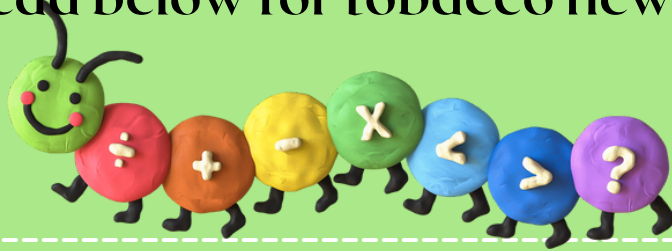


August 2023 Wellness Coalition Newsletter



Happy August Wellness Coalition Members!
Read below for tobacco news:



How racism, injustice, and the tobacco industry go hand in hand

The tobacco industry's modern-day exploitation of and discrimination against California's diverse communities spans a century of predatory practices in the name of profit. Internal documents from Big Tobacco outline their strategies – many of which are shocking attempts to peddle deadly products to the vulnerable and underserved populations by way of product discounts and manipulative advertising. They even gave away free products to youth in housing projects in the past. The tobacco industry's tactics masquerade as support for diverse communities to celebrate their unique cultures and common experiences.

[Learn more](#)

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be on **September 12, 2023** from **10am-12pm**

at the **Community Service & Workforce Development Building B**
1161 San Felipe Rd., Building B, Hollister, CA 95023

Zoom Link:

<https://us06web.zoom.us/j/89018317189?pwd=RW9CNlJlbnlyNWplRDYzaXk2cUIBQT09>

****We highly encourage WC members to attend this meeting in-person if available****

Tobacco News

FDA Warns Firm Responsible for Illegal Smokeless Products Made With Non-Tobacco Nicotine



On August 11, 2023, FDA issued a warning letter to Amarillo Snuff Co. for manufacturing, selling, and/or distributing unauthorized smokeless nicotine products, including products that are made with corn husks instead of tobacco leaves. The unauthorized products contain non-tobacco nicotine and thus fall under FDA's authority to regulate all tobacco products containing nicotine from any source.

[Read more](#)

Announcements



Alzheimer's Community Forum

Join us for a listening session on Alzheimer's disease, dementia and memory loss.

Tuesday, August 22 | 4 -5:30 p.m.

Dignity Health Wellness Center
21340 East Cliff Drive | Santa Cruz, CA 95062

We want to hear from you! Attend this Community Forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

Light refreshments will be provided.

To register, scan the QR code or call 831.457.7099.



HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®



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 make lifestyle choices that may help you keep your brain and body healthy as you 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.

Tuesday, September 19, 2023
4-5 p.m.
Dignity Health Wellness Center

To register, scan
the QR code, visit
tinyurl.com/ALZHLDH
or call **831.457.7099**



Hosted by:



ALZHEIMER'S  ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.



5K Run/Walk at Southside Sand and Gravel Saturday, September 9, 2023

The River Run 2023 describes the unique experience that awaits as you meander through a working sand and gravel quarry. This 5K Walk/Run takes you inside the Southside Sand and Gravel Quarry to see the working quarry site, the banks of the San Benito River, specialized equipment that processes the rock and beautiful natural surroundings.

The River Run benefits the YMCA of San Benito county.



RACE TYPE: 5K Run/Walk

DATE: September 9, 2023

TIME: 8:00 a.m.

LOCATION: Southside Sand and Gravel
5632 Airline Highway, Hollister



Having trouble scanning the QR code? Use this link instead:

<https://www.graniterock.com/popular-event/the-river-run-2023>

FREE WEEKLY COVID-19 Vaccination Clinic



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

Wednesdays & Thursdays

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



Gratis Cada Semana

Clínica de Vacunas COVID-19



Vacunas contra el COVID-19 disponibles para
personas de 6 meses en adelante

miércoles & jueves

2:00PM - 4:00PM

situado en:
Servicios de salud pública del
condado de San Benito
351 Tres Pinos Rd Suite B, Hollister, CA 95023



Programe citas en my.turn.ca.gov
o escaneando el código QR
¡Sin cita bienvenidos!

Para preguntas llame (831) 637-5367



Do you love caring for children?

Have you dreamed about having your own business, or already started one?



This is the sign you've been waiting for!

Whether you already run a home-based child care program or you're just curious, we're here for you. We've got the free training, resources, and community connections you need to succeed. Learn about health and safety, child development, licensing, and more!

Call Maria Granados at (831)637-9205 ext. 1247
mariag@gokids.org

DID YOU KNOW?

- Millions of California families with infants and toddlers need child care.
- Home-based child care providers keep communities strong by allowing parents to work.
- Many families want flexible options like early morning, evening, and weekend care.

We provide one-on-one and group support!

WHAT DO WE OFFER?

- Health and safety training
- Business and marketing strategies, to help you keep growing your program
- Child development training so you can provide the best care
- Start-up supports of up to \$1,000 in materials or reimbursements



Follow Your Dreams.

Since 1985, we have helped people just like you grow home-based child care businesses. Our community needs child care providers more than ever, and we're here to support you, every step of the way. Join an exciting industry and a statewide network of passionate child care professionals.

Frequently Asked Questions

Who is eligible to participate?

Anyone who's interested in becoming a child care provider can contact our office to learn more. Caregivers who want to become licensed providers as well as those who are already licensed and want to expand their business can join us. We also support providers who would prefer to keep their program small and not get licensed.

Why should I become involved?

Professional training helps you grow your home-based child care program and achieve your goals. Plus, you can connect with people like you, who understand the joys and challenges of running a home child care business. We're here to celebrate your successes and support you through tough times. Providers in our program usually stick with it, and grow thriving businesses.

Are there any requirements once I sign up?

There are different things that people who decide to participate in the program need to do, depending on their level of participation. For example, child care providers are considered Trainees after completing 25 hours of approved training, and Advanced Trainees after completing 45 hours of approved training.

Do I have to become licensed to participate?

You do not have to become licensed, although many of our participants decide that is a good choice for them.

Call Maria Granados at (831)637-9205 ext. 1247
mariag@gokids.org



Care. Connect. Grow.
Strengthening California's Home-Based Child Care
CCIP Child Care
Initiative Project



¿Le encanta cuidar niños?

¿Ha soñado con tener su propio negocio, o ya ha empezado uno?



¡Esta es la señal que había estado esperando!

Si ya tiene su propio negocio de cuidado infantil, o si tiene curiosidad sobre cómo hacerlo, nosotros estamos aquí para ayudarle. Tenemos el entrenamiento gratuito, los recursos, y las conexiones en la comunidad que usted necesita para triunfar. ¡Aprenda sobre temas de salud y seguridad, desarrollo infantil, la licencia de cuidado de niños, y mucho más!

Llame a Maria Granados al (831)637-9205 ext. 1247
mariag@gokids.org

¿SABÍA QUE...?

- Millones de familias en California con bebés y niños pequeños necesitan cuidado infantil.
- Los proveedores de cuidado infantil hogareño refuerzan las comunidades al permitir que los padres puedan ir a trabajar.
- Muchas familias quieren encontrar opciones flexibles como cuidado de niños en las primeras horas del día, cuidado en las noches, o durante los fines de semana.

¡Proporcionamos apoyo individual o en grupo!

¿QUÉ OFRECEMOS?

- Entrenamiento sobre salud y seguridad
- Estrategias de negocios y de mercadeo para apoyar el crecimiento de su programa
- Entrenamiento sobre desarrollo infantil para que usted pueda ofrecer el mejor cuidado infantil



Siga Sus Sueños

Desde 1985, hemos ayudado a personas como usted para que hagan crecer su negocio de cuidado infantil hogareño. Nuestra comunidad necesita a los proveedores de cuidado infantil más que nunca, y nosotros estamos aquí para brindarle el apoyo que usted necesita en cada etapa del camino. Únase a una industria emocionante y a la red estatal de profesionales apasionados por el cuidado infantil.

Preguntas Frecuentes

¿Quién es elegible para participar?

Cualquier persona que tenga interés en convertirse en un proveedor de cuidado infantil puede ponerse en contacto con nuestra oficina para recibir más información. Las personas que ofrecen cuidado y quieren convertirse en proveedores con licencia, así como también aquellos que ya tienen su licencia de cuidado infantil y quieren expandir su negocio, pueden unirse a nuestro programa. También apoyamos a aquellas personas que prefieren tener un programa pequeño sin necesidad de obtener una licencia.

¿Por qué debería involucrarme?

El entrenamiento profesional le ayuda a hacer crecer su programa de cuidado infantil hogareño y así alcanzar sus metas. Además, podrá conectarse con personas como usted, quienes entienden las alegrías y los retos de operar un negocio de cuidado infantil en el hogar. Nosotros estamos aquí para celebrar sus éxitos y apoyarle durante los tiempos difíciles. Los proveedores que participan en nuestro programa permanecen con nosotros y desarrollan negocios prósperos.

¿Una vez que me inscriba, hay algún requisito?

Hay diferentes tipos de cosas que los participantes en nuestro programa deben hacer, dependiendo del nivel de su participación. Por ejemplo, los proveedores de cuidado infantil se consideran Aprendices al haber completado 25 horas de entrenamiento aprobado, y Aprendices Avanzados al haber completado 45 horas de entrenamiento aprobado.

¿Necesito tener una licencia de cuidado infantil para participar?

No necesita tener licencia de cuidado infantil para hacer parte de nuestro programa, aunque muchos participantes deciden hacerlo porque es una buena elección para ellos.

Call Maria Granados at (831)637-9205 ext. 1247
mariag@gokids.org



Care. Connect. Grow.
Strengthening California's Home-Based Child Care
CCIP Child Care Initiative Project





Go Kids, Inc.

THE HOLIDAY SEASON IS RAPIDLY APPROACHING
WILL YOU HELP KEEP A CHILD WARM, DO YOU WANT TO MAKE A CHILD HAPPY?

PUT ON YOUR RED SUIT AND BECOME A SECRET SANTA

At Go Kids, Inc., our mission is to enhance the lives of children and families through the delivery of comprehensive child development services and community involvement. Although we work diligently on our objectives, we find that many of our families struggle with keeping a roof over their child's head and food on the table. Many of our families earn an extremely low wage and find it challenging to provide some of the most basic needs such as clothing.

With your help, these children can experience an amazing Christmas Holiday. Families are asked to complete a wish list of basic clothing items for their children, along with the child's first name, age, gender, and sizes. As a Secret Santa, we ask that you purchase items from the Child's "Wish List", wrap, and deliver the gifts to Go Kids, Inc., 885 Moro Drive, Gilroy, CA 95020.

To become a Secret Santa, simply email us at Carmenb@gokids.org or call (408) 843-9000 ext. 1209 and ask for Carmen. Please specify the age, gender, and number of children that you wish to adopt, and we will send you a wish list. All donors will be provided with a receipt for tax purposes.

Thank you, in advance, for your generosity and compassion for needy children and families. On behalf of the Go Kids staff, children, and families, please accept our very best wishes for a Happy Holiday Season.

Kendra Bobsin
Chief Executive Officer
Go Kids, Inc.

If you would prefer to make a cash donation, we do have
elves ready and willing to do the shopping for you.

Donate here





United States Department of Agriculture

You Are Invited To Join Us For...



Eat Smart, Live Strong

Enjoy fun and lively activities with other older adults! Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong.



Date: Wednesday- Aug. 23,

Aug. 30, Sep. 6, Sep. 13

Time: 11:30-12:00

Place: Jovenes de Antaño



United States Department of Agriculture
Food and Nutrition Service

The USDA is an equal opportunity
employer and provider.

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