

## Message from the CEO

In order to make changes it is important that everyone contribute no matter how small the contribution. Changes are made through a collective effort. We can make a difference if we all work together to bring about positive change in our communities. Our children are depending on us, our communities will be strengthened and enriched by us, Chautauqua County, as a whole will greatly benefit. The **Hispanic Community Council** is committed to enriching the lives of the Hispanic community by enhancing and streamlining efforts to improve the delivery of services; bringing awareness of current issues to state agencies; suggesting possible solutions for agency consideration; remaining informed of available assistance that exist for all Chautauqua County residents.

We need everyone to participate and work together to make positive change. United we can make a difference.

Our mission is to promote the value of **education, employment, health care, cultural diversity, and community involvement**, foster and inspire awareness, understanding, present and future contributions of the Hispanic community in Chautauqua County and the city of Jamestown. **"We are Here, Growing and United."**

Hispanics are the fastest growing population in Chautauqua County, and we must lay the foundation for the future.

**Max Martin**  
(716) 499-5622



## Bridges to Health in Chautauqua

Well aware of the health conditions in Chautauqua, the **Hispanic Community Council** is launching an aggressive initiative called **Bridges to Health Chautauqua** aimed at addressing these issues from "within" the community. Our initiative focuses on building the capacity of Latino residents in North and South County's areas to play a leadership role in creating strategies that will close the health disparities gap where they live and work.

 **Hispanic Community Council**  
of Chautauqua County, NY

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## Community Services

**Hispanic Community Council** is a non-political, non-denominational and non-nationality specific; we are one voice about the Hispanic community needs.

### Do these apply to you?

- New to the area...
- Looking for a job or a career...
- Do not know how to speak English...
- Have an emergency and do not know where to go...
- Go places and you're not able to communicate...
- Are not able to advocate for your child at school...
- Don't feel comfortable enough with your English skills to interview for a job...
- Don't know who to talk to about your situation...
- Want to learn English but you don't know where to go...
- Want to go back to school...
- Need help and do not know where to turn...
- Need to take someone with you to your medical appointments to translate...
- Need drug & alcohol services...
- Need domestic violence services...
- Need child abuse services...
- Need mental health services...
- Need social services support (food stamps, etc)...

If so, **Hispanic Community Council** can help you and your family.



**All Services Are Free of Charge**

## Servicios Comunitarios

**Consejo de la Comunidad Hispana** es una organización no política, no confesional y no la nacionalidad específica; somos una sola voz acerca de las necesidades de la comunidad hispana.

### ¿Se aplican a usted?

- Nuevo en la zona...
- Buscando un trabajo o una carrera...
- No saber hablar Inglés...
- Tener una emergencia y no sabe a dónde ir...
- Ve más lejos y usted no es capaz de comunicarse...
- No son capaces de abogar por su hijo en la escuela...
- No se sienta lo suficientemente cómodo con sus habilidades en inglés a una entrevista para un trabajo...
- No sabe con quién hablar acerca de su situación...
- Quieres aprender Inglés, pero usted no sabe a dónde ir...
- ¿Quieres volver a la escuela...
- ¿Necesita ayuda y no saben a dónde acudir...
- Necesidad de tener a alguien con usted a sus citas médicas para traducir...
- Necesidad de servicios de drogas y alcohol...
- Necesidad de servicios de violencia doméstica...
- Necesidad de servicios de abuso de menores...
- ¿Necesita servicios de salud mental...
- Es necesario apoyar los servicios sociales (los cupones de alimentos, etc)...

Si es así, **Consejo de la Comunidad Hispana** puede ayudar a usted y su familia.

**Todos los servicios son gratuitos**

## Diabetes Support Project

**Hispanic Community Council** will hold a Diabetes Support Group meeting on every Thursday.

**The meeting is free of charge and open to the public.**

**American Diabetes Advocates (ADA)** Certified Diabetic Educator, Max Martin, will present the evening's program entitled, "What do you really know about diabetes?" Max will discuss barriers and adherence to each person's self-management plan. The program is **Culturally sensitive, scientifically grounded, Evidence based, and clinically tested.** It will be interactive and will give participants the opportunity to discuss roadblocks and interventions experienced in managing the disease.

Additionally the **Diabetes Support Project** will offer a Program of **Diabetes Nutrition and Education (DNE)** to the local Hispanic Community. Obesity, Cardiovascular disease and diabetes are increasing affecting young children as well as adults. These conditions are aggravated by poor nutrition and lack of exercise. In order to encourage healthy eating the DNE program will include food demonstrations and cooking classes to pre-school children, young adults and caregivers in the Jamestown area. Classes are designed to wean participants off high calories snacks and junk food by teaching appreciation for tasty healthy food choices.

The **Diabetes Support Project** is designed to provide the latest information available on diabetes self-care, promotes wellness, and assist in the prevention of the disease and its complications. **Hispanic Community Council** is committed to help individuals achieve and maintain optimal health.

