

Community Café: Changing the Lives of Children through Conversations that Matter

The Harvest

Date: March 2, 2012

Location: Thurston County Health Department, Olympia, WA

Erin Milliren, WithinReach presented information about services that can help families:

- Maternity Support
- Health-e Mom/Health-e Baby
- Health and Nutrition Resources
- Website and Telephone Lines
- ParentHelp.org
- Immunizations
- text4baby
- Food Banks
- WIC (Women, Infants and Children; - services for nutrition, breastfeeding promotion, etc.)
- Other Programs: low-cost medical insurance, low-cost clinics, food stamps, health programs, etc.

What questions were used at this Café?

Question #1: ¿What prevents me from getting assistance?

- Not knowing your rights
- Fear of discrimination because of my race and language
- Wrong information
- Legal status
- Shame, ignorance, fear of rejection
- Having no idea how to ask or where to go
- The atmosphere, not feeling welcomed or comfortable in the place
- The attitude of many people who know the information
- Available resources, such as lack of transportation
- Hang-ups/Complexes: Feeling troubled
- Get caught up in myths
- Not knowing if I will be able pay
- The language barrier
- I don't like to ask for help
- Our culture of pride in not asking for help
- Pride

Question #2: What difference do you notice in the care about your health, between your country of origin and this country?

- The US has better medical services and doctors
- The US has better medical services and doctors
- You have to be very poor to have access or very rich to buy medical insurance
- In this country they are very concerned about the children
- In this country they offer assistance for general check-ups
- In this country if you have medical insurance you have more options
- In this country medical insurance is very costly
- In this country everything is very controlled, the time the Doctor spends with you, the doctor visit, only one issue per visit
- There is no trust with the doctors
- In our countries home remedies are used
- There is access to health insurance if you work
- Trust because you have a doctor who speaks your language
- There is bad service
- Medications are costly
- Medications are for sale without a prescription

Question for the harvest: With what we have and what we lack at this time, how can our families, our community and we stay healthy?

- Healthy food, homemade food prepared at home with fresh ingredients and not forgetting the appropriate portions for each person
- Preventive Care: Be aware of our own health and staying informed
- Access: Having access to information about preventive care
- Exercise: Exercise our body with options that are at our disposal such as: walking, jogging and other activities that help us stay healthy
- Avoid sweetened drinks, junk food such as: fried Foods, fast food (McDonald's, Burger King among many others)
- Resources: Having access to resources on health and preventive care of our body
- Parent education and services about development of children from an early age
- Schools should provide information to children about: drugs, bullying, sex education, prevention, etc.

How many participants? 25 Mothers and 4 Fathers how many children? 8 Kids Total 37

What Community Partners were there? Personnel from WithinReach

Hosts: Familias Latinas – Rosa Infante, Rosy Sánchez, and Maricela Sánchez