. | [Register](#)

Understanding Alzheimer's and Dementia
Thursday, April 11, 10-11 a.m. | [Register](#)

**Understanding and Responding to Dementia-
Related Behavior**
Thursday, April 25, 2-3 p.m. | [Register](#)



SPANISH CLASSES

**Understanding and Responding to
Dementia- Related Behavior**
Thursday, March 21, 6:30-7:30 p.m. | [Register](#)

Healthy Living for Your Brain and Body
Thursday, April 18, 6:30-7:30 p.m. | [Register](#)

CHINESE CLASSES

Effective Communication Strategies (Cantonese)
Friday, March 8, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's (Mandarin)
Tuesday, March 19, 10-11 a.m. | [Register](#)

**Understanding Alzheimer's and Dementia
(Mandarin)**
Friday, March 22, 10-11 a.m. | [Register](#)

**Understanding and Responding to Dementia-
Related Behavior (Mandarin)**
Wednesday, April 10, 2-3 p.m. | [Register](#)

**Healthy Living for Your Brain and Body
(Mandarin)** Thursday, April 18, 2-3 p.m. | [Register](#)

**Understanding Alzheimer's and Dementia
(Cantonese)**
Tuesday, April 23, 10-11 a.m. | [Register](#)

*For on-demand recorded classes,
please visit alz.org/education*

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S  ASSOCIATION®

Program descriptions on back. Visit alz.org/CRF to explore additional education programs in your area.

JOIN US IN MARCH AND APRIL

PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

INTRODUCTION TO ALZHEIMER'S

Join us for a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

EFFECTIVE COMMUNICATION STRATEGIES

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (3-PART WORKSHOP)

For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**TO REGISTER OR LEARN MORE,
PLEASE CALL 800.272.3900 OR ONLINE
AT ALZ.ORG/CRF**

Visit alz.org/CRF to explore additional education programs in your area.

CARING FOR VETERANS AND THEIR LOVED ONES THROUGH ALZHEIMER'S OR OTHER DEMENTIA

Education programs presented by the Alzheimer's Association

Join us for this free, virtual Caregiver series for Veterans who serve as Caregivers, Caregivers of Veterans, and those who serve Veterans in the community.

Dates: February-April 2024,
First Tuesday of the month
Time: Noon-1:15 p.m.

Location:
Virtual via Zoom

Use links next to the program or call
800.272.3900.



HEALTHY LIVING FOR YOUR BRAIN AND BODY

TUESDAY, FEBRUARY 6 | NOON-1:15 P.M.

REGISTER: [TINYURL.COM/VAHLBB](https://tinyurl.com/vahlbb)

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

TUESDAY, MARCH 5 | NOON-1:15 P.M.

REGISTER: [TINYURL.COM/VABEH](https://tinyurl.com/vabeh)

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

EFFECTIVE COMMUNICATION STRATEGIES

TUESDAY, APRIL 2 | NOON-1:15 P.M.

REGISTER: [TINYURL.COM/VAECS](https://tinyurl.com/vaecs)

Teaches Caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

FACILITATED WITH:



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Sierra Pacific Network (VISN 21)



SERIE EDUCATIVA PARA CUIDADORES PRESENTADA POR LA ALZHEIMER'S ASSOCIATION

Acompáñenos a esta serie educativa para personas que cuidan de alguien que está viviendo con pérdida de memoria, la enfermedad de Alzheimer y otras formas de demencia.

¡Tendremos bocadillos, bebidas y una rifa con premios!

Introducción a la Alzheimer's Association

Miércoles, Marzo 6, 6-7p.m., regístrese en línea en:

tinyurl.com/SAA030624

Únase a nosotros para obtener una breve descripción general de la enfermedad de Alzheimer, la demencia y pérdida de memoria. Los temas incluyen el impacto del Alzheimer, los factores de riesgo, las señales de advertencia y cómo pueden unirse a la lucha contra la enfermedad. Si usted cuida de alguien con pérdida de memoria, venga a aprender sobre recursos y servicios ofrecidos por la Alzheimer's Asociación y en la comunidad.

Estrategias efectivas de comunicación

Miércoles, Marzo 27, 6-7 p.m., regístrese en línea en:

tinyurl.com/SCOMM032724

Este programa informa y educa a los cuidadores para interpretar la comunicación verbal y de comportamiento de personas afectadas por la enfermedad de Alzheimer y demencia en general. Los participantes aprenderán las estrategias para una conexión significativa con las personas en etapa temprana, media y tardía de demencia.

Entendiendo y Respondiendo a Cambios de Comportamiento Relacionados con la Demencia

Miércoles, Abril 17, 6-7 p.m., regístrese en línea en:

tinyurl.com/SBEH041724

El comportamiento es una forma poderosa de comunicación y es una de las formas principales para las personas con demencia de comunicar sus necesidades y sentimientos a medida que la capacidad de usar el lenguaje se pierde. Sin embargo, algunos comportamientos pueden presentar desafíos reales para los cuidadores. Únase a nosotros para aprender a descifrar los mensajes de comportamiento, identificar los factores desencadenantes comunes del comportamiento, y aprender estrategias para ayudar a intervenir con algunos de los problemas de comportamiento más comunes de la enfermedad de Alzheimer.

**En
colaboración
con:**



**Envejecimiento
Saludable**

Todas las clases se llevarán a cabo en:

Alliance on Aging – The HUB

236 Monterey Street

Salinas, CA 93901

Para registrarse, utilice los enlaces listados

arriba o llame al 1.800.272.3900.

Si tiene alguna

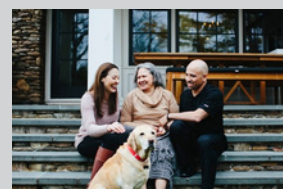
pregunta, llame a

Yuliana Mendoza al

831.275.4252 o envíe

un correo electrónico a

ymflores@alz.org.



ALZHEIMER'S ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.



SAN BENITO YOUTH ASSOCIATION

COME JOIN THE YOUTH-BASED COALITION

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO WANT TO PROMOTE A TOBACCO-FREE COMMUNITY AND DRIVE CHANGE.

BI-MONTHLY MEETINGS THAT ARE LIVELY, ENJOYABLE, AND INVOLVE DELICIOUS FOOD WHILE WORKING.



LOOKING TO RACK UP THOSE COMMUNITY SERVICE HOURS?



DREAMING OF A CHANCE TO EXPLORE NEW HORIZONS WHILE MAKING A DIFFERENCE IN THE WORLD?



WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH COLLEGE RECOMMENDATION LETTERS?



INTERESTED IN JOINING?

CONTACT JAVIER PEREZ
JPerez@COSB.US
(831) 902-9892



Would like to share an announcement? Email our Coalition & Community Engagement Coordinator at jperez@cosb.us

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