

Hispanic Heritage Month

Focus on Health in the Hispanic Community

Dedicated to a Healthy Community

During Hispanic Heritage Month, we salute our community partners, who help us to support those on a journey with dementia. Guadalupe Osorio is a community health worker at the Aurora Walker's Point Community Clinic. She works with the Hispanic community promoting awareness for all health-related issues. Walker's Point Community Clinic is the largest free clinic in Wisconsin and has been caring for people who are low income, immigrants, refugees and underserved in the Milwaukee community for more than 25 years. They specialize in providing multilingual, culturally sensitive care.

"Our clinic is one of the largest serving the Hispanic community, Osorio said. "We focus on all health issues from vaccinations and screenings to emotional health. We stress how important it is to take care of yourself."

One of the initiatives Osorio is working on in the community is promoting exercise among women. With safety in mind, Osorio meets interested women several times a week to walk at the Urban Ecology Center. "When winter comes, we often see more anxiety and depression," Osorio said. "We want to create opportunities to get out. On 'Día de los Muertos,' or Day of the Dead, we will walk and share memories of loved ones lost."

Better Information About Alzheimer's

"There is a lack of information about Alzheimer's in the Hispanic Community, Osorio said. "I share Virginia Zerpa's name at the Alzheimer's Association with any families who come to me with questions about memory loss. Hispanics don't like to talk about dementia and often just say someone is crazy if they start to forget things. Someone came to me recently and shared his mom was 'getting in trouble' in the kitchen because she was forgetting how to cook. I try to explain that Alzheimer's is just like diabetes or high blood pressure and there are things families can do to manage it and keep their loved one safe. If we can get this message to even one person, we've made an impact."

Thank you, Guadalupe, for your efforts to increase awareness for health in your community!



Guadalupe Osorio