

VOLUME

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# COPAL NEWS

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## Celebrating Success: COPAL's Empowering Electoral Campaign and More Highlights!

Hello community,

Earlier this month, COPAL's electoral campaign culminated on November 6 with resounding success. From the campaign's launch in August to the decisive election day, our commitment to engaging, informing, and mobilizing Latine communities in Minneapolis and St. Paul has truly empowered and elevated Latine voices.

Supported by Hennepin County, our campaign provided accessible voter registration information, encouraging participation and facilitating informed decision-making. Through 15,000 phone calls, 5,000 text messages, five voter registration events, and six nonpartisan videos, COPAL actively engaged and mobilized the community.

COPAL extends heartfelt congratulations to all successful candidates. As representatives, we urge them to remain deeply connected to the voices of the people they now represent, listening, engaging, and prioritizing the needs and aspirations of the diverse communities they serve.

You can read more about some of the other highlights from the past month below. We also invite you to follow us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).



WWW.COPALMN.ORG



# Environmental Justice

COPAL believes local partners and allies are essential to advancing meaningful environmental justice legislation. For that reason, on October 24th, COPAL, alongside Fresh Energy, the Citizens Utility Board, and over 25 other organizations, launched the Clean Heat Campaign. The goal of this coalition is to create a Minnesota with clean, affordable, and safe heating and cooking to power homes all over the state. To learn more about the coalition, [click here!](#)

Community engagement and collaboration is also an important part of COPAL’s environmental work. That’s why we hosted a community fishing event at Hiniker Pond in Mankato this past weekend. Afterward, we enjoyed tamales indoors with and chatted about environmental justice in our communities! Register for this event here.

Want to learn more about the environmental justice work being done at COPAL? We’re launching an EJ newsletter! [You can stay up to date here.](#)



COPAL and Coalition Partners Launch Clean Heat Campaign at Minnesota Capitol, Advocating for Affordable and Safe Heating Statewide.



LEARN MORE ABOUT OUR ENVIRONMENTAL JUSTICE WORK HERE





# South Central Initiative Mankato, MN

Last month, our team of *Promotoras de Salud*, or Community Health Promoters, wrapped up the workshops for the *Run, Move, and Prevent Diabetes* campaign in Le Sueur and Worthington, with 28 community members taking part. Alongside the Free Clinic of St. Peter, Open Door, Nicollet County, and the Department of Health, we organized a vaccination and resources event in St. Peter, MN.

The COPAL team also joined Driver and Vehicle Services (DVS) in Mankato to show support for the newly eligible community members processing their driver's licenses in Minnesota under the new law *Licenses for All*.



The COPAL team in Mankato is dedicated to supporting the community with their appointments and questions regarding the *Licenses for All* law, which is already in effect.



CLICK HERE TO LEARN MORE ABOUT LICENSES FOR ALL



## Primero de Mayo Workers' Center

In the past month, we successfully placed 10 individuals in stable jobs, contributing to their economic stability and career growth. This accomplishment underscores our commitment to empowering members of our community through stable and dignified employment.

We're thrilled to announce that the Workers' Center has received approval from the DVS to administer theoretical exams for obtaining a driver's license in Minnesota. This is a crucial step in enhancing accessibility and opportunities for our community members. Stay tuned for more information on this exciting development!

Our open hours and recent citizenship fair were well-attended, with a total of 81 individuals benefiting from our services. Our clothing distribution and resource fair at the Workers' Center was also a resounding success! During the event, 143 individuals, including adults and children, acquired winter clothing. Additionally, 39 individuals received the COVID-19 vaccine, and 37 received the influenza vaccine. Questions about resources? Call us at (612) 427-2011.

COPAL has also launched a paid internship program through our Workers' Center aimed at providing young participants with a unique opportunity to actively contribute to the long-term design of the metro area. Participants will engage in a blend of fun activities, research, conversations, and learning on regional policy. The internship offers \$25 per hour, free meals at workshops, and access to valuable resources such as pre-paid transportation cards, and wealth justice guidance. If you're interested or know someone who might be, you can find more information and apply [here](#).



COPAL's winter clothing distribution and resource fair was a resounding success! 143 individuals acquired winter clothing, 39 individuals received the COVID-19 vaccine, and 37 received the influenza vaccine.



LEARN MORE ABOUT THE PRIMERO DE MAYO WORKERS' CENTER HERE



## Health & Wellness

Over the past three months, our Health Promoters have engaged with over 150 community members in both rural and urban areas of Minnesota. Their focus has been on raising awareness about diabetes prevention and promoting healthy lifestyles within the Latino community. Collaborating with the Health and Wellness team, they successfully facilitated 15 community educational workshops in the Minnesota towns of Jordan, Brooklyn Park, Kasson, Worthington, Le Sueur, Madelia, and Rochester.

During these sessions, 79 participants gained valuable insights into the significance of a healthy diet, physical activity, maintaining a balanced plate, portion sizes, and deciphering product labels. Attendees established personalized goals towards adopting healthier habits. Some reported increased daily water intake and incorporating more vegetables into their diets. Others began monitoring and controlling their consumption of sugars and carbohydrates after learning to read product labels. Remarkably, one participant discovered the need to consult with a doctor through the program, resulting in a diabetes diagnosis. Armed with newfound knowledge, this individual now has the tools to manage their health effectively.

On November 4th, the Health Promoters' team gathered to celebrate achievements, assess lessons learned, and mark the conclusion of COPAL's first-year Health Promoters Program. Stay tuned as we prepare to recruit for the upcoming year!



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We at COPAL can do this work thanks to your support.



Make a donation to increase opportunities and foster a dignified life for Latinos in Minnesota!



## Mental Health Resources

If you or someone you know is experiencing a mental health crisis, please contact the MN Mental Health Crisis Line:



**\*\*CRISIS or \*\*274747**

Dial from your cell phone and you will be connected to your county crisis team.

Please see the following summary of mental health, general health and dental services compiled by the Minnesota Department of Health for the lowest cost or at scale. Look at the column that specifies if they have interpreters or people who speak Spanish.

Low-cost healthcare resources



Radio Jornalera has grown and now has five weekly shows every day of the week and our daily morning show, *El Jornal de la Alegría* with Mike Castillo every weekday from 7 to 10am.



Tune in here



Download the app.

If you liked this newsletter, share it so others can read it!



SUBSCRIBE



# COPAL

[WWW.COPALMN.ORG](http://WWW.COPALMN.ORG)

Established in 2018, COPAL is a member-based organization leading social impact initiatives to improve the quality of life for Latine families and communities. COPAL advocates for a legislative agenda and mobilizes the Latine community to take action on issues that impact their lives such as health care for all, dignity for workers, environmental justice, popular democracy, immigration and public safety, and education for all by building collective power, transforming systems, and creating opportunities for a dignified life. COPAL envisions a future where the Latine community thrives and is fully empowered to lead significant change in their communities and beyond.