

April 2023 Wellness Coalition Newsletter



Happy April Wellness Coalition Members!

Read below for tobacco news:

Tobacco Use Amongst Teenagers

- People who start smoking at an early age are more likely to develop a severe addiction to nicotine than those who start at a later age.
- Every day, almost 2,500 children under 18 years of age try their first cigarette, and more than 400 of them will become new, regular daily smokers. Half of them will ultimately die from their habit.
- If current tobacco use patterns persist, an estimated 5.6 million of today's youth under age 18 eventually will die prematurely from a smoking-related disease.

[Learn more](#)

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held on **June 6th 2023** at the Veteran's Memorial Hall from 10am-12pm.

Any supplemental meetings held between these times will be sent out in a timely manner via email.

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

Tobacco News

Born in the nic(otine) of time: California legislators move to ban tobacco products for Gen-Z and beyond



The California Legislature will soon consider Assembly Bill 935 which would ban the sale of tobacco products to anyone born after January 1, 2007. As the state prohibits the sale of flavored tobacco products and maintains a legal smoking age of 21 years old the market is already over regulated.

[Read More](#)



San Benito Youth Association Spotlight



For the month of April, the Wellness Coalition wanted to spotlight the San Benito Youth Association for attending Youth Quest. The youth and tobacco team attended Youth Quest back in March to rally with other youth coalitions across California to take down tobacco. Our Hollister youth participated in presentations and trainings provided by CYAN (California Youth Advocacy Network) and created posters and slogans to use during the march to the capitol.

[Read more](#)





Announcements:



SAN BENITO YOUTH ASSOCIATION



WHO WE ARE?

San Benito Youth Association is a youth-based coalition of the Tobacco Education Program. We are looking for individuals between the ages of 13-18 to make a change within our community while learning and having fun.

WHAT WE DO?

To educate San Benito County Youth through awareness and prevention on the dangers of tobacco use and promote healthier lifestyle choices in order to strengthen our community.

MEETINGS

- Twice a month
- Approx. 1-2 hours
- At the Public Health office or via Zoom

ACTIVITIES

- Speak at city council meetings
- Participate in outreach events such as Health fairs, Farmer's market, Kids at the park
- Field Trip to the Annual Youth Quest event in Sacramento

BENEFITS

- Community service hours
- Letters of recommendation
- Incentives
- Develop Leadership skills
- Resume and mock interview prep



CONTACT JAVIER PEREZ FOR MORE INFO IF YOU'RE INTERESTED IN JOINING!

jperez@cosb.us
831-637-5367



FREE WEEKLY COVID-19 & Flu Vaccination Clinic



Flu and COVID-19 vaccines available for those ages
6 months or older

Wednesdays

Ages 5 years or older

&

Thursdays

Ages 6 months - 11-year-olds

2:00PM - 4:00PM

Located at:

San Benito County
Public Health Services

351 Tres Pinos Rd Suite B, Hollister, CA 95023



Schedule appointments at my.turn.ca.gov
or by scanning the QR code
Walk-ins welcomed!

For any other questions call (831) 637-5367





JOIN OUR COALITION & IMPROVE COMMUNITY HEALTH



HOW HAS
YOUR COVID
EXPERIENCE
BEEN?



HOW CAN WE
IMPROVE
HEALTH EQUITY?

ARE YOU
INTERESTED?

LET US KNOW
CHE@COSB.US





HEALTHY KIDS DAY®

Join the Y and 20+ organizations for this fun family event!



APRIL 29
10AM - 1PM

YMCA OF SAN BENITO COUNTY
351 TRES PINOS ROAD, HOLLISTER

FREE EVENT



IN PARTNERSHIP:

Child Abuse Prevention Council will be providing food for children in attendance.



San Benito County Public Health will be offering FREE COVID and flu vaccinations to all ages...no appointments needed, \$25 gift card with COVID vaccinations, while supplies last.



DÍA DE LOS NIÑOS SALUDABLES™

Únase a la Y y a más de 20 organizaciones para este divertido evento familiar!

29 DE ABRIL
10AM- 1PM

YMCA OF SAN BENITO COUNTY
351 TRES PINOS ROAD, HOLLISTER
EVENTO GRATIS

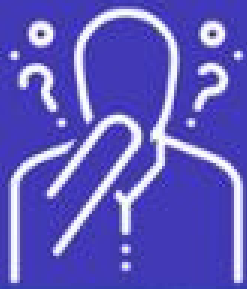


EN ASOCIACIÓN:

El Consejo de Prevención del Abuso Infantil proporcionará alimentos a los niños que asistan,



El Departamento de Salud Pública del Condado de San Benito ofrecerá vacunas GRATUITAS contra la gripe y el COVID para todas las edades, no se necesitan citas, Tarjeta de regalo de \$25 con vacunas contra el COVID, hasta agotar existencias,



Am I due?



If your last COVID-19 vaccine booster was before September 2022, then you might not yet have received the bivalent booster and you are due!

Be up-to-date. Get your bivalent booster to be as protected as possible.

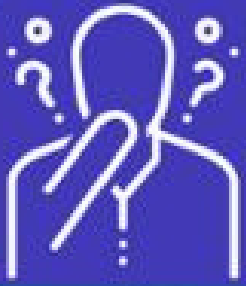
To get a COVID-19 Vaccination, check:

- Your medical provider's office
- Local pharmacy
- MyTurn.ca.gov
- San Benito County Public Health Services



San Benito County Public Health Services
351 Tres Pinos Rd. Suit A-202
Hollister, CA 95023
Phone: 831.637.5367





¿Ya me toca?



Si su último refuerzo de la vacuna COVID-19 fue antes de septiembre del año 2022, es posible que aún no haya recibido el refuerzo bivalente y usted esta debido.

Estar actualizado. Consigue el refuerzo bivalente para estar más protegido posible.

Para obtener una vacuna COVID-19, verifique

- El consultorio de su proveedor médico
- Farmacia local
- [MyTurn.ca.gov](https://myturn.ca.gov)
- Servicios de Salud Pública del Condado de San Benito



San Benito County Public Health Services
351 Tres Pinos Rd. Sult A-202
Hollister, CA 95023
Phone: 831.637.5367



YOUTH HOMELESSNESS DEMONSTRATION PROGRAM (YHDP)

AVENIDA

A PROGRAM BY YOUTH ALLIANCE

SERVICES FOR HOMELESS YOUTH

QUALIFICATIONS:

- Homeless youth ages 24 and under.
- Youth who are currently or at risk of being homeless.
- Youth in San Benito County

SERVICES:

- Searching for immediate housing
- Utility Deposit Aid
- Counseling referral
- Case management
- Referral to local resources



SERVICIOS PARA JOVENES SIN HOGAR

CALIFICACIONES:

- Jóvenes sin hogar de 24 años y menores.
- Jóvenes que están actualmente o en riesgo de estar sin hogar.
- Jóvenes en el Condado de San Benito

SERVICIOS:

- Busca de vivienda inmediata
- Ayuda con el primer pago de servicios como luz, agua, etc.
- Referencia a consejería
- Atención individualizada
- Referencia para recursos en la comunidad



Jennifer Garcia, AVENIDA Case Manager
Jennifer@youthall.org | (831) 673.9461
310 4th Street Ste 101 Hollister, CA



THE COALITION

AVENIDA is funded through a grant from the U.S. Department of Housing and Urban Development Department with the support of The Coalition of Homeless Services Providers

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

Visit our website