

**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

January/February/March 2017

¿Quién Califica Para Asistencia de Energia? Who Can Qualify for Energy Assistance?

This article from the WHEAP explains about Energy Assistance programs for people struggling to pay their heating bills. The program offers a one-time payment to the utility company. A table of income guidelines is included. For more information, contact 866-432-8947 or visit www.homeenergyplus.wi.gov

GED

The Jefferson County Literacy Council is offering free GED classes in English or Spanish. The benefits of earning a GED are covered. Classes are held Tuesday and Thursday evenings from 5:00 pm to 8:00 pm at the JCLC office at 218 S. Wisconsin Dr., Jefferson. Call 920-675-0500 or stop in to the office to register.

Like our Facebook page at www.facebook.com/conexioneslat

Entrenamiento de Aplicador...Pesticide Applicator Training

Training for pesticide applicators will be held at UW Fond du Lac. The training will be done in English, with simultaneous interpretation into Spanish by a team of professional interpreters. A certification exam can be taken after the class, but the exam is only in English. To register go to <https://patstore.wisc.edu/secure/default.asp> - The cost is \$30.

HealthNet de Rock County... HealthNet in Rock County is accepting new patients

The HealthNet free clinic offers medical, dental, vision, and pharmacy services. Sign up dates are listed along with eligibility requirements. Call 608-756-4928 for more info.

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

This article is the second in a two-part article about bullying. This section covers what can be done if one is being bullied along with methods to stop bullying at schools. To read the information in English, visit www.kidshealth.org

Cambios en el Programa de WIC... Changes in the WIC program

March is National Nutrition Month, and the theme this year is "Put your best fork forward". The focus is to remind people to make healthy food choices every time they use a fork. Making small changes every day can add up to better health in the future. WIC also has some new offerings of whole grain pasta, yogurt and cheese for certain recipients. For information on these changes call WIC in your county. Walworth 262-741-3146. Dodge 920-386-3680. Jefferson 920-674-7189. Rock 608-754-3722.

Duerme seguro su bebe?...Is your baby sleeping safely?

Remember these ABCs of safe sleep. A-Alone, B – on the Back, C – in a Crib, S – Smoke-free air. Safe sleep habits include: Sleeping alone, near you. Face up. In a crib or a Pack 'n Play. The temperature of the room should be comfortable for an adult wearing light clothing. Safe sleep habits DO NOT include: Sleeping in a bed or crib with others. Sleeping on a sofa, recliner chair, or soft bedding alone or with others. Using bumper pads, blankets, pillows or toys in the crib. Smoking in the house or car. For more information contact Dodge County Health Department (920-386-3670) or Watertown Department of Public Health (920-262-8090)

La Academia Latina..Latino Academy

The Latino Academy is a non-profit organization that educates and trains students to be better candidates in both the workforce and the education system. They provide services to Latino families with the goal of creating paths to better education and better paying jobs. For more information call 608-310-4573 or send an email to general@latinoacademy.wi.org You can also visit their web-site www.latinoacademy.wi.org or like their Facebook page.

Lucha contra la Gripe...Fight the Flu

Protect yourself and protect others. Get your flu shot every year. Prevent the spread of germs by covering coughs and sneezes. Medicare Part B and Medicaid cover flu shots at 100%. Call your local health department to schedule a shot. Walworth 262-741-3140. Dodge 920-386-3670. Jefferson 920-674-7275. Rock 608-757-5540

Preguntas frecuentes sobre Neumonía...Frequently asked questions about Pneumococcal Pneumonia and the Prevnar 13 and Pneumovax 23 vaccines

This article answer questions about this type of pneumonia (caused by a type of strep bacteria that is carried in the nose and throat of a healthy person). If you are over 65 the pneumonia shot is a way to protect yourself from this type of pneumonia. Info about the vaccine is then shared. Call your local health department to see if you should get the shot.

Certificados de Entrenamiento...OSHA Training

The Latino Worker Safety Center offers OSHA trainings in the listed areas. Call 888-595-5972 for the listing in English, or visit www.LatinoWorker.org

Iglesia San Marco – St. Mark's Lutheran Church

This article is an invitation for people to worship at a Spanish service at St. Mark's Lutheran church in Watertown on Sundays at 6:30 pm. Pastor Karl Walther is the contact person at 920-262-8504.