

**January/February/March 2011**

### **Protégase, Prevenga...Protect Yourself – Prevent the Flu**

The best protection against the flu is getting vaccinated. Protect yourself and get your flu shot early before flu season begins. Medicare covers many preventive services, including flu shots.

- People on Medicare can get the flu shot without any cost. No co-pay or co-insurance applies to this Medicare benefit and people on Medicare don't have to meet a deductible.

- The vaccine is preventative; it does not cause the flu. Getting a flu shot is the best protection during flu season. This year the vaccine protects against three different types of flu virus, including the H1N1 of 2009 that caused much illness last flu season. Besides protecting yourself with the vaccine, you also protect those who could get the flu from you.

- All adults over 65 years of age and people less than 65 that have chronic illnesses such as heart problems, long problems, diabetes or the final stages of renal failure should receive the flu shot.

Suggestions to follow during the flu season:

- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage when finished with it. If you don't have a tissue handy, cough or sneeze into your sleeve, not into your hands.

- Wash your hands frequently with soap and water, especially after coughing or sneezing. Alcohol-based liquid hand sanitizers are another option.

- Avoid touching your eyes, nose and mouth. Germs spread this when. Try to avoid close contact with people who are ill.

- Stay at home if you are sick at least 24 hours after you no longer have a fever (100 F) or signs of a fever without the use of medicines to lower your temperature.

Visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-633-4227 to get free copy of "Staying Healthy: Preventive Services from Medicare." More information is also available at [www.flu.gov](http://www.flu.gov) or [www.healthcare.gov](http://www.healthcare.gov) or [www.cuidadodesalud.gov](http://www.cuidadodesalud.gov)

### **Clubes de Compras...Buying Clubs**

Buying clubs promise big discounts on services and products. Clients have discovered that the discounts aren't so good or that they are being charged for being members even though they haven't agreed to it.

- Be careful with public notices that offer very low prices or free products if you pay the remittance. This can be designed to attract people to become members of a buying club.

- Be careful with "welcome packets." What looks like an offer to become a member of a buying club can be a notice that you have been signed up! Read the information very carefully and call the club immediately to cancel the membership if you have not agreed to sign up or the offer was poorly represented.

- Compare prices with other companies. Many times the prices of products in buying clubs are not as good as they say and you could possibly find better prices.

- Don't think that won't charge you just because you haven't given them your account number. The clubs may already have your bank account information or credit card numbers from other companies with which you have done business. Sometimes consumers are transferred from one vendor to another during the same call and your payment information could be transferred also.

- Ask for all details in writing before becoming a member. The deal may not seem as good as it sounds once you see how the club works.

- Dispute unauthorized charges immediately. Contact the Credit Card Company or bank that you gave them and explain your problem. Also make your complaint in writing and keep a copy.

For more information, or to file a complaint, contact the Office of Consumer Protection at 1-800-422-7128.

Web-site and email address also given.

### **¿Necesita ayuda...Need help paying your energy bill?**

There is energy assistance available to help with paying your energy bills. The program Energy Plus for Wisconsin Homes offers monetary assistance with paying heating bills during the winter. Call 800-506-5596 to make an appointment and for the address of the center nearest to your home.

**HHS lanza su primer sitio...HHS launches its first consumer-focused web-site in Spanish on the internet.**

The Department of Health and Human Services launches the first site in Spanish of it's kind to help consumers take control of their medical care, connecting them with new information and resources that can help them get access to quality health coverage that is affordable. Visit [www.CuidadodeSalud.gov](http://www.CuidadodeSalud.gov)

**Información Acerca del Proceso...Information about the Citizenship Process**

This article briefly explains the steps that legal residents of the US have to go through in order to become US Citizens. It explains that a person can only become a citizen after obtaining permanent legal residence status. Citizenship involves rights, obligations and privileges. Some of the rights and benefits of being a citizen are: the right to vote, the right to have an American passport, the right to work in the US, etc.

Some of the responsibilities involved are: promises of loyalty to the US, renouncing previous loyalty to other countries, supporting and defending the laws of the US, serving the country when necessary, etc.

Naturalization is the process that immigrants have to complete in order to become US citizens. A person can become an American citizen by birth or through the naturalization process.

Legal residents of the US who apply for citizenship have to pass an exam with the Immigration and Naturalization Service. The questions on this exam involve fundamental aspects of the history of the US, its principals and form of government.

Some of the requirements to be eligible include: demonstrate good moral character, a period of continuous residency and physical presence in the US, passing the Citizenship Test, vowing loyalty to the US, etc.

More of the steps that are required are included. If you have questions about citizenship, JCLC can connect you with a person who has recently been through the process and can share their experience with you. Call 920-675-0500 for that information.

**Janesville Police Dept....The Janesville Police Dept. and a new Latino Consulting Committee**

The Janesville Police Department has created a committee to make better connections with the Latino community inJanesville. The committee consists of members from various organizations that work directly with the Latino community inJanesville. This includes the organizations, Pueblos Unidos, YWCA, Latino Service Providers Coalitions, Janesville Police Dept. and Janesville Fire Dept.

They will be offering meetings with the Latino community in which they will share information about certain topics that are of interest to the Latino community and that can affect them in the city of Janesville. These informative meetings are to inform them about services they might need and other important information. Some examples of questions that will be answered are these:

What are the different departments of the Police?

What services are provided by the police to help protect and support you and your family?

What do you need to do to contact the police?

What happens when the police have to talk to you?

For more information contact René Bue at 608-758-5803 or Chad Sullivan at 608-755-3100.