

A MEMBER OF  
ROTARY  
DISTRICT  
7120

# La Rotariana

## Rochester Latino Rotary Club

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### Rotary Four- Way Test:

Of the things we  
think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to  
all  
concerned?
3. Will it build  
**GOODWILL**  
and  
**BETTER  
FRIEND-  
SHIP**?
4. Will it be  
**BENEFI-  
CIAL** to  
all con-  
cerned?

## Great plans underway

March brought several fun activities to the club. Besides planning for the celebration of its second anniversary, there were projects to be completed as well as attending District 7120 events.

President Elect Diana Hernandez, attended the President Elect Training seminar in Syracuse.. Dr. Constantino Fernández, charter club member, gave a talk on health issues affecting Latinas. Emily Casey and Douglas Parker did a SWOT analysis of the club, and Dr. Miriam Vázquez, also a charter member, arranged for the distribution of reading materials for preschoolers at Ibero's Daycare Center along with instructions for parents as reading partners. Materials were both in English and Spanish.



**Preschoolers with their new  
books to take home**

Club members were busy preparing to receive the Group Study Exchange team from Veracruz, Mexico, arriving on April 4. This is a program sponsored by the Rotary Foundation that allows young professionals between the ages of 25 and 40 to travel abroad to experience how their profession is practiced in a different country, experience the culture, and gain new friends and understanding. The club sponsored three members of the team from our district going to Veracruz. Several members attended the District Conference held in Bloomfield, helped in the RocCity Uncorked event, and attended the District Conference in Gettysburg, PA.

## Second Anniversary celebration

Abe Hernandez and Yesenia Ramos have been very active organizing the event that will take place at the Diplomat Banquet Center on May 13 at 6:00 PM. The dinner/dance will feature Victor Antonetti's band. Victor is a charter member of the club. He is well known in the

Rochester area for his music. In fact, Victor comes from a family long associated with music in this area. There will be a DJ as well. This event is a major fund raising activity for the club that allows it to carry out many humanitarian projects locally and abroad. All the funds raised are devoted

entirely to projects. The club's focus has been on literacy given the great needs of our Latino children and adults who are not English proficient. Besides, this event offers the opportunity to recognize individuals who have cooperated with the club and/or have served the community.

## And the GSE team arrived

Members of  
the Group  
Study  
Exchange  
team from  
Veracruz



*Rotary is not  
an  
obligation, it  
is a privilege.*

The team was scheduled to arrive on April 3, but a glitch at the travel agency required them to stay for a night in Washington. Thus, early Monday they were received at the Rochester airport by Diana I., Wim, and Luisa. Their arrival was followed by a hectic schedule that included many dinners, breakfasts, opportunities to play gui-

tar and sing, and plain fun. The team also visited RIT, University of Rochester, Ibero American Action League, museums, City Hall with Mayor Carlos Carballada, the courts, other organizations and companies. Their month-long stay was shared with other Rotary clubs: Rochester, Canandaigua, Palmyra, Penn Yan, Elmira. There they got exposed to other companies and experiences. They were very excited when they saw snow for the first time, and the young women were very sensitive to our cold weather—thus, numerous

trips to the stores to buy warmer clothing. A highlight of their stay with the RLRC was going to see the Lion King at the Auditorium Theater. Among the hostesses for the team were Elisa and Abdiel DeJesús, José Santana and Diana Irizarry, Wim and Luisa Baars, and Martha Tomassetti. Hilda Escher hosted a dinner at her home. Team members: Gerardo de Velasco, Rotarian from Cordoba and team leader (optician), Juan Enrique Azuara Munguía, lawyer and manager, Carlos Alberto Pedreguera García, lawyer, María Patricia Sánchez Hernández, administrator, and María Guadalupe Farvan Sánchez, architect.



It was fun to celebrate the GSE team stay with the Irondequoit Rotary Club at the Eastman Camp

## Dr. Constantino Fernández addresses Latinas Health Issues

### Working with Latinas in Obstetrics and Gynecology

Latina's health care issues are the same as in all women but ...with a slight twist. They like personal attention [personalísimo], respect, finesse, and commitment. They speak a different language [Spanish, Maya or other indigenous languages] and still it is debatable what to call them. Terms like Hispanic, Latin, Latin-Americans, Latinas are used as well as those denoting the country of origin, like Puerto Ricans, Cubans, Mexicans. There are also questions regarding the meaning of color, race, culture and heritage. We know there is no good definition of race but phenotype and heritage or lineage are acceptable terms. We do know that 99 % of DNA is similar in all women of all origins, and it is that 1% that makes us different. Another way to classify is by genotype [Raymond Cox MD, MPH]. As per an estimate of the population in the U.S., there are 307 millions people in the Country with approximately 15.8 % being of Hispanic or Latino origin and 50.7 % are Hispanic / Latino females. Latinas have not been taught how to be healthy and preventive medicine is non existent for many. They come to the doctor only when they are sick and after having consulted the family and, some times, after trying alternative medicine or medicine they brought from home or after they had seen some healers in the community. The clinical pictures are the same but more severe because they reach care late for multiple reasons. Among these, lack of access to medical care, lack of insurance, transportation, and illiteracy that act as barriers to navigate the health care system and the community resources. The Leading cause of death is the same in all women but depending of the area they are scrambled in a different order.

The transformation of the health care has been huge and advances in technology have divided the medical profession in many specialties; and the introduction of computerized medical records give patients the options to use the computer to review their own medical record, request appointments, and communicate with their doctor. All of these factors indicate that in the future patients will need to be educated on how to manage the system. Telemedicine is coming to many communities and technology will continue changing the practice of medicine: social networks, Robotics [Pharmacy and surgery] are being used to offer patient quality of care, safety and better outcomes in medicine.

The Latino culture of the Latinas is changing as well. They are having more control over their lives, they are more acculturated, specially the new generations, but still using Spanish (and some times Spanglish) to talk to parents and grandparents. Many of the older generation can be considered to be minority three times over: Hispanic, poor, and elderly].

I have reviewed the medical novelties we have in health care in our communities, finding that for Latinas many of these are an old problem. Starting with family planning. Women are not educated about contraception, but we have the best methods of contraception. Jocelyn Elders MD said we have not seen an abortion in a woman who is not pregnant. Prevention, economical development, and education are the key [help in these areas is needed a home, school, and community]. The future of our planet depends on family planning; with simply spacing the children, infant mortality decreases [Herbert Peterson MD].

Elderly care we expect an increase in Hispanic population in the 2050 but the pregnancy rate is decreasing and

The elderly population is increasing so we as a community have to be preparing for them. With the elderly population we have many questions that require to be answered: Who is taking care of them? Who will support the caretakers? When is the right time to send grandma to the nursing home? Is elderly abuse taking place? Are there enough physicians with specialty training in geriatric-psychiatry to care for this population? How are cultural issues being addressed?

Then we have to be concerned also with the silent diseases such as: domestic violence, urinary leakage, osteoporosis, sexual dysfunction. Our communities need to be educated on these topics.

Latinas accept female cancer screening [cervix, breast, colon] but decline vaccination provable as a cultural taboo. The face of surgery in gynecology is also changing. When it comes to hysterectomy, the question is whether to do abdominal, laparoscopic, vaginal, or single puncture. The patient needs to talk to her physician about these options and the alternative option of not having a hysterectomy. Vagina by design or cosmetic surgery of the vagina and vulva is a reality in our communities even when the College of OB/ GYN and



plastic surgeons do not back them up.

So what are the most important issues affecting Latinas, particularly those residing in the poor neighborhoods in the city? Education, poverty, health care, housing, transportation, language difficulties, are some of the issues coming to mind. Our people believe that the number one priority is education. A high dropout rate among Latino students, early pregnancies, violence in the schools and neighborhoods, lack of parental involvement in their children's education are factors contributing to the low academic achievement among our students.

It is imperative that children be told at home that there is no way out; they have to get an education and be able to support themselves through their profession. Teaching methods that take into account students' learning styles, mentoring, coaching through school and college, community support, and role models can make a big difference in the outcomes.

The economy is the second piece of this puzzle. It is gradually improving, but many feel the administration is not trying hard enough. The financial stress is felt deeply by Latinas, particularly single mothers who struggle with low-paying jobs, unemployment, and underemployment.

Health care is our #3 in the list. As community, we should support the health care reform because we have too much to gain as communities of color. Even though health care reform is the last item, it is not of lesser importance. True, we are more interested in those problems faced by many among the immigrant population, but sooner or later health care plays a big role in the lives of all.

We, doctors, universities, government need to change our culture, We need more doctors and health care professionals in and from the minority communities. "IT IS A DREAM", said Dr Jaime Torres, but remember Rosa Park moved a powerful Nation in ways no one dreamed before. "Vaya con Dios Amigo" is not enough anymore. As leaders we must coach and mentor our people so they can have a better future education, economic status, and health. As Dolores Huerta taught us in support of the Health Care Reform, "SI SE PUEDE."

## More Pictures



GSE team had a great time at City Hall where Mayor Carballada received them warmly and gave them a book with great information and pictures of Rochester

## Upcoming Events and Announcements

April 29—May 1 — Rotary District 7120 Conference in Gettysburg, PA

May 11 — Presentation by Chuck Livecchi, Director, Udicci at PathStone

May 13 — Second Anniversary of the RLRC at the Diplomat Banquet Center

May 21-25 — Rotary International Convention in New Orleans

### Board of Directors

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