

**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:

Mail: Conexiones Latinas  
c/o Jodi Roberts  
520 Handeyside Lane, Suite 3  
Fort Atkinson, WI 53538

FAX: (920) 568-5023  
email: [info@conexioneslatinas.org](mailto:info@conexioneslatinas.org)

**April/May/June 2016**

**¿Qué es WHEAP?...What is WHEAP and how does it work?**

WHEAP provides assistance with the cost of heating, electricity and in situations when there is an energy crisis. WHEAP makes a one-time payment during the heating season, which runs from October 1 to May 15. The aim of WHEAP is to cover a portion of the energy or heating costs, but it doesn't cover all of the cost of a residence. The payment amount depends on various factors: the number of people who live in the home, family income and the cost of heat/energy. If you qualify for WHEAP the payment is made directly to the Heating or Energy Company.

The repair program helps owners and renters reduce their consumption of energy and at the same time make your home more comfortable. The repairs can also make your home more healthy and safe. The local agency in your area makes repairs and does installations. If your residence qualifies for the program it is possible that you could benefit from one or more of the following energy efficiency fixes:

Insulation – Adding insulation to the attic, walls or basement can reduce energy use.

Sealing air leaks – Sealing leaks reduces the flow of cold air due to holes or cracks in the structure of your home and can improve indoor air quality.

Heating system improvements – Repairing or replacing an inefficient furnace or boiler saves energy and money.

Energy saving products – Installing faucet aerators, water saving shower heads and Energy Star light bulbs will reduce your energy needs. Replacing an old refrigerator or freezer with a new Energy Star certified model also will save energy.

For more information call 866-432-8947 or visit [www.homeenergyplus.wi.gov](http://www.homeenergyplus.wi.gov)

**Feria Informativa – Hispanic Resource Fair**

To inform the community and offer services – Sunday, April 17, 2016 from 1:30 pm to 5:30 pm. 2:00 pm presentation on Immigration. Lawyers will be present to answer questions. Held in the gym of St John the Baptist Catholic Church in Jefferson. It will be an afternoon full of fun for children and adults. There will also be food.

**Algunos Puntos Importantes a Saber...Important Information about Medications**

By David Rutledge, MD, Medical Director of the Rock River Free Clinic

Here we offer some information to help you make smarter choices about medications and supplements.

Generic drugs, both prescription and OTC, are attractive options due to their relatively lower cost. Many people, however, feel safer taking brand-name medications because they are of the impression that generics are of lesser quality. The lower price of generics compared to brand names also suggests that this is so. The truth is that all generic drugs must first be approved by the U. S. Food and Drug Administration (FDA) as being essentially equivalent to the original brand-name product before being sold in any pharmacy. This verifies that the biological effects of the generic drug would be the same as the brand-name product. It should also be noted that companies that make generic medications have lower expenses than the original manufacturers, so they can offer high-quality products at lower prices. There is no reason not to take advantage of those lower prices.

Acetaminophen (Tylenol and generics) is generally a safe and effective pain reliever when used according to directions. In excessively high doses, however, it can cause serious damage to the liver. In fact, acetaminophen is now thought to be the most frequent cause of acute liver failure. To avoid this complication, you should never take more than 4000mg (12 regular-strength or 8 extra-strength tablets) per day for acute conditions, or 3000mg daily if taken every day for a chronic condition like arthritis. Also please note that acetaminophen is an ingredient in many combination medications, from pain pills to cold remedies, so be sure to check the list of ingredients and take those dosages into account. In addition, avoid taking full doses of acetaminophen with other things that can damage the liver, including certain prescription medications and, especially, alcohol.

Finally, some words of caution about products and treatments that claim to be "natural." That word seems to imply that the product is safe. However, people with certain chronic health conditions may still suffer adverse effects from such products. Natural and herbal products can also interact with many prescription medications and cause problems in that way. Since many such substances are sold as supplements rather than as medications, their quality is not regulated by the FDA. As a consequence, there is no guarantee that such a pill or liquid "supplement" contains the amount of the substance that is stated on the label.

(Independent laboratory analyses have revealed large variations in the quantities contained in some products.) In addition, makers of such "supplements" are not required to provide scientific evidence that their products are safe or effective for any condition, so such evidence often does not exist. Therefore, be careful when using such "supplements," and don't expect them to do very much for your health.

### **PAVE – People Against a Violent Environment**

PAVE is an organization that works directly with people who have been victims or have been affected by violence in Dodge County, Wisconsin. PAVE offers free services that are completely confidential. Highly trained staff are available to help with anything you might need. Beginning in March, PAVE will offer services in Spanish. Melissa Rivera has joined the PAVE staff. She will offer support and help to victims of domestic violence and sexual abuse. Melissa graduated from UW – Whitewater with a focus on translation and interpretation. She will work with the communities in Dodge County providing support and education to promote a healthy life without violence.

PAVE has a shelter available for victims and staff are available 24 hours a day, 365 days a year. The shelter has 22 beds and is security monitored. It is handicap accessible and basic food and toiletries are provided in a home-like environment. The shelter includes a kitchen, bedrooms, bathrooms, laundry facilities, a play room and a meditation room.

In emergency situations, PAVE uses the local taxi service to provide transportation to the shelter. Taxi vouchers may be used for transportation needs while in shelter, depending on availability.

LGBTQ services include, but are not limited to, safety planning, options counseling, education on the dynamics of power and control in LGBTQ relationships, support for emotional abuse and bullying, legal advocacy, case management, shelter services and emergency transportation.

The Case Management Team assists victims of domestic violence with a strengths-based approach to identify and achieve goals related to living in and moving beyond abuse. These services include developing self-esteem, identifying resources, seeking employment, finding a place to live and other steps toward living an independent life. They also offer options counseling and support groups. The Case Management Team also offers programs for children that provide counseling and support groups for children who have been victims of or witnesses to domestic violence.

The Legal Advocacy Team provides legal information, options counseling and safety planning to victims. They also can help with restraining orders, family law and support for victims at criminal hearings related to their abuse. The team cannot provide legal advice, but they can help victims identify attorneys that have knowledge and experience work with victims of violence.

The phone number for PAVE is 800-775-3785. Domestic violence services in the other counties are listed in the box. They include APFV in Walworth County 262-723-4653, YWCA in Janesville 6-8-752-2583, and PADA in Jefferson County 920-674-6768.

### **La Cobertura Médica...Medical Coverage and Tax Forms**

By Cesar Morales (Professional Tax Preparer)

During tax time many taxpayers will receive forms related to the medical coverage that each family member receives. There is a lot of confusion because there has not been appropriate dissemination of information by the government or by local institutions.

Basically there are three types of forms that you might receive: the forms 1095-A, 1095-B and 1095-C.

Beginning the first week of February all people who bought health insurance on the Marketplace will receive the form 1095-A. This form contains information about coverage amounts for each month of 2015, information that should be entered on your taxes on Form 8962. It is necessary to take these 1095-A forms to your tax preparer and he/she will know what to do with them. If you file your taxes without including the form, it is possible that you'll receive a notification from the IRS asking that you file an amendment to your filing which can cause you to lose time and money if you have to pay an additional fee to prepare the amendment.

Everybody who is covered by State insurance (Badger Care for those who live in Wisconsin) will receive the 1095-B form and those who have coverage through their employer will receive form 1095-C. In general, these two are just a confirmation that the person listed on the form had medical coverage for the entire year of 2015. If the person had coverage for the entire year they do NOT have to include the form with their taxes, but if the coverage was only for part of the year they should include it with their tax filing to know whether there will be a penalty. Either way take the forms that you receive to the appointment with your tax preparer and they will explain it in more detail.

Finally, remember that if you do not have permanent resident status (Green Card), although it is highly advisable that you have medical insurance, you are not obliged to buy it and you also won't qualify to purchase it through the Marketplace, you will not have to pay a fine. Don't be surprised.

### **La Enfermedad del Alzheimer...Dealing with Alzheimer's requires a lot of love and knowledge**

Alzheimer's affects many people and families have to make all kinds of adjustments in their lives to find a way for everyone to live in health and peace. We aren't taught how to be parents much less are we prepared to become the son/father or daughter/mother who takes care of a parent with Alzheimer's. It is difficult to accept that our parents now live without their mental capacities and that we have to protect them from doing themselves harm, dress them, bathe them, take them to the doctor, and not lose our patience when they repeat the same question over and over again. This disease requires knowledge, a lot of practice and support for the affected person since their abilities to function in society are destroyed. There's no denying that many times the caregivers are on the edge because many of them are not as strong or as young as they were before. In this time

of their lives when they have less physical strength, they are asked to be the strength and the memory for their parents.

Love gives the strength to complete the mission. Love for others and for those you are taking care of is important. But self-love is also very important. You need time to repair your body and your spirit. Time to be alone doing things that you like to do. Exercise. If there are siblings, take turns caring for your parent. Look for help, knowledge and support by calling the Alzheimer's Association at 800-272-3900.

### **Como Obtener la Residencia... How to obtain residency after a U Visa**

It is very common that people are confused when making an adjustment to their immigration status. There are many stressful formalities and lots of paperwork. The U Visa is no exception to the rule. Going from having a U Visa status to permanent residency sounds complicated, but it could be very easy for most applicants.

If you have a U Visa approved and already received a work permit for 4 years, you may be ready to apply for status adjustment and obtain permanent residency.

There are several requirements to complete in this process. To begin with, you must prove your presence in the United States for three years after obtaining the U Visa. For this you can use copies of your utility bills, electricity, water, pay stubs from work, leases, mortgage, school records, medical bills, complete tax forms, and other provable expenses you have. It is very important to have the addresses you've lived at for the past 5 years, and the dates when you lived in each place. Keep all passports (even if they are expired), because you will need them. It is important to have all passports you have had since you applied for the U Visa.

As we have mentioned in previous articles on the U Visa, continued cooperation in the criminal case that formed the basis for the U Visa is crucial. It was important for the U Visa case and it remains important for the status adjustment case. It is very important to make sure that you have continued to collaborate on the case as long as was required by the prosecutor or judge.

During this process the U status is extended and you can ask for a travel permit and work permit. These permits can take up to 3 months from applying for status adjustment. It varies. While waiting for the decision on your residence status, you can continue working. Also, with the travel permit, you could travel abroad. That said, in some cases there are risks to leaving the country before obtaining residency, so it is important to get advise on your particular case before leaving with a travel permit.

Everyone in the family who got a U visa can apply for status adjustment, but everyone has to meet the requirements of presence in the country, cooperation and good behavior regardless of other family members cases.

Finally, one of the most important requirements is a mandatory medical examination that is sent along with the application for status adjustment. Any doctor or any clinic cannot do this test. A family doctor does not usually do these types of examinations. The examination needed for the immigration process is special and there are only a few clinics authorized to do these exams. This test could be expensive and typically is not covered by your insurance. You can find the official list of clinics online at [uscis.gov](http://uscis.gov). Also a lawyer could tell you which clinics do this kind of examination and are approved by immigration.

If you have further questions about this article you can contact MMG Law office at 608-819-6540.

### **Fiesta Cultural Latino Americana... in Watertown, May 14, 2016**

All are invited to celebrate Latin American culture at the Fiesta Cultural Latino Americana held at Schurz Elementary School in Watertown. There will be a variety of events including a dance group from St. Henry & St. Bernard's churches, a 5k walk/run for those 12 and over or a 1k for children younger than 12. There will also be Mexican food like tamales, churros and drinks available. Come enjoy a day of fun with your family and friends. Food and drink sales will begin at 10:00 and end at 1:00. The event will close at 2:00 pm. Check out their web site at [www.fiestacultural.org](http://www.fiestacultural.org)