

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

**April/May/June 2021**

**Vacunas contra el Covid-19... Vaccines for Covid-19**

This article, from the CDC, talks about vaccines being one of the tools that we have in the fight against the Covid-19 pandemic. The full document in English can be found at [www.cdc.coronavirus](http://www.cdc.coronavirus)

**En que podemos mejorar? ... How can we improve?**

We want to know what our readers think of *Conexiones Latinas* and what topics they would like us to cover. Also, if people would like a copy mailed directly to their home they can send us an email with their name and address to: [info@conexioneslatinas.org](mailto:info@conexioneslatinas.org)

**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. If you need personal help, call 211, or 877-947-2211. Services available 24/7/365. They speak Spanish.

**Abril, Mes de la Prevencion... April is Child Sexual Assault Prevention Month**

This article addresses the topic of child sexual assault and its prevention. One out of every four girls and one of every six boys in the world are victims of this "social virus". If you would like to learn the tools to protect children, on April 28 the YWCA will host a special program on Facebook Live in collaboration with New Beginnings APFV and the Wisconsin Coalition Against Sexual Abuse. The program will teach you how to educate boys and girls ages 3 to 12 in self-protection, learn to minimize risks of abuse at home, and prevent our children from becoming victims of on-line predators. Children can't defend themselves alone.

**Programa de Nutricion... Wisconsin Farmers' Market Program**

This program offers the opportunity to acquire locally grown fresh fruits, vegetable and herbs from certified farmers. Farmers' Market Program checks can be used from June 1 until October 31. You can get the checks from your local WIC or ADRC office starting on June 1. The checks can be used at any participating Farmers' Market or roadside stand. Almost all counties in the state have at least one participating Farmers' Market, so you can take the checks with you if you travel to other places in Wisconsin. Phone numbers for each county's ADRC office are listed.

**Family Health La Clinica**

The locations and phone numbers for different centers for Medical care, Mental Health, Substance Abuse and Dental services are listed. The number for all of the sites is 800-942-5330

**Le redujeron las horas? – Have your hours been reduced?**

Did you lose your job? You could get free or low cost health insurance. Call 211 or visits [www.wiscovered.com](http://www.wiscovered.com) to find out more.

### **Desarrolle el Cerebro... Develop your Child's Brain with these Vroom activities**

Whether it's mealtime, bath time or any other time, there are always ways to educate the growing minds of our children. Different activities are listed for age groups from 0 – 5 years old. The activity is listed and then the science behind the action. For more information visit [www.talkreadplaywi.com](http://www.talkreadplaywi.com) and download the Vroom app.

### **Por que el 10 de Mayo... Why is May 10 the day that Mother's Day is celebrated in Mexico?**

This article gives some history on why May 10 was chosen as the day to celebrate Mother's Day in Mexico. Guatemala, El Salvador and Belize also celebrate it on the same day, as well as some Asian countries like Qatar, United Arab Emirates, India, Malaysia, Oman, Pakistan and Singapore. In countries like Spain, it is celebrated the first Sunday in May, but for the majority of other American countries (Brazil, Canada, Chile, USA, Puerto Rico, Uruguay, and Venezuela) it is celebrated the second Sunday of May.

### **Estafas Financieras – Financial Scams**

Between the pandemic, a problematic climate, and times of economic and political turmoil, we have our hands full. Unfortunately, scammers know this and they hide out waiting to take advantage of these hectic and terrifying times. There are six types of scams that are covered in the article that have been experienced by people in our area. They include unemployment fraud, romantic scams, calls from someone posing as the IRS, phishing scams, car wrap scams, and COVID 19 vaccine scams. If you are suspicious of a fraudulent situation you should contact someone before giving any money or information to someone you don't know. Contact your local bank or credit union, or your local police department. If you have been a victim of a scam and they have gotten any personal identification like Social Security Number or ITIN, you will need to follow the identity theft guidelines, which includes contacting the Social Security Administration, your bank or credit union, and the three credit agencies. You can call the FBI directly at 1-800-CALL-FBI or visit [www.ic3.gov](http://www.ic3.gov)

### **WIC Wisconsin**

Spring is a good time to get outside and play, take a trip or visit a park. The warm temperatures and being more active will mean that you will need more liquids to stay hydrated. Water is the best for hydration, and to avoid drinks with added sugar and calories, but it can be boring. Making your own flavored water is easy. Kids of every age will love to help make it and the whole family will enjoy the fun flavors. To make your own flavored water, choose fruits and herbs with a lot of color, like berries, kiwi, oranges, melons, cucumber or mint. Use your family's favorite flavors and what you have on hand. Put the fruit in a large jar or pitcher and gently smash the fruit with the back of a spoon. Fill the pitcher with water. Put it in the fridge for about 12 hours so it has more flavor. Serve and enjoy.

WIC is the Nutrition Program for Women, Infants and Children and they can help you keep your family healthy and strong. You could qualify for WIC if you live in Wisconsin, are pregnant, nursing or have had a baby in the last six months, have a baby or child under 5 years old, you can automatically qualify if a member of your family receives BadgerCare Plus, FoodShare or W-2, or if you meet the income guidelines. Many working families participate in WIC and WIC doesn't look at migration status when a person applies. Call your local WIC office with any questions.

### **2da oportunidad – Second chance...**

...to register for Health Insurance. [www.cuidadodesalud.gov](http://www.cuidadodesalud.gov) opens again from February 15 to May 15.

### **Ayuda para Estudiantes – Help for Undocumented Students**

Visit [www.inmigranteinformado.com](http://www.inmigranteinformado.com) to find a guide to resources and information for undocumented students that are in high school or college, with or without DACA, to help them make informed decisions about their future and get the tools they need to advocate for themselves in high school or college. Also