

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

**October/November/December 2020**

**Programa Mujer Sana – Wisconsin Well Woman Program**

Wisconsin Well Woman Program provides free screenings for breast cancer and cervical cancer for women between 45 and 64 years with limited income and who are underinsured or uninsured. Eligibility and covered services are listed. To sign up in Rock or Dane counties call 608-242-6235 (Spanish line). In all other counties call 800-722-2295.

**Que es United Way? – What is United Way?**

United Way provides funding for agencies and community programs that provide programs and services to members of your community, this includes your family, neighbors, and anyone who needs help throughout the year. Every year the United Way in your area goes to workplaces and asks employees like you to help fund these programs and services.

If you need food for your family, help with rent or utility expenses, childcare resources, disaster relief, counseling, legal advocacy, medical care including prescription drugs, United Way is there to help connect you to available resources.

Without your help, United Way cannot provide these programs for our communities. We are asking for your help now! If you are an employee anywhere there is an active United Way campaign in your workplace, ask someone how you can help. \$1.00 a week deducted from your paycheck can mean a lot to your family, and neighbors.

If you support United Way we appreciate it, and if not, please consider a gift this year to help support their efforts. Your support is needed “Now More Than Ever.”

**VOTO 2020** – For any information you need to vote on November 3, visit [myvote.wi.gov/es](http://myvote.wi.gov/es)

**Que Encontrara Durante... What will you find during Medicare Open Enrollment?**

Medicare Open Enrollment will take place from October 15 to December 7

Your health needs change every year. Your health plan can change benefits and costs every year too. That's why it's important to review your Medicare options annually. Compare your current plan to new options and see if you can reduce costs or find a plan that better meets your needs. Open Enrollment is the only time during the year that people with Medicare can review what new benefits Medicare could be offering and make changes to their coverage.

If you want to talk to someone about your Medicare coverage, call the ADRC in your county. The phone numbers are listed below:

Jefferson County 920-674-8734  
Dodge County 920-386-3580  
Rock County 608-741-3600  
Walworth County 800-365-1587

**211 – Help starts here.** If you need help with any problem, call 211. They can connect you with thousands of governmental and non-profit services in your area. Available 24/7/365. They speak Spanish.

### **Moratoria Temporal de Desalojos – Temporary Moratorium on Evictions**

The CDC issued an emergency order to stop evictions from September 4, 2020 until December 31, 2020 to help stop the spread of COVID-19. This article explains how renters are protected. For more information, call Legal Actions of Wisconsin at 855-947-2529.

### **Consejos de Aprendizaje – Early learning tips for parents**

Parents are the first and most important teacher of their children. TalkReadPlay is happy to share some simple tips for early learning. Visit their website [www.talkreadplaywi.com](http://www.talkreadplaywi.com) to see all the resources.

### **Estamos Realmente Seguros – Are we really safe at home during the pandemic?**

If we know something for sure about COVID-19, it is that it affected our way of living worldwide. During the months of the quarantine, one of the most popular phrases has been “Stay home.” Unfortunately, the idea of being safer at home does not apply to everyone. In fact, for some, home is the most unsafe place they can be.

For those living with domestic violence, staying home may not have been the best option. Domestic violence alone is already a pandemic. If we add to this crisis aggravations like loss of jobs or work hours decreased, family and financial stress, pressure to help children at home with schoolwork, food shortages, emotional instability and the constant worry of contracting the virus, among many more.

All of these are aggravating the domestic violence epidemic. While for some, the home is the safest space, for others it is the opposite. Not being able to go out or have any other place to feel safe is doubly stressful. Those who suffer from domestic violence have been faced with fewer options for escape than before. During the pandemic, the number incidents of domestic violence have skyrocketed. Not to mention the financial needs and the number of clients in need of finding a safe home.

It appears that the pandemic further limited options for those who suffer from domestic violence. The escape activities of victims were also limited. Those who visited parks, libraries, shops, friend and family or went to school, found themselves trapped at home overnight. Emotionally, we have been hit in unexpected ways; therefore no one could prepare.

Making the decision to report an aggressor is not easy. Fear takes hold of those who try, and part of the psychological abuse that is experienced prevents victims from making this decision. In addition, in many cases, this violence is justified by the aggressor and normalized by the victim. That is why it is important to remember that no type of violence (physical, sexual, economic, psychological or verbal) is normal. Nothing justifies it and under no circumstances should it be accepted.

Reporting is not just the job of the victim; in fact, they are the ones who find it most difficult. This responsibility also belongs to the neighbor, family member, friend or counselor, as a person who knows the situation and who can help so that the abuse doesn't end in a tragedy. If you know of any case of abuse or are a victim of domestic violence yourself, the following agencies can help you:

Nuevos Comienzos APFV 262-723-4653

YWCA Rock County 608-352-2027

PAVE 920-887-3785

### **Desecho de Medicamentos – Medication disposal**

Safely get rid of unused and expired medications at the locations listed at the bottom of the page.

Things that are accepted: prescribed medicines, patches, ointments and liquids, over the counter medicines, vitamins, liquid cough medicine, inhalers and pet medications.

Things that are NOT accepted: illegal drugs, needles or sharp objects, thermometers, personal care items, Epi-pens

For more information call: 920-674-7430

**El JCLC Ofrece Clases Gratuitas – JCLC Offers Free Classes**

Thanks to the resilience and determination of our staff, volunteers, and students, JCLC continues to offer classes for the summer and fall session. JCLC offers ESL classes and GED and citizenship preparation classes.

The current pandemic has changed our ways of interacting and connections, but the adoption of technology to prevent educational decline is one of the biggest commitments we have. Traditionally, a big hurdle for some of our students was being able to physically attend classes at our Jefferson site or meet in person with a tutor at a local library. Now that staying home is the new normal, students have the options to “attend” class virtually. They can meet in online classes through Zoom or (if they prefer) in virtual classes with a volunteer tutor.

Although we are considering a number of factors regarding the reopening (state restrictions, as well as recommendations from the State Department of Health and the CDC), we have been working very cautiously to return to service. We are now offering citizenship preparation classes in person every Thursday at 5:00 pm. As always, all of our classes are free.

Here at JCLC, we are firmly committed to investing significantly in providing literacy services to our students in order to meet important goals and build a rewarding life not only for themselves, but also for their families and their communities.

Call us at 920-675-0500, or send an email to [info@jclc.us](mailto:info@jclc.us) for more information. Visit our website at [www.jclc.us](http://www.jclc.us)

### **Legal Action of Wis. Nueva Pagina – Legal Action has a new Facebook page in Spanish**

Legal Action of Wisconsin recently expanded our Facebook presence to include a Spanish language page! It is called [Legal Action of Wisconsin en Español](#). The goal is to better facilitate communication with Legal Action’s Spanish-speaking community members and clients, including farmworkers. Legal Action also maintains an [English language Facebook page](#).

Please check out Legal Action of Wisconsin en Español ([@legalactionwiespn](#)), follow us, and share it with your communities! Let us know what you think and keep us updated on what type of content we should develop to best serve Spanish-speaking communities in Wisconsin.

Spanish speaking community members with civil legal questions can contact Legal Action at (855) 947-2529. Agricultural workers can also call or send a text or Whatsapp message to (920) 279-7025.

### **Consulados Moviles – Mobile Consulates**

Here are dates and locations for Mobile Consulates based out of the Mexican Consulate in Milwaukee

September 26 – Wausau

October 14 – Waukesha

October 24, 25 - Green Bay

November 7 - Janesville

November 21, 22 – Madison

Prices of documents are listed on the right side. To make an appointment call 1-877-639-4835 or visit <https://mexitel.sre.gob.mx/citas.webportal>

### **Haciendo que la Navidad – Making Christmas and the Holidays happen with a Budget**

Holidays bring joy, excitement, love, and some expenses. Here are some tips to help you enjoy Christmas and the holidays without breaking your budget.

One of the most important things you can do is plan ahead. Create a list of those you want to buy for, being sure to include anyone in your life that you plan to give a gift to. Then determine how much you would like to spend. Be specific to each person. Remember, making someone feel special is not about how much you spend!

Take the total amount you plan to spend and divide it by 12, since there are 12 months in a year. It is much easier to save a little money throughout the year rather than having to pay a large amount all at once. It’s even harder to pay off those big credit card bills that you racked up on gifts after the holidays. Putting money aside each month will help you reach your goal. An easy way to do this is by opening a Christmas Club account at your financial institution. You can set up an automatic payment so that a set amount is

transferred from another account to your Christmas Club each month, making saving a breeze. Plus, you'll earn some interest while you save.

Setting up your account to have the deposit go straight in is a great start, and then you can add a little more, if you can afford it, to keep it piling up. Even if it's \$5 here and there, it really can add up fast!

Keep an eye out for sales during the holiday season, keeping your budget in mind. With a Christmas Club account, you will receive your money at the beginning of the Christmas season and holidays, giving you plenty of time to find great deals.

Keep track of your expenses. This will help you stick to your plan. Don't go over budget.

Avoid spending money on yourself – this is the season of giving. Try to focus on making others smile!

When shopping online, look for discount codes to save with. Also, look at shipping costs as they can add up and can also be avoided.

Don't forget that there are also group gifts. This can help because each person spends less and can give a bigger gift.

Have fun making homemade gifts, wrap your gifts creatively, or make some of your own decorations to avoid spending extra money during the holiday season.

Christmas and the holidays will arrive before you know it, but it's never too late to start saving. Visit your financial institution to learn more.