

**Conexiones Latinas**  
**Cuatro Condados Unidos**  
**Jefferson-Walworth-Rock-Dodge**

***The mission of Conexiones Latinas is to inform and educate the Hispanic community of the services available in the counties of Dodge, Jefferson, Rock & Walworth.***

For those of you who don't read Spanish, but have an interest in what *Conexiones Latinas* is all about, we will be including a brief summary in English of the articles included in the newsletter. If your organization would like to submit an article or other information for publication in future editions of *Conexiones Latinas* feel free to do so. Information which is time specific should be submitted at the beginning of the quarter **PRIOR** to the quarter in which your event will take place. Publication dates for the year are January, April, July, and October. We want *Conexiones Latinas* to work for you, so let us hear about your organization, upcoming events and information of interest to our community.

Information should be written and ready for publication when it is submitted. If possible, submit the information in Spanish. If this is not possible, you may send it in English and it will be translated by a *Conexiones Latinas* volunteer. Submit information to:

Conexiones Latinas  
c/o Jodi Roberts  
520 Handeyside Lane, Suite 3  
Fort Atkinson, WI 53538                      or fax to (920) 568-5023

**July/August/September 2013**

**Le hace falta..Are you short on money?** Call Food Share's Help Line at 877-366-3635. Many people and families struggle to make it to the end of the month. Perhaps Food Share Wisconsin can help. Food Share is a food assistance program and is for anybody with a low income. This includes people who work, receive Social Security, unemployment or disability payments. You receive deposits every month on a card that looks like a debit card, and this can help you buy food so your other income can be used for other necessities. If your income is lower than that shown on the chart you could qualify. Call the Help Line to find out. The call is completely confidential. Children of undocumented immigrants can receive coupons for food if they are citizens or legal permanent residents for more than 5 years.

**Quiere aprender inglés?... Want to learn English?** There are opportunities in Dodge, Jefferson, Rock and Walworth counties. In Dodge county call Tony Rodriguez (920-887-4496) for info on classes at MPTC in Beaver Dam. In Jefferson county call the Jefferson County Literacy Council (920-675-0500) for info on classes at different locations throughout the county. In Walworth county call the Walworth Literacy Council (262-957-0142). Classes are offered at the libraries in Walworth county. In Rock county call Stateline Literacy in Beloit (608-362-5207) or The Literacy Connection in Janesville (08-756-3125).

**Programa de Nutrición del ... Farmers' Market Nutrition Program** What is the Senior Farmer's Market Program? The program offers the opportunity to buy fresh fruits, vegetables and herbs grown locally by certified farmers. You can use the checks from June 1 to October 31 at any participating Farmers' Market or roadside stand. Almost every county in the state has at least one participating market. You can take the checks with you when you travel the state. One of the purposes of the program is to promote local agriculture and that is why the checks can only be used at Farmers' Markets. When you eat local produce you have the opportunity to buy fresh fruits, vegetables and herbs, you help local family farms and neighboring communities, and you invest directly into your community. The harvesting is done at the best time to get the maximum nutritional value and flavor. You will also consume fewer pesticides. When using the the checks you will not get change back if

your purchase is for less than the value of the check. If the price is more than the check value you can pay the difference in cash or with another check. Checks cannot be transferred to another person. If there are questions about the program, call CAC 920-262-9667.

**No Rente Problemas...Don't rent problems.** This article, provided by the Bureau of Consumer Protection lists things that should be checked before renting a property. It recommends that you take a flashlight, hair drier, a pen and the list when you go to check out a rental property. It then lists things to check for like working electricity, plumbing leaks, roof problems, smoke detectors, mice or cockroach problems or water in the basement. For more information call 800-422-7128.

**Se pueden prevenir las enfermedades por calor...You can prevent Heat Illness.** These posters, provided by OSHA, highlight their campaign to avoid heat illness and injury in the workplace. Posters are available in English from OSHA.

**Program de lecture de verano...Summer Reading program.** This article highlights the activities schedule for the summer reading program at Hedberg Public Library in Janesville. Check out the reading program at your local library!!

**Esta en una relación saludable?... Are you in a healthy relationship?** This article offers suggestions on how to end an unhealthy relationship. Everyone should feel safe and happy in a relationship. A healthy relationship includes respect, honesty, trust, equality and good communication. We all want to live with and share our lives with a person who makes us happy, not sad. Nevertheless, at times it is hard to know if a relationship is healthy or unhealthy. A relationship can be abusive and people can hurt their partner in many ways - verbal, emotional, physical or sexual abuse. If you are afraid, you are probably in an abusive relationship. Abuse affects the whole family, especially the children. If you are thinking about ending a relationship there are some things you should take into account so it will not be so difficult. Think over ahead of time what you are going to say. At times it helps to practice what you will say ahead of time when you have to say something that is difficult to say. Choose a good location. Speak with the person in a location where you will both be comfortable. If you feel safe, talk to the person face to face. An email, phone call or text are generally not the best option. It is important that you do it yourself. You could cause more problems if you have somebody else give the message for you. Be respectful. Don't intentionally insult the other person to hurt them. This will make the conversation more difficult. Don't say "we can still be friends" unless you really feel that way. At times people promise friendship to ease the pain of ending the relationship. This can cause more pain and confusion for both parties involved if you don't have any intention of being friends.