

Conéctate

The Network of Promotoras and Community Health Workers

Mid-Year Recognition

Summer is here and with it we celebrate UV awareness month. We want to encourage you all to stay active and enjoy the sunny days but also keep safe. With that said, we want to thank all of you for making this half year mark a successful one with your participation in our events and trainings. From January to June, we have conducted 43 events/trainings with over 1,793 participants! Thank you for putting your trust in us as we continue to work to bring relevant topics directly to you. So far we have covered the following topics:

Housing • Advice and Heart Care • Mental Health • Self-esteem • Climate Change • Food Insecurity • Community Welfare • Health of Our Older Adults • Sponsorship and Social Services for Immigrants • Legislative Week • Health and Resources for Children • Physical Activity in the Latinx Community • Vaccination Events • Regional Conferences • Road to Citizenship • Meetings with Legislators • Expansion of Medi-Cal • Child Tax Credit • Linking Community Bonds • Topics relating to COVID-19 • Public Benefits • Workers' Rights • Pregnant Workers • Virtual Cafecitos • Facebook Lives • Menopause and Andropause

As we move forward in the year, we will continue to plan events and trainings for you. For now, take a look at what the promotoras have been doing and future events and conferences that will help you gain tools to better serve your community. Let's keep moving forward towards a healthy and dignified life.

Norma Benitez, Network Director

Visión y Compromiso™

julio

MES DE
CONCIENCIACIÓN
SOBRE LOS RAYOS
SOLARES

**¡RECUERDA, PROTEGE
TUS OJOS, PIEL Y CUERPO!**

- ✓ sombra ✓ lentes de sol
- ✓ descansos ✓ sombrero
- ✓ protector solar
- ✓ ropa que proteja
- ✓ tomar agua



**REMEMBER TO PROTECT YOUR
EYES, SKIN AND BODY!**

- ✓ shade ✓ sunglasses
- ✓ breaks ✓ hat
- ✓ sunscreen
- ✓ protective clothing
- ✓ drink water

July

UV SAFETY
AWARENESS
MONTH

Recent Highlights

SAN BERNARDINO/RIVERSIDE

♥ On June 24th, promotores from the San Bernardino/Riverside region and other regions gathered to take a course on Mental First Aid. In the United States, 1 out of 5 adults experiences a form of mental illness. This training taught the promotores techniques to evaluate, listen and how to be that initial support for people needing mental health support. After the course one promotora raved: "Excellent class today. Thank you so much for everything. My colleagues and I left the course feeling very satisfied and full of information." We thank them for their service from the heart and love for their community.



SAN DIEGO

♥ Fifteen promotores participated in the virtual event, "Self-esteem of the Latino Community" which allowed for a more personal workshop. The participants were very engaged and the facilitator, Clinical Psychologist Grace Soria, did an excellent job facilitating this topic and reassuring us of our worth. Towards the end of the session, Psy. Soria presented an evaluation to measure the self esteem of the participants. We were thrilled to see the impact this single event had in lifting spirits and reminding promotores of their worth and value.



ORANGE COUNTY

♥ The housing crisis impacts many promotores and their families in the state and nationwide. More than 20 promotores from all over California participated in five weekly sessions in the workshop series, “Housing Counselors.” Because it covered the highly prioritized topic of housing, all five sessions had great participation. Esbeydy from the Bay Area and Estela Chamu from North County San Diego and many other promotores shared their testimonies. It is incredible to see promotores come together and bond over a serious community concern and be able to work together and plan for solutions. A big thanks to Latino Health Access for collaborating with us and bringing these sessions to our community.



TULARE

♥ After more than two years of the pandemic and only meeting virtually, the regional committee together with the Wittman Center Bailoterapia group and Family HealthCare Network, held their first face-to-face workshop last month. This workshop is the first in the eight-part Emotional Wellbeing series with workshops on various topics relating to the broad subject of our emotional health. The first workshop about menopause and andropause not only gave the promotoras important information on the subject but also served as an opportunity to bond over what they are experiencing, and share their fears and concerns.



KERN

♥ The Kern regional committee held its first in-person workshop on June 28th since the pandemic started! This event focused on climate change, what actions to take, and how it impacts our health. The attendees had the opportunity to make a simple and fast to create eco-friendly cleaner to start on their journey of caring more for the environment. If you would like to start making a difference by creating your own eco-friendly cleaning product, start by making this quick and easy all-purpose cleaner! →

INGREDIENTS

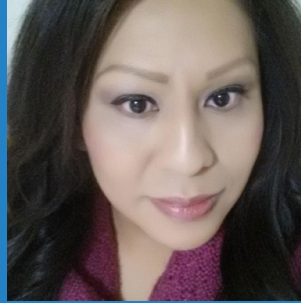
- 1 cup water
- ½ cup white distilled vinegar
- 1 tsp liquid soap (your choice)
- A few drops of essential oil (optional for scent)



CENTRAL COAST

♥ We are very excited to welcome three new members to the regional committee in the Central Coast! We welcome our colleagues Lourdes Cordero from the Goleta area, Eliza Aguilar from the Santa Barbara area, and Rosalba Garcia from the Ventura area. Together with our regional coordinator, Leonardo Galan, we will be organizing and planning activities to strengthen the personal and professional development of more promotores and community leaders in this region. Thank you for taking the challenge and saying yes and welcome to the Visión y Compromiso family.

If you would like to form part of the great work done by the promotoras in this region, contact Veronica Arciga, Regional Manager at veronica@visionycompromiso.org.



LOS ANGELES

♥ On June 24, we had the great honor of graduating 35 participants from our virtual, 9-week “Promotores Transforming Families and Communities” training, thanks to the sponsorship of the Los Angeles regional committee in collaboration with our Department of Education. This Visión y Compromiso training provides skills and tools for effective community transformation. All participants share testimonials of their own incredible transformation during this training. Thank you to our committee in Los Angeles for always thinking about how to equip community promotores in this region to better serve their community. Congratulations to all the graduates!



Interested in participating in a future PTFC training? Visit our [event page](#) where you'll find up-to-date information about future events.

SAN FERNANDO/ANTELOPE VALLEY

♥ Where there is a need, you'll find the promotores of Visión y Compromiso! On June 18 our San Fernando/Antelope Valley regional committee, in collaboration with SALVA and AVPH, held their first community event in the Antelope Valley called "Community Wellness Forum" where we were able to offer relevant information for our immigrant community, such as the new expansion of full coverage Medi-Cal for people over 50, and information on the new expansion of the CalFresh program for people over 55, regardless of their immigration status. We also offered registration to CalFresh and ways to connect



community members to the free services of the new BAILA network including information and legal assistance on public charge.

In addition, we relaxed with a ZUMBA class and tips on how to maintain emotional well-being. If that wasn't enough we also addressed food insecurity by preparing a healthy recipe and donating several \$100 gift cards from our sponsors Albertsons and Vallarta Supermarket. Congratulations to our San Fernando/Antelope Valley committee for making a difference!



NEVADA

♥ Taking control of our heart health is something that promotoras Mary Oriden and Yani Rojas in Las Vegas, NV, have taken very seriously. Twice a month they offer workshops on different topics from the American Heart Association Campaign that most directly impact heart health. Plus, they're always encouraging participants to join our "Small Changes Make Big Improvements" challenge.

If you'd like to get involved, look for the flier on our Facebook page facebook.com/vycnevada and sign up at www.visionycompromiso.org/events! Everyone is welcome to participate in any of the sessions!

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.

SERIE DE TEMAS

- **APRENDA A USAR RCP**
Jueves, 19 de mayo de 12 a 1 pm – Yani Rojas
Miércoles 25 de mayo de 5:30 a 6:30 pm Mary Oriden
- **CONTROLE SU PRESION ARTERIAL**
Jueves, 2 de junio de 12 a 1 pm – Yani Rojas
Miércoles 8 de junio de 5:30 a 6:30 pm Mary Oriden
- **DETECTE UN ACCIDENTE CEREBRO VASCULAR CON EL METODO FAST**
Jueves, 16 de junio de 12 a 1 pm – Yani Rojas
Miércoles 22 de junio de 5:30 a 6:30 pm Mary Oriden
- **MANTENGANSE ACTIVO**
Jueves, 7 de julio de 12 a 1 pm – Yani Rojas
Miércoles 13 de julio de 5:30 a 6:30 pm Mary Oriden
- **LIBRE DE CIGARRILLO**
Jueves, 21 de julio de 12 a 1 pm – Yani Rojas
Miércoles 27 de julio de 5:30 a 6:30 pm Mary Oriden
- **TENGA FE EN EL CORAZON**
Jueves, 4 de agosto de 12 a 1 pm – Yani Rojas
Miércoles 10 de agosto de 5:30 a 6:30 pm Mary Oriden

Para inscribirse en este taller, use el siguiente enlace:

www.visionycompromiso.org/events

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

STANISLAUS

The Stanislaus regional committee held two Facebook Live events in June with very interesting topics for our community.

June 15: How to Talk to Our Children About Violence in Schools included the participation of Giovanni Choque Ladino who provided important information and tools for parents.

[Click here to watch the recording!](#)

June 29: Update on the COVID-19 Vaccine for Minors

Margarita Perez from the Department of Public Health explained the advances in vaccinations and encouraged getting our children vaccinated before they return to school.

[Click here to watch the recording!](#)

To stay connected on the Facebook Lives of the region, please visit our Facebook page:
<https://www.facebook.com/vycstanislaus>

BAY AREA

Last month the Bay Area committee had one Facebook Live and participated in a community event in San Francisco.

June 15: Healing the Wounds of the Past
Ricardo Berrocal presented this topic that aroused great interest in the participants, who requested a second presentation as part of promotores' self-care.

We encourage you to [watch the recording](#) and visit our [Facebook page](#) to stay informed of the second part of this topic.

June 18: Bailoterapia

Our friend Norma Carrera, committee secretary, closed a series of workshops presented by the Instituto Familiar de la Raza in San Francisco with a fun Dance Therapy session.



VISIÓN Y COMPROMISO EMPLOYMENT

We're Hiring! ~ We're Hiring!

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

**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 or via phone at (213) 500-6262.

UNITED IN ADVOCACY

AFTER YEARS OF ADVOCACY, HEALTH BENEFITS WILL COVER ALL IMMIGRANTS REGARDLESS OF STATUS!

After many years of advocacy by promoters of Visión y Compromiso, California Governor Gavin Newsom and the California legislature have agreed on a budget to expand Medi-Cal to all undocumented people ages 26-49 years. This now means all undocumented individuals will have access to life-saving health care regardless of their age or where they were born! Full scope of Medi-Cal benefits will be effective by January 1, 2024. Thank you @drarambulaAD31 and @SenMariaEDurazo for championing #Health4All

#Health4All 

HISTORIC #HEALTH4ALL WIN:

California is the first state in the nation to remove exclusions to Medi-Cal for **ALL** income-eligible residents, regardless of immigration status!

CAMPAIGN TO COLLECT TESTIMONIALS FOR IMMIGRATION REFORM

The Network and Immigration subcommittee has launched a campaign to advocate for immigration reform to our California Congressional delegation. The focus will be sharing stories reminding our elected officials that many continue to suffer daily unjust federal immigration policies.

You can help by sharing your story or the story of another by sending your testimony to Arturo Palato, Regional Manager at arturo@visionycompromiso.org. Watch this video by Arturo to show you how to write a compelling story.

In summary, these are the points that appear in the video that we think will make a powerful testimony:

Your name, country of origin, marital status, whether you have children and your current job.

1. Why did you emigrate to the US? Not how you got here, but the reasons for coming to this country.
2. What difficulties and challenges have you overcome living as an undocumented person in the US?
3. How do you contribute positively to the economy and society of this country? (Work, education, activities, support at your children's school, etc.)
4. How would having documents to live and work legally in the US change your life? (Change jobs, study, travel to your country, open a business, etc.)
5. Directly ask the congressman and senator to support the approval of immigration reform.

• Our Calendar •

For information about upcoming events, visit our [events page](#).

UPCOMING CONFERENCES—SAVE THE DATES!

REGIONAL CONFERENCES

San Fernando Regional Conference
Aug 20 • 9am–3pm

Orange County Regional Conference
& Health and Resource Fair
Sept 16 • 9am–12pm

Stanislaus Mental Health Conference
Oct 29 • 9am–1pm

Bay Area Regional Conference
Nov 12 • 9 am–2pm

20TH ANNUAL NATIONAL CONFERENCE

“The Role of the Community
Promotor in Creating Equity and
a Culture of Prevention”

OCTOBER 6–8, 2022
Los Angeles • Hybrid

www.vyconference.org

DID YOU MISS ANY OF OUR PAST EVENTS?

You will find the recordings of some of our past events on our [YouTube page](#).

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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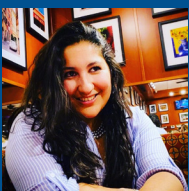
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