

# January 2023

## Wellness Coalition Newsletter

WELLNESS COALITION  
OF SAN BENITO COUNTY  
Est. 1990



Happy New Year Wellness Coalition Members!

Read this month's newsletter for tobacco updates:

### Dangers of Secondhand Smoke:

- There are 70 cancer-causing chemicals in secondhand cigarette smoke.
- Secondhand smoke from cigarettes and cigarillos can cause strokes in nonsmokers.
- Secondhand hookah smoke contains toxic chemicals that can cause clogged arteries, which can lead to a heart attack.

[Learn more](#)

### Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be on March 14, 2023 via Zoom from 10am-12:00pm.

**Zoom Link:**

<https://us06web.zoom.us/j/81782260530?pwd=a1p3T08wS2owS0t3SnlzchgvQllwQT09>

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

# Tobacco News & Youth Recovery Connections Spotlight:

## **FDA Releases New Ads, including First Focused on Mental Health Effects of Cigarette Smoking among Youth**



This week, the FDA’s “The Real Cost” Youth Cigarette Prevention Campaign launched two new ads and, for the first time, will focus on the negative mental health effects of cigarette smoking and withdrawal in an ad. One ad – “Auctioneer” – highlights the fact that cigarette withdrawal can lead to anxiety, and the other ad “Said Every Smoker Ever” – highlights the fact that 3 out of 4 teens who smoke will continue to smoke into adulthood.

[Read more](#)

# Tobacco News & Youth Recovery Connections Spotlight:

## **Youth Recovery Connections**



For the month of January, the Wellness Coalition would like to spotlight Youth Recovery Located in Hollister, California, Youth Recovery Connections is a non-profit organization offering intervention and prevention services coupled with education and awareness for those who are suffering from opioid and/or other substance use problems. Youth Recovery Connections offers an individualized and evidence-based approach provided in a safe, caring, and supportive environment. Their focus is to promote recovery and wellness through healthy and productive lifestyle changes while using a whole person approach to care.

[Read more](#)



# Announcements:



## JOIN US IN JANUARY AND FEBRUARY ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



### ENGLISH CLASSES

#### 10 Warning Signs of Alzheimer's

Tuesday, January 3, 2-3p.m. | [Register](#)

Thursday, February 9, 10-11a.m. | [Register](#)

#### Understanding Alzheimer's and Dementia

Thursday, January 5, 10-11a.m. | [Register](#)

Tuesday, February 21, 2-3p.m. | [Register](#)

#### Healthy Living for Your Brain and Body

Tuesday, January 10, 2-3p.m. | [Register](#)

Thursday, February 16, 10-11a.m. | [Register](#)

#### Dementia Conversations

Thursday, January 12, 10-11a.m. | [Register](#)

Tuesday, February 7, 2-3p.m. | [Register](#)

#### Effective Communication Strategies

Tuesday, January 17, 2-3p.m. | [Register](#)

Thursday, February 2, 10-11a.m. | [Register](#)

#### Understanding and Responding to Dementia-Related Behavior

Thursday, January 19, 10-11a.m. | [Register](#)

Tuesday, February 14, 2-3p.m. | [Register](#)

#### Living with Alzheimer's for Person Living with Dementia-Early Stage

Wednesdays, February 15, 22 and March 1

10 a.m.-Noon. Attend all three. | [Register](#)

#### Living with Alzheimer's for Caregiver-Early Stage

Wednesdays, February 15, 22 and March 1

1-3 p.m. Attend all three. | [Register](#)

### SPANISH CLASSES

#### Understanding Alzheimer's and Dementia

Thursday, January 19, 2-3 p.m. | [Register](#)

#### Healthy Living for Your Brain and Body

Thursday, February 16, 2-3 p.m. | [Register](#)

### CHINESE CLASSES

#### 10 Warning Signs of Alzheimer's (Mandarin)

Friday, January 13, 10-11 a.m. | [Register](#)

#### Understanding and Responding to Dementia-Related Behavior (Mandarin)

Thursday, February 9, 2-3 p.m. | [Register](#)

#### Living with Alzheimer's for Caregivers-Middle Stage (Cantonese)

Fridays, February 10, 17 and 24

10 a.m.-Noon Attend all three. | [Register](#)

**TO REGISTER, PLEASE CALL  
800.272.3900 OR VISIT US  
ONLINE AT 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.



# JOIN US IN JANUARY AND FEBRUARY PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

## 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**

ALZHEIMER'S  ASSOCIATION

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

b. School-based primary prevention strategies are effective at reducing the risk of academic failure, a risk factor for youth violence: continuous progress programs & cooperative learning.

*b. Las estrategias de prevención primaria basadas en la escuela son efectivas para reducir el riesgo de fracaso académico, un factor de riesgo para la violencia juvenil: programas de progreso continuo y aprendizaje cooperativo.*

## EARLY INTERVENTION, INTERVENTION, PREVENTION, & EDUCATION

## INTERVENCIÓN TEMPRANA, INTERVENCIÓN, PREVENCIÓN Y EDUCACIÓN

c. Examples of juvenile crime prevention programs include classroom & behavior management programs:

- Multi-component classroom-based programs
- Mentoring programs
- School organization programs
- Comprehensive community interventions

*c. Ejemplos de programas de prevención de delitos juveniles incluyen programas de manejo del comportamiento:*

- *Programas basados en el salón de clases de múltiples componentes*
- *Programas de tutoría*
- *Programas de organización escolar*
- *Intervenciones comunitarias integrales*

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### About our Program *Sobre nuestro Programa*



Adolescence is a time period with specific health and developmental needs. A successful transition from childhood into adulthood can be difficult, even under the best of circumstances. For the youth who have experienced any type of trauma associated with gang violence, substance use, and/or familial issues, combined with a lack of guidance and support, can further complicate the transition. Therefore, we focus on developing protective factors, fostering healthy relationships and resilience, goal setting, and enhancing youth strengths. YRC professionals come with life experience and are trained to help the youth and young adults with reaching their full potential.

By focusing on the developmental process, we understand that adolescents are by nature curious and prone to risk taking and questionable judgment. We know that most are trying to master separation and individuation, which many practice by challenging authority, rules, and restrictions. We here at YRC focus on strengths and assets, promote independent and healthy decision making, goal setting and other life skills that will promote personal development as they enter adulthood.

*La adolescencia es un periodo de tiempo con necesidades específicas de salud y desarrollo. Una transición exitosa de la niñez a la edad adulta puede ser difícil, incluso en las mejores circunstancias. Para los jóvenes que han experimentado algún tipo de trauma asociado con la violencia de pandillas, el uso de sustancias y/o problemas familiares, combinado con la falta de orientación y apoyo, puede complicar aún más la transición. Por lo tanto, nos enfocamos en desarrollar factores de protección, fomentar relaciones saludables y resiliencia, establecer metas y mejorar las fortalezas de los jóvenes. Los profesionales de YRC vienen con experiencia de vida y están capacitados para ayudar a los jóvenes y adultos jóvenes a alcanzar su máximo potencial.*

*Al centrarnos en el proceso de desarrollo, entendemos que los adolescentes son por naturaleza curiosos y propensos a asumir riesgos y juicios cuestionables. Sabemos que la mayoría está tratando de dominar la separación y la individuación, que muchos practican desafiando la autoridad, las reglas y las restricciones. Aquí en YRC nos enfocamos en las fortalezas y los activos, promovemos la toma de decisiones independiente y saludable, el establecimiento de metas y otras habilidades para la vida que promoverán el desarrollo personal a medida que ingresan a la edad adulta.*

**24 HR(831)-313-0779**  
**CRITICAL INCIDENT/OVERDOSE RESPONSE**  
**RESPUESTA A INCIDENTES CRÍTICOS/SOBREDOSIS**

# YOUTH RECOVERY CONNECTIONS

Early Intervention/  
Prevention for Teens

Intervención Temprana/  
Prevención para Adolescentes



[youthrecoveryconnections.org](http://youthrecoveryconnections.org)

831-313-0882

## PRIMARY PREVENTION PREVENCIÓN PRIMARIA

Intervening before health effects occur, through.

*Intervenir antes de que se produzcan efectos en la salud.*

## SECONDARY PREVENTION PREVENCIÓN SECUNDARIO

Screening to identify diseases in the earliest.

*Detección para identificar enfermedades lo antes posible.*

## TERTIARY PREVENTION PREVENCIÓN TERCIARIA

Managing disease post diagnosis to slow or stop.

*Manejar la enfermedad después del diagnóstico para desacelerar o detenerla.*

## Early Intervention

Early intervention programs involve processes that will essentially help the substance abuser realize that they need help before drugs take a strong emotional and physical foothold. Early intervention programs will help prevent the long-term physical effects of substance abuse.

## Intervención temprana

Los programas de intervención temprana involucran procesos que esencialmente ayudarán al abusador de sustancias a darse cuenta de que necesita ayuda antes de que las drogas tomen un fuerte punto de apoyo emocional y físico. Los programas de intervención temprana ayudarán a prevenir los efectos físicos a largo plazo del abuso de sustancias.



### Primary Prevention *Prevención primaria*

a. Primary prevention programs include a broad array of prevention strategies directed at individuals not identified to be in need of SUD treatment. Primary prevention includes strategies, programs & initiatives that reduce both direct & indirect adverse personal, social, health & economic consequences resulting from problematic alcohol & other drug availability, manufacture, distribution, promotion, sales & use. The desired result of primary prevention is to promote safe & healthy behaviors & environments for individuals, families & communities.

*a. Los programas de prevención primaria incluyen una amplia gama de estrategias de prevención dirigidas a personas que no han sido identificadas como necesitadas de tratamiento SUD. La prevención primaria incluye estrategias, programas e iniciativas que reducen las consecuencias personales, sociales, económicas y de salud adversas directas e indirectas que resultan de la disponibilidad, fabricación, distribución, promoción, venta y uso problemático del alcohol y otras drogas. El resultado deseado de la prevención primaria es promover comportamientos y entornos seguros y saludables para las personas, las familias y las comunidades.*





**FOOD  
PANTRY  
FOR ALL**

**DESPENSA DE  
ALIMENTOS  
PARA TODOS**



**Youth Impact Center**  
**January 10, 11, 24 & 25**  
**1pm to 5pm**

**Centro de Impacto Juvenil**  
**El 10, 11, 24 y 25 de Enero**  
**1pm a 5pm**



**310 4th St, Ste 101 Hollister, CA**

**For more information**  
**(831) 537-3620**

**Para más información**  
**(831) 537-3620**

**IN COLLABORATION WITH COMMUNITY FOODBANK OF SAN BENITO**

**EN COLABORACIÓN CON COMMUNITY FOODBANK DE SAN BENITO**



Would like to share an announcement? Email our Project Coordinator at [crortiz@cosb.us](mailto:crortiz@cosb.us)

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## 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.](#)

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### **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: 8:00 a.m. to 5:00 p.m.

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## **San Benito County Tobacco Education Program** **Coalitions**

[Visit our website](#)