

**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

July/August/September 2017

Scam Alert ...The U.S. Department of Homeland Security (DHS) Office of Inspector General (OIG) issued a fraud alert on April 19, 2017, to warn the public about a scam using the DHS OIG hotline telephone number. Scammers have identified themselves as "U.S. Immigration" employees and have altered their caller ID to seem like the call is coming from the DHS OIG hotline (1-800-323-8603). They then demand that the individual provide or verify personally identifiable information, often by telling individuals that they are victims of identity theft. Read the [DHS OIG fraud alert](#) for more details.

If a Scammer Calls You

If you receive a call demanding personal information or payment, **hang up immediately**. If you want to verify whether a call is from USCIS, you may:

- * Call our National Customer Service Center at 800-375-5283 to ask if you need to do anything about your case or immigration status,
- * Make an InfoPass appointment at <http://infopass.uscis.gov>, or
- * Use [myUSCIS](#) to find up-to-date information about your application.

Remember, USCIS officials **will never threaten you or ask for payment over the phone or in an email**. If we need payment, we will mail a letter on official stationery requesting payment. Do not give payment over the phone to anyone who claims to be a USCIS official. In general, we encourage you to protect your personal information and not to provide details about your immigration application in any public area.

How to Report a Call from a Scammer

If you receive a scam email or phone call, report it to the Federal Trade Commission at <http://1.usa.gov/1suOHSS>. If you are not sure if it is a scam, forward the suspicious email to the USCIS webmaster at uscis.webmaster@uscis.dhs.gov. USCIS will review the emails received and share with law enforcement agencies as appropriate. Visit the Avoid Scams Initiative at www.uscis.gov/avoid-scams for more information on common scams and other important tips.

Fiesta Mexicana – St. Patrick's Church in Elkhorn will be holding a Mexican Fiesta in September. Call the church for more information. 262-723-5565 – 107 W Walworth, Elkhorn

What You Need to Know About OSHA's New Silica Rule

The Occupational Safety and Health Administration recently announced a new rule that will better protect workers from the harmful effects of breathing respirable crystalline silica dust.

Approximately 2.3 million people in the U.S. are exposed to silica dust at work, including 2 million in the construction industry. Breathing the dust can cause silicosis, an incurable and sometimes fatal lung disease, as well as lung cancer, chronic obstructive pulmonary disease and kidney disease. The new provisions begin to take effect in June 2017 for the construction industry and June 2018 for general industry and maritime. Here's what you need to know:

The rule significantly reduces the amount of silica dust that workers can be exposed to on the job. The permissible exposure limit (PEL) for respirable crystalline silica is now 50 micrograms per cubic meter of air, averaged over an 8-hour shift.

Employers will have to implement dust controls and work practices to limit workers' exposure to the new PEL. This usually means using water to keep dust from getting into the air or a ventilation system to capture dust where it is created.

Employers will also be required to limit access to high exposure areas, provide training, provide respiratory protection when dust controls are not enough to limit exposure, develop written exposure control plans, and measure exposures in some cases.

The rule also requires employers to offer medical examinations to highly exposed workers. Workers who find out they have a related illness can use that information to make employment or lifestyle decisions to protect their health.

Farmers' Market

Farmers' Markets across Rock County began the first Saturday in May and will be running until the end of October. The Farmers' Market is a family-friendly event that allows attendees to get to know and support their local farmers. Qualifying families that use the Rock County WIC Program will receive vouchers to use at the Farmers' Market as a part of their WIC benefits. To qualify for the Farmers' Market vouchers, a family must have a participant that is pregnant, breastfeeding, postpartum, a child over 1 year of age, or an infant that is older than 9 months of age. This year families will receive \$24 dollars in increments of 4 checks worth \$6 each. One set of checks will be issued per household. The checks may be used to purchase fresh fruits, vegetables, and herbs. Checks will be available for pickup at WIC offices in Janesville and Beloit. The checks may be used from June through October to allow families to shop when their favorite produce is in season. Vouchers may be used at approved stands at authorized markets only. Participants will be given a list of authorized markets by their local WIC office, and approved stands at the markets will have a yellow sign that says "Vendor." Farmers can only accept cash or the WIC vouchers. Farmers will not be accepting the fruit and vegetable dollars that are loaded onto the eWIC card. This means that families will be able to purchase more produce from more places, as they can use the fruit and vegetable dollars on the eWIC card at the grocery store, and the vouchers at local Farmers' Market! To pick up checks for the Farmers' Market or sign up for the WIC Program, contact your local offices in Janesville (608)-754-3722 or Beloit (608)362-1566 today! In Jefferson County 920-674-7189, Dodge County 920-386-3680, Walworth County 262-741-3146.

Senior Farmers' Market Nutrition Program

The Senior FMNP offers eligible low-income seniors the opportunity to purchase fresh, locally grown fruits, vegetables and herbs from certified farmers. Senior Farmers' market checks can be used from June 1 through October 31 at any participating Farmer's Market or roadside stand. Almost all counties have a participating market. Benefits of buying local, fresh produce are numerous. Call for more information: Jefferson County 920-674-8734, Dodge County 920-386-3583, Walworth County 262-741-3309, Rock County (608) 757-5474

Medicare: A Family Affair

This flier answers questions about what is Medicare, who is eligible, what are the different parts of Medicare and what to do before selecting a plan.

Comer Juntos

Did you know that there are benefits to having meals together as a family? Children who eat at the table with their parents have a lower risk of developing obesity, eating disorders, and depression and a higher likelihood of having better grades once they start school. Eating together as a family also helps shorten the length of the picky eating stage that many parents find difficult. Parents and siblings can model healthy eating habits to young children, which increases the chance that they will be open to trying new foods. In order to get the full benefits of a family meal, try to avoid distractions such as having the TV on in the background or allowing a child to bring toys or a cell phone to the table. When distractions are limited, families have an opportunity to focus on each other and the food. Families should eat meals together at a table at around the same time every day to establish a routine their children. If your family does not have a dining room or a table, you can eat together on a couch in another room, as long as distractions are limited. Some families also struggle with eating together due to conflicting work or school schedules, so some family members may be absent during meal times. It is better to have all of the family members who are home at mealtime eat together than to have no family meal at all. If your family already eats meals together, you can take it a step further by allowing your children to help with cooking, setting the table, and cleaning up after the meal. Allowing your children to take an active role in mealtime teaches them responsibilities and gives them a chance to learn about making food. For more information on the benefits of eating as a family and ideas for family meal time, talk to your WIC nutritionist!

Fun under the Sun

Information in this article covers how to prevent sunburn and protect babies and children when in the sun. Suggestions include staying in the shade; wearing clothing that covers as much skin as possible, avoiding sun exposure during the hours of 10:00 am and 4:00 pm, using sun screen with at least an SPF 15, and wearing sunglasses that block UVA and UVB rays. Take similar precautions on cloudy days.

Free English Classes

Jefferson County Literacy Council is offering English classes from June 19 through July 27 at Jefferson Middle School. Call 920-675-0500 to register. Subjects include: reading and writing, computers, and citizenship.

World Breastfeeding Week: August 1st through 7th

How are you helping to support breastfeeding in our community? Are you standing up for your breastfeeding rights? Are you supporting the breastfeeding rights of others? Are you encouraging breastfeeding moms? You may not have chosen to breastfeed, but supporting moms who do breastfeed affects more than just mom and baby. You may be thinking, "Why does it matter to me if a mom chooses to breastfeed?" Breastfeeding has an impact on our communities. We know that it can help prevent poor nutrition and obesity, and decrease the risks of illnesses and diseases. It is a natural food that does not require packaging, storage or transportation, which makes it eco-friendly. The WIC (The Special Supplemental Nutrition Program for Women, Infants and Children) team is always working to support our breastfeeding community through education, peer counseling and, recently, with the start of the Walworth County Breastfeeding Coalition. The coalition is a partnership between Public Health, hospitals, doctors, and community members who work together to increase awareness and normalize breastfeeding. This year's World Breastfeeding Week theme is "Sustaining Breastfeeding Together." How can we all work together for the common good of breastfeeding? One way is simply supporting moms; all moms need support and encouragement regardless of how they are feeding their baby. Some ways to support breastfeeding moms are encouraging a friend, providing education, standing up for co-workers, or joining a breastfeeding group, like the Walworth County Breastfeeding Coalition. If you would like to join the coalition and/or see if you qualify for WIC, call our office at 262-741-3146. "Alone we can do so little. Together we can do so much."-Helen Keller