

**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

April/May/June 2017

Community Partners of Jefferson County...CPJC is an organization in Jefferson county that is working on training for Hispanic families. The organization has been working to help families in 2016 and plans to continue with activities this year. CPJC was established in 2015 with a mission of helping strengthen Hispanic families in Jefferson county and providing education, resources and creating opportunities for collaboration between families and organizations. There were two fairs held in 2016 in Jefferson and Fort Atkinson with more than 20 organizations participating and interpreters provided at each table. CPJC will be working on initiatives and goals for this year. In future editions of *Conexiones Latinas* there will be articles about their activities, events or information about collaboration between families and organizations.

Fiesta 5k...

A great way to get moving as part of a healthy life is to walk or run on Saturday, May 20th at the 6th annual Fiesta 5k, the 5k with Latino flavor. While supporting your active lifestyle, you can also support your community. Fiesta 5k will donate proceeds to Schurz Elementary School where this year's route is located at 1508 Neenah St. in Watertown. Stick around the school after the 5k to enjoy a celebration of cultural diversity that will include live mariachi music and performance of the regional dances of Mexico by The Schurz Dance Club. Authentic Mexican food will also be for sale.

The 5k starts at 9am and is preceded by a 1k for 12 and under that starts at 8:45. This year's route will start and end at the school, a mostly flat course. Participants will be professionally timed, and the top male and female in each age category will be awarded a medal. All participants, running or walking, will receive a t-shirt (cannot be guaranteed for those registering on event day). Registration for the race can be completed online at www.fiestacultural.org.

Información Para Pacientes...Information for Adults regarding vaccinations

The following are recommendations from the Department of Health and Human Services and the CDC:

Influenza: You should receive a flu shot every year.

TD/Tdap (Tetanus, Diphtheria, and Pertusis): You should receive a Tetanus booster shot every 10 years. You should also have one dose of Tdap. Women should receive a Tdap vaccine during each pregnancy to protect the baby.

Pneumococcal Pneumonia: After 65 years of age you should receive one dose of PCV13 and at least one dose of PPSV23 depending on your age and any health conditions.

There are other vaccines that are necessary depending on your type of work, health conditions and what shots you got as an adolescent. For more information call you local health department. Number listed for the different counties.

Familias Saludables: Health Families: A New Program in Walworth County

Take steps to improve your health and that of your family. The WIC program in Walworth County is enrolling families in a fun new program for children 2 to 4 years old. Health Families wants to help families have healthy bodies whether old or young. The dietitian will help with health food and ideas of physical activities. She will also be in contact with families for help with useful tools and how to make healthy choices. Call the numbers listed to sign up.

¿Tiene un Plan de Emergencia?...Do you have an emergency plan?

In case of an emergency, every family should have a plan. This article lists steps to take to create a plan.

Instrucciones Anticipadas: Advance Directives

This article explains the importance of having an Advance Directive. Changes can happen very fast in our lives and when we least expect them. When faced with a serious illness or injury, many of us are not prepared to make health decisions. Having a care plan is a way of making sure that our wishes will be followed if we cannot make decisions for ourselves. It is important to talk to your loved ones about your wishes and to speak with a person trained in filling out Advance Directive forms. Professionals are available at Fort HealthCare, Watertown Regional Medical Center and Rainbow Hospice Care that can help with this process at no cost. Contact numbers are listed.

Sus Derechos y Responsabilidades Legales..Your rights and legal responsibilities

This article from the ACLU answers questions about your rights and legal responsibilities if the police or immigration officials stop you in the street, in your car, at your home, or at a workplace.

Un Mundo, Muchas Historias...One World, Many Stories

The theme of the summer reading programs at the public libraries is "One World, Many Stories". Visit your local library to sign up.

El Abogado Mateo...MMG Law in the community

MMG Law offers services specializing in immigration law. Once a month there are free clinics with immigration help at the Women's Center in Waukesha for victims and survivors of domestic violence, and at St. Joseph's Parish in Beloit. The staff at MMG offers free presentations in English and Spanish for those who want to learn more about what the actual immigration laws are and the challenges of immigrants in our country. Contact them for more information.