

May 2023 Wellness Coalition Newsletter



Happy May Wellness Coalition Members!

Read below for tobacco news:

Health Problems from Second Hand smoke :

- In babies, secondhand smoke can cause sudden infant death syndrome.
- In children, secondhand smoke exposure can cause respiratory infections, ear infections, and asthma attacks.
- Since 1964, about 2,500,000 people who did not smoke died from health problems caused by secondhand smoke exposure.
- In adults who do not smoke, secondhand smoke exposure can cause coronary heart disease, stroke, lung cancer, and other diseases.

[Learn more](#)

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be on **Tuesday June 6th** at the **Community Foundation Epicenter**

10:00am-12:00pm
440 San Benito Street, Hollister, CA

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

Tobacco News

The Food and Drug Administration has called cigarettes “the only legal consumer product that, when used as intended, will kill half of all long-term users.”



The FDA knows nicotine is addictive. It wants to regulate it for the first time

The Food and Drug Administration is poised to set a maximum nicotine level in cigarettes and some other tobacco products, looking to make them less addictive and wean smokers off the...

 NPR / Jun 22, 2022

The FDA is poised to set a maximum nicotine level in cigarettes and some other tobacco products, looking to make them less addictive and wean smokers away from the habit. Despite an overall trend away from smoking, tobacco use remains the No. 1 cause of preventable deaths in the United States.

<https://www.npr.org/2022/06/22/1106742729/fda-nicotine-level-regulate-cigarettes-tobacco>

San Benito County Community Health Spotlight



The community health program is a new team that is still very much in its early stages. Our staff is currently working on a community health needs assessment in attempts to find trends and commonalities among issues while learning about the strengths and resources in San Benito County.

[Read more](#)

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.

Date: Tuesday, June 13, 2023

Time: 1:30-2:30 p.m.

**The Diversity Center
1117 Soquel Ave
Santa Cruz, CA 95062**

Please register at
alzhealthylivingtdc2023.eventbrite.com
For more information, call: 831.647.9890

Hosted by:



ALZHEIMER'S  ASSOCIATION®

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

rethink YOUR DRINK DAY

MAY 10, 2023 | STATEWIDE DAY OF ACTION

Rethink Your Drink Day is a statewide event that helps educate the community about the risks of sugar-sweetened beverage consumption and promote the benefits of healthier drink options. By working together and joining forces, we can help families in California establish a lifetime of healthy habits.



Staff in San Benito County showed students the amount of sugar found in some popular drinks. Students were also offered different flavored water samples and asked to vote for their favorite flavor.



Highlights:

- RO Hardin served 250 students
- Calaveras served 355 students
- Sunnyslope served 300 students



Thank you to the staff at RO Hardin Elementary, Calaveras Elementary, Sunnyslope Elementary, and Hollister School District Student Nutrition Services for supporting the event!



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

WE'RE HIRING



310 4th St, Ste 101 Hollister, CA

▶▶ YOUTH ADVOCATE

JOIN OUR YA TEAM!

JOB SUMMARY

With support from the AVENIDA team, the **Youth Advocate** will support outreach and services to transition-age youth at-risk of or experiencing homelessness in San Benito County. Will assist clients with navigating additional systems of care, including housing, homeless certification, connections to various service providers, and access to the Family Reunification Program.

Part-Time (Hourly)

\$18.00 - \$22.00/hour



- ✓ Lived experience with unhousing.
- ✓ Working knowledge of issues facing unhoused and at-promise youth.
- ✓ Experience working with strength-based and client-centered models, restorative and trauma informed care practices
- ✓ Experience with outreach and desire to grow in grassroots organizing skills



Questions? Call 831.636.2853 ext. 5

Send resumes and cover letters
to: rosahr@youthall.org



 [Youthall.org/careers](https://youthall.org/careers)

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



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.
- » Alzheimer's Association resources.

Hosted by



**Wednesday, June 7
10 - 11 a.m.**

**The Hub - Alliance on Aging
236 Monterey St.
Salinas, CA 93901**

**Call to pre-register: Jody Rogers,
Alliance on Aging 831.646.4931**

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

alzheimer's  association®



**END
ALZ**



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HEALTHY LIVING FOR YOUR BRAIN AND BODY



An education program presented by the Alzheimer's Association®



Date: Friday, June 30, 2023

Time: 11 a.m.-Noon

Virtual

Please register at

tinyurl.com/ABAM630

or call 800.272.3900

This education program is hosted by Assemblymember Dawn Addis & Assemblymember Gail Pellerin in honor of Alzheimer's & Brain Awareness Month

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ALZHEIMER'S  ASSOCIATION®

For more information, call: 831.647.9890

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](#)