

The *San Benito Seniors Connect* newsletter is an initiative of the Seniors Council of Santa Cruz and San Benito Counties, made possible by federal, state, and local funding, including private grants and donations.



In collaboration with the Community Foundation for San Benito County, this newsletter supports programs and services that enrich the lives of our seniors. Together, we're building a stronger, more connected community.



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## Your Monthly News & Updates

### San Benito County Seniors Connect Newsletter

November is a time to pause, reflect, and give thanks for the people and moments that make our community stronger. As we approach the holiday season, it's also an opportunity to lend a helping hand to neighbors who may need a little extra support. Whether it's checking in on an older adult, sharing a meal, or volunteering your time, every act of kindness adds warmth to our community.

At the Seniors Council of Santa Cruz and San Benito Counties, in collaboration with the Community Foundation for San Benito County, we're thankful for the dedicated volunteers, partners, and organizations who make our programs possible. Together, we continue to create spaces where older adults and individuals with disabilities feel valued, supported, and connected.

In this issue, you'll find updates on upcoming community events, volunteer opportunities, and local highlights that celebrate compassion in action. Let's keep the spirit of gratitude alive all month long—and beyond.

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## This Month's Volunteer SPOTLIGHT:

# VOLUNTEER SPOTLIGHT



Pictured from left to right: Rox, Ethen, Juan, Bernie, Victor, Zachary, and David

## VETERANS OF FOREIGN WARS (VFW) GROUP

The Veterans of Foreign Wars  
(VFW) Group has become a cherished part of our  
volunteer family at Martha's Kitchen.

As veterans, they understand the importance of service  
and community. Their dedication shines through every visit,  
bringing warmth, laughter, and generosity  
to our senior meal program

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### Volunteer Spotlight: Veterans of Foreign Wars (VFW) Group

VFW Post 9242, Hollister CA Group has become a cherished part of our volunteer family at Martha's Kitchen. As veterans, they understand the importance of service and community.

"Our group wanted to give back and help Martha's Kitchen serve seniors," shared Adam Mendolla. Their dedication shines through every visit—bringing warmth, laughter, and generosity to our senior meal program.

One volunteer, Bernie, has gone above and beyond to make our senior garden flourish. He's donated McDonald's gift cards for Bingo prizes, adding extra joy to our afternoons, and even prepared a special tri-tip meal for our seniors—a favorite everyone still talks about!

everyone still talks about!

The VFW Group always shows up with smiles, hardworking spirit, and a readiness to lend a hand. Their kindness embodies the true meaning of community service. Pictured from left to right: Rox, Ethen, Juan, Bernie, Victor, Zachary, and David.

Martha's Kitchen — Sharing meals, building community

Inspired by the VFW Group's service?

You can volunteer, too! Visit [www.SBCVolunteers.org](http://www.SBCVolunteers.org) to find local ways to help—whether it's serving meals, mentoring youth, or supporting seniors. Every hour makes a difference.

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**Together, we're making a difference across Santa Cruz & San Benito Counties — thank you for helping us keep seniors supported, connected, and thriving.**

Every day, the Seniors Council changes lives — from providing free tax help that puts money back in local wallets, to connecting isolated seniors with caring companions, to placing Foster Grandparents in classrooms to mentor our youngest learners.

These programs are the heart of our community. They help older adults stay active, valued, and connected — while giving children, families, and caregivers the support they need.

Unfortunately, some of these programs are now at risk due to funding cuts. □

□  
If you believe in the power of community and neighbor-to-neighbor connection, you can help:

□ **Donate (click [HERE](#)) — Your support keeps meals delivered, companions visiting, and mentors in classrooms.**

□ **Volunteer (click [HERE](#)) — Be the difference! Opportunities include meal delivery, companionship, caregiver support, and more.**

Together, we can keep these programs alive for the seniors and families who need them most.

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## □ Did You Know?

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### Paper Checks for Federal Benefits Have Ended

As of September 30, 2025, the U.S. Treasury Department stopped issuing paper checks for most federal payments, including Social Security and tax refunds. Those who haven't switched to direct deposit or a Direct Express card may experience payment delays.

□ Project SCOUT's Program Director, Eduardo Santana, was recently quoted in The Washington Post about how this change affects local seniors and low-income residents.

[Read the article →](#)

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Since releasing the San Benito County Master Plan for Aging Playbook, community partners have already begun putting ideas into action! From supporting caregivers to exploring new housing

# San Benito County Master Plan for Aging Local Playbook 2024-2025



Pinnacles National Park in Paicines, San Benito County, California

embodying new housing solutions, local efforts are shaping an age-friendly future one step at a time.

- ☐ Housing for All Ages & Stages
- ☐ Health Reimagined
- ☐ Inclusion & Equity, Not Isolation
- ☐ Caregiving That Works
- ☐ Affording Aging

☐ Keep an eye out as we highlight progress from each goal area in the months ahead.

[Read the full playbook CLICK HERE](#)



Prepared by the Seniors Council of Santa Cruz & San Benito Counties  
and the Community Foundation for San Benito County.

## ☐ **Need help with your cell phone, tablet or laptop?**

Join us for free, friendly tech help at the **San Benito County Free Library**.

Volunteers will guide you through your questions so you can get the most out of your device.

- ☐ Nov 18 • Dec 16, 2025
- ☐ Barbara Room, San Benito County Free Library
- ☐ 10:30 AM – 12:00 PM

Drop-ins welcome! Stop by for help at the date and time above.

Brought to you by the Inclusion & Equity, Not Isolation workgroup of the Master Plan for Aging, in collaboration with the Friends of the San Benito County Free Library, San Benito County Free Library, Seniors Council and Community Foundation for San Benito County.





## Do You Need help with your cell phone or tablet?



Seniors Council of Santa Cruz and San Benito Counties, in partnership with the San Benito County Free Library and Friends of the San Benito County Free Library are hosting the following drop-in tech help sessions:

Location: Barbara Room  
San Benito County Free Library  
470 Fifth Street, Hollister, CA 95023  
(831) 636-4107

Time: 10:30am – 12:00pm  
Date: Tuesday, November 18, 2025  
Tuesday, December 16, 2025

## ¿Necesitas ayuda con tu móvil o tablet?



El Concilio de Personas Mayores de los Condados de Santa Cruz y San Benito, en asociación con la Biblioteca Gratuita del Condado de San Benito y los Amigos de la Biblioteca Gratuita del Condado de San Benito, están organizando las siguientes sesiones de ayuda técnica sin cita previa:

Ubicación: Sala Barbara, Biblioteca Gratuita del Condado de San Benito  
470 Fifth Street, Hollister, CA 95023 (831) 636-4107

Hora: 10:30 a. m. a 12:00 p. m. Fecha: Martes 18 de noviembre de 2025  
Martes 16 de diciembre de 2025

Please bring your device and questions. There will be volunteers available to guide you with learning more about your cell phone or tablet. Guidance only - no device repairs provided.

RSVP to reserve a time: (831) 636-4107 or stop by for help on one of the dates above



Por favor, traiga su dispositivo y sus preguntas. Habrá voluntarios disponibles para ayudarle a aprender más sobre su celular o tableta. Solo se ofrece orientación; no se realizan reparaciones.

RSVP para reservar una hora: (831) 636-4107 o visítenos para recibir ayuda en una de las fechas anteriores



## Upcoming Events and Classes SENIOR Focused

ALZHEIMER'S ASSOCIATION

### THE EMPOWERED CAREGIVER SERIES

Presented by the Alzheimer's Association®



#### The Empowered Caregiver will be hosted at

Dignity Health  
Wellness Center  
21340 E Cliff Dr.,  
Santa Cruz, CA 95062

Register at the provided  
links for each class. For  
more information please call  
831.457.7099

HOSTED BY:

Join us for The Empowered Caregiver, an education program that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This series features the following four topics:

#### BUILDING FOUNDATIONS OF CAREGIVING

Tuesday, September 23, 2025 | 4-5 p.m.

Register: [tinyurl.com/FOCSEPT23](https://tinyurl.com/FOCSEPT23)

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

#### SUPPORTING INDEPENDENCE

Tuesday, September 30, 2025 | 4-5 p.m.

Register: [tinyurl.com/INDSEPT30](https://tinyurl.com/INDSEPT30)

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

#### COMMUNICATING EFFECTIVELY

Tuesday, October 28, 2025 | 4-5 p.m.

Register: [tinyurl.com/COMOCT28](https://tinyurl.com/COMOCT28)

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

#### RESPONDING TO DEMENTIA-RELATED

## BEHAVIORS

Tuesday, November 4, 2025 | 4-5 p.m.

Register: [tinyurl.com/BEHNOV04](https://tinyurl.com/BEHNOV04)

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

# JOIN US IN OCTOBER, NOVEMBER AND DECEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

## ENGLISH CLASSES

### Building Foundations of Caregiving

Thursday, October 9, 2-3 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

Tuesday, October 14, 2-3 p.m. | [Register](#)

### Responding to Dementia-Related Behaviors

Tuesday, October 21, 10-11 a.m. | [Register](#)

### Creating Dementia-Friendly Holidays and Celebrations

Wednesday, November 5, Noon-1 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia

Thursday, November 6, 2-3 p.m. | [Register](#)

### Communicating Effectively

Thursday, November 13, 2-3 p.m. | [Register](#)

### Navigating Dementia- From Diagnosis to Living Well

Tuesday, November 18, 10-11 a.m. | [Register](#)

### Healthy Living for Your Brain and Body

Tuesday, December 2, 10-11 a.m. | [Register](#)

### Supporting Independence

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

### Exploring Care and Support Services

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

## SPANISH CLASSES

### Understanding Alzheimer's and Dementia

Thursday, October 16, 6-7 p.m. | [Register](#)

### Communicating Effectively

Thursday, November 20, 6-7 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Thursday, December 18, 6-7 p.m. | [Register](#)

## CHINESE CLASSES

### 10 Warning Signs of Alzheimer's (Mandarin)

Wednesday, October 22, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body (Cantonese)

Friday, November 14, 10-11 a.m. | [Register](#)

### Responding to Dementia-Related Behaviors (Mandarin)

Tuesday, November 18, 2-3 p.m. | [Register](#)

### Communicating Effectively (Mandarin)

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

### Understanding Alzheimer's and Dementia (Mandarin)

Friday, December 12, 10-11 a.m. | [Register](#)



To register, please call 800.272.3900 or  
visit us online at [alz.org/crf](https://alz.org/crf)

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



## 2025 SCHEDULE

# In Person Caregiver Education and Caregiver Support Group

For caregivers seeking support, resources, and knowledge to enhance the care of their loved one.

### JOIN US! 1:30PM TO 3:00PM

Community Foundation of San Benito County -Epicenter  
440 San Benito St, Hollister, CA

|              |                                                  |
|--------------|--------------------------------------------------|
| JANUARY 22   | Understanding Dementia                           |
| FEBRUARY 26  | Stages of Dementia                               |
| MARCH 26     | Legal Issues and Considerations                  |
| APRIL 23     | Assessing Your Loved Ones Needs                  |
| MAY 28       | Working with Resistance                          |
| JUNE 25      | Infection Control in the Home                    |
| JULY 23      | Personal care, Lifting, Transferring and Bathing |
| AUGUST 27    | Keeping Your Loved One Active at Home            |
| SEPTEMBER 24 | Communication                                    |
| OCTOBER 22   | Managing Stress and Anxiety                      |
| NOVEMBER 19  | Finding Joy in Life                              |
| DECEMBER 17  | No Meeting                                       |

For more information:

Please call (800) 624-8304

Facilitated by Health Projects Center-Del Mar CRC

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## Stay Active and Engaged

Don't miss out on the latest activities! From wellness classes to educational seminars, there's something for everyone. Join us to connect, learn, and stay active in the community!

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### ☐ Looking for a relaxing and creative way to connect?

Join the Adult Knitting & Crochet Group at the San Benito County Free Library! ☐☐  
Whether you're brand new or a seasoned crafter, come share ideas, meet new friends, and enjoy some creative time together. ☐☐



# ADULT KNITTING & CROCHET

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**EVERY TUESDAY**

**EVERY FRIDAY**

11 AM-1:00 PM

(**BARBARA ROOM**)

11 AM-1:00 PM

(**BARBARA ROOM**)

Drop-ins  
Welcome

ALL SKILL  
LEVELS  
WELCOME

470 Fifth Street,  
Hollister, CA 95023

(831) 636-4107

Chair Yoga

San Benito County Free Library

470 Fifth Street, Hollister

For more information, visit us at [www.sbcfl.org](http://www.sbcfl.org) or call (831) 636-4107  
Relaxing and rejuvenating Chair Yoga session designed especially for senior citizens!  
Whether you're looking to improve flexibility, reduce stress, or simply enjoy a peaceful hour, this program is perfect for you.



## CHAIR YOGA

Instructor:  
Alice Riordan

**THURSDAYS 11:30-12:30**





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## ☐ Don't Forget to "Fall Back"!

Daylight Saving Time ends on Sunday, November 2, 2025 at 2:00 AM. Remember to set your clocks back one hour before bed on Saturday night and enjoy that extra hour of sleep!

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### Upcoming Events

## Events Happening in the Community

- 11/01/25 - [Recology Environmental Day - 9am-1pm at San Juan School, 100 Nyland Dr. SJB](#)
- 11/01/25 - [Living History Days - 11am - 4pm, SJB State Historic Park](#)
- 11/01/25 - [San Juan Bautista Celebration De Vida, 3pm-10pm](#)
- 11/01/25 - [Dia De Los Muertos, 6pm Leal Vineyards, Hollister](#)
- 11/04/25 - Election Day - Make your voice heard!
- 11/02/25 - [Ranch Days/Hikes on Nyland & Rancho Larios Protected Lands in SJB, 9am -12pm](#)
- 11/06/25 - [Thriller Book Club, 6pm-7pm Hill's Bookstore, Downtown Hollister](#)
- 11/07/25 - [First Friday Night Market, 5pm-9pm at Vertigo Coffee, SJB](#)
- 11/07/25 - [11/09/25 - 3rd Annual Hollister POWWOW & Native Gathering, Bolado Park, Tres Pinos](#)
- 11/08/25 - [Friends of the library Used Book Sale, 9-11:30AM. Behind Hollister Library](#)
- 11/09/25 - [Christmas Boutique, 10am - 4pm, Fairfield Inn & Suites by Marriott Hollister](#)
- 11/10/25 - [Crave Christmas Trees Door Sign, 6pm-8:30pm, Crave, Downtown Hollister](#)
- 11/11/25 - [San Benito County Veterans Day Parade, Downtown Hollister](#)
- 11/15/25 - [Bad Santa Golf Tournament, 9am - 4pm 3800 Airline Hwy, Hollister](#)
- 11/15/25 - [Heartfelt Handcrafted Holiday, 10am-3pm, Veterans Memorial Bldg, Hollister](#)
- 11/19/25 - [Charcuterie Board Paint Night 6pm at the Brass Tap Hollister](#)
- 11/22/25 - [San Juan Bautista Holiday Merchant's open, 11am-7pm](#)
- 11/22/25 - [11/23/25 - Aromas Hills Artisans Annual Holiday Art Festival, 10am-4pm, Aromas Grange](#)
- 11/27/25 - Thanksgiving Day
- 11/28/25 - [Black Friday Birding - San Benito County Historical Park, 8:30am](#)
- 11/29/25 - [Downtown Hollister - 35th Annual Lights on Celebration, 5:30pm Downtown Hollister](#)
- 11/29/25 - [11/30/25 - Holidays on the Farm Vintage Market, 10am-3pm B & R Farms](#)
- 11/29/25 - [Small Business Saturday Shopping, The GardenShoppe, Hollister](#)
- 11/30/25 - [12/28/25 - The Adventures to the North Pole, Bolado Park Tres Pinos](#)

### **Every Week -**

#### **Wednesdays**

- Mary Velasco Sellen Senior Center Lunch, Chair Yoga & Bingo 11:00 AM chair yoga, followed by lunch and bingo, SJB Community Hall. Info Mary Edge 831-262-3484  
maryedge@sbcglobal.net

#### **Thursdays**

- Trivia Night with Miguel Silva @ Vertigo 6:30 PM - 8:30 PM
- [Vinyl Night at Vertigo, 81 Fourth Street, San Juan Bautista, 6PM-9PM](#)

#### **Saturdays**

- [Big Guy Organics Pop-Up Produce at Vertigo Coffee Roaster, 81 Fourth Street, San Juan Bautista](#)

#### **Sundays**

- [San Juan Bautista's Farmers' Market, 11 AM - 3 PM, 310 Third Street, San Juan Bautista](#)

#### **Monday - Friday**

- [Martha's Kitchen, 9AM - 4PM Pauline Valdivia Memorial Community Center, 300 West Street, Hollister](#)

### **Community Event Calendars -**

- [Mission Village Voice](#)
- [Benito Link](#)
- [San Benito County Chamber of Commerce](#)
- [Hollister Downtown Association](#)
- [San Benito County Arts Council](#)
- [San Benito County Business Council](#)
- [YMCA of San Benito County](#)
- [Rotary Club of Hollister, CA](#)
- [Rotary Club of San Juan Bautista](#)
- [HappeningNext](#)
- [San Benito Home of the FreeLance](#)
- [County of San Benito](#)
- [The City of Hollister](#)
- [City of San Juan Bautista](#)
- [California Aging & Disability Resource Connection of San Benito County](#)
- [Jovenes De Antano Senior Center](#)

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## **Health and Wellness Tips**

### **Tips for Staying Healthy and Happy**

Stay vibrant and healthy! Explore our wellness tips each month for simple ways to boost your well-being.



Weekly FREE Vaccination Clinic  
Wednesdays & Thursday  
[San Benito Health Services](#)  
Click [HERE](#) to schedule appointments  
Walk-ins welcomed - 351 Tres Pinos Rd, Suite B, Hollister, CA 95023

**SAN BENITO COUNTY  
PUBLIC HEALTH  
FREE  
FLU VACCINATION CLINIC**

**WEDNESDAYS & THURSDAYS  
10:00 A.M. - 12:00 P.M.  
2:00 P.M. - 4:00 P.M.**

**Suite B**

Schedule appointments at [myturn.ca.gov](http://myturn.ca.gov)  
**Walk-ins welcomed!**

Located at: San Benito County Public Health Services  
351 Tres Pinos Rd Suite B,  
Hollister, CA 95023

**(831) 637-5367**



**CLINICA  
GRATUITA  
DE VACUNACIÓN CONTRA LA  
GRIPE  
SALUD PÚBLICA DEL CONDADO  
DE SAN BENITO**

**MIÉRCOLES Y JUEVES  
10:00 A. M. - 12:00 P. M.  
2:00 P. M. - 4:00 P. M.**

**Suite B**

Programe citas en [myturn.ca.gov](http://myturn.ca.gov)  
**¡Se aceptan visitas sin cita!**

ubicado en: Servicios de Salud Pública del Condado de  
San Benito

351 Tres Pinos Rd Suite B,  
Hollister, CA 95023

**(831) 637-5367**



**Need Help Understanding Medicare? HICAP is Here for YOU!**



**SHIP**  
State Health Insurance  
Assistance Program

**Senior Network Services**

**Health Insurance Counseling and Advocacy Program  
(HICAP)**

Health Insurance Counseling and Advocacy Program (HICAP) provides unbiased Medicare information to Medicare beneficiaries and their families. HICAP does not receive income from the insurance industry. HICAP provides community Medicare education presentations as well as one-on-one counseling to help people understand Medicare and their options.

HICAP is a program of Senior Network Services, a local nonprofit agency headquartered in

HICAP is a program of Senior Network Services, a local nonprofit agency headquartered in Soquel. Our local HICAP provides services in San Benito as well as Santa Cruz Counties.  
**For Appointments call 831-462-5510**

| Day                | Time               | Location                                      |
|--------------------|--------------------|-----------------------------------------------|
| <u>Wednesdays,</u> | <u>930am – 1pm</u> | <u>300 West Street, Hollister, 95023</u>      |
| <u>Fridays,</u>    | <u>930am – 1pm</u> | <u>301 The Alameda #5B, San Juan Bautista</u> |

HICAP is currently accepting Volunteer Counselor Application. Contact Bill at 831-462-5510

*This project was supported, in part by grant number 90SAPG0052-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*

SHIP (800) 434-0222

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## Community Partner Updates

### Community Partner Highlights

Discover the latest from our partners and see how we're all working together to support and uplift seniors in our community.



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Exciting news! Seniors Council is proud to be one of the newest members of the San Benito County Chamber of Commerce!  
We're looking forward to connecting, collaborating,  
and continuing to serve our community together.



San Benito County Chamber

17h · 🌐

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🌟 Welcome to our newest Chamber Members! 🌟

We had such a great morning connecting, sharing, and welcoming fresh faces at our New Member Orientation!

🌟 Shoutout to our newest members joining the Chamber family:

North American Mental Health, MFA Business Consulting, @northridgemall, @seniorscouncil831, @thegardenshoppenbar, @jimmdanceco, and @forkeepsjewelry\_ 🌟

Joining the San Benito County Chamber of Commerce means more than just membership — it's about building relationships, growing your business presence, and becoming part of a community that champions one another. 💪💖

From networking opportunities and marketing support to community involvement and advocacy — your Chamber is here to help you thrive and stay connected! ❤️

🌟 Here's to collaboration, connection, and community success!





Supervisor Angela Curro and Supervisor Mindy Sotelo  
hosted a Meet & Greet at San Juan Oaks.

The Seniors Council was invited as a special guest to share about the Master Plan  
for Aging Playbook and the Aging & Disability Resource Connection (ADRC)  
Directory. We also highlighted [www.SBCVolunteers.org](http://www.SBCVolunteers.org) and the San Benito Seniors  
Connect newsletter, which help connect residents  
with resources and volunteer opportunities.

[www.seniorscouncil.org](http://www.seniorscouncil.org)

It was a wonderful evening of community, conversation, and working together for the  
future of San Benito County.





## Community Services & Resources

- 2-1-1 SBC Get Connected. Get Answers.
- Retired Public Employees' Assoc. of CA
- Aging & Disability Resource Directory
  - AMR / CalStar – Air & Ground Services
  - Del Mar Caregiver Resource Center
  - Central CA Alliance for Health (Medi-Cal)
  - Medicare & You 2026 Guide US Dept of Health & Human Services
  - And MORE...

Senior Centers:

- Hollister Community Ctr Jovenese de Antano
- Mary Velasco Sellen Senior Ctr-SJB
- San Juan Bautista Community Center

## Volunteer Opportunities

**Starting November 1st, over 7,000 of our neighbors here in San Benito County will lose their CalFresh benefits.**

Community FoodBank of San Benito is here to help - but we can't do it alone. Your support matters. Donate funds or volunteer your time to help us meet the growing need in our community ☐

Donate: <https://www.communityfoodbankofsbcb.org/donate/>

Volunteer: <https://www.communityfoodbankofsbcb.org/volunteer/>



**IN SAN BENITO COUNTY, MORE  
THAN 7,000 INDIVIDUALS  
DEPEND ON CALFRESH  
BENEFITS.**

**IN JUNE 2025 ALONE, THE COST  
OF ADMINISTERING THOSE  
BENEFITS IN THE COUNTY WAS  
\$1.3 MILLION.**



OF THE \$80 MILLION OF CALFOODS FUNDS BEING ACCELERATED TO FOOD BANKS, ONLY ABOUT \$260,000 WILL BE COMING TO COMMUNITY FOODBANK OF SAN BENITO THIS YEAR.

YOUR FOODBANK IS HERE FOR YOU. BUT AS WE PREPARE TO MEET THIS DEMAND, WE WILL NEED THE COMMUNITIES SUPPORT.



**How can  
you help?**

THESE THREE SIMPLE WAYS:

**VOLUNTEER!**

**DONATE!**

SHARE THIS

**TWO WAYS TO SIGN UP  
FOR COMMUNITY  
FOODBANK OF SAN  
BENITO:**



CALL OUR OFFICE AND  
ASK FOR AN APPLICATION  
TO BE EMAILED TO YOU

OR



VISIT OUR OFFICE AND  
FILL OUT AN  
APPLICATION IN PERSON

## San Benito County Seniors – We're here for you!

Starting July 1, 2025, new and updated services are available for seniors in our community.

### Need assistance?

888-637-6757

### Looking for meal support?

669-437-0865

### Need a ride?

831-226-1882

**Call the numbers listed and get connected today!**

# San Benito County Senior Services

**EFFECTIVE JULY 1, 2025**



### SENIOR ASSISTANCE

**(888) 637-6757**

*Aging & Disability Resource  
Connection of San Benito County*



### SENIOR MEALS

**(669) 437-0865**

*Martha's Kitchen*



### TRANSPORTATION SERVICES

**(831)-226-1882**

*San Benito County  
Local Transportation Authority*



## ☐ Stay Safe & Independent with a Personal Emergency Response System (PERS)

Choosing the right emergency response device can bring peace of mind to older adults and their loved ones. Whether you're looking for fall detection, GPS tracking, or just reliable access to help in an emergency, there are many options available.

We've included a helpful checklist to guide you through the decision-making process—plus a side-by-side comparison of providers and costs.

☐ For more information, contact Leanne Oliveira at the [Aging & Disability Resource Connection \(ADRC\)](#) at (888) 637-6757 or email [LeanneO@seniorscouncil.org](mailto:LeanneO@seniorscouncil.org).



Leanne Oliveira  
Program Coordinator, ADRC – Seniors Council  
440 San Benito Street, Hollister, CA 95023  
Direct & Toll-Free: (888) 637-6757  
[LeanneO@seniorscouncil.org](mailto:LeanneO@seniorscouncil.org)

## Personal Emergency Response Systems

Seniors Council is no longer offering Medical Guardian Personal Emergency Response Systems. The following companies offer both mobile and home systems, so products and fees vary widely. Feel free to contact the ADRC for further information.

| Provider                                                                                                      | Initial Device Fee                | Monthly Cost                                 | Activation Fee | Battery                                                           | GPS (Mobile Units)                    | Fall Detection                | Notes                                                                           |
|---------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------------------|----------------|-------------------------------------------------------------------|---------------------------------------|-------------------------------|---------------------------------------------------------------------------------|
| Medicaid/Medi-Cal<br>(831) 630-5167                                                                           | Varies. Waiver Program*           | \$0-\$80                                     | \$25-\$300     | Electrical Charge + Backup Battery                                | Varies per Device/Plan                |                               | Via Home & Community Based Services (HCSB) or 1915 waivers                      |
| Medical Guardian<br><a href="http://www.medicalguardian.com">www.medicalguardian.com</a><br>1-800-668-9200    | Varies by Device                  | \$30+ or Income-Based plan                   | None           | Electrical Charge                                                 | Yes. No Fee                           | Yes \$10/mo                   | AARP Discounts. Extra devices (for relatives) monitored for free.               |
| Lifeline (Philips Lifeline)<br><a href="http://www.lifeline.com">www.lifeline.com</a><br>1-855-681-5351       | \$99.95                           | \$30-\$45*                                   | \$0 - \$15     | Electrical Charge                                                 | Yes. No Fee                           | \$0 - \$15/mo                 | Medication dispenser feature.                                                   |
| Life Alert<br><a href="http://www.lifealert.com">www.lifealert.com</a><br>1-800-360-0329                      | \$197 Pro Installation (optional) | \$50                                         | \$95-\$198     | Pacemaker battery. New battery sent after 10 yrs                  | \$20                                  | None                          | 3-Year contract required                                                        |
| Medical Alert<br><a href="http://www.medicalalert.com">www.medicalalert.com</a><br>1-800-800-2537             | \$79+                             | Mobile \$19.95<br>Home \$39.95               | None           | Electrical Charge + 7 year Backup Battery                         | Yes. No Fee                           | \$10                          | Works with smart home devices. Uses an app.                                     |
| Invisawear Alert (ADT)<br><a href="http://www.invisawear.com">www.invisawear.com</a><br>1-800-800-2537        | \$99-\$349                        | 24/7 Help: \$11.99-\$19.99<br>SOS Only: Free | None           | Non-replaceable battery. \$99 discounted rate for future devices. | Yes No Fee                            | None                          | Uses app. Requires a Bluetooth-enabled phone connection within a 30 foot range. |
| One Call Alert – MobileHelp<br><a href="http://www.med-id.com/smm">www.med-id.com/smm</a><br>1-800-848-6443   | None                              | Varies \$19.99+                              | None           | Electrical Charge                                                 | Yes. No Fee                           | Additional \$11/mo            | No cellular contract required.                                                  |
| Aloe Care Mobile Companion<br><a href="http://www.aloecare.com">www.aloecare.com</a><br>1-844-741-0826        | \$99-\$249.99                     | \$29.99-\$49.99                              | None           | Electrical Charge + Backup Battery                                | Yes. No Fee                           | None                          | Voice activation. Includes temp + air quality monitoring                        |
| Bay Alarm - Medical<br><a href="http://www.bayalarmmedical.com">www.bayalarmmedical.com</a><br>1-888-503-7510 | \$0                               | Home \$24.95<br>Mobile \$29.95+              | None           | Electrical Charge + 2-yr Backup Battery                           | Yes. No Fee                           | Yes. \$10 Fee, Certain Models | Home hub, Watch, Clip, etc. Free app incl GPS & other features.                 |
| Platinum Health: Thrive<br><a href="http://www.mythrive.com">www.mythrive.com</a><br>1-888-920-6229           | None                              | \$36.62+                                     | None           | Electrical Charge + Backup Battery                                | Yes. Also live tracking on Pro Models | Thrive Pro Models             | Pendant Only. One-time purchase.                                                |

\* For participants eligible for Medi-Cal's CA Home and Community Based Alternatives Waiver (0139.R06.00).

## Some things to consider when choosing a PERS device:

- What options are you looking for in a unit?
  - Do you want a unit that can automatically detect falls?
  - Is a GPS enabled unit necessary - still driving and independent?
  - Are you looking for other services than a personal emergency response system -like medication reminders or a daily check? Does the company offer any other services?
- What type would work best?
  - Does the provider offer multiple options for wearing the unit?
  - Are they waterproof or only water resistant?
  - What is the range of the unit from the base?
  - How is the battery life of the unit?
  - If the power goes out will the unit still work?
- Ask questions regarding the response time and monitoring offered:
  - What is the average response time?
  - Does the device allow someone to talk to a dispatcher or do they need to be near the unit's base?
  - Can family be designated as first contact?
  - What are the options and hours for customer service?
  - Do they offer any follow up?
- Ask about the cost:

- a. What are the monthly fees; are there any service fees?
  - b. If a wireless or GPS unit, do they use your cell service or is service included in the cost?
  - c. Is there an installation cost?
  - d. Do you need to sign a contract to receive services?
  - e. Are there discounts offered?
5. Consider if you want a local provider or other option:
- a. A local provider will have a local office that will be able to install the unit for you.
  - b. Other providers will mail you the unit or it is purchased through a local retailer and then you pay an activation fee. Sometimes a technician might be available to help for an additional fee.
6. Additional options:
- a. Some home security companies provide PERS units. These can be found in the phone books or an online search for home security businesses. ADT is an example of a home security company that offers PERS units.
  - b. And if you're considering a personal assistant device, such as Amazon's Alexa or Google Home you should check with the company to make sure they can call 911.

*Courtesy Broome County Office for Aging*

Do you know what a donor-advised fund can do for you? Do you know what it can do for your community?  
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what is a...

## DONOR-ADVISED FUND?



A donor-advised fund (DAF) is a **charitable investment account** that allows individuals to contribute money to **support charities** while **receiving tax benefits**:

- A donor contributes cash, stocks, real estate, or other assets to a sponsoring organization, such as the **Community Foundation for San Benito County**.
- The donor receives a tax receipt and deduction for their contribution. The Community Foundation manages the funds, which **grow tax-free**. The donor

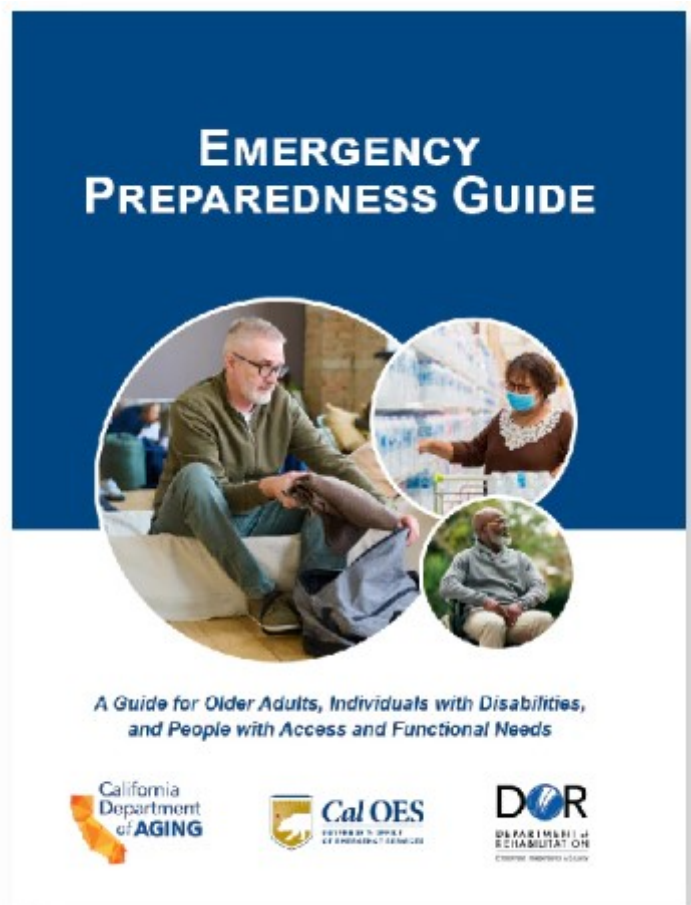
retains **advisory privileges** over the funds, including the investment strategy and how they are distributed to charities.

### Aging Resource Guides

from The California Department of Aging

The "Aging in California: Your Connection to Resources" guide includes a directory of resources and contact information for services available across the state. "The Emergency Preparedness Guide" is specifically designed to help older adults and people with disabilities prepare for emergencies to ensure they stay safe before, during, and after disasters and other emergency events.

[California Department of Aging Resource Portal](#)



Stay Connected!



## Get In Touch

- ☐ **Phone:** 831-975-2596 ext 204
- ☐ **Address:** 440 San Benito Street, Hollister, CA 95023
- ☒ **Email:** Coreys@seniorscouncil.org
- ☐ **Website:** www.seniorscouncil.org

## You can make a difference by making a [donation!](#)

The Seniors Council of Santa Cruz and San Benito Counties is a community-based non-profit, tax exempt 501(c)(3) organization. Our mission is funded through a combination of federal, state, and private sources. We appreciate any support that you feel comfortable giving.



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