

HAPPY SEPTEMBER WELLNESS COALITION MEMBERS!

READ BELOW FOR TOBACCO AND COMMUNITY NEWS:



A big thank you to Adriana and Juan for their leadership and dedication to our coalition. Your hard work has made a significant impact, and we are deeply grateful for your contributions.

As we welcome Eunice and Salina into their new roles, we look forward on continuing to build on the strong foundation we have established and continuing our progress together.

Upcoming Coalition Meeting:

Next Wellness Coalition meeting will be held
December 2024
Location TBD

If you are interested in joining our coalition and presenting at our next meeting, please contact Javier Perez at jperez@sanbenitocountyca.gov

ORGANIZATION

Spotlight



MATERNAL, CHILD, & ADOLESCENT HEALTH (MCAH)

- Provides resources and referrals for maternal, child, and adolescent health services
- Offers car seat checkups and safety education to ensure proper installation and usage
- Coordinates public health education on topics such as safe sleep practices and child safety
- Collaborates with the Oral Health Program to promote dental hygiene for children

ALIMENTA TU DIVERSIÓN

FUEL YOUR FUN



PERA

La pera está en temporada a finales de verano y otoño. Aquí es cuando puede conseguirla al mejor precio. Con la piel, la pera tiene más fibra que la mayoría de las frutas.



PEARS

Pears are in season late summer and fall. This is when you can get them at the best price. With the skin, pears have more fiber than most fruit.

Refrigerio rápido

- ◆ Enjuague las peras con agua fría y córnalas enteras, en rodajas o picadas.
- ◆ ¡Prueba esto! Corte una pera fresca con un cortador de manzana.
- ◆ Sirva las peras enlatadas o las peras cortadas en cubos en tazas de frutas.
- ◆ Mezcle las peras picadas en el yogur.
- ◆ Sirva las rodajas de pera con queso.

¿Está madura?

- ◆ Mantenga las peras en la encimera hasta que estén maduras.
- ◆ Las peras Bartlett se vuelven amarillas cuando están maduras, pero no todos los tipos de peras cambian de color. Toque debajo de la zona del tallo para comprobar si está madura. "Check the neck!" Si está blanda, está lista para comer.



¿Necesita aliviar el estrés?

Una forma de mantenerse en movimiento y aliviar el estrés es participar en yoga. El yoga puede mejorar la postura, el equilibrio y la coordinación, pero también mejora la concentración. ¡Los niños piensan que es simplemente divertido!

Quick Snack

- ◆ Rinse pears under cold, running water and eat them whole, sliced or chopped.
- ◆ Try this! Cut a fresh pear with an apple slicer.
- ◆ Serve canned pears or diced pears in fruit cups.
- ◆ Stir chopped pears into yogurt.
- ◆ Serve pear slices with cheese.

Is it ripe?

- ◆ Keep pears on the counter until ripe. Bartlett pears turn yellow when ripe, but not all kinds of pears change colors. Check the Neck™ feel under the stem area to check for ripeness. If it's soft, it's ready to eat.



Physical Activity: Start Small

- Adding more physical activity into already busy routines can seem really overwhelming. To make it more manageable, start small with these ideas:
- ◆ Add a few more minutes to a family walk
 - ◆ Go outside for a few minutes to play after dinner
 - ◆ Try walking or biking to school one day
 - ◆ Visit the neighborhood park on your day off

Buck for Kids!

DUTCHBROS + **CASA**

SEPT 20TH

For every drink purchase, \$1 will be donated to CASA!

CASA's mission is to train and support community volunteers who advocate for abused or neglected children placed in foster care, upholding the children's rights while pursuing a safe and permanent home.

WWW.CASASANBENITO.ORG

HOLLISTER POLICE Presenta...

Una Sobredosis de Realidad

Presentaciones y Exhibición de Recursos

Salud Mental • Uso de Sustancias • Recuperación • Sobredosis

Contendrá temas delicados
First 5 de San Benito estará presente para ofrecer cuidado de niños durante el evento.

Sábado, Septiembre 28, 2024
Hollister Veterans' Memorial Building
649 San Benito Street
Hollister, Ca

Presentación en vivo: 2 PM
Feria de Recursos: 4 PM a 5 PM

Escanear el código QR para confirmar su asistencia

Aperitivos ligeros serán disponibles durante el evento

En asociación con nuestros socios comunitarios:

HOLLISTER POLICE Presenta...

An OVER-Dose of REALity

Presentations & Resource Fair

Mental Health • Substance Use • Recovery • Overdose

Will contain sensitive topics
Childcare to be provided by First 5 San Benito

Saturday, September 28th, 2024
Hollister Veterans' Memorial Building
649 San Benito Street
Hollister, Ca

Live Presentations: 10 AM
Resource Fair: 12 PM to 1 PM

Scan QR Code to R.S.V.P.

Service of a continental breakfast while supplies last.

In partnership with our community partners:

BREATHE CALIFORNIA

22ND ANNUAL BREATHE OF LIFE WALK

ORGANIZED BY **ETHAN DREAMS**

HELLYER COUNTY PARK
A SANTA CLARA COUNTY PARKS FACILITY

SATURDAY SEPT 21ST 2024

REGISTRATION: 9:00AM
WALK BEGINS: 10AM

YOUR FUNDRAISING WILL HELP:

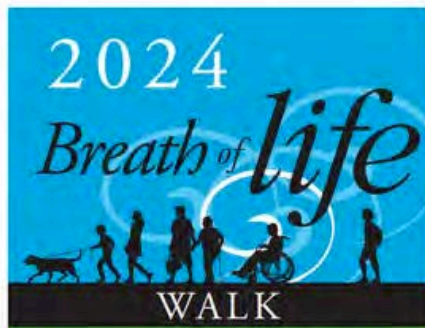
- EDUCATE
- PROVIDE
- ADVOCATE
- SUPPORT

SPONSORS: print, JUBO, C-Ben, Rotten Robbin, JUBO

REGISTER, SPONSOR, MORE
CALL: (408)998-5805 OR VISIT
BREATHOFLIFEWALK.ORG

RECEIVE A FREE T-SHIRT!
MUST REGISTER BY
SEPT 10TH

5K WALK
(3.1 MILES)



Your fundraising will help us:

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

Saturday, September 21, 2024
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 with Zumba warm-up - 10:00 a.m.

Register by September 10th
to receive an official
Breath of Life Walk t-shirt!



Late registrants will get
t-shirts while supplies last.

Prizes for fundraising! • Raffle prizes! • Biggest team wins winery tour/tasting! • Enjoy breakfast!

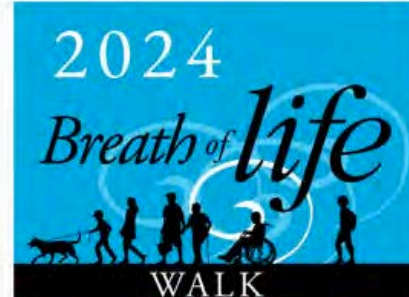


Visit www.BreathofLifeWalk.org

Register • Sponsor a Walker/Team • Learn More
Questions? Call 408-998-5865



Thank you to our 2024 Sponsors!



Usted nos ayudara a:

- Educar sobre la enfermedad pulmonar
- Proporcionar Servicios de apoyo
- Abogar por el aire limpio y salud pública
- Apoyar la investigación sobre la salud pulmonar

Sábado, Septiembre 21, 2024
Caminata de 5km (3.1 millas)

Hellyer County Park
Una instalación de parques del condado de Santa Clara

985 Hellyer Avenue
San Jose, CA 95111

El registro comienza - 9:30 a.m.
Caminata empieza con calentamiento de Zumba - 10:00 a.m.

Registrarse antes de:
Septiembre 10 para recibir una
camiseta de Breath of Life!



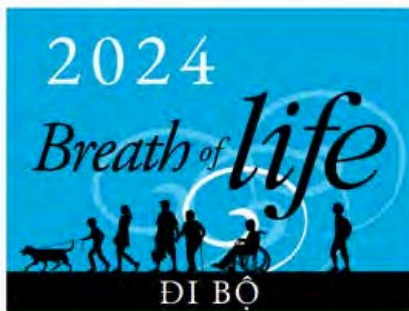
Los que se registren tarde
recibirán camisetas hasta
agotar existencias.

¡Premios por recaudar fondos! • ¡Rifas! • ¡Equipo mas grande gana recorrido/degustacion de viñedo! • ¡Disfrute desayuno!



Visita www.BreathofLifeWalk.org

Registra • Patrocina a un caminante o equipo
¿Preguntas? Llame al 408-998-5865



Việc gây quỹ của bạn sẽ giúp chúng tôi:

- Giáo dục về bệnh phổi
- Cung Cấp dịch vụ hỗ trợ
- Ủng Hộ không khí sạch và sức khỏe cộng đồng
- Hỗ Trợ nghiên cứu sức khỏe phổi

Thứ Bảy, Tháng 9 Ngày 21, 2024
Đi Bộ 5Km (3,1 dặm)

Tại Công Viên Hellyer County
Cơ sở Công viên Quận Santa Clara
985 Hellyer Avenue • San Jose, CA 95111

Bắt đầu đăng ký - 9:30 sáng
Cuộc đi bộ sẽ bắt đầu bằng tập thể dục Zumba - 10:00 sáng

Đăng ký trước Tháng 9 Ngày 10
để nhận được thông báo chính thức
Áo thun Breath of Life Walk!



Những người đăng ký muộn sẽ nhận
được áo phông cho đến khi hết hàng.

Giải thưởng gây quỹ • Giải thưởng số 1 • Đội tên nhất sẽ giành được chuyến tham quan nhà máy rượu và trải nghiệm nếm thử • Thương trước bữa sáng!



Hãy truy cập www.BreathofLifeWalk.org

Đăng Ký • Tìm hiểu thêm
Tài trợ cho Walker hoặc Đội
Câu hỏi? Gọi 408-998-5865



Hola Bebe

FIRST 5 SAN BENITO BIRTH CELEBRATIONS



**FIRST 5
SAN BENITO**
Family Resiliency Center

Please Join Us For

Birth Celebration in honor of your baby's arrival. Bring your baby and let's discover ways to support your family's new special role.

Hear up to date information on newborn care:



And much more!

Starting September 11, 2024

When: Every Second Wednesday of the Month

Oct 9, 2024 | Nov 13, 2024 | Dec 11, 2024

Jan 15, 2025 | Feb 12, 2025 | Mar 12, 2025

Apr 9, 2025 | May 14, 2025 | Jun 11, 2025

Time: 10:00am to 11:00am

Location: The Children's Kingdom

1011 Line St. Room 10

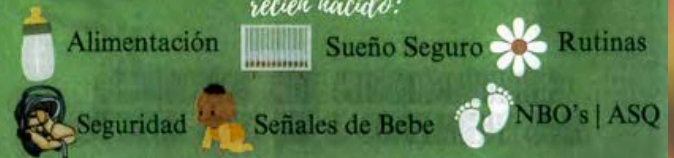
Happy to help:

Maria Diaz Ruiz | (831) 325-0321 | Maria@First5sb.com

Únase a nosotros para

Celebración del Nacimiento en honor a la llegada de su bebé. Traiga a su bebé y descubramos formas de apoyar el nuevo papel especial de su familia.

Escuche información actualizada sobre la atención del recién nacido:



¡y mucho más!

A partir de septiembre 11, 2024

Cuándo: cada segundo miércoles del mes

Oct 9, 2024 | Nov 13, 2024 | Dic 11, 2024

Ene 15, 2025 | Feb 12, 2025 | Mar 12, 2025

Abr 9, 2025 | Mayo 14, 2025 | Jun 11, 2025

Horario: 10:00 am a 11:00 am

Ubicación: El Reino de los Niños

1011 Line St. Salon 10

Encantado de ayudarle:

María Díaz Ruiz | (831) 325-0321 | Maria@First5sb.com



COMMUNITY
—HOMELESS—
SOLUTIONS

HOSTED BY THE
H.O.M.E RESOURCE CENTER



7th | Monday, Oct 7 2024
9 am - 2 pm

1161 San Felipe Rd (outside in the large parking lot)
Hollister, CA 95023

info:

831-785-6580

cleon@communityhomelessolutions.org

**ENJOY A SLICE OF PIZZA
MEET LOCAL RESOURCES
FIND THE HELP YOU NEED**

LIFE IS A MOVIE

FILM DRUG FREE

SCAN HERE OR GO TO:



[HTTPS://RB.GY/05802V](https://rb.gy/05802v)



34TH ANNUAL RED RIBBON RUN & FESTIVAL

SATURDAY, OCTOBER 19, 2024

VETERANS MEMORIAL BUILDING, 649 SAN BENITO ST

CHECK IN @8AM

- 3K FUN RUN 8:15AM
- 5K COMPETITIVE RUN 8:20AM

FESTIVAL 8AM-11AM

- RESOURCE BOOTHS
- RAFFLES, PRIZES, AND FOOD

FOR QUESTIONS ABOUT THE FESTIVAL, PLEASE CONTACT MARIA SANCHEZ AT 831-636-4020, OR MSANCHEZ@SANBENITOCOUNTYCA.GOV

FOR BOOTH REGISTRATION, PLEASE CONTACT AMANDA MOISA AT 831-636-4020, OR AMOISA@SANBENITOCOUNTYCA.GOV



PARKS AND RECREATION



JOIN US... JOIN THE FUN

SAN BENITO COUNTY
BEHAVIORAL HEALTH DEPARTMENT

Mental Health & Substance Use Disorder Services

Submit questions here have for the panel here




Reserve your seats here




'FENTANYL HIGH' COMMUNITY FILM SCREENING & DISCUSSION PANEL

WEDNESDAY
OCTOBER 23, 2024
6 PM

Hollister High School Auditorium
1220 Monterey Street
Hollister, CA 95023

San Benito County Behavioral Health Department
Mental Health & Substance Use Disorder Services




SOUND THE ALARM
Save a Life



Smoke Alarms Save Lives!

Working smoke alarms can cut the risk of death from home fires in half.


That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!


San Benito County

A free program to help replace or provide your home with 10 year smoke alarms as a gift from your American Red Cross of the Central Coast

If interested in this free program please contact:
Vanessa.Hernandez3@redcross.org (831) 356-1118

ADVENTURE. EXPLORE. PLAY.



THE 5TH ANNUAL MOONLIGHT WALK ON ANZA TRAIL!

Put it on your calendar! **November 16, 2024**

Celebrating the Old Stage Road History bridging counties, the San Benito County Sesquicentennial, the 25th year of the Anza Trail naming, and R.E.A.C.H. San Benito Parks Foundation, 10 years!


The Dedication of The Old Stage Road History and Sesquicentennial Acknowledgement will begin at 3:30pm, but the timing may change, so keep your eye out for further information closer to the date.

The Moon will rise at 5:26 pm, with 98% illumination, while the sun will set at 4:55pm. This creates a Golden Hour with high visibility on the Trail as hikers ascend to the top at about 2 miles. The evening views are beautiful. We plan for a couple of astronomers to set up their telescopes either at the entry gate or the top Stagecoach Bypass marked by 'Jim West's Rock'. All hikers will be required to return by 8:00 pm in order to safely account for all hiker returns!

MORE INFORMATION TO COME IN OCTOBER
ARRIVE EARLY FOR BEST PARKING

****YOU'LL FIND SOME SURPRISES LINED UP!****

Special thanks to San Juan Bautista Rotary for mowing funds!
Thank you to our Partners: Benitolink.com, San Benito County Board of Supervisors, Community Foundation for San Benito County, and SBC Resource Management Agency, Public Works




al Panel



Reserva tus asientos ahora




'FENTANYL HIGH' PROYECCIÓN DE PELÍCULAS COMUNITARIAS Y MESA REDONDA

MIÉRCOLES 23 DE OCTUBRE DE 2024
6:00 PM

Auditorio de la escuela secundaria Hollister
1220 Monterey Street
Hollister, CA 95023



**Would like to share an announcement? Email our
Coalition & Community Engagement Coordinator at
jperez@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