

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

July/August/September 2016

Programa de Barniz...Flouride Varnish Program for Children

This program is for minor children who have Medical Assistance/BadgerCare or don't have insurance. The children can qualify for fluoride varnish at the health departments in Dodge and Jefferson counties. The article answers some questions about what fluoride varnish is, what it does, how safe it is, what the advantage is to doing the treatment and whether it is safe. The program is free. In Jefferson County an appointment is not needed. Patients can go to the Health Department offices on Tuesdays between 9:00 and 5:00 pm. The address is 1541 Annex Rd, Jefferson, Phone 920-674-7189. Or in Dodge County this service is available from 8:00 am to 4:30 pm Monday through Friday. Their address is 100 Cty Rd DF, Juneau, Phone 920-386-3670. There is also a dental check up and if there are any cavities children are referred to a dentist.

Programa nacional de Empleos..National Farmworkers Jobs Program

The program can provide training for: CDL License, Certified Nursing Assistant, Basic Welding, Phlebotomy, Heavy Equipment Operator and more. While in training, you can receive assistance with housing. How do you qualify? US citizen, legal resident or a work authorization. Must have farm work background (crops, cannery, dairy, nursery, poultry, Christmas trees/wreaths, green house, animal care). Income below Federal Poverty Guidelines. At least 18 years of age and males must be registered with Selective Service. Call today! Victoria Pineda, Milwaukee Office of UMOS. 414-254-3042 – cell or 800-279-8667 or visit www.umos.org

Trabajadores Temporales...Temporary Workers

The U.S. Department of Labor's Occupational Safety and Health Administration has received far too many reports of workers killed in their first few days at work. Most of these have been temporary workers. We have known for a century that new workers are at increased risk for occupational injury and fatality, and that higher risk is due to a lack of safety training and experience at that work site.

Just a few decades ago, temporary work was relatively rare and concentrated in white-collar professions. But in recent years their numbers have grown dramatically, and temporary workers are now commonplace in virtually every type of workplace. According to the American Staffing Association, there are almost 3 million temporary workers in the nation's workforce today - many doing highly hazardous construction and manufacturing work.

Securing temporary workers often lowers costs and increases flexibility by enabling host employers to increase their workforce without making a long-term hiring commitment. As our economy picks up steam, these numbers are rising again, and more employers are filling jobs with temporary workers. As their numbers grow, the fear is that too many more will be injured or killed.

Why is this happening? Many employers decide to forgo important safety training for their temporary employees that would normally be given to permanent employees. They bring in "temps" for a few days, weeks or even months, and the employer's commitment to these workers' safety mirrors that "temp" status.

Employers hire temps to save money. Safety training is a cost of doing business, so some employers just skip it or assume that the staffing agency has conducted the training - gambling not only with their own bottom lines but with the lives of these men and women who want nothing but to do an honest day's work and to come home safely to their families at the end of the day.

So as the number of temporary workers rises, is it inevitable that injuries and fatalities will rise as well? I refuse to accept that assumption. We know why these workers are getting hurt and we know how to stop it. The Occupational Safety and Health Act is clear.

Staffing agencies and their client employers who host temporary workers share the legal obligation to provide workplaces free of recognized hazards. This includes providing required safety training in a language and vocabulary workers can understand.

The Occupational Safety and Health Administration has embarked on a national initiative to protect temporary workers in order to halt this rising toll of fatal injuries. Agency inspectors will determine, in every inspection, if every temporary worker on the site has received the safety training and protections required by law for the job. If they haven't, we will hold their employers accountable.

We also are reaching out to labor staffing agencies, explaining how these firms must insist that their employees are not put at risk of injury or death while working. And finally, we are making sure that every worker in the country understands that they have the right to safe workplaces, and all workers, including temporary workers, have the right to contact the Occupational Safety and Health Administration if they face workplace hazards.

Visit us on the internet – www.conexioneslatinas.org Like us on Facebook – www.facebook.com/conexioneslat

Estoy en Riesgo? Am I at Risk of Deportation?

We are living in a time of uncertainty and fear in all areas of the US. One of those fears is deportation, so it is important to be prepared if something happens. Some of the suggestions include asking for a search warrant if officials from ICE arrive at your home, if you are detained ask to see your lawyer or a representative from your Consulate so they can explain your rights, and don't sign any documents that you do not understand. Remember that if you are informed about your migration possibilities, you can prevent these things from affecting your immigration case. For more information call the number listed, or contact your immigration lawyer.

Programa de Lectura de Verano...The Summer Reading programs are happening at your local library. Visit your local library to sign up and pick up your reading log.

Cuidemos Nuestra Salud...We Take Care of our Health

Our mental and emotional health, as well as our physical health, is very important and each of us is responsible for maintaining it. Psychology serves as a recovery guide for our mental and emotional health.

Psychotherapy and psychology aren't just for crazy people as some think. On the contrary, it is for intelligent and responsible people who want to take charge of their lives by making smart decisions to enjoy a satisfying and successful life. Mental and emotional health is related to the way we react when faced with problems, how we think, feel and act on a daily basis and in certain circumstances or life problems. At some point we all feel worried, anxious, sad or stressed out. It is part of our emotions as human beings. If these feelings stay with us for a long time or begin to interfere with our work, personal relations or family, then it is possible that it is a mental health problem such as depression or anxiety. Many studies indicate that immigrants have a higher level of stress because of the cultural changes that they are exposed to. The basic problem faced in the Hispanic community, is that there is often a stigma, which prevents people from seeking help from a professional to receive proper treatment. Remember do everything possible to take care of your health. Live a balanced life that allows you to enjoy a beautiful day, a child's smile, greeting a good friend. It is also very important to have the support of positive and healthy relationships with friends and family. Take care of your physical and emotional health; you are the only one who can.

Todo el Mundo Merece...Everyone deserves compassionate care at the end of their life

This article is intended to introduce to you some very unique and special services for patients whose illness has no hope for cure. There is a service called hospice and palliative care that addresses the physical, psychological and spiritual aspects of care at the end of life.

Rainbow Hospice Care provides medical services to patients whose illness is in the final stages. These services are focused on the needs of the patients and their families. These services are usually provided in the setting that is best for the patient and family. The setting is usually at home but could be in a nursing home, assisted living community, group home or hospital. That is important is that the patient is comfortable and support is provided to both the person and their family.

In order to be eligible for hospice care a patient must have a life-limiting illness. Your family physician will assess the patient and determine that the illness has a prognosis of six months or less if the disease runs its natural course, and the patient and family are choosing that type of care.

Rainbow Hospice Care will provide the following services:

- Care for the patient and the family in a setting of personal choice, which could be a home, nursing home or assisted living.
- Care is provided by the interdisciplinary team consisting of a physician, registered nurse, certified nurse assistant, social worker, chaplain, bereavement counselor, volunteers and other administrative and consultative staff, such as a dietician, physical and speech therapies.
- Treatment and control of pain and other symptoms
- Emotional and spiritual support for the patient and family
- Provides medications that are related to the diagnosis
- Instructs the family as to how to provide care for their loved one
- Provides four levels of care: routine home care, respite care, crisis care and general inpatient care
- May also provide, physical and speech therapy at home if warranted
- 24hours/7days a week on-call services, including weekends and holidays
- Grief and bereavement services for a minimum of 13 months depending on the needs of the family

Who and how are these services paid for?

Rainbow Hospice provides end-of-life services to all patients and their families' regardless of their ability to pay. The Medicare Hospice Benefit or the Medicaid Hospice Benefit is available to all persons who are eligible. Insurance companies also provide hospice coverage. If a patient or their family need hospice care and do not qualify for a hospice benefit Rainbow Hospice Care will help make arrangements for these services.

Please feel free to contact Rainbow Hospice Care if you have further questions or to see if your loved one is eligible hospice care, (920) 674-6255.

Ayuda para Personas sin Seguro Medico...Help for People without Medical Insurance

We all need a little help once in a while. If you find yourself needing medical care, but don't have insurance, that help is at hand. At the Watertown Area Cares Clinic, the dedicated staff provides high quality care and understanding for every patient. The series include physical exams, medical diagnosis and analysis. The organization is non-profit and is supported by generous donors and volunteers. The clinic

provides health services for people without medical insurance and whose income is less than 250% of the federal poverty level. Call to see if you qualify. Services are available by appointment on Tuesday and Wednesday from 8:30 am – 11:30 am and on Tuesday afternoons from 5:30 pm to 7:30 pm. They do take same day appointments based on availability. The Watertown Area Cares Clinic is located in the YMCA in Watertown and covers Jefferson and Dodge Counties. The Rock River Free Clinic, located in the Jefferson County Health Department also provides services for Jefferson County. Open Arms Free Clinic serves Walworth County and Church Health Services serves Dodge County.

La Comisión Federal...The Federal Trade Commission

The FTC has created a series of graphic novels in Spanish as part of its ongoing effort to raise awareness about scams directed against the Latino community. The stories are based on fraud complaints filed with the Federal Trade Commission by speaking to consumers nationwide, and provide practical recommendations on how to detect and stop fraud. You can order free copies of the graphic novels to share with your community

Visit the site www.consumidor.ftc.gov to see graphic novels available.

Caminos Finance – Centro Hispano of Dane County

Bank teller career training sessions being held Aug. 29 – Oct. 14.

4-C, Your Local Expert on Child Care

4-C is part of a network of non-profit childcare resource and referral agencies providing a range of early childhood services to families, childcare providers and communities in southern Wisconsin. 4-C is driven by its mission to ensure that all children have access to high quality care and education through an integrated supportive program. 4-C programs strive to promote community investment in children to create a foundation for development.

4-C helps families to address issues with finding quality childcare at an affordable price and with availability. The referral program connects families to regulated childcare centers. The 4-C database identifies potential childcare programs (child care centers or family child care) based on the specific needs of the family.

You can contact a 4-C referral specialist for additional information or to request a referral of child care centers or family child care tailored to your specific needs. You can also visit the website (www.4-c.org) for further information and the option to complete a home search online.

Dodge County (920) 386-3756

Jefferson County (920) 675-4622

Rock County (608) 741-3451

Walworth County (262) 741-5262