

July 2023 Wellness Coalition Newsletter



Happy July Wellness Coalition Members!

Read below for tobacco news:



The tobacco industry's body count

We have known for over 70 years that the tobacco industry's products cause devastating amounts of death and disease to all of us – whether we use their products or not. We have known for nearly 30 years that the tobacco industry lied to us about how addictive and deadly their products are. And yet, they are still here putting us all in danger. A toddler gasps for air during an asthma attack caused by drifting cigarette smoke. A teen is hospitalized for chest pain and shortness of breath from vaping. A family buries their loved one who died of lung cancer. All because of an industry that produces deadly products that hurt us all and hasn't been held accountable.

[Learn more](#)

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be in **September** (as hybrid)

The Zoom link and the location's address will be sent out by August.

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

Tobacco News

FDA Denies Marketing of myblu Menthol E-Cigarette Product



Today, the U.S. Food and Drug Administration (FDA) issued a marketing denial order (MDO) for myblu Menthol 2.4%, an e-cigarette product made by Fontem US, LLC (myblu). As a result, the company must not market or distribute this product in the United States, or they risk enforcement action by FDA. The company may resubmit a new application to address the deficiencies for the product subject to this MDO.

[Read more](#)

Announcements

JOIN US IN JULY AND AUGUST ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

10 Warning Signs of Alzheimer's
Tuesday, July 11, 2-3 p.m. | [Register](#)

Dementia Conversations
Thursday, July 20, 10-11 a.m. | [Register](#)

Effective Communication Strategies
Tuesday, July 25, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body
Tuesday, August 1, 2-3 p.m. | [Register](#)

Understanding Alzheimer's and Dementia
Thursday, August 10, 10-11 a.m. | [Register](#)

**Understanding and Responding to
Dementia-Related Behavior**
Thursday, August 24, 10-11 a.m. | [Register](#)

*For on-demand recorded classes, please visit
alz.org/education*

SPANISH CLASSES

Dementia Conversations
Thursday, July 20, 6:30-7:30 p.m. | [Register](#)

Healthy Living for your Brain and Body
Thursday, August 17, 6:30-7:30 p.m. | [Register](#)

CHINESE CLASSES

10 Warning Signs of Alzheimer's (Mandarin)
Thursday, July 6, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body (Cantonese)
Monday, July 10, 10-11 a.m. | [Register](#)

Dementia Conversations (Mandarin)
Thursday, July 13, 10-11 a.m. | [Register](#)

**Understanding Alzheimer's and Dementia
(Mandarin)**
Thursday, August 3, 2-3 p.m. | [Register](#)

Effective Communication Strategies (Mandarin)
Thursday, August 17, 10-11 a.m. | [Register](#)

**Understanding and Responding to Dementia-
Related Behavior (Cantonese)**
Friday, August 25, 10-11 a.m. | [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 to explore additional education programs in your area.

JOIN US IN JULY AND AUGUST 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 to explore additional education programs in your area.

MONTEREY, SAN BENITO & SANTA CRUZ DEMENTIA FAMILY CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND.

Caregiver support groups, conducted by trained facilitators, are a safe place for caregivers (family and friends) of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

SUPPORT GROUPS

- Free of charge
- For family and friends of persons with dementia only
- No solicitation allowed

REGISTRATION: 800.272.3900

Call our 24/7 Helpline to register, find other groups meeting in Northern California and Northern Nevada or if you need additional support.

IN-PERSON GROUPS

Salinas Caregiver Support Group

1st Wednesday of the month, 12:30-2 p.m.
First Baptist Church
1130 San Vincente Road, Salinas, CA 93901

Santa Cruz Caregiver Support Group

2nd Wednesday of the month, 2-3:30 p.m.
Satellite Workplace & Digital Media Studio
Large Cnf. Rm.
325 Soquel Ave, Santa Cruz, CA 95062

Monterey Caregiver Support Group

2nd Thursday of the month, 6-7:30 p.m.
Shoreline Church
2500 Garden Rd., Monterey, CA 93940

Santa Cruz Caregiver Support Group

3rd Wednesday of the month, 5:30-7 p.m.
Dignity Health Wellness Center
21340 E Cliff Dr., Santa Cruz, CA 95062

VIRTUAL GROUPS

Santa Cruz, Monterey, San Benito Counties Caregiver Support Group

1st Wednesday of the month, 5:30-7 p.m.

Santa Cruz, Monterey, San Benito Counties Caregiver Support Group

4th Wednesday of the month, 2-3:30 p.m.

Scotts Valley Caregiver Support Group

2nd Saturday of the month, 10-11:30 a.m.

SPANISH VIRTUAL GROUP

Spanish Speaking Caregiver Support Group

2nd Wednesday of the month, 7-8:30 p.m.

For more information about our Spanish Speaking group, please call Yuliana Mendoza at 831.647.9890

Updated 6/2023

MONTEREY, SAN BENITO & SANTA CRUZ DEMENTIA FAMILY CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



SPECIALIZED VIRTUAL GROUPS

The Northern California and Northern Nevada Chapter of the Alzheimer's Association has a number of specialized caregiver support groups (e.g., adult children, spousal specific, frontotemporal dementia and many more) currently meeting virtually.

Visit tinyurl.com/NCNVCGSGSpecialized for a list of current specialized groups offered by our chapter.

REGISTRATION: 800.272.3900

Call our 24/7 Helpline to register, find other groups meeting in Northern California and Northern Nevada or if you need additional support.

GRUPOS DE APOYO POR TELÉFONO EN ESPAÑOL

presented by the Alzheimer's Association®



Los grupos de apoyo crean un espacio seguro, confidencial de apoyo comunitario y una oportunidad para cuidadores familiares para desarrollar apoyo mutuo informal y crear relaciones sociales, así como descubrir maneras más efectivas de enfrentar la enfermedad y cuidar a su ser querido.

Nuestros grupos ofrecen la oportunidad de reunirse con otros cuidadores familiares una vez al mes. Todos los grupos son manejados por un facilitador capacitado.

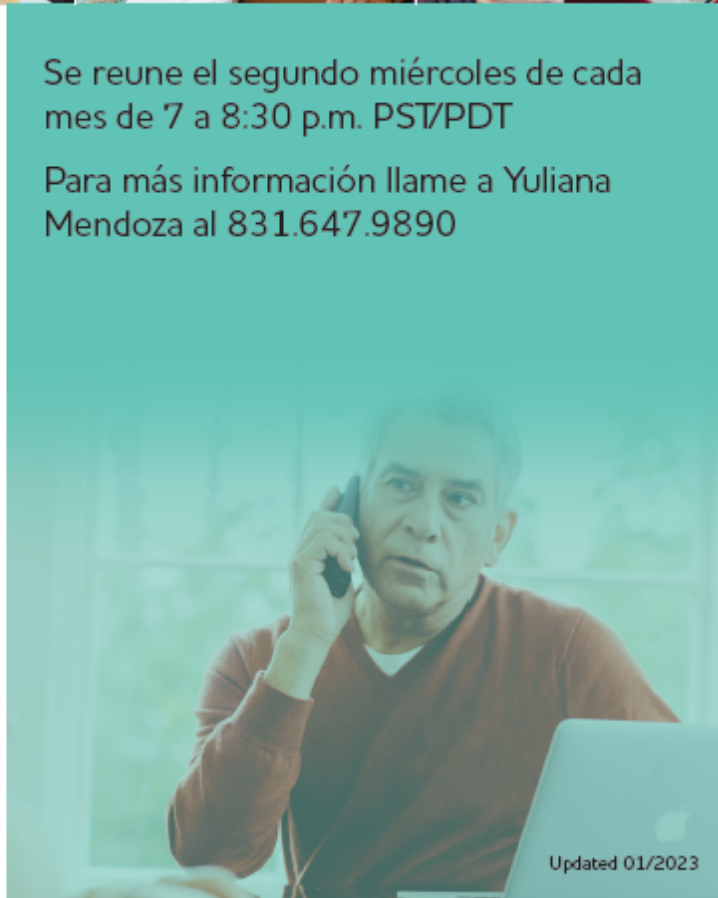
¿Quién se puede beneficiar de participar?

Personas que proveen cuidado y que:

- › Cuidan de una persona que tiene Alzheimer u otro tipo de demencia
- › Les gustaría aprender y hablar con otras personas que están en una situación similar
- › Necesitan más información, apoyo adicional y estrategias para proveer cuidado

Se reúne el segundo miércoles de cada mes de 7 a 8:30 p.m. PST/PDT

Para más información llame a Yuliana Mendoza al 831.647.9890



Updated 01/2023

ALZHEIMER'S  ASSOCIATION®

Visit alz.org/CRF to explore education programs and support groups in your area.

SPANISH TELEPHONE SUPPORT GROUPS

presented by the Alzheimer's Association®



Support groups create a safe, confidential, supportive environment or community and a chance for family caregivers to develop informal mutual support and social relationships as well as discover more effective ways to cope with and care for your loved one.

Our groups offer an opportunity to meet with other family caregivers once a month. All groups are conducted by a trained facilitator.

Who may benefit from participating in the telephone support group?

Caregivers who:

- › Care for a person with Alzheimer's disease or another dementia;
- › Would like to talk to others in similar situations;
- › Need more information, additional support & caregiving strategies

Meets on the second Wednesday of the month from 7-8:30 p.m. PST/PDT

For more information please call Yuliana Mendoza at 831.647.9890



Updated 01/2023

ALZHEIMER'S  ASSOCIATION®

Visit alz.org/CRF to explore education programs and support groups in your area.



5K Run/Walk at Southside Sand and Gravel • September 9, 2023
Benefiting the YMCA of San Benito County



Safe Kids Officers, Ofelia Prieto and Jennifer Frusetta, will be leaving for a week for the first time to attend "PrevCon/ Prevention Convention" in Maryland. They will be attending the most up-to-date classes on unintentional childhood injury prevention. They are excited to learn and participate in numerous classes and bring back the information to San Benito County!

Attend the next Safe Kids Meeting on the 3rd Wednesday in August at 12pm to hear more about it :)

YOUTH HOMELESSNESS DEMONSTRATION PROGRAM (YHDP)

AVENIDA

A PROGRAM BY YOUTH ALLIANCE

SERVICES FOR UNHOUSED YOUTH

QUALIFICATIONS:

- Unhoused youth ages 24 and under.
- Youth who are currently or at risk of being unhoused.
- 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 desalojados de 24 años y menores.
- Jóvenes que están actualmente o en riesgo de ser desalojados.
- 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
OF HOMELESS SERVICES PROVIDERS

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

WE ARE HIRING!



OPEN POSITIONS:

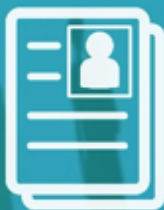
School Community Liaison

Case Manager - GANAS

Therapist



 [YOUTHALL.ORG/JOIN-US](https://youthall.org/join-us)



Questions?
Call 831.636.2853 ext. 5

SCAN FOR MORE INFO!



APPLY TODAY!



SUBMIT YOUR COVER LETTERS & RESUMES
rosahr@youthall.org

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