

**April/May/June 2011**

**YWCA recibe premio – YWCA receives award**

The YWCA of Janesville was honored on 12/15/2010 by the office of Governor James Doyle and the Department of Health & Human Services in recognition of their work in helping families and individuals sign up for Badger Care and other health and nutrition programs. Crusita Barrios accepted the plaque on behalf of the YWCA. Their Immigrant Outreach Program provides one-on-one interpretation and translation services for people with language barriers. The program also provides information and references to local resources and follow-up services.

**MANOS – Hispanic Women’s Support Group**

The YWCA of Rock County is very excited to announce the beginning of MANOS, a support group for Hispanic women that will cover themes related to domestic violence and discipline for children. The six week group will be held on Thursdays from 9 – 11 in the morning once a week. It is important to register because it is a six week commitment. Child care will be provided. If you want to be a volunteer to help with child care please call 608-752-5445 and talk with Crusita or Christine. The dates of the sessions are listed.

**Cinco de Mayo –**

May 5, 1862 the French Army under Napoleon tried to invade Mexico. Under General Ignacio Zaragoza, 5,000 indigenous and mestizo men defeated the French army in what is known as The Battle of Puebla. Unfortunately, in the US many people look at The Battle of Puebla as if it were Mexican Independence Day which had occurred 50 years earlier on September 16, 1810. It is strange, but Cinco de Mayo is celebrated more in the United States than in Mexico. People here celebrate with parades, mariachis, dances and many other festivities. Look for a celebration in your area.

**Como ayudar a sus niños...How to help your children maintain a healthy weight**

It is very important for the well being of your child that s/he eat a balanced diet and do regular physical activity. Eating too much and not being active leads to being overweight and related health problems that can last a lifetime. You can play an active role in helping your child and the rest of your family to learn healthy habits related to eating and physical activity. Every child can benefit from eating healthy and doing regular physical activity. A balanced diet combined with physical activity helps your child to: grow, learn, develop strong muscles and bones, have energy, maintain a healthy weight, avoid illnesses associated with being overweight such as type 2 diabetes, obtain sufficient nutrients, feel good about themselves. Parents have a great influence on eating habits of their children. When parents choose a variety of foods low in fat and sugar and rich in fiber, children can learn to enjoy these foods. It can take up to 10 tries or more for your child to accept a new food. So don't give up if your child refuses to try a new food the first time they try it. Parents also have an effect on their children's physical activity habits. You can be a good example by inviting your family to go for a walk or bike ride after supper instead of watching TV. When you play ball or jump rope with your kids you show how fun physical activity can be. Your child's friends, as well as ads on TV, radio and magazines can influence your children's food preferences and activity preferences. When parents help their children to recognize the pressure that their friends and the media put on them, it is more likely that they will make healthy choices outside of the home.

**Receta Saludable... Health Recipe**

Lentil Soup recipe included

**¿Qué es un especialista...What is an Elderly Benefits Specialist?**

An Elderly Benefits Specialist is someone trained to help senior citizens with problems regarding their benefits, both private and governmental. They are often called "Red Tape Cutters" because they can help people through the difficult paperwork that is required for many benefits programs. They can help people figure out what benefits they have a right to and what they need to do to receive the benefits. More detailed info is included about the types of programs that they can help with. These include Housing, Community

Services, Consumer issues, Insurance and more. Contact your local Elderly Benefits Specialist or find them on the website listed at the end of the article.

**La prevención de la diabetes... Diabetes prevention is possible, powerful and proven**

Diabetes prevention is possible, powerful and proven. Studies have shown that if you are overweight and at higher risk of developing diabetes you can delay the onset of the disease or even prevent it. Losing 5 to 7 percent of your weight can do this. That means if you weight 200 pounds you should lose 10 – 14 pounds. Steps necessary to succeed: Do at least 30 minutes of moderate intensity physical activity five days a week. Moderate activity means that you are using some effort, but you can carry on a conversation while doing the activity. For example, fast walking. Eat a variety of low-fat foods and reduce the number of calories that you consume daily. In other works, it's not necessary that you make a huge effort to prevent or delay diabetes. But you do have to do your part and make small changes in your life.