

Conéctate

The Network of Promotoras and Community Health Workers

Returning to Normal After COVID-19

Goodbye June, hello July! The first half of this year has flown by. After a year and a half of pandemic life, we are beginning to see the country making plans to reopen and return to pre-life before the pandemic. As we launch into a new normal, many of us will experience mixed emotions, such as excitement for in-person events and gatherings but also feel anxiety as we navigate in-person situations. Remember that it is okay to feel this way.

As we see the surge of COVID-19 cases in our communities, Visión y Compromiso encourages you to continue practicing preventative measures such as wearing a mask, washing your hands frequently, and maintaining social distance. It is important that you continue to gather information from credible sources such as the CDC, state health department, or your local health provider. As promotores and leaders in our communities, let's help our *GENTE* get vaccinated and stay informed! Let's continue to encourage our communities to not let our guard down and continue to protect each other.

—Norma Benitez, Network Director

Tips for Staying Safe During These High Temperatures

With the arrival of summer and the return to relative normalcy after COVID-19, many will be going out to enjoy summer activities. Please follow the recommendations of the Centers for Disease Control (CDC):

1. STAY COOL

- Wear suitable clothing
- Plan outdoor activities carefully
- Go at your own pace
- Use sunscreen
- Do not leave children in cars
- Avoid hot and heavy foods

2. STAY HYDRATED

- Drink plenty of fluids
- Replace salts and minerals
- Keep your pets hydrated

3. STAY INFORMED

- Check your local news for extreme heat alerts
- Recognize signs of heat-related illness
- Keep an eye on those most at risk

For more information on how to keep yourself and your loved ones safe in high temperatures, visit the [CDC website](https://www.cdc.gov).

julio

MES DE
CONCIENTIZACIÓN
SOBRE LOS RAYOS
SOLARES

¡RECUERDA PROTEGER
TUS OJOS, PIEL Y CUERPO!

July

UV SAFETY
AWARENESS
MONTH



Safety Measures for Fire Prevention

Visión y Compromiso motivates everyone to practice safe measures to prevent fires outside and at home.

There are two areas of greatest risk for the creation and spread of a fire and these are the tips to prevent them:

HOME FIRES

- ✓ Avoid connecting many appliances to the same socket.
- ✓ Avoid having extension cords on carpets, as they are highly flammable.
- ✓ Immediately report any gas leak and suspend the use of any electrical appliance or light bulbs. When they are lit they create a spark that can create a fire, immediately call your service agency or 911 and immediately leave the home with the rest of family and pets until the situation is controlled.
- ✓ If you smoke, if possible do it outside in a ventilated area without dry vegetation around. Also check that your cigarette is completely extinguished after smoking.
- ✓ Avoid leaving candles or any appliance burning unattended.
- ✓ Make an escape plan in case of a sudden fire by identifying the escape exits from your house;
- ✓ Prepare an emergency backpack containing identity documents for each person in your household and 3-days of supplies.
- ✓ Avoid cooking on high heat when using oil.
- ✓ Avoid leaving flammable debris on the floor and keep flammable solutions in a safe place out of the reach of children.

WILDFIRES

- ✓ Avoid making bonfires in summer seasons, where the environment is really dry and the wind can spread embers.
- ✓ After lighting a fire, make sure it is completely extinguished before leaving the area.
- ✓ Carry an emergency number with you to report any minor fire.
- ✓ Avoid bringing glassware, as any container or piece of glass can create a heat reflective effect and start a fire.
- ✓ Continuously control the intensity of the fire of your campfire and contain it with rocks and earth.
- ✓ Get away from a fire as soon as possible to avoid smoke poisoning.
- ✓ If possible, carry a fire extinguisher for safety.

For more information and advice you can visit <https://www.ready.gov/home-fires>. Let's help keep our environment and especially our families safe.



ADVOCACY UPDATES:

Visión y Compromiso's Proposed State Priorities

Healthcare for Undocumented Seniors (Health4All) Budget Deal Announced

Great win last week for all seniors regardless of immigration status! The legislature and governor reached a final budget agreement for next year that will include expanding Medi-Cal Health Care to all undocumented over the age of 50. Visión y Compromiso promotores campaigned for passage of this funding for years. ***Congratulations to #Health4All for this historic win!***

AB 464—Food for All

This proposal passed the Senate and will expand food programs, like CalFresh, to undocumented people. This bill goes to the Assembly. Governor Newsom has allocated funds to this proposal so that it can become law.

SB 224—Instruction for Students: Mental Health Education

This bill ensures that students in grades 1–12 receive mental health education. This proposal passed in the Senate and is in Assembly Appropriations Committees. It is not in the state's budget and needs our support.



Immigration Reform

President Biden and the Democratic Congress of our federal government in Washington want to pass bills to reform immigration. This year is the best opportunity for change, as many fear that Congress will not change policies after the next elections in 2022. There are three federal proposals:

1. American Dream and Promise Act and Deferred Action for Childhood Arrivals (DACA)
2. Citizenship for Essentials Workers Act
3. The Farm Workforce Modernization Act

That is why Visión y Compromiso's committees are organizing meetings with Congressmen Lou Correa—Orange County; Josh Harder—Stanislaus; Raúl Ruiz—Coachella; and Mark Takano—Riverside to urge them to take into consideration the need of their constituents.

How Can You Help?

Contact the Advocacy Manager at peter@visionycompromiso.org or your regional manager.

Welcome to the Family of the Network of Promotoras and Community Health Workers!

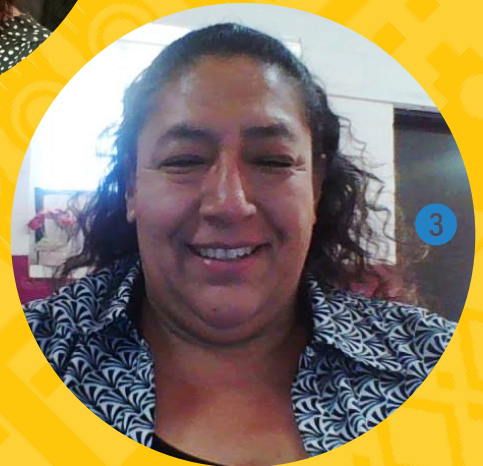
SAN DIEGO

- 1 **Claudia Juárez**
Promotora and Secretary of the San Diego
Regional Committee, Visión y Compromiso



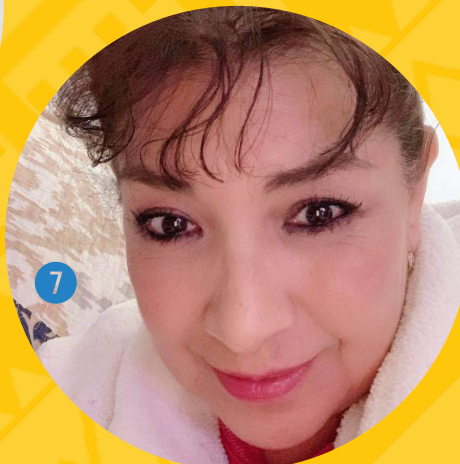
LOS ANGELES

- 2 **Brenda Aguilera**
Director of Community Para los Niños
- 3 **Maria Leon**
Independent Promotora
- 4 **Kathy Cervantez**
Co-Director of Community
Transformation Promesa Boyle Heights
- 5 **Rosy Lopez**
Independent Promotora
- 6 **Fausto Figueroa**
Cal-Hope, Visión y Compromiso
Project Crisis Line Counselor



LAS VEGAS, NV

- 7 **Maria Oliden**
Independent Promotora



For more information about the Network of Promotoras and Community Health Workers, please contact:

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Peter Phillips, Advocacy Manager
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**Visión y Compromiso
Employment
Opportunities**

COVID-19 Project Coordinator, Kern

COVID-19 Promotor, LA County

COVID-19 Promotor, Kern

COVID-19 Promotor, Riverside

Peer Crisis Counselor

Promotor Comunitario, Riverside

Promotor Comunitario, Yolo

Promotor Comunitario,
San Fernando Valley

Promotor Comunitario,
Santa Barbara

*Please check our website for
job descriptions for our current
employment opportunities.*

• July •

For information about these events and more, visit our [events page](#).

KERN

Reproductive Justice
and the Latino
Community
July 7 & 14
9:00 am – 4:00 pm
In-person event

BAY AREA

COVID-19 Tenant
Relief in Alameda
County
Thursday, July 15
at 6:00 pm & Friday,
July 23 at 12:30 pm
In-person event

SAN FERNANDO

United in the
Prevention of
Electronic Cigarettes
July 24 & 31
9:00 am – 2:00 pm
*In-person event
only for promotores
in San Fernando
over 18 years old*

STANISLAUS

Our Community
Protected and
Having Fun
July 18
8:00 am – 1:00 pm
In-person event

SAN DIEGO

10 Warning Signs of
Alzheimer's Disease
July 20
5:00 pm – 6:30 pm
Virtual event

NAPA

COVID-19 Vaccines
for 12 and Older
July 21
10:00am
Virtual event

CENTRAL COAST

Wellness Fair:
Towards a Dignified
and Healthy Life
Saturday, July 24
2:00 pm – 6:00 pm
In-person event

PLEASE NOTE: Unless otherwise stated, these events are in Spanish.

Visit www.visionycompromiso.org.



Visión y Compromiso™

19ª CONFERENCIA ANUAL



OCT 7-9 2021
LOS ANGELES, CA

¡La inscripción
abre el
30 de julio!

*“Promotores unidos en esperanza y amor
hacia una vida digna y sana”*

Debido a la pandemia de COVID-19 y la presencia de sus variantes y nuestra intención de cuidar a nuestros participantes, habrá un límite de capacidad de 500 participantes para el componente presencial de la conferencia.

COSTOS DE LA CONFERENCIA

FORMAS DE PAGO Tarjeta de crédito/ débito Cheque o giro postal	 PRESENCIAL		 VIRTUAL		
	Promotores	Admisión General	Promotores (Estados Unidos)	Admisión General	Promotores (Internacional)
PAQUETES					
Conferencia y celebración	\$90	\$290	\$25	\$40	\$0
Conferencia dos días	\$45	\$200			
Conferencia un día	\$45	\$100			
Celebración: cena/baile	\$45	\$90			

¡TALLERES COMIENZAN EL JUEVES! ¡Tres días de aprendizaje y conexiones!

JUEVES, 7 DE OCTUBRE

Bienvenida: 1:00 pm – 1:30 pm
Plenaria: 1:30 pm – 3:00 pm
Talleres A: 3:30 pm – 5:30 pm
Recepción de bienvenida: 6:00 pm – 10:00 pm

VIERNES, 8 DE OCTUBRE

Plenaria: 8:30 am – 10:00 am
Talleres B: 10:30 am – 12:30 pm
Almuerzo: 1:00 pm – 2:30 pm
Talleres C: 3:00 pm – 5:00 pm
Cena y celebración: 6:30 pm – 12 am

SÁBADO, 9 DE OCTUBRE

Talleres de actividad física: 7:00 am – 8:00 am
Talleres D: 9:00 am – 11:00 am
Almuerzo y clausura: 11:30 am – 1:30 pm



HOSPEDAJE



SHERATON GATEWAY LOS ANGELES HOTEL

6101 West Century Boulevard
Los Angeles, CA 90045

Tarifa especial empezando \$145+tax a \$185+tax por noche y por cuarto. El precio especial sera efectivo hasta el 10 de septiembre.



ESTACIONAMIENTO



SKY VIEW SELF PARKING LOT

6101 W. 98th Street, Los Angeles, CA 90045

Para mas información:

www.vyconference.org

annualconference@visionycompromiso.org

(213)613-0630