

June 2023 Wellness Coalition Newsletter



Happy June Wellness Coalition Members!

Read below for tobacco news:



Smokeless Tobacco: Products and Marketing

Smokeless tobacco:

- Is not burned
- Includes tobacco that can be sucked or chewed
- Can be spit or swallowed, depending on the product
- Can be spitless, depending on the product
- Contains nicotine and is addictive
- May appeal to youth because it comes in flavors such as cinnamon, berry, vanilla, and apple

[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 Conducts Retailer Inspection Blitz, Cracks Down on Illegal Sales of Popular Disposable E-cigarettes



Today, the U.S. Food and Drug Administration issued warning letters to 30 retailers, including one distributor, for illegally selling unauthorized tobacco products. The unauthorized products were various types of Puff and Hyde brand disposable e-cigarettes, which were two of the most commonly reported brands used by youth e-cigarette users in 2022. The Puff products include Puff Bar. Today's action underscores the agency's unwavering commitment to addressing the role retailers and distributors of unauthorized tobacco products play in this concerning public health issue facing America's youth.

[Read more](#)

:30 Big Tobacco's Lie (behind a microplastic scam) - 2023

(YouTube Video)



<https://www.youtube.com/watch?v=gYzzzZHhnQI>

Please watch this 30 second clip on microplastics--
"Big Tobacco's cigarette butts are made of microplastics and don't make
smoking any safer. Visit [UNDO.org](https://www.undo.org) to learn more."

Announcements

HERE'S CASH TO HELP YOU IN 2023!



**\$600 cash cards
to eligible farm
workers in
California**

**Text FOODWORKER to 211-211
to get on the waiting list.**

United Ways
of California



¡AQUÍ HAY DINERO EN EFECTIVO PARA AYUDARLE EN EL 2023!

**Tarjetas pre pagadas con
\$600 para trabajadores
agrícolas elegibles en
California**



**Envíe la palabra CAMPESINO
por texto al 211-211 para ingresar
en la lista de espera.**

United Ways
of California





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

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 Vicente Road, Salinas, CA 93901

VIRTUAL GROUPS

Santa Cruz Caregiver Support Group**

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

Santa Cruz Caregiver Support Group**

2nd & 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.

Santa Cruz, Monterey, San Benito Counties Caregiver Support Group

3rd Wednesday of the month, 5:30–7 p.m.

Monterey Caregiver Support Group**

3rd Monday of the month, 6–7:30 p.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

** Support group returning to in-person by end of 2023.

Please call 800.272.3900 for latest information.

Updated 4/2023

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.

ALZHEIMER'S  ASSOCIATION®

JOIN US IN MAY AND JUNE ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

10 Warning Signs of Alzheimer's

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

Thursday, June 8, 10-11 a.m. | [Register](#)

Understanding Alzheimer's and Dementia

Thursday, May 4, 10-11 a.m. | [Register](#)

Tuesday, June 20, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body

Thursday, June 15, 10-11 a.m. | [Register](#)

Dementia Conversations

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

Tuesday, June 6, 2-3 p.m. | [Register](#)

Effective Communication Strategies

Tuesday, May 16, 2-3 p.m. | [Register](#)

Thursday, June 1, 10-11 a.m. | [Register](#)

Understanding and Responding to Dementia-Related Behavior

Thursday, May 18, 10-11 a.m. | [Register](#)

Tuesday, June 13, 2-3 p.m. | [Register](#)

SPANISH CLASSES

Understanding and Responding to Dementia-Related Behavior

Thursday, May 11, 6:30-7:30 p.m. | [Register](#)

Effective Communication Strategies

Thursday, June 8, 6:30-7:30 p.m. | [Register](#)

CHINESE CLASSES

Healthy Living for Your Brain and Body (Mandarin)

Thursday, May 11, 2-3 p.m. | [Register](#)

Effective Communication Strategies (Cantonese)

Friday, May 26, 2-3 p.m. | [Register](#)

Understanding Alzheimer's and Dementia (Mandarin)

Tuesday, June 6, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's (Cantonese)

Tuesday, June 27, 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 MAY AND JUNE 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.

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.

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

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.



GAIL PELLERIN

Assemblymember, District 28



DAWN ADDIS

Assemblymember, District 30

ALZHEIMER'S  ASSOCIATION®

For more information, call: 831.647.9890

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

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](#)