

**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 2019

Un Paso Firme...Swipe Right on Planning

A recent survey in USA Today revealed that around 78% of individuals under the age of 36 do not have some form of an estate, will or trust plan in place. That is large number of individuals who are not putting a focus on what will happen when they die. Are you in that 78%? If so, there are several reasons why you should not wait any longer to have an estate plan prepared, regardless of your age or how much money you have. Trends show that many people are either marrying later in life or choosing not to marry at all and, instead opting for life partners. At the time of passing, for those who are not married and do not have an estate plan, for your estate will go to your parents, not your significant other/life partner. If your parents are not alive or cannot be found, your estate could eventually go to the State of Wisconsin. So, in order to prevent that, you need to make a plan. If you utilize a trust, you will be able to avoid probate and the high costs associated with the probate process as well as to maintain privacy. Probate is a public process, which means it is a public record.

In the event of incapacity, having the right documentation gives you a voice in how you want your medical and financial affairs to be managed and by whom. . The Security Administration states that more than one in four of today's 20-year-olds can expect to be out of work for at least a year because of a disabling condition before they reach the normal retirement age.

Did you know that once a person is 18, parents are unable to step in on behalf of their children in the event of a medical situation? Without the proper documentation in place, parents will have to go to court to seek guardianship over their adult child – a lengthy and costly process in itself. To avoid this, you should have a health care power of attorney prepared that includes what type of medical care you want in the event you are unable to say it yourself. For financial decisions in the event of incapacity, you should have a durable power of attorney or a trust. Having a plan for the management of your affairs is not only smart, but it is also an act of compassion because it will take the stress off your family and loved ones having to guess what your wishes are.

Even if you say, "I don't have much" or "I'm not rich," it would come as a surprise to many of us just how many assets we actually have.

Besides your bank accounts, you need to also consider things like your retirement accounts, life insurance policies, vehicles, boats, jewelry, pets, possible inheritance and even digital assets. Digital assets in particular are of increasing importance because more and more of us are living our lives online, both financially and socially. It is important to have documents in place that clearly indicate who will have access and what will happen to your digital accounts.

Even though death may seem like a long way away and incapacitation unlikely, it is important for you to take estate planning off the back burner and begin the process of planning for your future and its uncertainties. This will give both you and your family's peace of mind and ensure that your wishes are

Madison OSHA has moved!

The Madison OSHA office has moved to a location near the Dane County Regional Airport. One of four Wisconsin OSHA offices, the Madison location conducts safety and health inspections of workplaces and investigates instances where employers retaliate against their workers. They also answer questions about workplace hazards, OSHA standards and the Agency's policies and procedures. Any worker who is concerned about safety conditions or instances of retaliation where they work can contact their local OSHA office to ask for an investigation. Employees can file confidential or anonymous complaints about workplace safety.

U.S. Department of Labor
Occupational Safety and Health Administration
1402 Pankratz Street, Suite 114
Madison, WI 53705
608-733-2822

800-321-6742 OSHAMadison@dol.gov www.osha.gov/oshdir/wi.html

Save the date for the Fall Fiesta! When: September 14th, Where: Jones Park, Time: Afternoon - TBD Family-friendly event with kids activities, delicious food, baseball, and dancing lessons! You won't want to miss this! Sponsored by Unity Project.

La Aplicacion... The Daily Vroom App Helps Parents Build Their Child's Brain

Daily Vroom is a tool used by the TalkReadPlay program. It's a free mobile app that provides tips and reminders to help parents have fun brain building interactions with their children. Parents simply enter their children's names and ages, then the app gives parents daily age-appropriate tips they can do to with each child. Each tip was created by a team of early childhood experts and vetted with parents. They include a "brainy background" that explains the science of brain development and the theory behind the activity. There are thousands of tips—a new one for each day of a child's first few years of life.

Try this tip from Vroom:

Before leaving the house, invite your child to choose a Shape of the Day. While you're out, search for that shape together. If they choose a circle, look for circles like traffic lights, signs, and wheels. Talk about what you both notice: They're all circles, but what is different about them?

Brainy Background

By pointing out shapes and counting together, you make math fun and interesting to your child, which helps them build a foundation for later learning. When talking about what's the same and different, they learn to make connections, a skill that is at the core of learning.

Behind every Vroom Tip, there's brain science:

- Positive connections with you help your child's brain grow strong and flexible.
 - * Vroom tips help you turn ordinary or fussy times into fun.
- Back-and-forth moments with you build your child's brain in ways that help their learning, health, and behavior both now and in the future.
 - * Vroom tips help you do more with your shared moments.
- Building life skills like focus, self control, problem-solving, and taking on challenges in their early years helps your child today and later in life.
 - * Vroom tips help you share the joy of learning with your child now while you prepare them for tomorrow. Studies show that school readiness and success, better health, and stable finances in adulthood are tied to having good life skills.

For more brain building activities visit hablarleerjugar.com, download the FREE Vroom app and start brain building today!

Fun in the Sun

Keep your family safe this summer following these suggestions from the American Academy of Pediatrics.

For babies under 6 months old: To prevent sunburn, the AAP recommends avoiding exposure to the sun and that they be dressed in lightweight, long pants, long sleeved shirts and wide brimmed hats that shade their neck. If there isn't enough shade or the proper clothing, a small amount of SPF 15 sunscreen can be applied to small areas like the face and the backs of the hands. If a baby gets sunburned, apply cold compresses to the affected area.

For all other children: The first and best line of defense is to avoid sun exposure and cover up. Stay in the shade whenever possible and restrict sun exposure between the hours of 10 am and 4 pm. Use a hat with a 3 inch brim, or a baseball cap or visor, sunglasses that protect from 97% – 100% of UVA and UVB rays, and cotton clothes made of dense fabric. Whether it is sunny or cloudy, use a sunscreen with SPF 15 or more to protect against UVA and UVB rays. Be sure to use enough sunscreen, about one ounce in each application for a young adult. Reapply sunscreen every two hours and after swimming or sweating. Take extra care near the water and the sand (and even the snow) because the sun's rays are reflected and can cause burns even faster.

Driver's License Renewal

As we all know, immigration procedures in recent times are taking longer than ever. One of these processes is the renewal of work permits. One of the most important impacts that this has, is that by not having the current work permit, we can not renew our driver's license or state identification, or at least that's what we believed.

The Department of Motor Vehicles (DMV) requires us to present a valid document that proves legal presence in this country. Thanks to the collaboration of End Abuse Wisconsin and immigration lawyer Megan Sprecher, we were informed that the Department of Motor Vehicles (DMV) of Wisconsin accepts the I-765 (application for work permit) approval letter and expired work permit as proof of legal presence. What that means is that this can be used in order to renew the driver's license or state identification. The I-765 approval notice and the expired work permit IF they are valid can be used to verify the legal presence of a person; This is regardless of the category by which the person has their work permit. Examples of the documents are listed.

Te gustaris aprender ingles? Would you like to learn English?

Madison College in Fort Atkinson is offering free ESL classes in September. Interested students should attend a testing session and a counseling session. The dates of the testing sessions are listed on the left and the dates for the counseling sessions are listed on the right. Call 608-258-2440 option 8 for more information.

Programa de Nutricion – Farmer's Market Nutrition Program

What is the Farmer's Market Nutrition Program? This program offers you the opportunity to acquire fresh fruits, vegetables and herbs produced locally by certified farmers. Farmers' Market Program checks can be used from June 1 to October 31. You can find Checks at the WIC or ADRC agency in your county starting on June 1. You can use the checks in any Farmer's Market or participating Farm Stands. Almost all counties in the state have at least one participating market. You can even take your checks with you when you travel within the state! Go to an authorized market (your agency will give you a list) and look for the yellow sign that says "Wisconsin Farmers' Market Nutrition Program (FMNP) VENDOR ". When using the checks remember: • You will not receive change if your purchase is less than the value of the check (s). • If the price of your purchase exceeds the amount of the check(s), you can pay the difference in cash or with another check. • Checks can not be used in supermarkets. Recipes: When you receive your checks, your local agency will have some delicious recipes to offer. Your local nutritionist is available to answer your questions and suggest ways to prepare your fresh produce. Berries are available from June through September. Choose berries that are bright colored, firm and without mold. If they are in a box, be sure the box isn't stained or leaking. Store berries in the refrigerator. They are best if eaten within three days. Berries can be frozen. Wash the berries in cold water. They can be eaten raw or cooked.

Berry Parfait Recipe

½ - 1 cup berries

½ cup low-fat yogurt

2 tablespoons granola

Put the yogurt in a dish. Add the granola on top of the yogurt. Add berries on top of the granola. Enjoy!

El Mercado de Agricultores - Farmers' Markets

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 \$35 dollars in increments of 7 checks worth \$5 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!

Talk to you local WIC office in the other counties:

Dodge 920-386-3680, Jefferson 920-674-7189, Walworth 262-741-3146

Blue Zones Project

Experience Blue Zones Project – Start creating a healthier, happier life today. Be a part of transforming well-being so the healthy choices become easy choices for you and your community.

Power 9 – Live longer by applying these principles from the people who have lived longest!

Down Shift – Reverse disease by finding a stress relieving strategy that works for you.

Purpose – Wake up with purpose each day to add up to 7 years to your life.

Plant Slant – Put less meat and more plants on your plate.

Wine @ Five – Enjoy a glass of wine with good friends each day.

Family First – Invest time with family and add up to 6 years to your life.

80% Rule – Eat mindfully and stop when 80% full.

Move Naturally – Find ways to move more! You'll burn calories without thinking about it.

Right Tribe – Surround yourself with people who support positive behaviors.

Belong – Belong to a faith-based community, & attend services 4 times a month to add 4 – 14 years to your lifespan.

National Geographic explorer and best-selling author Dan Buettner discovered 5 places in the world where people were living longer, healthier lives. The commonalities found in those five original Blue Zones have been put together as the Power 9 Principles as easy guides to help you live a longer, better life too! See if there are simple changes you can make to positively impact your own well-being.

Blue Zones Project® is a community-led well-being initiative designed to make healthy choices easier through improvements to a city's environment, policies, and social networks. Blue Zones Project® is brought to Dodge County through sponsorship by Beaver Dam Community Hospitals, in collaboration with Sharecare®, Inc. and Blue Zones, LLC. Dodge County is the first Blue Zones Project® demonstration site in the state. To learn more about our events, call (920) 392-9408 or e-mail bluezonesprojectdodgecounty@sharecare.com. Visit bluezonesproject.com or follow us on Facebook.

Save the Date! Two Mexican Fiestas

St. Andrew's - Delavan – September 13 & 14 – 262-728-6211

St. Patrick's – Elkhorn – September 28 – 262-723-5565