

**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 2017

Octubre es el Mes..October is Breast Cancer Awareness Month

Did you know that breast cancer is the second leading cause of cancer death among women? Or that, while rare, breast cancer can occur in men? In honor of Breast Cancer Awareness Month in October, we're going to share some simple habits that lower your risk of having breast cancer.

- Get active, stay active – Being active (along with a healthy diet) can help you reach and stay at a healthy weight, which lowers your risk of breast cancer. It is best for most adults to get about 30 minutes of activity 5 days per week.
- Eat well, be well – A diet that includes a variety of fruits and vegetables, lean meats, and whole grains can help to lower the risk of getting breast cancer. Choose healthy fats, like olive oil in place of butter, and watch your total fat intake to get the most benefits.
- Cut back, or quit smoking – Smoking is a risk factor for many types of cancer and you can help protect yourself by stopping or cutting back on smoking. You can call 1-877-2NO-FUME (1-877-266-3863) for help with quitting.
- Breastfeed – Mothers can lower their risk of breast cancer by breastfeeding their children. The hormonal changes that take place when a mom breastfeeds helps to protect her from developing breast cancer.

If you would like more information on eating healthy and being active, or would like to see if you qualify for WIC (The Special Supplemental Nutrition Program for Women, Infants and Children), call our office at

262-741-3146. Our policies have not changed, and immigration status is not considered when determining WIC eligibility. Your information is kept private.

Plan Familiar en Caso de Emergencia ...Family Emergency Plan

Free services for creating a Family Emergency Plan. Every family should have a plan in case of emergency; even though our wish is that you never have to use this plan. It is a good practice to have a plan handy to reduce stress about the unexpected. For more information call:

YWCA Rock County 608-752-5445 extension 215, Monday – Friday 8:00 am – 4:30 pm, ask for Crusita. Please call for an appointment. This service is free.

Latino Service Providers Coalition 608-361-1928, Monday – Thursday 8:00 am – 1:00 pm, ask for Cecilia. Please call for an appointment.

Cambios en la Reclamacion..Changes in Unemployment Claim Filing

Beginning in August of 2017, certification of weekly claims online will be available in Spanish using the link www.my.unemployment.wisconsin.gov This is good news for the Hispanic community because there are several benefits in certifying weekly claims online, including: Simple screens for job search add wage reporting; The ability to save entries on your claim and return later in the same day to complete the claim; Adapted for mobile devices with a design for use on a tablet or smart phone; Clarifying text and answers to support greater precision and self-management. Beginning August 30, 2017, it will be required that weekly claims for unemployment benefits be certified on line, even for those that speak Spanish. Actually, 92% of weekly claims are now certified on line. For those that need help or who can't actually certify claims weekly on line, help center staff are available by calling 414-438-5395 during normal business hours (7:45 am – 4:30 pm).

Since May of 2017, the application for unemployment benefits, which is the first step in the process of filing an unemployment claim, is required to be done online with few exceptions. Currently this application is not available online in Spanish. Those who speak Spanish can still apply for benefits by telephone, if they can't use the online services by calling the Help Center at 414-438-7713.

When calling the Unemployment Insurance agency, an interpreter will be provided at no additional cost.

Two videos are available to help Spanish speakers feel more comfortable with doing the application on line and the process of weekly filing online. For more info, visit the web sites listed in the newsletter.

El Dia de los...Day of the Dead

Every culture has its own way of honoring the dead. In Mexico there are two specific days of the year set aside to visit them and pray for them. November 1 is for innocent children who died early, while November 2 is for adults who have also passed away. During these days, family and friends of the deceased go to the cemetery to leave flowers and different gifts, remembering the foods and objects that were their favorites while they were alive and are placed on altars as part of the ceremonies.

Que Encontrara...What will you find during Medicare Open Enrollment?

Your health needs change every year. Your health plan can change benefits and costs every year too. That's why it's important to review your Medicare options annually. Compare your current plan to new options and see if you can reduce costs or find a plan that better fits your needs. Open Enrollment is the only time of the year that people with Medicare can check out what new benefits Medicare is offering and make changes to their coverage. New Plans can be found using the website www.medicare.gov/find-a-plan or by calling 1-800-633-4227. Next to the article is an insert, which shows what each Medicare plan covers. Such as Part A is for hospitalizations and skilled nursing centers, Part B helps to pay outpatient charges, Part C which are medical plans that offer hospitalization, medical insurance, and some medications, Part D covers prescribed medicines.

HealthNet de Rock County... Is looking for interpreters

The only free clinic in Rock County is looking for volunteers due to the large number of Spanish-speaking patients they see. With new patients signing up, HealthNet of Rock County says that the help of bilingual volunteers is their main need. Besides operating the medical clinic, HealthNet expanded their dental clinic last year in order to be open five days a week. This change increased its patient load to 1,600 individual patients and helped them to service more than 4,500 medical and dental appointments. Ian Hedges, CEO of HealthNet estimates that half of these patients require interpreter services to receive quality medical care.

Potential volunteers should contact Alicia Merino at 608-314-1929 or casemgr@healthnet-rock.org. They ask that volunteers provide at least four hours per week of interpretation per month. Volunteers who wish to interpret should have knowledge of medical terminology both in English and in Spanish.

Esquina de Recursos – Resource Corner – Important Numbers

In English and Spanish.

Octubre es el mes de...October is Domestic Abuse Awareness and Prevention Month

Domestic abuse is not only physical. These are other types of abuse that exist. The Power Wheel is presented in Spanish. Some of the tactics use for Power and Control are: Using coercion and threats, using intimidation, using emotional abuse, using isolation, minimizing, denying and blaming, using children, using male privilege, using economic abuse, using coercion and threats. The numbers for the domestic violence groups in the counties of Dodge, Jefferson, Rock, Walworth and Dane are listed.

Vitamin D

Did you know that new research has changed the recommendations for Vitamin D? Research shows that it is very difficult for everyone to get the recommended levels of Vitamin D. Many foods are good sources of Vitamin D including salmon, tuna, eggs, milk, and fortified orange, but even a diet rich in these foods is not providing enough Vitamin D. You may have heard that we get Vitamin D from the sun. This is true, but we do not get enough sunlight during the fall, winter, and spring months to meet our Vitamin D needs.

Pregnant women and women of childbearing age should be taking a prenatal or multivitamin with Vitamin D daily. Children drinking less than 4 cups of milk per day should be taking a Vitamin D supplement. It is recommended that children drink no more than 2 cups of milk per day to avoid problems such as low iron and constipation; therefore children will not be meeting their Vitamin D needs from diet alone. Breastfed babies should be receiving a daily Vitamin D supplement in liquid drops, unless the breastfeeding mom is taking a supplement of 6,400 IU of Vitamin D daily. The amount of Vitamin D in a multivitamin or prenatal vitamin is not enough to create the necessary levels of Vitamin D for baby in mom's breast milk. The American Academy of Pediatrics recommends that all babies, whether breastfed or formula fed, start a Vitamin D supplement soon after birth. For more information about Vitamin D, or to receive a food package with many Vitamin D rich foods, talk to your WIC nutritionist today!