

Vol . 26
October 17,
2024

WELLNESS COALITION
OF SAN BENITO COUNTY
Est. 1999

OCTOBER NEWSLETTER

READ BELOW FOR TOBACCO AND
COMMUNITY NEWS:



[READ MORE](#)

ALL ACROSS OUR STATE, PEOPLE HAVE HAD IT WITH BIG TOBACCO DESTROYING LIVES WITH THEIR DANGEROUS AND DEADLY PRODUCTS. MEET CALIFORNIANS WHO HAVE PUSHED BACK ON THEIR OWN TERMS – AND MADE A REAL DIFFERENCE. [READ MORE](#)

UPCOMING COALITION MEETING:

Next Wellness Coalition meeting will be held
December 3, 2024
Location: TBD

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



ORGANIZATION

Spotlight



YMCA'S HEALTHY FAMILY HOME

- Families referred by a pediatrician are provided with a 12-month program to address childhood obesity.
- The program is tailored to cultivate healthy habits for the family and encourage them to accept their body types and learn how to better fuel their bodies.
- The program consists of:
 - Monthly check-ins with a certified personal trainer and age appropriate plans/goals.
 - Bimonthly check-ins with health provider
 - Quarterly Workshops: nutrition, wellness, cooking demo
 - Peer groups
 - Monthly Family Night Activities: Zumba, fun runs, arts & crafts, Yoga, etc.
 - Minimum of 2 check-ins weekly per family
- After completion of the 1st year:
 - 70% of participants reported more fresh fruits & Vegetable intake
 - 94% reported more physical activity together
 - 49% reported no longer using food as a reward
 - 72% reported less screen time

FUEL YOUR FUN



Sweet Potatoes

Sweet potatoes are naturally sweet, filling and a good buy. Like white potatoes, they're a good source of vitamin C, potassium and fiber, but sweet potatoes have a whole lot more vitamin A. Introduce your kids to baked sweet potato fries. You can buy frozen or make your own.

Baked Sweet Potato Fries

- 1 ½ pounds sweet potatoes (4 medium)
- 1 tablespoon oil (canola or vegetable)
- ¼ teaspoon salt

Dip: ¼ cup light mayonnaise, 1 tablespoon ketchup, ¼ to ½ teaspoon cayenne pepper, chili powder or paprika

1. Scrub potatoes under running water. Cut potatoes in half lengthwise. Then slice each half into half-round shapes about ¼" thick.
2. Combine potatoes, oil, and salt in a bowl and stir to cover potatoes.
3. Grease cookie sheet and lay potato slices in a single layer. Bake for about 30 minutes, turning potatoes after 15 minutes
4. Mix dip ingredients while potatoes are baking



Physical Activity Guidelines: Move Your Way

How much physical activity do kids and teens need? At least 60 minutes every day. Anything that gets their heart beating faster counts. A walk to school, playing at recess, physical education class, a walk to the library, a family bike ride, time at the park – it all adds up!

ALIMENTA TU DIVERSIÓN



Comote

El camote es naturalmente dulce, llena mucho y es una buena compra. Al igual que la patata blanca, es una buena fuente de vitamina C, potasio y fibra, pero el boniato tiene mucha más vitamina A. Presente a sus hijos el camote frito horneado. Puede comprar camote frito congelado o hacerlos usted mismo.

Camote frito al horno

- 1 ½ libras de camote (4 medianos)
- 1 cucharada de aceite (canola o vegetal)
- ¼ cucharadita de sal

Salsa: ¼ de taza de mayonesa ligera, 1 cucharada de ketchup, ¼ a ½ de cucharadita de pimienta de cayena, chile en polvo o pimentón

1. Frote el camote con agua. Corte el camote por la mitad a lo largo. Luego corte cada mitad en formas semicirculares de aproximadamente ¼" de grosor.
2. Combine el camote, el aceite y la sal en un tazón y revuelva para cubrirlo bien
3. Engrase la bandeja para hornear y coloque las rodajas de camote en una sola capa. Hornee durante unos 30 minutos, volteando los el camote después de 15 minutos
4. Mezcle los ingredientes de la salsa mientras el camote se hornea



Guía de actividad física: Muévase a su manera

¿Cuánta actividad física necesitan los niños y los adolescentes? Al menos 60 minutos todos los días. Cualquier cosa que haga que su corazón lata más rápido cuenta. Caminar a la escuela, jugar en el recreo, una clase de educación física, caminar hasta la biblioteca, un paseo familiar en bicicleta, pasar tiempo en el parque, ¡todo vale!



LIFE IS A MOVIE

FILM DRUG FREE

SCAN HERE OR GO TO:



[HTTPS://RB.GY/05802V](https://rb.gy/05802v)



34TH ANNUAL RED RIBBON RUN & FESTIVAL

SATURDAY, OCTOBER 19, 2024

VETERANS MEMORIAL BUILDING, 649 SAN BENITO ST

- CHECK IN @8AM
- 3K FUN RUN 8:15AM
- 5K COMPETITIVE RUN 8:20AM

- FESTIVAL 8AM-11AM
- RESOURCE BOOTHS
- RAFFLES, PRIZES, AND FOOD

FOR QUESTIONS ABOUT THE FESTIVAL, PLEASE CONTACT MARIA SANCHEZ AT 831-636-4020, OR MSANCHEZ@SANBENITOCOUNTYCA.GOV

FOR BOOTH REGISTRATION, PLEASE CONTACT AMANDA MOISA AT 831-636-4020, OR AMOISA@SANBENITOCOUNTYCA.GOV



SAN BENITO COUNTY
BEHAVIORAL HEALTH DEPARTMENT
Mental Health & Substance Use Disorder Services

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.

Submit questions you have for the panel here:



the **Y**
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Reserve your seats now!

FREE FAMILY AWARENESS EVENT!
A DOCUMENTARY BY EILEEN GARDNER
FENTANYL HIGH
FILM SCREENING AND DISCUSSION

'FENTANYL HIGH' COMMUNITY FILM SCREENING & DISCUSSION PANEL
WEDNESDAY
OCTOBER 23, 2024
6 PM

Hollister High School Auditorium
1220 Monterey Street
Hollister, CA 95023

San Benito County Behavioral Health Department
San Benito County OPiOID TASK FORCE
YOUTH ALLIANCE
HEALTHY MINDS HEALTHY LIVES
Hollister




FREE SPOOKTACULAR
LIGHTS ON AFTERSCHOOL

OCTOBER 25, 2024
6:00PM-8:00PM
351 Tres Pinos Road, Hollister, CA 95023

WEAR YOUR COSTUMES


Bring us an evening packed with activities for the whole family - including Trick or Treat Stations, Arts & Crafts, Costume Parade, Raffle Prizes, and MORE!

Le ofrecemos una noche llena de actividades para toda la familia, incluyendo Estaciones de Truco o Trato, Artesanía y Manualidades, Gestión de Disfraces, Sorteos de Premios, y MÁS!

GRATIS
PARA TODA LA COMUNIDAD
DISFRACES BIENVENIDOS



See Well. Stay Healthy.



Free Vision Care Available

Through VSP Vision™ Eyes of Hope®, you may be eligible to receive a comprehensive eye exam from a VSP® network doctor and, if prescribed, high-quality glasses at no cost to you.

vsp eyes of hope

Eligibility:

- Haven't received eye care through a VSP program during the last 12 months
- No vision coverage by a private insurer and/or government program
- Meets the 2023 family income guidelines (see below)

2023 Income Guidelines

SIZE OF FAMILY UNIT	INCOME
1 Person	\$29,160
2 People	\$39,440
3 People	\$49,720
4 People	\$60,000
5 People	\$70,280

For each additional person, add \$10,280 or visit <https://irs.hhs.gov/poverty-guidelines>.

Vision Care Event Details
Date: **Wed 10/23 - Thurs 10/24**
Time: **9:00 AM - 5:00 PM**
Location:
Gilroy Senior Center
7371 Mann St.
Gilroy CA 95020

To prequalify and schedule an appointment, contact:
Andrea Nicolette
408-782-2128
Andrea.Nicolette@YMCA.org

At this event, we will follow current health and safety guidelines to ensure the well-being of all participants.

Learn more at mobileclinics.vspeyesofhope.com.

SAFELY DISPOSE OF ANY UNUSED OR EXPIRED MEDICATION

NATIONAL DRUG TAKE-BACK DAY

HOSTED BY HOLLISTER POLICE DEPARTMENT

SATURDAY OCTOBER 26, 2024
10 AM - 2PM

1790 AIRLINE HWY PARKING LOT (NEAR TARGET)

DEA NATIONAL TAKEBACK
SAN BENITO COUNTY OPiOID TASK FORCE
HOLLISTER POLICE DEPARTMENT

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



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!

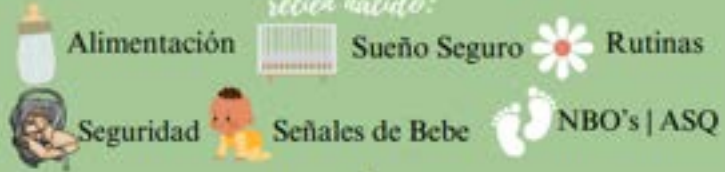


Únase a nosotros para

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:

María Díaz 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!





THE 5TH ANNUAL MOONLIGHT WALK ON ANZA TRAIL!

Put it on your calendar! November 16, 2024

Celebrating the Old Stage Road History bridging counties,
the San Benito County Sesquicentennial,
the 25th year of the Anza Trail naming, and
R.E.A.C.H. San Benito Parks Foundation, 10 years !

The Dedication of The Old Stage Road History and Sesquicentennial Acknowledgement will begin at 3:30pm, but the timing may change, so keep your eye out for further information closer to the date.

The Moon will rise at 5:26 pm, with 98% illumination, while the sun will set at 4:55pm. This creates a Golden Hour with high visibility on the Trail as hikers ascend to the top at about 2 miles. The evening views are beautiful. We plan for a couple of astronomers to set up their telescopes either at the entry gate or the top Stagecoach Bypass marked by 'Jim West's Rock'. All hikers will be required to return by 8:00 pm in order to safely account for all hiker returns!

**MORE INFORMATION TO COME IN OCTOBER
ARRIVE EARLY FOR BEST PARKING**

****YOU'LL FIND SOME SURPRISES LINED UP! ****



Special thanks to San Juan Bautista Rotary for mowing funds!

Thank you to our Partners: Benitolink.com, San Benito County Board of Supervisors,
Community Foundation for San Benito County,
and SBC Resource Management Agency, Public Works



BenitoLink
San Benito County's News

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](#)