

Visión y Compromiso™



19<sup>th</sup> ANNUAL CONFERENCE

October 7-9, 2021 • LOS ANGELES, CA

SHERATON GATEWAY LOS ANGELES

*Promotores united in hope and love*



*towards a healthy and dignified life*

This conference is in Spanish. Interpretation is available for select sessions. 

**To register online, please visit: [www.vycconference.org](http://www.vycconference.org)**

## Program

### THURSDAY, OCTOBER 7

Welcome: 1:00 pm – 1:30 pm

Plenary: 1:30 pm – 3:00 pm

Workshops A: 3:30 pm – 5:30 pm

Welcome Reception: 6:00 pm – 10:00 pm

**Celebrating the Hero In You!** Promotores are innate heroes, they can take away pain with their service from the heart, they will stand by you forever, and take your breath away with their unbreakable spirit. Come celebrate the hero IN you by dressing up as your favorite super hero!

### FRIDAY, OCTOBER 8

Plenary: 8:30 am – 10:00 am

Workshops B: 10:30 am – 12:30 pm

Lunch: 1:00 pm – 2:30 pm

Workshops C: 3:00 pm – 5:00 pm

Dinner Celebration: 6:30 pm – 12 am

### SATURDAY, OCTOBER 9

Workshops D: 7:00 am – 8:00 am

Workshops E: 9:00 am – 11:00 am

Lunch and Closing: 11:30 am – 1:30 pm

***For questions or more information,  
please email the registration team at  
[annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org).***

## Why attend the conference:

The annual promotores and community health workers conference will provide you an opportunity to learn, network, and celebrate the important work and contributions you make to the community.

Through our motivating, thought-provoking plenaries and diverse workshops, you will gain new knowledge, skills, and resources to strengthen your work and recharge your passion for social justice. Our social events allow us to come together safely and acknowledge you as a catalyst for community transformation.

All allies, promotores, leaders, and community workers are cordially invited to attend our 19th annual conference, we truly look forward to having you join us virtually or in-person on October 7-9, 2021.

For information on how to become an exhibitor, please contact Berenice Guzman at (510) 701-2791 or

[conferenceexhibitor@visionycompromiso.org](mailto:conferenceexhibitor@visionycompromiso.org)

For information on how to become a mercadito participant, please contact Lourdes Nuño at (510) 295-5403 or

[mercadito@visionycompromiso.org](mailto:mercadito@visionycompromiso.org)





# Guidelines for in-person participation

In alignment with our commitment to community well-being, due to the surge in cases of the COVID-19 Delta variant and following county, state, and CDC recommendations, Visión y Compromiso asks that all our conference participants adhere to the following protocols:

- ✓ All participants including speakers, sponsors, exhibitors, special guests, volunteers and staff **must be fully vaccinated**, and proof of vaccination will be required.
- ✓ All participants **must wear a mask** in all public areas of the conference throughout the entire event.
- ✓ **Social distancing and sanitizing** protocols will be enforced during all conference activities.
- ✓ The requirements for in-person participants are subject to change due to the COVID-19 pandemic in Los Angeles County.

## Conference Costs

We have a limited capacity of 500 attendees for the in-person conference. The virtual conference has unlimited attendance and is free of charge.

PACKAGES	 IN-PERSON		 VIRTUAL
	Promotores	General Admission	
Conference three days and celebration	\$90	\$290	\$0
Conference two days	\$45	\$200	
Conference one day	\$45	\$100	
Celebration: dinner/dance	\$45	\$90	

## Payment Options

### CREDIT/DEBIT CARD

For online registration, you can make payments using Visa, MasterCard or American Express, before 5pm on Sept. 13, 2021. If you want to use the registration attached, please choose the method of payment, email your form to [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org) and someone from the registration committee will contact you to process your payment.

**Note:** Each participant must be already registered in order to receive assistance with electronic payment processing.

### CHECK OR MONEY ORDER

Make payable to Visión y Compromiso and mail to the address below. Please include a list of registrants that the payment should be applied to.

Visión y Compromiso  
PO BOX 708, SAN LORENZO, CA 94580  
ATTN: Berenice Guzman

**Note:** All checks or money orders must be received by 5pm on Sept. 13 in order to reserve your conference registration. No payments will be received on the day of the conference.

 LODGING	
<b>SHERATON GATEWAY LOS ANGELES HOTEL</b> 6101 West Century Boulevard Los Angeles, CA 90045  Special rate from \$145 to \$185 per night per room. The deadline for this special price is September 10.	
 PARKING	
<b>SKY VIEW SELF PARKING LOT</b> 6101 W. 98th Street, Los Angeles, CA 90045  The cost is \$17.55+tax for every 24 hours. No in and out privileges.	

# IN-PERSON WORKSHOPS

## WORKSHOPS A

OCTOBER 7 • 3:30–5:30PM

### Building Environmental Systems and Understanding How They Impact Community Health

In this workshop, participants will learn how street design positively or negatively affects both their physical and emotional health, what a built environment is, as well as how they can engage and make changes in their communities.

### For Your Heart and Your Community

In this workshop participants will analyze the importance of preventing and managing blood pressure in a clinical space (at their doctor's office) and building awareness in their community. Participants will learn how to read blood pressure numbers, take their blood pressure, and how to implement the hypertension improvement plan prescribed by their clinic.

### The Root of Prevention

This workshop provides educational information to address misconceptions about sexual assault and harassment at work, myths and realities as explained by survivors. It will also present a model where a group of women made the decision to break the silence and say, "Ya basta!" (Enough!)

### Mindful Eating

Mindful eating gives us the opportunity to care for ourselves and the environment in a movement called *One Health* that recognizes the connection between the health of humans, animals, and the environment. Mindful eating is using ALL our senses to experience the nourishment our food provides and its impact on the environment using techniques such as deep breathing or meditation before or after meals.

### Love as the Engine for Community Change

In this workshop, promotores will reflect upon the transformative path intention and actions initiated with love have in our lives.

### Enjoying the Golden Years

In this workshop, participants will address the importance of taking care of the most valuable thing we have: our body. Focusing on acceptance and attention to the signals it gives us, attitude, and self-love; in order to fully enjoy the golden years.

## The Promotores Institute: Inspiring Personal and Community Transformation

Participants will learn how the Promotores Institute was implemented during the pandemic and how the 20 participants turned an obstacle into an opportunity, managing to complete Stage I of the Institute. Today, they are carrying out community projects designed in Stage I with topics varying from teaching elders to using technology to integrate promotores into the workforce.

## WORKSHOPS B

OCTOBER 8 • 10:30AM–12:30PM

### The Path to Personal and Professional Development for Promotores

In this workshop, participants will learn about tools to support their personal and professional growth as a promotor upon entering the workforce.

### Empowerment and Leadership in Business: The Importance of Resilience in Times of Change and the Seven Levels of Consciousness

In this workshop, participants will learn what resilience is and how they can use resilience as a tool to advance their personal and professional goals. We will introduce the Seven Levels of Consciousness to support assertive decision-making in daily life.

### Improving our Interactions With Older Adults in the Community

In this workshop, promotores will increase their awareness of the needs of the fast-growing population of people ages 85+. The workshop will include interactive activities that simulate disabilities that older adults face as they age.

### The Digital Divide: Seniors, Socialization and the Use of Technology

Vulnerable older adults can become isolated easily, placing them at risk on a number of fronts, including health issues, fraud, and abuse. 43% of older adults report feeling lonely—is this because of the digital divide? In this workshop, participants will learn the technology needs of older adults and how to support this population.

### Mitigation of COVID-19: Utilizing the Promotor Model

Workshop participants will learn about the impact and importance of including promotores and an equity lens in the emergency response of public health problems, such as the COVID-19 pandemic.



# IN-PERSON WORKSHOPS

## The Second Season of Spring: Menopause and Andropause

In this workshop, promotores will reflect on their experiences and concerns about menopause and andropause and will analyze the myths surrounding these processes and their effects on the body, mood, and sexual health.

## The Importance of the Role of the Promotor in Mental Health Services for Immigrants and Refugees: An Investigative Study

In this workshop, we will share the results of two years of research on how to improve mental health services for immigrants and refugees through the integration of the promotor model as a bridge between the community, patients, mental health providers, and creators of public policies.

## WORKSHOPS C OCTOBER 8 • 3:00–5:00PM

### Promoting Sexual and Reproductive Health in Our Communities

This workshop will provide promotores with information that they can disseminate in their communities in culturally effective ways to improve the sexual health outcomes of Latino immigrants and families.

### Being a Woman Is Hard: A Guide to Depression

This workshop seeks to provide promotores with a guide to identify depression and tools to overcome it. This workshop focuses on the importance of recognizing the symptoms and sources of depression. It will provide suggestions for taking action.

### Telehealth and Innovation

Through practice, they will be introduced to common virtual platforms and useful digital applications preparing them to navigate effectively in this technological era.

### The Seven Pillars of a Healthy Brain

In this workshop, promotores will learn about the Seven pillars for good brain health that can support neurogenesis (creation of new neurons), neuroplasticity (creation of new connections), and cognitive reserve (retracting the onset of symptoms of and help reduce the effects of Alzheimer's and other cognitive problems).

## The Role of the Promotor and Self-Care in Times of the Pandemic

In this workshop, promotores will address the challenges that the promotor has faced during this pandemic and the importance of practicing physical, emotional and social self-care. Additionally we will discuss adapting to new ways of conducting community work effectively without neglecting their own well-being.

## Advancing Workforce Equity for Promotores and Community Health Workers

In this workshop, participants will hear from a panel of national experts about the conversations and the actions necessary to advance equity in the integration of the promotor into the workforce. This conversation will be facilitated by Maria Lemus, Executive Director of Visión y Compromiso.

## Human Rights and Community Well-Being

In this workshop, promotores will discuss the history of human rights and the systems that oppress communities. Participants will explore ideas to improve educational and health systems, the political and electoral process, the economy and the environment.

## WORKSHOPS D OCTOBER 9 • 7:00–8:00AM

### Healing with Art

This workshop aims to educate promotores about the benefits of coloring to relieve stress and practice mindfulness.

### El Círculo de Bailoterapia (Dance Therapy)

Dance therapy supports improves physical and mental health. It helps control chronic disease, reduces stress, and offers the benefits of a social group activity, improving the holistic health of participants.

### Laughter Yoga: From Laughter to the Peace of a Smile

Laughter Yoga is holistic health through laughter, smiling and joy. It consists of fun exercises with aerobic and cardiovascular effects. In addition to stretching, breathing, and meditation exercises, it integrates other natural and fundamental elements for integral health: the therapeutic power of sound and silence, music, dance, tears, play, and inner peace.



# IN-PERSON WORKSHOPS

## WORKSHOPS E

OCTOBER 9 • 9:00–11:00AM

### How to Talk to Your Community About Parkinson's Disease

In this workshop, promotores will learn to use tools to communicate about Parkinson's Disease so they can more effectively share with their community how to identify the signs, the people at risk and the resources to help families—together towards a healthy community!

### Art Journaling to Nurture Your Mind

In this highly interactive and experiential workshop, participants will use oil pastels, crayons, acrylic paint, and other materials to create two pages of journal art. Presenters will provide a brief overview of the benefits of creativity and art journaling and facilitate movement meditation so that participants can express themselves and integrate these activities into their work or daily life.

### Restoring Cultural Values of the Latinx Indigenous Community

In this workshop, participants will strengthen their skills to reconnect culture and science and make positive community behavior changes by reconnecting our communities with their healthier origins to prevent chronic diseases.

### Healing Our Traumas, Transforming Our Lives

This workshop explores the effects of trauma for those who witness a traumatic event. It presents specific care information and resources to assist victims and families experiencing intentional and unintentional violent acts. Promotores will learn how to identify, help, and protect themselves from emotional trauma and will obtain tools to protect themselves from secondary trauma to help others.

### Popular Theater as Therapy

This workshop will help promotores learn how popular theater helps us connect with our community, elevating the importance of our mental health and empowering us to face social problems in our communities. The workshop will be interactive and presented with exercises, games, dialogues, and collective analysis.

### Promotores de Salud: Your Self-Care Comes First

In this workshop, promotores will participate in a dialogue about the importance of self-care and setting boundaries to prevent stress and fatigue that may lead to an imbalance of energy and vitality.

### Storytellers of the People

The re-establishment of the role storytellers play in the people's struggles.

*Visión and Compromiso respects the privacy of its users and is the sole owner of the information collected on this form, our website or through any of its software applications. Any information collected from our users (or disclosed in this privacy statement) will not be sold, shared or rented to others in any way.*

*Visión y Compromiso will photograph and film the event. The images may be transmitted on television, online platforms and as mobile content at any time in the future. If you do not wish to be filmed or photographed, please contact a member of the Visión and Compromiso team.*



INTERPRETATION AVAILABLE

# VIRTUAL WORKSHOPS

## WORKSHOPS A

OCTOBER 7 • 3:30–5:30PM

### How to Achieve Goals the Easy Way

In this workshop, promotores will learn about tools to make a dream or project a reality within a specific timeframe. They will be exposed to simple techniques to achieve their goals, used by famous people in history, which made life easier for humankind.

### Psychological First Aid and Self Care Practices for Community Health Care Providers

Promotores will be trained and have the opportunity to practice the core actions of Psychological First Aid (PFA), an evidence-based method of providing culturally sensitive psychological support to those who experience traumatic events in their lives.

### The Second Season of Spring: Menopause and Andropause

In this workshop, promotores will reflect on their experiences and concerns about menopause and andropause and will analyze the myths surrounding these processes and their effects on the body, mood, and sexual health.

### Healthy Grieving

In this workshop, promotores will discuss the topic of grief and loss and recommendations to deal with multiple types of losses (i.e., loss of a loved one, loss of independence, loss of a job). Promotores will learn how grief and loss affect a person's mood, physical health and relationships and will be taught strategies to cope with these challenges.

### Understanding Special Education Needs Throughout Life

In this workshop, participants will learn about the special education needs that a person could develop throughout their life: what they are and what help, services and resources can be provide to reach their life potential.

### Sleep Disorders

In this workshop, participants will learn about common sleep disorders, their health consequences, as well as statistics and treatments. There are various sleep disorders that many people are unaware of and that have not been diagnosed, which could have a negative impact on their well-being.

## WORKSHOPS B

OCTOBER 8 • 10:30AM–12:30PM

### Transforming Threats Into Opportunities for Obesity Prevention Programs During the COVID-19 Pandemic

In this workshop, participants will discuss the importance of continuing support and sustainability of obesity prevention programs for problems exacerbated by the COVID-19 pandemic. Using the example of the Gasol Foundation's initiatives, we will explore strategies for reaching the community virtually.

### Emotional Intelligence in Our Society

This workshop is designed for participants who wish to reflect and discover guidelines that deepen their skills in emotional intelligence and interpretation of the post-pandemic context and the current social scenario. It is an invitation to view this context in an empathic, emotional, and assertive way.

### Caring for the Caregiver: Providing Support and Addressing the Emotional Needs of Cancer Caregivers

This workshop presents fundamental concepts for meeting the emotional needs of a cancer caregiver.

### Women Who Stay at Home: The Best Social Leaders for Integrating Change in Their Community

In this workshop, participants will reflect on the value women who stay at home, highlighting their work in the home while enhancing their transformative social impact.

### Positive Sexuality

In this workshop, participants will learn strategies to promote sexual health and well-being to create a positive and dignified sexuality within the framework of sexual justice.

# VIRTUAL WORKSHOPS

## WORKSHOPS C

OCTOBER 8 • 3:00–5:00PM

### Rights for Peace: The Value of Intergenerational Memory in Communities

This workshop seeks to give meaning to the legacy of women, mothers, grandmothers, aunts, and sisters and to value intergenerational memory in communities based on familial and personal histories, migratory trajectories, and the culture of origin.

### How to Talk to Your Community About Parkinson's Disease

In this workshop, promotores will learn to use tools to communicate about Parkinson's Disease so they can more effectively share with their community how to identify the signs, the people at risk and the resources to help families—together towards a healthy community!

### The Use of Technology in Community Outreach Work

In this workshop, promotores will increase their understanding of how they can use their phones and electronic devices to more effectively reach the communities they work with.

### Alzheimer's Disease Is Not Part of Normal Aging

In this workshop, participants will learn about the detection, causes, risk factors, stages, and treatment of Alzheimer's Disease. In addition, they will learn about the resources available to the Latino community.

### LGBTQ: Learning About Sexual Diversity

In this workshop, promotores will clarify their misconceptions about sexual diversity, increase their understanding of the difference between sexual orientation and gender identity, and will hear testimonies from people from diverse sexual backgrounds, allowing for a more complex and factual understanding of LGBTQ and gender non-conforming experiences. Additionally, participants will identify the roots of bias that cause discrimination based on sexual orientation and/or gender identity.

### Facing the Extinction of the Human Race: Your Role in Safeguarding the Environment

This workshop summarizes the current environmental situation, its causes, effects, and future projections and presents effective and practical solutions to the environmental crisis at the individual, community, and national/global levels.

## WORKSHOPS D

OCTOBER 9 • 7:00–8:00AM

### Laughter Yoga

Laughter Yoga is an Indian-born concept that is based on the claim that “anyone can laugh.” Laughter is free, fun, contagious, and healing. Blood flow improves blood vessel function and lowers blood pressure. When we laugh, our body releases endorphins, which greatly impact the biochemistry of the brain and the immune system.

## WORKSHOPS E

OCTOBER 9 • 9:00–11:00AM

### Emotional Intelligence in Our Society

This workshop is designed for participants who wish to reflect and discover guidelines that deepen their skills in emotional intelligence and interpretation of the post-pandemic context and the current social scenario. It is an invitation to view this context in an empathic, emotional, and assertive way.

### The Role of the Promotor and Self-Care in Times of the Pandemic

In this workshop, promotores will address the challenges that the promotor has faced during this pandemic and the importance of practicing physical, emotional and social self-care. Additionally we will discuss adapting to new ways of conducting community work effectively without neglecting their own well-being.

### The Path to Personal and Professional Development for Promotores

In this workshop, participants will learn about tools to support their personal and professional growth as a promotor upon entering the workforce.



# 2021 CONFERENCE REGISTRATION

To register online, please visit: [www.vycconference.org](http://www.vycconference.org)

Complete this page and one of the following workshop registration pages and submit by email at [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org). **ALL FIELDS ARE REQUIRED. INCOMPLETE FORMS CANNOT BE PROCESSED.**

## PARTICIPANT CONTACT INFORMATION

Name:

Title:

Organization:

Address: ☐ Personal ☐ Work

City:

County:

State:

Zip Code:

Phone: ☐ Personal ( ☐ Cellular/ ☐ Office line ) ☐ Work ( ☐ Cellular/ ☐ Office line )

Email: ☐ Personal ☐ Work

### ¿Are you a member of a Visión y Compromiso Regional Committee?

☐ Yes ☐ No

- ☐ Bay Area
- ☐ Coachella
- ☐ Orange County
- ☐ Costa Central
- ☐ Kern
- ☐ Los Angeles
- ☐ Madera
- ☐ Napa
- ☐ Nevada
- ☐ San Bernardino-Riverside
- ☐ San Diego
- ☐ San Fernando
- ☐ Stanislaus
- ☐ Tulare

### Role during the conference:

- ☐ Promotor or CHW
- ☐ General Admission (Director, Manager, Management)
- ☐ Committee Organizer
- ☐ Presenter (Promotor)
- ☐ Presenter (Non-Promotor)
- ☐ Exhibitor
- ☐ Sponsor
- ☐ Special Guest

### ¿Are you interested in participating as a workshop moderator/observer?

☐ Yes ☐ No

### Will attend:

(Mark all options that apply)

- ☐ In-person
- ☐ Virtually
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Welcome Event (Thurs. 6pm–10pm)
- ☐ Dinner/ Celebration (Fri. 6:30pm–12am)

### ¿Do you need interpretation?

☐ Yes ☐ No

### Food Options

- ☐ Vegan
- ☐ Vegetarian
- ☐ No preference
- ☐ No lunch

### Payment Method

- ☐ Credit card: Submit complete registration to [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org) and someone from registration committee will contact you to process payment.
- ☐ Check/ Money order/ Organization check  
Check #: \_\_\_\_\_  
Check payable to: Visión y Compromiso, P.O Box 708, San Lorenzo, CA 94580; ATTN: Berenice Guzman
- ☐ Other: \_\_\_\_\_

*Please answer the following questions; it will help us know more about our participants. When you answer all the questions, you are automatically entered in a raffle during the conference.*

**Gender:** ☐ Male ☐ Female ☐ Other: \_\_\_\_\_

**Age:** ☐ 13-17 ☐ 18-24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75+

### With which population do you work?

☐ Children ☐ Youth ☐ Adults ☐ Older adults

**What area of health do you work?** (e.g., mental health, diabetes, etc.) \_\_\_\_\_

**Country of origin?** \_\_\_\_\_

**I speak:** ☐ Spanish ☐ Spanish and English ☐ English


☐ Spanish, English and another language: \_\_\_\_\_

NAME:


ORGANIZATION:

## IN-PERSON WORKSHOP REGISTRATION


### WORKSHOPS A OCTOBER 7 • 3:30– 5:30PM

- ☐ Building Environmental Systems and Understanding How They Impact Community Health
- ☐ For Your Heart and Your Community
- ☐ The Root of Prevention 
- ☐ Mindful Eating
- ☐ Love as the Engine for Community Change
- ☐ Enjoying the Golden Years
- ☐ The Promotores Institute: Inspiring Personal and Community Transformation

### WORKSHOPS B OCTOBER 8 • 10:30AM–12:30PM

- ☐ The Path to Personal and Professional Development for Promotores
- ☐ Empowerment and Leadership in Business: The Importance of Resilience in Times of Change and the Seven Levels of Consciousness
- ☐ Improving our Interactions With Older Adults in the Community
- ☐ The Digital Divide: Seniors, Socialization and the Use of Technology
- ☐ Mitigation of COVID-19: Utilizing the Promotor Model
- ☐ The Second Season of Spring: Menopause and Andropause 
- ☐ The Importance of the Role of the Promotor in Mental Health Services for Immigrants and Refugees: An Investigative Study


### WORKSHOPS C OCTOBER 8 • 3:00– 5:00PM

- ☐ Promoting Sexual and Reproductive Health in Our Communities
- ☐ Being a Woman Is Hard: A Guide to Depression
- ☐ Telehealth and Innovation
- ☐ The Seven Pillars of a Healthy Brain
- ☐ The Role of the Promotor and Self-Care in Times of the Pandemic
- ☐ Advancing Workforce Equity for Promotores and Community Health Workers 
- ☐ Human Rights and Community Well-Being

### WORKSHOPS D OCTOBER 9 • 7:00– 8:00AM

- ☐ Healing with Art
- ☐ El Círculo de Bailoterapia (Dance Therapy)
- ☐ Laughter Yoga: From Laughter to the Peace of a Smile

### WORKSHOPS E OCTOBER 9 • 9:00– 11:00AM

- ☐ How to Talk to Your Community About Parkinson's Disease
- ☐ Art Journaling to Nurture Your Mind
- ☐ Restoring Cultural Values of the Latinx Indigenous Community
- ☐ Healing Our Traumas, Transforming Our Lives 
- ☐ Popular Theater as Therapy
- ☐ Promotores de Salud: Your Self-Care Comes First
- ☐ Storytellers of the People

 INTERPRETATION AVAILABLE

 PRESENTED IN ENGLISH WITH INTERPRETATION AVAILABLE


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## VIRTUAL WORKSHOP REGISTRATION


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- ☐ Sleep Disorders

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- ☐ Emotional Intelligence in Our Society
- ☐ Caring for the Caregiver: Providing Support and Addressing the Emotional Needs of Cancer Caregivers
- ☐ Women Who Stay at Home: The Best Social Leaders for Integrating Change in Their Community
- ☐ Positive Sexuality


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- ☐ Rights for Peace: The Value of Intergenerational Memory in Communities 
- ☐ How to Talk to Your Community About Parkinson's Disease
- ☐ The Use of Technology in Community Outreach Work
- ☐ Alzheimer's Disease Is Not Part of Normal Aging
- ☐ LGBTQ: Learning About Sexual Diversity
- ☐ Facing the Extinction of the Human Race: Your Role in Safeguarding the Environment

### WORKSHOPS D OCTOBER 9 • 7:00– 8:00AM

- ☐ Laughter Yoga

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