

Visión y Compromiso™



19th ANNUAL CONFERENCE

October 7-9, 2021 • LOS ANGELES, CA

SHERATON GATEWAY LOS ANGELES

Promotores united in hope and love



NOW EXCLUSIVELY VIRTUAL

towards a healthy and dignified life

OUR TITLE SPONSOR:



Visión y Compromiso™



19th ANNUAL CONFERENCE

October 7-9, 2021

MESSAGE FROM EXECUTIVE DIRECTOR MARIA LEMUS

Dear Friends,

Visión y Compromiso's top priority has always been the health and well-being of our community: promotoras, our staff, farmworkers, the many frontline workers who are essential members of our communities, and all our family members. As the very contagious Delta variant continues to spread and COVID-19 infections and hospitalizations are once again on the rise—including among younger children who cannot yet be vaccinated—I have made the difficult decision to move Visión y Compromiso's 19th annual conference to an entirely virtual event. While I know this is disappointing, I hope you understand we take these steps to keep our staff, conference participants, presenters, and all our family members safe.



Protecting ourselves, our colleagues, our loved ones, and our communities is fundamental to our shared values and Visión y Compromiso's vision of a healthy and dignified life for all. If you have already paid for in-person registration, our staff will be processing your full refund. Please know that we are already moving forward to expand our virtual conference activities and will share information with you soon about how you can join us for this free event.

It is my sincere hope that we will all be together soon. Until then, vaccinations are the safest, most effective and most powerful tool we have to move forward. I know we are *unidos en esperanza y amor hacia una vida digna y sana* (united in hope and love for a healthy and dignified life).

With admiration, love and hope,

Maria Lemus
Executive Director
Visión y Compromiso

OUR TITLE SPONSOR:



www.vyconference.org

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

To register online, please visit: www.vycconference.org

Program

THURSDAY, OCTOBER 7

All times are Pacific
Standard Time (PST)

Welcome: 1:00 pm – 1:30 pm

Plenary: 1:30 pm – 3:00 pm

Validating and Healing Our Past to Create a Future with Hope and Solidarity

Exhibitors Live: 3:00 pm – 3:30 pm

Workshops A: 3:30 pm – 5:30 pm

Exhibitors and Mercadito Live: 5:30 pm – 6:00 pm

Welcome Reception: 6:00 pm – 8:00 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

The Courage to Advocate: Taking Action For Our Community

Exhibitors Live: 10:00 am – 10:30 am

Workshops B: 10:30 am – 12:30 pm

General Session: 1:30 pm – 3:00 pm

Advancing Workforce Equity for Promotores and Community Health Workers

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. Presented in English with interpretation available

Workshops C: 3:30 pm – 5:30 pm

Mercadito Live: 5:30 pm – 6:30 pm

Music, Corazon Award Ceremony: 7:00 pm – 8:30 pm

SATURDAY, OCTOBER 9

Workshops D: 7:30 am – 8:30 am

Exhibitors Live: 8:30 am – 9:00 am

Workshops E: 9:00 am – 11:00 am

Closing: 11:15 am – 12:15 pm

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.

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 on October 7-9, 2021.

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

VIRTUAL WORKSHOPS: Session

October 7 • 3:30–5:30PM

All times are Pacific
Standard Time (PST)

How to Achieve Goals the Easy Way

Joaquín López

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

Anthony Rodríguez Rodríguez & Ali Cortés,
Santa Barbara Response Network

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.

Healthy Grieving

Alejandro Bulnes, Independence at Home,
a SCAN Community Service

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

Ana Laura Cornejo

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 provided to reach their life potential.

Sleep Disorders

Carlos Londoño, Alzheimer's Association
Community Health & Outreach Specialist

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.

Building Environmental Systems and Understanding How They Impact Community Health

Dora Gaby Segovia & Nancy E. Cid Gómez, LA Walks

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

Patricia Rizo & Carolina Barahona,
American Heart Association

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

Verónica Lagunas, Anabella Aguirre & Leticia Velez,
SEIU-USWW—Centro Ya Basta!

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

Mirna Troncoso Sawyer, Nelida Duran & Rosalía García-Torres, California State University Northridge

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

Antolín Rodríguez

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

The Promotores Institute: Inspiring Personal and Community Transformation

Miriam Hernández & Gerry Balcazar, Visión y Compromiso

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.

VIRTUAL WORKSHOPS: Session

October 8 • 10:30AM–12:30PM

All times are Pacific
Standard Time (PST)

Transforming Threats Into Opportunities: Obesity Prevention During the COVID-19 Pandemic

Lidia Estrada, Irma Madrigal & Santiago Gómez,

Gasol Foundation

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

Fabiola Freire, Universidad Central de Chile

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

Ernesto López Hidalgo

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

Concepción Villalvazo

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

Alejandra Quintero, El divan rojo

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.

Improving Our Interactions With Older Adults in the Community

Karen Armijo, Independence at Home, a SCAN Community Service

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 Path to Personal and Professional Development for Promotores

Miriam Hernández & Lady Freire, Visión y Compromiso

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

Mónica Robles, Asociación de Emprendedores

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.

Mitigation of COVID-19: Utilizing the Promotor Model

Alejandro Espinoza & Conrado Barzaga, MD, Desert Healthcare District

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.

The Second Season of Spring: Menopause and Andropause

Alma Esquivel, Visión y Compromiso

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

Hugo Ramírez, Visión y Compromiso

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.

VIRTUAL WORKSHOPS: Session C

OCTOBER 8 • 3:30–5:30PM

All times are Pacific
Standard Time (PST)

Rights for Peace: The Value of Intergenerational Memory in Communities

Ana María Moraga, Universitat Jaume I

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

Adriana Jiménez, Give for a Smile/Promotores Embajadores de Parkinson

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

Liza Serna, Visión y Compromiso

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

Judith Martínez, Alzheimer's Association

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

Andrea Lizama, Visión y Compromiso

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

Glenn López

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.

Promoting Sexual and Reproductive Health in Our Communities

Sandra Abarca & Sylvia Castillo, Essential Access Health

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

Lupita Lombardo

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

Dinorah Martínez & Brenda Gómez, National Community Health Worker Training Center TX School of Public Health, Texas A&M University

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

Norma Castellano, Alzheimer's Orange County

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).

Human Rights and Community Well-Being

Amalia Deaztlan

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.

VIRTUAL WORKSHOPS: Session D

OCTOBER 9 • 7:30–8:30AM

All times are Pacific
Standard Time (PST)

Laughter Yoga

Elvia Reyes

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.

Healing with Art

Nancy Valdovinos, Visión y Compromiso

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

El Círculo de Bailoterapia (Dance Therapy)

Maricela Sánchez, Visión y Compromiso

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

Antolín Rodríguez

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.

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.

VIRTUAL WORKSHOPS: Session E

OCTOBER 9 • 9:00–11:00AM

All times are Pacific
Standard Time (PST)

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

Marisela Blancas & Hugo Ramírez, Visión y Compromiso

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.

Domestic Violence and Human Trafficking During the Pandemic

Virginia Isaías, Fundación de Sobrevivientes de Tráfico Humano

In this workshop, participants will learn about the connection between abuse, domestic violence, and modern slavery and how we can reduce risk factors in the community. The increase in domestic violence during the pandemic will be addressed, and available community resources will be presented.

Promotores de Salud: Your Self-Care Comes First

Irene Martínez, Instituto para la mujer

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.

Art Journaling to Nurture Your Mind

Laura Valles, Laura Valles & Associates, Inc. &

Lupe González, Visión y Compromiso

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

Adriana Jiménez, Give for a Smile/Promotores Embajadores de Parkinson

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

Amy Muratalla & Maritza Aisputo, Hacia un Futuro Mejor

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.

Storytellers of the People

Rosa Martha Zárate

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

For information on how to become
an exhibitor, please contact

Berenice Guzman at (510) 701-2791 or

conferenceexhibitor@visionycompromiso.org

For information on how to become a
mercadito participant, please contact

Lourdes Nuño at (510) 295-5403 or

mercadito@visionycompromiso.org

2021 CONFERENCE REGISTRATION

To register online, please visit: www.vycconference.org

Complete this page and the following workshop registration pages and submit by email at

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

Will attend:

(Mark all options that apply)

- ☐ Thursday
- ☐ Friday
- ☐ Saturday

¿Do you need interpretation?

☐ Yes ☐ No

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:

WORKSHOP REGISTRATION

WORKSHOPS A OCTOBER 7 • 3:30–5:30PM

- ☐ How to Achieve Goals the Easy Way
- ☐ Psychological First Aid and Self Care Practices for Community Health Care Providers
- ☐ Healthy Grieving
- ☐ Understanding Special Education Needs Throughout Life
- ☐ Sleep Disorders
- ☐ 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

- ☐ Transforming Threats Into Opportunities: Obesity Prevention During the COVID-19 Pandemic

- ☐ 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
- ☐ Improving Our Interactions With Older Adults in the Community
- ☐ 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
- ☐ 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 • 3:30–5:30PM

- ☐ 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
- ☐ 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
- ☐ Human Rights and Community Well-Being

WORKSHOPS D OCTOBER 9 • 7:30–8:30AM

- ☐ Laughter Yoga
- ☐ 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

- ☐ The Role of the Promotor and Self-Care in Times of the Pandemic
- ☐ Domestic Violence and Human Trafficking During the Pandemic
- ☐ Promotores de Salud: Your Self-Care Comes First
- ☐ Art Journaling to Nurture Your Mind
- ☐ Restoring Cultural Values of the Latinx Indigenous Community
- ☐ Healing Our Traumas, Transforming Our Lives
- ☐ Storytellers of the People

 INTERPRETATION AVAILABLE

For questions or more information, please email the registration team at annualconference@visionycompromiso.org. To register online please visit: www.vyconference.org