

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 that 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

October/November/December 2015

No es Posible...It's Not Possible to do it Alone

Alzheimer's disease progresses slowly with symptoms that take years to develop. Many people think that this is a normal part of aging. IT IS NOT. It is a degenerative disease that destroys the neurons. It isn't known what causes it or how to cure it. Initially it causes loss of memory and disorientation. In the second phase of the illness language ability is lost, people have difficulty getting dressed and they need continual assistance to do daily activities. In advanced stages disability is profound and the person cannot fend for himself or herself. The personality experiences irreversible changes; they stop speaking, don't know their relatives and experience incontinence. Also, muscle rigidity begins and progressively gets worse until the person is confined to a wheelchair and then to a bed. There are other complications such as anxiety, distress, aggressiveness or depression.

We are here to support those who care for somebody with Alzheimer. Our services are free, confidential and limitless. We are available when you need us.

Our services include:

Direct Line in Spanish: Virginia Zerpa 414.431.8811 Monday - Friday 9 - 5 or 24 hour help line: 800.272.3900, Press number 2 and an agent who speaks Spanish will answer the call.

- Care tips whenever needed.
- Workshop – Caring with Respect: Strategies for caring for a loved one that reduce stress and help you deal with changes in your life. This workshop can be done in your home with your family or in public.
- Locate resources in the community that can help keep your loved one in their home.
- Information about making decisions about legal, financial and housing options.
- Super Minds Club for people with memory problems

Octubre el Mes de Reconocimiento...October is Domestic Violence Awareness Month

This article lists the different agencies in the four counties that deal with Domestic Violence and lists the services provided, as well as phone numbers to contact each agency.

OSHA

This information sheet lists worker's rights and employer's responsibilities in regard to safety in the workplace. The fact sheet is available in English on the OSHA web-site.

Hospital Emergency Department vs. Clinic

Determining when and where to receive medical care can be a difficult decision. This is especially challenging when you do not have health insurance. Sometimes it seems that the only option available is the Emergency Room at the local hospital. However, using the Emergency Room for non-emergent health issues is not only time consuming, it is also very expensive. You may be eligible to receive primary health care at the free clinic in your area eliminating the wait and the large medical bills associated with an Emergency Room visit.

In general, symptoms that develop rapidly, over minutes to hours, and are severe should be evaluated in the Emergency Department. Similar symptoms that develop more gradually, over days to weeks or longer, and are less severe are better evaluated in a Clinic. Here are some more specific examples:

Emergency Department

Clinic

Shortness of breath

Coughs, nasal congestion, sore throat

Chest pain, especially if sweating or severe weakness

Chest pain, especially if worse when coughing or when moving the arms

Loss of consciousness

Dizziness that does not impair activity

Abrupt, severe impairment of movement or speech

Lesser impairments that develop over weeks to months

Abrupt, severe pain in any part of the body

Less severe pain that develops gradually

Abdominal pain that lasts more than 3 hours

Mild discomforts, indigestion, constipation

Heavy bleeding from any part of the body

Slow bleeding that can be controlled with direct pressure

Injury that results in inability to walk or use arms or hands

Injury that does not cause severe impairment

Area Free Clinics

The Rock River Free Clinic (RRFC) is located in Jefferson, WI and serves patients without health insurance who live in Jefferson County, Cambridge and Whitewater. The RRFC is open 5 days a week and appointments can be made by calling 920-674-7442. You may also learn more about the Rock River Free Clinic's eligibility requirements by visiting www.rockriverfreeclinic.org.

The Watertown Area Cares Clinic (WACC) is a free clinic serving the northern part of Jefferson County and Dodge County. They serve persons with no health insurance and invite persons with health needs to call

920-206-7797 for an appointment to find out if they are eligible for services. Their website is www.watertownareacaresclinic.org.

The Open Arms Free Clinic (O AFC) is located in Elkhorn, WI and serves patients without health insurance who live in Walworth County. New patient registration is every Wednesday from 2-7pm. doctors' appointments are scheduled weekly for qualifying patients. O AFC offers free labs and medications on site along with primary care and specialty consults with orthopedic, cardiology, and general surgery. Although not a walk in clinic for emergencies, O AFC believes in managing chronic health conditions to allow patients to live and work healthier in their everyday life thus avoiding the emergency room from complications from things like diabetes and high blood pressure. Learn more about the Open Arms Free Clinic at www.openarmsfreeclinic.org or 262-379-1401.

The Health Net Clinic (HNC) is located in Janesville, WI and serves patients in the Rock County area. The HNC is open 4 days a week (Thursday closed) and enrollments are every Wednesday between 1:30-3:30pm. The phone number for inquiries and questions is 608-756-4638, hablamos Español. You may also visit our website at www.healthnet-rock.org for further information and eligibility requirements.

Church Health Services is located in Beaver Dam, WI and provides medical care to patients in Dodge County. CHS is open 4 days a week (closed Fridays). To access services, we ask that you visit our office in Beaver Dam to pick up an admission packet. When the packet is filled out and returned we will make an admission appointment. This appointment is simply to determine if you are eligible for the services. If you are eligible an appointment will be made with the doctor. For more information visit the website www.churchclinic.org or call 920-887-1766.

Establishing a relationship with a primary care provider is an important step in reducing the need for emergency care. You are encouraged to call your local free clinic to determine if you are eligible.

Revise su Plan de Medicare...Check Your Medicare plan in Fall!

With summer here, fall is sure to follow, and fall is the time for people who have Medicare to review their drug and health plan coverage. You might think that once you have a drug plan or Advantage plan that you are all set. Not so! Even if you have been completely happy with your drug plan or Advantage plan this year, you should review your options in each fall because your current plan could be changing and so will the other plans available to you.

Your plan could become more expensive and others could become cheaper. Your plan could change its formulary so that it no longer covers all your medications. Plans that may not have covered all of your medications this year may cover them next year. Plans could also have different pricing at different pharmacies.

Your current plan should send you an **annual notice of change** to you by September 30. This notice will tell you how your plan is changing for 2016. *Look for this notice (could be the first few pages of the Evidence of Coverage booklet) and read it carefully.*

Next comes the **open enrollment period**. During this period--October 15 to December 7—you can compare the plan costs and coverage for next year. At that time you will have to decide if you want to keep your current plan or change to a different drug or Advantage that will begin in January 2016.

The only effective way to compare costs is by using the **plan finder** tool at www.Medicare.gov. The plan finder allows you to compare plans based on the medications you take and is the only way to determine the most affordable plan for you. You can't determine how expensive a plan will be based only on the premium. It is highly recommend that you don't choose a plan based on the company name or the premium amount. Mark your calendar to look for your annual notice of change at the end of September,

and then contact one of the resources below for unbiased help during the Medicare open enrollment period.

If you have questions on this topic or other benefit related issues, for residents age 60 or over contact the Elder Benefit Specialist in your community. See below for your location.

Aging and Disability Resource Center (ADRC) of:

Dodge County at 920-386-3580 or 800-924-6407

Jefferson County at 920-674-8135 or 920-674-8734

Rock County at 608-757-5414 or 608-757-5942 ext. 4

Walworth County at 262-741-3400

There are also other resources available that are able to assist you:

- Disability Drug Benefit Helpline 1-800-926-4862
- Medicare 1-800-Medicare (1-800-633-4227)
- Medigap Helpline 1-800-242-1060

Reciba una Vacuna... Get your Flu Shot

Dodge County Human Services and Health Department – Public Health Unit wants to remind everyone 6 months of age and older to get their influenza (flu) shot this year. It is important to get flu shot every year as the types of flu covered by the shot can change and the shot is only good for one influenza season. Seasonal influenza can be especially serious for the very young and older adults with or without chronic health problems.

Ideally flu shots should be received by October. The vaccine takes about 2 weeks to provide protection against illness.

Signs and symptoms of the flu include fever, headache, dry cough, sore throat, nasal congestion, body aches and/or tiredness. If you think you have the flu stay home, rest, drink plenty of fluids and avoid using alcohol and tobacco products. If symptoms persist contact your local health care provider.

Some ways to keep yourself and those around you healthy and avoid getting the flu are:

- Wash hands often with soap and water or an alcohol-based hand sanitizer
- Cover your cough or sneeze with your upper sleeve. If you use a tissue throw it away after one use.
- Use your own drinking cups and straws.
- Stay away from people who are sick with flu-like symptoms.
- STAY home when you are sick.
- Eat nutritious food, get plenty of rest and don't smoke.
- Frequently clean often touched surfaces such as doorknobs, telephones, refrigerator handles, faucets, etc.

For more information on influenza and influenza vaccines contact your primary health care provider or local Public Health Department. Numbers are listed in the article.

eWIC: A New and Improved Shopping Experience

On August 1st, the Rock County Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) began issuing eWIC debit cards instead of paper checks for use at area grocery stores that are WIC authorized vendors.

Shopping with the eWIC debit card offers many benefits, including:

- No WIC IDs are needed when checking out at the grocery store

- Participants can purchase only what they need each shopping trip and use their eWIC card as often as they want to redeem their monthly food benefits
- Easier and faster check-out for both participants and cashiers

WIC participants can check their benefit balance either online, with an automated customer service phone line, on the bottom of their grocery store receipt, or at the WIC office.

For more information or if you are interested in finding out if you or your family may be eligible for WIC services, please call us in Janesville at (608) 754-3722 or in Beloit at (608) 362-1566.

WIC is designed to improve the health of pregnant and postpartum women, infants, and children under 5 years old. Foods provided on the program, nutritional counseling, breastfeeding support, and referrals to other resources at visits can help participants and their families live a healthy lifestyle. USDA is an equal opportunity provider and employer.

Mitos Sobre la Visa U ... Myths about the U Visa

This article covers five common myths regarding the U Visa. The **U visa** is a nonimmigrant visa which is set aside for victims of crimes (and their immediate family members) who have suffered substantial mental or physical abuse and are willing to assist law enforcement and government officials in the investigation or prosecution of the criminal activity. The article reminds victims to only work with people trained in this area, or with lawyers who also have experience in this area. For information on this visa, call the numbers listed in the article.

Dia de los Muertos... Day of the Dead

Celebrations for the Day of the Dead are a popular Latin American tradition held on November 1 and 2 to remember loved ones who have passed.