

IOWA STATE UNIVERSITY EXTENSION AND OUTREACH DAIRY TEAM

Siouxland Latino Work/Life Celebration

FOR EMPLOYEES IN THE SIOUXLAND FOOD INDUSTRIES

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A Newsletter For Latino Food Industry Employees

This information for the Spanish-speaking workforce on North West Iowa's farms and food processors is provided by the Extension Dairy Team.

The bi-monthly newsletter will provide reliable information on a variety of topics including: workforce issues, health, schools and family topics plus education on specific work skills.

Contacts for each author will be included for personal questions.

Build a Strong Family to Benefit Children and Adults

Children and adults benefit from being supported by a strong family unit, no matter how it is defined. This support can come from parents with a positive relationship, extended family and friends, and the community.

Nick Stinnett and John D. Defrain from the University of Nebraska studied the characteristics of strong families. The researchers found strong families shared six characteristics:

- Family members have a strong commitment to each other and make their relationships a high priority.
- They make it known that they appreciate each other.
- They talk to each other about small things and big issues.
- They spend time together.
- They believe in a greater power and have shared beliefs.

Strong families cope with difficulties and crises effectively.

Building a strong family requires effort.

Identify people you can depend upon. Part of building a strong family is identifying the people you can depend upon for support. This may be immediate or extended family or someone with whom you have a special connection. Support can come in many forms such as love, encouragement, money, or advice. These people you depend upon form a safety net for you and your family. Be sure to tell them how important they are to you and your family.

Set SMART goals. Setting goals can be part of making family a priority. It is important to set goals for a sense of purpose, to make good use of our time and to feel better about ourselves. Set goals that help you work toward what you and your family

ly want. Working on these goals together will open communication between family members and help plan for coping with difficult situations.

A good formula to follow is to set goals that are SMART – specific, measurable, achievable, relevant or realistic, and time-bound. Be specific about what you want. Make the goal measurable so you know when it has been achieved. Be realistic about the goal. Do you control what needs to happen for the goal to be a reality? Set a time for when you want to reach the goal. People who set goals and achieve them are less anxious, more focused, more confident, and happier and more satisfied.

Take care of yourself. Adults who take care of themselves are more prepared to support children and others. This includes learning coping and stress management skills. If you are sick or stressed, how can you effectively care for your children and others?

We cannot remove all stress from our lives, but we can manage the stress we have so we don't hurt ourselves or our family members. Know how stress affects your body physically and emotionally. Find ways to relieve stress that work for you. Remember, some stress can be good, as it moves us to act.

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Sin ellos no se puede trabajar.

Protecting Yourself From Summer Heat Stress

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided. There are precautions that can be taken any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

Protect Yourself and the People Around You

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.

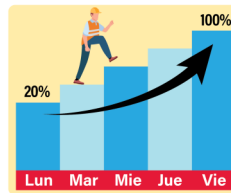
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives. • Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).



Consejos para Prevenir las Enfermedades Relacionadas con el Calor en el Trabajo



Modere su actividad. Casi 3 de cada 4 muertes por el calor ocurren durante la primera semana de trabajo.

Desarrolle una tolerancia al calor aumentando la intensidad en un 20% cada día.



Beba agua fría aun si no tiene sed



Descanse lo suficiente para recuperarse del calor



Tome descansos bajo la sombra o en un lugar fresco



Use sombrero y ropa adecuada para el calor



Esté pendiente a sus compañeros



Chequee verbalmente a los trabajadores usando mascarilla

The Individual Taxpayer Identification Number or ITIN

by Iowa Legal Aid

Did you know you can file taxes if you don't have a social security number? United States law requires most people to pay taxes, whether they are naturalized citizens, documented immigrants, or undocumented immigrants. All people can be subject to penalties for failing to file and pay taxes, and all people paying taxes are entitled to a tax refund if they overpay their taxes.

If you are an undocumented immigrant, you may need to file a tax return and pay taxes. Having a record of paying taxes can help if you apply for a visa, permanent residence, or naturalized citizenship. If you are a documented immigrant, paying taxes may allow you to access financial aid for education, refundable tax credits, unemployment insurance, social security benefits, Medicare and Medicaid, the Children's Health Insurance Program

(CHIP), and the Supplemental Nutrition Assistance Program (SNAP). (Remember that if you have children who are lawful residents of the United States, you may apply for some of these public services on their behalf, even if you do not have documentation yourself.)

How Can I File a Tax Return If I Don't Have a Social Security Number?

If you are unable to get a Social Security number, you can file to obtain an Individual Taxpayer Identification Number, or an ITIN. An ITIN is a temporary form of identification used only for tax purposes. If you work in the United States and need to file taxes, you, your spouse, and your dependents can apply for ITINs. You can apply for an ITIN regardless of how you are paid. Every person listed on a tax return must have either a Social Security Number or an

ITIN.

How Can I Apply for an ITIN?

You can apply for an ITIN by filing a form W-7. You will have to show documents that prove your identity and foreign status. Here is a list of documents you could use:

- U.S. driver's license
- National identification card
- Passport
- Civil birth certificate (not a birth certificate issued by a church)
- Foreign driver's license
- U.S. state identification card
- Foreign voter registration card
- U.S. military identification card
- Foreign military identification card
- Visa
- U.S. Citizenship and Immigration Services photo identification
- Medical records (for dependents only)
- School records (for dependents only)

The documents you provide must be current and at least one must have a photograph. You may have to provide more than one type of document to prove your identity and foreign status.

There are three ways to apply for an ITIN:

1. You can print form W-7 (search "Formulario W-7" online) and mail it with original copies of your documents to:

Internal Revenue Service
Austin Service Center
ITIN Operation
P.O. Box 149342
Austin, Tx 78714-9342

2. You can apply in person with a certifying acceptance agent. You will not need to send original copies of your documents to the IRS, but you may need to pay the certifying acceptance agent a fee. To find a certifying acceptance agent, search "Programa del Agente Tramitador" online.

3. You can make an appointment to apply in person at a designated IRS Taxpayer Assistance Center. You will not need to send original copies of your documents to the IRS, and you will not need to pay any fee. To find an IRS Taxpayer Assistance Center, search "Localización de los Centros de Asistencia a los Contribuyentes (TAC) donde se provee revisión de documentos en persona" online.

Will the Government Use the Information from My ITIN Application to Deport Me?

Generally, the IRS may not disclose your tax information

to other agencies or to the public unless you give permission. All taxpayers, regardless of their legal status, have the right to confidentiality.

Can I Use an ITIN for Non-Tax Purposes?

No. An ITIN is for tax administration purposes only. You cannot use an ITIN to change your immigration status, get a job, or apply for government benefits.

Where Can I Get Help With Tax Problems?

If you would like more general information on taxes, you can visit the Internal Revenue Service's website at www.irs.gov.

If you have questions about your tax rights and responsibilities, you can call Iowa Legal Aid. We provide free legal services to people in Iowa, and we have a special program that helps agricultural workers, including people who work on dairies. We can also help you with questions about other legal issues, including employment and housing issues, health and safety issues, questions about public benefits, and questions about domestic abuse. You can call us, send us a text message, or send us a WhatsApp message at (515) 446-8718.

Good Hygiene Protects You And The Animals You Work With

The Center for Disease Control and Prevention notes that appropriate hygiene should be practiced at all times after handling animals. To decrease the possibility of contracting a zoonotic disease (a disease transmitted between animals and humans), it is essential to wash hands with soap and water after feeding, handling, or having any other contact with animals, their living quarters, or their waste. Germs that may be spread from contact with animals include: [*E. coli O157:H7*](#), [*Salmonella*](#), [*Cryptosporidium*](#), [*Coxiella burnetii*](#), [*Campylobacter*](#), [*Yersinia enterocolitica*](#), and [ringworm](#).

Practicing good personal hygiene, wearing protective clothing, maintaining healthy animals and undertaking preventative treatments and vaccinations where appropriate can minimize the risk of some animal-borne diseases.

If you work with or handle animals you should take precautions to reduce your risk of infection. Be aware of animals that are acting differently and notify the supervisor or herd owner.

Wear personal protective equipment (PPE) where possible, and cover any wounds with water-tight dressings.

Disinfect or wash your hands regularly – especially before eating, preparing food or smoking.

Ensure you and your family seek medical attention if unwell. Talk to your medical practitioner about minimising the likelihood of being infected with zoonotic diseases.

Early Head Start; A High Quality Early Childhood Education Program

The Early Head Start program promotes the development of children and provides comprehensive early childhood education. Early Head Start serves pregnant women and children up to the age of three.

Early Head Start offers:

- Health screenings, options for physical activities, and referrals
- Nutrition and nutrition activities
- Parent involvement & father involvement opportunities
- Promotes healthy families and sets family goals
- Enhances cognitive skills and promotes positive behavioral skills

Home-based services are offered in Cherokee, Ida, Lyon, Plymouth and Sioux Counties. A Family Advocate will come into the home once a week to offer resources, complete screenings and provide educational activities. The home-based program provides one-on-one support for

parents while supporting parents in their parenting roles. Activities may include parent-child interactions, enriching children's development through learning, daily routines, toileting, and the use of household materials for play time. Socializations are offered twice a month in each county.

Once a child turns 18 months they may be eligible to enter the Toddler Centers in LeMars or Sioux Center. These classrooms focus on school readiness at a young age and offer developmental challenges in a safe school setting. Early Head Start centers improve social skills, offer physical activities, language, literacy and interactive lessons. Healthy meals and snacks are provided at no cost to parents.

If you are interested in learning more about the Early Head Start program please call 800-859-2025 or email us at ssmith@midsioux.org.

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