

WJDM 1520 AM/1530 AM MINEOLA NY
2TH Quarter 2023 Public Affairs
BROADCASTED IN SPANISH

WEEK OF 1 April to April 8

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

SOURCE OF HEALTH

Forget or Forgive? Dr. Isabel explains the factors you must evaluate to start the forgiveness process.

FOR BETTER LIVING

The immigrant syndrome affects those who have left their country of origin; Dr. Eduardo López - Navarro shares tips for dealing with this feeling.

BLUE PLANET

This summer be very careful with extreme heat; Climate Power explains who is most affected by these radical environmental changes.

WEEK OF April 9 to April 15

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

NEWS

Due to new immigration laws in several states, it is essential to know your rights if the authorities detain you; José López Zamorano shares the steps to follow if you find yourself in this situation.

KNOWING IS POWER

In July, we celebrate the independence of the United States and it is a reminder that the history of this great country is also the history of the Latinos who live in it.

ROAD TO SUCCESS

Did you know that 1 in 4 women has suffered severe physical violence from her partner? But rarely willingly mentioning the cause of their injuries, La Red Hispana reminds all women that there is help and they are not alone.

WEEK OF April 16 to April 22

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

SOURCE OF HEALTH

This April, we celebrate World Autism Awareness Day. La Red Hispana explains how important it is to understand what it is to live with autism.

BLUE PLANET

Composting... What is it and what is it for? La Red Hispana explains how you can help the environment by practicing composting.

NEWS

Learn the most common mistakes when filing your taxes. José López Zamorano explains those and reminds us the deadline this year is April 18th.

FOR BETTER LIVING

Choosing reliable sources is within everyone's reach. Join the En Confianza chat on April 11 at 7 PM ET, 4 PM PT, live on La Red Hispana's Facebook page. Listen to experts discuss current health issues.

ROAD TO SUCCESS

Changes are coming in Medicaid, and Paulo Andalo from Kaiser Health News explains the reason for the change and what to do to avoid running out of Medicaid benefits.

KNOWING IS POWER

In this edition of Saber es Poder, listen to the recommendations of Dr. Ana Cepin, an obstetrician, and gynecologist at Columbia University.

WEEK OF April 23 to April 29

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

SOURCE OF HEALTH

Is melatonin a good resource to help babies or young children to sleep? Paula Andalo from Kaiser Health News, explains the dangers of its use and presents other options for the little ones in the house to sleep and for others to rest.

FOR BETTER LIVING

How are your New Year's resolutions going? Dr. Eduardo López Navarro guides us

on how to achieve what we need to achieve these goals.

BLUE PLANET

African Swine Fever is a deadly livestock virus found in the Caribbean. It's harmless to humans. But people can unknowingly spread the disease if they have contact with pigs — or carry pork when they travel.

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2TH Quarter 2023 Public Affairs WEEK OF April 30 to May 6

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ROAD TO SUCCESS

This Mother's Day, La Red Hispana celebrates all mothers for their unconditional love and dedication to their children.

KNOWING IS POWER

How can we identify the emotions that are hurting us? Dr. Isabel shares the best way to control harmful emotions.

SOURCE OF HEALTH

Listen to Dr. Susana Morales, internist at New York Presbyterian Hospital, explain the best way to protect yourself if you are pregnant or planning to become pregnant.

FOR BETTER LIVING

Listen to experts talk about the end of the COVID Public Health Emergency in the United States. Tune in to the En Confianza chat on May 16 at 7 PM ET / 4 PM PT, on La Red Hispana's Facebook Live page.

WEEK OF May 7 to May 13

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

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SOURCE OF HEALTH

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BLUE PLANET

Did you know the growing clean energy industry creates thousands of jobs? Climate Power shares the details of these good news.

NEWS

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FOR BETTER LIVING

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WEEK OF May 14 to May 20

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

SOURCE OF HEALTH

Have you ever wondered if you live with resentment? Dr. Isabel shares the signs so you know if you are feeling resentment.

FOR BETTER LIVING

The COVID-19 pandemic increased the percentage of people who have started or increased the use of substances such as alcohol or drugs.

HEALTH MINUTE

We all eat, but what can we eat to avoid certain diseases like gastritis? Dr. Ilan Shapiro recommends what should we eat and what not.

NEWS

Did you know that you can now file your taxes? Jose Lopez Zamorano explains that the IRS has already started the tax filing season and a simple and fast way for you to file your taxes.

WEEK OF May 21 to May 27

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

SOURCE OF HEALTH

Aymée Nuviola, Cuban composer, producer, actress, and Grammy Award winner, shares on La Red Hispana the importance of staying united and informed.

FOR BETTER LIVING

Listen to Dr. Susana Morales, internist at New York Presbyterian Hospital, explain the best way to protect yourself if you are pregnant or planning to become pregnant.

BLUE PLANET

Scientists have been clear that if we want to win the fight against climate change and extreme weather we must reduce fossil pollution. Climate Power explains what needs to be done to achieve this goal and how you can be part of this change.

NEWS

Make your next boating trip memorable, fun, and safe with the protection of life jackets.

KNOWING IS POWER

African Swine Fever is a deadly livestock virus found in the Caribbean. It's harmless to humans. But people can unknowingly spread the disease if they have contact with pigs — or carry pork when they travel.

ROAD TO SUCCESS

Do you have children that practice sports? Are you one of those loud and aggressive parents who embarrass their children? Dr. Eduardo Lopez-Navarro has essential tips that you can follow to motivate yourself and not let your negative emotions take control.

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2TH Quarter 2023 Public Affairs

BROADCASTED IN SPANISH

WEEK OF May 28 to June 3

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SOURCE OF HEALTH

Packing our own lunch has benefits that you may not know about. La Red Hispana provides tips to pack your lunch for you to enjoy this practice.

FOR BETTER LIVING

What can we do when our parents begin to have health problems due to age and do not accept our help? Paula Andalo of Kaiser Health News shares important steps to manage this moment.

HEALTH MINUTE

What is bronchitis? How to differentiate it from other respiratory problems? Dr. Ilan Shapiro explains the differences and what we can do to combat bronchitis.

NEWS

Dr. Susana Morales, internist from NY Presbyterian explains how immunity from COVID wanes over time and how the updated vaccines help prevent severe illness and death.

KNOWING IS POWER

Dr. Isabel explains what the ego is, how it affects us, and how we can manage it.

ROAD TO SUCCESS

Do you have doubts about buying a house? La Red Hispana recommends how to take the first step to make this important decision.

WEEK OF June 4 to June 10

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

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FOR BETTER LIVING

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HEALTH MINUTE

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KNOWING IS POWER

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ROAD TO SUCCESS

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WEEK OF June 11 to June 17

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HEALTH MINUTE

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WEEK OF June 18 to June 24

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FOR BETTER LIVING

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HEALTH MINUTE

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NEWS

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KNOWING IS POWER

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ROAD TO SUCCESS

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WEEK OF June 25 to June 30

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

FOR BETTER LIVING

Tomorrow is today! Dr. Eduardo López Navarro teaches techniques to stop procrastinating.

BLUE PLANET

Nearly 1 in 2 Latinos in the United States live in counties where the air violates ozone pollution levels. Climate Power brings us important information on laws that can mitigate climate change and improve our air.

NEWS

In the week that we celebrate the legacy of Cesar Chavez, La Red Hispana invites us to remember and honor the life of this activist who dedicated himself to fighting for the rights of farmworkers.

SOURCE OF HEALTH

Choosing reliable sources is within everyone's reach. Join the En Confianza talk on April 11 at 7 PM ET, 4 PM PT, live on La Red Hispana's Facebook page. Listen to experts discuss current health issues.

KNOWING IS POWER

If something about your partner or a friendship bothers you, you should ask yourself how much it affects you and if it is worth it. Dr. Isabel explains that in life you must weigh the positives and negatives of each situation and choose the battles.

ROAD TO SUCCESS

In this edition of Road to Success, listen to the recommendations of Dr. Ana Cepin, an obstetrician and gynecologist at Columbia University.