

# Visión y Compromiso™

It is our pleasure to invite you to the 13th annual  
Promotores and Community Health Worker conference:

“Our Vision, My Commitment, Our Power”

**DECEMBER 10–12, 2015**

**NEW LOCATION:** Ontario Convention and Conference Center



## THE CONFERENCE GIVES YOU THE OPPORTUNITY TO:

Increase your knowledge and skills on health, life and community issues.

Reinvigorate your commitment to advocacy through workshops led by inspirational community leaders.

Share and network with other Promotores/as from across the country.

Celebrate your achievements during our Friday evening celebration (optional).

## PARTICIPATION INSTRUCTIONS

- ❑ Register online at [www.visionycompromiso.org](http://www.visionycompromiso.org) or print the two-page registration form at the end of this document and send by fax to (213) 613-0633 or mail to Visión y Compromiso, 1000 N. Alameda St., Ste. 350, Los Angeles, CA 90012 Attn: Isalia Zumaya
- ❑ Need a place to stay? **Book your room at the DoubleTree by Hilton Ontario Airport before November 19** for special rates.
- ❑ If you are flying, make reservations to arrive at Ontario International Airport as soon as possible.
- ❑ There is a charge for public and private parking. Carpooling is strongly recommended.
- ❑ Enjoy the conference!

## PROGRAM

### THURSDAY, DECEMBER 10, 2015

#### 1:30pm – 5:30 pm: Visión y Compromiso Regional Network Meeting

For members of Visión y Compromiso's Promotores and Community Health Workers Network's Regional Committees. This meeting is closed to all others.

#### 6:30pm – 9:30 pm: Welcome to Style Hollywood!

This reception will welcome hundreds of exclusive stars of the world community, personalities essential to the health of their communities: "Promotores." Don your gala dress and enjoy a night of celebrity red carpet, reporters, photographers, music and fun. Tonight you will be the main star! There is no cost for this event, but advanced registration is required. Please note that no food will be served during the reception.

### FRIDAY, DECEMBER 11, 2015

7:00 –	Registration Open
8:30 – 9:00	Welcome
9:00 – 10:00	Plenary
10:15 – 11:15	Exhibits
11:30 – 12:45	Lunch
1:00 – 3:00	Workshop A
3:15 – 5:15	Workshop B
5:15 – 6:30	Free Time
6:30–12:00	Dinner/Dance

### SATURDAY, DECEMBER 12, 2015

7:00 – 11:00	Open Registration
7:00 – 8:00	Workshop C
9:00 – 11:00	Workshop D
11:15 – 12:30	Plenary
12:30 – 1:45	Lunch
2:00 – 4:00	Workshop E
4:15 – 5:00	Closure

## PARKING

Participants staying at the DoubleTree by Hilton Hotel Ontario Airport will receive free parking. Participants parking at the Ontario Convention Center will receive a reduced rate of \$9 per day.

## AIR TRAVEL TO ONTARIO

The nearest airport is Ontario International Airport. Shuttle transportation from the airport to the DoubleTree by Hilton Ontario Airport is available. Please make your travel arrangements early to take advantage of the best fares.

## HOTEL INFORMATION

Please note that the cost for lodging is not included in the registration cost.

The Doubletree by Hilton Ontario Airport is offering special room rates for conference participants. Single or double regular rooms: \$109. To take advantage of this price, make your reservations prior to **November 19**.

### DoubleTree by Hilton Ontario Airport

222 Vineyard Ave.  
Ontario, CA

909-937-0900

<http://tinyurl.com/pfcxgrz>

## EXHIBITORS AREA

National and statewide organizations will share and display services available to the community through their agencies. For information on how to become an exhibitor, please contact Isalia Zumaya at 213-613-0630.

## MERCADITO (MARKETPLACE)

Promotores will display handcrafted items that will be available for sale to participants. Come by for a visit and shop for the holidays!

## REGISTRATION FEES

Your payment must be received before **November 28** to take advantage of early registration costs. Late registration fees will apply to all payments received after the deadline. For assistance with group payments please contact us by **November 28**.

	Promotores/ CHWs	General Admission	Presenters	Promotor Presenters
<b>BEFORE NOVEMBER 28</b>				
Conference AND Celebration	\$70	\$240	\$150	\$70
Conference: Two Days	\$40	\$180	\$90	\$40
Conference: One Day	\$40	\$90	*	*
Celebration Only	\$30	\$60	\$60	\$30
<b>ON-SITE REGISTRATION</b>				
Conference AND Celebration	\$100	\$240	\$150	\$100
Conference: Two Days	\$40	\$180	\$90	\$40
Conference: One Day	\$40	\$90	*	\$40
Celebration Only	\$60	\$60	\$60	\$60

\* Only presenters who are not Promotores will incur a registration charge for attending any part of the conference other than the day of their workshop.

### REGISTRATION OPTIONS

- **ONLINE:** Prior to **November 28**, visit [www.visionycompromiso.org](http://www.visionycompromiso.org).
- **MAIL:** Send the last two pages of the Registration Form with check or money order (made payable to Visión y Compromiso) to: Visión y Compromiso  
1000 North Alameda St., Suite 350, Los Angeles, CA 90012  
Attn: Isalia Zumaya
- **ON SITE:** Registrations are accepted in-person beginning Friday, December 11, beginning at 7:00 am and during posted scheduled times at the conference.

### PAYMENT OPTIONS

Remember to send payment based on your participation category.

- **CREDIT / DEBIT CARD:** For online or on-site registrants.
- **CHECK OR MONEY ORDER:** Made payable to Visión y Compromiso.
- **CASH PAYMENT:** Cash is only accepted in-person at the Visión y Compromiso office or at the conference. Late registration fees will apply after the **November 28** deadline.

### PLEASE NOTE:

- ✓ Conference fees include lunch for the two days only.
- ✓ Only a limited number of seats are available for the Friday Evening Celebration, please buy your ticket in advance.
- ✓ This event is not appropriate for children. Children are not permitted at the conference.
- ✓ For assistance with group registration, please contact Isalia Zumaya at 213-613-0630 before **November 28**.
- ✓ The conference will be conducted in Spanish. Please indicate if you will need English translation during the conference on your form.
- ✓ Coffee service only will be provided on Friday and Saturday mornings.

Questions? Contact Isalia Zumaya at [isalia@visionycompromiso.org](mailto:isalia@visionycompromiso.org) or 213-613-0630 or visit [www.visionycompromiso.org](http://www.visionycompromiso.org).

# WORKSHOPS

FRIDAY, DECEMBER 11, 2015

WORKSHOPS A: 1:00 – 3:00 PM



## Community Theater: A Tool for Creativity in Community Work

*Presented by: Patricia Veliz-Macal*

Street Theater is an engaging and effective teaching tool for Promotores in their work with communities. Learn how movement, language and art combine to create more effective theater presentations.

Objectives: 1) Explore new skills in using body movement that uses art, creativity, and critical thinking. 2) Explore emotions, body movements, and language that are tied to taking action. 3) Strengthen verbal and non-verbal public speaking skills.

*Categories: Professional Development, Skill Building*

## Be in Charge of Your Health: Learn How Managed Care Works

*Presented by: Abelardo de la Peña Jr.*

This interactive workshop helps promoters understand and teach health coverage terms, common types of health coverage plans and tips to help people choose a health plan that works for them. The program supplements expertise training around managed care and health care terminology for Covered CA stakeholders, and enhance Promotores and community health worker outreach and education efforts.

Objectives: 1) Describe managed care. 2) Define common health care terminology, including words used in managed care cost. 3) Describe four kinds of health coverage plans.

*Categories: Professional Development, Information/Education*

## Letting Go With Love

*Presented by: Susy Landa*

This experiential and interactive workshop will help participants learn to use love to manage letting go of past losses and unresolved emotions.

Objectives: 1) Explore basic concepts associated with loss. 2) Practice using an experiential activity to manage their own unresolved losses and learn to apply this experience to their work with community. 3) Explore the unique losses that affect Latino communities and ways to support the grieving process.

*Categories: Mental Health, Information/Education*

## The Role of the Promotor/Community Health Worker in the Field of Research

*Presented by: Miriam Hernandez, Albertina Garcia, and Maria D. Castro*

Participants will learn about the mutually collaborative research funded by the Albert Schweitzer Fellowship between Health Promotores from Providence Health and Services and UCLA students and researchers.

Objectives: 1) Analyze how Promotores can be a part of different stages of the research process. 2) Obtain resources to facilitate their own technology workshops in their communities.

*Categories: Mental Health, Information/Education*

## Kidneys Are Treasures: How to Care for Them

*Presented by: Dr. Franco Reyna*

This workshop will focus on kidney health and its significance in the Hispanic community. Learn to assess personal risk factors and steps to keep your kidneys healthy. Bonus: A toolkit from the NIH National Kidney Disease Education Program will be provided to help you teach your clients about kidney disease.

Objectives: 1) Identify their personal risk factors for kidney disease. 2) Identify the two tests for kidney disease and what each means for their kidney health. 3) Identify new resources available from the NIDDK to educate their clients with diabetes.

*Categories: Physical Health, Information/Education*

## Reducing the Fear of Colon Exams

*Presented by: Jose Mendoza Silveiras, MD*

Learn what colon cancer is and how to manage challenging conversation about the topic with the help of our Colon Cancer Awareness Speaker Kit which helps transform critical communication barriers into opportunities for understanding and action.

Objectives: 1) Identify barriers to colon cancer conversation. 2) Describe steps to host a colon cancer awareness presentation. 3) Identify community resources on where and how to take action against colon cancer.

*Categories: Physical Health, Program Development*

## Sexuality: Today, Tomorrow and Beyond

*Presented by: Dilma Carolina Bojorquez and Rachel Dowling*

Learn about common attitudes regarding sexuality among older adults, and the physical and emotional benefits of maintaining sexual health as we age.

Objectives: 1) Learn about four benefits to maintaining one's sexual health as we age. 2) Reflect upon three personal attitudes

towards sexuality. 3) Learn about common physiological changes related to aging.

*Categories: Physical Health, Information/Education*

## Parents Taking Action: Strategies for Latino Families With Children Diagnosed With Autism Spectrum Disorder

*Presented by: Kristina Lopez, PhD, Emily Iland, MA, and Sandra Magaña, PhD*

This workshop provides an introduction to the Parents Taking Action program which improves understanding of autism spectrum disorders for families who have a child with a recent diagnosis.

Objectives: 1) Learn about the Parents Taking Action program's research outcomes. 2) Learn to increase the knowledge and advocacy strategies of Latino families who have children with ASD. 3) Learn about innovative methods to teach Latino parents techniques to enhance the communication of their children with ASD.

*Categories: Mental Health, Best Practices*

## Affordable, Eco-friendly Home Recipes for a Healthy Body

*Presented by: Dinorah Barton-Antonio, Hugo Mata, and Nancy Palate*

Help keep your body healthy while keeping your home clean with simple, economical and eco-friendly tips, and be informed about local resources.

Objectives: 1) Identify how common household cleaning products and pesticides affect health. 2) Identify local resources and programs. 3) Learn how to save time and money by using natural alternative cleaners

*Categories: Social & Environmental Health, Skill Building*

## How to Achieve a Healthy Weight Without Feeling Down

*Presented by: Jose Arturo Palato*

Achieving a healthy weight requires a balance between a person's physical, mental and emotional states. Learn about how to establish this balance in this interactive workshop.

Objectives: 1) Identify subconscious motivators that affect a person's weight. 2) Learn to provide support to help others manage their thoughts and feelings to achieve a healthy weight. 3) Design an action plan to support self-care as part of a healthy holistic plan.

*Categories: Mental Health, Information/Education*



### Navigating The Special Needs System

*Presented by: Rose Chacana*

This workshop provides participants the necessary skills and knowledge about the special needs system to make them informed partners and better advocates for the families with whom they work.

Objectives: 1) Overview the system of Regional Centers including the Lanterman Act and what it means to families. 2) Define the roles and responsibilities of clients and families within the system of care for special needs. 3) Share suggestions and strategies that can help families become better advocates for a family member with special needs.

*Categories: Mental Health, Information/Education*

### Know Your Brain and Debunk the Myths About Parkinson's Disease

*Presented by: Claudia Martinez, Gloria Chavez-Gaytan, and Miguel Gaytan*

The brain is in a constant active state of communication and evolution. Learn about how the brain functions and how Parkinson's disease affects individuals in the Hispanic community.

Objectives: 1) Learn about how the brain communicates with the rest of the body. 2) Clarify myths about Parkinson's Disease and how it affects the brain. 3) Discuss how exercise protects the brain against Parkinson's Disease.

*Categories: Mental Health, Information/Education*

### Increasing the Participation of Women, Men, and Youth in "The Political Process"

*Presented by: Claudia Estrada Powell and Patricia Veliz Macal*

This workshop will describe the Leadership and Advocacy skills needed to collaborate with organizations and elected officials to increase services for community residents.

Objectives: 1) Learn about educating your elected officials at a local, state and federal level. 2) Discuss the skills needed to participate effectively in organizations and coalitions. 3) List the elements necessary to achieve success in legislation and politics for your community.

*Categories: Advocacy & Public Policy, Skill Building*

### Caring for Our Eyes to See the Future: How to Educate Our Communities About Glaucoma

*Presented by: Marcela Aguilar*

The "Caring for Our Eyes" toolkit was developed for the Hispanic community to promote eye health and Glaucoma

prevention. Each participant will receive a toolkit and learn how to use it within their community.

Objectives: 1) Learn about Glaucoma and how it affects vision. 2) Explore strategies on how to use the contents of the "Caring for Our Eyes" Toolkit. 3) Learn how to educate the community using the toolkit

*Categories: Physical Health, Information/Education*

### Time Waits for No One! Learn to Manage it More Effectively

*Presented by: Carolina López De La Torre*

Running out of time? Learn strategies to manage time more effectively and create a better balance in your professional and personal life.

Objectives: 1) Use the Time Matrix effectively. 2) Learn to prioritize activities based on Urgency and importance. 3) Learn to balance your agenda's activities.

*Categories: Personal Development, Skill Building*

### A Grassroots Approach to Prohibiting Oil and Natural Gas Extraction in Residential Communities

*Presented by: Sandy Navarro*

This workshop will focus on urban oil and gas extraction in South Los Angeles communities for the last 40 years. Community residents, especially children, suffered from health implications which they attribute to the site's production. Promotores will discuss steps to influence policies to protect health and strategies to document the struggle.

Objectives: 1) Define environmental implications of urban oil extraction, including outdoor air quality, and public health and safety. 2) Discuss community health risks of living in close proximity to an oil drilling site, specifically health problems and threat of safety. 3) Recognize the role of regulating agencies and policy makers, and how these parties can influence policies to protect human health.

*Categories: Social & Environmental Health, Information/Education*

### Sinfully Sweet

*Presented by: Elia Camarena and Diego Ceja*

There are over 40 varieties of sugars! Where do they come from and how do they affect our bodies is the topic of this workshop with a focus on added sugars to help participants win the battle against these harmful sweets.

Objectives: 1) Discuss how sugars affect our bodies and how some sugars can be addicting. 2) Learn practical techniques to avoid consuming added sugars. 3) Identify

healthy options to artificial and added sugars in basic foods.

*Categories: Physical Health, Information/Education*

### Gluten: A Fad or a Real Need?

*Presented by: Rachel Dowling and Francisca Beltran*

Seems that everything is now labeled as "Gluten Free!" Come explore what gluten is, where it is found and whether it is good or bad for our health. The workshop will include a demonstration of gluten-free foods.

Objectives: 1) Describe what gluten is and how to help the community understand where it is found. 2) Identify three common grains that contain gluten. 3) Identify gluten-free food options.

*Categories: Physical Health, Information/Education*

### Successful Leadership Programs That Benefit Vulnerable Communities

*Presented by: Marlom Portillo*

The Noble Youth or "El Joven Noble" is a model program that has been used successfully to reduce violence and increase social integration to improve overall wellness among its young participants. The critical role of parents and other adults in the Bienestar Family Program will also be discussed as key components in a youth's success in society, especially in their academic and emotional development.

Objectives: 1) Describe the fundamental components of the "El Joven Noble" program. 2) Discuss the success of leadership and integration programs among immigrant youth. 3) Explore the importance of violence prevention among youth.

*Categories: Mental Health, Best Practices*

### The Day Laborer: An Inside Perspective

This unique panel of experts—ranging from day laborers and agencies who work with them—will discuss the special needs and considerations of day laborers for Promotores who want to strengthen their understanding and their support of this population.

Objectives: 1) Discuss the challenges and needs faced by the diverse population of day laborers. 2) Explore strategies to increase their effectiveness in working with day labor workers.

*Categories: Social & Environmental Health, Information/Education*

SATURDAY, DECEMBER 12, 2015

WORKSHOPS A: 7:00 – 8:00 AM



### Therapeutic Dance: Integrating the Mind and Body

*Presented by: Amanda Casavona*

Learn how therapeutic dance can help unblock tensions and stress in order to prevent psychosomatic illnesses and reach a state of wellness and peace of mind.

Objectives: 1) Learn how to use dance as a resource to achieve relaxation, health and peace. 2) Learn how to unblock tensions, traumas, pain, stress and guilt. 3) Learn how to use dance as a tool that benefits the community.

*Categories: Mental Health, Information/Education*

### Walking Intentionally: From Laughter to the Peace of a Smile

*Presented by: Antolín Rodríguez*

Come and enjoy Walking Intentionally and the importance of living the here and now with peace and joy.

Objectives: 1) Learn about the holistic benefits of the connection between mind-body reconciliation with heaven and earth. 2) Learn about the holistic benefits of laughter. 3) Learn the holistic benefits of inner peace.

*Categories: Physical Health, Information/Education*

### Healing Our Traumas, Transforming Our Lives

*Presented by: Amy Muratalla*

Based on a holistic model and a popular education methodology, this workshop, "Trauma, Healing and Transformation" will teach wellness practices, the creation of teams and self-help to unblock traumatic stress and awaken participants to their own wisdom.

Objectives: 1) Learn wellness practices to unblock traumatic stress. 2) Learn to liberate traumatic stress and balance energy that will help nourish and harmonize the nervous system.

*Categories: Mental Health, Information/Education*

SATURDAY, DECEMBER 12, 2015

WORKSHOPS B: 9:00 – 11:00 AM



### Emotional CPR: Overcome Emotional Traumas through Connection, Empowerment and Revitalization

*Presented by: Maria Ostheimer*

Will explore and share techniques of how to assist people that are experiencing an emotional crisis. Through a holistic focus of: Connection, Empowerment and Revitalization anyone can help another person overcome emotional traumas.

Objectives: 1) Learn how the elements of CPR improve a heart to heart dialogue. 2) Know the elements of a dialogue through the five intentions of CPR. 3) Learn how to help someone overcome an emotional crisis.

*Categories: Mental Health, Information/Education*

### Metamorphosis

*Presented by: Humberto Perez*

An educational workshop that will help accomplish a positive transformation. Promotores will become aware about the need for change.

Objectives: 1) Recognize the areas of your life that need to change. 2) Learn how to establish the actions that will improve different areas of your life. 3) Identify the factors that can impede reaching your goals.

*Categories: Professional Development, Information/Education*

### Living Happily With a Chronic Illness

*Presented by: Amie Eng*

While stress, frustration, and sadness are common when living with asthma, diabetes, or arthritis, these feelings do not need to control your life. Learn how to overcome negative feelings and successfully manage your chronic health condition! You'll be able to help yourself, ask for help, help loved ones, and see how technology can work for you! Group exercises and fun activities will show how you can feel great when living with a chronic health condition.

Objectives: 1) Name at least three common emotions commonly seen with chronic health conditions. 2) Identify three self-care tools or strategies to promote positive emotional health for someone with a chronic health condition. 3) Name at least three ways technology can help support emotional health for those with chronic health conditions.

*Categories: Mental Health, Information/Education*

### Parents of Active Children: Learn about Parent Child Intervention Therapy

*Presented by: Miya Barnett*

Let's learn about the importance of early intervention for young children with disruptive behaviors, such as tantrums, with focus on the evidence-based treatment, Parent Child Intervention Therapy (PCIT). PCIT can help improve parent-child relationships, promote educational success, and decrease risk factors for long-term behavioral and emotional problems. Promotores will gain skills in how to identify families that would benefit from PCIT and refer them to services.

Objectives: 1) Identify families, who would benefit from PCIT, an evidence-based parent training program. 2) Describe the core-components of PCIT to the families they serve. 3) Obtain contact information for agencies in their communities that provide PCIT.

*Categories: Mental Health, Best Practices*

## Home Sweet Home: Promotores Connecting Health and Housing

*Presented by: Maria Bejarano, Diego Emestica and Toby Rodriguez*

Can something in your home be making your family sick? This workshop will focus on how the indoor environment can impact health. Specifically, drawing the connection between housing conditions, lead hazards, and asthma. Participants will learn to implement the Seven Principles of a Healthy Home with their community and family.

Objectives: 1) Identify and describe the seven principles of healthy housing and draw the connection of how the environment can impact health. 2) Describe how lead hazards and asthma can stem from housing conditions and what interventions can be used to prevent them. 3) Prepare least-toxic cleaning solutions and learn Integrated Pest Management practices to replicate at home and in the community.

*Categories: Social & Environmental Health, Information/Education*

## Health Promotion and Community Based Research as a Methodology for Social Change

*Presented by: Angela Beltrán and Art Garcia*

Understanding how the work in health promotion connects with research and ethics is very important. If you care about healthy communities and families, then this workshop is for you. Learn how to impact policies and systems and create healthier communities for social change. Increase your knowledge and leadership capacity skills by demystifying the notion that research can only be done by academics. All are welcome!

Objectives: 1) Increase capacity skills in Community Based Participatory Research (CBPR). 2) Learn how to develop at least 1 research method. 3) Gain knowledge in reflective evaluation and research ethics.

*Categories: Advocacy, Participatory Research*

## Emotional Etiquette and Diabetes

*Presented by: Dilma Carolina Bojorquez and Eduardo Sida*

Does a connection between emotional health and diabetes exist? During the workshop, the norms for emotional labeling someone with diabetes will be explored without judgement for his/her efforts and progress.

Objectives: 1) Learn about the connection between emotional health and diabetes. 2) Review ten basic rules about emotional etiquette in order to help someone with diabetes. 3) Discuss different techniques and resources for maintaining positive emotional health.

*Categories: Physical Health, Information/Education*

## Cultivating Healthy Relationships

We will explore how our relationships with others can bring wellness, health, quality of life and can strengthen our self-esteem.

Objectives: 1) Reflect upon the foundation of a healthy relationship. 2) Identify three to five elements to cultivate healthy relationships. 3) Reflect upon the impact that interpersonal relationships have on your life.

*Categories: Mental Health, Information/Education*

## Post-Partum Depression

Our state of mind can be altered post-partum, learn about the changes in our state of mind, the causes, symptoms and treatment for post-partum depression.

Objectives: 1) Learn what post-partum depression comprises. 2) Learn what the causes and symptoms are for post-partum depression. 3) Learn about treatment options.

*Categories: Physical Health, Information/Education*

## Community Outreach through Social Media

*Presented by: Angelica Aguilar, Maricela Sanchez and Maria Oliden*

Imagine using social media to create social change! Come learn about innovative ways to integrate different platforms into your work to reach communities.

Objectives: 1) Learn about the different social media platforms available. 2) Learn how to apply the most used social media platforms into your work.

*Categories: Technology, the Internet, and Social Media*

## My Mouth, My Oral Health

Oral health is an essential part of our overall health, however many of us postpone its maintenance for tomorrow not taking into consideration the permanent consequences it could have. Let's explore how we can promote the prevention of oral health diseases as a way to gain overall health.

Objectives: 1) Explore the challenges our communities face with maintaining their oral health. 2) Identify ways Promotores could be key in promoting oral health among the communities served.

*Categories: Physical Health, Information/Education*



### In California, Who Will Come to the Rescue?

*Presented by: Jorge Gaitan*

This workshop will include a panel, presentations and activities that will provide updated information about the state laws that protect agricultural workers from pesticides and retaliation. Promotores will obtain resources and information to support the empowerment of their communities.

Objectives: 1) Learn about the changes to the law that protects agricultural workers from pesticides and retaliation. 2) Obtain information and tools to support agricultural workers' power and their communities.

*Categories: Social & Environmental Health, Information/Education*

### Get The Job of Your Dreams

*Presented by: Rosa Isela Calvo*

Come learn about how networking is key to finding and getting the job you want. We will also look at how technology can help you at every step of the way: from finding a position, successfully applying for it, and nailing the interview. What you do is valuable—through group exercises, videos, and fun interactions learn how to make it easy for an employer to see that you are the one for the job!

Objectives: 1) Identify at least three online tools to strengthen their prospects. 2) Describe at least three ways to make your teaching experience more marketable to prospective employers. 3) Learn what is networking and how it can help you find employment.

*Categories: Professional Development, Skill Building*

### Diabetes and Eye Health

*Presented by: Marcela Aguilar*

Get to know the kit "Diabetes and Eye Health." Interactive exercises to learn about the eye, the complications of diabetes and the impact on the eyes and the importance of a comprehensive eye exam. Participants will learn and practice how to use the educational flipchart. Each participant will receive a copy of the kit.

Objectives: 1) Describe the complications of diabetes on the health of the eyes. 2) Learn how to explain the importance of eye exams using pupil dilation. 3) Learn community education strategies using "The Diabetes and Eye Health" kit.

*Categories: Physical Health, Information/Education*

### Promoting Healthy Choices and Community Changes: Helping People Make Healthy Choices

*Presented by: Juan Carlos Arroyo, MPH*

Promoting Healthy Choices and Community Changes is an e-learning program developed by the Office of Minority Health (OMH) at the U.S. Department of Health and Human Services (HHS). Participants will learn about how to help community members to make healthy choices, resources that can help community members make healthy choices, and ways to teach community members to take action toward good health. Participants will receive a Certificate of Completion with the HHS and OMH logos.

Objectives: 1) Identify how to help others make healthy choices. 2) Learn about selecting a type of resource that can help people make healthy choices.

*Categories: Personal Development, Skill Building*

### The Indigenous Woman and the Madres Consejeras Model

*Presented by: Gladys E. Ramírez Garcia*

This workshop will highlight holistic health promotion utilized in Guatemala by *madres consejeras*. It will focus on the methodologies that rural, indigenous, Mayan-speaking women use to promote healthy behaviors among pregnant women and women with children under 5 years of age.

Objectives: 1) Learn about the *madres consejeras* holistic health promotion model in Guatemala. 2) Analyze the educational techniques used by the *madres consejeras* in their activities.

*Categories: Physical Health, Best Practices*

### Cough, Wheeze and Sneeze

*Presented by: Marilyn Li, Lyne Scott and Yolanda Diaz*

An educational workshop on how to identify and support families with children at risk for developing asthma and the treatment options for allergies. Learn about the *Breathmobil* as an excellent resource for education and treatment.

Objectives: 1) Discuss what asthma is and identify common triggers. 2) Understand the importance of working with families to advocate for the prevention of asthma and the treatment for allergies. 3) Identify resources to access information about asthma and allergies. 4) Learn skills to teach patients how to develop action plans for preventing and managing asthma.

*Categories: Physical Health, Best Practices*

### Duration Matters: The Value of Breastfeeding Beyond One Year

*Presented by: Vanessa Annibali*

Get informed about the current recommendations and research for extended lactation; explore the nutritional, physiological and immunological contributions that breastfeeding provides to the mother and child nursing beyond the first year of life; examine the emotional benefits of extended breastfeeding as well as the nursing relationship from the vantage point of the child.

Objectives: 1) Identify at least two of the nutritional and immunological contributions that breastfeeding has for the child nursing beyond the first year of life. 2) Describe at least two of the nutritional and physiological benefits of breastfeeding beyond one year of life for the mother. 3) Compare the anthropological aspects of child-led versus mother-led weaning.

*Categories: Physical Health, Information/Education*

### Educating Ourselves About Sexual Orientation

An educational workshop that will allow us to increase our knowledge about sexual orientation as a part of our life long existence.

Objectives: 1) Understand what sexual orientation means. 2) Learn the different components of sexual orientation. 3) Learn the terminology used when describing different sexual orientations.

*Categories: Personal Development, Information/Education*

### Effective Outreach and Education to the Community

*Presented by: Hugo Ramirez*

*In this educational and interactive workshop modern and successful techniques for community outreach in diverse settings will be shared (health fairs, door to door, etc.). We will learn how to evaluate our setting in order to conduct effective outreach using popular education.*

Objectives: 1) Learn how to conduct effective door to door outreach that is appropriate for your community. 2) Learn how to use marketing techniques when conducting outreach while tabling at community events. 3) Learn the difference between presenting and facilitating in order to implement relevant techniques that motivate adults to take action.

*Categories: Personal Development, Skill Building*



# “Our Vision, My Commitment, Our Power”

## PARTICIPANT & CONTACT INFORMATION

Individual  Group Registration

Group or Organization Name:	
Name:	
Title:	
Program:	
Address:	
City:	
State:	Zip:
Phone Number:	Fax Number:
Email:	
Emergency Contact Name:	
Cell Phone Number:	
Medical Condition that may cause an Emergency:	

### PARTICIPANT REQUESTS

English Translation Requested

### MEAL OPTIONS

- Vegan  
 Vegetarian  
 Meat Included

### PARTICIPATION INFORMATION

I will be attending (check all that apply):

- Thursday Meeting of Visión y Compromiso's Regional Network Members  
 Thursday Evening Welcoming Reception  
 Friday Workshops  
 Friday Dinner/Dance Celebration  
 Saturday Workshops

I am a member of a Visión y Compromiso Regional Committee and I represent:

- Bay Area  
 North Central Valley  
 South Central Valley  
 Central Valley  
 Napa  
 Central Coast  
 San Fernando Valley  
 Los Angeles  
 Orange County  
 San Bernardino/Riverside  
 Coachella  
 San Diego  
 Colorado  
 Nevada  
 Arizona  
 Washington

I am a Promotor, but not a member of a Visión y Compromiso Regional Committee. I am from \_\_\_\_\_ county/state.

What is your role during the conference?

- Promotor Participant  
 General Participant (Not a Promotor)  
 Promotor Workshop Presenter  
 Workshop Presenter (Not a Promotor)

### MEAL SELECTIONS

Friday Lunch (Included with registration)  
 Yes  No

Friday Dinner (additional cost)  
 Yes  No

Saturday Lunch (Included with registration)  
 Yes  No

I will not require a meal at anytime

### PAYMENT METHOD

- Money Order  
 Cash  
 Check # \_\_\_\_\_  
 Issued by: \_\_\_\_\_

NAME:

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ORGANIZATION:

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**Please select only one workshop per session:**

**FRIDAY, DECEMBER 11, 2015**

**WORKSHOPS A: 1:00 – 3:00 PM**

- Community Theater: A Tool for Creativity in Community Work
- Be in Charge of Your Health: Learn How Managed Care Works
- Letting Go With Love
- The Role of the Promotor/Community Health Worker in the Field of Research
- Kidneys Are Treasures: How to Care for Them
- Reducing the Fear of Colon Exams
- Sexuality: Today, Tomorrow and Beyond
- Parents Taking Action: Strategies for Latino Families With Children Diagnosed With Autism Spectrum Disorder
- Affordable, Eco-friendly Home Recipes for a Healthy Body
- How to Achieve a Healthy Weight Without Feeling Down

**WORKSHOPS B: 3:15 – 5:15 PM**

- Navigating The Special Needs System
- Know Your Brain and Debunk the Myths About Parkinson's Disease
- Increasing the Participation of Women, Men, and Youth in "The Political Process"
- Caring for Our Eyes to See the Future: How to Educate Our Communities About Glaucoma
- Time Waits for No One! Learn to Manage it More Effectively
- A Grassroots Approach to Prohibiting Oil and Natural Gas Extraction in Residential Communities
- Sinfully Sweet
- Gluten: A Fad or a Real Need?
- Successful Leadership Programs That Benefit Vulnerable Communities
- The Day Laborer: An Inside Perspective

**SATURDAY, DECEMBER 12, 2015**

**WORKSHOPS C: 7:00 – 8:00 AM**

- Therapeutic Dance: Integrating the Mind and Body
- Walking Intentionally: From Laughter to the Peace of a Smile
- Healing Our Traumas, Transforming Our Lives

**WORKSHOPS D: 9:00 – 11:00 AM**

- Emotional CPR: Overcome Emotional Traumas through Connection, Empowerment and Revitalization
- Metamorphosis
- Living Happily With a Chronic Illness
- Parents of Active Children: Learn about Parent Child Intervention Therapy
- Home Sweet Home: Promotores Connecting Health and Housing
- Health Promotion and Community Based Research as a Methodology for Social Change
- Emotional Etiquette and Diabetes
- Cultivating Healthy Relationships
- Post-Partum Depression
- Community Outreach through Social Media
- My Mouth, My Oral Health

**WORKSHOPS E: 2:00 – 4:00 PM**

- In California, Who Will Come to the Rescue?
- Get The Job of Your Dreams
- Diabetes and Eye Health
- Promoting Healthy Choices and Community Changes: Helping People Make Healthy Choices
- The Indigenous Woman and the *Madres Consejeras* Model
- Cough, Wheeze and Sneeze
- Duration Matters: The Value of Breastfeeding Beyond One Year
- Educating Ourselves About Sexual Orientation
- Effective Outreach and Education to the Community