

October 2023 Wellness Coalition Newsletter



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



Parents in Florida threaten to yank their children out of schools as
FENTANYL-laced vapes crop up in classrooms



Article Link:

<https://www.dailymail.co.uk/health/article-12628247/fentanyl-vapes-florida-homeschooling-overdose.html>

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held in **December 2023** from **10am-12pm**

Date and location will be updated in November

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 Six Flavored Vuse Alto E-Cigarette Products Following Determination They Do Not Meet Public Health Standard



Today, the U.S. Food and Drug Administration issued marketing denial orders (MDOs) to R.J. Reynolds Vapor Company for six flavored e-cigarette products under its Vuse Alto brand. This includes three menthol-flavored and three mixed berry-flavored products, with each flavor being offered in three nicotine strengths. The company must not market or distribute these products in the United States or they risk FDA enforcement action. However, the company may submit new applications for the products that are subject to these MDOs.

[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

FREE



SPOOKTACULAR

LIGHTS ON AFTERSCHOOL CELEBRATION

at the **YMCA**

OCTOBER 27

6:30PM-8PM

351 TRES PINOS ROAD, HOLLISTER

- Trick or Treat Stations
- Arts & Crafts
- Costume Parade
- Raffle Prizes
- FUN for the whole family

- ESTACIONES DE TRUCO O TRATO
- ARTE
- DESFILE DE DISFRACES
- RIFAS
- DIVERSION PARA TODA LA FAMILIA



GRATIS

**PARA TODA LA
COMUNIDAD**

**DISFRACES
BIENVENIDOS**



HAVE ANY UNUSED OR EXPIRED MEDS?

National Drug Take- Back Day

October 28 , 2023

10AM- 2PM

1790 AIRLINE HWY PARKING LOT
(NEAR TARGET)

SAN BENITO COUNTY
OPIOID TASK FORCE



For more info on safe med disposal options
locally:

<https://www.sbcopioidtaskforce.org/>

Hosted by





¿TIENE MEDICAMENTO SIN UTILIZAR O CADUCADOS?

Droga Nacional Día de Devolución

Octubre 28, 2023

10AM- 2PM

1790 AIRLINE HWY

(Estacionamiento de TARGET)

SAN BENITO COUNTY
OPIOID TASK FORCE



Para más información sobre las opciones de
eliminación de medicación segura localmente:

<https://www.sbcopioidtaskforce.org/>

Hosted by





Hazel Hawkins
MEMORIAL HOSPITAL

October is
**Breast Cancer
Awareness
Month**



Have you scheduled your mammogram?
Early detection saves lives.

**Call today to schedule your appointment
for a mammogram. (831) 636-2650**

We offer a self-pay rate of \$100 for a screening mammogram.

A physician's order is required to schedule your mammogram. If you don't have a physician, you can make an appointment at our community health center (831) 636-3277 for your clinical breast exam and mammogram referral.



911 Sunset Drive, Hollister - (831) 637-5711 - www.hazelhawkins.com



Hazel Hawkins
MEMORIAL HOSPITAL

Octubre es

El Mes de Concientización Sobre el Cáncer de Mama



¿Ya agendaste tu mamografía?

La detección temprana salva vidas.

**Llama ahora para programar su cita para
una mamografía. (831) 636-2650**

Ofrecemos una tarifa de pago por cuenta propia de \$100 para una mamografía de detección.

Es necesaria una receta de su médico de cabecera para programar su investigación de mamografía. Si no tiene médico de cabecera, puede concertar una cita con uno de los médicos de nuestras clínicas comunitarias de salud, al (831) 636-3277 quien efectuará el examen físico de las mamas y le dará una receta para una mamografía.



911 Sunset Drive, Hollister • (831) 637-5711 • www.hazelhawkins.com

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



JOIN US IN SEPTEMBER AND OCTOBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

Effective Communication Strategies

Thursday, September 7, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's

Thursday, September 14, 10-11 a.m. | [Register](#)

Dementia Conversations

Tuesday, September 19, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body

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

Understanding Alzheimer's and Dementia

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

Understanding and Responding to Dementia-Related Behavior

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

SPANISH CLASSES

10 Warning Signs of Alzheimer's

Thursday, September 21, 6:30-7:30 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Thursday, October 19, 6:30-7:30 p.m. | [Register](#)

For on-demand recorded classes, please visit
[alz.org/education](https://www.alz.org/education)

CHINESE CLASSES

Effective Communication Strategies (Cantonese)

Friday, September 8, 10-11 a.m. | [Register](#)

Understanding and Responding to Dementia-Related Behavior (Mandarin)

Wednesday, September 13, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's (Mandarin)

Wednesday, September 20, 2-3 p.m. | [Register](#)

Dementia Conversations (Mandarin)

Tuesday, October 3, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's (Cantonese)

Friday, October 6, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body (Mandarin)

Wednesday, October 11, 2-3 p.m. | [Register](#)

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

Friday, October 13, 20 & 27, 10 a.m.-Noon | [Register](#)

Attend all three classes.

**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](https://www.alz.org/CRF) to explore additional education programs in your area.

JOIN US IN SEPTEMBER AND OCTOBER 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**

FREE FLU VACCINE CLINIC OPEN TO THE PUBLIC

SAN BENITO COUNTY PUBLIC HEALTH
IN PARTNERSHIP WITH GAVILAN COLLEGE

THURSDAY, OCTOBER 19TH 2023
&
THURSDAY, NOVEMBER 16TH 2023

9:00AM-1:00PM

**GAVILAN COLLEGE MAIN CAMPUS
PARKING LOT C
5055 SANTA TERESA BLVD., GILROY, 95020**



GAVILAN COLLEGE

Health Services

FREE FLU VACCINE CLINIC OPEN TO THE PUBLIC

SAN BENITO COUNTY PUBLIC HEALTH
IN PARTNERSHIP WITH GAVILAN COLLEGE

WEDNESDAY OCTOBER 18TH 2023
&
WEDNESDAY, NOVEMBER 15TH 2023

9:00AM-1:00PM

**GAVILAN COLLEGE HOLLISTER SITE AT BRIGGS
STUDENT LOUNGE
365 FOURTH ST. HOLLISTER, CA 95023**



GAVILAN COLLEGE

Health Services

CLÍNICA GRATUITA DE VACUNACIÓN CONTRA LA GRIPE ABIERTO AL PÚBLICO

SALUD PÚBLICA DEL CONDADO DE SAN BENITO EN
COLABORACIÓN CON GAVILAN COLLEGE

JUEVES, 19 DE OCTUBRE DE 2023
&
JUEVES, 16 DE NOVIEMBRE DE 2023

9:00AM-1:00PM

**GAVILAN COLLEGE MAIN CAMPUS
PARKING LOT C
5055 SANTA TERESA BLVD., GILROY, 95020**



GAVILAN COLLEGE

Health Services

**CLÍNICA
GRATUITA
DE VACUNACIÓN
CONTRA LA GRIPE
ABIERTO AL PÚBLICO**

**SALUD PÚBLICA DEL CONDADO DE SAN BENITO EN
COLABORACIÓN CON GAVILAN COLLEGE**

**MIÉRCOLES, 18 DE OCTUBRE DE 2023
&
MIÉRCOLES, 15 DE NOVIEMBRE DE 2023**

9:00AM-1:00PM

**GAVILAN COLLEGE HOLLISTER SITE AT BRIGGS
STUDENT LOUNGE
365 FOURTH ST. HOLLISTER, CA 95023**



GAVILAN COLLEGE

Health Services

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