

WJDM 1520 AM/1530 AM MINEOLA NY

1TH Quarter 2024 Public Affairs

WEEK OF January 01 to 07

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

As we age, our health changes, but this doesn't imply growing old in a negative sense. Paula Ándalo from KFF Health News shares examples of how our health evolves; emphasizing that aging doesn't mean being confined to bed without physical activity.

FOR BETTER LIVING

The past National Roof Over Your Head Day allowed us to reflect on the situation of homeless people. At La Red Hispana, we share suggestions on how you can help in your community to make a difference.

BLUE PLANET

Electric cars are a more environmentally friendly choice. At La Red Hispana, we explain how these vehicles impact the environment.

HEALTH MINUTE

Authenticity is crucial in the Hispanic entertainment industry. At La Red Hispana, we showcase success stories like those of Pipe and Orlando, highlighting the importance of maintaining authenticity in this field.

KNOWING IS POWER

What is compassion? Dr. Isabel shares what compassion is and poses the question: Why do you want to practice it?

ROAD TO SUCCESS

As our children grow, their questions become more complex. Saying "I don't know" is not a failure; at La Red Hispana, we explore how these moments can be used to benefit the education of our children.

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:

SOURCE OF HEALTH

Have you ever wondered if it's safe to let a child sleep when they have a fever? La Red Hispana brings you the answer and some tips on what you can do.

FOR BETTER LIVING

Winter has arrived, and it's time to make the most of it! La Red Hispana shares family-friendly activities you can enjoy during this winter season.

HEALTH MINUTE

Farm workers are left without jobs during the winter season . How do they survive during this season? We tell you what you can do to help.

NEWS

. If you are a college student or wish to enroll in academic programs, La Red Hispana and Fidelity Scholars share information on college scholarships.

ROAD TO SUCCESS

In this edition, Ingrid Macher, a health and nutrition coach, shares her experience to remind us that goals can be achieved

WEEK OF January 15 to January 21

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 felt a pain that makes you think your kidneys are not functioning well? La Red Hispana offers advice on identifying this pain, its causes, and what you can do about it.

FOR BETTER LIVING

We know that losing weight can be a challenging goal. At La Red Hispana, we will help you understand why sometimes you don't see the results you desire.

BLUE PLANET

Meteorological phenomena marked the year 2023. Climate Power and La Red Hispana share some initiatives that are being carried out to combat the effects of what the year left behind.

HEALTH MINUTE

La Red Hispana shares advice on how you can identify and what you can do if you or someone you know is experiencing human trafficking.

KNOWING IS POWER

Are you in a new relationship and unsure on how to balance between your relationship, family, and friends? Dr. Isabel shares simple tips.

ROAD TO SUCCESS

What are your financial goals? Finance expert Elaine King shares tips for setting achievable goals for this new year.

WEEK OF January 22 to January 28

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

Excessive alcohol consumption is more common among Latinos and can result in a higher risk of accidents and death. There are free resources in Spanish that can be helpful in the struggle to help quit alcohol consumption.

FOR BETTER LIVING

Anger in our children can lead to tantrums. Dr. Eduardo López Navarro shares with us how to handle this situation and what is the first step to help them learn to manage their emotions.

HEALTH MINUTE

Diabetes can affect life, but it does not define a person. There are simple steps you can take to take care of your health.

KNOWING IS POWER

The land route from Mexico to the United States has been rated as the most deadly by the United Nations, with hundreds of lives lost in the attempt.

NEWS

About immigration and crime, Factchequeado.com managed to contrast data to understand the reality of migrants in the U.S.

ROAD TO SUCCESS

Are you looking to start a business? Juan Del Cerro has a message that will help you make the positive impact you need

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WEEK OF January 29 to February 4

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

Sleeping with your baby or surrounding them with toys while they sleep can be risky. Listen to the recommendations of doctors and experts.

FOR BETTER LIVING

Nearly a third of American adults now report symptoms of depression or anxiety, and Latinos have a considerably greater need for mental health services that are not being addressed. There are free resources on La Red Hispana.com

HEALTH MINUTE

Be cautious of sugary drinks, as these can affect your health. Dr. Shaps explains how you can stay hydrated without experiencing the harmful effects of sugar.

KNOWING IS POWER

It's important to understand how to calm yourself in order to control anger. Teach your child how to calm their emotions; Dr. Eduardo López Navarro tells us how to achieve it.

NEWS

Sergio Muñoz shares what anyone with alcohol addiction can experience and what they can do to overcome alcoholism.

ROAD TO SUCCESS

In a world where climate change threatens our future, it is crucial to move from words to concrete actions. Despite the obstacles, the future can be bright if we act together against climate change.

WEEK OF February 5 to February 11

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

Across the country, a deadly war is being fought. The enemy is fentanyl. José Magaña, substance prevention officer in the city of Los Angeles, explains the dangers of this drug.

FOR BETTER LIVING

Anger deeply affects our children. Dr. Eduardo López-Navarro shares simple strategies you can apply.

HEALTH MINUTE

The waste we generate from our homes is severely impacting nature. La Red Hispana has recommendations to help contribute to environmental conservation.

KNOWING IS POWER

Did you know that the immigration issue has become the most important one during this election year? José López Zamorano from La Red Hispana emphasizes the importance of our rights.

NEWS

Suicide rates have increased by approximately 30% since the year 2000, and Latinos have a significantly greater need for mental health services that is not being addressed. La Red Hispana offers free resources you can use

ROAD TO SUCCESS

Cancer touches many lives every year. Learn about the most common types of cancer and their symptoms. Remember that prevention is key.

WEEK OF February 12 to February 18

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

Being without a partner on Valentine's Day can be an opportunity to celebrate with those who care about you, such as your family or friends. Don't let sadness accompany you.

FOR BETTER LIVING

Global warming is an urgent issue; record greenhouse gas emissions are damaging the Earth. You can contribute through small daily actions. In "Planeta Azul" we tell you how you can do it.

HEALTH MINUTE

Financial harmony in love is possible. Financial advisor Elaine King tells us how to grow finances and plans as a couple.

NEWS

Supporting and accompanying your children is fundamental. Child education specialist Karina Tejeira explains the importance of sharing quality moments without frustration.

KNOWING IS POWER

Did you fall madly in love at some point in your life? Dr. Isabel talks to us about the difference between infatuation and love.

ROAD TO SUCCESS

The Surgeon General of the United States, Vivek Murthy, issued a warning sharing about how the use of social media is one of the main contributors to depression, anxiety, and other issues in the country's teenagers. There are free resources available on La Red Hispana.com

WEEK OF February 19 to February 25

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

Being pregnant is a unique moment in a woman's life. If you are an immigrant in the United States, there are useful resources and training available to you. We tell you how in "Fuente de Salud."

FOR BETTER LIVING

In our diverse Latino community in the United States, language can sometimes overshadow the richness of our culture. In this edition, we help you identify discriminatory language.

HEALTH MINUTE

We know the heart is extremely important, but how can we take care of it? Dr. Ilan Shapiro gives us simple tips that we can follow daily to keep the heart healthy.

NEWS

During tax season, it is crucial to consider what you should avoid when filing your return. At La Red Hispana, we discuss aspects that could lead to an audit.

KNOWING IS POWER

The cost of living in the United States is rising, raising concerns about indebtedness. Did you know that there are government programs and assistance services to pay off debts in key sectors such as education, housing, and health? In “Saber es Poder” we provide details on how to access these benefits.

ROAD TO SUCCESS

In the lives of many people, emotional support animals have become valuable companions, providing relief from loneliness. At La Red Hispana, we share the requirements for having a companion animal at home.

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WEEK OF February 26 to March 3

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

If you're dealing with sleep problems, La Red Hispana shares some simple and effective tips to improve the quality of your sleep.

FOR BETTER LIVING

Have you found yourself unable to stop eating? Raúl González shares his experience in overcoming food addiction.

HEALTH MINUTE

Caffeine has benefits, but what happens when you consume it excessively? Dr. Ilan Shapiro explains.

NEWS

Fear can be present in the education of our children. Psychologist Cristina Martínez explains what fear means and how it affects the child's development.

KNOWING IS POWER

Suicide rates have increased by approximately 30% since the year 2000, and Latinos have a significantly greater need for mental health services that are not being addressed. La Red Hispana offers free resources you can use.

ROAD TO SUCCESS

Did you know you can validate your home country's college degree in the United States? La Red Hispana has information you can use to learn more about this process.

WEEK OF March 4 to March 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:

SOURCE OF HEALTH

In a world flooded with information about nutrition, it's easy to get lost between what's good and what's bad. La Red Hispana shares crucial information about obsessive, strict, and meticulous eating.

FOR BETTER LIVING

Did you pass the citizenship test? Excellent, now what? Attorney Rafael Borrás explains the steps to take to fulfill the great dream of becoming a U.S. citizen.

HEALTH MINUTE

Do you suffer from back pain? It could be sciatica. Dr. Ilan Shapiro shares tips on what we can do if we experience that intense pain.

NEWS

Did you know that Latina women in the United States have higher civic participation rates than men? As we celebrate Women's History Month, La Red Hispana reminds you how important it is to register to vote if you are a U.S. citizen and over 18 years old.

KNOWING IS POWER

March is Women's History Month, so we express our gratitude to all hardworking women and we add our voices to the fight against inequality.

ROAD TO SUCCESS

Excessive alcohol consumption is more common among Latinos and can result in a higher risk of accidents and death. There are free resources in Spanish that can be helpful in the struggle to quit alcohol consumption.

WEEK OF March 11 to March 17

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

Nearly a third of American adults now report symptoms of depression, and Latinos have a considerably greater need for mental health services that are not being addressed. There are free resources on La Red Hispana.com

FOR BETTER LIVING

Anxiety is a very common issue among Hispanics. Dr. Eduardo López shares the most common symptoms

HEALTH MINUTE

Agricultural work faces unique challenges, with laws often overlooked, resulting in injuries and fatalities. La Red Hispana explains the rights of workers in this field.

NEWS

Did you know that there still exists a wage gap between women and men, especially when it comes to Latina women? La Red Hispana shares this important information in this Women's Month.

KNOWING IS POWER

It's tax season, do you know if you need to file taxes and when the deadline is? Expert Luis Dávila shares the date and explains who needs to file.

ROAD TO SUCCESS

When it comes to our finances, some mistakes impact our economy. Financial advisor Elaine King advises us on what to do to avoid them.

WEEK OF March 18 to March 24

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

If you are experiencing symptoms of anxiety, it's important to assess how much this is interfering with your daily activities. Dr. Eduardo López Navarro explains how to evaluate what you are feeling.

FOR BETTER LIVING

U.S. Surgeon General Vivek Murthy warns that the use of social media is one of the main contributors to depression, anxiety, and other issues in the country's teenagers. There are free resources available at LaRedHispana.com

HEALTH MINUTE

In the search for assistance for individuals over 70 years old to ensure their well-being and quality of life, there are services and resources designed to support the elderly. We explain what they are and how you can access them.

NEWS

Having insurance is within your reach. There are plans that fit your status. Learn what the requirements are, and which plans may work for you.

KNOWING IS POWER

If you are in a situation of domestic violence, remember there is always help available. In this edition, we share what you need to know to ensure your safety.

ROAD TO SUCCESS

What have we learned from the COVID-19 pandemic? Dr. Shaps comments on what we should consider and never forget

WEEK OF March 25 to March 31

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

Millions of Hispanics in the United States suffer from anxiety. Arriving in a new country with a new culture can affect us. Dr. Eduardo López-Navarro shares simple tips for coping with this stress

FOR BETTER LIVING

Cesar Chavez, activist and labor leader, dedicated his life to fighting for the rights of agricultural workers. Let's remember his legacy.

HEALTH MINUTE

By consuming fresh or minimally processed foods, we can achieve a healthy and delicious diet. Ale Graf, from Piloncillo y Vainilla, tells us more.

NEWS

Preparing for your children's higher education is extremely important. From La Red Hispana, we share tips from an expert on student scholarships to help you in this process.

KNOWING IS POWER

Did you know that there are around 6 million people in the United States without a bank account? Have you seen signs in stores that say "Cash not accepted"? From La Red Hispana, we tell you how we can support these individuals.

ROAD TO SUCCESS

Have you heard of Cushing's syndrome? Dr. Ilan Shapiro explains what it is.