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# OCTOBER

HISPANIC HERITAGE MONTH 9/15-10/15

Guests:

**Gladys Ramos and Olga Pena**

Co-Chairs Stratford Hispanic Heritage Committee

**Andrea Torres Fodor**

President Hispanic Chamber of Greater Bridgeport



## ADDITIONAL OUTREACH

Tabling at the 2024 Latino Business Expo Friday October 18<sup>th</sup> from 2-5pm at the Knowlton in Bridgeport. It's a way to get our resources to the Hispanic Business Community.

## PODCAST

Spoke with Gladys and Olga about the Stratford Hispanic Heritage Committee and what Hispanic Heritage Month means to them. Spoke with Andrea about Hispanic businesses and how CTPL can help the Hispanic community.

# OCTOBER

## Safe Sleep and SIDS Awareness Month

Guests:

**Alison Jacobson**

CEO OF FIRST CANDLE



### PODCAST

Podcast with Alison on about SIDS Awareness Month, and the loss of her son, and why she created First Candle. We talked about and safe sleeping tips for parents and spoke how CTPL can help with mental health treatments and caregiver leave.



**November**

National Diabetes Awareness Month

Guests:

**Dr. Pooja Luthra**

UConn Health Endocrinologist and Director of  
the Diabetes Education Program

PODCAST

Discussed different types of diabetes. Dr. Luthra discussed how she treats her patients and educates them on health, diet, and lifestyle changes people need to make as well as new technology to treat diabetes.



## November

Thanksgiving and Hunger in Connecticut

Guests:

**Jason Jakubowski**

CEO OF Connecticut Foodshare

**Maria Paredes**

On the Board of Directors of CT Foodshare

### PODCAST

Jason and Maria talk about hunger in Connecticut and the increasing need for Foodshare pantries and mobile units. At this time of Thanksgiving how can we help? Donations help and so do programs like Foodshare and CTPL