

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

Spring *Into* Wellness & Connection

April Highlights • Events • Resources • Ways to Stay Engaged

As April arrives, we're focusing on health, awareness, and staying connected in our community. This month highlights **Parkinson's Awareness**, caregiver support, and opportunities to stay active, informed, and engaged across San Benito County.

Whether you're looking for resources, community events, or ways to support yourself or a loved one, we hope you'll find something meaningful this month.

Stay healthy. Stay connected. Stay supported.



Parkinson's Awareness

Early awareness and support can improve quality of life. Stay active, informed, and connected.



Caregiver Support

Explore resources and join the Caregiver University Conference for tools and support.



Stay Active & Engaged

Workshops, tech help, and community programs to keep you connected.

**This Month's Volunteer
SPOTLIGHT:**

MEET PATSY – ADVOCATING FOR DIGNITY & CARE

• Long-Term Care Ombudsman Program •



Patsy Pence

has dedicated
more than 20 years
to serving as a
Long-Term Care Ombudsman, advocating
for older adults and individuals with disabilities
in nursing homes & residential care facilities.

WHAT DOES AN OMBUDSMAN DO?

-  Advocates for Residents
-  Listens to Concerns
-  Resolves Complaints
-  Promotes Dignity & Safety

Through her work in San Benito & Santa Cruz Counties,
Patsy has been a trusted voice for residents,
ensuring their rights are protected and their needs are heard.

*“One of the greatest joys is seeing residents smile
when you visit—knowing they have someone on their side.”*



Giving a Voice to
Vulnerable Residents



Supporting Dignity,
Safety, & Quality Care



Making a
Meaningful
Difference

-- Just a Few Hours a Week!

WANT TO MAKE A DIFFERENCE?

Become an Ombudsman Volunteer!

→ Visit SBCVolunteers.org to Learn More →

VOLUNTEER OPPORTUNITY

The Long-Term Care Ombudsman Program is seeking compassionate volunteers to advocate for residents, listen to concerns, and help resolve issues related to care and safety.

Volunteers receive comprehensive training and typically commit 2–3 hours per week visiting facilities and supporting residents.

This meaningful volunteer role helps ensure older adults are treated with dignity and respect while improving the quality of care in our community.

📌 Learn more and sign up at www.SBCVolunteers.org

🧠 Did You Know?

April is Parkinson’s Awareness Month

Parkinson’s disease affects nearly one million Americans, many of them older adults. Early awareness and support can improve quality of life. Staying active, maintaining regular medical care, and participating in support groups can help individuals and families manage symptoms and stay connected.



Pinnacles National Park in Pinnacles, San Benito County, California

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
- 👐 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](#)



Master Plan for Aging – State Update

California has released the Fifth Annual Master Plan for Aging Report, highlighting progress across housing, health, caregiving, inclusion & equity, and affording aging. This statewide update aligns with the ongoing San Benito County Master Plan for Aging efforts.

👉 [Click HERE to Read more!](#)



AARP's weekly podcast *The Perfect ScamSM* tells the stories of people who find themselves the target of a scam. Host Bob Sullivan introduces listeners to those who have experienced scams firsthand, as well as leading experts who pull back the curtain on how scammers operate.

The Perfect ScamSM is a project of the AARP Fraud Watch Network, which equips consumers like you with the knowledge to give you power over scams.

\$1 Million Theft: Tech Scam Leaves Teacher Shaken

Upcoming Events and Classes SENIOR Focused

Caregiver University Conference

on April 18 for a free day of education, resources, and connection. Explore breakout sessions, a resource fair, and practical tools to

support your caregiving journey. Click [HERE](#) to learn more!



Del Mar Caregiver
Resource Center
A Program of Health Projects Center



CAREGIVER UNIVERSITY CONFERENCE

Gain practical tools, connect with fellow caregivers, and find the support you need as you navigate caregiving transitions.

Your Day of Learning, Connection & Inspiration

- ✓ **Free Registration** – Join us at no cost.
- ✓ **Exclusive Swag** – First 50 attendees get a free conference T-shirt.
- ✓ **Resource Fair** – Discover tools, services, and caregiver support.
- ✓ **Breakout Sessions** – Choose sessions that fit your interests.
- ✓ **Connect & Recharge** – Meet fellow caregivers and build community.

REGISTER FOR FREE TODAY!

 **April 18, 2026**
9:00 A.M. - 3:00 P.M.

 **R.O. Hardin Elementary School**
881 Line St, Hollister, CA 95023

Spanish interpretation available




Scan the QR code or visit
<https://bit.ly/3ZTcDRJ>





FREE Matter of Balance Workshop – Now in Hollister!

Looking to improve your balance, build confidence, and reduce your risk of falls? This evidence-based program is designed specifically for older adults and is coming to our community!

March 30 – April 22

 **Mondays & Wednesdays**

 9:30 AM – 11:30 AM

 Martha's Kitchen, 300 West Street, Hollister (Pauline Valdivia Memorial Community Center)

✨ In this workshop, you'll learn how to:

- View falls as controllable
- Improve strength and balance
- Make simple changes to reduce fall risks at home

- Stay active and connected

🎁 Bonus:

- Free snacks at every class
- Raffle prizes
- Helpful safety materials

👉 This is a great opportunity to take the first step toward a stronger, more confident you—or to share with a loved one who could benefit!

📞 Register today: (831) 427-5070



Matter of Balance Workshop

Build Confidence | Improve Balance | Reduce fall risk

March 30 – April 22

**Monday & Wednesday
9:30AM – 11:30AM**

**Martha's Kitchen
300 West Street
Hollister**

You'll Learn To:

- View falls as controllable
- Build strength, and balance
- Make home safety changes
- Stay active and connected

Bonus for participants:

- Free snacks at every class
- Raffle prizes
- Free additional safety materials

Take the first step toward a stronger, more confident you!

REGISTER NOW!

(831) 427-5070



Need help with your phone, tablet, or laptop?

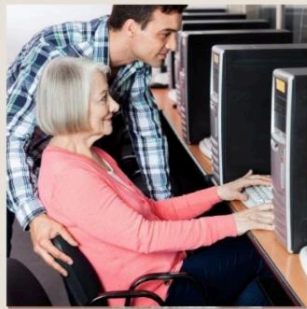
Tech Help **Tuesdays** are back at the San Benito County Free Library! This free, drop-in program offers hands-on guidance from volunteers—just bring your device and your questions.

See the flyer for dates, times, and details 📄

Tech Help Tuesdays

AT THE LIBRARY

Got tech questions? We've got answers! The San Benito County Free Library and the Friends of the SBC County Free Library have partnered to offer Tech Help Tuesdays, a free, drop-in clinic for hands-on help with phones, tablets, and laptops.



Dates

- Tuesday, March 17, 2026
- Tuesday, April 21, 2026

10:30AM - 12:00PM



Please bring your device and questions. Volunteers are available to guide you with learning more about your cell phone, tablet or laptop. Guidance only - no device repairs provided.

**QUESTIONS? PLEASE CALL THE
LIBRARY AT (831) 636-4107**



**470 FIFTH STREET
HOLLISTER, CA 95023**

Looking for something fun and meaningful to do on **Wednesdays**?

Join us at the Mary Velasco Sellen Senior Center for activities, music, bingo, and a hot lunch at noon.

All seniors welcome — donations accepted.

58 Monterey St., San Juan Bautista
(831) 262-3484



Join us at 58 Monterey St. San Juan Bautista

Every Wednesday and experience the connections happening!

Call for lunch reservations: (831) 262-3484

STAY IN TOUCH FOR IMPORTANT RESOURCE INFORMATION:

- **ALZHEIMERS SUPPORT**
- **FAMILY CAREGIVER SUPPORT**
- **FREE SMOKE PROTECTORS THROUGH RED CROSS**
- **HEALTH CARE CLINICS**
- **PROTECT YOURSELF FROM SCAMS**
- **SPECIAL HOLIDAY EVENTS**
- **TECHNICAL SUPPORT**
- **WEEKLY PRESENTATIONS**

BECOME A MEMBER

Call Mary Edge (831) 262-3484

WE OFFER
CHAIR YOGA
WITH OUR
TRAINER
Connie Bishop
AT 11 AM &
Tuesdays at 10
San Jose St at
10 AM

**TASTE OUR
DELICIOUS
HOT
LUNCHESES
SERVED AT 12
NOON EVERY
WEDNESDAY
DONATIONS
ACCEPTED**

BINGO WITH
FUN PRIZES
12:30-1:30

MUSIC BY
Rudy Salcedo

ALL SENIORS
WELCOME AND NO
ONE GOES AWAY
HUNGRY!

Upcoming Online Classes:

Alzheimer's & Dementia Education

Topics include early warning signs, caregiving basics, communication, and healthy brain habits.

To register click [HERE](#) or call (800)272-3900

For on-demand recorded classes, click [HERE](#)

JOIN US IN APRIL, MAY AND JUNE ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

10 Warning Signs of Alzheimer's

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

Supporting Independence

Thursday, April 16, 10-11 a.m. | [Register](#)

Building Foundations of Caregiving

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

Understanding Alzheimer's and Dementia

Thursday, May 7, 2-3 p.m. | [Register](#)

Communicating Effectively

Tuesday, May 19, 10-11 a.m. | [Register](#)

Exploring Care and Support Services

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

Building Brain-Healthy Habits

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

Responding to Dementia-Related Behaviors

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

Navigating Dementia-From Diagnosis to Living Well

Tuesday, June 23, 10-11 a.m. | [Register](#)

SPANISH CLASSES

10 Warning Signs of Alzheimer's

Tuesday, April 21, 6:30-7:30 p.m. | [Register](#)

Communicating Effectively

Tuesday, May 19, 6:30-7:30 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Tuesday, June 16, 6:30-7:30 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

ALZHEIMER'S  ASSOCIATION®

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.

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 for San Benito County -Epicenter
440 San Benito St, Hollister, CA

JANUARY 28	Seven Guidelines for the Caregiver Journey
FEBRUARY 25	Understanding The Mini Mental Exam
MARCH 25	How Caregiving Affects You
APRIL 22	Caring for You
MAY 27	6 Rs 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

🌟 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

EVERY TUESDAY

11 AM-1:00 PM

(BARBARA ROOM)

EVERY FRIDAY

11 AM-1:00 PM

(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.



Gentle



CHAIR YOGA

Instructor:
Alice Riordan

THURSDAYS 11:30-12:30



Upcoming Events

Events Happening in the Community

Flamingo Flocking

Surprise your friends, family, and neighbors with a flock of lawn flamingos from April 1st–15th.
Reserve your flock today → womensclubofhollister.org



If the event title is highlighted, you can click on it for more information

- 4/04/26 - [Living History Days, 11AM-4PM, San Juan Bautista State Historic Park](#)
- 4/05/26 - [Ranch Day, 9AM-12PM](#)
- 4/05/26 - Easter
- 4/05/26 - [Easter Brunch, 10AM, 1996 San Juan Oaks Drive, Hollister](#)
- 4/07/26 - [Food Truck Tuesday, 4PM-7PM, Downtown Hollister](#)
- 4/14/26 - [SBC Chamber of Commerce April Mixer, San Juan Oaks, 5:30PM-7:00PM](#)
- 4/15/26 - [Hollister Certified Farmers' Market, 3PM-7PM](#)
- 4/18/26 - [Spring Clean-Up, 8:30AM-10:30AM, 649 San Benito Street, Downtown Hollister](#)
- 4/19/26 - [San Benito County 4-H Annual Pancake Breakfast, 7AM - 12:00PM, 649 San Benito Street](#)
- 4/19/26 - [Split 6's Public Golf Tournament, 10AM, 1996 San Juan Oaks Drive, Hollister](#)
- 4/22/26 - Earth Day
- 4/24/26 - [Saddle Horse Show & Rodeo Golf Tournament, San Juan Oaks Golf Club](#)
- 4/25/26 - [Earth Day Celebration, 11AM-2PM, San Juan Bautista State Historic Park](#)
- 4/29/26 - [Hollister is Rockin'! The Centuries, Sebastien Bordeaux, Bodhi Corbet, Grillin & Chillin, 7PM-10PM, 401 McCray Street, Hollister](#)

Every Week -

Wednesdays

- Mary Velasco Sellen Senior Center Lunch, Chair Yoga & Bingo 11:00 AM chair yoga, followed by lunch and bingo, San Juan Bautista VFW for more info contact 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 (click links below) -

- [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](#)
- [Aromas Community Grange](#)
- [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.



April is Stress Awareness Month

Managing stress is an important part of healthy aging. Everyday stress can impact sleep, heart health, and overall well-being. Simple practices like deep breathing, staying socially connected, spending time outdoors, and maintaining routines can help reduce stress and improve quality of life. Taking a few minutes each day to relax and reset can make a meaningful difference.

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
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

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



Action Needed: Medi-Cal Renewal Time
Make sure your coverage continues without interruption
Need help? Click [HERE](#)

Keep your Medi-Cal coverage!

You must renew Medi-Cal this year to keep your health care coverage.



- 1 If you've moved, update your contact information.**
Make sure your county enrollment agency has your correct address and phone number.
- 2 Know your renewal date and watch your mail.**
Look for your Medi-Cal renewal letter with steps you may need to take to renew.
- 3 If required, complete the renewal paperwork and send it back fast.**
If you wait too long, your health care coverage could stop and you may not be able to see your doctor or get your medications.

If you forget to return your renewal by the due date, don't worry. You may still get your coverage back if you send your packet in quickly.



Need help? We're here. 
Scan the code or visit www.thealliance.health/mcc2026 to learn more.

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health

01-2026

Project Scout (Senior Citizen OUTreach)
FREE Tax Prep
By appointment only
Call (831)724-2606 or click [HERE](#) to email



Project Scout **FREE TAX PREP**

By appointment only

OUR SERVICE

Free tax assistance for those with reportable income of \$67,000 or less; simple tax returns only. To schedule an appointment with one of our tax prep volunteers, call 831-724-2606 or email projectscout@seniorscouncil.org. Please leave a message with your full name, phone number, age, city or town where you live, and what forms or sources of income you need to report in your taxes. You will be contacted for an appointment.

**We will not prepare married filing separate, rental income, net losses, expenses of \$35,000 or more, some K-1s with other income, deductions, and credits, plus others.

DIY SERVICE

Facilitated Self-Assistance Option. Do your taxes for free by using our free link: www.tinyurl.com/SCOUTFSA



REQUIREMENTS

The Following are mandatory for your Tax Preparation Appointment:

- ✓ Intake Sheet (provided by Project SCOUT) to make sure nothing is missed with your taxes
- ✓ Social Security Card, 1099-SSA (if receiving Social Security Income), or ITIN (if no social security number) provided by IRS
- ✓ Valid picture ID, such as driver's license or passport
- ✓ Most recently completed tax return
- ✓ W-2 forms that report employment income
- ✓ 1099 forms reporting other sources of income
- ✓ Detailed itemized self-employment expenses for the year for those self-employed
- ✓ Detailed itemized medical, taxes paid on property or big purchases, and donations (if itemizing on taxes)
- ✓ 1098 Payments or other contributions made
- ✓ Form 1095 A,B, or C reporting your health insurance coverage

Thank you to our partners & sponsors!



PROJECT SCOUT

A program of the Seniors Council of Santa Cruz and San Benito Counties

<https://seniorscouncil.org/project-scout>



CONTACT US

For appointment services:

Call: 831-724-2606

email: projectscout@seniorscouncil.org



Project Scout

PREPARACIÓN DE IMPUESTOS GRATUITA

Solo con cita

NUESTRO SERVICIO

Asistencia fiscal gratuita para quienes tengan ingresos declarables de \$67,000 dólares o menos. Declaraciones de impuestos simples solamente. Para hacer una cita con nuestros voluntarios, llame al 831-724-2606 o envíe un correo electrónico a projectscout@seniorscouncil.org. Por favor deje un mensaje con su nombre, edad, número de teléfono y sus tipos de ingreso. Nos contactaremos con usted para programar una cita.

**No prepararemos declaraciones de casados por separado, ingresos por alquiler, pérdidas netas, costos de \$35,000 o más, algunos K-1 con otros ingresos, deducciones y créditos, mas otros.

AUTOSERVICIO DE IMPUESTOS

Opción autoasistida facilitada. Haga sus propios impuestos de forma gratuita en: www.tinyurl.com/SCOUTFSA



REQUISITOS

LOS SIGUIENTES DOCUMENTOS SON OBLIGATORIOS PARA SU NOMBRAMIENTO:

- ✓ Hoja de ingreso (proporcionada por el Proyecto SCOUT) para que sepamos lo que piensa declarar en sus impuestos
- ✓ Tarjeta de la Seguridad Social, 1099-SSA (si recibe ingresos de la Seguridad Social), o ITIN (si no tiene Tarjeta de la Seguridad Social) proporcionado por el IRS
- ✓ Identificación con su foto, como licencia de conducir o pasaporte
- ✓ Formularios W-2 que informan sobre ingresos laborales
- ✓ Declaración de impuestos más reciente
- ✓ Formularios 1099 reportando otras fuentes de ingresos
- ✓ Lista detallada de los gastos itemizados incurridos durante el año para los autoempleados
- ✓ Lista de gastos itemizados medicos, propiedad, impuestos en compras grandes y donaciones (para los que itemizan)
- ✓ Formulario 1098 Pagos u otras contribuciones realizadas.
- ✓ Formulario 1095-A, B o C que informa de su cobertura de seguro médico.

¡Gracias a nuestros patrocinadores y socios!



PROJECT SCOUT

Un programa del Consejo de Mayores de los Condados de Santa Cruz y San Benito

<https://seniorscouncil.org/project-scout>



CONTACTENOS

Para programar una cita:

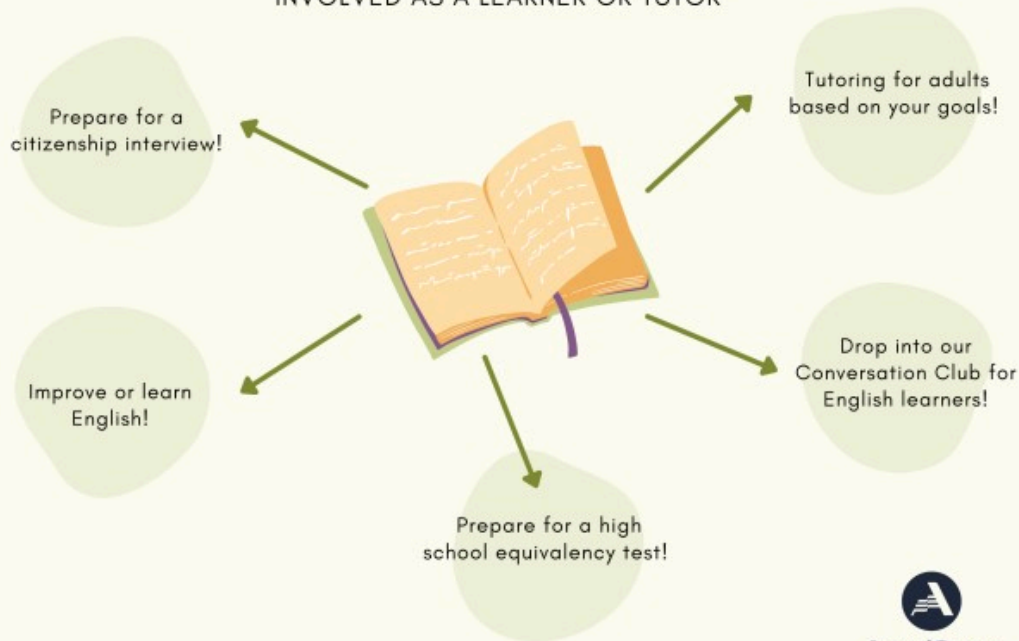
Llamar: 831-724-2606

email: projectscout@seniorscouncil.org

Learning opens doors. The San Benito County Free Library Literacy Program offers free, supportive tutoring for adults looking to strengthen English skills, prepare for citizenship, or reach new educational goals.

San Benito County Free Library Literacy Program

STOP BY 470 5TH ST. OR CALL (831) 636-4107 TO GET
INVOLVED AS A LEARNER OR TUTOR



Learn more about our program at sbcfl.org



AmeriCorps



■ Aging & Disability Resource Directory – San Benito County
Aging & Disability Resource Directory created by the Aging & Disability Resource Connection (ADRC) in partnership with the Seniors Council. This guide serves as a “No Wrong Door” resource to help older adults, caregivers, and individuals living with disabilities easily find support across San Benito County.

Inside, you’ll find information on:

- Caregiver resources
- Community centers
- Mental health support
- Food & nutrition programs
- Housing & legal services
- Transportation options
- Equipment & rentals
- Volunteer opportunities
- And much more

This directory is an essential tool for families, caregivers, and service providers. [Please feel free to download and share.](#)

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: info@SanBenitoADRC.org
Website: www.SanBenitoADRC.org

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:



Del Mar Caregiver Resource Center
A Program of Health Projects Center



CENTRAL COAST CENTER FOR INDEPENDENT LIVING



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



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](#)


Aging in **California**
Your Connection to Resources




What's Inside

2 California's Aging Services are Here for You	8 Eat Healthy, Age Healthy
4 Housing Options Explained	10 Caregiver Support is Available
5 Prepare for Emergencies	11 Start the Conversation
6 Protect Older Loved Ones from Abuse	12 California Resource Directory

EMERGENCY PREPAREDNESS GUIDE







A Guide for Older Adults, Individuals with Disabilities, and People with Access and Functional Needs



Stay Connected!



Get In Touch

-  **Phone: 831-975-2596 ext 204**
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