

**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 2019**

**Cuidandonos Creceremos... Taking Care of Ourselves We Will Grow Healthier (CCmás)**

CCmás is a program developed for the Latino community and our mission is to help families to have better communication on sexual and reproductive health issues, as well as to give them ideas about what we should do to be self-managers of our reproductive rights. The CCmás program is designed to discuss the following topics:

The Latin culture: Each of us comes with a pattern of behavior and way of seeing life that is influenced by what our parents taught us and the way in which they gave us the information. In many cases our parents did not know how to talk about sexuality issues because they did not have the right information. However, CCmás wants to provide the right tools so that Latino families can have the right information and make communication between parents and children easier.

Sexuality throughout life: We will talk about the physical changes that adolescents and adults have during puberty, menopause and andropause. We want it to be a conversation in which all family members feel comfortable; that is, do not see the issue as a reason to feel ashamed but to feel that communication is the best tool to have a united and healthy family.

Taking control of your health: We will inform you about how to prevent sexually transmitted infections, the importance of vaccinating our sons and daughters to protect them from the Human Papillomavirus and to know the different types of contraceptives that exist.

Surviving cancer: We will talk about cancer prevention and the importance of knowing our body to detect any abnormal symptoms in time. Specifically, we will focus on the prevention of the following types of cancer: breast, cervix, prostate, testicle and colon.

CCmás wants all Hispanic families to have the right information to have better health. We also provide information about the resources and services that exist in your community; for example, legal, labor, mental, domestic abuse, food bank and many other services. In addition, we offer guided visits to clinics, hospitals, government offices, and social service centers so that they know directly the places and people who are there to serve their community.

If you would like more information on how you can participate as; a host, participant, or health promoter and win prizes, money and work, please contact Maria Barker at 414-331-7821 or maria.barker@ppwi.org

### **Programa de Inmigracion**

On October 10, 2018, the Trump administration published a proposed new regulation that would change who is considered a public charge. " Public charge is a term used under federal immigration laws that refers to someone who could depend on the government as their primary source of support. The proposed new regulation would broaden the definition of who is considered a "public charge" to include immigrants authorized to be in the US. that use one or more government programs listed in the proposed regulation. When a non-US person applies for a visa to enter the US or to become a legal permanent resident (to get a "green card"), a US government official will analyze the circumstances of the person to determine if they are likely to become a public charge in the future. These circumstances include your age, health status, income and other resources, education/skills, family members you have to support or the family that will support you. The officer has to analyze your entire situation before deciding if you are someone who could depend on government programs in the future. If the officer determines that a person is likely to become a public charge, he may deny entry to the United States. or legal permanent residence (the "green card").

These are 4 things you should know about this new proposal:

1. The regulation remains only a proposal. At this time, the published regulation is only a proposal to change the public charge policy that is currently in force. Before finalizing it, the government has to allow the public to send comments on the new regulation and has to read all the comments. This process, together with the possibility for Congress to review the proposal, may delay the finalization of the regulation.
2. The proposed regulation lists certain government programs that, only if you use them after the regulation is finalized, could be counted against you in determining "public charge." If you or your family members are using government programs to obtain medical care or to pay for your food or rent, you do not have to stop using them at this time. These programs help your family's health and well being and help you keep working. The proposed new regulation lists certain programs that, only if a person uses them after the regulation enters into force, will they be considered when determining whether the person is likely to become a public charge. So, instead of putting your family's health and well-being at risk now, fight this proposal!
3. The changes proposed in this regulation do not apply to all immigrants. Some immigrants are exempt from the public charge test. Certain "humanitarian" immigrants are exempt from having to prove that they are not likely to become public charges or may qualify for a "waiver" of public charges. These immigrants include refugees; asylum seekers; survivors of human trafficking, domestic violence or other serious crimes (applicants/holders of T or U visas); applicants under the VAWA law; special immigrant minors (SIJS); and people in some other protected categories. When applying for US citizenship, the government will not determine whether or not you are a public charge. This only happens when requesting entry to the US, or permanent legal residence (the "green card").
4. The privacy of your personal information is protected by law. Federal law and laws in most states protect the privacy of people who request or use government programs that provide medical care, nutrition, financial support or other assistance. This proposal does not change that. In addition, the information that schools, health centers and hospitals keep about you and your family is protected from access by ICE under these laws.

For more information, call us at 608-352-2027

### **Regreso a la Escuela – Back to School**

Autumn is almost here, are you ready for what the new school year will bring for you and your family?

One of the most important items you'll need to check off on your list of things to do is make sure that your children are properly immunized against diseases like measles, mumps and chickenpox! If the physician for your children does not offer immunizations, you can go to your local public health department and they can assist you.

If you live in Jefferson County and your child needs immunizations, you may go to their walk-in clinic located at 1541 Annex Road, Jefferson WI 53549. Their hours are from 8:00 am through 4:00 pm, Tuesdays and Fridays. Appointments are not required but can be helpful. The phone number is 920-674-7275. You may ask to speak to the nurse on call.

If you live in Dodge County and your child needs immunizations, you need to call and set up an appointment when it is convenient for you. Their hours are from 8:30 am through 4:00 pm, Monday through Friday. The phone number is 920-386-3670 and you may ask to speak to the nurse on call. Jefferson County Health Department will be offering FREE seasonal flu vaccine for any school-age children (5-18 years old) at the following Jefferson County schools this fall:

- Tuesday, Oct. 15, 4:00 – 6:00 pm @ Waterloo Elementary School
- Thursday, Oct. 17, 4:00 – 6:00 pm @ Lake Mills Middle School
- Tuesday, Oct. 22, 4:00 – 6:00 pm @ Palmyra Elementary School
- Tuesday, Nov. 5, 4:30 – 6:30 pm @ Fort Atkinson Middle School
- Thursday, Nov. 7, 4:30 – 6:30 pm @ Cambridge Nikolay Middle School
- Wednesday, Nov. 13, 3:30 – 5:30 pm @ Jefferson West Elementary School

Your child does not need to be a student at these schools to receive a seasonal flu vaccine. A legal guardian or parent, or a responsible adult with signed permission, must accompany any child under the age of 18. Vaccine will be available on a first-come, first-serve basis. Please call 920-674-7488 if you have any questions about these special school clinics.

In Walworth County call 262-741-3122. In Rock County call 608-757-5440 (Janesville) or 608-364-2010 (Beloit)

We're hoping that you and your family have a great and healthy school year!

### **La Historia del Cerebro... The Brain Story**

TalkReadPlay With Your Child Every Day, a campaign developed in Dodge and Jefferson Counties, is designed to help parents and caregivers learn the science behind brain development, a process referred to as "brain building", and empower them to create more brain-building opportunities with their babies and young children.

To help with this, TalkReadPlay uses Vroom as a resource for brain building tips and tools. Vroom helps explain brain building with The Brain Story.

There is no time in life when the brain develops more rapidly than during the first five years. Here's a glimpse at all that's taking place inside your baby's brain!

- A Brand New Brain

Every baby is born with a brain that contains billions of neurons

- Ready For Anything

From day one, those neurons connect and the brain begins to get wired for life.

- Learning Like Lightening

The brain is wired to grow. In the first five years, it makes 1 million neural connections every single second!

- Communication Is Key

Above all, there's one thing that helps young brains grow strong – adult-child interaction

- Hi, Baby

Even kids who can't yet talk are looking, listening, and relating to you non-stop.

- You Area A Brain Builder

Every time you interact with a child you're doing something major – shaping a growing mind.

- Nurture Future Greatness

The first five years are when the brain builds its foundation so kids can thrive as adults.

- Vroom!

We know this for sure: learning doesn't start at school, it begins at birth.

Learning begins with you. For brain building tips and activities visit [hablarleerjugar.com](http://hablarleerjugar.com), download the free Daily Vroom app and start brain building today!

### **October is Domestic Violence Awareness Month**

October is the month dedicated to raising awareness about Domestic Violence and was designated as such in the 1980s, with an initial "Unity Day" message, in which the National Coalition Against Domestic Violence (NCADV), sought to unify everyone who struggles every day to end it and promote respect for life. This first day gradually became a full week, and then became an entire month dedicated to honoring those who have died, celebrating the survivors

and connecting those who work endlessly in search of answers and the dissemination of preventive information. Although this term is used very frequently, many people continue to ignore the real meaning and may live as victims of domestic violence, even without knowing it, or feeling guilty about a situation in which they are totally innocent. In the beginning, it is possible that identifying domestic violence is not easy. Although it is clear that some relationships are abusive from the beginning, abuse usually begins subtly and gets worse over time. You could be a victim of domestic violence if you have a relationship with someone who does the following:

- They offend you
- They prevent you from going to work, school or visiting relatives
- Try to control how you dress, how you spend your money, where you go
- Has jealous or possessive attitudes, insecurity.
- When they drink alcohol they get more aggressive
- Forces you to have sexual relations
- Blames you for their violent behaviors
- Threatens to talk about your sexual orientation. (LGBTQ +)

It can be difficult to recognize or admit that you are in an abusive relationship and seek help.

Remember NO ONE deserves to be mistreated

All services are confidential. Call us 608-352-2027.

List of organizations that provide help for victims of domestic violence in the counties of: Walworth, Rock, Dodge and Jefferson

Walworth and Jefferson Counties: New Beginnings APFV with offices at 735 N. Wisconsin St. Suite 101 Elkhorn WI 53121 and 143 W. Main St. Whitewater 53190, Telephone (262) 723-4653 open Monday through Friday from 8-4: 30pm

Jefferson County: People Against Domestic Abuse (PADA) Office located at 152 W Garland St, Jefferson, WI 53549. Phone (920) 674-6768 open from 9-4: 00pm. If you need services in Spanish, you need to call ahead.

Jefferson and Dodge counties: Protect Advocate Validate Educate (PAVE) Offices located in Beaver Dam crisis line (800) 775-3785 and Watertown 600 E. Main St. Watertown, WI 53094, Telephone (920) 390-4206 and (920 ) 390-4296 open from 8-4pm

Rock County: Young Women's Christian Association (YWCA) office located at 1735 S Washington St. Janesville, Wisconsin Phone (608) 352-2027 open Monday through Friday from 8-4: 30pm

### **WIC – Noviembre es el Mes – November is National Diabetes Month**

November is National Diabetes Month, which is an effort for people to learn about diabetes, live a healthier lifestyle and try to prevent new cases of diabetes. Diabetes is more than a high blood sugar level: it can also affect the heart, eyes, kidneys and blood vessels! Two important things you can do to reduce the risk of diabetes in your children when they grow up is to offer healthy meals and snacks, and keep them active. Children and teenagers should try to get 60 minutes of physical activity every day. Physical activity does not have to be spending time in a gym. Find things that you and your little ones love to do to get them up and moving. Walking, dancing, swimming, biking, playing in the park and hiking are great ways to be active. When it comes to eating well, your family can still enjoy foods "higher in carbohydrates" (like whole grains, starchy fruits and vegetables), but consider the portions. Fill dinner plates with non-starchy vegetables (such as leafy green vegetables, broccoli, tomatoes or cucumbers), offer lean meats (such as chicken or fish) and use healthier fats (such as olive oil instead of butter). Small steps and small changes add up! If you are looking for more ways to keep your family healthy, or would like to see if you qualify for WIC, you can contact your LOCAL WIC program. The WIC program offers nutritional education and a variety of food packages for pregnant, breastfeeding women and children under five. Our staff can guide you and your family towards healthy lifestyle changes.

Dodge County 920-386-3680, Jefferson County 920-674-7189, Rock County 608-754-3722, Walworth County 262-741-3146

### **Break Time for Nursing Mothers under the Fair Labor Standards Act (FLSA)**

The Fair Labor Standards Act (FLSA) requires employers to provide break time and space for a covered nonexempt nursing mother to express breast milk for her nursing child for one year after her child's birth.

- Employers must allow reasonable break time whenever a covered employee needs to express breast milk.
  - Employers must provide covered employees with space that is: — functional for expressing milk — shielded from view — free from intrusion — available as needed, AND — NOT a bathroom.
- If an employer has fewer than 50 employees AND can demonstrate that compliance with this law would impose an undue hardship on the employer, that employer does not have to provide nursing breaks. Note: The FLSA requirement of break time for nursing mothers to express breast milk does not preempt state laws that provide greater protections to employees (for example, providing compensated break time, providing break time for exempt employees, or providing break time beyond one year after the child's birth).

UNLAWFUL ACTS - Any employee who is "discharged or in any other manner discriminated against" because he or she has filed a complaint or cooperated in an investigation may file a retaliation complaint with the Wage and Hour Division or directly in court seeking appropriate remedies.

Call 1-888-4UW-WAGE with any questions.

### **Consejo de Alfabetizacion... Walworth County Literacy Council**

WCLC is dedicated to improving the quality of life for residents of Walworth County by raising awareness of literacy needs in the community and by providing adult student-centered literacy instruction.

Trained volunteer tutors teach one-on-one and small group classes of adults at libraries throughout Walworth County. A conversational English group is offered at the Aram Public Library in Delavan. Classes are also offered at the Walworth County Jail.

Literacy services include:

- Adult Basic Education (ABE) which addresses the need of individuals with low literacy skills in reading, writing and math.
- English as a Second Language (ESL) assistance to help adults speak, understand, read and write English.
- U.S. Citizenship Preparation classes that prepare individuals to pass the U.S. Citizenship Test.
- General Education Degree (GED) assistance for passing the GED examination.
- Jail Literacy Program to improve math, reading and writing skills for the incarcerated adult.

Since its inception in 2003, Walworth County Literacy Council volunteer tutors have taught over 600 community students and 300 jail students!

WCLC is a non-profit organization supported by grants, foundations and individual donations, and is a proud partner provider of United Way of Walworth County.

For more information on obtaining services, volunteering or making a contribution, please call 262-957-0142, email us at [wclinfo@gmail.com](mailto:wclinfo@gmail.com) or visit our website [www.walworthcoliteracy.com](http://www.walworthcoliteracy.com)

In Jefferson County call JCLC 920-675-0500 website [www.jclc.us](http://www.jclc.us)

In Rock County call Stateline Literacy Council 608-362-5207 website [www.statelineliteracycouncilbeloit.org](http://www.statelineliteracycouncilbeloit.org)

### **Cuales son los Beneficios en un Banco?... What are the advantages of a bank or credit union?**

Local banks and credit unions strive to provide you the best service possible. They believe it is important to have a bank account and have your money secured. They are working very hard each day not only to provide excellent customer service but to provide the best possible products for their customers. If you have a checking account you may be able to pay by check or online bill pay, which may be convenient. This may be cheaper than having to buy a money order every week to get bills paid. When you open an account, you will receive a debit card that provides you the access to withdraw money at any time using an ATM machine or pay at stores which accept debit cards. What better reason to open a bank account than convenience!

Do you always have to purchase money orders to pay rent, utilities, credit cards, etc. each month? Money orders can get pricey when you have to pay all of your bills for the month. When you have an account you are able to pay with a check using your checking account or using free online bill pay. Through online bill pay you may be able to pay all your bills online fast, in a safe, and reliable manner.

Do you cash your paycheck at a Check Cashing Store? – Yes, it might be "quick", "easy", or "convenient" but going to a check-cashing store can get expensive quick! The cost is around \$10 per check; if you get paid weekly that's usually around \$40 a month, and \$480 A YEAR per person!

With that money you could open a savings account and use it for: a mini vacation with your family for the weekend, emergency funds, etc.! Having a CHECKING account can be easy and there can be no fees with depositing or cashing checks. PLUS your money is safe and protected from fires and theft that may happen.

Need cash after hours when the bank is closed? – With your debit card, or ATM you are able to withdraw money at any of your bank ATM's or by using a "No Fee ATM" .

Need to save money? Here are some really easy ways to save; CD's (Certificate of Deposit), Money Market, and Saving Accounts offer interest rates when depositing money. The interest helps money grow over time.

Another convenient service that many banks offer when opening a checking or savings account is Online and Mobile Banking. You can see all of your transactions online and you are able to transfer money from one of your accounts to another of your internal accounts through an online mobile app! They also have Mobile Deposit Capture where you can make a deposit into your account using your phone to take a picture – please ask more about this as there are some limitations and requirements.

Do you have young children? Do you want to help them save money for college? Or do you want to help them get a car when they grow up? - At many banks they offer a club for kids 12 years and younger. These clubs are for kids who have or are going to open a saving account. Go visit your local bank or credit union so you can start a "money tree" now; ask what the advantages are.

There are many benefits to having an account, plus some institutions are able to help with other services including notary, translations, retirement savings options, Health Savings accounts, loans and so much more! This article was prepared by Premier Bank.

To obtain more information, call 920.542.1151 or send us an email to [spanishservices@bankwithpremier.com](mailto:spanishservices@bankwithpremier.com) or visit your local bank or credit union.