

FEBRUARY 2024 WELLNESS COALITION NEWSLETTER



**Happy February Wellness Coalition Members!
Read below for updates:**

Local Tobacco Updates!

The SBC Tobacco Education Program presented to San Juan Bautista's City Council on February 20th!
The team talked about the dangers of secondhand and thirdhand smoke, as well as providing some local tobacco-related statistics. The team showcased our Vape Board that displays the variety of flavored tobacco products that have been confiscated from Hollister High School students.

Click on the YouTube link to check out the recording!

<https://youtu.be/RALvJdrW0XM?t=616>

(presentation ends at 26:15)

Fuel Your Fun

Bell Peppers



Select: Choose firm, shiny peppers with skin that is tight and unwrinkled. Avoid cracks or black spots.

Store: Refrigerate peppers in a plastic bag and use within 5 days.

Wash: Rinse peppers under cool running water right before eating or cutting them.

Eat: Try them raw, or dice and add to quesadillas, pasta, omelets, pizza, or a stir fry.

Protect Your Heart!



February is National Heart Month! Even if it's cold outside, there are plenty of ways to get active indoors. Visit the American Heart Association for fun ideas to get your heart pumping in the comfort of your own home!

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-homeinfographic>

Kids in the Kitchen



There are many tasks children can assist with in the kitchen, depending on their age, ability to follow directions, and your comfort level.

5 - 7 year olds can:

- ◆ Wash fruits and vegetables
- ◆ Measure
- ◆ Cut with blunt scissors or lettuce knives

8 - 9 year olds can:

- ◆ Use a can opener
- ◆ Wash dishes
- ◆ Chop, slice, dice



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

ORGANIZATION

Spotlight



YMCA

- Families find a welcoming and inclusive environment at YMCA, where they provide a diverse range of recreational & educational opportunities that strengthen family bonds, provide a safe/nurturing environment for youth to be after school and learn new skills, creating lasting memories.
- The YMCA organization proudly serves as a community hub for seniors, offering tailored programs and activities that promote active aging, social connectivity, and overall well-being.
- Committed to ensuring access for all, the YMCA extends financial assistance to youth, seniors, and families, fostering an inclusive community where everyone can participate in enriching programs regardless of financial constraints.

ANNOUNCEMENTS

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held
Thursday, March 7th, 2024

Location:

**First 5 San Benito
351 Tres Pinos Rd Ste 100-A
Hollister, CA**

[https://us06web.zoom.us/j/85694896222?
pwd=kQM5aaYWRU4wjbQRuRDO7HTiM48nz7.1](https://us06web.zoom.us/j/85694896222?pwd=kQM5aaYWRU4wjbQRuRDO7HTiM48nz7.1)

If you are interested in joining our coalition and presenting at our next meeting, please contact Crystal Ortiz at cortiz@cosb.us



Stay protected from Covid-19 & Flu this fall & winter

by getting your updated Flu & Covid-19 vaccines

For information about where to get vaccinated,
check with:

- ▶ Your healthcare provider
- ▶ Pharmacy
- ▶ Health department
- ▶ [Myturn.ca.gov](https://myturn.ca.gov)
- ▶ [Vaccines.gov](https://vaccines.gov)



For more information call
San Benito County Public Health Services
(831)637-5367



Manténgase protegido del Covid-19 y la gripe este otoño e invierno

obteniendo sus vacunas actualizadas contra la gripe y el Covid-19

Para información sobre dónde vacunarse, consulte con:

- Su proveedor de salud
- Farmacia
- Departamento de salud
- [Myturn.ca.gov](https://myturn.ca.gov)
- [Vaccines.gov](https://vaccines.gov)



Para más información, llame al
Servicios de salud pública del condado de San Benito

(831)637-5367





 **GAVILAN COLLEGE**
Gilroy • Hollister • Morgan Hill • San Juan Bautista • San Martin

GAV 4 FREE

- FREE Tuition for 1 year
- Open to all



bit.ly/gav4free

San Benito Youth Association



What We Need:

The Tobacco Education Program is seeking help from young adults aged 18–20 for a tobacco sting operation.



What Decoys

Will Do:

Pose as customers and attempt to purchase tobacco products.

Decoys would not complete the transaction, but instead trigger an attempt by the cashier. Officers will issue citations to shops that violate tobacco laws.

Training:

-Two training days, each one hour in length

A sweet prize for finishing strong!

Participants can receive a \$20 gift card, service hours, and a personal recommendation letter from the San Benito County Tobacco Educational Program.

Contact Information

Crystal Ortiz: cortiz@cosb.us

Javier Perez: jperez@cosb.us



Free Dental Screening, Referrals,
Fluoride Varnish, & Goody Bags!

JOIN US
TUESDAY
FEBRUARY 27, 2024



Public Health Immunization Clinic
1-4:30 pm, 351 Tres Piños Rd., Ste B.
Call us for more information:
831-637-5367

Fun kid activities, tobacco education,
sugar education, car seat education!



**Exámenes dentales gratuitos, referencias,
barniz de fluoruro y bolsas de regalos**


**ÚNASE CON
NOSOTROS
MARTES 27 DE
FEBRERO DEL 2024**



**Clínica de Vacunación de Salud Pública
1pm a 4:30 p.m, 351 Tres Piños Rd., Ste B
Llámenos para obtener más información:
831-637-5367**

**¡Actividades divertidas para niños, educación sobre el tabaco,
educación sobre el azúcar, educación sobre asientos para
niños de automóvil!**





Valley Health Plan Community Collective (VHPCC) Quarterly Community Meeting Hosted by VHP for

Santa Clara County, San Benito County and Monterey County

Mission of VHPCC:

VHPCC is committed to strengthening partnerships through healthcare providers, community organizations, and local leaders to deliver the highest support standard for community residents. At VHP, we are dedicated to improving and innovating services that meet the community's individual needs and goals, as well as providing families with:

- Vitality
- Healthcare
- Potential
- Countywide support
- Compassion

Date: March 19th, 2024
Time: 10am-11:30am
Virtual Meeting via
Microsoft Teams

Agenda Topics:

VHP Member Services
MD Live
SEP and QLE

For more information contact
Jessica Macias
jessica.macias@vhp.sccgov.org

VHP Valley
Health Plan

Would like to share an announcement? Email our Project Coordinator at cortiz@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

