

Latino Leadership Council Client Impact Stories – HEALTH/WELLNESS

2023



Zarela

Zarela, a longtime participant of Superación Personal, was inspired by the community and healing she witnessed among group members, and wanted to give back to the community and help others the way Superación Personal helped her relationship with her young daughter. Her wellness centered around meditation, which brought her balance; so she decided to start a Spanish-language meditation class since all those she found were only in English. Today, Zarela teaches our Latino/a participants about the importance of a balanced mind and body through her meditation class; and best of all, her healing has resulted in an

improved relationship with her daughter and others.

“Superación Personal helped me grow into the person I am now. I felt heard, empowered, and like I mattered. This motivated me to give that same feeling back to the community that helped uplift me. Without the LLC, I never would have gained the necessary confidence to start my own workshop.”

2022



Victoria

Victoria was living alone and suffering from an unknown medical condition that was causing constant dizziness and blurred vision. Alone and uninsured, Victoria began to search for help and that was when she found the LLC and our work to uplift Latinos/as in need of support like herself. After being connected to a Promotora, Victoria was quickly connected to a primary care physician and optometrist who worked together to finally give her the answers she was looking for - she was diagnosed with high blood pressure and cataracts in both eyes. Now on blood pressure medication and having received cataract surgery, Victoria is grateful to have

her independence and health returned to her.

“I am beyond thankful for the LLC. Because of their support and guidance, I was able to not only discover why I was having so many health issues, but they also helped me to receive the treatment I so desperately needed. I am happy to once again have my independence and health.”

Carolina



Carolina is a diabetic and like many others with her disease, her eyesight unfortunately began to deteriorate over the years. She did not have the resources to access the care she needed and because of this, her eyesight continued to get worse resulting in daily eye pain and headaches. With her symptoms becoming increasingly intolerable, Carolina was referred to us and we immediately got to work connecting her to the care she so desperately needed.

Thanks to our partnership with EYE-Q in Lincoln, Carolina was able to receive an eye exam and the prescription glasses she needed. Over time, Carolina has been able to adjust to her new prescription and is grateful to not only see again, but to be rid of her eye pain and headaches as well.

“Thank you to the LLC for helping the Latino community when we need it the most. Another thank you to EYE-Q for partnering with the LLC to offer affordable eyecare to our community. Without you both, I would still suffering daily.”



Maribel

When Maribel first sought our services, she was at a crossroads in her life; she was separating from her husband and faced with the challenge of learning how to be an individual capable of taking care of herself. Like many Latina women, Maribel was raised to be a mother and a wife, she wasn't taught to have agency and there were a lot of "adult" things she was never taught to do such as drive or manage her own finances. Having her life change so drastically was difficult for Maribel and her mental health was greatly suffering as a result. The LLC connected her to Placer County Mental Health Services, and she also began to attend Superación Personal weekly. With time and lots of support, Maribel eventually got a job, took drivers ed courses, got her license and bought herself a new car. Today, she is in the process of starting her own cleaning business and becoming a naturalized citizen.

"Thank you to the LLC and Ana Donis at Placer County Mental Health Services for empowering me to become my own woman and learn how to not only succeed, but to thrive."

Anita



Over the last year, Anita has faced many challenges from struggling to obtain medical coverage and housing to fighting daily battles with her family and her mental health. When she was officially diagnosed with a mental health disorder, she felt a range of emotions, but mostly she felt lost and unsure of how to face her diagnosis. Anita's Promotora quickly worked to connect her to the resources she needed, including County Mental Health, where she was able to receive the support and guidance she was seeking. Today, her mental health

is in a much better state and thanks to our partnership with Chapa-De, she is now also connected to healthcare coverage and overall, in a much better place than when she first sought our services.

"Thank you so much to the LLC for connecting me to County Mental Health and Chapa-De so that I could be given the tools to make positive steps forward during a time I felt I would never see a way out again. I couldn't have made all this progress without all the support I received."

Lucia



Lucia came to the LLC after a lifetime of battling with issues of binge eating, gastrointestinal problems, and anxiety around food. Throughout the years, Lucia would try any diet that was presented to her, however, none of them gave her the results she was looking for and eventually she came to realize that these diets often worsened her anxiety around food.

Earlier this year, Lucia began individualized nutrition sessions and cooking classes with our on-staff health education Promotora, Irene. In the short amount of time Lucia has been working with Irene, she has learned how to improve her relationship with food while also staying nourished. Now, she really enjoys meal prepping a variety of healthy meals for the week, she drinks more water, and no longer has the all or nothing mentality she began her journey with.

"My anxiety around food has lessened, I have lost weight, my digestion and energy have improved, I have been reducing food waste and saving money with meal prepping, and surprisingly I am now excited to cook. I am very thankful for this new outlook on life and I am looking forward to maintaining it so I can continue improving my physical and mental health. A huge shout out and thank you to the LLC's health education program for changing my life."



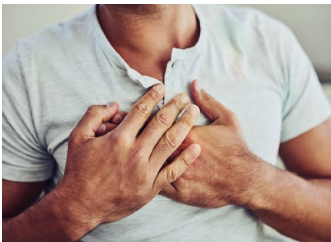
Melissa

In 2021, Melissa realized she needed to make some major lifestyle changes. She was constantly feeling lethargic, had issues with insomnia, and tried several extreme diets that only caused more harm than good. Through her participation in Superación Personal and the Nutrition/Exercise Program, she started finding the strength and motivation to achieve her health goals.

Every day, she is becoming more consistent; she exercises weekly, goes for daily walks, and is more aware of her food choices. She now knows that eating balanced meals is key and she is grateful to the LLC for educating her on what a healthier lifestyle should look like.

"Without the support of the LLC, I would have not had the necessary tools to begin making positive lifestyle changes. Thanks to the LLC's health education programs, I have learned how damaging extreme diets are, and instead have been taught to focus on long term changes that will benefit both my physical and mental health."

Carlos



Carlos was referred to us by Sutter Roseville as he was experiencing chronic heart failure and had no health coverage. The Promotora assigned to his case worked quickly to provide Carlos with food relief while he was sick at home, and scheduled appointments with his PCP and cardiologist. The LLC even paid for Carlos' first visit to his cardiologist to get him started on treatment while his Promotora worked to help him apply for Emergency Medi-Cal. Luckily, Carlos was approved for full Medi-Cal due to his chronic illness and he continues to attend follow-up appointments with the support of his Promotora.

"Thank you so much for all the help you have given me from food deliveries to helping me obtain full Medi-Cal and most importantly, helping me to finally get on medication to manage my chronic illness. Your organization has given me a chance at a better quality of life and for that I am incredibly thankful."

2021

Jose



For many years, Jose had suffered from pterygium, a painful and invasive eye condition. It had began to affect several aspects of his life, making it difficult to complete daily activities. After a year of working two jobs to save up for his surgery, LLC partner, YEAGA stepped in to help Jose with the rest before the condition permanently damaged his eyesight.

"A big thank you to the LLC and YEAGA for helping me to receive a life-changing eye surgery. Due to your support and generous assistance, I am now recovering comfortably at home. I know that if I ever need anything else, I can count on the LLC."

Maria Elena



Maria is 74 years old and suffers from various health issues. Unfortunately, she had never had the opportunity nor income to receive regular medical services. Her untreated health issues and the loss of her job of 30 years as a farm worker, caused her to fall into a deep depression. Maria's promotora immediately prioritized Maria's case and through the assistance of the LLC, she has now attended her first medical appointment, been referred to specialists including a dietitian, and is fully vaccinated against Covid-19. Maria is also scheduled to receive dental and eye services, has been connected to California Rural Legal Assistance Foundation, and been referred to Rincón de las Comadres for support and a sense of community so she may find a new purpose in this phase of her life.

"I know I can count on the LLC if ever I find myself in need of assistance in the future. I am so incredibly happy and thankful for all the services I received, and I want to thank my promotora and the LLC for helping me through this difficult time in my life. I am forever grateful that I was referred to the LLC by a friend."

2020



Victor

We were given the referral of a 22-year-old male client who had been involved with drugs and alcohol since he was 16 but was finally ready to ask for help. One of our Promotoras met with him and he made a promise to himself to stop drinking and doing drugs as well cut off contact with any friends still involved in that lifestyle. He was finally taking steps to show that he was ready to behave like an adult for first time in his life – he scheduled a doctor appointment to see if the drugs/alcohol had an effect on his health and met with a treatment coordinator to look into checking himself into a rehab center. Unfortunately, he went on vacation and had a relapse, but he continues to ask for help and is still trying to get clean. He is also eating better and has put on weight. He even inspired his dad, who is also an alcoholic to try to quit as well.

2019



Amada

Amada began her journey with the Latino Leadership Council after being referred to our "Superación Personal" group. She had recently received hospital bills in excess of \$4K.

Promotora Nidia discovered Amada had emergency Medi-Cal. The hospital informed Amanda that Medi-Cal would not cover the case.

Nidia arranged for Amada to meet with a Placer County Medi-Cal worker to see if something could be done. She also helped Amada complete the hospital's charity forms.

Next, Amada was asked to meet with her county worker again while Nidia explained the situation to her doctor's office. Shortly after, Amada found out that 100% medical coverage was approved by Medi-Cal.

"I'm so relieved and happy that I do not have this huge hospital bill looming over me and I'm so thankful to the Latino Leadership Council not only for this, but for all they do for our communities."

Salvador



At the end of 2018, one of our Promotores met with an elderly and homeless client who had recently relocated to Roseville. After an eye-exam by a voluntary doctor at homeless shelter, it was recommended he see an Ophthalmologist because it appeared he had signs of Glaucoma in his right eye. After months of going back and forth with Placer and San Joaquin County, our staff was finally successful in getting this client's Medi-Cal transferred and upgraded to full-scope through Gilberto Riojas at Chapa-De. He has since seen an Ophthalmologist and a surgery has been scheduled next month for his right eye. Our staff has also secured him a placement at a shelter to safely recover from surgery. Salvador has repeatedly let our staff know how grateful he is to the Latino Leadership Council for all the help and advocacy we have provided so he could get help with such an important thing some may take for granted - the ability to see clearly.

Jovita



In April 2019, Jovita was diagnosed with diabetes. Promotora Celina Salas referred her to Vivir Saludable con Diabetes, a Diabetes Program sponsored by the LLC and other partners that provides four diabetes classes and a support group in Auburn.

When Jovita attended the first class, she shared the following with the group, *“Two months ago, I was notified that my A1C was 11% and I want to learn what I need to do to bring it down, but I will have to memorize everything because I don’t know how to read or write.”* She continued to attend the classes and by July 2019, Jovita told the group, *“I received my blood tests results and my A1C is 7% now.”*

Irene, the Promotora in charge of the program, asked her, “what have you changed that you think helped bring down your blood sugar levels?” Jovita replied, *“I stopped drinking sodas, eating white bread, coffee, rice, chips, and more... I check my blood sugars every other day and I make sure I don’t skip meals and that my meals are well balanced. Also, now I know what vegetables will not bring my blood sugar levels up. I go for a 1 to 1.5 hour walk almost every day. Sometimes I cannot go for that long because I take care of my 4 children, but I am able to manage at least a 15-minute walk on busy days.”* Jovita has inspired her classmates to believe that they too can prevent or manage their diabetes if they start modifying their lifestyles as she has done.

Anadeli



Anadeli came to us when she was two months into her pregnancy. She had gone to the Medi-Cal office to apply where she was told her she did not need a Social Security number and that they would help her with the application. She later received a letter requesting paystubs so she provided paystubs for the last month she worked, but they told her that the pay stubs needed to be current. As she was no longer working due to her pregnancy, she was notified they could not help her until she brought in current pay stubs. Our Promotora, Lissett, stepped in and referred her to our partner Gilbert at Chapa-De who is now working on obtaining her her Medi-Cal and Lissett also set her up with a doctor appointment at Chapa-De so she can finally get started with her maternity care.

Aviles



In October 2019, Aviles, a 13-year-old high school student was diagnosed with Type 1 Diabetes. Her blood sugars were ranged from 300 mg/dl to 400 mg/dl and was prescribed Humalog (short acting insulin) and Lantus (long acting insulin). Her mother remembered that the Latino Leadership Council offered diabetes sessions, so she reached out to Promotora Irene Botello to register for the classes. As classes were not going to start again until January 2020, she was offered healthy cooking lessons at her home in the meantime. At the first home visit, Aviles’ mother commented, *“I am truly worried about my daughter’s diabetes and I am so glad your organization has programs like this.”*

In January 2020, her mother actively participated in the 4 Diabetes classes and Diabetes Support Group along with her husband to learn how to help their teenage daughter manage her diabetes. In March 2020, she called LLC in distress because her work hours had been cut and her husband had lost his job due to COVID-19. She asked for support in getting healthy food for her daughter and the LLC stepped up and provided foods that would help Aviles maintain her blood sugar levels. Aviles’ mother was very grateful stating, *“we thank you so much for supporting us during this time, I do not want my daughter’s blood sugars get out of control due to the lack of proper food, we have worked so hard to keep her sugar levels under control and I’m afraid that we cannot do that anymore next week if do not enough money for her healthy food.”* Later that month, Aviles’ mother called to share that the doctor took her daughter off Humalog (short acting insulin) as her blood sugar levels had improved.

In April 2020, Aviles’s mother called LLC again saying, *“I have more good news to share with you, my daughter was taken off the other insulin type, now she does not take Lantus anymore. No more insulin injections of any type for my daughter. Also, she has lost the 8 pounds that she needed to lose. We appreciate the healthy food that the LLC has given to my daughter. Without that help, I do not think that she would not be doing as well as she is now.”* Aviles has learned how to manage her Type 1 Diabetes through the daily support of her family and the LLC.