

# Batey Health Education Stations GUIDE

revised March 2019





**EDUCATION \* PREVENTION \* PROTECTION  
for the health of all**

## **INTRODUCTION**

The primary focus of these activities is health education and promotion, done in collaboration with Fundación Enciende Una Luz (Light A Candle Foundation), a Dominican non-profit organization.



Education is fundamental to improving health. Effective health education enables people to make more informed decisions to protect and improve their lives, even within very limited resources. In surveys, batey residents have identified education as the priority need of their communities. In an attempt to respond to this expressed need, volunteers will have the opportunity to participate side-by-side with the Dominican Light A Candle team to provide nutrition, hygiene, and disease prevention education to children and adults.

The value of the education continues after we depart.

### **More about the activities**

Volunteers will travel by van or school bus into the countryside to the bateys of the sugar cane fields (communities of sugar cane workers and their families, who are often Haitian immigrants or of Haitian descent) where the Light A Candle staff will arrange logistics, interpret as needed and facilitate the health education stations. Volunteers will lend support to these Dominican-led educational activities.



The seven station options for this year are:

- Hygiene Station** – for children, ages 7-14
- Child Nutrition Station** – for children, ages 7-11
- Blood Pressure Station** – for adults
- Kids' Play Zone** - for children of all ages
- First Aid Station** - for individuals ages 16 and older
- Heart Healthy Diet** - for ages 16 and older
- Parasite Medication Station** - for children, ages 1-12

## HYGIENE STATION

This module will teach 40 children (ages 7-14) each day about the basics of disease transmission and the importance of good hygiene practices, especially washing hands with soap.



**Problem addressed:** Handwashing with soap at critical times helps children and their communities stay healthy. Children living in the batey need education and encouragement in this.

**Main message:** Wash hands with soap before eating, after going to the bathroom, and other critical times to prevent illness.



**Preparation:** some preparation of activity supplies; brief review of Hygiene Station materials.

**Staffing:** 2 LAC STAFF, 2 VOLUNTEERS

**Activities:** (\* = volunteer activity with Dominican partner)

Gather groups of 5 children. Session lasts ~20-30 minutes.

Do pre-test to assess baseline knowledge. Record results.\*

Introduce educational content.

Show an 8 minute animated educational video.\*

Review educational content.

Each child sorts paper strips with behavior images into healthy and unhealthy; creates and takes home a paper chain of healthy behaviors and unhealthy behaviors.\*

Grade ability to complete sorting activity correctly using pre-established codes; record results.\*

Do post-test to assess knowledge acquired. Record results.\*

Distribute a bar of soap to participants.\*



## HYGIENE STATION DATA SHEET

BATEY		DATE		QUESTION 1-PreTest	QUESTION 2-PreTest	QUESTION 3-PreTest	QUESTION 1-PostTest	QUESTION 2-PostTest	QUESTION 3-PostTest	Image sorting activity
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**QUESTION 1: Tell me 2 important times for you to wash your hands?**

*Possible Correct Answers:* Before eating, before handling food/water, after going to the bathroom, after changing the baby, after touching animals, after working in fields

**QUESTION 2: (PRE) When do you wash your hands? (POST) When will you wash your hands?**

*Possible Correct Answers:* Before eating, before handling food/water, after going to the bathroom, after changing the baby, after touching animals, after working in fields

**CODE:** 2 = identifies 2 correct times to wash hands, 1 = identifies 1 correct time to wash hands, 0 = Incorrect Response

**QUESTION 3: (PRE) Do you use soap when you wash your hands? (POST) Will you use soap when you wash your hands? 2 = yes 1 = sometimes 0 = no**

**Image Sorting Activity:** 1 = all correctly sorted 0 = some not correctly sorted

### CODING for DATA SHEET

**GENDER**

0 = Male

1 = Female

**PRE- AND POST-TEST RESPONSES**

0 = Incorrect response(s)

1 = Identifies 1 correct time to wash hands

2 = Identifies 2 correct times to wash hands

**IMAGE SORTING ACTIVITY**

0 = some not correctly sorted

1 = all correctly sorted

## HYGIENE STATION ACTIVITY



**SUPPLIES FOR IMAGE SORTING ACTIVITY**

\*\*\*\*\*

### REVIEW & ACTIVITY—

After video viewing, clarifying questions will be asked to children by LAC staff

Examples: What caused Filip’s family to become sick? What did Wosten and his family do to prevent illness? Did you notice that Wosten’s family washed their hands with soap? This is very important!

Each child will be directed to a separate place, shown the trays labeled “Saludable” (Healthy) and “Enfermedad”(Illness). The child will be given set of colorful strips of paper with images. Ask them to sort the strips according to the images in either the Saludable or Enfermedad tray

The Volunteer will observe if they sort the strips correctly (all yellow/orange strips go in the Enfermedad tray; all blue/green strips go in the Saludable tray) and record this according to the codes on the Data Sheets. If they sort incorrectly, the Volunteer can ask LAC staff to explain the concepts again to the child

The child is then directed to take the strips in the Enfermedad tray and make a paper chain, then add the strips in the Saludable tray to make the chain longer.

Give each child a bar of soap, tell them to take their chains home to remember the story and tell others!

## **Hygiene Supplies – PER DAY**

- Tote Bag with 40 kits of paper strips for image sorting activity in gallon ziploc and plastic Hygiene folder with pens, small staplers, extra staples and 2 Data Sheets in English & 2 Data Sheets in Spanish
- Tote Bag with 40 bars of soap and 6 Black plastic sorting trays and Laminated signs to attach to trays (3 Saludable, 3 Enfermedad)
- Laminated signs to attach to trays (3 Saludable, 3 Enfermedad)
- Laptop, speakers, charger
- Clipboards
- Portable Table

### **NOTES ON SUPPLY PREPARATION:**

Prepare 40 sets of images strips (with each of the 10 different images on the paper strips).

Put 40 sets of paper strips in a large Ziploc bag for each day.

Assemble sorting trays: attach a Saludable sign to trays, attach an Enfermedad sign to trays.

Put assembled trays, bag of 40 sets of plastic strips, clipboards in tote bag for each day.

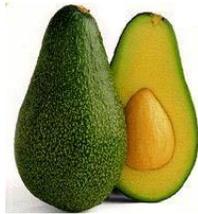
Put 40 bars of soap in a tote bag for each day.

## CHILD NUTRITION STATION

This module will teach 40 children per day (ages 7-11) about the importance of eating fruits and vegetables – especially those that are yellow, orange, red and green.

**Problem addressed:** Lack of diversity in the diet is a widespread problem in the bateys, as in much of the world. Children especially need a diverse diet including fruits and vegetables to provide necessary nutrition for growth and brain development.

**Main message:** When possible, every day try to eat a fruit or vegetable that is yellow, orange, red or green. These provide your body with the ability to grow and stay healthy.



**Preparation:** some preparation of activity supplies; packing of fruit; brief review of Station materials.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

**Activities:** (\* = volunteer activity with Dominican partner)

Gather groups of 5 children. Session lasts ~20-30 minutes.

Using visual aids, present educational content. Volunteers can help display learning materials while Dominican staff explains.\*

Review educational content, asking the children to name fruits or vegetables that are yellow, orange, red and green.

Provide the children with crayon bundle and one coloring sheet at a time on a plastic tray.\*

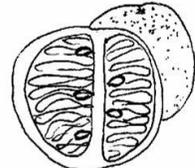
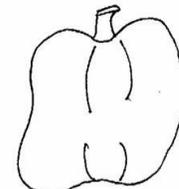
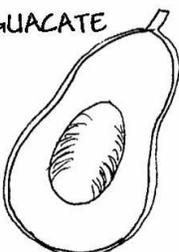
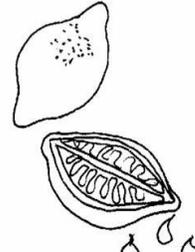
Sit with them as they color.\*

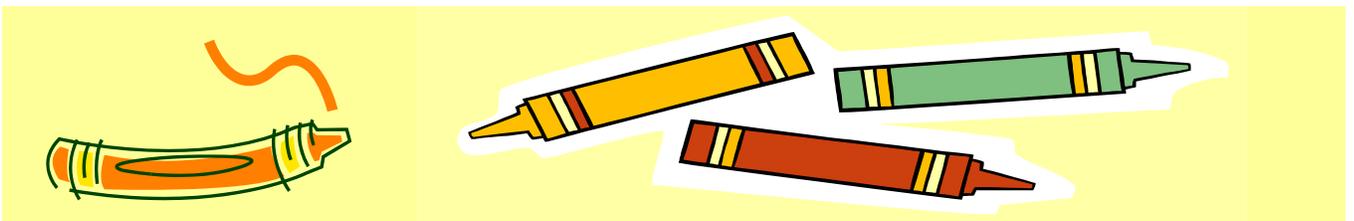
When coloring is completed, help each child wash their hands and distribute to each child a bag of fruit.\*

Assist them in placing crayons and coloring sheets in yellow plastic bag, along with fruit as they prepare to depart the station.\*



CHILD NUTRITION COLORING SHEETS

<p>Cuando puedes escoger, escoge comer un vegetal o una fruta verde o naranja cada día</p>	<p>VERDURAS</p> 	 <p>BATATA</p>	 <p>MANGO</p>
 <p>NARANJA</p>	<p>EL COMER DE VEGETALES Y FRUTAS VERDES, NARANJAS, ROJOS Y AMARILLOS DA BUENA SALUD</p> 		 <p>PIMIENTO</p>
<p>AGUACATE</p> 			<p>LIMÓN</p> 
<p>TOMATE</p> 	<p>ZANAHORIA</p> 	<p>CALABAZA</p> 	<p>Estas comidas te ayudan para CRECER Y PROTEGER DE ENFERMEDADES</p>



# ALIMENTO PARA UNA BUENA SALUD



**EL COMER DE VEGETALES Y FRUTAS  
VERDES, NARANJAS, ROJOS Y AMARILLOS  
DA UNA BUENA SALUD**



# **Child Nutrition Supplies – PER DAY**

## **Supplies to bring to batey**

- Plastic Child Nutrition folder containing 40 of each coloring sheet
- 2 Tote Bags
  - 40 bundles of crayons
  - Fruit for 40 children
  - Visual aids – plastic fruit & posters
  - 40 large yellow plastic bags
  - Handwashing supplies provided by LAC staff
- 6 large plastic trays
- Portable table
- Portable bench

## BLOOD PRESSURE STATION

This module will evaluate 40 adults for hypertension per day.

**Problem addressed:** Hypertension is a prevalent chronic disease in the batey population. Uncontrolled hypertension can have serious consequences on the heart, brain, and kidneys that can lead to disability and death.

**Station objective:** evaluate blood pressure, raise awareness of hypertension consequences, treat hypertension as detected and refer patient for follow up at nearby clinic.

**Preparation:** some preparation/packing of paper supplies and medication; brief review of Station materials and use of automatic blood pressure machine.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

**Activities:** (\* = volunteer activity with Dominican partner)

LAC staff will gather adults who would like a blood pressure check.

Volunteers will use an automatic blood pressure machine to take adults' blood pressure. A Light A Candle staff member will work with you, but you can indicate for each adult **to be seated** ("*sientese por favor*") and then take their blood pressure with the machine (use right arm if there is no problem doing so due to injury, etc).\*

Carefully write the reading on a red hypertension flyer. \*

If a person's blood pressure reading has a top number greater or equal to 140 or a lower number greater or equal to 90, then direct this person to the LAC doctor working in the station. \*

Doctor will evaluate and give medications according to a well-developed/tested protocol, and give a Clinic Referral Card. Doctor will record patient information on duplicate sheet, and complete patient information on a white blood pressure card that the patient keeps.

If a person's blood pressure reading has a top number less than 140 or a lower number less than 90, then tell this person that their blood pressure is normal ("*es normal*") and give the person the white card and a bag of multivitamins. These patients are then ready to depart the station. \*



## **Blood Pressure Station Supplies – PER DAY**

- Tote Bag with these supplies:
  - 2 automatic blood pressure cuffs in tote bag (extra batteries also in bag)
  - 30 bags of vitamins
  - 30 bags of Amlodipine
  - 20 bags of Atenolol
  
- Plastic Folder with these supplies:
  - 50 little white blood pressure cards (available from LAC staff)
  - 30 Clinic Referral cards
  - 50 red flyers
  - 6 pens
  - DRMP medication protocol
  - "Patient Entries" Sheet
  - Station Guide
  - Supply Preparation List
  - "How to take Automatic Blood Pressure"

### NOTES ON SUPPLY PREPARATION:

Pack vitamins – put label on little plastic bag, fill bag with 30 vitamins – put these in large plastic bag labeled vitamins.

Pack hypertension meds according to instructions given by Light A Candle staff

## KIDS PLAY ZONE

This module will allow 40 children to participate in games and activities with volunteers. While adults participate in the other education station, the children are engaged in fun activities.

**Preparation:** packing supplies

**Staffing:** 2 LAC STAFF, 2-4 VOLUNTEERS

**Operation:**

Provide supplies and volunteers for an array of activities for children to engage in.



## STATION ACTIVITIES

Drawing/coloring with markers, crayon, or chalk

Games

Music – singing, percussion instruments, recorded music

## **PLAY ZONE STATION SUPPLIES**

- Rolls or sheets of paper
- Coloring sheets with health messages
- Crayons, chalk, markers
- Jump ropes
- Bats/balls
- Frisbees
- Bubbles
- Hacky sacks
- Boom box
- Percussion instruments

## FIRST AID STATION

This module will teach 40 individuals (ages 16-adult) about basic first aid for wounds and burns.

**Problem addressed:** Wounds and burns occur frequently in batey communities. Open fires are used to cook food and there are other safety hazards. Supplies for wound care are often not available. Wounds and burns can result in serious infection if not cared for properly.

**Main message:** Keep wounds and burns clean while healing. Monitor for signs of infections. Recognize certain signs that indicate when a wound or burn is more serious, infected, and needs medical attention.

**Preparation:** preparation of first aid kits; brief review of First Aid Station materials.

**Staffing:** 2 LAC STAFF; 2 VOLUNTEERS

Activities: (\*=volunteer activity with Dominican partner)

Gather 5-6 individuals. Session lasts ~20-30 minutes.

Ask each person the pre-test questions and code their answers according to Data Sheet to assess baseline knowledge. \*

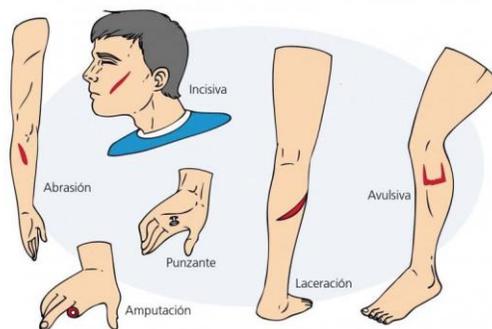
Discuss the elements of basic first aid for wounds and burns, including:

- recognize different types of wounds and burns
- steps for cleaning and caring for wounds and burns
- supplies that are helpful for cleaning and caring for these injuries
- recognize signs of serious injury, infection, and when medical attention is needed

Ask questions and clarify to ensure good understanding by station participants.

Give each person a First Aid Kit.

Ask each person the post-test questions/activity question. Code their answers according to Data Sheet to assess knowledge acquired. \*



BATEY: \_\_\_\_\_

DATE: \_\_\_\_\_

	NAME	Gender	Age	QUESTION 1-Pre Test	QUESTION 2-Pre Test	QUESTION 3-Pre Test	QUESTION 1-Post Test	QUESTION 2-Post Test	QUESTION 3-Post Test	Activity
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**QUESTION 1: Any wound large or small can become infected?**  
CODE: 1=Yes 0=No.

**QUESTION 2: What should you use to wash or disinfect wounds?**  
CODE: 2= Water, soap, alcohol 1=At least one 0=None of these

**QUESTION 3: When a wound is infected, how does this present?**  
CODE: 2= Fever, pain, pus, swelling, bad odor. 1=At least one. 0=None of these

**Activity: Identify 3 supplies of their kit**  
CODE: 2= Gauze, tape, bandaids, soap, ointment, alcohol 1=At least one. 0=None of these.

## CODING

### **GENDER**

0 = Male

1 = Female

### **PRE- AND POST-TEST RESPONSES**

Questions 1-3

0 = Incorrect response(s) / Couldn't complete

1 = Identifies 1 correct answer

2 = Identifies 2 correct answers

# First Aid Station Supplies – PER DAY

## Take to Batey each day

- 1 Portable table
- 3 clipboards
- 1 Tent with side panels
- 1 Portable bench
- 5 Laminated posters/visual aids for station
  
- 40 ziploc bags packed with first aid supplies
  
- Tote bag
- Plastic accordion folder containing:
  - 5 Data Sheets (Pre/Post test) in English
  - 5 Data Sheets (Pre/Post test) in Spanish
  - 3-6 pens
  - Station Guidelines

## Supply Preparation per day

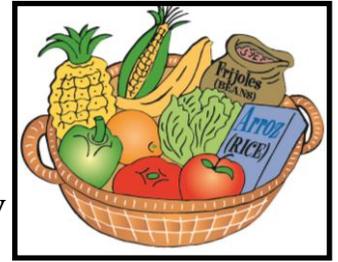
Create 40 First Aid kits by adding the following contents to a sandwich ziploc bag

- Band-aids (specified quantity)
- Antibiotic Ointment (specified quantity)
- Gauze Pads (specified quantity)
- Roll of Tape (specified quantity)
- Bar of Soap (specified quantity)
- Alcohol Wipes (specified quantity)
- Other (specified quantity)

## HEART HEALTHY DIET STATION

This module will teach 40 individuals (ages 16-adult) about the key points of a diet that supports heart health and how to apply this information in their dietary choices.

**Problem addressed:** Cardiovascular disease is very prevalent in the DR and batey communities. Often people are not aware of the impact of dietary choices on their health.

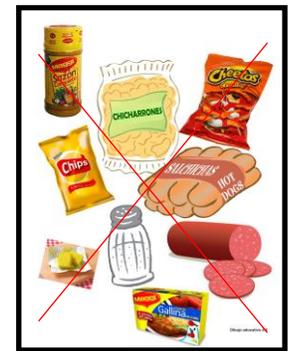


**Main message:** Eat lots of fruits and vegetables. Limit amount of sodium and saturated fat to help keep your heart healthy. Making dietary choices that promote health can save lives and enhance quality of health.

**Preparation:** preparation of food, packing of food and supplies; brief review of Healthy Diet Station materials.

**Staffing:** 2 LAC STAFF; 2 VOLUNTEERS

Activities: (\*=volunteer activity with Dominican partner)



Gather 5-6 individuals. Session lasts ~20-30 minutes.

Ask each person the pre-test questions and code their answers according to Data Sheet to assess baseline knowledge. \*

Discuss the elements of a heart healthy diet, including:

- eat lots of fruits and vegetables every day
- avoid eating much saturated fat
- limit the amount of sodium/salt in your diet
- use natural foods to give good flavor to your food



Demonstrate the preparation of “natural seasoning.”

Give each person a spoon and plate of food prepared with the natural seasoning so they can taste the flavor. \*

Give each person a bag of foods for a heart healthy meal - rice, beans, pepper, onion, garlic. \*

Ask each person the post-test questions and code their answers according to Data Sheet to assess knowledge acquired. \*

Collect any trash left in the area before inviting the next group.\*



BATEY: \_\_\_\_\_

DATE: \_\_\_\_\_

	NAME	Gender	Age	QUESTION 1-Pre Test	QUESTION 2-Pre Test	QUESTION 3-Pre Test	QUESTION 1-Post Test	QUESTION 2-Post Test	QUESTION 3-Post Test
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**QUESTION 1: How does it effect your health if you eat lots of salt and fat?**

CODE: 2=High blood pressure, increases blood cholesterol or lipids, edema, gain weight. 1=At least one 0=None.

**QUESTION 2: Name natural ingredients that give flavor to the food**

CODE: 2= peppers, garlic, onion, cilantro, celery 1=At least one 0=None.

**QUESTION 3: Mention some foods that have a lot of fat.**

CODE: 2= Salami, french fries, butter, fried foods, fried pork rinds. 1=At least one 0=None.

**CODING**

**GENDER**

0 = Male

1 = Female

**PRE- AND POST-TEST RESPONSES**

Questions 1-3

0 = Incorrect response(s) / Couldn't complete

1 = Identifies 1 correct answer

2 = Identifies 2 correct answers

# Heart Healthy Diet Station Supplies – PER DAY

## Take to Batey each day

- 1 Portable table
- 3 clipboards
- 1 Tent with side panels
- 1 Portable bench
- 1 Trash bag to collect trash
- Visual aids for station
  
- 40 gallon bags of packaged rice, beans, vegetables packed in rolling duffel bag
  
- Prepared food (done by LAC staff) with serving spoon
- Ingredients and equipment to prepare “natural seasoning” (done by LAC staff)
- 40 paper plates, 40 plastic spoons
- Handwashing supplies
  
- Tote bag
- Plastic accordion folder containing:
  - 5 Data Sheets (Pre/Post test) in English
  - 5 Data Sheets (Pre/Post test) in Spanish
  - 3-6 pens
  - Station Guidelines

## Supply Preparation per day

- Measuring Cups used to package food (2 cups rice = 1 pound; 1 cup beans = ½ pound)
- 40 gallon ziploc bags (to put sandwich bags of rice/beans, 2 peppers, onion, garlic)
- 80 sandwich ziploc bags [to put 1 pound rice (40); ½ pound beans (40)]
- 40 pounds rice, 20 pounds dry beans, 80 peppers, 40 onions, 40 heads of garlic

### **NOTES ON SUPPLY PREPARATION:**

Using measuring cups, fill sandwich bags with 2 cups of rice (1 pound) and 1 cup of beans (1/2 pound) to prepare for batey activities.

Place one of each along with 2 peppers (depending on size), 1 onion, 1 head of garlic into a gallon ziploc to give to each person participating in the station.

40 gallon ziplocs are prepared to deliver each day to the bateys and may be stored in a plastic bin.

It may be best to store peppers in a cool place and add them to the bags every 1-2 days to ensure freshness.

## PARASITE MEDICATION STATION

This module will treat 40 children (or more) for intestinal parasites.

**Problem addressed:** Children in these communities often are infected with intestinal parasites, largely due to lack of running water and hygienic conditions. Intestinal parasites can rob the child of important nutrition (especially protein) that is needed for healthy growth and brain development.

**Main message:** Take a small dose of medication to be healthier and feel better. And remember to wash your hands at critical times also.

**Preparation:** preparation of supplies; brief review of Parasite Medication materials.

**Staffing:** 2 LAC STAFF; 2-3 VOLUNTEERS

Activities: (\*=volunteer activity with Dominican partner)

Medication Dosages:

9-12 months: 1 teaspoon or 5 cc

1-3 yrs: 2 teaspoons or 10 cc

4-7 yrs: 3 teaspoons or 15 cc

8-12 yrs: 5 teaspoons or 25 cc

>13 yrs: 7 teaspoons or 35 cc

Pouring the 5 dosages, make a grid of little cups.\*

Invite the children to come to the station.\*

One person checks the ages & picks the appropriate dosage from the grid.\*

The cups are rinsed in bleach water after each use.\*

Another person refills the empties with the right amount and sets them back in the grid.\*

Another person marks each child's hand with a sharpie (so that it is clear who has already received their medication) and gives the child a sticker after they receive their medication.\*

Remind the older children to wash their hands before eating or putting their hands in their mouth.



## Parasite Medication Supplies – PER DAY

### Take to Batey each day

- 1 Portable table
- 1 Tent
- 1 Portable bench
- Trash bag
- 4 sharpies
- Stickers for 40-60 children
- 2- one gallon bottles of piperazine
- Little medicine cups to measure dosage
- Laminated dosage sign
- Wash pan
- Purified water & bleach -- add 1 tablespoon (or 15 cc) of bleach to one gallon of water
- Paper towels

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