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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

October brings cooler days, fall festivities, and plenty of opportunities to come together as a community. It's the perfect time to embrace new activities, stay connected, and prepare for the holiday season ahead. Whether you're interested in wellness programs, educational classes, or volunteering, there are many ways to get involved and make a difference.

At the Seniors Council of Santa Cruz and San Benito Counties, together with the Community Foundation for San Benito County, we remain dedicated to helping older adults and individuals with disabilities stay engaged, supported, and empowered. In this issue, you'll find updates on upcoming events, resources, and opportunities to participate in programs that enrich our community.

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## This Month's Volunteer SPOTLIGHT:



Patsy Pence has dedicated more than 20 years to advocating for seniors and individuals with disabilities. Early in her journey, she served on the Advisory Board of the Public Authority in San Benito County. Later, she became a

Long-Term Care Ombudsman for San Benito and Santa Cruz Counties with Advocacy, Inc.



For Patsy, one of the greatest joys of this work has been seeing residents smile when she visits a skilled nursing or residential care facility. Her presence reminds them that someone is on their side —making sure they receive the care and rights they deserve.

Throughout her two decades of service, Patsy has worked alongside residents, staff, families, state officials, and law enforcement. She says these experiences have brought her not only knowledge and awareness, but also deep joy. Her commitment reflects her belief that every person deserves to have a voice and to be heard.

**Make a Difference – Volunteer Today!  
SAN BENITO COUNTY – We need YOU!**

Looking for a meaningful way to give back to our community? Volunteering with San Benito County Volunteers offers a fulfilling opportunity to stay engaged, support seniors, and make a real impact! Whether you're passionate about caregiving, companionship, transportation assistance, or community events, there's a way for you to get involved.

Scan the QR code on the flyer to find volunteer opportunities or visit [www.sbcvolunteers.org](http://www.sbcvolunteers.org)

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Did You Know?

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October is National Emotional Wellness Month — a great reminder to take care of both mind and body. Staying socially connected, volunteering, and engaging in new activities are all proven ways to boost emotional health and reduce feelings of isolation. Even something as simple as attending a community event or making a new friend can have lasting benefits for your well-being.



We're proud to share that the San Benito County Master Plan for Aging (MPA) Playbook is now complete—and available to explore! Developed by the Seniors Council in partnership with the Community Foundation for San Benito County, this local playbook outlines practical



Pinnacles National Park in Pajones, San Benito County, California

... , this local playbook outlines practical strategies to support older adults and individuals with disabilities in our region. Rooted in community voices and collaboration, it focuses on five bold goals:

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

This effort reflects the unique needs and strengths of San Benito County while aligning with broader state and regional aging initiatives.

[Read the full playbook \*\*CLICK HERE\*\*](#)




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

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.

- Oct 28 • Nov 18 • Dec 16, 2025
  - Barbara Room, San Benito County Free Library
  - 10:30 AM – 12:00 PM
- RSVP: (831) 636-4107

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 and Community Foundation for San Benito County

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



**Seniors Council**  
Concilio de Personas Mayores  
Service • Support • Advocacy


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, October 28, 2025  
Tuesday, November 18, 2025  
Tuesday, December 16, 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



**¿Necesitas ayuda con tu móvil o tablet?**



**Seniors Council**  
Concilio de Personas Mayores  
Service • Support • Advocacy

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 28 de octubre de 2025 Martes 18 de noviembre de 2025 Martes 16 de diciembre de 2025

Por favor, traiga su dispositivo y sus preguntas. Habrá voluntarios disponibles para ayudarlo 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:



**Dignity Health.**  
Dominican Hospital

**Wellness Center**

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](http://alz.org/crf)

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

ALZHEIMER'S  ASSOCIATION®



Del Mar Caregiver  
Resource Center

## 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

### 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!

## ☐☐ Bubbles & Book Art Night - October 14

Enjoy a fun evening of book folding, wine, and community at Crave Wine Company, hosted by [Friends of the San Benito County Free Library](#).



The poster features a bright orange background with various Halloween decorations. At the top, a string of yellow garlands holds a purple star, a jack-o'-lantern, a white skull, another purple star, and a black bat. On the left, a black spider with large white eyes hangs from a spiderweb. On the right, a black witch's hat with a red ribbon sits atop a tall, conical structure made of folded white paper, resembling a book or a dress, with a black spider crawling on it. The text is centered and uses a mix of bold sans-serif and elegant cursive fonts.

# *Bubbles and Book Art*

The Friends of the San Benito County Free Library would like to invite you to a night of book folding fun!

**Tuesday, Oct. 14th**  
**6:00-8:00 P.M.**

**CRAVE WINE COMPANY**  
**615 San Benito St. Hollister**

**price: \$30/person**  
**(includes one glass of wine)**

**Limited spots, buy tickets early-**  
**No refunds**

**Purchase tickets online only:**  
**[www.sbcfriends.org/](http://www.sbcfriends.org/)**

\*All materials provided and program instructor led.  
The Friends is a nonprofit 501(c)(3) organization and funds raised go to support programming at the library.



**FRIENDS**  
San Benito County  
Free Library



- The Ghost WALK □ → returns to San Juan Bautista!
- October 17 & 18 | Hosted by Rotary Club of SJB

Walk □ ♀ the historic streets, ghost stories,  
and meet the spirits of the past.

[Tickets available now CLICK HERE](#)

Rotary Club of San Juan Bautista  **UNITE FOR GOOD**

# GHOST WALK 2025

OCTOBER 17TH AND 18TH  
TOURS EVERY HALF HOUR FROM  
6:00 PM TO 8:00 PM

**FOR TICKETS:**

Scan the QR code below to complete the registration form.  
Questions: Contact Jackie Munoz by text at 831-320-1764

**\$40**

PER PERSON AND CHILDREN UNDER 6 FREE





CHECK-IN: MEET AT CORNER OF  
THIRD ST. & MARIPOSA ST.

[www.rotarysanjuanbautista.com](http://www.rotarysanjuanbautista.com)

Follow us:



[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**



Upcoming Events

## Events Happening in the Community

- 10/03/25 -10/05/25 - [Dotter's Knot Sings for the Queen \(and more\) Casa De Fruta Renaissance Fair, Hollister](#)
- 10/03/25 - 10/05/25 - [102nd San Benito County Fair](#)
- 10/03/25 - [First Friday Night Market, Vertigo San Juan Bautista, 5-9PM. Local Artist/Vendors, Vinyl DJ. 4-8PM Hapa Bros Food Truck](#)
- 10/04/25 - [Living History Days - 11am - 4pm, SJB State Historic Park](#)
- 10/04/25 - [Ranch Days/Hikes on Nyland & Rancho Larios Protected Lands in SJB, 9am -12pm](#)
- 10/08/25 - [Pet Friend's Tacos for Tails Trivia Night, 5-9pm. Grillin & Chillin Alehouse, Hollister](#)
- 10/11/25 - [Hollister Hills SVRA 50th Anniversary Celebration, 10AM](#)
- 10/11/25 - [Sacred Heart Parish Car Show, 10AM St Benedicts Catholic Church](#)
- 10/11/25 - [San Juan Bautista Historical Society Luck Museum Open House, 11AM - 2PM, Corner of Monterey St. 3rd St](#)
- 10/11/25 - [Eat Exhibition Opening Celebration, 12-3PM, Art Depot, Hollister](#)
- 10/11/25 - [Hollister Downtown Fall Clean-Up, 8:30-10:30AM, Downtown Hollister](#)
- 10/11/25 - [San Juan Bautista VFW Post 6339 Flea Market, 58 Monterey St & 3rd, SJB](#)
- 10/11/25 - [Cars Trucks & Coffee, 9-11AM, Across Windmill & Vertigo Coffee, SJB](#)
- 10/11/25 - [Friends of the library Used Book Sale, 9-11:30AM. Behind Hollister Library](#)

- 10/11/25 - [A Doomsday Murder Mystery Party! 6-9PM, The Garden Shoppe 'n bar](#)
- 10/11/25 - Hollister Haybalers class of 75' 50th Class Reunion 4:30-10PM, Ridgemark Golf Club, Hollister, Info & RSVP Dolores 831-801-8275
- 10/12/25 - Aromas Community Market, 9:30AM-1PM, Aromas Grange
- 10/12/25 - [Graniterock Rock & Run, 8AM. 10k/5k walk at A.R. Wilson Quarry, Aromas](#)
- 10/18/25 - [2nd Annual Special Heroes Carnival, 11AM-2PM, Hollister Elks Lodge, 351 Astro Dr. Hollister](#)
- 10/18/25 - [150 Years of Service Open House at Fire Station 1, 110 Fifth Street, Hollister](#)
- 10/24/25 - [Beetlejuice JR. The Frightfully Funny Musical - 7PM, 549 San Benito Street, Hollister](#)
- 10/31/25 - [San Juan Home & School Treat or Treat Procession](#)
- 10/31/25 - [City Library Children's Halloween Celebration](#)
- 10/31/25 - [Trick or Treat Street & Costume Contest, Downtown Hollister](#)

### **Every Week -**

#### **Wednesdays**

- [Hollister Certified Farmers' Market 3-7 PM Downtown Hollister April 16 through October 15](#)
- 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](#)

## **Health and Wellness Tips**

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

Stay vibrant and healthy! Explore our wellness tips each month for simple



wellness tips throughout the month for simple ways to boost your well-being.



## □ Pink October – Breast Cancer Awareness Month

# PINK OCTOBER

### BREAST CANCER AWARENESS MONTH

Let's spread awareness,  
show support, and honor the  
fighters, survivors, and those  
we have lost.

October is a time to unite in the fight against breast cancer. Let's spread awareness, show support, and honor the fighters, survivors, and those we have lost.

Early detection saves lives — if you haven't already, consider scheduling a breast exam or mammogram. Contact your current doctor or local healthcare provider to learn more.

[San Benito Health Foundation Binational Health Week](#)  
Celebration on Thursday, October 9th, from 3pm to 7pm  
at 351 Felice Drive in Hollister



**MÉXICO**  
PRESIDENCIA DE LA REPÚBLICA



SAN BENITO HEALTH  
FOUNDATION  
Community Health Center



**IME**  
INSTITUTO DE  
LOS MEXICANOS  
EN EL EXTERIOR

# BINATIONAL HEALTH WEEK 2025

Thursday, October 9th  
3pm-7pm

351 Felice Drive ,  
Hollister CA

Join us for a  
celebration  
of  
life and  
community  
health!

Free Food  
Music  
Dancing &  
More





Get Help with CALFRESH  
Get help by appointment  
831-724-2606

Click to Email



SERVICE • SUPPORT • ADVOCACY

**Get help by appointment!**

Call: **831-724-2606**

email: [projectscout@seniorscouncil.org](mailto:projectscout@seniorscouncil.org)

# Attention Seniors!

## GET HELP WITH CALFRESH!

Calfresh is a financial assistance program for purchasing food that gives you a monthly deposit into a debit card (EBT) that can be used at:

- Supermarkets
- Farmers Markets
- Restaurants (through Restaurant Meal Program RMP)

*Calfresh Application Checklist:*

- 1- Current ID with Picture
- 2- Social Security card or statement 1099-SSA
- 3- List of ALL income received
- 4- Medical expenses
- 5- Household expenses
- 6- Any dependent care paid
- 7- Proof Immigration status (non-citizens only)

Gross Monthly Income Eligibility Standards for Modified Categorical Eligibility (MCE)/Broad-Based Categorical Eligibility (BBCE) (200% of Poverty Level)

Household Size	Gross Income
1	\$2,510
2	\$3,408
3	\$4,304
4	\$5,200
5	\$6,098
6	\$6,994
7	\$7,890
8	\$8,722
Each additional member	+ \$898

Project SCOUT is an agency of the Seniors Council of Santa Cruz and San Benito Counties



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



Health & Wellness Opportunity Nearby

4th Annual

# Health & Wellness Senior Resource Day

 **Thursday,  
October 23<sup>rd</sup>, 2025**

1:00pm - 3:00pm

**Active Senior Inc.**

100 Harvest St.  
Salinas, Ca  
93901

The first 100 guests  
received a gift card  
upon entry

**Free:**

Health Screenings  
Complimentary snacks  
Blood Pressure  
Flu Shots  
Massage



For more information:

Visit ASI website @ <https://www.activeseniorsinc.org/>



Vista Harden Ranch  
Senior Living



MISSION  
HEALTHCARE

# 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)**

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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
<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

# 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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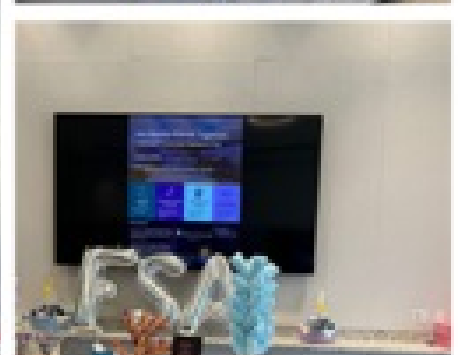
## County Supervisors Connect with Twin Oaks Community

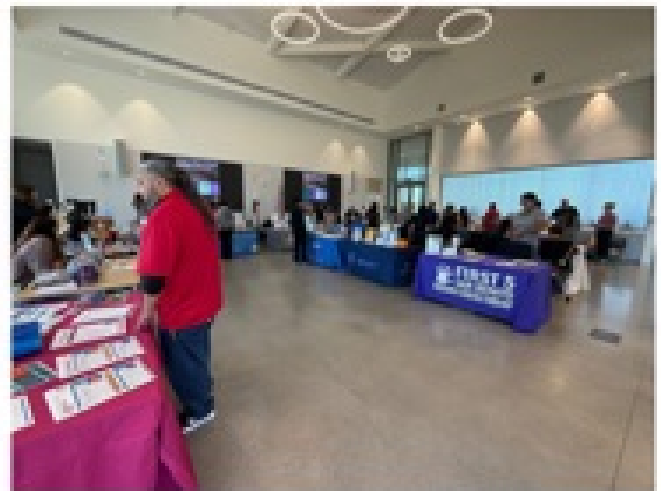
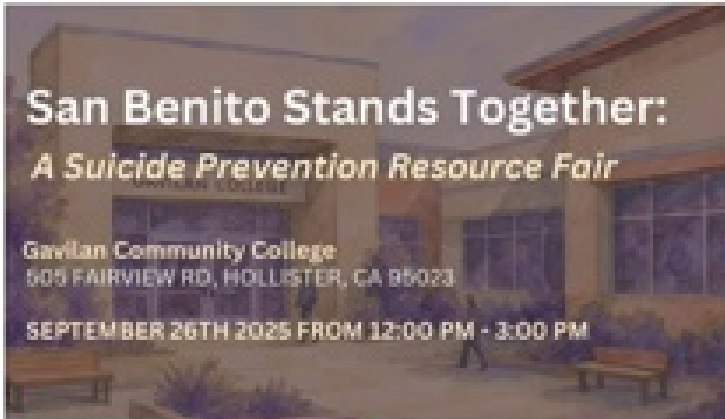




Really appreciated seeing Supervisors Mindy Sotelo & Angela Curro connect with the Twin Oaks Hollister community in Hollister. They not only shared what's happening across the county but also took the time to hear feedback and questions from residents. On top of that, they highlighted valuable resources like the [Master Plan for Aging Playbook](#) and the [Aging & Disability Resource Directory for San Benito County](#)—such a great example of leadership listening and engaging with our seniors.

## Suicide Prevention Resource Fair at Gavilan College





On September 26, we were proud to be out at Gavilan College for the Suicide Prevention Resource Fair. It was inspiring to see so many organizations and individuals come together to share resources, support mental health, and show our community that no one is alone. ☐☐

#SuicidePrevention #CommunityMatters #SanBenitoCounty  
 San Benito County Behavioral Health #cityofhollister

**Honoring Pauline Valdivia's Legacy**  
**On Saturday, September 27, 2025, community members gathered at the Hollister Elks Lodge for the Pauline Valdivia Commemorative 50th Year Legacy Celebration.**



*Guided by Compassion  
"She Loved, She Served, She Led"*

**Pauline Valdivia**



*A Champion for Seniors  
her Legacy lives in the heart  
of our community*



The evening was filled with heartfelt tributes to Pauline, who dedicated her life to uplifting seniors and ensuring their voices were heard. Our Executive Director, Clay Kempf, joined local leaders and friends of Pauline in reflecting on her vision, compassion, and lifelong advocacy. His remarks highlighted how Pauline's work continues to inspire the mission of the Seniors Council in both Santa Cruz and San Benito Counties.

The program featured moving commentaries, personal reflections, and music by the Moondance Band—all in celebration of Pauline’s enduring legacy as a champion for seniors.

We are proud to have been part of this meaningful evening and to continue carrying forward Pauline’s dream of strengthening and supporting our senior community.

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## **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 (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 <a href="http://www.medicalguardian.com">www.medicalguardian.com</a> 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) <a href="http://www.lifeline.com">www.lifeline.com</a> 1-855-681-5351	\$99.95	\$30-\$45*	\$0 - \$15	Electrical Charge	Yes. No Fee	\$0 - \$15/mo	Medication dispenser feature.
Life Alert <a href="http://www.lifealert.com">www.lifealert.com</a> 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 <a href="http://www.medicalalert.com">www.medicalalert.com</a> 1-800-800-2537	\$79+	Mobile \$19.95 Home \$39.95	None	Electrical Charge + 7 year Backup Battery	Yes. No Fee	\$10	Works with smart home devices. Uses an app. Uses app. Requires a

InvisiWear Alert (ADT) www.invisiwear.com 1-800-800-2537	\$99-\$349	24/7 Help. \$11.99-\$19.99 SOS Only: Free	None	Non-replaceable battery. \$99 discounted rate for future devices.	Yes No Fee	None	Bluetooth-enabled phone connection within a 30 foot range.
One Call Alert – MobileHelp www.med-id.com/smm 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 www.aloecare.com 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 www.bayalarmmedical.com 1-888-503-7510	\$0	Home \$24.95 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 www.mythrive.com 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:

1. What options are you looking for in a unit?
  - a. Do you want a unit that can automatically detect falls?
  - b. Is a GPS enabled unit necessary - still driving and independent?
  - c. 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?
2. What type would work best?
  - a. Does the provider offer multiple options for wearing the unit?
  - b. Are they waterproof or only water resistant?
  - c. What is the range of the unit from the base?
  - d. How is the battery life of the unit?
  - e. If the power goes out will the unit still work?
3. Ask questions regarding the response time and monitoring offered:
  - a. What is the average response time?
  - b. Does the device allow someone to talk to a dispatcher or do they need to be near the unit's base?
  - c. Can family be designated as first contact?
  - d. What are the options and hours for customer service?
  - e. Do they offer any follow up?
4. 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.

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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*

<b>2</b> California's Aging Services are Here for You	<b>8</b> Eat Healthy, Age Healthy
<b>4</b> Housing Options Explained	<b>10</b> Caregiver Support is Available
<b>5</b> Prepare for Emergencies	<b>11</b> Start the Conversation
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# 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**
- Address: **440 San Benito Street, Hollister, CA 95023**
- Email: **[Coreys@seniorscouncil.org](mailto:Coreys@seniorscouncil.org)**
- Website: **[www.seniorscouncil.org](http://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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