



"ALL FOR ONE – ONE FOR ALL"

LEAGUE OF UNITED LATIN AMERICAN CITIZENS, LULAC

MISSION : The Mission of the League of United Latin American Citizens is to advance the economic condition, educational attainment, political influence, housing, health and civil rights of the Hispanic population of the United States.

TEXAS STATE LULAC DEPUTY DIRECTOR FOR THE ELDERLY – RODOLFO "RUDY" MARTINEZ

LULAC ELDERLY PROGRAM



LULAC History

The League of United Latin American Citizens (LULAC), founded in 1929, is the oldest and most widely respected Hispanic civil rights organization in the United States of America. LULAC was created at a time in our country's history when Hispanics were denied basic civil and human rights, despite contributions to American society. The founders of LULAC created an organization that empowers its members to create and develop opportunities where they are needed most.

HOW LULAC WAS FOUNDED

In 1945, a California LULAC Council successfully sued to integrate the Orange County School System, which had been segregated on the grounds that Mexican children were "more poorly clothed and mentally inferior to white children." Additionally, in 1954, LULAC brought another landmark case, Hernandez vs. the State of Texas, to protest the fact that a Mexican American had never been called to jury duty in the state of Texas. The Supreme Court ruled this exclusion unconstitutional.

Since then, LULAC has fought for full access to the political process and equal educational opportunity for all Hispanics. LULAC's continues to play an active role in these efforts. LULAC councils across the United States hold voter registration drives, citizenship awareness sessions, sponsor health fairs and tutorial programs, and raise scholarship money for the LULAC National Scholarship Fund. This fund, in conjunction with LNEESC (LULAC National Educational Service Centers), has assisted almost 10 percent of the 1.1 million Hispanic students who have gone to college.

LULAC Councils have also responded to an alarming increase in xenophobia and anti-Hispanic sentiment. They have held seminars and public symposiums on language and immigration issues. In addition, LULAC officers have used television and radio to protest against the "English Only" movement, which seeks to limit the public (and in some cases, private) use of minority languages.

Below is an account of the struggles that LULAC and its members have had to endure in order to improve the status of employment, housing, health care, and education for all Hispanics in the United States of America

Reasons That Lead To The Formation of LULAC

When the United States of North America annexed a third of Mexico's territory following the Mexican War, nearly 77,000 Mexicans became U.S. citizens. For generations, these citizens were to be plagued by prejudice that would result in overt acts of discrimination and segregation. This prejudice led to the curtailment of many civil rights. The sign, "No Mexicans Allowed" was found everywhere.

In Texas, prejudice and acts of discrimination had reached such extreme proportions that Mexican Americans began organizing to defend themselves. There were three main organizations: The Order of the Sons of America with councils in Somerset, Pearsall, Corpus Christi, and San Antonio; The Knights of America in San Antonio; and The League of Latin American Citizens with councils in Harlingen, Brownsville, Laredo, Penitas, La Grulla, McAllen, and Gulf.

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. It is important to understand what to expect. Some changes may just be part of normal aging, while others may be a warning sign of a medical problem. It is important to know the difference, and to let your health care provider know if you have any concerns

To promote heart health:

- **Include physical activity** in your daily routine. Try walking, swimming or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight, lower blood pressure and lessen the extent of arterial stiffening.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium. A healthy diet can help you keep your heart and arteries healthy.
- **Don't smoke.** Smoking contributes to the hardening of your arteries and increases your blood pressure and heart rate. If you smoke or use other tobacco products, ask your doctor to help you quit.
- **Manage stress.** Stress can take a toll on your heart. Take steps to reduce stress — or learn to deal with stress in healthy ways.
- **Get enough sleep.** Quality sleep plays an important role in healing and repair of your heart and blood vessels. People's needs vary, but generally aim for 7 to 8 hours at night.



LULAC COUNCIL 9900

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"The League of United Latin American Citizens appointed the Chair for the Texas Civil Rights Committee I am Responsible for coordinating civil rights matters throughout the State of Texas. I respond to written and telephone inquiries from the public and elected officials. I give testimony at hearing of employment, housing, education, unemployment, abuse, workman's compensation, etc. I received the National "Man of The Year " award July 2014 in New York because of my successful approach to resolving matters and producing the "Ahora - Si Se Puede" CD . On June 2017 was elected Deputy Director for the Elderly." - Rudy Martinez



LULAC COUNCIL 9900

LULAC Council 9900 was created to implement and disseminate valuable information on issues affecting the Latino elderly community, i.e., LULAC Elderly Latinos. The organization is involved with elderly issues, such as, health, housing, safety, and civil rights.

HEALTH – HEALTHY NUTRITION, HEALTH ALTERNATIVES, PREVENTION AND RISK FACTORS, TREATMENT AND THERAPIES, TABACCO PREVENTIO
<http://Nhttp://health.mo.gov/safety/abuse/>

HOUSING - What are your senior housing options?
<http://homeguides.sfgate.com/elderly-housing-problems-52906.html>

SAFETY – Abuse, Neglect, and Exploitation, Disabled
<https://www.nachi.org/elderlysafety.htm>

CIVIL RIGHTS – Employment & Health Discrimination
<http://www.twc.state.tx.us/partners/civil-rights-discrimination>

Learn about LULAC through Music-CD "Ahora Si Se Puede", listen by going to <https://store.cdbaby.com/m/cd/josegmartinezsr>. If you like a copyof CD - invite Rodolfo 'Rudy' Martinez to your LULAC District event.