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
   a. Wear suitable clothing
   b. Plan outdoor activities carefully
   c. Go at your own pace
   d. Use sunscreen
   e. Do not leave children in cars
   f. Avoid hot and heavy foods

2. STAY HYDRATED
   a. Drink plenty of fluids
   b. Replace salts and minerals
   c. Keep your pets hydrated

3. STAY INFORMED
   a. Check your local news for extreme heat alerts
   b. Recognize signs of heat-related illness
   c. 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.
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](https://www.ready.gov/home-fires). Let's help keep our environment and especially our families safe.
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:

- Norma Benítez, Network Director
  norma@visionycompromiso.org
- Arturo Palato, Bay Area, Stanislaus, and Napa Regional Manager
  arturo@visionycompromiso.org
- Nataly Santamaria, Madera, Kern, and Tulare Regional Manager
  nataly@visionycompromiso.org
- Verónica Arciga, Los Angeles, San Fernando Valley, Central Coast, and Las Vegas, NV, Regional Manager
  veronica@visionycompromiso.org
- Mariaelena Aguilar, Orange County and San Diego Regional Manager
  mariaelena@visionycompromiso.org
- Lupita De Anda, San Bernardino/Riverside and Coachella Regional Manager
  lupita@visionycompromiso.org
- Peter Phillips, Advocacy Manager
  peter@visionycompromiso.org

### 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

#### 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
10:00 am
**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.*

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

<table>
<thead>
<tr>
<th>FORMAS DE PAGO</th>
<th>PRESENCIAL</th>
<th>VIRTUAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tarjeta de crédito/ débito</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheque o giro postal</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PAQUETES</th>
<th>Promotores</th>
<th>Admisión General</th>
<th>Promotores (Estados Unidos)</th>
<th>Admisión General</th>
<th>Promotores (Internacional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conferencia y celebración</td>
<td>$90</td>
<td>$290</td>
<td>$25</td>
<td>$40</td>
<td>$0</td>
</tr>
<tr>
<td>Conferencia dos días</td>
<td>$45</td>
<td>$200</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conferencia un día</td>
<td>$45</td>
<td>$100</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celebración: cena/baile</td>
<td>$45</td>
<td>$90</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¡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