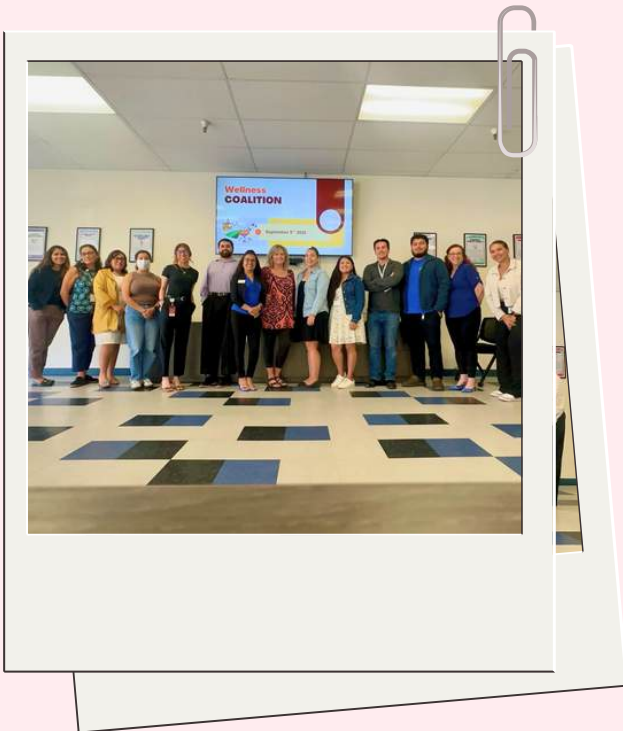


OCTOBER NEWSLETTER

Read below for tobacco and community news:



WE'RE ON FACEBOOK!

We're excited to announce the launch of our official **Wellness Coalition Facebook Page**! This page will be a central hub for sharing partner updates, upcoming events and valuable resources to support our collective mission for our community wellness.

We invite you to **like and follow the page** to stay connected and engage with our growing network

FOLLOW



We are thrilled to announce that the **CalFresh Healthy Living Program** has received an **EXTENSION** and will **continue** its vital work in San Benito County **through April 30th, 2026!**

This means we can maintain our valued partnership with you and our coalition. We remain committed to promoting health and wellness for our entire community. This extension also gives us time to work with community partners to explore sustainability strategies and support beyond the program's closure.



**Next Wellness Coalition meeting will be held in December 2025,
Location TBD.**

**If you are interested in joining our coalition and presenting at our
next meeting, please contact Sean Smith at
ssmith@sanbenitocountyca.gov**

ORGANIZATION

Spotlight



YOUTH ADVISORY BOARD

The Youth Advisory Board (YAB), recently established through our bi-county Youth Opioid Response grant, brings youth voices to the forefront of substance use prevention and education across San Benito and Monterey Counties. We look forward to YAB becoming a sub-group of the San Benito County Opioid Task Force and Monterey's Central Coast Overdose Prevention.

With its launch, the YAB is establishing a strong foundation with a diverse group of youth members representing local schools, colleges, and lived experiences. Members have completed their onboarding session to familiarize themselves with the mission, expectations, and operations of the YAB. Each upcoming quarterly meeting will include some leadership skills training and guide members toward key goals, starting with planning their first youth listening session. Building on insights gathered from these sessions, the YAB will facilitate parent/caregiver listening session, create social media campaigns, and develop a podcast series, ensuring that young voices help shape prevention strategies and support systems for families and peers.

For more information, please visit www.sbcopioidtaskforce.org

FUEL YOUR FUN



Stay Hydrated Stay Healthy!

Drinking more water helps keep you energized, supports digestion, and prevents dehydration. Choosing water instead of sugary drinks also cuts added sugar and empty calories, which supports a healthier lifestyle.

Crazy for Citrus Fruits

- Oranges. Peel and eat. Or, cut the orange in half lengthwise and each half into 3 or 4 wedges. Then remove the peel with your hands or just bite off the juicy fruit.
- Clementines. Peel—they are usually easier to peel than oranges—and eat. Kids can do this!
- Grapefruit. Cut in half and scoop out each section with a spoon. You may have to cut around each section first. Or cut the grapefruit into wedges and then cut off the peel.



Make a Game Out of It!

Physical activity doesn't have to be organized sports or traditional exercise. It can be playing a fun silly game with your child. Try playing a game with UNO® cards, a traditional deck of cards or dice. Have your kids determine an activity for each color, suit or number. Then do that activity as many times as the number on the card.

Here are some examples to get started:

- Squats
- Starfish jumps or jumping jacks
- Dance or "air" instruments
- Arm circles • Skipping
- Free choices for the wild cards or joker



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

ALIMENTA TU DIVERSIÓN



Mantente Hidratado, Mantente Saludable

Beber más agua ayuda a mantenerte con energía, favorece la digestión y previene la deshidratación. Elegir agua en lugar de bebidas azucaradas también reduce el azúcar añadido y las calorías vacías, lo que apoya un estilo de vida más saludable.

Loco por los cítricos

- Naranjas. Pélalas y cómelas. O corta la naranja por la mitad a lo largo y cada mitad en 3 o 4 gajos. Luego, quita la cáscara con las manos o simplemente muerde la jugosa fruta.
- Clementinas. Pélalas (por lo general son más fáciles de pelar que las naranjas) y cómelas. ¡Los niños pueden hacerlo!
- Pomelos. Córtelos por la mitad y saque cada gajo con una cuchara. Es posible que primero tenga que cortar alrededor de cada gajo. O corte el fruto en gajos y luego quite la piel.



¡Que parezca un juego!

La actividad física no tiene por qué ser un deporte organizado o un ejercicio tradicional. Puede ser jugar a un juego divertido y tonto con su hijo. Pruebe a jugar con cartas UNO®, una baraja tradicional o dados. Haga que sus hijos determinen una actividad para cada color, palo o número. A continuación, realicen esa actividad tantas veces como indique el número de la carta.

Aquí hay algunos ejemplos para empezar:

- Sentadillas
- Saltos de estrella de mar o saltos de tijera
- Bailar o tocar instrumentos «aéreos»
- Círculos con los brazos
- Saltar a la comba
- Elecciones libres para las cartas Wild o Joker.



Financiado por SNAP del USDA, un proveedor que brinda igualdad de oportunidades. Para consejos saludables, visite www.CalFreshHealthyLiving.org.

Events

ALZHEIMER'S ASSOCIATION®

THE EMPOWERED CAREGIVER SERIES

Presented by the Alzheimer's Association®



The Empowered Caregiver will be hosted at
Dignity Health
Wellness Center
21340 E Cliff Dr.,
Santa Cruz, CA 95062

Register at the provided
links for each class. For
more information please call
831.457.7099

HOSTED BY:



Join us for The Empowered Caregiver, an education program that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This series features the following four topics:

BUILDING FOUNDATIONS OF CAREGIVING

Tuesday, September 23, 2025 | 4-5 p.m.

Register: tinyurl.com/FOCSEPT23

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE

Tuesday, September 30, 2025 | 4-5 p.m.

Register: tinyurl.com/INDSEPT30

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

Tuesday, October 28, 2025 | 4-5 p.m.

Register: tinyurl.com/COMOCT28

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Tuesday, November 4, 2025 | 4-5 p.m.

Register: tinyurl.com/BEHNOV04

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

JOIN US IN OCTOBER, NOVEMBER AND DECEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

Building Foundations of Caregiving
Thursday, October 9, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's
Tuesday, October 14, 2-3 p.m. | [Register](#)

Responding to Dementia-Related Behaviors
Tuesday, October 21, 10-11 a.m. | [Register](#)

Creating Dementia-Friendly Holidays and Celebrations
Wednesday, November 5, Noon-1 p.m. | [Register](#)

Understanding Alzheimer's and Dementia
Thursday, November 6, 2-3 p.m. | [Register](#)

Communicating Effectively
Thursday, November 13, 2-3 p.m. | [Register](#)

Navigating Dementia-From Diagnosis to Living Well
Tuesday, November 18, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body
Thursday, December 2, 10-11 a.m. | [Register](#)

Supporting Independence
Thursday, December 11, 10-11 a.m. | [Register](#)

Exploring Care and Support Services
Tuesday, December 16, 2-3 p.m. | [Register](#)

SPANISH CLASSES

Understanding Alzheimer's and Dementia
Thursday, October 16, 6-7 p.m. | [Register](#)

Communicating Effectively
Thursday, November 20, 6-7 p.m. | [Register](#)

Healthy Living for Your Brain and Body
Thursday, December 18, 6-7 p.m. | [Register](#)

CHINESE CLASSES

10 Warning Signs of Alzheimer's (Mandarin)
Wednesday, October 22, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body (Cantonese)
Friday, November 14, 10-11 a.m. | [Register](#)

Responding to Dementia-Related Behaviors (Mandarin)
Tuesday, November 18, 2-3 p.m. | [Register](#)

Communicating Effectively (Mandarin)
Thursday, December 4, 10-11 a.m. | [Register](#)

Understanding Alzheimer's and Dementia (Mandarin)
Friday, December 12, 10-11 a.m. | [Register](#)

To register, please call 800.272.3900 or
visit us online at alz.org/crf

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



ALZHEIMER'S ASSOCIATION®

JOIN US IN OCTOBER, NOVEMBER AND DECEMBER EDUCATION CLASSES

For families, community members and people facing dementia

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

CREATING DEMENTIA-FRIENDLY HOLIDAYS AND CELEBRATIONS

The holidays are a time when family and friends often come together. For families living with Alzheimer's and other dementias, the holidays can be challenging but with some planning and adjusted expectations, celebrations can still be happy, memorable occasions. Learn how to cope with the holidays and stay connected while caring for someone living with dementia.

AWARENESS PRESENTATION

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, inform the community of Alzheimer's Association resources, and engage people in the Association's mission.

INTRODUCTION TO ALZHEIMER'S

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

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.

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

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.

Navigating Dementia-From Diagnosis to Living Well

Getting a diagnosis of Alzheimer's or any type of dementia can raise many questions. Join us to learn about the different stages of the disease, what support you'll need, how to cope with changes now and in the future, and if there are any treatments that could help. Hear from people living with dementia and experienced professionals as they share what's important to know, how to plan ahead, and what steps you can take to manage this journey.

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Alzheimer's is a global health problem with more than 7 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnosis, and therapeutic interventions.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

BUILDING FOUNDATIONS OF CAREGIVING

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

COMMUNICATING EFFECTIVELY

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

EXPLORING CARE AND SUPPORT SERVICES

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

To register, please call 800.272.3900 or
visit us online at alz.org/crf

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

ALZHEIMER'S ASSOCIATION®

COMMUNITY RESOURCE FAIR



Join us for a **FREE**
Community Resource fair!



Tuesday, October 7 | 2pm - 5pm

Meet local partners and community organizations, all gathered in one place to share valuable information and resources.

- » Learn about local programs, services, and support in your area
- » Find helpful resources that matter to you and your loved ones
- » Connect with local community partners, organizations, and agencies



County Health & Human Services Department
1111 San Felipe Rd, Hollister, CA 95023

For more information:
Lizzette Turner | (831) 637-0439

Hola Bebé

FIRST 5 SAN BENITO

Come join us for a fun and friendly time to connect with other new parents while learning the latest tips in infant care. Meet other parents, share stories, ask questions and leave feeling more confident and supported!

Topics and Dates:

- Welcome Baby
- Baby's Signs
- Feeding
- Safety
- Safe Sleep
- Routines
- Baby Development and Observations
- Literacy
- The Power of Play
- and much more!

September 17, 2025
October 15, 2025
November 19, 2025
December 17, 2025
January 14, 2026
February 11, 2026
March 18, 2026
April 15, 2026
May 3, 2026

Time: 10:00 am - 11:00 am
 Location: Children's Kingdom
 1011 Line St Room 10

Because parenting together is better!

For more information call Maria Ruiz at (831) 325-0321

Hola Bebé

LOS PRIMEROS 5 DE SAN BENITO

Acompáñenos a pasar un rato divertido y agradable para conectar con otros padres primerizos mientras aprende los últimos consejos sobre el cuidado infantil. ¡Conozca a otros padres, comparta historias, haga preguntas y salga sintiéndose más seguro y apoyado!

Temas y Fechas

- Bienvenido Bebé
- Señales del Bebé
- Alimentarlo
- Seguridad
- Sueño Seguro
- Rutinas
- Desarrollo del Bebé y Observaciones
- Alfabetización
- El Poder del Juego
- y mucho más!

17 de septiembre, 2025
15 de octubre, 2025
19 de noviembre, 2025
17 de diciembre, 2025
14 de enero, 2026
11 de febrero, 2026
18 de marzo, 2026
15 de abril, 2026
3 de mayo, 2026

Hora: 10:00 am - 11:00 am
 Ubicación: The Children's Kingdom
 1011 Line St Salon 10

¡Porque criar en compañía es mejor!

Para más información llame a Maria Ruiz al (831) 325-0321

First 5 San Benito Program Calendar

2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		No Programs School Recess		
6 Talk, Read, Sing 10:00-11:00AM (0-5)	7 Talk, Read, Sing 10:00-11:00AM (0-5)	8 Food Distribution 3:30-5:00PM	9 Talk, Read, Sing 10:00-11:00AM (0-5)	10
13 Talk, Read, Sing 10:00-11:00AM (0-5)	14 Talk, Read, Sing 10:00-11:00AM (0-5)	15 Hola Bebe 10:00-11:00AM (0-12mos.) Food Distribution 3:30-5:00PM	16 Talk, Read, Sing 10:00-11:00AM (0-5)	17
20 Talk, Read, Sing 10:00-11:00AM (0-5)	21 Talk, Read, Sing 10:00-11:00AM (0-5)	22 Food Distribution 3:30-5:00PM	23 Talk, Read, Sing 10:00-11:00AM (0-5)	24
27 Talk, Read, Sing 10:00-11:00AM (0-5)	28 Talk, Read, Sing 10:00-11:00AM (0-5)	29 Food Distribution 3:30-5:00PM	30 Talk, Read, Sing 10:00-11:00AM (0-5)	31



All services offered are free for families with children ages 0-5 years old
 All programs are located at

First 5 Family Resiliency Center 351 Tres Pinos Rd, Suite 103-A

For more information about our programs please call

(831) 325-0321 or email maria@first5sb.com

[@first5sanbenito](https://www.instagram.com/first5sanbenito) [@first5sb](https://www.facebook.com/first5sb)

Calendario de programas de los primeros 5 de san benito

2025



Lunes	Martes	Miércoles	Jueves	Viernes
		1	2	3
		No programas Receso de escuela		
6 Habla, Lee, Canta 10:00-11:00AM (0-5)	7 Habla, Lee, Canta 10:00-11:00AM (0-5)	8 Distribución de Alimentos 3:30-5:00PM	9 Habla, Lee, Canta 10:00-11:00AM (0-5)	10
13 Habla, Lee, Canta 10:00-11:00AM (0-5)	14 Habla, Lee, Canta 10:00-11:00AM (0-5)	15 Hola Bebe 10:00-11:00AM (0-12mos.) Distribución de Alimentos 3:30-5:00PM	16 Habla, Lee, Canta 10:00-11:00AM (0-5)	17
20 Habla, Lee, Canta 10:00-11:00AM (0-5)	21 Habla, Lee, Canta 10:00-11:00AM (0-5)	22 Distribución de Alimentos 3:30-5:00PM	23 Habla, Lee, Canta 10:00-11:00AM (0-5)	24
27 Habla, Lee, Canta 10:00-11:00AM (0-5)	28 Habla, Lee, Canta 10:00-11:00AM (0-5)	29 Habla, Lee, Canta 10:00-11:00AM (0-5)	30 Habla, Lee, Canta 10:00-11:00AM (0-5)	31



Los servicios ofrecidos son gratis para todas las familias con niños de 0-5 años
 Todos los programas están localizados en

los primeros 5 centro de resiliencia familiar 351 Tres Pinos Rd, Suite 103-A

Para más información sobre nuestros programas por favor llame

o mande mensaje al (831) 325-0321 o envíe un correo electrónico a maria@first5sb.com

[@first5sanbenito](https://www.instagram.com/first5sanbenito) [@first5sb](https://www.facebook.com/first5sb)

Annual HOLLISTER HEALTH FAIR



**OCTOBER 20, 2025
10 AM – 2 PM
FREE**

SOURCES:

- Affordable Health Insurance Information
- Opioid Overdose and Substance Use Prevention
- Personal Counseling
- Free Flu Shots by San Benito County Public Health and Much More!




Sponsored by Student Health Services

Annual FERIA DE SALUD DE HOLLISTER



**20 DE OCTUBRE DE 2025
10 AM – 2 PM
GRATIS**

RECURSOS:

- Información sobre Seguro de Salud Asequible
- Prevención de Sobredosis de Opioides y Uso de Sustancias
- Asesoramiento Personal
- Vacunas Gratuitas contra la Gripe por el Departamento de Salud Pública del Condado de San Benito
- ¡Y mucho más!




Patrocinado por los Servicios de Salud Estudiantil

**Abierto al público
Campus de Hollister, 505 Fairview Road**

the Y YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY




FREE SPOOKTACULAR
LIGHTS ON AFTERSCHOOL

**OCTOBER 24, 2025
6:00PM-8:00PM**

YMCA OF SAN BENITO COUNTY
351 Tres Pinos Road, Hollister, CA 95023

WEAR YOUR COSTUMES

Bringing to you an evening packed with activities for the whole family - including Trick or Treat Stations, Arts & Crafts, Costume Parade, Raffle Prizes, and MORE!

Le ofrecemos una noche llena de actividades para toda la familia, incluyendo Estaciones de Truco o Trato, Artesanía y Manualidades, Desfile de Disfraces, Sorteo de Premios, y ¡MAS!

GRATIS
PARA TODA LA COMUNIDAD
DISFRACES BIENVENIDOS




the Y YMCA

**RENT A SPACE!
ONLY \$20**

YARD SALE

**SATURDAY
OCTOBER
11
7AM-12PM**



BUY, SELL, AND FIND HIDDEN TREASURES
Reserve your space today—spots are limited!

INTERESTED?

REGISTER TO RENT A SPACE!



LOCATION
YMCA OF SAN BENITO COUNTY
PARKING LOT
351 Tres Pinos Road, Hollister, CA

Donations from the space rental fee help ensure everyone is welcome at the Y and has the opportunity to participate in programs and services that change and enrich lives through our Financial Assistance Scholarship Fund.

Email inquiries to acadena@ymcacentralcoast.org

BLOOD DRIVE

Gavilan College
Hollister Campus

Wednesday, October 29
10:00 am – 2:00 pm

The Community Room

Information:
Ryan Shook
408-848-4800
rshook@gavilan.edu

Appointments:
sbsdonor.org
Use QR code



Each registered donor will receive a \$20 eCard!

Donate at the drive to receive an
extra 1000 bonus points!



STANFORD
BLOOD CENTER

Proud Partner of the Golden State Warriors



GAVILAN COLLEGE

Student Health & Wellness

Donate blood
October 1–31 for
a chance to win
tickets to the
Christmas Day
Warriors Game!

SAVE THE DATE FRIDAY

Trick or Treat STREET

2025

October 31st
4pm - 7pm

Downtown Hollister



PARKS AND RECREATION
HOLLISTER, CALIFORNIA

CLÍNICA GRATUITA DE VACUNACIÓN CONTRA LA GRIPE



GAVILAN COLLEGE

COLEGIO EN GILROY

1 DE OCTUBRE DE 2025 10 AM A 2 PM
CENTRO DE ESTUDIANTES
5055 SANTA TERESA BLVD, GILROY

COLEGIO EN HOLLISTER

20 DE OCTUBRE DE 2025, 10AM A 1PM
505 FAIRVIEW RD., HOLLISTER



FREE FLU VACCINE CLINIC



GAVILAN COLLEGE

GILROY CAMPUS

OCTOBER 1, 2025 10 AM – 2 PM
STUDENT CENTER
5055 SANTA TERESA BLVD, GILROY

HOLLISTER CAMPUS

OCTOBER 20, 2025 10 AM – 1 PM
505 FAIRVIEW RD., HOLLISTER



Worried about your immigration status or Medi-Cal coverage?

We're here to help.



Here's what you need to know:

- Medi-Cal is still open for everyone who is eligible.
- Nothing has changed about who can get Medi-Cal or what it covers.
- Starting January 2026, some members will see changes to their benefits.
- You should keep seeing your doctor to get the care you need.

Need care from home? You have options.

You don't always have to go into a clinic or doctor's office to get the care you need. Alliance members can get medical care from home—at no cost.

Here's how:

- Call your doctor to ask if they offer phone or video visits.
- Call the Nurse Advice Line any time, day or night: **844-971-8907 (TTY: 711)**
- Use Rocket Doctor to book a virtual visit with a doctor: **844-996-3763**
- Use Zócalo Health to talk with a doctor or promotora de salud: **213-855-3465**

Want more information or looking for immigration help?



Scan the QR code or visit thealliance.health/immigration-help



We're here for you and your family.

¿Le preocupa su situación migratoria o su cobertura de Medi-Cal?

Estamos aquí para ayudarle.



Esto es lo que debe saber:

- Medi-Cal sigue disponible para todos los que son elegibles.
- Nada ha cambiado sobre quién puede obtener Medi-Cal o qué cubre.
- A partir de enero de 2026, algunos miembros verán cambios en sus beneficios.
- Debe seguir viendo a su doctor para recibir el cuidado que necesita.

¿Necesita cuidado de salud desde casa? Tiene opciones.

No siempre es necesario ir a una clínica o la oficina de un doctor para recibir el cuidado que necesita. Los miembros de la Alianza pueden recibir cuidado desde casa, sin costo.

Así es como:

- Llame a su doctor y pregunte si ofrece visitas por teléfono o video.
- Llame a la Línea de Consejos de Enfermeras en cualquier momento, de día o de noche: **844-971-8907 (TTY: 711)**
- Use Rocket Doctor para programar una cita virtual con un doctor: **844-996-3763**
- Use Zócalo Health para hablar con un doctor o una promotora de salud: **213-855-3465**

¿Quiere más información o necesita ayuda con temas de inmigración?



Escanee el código QR o visite thealliance.health/es/immigration-help



Estamos aquí para usted y su familia.

Are you 16-25 years old and have ideas about how to support youth substance use prevention and community education? If so...

good news! the youth advisory board is looking for you!

who are we?

San Benito County Opioid Task Force (SBCOTF)

Central Coast Overdose Prevention (CCODP)

what do we do?

We are committed to preventing overdoses and drug-related deaths by increasing awareness, reducing stigma, educating the public, improving community support services, and expanding treatment options.

If interested, please contact:

San Benito County-Adriana Garcia: adgarcia@sanbenitocountyca.gov
Monterey County- Khanh Nguyen Whited: knw@ccodp.org

details:

We are looking for 2 members from San Benito County and 2 from Monterey County!

Eligibility: 16-25 years old
Time commitment: 2-4 hrs/month
Stipend: \$25 per meeting

Service is supported by a federal grant under the State Opioid Response plan, with funding provided by the California Department of Health Care Services.



4th Annual Health & Wellness Senior Resource Day

Thursday, October 23rd, 2025

1:00pm - 3:00pm

Active Senior Inc.

100 Harvest St.
Salinas, Ca
93901

The first 100 guests received a gift card upon entry

Free:

Health Screening
Complimentary snack
Blood Pressure
Flu Shot
Massage



For more information:

Visit ASI website @ <https://www.activeseniorsinc.org/>

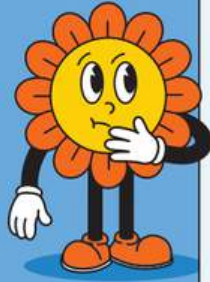


Vista Harden Ranch
Senior Living



Never
Bother

I want to
talk to them.
**Where do
I start?**



Learning that your child is thinking about suicide can be a scary thing for a parent or caregiver. First of all, stay calm. And take their feelings seriously. Encourage your child to talk about why they are thinking about suicide. **Listen without dismissing or judging their feelings.**

Ask about the behaviors you have noticed.
Make sure your questions are open-ended.
Get comfortable with silence and give them time to think.
Don't worry about getting the words exactly right.
Validate their feelings and let them know you're proud of them for sharing with you.
Make sure they know they can come to you anytime, that they're never a bother.

**Most importantly,
ask directly.**
"Are you thinking
about suicide?"

Asking questions won't put the idea in their head. Your child may be relieved that you brought it up.



Learn more
icebreakers and
responses at
NeveraBother.org



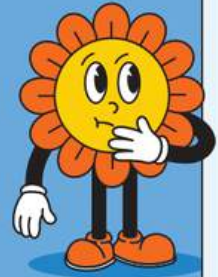
Call the Suicide and Crisis Lifeline at 988
any time (24/7) to get help right away.

© 2024 California Department of Public Health. Funded under contract # 22-10946



Nunca
Molestia

Quiero
hablarle.
**¿Por dónde
empiezo?**



Saber que tu hijo está pensando en el suicidio puede ser algo aterrador para un padre o cuidador. Primero, mantén la calma. Y toma en serio sus sentimientos. Anima a tu hijo a hablar sobre por qué está pensando en suicidarse. **Escucha sin desestimar ni juzgar sus sentimientos.**

Pregunta sobre los comportamientos que observaste.
Asegúrate de que tus preguntas sean abiertas, en lugar de responderse con "sí" o "no".
Acepta con comodidad el silencio y dale tiempo para pensar.
No te preocupes por encontrar las palabras correctas.
Valida sus sentimientos y dile que te enorgullece que los comparta contigo.
Asegúrate de que sepa que puede acudir a ti en cualquier momento, que nunca es una molestia.

**Lo más importante
es que preguntes
directamente.**
"¿Estás pensando
en suicidarte?"

Hacer preguntas no le metará la idea en la cabeza. Tu hijo puede sentirse aliviado de que hayas tocado el tema.



Conoce más
conversaciones para
romper el hielo y
respuestas en
NeveraBother.org



Llama a la Línea de Prevención del Suicidio
y Crisis al 988 en cualquier momento (24/7)
para obtener ayuda inmediata.

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**JOIN
THE
Y!**

the **Y**



Save \$100
& Enter for a Chance
to Win a Prize!

**Nevera
Bother**

**REDEEM FOR \$100 OFF
YOUR JOINER FEE
WHEN YOU REGISTER.**

RESTRICTIONS APPLY.



**JOINING
ONLINE? USE
PROMO CODE:
"NEVERABOTHER"**



**VALID SEPTEMBER 1 TO
NOVEMBER 30, 2025**

**ÚNETE
AL
Y!**

the **Y**



Ahorra 100 \$
¡Participa y podrás
ganar un premio!

**Nunca una
Molestia**

**DESCUENTO DE \$100 EN TU
INSCRIPCIÓN
AL REGISTRARTE.**

SE APLICAN RESTRICCIONES.



**¿INSCRIBIÉNDOSE
EN LÍNEA? UTILICE
EL CÓDIGO
PROMOCIONAL:
"NEVERABOTHER"**



**VÁLIDO DEL 1 DE SEPTIEMBRE
AL 30 DE NOVIEMBRE DE
2025**



BLACK FRIDAY BIRDING at the SAN BENITO COUNTY HISTORICAL PARK

8300 AIRLINE HWY, TRES PINOS, CA 95075

Black Friday Birding was initiated to acquaint folks with our Historical Park on Airline Hwy, and its rich population of permanent and migrating species.

**FRIDAY • 8:30AM
NOVEMBER 28, 2025**



DID YOU KNOW?

October 12th is Fall eBird Big Day, also known as October Big Day, is a global 24-hour event to count and identify bird populations. Our Black Friday Birding day will include a discussion of 'Big Days', and how you might get involved in your own backyard.

REMINDERS:



Bring your binoculars and water bottle, walking shoes and warm layers for the crisp morning air.



A local Birding enthusiast will conduct a tour of the grounds in search of species observed here of late.



R.E.A.C.H. Board members will bring coffee, and midmorning treats for a rewarding post walk conversation at the park's picnic area.



reachsanbenito.org
info@reachsanbenito.org



THE 6TH ANNUAL ANZA TRAIL MOONLIGHT WALK

SUNDAY

OCTOBER 5, 2025 | 5:00 PM

AT THE JUAN BAUTISTA DE ANZA NATIONAL HISTORIC TRAIL



San Benito County astronomers will provide a nighttime stargazing treat again near the summit of the trail!

BEFORE YOU ARRIVE:



Parking attendants will be stationed at the entrance of Old Stage Road.



Bring a water bottle, wear walking shoes and dress in layers for the cool evening.



The moon will rise at about 5:57pm with 96% illumination while the sun will set at about 6:42pm.



All folks will be asked to return by 8:00pm in order to account for all participants.



reachsanbenito.org
info@reachsanbenito.org



BenitoLink
San Benito County Library



SAN BENITO YOUTH ASSOCIATION

**COME JOIN THE YOUTH-
BASED COALITION**

BI-MONTHLY MEETINGS THAT ARE LIVELY,
ENJOYABLE, AND INVOLVE DELICIOUS FOOD
WHILE WORKING.

THIS OPPORTUNITY IS FOR YOUTH AGED 13-18 WHO
WANT TO PROMOTE A TOBACCO-FREE COMMUNITY
AND DRIVE CHANGE.



LOOKING TO RACK UP THOSE
COMMUNITY SERVICE HOURS?



DREAMING OF A CHANCE TO EXPLORE NEW
HORIZONS WHILE MAKING A DIFFERENCE IN
THE WORLD?



WANT GIFT CARDS, FOOD AND OTHER INCENTIVES?

HANKERING AFTER SOME TOP-NOTCH
COLLEGE RECOMMENDATION LETTERS?



**INTRESTED IN
JOINING?**

CONTACT TOBACCO EDUCATION TEAM
TOBACCOEDUCATION@SANBENITOCOUNTYCA.GOV
(831) 537-7639



**Would like to share an announcement? Email our
Program Coordinator at
ssmith@sanbenitocountyca.gov**

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