

**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 2018

Pequeñas Metas...Small Goals, Great Achievements

The beginning of a new year always brings wishes and plans to make changes. A new beginning and maybe the idea of a "new you". While the New Year creates the opportunity for improvement plans, these plans often fall a little short before reaching their goal, leaving a feeling of defeat and disappointment. This does not have to be so because you can always change it. If you decide to start over again, here are some tips that will help you succeed: First step. Short and achievable goals can help you to be motivated and move towards a bigger goal. If your goal is to run 5 miles in March, it is obvious that you will not achieve it the first day but you have to prepare. Make a plan to achieve small goals that take you to that achievement. Make adjustments. If your progress is not as fast as you would like, it is fine to stop, reflect and make changes to continue with the goal. Do not be so hard on yourself. If after not drinking soda for a week you have a soda, do not be hard on yourself. Reflect, make better decisions and move on. Find support. If you are starting to be physically active, or trying to increase your intake of fruits and vegetables, surround yourself with people who encourage you, through groups, relatives, friends or dietitians at WIC. An investigation showed that having a support system increases success. To start a healthy lifestyle, it is not necessary to start on January 1st. If you decide to improve, these tips are just some ways to get a good start. Remember that January 1st is just a date on the calendar; Every time you're ready to make a change, it's a good time to start. If you would like more information on how to eat healthy and be active, or want to see if you qualify for WIC (Special Supplemental Nutrition Program for Women, Infants and Children), call our office at 262-741-3146. We will not ask for information about your legal status. All your information is confidential.

Asegurese de que – Make sure your little ones ride safely

Free infant car seat checks. Jefferson County Health Department, 1541 Annex Road, Jefferson, WI
Call to make an appointment. Interpreter line 920-674-7213. Your child will be fastened into their safety seat. Get free bilingual information.

Estimadas Familias...Dear Families

In April of 2017, Community Partners of Jefferson County had the opportunity to speak with Chief of Police of Jefferson, Kenneth Pileggi and Captain Dale Lutz, as well as the Chief of Police of Fort Atkinson, Adrian Bump.

The conversation revolved around recent changes in the laws regarding immigration. The officers confirmed that at no time do they act or will they act as officials of ICE. "We do not want to separate families, nor do we want the Hispanic community to lose faith in us" commented Chief Pileggi.

If there is distrust between the community and the police and we do not report a crime, our community will not be safe. Giving information for a case or being a witness does not mean that we are going to be investigated if we are in this country legally or illegally. The job of an officer is to protect the community and if somebody has committed a serious crime whether it be drugs, violence, robbery or murder, regardless of your immigration or ethnic status, you will be detained. In conclusion, we should continue our routines and attend social events in our communities WITHOUT FEAR because everyone who lives in the United States has rights. If you would like more information, call 920-674-5442 and ask for Vianey.

Como Usar las Sobras... How to use leftovers

With the holidays approaching, many people have parties with friends and family that include having a large meal. This can lead to a lot of leftovers, and many families will forget about or feel that they do not need their WIC benefits because there is an abundance of food. WIC foods can actually be used with leftovers to make them more exciting. One popular way to use leftovers is to make soup. Leftover meat and vegetables work especially well in soups. Milk, beans, and rice provided to WIC participants can be used with the leftovers to make various kinds of soup. Another way to use leftovers is to use the foods as ingredients in a recipe for a new meal. For example, leftover ham and broccoli from dinner can be combined with eggs and cheese from a WIC food package to make a breakfast quiche. Cooked meat can be used with whole wheat bread from WIC to make sandwiches. Leftover fruit can be combined with milk, yogurt, and frozen spinach purchased with WIC fruit and vegetable dollars to make smoothies. It can also be used as a topping to give flavor to oatmeal from WIC benefits. Leftover foods can also be used to provide meals, while WIC foods can be used for snacks. WIC food packages provide fresh fruit, low fat dairy products, and whole grains that can all be used as snacks. WIC foods can also be combined in a snack recipe, for example WIC cereal and peanut butter can be used in a recipe to make cereal bars. Overall, there are a lot of ways that WIC foods can be used to feed a family, even if it seems like there is too much food already. For more ideas on how to use WIC foods or leftovers from the holidays, talk to your WIC nutritionist today!

WIC Ofrece Conveniencia...WIC Offers Convenience

The Rock County WIC Program has made many changes to make participation in the WIC program more convenient. Participants can now use the new self-check-in system when they first arrive to their appointments. This system reduces wait time for participants as it allows receptionists to assist clients immediately instead of having people wait to check in for their appointment. Participants will go to the iPad, enter the first and last name of the person or persons in their family that have an appointment, press the "I have an appointment" button, and then wait for the nurse or dietitian to call them. Clients who are coming in for other services, but do not have a scheduled appointment, can enter their names and choose the "Other" button. Many participants have already used the iPad check-in system, and state it is easy to use and saves time by eliminating an unnecessary step to their appointments.

The Rock County WIC Program is also making secondary education more convenient for WIC families. Every 3 months, WIC participants are required to receive nutrition education to stay enrolled in the program. Families can now choose from four different options for appointments: A nutrition activity, a nutrition display, an appointment with one of the WIC nutritionists, or an online topic. Every month, a nutrition educator from UW Extension comes to the WIC clinic to do a fun nutrition related activity to help WIC families make healthy choices. The WIC clinic also offers a display with information about different feeding topics that clients can read and answer follow up questions. If a family would prefer to talk to someone about individual concerns, they can schedule an appointment with a nutritionist for their secondary education. Finally, the WIC clinic is

now offering online education. Wichealth.org is a website with many nutrition topics related to various life stages. Families can complete any topic that they find interesting, and the program will send an email to the WIC clinic to notify staff that the activity is complete. WIC staff will call the participant to load the benefits over the phone. Participants will also receive a reminder text two weeks before the activity is due.

The Rock County WIC Program has made many exciting changes to make participation in the program more convenient, so if you think you qualify for the WIC program, call today! This institution is an equal opportunity provider

Programa de Despensa Movil...Mobile Food Pantry Program

Visit www.secondharvestmadison.org or call 608-223-9121 for more information.

What is a mobile food pantry? Second Harvest teams up with local volunteers each month to distribute fresh and non-perishable foods to people who have problems with bills, and so on. The days, times, and locations are below. We distribute approximately 60 pounds of food per family. If possible, bring bags or boxes please. It is not necessary to have proof of residence or identification. Locations and times of distribution are listed.

El Departamento de Salud...Jefferson County Health Department Offers Vaccines for Adults without insurance

Adults over 19 years old that do not have enough insurance or do not have any insurance can get the following vaccinations. (types of vaccines and their costs are listed)

The Health Department continues offering TB tests to anyone at a cost of \$15. These are only given on Tuesday and Friday. There is a mandatory fee for these vaccines and TB tests, without exception. The fee must be paid in full before receiving the vaccination.

The Health Department will also continue offering vaccines for children (0 – 18 years) who do not have insurance or who have an active Medical Assistance card. If you do not have insurance, the administration of the vaccines costs \$10 per child.

Los altos precios de energia...Are high energy costs worrying you?

The Home Energy Plus program can help. Energy Services helps thousands of low-income households every year who are struggling to pay their energy bills and maintain their heat and electricity services. For more information call 800-506-596 or visit www.esiwi.org

New Process for Applying for Unemployment

Wisconsin Unemployment Insurance now requires that claimants use online services to apply for benefits, to file weekly claims, and to seek answers to individual claims questions, with few exceptions. Claimants must logon to <https://my.unemployment.wisconsin.gov>. Online weekly claim filing is now available in Spanish.

There are several benefits to using online services including:

- Ability to save work and conveniently finish a claim at a later time;
- Easy to use work search and wage entry screens;
- Mobile-friendly design for smartphone or tablet users, and;
- Clarifying text and answers to support greater accuracy and self-service.

Additionally, you can quickly and easily retrieve account information such as:

- Individual claim information, payment status and remaining benefit balance;
- Printer-friendly documentation of payments received for housing or energy assistance;
- 1099-G tax forms to view or print and;
- Personal information including the ability to update an address, tax withholding, payment method, and bank information.

For those who need help using online services or are truly unable go online, help center staff are available by calling our new **Claimant Assistance Line at 414-435-7069** during business hours (Monday-Friday, 7:45AM-4:30PM).

When calling Unemployment Insurance for services, an interpreter will be provided at no extra cost. Two videos are available online at <http://dwd.wisconsin.gov/uiiben/videos> that may help Spanish speakers feel more comfortable with the online login and weekly claim filing process:

- "How to Create a Username and Password for Wisconsin Unemployment Benefits" -- in Spanish
 - "How to File a Weekly Claim Online for Wisconsin Unemployment Benefits" -- in Spanish
- For more information about unemployment benefit online services go to <http://dwd.wisconsin.gov/ClaimsOnline>.

Duerme seguro su bebe? Is your baby sleeping safely?

Remember the ABCs of sleep. A – Alone, B – on their Back, C – in a Crib

Safe sleep includes: Sleeping alone, with you nearby. Face up. In a crib or a Pack 'n Play. The temperature in the room should be comfortable for an adult with light clothing.

Unsafe sleep includes: Sleeping in a bed or crib with another person. Sleeping alone or with another person on a sofa, recliner or padded furniture. Using comforters or cushions around the crib, blankets, pillows or toys in the crib. Smoking in the house or in the car. For more information call 920-386-3670 or 920-262-8090.