

**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](mailto:info@conexioneslatinas.org)

**April/May/June 2020**

**Información Básica sobre el censo... Basic information about the Census**

This information includes the web-site of the Census, the questions that are going to be asked, and information for people to understand why the census is taken and what is done with the information that is collected. Visit [www.my2020census.gov](http://www.my2020census.gov) for the information in English.

**Fiesta en el Parque 2020 – Fiesta in the Park 2020 (Watertown)**

Fiesta Cultural is an organization dedicated to promoting positive attitudes between the cultures in our multicultural community. We gather every year in the Spring for Fiesta in the Park. Join us for a celebration of diverse cultures on May 30 at Riverside Park in Watertown. The day will include games, contests, music, singing and dancing performances, piñatas and authentic Mexican food. Johnsonville Sausage will sponsor face painting by Rock Face Paint. We'll have fun for the whole family!

**Que Hacer antes de Rentar – Things to do before you rent**

Spring is a great time of year and many people tend to move when the weather is warmer. Before you sign a lease to rent an apartment or home, there are things you can do to make a difference in your moving experience.

1. Do an inspection with the landlord and take notes! If you see any damage to paint, carpeting or other flooring, ask the landlord if he/she is planning on fixing this and when it will be completed. Ask for a date the repairs will be done by.
2. When you are in the kitchen and bathroom, look to see where the plumbing fixtures are and if they are corroded. Look at the shower/bathtub stall walls and ceiling and check if there is any mold present. See if there is a fan in the bathroom for aeration.
3. Don't forget to look up at the ceilings! If there has been water damage, there might be staining on the ceiling or walls.
4. If you or someone you live with has a history of asthma, or another respiratory disease, be very cautious about renting an apartment if there is older carpeting, history of smoking in the apartment, or evidence of water damage.

If you have mold in your home that is approximately 3 feet by 3 feet or less, you can usually clean it up yourself. Follow these steps when cleaning mold.

1. If you have breathing problems, allergies or weakened immune system, you should NOT do the clean up!
2. Do not mix bleach or ammonia with any other household cleaners. You could create a toxic gas that is very harmful.
3. Make sure you can ventilate the room where you will be cleaning.
4. Use gloves, rubber boots, goggles to protect your eyes and an N-95 mask. You can purchase these items from any hardware store.

#### Cleaning Phase

1. Add 1 cup of bleach to 10 cups of water. Use this solution to scrub the mold off any hard surfaces, i.e., walls, ceilings, non-carpeted floors.
2. Keep the area dry and well ventilated for at least 2 hours after you have scrubbed the mold off.
3. Throw away any items you used when cleaning (rags) and dump any remaining bleach/water solution down the toilet. Wash your hands and face when you are done.

It is important for you to notify your landlord if the problems are not resolved. If the problems are NOT taken care of, you can follow the steps below:

1. Let your landlord know about the complaints you have. It is important for you to document (in writing) the conditions in detail. Include any pictures that you may have, the date, time and who was notified and when they were notified about the problem.
2. Call your local building inspector or the health department. Describe in detail the mold concerns you have. The building inspectors have knowledge about local building codes and can investigate any building code violations.
3. If a landlord fails to correct the problems that are VERIFIED, you can contact the Consumer Protection Hotline at 1-800-422-7128.

#### **Abril es el mes... April is Sexual Assault Awareness Month**

Every year in April we commemorate Sexual Assault Awareness Month, but what does that mean?

Raising awareness about sexual assault means that it is time to talk about it. We agree that it is a topic that generally nobody likes to talk about. However, it is important not only to talk about it but also to prevent it and educate the community about it. What can I do to educate people and prevent sexual assault? First of all, it is important to know that contrary to what was previously believed, it is more common for sexual assault to be carried out by an acquaintance, friend or family member than by a stranger. It is very important to know that sometimes the people we should trust are the same people who commit the assault. It is also important to know that any sexual act carried out without our consent is considered sexual assault. Although it sounds extreme, this is the reality. It is common for us Hispanics not to know the laws related to sexual assault or "consent" in this country. This means that, in many cases, we do not know at what age the law allows sex or sexual contact. That is why when our children or family members and even ourselves are involved in such a situation, we do not know what to do. It is very important to educate others and ourselves on this subject. To begin with, we must know that in Wisconsin, by law, a person can only have sexual contact of consent to have sexual contact at age 16. And only at 18 can consent be given to have sexual relations. We must be aware that perhaps in our countries of origin this is not the case and therefore we must inform and educate ourselves. On the other hand, if we are in charge of minors, it is extremely important to educate them on this subject also. By educating ourselves and others, we will be doing our part to prevent sexual assault. If you have questions, call New Beginnings APFV at 262-723-4653, PAVE at 920-887-3810, or YWCA Rock County at 608-752-5445, extension 215.

#### **Aprenda a Identificar Riesgos.... Learn to see hazards**

Hazards are everywhere. Though you might not view your workplace as particularly 'hazardous', dangers are often there. You may have just become accustomed to them and aren't seeing them.

Once you train yourself to spot hazards, you'll notice them all around you. They may not always be obvious or immediate concerns, but they can still pose a risk to you and your coworkers. The sooner they're fixed, the better.

- Spotting hazards is all about anticipation. Start to ask yourself, 'If I take this action, what might happen?'
- This applies to everything from working with dangerous chemicals and manufacturing machines to simply walking through your worksite.
- Picture yourself walking around a corner with your hands full. When you ask, 'What might happen?' you can anticipate risks like someone else turning the corner at the same time. Then you can take simple steps – like taking a wider turn – and completely avoid the risk.
- Plenty of hazards will be much more serious, but this same way of thinking can help you spot and avoid them. Just be willing to speak up when you see them to keep your coworkers safe.

### **Unseen/forgotten hazards**

Your workplace may have policies in place for major hazards, but many hidden issues can still put you at risk.

- Lighting A burnt-out bulb can keep hazards in the shadows. Even if you're not the one to fix it, report this hazard right away.
  - Temperature Plan ahead and dress appropriately for the temperatures you'll experience on the job. Watch out for other possible hazards caused by temperature, like early morning dew on concrete.
  - Air quality Similar to temperature, make sure exhaust fans are running.
  - Overexertion This is the number one cause of work-related injury. . Report stress or strain on your body from heavy lifting or repetitive motions and talk to your supervisor to be sure you are performing these actions safely.
- For more tips on learning to see hazards, check out the latest visual literacy research from the Campbell Institute at [thecampbellinstitute.org/research](http://thecampbellinstitute.org/research)

### **See hazards at home**

Ask yourself, what are the items in my home that I think are harmless but could pose a hazard in the wrong hands? Prescription opioids, cleaning supplies and other potentially harmful substances should be stored up and away and out of sight from children and pets. Rugs should be secured and your walkways should be free of clutter. If you see an issue, clean it up or fix it right away to keep your loved ones safe.

### **Averigue si esta...Check if you are registered to vote. Go to: [myvote.wi.gov](http://myvote.wi.gov)**

At [myvote.wi.gov](http://myvote.wi.gov) you can:

- Register to vote on line, if you are eligible, or start online registration process.
- Check your voter registration status
- Find your voting site
- Find the date of your next local election
- See what's on your ballot
- Request an absentee ballot

Have questions or problems with voter registration?

- Wisconsin Electoral Office 1-866-VOTE-WIS, email [elections@wi.gov](mailto:elections@wi.gov)
- Contact your municipal secretary

Be sure to have an acceptable photo ID to vote. Go to: [bringit.wi.gov](http://bringit.wi.gov)

Questions about identification? Need a free state ID?

Call the Division of Motor Vehicles 844-588-1069

Are you ready to vote in Wisconsin?

Step 1 – Check if you are registered to vote at your current address. Go to [myvote.wi.gov/es/register tovote](http://myvote.wi.gov/es/register tovote)

Step 2 – Make sure you have an acceptable photo ID for voting. Go to [bringit.wi.gov/información-en-español](http://bringit.wi.gov/información-en-español)

Step 3 – Learn about the candidates and issues. Go to [lwvwi.org](http://lwvwi.org)

Step 4 – Make a plan for voting. Go to [myvote.wi.gov/es-ES](http://myvote.wi.gov/es-ES) or contact your municipal employee.

Now you're ready to vote. Next help your friends and family.

### **Mejores Habitos...Better Financial Habits**

At times, the most difficult part about saving money is getting started. This guide about how to save money can help you step by step to develop a simple and realistic strategy for all of you long and short-term goals.

1. Record your expenses
2. Make a budget for savings
3. Find a way to cut your expenses
4. Establish savings goals. Short term and long term
5. Decides on your priorities
6. Choose the right tools
7. Make saving automatic
8. Watch your savings grow

### **Desarrolle el Cerebro... Grow you child's brain with these activities from Vroom**

Whether at mealtime, bath time, or anytime, there are always ways to educate our children's growing brains.

Dance party (Ages 0 – 1) – Your child may not be walking or talking yet, but with your help, they will definitely be able to dance. So put on some music and hold your child while you dance. When you are sitting together, shake your arms and see if your child can do the same.

Science behind the action: Paying attention to sounds and movements is a first step in listening to sounds, a skill necessary for reading.

Funny faces (Ages 1 – 2) – At night, after brushing your child's teeth, play a funny game in front of the mirror. Ask her to make a funny face and then imitate her. Then ask her to imitate your funniest face. You can have unlimited fun with this.

Science behind the action: When you take turns imitating each other, it helps your child practice paying attention to your funny face so they can copy it. Paying attention helps them focus and stay focused, important skills when it comes to learning and problem solving.

Splish, splash, pour (Ages 2 – 3) – Grab two plastic cups before bath time. Give your child a cup and pour the water from your cup into his. Then ask him to pour the water from his cup back into yours. Count how many times you exchange water out loud, and see how many times they can repeat it without running out of water. Science behind the action: Supporting children as they explore and discover makes it easier for them to learn for the rest of their lives. Counting out loud also helps your child develop a stronger perception of numbers.

Mini chef (Ages 3 – 4) – When you're cooking, ask your child to help you with simple tasks like adding an ingredient. Ask your child what he thinks will happen when you add the ingredient (such as pouring a cup of milk into the flour), and then discuss what actually happens.

Science behind the action: This is a real life scientific experiment. Guessing what is going to happen promotes your child's curiosity, a fundamental element for learning.

Choices when playing (Ages 4 – 5) – Choose a color or letter with your child and as a team, do a treasure hunt to find the most things you can in three minutes. How many things in the house are blue? Count out loud as you find each thing. They can also play with letters: How many things do you see that start with the letter T?

Science behind the action: Games like "I see" are excellent brain developers. They make your child aware of his surroundings and teach him to establish connections between similar things. You can try this game with letters, colors, shapes... with anything really.

For more tips, download the Vroom app at [www.talkreadplaywi.com](http://www.talkreadplaywi.com)

### **La Rabia... Rabies**

Pets are our closest companions and have been proven to decrease stress, increase exercise levels and are great playmates for children. But, animals can bite. Animal bites not only cause physical injuries, but also carry the risk of transmitting diseases. One disease that is transmitted from animals to humans is rabies, which affects the central nervous system. Rabies can be fatal, therefore treatment must begin immediately after an exposure. Rabies is 100% preventable and prevention starts with you. • Exposure to rabies may be minimized by:

- o Vaccinating pets (cats and dogs) and livestock against rabies.
- o Eliminating stray dogs and cats.
- o Staying away from all wild animals, especially those not acting normally.
- Do not keep wild animals as pets.
- Exclude bats from living quarters by keeping screens in good repair and closing up any small openings that could allow them to enter. Do not attempt to touch or handle bats. To report an animal bite contact your local police department. More information on rabies can be found at: <https://www.cdc.gov/rabies/>.

### **Cinco de Mayo**

2<sup>nd</sup> annual Cinco de Mayo festival will be held on May 2 from 11:00 am to 4:00 pm at PremierBank's Fort Atkinson location. Music, food, children's activities. Free event for the whole family.