

**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

**October/November/December 2016**

**¿Quiénes Pueden Votar...? Who Can Vote?**

You can vote if: You are a citizen of the United States. You are 18 years old or older. You have lived in the state for 28 consecutive days before the election, without intentions of moving. You are registered to vote, you are going to register before the election, or you will register the day of the election.

You cannot vote if: You are in the state temporarily. You have already voted in this election. You are on probation or report to a probation officer. A court has determined that you are not competent to vote. You have bet on the outcome of the election. If you have questions please visit the web-site [GobiernoUSA.gov](http://GobiernoUSA.gov) or visit your local town hall.

**Corrección...Correction**

The phone number in the article about the fluoride varnish program in the last edition was incorrect. The correct number is 920-674-7275.

Like our Facebook page at [www.facebook.com/conexionelat](http://www.facebook.com/conexionelat)

**Seguridad Alimentaria...Food Safety During the Holidays**

The holiday season is fast approaching. Many of us are cooking and entertaining. Today, more than ever, food safety is an important topic for everybody. Here are some suggestions to help you.

Keep everything clean!!! Wash your hands with soap and warm water before preparing food. Wash fruits and vegetables under cold running water before cooking them or eating them raw. Wash plates, cutting boards, utensils and surfaces with warm soap and

water. Use clean dishcloths and not sponges, which can trap and spread germs. When using a cutting board, wash it with warm soap and water after each use for different foods, especially after using it for raw meat. It is better to have a different colored cutting board for meat and another color for fruits and vegetables.

Food preparation. Thaw frozen food in the refrigerator or in cold water or the microwave. Never on the counter or in a container with water in it. Cook food to the correct temperature and use a clean meat thermometer. Insert the meat thermometer in the thickest part of the meat. The temperature listing needed for certain foods is: Roasts, meat, fish and seafood 145 degrees. Ground beef 160 degrees. Whole chicken 180 degrees. If you want more information on food safety and nutrition or if you are eligible for the WIC program, call 262-741-3146. Citizenship status is not required.

### **Iglesia Episcopal San Pablo – St. Paul’s Episcopal Church**

This article is an invitation for people to worship at a Spanish service at St. Paul’s Episcopal church in Watertown on Sundays at 6:00 pm. Rev. Oscar Rozo is the contact person at 608-347-8427.

### **Clinicas de Vacunación en las Escuelas – Vaccination Clinics at the schools**

This article lists the dates, times and locations of free vaccination clinics that will be provided by the Jefferson County Health Department for children in Jefferson County. The numbers for the health departments in the other counties are listed also.

### **Clinica de salud en Beloit & Janesville..Health Clinic in Beloit and Janesville**

The Beloit Area Community Health Center wants to be your home for all healthcare needs, including medical and dental care. They are located in Beloit, Darlington and Janesville. Some of the services offered include pediatric care, women’s health care, preventative care, diabetic care, and family dental care, among others. They accept most insurance plans and if you don’t have insurance, there is a sliding scale based on income, but no one will be denied access to any of the services. They are accepting new patients, and they have bilingual staff. To make an appointment, call Beloit 608-361-0311. Janesville 608-758-7814. Darlington 608-776-2082 (only dental services).

### **Evite la Gripe ... Avoid the Flu**

Soon flu season will be here! Influenza is an infection of the upper respiratory tract. Some people say they have the “flu” when they have stomach problems with vomiting and diarrhea, but gastritis and “flu” are two different illnesses. The best protection against the flu is to receive a flu shot. You can get one at your doctor’s office, local health department, or at most pharmacies. It is especially important for children and senior citizens to receive the flu shot. Some of the symptoms of influenza include, fever, headache, dry cough, sore throat, nasal congestion, body aches and fatigue. If you think you have the flu, stay home, rest, drink lots of fluids and avoid using alcohol or smoking. If the symptoms persist, call your doctor. Some way to keep you and your family healthy and avoid getting the flu are: Wash your hands often with soap and water or hand sanitizer. When you cough or sneeze, cover your mouth with your forearm. Use your own glass and straw to drink anything. Stay away from people who have flu symptoms. Stay at home if you are sick. Eat nutritious foods, get plenty of rest, and don’t smoke. Clean surfaces often such as doorknobs, telephones, refrigerator handles, faucet handles, etc. To get more information on the flu or the flu shot, call your public health department or your family doctor.

### **¿Qué es HEP? What is HEP?**

The HEP program (High School Equivalency Program) of Madison College is a federally funded program that provides educational services to migrant or agricultural workers and their families who wish to get their GED. The main focus of the program is to help students prepare to take the GED exam and also to establish long-term vocational goals. The article further describes the mission of the HEP program, who can qualify for it, and what a scholarship provides. The program offers GED in Spanish classes in Madison, Fort Atkinson and Portage. The class schedule for those classes is listed. If you are interested in the HEP program, call 608-259-2977 for more information.

### **¿Cómo Reaccionar Ante...How to react to bullying**

This article is the first in a two-part article about bullying. It talks about what bullying is, what motivates bullies, physical and verbal bullying and future problems that can arise for those bullied as well those that are the bullies. To read the information in English, visit [www.kidshealth.org](http://www.kidshealth.org)

### **El Derecho a un Interprete... The right to an interpreter**

For those who have a limited command of English, it is very important to have the opportunity to use an interpreter. With the help of an interpreter, people with a limited English proficiency have access to necessary services, such as those for victims of domestic violence or public benefits.

Under Title VI of the Civil Rights Act of 1964, an organization or agency that receives federal funding has the obligation to provide "meaningful access" (an interpreter) for people with limited English proficiency. Some examples of organizations/agencies that receive federal funding and should be providing interpreters includes: Courts, police, public defenders or lawyers, legal assistance offices (ie, Legal Action of WI or Judicare), the majority of hospitals, public and charter schools, all Federal agencies, State agencies, and County agencies.

If a person is denied an interpreter, there are steps they can take to try to get an interpreter, and if they are not provided with one they can file a complaint with the Civil Rights Division of the US Department of Justice at 888-848-5306.