

VOLUME

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# COPAL NEWS



NUMBER 9

Hello community,

September has arrived, marking the transition from summer to fall. It's a great time to reflect on the progress we have made together as a community. We want to express our gratitude for your continued support and commitment to improving the quality of life for Latines across the state. Thank you for being an essential part of our work, and we look forward to sharing more ways for you to stay involved and make an impact!

## Don't Miss Our Much-Anticipated Annual Gala!

We are thrilled to invite you to our annual gala, "[Dignity and Democracy](#)". Join us for an unforgettable evening! Ticket sales end on September 30th, so make sure to [get yours](#) soon. For any questions or concerns, please contact Moriah O'Malley at [moriaho@copalmn.org](mailto:moriaho@copalmn.org).

We are excited to announce that [Los Jornaleros del Norte](#) will be joining us for the evening! Enjoy a vibrant performance from the group, founded by day laborers to amplify their voices and share their experiences through music.



**Date: October 17th**

**Quincy Hall - 1325 Quincy St NE, Minneapolis, MN 55413**



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



We extend our heartfelt gratitude to the sponsors of our upcoming gala! Your vital contributions help drive progress and prosperity for the community. Together, we're building a more inclusive and vibrant future for all Minnesotans.



## ★ ★ DIGNITY AND DEMOCRACY ★ ★ 2024 GALA

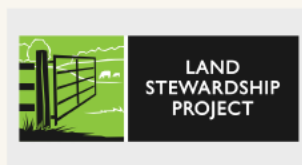
## ★ ★ ★ THANK YOU TO OUR SPONSORS ★ ★ ★



### DEMOCRACY DEFENDER



### VISIONARIES:



### CHANGEMAKERS:

- M Health Fairview
- MCLA Board
- Voqal
- Land Stewardship Action
- Alianza Americas
- Center for Popular Democracy
- MSU - Mankato





## SOUTH CENTRAL INITIATIVE MANKATO, MN

In August, the South Central Initiative team hosted several resource fairs, health workshops, and community events in Madelia, Mankato, Le Sueur and St. Peter, ensuring that Latine communities in Greater Minnesota have access to the resources they need to lead more dignified lives. There, they connected community members with health and school supplies, while also sharing information and engaging in conversations about the impact of climate change on our health.

Additionally, the team worked to ensure that community members had access to the latest COVID-19 vaccines and flu shots, preparing them for the upcoming fall season. Additionally, the South Central Initiative celebrated its third anniversary with the theme "Celebrating Victories that Dignify Lives." Celebrating three years of impactful community work, COPAL MN's South Central Initiative has made significant strides in addressing Latine needs in Southern Minnesota, from expanding services to advancing legislative victories.



COPAL connects community members to essential resources at events in August



Students with resources given at the back-to-school fairs

WANT TO GET INVOLVED?  
JOIN OUR REGIONAL COMMITTEE.  
TO SIGN UP, CLICK HERE.





## ROCHESTER, MINNESOTA



Regional Committee for Southeast MN meeting

Last month, the COPAL Regional Committee for Southeast Minnesota met to explore the barriers faced by Latine families in the region and discuss collaborative strategies to overcome these challenges. These meetings are not only an opportunity for problem-solving but also for engaging in activities that strengthen and unify our community. Our team also participated in a community health fair in Elgin, Minnesota to provide COVID-19 vaccines, distribute science kits to children, and share additional resources, furthering our commitment to supporting community health and education.



Photo from the community listening session at the Rochester office





Our Southeast Office also hosted a community listening session, conducted in partnership with the Minnesota Council of Latino Affairs (MCLA) and the Alliance of Chicanos, Hispanics, and Latin Americans (ACHLA). Community members were joined by Representative Kim Hicks (District 25A) and the Director of Common Cause Minnesota. Community members shared about pressing issues affecting the Latine community in Rochester and surrounding areas, including education, health, economic development, and community growth. Attendees were motivated by the year's accomplishments and eager to continue working together to enhance the quality of life for Latine families in Minnesota.

We are excited to announce that as of September 12th, COPAL's office in Rochester serves as a testing site for the driving knowledge exam. This service, offered weekly in Spanish by appointment, is part of our ongoing effort to support our community. To schedule an appointment, please call (612) 249-8736.

## HEALTH IN YOUR COMMUNITY





**Tri-Valley  
Head Start  
Owatonna**  
565 20th St NE,  
Owatonna, MN 55060

**SEPTEMBER 26**  
3:30 - 7:00 P.M.



This event will provide updated COVID-19 and influenza vaccines, as well as a range of free services, including physical exams, dental exams, vision tests, prescription refills, diabetes and cholesterol checks, and more

TO LEARN MORE ABOUT  
COPAL IN SOUTHEAST MINNESOTA  
AND GET INVOLVED, CLICK HERE.





## PRIMERO DE MAYO WORKERS' CENTER

In August, we conducted an extensive report on the theoretical driving tests administered at our Workers' Center. We recorded a total of 723 individuals taking the test, with 284 successfully passing. We have introduced new test hours to better accommodate the community:

Mondays: 9 AM - 5 PM  
 Tuesdays: 12 PM - 8 PM  
 Last Sunday of each month: 9 AM - 5 PM



### CITIZENSHIP FAIR

Sep 28  
 9 a.m. - 1 p.m.



**3521 E. Lake St.**  
 Minneapolis,  
 MN 55406

Our weekly job search workshops, held every Thursday, have been particularly impactful. Participants gain valuable insights into the job search process, understand their rights, and learn how to effectively use technology, all of which significantly boost their employment opportunities. For more information about our programs and to sign up for workshops, please [click here](#).





*We are seeking volunteers to assist with our citizenship classes. Your support would be greatly appreciated and is crucial in helping community members on their path to citizenship. If you're interested in volunteering, **please contact our Navigator Line at (612) 249-8736.***

We want to conclude by expressing our deepest thanks to Hennepin County and Congresswoman Ilhan Omar. Congresswoman Omar's dedicated efforts in addressing immigration cases have been crucial, helping a family obtain work permits and profoundly changing their lives. We are truly grateful for their continued commitment to our community.

## HEALTH AND WELLNESS

Our Health and Wellness work is essential to the community as it emphasizes preventive education and skill development, empowering members to make informed health decisions, adopt healthier lifestyles, and understand the factors influencing their well-being. Last month, our team worked hard to expand their knowledge on the health status of Latines in Minnesota. This involved enhancing technical, organizational, and facilitation skills, learning about psychological first aid, and understanding Long COVID. Such ongoing training is vital for ensuring our work remains effective and impactful. We extend our gratitude to Elmer Romero for his popular education teachings, Dr. Francisco Ramirez and Sylvette Lopez-Ruth for their valuable insights, and the American Red Cross for providing an excellent training space.



As we approach the fall and winter, it's essential to update your vaccines to protect against respiratory illnesses. Join us at one of our upcoming vaccination events, or call our Navigator Line at (612) 249-8736 to get connected to a vaccination site near you!





## Upcoming events:

### MENTAL HEALTH EVENT:

Healing circle with Fanny Hernandez in collaboration with Hennepin County

Date: October 5th  
Time: 10 AM - 11:30 AM CT

Chronic Disease Prevention Workshops:

Date: Thursday, October 3, 2024  
Time: 6:00 PM - 8:00 PM CT



3521 E. Lake St.  
Minneapolis,  
MN 55406

For more information about these events or to find other community events in your area, please contact our navigators or search for more [here](#).

## ORGANIZING

Over the past month, our team has been actively engaged with the MN Latino Vote program, working diligently to ensure that the Latino community is well-represented in the upcoming elections. We have made significant strides, including:

- 40,000 Dials: Reached out to Latine voters across Minnesota.
- 1,000 Doors Knocked: Engaged directly with community members.
- 1,500 Pledges to Vote: Encouraged many to commit to voting.





Volunteers have been increasingly joining our phone banking shifts, providing crucial support to our outreach efforts. If you're interested in helping, we have opportunities available on Tuesdays and Wednesdays. For more details and to sign up, please visit our Facebook page: [COPAL MN Events](#).

Stay tuned for upcoming opportunities to get involved and make an active impact in our community! To continue this momentum and support our work, we invite the community to get involved by [becoming a COPAL Member](#) and visit [mnlatinovote.org](http://mnlatinovote.org) to learn more about the elections!

## ENVIRONMENTAL JUSTICE

**¡GAF Vete Ya!** GAF is North America's largest roofing manufacturer. Their asphalt shingle factories are polluting BIPOC and low-income communities across the U.S. Residents living next to GAF factories have documented many of the quality of life and public health issues caused by GAF in their communities and are fighting for GAF to go.

On Monday, August 19th, organizers from Dallas and Minneapolis gathered to participate in a direct action against GAF. Before the action, COPAL hosted a town hall conversation with members at COPAL's office. The emphasis of the conversation was on green housing as part of a just energy transition and a recognition of cumulative impacts.

After the town hall, COPAL members were able to connect the theory of green housing and a just transition with the practice of protesting the major local polluters in the housing industry.



- COPAL Members joined local and national partner organizations in protesting GAF

If you want to be informed about our next outdoor event, sign up to receive [COPAL's Monthly EJ Newsletter!](#)



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.



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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.