

Volume 21 May 28 2024

# May 2024 Wellness Coalition Newsletter



**HAPPY MAY WELLNESS COALITION MEMBERS!  
READ BELOW FOR TOBACCO NEWS:**



**In May, the Tobacco Education Program and the Opioid Task Force of San Benito joined forces to host a panel at Hollister High School with multiple presenters. Around 1,300 freshmen and sophomore students were educated on the significance of fentanyl awareness over a span of four days. You all did an amazing job!**

## **Upcoming Coalition Meeting:**

Next Wellness Coalition meeting will be held June 04, 2024, from 10-12pm  
Community Foundation Epicenter  
440 San Benito Street, Hollister Ca 95023



If you are interested in joining our coalition and presenting at our next meeting, please contact Javier Perez at [jperez@cosb.us](mailto:jperez@cosb.us)

*Do not forget*

# COALITION SURVEY

**Coalition members: Your input is valuable to us! Please spare a moment to complete this survey. Your feedback will not only help us better cater to your needs but also enhance the effectiveness of our future meetings. Thank you!**



# ORGANIZATION

## Spotlight



### SBC ORAL HEALTH PROGRAM

- The San Benito County Oral Health Program provides brushing programs at elementary schools across the county.
- Provides oral health education for students, parents, & community members.
- Provides dental assessments and referrals as needed
- In the month of May Jennifer, our Registered Dental Hygienists, received the Community Hero Award and the Unsung Hero Award for her efforts in improving oral health for children in the community.





# Fuel Your Fun

## Berries

**Select:** Choose berries that are firm, plump, and rich in color. Avoid berries that are shriveled.

**Store:** Refrigerate berries in a ventilated container. Raspberries will keep only 1-2 days, strawberries for up to 3 days, and blueberries up to one week.

**Wash:** Rinse berries under cool running water right before eating. Don't rinse before refrigerating.

**Eat:** Berries taste great fresh by themselves, or add them to yogurt, a smoothie or lettuce salad.



## Hydration Challenge

Summer months mean more fun in the sun! We encourage you to be active for 60 minutes every day. We sweat more while playing outside in the heat, which means we should be drinking more water! Challenge yourself to 1 hour of physical activity and at least 1 liter of water every day to stay healthy and hydrated all summer long!



## Be a Mindful Eater

Some ways you and your family can practice mindful eating are:



- Slow down when eating your food.
- Notice the smell, taste, & texture of food.
- Have technology-free meals-no phones.
- Recognize when you are full.
- Avoid multitasking when eating.

Healthy eating is not just what you eat but also how you eat.



Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.

# Alimenta tu diversión

## Morras

**Seleccionar:** Elija frutas morras, fresas que sean firmes, regordetas y ricas en color. Evite las frutas que estén arrugadas o mojadas

**Guardar:** Refrigere las frutas en un recipiente ventilado. Las frambuesas se conservan solo 1-2 días, las fresas hasta 3 días y los arándanos hasta una semana

**Lavar:** Enjuague las frutas morras con agua corriente fría justo antes de comerlas. No las enjuague antes de refrigerarlas

**Comer:** Las frutas saben bien frescas solas; también puede agregarlas al yogur, a un batido o a una ensalada de lechuga.



## Desafío de hidratación

¡Los meses de verano significan más diversión bajo el sol! Con la campaña Play Your Way, lo animamos a que esté activo durante 60 minutos todos los días. Sudamos más cuando jugamos afuera con el calor, lo que significa que deberíamos beber más agua. Desafíese a hacer 1 hora de actividad física y a beber al menos 1 litro de agua todos los días para mantenerse saludable e hidratado durante todo el verano.



## Coma de manera consciente

Algunas maneras en que usted y su familia pueden practicar la alimentación consciente son:

- Reducir la velocidad al comer.
- Observar el olor, el sabor y la textura de los alimentos.
- Comer sin aparatos tecnológicos; sin teléfonos ni Televisión.
- Reconocer cuando esté lleno; comer cuando tenga hambre.
- Evite realizar varias tareas a la vez al comer.



La alimentación saludable no es solo lo que come, sino también cómo come.



Funded by USDA SNAP, an equal opportunity provider. Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.





**SUBMIT BY 5/25, GET  
2 FREE SJ GIANTS**



**TICKETS!**

# ANTI-TOBACCO POSTER CONTEST

**OPEN TO ALL YOUTH!**

Create a poster to raise awareness about the dangers of using tobacco products or vaping (min 8.5 x 11 in, max 12 x 18 in). If you need supplies, please come pick up from Breathe California!

Submit to [vivian@lungsrus.org](mailto:vivian@lungsrus.org) or to the Breathe California office (1469 Park Ave, San Jose, CA 95126) by **5:00 PM on MAY 31, 2024.**

**TOP 3 POSTERS WILL  
WIN \$50 PRIZE!**







SAN BENITO COUNTY'S 30TH ANNUAL

# KIDS AT THE PARK

Join county agencies for family fun, raffles, prizes and resources

**WEDNESDAY JUNE 12TH, 2024**  
**10 AM-2 PM**

Please call for more information  
831-637-5367

Please use the QR Code Below to  
Pre-Register

Join us in person at  
Dunne Park  
600 West St, Hollister, CA  
95023



Service Dogs Only



30 ANUAL DEL CONDADO DE SAN BENITO

# NIÑOS EN EL PARQUE

Únase a las agencias del condado  
para diversión familiar, rifas,  
premios y recursos

**MIÉRCOLES 12 DE JUNIO DEL 2024**  
**10 AM-2 PM**

Llame para obtener más información:  
831-637-5367

Utilice el código QR que aparece para  
pre-registrarse

Únase con nosotras en persona  
en  
Dunne Park

600 West St, Hollister, CA 95023



**SAFE  
K:DS**  
SAN BENITO  
COUNTY

**Solamente perros de servicio**



ATTENTION!

IMPORTANT  
INFORMATION IN  
THE QR BELOW  
SCAN ME



VOLUNTEER  
OPPORTUNITIES

# JOIN US IN MAY AND JUNE ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

## ENGLISH CLASSES

**Effective Communication Strategies**  
Thursday, May 2, 10-11 a.m.

**10 Warning Signs of Alzheimer's**  
Thursday, May 9, 10-11 a.m.

**Dementia Conversations**  
Tuesday, May 21, 2-3 p.m.

**Healthy Living for Your Brain and Body**  
Tuesday, June 4, 2-3 p.m.

**Understanding Alzheimer's and Dementia**  
Thursday, June 13, 10-11 a.m.

**Understanding and Responding to  
Dementia-Related Behavior**  
Tuesday, June 25, 10-11 a.m.

**Introduction to Alzheimer's +  
Driver Safety for the Aging Driver**  
Wednesday, June 26, 10-11 a.m.



## SPANISH CLASSES

**10 Warning Signs of Alzheimer's**  
Thursday, May 16, 6:30-7:30 p.m.

**Understanding Alzheimer's and Dementia**  
Thursday, June 20, 6:30-7:30 p.m.

## CHINESE CLASSES

**10 Warning Signs of Alzheimer's (Mandarin)**  
Thursday, May 9, 2-3 p.m.

**Dementia Conversations (Mandarin)**  
Friday, May 24, 2-3 p.m.

**Effective Communication Strategies (Mandarin)**  
Tuesday, May 28, 2-3 p.m.

**Understanding and Responding to  
Dementia-Related Behavior (Mandarin)**  
Wednesday, June 5, 2-3 p.m.

**Healthy Living for Your Brain and Body (Mandarin)**  
Thursday, June 13, 2-3 p.m.

**Healthy Living for Your Brain and Body (Cantonese)**  
Friday, June 14, 10-11 a.m.

**10 Warning Signs of Alzheimer's (Cantonese)**  
Thursday, June 20, 2-3 p.m.

**For on-demand recorded classes, please  
visit [alz.org/education](http://alz.org/education)**

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT [ALZ.ORG/CRF](http://ALZ.ORG/CRF)

ALZHEIMER'S  ASSOCIATION®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.



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# JOIN US IN MAY AND JUNE

## 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](https://www.alz.org/CRF) to explore additional education programs in your area.





**Del Mar Caregiver  
Resource Center**

A Program of Health Projects Center



**Jovenes  
De Antaño**

Senior Center

Est. 1973



# Do You Care For A Loved One With Memory Challenges?

**JOIN US!**

## **IN PERSON SUPPORT GROUP**

*A Time for Learning and Sharing*

For caregivers seeking support, resources, and knowledge to enhance the care of their loved one experiencing memory loss.

### **WHEN**

STARTING MAY 22 2024

FOURTH WEDNESDAY

OF EACH MONTH

1:30 – 2:30 P.M.

### **WHERE**

PAULINE VALDIVIA MEMORIAL  
COMMUNITY CENTER

300 WEST ST, HOLLISTER CA

This group is free  
For more information:  
Please call (800) 624-8304





# Youth Recovery Connections

## HELPING YOU ACCESS THE HELP & CARE YOU NEED.

Introducing Youth Recovery Connections (YRC); a program that provides free help for people with complex needs who are facing difficult life and health situations.



### What is the YRC program?

We provide extra help and services at no extra cost to people who have challenges that make it difficult for them to take care of their health.



### How can the YRC program help me?

- Finding the right doctor for your needs
- Helping you manage your medications
- Helping with food services
- Housing and social services
- Helping you get access to any medical supplies you might need
- Mental health services



### Your own Care Manager

When you're part of the YRC, you will have your own 'Lead Care Manager.' This person is your point of contact and will work with you and your family members, or care giver to get you the care you need. You'll talk to them on the phone or meet them in person to discuss and plan your care needs.



### How do I join?

To qualify for the YRC program, you must be either enrolled in a Medi-Cal health plan, or meet certain eligibility requirements. Please call us at the helpline number below and we'll help you to figure out if you qualify.



24HR CRISIS LINE: →

**(831) 313-0779**



Visit Our Website  
[www.youthrecoveryconnections.org](http://www.youthrecoveryconnections.org)



Our Location  
721 Monterey St  
Hollister CA 95023



# Youth Recovery Connections

## AYUDÁNDOLE A ACCEDER A LA AYUDA Y CUIDADO QUE NECESITA

Introduciendo Youth Recovery Connections (YRC); un programa que proporciona ayuda gratuita para personas con necesidades complejas que enfrentan situaciones difíciles de vida y salud.



### ¿Qué es el programa YRC?

Brindamos ayuda y servicios adicionales sin costo a las personas que tienen desafíos que les dificulta cuidar su salud.



### ¿Cómo puede ayudarme el programa YRC?

- Encontrar el médico adecuado para sus necesidades
- Ayudarlo a administrar sus medicamentos
- Ayudar con los servicios de alimentación.
- Vivienda y servicios sociales
- Ayudarlo a obtener acceso a cualquier asistencia médica suministros que pueda necesitar
- Servicios de salud mental



### Su propio administrador de cuidados

Cuando forma parte del programa YRC, tendrá su propio 'Administrador principal de atención.' Esta persona es su punto de contacto y trabajará con usted y sus familiares, o su cuidador, para brindarle la atención que necesita. Hablará con ellos por teléfono o se reunirá con ellos en persona para analizar y planificar sus necesidades de atención.



### ¿Cómo me inscribo?

Para calificar para el programa YRC, debe estar inscrito en un plan de salud de Medi-Cal o cumplir con ciertos requisitos de elegibilidad. Ullámenos al número de la línea de ayuda que aparece a continuación y le ayudaremos a determinar si calificar.



**LÍNEA DE CRISIS  
24 HORAS**



**(831) 313-0779**



Nuestra Ubicación  
721 Monterey St.  
Hollister, CA 95023



Llámenos  
(831) 313-0882



Visite Nuestro Sitio Web [www.youthrecoveryconnections.org](http://www.youthrecoveryconnections.org)



# 2023 Highlights

from your San Benito COG Board of Directors

## Celebrating 50 Years

### Our Commitment

- Planning for the Future
- Financing and Programming Projects
- Providing and Funding Bus Transit
- Promoting Ridesharing
- Maintaining Emergency Call Boxes
- Administration of Measure G
- Commission for Airport Land Use

### Major Projects in Progress

- US 101/25 Interchange
- 152 Trade Corridor
- Turbo Roundabout
- Hwy 156 Improvement
- 101 Wildlife Connectivity Project
- Highway 25 Conversion
- Revamping Transit

### Beautification and Safety

- Underpass Mural in San Juan Bautista
- Highway 25 Beautification in Hollister
- Monument/ Sculpture at Hwy156/ Bixby Rd

### Advocating on Urgent Road Issues

- Emergency repairs for RR Crossing
- Hwy 156 Left Turn Restrictions
- Hwy 156/ Union closure timeline

Since its formation in 1973, the Council of San Benito County Governments (SBCOG), a joint powers authority (JPA), has collaborated with local entities to address regional transportation issues in San Benito County. As the regional transportation planning agency, we strive to improve the quality of life of residents through efficient transportation planning, financing transportation projects, providing public transit, promoting mobility options, administering



SBCOG Executive Team  
 Front: Director Curro, Binu Abraham, Director Morales, Back: Director Sotelo, Vice Chair Casey, Chair Freels

Measure G funds, and ensuring safe land uses around our airports.

Last year was a time of significant change and revamping SBCOG to better address the future transportation needs of our region. This journey began with the appointment of our **new Executive Director**, Binu Abraham. Ms. Abraham joins us from the Sacramento Area Council of Governments, one of California's four largest COGs, bringing with her over two decades of invaluable transportation

expertise. Her extensive experience, coupled with established connections within California, promises a wealth of insight and collaborative opportunities. Demonstrating proficiency in navigating diverse funding streams and fostering relationships with local entities and stakeholders, Ms. Abraham has already proven instrumental in steering our organization toward success. We are looking forward to the coming year and progress under her leadership.

We also welcomed two **new Transportation Planners** to our team, Douglas Kean, and Samuel Borick.

Samuel Borick holds a master's degree in environmental policy and a bachelor's degree in economics. Mr. Borick is deeply passionate about leveraging



Highway 25 Workshop with Caltrans





statistical analysis to improve transportation planning decisions. He enjoys engaging in policy research and tends to find the economic and environmental dimensions of transportation policy most fascinating. Outside of work, Mr. Borick enjoys gardening, frequenting the rock-climbing gym, contributing to volunteer projects, and immersing himself in music.



Caltrans Clean California Grant: San Juan Bautista Underpass

Kean enjoys exploring new recipes, cooking elaborate meals, spending time with family, weightlifting, and going on long bike rides.

Douglas Kean earned his bachelor's degree in public policy, planning and management. Mr. Kean is motivated by a strong commitment to challenging the status quo with an emphasis on equity and safety. He thrives on researching global projects and adapting them to a local context. Outside of work, Mr.

With their combined expertise and complimentary skills, we are confident in their ability to contribute to the success of SBCOG in delivering meaningful projects in the years ahead.

Continuing the trend of expanding and building our core team, on February 12th SBCOG hired **new legal counsel**, Sloan Sakai Yeung & Wong LLP and the Law Offices of Kirk E. Trost. Their experience representing Regional Transportation Planning Agencies and Transportation Commissions across northern California will be an asset to SBCOG. Counsel and the Executive Director have already hit the ground running with meetings with the speaker's office, the California Transportation Commission, and Board training and strategic visioning and planning sessions. Their expertise will be invaluable as we work towards addressing the transportation and mobility needs of San Benito County residents.



CTC Town Hall with Speaker Robert Rivas

### **Hosted a special Town Hall Meeting & Local Tour for the California Transportation Commission (CTC) to showcase our transportation challenges and priorities**

In September 2023, COG hosted a special two-day Town Hall event for the Commissioners of CTC and their staff, to share our town and county and help them understand our transportation issues. The CTC is the agency that prioritizes state funding for major road projects. In the past, CTC has funded the Highway 156 improvement project as well as the Clean California grant funding for murals in the cities of San Juan Bautista as well as landscaping and art along



Highway 25 in Hollister. It was an important meeting that demonstrated the importance of moving the Highway 25 project forward in our county.

**State Funding for Transit Infrastructure to enhance transit operations and reduce emissions**

SBCOG advocated for and is set to receive approximately \$8.2 Million from the State to focus on enhancing transit investments and upgrading our transit



SBCOG Team

services to meet the demands of the community. This funding will be used to address two key areas: restoring transit services that were reduced during the COVID-19 pandemic; and planning for the next generation of transit infrastructure needed to accommodate the growing needs of the community.

**Measure G Funds supporting critical projects were distributed to local communities**

- \$3.8 million to Highway 25 project
- \$4 million to San Benito County
- \$4 million to City of Hollister
- \$420,000 to San Juan Bautista
- \$985,000 to pedestrian, bicycle, and transit projects

**Legislative Day & Advocacy**

- Met with our legislative members and presented SBCOG’s priorities in Sacramento for the Central Coast Coalition legislative day, March 2023
- Participated and presented near and long-term priorities of SBCOG at Speaker Rivas’ Transportation Roundtable, November 2023
- Panelist at BenitoLink Town Hall to discuss transportation needs and create awareness, November 2023
- Participated and presented on Highway 25 needs at the Board of Supervisors Legislative Day, February 2024

*Chair Scott Freels  
Mayor, San Juan Bautista*

*Vice Chair Mia Casey  
Mayor, City of Hollister*

*Director Dolores Morales  
Council Member, City of Hollister*

*Director Mindy Sotelo  
Supervisor, County of San Benito*

*Director Angela Curro  
Supervisor, Chair, County of San Benito*

*Binu Abraham  
Executive Director, SBCOG*





# 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?



**INTRESTED IN JOINING?**

CONTACT JAVIER PEREZ

JPerez@COSB.US

(831) 902-9892





# Volunteer Needed



San Benito Youth Association will be participating for the second year in a statewide youth advocacy conference in Santa Cruz from July 15-July 18 2024. If you are interested in participating, please contact Javier at [jperez@cosb.us](mailto:jperez@cosb.us) for more information.

*Help make a difference this summer. Sign up now!*





Would like to share an announcement? Email our Coalition & Community Engagement Coordinator at [jperez@sanbenitocountyca.gov](mailto:jperez@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](#)