
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

Welcome to the *September* edition of the San Benito County Seniors Connect Newsletter!

September brings a fresh start — new classes, new events, and new opportunities to connect. Whether you're curious about volunteering, joining a club, or exploring local activities, now is the time to jump in and make the most of the season ahead.

At the Seniors Council of Santa Cruz and San Benito Counties and the Community Foundation for San Benito County, we're dedicated to helping older adults and people with disabilities stay connected, informed, and empowered. From wellness programs and educational workshops to inclusive community events and volunteer opportunities, there's something for everyone to enjoy and get involved in.

Looking to get started? Visit www.sbcvolunteers.org to explore local volunteer opportunities and community resources.

This Month's Volunteer SPOTLIGHT Opportunity:

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

MEET BILL – MAKING A DIFFERENCE WITH HICAP

Health Insurance Counseling & Advocacy Program



Bill Shelley has been helping people understand Medicare for 18 months. As a certified Community Educator, he now brings that same clarity to group presentations—**saving clients a combined \$36,000 last fall** by helping them find better prescription plans.

“It’s rewarding to be knowledgeable about something that impacts so many lives.”



 **WANT TO MAKE A DIFFERENCE?**

Visit SBCVolunteers.org to explore volunteer opportunities

□ Did You Know?

September is National Healthy Aging Month! It's the perfect reminder to focus on activities that support your mind, body, and spirit — from taking a daily walk to joining a local group or learning a new skill. Staying active and engaged is one of the best ways to maintain health and independence at any age.

□ [Learn more about Healthy Aging Month here.](#)



Pinnacles National Park in Paicines, San Benito County, California



[San Benito County Master Plan for Aging](#)

The California Master Plan for Aging is a 10-year initiative launched by Governor Newsom to address the growing needs of the aging population in the state. The plan focuses on creating sustainable, community-driven solutions that can be locally adapted. Our workgroups aim to turn this plan into action by collaborating with local leaders, funders, and service providers to develop and implement strategies that support aging populations, ensuring the plan doesn't remain just a document but becomes a roadmap for change in our communities.

Elder Care training program this fall at Gavilan College Hollister Campus

□ **September 6 – November 15, 2025**

□ **Hollister Campus | Saturdays | 9:30 AM – 12:30 PM**

This program covers topics such as home safety, mobility and transfers, nutrition, end-of-life planning, stress management, and more.

We're pleased to share this opportunity with you on behalf of the Caregiving That Works Workgroup, part of the San Benito County Master Plan for Aging.

View the flyer below for details on topics covered and [Click HERE to Register](#) (Registration Closes on Friday, September 5, 2025 @ 11:59 PM)

Elder Care

Hollister Campus

This program is designed to train caregivers, healthcare students, and family members in providing effective hands-on care to older adults.

Date & times

September 6, 2025 -

November 15, 2025

Saturdays only

9:30 am - 12:30 pm

Cost

\$1,200



Topics that will be covered

- home safety & fall prevention
- hygiene care
- mobility & safe transfers
- review common conditions
- mental health
- nutrition
- end of life planning
- caregiver success
- stress management
- community resources

**For more information, call (408) 848-4732
or visit: www.gavilan.edu/ce**

Cuidado de Ancianos

Campus de Hollister

Este programa está diseñado para capacitar a cuidadores, estudiantes de salud y miembros de la familia en proporcionar cuidado práctico y efectivo a la gente mayor.

Horario

Septiembre 6, 2025 -

Noviembre 15, 2025

Sábados

9:30 am - 12:30 pm

Costo

\$1,200



Temas que se cubrirán

- Seguridad en el hogar y prevención de caídas
- Cuidado de la higiene
- Movilidad y traslados seguros
- Revisar condiciones comunes
- Salud mental
- Nutrición
- Planificación del final de la vida
- Éxito del cuidador
- Manejo del estrés
- Recursos comunitarios

Para más información llame (408) 848-4732 o visita: www.gavilan.edu/ce

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.

Sept 30 • 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, September 30, 2025
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 30 de septiembre de 2025
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 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

JOIN US IN JULY, AUGUST AND SEPTEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

Dementia Conversations

Tuesday, July 1, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's

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

Building Foundations of Caregiving

Tuesday, July 15, 10-11 a.m. | [Register](#)

Managing Money: A Caregiver's Guide to Finances

Wednesday, July 23, 12-1 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Tuesday, August 5, 10-11 a.m. | [Register](#)

Responding to Dementia-Related Behaviors

Thursday, August 14, 2-3 p.m. | [Register](#)

Supporting Independence

Tuesday, August 19, 2-3 p.m. | [Register](#)

Navigating Dementia:

From Diagnosis to Living Well

Wednesday, August 27, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body

Thursday, September 4, 2-3 p.m. | [Register](#)

Exploring Care and Support Services

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

Communicating Effectively

Tuesday, September 16, 10-11 a.m. | [Register](#)

Advancing the Science:

The Latest in Alzheimer's and Dementia Research

Wednesday, September 24, 12-1 p.m. | [Register](#)

SPANISH CLASSES

Alzheimer's and the Impact on Women

Thursday, July 17, 6-7 p.m. | [Register](#)

Exploring Care & Support Services

Thursday, August 21, 6-7 p.m. | [Register](#)

10 Warning Signs of Alzheimer's

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

CHINESE CLASSES

Understanding Alzheimer's and Dementia (Mandarin)

Thursday, July 17, 10-11 a.m. | [Register](#)

Understanding Alzheimer's and Dementia (Cantonese)

Friday, July 25, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's (Cantonese)

Monday, August 4, 10-11 a.m. | [Register](#)

10 Warning Signs of Alzheimer's (Mandarin)

Wednesday, August 13, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body (Mandarin)

Wednesday, September 10, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body (Cantonese)

Wednesday, September 24, 2-3 p.m. | [Register](#)

TO REGISTER, PLEASE
CALL 800.272.3900 OR
VISIT US ONLINE AT
ALZ.ORG/CRF



ALZHEIMER'S  ASSOCIATION®



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!

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

- 9/2/25 [Bingo Night, 6PM at Mad Pursuit, 628 San Benito Street, Hollister](#)
- 9/4/25 Drop In Art Class for Adults, 6PM Lunagallery.art, San Juan Bautista call for details 831-623-2783
- 9/5/25 [First Friday Night Market, Vertigo San Juan Bautista, 5-9PM. Local Artist/Vendors, Vinyl DJ. 4-8PM Hapa Bros Food Truck](#)
- 9/6/25 Come Celebrate California's 175 Birthday! 11AM - 2PM, Luck Library Memorial Park, San Juan Bautista
- 9/6/25 Pueo Marketplace, 11AM - 4PM, 1000 El Toro Dr, Hollister
- 9/6/25 [Graniterock River Run, 8AM-2PM](#)
- 9/6/25 Living History Days, 11AM-4PM, SJB State Historic Park
- 9/6/25 [Gabilan Seneca Wine & Food Tasting, 4PM - 7PM Paicines Ranch](#)
- 9/6/25 [SJB VFW Flea Market, 8AM - 4PM, 58 Monterey Street, San Juan Bautista.](#)
- 9/7/25 [Ranch Days, 9AM - 12PM, dirt parking lot at The Alameda and Pearce Street in San Juan Bautista \(the soccer field\)](#)
- 9/8/25 [Performer's Circle @ Aromas Grange 7PM-9PM. Bring your instrument and share a song in the round with other musicians](#)
- 9/13/25 [Battle of the Bands & Car Show, 9AM - 9PM Bolado Park, 9000 Airline Hwy, Tres Pinos](#)
- 9/13/25 Cars Trucks & Coffee, 9AM - 11AM Across from Windmill & Vertigo Coffee, San Juan Bautista.
- 9/13/25 Friends of the Library Used Book Sale, 9AM - 11:30AM. Behind the Hollister Library
- 9/13/25 [Hollister Concerts Presents: Toby - Tribute to Toby Keith & Cashed Out- Tribute to Johnny Cash](#)
- 9/13/25 [Fremont Peak Observatory Stargazing, 2PM-5PM, Solor Program](#)

- 9/14/25 Outdoor Flea Market, 10AM - 3PM, 231 Briggs Road, Hollister
- 9/20/25 [Monthly Household Hazardous Waste Collection Event, 9AM 12PM, John Smith Landfill, 2650 John Smith Road, Hollister](#)
- 9/27/25 San Juan Bautista Community Cleanup 9AM - 12PM, Luck Park, 801 Second St.
- 9/27/25 [Hollister 2025 Street Festival & Car Show 10AM - 4PM](#)
- 9/27/25 [Nature Stroll in South County For Seniors, 9:30AM - 11:30AM, Coyote Lake Harvey Bear County Park](#)
- 9/27/25 [Dead Cowboys Live @ grillin & chillin Alehouse Brewery, 8PM - 11PM](#)
- 9/27/25 Free Compost Workshop, 10AM - 12PM, 2301 Technology Pkwy, Hollister
- 9/27/25 & 9/28/25 [Hope Harvest Festival, 10AM - 5PM, San Benito County Historical Park, 8300 Airline Hwy, Tres Pinos](#)

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 ways to boost your well-being.



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

Click to Email



Get help by appointment!
 Call: **831-724-2606**
 email: 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

WEEKLY FREE VACCINATION CLINIC

Flu vaccine free for all

Covid vaccine for those eligible

WEDNESDAYS & THURSDAYS

10:00 a.m. - 12:00 p.m.

2:00 p.m. - 4:00 p.m.

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



For more information call (831) 637-5367

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.



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.

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 www.medicalguardian.com 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) www.lifeline.com 1-855-681-5351	\$99.95	\$30-\$45*	\$0 - \$15	Electrical Charge	Yes. No Fee	\$0 - \$15/mo	Medication dispenser feature.
Life Alert www.lifealert.com 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 www.medicalalert.com 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.
InvisiWear Alert (ADT) www.invisawear.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	Uses app. Requires a 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:

- 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:
 - What are the monthly fees; are there any service fees?
 - If a wireless or GPS unit, do they use your cell service or is service included in the cost?
 - Is there an installation cost?
 - Do you need to sign a contract to receive services?
 - Are there discounts offered?
- Consider if you want a local provider or other option:
 - A local provider will have a local office that will be able to install the unit for you.
 - 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.
- Additional options:
 - 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.
 - 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

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

California Department of AGING | Cal OES | DOR

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.



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

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