



COPAL NEWS




NUMBER 4

Earth Day, Vida Digna Coalition recognized by NAHREP Twin Cities, vaccination events, workshops, Book Day and more

Hello community,

Welcome April! We're thrilled to have each and every one of you here with us as part of the COPAL community. This month, we've got a lot of exciting things in store—please follow our social media to be in tune with all of it!

Building Demolition Festival was a success!

Our festival April 10th was an enormous success marking a significant milestone in the journey toward creating the Latino Center for Community Engagement (LCCE). We extend our gratitude to you all for your support! This building will serve as a dynamic hub of unity, celebration, and cultural exchange, embodying the transnational spirit of Latine communities.

We are excited for the future of LCCE and to share it with you all!



The COPAL team celebrates the progress we are making toward constructing the LCCE at the Demolition Festival!

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Environmental Justice



Happy Earth Month!

Celebrate Earth Day with COPAL's Festival del Sol! Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

During this special event, enjoy live music performances and videos dedicated to environmental justice. Learn about the EJ work COPAL is doing, including information about our outdoor events and our past delegation to Puerto Rico. The music performances will include artists from Mexico, Chile, and Minnesota!

We hope to see you there!

Thursday, April 18th

5:00 p.m. - 6:00 pm.

[Facebook](#), [YouTube](#), & [Radio Jornalera](#)



LEARN MORE ABOUT OUR ENVIRONMENTAL JUSTICE WORK HERE





Health and Wellness

The primary reasons behind health disparities among Latine populations in Minnesota, as identified by a CLAC report, include the cost of healthcare, language/cultural/communication barriers, and lack of insurance coverage or access. COPAL not only work seeks to break down barriers and provide accessible, affordable, culturally relevant access to health information and services in Spanish and English to our community but also organize for policies that increase access to healthcare so that ALL Minnesotans can lead healthy, dignified lives.

This past month, the Health and Wellness team connected over 60 people with vaccinations at clinics at the Primero de Mayo Workers' Center and the Ecuadorian Consulate.



The Health and Wellness team at COPAL provides resources and information at a community event.

And we have made great changes! Last month, we completed our Preventive Community Health classes and, with almost 150 participants and we hosted a Community Health Event at St. Alphonsus Church, Brooklyn Center, sharing information about the resources we provide at COPAL and information on Mental Health and Prevention of Cardiovascular Diseases.





Every month, COPAL hosts numerous community health events throughout the Twin Cities and Greater Minnesota. To find an event near you, [click here](#) or call us at (612) 249-8736.

Our team's work is very important in the Minnesota community as we strive to prevent hospitalizations, deaths, and reduce the risk of contracting COVID-19. Through our team of staff and *Promotoras de Salud's* dedication, we continue to make a tangible impact with prevention activities. We are committed to breaking down barriers for Latine communities by ensuring access to accurate information on receiving updated doses of the COVID-19 vaccine and enabling individuals to prevent chronic diseases, embrace healthy lifestyles, and prioritize mental well-being.

We thank MDH, St. Alphonsus Church, M Health Fairview, Homeland Health and the Consulate of Ecuador for their collaboration!





Southern Minnesota Rochester, Minnesota



Members of the Rochester Regional Committee meet to talk the issues that are most pressing to our communities. [Click here](#) to learn more or get involved!

Members of the Rochester Regional Committee gathered to discuss the Five Essentials for Improving Quality of Life, talks that allow us to continue organizing and working together to improve the quality of life for families in and around Rochester.



Committee members strategize and brainstorm together, turning ideas into action for a brighter future.





We also held a community health event! With the collaboration of the Oak Terrace Mobile Home Park administration, we were able to bring COVID-19 and flu vaccines to the community, with or without health insurance. We also had different important resources:

- Dariale Rodulfo (Real State Agent and tax professional) contributed his time to complete tax returns at a low cost.
- COPAL Promotoras de Salud, or community health promoters shared about the importance of knowing the risks of workplace accidents and how to prevent them.



COPAL provides resources and information to the community in Rochester!

Lastly, COPAL is excited to announce that we are opening an office in Rochester, Minnesota! Stay tuned for more information.





Mankato, Minnesota

According to a report by MCLA, southern Minnesota, including areas such as Rochester, Worthington, Faribault-Northfield, Willmar, Austin, and Mankato, hosts significant Latine populations, demonstrating the broad reach of Latine communities beyond the Twin Cities metro area. That's why COPAL is committed to ensuring that our work encompasses not just the Twin Cities, but also Greater Minnesota.

Last month, COPAL carried out two vaccination events against COVID-19 and began the Occupational Health and Safety campaign in the city of St. James, led by our Health Promoter Ana Castaneda. Additionally, COPAL's Mankato office participated in the meeting with representatives from Governor Tim Walz's office and local organizations, where we shared about COPAL's work in the South Central area and the challenges that the Latine community faces. Thanks to the YWCA and Life-Work Planning Center in Mankato for the initiative!

The connection to services in the South Central area of Minnesota is an essential part of improving the quality of life for Latine families; that is why COPAL is dedicated to bringing resource tables to different places such as Latine restaurants, stores, community centers and more.

We thank our community partners for being part of COPAL's vision: Minnesota Department of Health, Open Door, KMSU, Watonwan County Bookstore, Lincoln Community Center, and Latino businesses!

Organizing

We are thrilled to tell you that "Vida Digna" Coalition was recognized by NAHREP Twin Cities! The Vida Digna Coalition (COPAL, HACER, and LatinoLEAD) was recognized for a demonstrated commitment to Latine housing by the Twin Cities Chapter of NAHREP, the National Association of Hispanic Real Estate Professionals. This recognition celebrates the coalition's efforts for advancing dignified housing through public policy, including legislation that would impact ITIN-holders.

We are at a key moment of the campaign to improve living conditions for ITIN-holders, an effort known as [One Economy for Minnesota!](#) Two bills are advancing to the final stages of Minnesota's lawmaking process to be considered for law changes: one, requiring rental applications to list ITIN as an acceptable alternative to social security; two, applying the same requirement to utility companies. These proposals would ensure ALL Minnesota taxpayers have a right to complete a rental application, regardless of immigration status.

COPAL will continue to update its members about the [One Economy for Minnesota!](#) campaign, as well as other legislative efforts that may pass this year, such as the Renter's Right to Organize bill.

Together, COPAL members, staff, allies, and partners persist in driving transformative change across Minnesota, so that our communities can thrive with dignity.

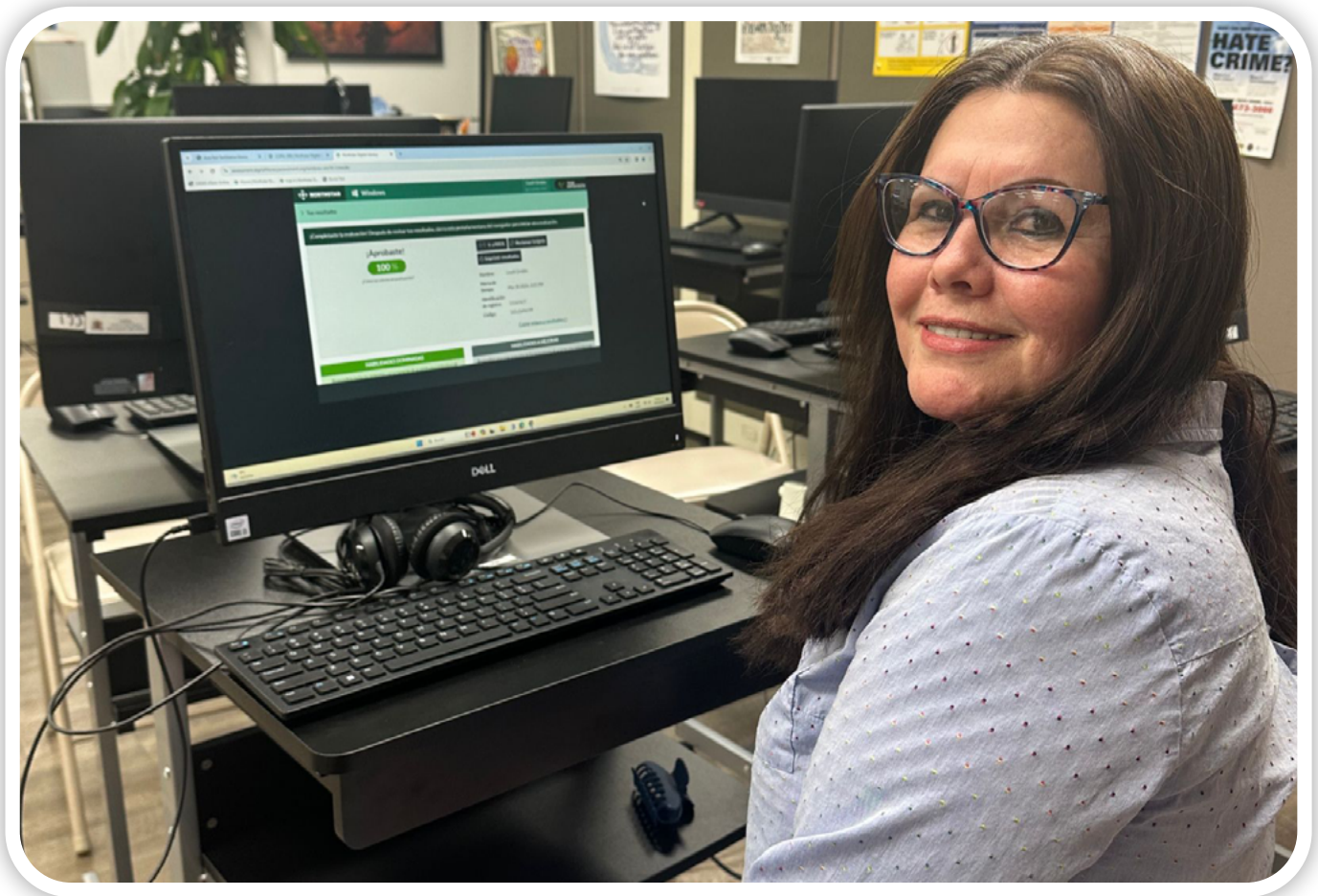




Primero de Mayo Workers' Center

Last month, the Primero de Mayo Workers' Center provided support to 387 individuals in areas including education, careers and employment, and education.

Recently, the Workers' Center has been focusing on educating our community, developing health and safety workshops to teach workers about construction hazards, how to use protective equipment, and how to make a report to OSHA (Occupational Safety and Health Administration). In addition to this, we have given classes on software, labor rights, and basic computing to offer different resources to participants. We also created a presentation to study the driver's manual for people who come to take the theoretical exam, which has given visible results.



Leydi passed her basic computer exam. Congratulations, Leydi! The Primero de Mayo Workers' Center offers free basic computer classes, software classes, and citizenship classes to its members. Contact us at (612) 249-8736 to learn more!





And don't forget! The Workers' Center is continuing to facilitate the opportunity for our community to obtain their licenses by offering the written driving exam.

Some important details:

- This exam is only for the theoretical/written part and does not include the driving test.
- Please call-in advance to schedule an appointment at (612) 249-8736.
- This offer is available for those taking the test for the first, second, or third time.
- We are asking for a donation of \$10 to cover administrative costs.

We are also pleased to share with you that nine young people participated in the Met Council where they presented policy ideas based on research and conversations that consider the needs of the Latine community. This month, we will be participating in the National TPS Alliance National Assembly in Washington DC.



The Workers' Center team receives a large number of people looking for employment and other services every day; we work hard to support community members in finding stable, dignified employment and accessible resources.



LEARN MORE ABOUT THE PRIMERO DE MAYO WORKERS' CENTER HERE





★★★ TIP OF THE MONTH ★★★



World Book and Copyright Day was established by UNESCO in 1995. In this month it is important to remember authors who challenge our preconceptions and inspire us to strive for a better world, such as Gloria E. Anzaldúa (a queer Chicana poet, writer, and feminist theories who played a pivotal role in the Chicano/Chicana movement, queer theory, and identity exploration) and Alberto Masferrer (a Salvadoran essayist, philosopher, fiction writer, and journalist, whose legacy emphasizing the plight of the dispossessed endures as a champion of social justice and a powerful voice for the marginalized), and so many more that reminded us that books encompass the world we live in—they help us question ourselves and they allow us to be united through the same story. Now, how do you read when you are so busy?

- Micro-Strategy 1: Start tiny. You don't have to read all the time, but if you set a 10-minute block on your calendar, it can really do wonders. Make reading an enjoyable ritual.
- Micro-Strategy 2: Have fun! While reading is a reward unto itself, it can help to tack on a couple mini treats that reinforce good reading habits, like a small prize each chapter.
- Micro-Strategy 3: Don't go alone. Reading with friends is a great source of bonding and mental health. You don't have to join a book club to make this happen—you can pick a book and a person and set your own limits, and the discussion? The best part, a progress celebration for two.

Remember on this World Book Day, words, read and written, are powerful, and how we use them can make a difference.

Happy Earth Day and World Book Day to you all!

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

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.