

Conexiones Latinas

The mission of Conexiones Latinas is to inform and educate the Hispanic community of 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

January/February/March 2022

Feliz Año Nuevo – Happy New Year

First of all, *Conexiones Latinas* would like to wish you an excellent start to the New Year. We hope that 2022 is full of health, work and well being for everyone.

With the arrival of the New Year come new goals and challenges to meet, which we will pursue in order to provide better service to the community. One of our commitments is to keep our community informed through our sponsors. Unfortunately, this year we were forced to increase our advertising prices. For a long time we were able to avoid an increase, but due to the pandemic and some financial adjustments, it was necessary to make this change.

Another important change we have made and want to share with you is our new logo. See newsletter...

Our goal is clear and objective: connect our community to necessary resources.

We hope to share with you in the future the results of the board's hard work to meet other challenges. For now we will continue working behind the scenes.

We thank you for your collaboration and we invite you to continue working with us for the benefit of our Latino community.

Se Ha Identificado el Primer Caso de Omicron... The first case of Omicron has been identified in Wisconsin

There is a lot we do not know (with confidence) about this variant - like increased transmissibility, more severe or more frequent severe disease, impact from vaccination.

What we do know is that there are rather numerous mutations compared to previously observed variants. Some of these are known mutations that we are familiar with, and others have not been observed or have not been studied thoroughly.

What we also know is how to prevent the spread of SARS-CoV-2, and how to protect ourselves. It is highly likely that vaccination will continue to offer protection from severe disease and death. Our public health best practices of wearing a mask in public settings, physical distancing, increasing ventilation, getting tested when appropriate, and staying home when sick will help us to control our case activity and reduce the burden of illness.

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

Bajar el Consumo de Energia...Lower Energy Consumption in your Home, Save Money

Focus on Energy empowers people and businesses in Wisconsin to make intelligent decisions about energy use with lasting economic benefits. Since 2001, the renewable resources and energy efficiency program has remained true to this mission.

A free energy saving packet from Focus on Energy doesn't just help you save money in your home, it also helps us keep more jobs, more energy, and more money in Wisconsin. Pretty good for something that is free.

Available products include:

Energy Star LEDs, faucet aerators, water-saving showerheads, power strips, and insulating tape for pipes

Save all year without sacrificing comfort! If you consider that heat and air conditioning represent almost half of the energy consumption for an average home, it's easy to see how the correct combination of improvements can generate considerable savings.

Pick from a menu of energy saving options including a new heating system, boiler, smart thermostat or water heater. You can receive incentives for each individual improvement or make multiple renovations at the same time and increase your incentives.

Signs that it's time for a makeover: Your heating equipment and air conditioning are not safe or efficient or are over 15 years old. You have noticed excessively loud noise from the exhaust fan or sporadic popping, banging or rattling in your heating system. Your energy bills have gone up. Your home is cold and uncomfortable.

Improvements are made through a Trade Ally of Focus on Energy, who will guide the process and install the equipment. The Trade Ally collaborators receive specialized training resources and programs that distinguish them from other contractors. Call 800-762-7077 for more information.

Prepares: Mantengase Sano.. Be Prepared: Stay Healthy and Safe during the Winter

Winter storms and cold temperatures can be dangerous. Stay healthy and safe by planning ahead. Prepare your house and your vehicles. Be prepared for power outages and outdoor activities. Be aware of the elderly. Although the arrival of winter isn't a surprise, many of us may not be prepared. If you are prepared to face winter dangers, you are more likely to stay healthy and safe when the temperatures start to fall.

Prepare for emergencies related to the weather, including power outages. Store food that doesn't need to be cooked or refrigerated and water in clean containers. Make sure your cell phone is completely charged. If you plan on traveling, be aware of actual weather conditions and those forecasted. Keep an up-to-date emergency kit that includes the following: battery operated equipment, like a flashlight, a NOAA weather radio, additional batteries, first aid kit and extra medicine, items for babies, cat litter or regular sand to spread over the frozen roads.

Protect your family from carbon monoxide. Keep grills, camping stoves and generators outside of the house, the basement and the garage. Generators should be at least 20 feet from the house. Leave the house immediately if the carbon monoxide detector goes off and call 911.

Como Escoger a un Preparador... How to find a tax preparer

This article gives tips from the IRS for how to find a tax preparer. The majority of tax preparers provide quality service. The IRS recommends that taxpayers verify the qualifications and history of their tax preparer. They should also ask about service fees before giving their files to the preparer. Taxpayers should not hire a preparer who only uses pay stubs instead of the W2 form. They should review the return and ask questions before signing it. The taxpayer is responsible for the information in their return regardless of who prepared it.

Different types of tax preparers have various skills, education and aptitudes. Another important difference is the ability of the preparer to represent the taxpayer before the IRS. There are two types of representation rights, also known as practice rights: unlimited and limited representation.

The IRS has a public directory at www.irs.gov that lets taxpayers look for and categorize tax preparers by name, zip code and credentials.

The majority of tax preparers are professional, honest and trustworthy. The IRS commits to investigating those who take inappropriate actions. Taxpayers can report a complaint about a preparer for misconduct such as: embezzlement of refund of the taxpayer, alter filing documents without the taxpayer's consent, create or omit income to get a bigger refund, create exemptions or false dependents to receive a bigger refund, create expenses, deductions or false credits to receive a bigger refund, using an incorrect filing status to receive a larger refund.

Dodge County Guía de Recursos en la Comunidad ... Dodge county resource guide

A guide for resources in the community including assistance with rental units/housing, food pantries, medical assistance, transportation, resources for parents, etc. Visit this site for important information:

www.co.dodge.wi.gov/departments/departments-3-h/human-services-health-department/economic-support.com

Feliz Dia de los Reyes – Happy King's Day

This article covers the celebration of Dia de los Reyes on January 6, 2022. This is an important event in Christian countries and marks the last day of the Christmas holidays. That evening the kings take gifts to the homes of children who have been good during the year. Info about the history of the kings and the significance of the day are also explained.

Mes de Concientizacion... Teen Dating Violence Awareness Month

Violence in romantic relationships among adolescents is as serious as domestic violence among adults. And it is common. Around 2 of every 10 adolescent girls say that they have been subjected to physical or sexual abuse from their partner. Around 1 in 10 boys report abuse in their romantic relationships.

Abuse in adolescent romantic relationships is a habit of aggressive behavior that is used to control the other person. It can be: *Any type of physical violence o threats of physical violence to gain control, *Emotional or mental abuse, like psychological manipulation, making you feel crazy, constantly sending text messages, or continually looking down on you or criticizing you, *Sexual abuse, including making you do anything that you don't want to do, refusing to have safe sex, or making you feel bad about yourself sexually.

Who is at risk? Just like domestic violence among adults, this behavior can affect all adolescents, no matter how much money their parents have, what their grades are, how you look or dress, what your religion is or your race. This abuse happens in heterosexual, gay and lesbian relationships.

This type of abuse isn't just dangerous for you physically and emotionally. It can also cause you to run the risk of other health problems, like: eating disorders, depression, low self-esteem.

For more information about free and private counseling services for parents and adolescents, call:

YWCA Rock County 608-752-5445 ext 215

New Beginnings 262-723-4653

PAVE 800-775-3785

El Dia Internacional de la Mujer... International Women's Day

International Women's Day commemorates the struggle of women throughout history and seeks to recognize the achievements they have made in the world. Not only that, it is also a day to highlight the scourge of sexist violence and raise awareness about the inequality that women continue to face today. March 8 is the day that was chosen by the United Nations for International Women's Day because on that date in 1857 a group of women workers in a textile factory in New York left their posts to have a march and protest their low salaries.

That day ended with 120 women severely injured as a result of the brutality with which the police dispersed the march. The day commemorates the struggle for equality and non-violence.