

El Programa de Medicare – Medicare Program

This information, prepared by the US Dept. of Health and Human Services, reminds people about the Medicare program that exists in which you pay no more than \$2.40 for each generic drug and \$6 for brand name drugs. If you qualify for this program it will help pay for medication co-pays, and other costs like monthly premiums and annual deductibles. Single people with an income of \$16,245 or married couples with an income of \$21,855 can qualify for additional help with costs of premiums, co-pays and deductibles for medications. Another requirement is that your resources are less than \$12,510 for an individual and \$25,010 for a married couple. These resources include bank accounts, stocks and bonds, but NOT your car or house. You can apply for this assistance by calling 1-800-772-1213 or visiting the website www.socialsecurity.gov.

¿Necesita ayuda para pagar su cuenta de energía? – Need help paying energy bills?

There is energy assistance available to help with your energy bill. The program Energy Plus for Wisconsin Homes offers monetary assistance to pay heating bills during the winter. Income requirements have been expanded to allow more people to qualify for this help. Call 800-506-5596 to make an appointment and for directions to the center nearest to you.

Centros de Salud – Health Centers

Community Health Systems Inc. currently operates four Federally Qualified Health center in Southern and Southeastern Wisconsin, with locations in Beloit, Darlington, Janesville, and Racine. Community Health systems provide primary health, oral health and behavioral health services. Community Health Centers currently serve residents of Rock, Walworth, Racine and Lafayette counties. Community Health Systems serves individuals and families that are currently uninsured, underinsured, unemployed or underemployed, low-income, and underserved minority populations of Southern Wisconsin.

Beloit area Community Health Care Center has a Walk- In Clinic serving those without an appointment. Medicare and Medicaid and most other insurances are accepted. The cost for an uninsured visit is \$25.00.

Community Health Systems operates on a sliding fee scale for un-insured or underinsured patients. Sliding scale fees are based on the size of the family as well as annual income. New patients are requested to provide income verification at the time of registration in the form of pay stubs, social security, unemployment, child support, and disability incomes.

In addition to accepting pre-approved health insurance plans, Community Health systems also accepts Medicaid, Badger care, and Medicare, with no co pays or deductibles for Medicare patients.

Dental Services

Community Health Systems Dental Program provides dental services to Medicaid and uninsured patients of Community Health System. They will see uninsured individuals that are referred to the dental program by a Community Health System doctor.

Beloit Area Community Health Center

Health Center

74 Eclipse Center

Beloit Wis. 53511

608-361-0311

Clinic Hours: Monday-Friday: 11:00a.m.-7:00p.m., Saturday –Sunday: 9:00a.m.-1:00p.m.

Janesville Community Health Center
Mercy Clinic South
849 Kellogg Ave.
Janesville Wis. 53546
608-755-7960 –Bilingual Services
Clinic Hours: Mon-Fri 8:00a.m.-5:00p.m.

Cambio en el tiempo de espera para Asistencia Médica – Change in Medical Assistance Waiting Period

Under a federal law passed on August 22, 1996, all legal aliens entering the U.S. on or after that date were forced to wait five years from their date of entry before they could qualify for Medical Assistance in Wisconsin. This was true even though they had entered the U.S. legally. As of October 1st, 2009, a major portion of this law has been rescinded. Now all children under the age of 19 and all pregnant women who have been granted permanent residency, or are lawfully present under Section 203(a)(7) or Section 212(d)(5), and those who can prove they are victims of domestic abuse can become immediately eligible for Medical Assistance if they meet the income guidelines. Contact your county Human Services or Social Services agency for more details.

7 Consejos para Mantener una Relación Sana con su Pareja – 7 Suggestions for Maintaining a Healthy Relationship with your Partner

Having a healthy relationship is one of the most difficult things to achieve, and unfortunately we're not taught much about it. We continue believing that love is enough, and that's not true. We also need to prepare ourselves, learn and strive to build our relationships. Couples' relationships tend to begin as marvelous stories in which everything is rose-colored, but with time, routine and little daily problems this relationship can deteriorate if it's not taken care of. The following 7 suggestions can help to begin building more strong and harmonious relationships.

1. Communication – don't just talk, listen too and give and get feedback
2. Listen – try to actually listen and understand your partner
3. Be understanding – put yourself in the other person's shoes and try to understand why they do what they do
4. Tolerance – let your partner have their independence and don't try to force them into doing things
5. Have a social life – It's not good to only be alone together – each person needs outside friends and interests to keep the relationship strong
6. Trust – A relationship without trust will go nowhere.

For more information visit www.cosasdemujer.com

Buscan Mujeres para un Estudio – Looking for Women for a Study

The ethnic make up of the US is changing and it's very important for doctors and other professionals to understand the cultural differences around physical activities that exist among women of different ethnic origins. Dr. Eun-Ok Im, a professor at the University of Texas is conducting a study to explore the ethnic differences regarding attitudes about physical activity among middle-aged women. She needs a lot of help from Hispanic women. You may be right for this study if you are a woman between 40 and 60 years old, if you don't have mobility problems, if you can read and write English, and if you can use the Internet. The study is very simple! There are various questions about your opinions and attitudes and you can complete it in less than 30 minutes. For your time, we will give you a \$10 gift card for Target. For more information and to begin the study, please visit the web-site <http://mapa.nur.utexas.edu/MAPA/> or call 512-475-6352 or send

an email to wang.elainey@gmail.com Thanks!

**Aprenda Inglés con Estudiantes de Inglés en Dodge (DELL) -
Teach or Learn English with Dodge English Language Learners (DELL)**

DELL is a volunteer opportunity sponsored by the Dodge County Multi-Cultural Coalition. Community members share their culture and knowledge of their language. Students learn or improve English language skills essential for every day communication and for continued success in the work place. Teachers and students are paired in one-on-one or small groups at a convenient time and place. The first lesson is scheduled at the Beaver Dam Community.

Teachers

- .. Need to be flexible and adapt to the learning needs of the students.
- .. Make a six- month commitment and schedule weekly sessions with the students.
- .. Receive training to learn the basics of tutoring with the DELL program.
- .. Additional support is provided by the Beaver Dam Community Library.
- .. “It’s fun for both of us, I’ve learned so much,” is frequently repeated by the teachers.
- .. For additional information, call Kathy at UW-Extension in Dodge County, (920) 386-3790.

Students

- .. Identify interests and goals of acquiring the English language; such as speaking, writing, or reading for work or pleasure.
- .. Attend class on a weekly basis. Classes are usually 90 minutes in length.
- .. Classes are free of charge, but please bring a notebook and pencil to class.
- .. Take an assessment to identify present knowledge and skills in English.
- .. Assessments will be given at the Beaver Dam Community Library.
- .. For additional information, call Anita (speaks Spanish) at the Beaver Dam Community Library, (920) 887-4631.

Dodge County Multi-Cultural Coalition

Contact: Kathy Hetzel . 920.386.3790 . kathy.hetzel@ces.uwex.edu or

Anita Streich . 920.887.4631 . astreich@mwfls.org

Celebrando la Navidad en los EEUU – Celebrating the Holidays

Children who are born here to parents born in other countries have many problems to face at a young age. One of these is the practices at schools surrounding religious activities. In the US there is a separation of church and state. The government can’t sponsor any religious activities. That is why in public schools there is no worship of any type of god allowed. Christmas activities tend to be the custom in this country. Today there is a lot of controversy surrounding this, since Christmas is a practice with religious significance. This can be a problem for children who observe these activities at home and for whom this is an integral part of their beliefs and traditions, in addition to the fact that their parents practiced them at school. One solution to this controversy is that in schools in the USA they call the festivities December Celebration, Winter Festival, End of the year Celebration, or some other name that has no religious significance. Our children aren’t born bi-cultural, they learn from the two different worlds in which they are born and in which they live. The majority of these children enter their educational “career” alone and they learn by observing. The traditions that we practice at home are very important so that our children identify with their origins, this is very necessary. It is also important that they learn from the world in which they grow up because it’s the

world they will live in for the rest of their lives. Another problem for our children is loyalty for one culture or tradition over another. It's important that they know that when it's a question of cultures and traditions, one is not better or worse, they're only different and unique because of the different cultures practiced around the world. To know this and to have an appreciation for different cultures will make them grow up with more confidence in themselves and in their parents.

Ayuda de OSHA Para Negocios Nuevos – OSHA Help for New Businesses

This article answers a number of questions about how OSHA can help new businesses to understand federal regulations regarding safety and health that they need to follow to keep their workers safe and healthy. It explains responsibilities that the employer has toward informing new employees about potential safety or health issues in the workplace. More detailed information in English can be found at the website www.osha.gov. There are two Spanish-speaking compliance officers who can help business owners who don't speak English. Their names and numbers are listed at the end of the article.