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# SomaliCAN Outreach

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*Newsletter*

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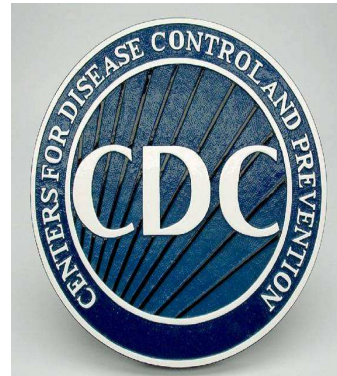
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**BE AWARE AND BE SAFE: Jibril Hirsi**

In this holiday season, criminals made life miserable for many people. Among them are many members of the Somali community. In mid-december, a well-respected traditional leader in the Somali community was a victim of robbery and assault. He lost all his identifying documents in the incidence. On the day after Christmas, a Somali-American business man was knocked down when thugs assaulted him and his wife near the Mifflin Police office. SomaliCAN has partnered with the Office of Criminal Justice Services to educate members of the Somali community about safety. Here are some tips for staying safe:

- Stay alert and be aware of what's going on around you
- Park in a well-lighted space
- Be sure to lock your car, close windows, and hide shopping bags and gifts in the trunk
- Avoid carrying large amounts of cash; pay with a check or credit card whenever possible
- Don't overburden yourself with packages
- Deter pickpockets and purse-snatchers. Carry a purse close to your body in the front. If you are carrying a wallet, place it in an inside coat or front pants pocket
- If shopping with kids, have a plan in case you get separated. For the older children, have a central meeting spot designated. For the younger children teach them to go to a store clerk or security guard if you get separated. Be sure they know your name (not just mommy and daddy), cell phone number, and their address. Go over the dangers of strangers with them so they know who not to talk to or follow
- Check receipts to see whether your full credit card number appears. If a receipt has your full number on it, take a pen and thoroughly scratch it out
- Double check that you have your credit cards and check book after you pay for your items

By following these tips, you can reduce your chances of being a victim of crime and be safe at the same time.

*This message is part of the SomaliCAN Community Prevention and Education Program's awareness campaign.  
Jibril@somalican.org*

**OGSOONOW OO NABDOONOW**

Xilligan fasaxyada, dad badan ayay dembiileyaashu nolosha u kharaaraayaan. In badan oo ka mid ah dadkaasi waa xubnaha bulshada Soomaaliyeed. Bartamihii Diseembar, hoggaamiyehaqaameed ixtiraaman oo bulshada Soomaalida ka mid ah ayaa weerar iyo dhacba dhibaane u noqday. Waxaa laga xoogay dhamaan waraaqihiisii aqoonsiga intii la hagarjuumayey. Malintii Kirismiska ganacsade Soomaali-Ameerikaan ah ayaa balaq looga siiyey markay ardaallo isaga iyo afadiisa ku weerareen meel u dhaw xafiiska Bilayska Mifflin. SomaliCAN oo ayay si wadajir ah **Xafiiska Adeegyada Caddaaladda Dembiyada ee Ohio** (Office of Criminal Justice Service) uga wada shaqaynayaan in xubnaha bulshada Soomaaliyeed la baro taxaddarka. Hoos waxa ah dhawr tabood ooo taxaddar ah:

- Feejignow oo hareerahaaga ogow
- Gaariga dhigo meel ilays leh
- Xiro gaarigaaga, daqadahana xidh, adeeggaaga iyo hadiyaadkana ku qarso boosakaanada gaariga
- Hab qaadani lacag badan oo kasha; jeeg wax ku bixi ama keredhit kaar markay suuroggal tahay
- Ha isku rarin alaabo badan
- Weeci jeebsiibeyaasha iyo boorso-dafyada. Wado boorso yar ood horay ku sidato. Haddii aad qandi-jeen wadato, gasho koodhka ama jeeb hore oo surweelka ah
- Haddaad la dukaamaysan carruurta, qorshe u lahaw haddaad isweydaan. Carruurta waaweyn samaysta barkulan. Kuwa yaryarna bar in ay u tagaan shaqaalaha dukaanka ama waardiya haddaad is weydaan. Xaqiiji in ay yaqaannaan magacaaga (aabbe iyo hooyo magic maaha), lambarka telefoonka gacanta, iyo cinwaankooda. U sheeg khatarta dadka qalaad si ay I ogaadaan cidda ay la hadlayaan ama aanay la hadleyn ama ay raacayaan
- Risiidyada eeg si aad u ogaato in ay ka muuqdaan lambarrada keredhit kaarkaaga oo buuxa. Haddii uu risiid leeyahay lambarka o buuxa, qalin qaado oo ku baabi'i.
- Dib u hubi in aad haysato kaararkaaga iyo buuggaaga jeeg ka dib markii aad wax ku iibsato

Haddaad raacdo tilmaamahan, waxaad yarayn kartaa fursadaha aad ku noqon karto dhibbane dembi, oo aadna markaa ku nabdoonaan karto.

*Farriintani waxay qayb ka tahay ololaha baraarujinta ee Barnaamijka Bulshada ee SomaliCAN ee Tacliiminta iyo Ka-hortegidda.*

## CDC CONFIRMS 1 IN 110 HAVE AUTISM

By Michelle Diament

Autism appears in 1 percent of children and is four to five times more common in boys than girls, a government review of health and educational records indicates, suggesting that the diagnosis is far more common than previously recognized.

The findings, reported in the Center for Disease Control and Prevention's Morbidity and Mortality Weekly Report, represent a significant increase from the government's previous prevalence estimate of 1 in 150, though the rise was expected.

Earlier this year, a [report](#) conducted jointly by the CDC and the Health Resources and Services Administration found that autism occurred in 1 in 91 children. That report, however, was based on a telephone survey of parents. The new CDC study is considered more reliable because it is based on 2006 health and educational records of 8-year-olds in eleven communities across the country.

The previous CDC estimate of 1 in 150 was based on an earlier version of the study on 8-year-olds.

The current research finds that communities saw an average increase of 57 percent in the number of children diagnosed with autism between 2002 and 2006.

Further, the research shows autism occurring in 1 in 70 boys and 1 in 315 girls. Many children of Somali-American origin are diagnosed with autism.

It is unclear why the increase in diagnosis is occurring, but some of the rise can be attributed to better awareness of the disorder, researchers say.

It is the goal SomaliCAN, in partnership with the Ohio Developmental Disabilities Council to educate the growing Somali community about autism and other developmental disabilities issues.

Source: CDC

## CDC oo Caddaysay in 110kiiba 1 uu qabo Qotomis (Autism)

WQ: Michelle Diament

Qotomiska ayaa lagu arkayaa boqolkiiba 1 carruurta ah wiilasha ayaana uga badan gabdhaha, sida uu muujinayo muraajaco dawli ah oo diiwaannada caafimaadka iyo waxbarashada ah, taas oo muujinaysa in ku dhicidda cudurku uu ka ba'an yahay sidii hore loogu haystay.

Helitaannadaa oo ay soo tebisay Warbixinta Toddobaadlaha ah Ku-dhicidyada iyo U-iilashada ee Xarunta Xakamaynta iyo Ka-hortegidda Cudurrada ayaa ah koror dhinaca qiyaastii hore ee dawladda ku dhicitaanka oo ahaa 150kiiba 1, wallow kororkan la rajeynayey.

Kal hore oo sanadkan ah, [warbixin](#) ay wada sameeyeen CDC iyo Health Resources and Services Administration ayaa lagu ogaaday in uu qotomis ku dhacayo 91gii cunugba mid. Warbixintaasi, si kastaba ha noqotee, waxay ku salaysnayd sahan telefoon oo waaliddiinta ah. Baaristan cusub ee CDC ayaa loo qabaa in ay loo-qaateen tahay waayo waxay ku salaysan tahay diiwaanno waxbarasho iyo caafimaad ee 2006dii laga qaaday 8sano jirrada kow iyo toban bulsho oo dalka ku teedsan.

Qiyaastii hore ee CDC ee ahayd 150kiiba 1 waxay ku salaysnayd siiqo hore oo baaristaas ahayd oo 8sano jirrada lagu sameeyey.

Cilmibaarista haatan ayaa heshay in ay bulshooyinku arkeen koror celceliska 57 boqolkiiba oo ah tirada carruurta lagu arkay qotomiska inti u dhexaysay 2002 iyo 2006.

Sidoo kale, waxay cilmi-baaristu muujin in qotomisku oo ku dhacayo 70kii wiilba 1 iyo 315tii gabdhoodba 1. Carruur badan oo ku fir leh Soomaalida Maraykanka ayaa laga helay qotomis.

Ma cadda sababta kororka helitaanku uu u dhacayo, laakiin qaar kicitaanka ka mid ayaa loo nisbaynayaa baraarujin badan oo jirrada ku saabsan, ayay leeyihiin cilmibaarayaashu.

Waa himilada SomaliCAN, iyadoo la kaashan Ohio Developmental Disabilities Council in ay qotomiska iyo qaddiyaadka kale ee naafannimada koritaaneed ka tacliimiso bulshada Soomaalida ah.

Xigasho: CDC

## BREAST CANCER AWARENESS

Breast cancer is a type of cancer where cells in the breast tissue divide and grow without normal control. It is a widespread and random disease, striking women and men of all ages and races. It is the most prevalent cancer in the world today, with about 1.3 million people diagnosed annually. The exact cause of the disease is unknown, and at this time, there is no cure. But there is hope. Thanks to heightened awareness, early detection through screening, improved treatment methods and increased access to breast health services, people have a greater chance of survival than ever before.

Stages of Breast Cancer:

- Stage 1 – Small tumor, no spread
- Stage 2 – Larger tumor or spread to lymph nodes in axilla (armpit)
- Stage 3 - Spread to other lymph nodes
- Stage 4 – Metastases (spread to other areas of body)

## BARAARUJINTA KANSARKA NAASAHA

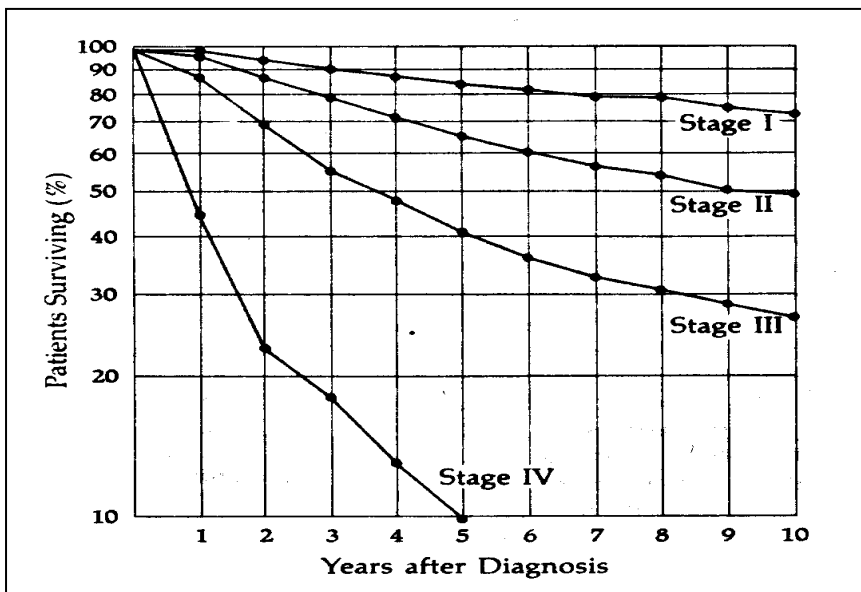
Kansarka Naasahuwaa nooc kansarka ah oo ay unugyada ku jira nudaha naasaha ku kala barman una koraan si aan xakamaysnayn. Waa cudur baahsan oo aad u teelteel ah, oo ku dhaca raga iyo dumarka da' kasta iyo sinji kasta ah. Waa kansarka u baahsan e adduunka manta ka jira, iyadoo dad ku dhaw 1.3 milyan laga helo sanadkii. Ababta dhabta ah ee cudurka lama yaqaan, haatanna dawo ma leh rajo ayaase jirta. Iyadoo ay sabab u tahay baraarujin sare, horay u ogaansho ku salaysan baaridda iyo dariiqooyin dawayneed oo hagaagsan iyo weliba adeegyada caafimaad ee naasaha oo la kordhiyey, dadku maanta waxay leeyhiin heer ka-bogsoosho oo aan horay loo arag.

Heerarka Kansarka Naasaha:

- Heerka 1 – Buro yar, oon fidayn
- Heerka 2 – Buro weyn ama ku fidid dacallada kilaankisha (kilkisha)
- Heerka 3 – Ku fidid dacallada kale ee gollonka
- Heerka 4 – Faafid baahsan (ku faafid jirka kale)

## Survival After Treatment for Breast Cancer

## Ka Cifashada Kansarka Naaska ee Daaweynta Ka Gadaal



Call Komen Columbus if you need help finding resources:

Wac Komen Columbus haddii aad u baahan tahay in lagu caawiyo:

614-297-8155.





# SomaliCAN is a Certifying Organization for the President's Service Awards: Mary Wright

SomaliCAN has a long proud history of volunteer service. Our volunteers are working to meet the needs of their neighborhoods and the community by providing crime prevention services, youth programs, community preparedness, immigration legal services, cultural presentations, health literacy, and Somali language services.

In recognition of these outstanding achievements, SomaliCAN is proud to announce the availability of the PRESIDENT'S VOLUNTEER SERVICE AWARD, a prestigious national honor offered in recognition of volunteer commitment. Established in 2003, this new AWARD is given by the President of the United States and honors individuals, families and groups who have demonstrated a sustained commitment to volunteer service over the course of 12 months.

SomaliCAN has teamed with hundreds of organizations and businesses across the country to deliver this Award to our most outstanding volunteers. As a Certifying Organization of the PRESIDENT'S VOLUNTEER SERVICE AWARD, we can nominate potential recipients and distribute the Award to those who meet or exceed the AWARD criteria.

SomaliCAN is extremely proud to join the President of the United States in recognizing the volunteers who consistently take the time to make a difference in the lives of others," said Jibril M Hirsi Executive Director of SomaliCAN "Volunteers strengthen America and inspire others to get involved. We are proud to honor our volunteers who are answering the call with this AWARD."

Children, adults, families and groups can receive the AWARD and, given their ongoing service activity, many of our volunteers may already meet the requirements. To qualify for the PRESIDENT'S VOLUNTEER SERVICE AWARD, volunteers simply submit a record of their service hours to SomaliCAN, and we will verify the service and deliver the AWARD.

Volunteer service hours are not limited to those performed on behalf of SomaliCAN. In fact, service hours can be accumulated through work on a variety of projects throughout the year. The only requirement is that the necessary hours be completed within 12 months; recipients can qualify for a new AWARD each year.

To learn more and find out how to qualify for the AWARD, contact Mary Wright, our AWARD administrator, at 614-781-1414 or visit [www.somalican.org](http://www.somalican.org).

See sidebar for eligibility information:

To be eligible to receive the PRESIDENT'S VOLUNTEER SERVICE AWARD, applicants' service hours must be confirmed by a registered Certifying Organization. There are three levels of the AWARD varying by hours of service completed within a 12-month period:

## **Kids - 14 and younger:**

Bronze Award	50 - 74 hours
Silver Award	75 - 99 hours
Gold Award	100 or more hours

## **Young Adults - Ages 15 – 25:**

Bronze Award	100 - 174 hours
Silver Award	175 - 249 hours
Gold Award	250 or more hours

## **Adults - Ages 26 and up:**

Bronze Award	100 - 249 hours
Silver Award	250 - 499 hours
Gold Award	500 or more hours

## **Families and Groups (two or more people)\***

Bronze Award	200 - 499 hours
Silver Award	500 - 999 hours
Gold Award	1,000 or more hours

\*Each member contributing at least 25 hours towards the total.

## **PRESIDENT'S CALL TO SERVICE AWARD**

Individuals who have completed 4,000 or more volunteer service hours over the course of their lifetime are eligible to receive the PRESIDENT'S CALL TO SERVICE AWARD.

### **Contact:**

SomaliCAN

700 Morse Road, Suite 101

Columbus, OH 43214

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F. 614-448-4395

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The SomaliCAN Outreach Newsletter is a monthly bilingual publication that serves the Somali community and agencies that provide services. To advertise on the newsletter, or send us an article for inclusion, please contact us:



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SomaliCAN is an equal opportunity employer and service provider.

# Community Resources Listing

## Police:

Emergency: 9-1-1  
Non-emergency: 614-645-4545  
Sheriff: 614-462-3333

## Mental Health Crisis:

Netcare Access: 614-276-2273

## Poison Control: 1-800-222-1222

Columbus Health Department  
Free Clinic: 614-240-7430

## Legal Matters:

Legal Aid Society: 614-241-2001

## Child Abuse and Neglect:

FCCS: 614-229-7000

## Housing:

CMHA: 614-421-6000

## Information and Referral:

FirstLink: 614-221-2555 or 211

## Somali Services

**SomaliCAN** 614-781-1414  
Somali Women & Children's Alliance: 614-473-9999  
Somali Community Association of Ohio: 614-262-4068  
Somali Global Services 614-895-1144  
Inna Simakovsky (Immigration Attorney) 614-599-0819

## SOMALICAN SERVICES:

### Health Communication and Literacy:

- Patient education
- Prescription access
- Cultural competency
- Information & Referral

### Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

### Community Crime Prevention & Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Presentations
- Mediation
- Disaster Preparedness

### SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

## Somali Interpretation & Translation:

Do you require highly qualified interpreters and translators?

Please contact a SomaliCAN specialist today Somali interpretation and translation in social services, medical, legal, academic and financial settings.

## Volunteer Awards Program:

SomaliCAN is a Certified organization that issues the prestigious President's Service Awards. Call 614-781-1414 to honor your volunteers.

SomaliCAN  
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To advertise a product or service, contact us today:  
[info@somalican.org](mailto:info@somalican.org).

## Prevent Getting and Spreading the Flu

- Get a seasonal flu shot – available now (**seasonal flu clinics**)
- Get the H1N1 vaccine – available to all now
- Stay home from work or school **if you are sick**
- Cover your cough with your arm or tissue
- Wash your hands often and use alcohol-based hand sanitizer (60% alcohol)
- Don't touch your eyes, nose or mouth
- Avoid close contact with sick people

## Ka Hor Tag Faafitaanka Hargabka (Flu)

- Qaado tallaalka hargabka ee xilliga- oo hadda la heli karo.
- Qaado tallaalka H1N1 oo hadda diyaar ah
- Joog guriga oo ha aadin iskuul iyo shaqo **Haddii aad Jirran Tahay.**
- Ku Dabool Qufacaaga Cududdaada ama safaleeti.
- Dhaq gacmaha marar badan oo adeegso nadiifiyaha gacmaha ee leh (60%Aalkolada.)
- Ha taaban indhahaaga, sankaga, ama afkaaga
- Ha u dhawaan dadka qaba xanuunka

# EVENTS AND ANNOUNCEMENTS:

## Will You Count in 2010? Adam O'Hirsi

The U.S. Census Bureau released a new estimate of the Ohio population last month, which places Ohio's population at 11,542,645. That's an increase of 1.7 percent since the 2000 Census which means that Ohio stands to be the only state to lose two congressional seats if the trend holds true with the 2010 Census.

However, if every Somali-American in Ohio gets counted, the state may only lose one congressional seat. Using a calculator from the University of Michigan's Population Studies Center and applying the 2009 estimates, Ohio is 42,753 people short of securing 17 seats in Congress instead of the projected 16. There are more than 50,000 Somali-Americans in Central Ohio. It is important to get counted. If the prediction is verified by 2010 census numbers, Ohio would be the only state to lose two seats in dropping to 16 members of congress from the current 18.

Census 2010 numbers will likely be released in December of this year, setting the number of Congressional seats for each state. Let us all get counted.

## Ma Tirsamaysaa 2010? Adam O'Hirsi

Xafiiska Maraykanka ee Tirakoobka wuxuu bishii tagtay soo saaray qiyaas cusub oo dadka Ohio ah, taas oo tirade dadka Ohio ku hilaadinaysa 11,542,645. Taasi waa kordhid 1.7 boqolkiiba ah oo intii Tirakoobkii 2000 la soo dhaafay ah taasi oo ku sii micnoobaysa in ay Ohio tahay gobolka keliya ee wayaya laba kursi oo kongareeska ah haddii ay qiyaastii tirakoob ee 2009ka dhab noqoto Tirakoobka 2010.

Si kastaba ha ahaatee, haddii uu qof kasta oo Soomaali-Ameerikaan ahu is-tiriyo, gobolka hal kursi keliya ayaa ka lumi kara. Iyadoo la isticmaalayo tirshe ay leedahay Jaamacadda Michigan Xarunteeda Dad-tirinta lana dabakkhayo qiyaasihii 2009ka, Ohio waxaa ka dhiman 42,753 qof si ay u hanato 17 kursi, beddelka 16-ka kursi ee loo saadaaliyey. Waxaa Bartamaha Ohio ku nool 50,000 oo Soomaali-Ameerikaan ah. Waa muhiim in aad tirsantid. Haddii ay saadaasha xaqiiqo noqoto Tirakoobka 2010, Ohio waxay noqon doontaa gobolka keliya ee laba kursi ka lumiya 18ka ay haatan haysato.

Natijada Tirakoobka 2010 waxay u badan tahay in la faafiyo Diseembarta sanadkan, iyadoo la sheegi tirade kuraasta kongareeska ee gobol kasta. Aynu dhamaanteen tirade gallo.

## Human Trafficking Awareness Day in Ohio and Awareness Day Event at the Statehouse:

January 11th is National Human Trafficking Day in Ohio. Senate Resolution 133, which was introduced by State Senator Teresa Fedor, was announced in conjunction with an Awareness Day Forum at the Statehouse on January 11, 2010. The Statehouse event will take place from 8:30 to 11:30 a.m. and will feature panelists and a keynote address from various experts tackling the problem of human trafficking. S.R. 133 resolves in part, "To combat human trafficking in Ohio and globally, the people of Ohio, the General Assembly, and local governments must be aware of the realities of human trafficking and must be dedicated to stopping this contemporary manifestation of slavery." SomaliCAN, in collaboration with the Office of Criminal Justice Services of the Ohio Department of Public Safety is committed to the fight against this form of modern slavery.

To view the resolution language in its entirety please visit: <http://www.legislature.state.oh.us>.

## Munaasabadda Maalinta Baraarujinta Ka-ganacsiga Bini-aadamka ee Ka Dhacaysa Aqalka Gobolka:

Jannaayo 11<sup>keeda</sup> waa Maalin-qarameedka Ka-ganacsiga Dadka ee Ohio. Go'aanka Senatka ee 133, oo ay gardaadisay Senataradda heer Gobol ee Teresa Fedor, ayaa waxaa lala shaaciyey Kulanka weyn ee Maalinta Baraarujinta ee ka dhici doonta Aqalka Gobolka Jannaayo 11, 2010. Munaasabadda Aqalka Gobolka waxay socon doontaa 8:30 ilaa 11:30 a.m. waxaana ka muuqan doona khubaro iyo khudbeeyayaal maamuus iyo khibrado dheeraad ah u leh la tacaalidda ka-ganacsiga dadka. S.R. (Go'aan Senadeedka) 133 qayb ahaan wuxuu oran "Si looga gilgisho ka ganacsiga dadka Ohio iyo caalamkaba, dadka Ohio, Golaha Guud, iyo dawladaha hooseba waa in ay ka warqabaan xaqiiqada ka-ganacsiga dadka waana in ay ka go'naato joojinta muuqaalkan u dhigma addoonsiga."

SomaliCAN, oo ay wadajiraan Xafiiska Adeegyada Caddaaladda Dembiyada ee Ohio ee Waaxda Nabdoonaanta Bulshada ayay ka go'an tahay in ay la dagaallamaan noocan cayntan cusub ee addoonsiga ah.

Si aad u dheehato murtida go'aanka iyo dhamaantiiba, fadlan booqo: <http://www.legislature.state.oh.us>.