

**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 2018**

**Chequeos Gratis...Free Cancer Screenings are available**

All women are at risk for breast cancer, not just those with a history of breast cancer in the family. In the course of life, one in eight women will be diagnosed with breast cancer. The good news is that breast cancer is treatable. Early detection is the best protection against this disease and gives women a great chance of a full recovery.

Do you need an annual breast and cervical examination? Are you without health insurance, or have insurance but have very high deductibles, or does your insurance not cover mammograms? The Wisconsin Well Woman Program provides free check-ups to women who, according to age and income, qualify for the program. Citizenship is not a requirement to be eligible for the program.

This is a great opportunity for ALL women to have access to an annual check-up. Registration for the program is quick and it is done by phone. For more information call today! Get in touch with the Well Woman Program. Dodge County: (608) 847-9455, Jefferson County: (262) 928-4107, Rock County: (608) 242-6392, Walworth County: (262) 605-6757.

No health insurance or insurance with high deductibles

\* Income at or lower than 250% of the Federal Poverty Guidelines

\* Family Members of 1 = \$ 30,350

\* Family Members of 2 = \$ 41,150

\* Family Members of 3 = \$ 51,950

\* Age \* Women between 45-64 \*

\* Mammogram, Breast Exam and Pap Test

\* Exception: Women aged 35-45 with any symptoms that concern them regarding breast health may be eligible for a mammogram.

**Porque hay...** In light of all the current politics and immigration concerns, we asked one of our local police departments to share some of their thoughts and outlooks of working with the Hispanic community.

Hello,

I am writing you today to talk about the relationship between the City of Jefferson Police Department and the Hispanic population in Jefferson.

The Jefferson Police Department, along with the Community Partners of Jefferson County coalition, have met numerous times to address issues that law enforcement and the Hispanic population may have encountered. We have talked about immigration concerns, building a better partnership within the community and our committed unbiased treatment towards the Hispanic population. We have reassured the group that we do not perform "raids" and will not be entering into their homes to split families up.

Our goal in the community is to protect and serve all, no matter of race, creed or gender. Our men and women in blue do not look at race as a factor in how they conduct their jobs. They do their jobs professionally, in the manner that they are taught and treat all people equally. We want to assure that ALL that live in our community will be treated fairly and with respect.

We will continue to participate in special events such as our National Night Out, Bike Rodeo's and Family Fun Day. Officers are at these events meeting the citizens they serve and building positive relationships."

Respectfully,

Captain Dale M Lutz  
City of Jefferson Police Department

#### **Trabajadores de la Industria ...Dairy Workers and OSHA**

Caring for a dairy cow that weighs 2,000 pounds or more is a special job and not everyone can do it. Now consider having to take care of dozens or even hundreds of these creatures, daily, as a worker on a dairy farm in Wisconsin. The work can be satisfying, but also sometimes dangerous. The Occupational Health and Safety Administration, also known as OSHA, is the government agency that has jurisdiction over safety and health in workplaces in Wisconsin. Dairy farms that have eleven or more workers or who provide temporary housing for work for at least one employee fall under the jurisdiction of OSHA. When OSHA conducts dairy farm inspections they look for dangers, such as, but not limited to: manure storage facilities, handling of animals, electrical systems, chargers for Skid Steer and tractor operations, machine monitoring, chemical exposures, confined spaces, fall hazards and noises. OSHA does not conduct regular dairy farm inspections. These are usually done to investigate an accident or to respond to a complaint. The employees have the right to file a complaint, either anonymously or confidentially. It is easy to do. In Wisconsin there are four OSHA offices and they use the language line to communicate with Spanish speakers: Appleton (920) 734-4521, Eau Claire (715) 832-9019, Madison (608) 441-5388 and Milwaukee (414) 297-3315. Do not hesitate to contact the OSHA office closest to you. Our office hours are 8:00 a.m. at 4:30 p.m., Monday through Friday. If you have access to the Internet, You can file a complaint online in Spanish at [https://www.OSHA.gov/pls/oshaweb/ocomplaintform\\_sp.html](https://www.OSHA.gov/pls/oshaweb/ocomplaintform_sp.html).

#### **Están las facturas de energía... Are high energy bills putting the squeeze on you?**

The Wisconsin Home Energy Assistance Program (WHEAP) can help. The primary mission of Energy Services, Inc. is to provide limited income families with the services and assistance necessary to prevent and/or alleviate energy-related emergencies from occurring, while promoting initiatives that result in a family's long-term self-sufficiency. Program and Heating Season runs October 1st through May 15th

Staff is available to help with the following additional services:

- \* one time grant for your heat or electric bill
- \* budget counseling and energy conservation tips
- \* assistance through the low income weatherization and emergency furnace program
- \* negotiate payment arrangements and budget plans with your utility provider.

Any information provided is strictly confidential. As long as at least one member of your household has a valid Social Security Number, you could be eligible for Energy Assistance benefits.

Required Information for appointment: - Social Security number for at least one household member  
- utility bill for electric and heat (Natural Gas, Fuel Oil, Propane) – proof of prior three months  
income (including Child Support, Unemployment Benefits, Social Security) - taxes from previous  
year if self-employed - rental agreement/landlord contact information  
CALL ENERGY SERVICES TODAY! 1-800-506-5596

### **Formulario 7 ... OSHA Form 7 for filing complaints**

Emergency notification. To report an emergency, fatality, or an imminently hazardous situation, please contact our toll-free number immediately at 800-321-6742.

The only mission of OSHA is to ensure safe and healthy conditions in the workplace. It has no other authority. Other federal and state agencies are responsible for enforcing other laws related to labor issues such as salary and hours, workers' compensation, immigration and naturalization. If you are not sure if you want to file a complaint, but want to talk to a knowledgeable person before calling OSHA, the Madison Workers' Rights Center has Spanish speakers who can help you learn about your rights. They can even file a complaint for you. The telephone number is 608-255-0376 or you can send an email to Worker@workerjustice.org.

### **Planned Parenthood...**

MISSION -The mission of Planned Parenthood of Wisconsin, Inc. is to empower all people to control their sexual and reproductive health through medical services, community education, and advocacy.

MEDICAL SERVICES -Planned Parenthood of Wisconsin (PPWI) offers accessible, quality and confidential medical care to more than 61,000 people every year in our 22 health centers throughout Wisconsin.

THE SERVICES INCLUDE:

- Preventive health exams
- Gynecological exams (including evaluation and treatment of infections)
- Limited reproductive health services for men
- Cancer screenings (such as pap smears, breast and testicular exams)
- STD (Sexually Transmitted Disease) Education, testing and treatment
- Pregnancy tests and information about options
- HIV tests and education
- Education on HPV (human papillomavirus), preventive exams and vaccines
- Services for middle age
- Reproductive education and information and sexual health care
- Colposcopy (follow-up care in case of abnormal pap smears)
- Abortion care (Madison, Appleton and Milwaukee)
- Care after the interruption of pregnancy

SCHEDULING APPOINTMENTS

Visit [ppwi.org](http://ppwi.org) to schedule an appointment online or call 1-800-230-PLAN (7526) to do so over the phone.

Many health centers have appointments available the same day or the next day. Please, bring a photo ID.

LANGUAGE - Interpreting services are available by phone at all health centers at no additional cost.

CONFIDENTIALITY -All services are confidential. No one will receive information about patient visits without written permission unless required by law.

LOCAL SITE -Delavan • 312 S. 7th St. • (262) 728-1849

### **Esta Embarazada?... Are you pregnant?**

"Healthy Beginnings +" is a prenatal care coordination service provided by a registered nurse from the Jefferson County Health Department. Your home visiting nurse can help with obtaining health and dental care, information and referral to other community resources, information and education about healthy eating and exercise during pregnancy, your baby's development, labor and delivery, breastfeeding and newborn care. This additional support is a free benefit of BadgerCare and is designed to help you have a healthy pregnancy and baby!

If you are pregnant and are on BadgerCare, or if you need help applying for BadgerCare, please call the Jefferson County Health Department for more information: (920) 674-7275.

### **WIC Ofrece Ideas... Ideas from WIC for packing lunches**

With school starting for many children, families are thinking about what to make for their children's lunches and snacks. Even younger children may need lunches and snacks packed for daycare, preschool, or to go to the babysitter's house. It can be difficult to know what to make, as many foods that are marketed toward children are full of fat, salt, and added sugars. Luckily, the Rock County WIC Program provides healthy foods to participating families that can be used to make healthier lunch and snack options for kids. Kids over age 2 receive beans, peas, or peanut butter, fruit and vegetable dollars, milk, cheese and yogurt, and bread on their WIC benefits. These foods can be used to make healthy snacks and lunches such as: a whole wheat tortilla with peanut butter and banana slices, a yogurt parfait using low fat yogurt, frozen fruit, and topped with crunchy cereal, a slice of string cheese and fresh apple slices, or fresh broccoli florets dipped in melted cheddar cheese. These are just a few ideas for using WIC foods in ways that are nutritious and delicious! For more ideas on how to make healthy snacks and lunches, talk to your WIC nutritionist today! To find out if you and your family are eligible for the WIC program, call (608) 754-3722 for the Janesville office, or (608) 362-1566 for the Beloit office.

### **De Vuelta a la Escuela ...Back to School Tips**

You've heard it before – breakfast is the most important meal of the day! Unfortunately, it's also the meal that most people skip. With the kids going back to school it's even more important that you send them off with a balanced and nutritious breakfast to get through the day. Don't forget to set a good example for your kids and eat breakfast for yourself, too!

Here are some helpful breakfast tips:

1. Any food can be breakfast food! Heat up last night's leftovers, make a lean meat sandwich or dip cut up veggies in hummus. Keep an open mind and find something that works for you and your family!
2. Skip the sugar and steer clear of popular breakfast cereals and juice drinks. They contain high amounts of added sugars, which can lead to weight gain.
3. Focus on Fiber. Foods with fiber will keep you fuller longer and are generally packed with other beneficial nutrients. Whole grain bread, oatmeal, and apples are all good sources of fiber.
4. Add a serving or two of fruits and veggies to your day. Try adding salsa or sautéed spinach to scrambled eggs, or add fresh fruit to yogurt or cottage cheese!

If you would like more information or you 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.