

## **July, August, September 2012**

**El Consulado Movil** – The Mobil Mexican Consulate will be in Jefferson July 19 – 22. The schedule is Thursday & Friday from 12 – 6 pm, Saturday 10 am – 5 pm and Sunday 9 am – 2 pm. The location is St. John the Baptist Catholic Church in Jefferson. Names and phone numbers of the committee are available if there are any questions.

### **Clínica Gratuita de Rock River ... Rock River Free Clinic**

The Rock River Free Clinic has expanded their hours. They are now open Monday thru Friday during the hours listed under “horario”. The clinic, which is located at the Jefferson County Health Department building, serves patients who have no insurance, have income of 200% or less of the federal poverty level and are not eligible for Medicare, Medicaid, private insurance or BadgerCare. To make an appointment call 920-674-7442. Patients are seen without appointments also.

### **Usted Tiene el Derecho...You Have the Right to a Safe Workplace**

Workers have the right to a workplace free of hazards. To ensure a safe and healthy workplace OSHA also gives workers the right to:

- Ask that OSHA do a workplace inspection
- Exercise your rights under the OSH Act free from discrimination or repercussions.
- Receive information and training regarding dangers, methods to prevent injuries y OSHA standards that apply to your workplace. The training should be in a language that you understand.
- Have access to the results of tests that are done to find dangers in the workplace.
- Read the reports of injuries and illnesses related to your work.
- Have access to copies of your medical reports.

You have the right to a safe workplace under the OSH Act. This act was created to prevent death, injuries and illnesses to workers in their workplaces. The law requires that employers provide work conditions free of dangers and risks. If you have concerns about workplace safety, call 1-800-321-6743 or visit [www.osha.gov](http://www.osha.gov).

### **Clínica Tocado Dos Veces...Touched Twice Clinic**

CrossPointe Community Church in Whitewater is holding their second “Touched Twice Clinic” on Saturday, September 8, 2012 from 10 am – 2 pm. Last year they had the opportunity to serve more than 300 people. This year the services will include, medical screenings, dental, chiropractic, hairdressing, immigration services, job assistance, family photography, tax preparation and car maintenance. Also included at the clinic will be hot food, used clothing, free food and live music.

### **Como Llenar – How to Fill Out the Birth Certificate Worksheet**

The third part of this series was not completed in time to meet our publishing deadline. Look for it in the next edition.

### **No Sea Víctima del Fraude...Don't Be a Victim of Immigration Fraud**

This article, with information provided by USCIS (US Citizenship & Immigration Services) offers people applying for citizenship some ideas of how to avoid becoming a victim of immigration fraud. It briefly explains what forms need to be filled out, who can fill them out and how to make sure that the person that you choose to help you is accredited. For more information on how to avoid becoming a victim of immigration fraud you can call 800-375-5283 or visit [www.uscis.gov/immigrationpractice](http://www.uscis.gov/immigrationpractice)

### **Tortas del Verano...Sandwiches in the Park**

The First Congregational United Church of Christ and the United Methodist Church of Watertown are inviting families with children to join them for a free picnic lunch in the park this summer. Children must be accompanied by a responsible adult. The lunches will be shared on Tuesdays at the Clark Park Shelter and Wednesdays at Riverside Park in Watertown. Lunch will include a peanut butter sandwich or another protein choice (like ham, cheese or tuna), vegetables, a cookie and a carton of milk. Fruit juice will be available for those with milk allergies. The lunches will be held every Tuesday from 11:30 – 12:30 beginning June 12 and every Wednesday from 11:30 – 12:30 beginning June 13. The last day will be Wednesday, August 29. There will not be a free lunch on July 4. The lunches will be distributed rain or shine.

### **¿Qué es PREP? ...What is PREP?**

PREP is a program that shares information with youth to help them make better personal decisions and decisions about their futures. PREP does not condone the initiation of sexual activity in adolescents, but the statistics show that a majority of teens are sexually active, and because of this we want to educate them on how to protect themselves, not just from unplanned pregnancies, but also from sexually transmitted diseases and HIV/AIDS. The PREP program offers high quality information covering themes of prevention regarding teen pregnancy, sexually transmitted diseases and HIV/AIDS. The program is being developed in only three areas of Wisconsin – Beloit, Racine and Milwaukee and is targeted for African-Americans and Latinos. These three areas have the highest levels of teen pregnancy and cases of sexually transmitted diseases. One of the objectives of the PREP program is to prevent kids from dropping out of school and help those that have dropped out to continue with their studies. PREP is supported by different community groups including: Head Start of Rock & Walworth Counties, Youth 2 Youth of Rock County, Dream Works Teen Center and Merrill Community Center. They've also joined with a teen parents group and Beloit Fresh Start.

What PREP offers to parents is the peace of mind to know that their children are in good hands... The confidence to be able to talk to any of our trainers... The promise to you and your children to do an excellent job... Respect, we won't judge anyone, on the contrary we will try to help them in whatever ways possible...The freedom to express your ideas and to be heard with respect...

Each session is an hour and a half during which time we will offer food and drinks and there is always a prize drawing. The program is free and there are always two trainers present. The sessions will be held the following days from 12 – 2 pm. June 26, July 10, 17, 24 & 31 and

August 7. The sessions will be held at the offices of Community Action Inc. in the Eclipse Center in Beloit. For more information call Gina Isunza 608-322-7790.

**Alimentación saludable...Healthy Eating for a Healthy Weight**

This article talks about making healthy choices when eating to maintain a healthy weight. It highlights the importance of eating a variety of healthy foods including fruits, vegetables, whole grains, milk and low-fat dairy products, lean meat, poultry, fish, beans, eggs and nuts. It also recommends limiting the amounts of saturated fats, trans fats, salt and added sugars in your diet. It gives recommendations about making changes to favorite recipes to make them healthier and reminds people that healthy eating is all about moderation. You can enjoy your favorite foods that might be higher in fat or sugar, but only eat them once in a while as a treat, not every day. It also recommends eating smaller portions.