

**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 2018

Conexiones Latinas Celebra... Conexiones Latinas is celebrating its 20th Anniversary

Conexiones Latinas is an organization whose primary mission is to inform and educate the Hispanic community regarding services and resources in Jefferson, Walworth, Rock and Dodge counties. Originally formed in 1997 to enhance health delivery systems in Jefferson County, our group soon branched out by recruiting representatives from its current four-county area and formalizing its structure with the establishment of a board of directors and elected officers.

We have since achieved non-profit status under the sponsorship of Fort HealthCare which has allowed us to secure funding through the generosity of the United Way of Dodge County, United Way of Jefferson and North Walworth Counties, and Watertown Area United Way. We also receive funds from the businesses, organizations and people who place ads in the newsletter. This financial support allows us to provide the newsletters to the public free of charge.

These resources enable us to publish a quarterly newsletter (circ. 2400) that contains articles, which deal with a wide variety of subjects ranging from serious health, legal and social issues to light holiday topics. The first edition of *Conexiones Latinas* was printed and distributed in 1998. Over the years we have created a web-site and a Facebook page to share the information with more people.

We would like to thank the organizations that have supported *Conexiones Latinas* by allowing their employees to be part of the board of directors or to attend our meetings.

We're looking for people that believe in the power of diversity; people who want to make a difference in their community; people who believe that a few committed persons can make a difference. It is possible. We're living proof. If you're that kind of person, please join us. We need your help, and we welcome your participation.

info@conexioneslatinas.org.

Socios Comunitarios ... Community Partners of Jefferson County

Community Partners had the honor of meeting with Sheriff Paul Milbrath of Jefferson County. This meeting was organized with the purpose of informing the Hispanic Community of the work the

Sheriff's office does and clarifying the myths that circulate about possible collaboration with ICE. A number of topics were discussed, and Sheriff Milbrath would like to have more information in Spanish to share with everyone and to have bilingual officers. Community Partners offered to work with the Sheriff's department to improve relations with the Hispanic community. For information about the meeting, contact Vianey Haas at 920-74-5542 Monday thru Friday

No solo Corras...Don't just run, run United

Save the date... Saturday, June 16, 2018. Run starts at 8:15 am. On-line registration opens April 15. Babe Mann Park, Elkhorn. For more info and to register visit www.UW-WC.org

No le Alcanza el dinero...Do you need money to buy food?

FoodShare helps to stretch your budget by receiving a deposit of money once a month on a debit card that can be used to buy food. FoodShare funds can help free up money for other bills, medications and other necessities. You may qualify if your gross income is below the eligibility requirements. Applying is easier than ever and you can get free and confidential help with the application. Did you know.. that many people who work, don't have children, receive Social Security or SSI or unemployment benefits can be eligible? ...2/3 of the elderly who are eligible are not signed up?...children of undocumented immigrants can get benefits if they are citizens or residents for more than 5 year. For more information, call 877-366-3635.

Programa de Nutricion...Wisconsin Farmers' Market Program

The Wisconsin Farmer's Market Program offers the opportunity to buy fruits, vegetables and fresh herbs produced locally by certified farmers. The Farmers' Market checks can be used from June 1 through October 31. You can ask for the checks at your local WIC or ADRC office beginning June 1. You can use the checks in any participating Farmers' Market or Roadside stand. Almost every county has at least one participating market. You can even take the checks with you and use them in other areas of the state. Look for the yellow sign that indicates the vendor is approved to accept the Farmer's Market Program checks.

Nevas Tarjetas...New Medicare Cards

Medicare will send new cards by mail between April 2018 and April 2019. To protect your identity, your new Medicare card will have an exclusive number in place of your Social Security number. The new card will not change your coverage or benefits. This is what you should know: You do not need to do anything to get your new card, but just make sure your mailing address is correct. If your address needs to be changed, contact Social Security at ssa.gov/myaccount or call 800-772-1213. Medicare never will call you without your invitation nor will they ask for your personal information. Be careful with any person that contacts you about your new Medicare card. You will receive more information from Medicare when you receive your new card.

Ensenar a los niños...Teach your children how to cook

Teaching your children how to cook is a life skill that will help them in many ways as they grow. Measuring can teach counting and math, baking and cooking teach some science and reading recipes and naming ingredients helps with language and following instructions. It can also help with pick eaters – children who are able to help choose and prepare food are more likely to eat those foods. There are different tasks children can do at each age. Visit or call your local WIC office for more information.

Cuida los Dientes... Take care of your teeth

The Rock County WIC Program is excited to announce that we have partnered with BACHC dentists and will be having a monthly dental clinic in our Beloit office one Friday per month! At the dental clinic, hygienists will do a quick exam of the child's teeth and apply a fluoride treatment. If any dental problems are found, the hygienists can provide a referral for the child to one of the BACHC dentists. Anyone who is referred to the dentist from the dental clinic at the WIC office will have priority scheduling with a dentist. With this exciting new partnership, it is good to review the recommendations for good oral health for infants and children. Parents can begin brushing their babies teeth as soon as the first tooth erupts. Dentists recommend using a smear of fluoride toothpaste the size of a grain of rice during tooth brushing twice daily from the time the first tooth erupts to 3 years of age. After age 3, it is recommended to use a pea

sized smear of fluoride toothpaste twice daily. It is also recommended that an infant have his first dental checkup after the first tooth erupts, and no later than his first birthday. General dentists do not usually see children before the age of 3, but pediatric dentists will see an infant or child as soon as they have a tooth.

There are also many ways that diet can help promote good oral health. Limiting sugar sweetened beverages such as Gatorade, juice, and soda as well as sweets will help prevent cavities. It is also important to offer all fluids but infant formula to the infant in a Sippy cup. At bedtime, a child from the age of one year on should only have water in a cup, not a bottle, to go to bed. Finally, families using bottled or well water should talk to their child's doctor or dentist about a fluoride supplement, because bottled and well water sources do not contain fluoride.

For questions related to diet and oral health, or to schedule an appointment at the dental clinic, please call your WIC office today!

Fiesta Cultural in Watertown June 2, 2018

This festival celebrates the Latino culture, which is known for its vibrant colors, live music, popular food and the warmth of its people. Everyone is invited to enjoy the festivities, experience the culture and spend a day with your neighbors whether they are old or young. What a great way to start the summer season with a cultural fiesta in our beautiful Riverside Park. Various events are planned for the day including folk dancing, a mariachi band, contests, games for kids, a sack race, soccer and a dance. Authentic Mexican food and American food will be available. Food and drink sales start at 10:00 am and end at 7:00 pm. The dance begins at 5:00 pm and ends at 7:00 pm. Visit the web-site www.fiestacultural.org for more information.

Promotores de Salud...Center for Patient Partnership

The Center for Patient Partnership trains graduate students and professionals in the support of patients. Under the supervision of our faculty and staff, these students work with clients who have serious illnesses and with their families, without taking into account their income or residency. Our patient support services are free and confidential.

What we do: We are promoters of patients. We work with clients to help them make more informed medical decisions, get medical attention, analyze issues related to work, and find support. The client and his promoter decide together what kind of help is needed and what steps to take. Support services can include:

- Diagnosis and treatment: Help you understand your diagnosis and treatment options.
- Care and support coordination: Help you create and maintain a medical team.
- Family topics: Emotional support and suggestions on sources of help for spouses and children.
- Employment: Strategies to preserve your job during the illness and help to re-evaluate your work options.
- Medical bills / Insurance: If you do not have health insurance, we help you look for it, we help you to establish a payment plan, we explain your medical coverage and your options.
- Public benefits or public / private disability: Evaluate if you have the right to receive benefits and give you the contacts necessary.

What we do not do: • Provide legal advice • Provide medical advice

* We will put you in touch with community help services whenever possible. Telephone interpreters are available. To request our services: Call our helpline at 608-890-0321 or send us an email aladvocacy@patientpartnerships.org

Servicios de la Clinica.... Clinic Services at Jefferson County Health Dept.

Jefferson County Health Department Clinic Services

1541 Annex Road • Jefferson, WI 53549 • (920) 674-7455 • (920) 674-7213 español

Clinic Hours: Mondays, Tuesdays & Fridays 8am-4pm

<p>Vaccines for children (ages 0-18) with no insurance <u>OR</u> with active Forward Health/BadgerCare/MA <i>Any child with private insurance should visit their pediatrician or local pharmacy for vaccines.</i></p>
<ul style="list-style-type: none">•All childhood vaccines available.•\$15 administration fee per child <u>OR</u> present active Forward Health, BadgerCare or MA card at check-in.•No child will be turned away for inability to pay.
<p>Vaccines for adults (ages 19+) with no insurance <u>OR</u> are underinsured * (includes Immigrants, Refugees, Evacuees)</p>
<ul style="list-style-type: none">•\$10 fee <u>per vaccine</u> for Hepatitis A & B combined, Hepatitis A, Hepatitis B, MMR, Polio, Tdap, Varicella, Meningococcal, and HPV•\$35 Seasonal Flu
<p>Vaccines for adults with insurance <i>The Health Department cannot bill Medical Assistance for adults. Any adult with Medical Assistance should visit their primary physician or local pharmacy for vaccines.</i></p>
<ul style="list-style-type: none">•Td/Tdap vaccine - Please call Health Department for eligibility.
<p>TB Skin Tests for any child or adult *</p>
<ul style="list-style-type: none">•\$15, given only on Tuesdays and Fridays. Holidays may affect availability.
<p>Pregnancy Tests</p>
<ul style="list-style-type: none">•FREE, appointment requested.
<p>Dental Varnish application for children (ages 0-17) with no insurance <u>OR</u> with active Forward Health/BadgerCare/MA</p>
<ul style="list-style-type: none">•FREE

*Mandatory fee for adult vaccines and TB skin tests must be paid prior to giving, no exceptions.