

A monthly publication of the Somali Community Access Network (SomaliCAN)

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Eid Mubarak

Happy Eid



Eid Al-Adha holiday celebrations will begin on Tuesday, November 16, 2010. This holiday follows the end of pilgrimage to Makkah, which is one of the five pillars of Islam. Muslims in the world, including Ohio Muslims will celebrate this occasion by wearing new clothes, giving presents to children, visiting and eating with each other and coming out to a huge prayer service in the morning of November 17.

To inform the Central Ohio Somali community about services you provide or resources you offer, please contact the editorial team of Outreach at info@somalican.org.

Somalia Gets a New Somali-American Prime Minister

Somalia's new prime minister, Mohamed Abdullahi Mohamed, won the backing of lawmakers to become the head of government, after he was appointed by President Sharif Sheikh Ahmed. The Somali-American was tapped in mid-October to lead the largely lawless Horn of Africa nation.

Mohamed used to work in Buffalo, New York, as a regional civil rights manager for the New York State Department of Transportation. He vowed Sunday to "move with full speed to do the people's business. I will very soon form an effective and dedicated cabinet that will put the Somali people first," he said. President Sharif Sheikh Ahmed called it "a great day for Somalia."

Of the 392 lawmakers attending the session, 297 voted for the new prime minister, 92 voted against and 3 abstained, the president's office said.

The prime minister will take the oath of office and form his cabinet in the next few weeks.

He takes over the leadership of a country that is a base for international piracy and was recently rated the most corrupt country in the world by Transparency International.

The new Prime Minister's approval was celebrated by the Somali-American community in Ohio on October 31, 2010 at an event held at the Double Crown Plaza Hotel. The event was attended by dozens of men and women including community leaders, former officials of the last effective Somali government, and local and national elected officials. Speakers included Abdikarim Omar, the last recognized Ambassador of Somalia to the United States; Abdullahi Salad, the former governor and Mayor of the Banadir region and capital city Mogadishu.

Mohamed got a masters' degree from the State University of New York at Buffalo, and taught at Erie Community College.

Soomaaliya oo Yeelatay Ra'iisal Wasaare Cusub oo Soomaalida Maraykanka ah

Raysal-wasaaraha cusub ee Soomaaliya, Maxamed Cabdullaahi Maxamed ayaa waxaa ansixiyey Baarlamaanka Soomaaliya si uunoqdo madaxa dawladda, ka dib markii uu Madaxweyne Shariif Sheekh Axmed magacaabay. Ninkan Soomaliyeed ee haysta dhalashada Maraykan waxaa loo magacaabay in uuhoggaamiyo qaranka sharcidarradu dilootay bartamihii Oktoobar.

Maxamed wuxuu ka shaqayn jiray Buffalo, New York, oo uu ka ahaa maareeyaha xuquuqda aadamiga ee Waaxda Gaadiidka ee gobolka New York. Axaddii ayuu ballan ku qaaday in "uu si xawli ah u qaban doono hawsha dadweynaha, waxaan degdeg u magacaabi doonaa buu yiri gole wasiirro oo aqoon iyo kartiba leh danta dadkana lambar koow ka dhiga" ayuu yiri. Madaxweyne Shariif Sheekh Axmed ayaa yiri "waa maalin kuweyn Soomaaliya." 392 xildhibaan ee kalfadhiga soo xaadirtay, 297 ayaa u codaysay raysalwasaaraha cusub, 92 waa ka codeeyeen 3 waa iska aamuseen, ayuu yiri xafiiska madaxweynuhu.

Raysalwasaaruhu wuxuu mari doonaa dhaartaxafiiska, deedna wuxuu dhisi doonaa gole wasiirro dhawrka toddobaad ee soo socota.

Wuxuu qabanayaa hoggaaminta dal saldhig u ah burcad-badeednimo caalami ah oo dhawaanna ay *Transparency International* ku sheegtay in uu yahay waddanka dunida ugu musuq-maasuq badan.

Xaflad loogu dabbaal degayo ansaxinta Ra'iisal Wasaare farmaajo ayaa lagu qabtay hoteelka Crown Plaza ee magaalada Columbus. Xafladdaas ayaa waxa ka soo qayb galay rag iyo dumar ay ka mid ahaayeen madaxda jaaliyadda, hoggaamiyeyaal la doortay, iyo dadweyne fara badan.

Maxamed wuxuu shahaadada heerka labaad e jaamicadda kahaystaa State University of New York ee Buffalo ku taal, waxaanu wax kadhigayey Erie Community College.

BUSTING THE MYTH ABOUT THE FLU SHOT

The Flu Shot: Facts and Myths

Kaitlin Trinkle, Pharm.D. Candidate
Ohio Northern University

Have you ever heard someone say that the flu shot gave them the flu? Or that getting the flu shot too early in the year decreases how long it protects you against the flu? These are just two of the many myths that exist about the flu shot. The fact is, about 200,000 people are hospitalized and about 36,000 people die from flu-related illness each year. Many of these deaths and hospitalizations could be avoided with a simple flu vaccination. So what are the myths and facts about the flu shot?

MYTH #1: The flu shot can give you the flu. This is not true because the virus used to make the shot is killed before it is put in the vaccine. It is impossible for a killed virus to infect you. People who feel sick after receiving the shot may feel that way for many reasons, including: a reaction to the shot, having been exposed to the flu virus before the vaccine started working, or because they got a type of flu that the flu shot does not protect against (the shot protects against the three most common types of flu for that season). Typically, the only side effect from the flu shot is soreness at the injection site. There is absolutely no way the flu shot can give you the flu.

MYTH #2: If you get the shot too early, you will not be protected for the entire flu season. In truth, flu shots offer protection from the flu throughout the entire flu season, which is typically late November through March in the United States, even if you get the shot in late August or September. Getting the flu shot as early as possible not only protects you throughout the entire season, but also offers protection if the flu season starts early.

Tallaalka Flu-da Run iyo Been

Kaitlin Trinkle, Pharm.D. Candidate
Ohio Northern University

Weligaa ma maqashay qof sheeganaya in tallaalka flu-da laftiisa uu flu ku ridey? Iyo mid dhahaya haddii aad jeer hore oo sanadka ah iska tallaasho flu, waxtarka tallaalkaasi waa sii yaraanayaa? Kuwani waa kuwo ka mid ah beenaha laga sheego tallaalka flu. Runtu waxay tahay, 200,000 oo qof ayaa isbitaal u gasha 36,000 na waxay u dhintaan xanuunno la xiriira flu. In badan oo dhimashooyinkaaiyocisbitaalgeliddaaka mid ah ayaaloo gamaarmikararaa in sisahlanlaysagatallaalo flu-da sanadwaliba. Markaaaannueegnawaxa ay yihiinruntaiyobeentakusaabsantallaalka flu?

BEENTA #1: Tallaalka flu ayaakuguridikara flu. Tanimaaha run, waayo fayruuska ku jira tallaalka waxaa la dilaa intaan lagu darin tallaalka. Suuroggalna ma aha in fayruus dhintay uu kugu rido cudur. Sababo badan ay suuroggal tahay in dadka is tallaalaa ay xanuunno u dareemaan tallaalka ka dib, waxaana sababaha ka mid ah: falcelin jireed oo tallaalku keenay, adigoo qabay fayruuska intii aanu tallaalku hawl gelin, iyo in uu qof ku qabo nooc flu ah oo aanu tallaalku waxba ka qaban karayn (tallaalku wuxuu kuwajahan yahay saddexda nooc ee ugu waaweyn ee flu ah ee xilligaa socda). Caadiyan, saamayn doceedda keliya ee tallaalku keeno waa xanuun ku yimaada meeshii laga tallaalay. Ma jirto hal dariiqo ah oo uu tallaalka flu-du flu kuugu ridi karo.

BEENTA #2: Haddii waqti hore lagu tallaalo, xilliga flu-da oo dhan kuma ilaalinayo tallaalkaasi. Run ahaantii, tallaalka flu-du wuxuu ku ilaaliyaa xilliga flu-da oodhan, waqtigaasoo caadiyan ah min dhamaadka Nofeembar ilaa iyo Maarso Maraykanka dhexdiisa, xitaa haddii aad tallaalka qaadato billowga Agoosto ama Sebteembarba. Is tallaalidda waqti hore oo xilliga flu-da ah keliya kuma ilaalisoo ee waxay kaa baajisaa flu haddii uu billowdo xilligiisii kahor.

Flu Shot Myths: from Page 3

MYTH #3: Preservatives in flu shots cause autism in children. This particular myth has gained a lot of attention from the media. The preservative used in flu vaccines, called thimerosal, has been rumored to cause autism in children; however, the Centers for Disease Control and Prevention (CDC) in the United States claims that this ingredient is not linked to autism. Some versions of the flu shot do contain thimerosal, but there are also versions that do not contain thimerosal. If you are still concerned about thimerosal despite the CDC's statement that thimerosal is safe, you can request a shot that is thimerosal-free.

Although there are many myths surrounding the flu shot, they are just that -- myths. The facts are that the flu shot is very safe and that it prevents countless cases of the flu and its complications every year. So, as flu season begins, ask a healthcare professional how you can get your flu shot and stay protected this season!

To find upcoming flu clinics in your area, visit www.findaflushot.com. You can also obtain a flu shot from certain pharmacies or your doctor. References and for more information:

Flu.gov at: <http://www.flu.gov/myths/index.html>

CDC information on influenza vaccine at:

<http://www.cdc.gov/flu/about/qa/disease.htm>

CDC information on Thimerosal at:

http://www.cdc.gov/vaccinesafety/Concerns/Thimerosal/thimerosal_faqs.html

BEENTA #3: Milannadakujiiratallaalka flu wuxuucarruurtakuridaaqotomis (autism.) Beentangaarkaahi waxay babuunbuuninkaheshaysaxa afadda. Milannadailaasha eekujiratallaalka flu, oo la yiraahdo *thimerosal*, ayaasuuqa loo geshay in ay carruurtakukeenaanqotomis; ha yeeshee Xarunta Xakamaynta Cudurrada (CDC) eekutaalla Maraykanku waxaysheegaysaa in milannadaniaysanxiiriir la lahaynqotomiska. Qaarka mid ah tallaalladawaxaakujirathimerosal, waxaasejiraqayboaanaykujirin *thimerosal*. Haddiiaadweliwala ckaqabtid *thimerosal* habajirtooraahda CDC-da eoranaysathimerosal waadhibla' aan, waxaadcodsankartaatallaalaanukujirin *thimerosal*.

In kastoo ay jiraan beenobadanookusaabsantallaalka flu, haddanawaaun -- beeno. Xaqiiqadu waxay tahay in tallaalka flu u yahay mid aad u nabdooniyoweliba in ay sanadkastahortagtokudhicid flu ootirabadaniyodhibaatooyincaafimaad. Sidaa darted, markau bilowdoxilliga flu, weydiixirfadlecaafimaadsidaa adkuhelikartotallaalkaaga flu-da ooxafidnowxilligaan!

Si aad u ogaatorugahacaafimaadee flu eeaaggaaga, booqo www.findaflushot.com. Waxaakaloodkaqaadankartaatalaalka flu farmashiyeyaaldhawr ah amadhakhtarkaaga.

Tixracyoiyoxogodheeraad ah:

Flu.gov ooaadsiigujinayso: <http://www.flu.gov/myths/index.html>

Xogta CDC eetallaalka flu-da oo ah halkan:

<http://www.cdc.gov/flu/about/qa/disease.htm>

Xogta CDC eek u saabsan *Thimerosal* oo ah halkan:

http://www.cdc.gov/vaccinesafety/Concerns/Thimerosal/thimerosal_faqs.html

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

SomaliCAN

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Ohio Seniors At-Risk in Medicare Enrollment Scams

Columbus, Ohio – As senior citizens scramble to take advantage of the cost savings offered during Medicare enrollment season from November 15 to December 31, scam artists are expected to exploit the system using the guise of the new healthcare reform law.

"While Medicare undoubtedly offers Ohioans many beneficial options, we anticipate that this year's enrollment period will bring about a new wave of scams," said Ohio Attorney General Richard Cordray.

"Scam artists will attempt to use the new healthcare reform law to confuse seniors who are not familiar with the system. So far this year, my office has received more than 60 reports of Medicare-related scams, and we expect the number to climb as the enrollment period approaches."

Complaints filed with Cordray's office describe unsolicited callers requesting personal information such as Social Security numbers and checking account information as well as Medicare ID numbers, which sometimes mirror the policyholder's Social Security number.

This trend mirrors data collected by Cincinnati-based Pro Seniors Inc., a nonprofit that provides legal guidance to older Ohioans.

According to Anne Fredrickson, Project Manager at Ohio Senior Medicare Patrol at Pro Seniors, "Ohio seniors recently have been getting calls informing them that, as a result of healthcare reform, they have the opportunity to obtain health insurance that is better — and more cost effective — than Medicare. The scammers request the senior's checking account number to start the fraudulent enrollment process."

Cordray warns that scammers will also use high-pressure sales tactics and claim that seniors must re-enroll in Medicare in order to claim their benefits. Additionally, some seniors may hear a sales pitch that offers special, limited-time offers or phony add-on discount prescription drug plans, he said.

Cordray and Pro Seniors offer these tips for senior citizens enrolling in Medicare this year:

- Never provide any personal information over the phone if you are unsure about who is requesting the information.
- Hang up on callers that pressure you for personal information or request that you enroll in a Medicare product over the phone. It's shrewd to be rude!
- Always review your quarterly Medicare Summary Notice to determine possible fraud or errors.

For general Medicare questions and help selecting a Part D plan, seniors can call Pro Seniors' statewide legal hotline at (800) 488-6070. To report a scam or file a consumer complaint with the Ohio Attorney General's Office, call (800) 282-0515 or visit www.SpeakOutOhio.gov.

To advertise your services on Outreach, please send an e-mail to outreach@somalican.org.

Barnaamij Cusub oo Sahlaya in Aad Ika Bixiso Korontada

Barnaamij cusub oo dadka dan yarta ah u sahlaya in ay bixiyaan biilka korontada iyo kuleylka bil walba ayaa la hir gelinayaa laga bilaabo 1da Nofeember 2010. Si aad wax uga ogaato barnaamijkaas cusub, booqo www.winterheat.ohio.gov ama wac SomaliCAN 614-781-1414.

Central Ohio Community Resources

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:

HandsOn: 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

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PIPP Plus Assists Ohioans with Paying Utility Bills

Columbus, Ohio – Beginning November 1, 2010, a new Percentage of Income Payment Plan (PIPP) program called PIPP Plus begins. The program will make monthly payments more affordable on a year-round basis and provide incentives to participants in the program for regular, timely payments.

PIPP Plus is available for customers of Ohio's regulated electric and natural gas providers whose gross yearly household income is at or below 150 of the federal poverty guidelines. The Public Utilities Commission of Ohio (PUCO) oversees the natural gas PIPP while the Ohio Department of Development administers the electric PIPP program and provides administrative support for gas PIPP Plus including enrollment and income re-verification services.

"It is imperative that energy assistance programs are available to Ohio's struggling families," PUCO Alan R. Schriber stated. "The new PIPP Plus program will balance the hardships and concerns of those eligible for the program with that of all other ratepayers, many of whom are also struggling to make ends meet in this economy."

The program allows eligible customers to make affordable payments toward their utility bills while reducing old debt by making timely monthly payments. Customers must verify their income with their local community action agency annually, as well as agree to participate in energy efficiency programs. Customers enrolled in the current PIPP program will automatically be enrolled in PIPP Plus.

"PIPP Plus is all about helping those Ohioans in need to stay connected, enabling them to see their current utility bills paid and eliminating their utility debt when they pay their PIPP Plus installment on time," said Lisa Patt-McDaniel, Director of the Ohio Department of Development. "These changes will benefit program participants and allow the state to manage the program more efficiently and effectively."

Under PIPP Plus, natural gas and electric customers will each pay \$10 or six percent of their gross monthly household income each month, whichever is greater. Customers with all-electric homes will pay \$10 or 10 percent of their gross monthly household income.

When PIPP Plus payments are made on-time and in-full, the remainder of that month's bill is waived, and customers will also receive a 1/24 credit toward any old debt. If a customer makes 24 consecutive payments, all of the arrearages will be eliminated.

Customers who fail to re-verify their income every 12 months risk being removed from the program. Customers who are no longer eligible for PIPP Plus will be placed into the graduate PIPP Plus program which allows the customer to pay off any debt over 12 months. PIPP Plus customers must re-verify their income every 12 months to continue to participate in the program.

The PIPP program began in 1983, and no substantive changes have taken place since its inception. Initially, the PUCO was responsible for implementation of a payment program for both natural gas and electric customers. In 2000, Development became responsible for the electric PIPP program and the PUCO remained responsible for the natural gas PIPP program.

More information about PIPP Plus and other utility assistance programs may be found at www.winterheat.ohio.gov.

Notices of Funding Availability

[Best Buy Recycling Grant Program](#)

SUMMARY: The Best Buy Recycling Grant Program provides support to help increase the consumer electronics recycling opportunities available in communities across the United States. Priority is given to electronics recycling events, but other types of occasions that include electronics recycling are considered.

ELIGIBILITY: All organizations and groups are welcome to apply, including nonprofit organizations, cities, counties, and public-private partnerships.

AWARD: Grants range from \$500 to \$1,500

DEADLINE: Ongoing

2011 Tax Assistance Capacity Building Mini Grants

The Ohio Benefit Bank in partnership with the Governor's Office of Faith-Based and Community Initiatives is pleased to announce the availability of Free Tax Assistance Capacity Building Grants for this coming tax season.

The instructions/application information as well as the budget worksheet can be downloaded at: www.oashf.org/ohiobenefitbank.html

Below is a summary of the grant opportunity:

1. Organizations must agree to use The Ohio Benefit Bank to help Ohioans file their taxes free of charge or assist Ohioans in completing their Free Application for Federal Student Aid.
2. Maximum grant awards are \$12,500 for existing Ohio Benefit Bank sites and \$3,000 for organizations looking to start a new Ohio Benefit Bank site.
3. All grant applications are due by November 29, 2010 at 4 PM (EST).

Question may be directed to Joree Jacobs at the Ohio Association of Second Harvest Foodbanks at jjacobs@oashf.org.

Grants Promote Golf Programs for People with Disabilities National Alliance for Accessible Golf

SUMMARY: Accessible Golf Program Grants, administered by the National Alliance for Accessible Golf, support nonprofit organizations, government agencies, and educational institutions in their efforts to make the game of golf more accessible to people with disabilities. Priority is given to inclusive programming - opportunities that allow participants with disabilities and participants without disabilities to learn and play the game side by side.

ELIGIBILITY: Nonprofit Organizations

AWARD: Grants of up to \$20,000 are provided to assist with core golf program costs such as adaptive golf clubs and bags, golf course access, and transportation of participants to and from programming.

DEADLINE: In 2010, the Grants Committee will review applications on a rolling basis every 30 or 60 days.

To inform the Central Ohio Somali community about services you provide or resources you offer, please contact the editorial team of Outreach at info@somalican.org.