

**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

July/August/September 2021

Vacunas contra el COVID-19 – What to do after receiving the complete vaccine series

Choose safe activities. If you are completely vaccinated, you can return to activities you did before the pandemic without using masks or maintaining social distancing, except when it is required by law, or by federal, state, local, tribal or territorial regulations, including local businesses and work places.

If you aren't vaccinated yet, find your vaccines at www.vaccines.gov

Have you completed your vaccination? Generally, the vaccine is considered complete two weeks after the second dose of Pfizer or Moderna vaccine, or two weeks after the one dose Janssen vaccines from Johnson & Johnson.

If you haven't completed these requirements, no matter what your age, you are NOT totally vaccinated. Continue to take precautions until you are fully vaccinated.

Scan the QR code for more info.

Scan our new QR code to go directly to our Facebook page to receive information in between editions of the newsletter.

Como Recuperar...How to get back money paid for an Immigration bond

Do you have any idea what happens to the bond money paid to immigration when a person is arrested? Did you know that some people qualify to get their bond money back? How does this work? When an individual is detained by immigration/ICE, they (in most cases) have right to post bail for parole. The amount paid for the bail depends on the risk that immigration believes this individual presents to society. The individual pays said bond, and this amount is deposited into an immigration bond deposit account. In that account, the amount paid gains interest up to 3%. Once the case is closed, the individual might be able to get the money they paid back for their bail. It is very important that the individual present the receipt for the bond payment when requesting the refund. It is also important to keep your information up to date with immigration in case they need to send you their form to request a refund of the deposit. If you want more information on this topic visit: <https://cliniclegal.org/resources/enforcement-and-detention/immigration-bond-how-get-your-money-back> Or call: (802) 288-7600 and select option 1 to speak with a representative

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

La Coalicion Libre... Jefferson County Drug Free Coalition

The Jefferson County Drug Free Coalition is a community organization that works to prevent and reduce alcohol and drug misuse among youth and the greater community through county wide collaboration. We work with youth, parents, schools, medical agencies, social service groups, and other community partners to help us fulfill our mission. To get more resources or check what our partners are doing, visit www.jeffcodrugfree.org/resources

Enfermedades Relacionadas... Illnesses related to heat

This graphic from the CDC teaches about heat-related illnesses, what they are and what to do if you have them. The info is available in English on the CDC website. www.cdc.gov

Desarrolle el Cerebro... Grow your child's brain with these Vroom activities

Whether it's time to eat, bath time, or at any time, there are always ways to grow your child's brain. The different activities listed are designed for each age group mentioned. Skins sensations (age 0-1) Sing, read, repeat (age 1-2), funny faces (age 2-3), rhythm zone (age 3-4), guess my number (age 4-5). Visit www.talkreadplaywi.com to download the Vroom app, or check out the web-site for activities to do, and the science behind the action.

Mejores Habitos financieros – Better financial habits – 8 simple ways to save money

This article focuses on some simple ways to save money.

1. Keep track of your expenses
2. Budget for savings
3. Find ways to cut costs
4. Set up savings goals
5. Decide what your priorities are
6. Choose the right tools
7. Set up automatic savings
8. Watch your savings grow

Visit your financial institution for help setting up your savings plan

Consejos para Prevenir... Suggestions to prevent heat related illness in the workplace

This article, provided by OSHA, covers heat-related illnesses that are related to work. It explains ways to protect yourself and others, as well as, first aid to do in case of an incident. The protection methods include drinking cold water, taking breaks, finding shade or a cool area, proper clothing (like a wide-brimmed hat, light colored clothing that is loose fitting and breathable if possible), being aware of what's going on with yourself and your coworkers, and if you use a face covering, change it if it gets wet or dirty. Visit www.osha.gov/heat for more information

Informacion para las... Swimming pool safety information for parents and children

Drowning occurs silently and quickly. Watching your children in the water is your own responsibility. Swimming classes are essential, but many children who can swim still drown. Make sure your children learn how to swim and develop these five water survival skills. These include being able to jump into the water, fully submerge their head and return to the surface, float or kick in the water for a minute, turn in a complete circle and find a way out of the water, swim for about 25 yards to an area to get out of the water, and be able to get out of the water without using the stairs. Watch your children when they are in or around water, **without** distractions

Reducir el Desperdicio... Reduce food waste

Reducing food waste is a way to make your money last longer. Knowing what the date stamp means on food can reduce the amount of food your family throws away. See the guidelines below, but always use your best judgment. Consume by, use by and sell by refer to the quality of the foods, not the safety of them. If a food has passed its due date, it is better to throw it out. Consume by is simply the suggested date that the food will be at its best quality. Milk, eggs and yogurt tend to be good for a week after the expiration date.

Use by is the date when the product will have its ideal flavor and quality. It doesn't mean that it's expired.

Sell by tells the stores when they have to take it off the store shelf. This does not mean it is expired. Expiration is the last day that you should eat or drink a product if the safety of the product is in question. Call your local WIC office for more information.