

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

June
NEWSLETTER

JUNE 2026

San Benito Seniors

CONNECT

♥ Stay healthy. ♥ Stay connected. ♥ Stay supported.

MAY INTO CONNECTION

May was a meaningful month of connection, recognition, and community collaboration across San Benito County. Thank you to our partners, volunteers, and everyone who helps create a stronger, healthier, and more age-friendly community for older adults.

Together, we are building a community where older adults thrive. ♥



JUNE HIGHLIGHTS



MEN'S HEALTH MONTH



ALZHEIMER'S & BRAIN AWARENESS MONTH



ELDER ABUSE AWARENESS MONTH



PRIDE MONTH



FLAG DAY
JUNE 14



JUNETEENTH
JUNE 19



FATHER'S DAY
JUNE 21



FULL MOON
JUNE 29

UPCOMING EVENTS & CLASSES

- 6/01-6/30 – Alzheimer's & Brain Awareness Month
- 6/01-6/30 – Pride Month 🌈
- 6/04 – Bingo Night, 7PM-9PM, The GardenShope, 364 7th St., Hollister
- 6/06 – Aromas Bulky Drop-off Event, 8AM-10:30AM, Aromas Community Park
- 6/07 – Hello June, 12PM-4PM, Damm Vineyards, 3028 Cienega Rd., Hollister
- 6/14 – Flag Day 🇺🇸
- 6/18 – Casino Night 🎰 7PM-11PM, The Brass Tap, 1701 Airline Hwy., Hollister
- 6/19 – Juneteenth 🇺🇸🌈
- 6/16 – The Wild Goddess Vinyl – Womens Plant Night 🌿
6PM-9PM, Palette & Pour, 650 San Benito St., Hollister
- 6/20 – Luke Combs & Eric Church Tributes, Guerra Cellars, 500 John Rd., Hollister
- 6/20 – Fire Fall Landscape Painting Adult Workshop 🎨
1PM-3PM, 35 5th St., Hollister
- 6/20 – Father's Day BBQ at the Overlook, 3PM, Paicines Ranch,
13388 Old Airline Hwy., Paicines
- 6/21 – Father's Day 🍷❤️
- 6/21 – Summer Begins ☀️🕶️
- 6/22 – VFW Post 9242 2026 Golf Tournament,
San Juan Oaks Golf Club, 3825 Union Rd., Hollister
- 6/25 – Boozy, Bees Book Bonding 🍷🐝 7PM-8:30PM,
The GardenShope, 364 7th St., Hollister
- 6/29 – Full Moon 🌕

THIS MONTH'S VOLUNTEER SPOTLIGHT

HOLLISTER DOWNTOWN SOCIETY

Volunteers Needed

We are currently looking for people with a strong commitment to our community to assist us with our events.

350 Sixth St. Ste. 102
Hollister, CA

We need help with:

- ✓ Farmers' Market
- ✓ Downtown Clean Up
- ✓ Street Festival & Car Show
- ✓ Saddle Horse Show Parade
- ✓ Lights On Celebration

If you think you are willing to help us for our community events, then you may submit your interest today!

HEALTH & WELLNESS TIP

Summer Safety for Seniors

Stay hydrated, avoid peak heat hours, stay cool, and check on others. Small steps can help prevent serious health complications.

STAY HYDRATED

AVOID PEAK HEAT HOURS

STAY COOL

CHECK ON OTHERS

Thank you to our community partners, volunteers, and supporters! ♥



This Month's Volunteer SPOTLIGHT:

Volunteers

MAKE OUR COMMUNITY STRONG

Join us in creating memorable events and a vibrant downtown for everyone!



 <p>FARMERS' MARKET</p> <p>Help support our local farmers and vendors at our lively market.</p>	 <p>DOWNTOWN CLEAN UP</p> <p>Lend a hand in keeping our streets and public spaces clean and beautiful.</p>	 <p>STREET FESTIVAL & CAR SHOW</p> <p>Be part of the action behind the scenes at our exciting community events.</p>	 <p>LIGHTS ON CELEBRATION</p> <p>Help bring the holiday spirit to life in Downtown Hollister!</p>	 <p>SADDLE HORSE SHOW PARADE</p> <p>Help make our parade a highlight of the year for participants and spectators alike.</p>
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Give your time. Share your talents. Make a difference.

To volunteer or learn more, email us at admin@downtownhollister.org or call 1-831-636-8406

VOLUNTEER OPPORTUNITY Spotlight:

Volunteers Needed

We are currently looking for people with a strong commitment to our community to assist us with our events.



We need help with:

- Farmers' Market
- Downtown Clean Up
- Street Festival & Car Show
- Saddle Horse Show Parade
- Lights On Celebration

If you think that you are willing to help us for our community events, then you may submit your application to

admin@downtownhollister.org

350 Sixth St. Ste. 102
Hollister, CA

More information :

🌐 1-831-636-8406

💜 Did You Know?



WORLD
ELDER ABUSE
AWARENESS DAY
JUNE 15

June 15 is World Elder Abuse Awareness Day – a reminder that every older adult deserves to age with dignity, safety, and respect.

Growing older doesn't mean fading into the background. Many older adults continue to live boldly, stay active, volunteer, mentor others, and make a difference in our community every day.

Let's celebrate aging with confidence, connection, and attitude this June! 😎



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](#)



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





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!](#)

**May Highlights: Stronger Together
in San Benito County** ❤️

SAN BENITO COUNTY BOARD OF SUPERVISORS

*Honoring Our Past
Strengthening Our Present
Inspiring Our Future*

Recognizes MAY 2026 AS OLDER AMERICANS' MONTH IN SAN BENITO COUNTY

**CELEBRATING
THE CONTRIBUTIONS
OF OLDER ADULTS
AND THE STRENGTH
OF OUR COMMUNITY**

Thank You!

To the San Benito County Board of Supervisors
and all community partners, volunteers,
and organizations working together
to support and uplift older adults.

HONORING
OUR SENIORS

SUPPORTING
FAMILIES & CAREGIVERS

BUILDING
A STRONGER COMMUNITY

INSPIRING
THE FUTURE

STRONGER TOGETHER Building a Vibrant Future FOR SAN BENITO COUNTY

We were proud to present to the San Benito County Business Council
our shared commitment to supporting older adults and strengthening
our community through connection, resources, and collaboration.

Thank You

to the San Benito County Business Council
for the opportunity to share how we can support
and empower older adults in our community.

ENGAGE
in community

SUPPORT
older adults

VOLUNTEER
your time

BUILD
a better
tomorrow

TOGETHER, WE CAN CONTINUE BUILDING A VIBRANT AND SUPPORTIVE
COMMUNITY WHERE SENIORS THRIVE!

Celebrating OLDER AMERICANS' MONTH

The City of Hollister proudly proclaims May 2026 as
Older Americans' Month!

This proclamation recognizes the
invaluable contributions of older adults
in our community and reaffirms our
commitment to their well-being,
independence, and quality of life.

Thank you to our seniors—
you inspire and strengthen
our community every day!

2026 THEME: CHAMPION YOUR HEALTH

Focus on
Prevention

Embrace
Wellness

Stay Active

Advocate for
Your Health

Stronger Together. Healthier Together.

Grateful TO THE HOLLISTER ROTARY CLUB

Thank you for the warm
welcome and this
incredible gift!

Honored to present the
Master Plan for Aging
and the Volunteer
Program and to
be part of such an
inspiring community.

THE 4-WAY TEST

IS IT
LITTLE
TRUTH?

IS IT
FAIR TO ALL CONCERNED?

WILL IT
BRING
GOODWILL
AND BETTER
FRIENDSHIPS?

WILL IT
BE
BENEFICIAL
TO ALL CONCERNED?

Thank you, Hollister Rotary Club!

Together, we can make a difference
and build a brighter future for all.

**SAN BENITO
CONNECT**
NEIGHBOR TO NEIGHBOR
VOLUNTEER NETWORK

Stronger together, we celebrate, support,
and uplift older adults in San Benito County.

Thank you
to all our partners and community leaders
for making a difference!

SENIORS COUNCIL
DISCOVER PROGRAMS/ISSUES
SERVICE • SUPPORT • ADVOCACY

**SAN BENITO
CONNECT**
NEIGHBOR TO NEIGHBOR
VOLUNTEER NETWORK

TOGETHER WE
CREATE CHANGE.

STRONGER
TOGETHER

SERVICE
ABOVE SELF

MAKING A
DIFFERENCE

May was a meaningful month of connection, recognition, and community collaboration across San Benito County as we celebrated Older Americans Month 2026 and continued building momentum for healthy aging, volunteer engagement, and community support for older adults.

This month, Seniors Council and San Benito Connect were honored to:

- ✨ Receive proclamations recognizing Older Americans Month from both the San Benito County Board of Supervisors and the City of Hollister

✦ Present at the San Benito County Business Council to share efforts supporting older adults, volunteerism, and community collaboration

✦ Connect with local leaders and community partners through outreach and presentations, including the Hollister Rotary Club

✦ Continue promoting the Master Plan for Aging and SBCVolunteers.org to strengthen resources, engagement, and support throughout our county

The 2026 Older Americans Month theme, “*Champion Your Health,*” reminds us of the importance of staying active, connected, informed, and engaged at every age.

We are incredibly grateful to all of our community partners, volunteers, advocates, organizations, and local leaders who continue working together to create a stronger, healthier, and more age-friendly San Benito County.

♥ Together, we are building a community where older

Upcoming Events and Classes SENIOR Focused

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
LUNCHES
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.



CHAIR YOGA

Instructor:
Alice Riordan

THURSDAYS 11:30-12:30



Upcoming Events

Events Happening in the Community

Voting REMINDER

BALLOTS ARE DUE
TUESDAY, JUNE 2, 2026

Be sure to **return your ballot** on time or visit a **drop box** today! ♥

VOTE IN PERSON
Stop by the Elections Department.

DROP OFF YOUR VOTE-BY-MAIL BALLOT
Use any official drop box listed below.

GET ELECTION HELP
Register to vote, request a replacement ballot, or get your questions answered.

OFFICIAL BALLOT DROP BOX LOCATIONS						
ELECTIONS DEPARTMENT 1601 Lara Way Hollister	WINDMILL SHOPPING CENTER 301 The Alameda San Juan Bautista	AROMAS FIRE STATION 492 Carpenteria Rd. Aromas	SAN BENITO COUNTY LIBRARY (ALLEY) Winn Alley at 5th St. Hollister	TRUE VALUE 1270 San Juan Hollister Rd. Hollister	RIDGEMINTY FOOD BANK 1133 San Felipe Rd. Hollister	FIRE STATION #2 2540 Valley View Rd. Hollister

★ *Your vote.* ★ *Your voice.* ★ *Our community.* ♥ ★

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

- 6/01/26 - 6/30/26 - [Alzheimer's & Brain Awareness Month](#)
- 6/01/26 - 6/30/26 - [Pride Month](#)
- 6/04/26 - [Bingo Night, 7PM-9PM, The GardenShoppie, 364 7th Street, Hollister](#)
- 6/06/26 - [Aromas Bulky Drop-off Event, 8AM-10:30AM, Aromas Community Park](#)
- 6/07/26 - [Hello June, 12PM-4PM, Damn Vineyards, 3028 Cienega Road, Hollister](#)
- 6/14/26 - [Flag Day 🇺🇸🇺🇸🇺🇸](#)
- 6/18/26 - [Casino Night, 7PM-11PM, The Brass Tap, 1701 Airline Highway, Hollister](#)
- 6/19/26 - [Juneteenth 🇺🇸🇺🇸🇺🇸](#)
- 6/16/26 - [The Wild Goddess Within - Women's Paint Night 🎨👩👩👩, 6PM-9PM, Palette & Pour, 650 San Benito Street, Hollister](#)
- 6/20/26 - [Hollister Concerts 🎵🎸🎤, Luke Combs & Eric Church Tributes, Guerra Cellars, 500 John Rd, Hollister](#)
- 6/20/26 - [Fire Fall Landscape Painting Adult Workshop 🎨👩👩👩, 1PM-3PM, 35 5th Street, Hollister](#)
- 6/20/26 - [Father's Day BBO at the Overlook, 3PM, Paicines Ranch, 13388 Old Airline Hwy, Paicines](#)
- 6/20/26 - [Saddle Horse Show Downtown Parade, 11AM, Downtown Hollister](#)
- 6/21/26 - [Father's Day 👨👦👨](#)
- 6/21/26 - [Summer Begins ☀️🌞🌻](#)
- 6/22/26 - [VFW Post 9242, 2026 Golf Tournament, San Juan Oaks Golf Club, 3825 Union Road, Hollister](#)
- 6/25/26 - [Boozy Bees Book Bonding 🍷🐝, 7PM-8:30PM, The GardenShoppie, 364 7th Street, Hollister](#)
- 6/29/26 - [Full Moon 🌕🌟](#)

**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
- [Hollister Certified Farmers' Market, 3PM-7PM, Downtown Hollister](#)

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](#)
- [Visit San Benito Events](#)

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.



Summer Safety for Seniors

DID YOU KNOW?

Adults age 65+ are more vulnerable to heat-related illnesses, especially during prolonged hot weather.

Staying hydrated and avoiding extreme heat can help prevent serious health complications.



STAY HYDRATED



AVOID PEAK HEAT HOURS



STAY COOL



CHECK ON OTHERS

Stay Safe.
Stay Healthy.
ENJOY YOUR SUMMER!

As temperatures begin to rise, it's important for older adults to take extra precautions during the summer months. Did you know that seniors are at a higher risk for heat-related illnesses because the body becomes less efficient at regulating temperature with age? Here are a few simple ways to stay safe and healthy this summer:

- **Stay Hydrated**
 - Drink water regularly throughout the day — even if you don't feel thirsty.
- **Dress for the Heat**
 - Wear lightweight, light-colored clothing, sunglasses, and a hat when outdoors.
- **Avoid Peak Heat Hours**
 - Try to stay indoors or in shaded areas between 10 AM and 4 PM when temperatures are highest.
- **Check Medications**
 - Some medications can increase sensitivity to heat or dehydration. Talk with your doctor or pharmacist if you have concerns.
- **Keep Your Home Cool**
 - Use fans, air conditioning, or visit cooling centers, libraries, or community spaces during extreme heat.
- **Check on Friends & Neighbors**
 - A simple phone call or visit can make a big difference during hot summer days.

Small steps can help everyone enjoy a safer, healthier summer!

June is Men's Health Month

A reminder that taking care of your health matters at every age. From staying active to scheduling regular check-ups, small healthy habits today can lead to a stronger tomorrow

MEN'S HEALTH MONTH
JUNE

Strong Men.
Healthy Lives.
Stronger Communities.

YOUR HEALTH MATTERS.
Take charge. Stay strong. Stay healthy.

- GET REGULAR CHECK-UPS
- STAY ACTIVE
- EAT WELL
- MANAGE STRESS
- STAY CONNECTED

Small steps today lead to a healthier tomorrow.
YOU'VE GOT THIS!

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.



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
<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 90SAPG052-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20261. Consistent with the Administration for Community Living policy, points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

SHIP (800) 434-0222

This could save a life

Working smoke alarms make a huge difference—and right now, the **American Red Cross** is providing FREE smoke alarms and installation right here in San Benito County.

If you or someone you love needs one, please reach out today:
831-419-3872 or email Patsy.Gasca@redcross.org

Let's spread the word and help keep our community safe—especially our seniors and vulnerable neighbors.



Smoke Alarms Save Lives!

Working smoke alarms can cut the risk of death from home fires in half.

That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

Community of San Benito County

Your American Red Cross of the Central Coast is offering to replace your old or nonexistent smoke alarms in your home free of charge. We are providing the new 10 year smoke alarms for free.

To receive your free smoke alarms please call 831-419-3872 or email Patsy.Gasca@redcross.org



Hot Meals, Connection, and Care for San Benito Seniors 🧡

Enjoy nutritious meals and meaningful connection through local senior dining programs in Hollister and San Juan Bautista. For those who are homebound, weekly meal delivery is also available to help ensure no senior goes without support.

📞 To sign up or learn more, call or text (669) 437-0865
🌐 Visit: <https://www.marthas-kitchen.org/san-benito-county>



San Benito County Food Programs



Daily Comfort: Hot Meals for Our Senior Community

**Pauline Valdivia Memorial
Community Center**
300 West Street
Hollister, CA 95023

Open
Monday through Friday
(excluding federal holidays)
9:00 AM to 4:00 PM

**San Juan Bautista
Community Center**
10 San Jose Street
San Juan Bautista, CA 95045

Open
Every Monday
(excluding federal holidays)
12:00 PM - 1:00 PM

■ Aging & Disability Resource Directory – San Benito County

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



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.](#)

The graphic features a light brown map of San Benito County as a background. Three circular icons are overlaid on the map: a hand holding a person, a fork and spoon, and a bus. Each icon is accompanied by text detailing a service. At the bottom, three logos are displayed: California Aging & Disability Resource Connection, Martha's Kitchen, and Local Transportation Authority.

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

California Aging & Disability Resource Connection of San Benito County

Martha's Kitchen "Feeding the Hungry with Dignity"

LOCAL TRANSPORTATION AUTHORITY SPECIALIZED TRANSPORTATION

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

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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](tel:831-975-2596)
-  Address: [440 San Benito Street, Hollister, CA 95023](https://www.google.com/maps/place/440+San+Benito+Street,+Hollister,+CA+95023)
-  Email: Coreys@seniorscouncil.org
-  Website: www.seniorscouncil.org

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

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



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