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Your latino connection since 1996 *Tú conexión latina desde 1996*

Healthy campus and district sidewalks equals healthy residents

Campus saludable y aceras en el distrito, equivalen a residentes sanos

Commissioner Angela Markley, 6th District, cut the ribbon on new sidewalks joining Junction Elementary School with Matney Park in Kansas City, Kansas. Junction Elementary School Principal Kristen Shipp and students from Junction helped out at the unveiling of the sidewalk. "We had a long sidewalk drought in the Turner area. Sidewalks are consistently a priority for our residents. They are a sign of healthy family-friendly neighborhoods," said Commissioner Markley.

La Comisionada Angela Markley, del 6to Distrito, cortó el listón en la inauguración de las nuevas aceras que unen a la Escuela Primaria Junction con el Parque Matney en Kansas City, Kansas. La directora de la Escuela Primaria Junction, Kristen Shipp, y estudiantes de Junction, ayudaron en la inauguración de la acera. "Tuvimos una sequía larga de aceras en la zona de Turner. Las aceras son consistentemente una prioridad para nuestros residentes. Son un signo de barrios para familias amigables y saludables", dijo la comisionada Markley.

by Debra DeCoster

Revitalizing downtown Kansas City Kansas has been on residents' wish list for years. They enjoy the development in the western pocket of the county, but they want retail and grocery stores closer to their neighborhoods.

Mayor Mark Holland and the Unified Government Commission have set their sights on developing a vibrant community in the downtown area.

"Our downtown has been struggling for generations. My two urban priorities is to bring life back into Indian Springs and our downtown," said Holland.

A public community meeting was held in the Commissioners Chambers at City Hall to show the crowd of about 175 people the Gould Evans

"SIDEWALKS ARE ... / PAGE 3

traduce Gemma Tornero

El revitalizar el centro de Kansas City, Kansas ha estado en la lista de deseos de los residentes durante años. Ellos disfrutan el desarrollo en la parte occidental del condado, pero quieren tiendas minoristas y de abarrotes cerca de sus vecindarios.

El Alcalde Mark Holland y la Delegación del Gobierno Unificado han puesto sus ojos en el desarrollo de una vibrante comunidad en el centro de la ciudad.

"Nuestro centro de la ciudad ha estado batallando durante generaciones. Mis dos prioridades urbanas son traer vida de nuevo a Indian Springs, y al centro de nuestra ciudad", dijo Holland.

Se llevó a cabo una reunión pública de la comunidad en las Cámaras

LAS ACERAS SON ... / PÁGINA 3

El Mercado de Seguro de Salud se abre para inscripciones

Health insurance marketplace opens for enrollment

Marisol Escovedo (a la derecha) y su amiga, pasaron al Centro de Salud Samuel Rodgers el pasado sábado, para aprender acerca de los planes de seguros de salud asequibles. Ella admitió que es un poco difícil entender todas las opciones.

Marisol Escovedo (far right) and her friend stopped in at the Samuel U. Rodgers Health Center this past Saturday to learn about affordable health insurance plans. She admitted it's somewhat difficult to understand all the options.

Por Joe Arce y Jerry LaMartina

Las inscripciones están abiertas para el Mercado de Seguros de Salud, que forma parte de la Ley del Cuidado de Salud Asequible (ACA por sus siglas en inglés, también conocida como Obamacare), para la cobertura que inicia en 2015.

La inscripción abierta se inició en todo el país el pasado sábado y se extenderá hasta febrero 15. Los que no se inscriban en el plazo establecido tendrán que esperar un año para obtener la cobertura, a menos que tengan un cambio importante de circunstancias, tales como la pérdida de su trabajo, tener un hijo o casarse, o divorciarse.

La ACA requiere que los ciudadanos - con algunas excepciones - tengan un seguro de salud, o pagar una multa de impuestos para el 2015, de $325 dólares por adulto y $975 por familia, o un 2% de impuesto al salario superior al límite del que ha solicitado, o lo que sea mayor, de acuerdo con el Departamento de Seguros de Kansas.

Numerosas organizaciones del área metropolitana de Kansas City comenzaron a ayudar a la gente,

'CAMBIA LAS VIDAS ... / PÁGINA 2

by Joe Arce and Jerry LaMartina

Open enrollment for the Health Insurance Marketplace, part of the Affordable Care Act (ACA, also known as Obamacare), has started for coverage in 2015.

Open enrollment started nationwide last Saturday and will run through Feb. 15. Those who don't enroll by the deadline will have to wait a year to get coverage, unless they have a major change of circumstances such as losing their job, having a child or getting married or divorced.

The ACA requires that citizens must – with some exceptions –

have health insurance or pay a tax penalty for 2015 of $325 per adult and as much as $975 for a family, or 2 percent of taxable income above a filer's filing limit, whichever is greater, according to the Kansas Insurance Department.

Numerous Kansas City metro-area organizations started helping people last Saturday with information about their options and guiding them through the enrollment process, and will continue to do so through Feb. 15. They include the Samuel U. Rodgers Health Center, Swope

'CHANGES MOST ... / PAGE 2

La famosa Chef Leticia Moreinos Schwartz se asocia con Merck

Celebrity Chef Leticia Moreinos Schwartz partners with Merck

HISPANIC PR WIRE/ -- Merck (NYSE: MRK), conocida como MSD fuera de los Estados Unidos y Canadá, se está asociando con la famosa chef y autora de libros de recetas Leticia Moreinos Schwartz en el programa Desafiando La Diabetes: Logra Tus Metas, un programa educativo que insta a los hispanos con diabetes tipo 2 a controlar mejor su nivel de azúcar en la sangre – una meta de tratamiento clave para reducir el riesgo de problemas serios de la salud.

Los hispanos en los Estados Unidos corren mayor riesgo de tener diabetes tipo 2 que los adultos blancos no hispanos, y la enfermedad es la quinta causa principal de muerte en la comunidad hispana. La Chef Leticia, que tiene un historial familiar de diabetes tipo 2, visitará ciudades selectas donde preparará algunas de sus recetas latinas favoritas aptas para diabéticos, urgirá a los hispanos a conocer su A1C (nivel promedio de azúcar en la sangre durante los últimos dos o tres

LA DIABETES AFECTA ... / PÁGINA 6

HISPANIC PR WIRE/ -- Merck (NYSE: MRK), known as MSD outside the United States and Canada, is teaming with celebrity chef and cookbook author Leticia Moreinos Schwartz on Desafiando La Diabetes: Logra Tus Metas, an educational program encouraging Hispanics with type 2 diabetes to achieve better control of their blood sugar – a key treatment goal to help reduce the risk of serious health problems.

Hispanics in the United States are at a higher risk for developing type 2 diabetes than non-Hispanic white adults, and it is the fifth leading cause of death within the Hispanic community. Chef Leticia, who has a family history of type 2 diabetes, will visit select cities to cook up some of her favorite diabetes-friendly Latin recipes, urge Hispanics to know their A1C (average blood sugar level over the past two to three months), and work with their doctors to set and attain their own A1C goal.

DIABETES DISPROPORTIONATELY ... / PAGE 6

"Después de vivir con diabetes tipo 2 desde hace muchos años, mi abuelo murió de un derrame cerebral, una de las complicaciones graves de la diabetes, así que sé lo importante que es para las personas con diabetes conocer su A1C y hacer un compromiso para llegar a su meta de A1C ", dijo Chef Leticia.

"After living with type 2 diabetes for many years, my grandfather passed away from a stroke, one of the serious complications of diabetes, so I know how important it is for people with diabetes to know their A1C and make a commitment to get to their A1C goal," said Chef Leticia.

‘Cambia las vidas de la mayoría de las personas’

CONT./PÁGINA 1

el sábado pasado, con información acerca de sus opciones y, a guiarlos a través del proceso de inscripción, y continuarán haciéndolo hasta el 15 de febrero. Las organizaciones incluyen al Centro de Salud Samuel U. Rodgers, Servicios de Salud Swope, la Asociación de Desarrollo de Rosedale y Enroll Wyandotte.

Marisol Escovedo, quien tiene 24 años, llegó al Centro Rodgers en busca de un plan de seguro de salud asequible.

“Es realmente importante para mí tener un seguro”, dijo Escovedo a Kansas City Hispanic News. “Es un poco confuso. Ya que realmente no voy mucho al médico, creo que tengo que tener un plan de seguro que me cubra cuando lo necesite, pero que no sea tan caro. En mi trabajo, sí ofrecen seguro, pero estoy tratando de conseguir diferentes ideas para ver cuál realmente necesito tener”.

Otra mujer que estaba el pasado sábado en el Centro Rodgers, y que no quiso identificarse, dijo que ella había venido a aprender acerca de las opciones de seguro para sus padres.

“Ellos hacen un gran trabajo aquí”, dijo. “Ellos tienen un personal grandioso, que sabe lo que está haciendo y comparte el punto de vista objetivo para lo que usted puede calificar. Mis padres no califican porque tienen Medicare, pero hay algunas grandes opciones para los que califican”.

El centro también cuenta con personal bilingüe que puede ayudar a las personas de habla hispana con el proceso.

La mujer dijo que había estado un poco confundida acerca de las opciones para sus padres.

“El personal del Centro Rodgers, me dijo que, siempre y cuando una persona no tenga Medicare, puede ser considerado para esto”, dijo. “Si no tiene cobertura, y está trabajando y nunca he tenido seguro, pero gana más de, digamos, $1,500 al mes, entonces esto es para usted. Todavía le permite pagar por las primas. El suplemento le ayuda a compensar lo que le ha costado”.

Las personas que ganan menos que el 100% del nivel de pobreza no califican para Obamacare “porque nuestro estado (Missouri) no lo apoyó”, dijo ella.

“Si nuestro estado lo hubiera apoyado, todo el mundo habría sido parte de ello”, dijo ella. “Estamos siendo castigados. Cada estado que no tomó el dinero de Obamacare (incluyendo Kansas), ellos nos afectaron y castigaron a todas las personas pobres en sus estados. Eso no es justo; eso es discriminatorio”.

“Así que la gente pobre, lo único que pueden hacer es firmar una exención, donde dice que no van a ser penalizados por no inscribirse en el seguro, pero ¿qué pueden hacer para cubrir sus necesidades médicas? Imagine a la persona pobre que no tiene suficiente cantidad de ingresos para demostrar que gana el dinero para pagar por ese seguro. Ni siquiera están en el radar. ¿No es eso ridículo? Vivimos en un país que debe tener un seguro de salud al alcance de todos, y no lo tenemos”.

Los padres de la mujer tienen insuficiente cobertura a través de Medicare, dijo ella. Su madre necesita una cirugía de reemplazo de rodilla, que tendrá un costo de $20 mil dólares, y Medicare, “incluso si cubren el 80% (del costo), (sus padres) tienen todavía que pagar un poco, así que es una gran cantidad de dinero y no tiene ese dinero ahorrado. Pensé que estaban cubriendo todo”.

Lucía Jones, una enfermera registrada y la coordinadora del proyecto para Enroll Wyandotte, dijo que el trabajo de la organización “cambia la vida de la mayoría de la gente”, porque las personas que buscan un seguro, a menudo se sienten inseguros sobre el proceso de inscripción. El objetivo de la organización es educar a la gente acerca de sus opciones, guiarlos a través del proceso y permitirles cosechar los beneficios del sistema.

“Lo más importante en lo que se deben centrar las personas, es que ahora tienen la oportunidad de obtener un seguro de salud y recibir asistencia para pagar por ello”, Jones dijo a Hispanic News. “Tienen que ser pacientes con el proceso, y ahora tienen un sistema para ayudarlos. Queremos un Condado de Wyandotte más saludable, que sea capaz de tomar decisiones informadas sobre su salud y sus opciones de seguro de salud”.

“Para mí, siempre fue desgarrador ver a la gente en la sala de emergencia y no tener seguro de salud”, dijo ella. “También es muy importante mantenerse sano”.

La mayoría de los servicios médicos de prevención en el marco del ACA serán proporcionados sin costo adicional a los consumidores, dijo.

Jim Torres, coordinador de mercado para el Centro Rodgers, dijo que muchas personas todavía están confundidos acerca de sus opciones y cómo trabaja el proceso.

“Ellos no saben cómo aplicar o si son elegibles”, dijo él.

Jim Torres, coordinador de mercado para el Centro Rodgers, sabe de primera mano que para muchas familias hay confusión en relación a los programas de seguro de atención de salud. “Ellos no saben cómo solicitar o si son elegibles”, dijo.

Jim Torres, marketplace coordinator for the Rodgers Center, knows firsthand for many families there is confusion about the health care insurance programs. “They don’t know how to apply or whether they’re eligible,” he said.

Los estadounidenses están mejor hoy de lo que estaban hace un año, en relación con el seguro de salud, dijo Torres.

“Alrededor de 13 millones de personas ahora tienen un seguro de salud y no lo tenían antes de Obamacare”, dijo.

Torres está de acuerdo en que algunas personas han visto un aumento en sus tarifas de primas de seguros de salud y los deducibles, pero dijo que “en su mayor parte, lo que hemos visto es que el seguro de salud (el costo) ha ido aumentando a un ritmo más lento de lo que había sido en el pasado”.

“Eso es bueno”, dijo. “Los planes de seguro están obligados a cumplir con la nueva norma en virtud de la ley: Tienen que cubrir los medicamentos con receta y la atención preventiva sin costo alguno, y estas son las mejoras que la mayoría de la gente está recibiendo, pero no son aún conscientes, de qué es lo que van a obtener como consecuencia de la ley”.

Para aquellos que tienen seguro a través del ACA, Torres recomienda que proporcionen información actualizada de ingresos, lo que podría conducirles a una mayor asistencia financiera, y comprobar si su médico es todavía parte de su plan y si pueden encontrar un plan menos costoso que cumpla con sus necesidades.

Torres dijo, que la información sobre el mercado está disponible llamando al 816-889-4634 o 816-889-1917 para aquellos que principalmente hablan español.

Una lista de organizaciones que prestan asistencia en el área de Kansas City, en Missouri y Kansas, se encuentra disponible en www.coverkc.org/helpapplying.htm. Información detallada sobre el mercado - incluyendo fechas clave a tener en cuenta para la inscripción y los detalles con respecto a Medicaid, el Programa de Seguro de Salud Infantil (CHIP por sus siglas en inglés) y las pequeñas empresas - está disponible en www.healthcare.gov/marketplace-deadlines/.

También, hay ayuda disponible las 24 horas del día a través del Mercado de Seguro de Salud de Missouri llamando al número gratuito 800-318-2596, e información sobre las tasas y los planes de mercado de 2015 están disponibles en el sitio electrónico (https://www.ksinsurance.org/gpa/ccorner/2014-11.pdf) del Departamento de Seguros de Kansas.

traduce
Gemma Tornero

‘Changes most people’s lives’

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Health Services, the Rosedale Development Association and Enroll Wyandotte.

Marisol Escovedo, who is 24, came to the Rodgers Center looking for an affordable health insurance plan.

“It’s really important to me to have insurance,” Escovedo told Kansas City Hispanic News. “It is a little bit confusing. Since I don’t really go to the doctor that much, I think that I need to have (an insurance plan) that will cover me when I need it, but (that’s) not that expensive. … At my work, they do offer insurance, but I’m trying to get different ideas to see which one I’m really required to have.”

Another woman at the Rodgers Center last Saturday, who declined to identify herself, said that she’d come to learn about insurance options for her parents.

“They do a great job in there,” she said. “They’ve got some great staff who know what they’re doing and are sharing the objective point of view of what you qualify for. My parents didn’t qualify because they’ve got Medicare, but there are some great options for those who qualify.”

The center also has bilingual staff members who can help Spanish-speaking people with the process.

The woman said she’d been somewhat confused about her parent’s options.

“(Staff at the Rodgers center) shared with me that, as long as you don’t have Medicare, you can be considered for this,” she said. “If there’s no coverage and you’re working and you’ve never had insurance but you’re still making over, say, $1,500 a month, then this is for you. It still allows you to pay for the premiums. The supplemental helps you offset what it would’ve cost.”

People who earn less than 100 percent of poverty level don’t qualify for Obamacare “because our state (Missouri) didn’t support it,” she said.

“If our state would’ve supported it, everybody would have been part of it,” she said. “We are being punished. Every state that did not take Obamacare money (including Kansas), they affected and punished all the poor people in their states. That is not fair; that is discriminatory.

“So the poor people, all they can do is sign a waiver saying that they won’t get penalized for not signing up for insurance, but what does that do for their medical needs? Imagine the poor person who doesn’t have enough of an income to prove that they make enough money to pay for that insurance. They’re not even on the radar. Isn’t that ridiculous? We live in a country that should have affordable care for everyone, and we don’t.”

The woman’s parents have insufficient coverage through Medicare, she said. Her mother needs knee-replacement surgery, which will cost $20,000, and Medicare, “even if they cover 80 (percent of the cost), (her parents) still have quite a bit to pay, so that’s a lot of money that they don’t have the money saved up. I thought they were covering everything.”

Lucia Jones, a registered nurse and the project coordinator for Enroll Wyandotte, said that the organization’s work “changes most people’s lives” because people seeking insurance often feel insecure about the enrollment process. The organization’s goal is to educate people about their choices, guide them through the process and enable them to reap the system’s benefits.

“The key things for people to focus on are that now they have an opportunity to get health insurance and receive assistance to pay for it,” Jones told Hispanic News. “They need to be patient with the process, and now they have a system to help them. We want a healthier Wyandotte County that is able to make informed decisions about their health and their health insurance options.

“For me, it was always heartbreaking to see people in the emergency room and not have health insurance,” she said. “It’s also very important to stay healthy.”

Most preventive medical services under the ACA will be provided at no extra cost to consumers, she said.

Jim Torres, marketplace coordinator for the Rodgers Center, said that many people are still confused about their options and how the process works.

“They don’t know how to apply or whether they’re eligible, he said.

Americans are better off today than they were a year ago regarding health insurance, Torres said.

“About 13 million people now have health insurance who didn’t before Obamacare,” he said.

Torres agreed that some people have seen their health insurance premium rates and deductibles go up, but he said that “for the most part, what we have seen is that health insurance (cost) has been increasing at a slower rate than it had been in the past.”

“That is good,” he said. “Insurance plans are now having to meet the new standard under the law: They have to cover prescription drugs and preventative care at no cost, and these are improvements that most people are getting but they’re not even aware that they’re getting because of the law.”

For those who have insurance through the ACA, Torres recommends that they provide updated income information, which could lead to more financial assistance, and check to see whether their doctor is still part of their plan and whether they can find a less expensive plan that still meets their needs.

Torres said that information about the marketplace is available by calling 816-889-4634 or 816-889-1917 for those who primarily speak Spanish.

A list of organizations providing assistance in the Kansas City-area in Missouri and Kansas is available at www.coverkc.org/helpapplying.htm. Detailed information on the marketplace – including key dates to keep in mind for open enrollment and details regarding Medicaid, the Children’s Health Insurance Program (CHIP) and small businesses – is available at www.healthcare.gov/marketplace-deadlines/.

Help also is available 24 hours a day through the Missouri Health Insurance Marketplace by calling toll-free at 800-318-2596, and information on 2015 marketplace rates and plans is available on the Kansas Insurance Department’s website (https://www.ksinsurance.org/gpa/ccorner/2014-11.pdf).

FYI

KANSAS CITY RECOGNIZED AS DIGITAL CITIES’ WINNER

Honors KCMO for initiatives that target citizen engagement, policy, operations, and technology and data

The Republic’s Center for Digital Government (The Center) recently announced the top-ranked cities in the 2014 Digital Cities Survey. The City of Kansas City, Missouri placed second, just behind the City of Los Angeles in the 250,000+ population category.

“The City of Kansas City thanks the Republic Center for this recognition. It shows why so many startups and entrepreneurs are moving here to take advantage of the synergy we are building,” said City Manager Troy Schulte. “Kansas City is becoming known as America’s Creative Crossroads as the arts and technology converge here, and we applaud this national award for our digital engagement and initiatives.”

Kansas City’s emergence as a leader in the digital city movement follows the arrival of Google Fiber’s gigabit Internet fiber to the home deployment and recently announced gigabit Internet Business Class service.

Additionally, the City has signed a Letter of Intent with Cisco to build out a smart city network, enhance the citizen experience and develop the “living lab” for entrepreneurs under Cisco’s Smart+Connected Communities program.

The Cisco network will be put to use along the new downtown streetcar line that is currently under construction. Initial efforts may include citizen engagement kiosks, public Wi-Fi and smart transit sensors.

Kansas City has also created the largest municipal WordPress website in the country, which includes the Open Data Catalog. The KC BizCare Online program has created an easy-to-use portal for small business owners and startups to get the permits and licenses they need to open for business.

“This year’s Digital Cities’ winners brought about impressive change across all aspects of government by leveraging information technology investments to expand open government, citizen participation and shared services,” said Todd Sander, Executive Director of the Center for Digital Government. “Winning cities spanned the nation, indicating a trend that more and more cities are making it a priority that digital government be easier to access, navigate and interact with.”

The top 10 ranked cities will be honored at a special awards ceremony during the National League of Cities’ annual conference in Austin on November 20th.

"Las aceras son consistentemente una prioridad para nuestros residentes"

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de los Comisionados, en el Ayuntamiento, para mostrar al auditorio de cerca de 175 personas, el plan propuesto por Gould Evans Arquitectos para un sitio de Campus Saludable.

El plan de sitio propuesto para la intersección de la calle 10 y la Avenida Minnesota, tendría una tienda de comestibles, centro comunitario, amplio espacio verde, un pabellón para mercado de agricultores, campos recreativos, opciones de vivienda, agricultura urbana, aceras y espacio para ir de compras al por menor.

"Nuestra gente merece amenidades de clase mundial y vamos a proporcionar servicios de clase mundial en el centro de nuestra ciudad", dijo Holland.

Gould Evans Arquitectos solicitó comentarios de los residentes durante una serie de reuniones públicas.

"El tema que se escuchó a menudo, era la preocupación por la capacidad de pago del centro comunitario que será administrado por YMCA. Hemos formado un Equipo de Acceso, que va a trabajar en los detalles del acuerdo de desarrollo con YMCA. Nuestro equipo trabajará para asegurarse de que el centro de la comunidad que tenemos sea visitado por todas las personas", dijo Holland.

El acceso al ejercicio no es el único objetivo del proyecto propuesto. Los residentes podrían eventualmente tener acceso a fruta fresca y a producir en un huerto, a la agricultura urbana y a los invernaderos en el sitio de la escuela.

"La reconstrucción de Kansas City, Kansas está sucediendo. Todos sabemos que ha llegado el momento de reconstruir el centro", dijo Holland.

La adopción del Plan de Implementación de Central Parkway del Centro por el Gobierno Unificado, incluirá audiencias públicas en noviembre por parte de la Comisión de Planificación y la Junta de Comisionados, el jueves 4 de diciembre en el Ayuntamiento.

Además de la nueva propuesta de desarrollo, cada distrito en el Condado de Wyandotte está empezando a ver mejoras en sus barrios. La financiación del Proyecto de Infraestructura para Barrio de Comisionados del Condado de Wyandotte (CNIP por sus siglas en inglés) se ha dividido entre los ocho distritos en los que los comisionados encuestaron a sus electores, preguntando donde debe ser gastado el dinero. $4,400,000 millones se han comprometido por CNIP para mejorar y actualizar en los ocho distritos, las viejas calles, los bordillos y aceras.

CNIP es financiado a través del Impuesto de Ventas de Infraestructura de Seguridad Pública y de la Comunidad, que fue aprobado por los votantes en abril de 2010.

"Las aceras son consistentemente una prioridad para nuestros residentes. Son un signo de barrios saludables y amigables a la familia. Pero tradicionalmente, no ha habido un mecanismo de financiación para nuevos proyectos de aceras", dijo la Comisionada Angela Markley, del 6to Distrito.

Se completaron recientemente las nuevas aceras de la entrada en la Escuela Primaria Junction, a lo largo de Shawnee Drive, que se conecta con la vía para caminata que termina en Matney Park.

En una reciente ceremonia de corte de listón, Markley dijo, "Tuvimos una sequía larga de aceras en la zona de Turner. Esta comunidad no tenía aceras y esto es un logro increíble".

Los niños en edad escolar y sus familias pueden ahora caminar con seguridad hacía el edificio de la escuela, en lugar de tener que caminar en las zanjas que se alineaban junto a la calle o sobre la calle misma.

"Nos trae consuelo, saber que nuestros estudiantes pueden caminar con seguridad a la escuela por las nuevas aceras", dijo Kristen Shipp, Directora de la Primaria Junction.

El costo de las nuevas aceras se situó en $100 dólares por pie cuadrado. Además de las aceras del barrio, Markley también utilizó los fondos para poner aceras y bordillos en la calle 55, desde Hagemann a Oak Grove Road, y ha añadido nuevas luces en el Turner Community Walking Park.

El costo total de las aceras, bordillos y la iluminación fue de $210 mil dólares. El distrito escolar de Kansas City, Kansas, ha aprovechado un programa nacional, Rutas Seguras a la Escuela, el cual es financiado por el gobierno federal y administrado por el departamento de transporte del estado.

Markley está emocionada, de que el distrito escolar de Turner, también va a solicitar el dinero de la subvención, para ayudar al distrito a poner aceras alrededor de los edificios de la escuela.

"Actualmente estamos en las etapas de diseño, y programaremos reuniones públicas hacia el final del año para discutir este proyecto. Serán los primeros proyectos de Ruta Segura en Turner y probablemente estará terminado en el año 2016", dijo ella.

La actualización de la infraestructura en Kansas City, Kansas será un gran proyecto. El Comisionado Brian McKiernan, del Distrito 2, echó un vistazo a los kilómetros de bordillos y aceras que existen más o menos en su distrito.

En su blog del Distrito 2, escribió: "Supongamos que el 66% de las calles tienen aceras en ambos lados – eso indica 110 kilómetros de aceras. Si el 50% necesita ser reemplazado, eso equivale a 55 millas de reemplazo. En cuanto al costo, serían alrededor de $20 mil dólares por 800 pies, asumiendo que no hay complicaciones. Un costo de reemplazo total de una sola vez serían $7,392, 000 millones dólares, o si creamos un proyecto de sustitución de diez años sería alrededor de $739.200 dólares por año durante diez años".

Viendo esos números, puede ser un poco desalentador y puede dejar a la gente en el barrio preguntándose si se pueden hacer mejoras.

"La máxima prioridad para nuestros ciudadanos, independientemente de la comisión del distrito, es estar mejorando la condición y el mantenimiento de las calles de la ciudad. Creo que podemos hacer frente a este desafío y creo que podemos tener éxito", dijo McKiernan.

Nuevas aceras fueron construidas en el exterior de Escuela Primaria Junction en el Distrito Escolar Turner. Las aceras se han financiado a través del Proyecto de Infraestructura para Barrio de Comisionados (CNIP por sus siglas en inglés). "Nos reconforta saber que nuestros estudiantes pueden caminar con seguridad a la escuela sobre las nuevas aceras", dijo Kristen Shipp, Directora de la Primaria Junction.
New sidewalks were put in outside Junction Elementary School in the Turner School District. The sidewalks were funded through the Commissioner's Neighborhood Infrastructure Project (CNIP). "It brings us comfort to know our students can walk safely to school on the new sidewalks," said Kristen Shipp, Junction Elementary Principal.

"Sidewalks are consistently a priority for our residents"

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Architects' proposed plan for a Healthy Campus site.

The proposed site plan for the intersection of 10th Street and Minnesota Avenue would have a grocery store, community center, expanded green space, a farmer's market pavilion, recreational fields, housing options, urban agriculture, sidewalks and space for retail shopping.

"Our people deserve world class amenities and we are going to provide world class amenities in our downtown," said Holland.

Gould Evans Architects solicited feedback from residents during a series of public meetings.

"The issue that was heard often was concern about the affordability of the community center that will be managed by the YMCA. We have formed an Access Team that will work on the details of the development agreement with the YMCA. Our team will work to make sure that the community center we have is accessed by all people," said Holland.

Access to exercise is not the only focus of the proposed project. Residents would eventually have access to fresh fruit and produce with an orchard, urban agriculture and greenhouses on the campus site.

"The redevelopment of Kansas City, Kansas is happening. We all know that the time has come to rebuild downtown," said Holland.

The adoption of the Downtown Central Parkway Implementation Plan by the Unified Government will include public hearings in November by the Planning Commission and the Board of Commissioners on Thursday, December 4 at City Hall.

In addition to the proposed new development each district in Wyandotte County is beginning to see improvements in their neighborhoods. Funding from the Wyandotte County Commissioner's Neighborhood Infrastructure Project (CNIP) has been divided between the eight districts where commissioners surveyed their constituents asking where the money should be spent. $4,400,000 has been committed by CNIP to improve and update aging streets, curbs and sidewalks in the eight districts.

CNIP is funded through the Public Safety and Community Infrastructure Sales Tax, which was passed by voters in April of 2010.

"Sidewalks are consistently a priority for our residents. They are a sign of healthy, family-friendly neighborhoods. But traditionally, there has not been a funding mechanism for new sidewalks projects," said Commissioner Angela Markley, 6th District.

New sidewalks were recently completed from the Junction Elementary School entrance along Shawnee Drive connecting with the walking trail that ends at Matney Park.

At a recent ribbon cutting ceremony, Markley said, "We had a long sidewalk drought in the Turner area. This community did not have sidewalks and this is an incredible accomplishment."

The school children and their families can now walk safely to the school building rather than having to walk in the ditches that lined the road or walk in the road itself.

"It brings us comfort to know our students can walk safely to school on the new sidewalks," said Kristen Shipp, Junction Elementary principal.

The cost of the new sidewalks came in at $100 a square foot. Besides the sidewalks, Markley's district also used funds to put in sidewalks and curbs from 55th Street from Hagemann to Oak Grove Road and added new lights in the Turner Community Walking Park.

The total cost for sidewalks, curbs and lighting was $210,000. The Kansas City, Kansas school district has taken advantage of a national program, Safe Routes to School, which is funded by the federal government and administered by the state transportation department.

Markley is excited that the Turner school district will also be applying for the grant money to help the district put in sidewalks around the school buildings.

"We are currently in the design stages and will schedule public meetings towards the end of the year to discuss this project. It will be the first Safe Route projects in Turner and will probably be completed in 2016," she said.

Updating the infrastructure in Kansas City, Kansas will be a large undertaking. Commissioner Brian McKiernan, District 2, took a look at the miles of curbs and sidewalks that roughly exist in his district.

On his District 2 blog, he wrote, "Assume that 66 percent of streets have sidewalks on both sides—that is 110 miles of sidewalks. If 50 percent need to be replaced that equals 55 miles of replacement. Looking at cost, it would be about $20,000 per 800 ft. assuming there are no complications. A one time total replacement cost would be $7,392,000 or if we set up a ten-year replacement project it would figure out to about $739,200 per year for ten years."

Looking at those numbers can be a little disheartening and can leave people in the district wondering if improvements will be made.

"The top priority for our citizens, regardless of commission district, was improving the condition and maintenance of city streets. I believe we can confront this challenge and I believe we can succeed," said McKiernan.

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SPORTS DEPORTES

Oh those ill autumn winds

The Artic cold that settled over the Midwest this past week and set new record lows across the heartland echoes another distant, ill, autumn wind.

It is that classic Oakland Raiders anthem voiced by John Facenda and written by Steve Sabol that is as ubiquitous in NFL lore as NFL Films' soundtrack of the "Mentor" Hank Stram on the sidelines of Super Bowl IV shouting "65 toss power trap."

"The Autumn Wind is a pirate
Blustering in from sea,
With a rollicking song, he sweeps along,
Swaggering boisterously."

Facenda's deep and resonant voice gives the opening of the poem that needed burst of awesome that rubbed in the greatness of the Raiders and enforced the hatred that was the backdrop for every Raiders/Chiefs game that I watched until the Broncos assumed the mantle of most despised opponent.

Bluster, swagger and boisterous were equal measures of salt rubbed in the cuts from so many disappointments along the way. Damn, I hated that poem and that team.

"His face is weather beaten.
He wears a hooded sash,
With a silver hat about his head,
And a bristling black mustache."

That was the description of that seminal, marauding, Raider Ben Davidson. I can still see him spearing Len Dawson in the back and getting thrown on the ground by Otis Taylor. I won't replay the end of that game. You can look it up yourself.

"He growls as he storms the country,
A villain big and bold.
And the trees all shake and quiver and quake,
As he robs them of their gold."

Oh, how much gold did those Raiders steal from us? I can recall so many times yelling at the screen "stop #44, Marv Hubbard" only to have that mass of will plow through the line and get a crucial first down that kept a drive alive. I can recall Hubbard complaining about being spit on by Chiefs fans. I would trade a broken heart for a little spit any day of the week.

Let me remind you, this is that Oakland, that kingdom by the sea that stole our Athletics. I mean stole them in the middle of the night. I still wonder how sweet it would have been to have the names Reggie Jackson, Ricky Henderson, Catfish Hunter and all those championships in the record books as the Kansas City Athletics'.

The Autumn Wind is a raider,
Pillaging just for fun.
He'll knock you 'round and upside down,
And laugh when he's conquered and won.

That right there was the echo of every defeat at the hands of the Raiders. Oakland stole our baseball team and now they came gloating every week trying to rub it in. It was a tough week if we lost to the Raiders. Damn, can you recall the whooping in the 1968 playoffs? I still think we could have beaten the Jets and been world champions that year.

How sweet was 1969? We lost twice against them in the regular season and then had to go to Oakland for the AFL championship game. The Super Bowl was on the line.

I was living in Omaha at the time and I was tired of all the "cool" kids that walked around talking Raider stuff. Even some guys from Kansas City had adopted the Raiders as their team. It was merciless during the regular season.

I don't remember a lot of the game only the gradual change in the Kansas City kids as they slowly turned and began to cheer the Chiefs. I was not alone that day and all was forgiven as the Chiefs walked out winners headed for the Super Bowl. That was one of the sweetest moments ever.

So now an autumn wind has come and gone and the Chiefs head to the west for another big game. But the mighty Raider sits in his sinking boat, the once proud swagger constrained by years of rudderless leadership, much like the Chiefs in the years following the Super Bowl win.

Yes, the Broncos are the hated team now, but a part of me longs for the days when the Raiders and the Chiefs squared off and the fate of the west hung in the balance. The Broncos are just an annoying team to me. The only Bronco I ever cheered for was Floyd Little. He was what his name implied but what a running back.

The Broncos for all their pseudo-swagger were never the real thing to me. Sure, they won championships and 14-10 is a number that I will remember as long as football means anything to me. But as the Chiefs and Raiders line up this week, I will kindle that fire that burnt so hot back in the day when the course of a week could be determined by what happened in three hours on a Sunday afternoon. But this is a Thursday, the embers are hard to stoke.

Maybe, I have moved on from when all those games meant everything to me. If the Chiefs lose to the Raiders this week, will it be the same as it had always been? A miserable week now made ten days long? Nostalgia is a strange thing, yet an ill wind still blows.

McCaskill seeks feedback from veterans with secret shopper survey

WASHINGTON – Aiming to continue improvements to the quality of customer service at statewide VA facilities, U.S. Senator Claire McCaskill is asking Missouri veterans to continue participating in her successful "secret shopper" program that allows veterans to share timely, confidential feedback about their VA health care visits, and helps provide oversight and accountability for VA health care facilities.

In 2010, amid reports of problems with medical care at John Cochran VA Medical Center in St. Louis, McCaskill—the daughter of a World War II veteran—toured the hospital and met with administrators to discuss the urgent need for the VA to make improvements. Following the tour, McCaskill launched the Veterans' Customer Satisfaction Program (VCSP), a confidential survey, to give Missouri veterans an opportunity to offer direct, confidential feedback on the quality of service they receive at their local VA facility.

Nearly 1,000 Missouri veterans participated in the last round of surveys, and the program is in its fourth year. The survey, recently expanded to the southeast Missouri region, is now active in four regions: St. Louis, Kansas City, Columbia, and Poplar Bluff.

"For me, the best way to find out if veterans are getting quality customer service has always been to hear from them directly," said McCaskill, a senior member of the Senate Armed Services Committee. "These surveys help give us a real snapshot of the quality of service Missouri veterans are receiving and provide an opportunity to offer meaningful, confidential feedback to us and to the VA on how those services can be improved—so we can work to ensure they're receiving the high quality of service they've earned."

As Chairman of the Subcommittee on Financial & Contracting Oversight, McCaskill recently introduced legislation that would mandate the firing of any VA employee found to have retaliated against a whistleblower. Currently, a finding of retaliation against a whistleblower is punishable by a range of actions, including fines and reprimand. McCaskill also introduced legislation with Republican Senator Kelly Ayotte of New Hampshire to take back bonuses paid to employees at the VA who were involved in the manipulation of electronic waitlists.

Veterans seeking to participate in the Veterans' Customer Satisfaction Program can visit McCaskill's website, McCaskill.senate.gov/VCSP, and complete the confidential survey. Responses can be submitted after each health care visit.

Visit mccaskill.senate.gov/veterans to read highlights of McCaskill's fight for military veterans.

FYI

MOMS STRUGGLING WITH WORK-LIFE BALANCE

1st Elected Female Lieutenant Governor Offers Lessons Learned from Experience

Despite the many monumental glass ceilings that have been broken for the equal rights of all citizens in the United States, unique challenges persist for many, including, potentially, half the population, says Jennifer Carroll, the first female – and first black – elected lieutenant governor of Florida and a retired U.S. Navy lieutenant commander.

"Challenges from my childhood and military career have taught me many valuable lessons – when times get tough, get tougher; stay true to who you are and don't compromise your principles; be willing to walk away from something that's causing you clear harm," says Carroll, (www.jennifercarroll.com), who recently released her autobiography, "When You Get There."

"The perfect worker, wife and mother – these are 'the big three' roles that matter most to women, but you really want to make sure your children don't get lost in this juggling. Your husband and your coworkers are adults; children, on the other hand, are vulnerable."

Carroll has the following suggestions for women concerned about their role as Mom.

• Pay close attention to your children; listen. Seems obvious, right? As a little girl in Trinidad, Carroll was accosted by a man who persuaded her to accompany him to an outhouse. After he exposed himself to her, she managed to get away, but the experience haunted her while growing up.

"Listen to children when they have something to talk about," she says. "They may feel too embarrassed to talk about something that happened to them; they may feel like it's their fault. Be sensitive to their words and behavior, and be open to what they have to say."

• Devote one day exclusively to family. While advancing her career in the Navy, Carroll often spent several months away from her family. Later in her career, including as Chairwoman of Space Florida and lieutenant governor, time was also a precious commodity, but she always made sure she had it for her three children, Nolan II, Nyckie and Necho. Since Nolan II has been a player in the NFL, Carroll attends games and make Sundays "Football Sunday" for everyone, including her husband of three decades, Nolan.

• Model the behavior you'd like to see emulated. Children have sensitive consistency detectors; they are quick to realize the disconnection between what parents say and what they do. There's something to be said for people who are able to follow their own advice. Many don't.

"Proactive efforts outside the home, like civic and humanitarian projects, are a great way of modeling behavior," Carroll says. "My models as a child were my adoptive parents; I think adoption is one of the greatest loves you can provide and is a great model behavior."

• Emphasize the importance of loyalty; family is a lifelong relationship. As important as a career may be, you will never forge bonds in a job that are as strong as those within a family. Children are hungry to know they are secure with love and loyalty, so don't hesitate in reinforcing this message.

"When you have a secure family foundation, you can approach work with greater strength and confidence," she says.

• Engage them! This is a two-fold effort: Make sure children are engaged in their studies and extracurricular activities, such as sports, study groups, a job or other productive behavior. And talk to them about what they're doing and also what you're doing.

"Conversation is an opportunity to connect with your children, to take advantage of teaching moments, and most of all, to enjoy your children!"

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NOTICE TO CONTRACTORS

Paric Corporation is seeking proposals for the construction of the Dobbs Group Replacement Project Phase 1 in Columbia, MO. This project consists of two, five level student housing buildings of approximately 200,000 sf with 572 beds. The scope includes demolition of an existing student housing building, utility relocations, associated sitework, basement excavation, concrete, steel fabrication & erection, masonry, carpentry & casework, shingle and membrane roofing, metal panels, EIFS, load bearing stud framing, drywall, interior finishes and MEPFP work. Bids for this project are due on December 12, 2014 and should be delivered to Paric via e-mail (bids@paric.com) or fax (636-561-9501).

Plans and specifications will be available to view at Paric's Main office at 77 Westport Plaza, Suite 250, St. Louis, MO 63146 and the following planrooms, Dodge, CAP, MOKAN and MCI. Plans and specifications are available for purchase by contacting CrossRhodes Reprographics, 1712 Macklind Avenue, St. Louis, MO 63118 [Phone (314) 678-0087].
Project requirements include goals of 10% MBE and 5%WBE participation.
If you should have any questions or would like to find out more detailed information on this project, please contact Evan Chiles 636-561-9544 or emchiles@paric.com.

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Public Notice section INVITATION TO BID

Ryan Companies U.S., Inc. is seeking bid proposals for interior finish packages for the Commerce Tower Renovations project. Proposals are due at close of business on Friday, December 12, 2014.

A portion of the project funding is provided through LCRA incentives which will require MBE/WBE subcontracting goals.

The subcontracted trades to include: Acoustical Ceilings, Closed Cell Spray Insulation, Interior Glass and Glazing, Metal Stud/Gypsum Board, Rough Carpentry, Finish Carpentry, Doors and Hardware supply, Flooring (VCT, Ceramic, Carpet, Vinyl Plank, Rubber), Appliances, Painting, Cabinet Supply and Countertops.

Bid Documents will be made available on Monday December 1, 2014. Please contact KC Blueprint & Plan Room to acquire a set of documents or visit one of the following plan rooms:

KC Blueprint: 816-527-0900
Minority Contractor's: 816-924-4441
Hispanic Contractor's: 816-309-2705
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Sealed bids/proposals will be received by the Purchasing Department, Jackson County Courthouse, 415 E. 12th St., Rm. G1, Kansas City, MO 64106. Bid/Proposal documents may be obtained on the County's web site at www.jacksongov.org. **Bids/ Proposals close at 2:00 PM, on the date indicated below and will be publicly opened at that time.**

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Assembler: Put your inner artist to work on our plates. Arrange food according to presentation guidelines and quality standards.
Backup: Maintain the motion in the kitchen. Stock the alley and line with items needed for line cooks to complete orders on time with no delays.
Baker: Bake the fresh Cheddar Bay biscuits that greet everyone immediately upon their arrival. It's a big part of why they keep coming back.
Line Cook: Keep every tasty bite cooking. Broil, grill, fry and steam food items to order for our guests.
Production: Every little bite counts. Select portions, bread and prepare food items necessary for line cooks and alley, including seafood, chicken, beef, salads, vegetables, sandwiches, pies and cakes.
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Group Dental Insurance For Transit Management of St. Joseph, Inc. Request for Proposal Bid # RFP2015-09

Sealed proposals, addressed to:
Purchasing Agent
City of St. Joseph, Missouri
1100 Frederick Ave., Room 201
St. Joseph, MO 64501
Telephone: (816) 271-4696

The City of St. Joseph is soliciting proposals from qualified vendors to furnish Group Dental Insurance for the employees of Transit Management of St. Joseph, Inc. (TMSJ). Sealed proposals will be received by the City until 4:00 P.M. on December 1, 2014 at the office of the Purchasing Agent.

Special Needs: If you have special needs addressed by the Americans with Disabilities Act, please notify the Purchasing Agent at (816) 271-4696 at least five (5) working days prior to the bid due date.

The City hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation. In addition, interested bidders will not be discriminated against on the grounds of race, color, religion, creed, sex, age, ancestry, or national origin in consideration for an award.

The City has a DBE Goal of 2.35% and certified firms are encouraged to bid.

Information relative to this procurement may be obtained from the Purchasing Department office at the above referenced address. Complete instructions to bidders and proposal blanks may be obtained at the same address and location, and are a part of the preceding document.

Proposals must include all forms provided that requires signature from the information packet, on the original forms themselves.

The City reserves the right to reject any or all proposals.

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La diabetes afecta de manera desproporcionada a la comunidad hispana/latina

CONT./PÁGINA I

meses) y trabajará con sus médicos para fijar y alcanzar su propia meta de A1C.

En el caso de muchas personas con la diabetes, la Asociación Estadounidense para la Diabetes (ADA) recomienda un A1C inferior a 7 por ciento para reducir el riesgo de complicaciones. Para ciertos individuos, podría ser más adecuado un A1C mayor o menor, de ahí la importancia de que los diabéticos hablen con sus proveedores de atención a la salud y decidan qué meta de A1C es la más apropiada para ellos. Casi la mitad de las personas con diabetes tienen un A1C superior a 7 por ciento.

"Después de vivir muchos años con la diabetes tipo 2, mi abuelo murió de un derrame cerebral, una de las complicaciones graves de la diabetes, por lo tanto, sé cuán importante es para una persona con diabetes conocer su A1C y comprometerse con alcanzar su meta de A1C", dijo la Chef Leticia. "Estoy orgullosa de trabajar con Merck en Desafiando La Diabetes para ayudar a los hispanos a aprender a controlar el azúcar en la sangre e inspirarles a comer más saludable como parte de un plan completo para alcanzar sus metas".

Los cambios de estilo de vida tales como la dieta y el ejercicio, así como los medicamentos (si los ha prescrito el médico) son importantes para ayudarle a alcanzar su meta. Debido a que la diabetes es progresiva, a veces es necesario realizar ciertos ajustes a su plan de tratamiento, como cambiar medicamentos, la dieta y el nivel de actividad. Como parte del programa, la Chef Leticia está compartio algunos de sus favoritos platillos hispanos aptos para diabéticos mediante demostraciones de culinaria en el evento Feria de Salud de la Asociación Estadounidense para la Diabetes (ADA) en Los Angeles, en la histórica Placita Olvera, el 9 de noviembre.

"Estamos emocionados de presentar Desafiando La Diabetes de Merck como parte de la Feria de Salud de este año", dijo Franco Reyna, director adjunto del área de Los Angeles y sus alrededores de la Asociación Estadounidense para la Diabetes. "La Asociación Estadounidense para la Diabetes tiene el compromiso de aumentar la concientización sobre la diabetes y proporcionar recursos relevantes a las personas con diabetes para ayudarles a alcanzar sus metas de tratamiento. Este programa ofrece información importante a los hispanos que viven con la diabetes, así como a sus amigos y familias".

La diabetes afecta a la comunidad hispana en los Estados Unidos de forma desproporcionada. Los adultos hispanos tienen casi el doble de probabilidades de ser diagnosticados con diabetes que los adultos blancos no hispanos. De hecho, casi al 12% de los adultos hispanos ya se les ha diagnosticado diabetes, lo cual representa una de las mayores tasas de prevalencia entre los grupos étnicos del país. Los hispanos representan el 48.3 por ciento de la población del Condado de Los Angeles, donde la prevalencia general de diabetes es de 9.9 por ciento en la población adulta.

"Muchas personas que padecen la diabetes tipo 2 podrían no saber que los niveles elevados de azúcar en la sangre pueden causar graves problemas de salud en el largo plazo, por eso es importante que los hispanos y otros que viven con diabetes aprendan a controlar mejor su enfermedad", dijo Robert Espinoza, MD, médico familiar, Santa Ana, California. "Desafiando La Diabetes ayudará a educar a los hispanos del Condado de Los Angeles sobre la importancia de trabajar con sus médicos y crear un plan de tratamiento personalizado que les ayude a alcanzar su meta de A1C, monitorear su avance y ajustar el plan si es necesario ya que la diabetes es una enfermedad progresiva".

La mayoría de los diabéticos conocen la importancia de controlar el nivel de azúcar en la sangre, pero también es importante que comprendan por qué a veces el nivel de azúcar en la sangre se reduce demasiado. En el caso de las personas que toman ciertos medicamentos para la diabetes, el bajo nivel de azúcar en la sangre se puede atribuir a saltarse comidas o a hacer demasiado ejercicio, lo cual puede hacer que les den temblores, que se sientan mareadas, que suden, que les dé hambre, y veces como si se fueran a desmayar. Asegúrese de que su médico le explique las señales y síntomas de un alza o baja en el nivel de azúcar en la sangre y avísele si está experimentando alguno de estos síntomas.

En la Feria de Salud, la Chef Leticia y el Dr. Espinoza exhortaron a las personas con la diabetes tipo 2 a comprometerse a conocer su A1C y hablar con su médico para fijar y alcanzar sus metas de azúcar en la sangre. Las personas con la diabetes tipo 2 que acepten el reto pueden seguir motivadas completando misiones y accediendo a importantes recursos disponibles en DesafiandoLaDiabetes.com que las ayudarán a trabajar con su médico para crear un plan de tratamiento individualizado adecuado para ellas.

Para más información visite DesafiandoLaDiabetes.com

La chef Leticia, que tiene un historial familiar de diabetes tipo 2, visitará ciudades selectas para cocinar algunas de sus recetas latino-diabéticas favoritas. Ella anima a los hispanos a conocer su nivel promedio de azúcar en la sangre.

Chef Leticia, who has a family history of type 2 diabetes, will visit select cities to cook up some of her favorite diabetes-friendly Latin recipes. She urges Hispanics to know their average blood sugar level.

Diabetes disproportionately affects the Hispanic/Latino community

CONT./PAGE I

For many people with diabetes, it is recommended by the American Diabetes Association (ADA) that they have an A1C of less than 7 percent to help reduce the risk of complications. For certain individuals, a higher or lower A1C goal may be more appropriate, which is why it is important for people with diabetes to speak with their health care providers to discuss the A1C goal that is right for them. Nearly half of people with diabetes have an A1C greater than 7 percent.

"After living with type 2 diabetes for many years, my grandfather passed away from a stroke, one of the serious complications of diabetes, so I know how important it is for people with diabetes to know their A1C and make a commitment to get to their A1C goal," said Chef Leticia. "I'm proud to work with Merck on Desafiando La Diabetes to help urge Hispanics to learn about how to control blood sugar and inspire them to eat healthier as part of an overall plan to reach their goals."

Lifestyle changes such as diet and exercise, as well as medications (if prescribed by your doctor), are all important to help you get to your A1C goal. Because diabetes is progressive, sometimes adjustments to your treatment plan are necessary, including changes to medications, diet, and activity level. As part of the program, Chef Leticia shared some of her favorite diabetes-friendly Hispanic dishes through cooking demonstrations at the American Diabetes Association's (ADA) Feria de Salud event in Los Angeles at the Historic Placita Olvera on November 9.

"We are excited to feature Merck's Desafiando La Diabetes as part of this year's Feria de Salud," said Franco Reyna, Associate Director, American Diabetes Association of Greater Los Angeles. "The American Diabetes Association is committed to raising awareness of diabetes and providing relevant resources for people with diabetes to help them get to their treatment goals. This program is providing important information for Hispanics living with diabetes, as well as their friends and family."

Diabetes disproportionately affects the Hispanic community in the United States. Hispanic adults are nearly twice as likely to be diagnosed with diabetes as non-Hispanic white adults. In fact, almost 12% of U.S. Hispanic adults are already diagnosed, which is one of the highest prevalence rates among ethnic groups in the country. Hispanics comprise 48.3 percent of the population in Los Angeles County, which has an overall diabetes prevalence of 9.9 percent in the adult population.

"Many people with type 2 diabetes may not realize that high blood sugar levels over time can lead to serious long-term health problems, so it's important that Hispanics and others living with diabetes learn how to better manage their disease," said Robert Espinoza, MD, Family Medicine, Santa Ana California. "Desafiando La Diabetes will help educate Hispanics in Los Angeles County about the importance of working with their doctors to come up with an individualized treatment plan to help them get to their A1C goal, track their progress and adjust the plan if needed, since diabetes is a progressive disease."

Most people with diabetes are aware of the importance of controlling high blood sugar, but it's also important for them to understand why blood sugar can sometimes go too low. For people on certain diabetes medications, low blood sugar can be caused by skipping meals or excessive exercise and can make you feel shaky, dizzy, sweaty, hungry, and sometimes, faint. Make sure your doctor explains the signs and symptoms of high and low blood sugar to you and let him or her know if you are experiencing any of those symptoms.

At the Feria de Salud, Chef Leticia and Dr. Espinoza encouraged people with type 2 diabetes to pledge to know their A1C and to talk to their doctor about setting and attaining their own blood sugar goals. People with type 2 diabetes who take the challenge can stay motivated by completing missions and accessing important resources available on DesafiandoLaDiabetes.com that will help them work with their doctor to come up with an individualized treatment plan that is right for them.

For more information visit DesafiandoLaDiabetes.com

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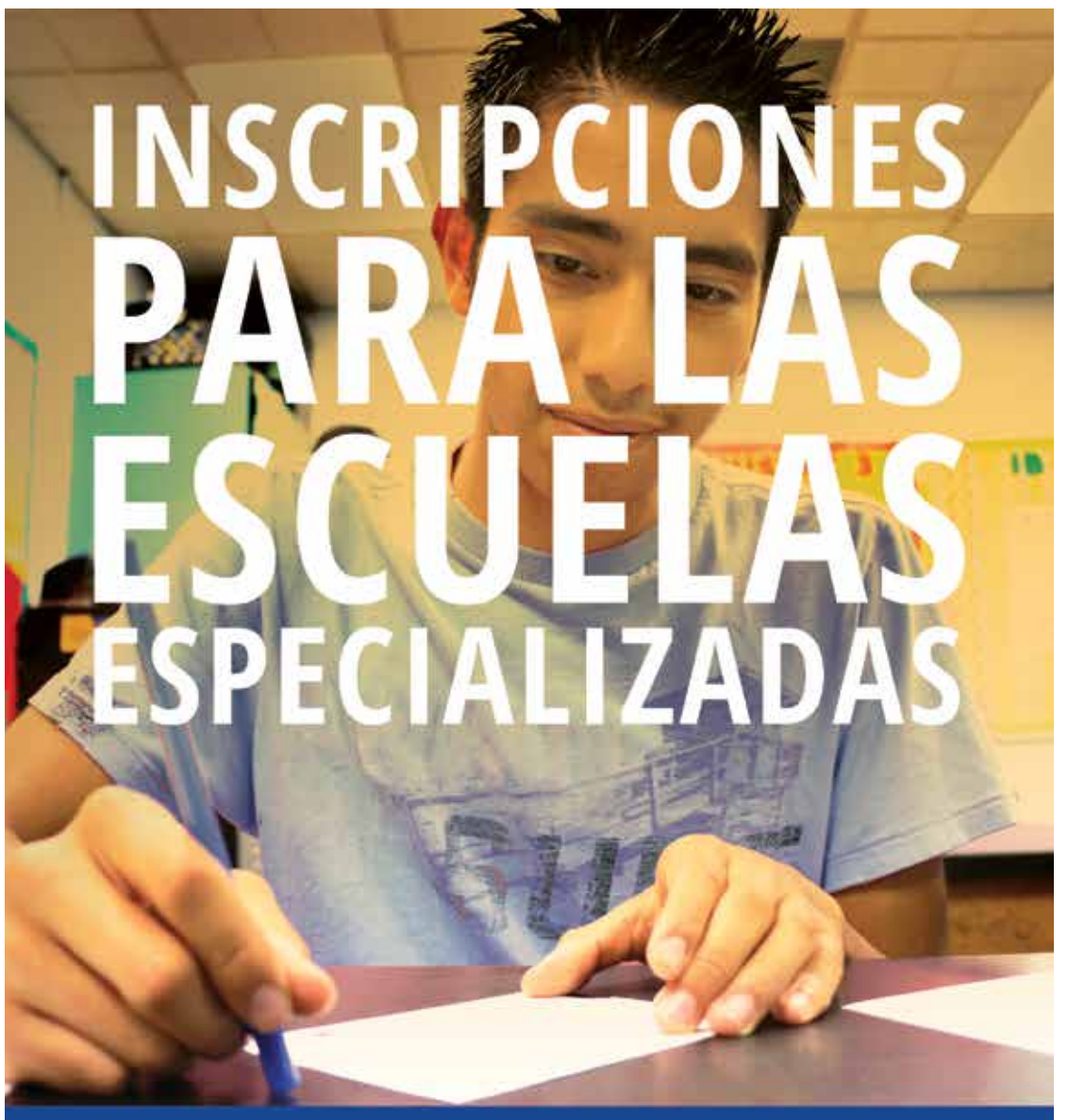

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2 pm	Humboldt Feeding
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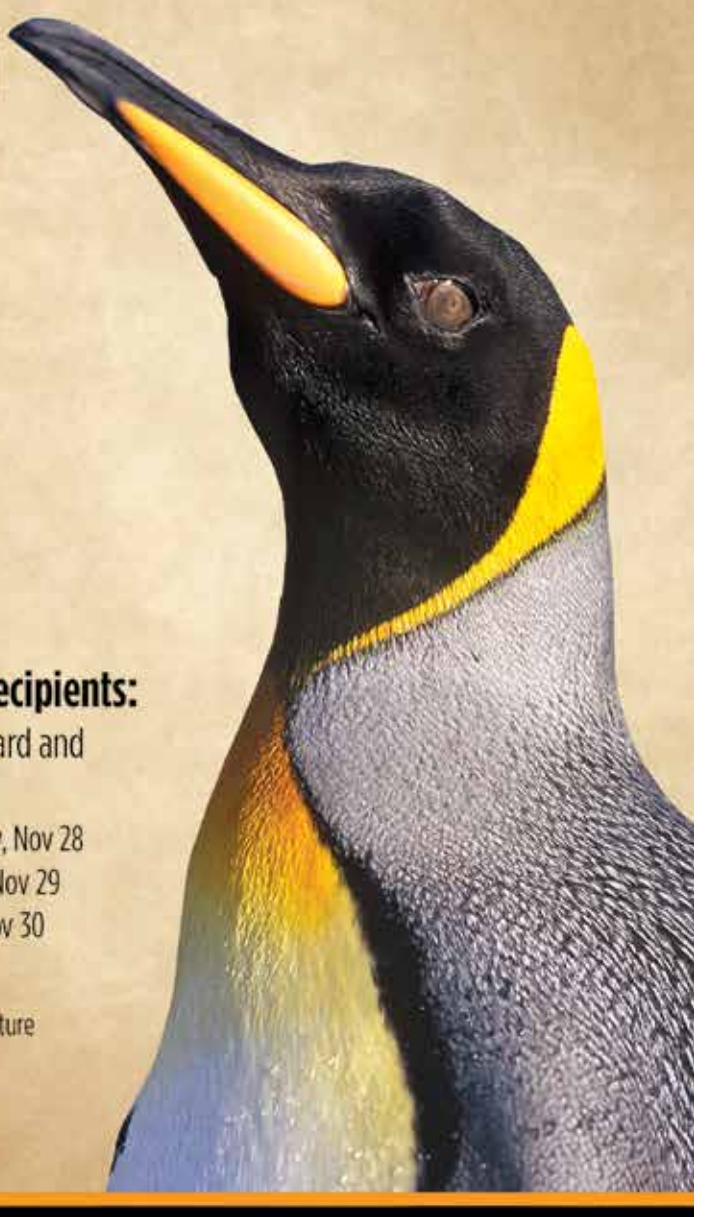

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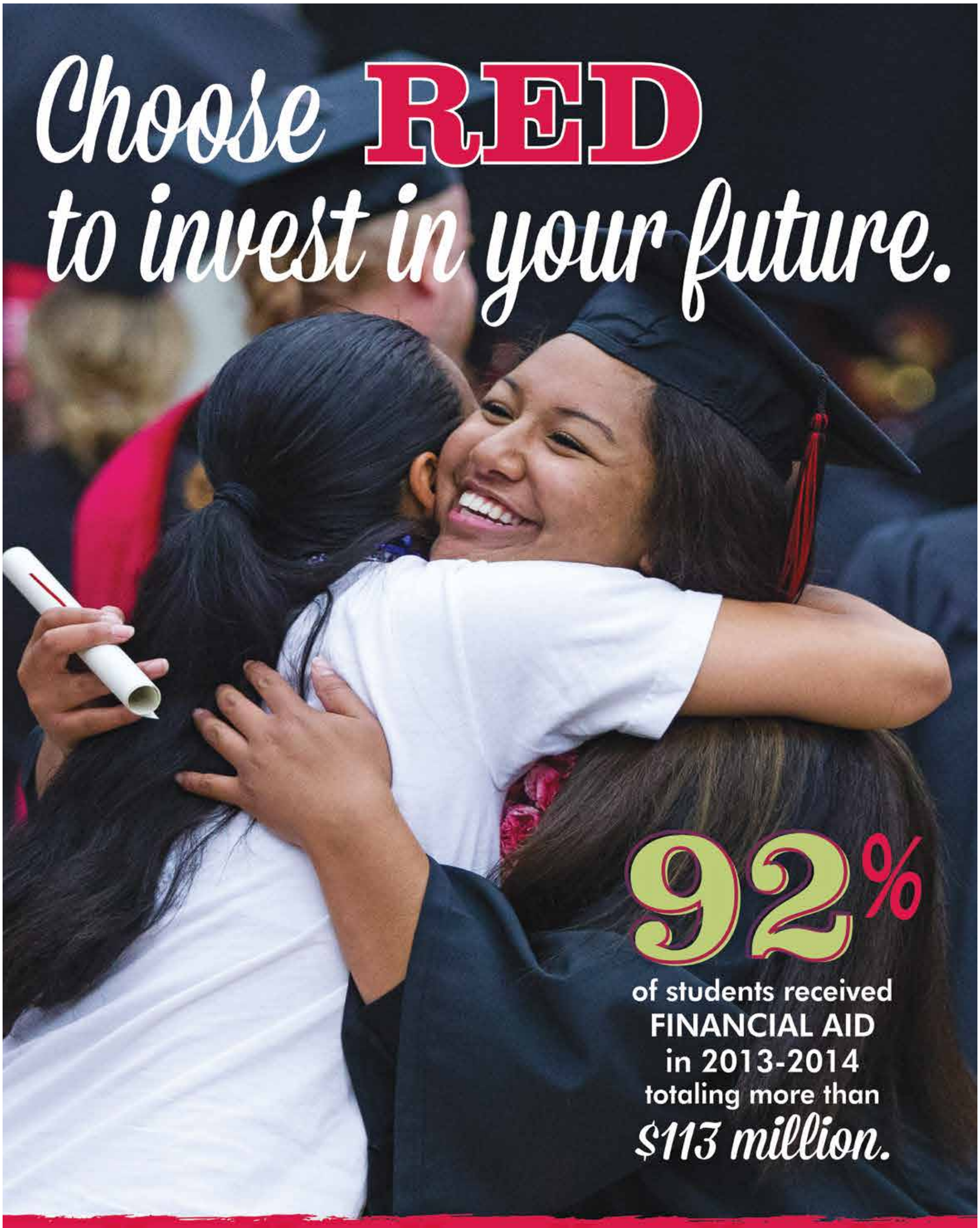

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