

**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
fax to (920) 568-5023 or email to info@conexioneslatinas.org

January/February/March 2020

Censo del 2020... Census 2020: Reality vs Fiction

This article gives information about the process that will be used for the 2020 census. The Census office will begin to send invitations, by mail, to participate in the 2020 Census in the middle of March. Your invitation should arrive before April 1. You can respond via the Internet, telephone, or mail. Beginning in May of 2020, census workers will begin visiting homes that did not respond to ensure that all people will be counted. If you aren't home or can't come to the door, the census worker will return up to six times. Every time, they will leave a notice on your door with a telephone number that you can call to set up an appointment.

The questions that the census will ask include how many people live in the home at the time that it is being filled out; their sex, age, race and ethnicity, relationship between the people, telephone number, and whether you own or rent your home. For a complete list of the questions, visit

www.2020census.gov

This article also gives information to protect people from scams.

Nuevos Comienzos y PAVE... New Beginnings and PAVE

Since October of 2018, New Beginnings APFV and PAVE have joined forces to help and address the needs of the Hispanic community in Jefferson County. These two organizations offer help and advocacy to victims of domestic and sexual abuse as well as their families. Araceli Wence serves the Hispanic community in Whitewater, Palmyra, Fort Atkinson and part of Jefferson. The address of her office is 143 W Main St, Whitewater and it's open Monday through Friday from 8:00 am to 4:30 pm. The phone number is 262-723-4653 and email awence@apfwalworth.com Aleyda Luna serves Dodge and Jefferson counties from the PAVE office that is located at 600 E Main St, Watertown. Her phone numbers are 920-390-4206 and 920-390-4296. Office hours are Monday through Friday from 8:00 am to 5:00 pm. There is also a 24 hour crisis line (800-775-3785) and a line to send text message to 920-344-1351. Her email is aluna@pavedc.org

Some of the services offered by the two organizations include: counseling, support groups, legal, personal and medical advocacy, court accompaniment, assistance with safety plans and protection orders, referrals to other services, and other services. Unfortunately, PADA, officially closed their doors on October 15, 2019. Because of this, New Beginnings and PAVE have decided to take care of the needs of the community that is experiencing violence, as well as continue working to promote education and prevention. If you need help or have questions, please don't hesitate to call. Services are free and confidential.

Despensas de Comida... Food Pantries in the area

This list contains food pantries in the counties that we serve.

Eligiendo el Preparador... Choosing the right tax preparer

This article gives suggestions for choosing a tax preparer who is qualified and not a scammer. If you visit www.irs.gov/chooseataxpro there is a directory where you can see certain credentials and qualifications of tax preparers. You should always be suspicious of any tax preparer who does the following: 1. Promises you a big refund before seeing your documents. 2. Asks you to sign a blank tax form or one that hasn't been finished. 3. Deposits your refund into their own bank account. 4. Refuses to sign their name and put their identification number on your final tax form. The article also covers what an ITIN number is and who might need one. It also gives information about how to not be the victim of a scam. You can visit www.irs.gov/newsroom/tax-scams-consumer-alerts to see a list of the recent scams and warnings.

No Deje... Don't let SAD darken your mood

In the winter months many people suffer from SAD (Seasonal Affective Disorder), which is a form of depression. If you think you are suffering from SAD, call your doctor. There are treatments available using light therapies that help reset your body clock. Other ways to treat SAD on your own include; Try not to think about how bad you feel, but instead, distract yourself with your favorite pastimes. Be more active. This can be as simple as walking your dog or going to the gym for an hour. Get back to basics with good nutrition. Less sugar and unnecessary junk food can help stabilize your mood. It can help to see a nutritionist. Spend time with other people. This can improve your mood if you have SAD, and can even help prevent it in the first place. If you don't have a primary care provider, visit forthehealthcare.com/provider or call Fort HealthCare Behavioral Health at 920-563-9542.

Enero es el Mes... January is Human Trafficking awareness month

This article talks about human trafficking. Between 70 – 80% of victims are women. The vast majority are young people of humble origins who are tricked with false promises of employment and then raped, beaten and locked up. Immigrants who are victims of human trafficking are especially vulnerable and hard to find because of the unique barriers that these victims face. Many of them don't speak the language, so that limits the number of people they can talk to about their situation and try to get help. Second, many immigrant victims face cultural barriers. If a person comes from a country where the application of the law is corrupt it may not occur to that person that the law has anything to do with their experience as a victim or that there is a reason to report their situation to the police. Third, immigrant victims are especially susceptible to threat from their traffickers to report them to "Immigration" if they try to escape. If you or someone you know is a victim, call the national hotline at 888-373-7888 or the YWCA Rock County at 608-352-2027.

Febrero Mes de Prevencion ... February is Dating Violence Prevention and Awareness Month

This article shares statistics and information about dating violence. During the month of February, organizations and individuals across the country will meet to highlight the importance of educating youth about dating abuse, teaching them how to cultivate and maintain healthy relationships and how to prevent the devastating cycle of abuse. For more information call 608-352-2027.

La Dolorosa Historia... The Painful History behind International Women's Day March 8

The date that was chosen for International Women's Day goes back to March 8, 1857, when hundreds of women from a textile factory in New York marched against low wages. They were

receiving less than half the pay that men received for the same work. The day ended with 120 women dead as a result of the brutality that the police used to disperse the crowd. In 1975 the United Nations officially named March 8 as International Women's Day. Are there reasons to continue the fight? Here is the most recent published data of the UN itself:

Only one in four parliamentarians at the world level are women.

In 2018, only 9.8% of countries in the world had heads of State or government.

One in Three women suffer violence throughout their lives.

830 women die every day from pregnancy related avoidable causes

And it will take until 2086 to close the wage gap if current trends aren't changed.

Las Vacunas Salvan Vidas!... Vaccines Save Lives

The goal of Public Health is to prevent illness. It is much easier and more economical to prevent an illness. This is exactly what vaccines try to do. They protect us from serious illnesses and also prevent passing these illnesses among people. Help protect yourself and your family. Every dose of a vaccine is important for better protection against infectious diseases that are a threat these days and can be especially serious for babies and small children. Help your child maintain immunity against potentially dangerous diseases by keeping them up to date on their immunizations.

Maneras Faciles... Easy ways to build your baby's brain

As parents, you have what is necessary to be your child's first teacher. Did you know that just talking with your baby helps their brain to grow? TalkReadPlay offers useful suggestions for parents, through the free Vroom app that can suggest simple things you can do to help your child's brain to grow. Some of the suggestions for interacting with your baby are listed in the article. Visit talkreadplaywi.com to find the information in English.

Comidas Familiares ... Family Meals

WIC invites you to the table to share meals with your family. Of course, eating is important for survival, but it is also important for building social connections. When we share food with others, eating has a higher purpose and a more profound and positive impact on our health. A family meal is technically any food that is shared with others, whether they are family, friends or somebody you just met. Another thing that makes something a "family meal" is when plates are served directly from the pot or pan that is brought to the table or even left on the stove or worktop. This is often called "family style". In addition to better nutrition and general health, children who regularly eat family meals have better grades in school, are less likely to participate in risky behaviors, such as drug use, are more resistant to disease, and have a healthier weight. For more information about healthy eating, contact your local WIC office.

Dodge County 920-386-3681

Walworth County 262-741-3146

Jefferson County 920-674-7189

Rock County 608-754-3722