









# SEPTEMBER - 2022

We Speak English | Hablamos Español | Chúng tôi nói Tiếng Việt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Latino Heritage Month & Welcoming Week				1 Open 10am - 7pm 6pm: Zumba (Indoors 😊)	2 10am: Zumba	3 Closed
4 Closed	5 CLOSED 	6 10am: <a href="#">CMC Orientation (Es)</a>	7 10am - 4pm: Mobile Vision 10am: Zumba 2pm: <a href="#">CMC Orientation (En)</a>	8 8 Open 10am - 7pm 2pm: <a href="#">CMC Orientation (Vi)</a> 6pm: Zumba (Indoors 😊)	9 10am: Zumba 2pm-6pm: COVID-19 Vaccination Clinic	10 Closed
11 Closed	12 CLOSED OBSERVING WELCOMING WEEK (MEXICO, VIETNAM, CHINA, AND PHILIPPINES)	13 2pm: <a href="#">CMC Orientation (Es)</a>	14 10am - 4pm: Mobile Vision 10am: Zumba 10am: <a href="#">CMC Orientation (En)</a> 11am: <a href="#">CMC Seminar (En)</a>	15 15 Open 10am - 7pm 10am: <a href="#">CMC Orientation (Vi)</a> 11am: <a href="#">CMC Seminar (Vi)</a> 6pm: Zumba (Indoors 😊)	16  MEXICAN INDEPENDENCE DAY 10am: Zumba 10am: <a href="#">CMC Orientation (Zh)</a> 11am: <a href="#">CMC Seminar (Zh)</a>	17 10am: Zumba 10am: OPEN HOUSE 1pm: Stroke Awareness Presentation 2pm: <a href="#">Medi-Cal Orientation (Vi)</a>
18 Closed	19 Open 10am - 5pm	20 11am: <a href="#">CMC Seminar (Es)</a> 2pm: <a href="#">Medi-Cal Orientation (Vi)</a>	21 10am - 4pm: Mobile Vision 10am: Zumba	22 22 Open 10am - 7pm 12pm-2pm: Healthy Living for your Brain & Body Workshop 6pm: Zumba (Indoors 😊)	23 10am: Zumba 2pm: <a href="#">Medi-Cal Orientation (En)</a>	24 Closed
25 Closed	26 Closed	27 10am: <a href="#">Medi-Cal Orientation (Es)</a>	28 10am - 4pm: Mobile Vision 10am: Zumba 10am: <a href="#">Medi-Cal Orientation (En)</a>	29 29 Open 10am - 7pm 10am: <a href="#">Medi-Cal Orientation (Es)</a> 5:30pm: World Heart Day 6pm: Zumba (Indoors 😊)	30 10am: Zumba 2pm-6pm: COVID-19 Vaccination Clinic	The CRC is Open Weekdays from 10am - 5pm

**Calendar Key:** See below for more info about the programs and services at The SCFHP Blanca Alvarado Community Resource Center (CRC).

Icon	Service/Event	Description	Register and Get More Information
	<b>Application Assistance for Covered California or Medi-Cal</b>	Certified enrollment counselors are available to provide in-person assistance to apply for Covered California or Medi-Cal. Counselors can also guide you through your Medi-Cal renewal packet so you don't lose health coverage.	Call 408-874-1750 for an appointment.
	<b>Community Resource Assistance</b>	Community Health Workers are available to provide support and coordination for resources and services regarding food, housing, healthcare access and more.	Call 408-874-1750 for an appointment.
	<b>Application Assistance for CalFresh</b>	CalFresh is a nutrition program dedicated to helping low-income families buy healthy food at grocery stores, farmers' markets, and some restaurants. Certified bilingual enrollment counselors are available to provide in-person assistance applying for CalFresh.	Call 408-874-1750 to learn more or to schedule an appointment.
	<b>Cal MediConnect Seminar (CMC Seminar)</b>	SCFHP Cal MediConnect Plan is a plan that combines your Medi-Cal and Medicare benefits all into one plan. You'll have one membership card and one phone number to call for all your health care needs. Plus, you'll enjoy more benefits than original Medicare! The presentation is done by a SCFHP Medicare Outreach Agent. Sessions are available in <b>English (En), Vietnamese/Tiếng Việt (Vi), Spanish/Español (Es), and Chinese/ 中文 (Zh)</b>	Register at: <a href="http://www.surveymonkey.com/r/BKFZ932">www.surveymonkey.com/r/BKFZ932</a> Call 888-202-3353 (TTY: 711), Mon-Fri 8am - 5pm for more info. *Must have both Medicare Part A and Part B and full-scope Medi-Cal to enroll in SCFHP Cal MediConnect Plan.
	<b>Medi-Cal &amp; Cal MediConnect (CMC) SCFHP Member Orientations</b> Virtual Options Available → 	If you're a SCFHP member or interested in learning more about the health plan join us for a free member orientation. This meeting will share member benefits/services and how to use them, how to access member materials, where/how to get care, and much more. Virtual trainings are also available via Zoom. <b>(En): English   (Vi): Vietnamese/Tiếng Việt   (Es): Spanish/Español   (Zh): Chinese/ 中文</b>	Register at: <a href="http://www.scfhp.com/welcome">www.scfhp.com/welcome</a> Call SCFHP Customer Service for Medi-Cal at 1-800-260-2055 (TTY: 711) or for Cal MediConnect at 1-877-723-4795 (TTY: 711)
	<b>Parents Helping Parents Resources for Special Needs and Developmental Disabilities</b>	Thursdays at the CRC, Parents Helping Parents (PHP) is available in-person to assist families of children with any disability or special needs diagnosis connecting them to the local support, resources, and services available.	Go to <a href="http://www.php.com">www.php.com</a> or visit PHP at the CRC for more info. • In-person appointments available Thursdays at the CRC • Call: 408-727-5775 Monday - Friday from 9am - 5pm • Email: <a href="mailto:info@php.com">info@php.com</a>
	<b>Physical Activity – Zumba</b>	Zumba is a high-energy cardio workout perfect for all fitness levels. A certified Zumba instructor with many years of experience serving East San José neighborhoods leads this class. FREE classes are offered outside (Wednesdays & Fridays) and inside (Thursdays) the CRC. Facecoverings are required when inside the CRC.	Call 408-874-1750 to register. Wednesdays at 10am   Thursdays at 6pm   Fridays at 10am
	<b>Mobile Vision - Bay Area Community Health (BACH)</b>	This FREE vision screening is the first step to proper eye care for you and your family (children and adults). Bay Area Community Health (BACH) can check your vision to determine if an eye exam is needed. Also includes a comprehensive eye exam and eye disease screenings. Accepting Medi-Cal and most private health insurances.	Walk-ins welcome, appointments are recommended. Call 510-770-8040 to make an appointment or for more info. Dates: 9/7, 9/14, 9/21, 9/28   Time: 10am - 4pm
	<b>COVID-19 Vaccination Clinics</b>	Visit or call the CRC for COVID-19 vaccination, COVID-19 testing, information, and resource navigation. COVID-19 vaccination clinics are offered by Bay Area Community Health (BACH).	Call 408-874-1750 for more information. Date: 9/9 & 9/30   Time: 2pm - 6pm
	<b>Community Open House</b>	Recognize and celebrate the diverse cultures and communities of East San José in a safe space at the CRC. At our Community Open House you will learn about the programs and services offered at the CRC, meet our staff and get a personal tour of the center.	No pre-registration required. Date: 9/17   Time: 10am - 2pm
	<b>Stroke Education Presentation</b>	Learn about signs, symptoms, and the prevention of strokes, as well as how to recognizing when someone is having a stroke. This workshop is offered in English by a Stroke Specialist from the Alzheimer's Association.	Call 408.874.1750 with questions or to register. Date: 9/17   Time: 1pm - 2pm
	<b>Healthy Living for your Brain &amp; Body "A Taste of Latin Cuisine" Cooking Demo and Workshop</b>	This free interactive cooking demonstration titled - A Taste of Latin Cuisine - will share research on diet, nutrition, exercise, cognitive activity, and social engagement. This hands-on workshop can help to keep your brain and body healthy as you age. This is a hybrid event presented in Spanish (Virtual & In-Person)	<b>Virtual:</b> Register at: <a href="http://tinyurl.com/HLBBCocinaLatina">tinyurl.com/HLBBCocinaLatina</a> or call Liliana at 408-372-9959. <b>In-person:</b> Register at 408-874-1750. Date: 9/22   Time: 12pm - 2pm
	<b>World Heart Day</b>	To help bring awareness to heart disease, the CRC is hosting a Heart Health Panel discussion with local book author and heart attack survivor Eddie Garcia. This discussion will include local health experts to address the warning signs of heart disease, and steps you can take to prevent it.	Call 408.874.1750 with questions or to register. Date: 9/29   Time: 5:30pm - 7pm