

WJDM 1520 AM/1530 AM MINEOLA NY

1TH Quarter 2023 Public Affairs

WEEK OF 1 January to 7

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

How much water do we use or waste? In the United States, a large amount of water is used per person. We give you easy tips to use in your day to day and save more water.

FOR BETTER LIVING

The Robert Wood Johnson Foundation and La Red Hispana provide essential tips for reducing technological stress among youth during the "Let's Talk about Mental Health" campaign.

BLUE PLANET

We thought that global warming was something of the future, but it is a situation of today. La Red Hispana reminds us of the consequences of global warming if we do not do something about it now.

HEALTH MINUTE

What is XBB 1.5? The new variant of COVID, Dr. Ilan Shapiro explains to us what are the best ways to take care of yourself.

KNOWING IS POWER

Why is someone a controlling person? Dr. Isabel explains how a person becomes controlling.

ROAD TO SUCCESS

In this new year how do you plan your goals? Dr. Eduardo Lopez advises you the right way to achieve your resolutions this year.

WEEK OF January 8 to January 14

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:

Depression, Asthma, Corona Virus, Drunk Driving Prevention, Wildfire Prevention, Emergency Preparedness, Bullying Prevention, Texting and Driving, Elder Care Assistance, Pet Adoption, Suicide Prevention, Autism Awareness, High Blood Pressure, Home Fire Drill, Discover the Forest campaign, and Seatbelt Safety.

WEEK OF January 15 to January 23

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:

Depression, Asthma, Corona Virus, Drunk Driving Prevention, Wildfire Prevention, Emergency Preparedness, Bullying Prevention, Texting and Driving, Elder Care Assistance, Pet Adoption, Suicide Prevention, Autism Awareness, High Blood Pressure, Home Fire Drill, Discover the Forest campaign, and Seatbelt Safety.

WEEK OF January 23 to January 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:

Depression, Asthma, Corona Virus, Drunk Driving Prevention, Wildfire Prevention, Emergency Preparedness, Bullying Prevention, Texting and Driving, Elder Care Assistance, Pet Adoption, Suicide Prevention, Autism Awareness, High Blood Pressure, Home Fire Drill, Discover the Forest campaign, and Seatbelt Safety.

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1TH Quarter 2023 Public Affairs

WEEK OF January 30 to February 5

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:

Depression, Asthma, Corona Virus, Drunk Driving Prevention, Wildfire Prevention, Emergency Preparedness, Bullying Prevention, Texting and Driving, Elder Care Assistance, Pet Adoption, Suicide Prevention, Autism Awareness, High Blood Pressure, Home Fire Drill, Discover the Forest campaign, and **Seatbelt Safety**.

WEEK OF February 6 to February 12

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:

Depression, Asthma, Corona Virus, Drunk Driving Prevention, Wildfire Prevention, Emergency Preparedness, Bullying Prevention, Texting and Driving, Elder Care Assistance, Pet Adoption, Suicide Prevention, Autism Awareness, High Blood Pressure, Home Fire Drill, Discover the Forest campaign, and Seatbelt Safety.

WEEK OF February 13 to February 19

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 February 20 to February 26

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1TH Quarter 2023 Public Affairs

WEEK OF February 27 to March 5

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

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 March 6 to March 12

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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.