

Newsletter

July 2023

BETTER INFORMED COMMUNITIES ARE HEALTHIER COMMUNITIES

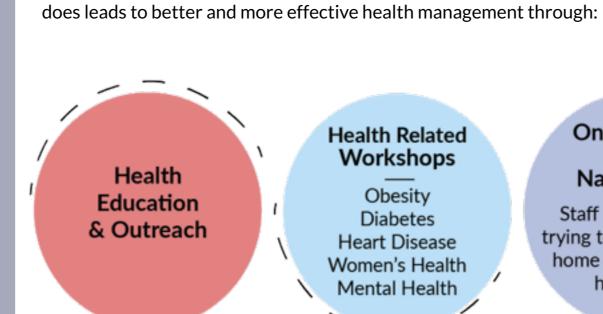
HACES is a valued resource for accessible and reliable health information to the communities that we serve.

Support Your Community

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Health is a cornerstone of immigrant integration, as much as education and the ability to speak English. Various factors, from lack of access and economic status, to fear of

deportation affect our community's health and deter them from seeking care. In the communities we serve, Latinos tend to have a higher prevalence of chronic health conditions such as obesity, diabetes, and hypertension. Obviously, these conditions can lead to further health complications if not properly managed. The work that HACES



Health Related Workshops Obesity Diabetes Heart Disease Women's Health Mental Health

One-on-One Health Navigation: Staff assists clients trying to find a medical home or appropriate healthcare

A key component of our Health Resource program is the partnerships we've developed with other Lake County based nonprofits, which help us strengthen health services provided to the community. Collaborative partners include Rosalind Franklin's Community Care Connection program, Roberti Community House, Catholic Charities and Highwood Public Library and Community Center.

Since January, HACES has hosted five health related workshops, with topics ranging from dental health to healthy relationships. We believe these workshops positively impact the ongoing health of our clients and their families and will continue to do so.

Health information workshops raise awareness about the importance of preventive care, regular health check-ups, and early intervention for health issues. Depending on cultural background and experiences, some may not be aware of these lifepreserving practices.

We will be hosting the following health workshops this summer:

- Friday, July 28: cholesterol screening and presentation
- Tuesday, August 1: group therapy info session an introduction to how group therapy works
- Friday, September 1: foot health and education



For more information about our Immigrant Family Health Resource Program, please visit our website at https://haces.org/. As always rely on you – our donors -- to supplement the funding we receive from other sources. For example, we need more materials and funds to support training. Will you consider a donation today?

847-244-0300

Ext. 301

DONATE



Celebrating Success through our Citizenship Classes

Clients of HACES who are in the process of becoming citizens have the option to attend our citizenship classes taking place on Wednesday afternoon from 6:00pm to 8:00pm and Thursday morning from 10:00am-12:00pm. Our citizenship classes are growing faster than ever. In total, we currently have 50 students enrolled! Attending our citizen classes contributes largely to the success of our clients. At HACES we achieve goals together as an "HACES familia".



As our Citizenship Class grows so does the need for more volunteers!



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