#### ☐ A Special Holiday Message

Wishing our San Benito County seniors and families a warm, joyful holiday season. Thank you for making this community a place where older adults and people with disabilities feel supported, valued, and connected  $\Box$ 

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.



## **Your Monthly News & Updates**

San Benito County Seniors Connect Newsletter

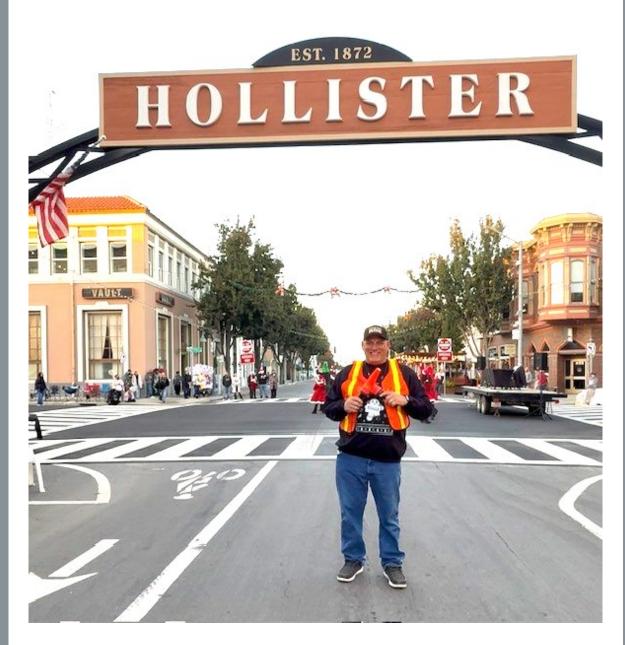
December is a season of togetherness — a time to celebrate, reflect, and reconnect with the people and traditions that bring us joy. As the year comes to a close, we're reminded how much stronger our community becomes when we look out for one another. Whether it's sharing a meal, lending a hand, or simply checking in with a neighbor, these small moments of care create big impacts.

At the Seniors Council of Santa Cruz and San Benito Counties, in collaboration with the Community Foundation for San Benito County, we're proud to support programs and partnerships that help older adults stay active, engaged, and connected — all year long.

In this issue, you'll find updates on upcoming community events, volunteer opportunities, and highlights that showcase the generosity and spirit of our local residents. As we move into the new year, let's continue spreading kindness, celebrating our seniors, and building a community where everyone feels included and valued.

Wishing you peace, good health, and joyful moments this holiday season.

# This Month's Volunteer SPOTLIGHT:

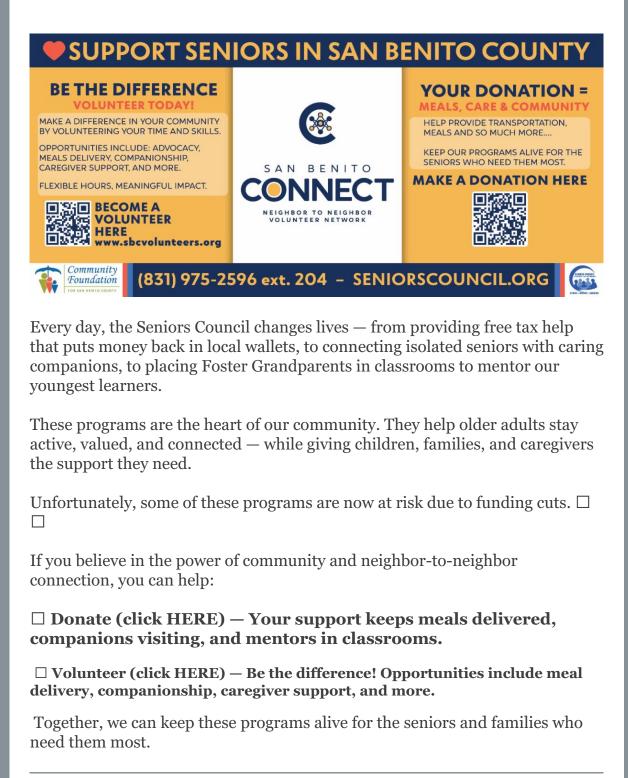


If there's a community event happening in Hollister, chances are you'll find *K.C. Shaffer* lending a hand. K.C. has generously volunteered with the Hollister Downtown Association, City of Hollister Parks and Recreation events, the San Benito County Chamber, and even Recology cleanup efforts — always showing up ready to help wherever he's needed.

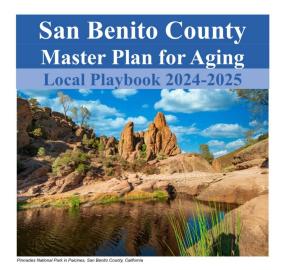
At this year's Lights On Celebration Parade, K.C. once again stepped up to support a magical evening downtown.

His dependability and enthusiasm make a real difference, and we're grateful to honor him this month.

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



□ Did You Know?







repared by the Seniors Council of Santa Cruz & San Benito Counties and the Community Foundation for San Benito County. 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 solutions, local efforts are shaping an age-friendly future one step at a time.

- ☐ Housing for All Ages & Stages
- □ \$Health Reimagined
- $\square$  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

### □ 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.

- □ 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.







# Upcoming Events and Classes SENIOR Focused

# 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

To register, please call 800.272.3900 or visit us online at alz.org/crf

For on-demand recorded classes, visit alz.org/education

#### 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











#### □ Coming in 2026: Caregiver Education & Support Series

The Del Mar Caregiver Resource Center and Health Projects Center invite caregivers to attend monthly workshops at the Community Foundation Epicenter in Hollister. Each session offers valuable education, resources, and encouragement for those caring for loved ones.

☐ Save the dates — sessions begin January 28, 2026!





#### 2026 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 Bentio County -Epicenter 440 San Benito St. Hollister, CA

JANUARY 28	Seven Guidelines for the Caregiver Journey	
FEBRUARY 25	Understanding Dementia	
MARCH 25	How Caregiving Affects You	
APRIL 22	Caring for You	
MAY 27	6 R,s of Behavior Management	
JUNE 24	Stress, Coping and Resiliency	
JULY 22	Communication with Your Loved One	
AUGUST 26	Ambiguous Loss and Grief	
SEPTEMBER 23	The Myth of Closure	
OCTOBER 28	Safety In the Home	
NOVEMBER 18	Rituals Celebrations and Gatherings	
DECEMBER	No Meeting	

For more information: Please call (800) 624-8304

Facilitated by Health Projects Center-Del Mar CRC

#### **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!

☐ 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. □□	



# **EVERY TUESDAY EVERY FRIDAY**

(BARBARA ROOM) (BARBARA ROOM)

Drop-ins 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 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.



**Upcoming Events** 

## **Events Happening in the Community**

Looking for things to do this December? Here's a curated list of festive community events happening all month long across San Benito County!  $\Box\Box$ 

North Pole Holiday Walk-Thru • Nov 30-Dec 28
A magical holiday <u>walk-thru</u> with themed rooms, lights, Santa visits, special theme nights & more. Full details & tickets: <u>Click HERE</u>





- 12/02/25 12/03/25 Wreaths, beers, and Cheers, Mad Pursuit Brewing, 628 San Benito St, 6pm-8pm
- 12/03/25 Grinchmas Paint Party, The Brass Tap-Hollister, 1701 Airline Highway suite 100, Hollister, 6pm
- 12/04/25 Thursday Night Football at The Brass Tap Hollister, 1701 Airline Highway, Hollister 5pm-8pm
- 12/05/25 Small Works Art Show and Raffle Celebration, 35 5th St, Suite D, Hollister, 6pm-8pm
- 12/05/25 First Friday Night Market, 5pm-9pm at Vertigo Coffee, SJB

CLOSED

CLOSED

CLOSED

- 12/06/25 Christmas Market at Coyote Call, 322 3rd Street, San Juan Bautista 4pm-8pm,
- 12/06/25 <u>Living History Days 11am 4pm</u>, <u>SJB State Historic Park</u>
- 12/06/25 Mini Tree Decorating using Lemon Cypress, The Garden Shoppe & Bar, 364 7th Street, Hollister, 12pm-2pm
- 12/06/25 All Aboard! Polar Express Movie Night, The Garden Shoppe & Bar, 364 7th Street,

#### Hollister, 6pm-8pm

- 12/06/25 Free Photo with Santa Toy Drive, 301 Third St, San Juan Bautista, 10am-2pm
- 12/06/25 Holiday of Lights Parade 2025, San Juan Bautista at 6pm
- 12/06/25 Lights on SJB Christmas Market, Posada de San Juan, 2pm 7pm
- 12/06/25 Holidays on the Farm Vintage Market, B&R Farms, 10am-3pm
- 12/06/25 Aromas Barn Co. Holiday Barn Boutique, 68 Ricardo Ct, Aromas, 1pm-5pm
- 12/06/25 Hollister Community Cleanup, Hollister Super #1, 1280 4th Street, 9am 12pm
- 12/07/25 Cousins Maine Lobster at Grillin & Chillin Alehouse, 401 McCray St., Hollister 12pm-8pm
- 12/07/25 A Home for the Holidays Pet Photography Event, The Garden Shoppe & Bar, 364 7th Street, Hollister, 1pm-3pm
- 12/07/25 Ranch Days/Hikes on Nyland & Rancho Larios Protected Lands in SJB, 9am -12pm
- 12/09/25 Grand Opening North American Mental Health Services, 901 Sunset Dr. Unit 4, Hollister, 4:30pm-6:30pm
- 12/10/25 Bingo at the Barn!, 6971 Airline Hwy, Tres Pinos, 6:30pm
- 12/11/25 <u>Cafecito, Cumbia Salud Mental with First 5 San Benito, 351 Tres Pinos Rd. Suite</u> 100A, 4pm-7pm
- 12/12/25 San Benito Oriana Chorale presents "Home for the Holidays", Christ Fellowship Church, 2066 San Benito Street, 7:30pm-9:30pm
- 12/13/25 SBC Chamber of Commerce Annual National Wreaths Across America Day, 1100
   Hillcrest Road, 9am-10:30am
- 12/13/25 Holiday Watercolor Adult Workshop, 35 5th St, Suite D, Hollister, 2pm-4pm
- 12/14/25 Christmas Boutique, Fairfield by Marriot, 390 Gateway Dr., Hollister 10am-4pm
- 12/14/2025 <u>San Benito Oriana Chorale presents "Home for the Holidays", Christ Fellowship Church, 2066 San Benito Street, 3pm-5pm</u>
- 12/14/25 Mad Pursuit Grinchmas Paint and Sip, 628 San Benito Street,3pm-5:30pm
- 12/16/25 Crave Layered Wood Snowflake Paint and Sip, Crave Wine Company, 616 San Benito Street, Hollister, 6pm-8:30pm
- 12/31/25 NYE Countdown Party, Hollister Gateway, 191 San Felipe Rd, Hollister, 8:30pm-1:30am

#### **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

#### 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

## **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





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

Reminder: Medicare Open Enrollment ends December 7! This is the only time of year when most people can switch or update their Medicare plans. HICAP can help you review your current plan, compare new options, and make sure you're getting the coverage that works best for you. Call HICAP at 831-637-0630 or 831-462-5510 to schedule an appointment.





#### 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 Soquel. Our local HICAP provides services in San Benito as well as Santa Cruz Counties. For Appointments call 831-462-5510

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

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

## **Community Partner Updates**

#### **Community Partner Highlights**

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



# ☐ Martha's Kitchen Featured in the December Mission Village Voice

The December issue of Mission
Village Voice includes a wonderful
feature on volunteer *Rochelle Worsham* and her work supporting
Martha's Kitchen. Hard copies are
available around town, or you can
click HERE to read the December



# AGING & DISABILITY RESOURCE DIRECTORY

San Benito County

2024





Published By

Aging & Disability Resource Connection (ADRC)

440 San Benito Street (Epicenter), Hollister, CA 95023

Toll-Free: (888) 637-6757

Email: <a href="mailto:info@SanBenitoADRC.org">info@SanBenitoADRC.org</a>
Website: <a href="mailto:www.SanBenitoADRC.org">www.SanBenitoADRC.org</a>

A Program of Area Agency on Aging Seniors Council of Santa Cruz & San Benito Counties

234 Santa Cruz Ave, Aptos, CA 95003

Main: (831) 688-0400
Website: www.seniorscouncil.org

Revised 8/26/2024

#### Partnerships:













# **San Benito County Senior Services**

**EFFECTIVE JULY 1, 2025** 













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

Click HERE to learn more

what is a...

# DONOR-ADVISED FUND?

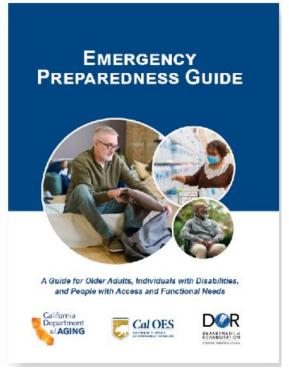


A donor-advised fund (DAF) is a charitable investment account that allows individuals to contribute money to support charities while receiving tax benefits:

- 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 adonation!

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.



Seniors Council Santa Cruz & San Benito Counties | 440 San Benito Street | Hollister, CA 95023

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