

**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)

**October/November/December 2021**

**Octubre – Mes Nacional... October is National Domestic Violence Awareness Month**

October is designated as National Domestic Violence Awareness Month. We must remember that three women are killed daily by their husbands or boyfriends, and are assaulted or beaten every nine seconds here in the US. In fact, domestic violence causes more injuries to women than accidents and assaults combined, and 95% of the victims are women (an estimated 4 million per year), according to statistics from the Justice Department. Domestic violence also affects children, who often bear the emotional scars for years after the physical abuse has ended. All kinds of social tensions can trigger abuse, even when the victim tries to ease the situation by getting a restraining order. Domestic violence can occur in same-sex couples, and affects all ages, ethnicities, economic levels, and even heterosexual men are victims of abuse, which can be as verbally and emotionally damaging as physical abuse. Some of the signs of domestic abuse are: obvious physical trauma, such as a black eye, chronic stomach pains, anxiety, depression, unusual absence from work or school, and even substance abuse can be warning signs of a more serious problem. Join our commitment that we will not tolerate this type of violence ever, not just during Domestic Violence Awareness Month. Seek help, share information. There are agencies that provide services for victims. Don't stay silent. We all deserve to be treated with respect and valued as human beings. For more info call New Beginnings 262-723-4653, YWCA 608-352-2027 or PAVE 800-775-3785.

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

**La Importancia de la Actividad Física – The Importance of Physical Activity**

Physical activity is an important part in keeping our bodies healthy and moving. It can help parents and children have a healthy heart and strong bones and muscles. When the weather gets colder and the holidays approach, it's hard to start or maintain a regular exercise schedule. Here are some suggestions and ideas that can help you and your family stay active and moving during the cold weather,

**Change screen time into active time.** There are lots of excellent resources online to help kids get moving. GoNoodle.com has a variety of videos and activities where kids can jump and play. You can also search "yoga for kids" or "healthy indoor activities for kids" on YouTube.

**Dance party in the house.** Put on your favorite songs and dance, dance, dance! Choose songs that are faster so the dancing is more intense and includes all of the family. You can even invent a dance routine or have a contest to see who can make up the funniest dance.

**Have a "snowball" fight in the house.** Use crumpled paper or pairs of rolled up socks to have a fun, quick and safe snowball fight without the cold weather.

**Learning to have a treasure hunt.** Hiding the letters of the alphabet in your house and making your kids find them in alphabetical order to combine physical activity with learning their letters. You can also hide small toys with little notes included and when your child finds it they have to open the notes and do what it says (for example, jump, run in place, stretch).

If you're looking for more ideas about exercise or healthy eating, WIC can help. Call the number for WIC in your county.

**Mordidas de Energía – Energy Bites recipe**

Back to school means hungry kids when they get home! Energy bites are a good-for-you treat that will hold the troops over until it's time for dinner. Make a big batch when you have the time and have the family help. Keep some in the fridge for the upcoming week and freeze the rest for later! Feel free to experiment with different mix-ins. The options are endless. Here are some ideas to get you started. Each recipe makes 12 bites, serving size is one bite.

Start with:

- 1 cup dry oats (old fashioned or quick oats)
- 1/4 cup peanut butter (any nut butter, like almond butter, cashew butter, etc can also be used)
- 1/4 cup honey\* (alternatives: maple syrup, agave syrup, corn syrup)
- Dash of salt
- 1/2 teaspoon vanilla (optional)

Mix Ins:

- ★ Monster cookie: 1/4 cup peanuts, 1/4 cup mini m&m's, 1/4 cup mini chocolate chips
- ★ Chocolate Chip: 1/2 cup mini chocolate chips
- ★ Sweet and Salty: 1/4 cup crushed pretzels, 1/4 cup chopped peanuts or almonds
- ★ Peanut Butter Cookie: 1/2 cup chopped peanuts
- ★ Oatmeal Raisin: 1/4 cup raisins, 1/4 cup chopped pecans or walnuts (optional), 1/2 teaspoon cinnamon
- ★ Double Chocolate: 2 Tablespoons cocoa powder, 1/2 cup mini chocolate chips

Directions:

1. Wash hands.
  2. Mix the peanut butter and honey until well combined. Then add oats, salt and vanilla. Add in the mix-ins and stir well.
  3. Refrigerate the mixture for about 30 minutes. (Don't skip this step. This allows the oatmeal to absorb some of the moisture and will help everything stick together.)
  4. Wash hands
  5. Scoop out about 1 Tablespoon of mixture and roll into a ball using your hands (wet your hands with water if the mixture is sticking). Repeat with remaining mixture.
  6. Store in the refrigerator, covered for about a week, or in the freezer for up to 6 months.
- If the mixture is too dry and doesn't stick together add a little more peanut butter or honey. If it is too sticky, add a few more tablespoons of oatmeal.
- \*do not give honey to children under 2

### **Desarrolle el Cerebro de su Hijo – Develop 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. Blow, baby, blow (age 0-1) Big hug, little hug (age 1-2), conversations about categories (age 2-3), sentence mixer (age 3-4). Visit [www.talkreadplaywi.com](http://www.talkreadplaywi.com) to download the Vroom app, or check out the web-site for activities to do, and the science behind the action.

### **GED en español – GED in Spanish – Free**

The HEP program through Madison College provides scholarships for temporary farm workers or migrants and their families to either get their high school diploma or GED/HSED. The scholarship offers: total cost of the exams for the GED, GED classes in English or Spanish, textbooks and school materials. Requirements to be part of the HEP program are: Be 18 years and six months old, and have worked in agriculture. For information, or to reserve your spot, call 608-259-2977. Or send a text to 608-571-2441. Classes in Spanish are offered in Madison or on-line.

### **El Periodo de Inscripcion – Medicare Open Enrollment – A chance to save money**

Open enrollment for Medicare plans in 2022 is October 15 through December 7, 2021. This is an important time for people with Medicare to review their current Part D prescription drug plan, note any changes, and determine if it is still the best option for them. Since insurance companies can change their Part D plan premiums, deductibles and co-pays each year, switching to a different plan could result in extra money in your pocket!

If you have had changes in your medications this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.

In addition to changing the list of medications that they cover (known as their "formulary") and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try an alternative drug before they pay for the

one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year. People on SeniorCare, Wisconsin's prescription drug assistance program, are not affected by this open enrollment period. They only need to renew their enrollment every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on SeniorCare and have had medication changes, you might want to check on the cost of a part D plan to see if SeniorCare is still the best option for you.

Assistance with plan comparisons is available through the following resources: · 1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)

- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)
- The Aging and Disability Resource Center (ADRC) in your county

### **WUSD, UWW and PremierBank offering early childhood classes**

The Whitewater Unified School District is pleased to announce that we are now offering early childhood classes, free and interactive between parents and children for ages 0 – 5 years.

WUSD has joined with the Early Childhood Department at UW – Whitewater and with PremierBank to create interactive classes for parents and children. The classes will be offered Tuesday and Thursday from 9:15 – 9:45 for children from 0 – 2 years, and Tuesday and Thursday from 10:00 to 10:45 for children from 2 – 5 years old. These classes will be held from September 28 to November 16. All the classes will be offered in English and Spanish. You can sign up at [www.wusd.org](http://www.wusd.org) and click on the link for early childhood classes. Children from neighboring cities are welcome! Contact Molly Fuller ([mfuller@wwusd.org](mailto:mfuller@wwusd.org)) if you have any questions. Space is limited, so register today!

### **Es Tiempo de Refinanciar? – Is it time to refinance?**

With rates remaining low, is it time to refinance? Refinancing doesn't have to be complicated. Here are some steps to get started.

1. Know your credit score
2. Understand your equity
3. Don't forget closing costs
4. Prepare for success with your home appraisal
5. Respond quickly to inquiries from lenders

Call your financial institution for more information

**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.

### **Vacunese – Get vaccinated**

Find a free COVID-19 vaccine in your area. Visit [www.vacunase.gov](http://www.vacunase.gov) Call 800-232-0233 or Send a text message with your zip code to 438829

### **Pongase al Dia con los Chequeos – Catch up on check ups and routine vaccinations**

As opportunities for in person learning and playing grow, it's important that your child is up to date with their check ups and recommended vaccinations to protect their health now and in the future. Call your child's doctor to make an appointment, or call the Public Health Department to schedule a vaccination appointment.

Presenting the Walworth County Mobile Health Hub. It will visit different communities throughout Walworth County to provide health and wellness services. If you see us in the community, stop and say "hi". Follow us on Facebook to see where we will be.

October ?? – ?? Is National Lead Poisoning Prevention Week. To be exposed to lead is dangerous during development in early childhood, especially for children that are crawling. Be sure to take off shoes when entering your home to avoid bringing in dirt that is contaminated with lead from outside. Visit the web-site listed or call your local Health Department.