

# Conéctate

The Network of Promotoras and Community Health Workers

## Honoring Women and Our Partnerships

**H**istorically, women have been the core of the promotores movement. That is why we want to take this opportunity to acknowledge each and every promotora during Women's History Month. Over the years, men have increasingly joined the promotor movement as they see the important work that their mothers, wives, and daughters are doing. At Visión y Compromiso, we are honored to work hand-in-hand with strong promotores with diverse backgrounds and with organizations that align with our values. Diversity and partnerships bring rich conversations, ideas and results across our internal departments. Though we may use different approaches to help our communities, we ultimately work with the same mission and with a unified voice: Towards a healthy and dignified life.



**Visión y Compromiso™**  
El Comité Regional de la Red de Promotoras y Trabajadores Comunitarios de Nevada, en colaboración con la Asociación Americana del Corazón de Nevada te invitamos a que nos acompañes a:

**La serie de talleres mensuales Empoderad@s para Servir**  
¡Muévete al ritmo y toma control de tu latido!

En esta serie de 12 talleres, los participantes tendrán la oportunidad de:

- ✓ Aprender temas relacionados al "Cuidado de su Salud" y "Abogacía"
- ✓ Tendremos conversaciones "De Corazón a Corazón"
- ✓ Implementaremos el reto: "Pequeños cambios hacen grandes mejoras"
- ✓ Conocerán los recursos que ofrece la Asociación Americana del Corazón para la comunidad.

Ofreceremos 2 HORARIOS para su participación. Usted decide cual le conviene mejor.

Para inscribirse en este taller, use el siguiente enlace:  
[www.visiorycompromiso.org/events](http://www.visiorycompromiso.org/events)

Si tiene preguntas sobre el evento, comuníquese con: Verónica Arcega, Gerente de la Red de Promotoras en Nevada (323) 407-4816 o por correo electrónico a [veronica@visiorycompromiso.org](mailto:veronica@visiorycompromiso.org).

**Visión y Compromiso™**  
El Comité de la Red de Promotoras y Trabajadores Comunitarios del Valle de San Fernando/Valle del Antelope, te invita a participar en su:

**TALLER DE LARGO PLAZO LAS SECUELAS A LARGO PLAZO DEL COVID-19 EN NUESTRA SALUD**

Taller facilitado por Los Doctores Christian Ramers Alexander Guereca

**Viernes 18 de febrero 12:00 a 1:00 pm**  
TALLER por ZOOM GRATUITO

**Hablaremos sobre:**

- ✦ Que es lo que pasa en nuestro cuerpo cuando nos contagiáramos de COVID-19.
- ✦ Cuáles son las secuelas a largo plazo más comunes que está dejando el COVID-19 en nuestra salud.
- ✦ Las diferencias de la variante.

**Visión y Compromiso™**  
El Comité Regional de la Red de Promotoras y Trabajadores Comunitarios de Nevada, en colaboración con la Asociación Americana del Corazón de Nevada te invitamos a que nos acompañes a:

**Una conversación "De Corazón a Corazón"**  
DÍA NACIONAL DE VESTIRTE DE ROJO

Con la participación especial de: Angela Baker del AHA Las Vegas, NV

Tomaremos el reto: Pequeños cambios hacen grandes mejoras.

Compartiremos cuáles son los recursos que ofrecen la Asociación Americana del Corazón para la comunidad.

Como podrán participar en sus sesiones educativas comunitarias.

**Viernes 4 de febrero del 2022 12:00 a 1:00 pm**

**Visión y Compromiso™**  
El Comité Regional de Promotoras y Trabajadores Comunitarios del Condado de Madera te invita a su:

**Fiesta comunitaria y evento de vacunación**

Recursos y mesas de información

Música, rifas, y premios!

El Departamento de Salud del Condado de Madera ofrecerá a todas las personas las 3 vacunas: Pfizer, Moderna y Johnson & Johnson.

**27 de febrero del 2022 8:00am - 2:00pm**  
Remate de Madera 1850 W. Cleveland Ave. Madera, CA 93637

*Ven y disfruta de este evento familiar!*

**Visión y Compromiso™**  
El Comité Regional de la Red de Promotoras y Trabajadores Comunitarios del Valle de San Fernando, en colaboración con el Health Equity Research and Education (HERE) Center, te invitan a que nos acompañes a:

**Nuestras charlas virtuales "Uniendo vínculos comunitarios"**  
Un espacio en donde te queremos contagiar para que en confianza, compartas con nosotros cuáles son tus necesidades de salud, las de tu familia y las de tu comunidad.

**Miércoles, 23 de febrero del 2022 5:30 a 7:30 pm A través de ZOOM**

Le invitamos a que nos comparta cuáles son los problemas ambientales que afectan su salud, la de su familia y la de su comunidad en el Valle de San Fernando.

Para participar, inscribirse a través del siguiente enlace:  
<http://bit.ly/vychurecenter>

Si tiene preguntas, comuníquese con: Verónica Arcega, Gerente de la Red de Promotoras en el Valle de San Fernando (323) 407-4816

- ✓ Tenemos cupo limitado a 8 participantes en cada charla.
- ✓ Tener más de 18 años de edad
- ✓ Poder conectarse a la plataforma de zoom.
- ✓ Estar dispuestos a compartir activamente
- ✓ Solo un miembro por familia.
- ✓ Solo pueden participar una vez.

Just a few of our February events addressing COVID, heart health, knowing your medical history, vaccines, and more!



# February Highlights

## KERN

Visión y Compromiso had the honor of graduating young leaders from the Greenfield Walking Group. This group of 31 young promotores took our “Advocacy and Leadership” course because they were committed to transforming their communities towards a dignified and healthy life. The graduating group mentioned that they are motivated to be the change that their communities need and are thankful for receiving the appropriate guidance. They are a true example that age is never a limiting factor when it comes to advocating for a better future.



## NEVADA

In collaboration with the American Heart Association, promotores participated in the Go Red for Women Campaign. We wore red, raised awareness and made commitments to ourselves and with others to stand together and make improvements in our health such as eating healthier, exercising often, and going for regular checkups. Men also participated in the campaign wearing red shirts in support of all women.





## STANISLAUS

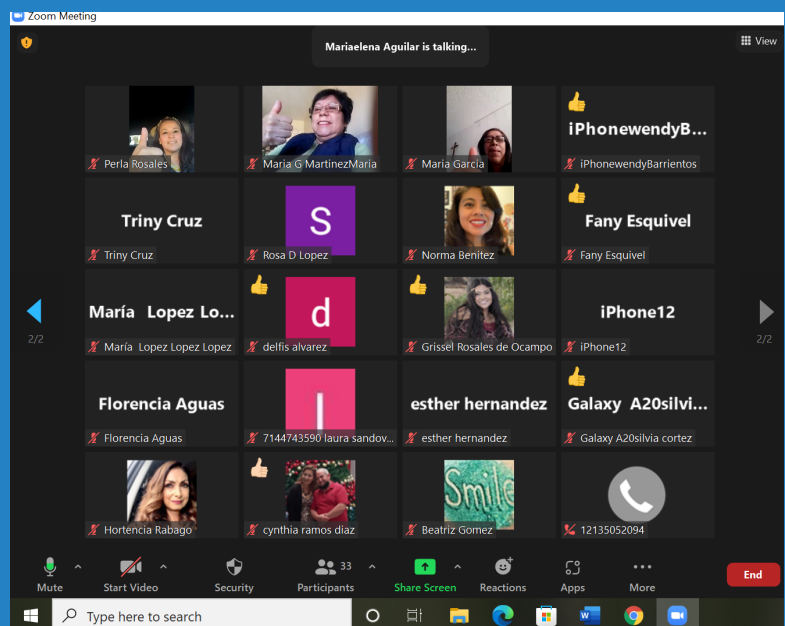
Last month, 200 people received their second COVID vaccine or the booster when promotores in Stanislaus collaborated with the Stanislaus Public Health Department and the King Kennedy Community Center to hold a successful vaccination event. Previous events gathered around 50 participants—and what a difference promotores make!



A huge increase in community participation is largely due to the personal outreach approaches of promotores: talking face-to-face with family, friends, neighbors, and co-workers in their schools, community centers, churches and places where other promotores serve. They take time to talk on the phone, send messages and videos on social networks, and more. Above all, they enjoy doing this heartfelt work. It is the way of promotores!

## SAN DIEGO

Thirty-three promotores in San Diego actively participated in the virtual event, Dia de la Candelaria. This was a follow up event from our Rosca de Reyes event in January. Promotores identified local legislative priorities like health disparities, affordable housing, clean neighborhoods, and homelessness to name a few and made a commitment to take action to make these changes happen. This shows that the promotor model and advocacy work lead to action in transforming communities.





## COACHELLA

The Coachella committee is growing—from a small committee of four to now twelve members strong! This has led to an expansion of our advocacy agenda including meetings with assembly members and senators, writing petition letters, and phone banking. This diverse committee has prioritized immigration, homelessness, and housing. If you live in the Coachella area, we invite you to join the committee and be a part of this great movement!

## SAN BERNARDINO/RIVERSIDE

Promotores from this committee are expanding and are inviting new promotores to join them in the heartfelt work that we do. They hosted a cafecito virtual on March 11 to talk about the work they do as a committee and as promotores. Are you interested in learning more and getting involved in advocacy work, training, workshops, or community-resource bridging?

### WOULD YOU LIKE TO BE PART OF THE CHANGE IN YOUR COMMUNITY?

Contact [norma@visionycompromiso.org](mailto:norma@visionycompromiso.org) for more information.





**WANT TO GET MORE INVOLVED? WANT TO PARTICIPATE IN FUTURE  
LEGISLATIVE VISITS? WANT TO MAKE A DIFFERENCE IN YOUR COMMUNITY?**

Contact Peter Phillips, Advocacy Manager at [peter@visionycompromiso.org](mailto:peter@visionycompromiso.org) or via phone at (213) 500-6262.

## UNITED IN ADVOCACY

You know the work of promotores is important when they are approached by others to make change possible. That is exactly what happened when Visión y Compromiso's promotores were invited by the Alzheimer's Association to collaborate in the passing of SB861, a bill that would provide job opportunities for promotores, community health workers, and navigators to support our communities with Alzheimer's. If passed, promotores statewide would be able to bridge community resources, such as care services and financial assistance, to our community with Alzheimer's and dementia, amplifying their readiness and professionalism in the workforce with service from the heart.



*Have questions about the work of a promotor? Would you like to know more about a committee in your region? Are you interested in advocating for your community?*

### PLEASE REACH OUT TO US:



**Norma Benítez**  
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**Verónica Arciga**  
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*San Bernardino/ Riverside and Coachella Regional Manager*  
[norma@visionycompromiso.org](mailto:norma@visionycompromiso.org)



# -BEYOND THE NETWORK-

Our network is expanding and reaching promotores in Nevada, Nebraska, Utah, Kansas, Arizona, Texas, Illinois and Mexico. Our impact reaches beyond the Network Department through our impactful and effective collaborations with other departments of Visión y Compromiso.



## NATIONAL ADVOCACY

Many states do not have pregnant worker protection laws. Promotores in Omaha, Nebraska, are advocating for the Pregnant Workers Fairness Act with Senator Deb Fisher. This law will protect women in every state by making it clear that employers cannot force pregnant workers off their jobs or deny them reasonable accommodations that would allow them to continue working while maintaining healthy pregnancies. The bill needs five more senators votes to pass and needs to be signed by President Biden. “We must support this bill! I remember my daughter during her pregnancy was unable to take breaks,” explained one Nebraskan promotora for her reason to get involved.

### **Want to advocate for the Pregnancy Fairness Act?**

Contact Peter Phillips at [peter@visionycompromiso.org](mailto:peter@visionycompromiso.org).



## NATIONAL TRAINING

Promotoras Transformando Familias y Comunidades (PTFC) is our training providing a strong foundation for community promotores, strengthening their skills and abilities to carry out their work in their communities. This year we are facilitating the second national group, 23 promotores representing Nebraska, California and Mexico (Tijuana and Guerrero), including one young man from Tijuana and 22 women of different ages and organizations. This experience has allowed them to implement new strategies and tools that will allow them to connect their communities with resources such as effective communication techniques, popular education techniques, how to form dynamic and engaging work groups, and much more.

**Community promotores,  
your community awaits  
you!**



## MUJER TU VALES IN MODOC

In February, we held Mujer tu vales workshops for 29 community promotores from Modoc County, representing the rural communities of Tulelake, Malin, and Dorris. These strong women (and one girl) reviewed topics such as self-esteem, the challenges women face, communication, emotional intelligence, and self-care and menopause, to reaffirm their value to their communities. From the participation of the youngest woman to the oldest, they were transformed and inspired.

**Women, you are worth it!**





# • March •

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

## SAVE THE DATE:

### VIRTUAL LOS ANGELES REGIONAL CONFERENCE

**April 21, 2022**

**3:00pm–6:00pm**

## GENERAL

Sodium ICON Awareness

**March 8, 2022**

**5:30pm–6:30pm**

Understanding the New  
Medi-Cal Expansion  
for People Without  
Documents

**March 25, 2022**

**12:00pm–1:00pm**

## NEVADA

American Heart Assn.  
Workshop Series

**March 17, 2022**

**12:00–1:00pm**

**March 23, 2022**

**5:30–6:30pm**

## SAN DIEGO

Community With  
Purpose Event

**March 11, 2022**

**10:00am–12:00pm**

Bonita Rohr Park  
4548 Sweetwater Rd  
Bonita, CA 91902

## SAN BERNARDINO/ RIVERSIDE

Meeting the San  
Bernardino/Riverside  
Promotores

**March 11, 2022**

**5:00pm–6:00pm**

## STANISLAUS

Vaccination Event

**March 12, 2022 1**

**1:00am–5:00pm**

401 Paradise Rd  
Modesto, CA 95351

## CENTRAL COAST

Delivery Event of  
Protective Equipment  
Against COVID-19  
Santa Barbara High  
School Flea Market  
700 E Anapamu St,  
Santa Barbara, CA 93103

## MADERA

Vaccination Event

**March 20, 2022**

**7:00am–3:00pm**

Madera Flea Market  
1850 W Cleveland Ave,  
Madera, CA 93637

## SAN FERNANDO

Assessing Physical Activity  
Among Latinas

**March 21, 23, and 26**

**5:30pm–7:00pm**

## DID YOU MISS ANY OF OUR PAST EVENTS?

Don't worry! You can find the [recordings of some of our past events](#).

*Unless otherwise noted, these events are virtual and in Spanish.*

VISIÓN Y COMPROMISO EMPLOYMENT

# We're Hiring! ~ We're Hiring!

Please [check our website](#) for job announcements  
of our current employment opportunities.

Visit [www.visionycompromiso.org](http://www.visionycompromiso.org).

