

Las Noticias de ALASI

Issue No.1 | Aug 2023



ALASI Board Members outside Jasper City Hall after the ALASI Roundtable meeting.

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"Empowering the Next Generation: Reimagining Higher Education"

By Dennis Tedrow, Admissions Counselor & Community Engagement Specialist, Vincennes University Jasper, ALASI Roundtable

Hello, dear amazing community,

Each new school year begins with an era of great opportunities, and it is essential to remember that education is one of the strongest tools we have in empowering our next generation. Today, I wish to address an issue that weighs heavily on a lot of hearts: the prevailing misconception that higher education is neither accessible nor valuable for our children.

It is crucial to dispel this notion and reaffirm that higher education is not simply a pathway to careers, but **a stepping stone towards achieving better living standards**, becoming role models in our community, and creating a legacy of success that can span generations.

The landscape of higher education has dramatically changed over the years. It's no longer just about accruing crippling student loan debt for a degree. Today, numerous scholarships, grants, work-study programs, and community college transfer pathways make it possible for our children to obtain higher education without incurring burdensome debt or having to leave the state.

It is also essential to realize the long-term benefits of higher education. According to trends in the U.S. Bureau of Labor Statistics reports, workers with a bachelor's degree earn significantly more than those with only a high school diploma. Over a lifetime, the gap in earning potential between a high school diploma and a bachelor's degree (or higher) is estimated to be nearly a million dollars in some sectors. Higher education can offer our children a fighting chance in today's competitive job market, where a degree or trade school certification has become increasingly crucial.

Education also transcends monetary value—it shapes leaders and mentors who then inspire others. The pursuit of higher education by one family member can spark a ripple effect, encouraging siblings, cousins, and even parents to follow suit. This is not just about personal success; it's about collectively uplifting our community. (I've seen it happen first hand, after my sister became the first in our family to graduate from college, the pride was so strong that both my mother and I began the journey ourselves.)

Most importantly, as parents and community members, we must be prepared to support our children in their educational journey, regardless of the outcome. Every path to success is lined with obstacles and potential setbacks. Failure is not a mark of inadequacy, but an opportunity for learning and growth. Our commitment must be unwavering in the face of challenges. We should be there to cheer them on during their successes, and equally there to catch them when they stumble. If our child ever fails, we must be proud that they tried.

In the heart of our Hispanic culture lies the core values of hard work, perseverance, and a deep sense of community. It's time we leverage these values to champion the cause of higher education for our children, reinforcing the belief that a bright and prosperous future is within their reach.

Through collective efforts, we can help our children see higher education not as a distant dream, but a reachable reality. Let us rally behind our youth, support their aspirations, and empower them to be the architects of their destiny. After all, they are not just our children—they are the next generation of leaders, innovators, and creators.

Together, we can and will build a stronger community.

Let's empower the next generation, for the future is in their hands.



What's a Primary Care Doctor and Why You Need One?

By-Deborah Giesler, Ed.D, Memorial Hospital, ALASI Roundtable

A Doctor or Primary Care provider (PCP) (Doctor, Nurse Practitioner, or Physician Assistant) can attend to the majority of your health needs.

Here are seven reasons to visit your Primary Care Provider (PCP):

1. Routine screenings. Many common health problems (including colon cancer, breast cancer and diabetes) have screenings that can detect disease at the earliest stage. There are standard recommendations for when these screenings should occur for most people, but if you are at an increased risk, you may need these screenings more often or earlier in life. Your PCP knows the standard recommendations, as well as any personal health concerns that could change your needs.
2. Annual physical. You never grow out of needing your annual exam. Yearly well visits give you an opportunity to ask your PCP questions, review health changes from year to year, and build a consistent relationship with a care team who is familiar with your health history.
3. Everyday illnesses. Ear infections, strep throat and other symptoms that may come up that you can't identify are all within the scope of primary care. Going to the same provider for acute illnesses also means your PCP may notice patterns that could indicate a larger problem.
4. Vaccinations. Back-to-school isn't the only time you need vaccines. Yearly flu shots, as well as vaccines recommended for older adults, are all given by your PCP. The Journal of the American Medical Association study found adults with PCPs are more likely to fill prescriptions, schedule preventative cancer screenings and book services like flu shots.
5. Referrals. If you have a problem that requires specialized care, your doctor can refer you to a trusted specialist. Some insurances, like HMOs, require this before you can see another physician. Studies show that more than one-third of patients in the nation are referred to a specialist annually.
6. Tobacco cessation. You know you should quit smoking, but did you know your PCP can help? Ask your doctor about strategies for quitting (including counseling, medication and nicotine replacement therapy).
7. Chronic illness management. Diabetes, heart disease, depression and other long-term issues have serious consequences if left unchecked. Your PCP is your best partner in keeping these problems under control.




“Healthy Relationships, Healthy Communities”


By- Jayme Smith, Crisis Connection, ALASI Roundtable

Healthy communities start with the healthy relationships we have in our homes and with our kids witnessing the healthy ways we treat our partners. People who have healthy relationships have better physical health, mental health, and feel better about themselves. They also contribute to and get more involved in their communities. Sometimes we have a hard time identifying healthy or unhealthy relationships. We may also be at a loss on how to get help or help the people we care about to leave an unhealthy relationship. The information provided below can help.

Unhealthy Characteristics

- 
- Manipulation/ Guilt
 - Belittling/putting down
 - hostility/anger
 - Jealousy/controlling
 - Isolation
 - Using intimidation: physical abuse, breaking stuff, cruelty to animals and children
 - Shifting blame/Accepts no responsibility
 - Using children against you/ taking children
 - Economic abuse (keeping money, taking money, not letting you have a job)

Healthy Characteristics

- 
- Honesty/ Trust
 - Respect/encouragement
 - Kindness/ loving
 - Supportive/ Encourages independence
 - Encouraging relationships with family and friends
 - Non-threatening behavior
 - Accepting responsibility/ accountable
 - Being a good role model/ positive parenting for children
 - Financial Equality: equal access and control of money, banking, bills

How to get help:

If you are a victim or domestic violence or sexual assault, need a safe place to go, or need to talk to someone about these crimes, you can reach out to Crisis Connection. Advocates there assist with the following:

- Safety planning
- Safe housing/ shelter referral
- Legal and medical support
- Protection Orders
- Education on Domestic Violence and Sexual Assault
- 24 Hour crisis counseling related to DV/ SA
- Legal referrals

Crisis Connection Inc.
Hotline 1-800-245-4580
919 E. 14th St. Suite 100 Jasper, IN 47546
crisisconnectioninc.org

How Nuns Came to do Immigration Work

By- Sister Michelle Sinkhorn and Sister Joan Scheller,
Sisters of Saint Benedict, Latino Outreach, ALASI Roundtable

Back in the year 1867, four young sisters were asked to come from St. Walburg Monastery in Covington, Kentucky to Ferdinand, Indiana to serve the German immigrants in the town. This was the beginning of the Sisters of St. Benedict of Ferdinand, Indiana.

They came, they prayed, they served and never looked back. For the last 156 years, the sisters have continued to serve the German immigrants and others as teachers, in parishes, in healthcare, and much more.

Fast forward to the 1980s, when Sister Mary Victor Kercher began working as an outreach volunteer to the Hispanics in the Diocese of Evansville. Sister Mary Victor with Fr. Gene Herdink opened the Office of Spanish Speaking Ministry in 1999. Renamed The Diocesan Office of Hispanic Ministry Guadalupe Center, this outreach continued to grow over the next 15 years and many other Ferdinand Benedictine sisters served there, including Sister Karen, Sister Mary Judith, Sister Joan (Juanita) and numerous others who assisted as volunteers and ESL teachers.

Fast forward again to 2014, when the diocesan office came under new direction and staff. However, the immigrants of the local area continued to look to the sisters for support and assistance, especially with immigration processes and questions. They could not understand why the sisters who helped them in the past could not continue to do so. The reason was simple - in order to legally represent immigrants with their immigration applications, the person must be Accredited by the Department of Justice (DOJ) and needed to be serving through a not-for-profit sponsoring organization with Recognition by the DOJ.



Hearing the plea of "their people," Sister Juanita and Sister Michelle approached the leadership of their religious community and asked to open an immigration office in their monastery in Ferdinand. Their request was rapidly approved by their leadership. Likewise, the applications for Accreditation and Recognition with the Department of Justice were also quickly approved.

By March of 2015, the Sisters of St. Benedict Immigration Outreach Office was open for business. The work is very similar, but instead of traveling to meet people in their parishes, now the sisters are inviting the people to come to the very place they call "home" - to their Monastery in Ferdinand. Over the past 8 years, Sister Juanita and Sister Michelle have served over 800 immigrants by helping them with their family-based immigration applications for processes such as residency, citizenship, Deferred Action for Childhood Arrivals (DACA) and TPS.

They also provide community outreach by offering an Immigration 101 presentation to local businesses and community organizations to help them better understand our country's immigration system and what immigrants in our area are faced with every day. Over the years, the face of the immigrant has change and their needs are different from those early days in 1867, but after 156 years, the Sisters of St. Benedict are continuing to serve immigrants and welcome newcomers.
