

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

Volunteer Spotlight: Make a Difference in San Benito County

Meet Steve Austin and Phil Messina, two of the driving forces behind the Hollister Chapter of *Sleep in Heavenly Peace*.

As Chapter President, Steve Austin dedicates countless hours to keeping the local chapter moving forward. Whether it's early mornings, late evenings, organizing projects or stepping in wherever help is needed, Steve's commitment goes far beyond what is expected.

That dedication was especially evident leading up to Bunks Across America. When fewer volunteers than anticipated were available to prepare for the event, Steve stepped in and spent the week preparing and cutting lumber so the build could continue successfully.

Co-President Phil Messina plays another essential role. Phil is responsible for measuring and cutting lumber for the chapter's bed builds—helping transform stacks of wood into the pieces volunteers ultimately assemble into beds for local children.

Together, Steve and Phil demonstrate something we love celebrating in San Benito Seniors Connect: there is no age limit on making a difference.

Their time, skills and leadership are helping ensure that children throughout our community have something many of us take for granted—a safe, comfortable bed of their own.



Agency Spotlight: Sleep in Heavenly Peace – Hollister Chapter

No Kid Sleeps on the Floor in Our Town®

Every child deserves a safe and comfortable place to sleep. That simple belief is at the heart of Sleep in Heavenly Peace (SHP), a nonprofit organization powered by volunteers who build and deliver beds to children who otherwise may be sleeping on floors, couches, or other temporary sleeping spaces.

The Hollister Chapter serves children and families throughout San Benito, South Santa Clara and Monterey Counties, providing handcrafted twin beds and bunk beds complete with new mattresses, bedding and pillows. Volunteer teams don't just build the beds—they deliver, assemble and install them directly in families' homes.

And the need is significant. Before the chapter's recent Bunks Across America event, the local chapter had 205 children waiting for beds.

Bunks Across America: Local Volunteers Make an Impact

On September 12, Sleep in Heavenly Peace brought volunteers together at Abundant Life Church in Hollister for its annual Bunks Across America event.

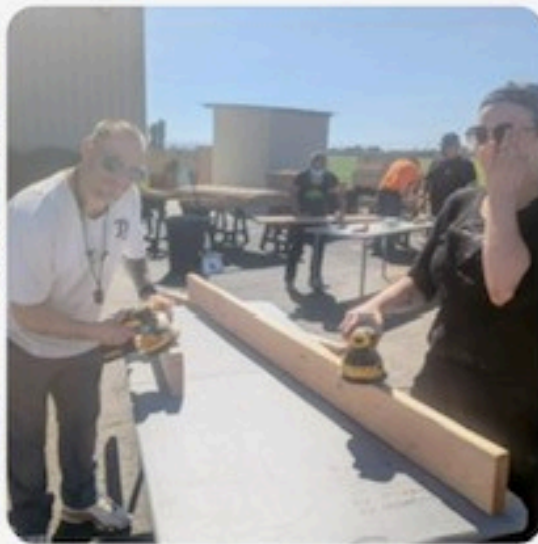
Volunteers worked at stations sanding, drilling, assembling and preparing lumber that will ultimately become beds for local children.

Despite having fewer volunteers than originally expected, the team completed an impressive 30 beds. Volunteers ranging in age from 7 to 78 contributed more than 200 hours of service.

The Hollister effort was part of a nationwide initiative involving SHP chapters across the country. During the week-long event, thousands of volunteers worked together to build beds for children in need.

As Chapter President Steve Austin shared:

“Our volunteers’ dedication, sweat, and tireless commitment to our mission—No Kid Sleeps on the Floor in Our Town—is what makes this community so special.”



Want to Get Involved? Upcoming Volunteer Opportunity
 Sleep in Heavenly Peace – Hollister Chapter needs
 volunteers for its upcoming Bed Delivery Day!
 On Saturday, October 10, from 8:00 a.m.–4:00 p.m.,
 volunteers will help load, deliver, assemble and install beds for
 children and families in need. No special experience is required—

just a willingness to help! Volunteers should wear closed-toe shoes and clothing they don't mind getting dirty.

👉 Visit San Benito Connect at SBCVolunteers.org to learn more and sign up for this volunteer opportunity.

Upcoming Events and Classes SENIOR Focused

Annual Senior Resource Fair

Join the Mary Velasco Sellen Senior Center for its Annual Senior Resource Fair on Thursday, October 8, from 11:00 AM–1:00 PM at the San Juan Bautista Community Center.

Come connect with local organizations and learn about valuable programs and services available to seniors and caregivers throughout San Benito County. The event will feature senior resources, health screenings, flu vaccines for seniors, door prizes, and refreshments.

📍 San Juan Bautista Community Center
10 San Jose Street, San Juan Bautista

Free and open to the public — all seniors and caregivers are welcome!

For more information, contact the Mary Velasco Sellen Senior Center at [\(831\) 262-3484](tel:8312623484).



Mary Velasco Sellen
SENIOR CENTER



San Juan Bautista
CALIFORNIA

Photo By Harry Callan

Annual Senior Resource Fair

Thursday, October 8, 2026

11:00 AM – 1:00 PM

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

- Door Prizes
- Health Screenings
- Senior Resources
- Flu Vaccines for Seniors
- Refreshments

Invited Senior-Serving Agencies

- Alzheimer's Association
- Del Mar Caregiver Resource Center
- Hazel Hawkins Memorial Hospital
- HICAP (Health Insurance Counseling & Advocacy Program)
- Martha's Kitchen
- Mary Velasco Sellen Senior Center
- Matter of Balance: Santa Cruz Volunteer Center
- Omatochi: Holistic & Senior-Centric Care Services
- Public Health Services: Health & Human Services Agency—County of San Benito
- San Benito County IHSS and APS
- San Benito County Public Health Department
- San Benito County Sheriff's Office
- San Benito Health Foundation
- San Juan Bautista Fire Department
- Teen Kitchen Project

All seniors and caregivers welcome — free and open to the public

For more information contact the MVSSC at (831) 262-3484



Chair Yoga at the Adobe!

Join us for gentle movement, stretching, and relaxation.

Perfect for seniors and all abilities! 💛

See flyer below for dates, location, and details.



Chair Yoga at the Adobe

with YTT 200 certified instructor
Moira Casey

Tuesday, October 6th & Tuesday October 13th
5:15-6 p.m.

Native Daughters of the Golden West Adobe Home
- 203 4th St. San Juan Bautista -
\$5-\$10 donation to NDGW



Tech Help Tuesdays at the Library

Need help with your phone, tablet, or laptop? You're not alone!

The San Benito County Free Library offers **Tech Help Tuesdays**, a free drop-in program where volunteers provide one-on-one assistance with everyday technology questions. Whether you're learning how to send photos, use email, download apps, connect to Wi-Fi, or navigate your device with more confidence, friendly volunteers are ready to help.

Bring your device and your questions—no appointment is necessary!

Tech Help Tuesdays



Every 3rd Tuesday of the month

- October 20, 2026



10:30 a.m. – 12:00 p.m.



San Benito County Free Library

470 Fifth Street

Hollister, CA 95023

Please Note:

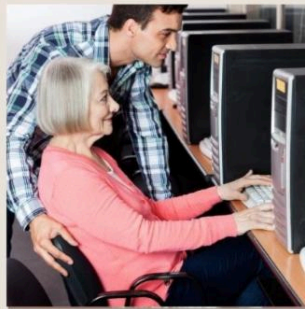
- Bring your own phone, tablet, or laptop.
- Volunteers provide guidance and instruction only.
- Device repairs are not offered.

For more information, call the Library at [**\(831\) 636-4107**](tel:(831)636-4107).

Tech Help Tuesdays

AT THE LIBRARY

Join us every 3rd Tuesday for **Tech Help Tuesdays**, a free, drop-in clinic for hands-on help with phones, tablets, and laptops!



Dates

- Tuesday, August 18, 2026
- Tuesday, September 15, 2026
- Tuesday, October 20, 2026

10:30AM - 12:00PM



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

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

Digital Literacy Program provided by



**470 FIFTH STREET
HOLLISTER, CA 95023**

✨ 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

ALL SKILL
LEVELS
WELCOME

470 Fifth Street,
Hollister, CA 95023

(831) 636-4107

✨ Looking for a gentle way to move, relax & recharge?

Join us every Wednesday for Qigong & Tai Chi in Hollister! 🌿
These slow, mindful movements can be modified for individual needs, making it a welcoming way to move your body, focus on your breathing, and enjoy some time for yourself. 🧘‍♀️ ✨

Qigong and Tai Chi

Slow & Gentle Exercises for Everyone

- ✦ Please arrive 15 minutes early
- ✦ There will be a 15 minute break between programs
- ✦ Modifiable for personal conditions
- ✦ Chi Gong @ 10:30 AM: An Ancient Chinese Health practice with slow repetitive body movements timed with breath
- ✦ Tai Chi @ 11:45 AM: Slow flowing movements through a set pattern of the Yang style 24 form.

*NOTE: A BIT MORE DIFFICULT



Times

Every Wednesday
10:30 AM Qigong
11:45 AM Tai Chi

Location

470 5th Street,
Hollister, CA 95023



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



♥ **FREE Matter of Balance Workshop!**

Build confidence, improve balance, and learn simple ways to help reduce your risk of falls.

See flyer below for dates, location, registration, and details.



Matter of Balance Workshop

Build Confidence | Improve Balance | Reduce fall risk

Oct. 19th– Nov. 11th

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! Lisa Macon (831) 427-5070



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS



**Community
Foundation**
FOR SAN BENITO COUNTY



VolunteerCenter
Connect for Good

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 OCTOBER, NOVEMBER & DECEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

Communicating Effectively

Tuesday, October 6, 10-11 a.m. | [Register](#)

Supporting Brain Health in Our Community

Tuesday, October 20, Noon-12:30p.m. | [Register](#)

Navigating Dementia-From Diagnosis to Living Well

Thursday, November 12, 10-11 a.m. | [Register](#)

Managing Money: A Caregiver's Guide to Finances

Thursday, December 3, Noon-1 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Thursday, December 10, 2-3 p.m. | [Register](#)

SPANISH CLASSES

Communicating Effectively

Friday, October 16, 2-3 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Friday, November 20, 2-3 p.m. | [Register](#)

Exploring Care & Support Services

Friday, December 18, 2-3 p.m. | [Register](#)

FOR ADDITIONAL EDUCATIONAL OFFERINGS VISIT:

Recorded Classes: alz.org/education

Live Learning Webinars:
alz.org/livelearnings

ALZ Talks: alz.org/ALZtalks

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

ALZHEIMER'S  ASSOCIATION®

Caregiver Support & Education

The **Del Mar Caregiver Resource Center** and **Health Projects Center** invite family caregivers to join their monthly workshops at the Community Foundation Epicenter in Hollister. Each session offers practical caregiving tips, valuable resources, and compassionate support to help you care for a loved one while also caring for yourself.

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

Upcoming Events

Events Happening in the Community



WALK A MILE IN THEIR SHOES San Benito County 2026



**HEELS AND FLATS
PROVIDED!**

SATURDAY, OCTOBER 10, 2026

**VETERAN'S MEMORIAL BUILDING, HOLLISTER, CA
REGISTRATION BEGINS 10:00 AM,
WALK BEGINS AT 11:00AM**



Join us for Walk a Mile, a fun and meaningful community event that supports Emmaus House and Community Solutions programs. This event raises awareness about gender-based violence and its harmful impact on our communities. Everyone is encouraged to participate. High heels are optional!

HOW TO PARTICIPATE:

- SIGN UP TO WALK (IN PERSON AND VIRTUAL OPTIONS)
- VOLUNTEER FOR THE EVENT
- BUILD A TEAM AND BE ELIGIBLE FOR SPECIAL PRIZES!
- DONATE OR BECOME A SPONSOR
 - RUBY SPONSORSHIP: \$250
 - EMERALD SPONSOR: \$500
 - SAPPHIRE SPONSORSHIP: \$750
 - DIAMOND SPONSORSHIP: \$1500

Scan the QR code above or visit <https://www.communitysolutions.org/walk-a-mile/> to learn more and get involved.

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

- 10/02/26 - 10/04/26 - [103rd Annual San Benito County Fair](#) 🎪🍩🍌🍷👤🏆
- 10/03/26 - [Casino Trip, Table Mountain, Contact Martha's Kitchen \(669\)437-0865 to register](#)
- 10/03/26 - [Swank Hoptoberfest, Swank Farms, 1 PM - 4 PM](#) 🍻🎸
- 10/06/26 - [San Juan Oaks Turns 30 - Golf at 1996 Rates!](#) 🏌️⛳️
- 10/07/26 - [Hollister Certified Farmers' Market](#) 🍅🍌🍌🍌, 3 PM - 7 PM, Downtown Hollister
- 10/10/26 - [Friends of the SBC Library Monthly Used Book Sales, 9:00 AM - 11:30 AM](#) 📚
- 10/10/26 - [Fall Clean-UP, 8:30 AM - 10:30 AM, Downtown Hollister](#)
- 10/11/26 - [Graniterock's Rock & Run 7AM, A.R. Wilson Quarry, Aromas](#) 🏃🏃
- 10/12/26 - Columbus Day 🌐
- 10/12/26 - Indigenous People's Day 🌍🌿🍷🍷
- 10/16/26 - National Bosses Day 📁👤🌞
- 10/17/26 - [Recology Environmental Day - 9 AM - 1 PM, Brigantino Park, 2100 San Juan Hollister Road](#)
- 10/23/26 - 10/24/26 - [Ghost Walk - San Juan Bautista](#)
- 10/24/26 - [Jardines De San Juan's 10th Annual Dia De Los Muertos Party, 3:00 PM - 9:00 PM](#)
- 10/26/26 - Full Moon 🌕
- 10/31/26 - Halloween 🎃👻

Every Week -

Mondays

- [San Juan Bautista Farmers' Market, 10AM-2PM, 310 Third Street, San Juan Bautista](#)

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](#)
- [California Aging & Disability Resource Connection of San Benito County](#)
- [Visit San Benito Events](#)



Health and Wellness Tips

Fall Into Healthy Habits!

As the weather begins to change, October is a great time to check in on your health and prepare for the cooler months ahead.

- PREVENT FALLS**
Keep walkways clear, use handrails, and make sure your home has good lighting.
- STAY UP TO DATE**
Ask your healthcare provider about recommended flu, COVID-19, and other vaccines.
- EAT HEALTHY**
Enjoy seasonal fruits and vegetables like squash, sweet potatoes, apples, and leafy greens.
- STAY HYDRATED**
You may feel less thirsty when it's cooler, but your body still needs plenty of fluids.
- STAY ACTIVE**
Cooler weather is a great time for a daily walk or an activity you enjoy.
- STAY CONNECTED**
Keep in touch with friends, family, and community activities.

The graphic also features several colorful cards with icons and text: 'EAT HEALTHY' (apple icon), 'STAY ACTIVE' (person walking icon), 'STAY HYDRATED' (water drop icon), 'PREVENT FALLS' (house with heart icon), 'STAY UP TO DATE ON VACCINES' (syringe icon), and 'STAY CONNECTED' (group of people icon).



Hazel Hawkins
HEALTHCARE

October is
**Breast Cancer
Awareness
Month**



*Healthy Women
Brighter
Tomorrows*
—♡—

*Have you scheduled your mammogram?
Early detection saves lives.*



Self-pay rate for a
screening mammogram:

\$100

FOR UNINSURED PATIENTS ONLY



Self-pay rate for a clinical
breast exam and
mammogram referral:

\$180

FOR UNINSURED PATIENTS ONLY



Call today to schedule your appointment
for a mammogram.

(831) 636-2650

A physician's order is required
to schedule your mammogram.

If you don't have a physician,
you can make an appointment
at our community health center
(831) 636-3277 for your clinical
breast exam and mammogram referral.



911 Sunset Drive, Hollister



www.hazelhawkins.com

*Growing with
Our Community*



FREE Flu Vaccination Clinics

San Benito County Public Health is offering FREE flu
vaccinations every Wednesday and Friday from 1:00–4:00
PM at Public Health Services in Hollister.

Vaccinations are available for ages 6 months and older, and
walk-ins are welcome!



351 Tres Pinos Road, Suite B, Hollister



[\(831\) 637-5367](tel:(831)637-5367)



[Click here to schedule an appointment through MyTurn.](#)

Protect yourself and those around you this flu season!

**SAN BENITO COUNTY
PUBLIC HEALTH**

FREE

FLU VACCINATION CLINIC

 **WEEKLY!**

**EVERY WEDNESDAY
& FRIDAY**

 **1:00 P.M.-4:00 P.M.**

 **ALL AGES**
6 Months & Older

Schedule appointments at

myturn.ca.gov

Walk-ins also welcomed!

 **Suite B**
San Benito County Public Health Services
351 Tres Pinos Rd Suite B, Hollister

 **(831) 637-5367**



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.



FREE Document Shredding Event!

Protect your personal information and safely dispose of sensitive documents at this free shredding event for Medicare beneficiaries.

See flyer below for date, location, and details.

SHREDDING EVENT

FREE DOCUMENT SHREDDING EVENT!

for Medicare beneficiaries



WHEN:
THURSDAY, OCTOBER 1ST
10:00 AM – 2:00 PM



WHERE:
San Benito Food Bank
1133 San Felipe Rd.
Hollister, CA 95023



**FREE MEDICARE FRAUD
AWARENESS KITS**
Educational materials and resources.
*Medicare Annual Enrollment Period
reminder included.*



PREVENT MEDICARE FRAUD
Learn how to protect yourself and
prevent Medicare fraud.



SHIP
State Health Insurance
Assistance Program
Navigating Medicare



DON'T FORGET!

Annual Enrollment Period
starts Oct 15 – Dec 7th
for 2027 plans.

Don't risk identity theft:
shred it, don't toss it!



CONTACT HICAP
(831) 637-0630
HICAP@seniornetworkservices.org

This event is hosted by the Health Insurance Counseling and Advocacy Program (HICAP) and sponsored by Senior Medicare Patrol (SMP) to help prevent Medicare fraud.

This project was supported, in part, by grant number 90SAPG52-04 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 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. Funded in part by ACL grant number 90SAPG0052-02-00. Views expressed do not necessarily reflect official ACL policy.

The Seniors Council will host a series of Candidate Forums in San Benito County in October.

Candidates for Hollister's Mayor, District 5 Supervisor, and Districts 2 & 3 City Council will be on hand to answer

questions focused on the issues most important to older adults.

Join us at the Pauline Valdivia Memorial Community Center at 300 West St. in Hollister to hear the candidates speak.

Monday 10/5, 12:30-1:30 PM – Mayor
Tim Burns, Tina Garza, & Scott McPhail

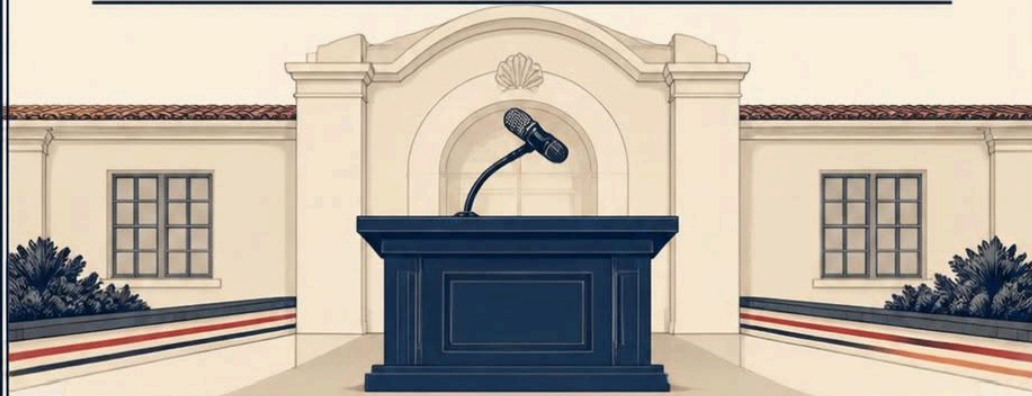
Tuesday 10/6, 12:30-1:30 PM – City Council D2 & D3
William Avera, Frida Benjamin, Brian Chavez, & Dolores Morales

Friday 10/9, 12:30-1:30 PM – D5 Supervisor
Rodney Bianchi, John Williams, & Ignacio Velazquez

Do you have a question for a candidate? Send your question to contact@seniorscouncil.org.

SAN BENITO COUNTY CANDIDATE FORUMS

Pauline Valdivia Memorial Community Center



October 5, 6, and 9

Following lunch service
(12:30 - 1:30 (PM))



Hear from candidates for
Mayor, District 5
Supervisor, and Districts
2 & 3 City Council.



Attendees can win
a Starbucks gift card!



Send audience questions to
contact@seniorscouncil.org



**Help Us Fill Our Volunteer
Superhero Candy Stash!**



[San Benito Connect Volunteers](#) is getting ready for Trick or Treat Street, and we could use your help!

We're collecting individually wrapped candy and treats for the **4,000+ trick-or-treaters** expected this year.

Candy can be dropped off at the EPICENTER, 440 San Benito Street, Hollister or you can 👉 [CLICK HERE TO DONATE](#) online to support the San Benito County Volunteer Program.

Every bag and every donation helps. Thank you for supporting our community! 💙💛

SAN BENITO CONNECT
NEIGHBOR TO NEIGHBOR
VOLUNTEER NETWORK

WE NEED CANDY!

HELP FILL OUR VOLUNTEER SUPERHERO CANDY STASH!

Stronger People
Stronger Communities

JOIN US AT
TRICK OR TREAT STREET
Friday, October 30
Downtown Hollister

Hosted by the City of Hollister
Parks & Recreation

San Benito Connect Volunteers will be dressed as **Volunteer Superheroes** and sharing ways people of all ages can get involved, volunteer, and make a difference in San Benito County.

4,000+ TRICK-OR-TREATERS EXPECTED!

We're asking community members, businesses, partners, and friends to donate a bag or two of individually wrapped candy or treats. **Every donation helps!**

CANDY DROP-OFF LOCATION
Seniors Council of
Santa Cruz & San Benito Counties
440 San Benito Street
Hollister, CA 95023
Drop off during office hours:
Monday – Friday
8:00 AM – 4:30 PM

PREFER TO MAKE A MONETARY DONATION?

DONATE HERE

When donating online, please select "San Benito County Volunteer Program" under "Use this donation for so your gift is designated to the volunteer program."

CONNECT • SERVE • BELONG



Community Center Improvements Completed

The City of Hollister recently celebrated the completion of improvements at the Pauline Valdivia Memorial Community Center/Hollister Recreation Center, located at 300 West Street.

The facility is an important community hub and is home to several programs and organizations serving local residents, including the Aging and Disability Resource Connection, Martha's Kitchen, and other agencies and programs serving older adults and the community. Recent improvements included renovations to the facility's restrooms and other updates to help better serve those who use the center.

A ribbon-cutting ceremony was held to mark the completion of the project and the reopening of the Recreation Center.



Teen Kitchen Project – Community Supports

Teen Kitchen Project is expanding its medically tailored meal program in San Benito County, providing nutritious meals and food support to qualifying Medi-Cal members. 

 [Read the BenitoLink article to learn more about the program and who may qualify.](#)

See flyer below for program and enrollment details.



Community Supports

A Special Program for Medi-Cal Members



Questions? Call Client Services: **831-316-4540 Ext 1**

What Is Included:

- **12 weeks offered home-delivered food:**
 - Medically Tailored Meals
 - Medically Tailored Groceries,
 - or Produce Prescription (fresh produce)
- A meeting with a Registered Dietician (a nutrition expert)
- Nutrition Education — easy tips on healthy eating
- Client Services—we help you every step of the way

Who Can Apply:

You may qualify if you:

- Live or Reside in Santa Cruz or San Benito County
- Are a Medi-Cal member
- Have a doctor-confirmed diagnosis of:
 - Cancer
 - Chronic Kidney Disease
 - Congestive Heart Failure
 - Heart Disease
 - High Blood Pressure
 - High Cholesterol
 - Prediabetes or Diabetes
 - HIV/AIDS
 - Obesity
 - Mental/Behavioral Health Disorders
 - Fatty Liver Disease
 - Polycystic Ovary Syndrome (PCOS)
 - Mild Cognitive Impairment/ Early Dementia
 - High Risk Pregnancy Conditions
 - Metabolic Syndrome
 - Non-Healing Wounds
 - Other Diet Related Conditions

How to Sign Up:

1. Call us at 831-316-4540 — we can help you apply over the phone!
2. Or visit the website below to fill out the form online.
3. You will need a diagnosis code from your doctor.

Website:

thealliance.health/medi-cal-health-care/online-self-service/community-supports-medically-tailored-meals-member-referral-form/

When signing up online, ask for TKP as your Servicing Provider.

Teen Kitchen Project | Call: **831-316-4540 Ext 1** | Santa Cruz & San Benito County

Get Out & Vote Early!

November 3, 2026 General Election

Planning ahead for the upcoming General Election? San Benito County Elections has information on **Vote Center locations, official ballot drop boxes, Vote-by-Mail, and important election dates.**

For the latest election information and voting options:

[Click HERE for more details](#)

See the flyer below for voting locations and important dates.



NOV. 3, 2026

GENERAL ELECTION



Official Ballot Drop Box Locations

Opens Oct 5, 24 hours a day, until 8pm on Election Day, Nov 3

- Elections Dept
- Community Food Bank
- Windmill Shopping Center
- Ridgemark Office
- True Value
- Aromas Fire Station
- Fire Station 2
- County Library

Vote Center Locations

Elections Department

Oct. 5-Oct. 23
Monday- Friday
9am-5pm
Oct. 24-Nov.2
9am-5pm

Election Day, Nov 3
7am-8pm

San Juan Bautista Community Center

Oct. 24-Nov.2
9am-5pm

Election Day, Nov 3
7am-8pm

Gavilan College, Community Foundation, & Hollister High School

Oct. 31-Nov.2
9am-5pm

Election Day, Nov 3
7am-8pm

Vote-By-Mail

To ensure your vote counts, use a ballot drop box or request a hand-stamped postmark (of no later than November 3) to avoid disqualification from USPS processing delays. Because California requires a timely postmark and received within seven days, mailing early or using a Vote Center is the safest way to guarantee your ballot is processed.

Questions? 831-636-4016 sbevot@sanbenitocountyca.gov 1601 Lana Way Hollister

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>

[WAYS TO GIVE](#) | [VOLUNTEER](#) | [FOOD SUPPORT](#) | [WHO WE ARE](#)



San Benito County Food Programs



Daily Comfort: Hot Meals for Our Senior Community

Pauline Valdivia Memorial Community Center 300 West Street Hollister, CA 95023	San Juan Bautista Community Center 10 San Jose Street San Juan Bautista, CA 95045
<u>Open</u> Monday through Friday (excluding federal holidays) 9:00 AM to 4:00 PM	<u>Open</u> Every Monday (excluding federal holidays) 12:00 PM - 1:00 PM

Project SCOUT: Free Tax Prep & CalFresh Assistance



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*



Reciba ayuda con cita!

llame: 831-724-2606

email: projectscout@seniorscouncil.org



Project Scout FREE TAX PREP

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, email projectscout@seniorscouncil.org, or in person at our appointment or walk-in sites. 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, losses 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/SCOUTESA income limit \$84,000.00!



REQUIREMENTS

The Following are mandatory for your Tax Preparation Appointment:

- ✓ **FORMS of IDENTIFICATION:**
 - Valid Picture ID such as Drivers License or Passport
 - Social Security Card, 1099-SSA form for those with Social Security income
 - Official ITIN card or letter from IRS with ITIN for those without Social Security.
- ✓ **INTAKE SHEET:**
 - Provided by Project SCOUT, please fill out prior to appointment.
- ✓ **PRIOR YEAR RETURN:**
 - Or most recent if prior year not available.
- ✓ **INCOME:**
 - W-2 and 1099 forms
 - ANY OTHER amounts of income received.
- ✓ **DEDUCTIONS:**
 - Tip and overtime income (Schedule 1-A)
 - Itemized expenses by type (Schedule A)
 - Itemized expenses by type for self-employed (Schedule C)
 - For others consult your volunteer tax preparer.
- ✓ **HEALTHCARE:**
 - Form 1095 showing type of healthcare 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

Turning the Master Plan for Aging Into Action

The San Benito County Master Plan for Aging Local Playbook is more than a plan—it's a roadmap for creating a community where people can live, age, and thrive.

Community partners are continuing to move the Playbook's priorities forward in five key areas:

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

Affording Aging

Throughout the year, San Benito Seniors Connect will share updates, resources, and examples of how these priorities are being put into action right here in our community.

 Want to learn more?

[CLICK HERE](#) to read the San Benito County Master Plan for Aging Local Playbook.

San Benito County Master Plan for Aging Local Playbook 2024-2025

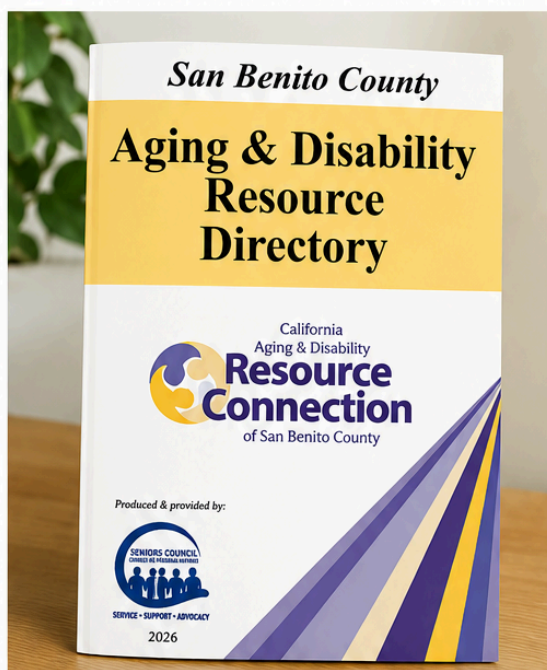


Pinnacles National Park in Paicines, San Benito County, California



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

 [Aging & Disability Resource Directory](#)
[– San Benito County](#)



CONTENTS

A NOTE TO OUR READERS	3
911 - EMERGENCY RESOURCES	4
EMERGENCY PREPAREDNESS CHECKLIST	6
CAREGIVER SERVICES	7
COMMUNITY & CULTURAL CENTERS	8
COUNCILS, COMMISSIONS, & ELECTED OFFICIALS	10
COUNSELING & MENTAL HEALTH SERVICES	12
DAY CENTERS	15
DENTAL CARE	16
EDUCATION	17
EMPLOYMENT	20
EQUIPMENT & RENTALS	22
FAITH-BASED ORGANIZATIONS	24
FINANCES, ASSISTANCE, & UTILITY PROGRAMS	26
FOOD & MEAL PROGRAMS	30
HEALTH SUPPORT SERVICES	32
HOSPITALS & CLINICS	36
HOUSING	38
INFORMATION & REFERRAL/ASSISTANCE (I&R/A)	42
LEGAL & CONSUMER SERVICES	43
RECREATION & EXERCISE	45
SUPPORT SERVICES	48
TRANSPORTATION	50
VOLUNTEER ORGANIZATIONS	51



Helping Our Community Ages Well

The Aging & Disability Resource Connection (ADRC) is here to connect you with trusted information and local resources you can count on.

**FREE
RESOURCE!**



Available in print
and online



Trusted local resources
for older adults, caregivers,
individuals with disabilities,
and families.



Pick up your free copy:

Aging & Disability Resource Connection (ADRC)
300 West Street, Hollister, CA 95023
(888) 637-6757 | info@SanBenitoADRC.org



Or visit us online:

www.SanBenitoADRC.org/resource-directory

Bilingual, regularly updated, and
available for download 24/7!

New for 2026! ✨ Your Guide to Local Resources

The 2026 San Benito County Aging & Disability Resource Directory is your go-to guide for finding services and support in our community.

Whether you're planning ahead, caregiving for a loved one, or simply looking for help today, this directory puts essential information right at your fingertips.

Find information on:

- Caregiver Support
- Food & Meal Programs
- Housing Resources
- Health Support Services
- Recreation & Exercise
- Transportation
- Legal & Consumer Services
- Emergency Resources
- Volunteer Opportunities

...and much more!

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.

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.

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.





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