


December 2023 Wellness Coalition Newsletter



**Happy December Wellness Coalition Members!
Read below for tobacco news:**

Check out this YouTube video!

Can you spot ALL the vapes in this student's pencil pouch? Did you know 93% of youth who tried vaping started with a flavored product? Parents and teachers should watch for warning signs like increased mood swings, anxiety, taking a lot of bathroom breaks, and even out-of-the ordinary objects they may carry with them.

https://www.youtube.com/watch?v=A_OEYRKamEQ

Upcoming Coalition Meeting:

**Next Wellness Coalition meeting will be held March
5th, 2024
Location TBD**

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

FDA FILES ANOTHER ROUND OF ACTIONS SEEKING FINES AGAINST RETAILERS FOR SELLING ILLEGAL E-CIGARETTE PRODUCTS

On Dec. 5, 2023, FDA announced the filing of civil money penalty (CMP) complaints against 25 brick and mortar and online retailers for the illegal sale of unauthorized Elf Bar, EB Design and other e-cigarette products. FDA previously warned each retailer in the form of a warning letter to stop selling unauthorized tobacco products. During follow-up inspections, FDA observed the retailers had not corrected the violations, resulting in these civil money penalty actions.

[Read More](#)

ANNOUNCEMENTS



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: crortiz@cosb.us
Javier Perez: jperez@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





San Benito County Health and Human Services

+831-636-4180

<https://hhsa.cosb.us>

1111 San Felipe Rd Suite
Hollister, CA 95023



In San Benito County...

many families need help putting food on the table.

En el Condado de San Benito...

muchas familias necesitan ayuda en poner comida en la mesa.

San Benito County Public Health

+831-637-5367

<https://hhsa.cosb.us>

351 Tres Pinos Rd. Suit A-202
Hollister, CA 95023

Need Food?

Nececita Comida?





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

Food Resources that can help:

211 Call 2-1-1


- 211 in San Benito County can help you find food, housing, health care, senior services, child care, legal aid and much more. Available 24/7
- El 211 en el condado de San Benito le ayuda en obtener alimentos, vivienda, cuidado de salud, servicios para la gente de mayor edad, cuidado de niños, ayuda legal y más. Disponible 24/7

WIC 831-637-6871

- The Woman, Infants, and Children Supplemental Nutrition Program serves women who are pregnant, breastfeeding, or recently had a baby as well as infants and children under 5 years old, who meet the WIC income limits.
 - WIC (Mujeres, Infantes y Niños) sirve a las mujeres quienes están embarazadas, amamantando, o que acaban de tener un bebe, quienes también califican los límites de ingreso establecidos por WIC.
-  www.sanbenitohealth.org
 351 Felice Dr.
Hollister, CA 95023

CalFresh Food 831-636-4180

- The CalFresh Food Program can add to your food budget and help put healthy and nutritious food on the table. Monthly electronic benefits can be used to buy most foods at many markets, farmers' markets, and food stores.
- CalFresh Food le puede ayudar a aumentar el dinero que tiene para el presupuesto de los alimentos y le puede ayudar a poner alimentos sanos en la mesa. Los beneficios serán recibidos en una tarjeta debito mensualmente y se poder usar en un supermercado o los mercados al aire abierto.


 www.benefitscal.com


 1111 San Felipe Rd. Suite 206
Hollister, CA 95023

Jovenes de Antaño

Senior Center 831-637-9275

- Jovenes de Antaño is dedicated to improving the general welfare of older adults and people with disabilities including congregate meals and meals on wheels.
- Jovenes de Antaño se dedica a mejorar el bienestar general de los adultos mayores y personas con discapacidad incluyendo comidas y comidas congregadas sobre ruedas.


 www.jdasbcseniors.org


 300 West St.
Hollister, CA 95023

Recursos alimentarios que pueden ayudar:

Community Food Bank 831-637-0340
Banco de comida de la comunidad


- The Food Bank's Community Pantry provides bilingual referrals and information to connect people in need of food to food distributions, meal programs, and brown bag delivery (for seniors).
- Provee referencias e información bilingüe que conecta a la gente que necesita comida a dispensas, programas de comida, y entrega de bolsas marrón (para personas mayores).


 www.communityfoodbankofsbcc.org

 1133 San Felipe Rd.
Hollister, CA 95023

Salvation Army 831-636-9832

- The Salvation Army's neighborhood food pantry provides nutritionally balanced groceries for individuals and families.
- La dispensa de alimentos del vecindario del Ejército de Salvación ofrece alimentos nutricionalmente balanceados para individuos y familias.

 www.hollister.salvationarmy.org

 910 Buena Vista Rd.
Hollister, CA 95023



Your Health Happens Here

The Open Enrollment Period Ends January 31!

Health plans start at \$0 per month.

Medical and pharmacy deductibles are also as low as \$0 per month

Don't miss your chance to find a new health plan, right here in your community.

At Valley Health Plan, our mission is to help our members get the healthcare they need, close to home. We've served the California community with affordable, high-quality health plans for 40 years, made for residents of Santa Clara, San Benito, and Monterey counties.



Don't wait! The right health plan for you is right here.

Call 408.885.3560

Visit www.valleyhealthplan.org/CoveredCA to enroll on Covered California.

Affordable plan options.

We offer Bronze, Silver, Gold, and Platinum tiers of plans. Each tier includes low-cost health benefits and local coverage.

Get care in your community.

You'll have access to our growing network of local doctors, hospitals, and clinics.

Access a range of providers.

Our network includes primary care, specialty care, mental health care, and more.

Get help close to home.

Our helpful, friendly staff are here to offer you in-person assistance.

Get answers on the phone and on video.

Our 24/7 Nurse Advice Line and video health services are here to help you get medical service from home.

Live life to the fullest with extra services!

These include fitness, nutrition, and health education classes.



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](#)