

November Newsletter

READ BELOW FOR TOBACCO AND COMMUNITY NEWS:



GREAT AMERICAN SMOKEOUT

Join the Great American Smokeout on November 21st! Start your journey to a smokefree life with support, resources, and proven strategies to help you quit. It's never too late to improve your health and protect those around you from the dangers of smoking.

NATIONAL NATIVE AMERICAN HERITAGE MONTH

Sacred tobacco is used in Native American ceremonies and healing, deeply tied to cultural and spiritual practices. In contrast, commercial tobacco is mass-produced for recreational use and contains harmful chemicals. During National Native American Heritage Month, we honor the respectful use of sacred tobacco while raising awareness of the negative impact of commercial tobacco on Native communities





WELLNESS COALITION

OF SAN BENITO COUNTY

Est. 1990

DECEMBER

Meet & Greet

HOSTED BY THE WELLNESS COALITION OF SAN BENITO

Come join us and connect with community organizations and learn about the latest community updates!

Agenda

Wellness Coalition Updates

Activities

Snacks

Speed Networking

Team building

(bring your business cards!!)

DECEMBER 3RD, 2024

12PM-2PM

**LOCATION HOSTED BY YMCA AT 351 TRES PINOS RD STE A-201,
HOLLISTER, CA**

RSVP AT

[SSMITH@SANBENITOCOUNTYCA.GOV](mailto:ssmith@sanbenitocountyca.gov)



ORGANIZATION

Spotlight



TOBACCO EDUCATION PROGRAM

- During Red Ribbon Week, the Tobacco Education Program ramped up efforts to promote a drug-free lifestyle among youth through educational campaigns, community involvement, and awareness activities. Schools and communities collaborated to educate students about the dangers of tobacco use and vaping.
- The Tobacco Education Program attended the Tobacco Prevention University training in Long Beach, California. This event provided the team with valuable insights on the latest strategies and best practices in tobacco prevention, as well as opportunities to network with other professionals in the field.
- Mark your calendars for our upcoming coalition meeting on **December 3rd from 12:00 PM to 2:00 PM**, hosted by the YMCA of San Benito. This meeting will be crucial for discussing our progress, planning future activities, and strengthening our collaborative efforts.

FUEL YOUR FUN



Chickpeas

Chickpeas, also called garbanzo beans, are a low-cost veggie with lots of protein and fiber. You may have eaten them in popular dishes like falafel, curry and hummus. You can buy chickpeas dried or canned.

Roasted Chickpeas

Ingredients:

- 15 ounce can chickpeas, drained and rinsed
- 1 tablespoon olive, canola or vegetable oil
- 1 teaspoon seasoning (cummin, garlic, or chili powder, etc.)

Instructions:

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Drain and rinse one can chickpeas. Blot dry with a paper towel.
3. In a bowl, toss chickpeas with oil and seasoning of your choice.
4. Transfer chickpeas to the baking sheet.
5. Bake for 35-45 minutes, until browned and crispy. Store in an airtight container at room temperature.



Screen Time Tips

Screens are everywhere, and they can really capture our attention when the weather turns colder. One way to keep screen time in check is to create a media plan. Establish times and places where children can use screens, and look for opportunities where you could get moving instead.



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

ALIMENTA TU DIVERSIÓN



GARBANZOS

Los garbanzos son una verdura de bajo costo con mucha proteína y fibra. Es posible que los haya comido en platos populares como el falafel, el curry y el hummus. Puede comprar garbanzos secos o enlatados.

Garbanzos asados

ingredientes

- Lata de 15 onzas de garbanzos, escurridos y enjuagados
- 1 cucharada de aceite de oliva, de canola o vegetal
- 1 cucharadita de condimento (comino, ajo o chile en polvo, etc.)

Instrucciones:

1. Precaliente el horno a 400 grados F. Rocíe una bandeja para hornear con aceite en aerosol antiadherente.
2. Escorra y enjuague una lata de garbanzos. Seque con una toalla de papel.
3. En un bol, mezcle los garbanzos con el aceite y el condimento que prefiera.
4. Transfiera los garbanzos a la bandeja para hornear.
5. Hornee durante 35-45 minutos, hasta que estén dorados y crujientes. Conserve en un recipiente hermético a temperatura ambiente.



Consejos sobre el tiempo frente a la pantalla

Las pantallas están en todas partes y pueden captar nuestra atención cuando el clima se vuelve más frío. Una forma de controlar el tiempo frente a la pantalla es crear un plan de medios. Establezca horarios y lugares en los que los niños puedan usar pantallas y busque oportunidades en las que pueda ponerse en movimiento.



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



University of California
San Francisco



NICOTINE REPLACEMENT RESEARCH STUDY



Inhaler



Lozeng



Patch



Gum

We seek your views about tobacco use and products to help quit smoking

If you are 18 years and older, a cigarette smoker, and have
tried to quit, we would like to hear your opinions.

After registering you will be asked to complete a short survey,
before joining a 1 hour online focus group.

Study volunteers will receive a \$75 Amazon gift card for
their participation

To register for this study please email : NCPC@ucmerced.edu

The focus group will take place on [DATE] at [TIME]

Location: Virtual session via Zoom [access details will be sent after
registering to be part of this study]

Arturo Durazo, PhD

Email:

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

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!

Ages 6
months
and up

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



For more information call (831) 637-5367.



University of California
San Francisco



ESTUDIO DE INVESTIGACIÓN DE TERAPIA REEMPLAZO DE NICOTINA



Inhalador



Pastilla



Parche



El Chicle

Buscamos su opinión sobre el consumo de tabaco y los productos para ayudar a dejar de fumar

Si tiene 18 años o más, fuma cigarrillos y ha intentado dejar de
fumar, nos gustaría escuchar sus opiniones.

Después de registrarse, se le pedirá que complete una breve encuesta
antes de unirse a un grupo de discusión por Zoom y por una hora.

Los voluntarios del estudio recibirán una tarjeta de regalo de
Amazon de \$75 por su participación.

Para inscribirse en este estudio envíe un correo electrónico : NCPC@ucmerced.edu

El grupo de discusión se llevará a cabo el [FECHA] a las [HORA]

Ubicación: Sesión virtual vía Zoom [los detalles de acceso se enviarán
luego de registrarse para ser parte de este estudio]

Dr. Arturo Durazo

Tel: (209) 233-3696

Email:

NCPC@ucmerced.edu



Share the fun and adventure of talking, reading, and singing with your child at our weekly program. We will feed your child's imagination with stories and song. Come join other families with young children to explore through music and movement.

This program will focus on nurturing:

- Parent child bonding
- Curiosity & Exploring
- Play & Learn
- Music & Movement

This program is designed for families with children 0 to 5 years old.

Come and join us!

Monday 10:00am-11:00am

Tuesday 10:00am-11:00am

Thursday 10:00am-11:00am

Location: The Children's Kingdom
1011 Line St. Room 10 Hollister Ca. 95023



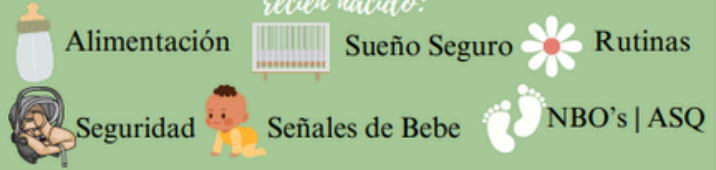
Please contact First 5 at 831-634-2046 or Samantha@first5sb.com
351 Tres Pinos Rd., 100-A | Hollister, CA
Se Habla Español!



Únase a nosotros para

Celebración del Nacimiento en honor a la llegada de su bebé. Traiga a su bebé y descubramos formas de apoyar el nuevo papel especial de su familia.

Escuche información actualizada sobre la atención del recién nacido:



¡Y mucho más!

A partir de septiembre 11, 2024

Cuándo: cada segundo miércoles del mes
Oct 9, 2024 | Nov 13, 2024 | Dic 11, 2024
Ene 15, 2025 | Feb 12, 2025 | Mar 12, 2025
Abr 9, 2025 | Mayo 14, 2025 | Jun 11, 2025

Horario: 10:00 am a 11:00 am
Ubicación: El Reino de los Niños
1011 Line St. Salon 10

Encantado de ayudarle:
María Díaz Ruiz | (831) 325-0321 | María@First5sb.com

Please Join Us For

Birth Celebration in honor of your baby's arrival. Bring your baby and let's discover ways to support your family's new special role.

Hear up to date information on newborn care:



And much more!

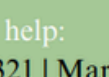
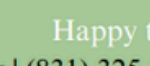
Starting September 11, 2024

When: Every Second Wednesday of the Month
Oct 9, 2024 | Nov 13, 2024 | Dec 11, 2024
Jan 15, 2025 | Feb 12, 2025 | Mar 12, 2025
Apr 9, 2025 | May 14, 2025 | Jun 11, 2025

Time: 10:00am to 11:00am
Location: The Children's Kingdom
1011 Line St. Room 10

Happy to help:

Maria Diaz Ruiz | (831) 325-0321 | María@First5sb.com



Venga a compartir la diversión y la aventura de hablar, leer y cantar con su hijo/a en nuestro programa semanal. Alimentaremos la imaginación de su hijo/a con cuentos y canciones. Únase con otras familias con niños pequeños para explorar a través de la música y el movimiento.

Este programa se enfocará en nutrir:

- Conexión entre padre e hijo
- Curiosidad y Exploración
- Juegos y Aprendizaje
- Música y Movimiento

Este programa está diseñado para familias con niños pequeños de 0 a 5 años.

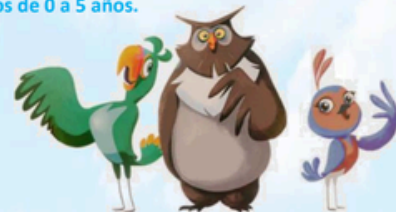
¡Ven y acompáñanos!

lunes 10:00am-11:00am

martes 10:00am-11:00am

Jueves 10:00am-11:00am

Lugar: El Reino De Los Niños
1011 Line St. Salón 10 Hollister Ca., 95023



Por Favor llame a Los Primeros 5 al 831-634-2046 o Samantha@first5sb.com 351 Tres Pinos Rd., 100-A | Hollister, CA
Se Habla Español!



Blanket Drive



**YOUTH
IMPACT
CENTER**

Drop-off Location:

Youth Alliance

310 4th Street, Hollister, CA

Drop off times:

10am-5pm

November 1st - 30th

Additional Drop-off Locations:

Milla Legal Document Services

396-A 4th St, Hollister, CA

San Benito County Chamber of Commerce

243 6th St, Suite 100, Hollister, CA

Chase Bank

494 Tres Pinos Rd, Hollister, CA


4th Street Eatery


330 4th St, Hollister, CA

Infinity Staffing Services

710 Kirkpatrick Ct, Hollister, CA

For more information:

 **831-537-3620**

 **veronica@youthall.org**

**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