

September 2023 Wellness Coalition Newsletter



Happy September Wellness Coalition Members!

Read below for tobacco news:



The tobacco industry has continued to market to the younger audience by disguising these flavored tobacco products as everyday school supplies.

Take a look at their marketing website:

<https://highlightvape.com/>

News report shared on YouTube:

<https://www.youtube.com/watch?v=QMk3WioTh1w>

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

FDA Warns Companies Selling Illegal E-cigarettes with Emerging Popularity Among Youth



On Sept. 14, 2023, FDA issued warning letters to 15 online retailers and 3 manufacturers and/or distributors for selling or distributing unauthorized e-cigarette products. Additionally, in one case, the retailer illegally sold a product to an underage purchaser. The warning letters cite a range of popular and youth-appealing e-cigarette products, including disposable products, marketed under the brand names Elf Bar, EB Design, Lava, Cali, Bang, and Kangertech.

[Read more](#)

Announcements

SBC TOBACCO EDUCATION PROGRAM
PRESENTS

HOW TO SAVE A LIFE

THURSDAY SEPTEMBER 28TH
2 - 4 PM
HOLLISTER HIGH SCHOOL CAFETERIA

SPEAKERS BEGIN AT 2:15

Listen to real life
experiences
about overdose
and substance
abuse!



Get tips and tools
to quit vaping
today!

Learn about
mental health
resources
available to
students!

COME TO THE EVENT FOR A CHANCE TO WIN
A **FREE MONTH** MEMBERSHIP TO THE YMCA,
MOVIE THEATER GIFTCARDS, AND MORE!



FOOD. MUSIC. LIFE SAVING
TOOLS.

FEATURING:

**BEHAVIORAL HEALTH
OPIOID TASK FORCE
OFFICE OF EMERGENCY
SERVICES**

**OPEN TO ALL
STUDENTS**



SCAN TO REGISTER

*food is first come,
first serve

CDSB PROGRAMA DE EDUCACIÓN DEL TOBACO PRESENTA

COMO SALVAR UNA VIDA

JUEVES 28 DE SEPTIEMBRE
2 - 4 PM

CAFETERÍA DE LA ESCUELA
SECUNDARIA HOLLISTER

PRESENTADORES EMPIEZAN A LAS 2:15 PM

¡Escuche experiencias de la vida real sobre sobredosis y abuso de sustancias!



¡Aprenda sobre recursos de salud mental disponibles para los estudiantes!

¡Obtenga consejos y herramientas para dejar de vapear hoy!

¡ASISTE EL EVENTO PARA UNA OPORTUNIDAD EN GANAR UNA MEMBRESÍA GRATUITA PARA 30 DIAS AL YMCA, TARJETAS DE REGALO PARA EL CINE, Y MAS!



COMIDA. MÚSICA.
HERRAMIENTAS QUE CAMBIAN LA VIDA.

PRESENTANDO

**SALUD MENTAL Y
COMPORTAMIENTO**

OPIOID TASK FORCE

**OFICINA DE SERVICIOS DE
EMERGENCIA**

**ABIERTO A TODO
LOS ESTUDIANTES**



**ESCANEE PARA
REGISTRARSE**

*comida es limitado



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



Valley Health Plan Community Collective (VHPCC)
Quarterly community meetings hosted by VHP for
Santa Clara County, San Benito County and Monterey County

Date: October 24th, 2023

Time: 10am-11:30am

Virtual Meeting via Microsoft Teams

Agenda Topics:

MedAssist

Esperanza Care

Description: VHPCC is committed to strengthening partnerships through health care providers, community organizations, & local leaders to deliver the highest standard of support for community residents. We are dedicated to Improving and innovating services that meet the community's individual needs and goals, as well as providing

families with:

Vitality

Healthcare

Potential

Countywide support

Compassion

If you would like more information and/or attend this meeting, please reach out to jessica.macias@vhp.sccgov.org

2023 Breath of Life WALK

Saturday, September 23, 2023
5K (3.1 mile) Walk

Hellyer County Park
A Santa Clara County Parks Facility

985 Hellyer Avenue
San Jose, CA 95111

Registration begins – 9:30 a.m.
Walk begins – 10:00 a.m.



Your fundraising will help us:

- Educate** about lung disease
- Provide** support services
- Advocate** for clean air and public health
- Support** lung health research

Register by September 12th
 to receive an official
Breath of Life Walk t-shirt !



Earn incentive prizes for fundraising! • Win prizes in our raffle! • Enjoy a great continental breakfast!

Visit www.BreathofLifeWalk.org
Register • Sponsor a Walker or Team • Learn More
Questions? Call 408-998-5865



Thank you 2023 Sponsors!



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**



ADD YOUR FLOWER TO THE FIGHT TO END ALZHEIMER'S.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers — each carried by someone committed to raising funds and awareness to help end this disease. It's time to add your flower to the fight.

Visit alz.org/walk for more information about this year's event, how to volunteer, and to register.

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

2023 NATIONAL PRESENTING SPONSOR

Edward Jones

WALK TO END ALZHEIMER'S



**Santa Cruz
September 23**

alz.org/santacruzwalk



**Monterey
October 7**

alz.org/montereywalk

The Alzheimer's Association® offers round-the-clock support and reliable information about memory loss, Alzheimer's disease and other dementias.

Free 24/7 Helpline: **800.272.3900**
Caregiver Center: alz.org/care

ALZHEIMER'S ASSOCIATION



AÑADA SU FLOR A LA LUCHA PARA TERMINAR CON EL ALZHEIMER.

La Alzheimer's Association Walk to End Alzheimer's® está llena de flores, cada una por alguien comprometido a recaudar fondos y crear conciencia para ayudar a terminar esta enfermedad. Es hora de agregar tu flor a la lucha.

Visite alz.org/walk para obtener más información sobre el evento de este año, cómo ser voluntario ese día, y para registrarse.

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION®

2023 NATIONAL PRESENTING SPONSOR

Edward Jones

WALK TO END ALZHEIMER'S



Santa Cruz
September 23
[tinyurl.com/
WalkSantaCruzSP](http://tinyurl.com/WalkSantaCruzSP)



Monterey
October 7
[tinyurl.com/
WalkMonSP](http://tinyurl.com/WalkMonSP)

La Alzheimer's Association® ofrece apoyo las 24 horas del día, información confiable sobre la pérdida de memoria, la enfermedad de Alzheimer y otras demencias.

Línea de ayuda gratuita 24/7: **800.272.3900**
Centro de Cuidadores: alz.org/ayuda-y-apoyo/cuidado

**ALZHEIMER'S
ASSOCIATION**

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