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SomaliCAN

OUTREACH

SomaliCAN
700 Morse Road,
Suite 101
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43214

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

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Agaasimaha SomaliCAN oo lagu
Martigaaday in uu Casho Sharaf Kala
Qaybgalo Hillary Clinton

Jibriil Xirsi oo ah Agaasimaha SomaliCAN ayaa lagu martigaaday in uu kaqayb galo casho sharaf ay Wasiiradda Arrimaha Dibedda ee Maraykanka, Hillary Clinton ku qabanayso Wasaaradda Arrimaha Dibedda Maraykanka. Cashadaasi ayaa dhacaysa Sebteembar 7deeda, 2010. Cashadan oo af-fur ah ayaa loogu talagalay in lagu sharfo koox dhalinyaro indheer-garad ah oo hoggaamiyeyaal u ah dadka Muslimiinta ah ee Maraykanka ah ee dalka Maraykanka ku nool oo dhan, iyo weliba in lagu bogaadiyo wanaagga ay ku soo kordhiyeen bulshada Maraykanka. Jibriil ayaa isagu metelaya umadda Muslimiinta ah oo Maraykanka ah ee kudhaqan Gobolka Ohio. Cashada heerka qaran ah waxaa ka horrayn doona gole-ku-sheekaysi ay kaqayb-geli doonaan isla hoggaamiyeyaaashan loogumagac-daray “jiilka isbeddelka” ayna daaddihin doonto Farah Pandith oo ah Wakiilka Gaarka ah ee Wasiiradda Clinton u qaabbilsan Ummadaha Muslimka ah ee Maraykanka ah.

Golekusheekaysigaa si waxaa layskula jeex-jeexi doonaa, qaab loolatacaaalana lagu baadi goobi doonaa dhamaan walaacyada haysta Muslimiinta Maraykanka ah. Mawduucyada laga hadlayo waxaa kujiri doona amniga dalka iyo doorka ay hoggaamiyeyaaasha Muslimiinta ahu kaqaadan karaan in ay bulshooyinku ahaadaan kuwo nabdoon, sidii looga hortegi lahaa xagjirraysiinta dhalinyarada Muslimiinta ah ee Maraykanka ah, iyo abuuridda bay’ad u suuro gelinaysa in qof kasta oo ka mid ah Muslimiinta Maraykanka ahi uu baraaro.

SomaliCAN Director Invited for State Dinner With Secretary of State Hillary

SomaliCAN executive director Jibril Hirsi has been invited to attend a dinner at the US Department of State with State Secretary Hillary Clinton on September 7, 2010. The purpose of the Iftar dinner is to honor a group of visionary young American-Muslim leaders from around the country and to recognize their contributions to American society. Jibril represents the American Muslim community in the State of Ohio.

The state dinner will be preceded by a forum to be attended by the same

leaders hailed as “generation change” which will be facilitated by Farah Pandith, Secretary Clinton’s Special Representative for Muslim Communities. The forum will identify issues of concern to American Muslims and devise ways to deal with them. Topics of discussion will include homeland security and the role of Muslim leaders in keeping communities safe, preventing radicalization of American Muslim youth, and creating an environment that enables every American Muslim to thrive.

Continued on page 2

SomaliCAN Outreach Newsletter

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Ohio Developmental
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SomaliCAN and State Department: From Page 1

Jibril Hirsi will address the forum on a number of issues that pertain to improving national security and international relations: the challenges faced by Muslim entrepreneurs such as money service business owners; the role of Diaspora communities in shaping American foreign policy; and the need for hiring of more qualified American Muslims to serve at the U.S. Department of State. SomaliCAN is a community based organization that works to improve the health, safety, and productivity of new Americans through education, outreach, and advocacy. The organization provides a continuum of services to reduce crime and fear of crime in Ohio and throughout the United States and works as a think tank to contribute its expertise to resolving the prolonged Somali conflict. In April, SomaliCAN, in partnership with Crime Stoppers, launched an online crime reporting system for Somali speakers to report crimes nationwide.

In a letter to the U.S. Department of State, Jibril Hirsi wrote: "I see the new Muslim Engagement initiative as a platform for young Muslim leaders to discuss challenges and opportunities that affect their communities and to share their perspectives with policy makers. I am grateful for the U.S. Department of State for reaching out to Muslim leaders around the country. I applaud Secretary of State Hillary Clinton for sharing the dedication to excellence with Muslim Americans in this holy month of Ramadan by recognizing the contributions of young Muslim leaders to the wellbeing of all Americans." The event will be attended by representatives from the Obama administration, Congressional delegates, members of the diplomatic community, and more than 50 Muslim leaders from around the country. Upon his return to Columbus, the executive director will provide an update to community members about his trip to the State Department. Look out for more information about this trip on our next issue of Outreach.

SomaliCAN iyo Wasaaradda Arrimaha Dibadda: Ka bog 1

Jibriil Xirsi wuxuu hadal ka jeedin doonaa golahaa, isagoo diiradda saari doona waxyaabo kutacalluqa hagaajinta ammaanka qaranka iyo xiriirka caalamiga ah: caqabadaha la gudboon meheradleyaasha yaryar ee Muslimiinta ah sida mulkiilayaasha ganacsiyada lacag-xawilidda; doorka bulshooyinka Qurbajoogta ihi ay ku yeelanayaan qaabaynta siyaasadda dibedda ee Maraykanka; iyo baahida loo qabo in la kordhiyo shaqaalaynta xirfadleyaal badan oo ka mid ah dadka wax bartay oo Muslimiinta Maraykanka ah oo ay tahay in laga shaqaalaysiiyo Wasaaradda Arrimaha Dibedda ee Maraykanka. SomaliCAN waa urur bulsho oo u shaqeeya in uu hagaajiyo caafimaadka, nabdoonaanta, iyo wax-soo-saarka Maraykanka cusub isagoo (ururku) isticmaalaya tacliimin, xogaarsiin, iyo u doodis. Ururku wuxuu bixiyaa adeegyo joogto ah si uu u yareeyo dembiyada iyo kacabsiga dembiyada gobolka Ohio iyo dhamaan Maraykanka. SomaliCAN waxa kaloo ay u shaqaysaa qaab cilmi-baarid ah iyadoo khibraddeeda kukordhisa sidii loo xallin lahaa mushkiladda daba-dheeraatay ee Soomaaliya. Bishii Abriil ee sanadkan, SomaliCAN oo ay iskaashanayaan Dembi Joojiyayaasha "Crime Stoppers," waxay gardaadisay hab internetka dembiyada loogu gudbiyo si ay dadka Afsoomaaliga ku hadla ee kudhaqan Maraykanka oo dhan ugu sahlaan in ay dembiyada lagula kaco ugu sheegan karaan afkooda.

Waraaquu u diray Wasaaradda Arrimaha Dibedda ee Maraykanka, ayuu Jibriil Xirsi ku tibaaxay: "Waxaan hindisaha la xaajaysiga Muslimiinta ee cusub u arkaa in uu noqon karo minbar ay hogaamiyayaasha dhallinta ah ee Muslimiinta uhu uga hadli karaan fursadaha iyo caqabadaha waajahaya bulshooyinkooda oo ay markaana aragtidooda ugu gudbin karaan madaxda qaabaysa siyaasadda ee ay arrimahaasi ka go'aan. Waxaan Wasaaradda Arrimaha Dibedda ee Maraykanka uga mahad celinayaa sida ay ugu gacan haatisay hoggaamiyayaasha Muslimiinta ah ee dalka kudhaqan oo dhan. Waxaa kale oo aan aad uga maqsuud ahay Wasiiradda Arrimaha Dibedda, Marwo Clinton in ay Muslimiinta Maraykanka ah la qaybsato u go'idda wanaag samaynta iyadoo lagu jiro bishan barakaysan ee Ramadaan, iyadoo aqoonsatay waxyaabaha hoggaamiyayaasha dhallinta yar ee Muslimiinta ahu ay ku soo kordhiyeen ladnaanta dadka Maraykanka ah guud ahaantood." Munaasabadda waxaa kazoo qayb geli doona wakiillo ka socda maamulka Obama, wakiillo Koongareeska ah, xubno ka mid beesha diblumaasiyiinta, iyo in kabadan 50 hoggaamiye muslim ah oo ka yimid dalka oo dhan. Markii uu ku soo laabto Columbus, Jibriil wuxuu xubnaha bulshada uga warrami doonaa safarkiisa Wasaaradda Arrimaha Dibedda. Caddadka kan xiga ee Outreach ka la soco xog ku saabsan safarkan.

Skin Cancer: Protect and Inspect- By Amanda McDavid

A widely held misconception is that people with dark complexions do not need to wear sunscreen. While the rate of skin cancer is lower in people of color than in whites, skin cancer in African Americans and other dark-skinned populations has usually reached a more serious, advanced stage by the time it is diagnosed, making it harder to cure. Everyone, regardless of skin tone, should take steps to protect their skin from the sun.

Skin cancer comes in various forms. The three most common forms of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal and squamous cell carcinomas can occur anywhere on the body, but usually occur in areas that are exposed to the sun. Rarely, they may spread or “metastasize” to other areas of the body, which can be very dangerous. Melanomas are the least common of these three forms of skin cancer, but are the most likely to metastasize and are the most deadly. A melanoma often begins as a mole under the nails, on the palms of the hands, or the soles of the feet.

Most skin cancers can be completely cured if detected early. Everyone should inspect their skin at least monthly. You can perform a self-inspection in your own home without any special tools. All you need is a full-length mirror, a hand mirror, and good lighting. Inspect the entirety of your skin, including the scalp, bottoms of the feet, between your fingers and toes, and everywhere in the middle. Look for any new or changed moles, spots, blisters, and bumps.

Keep the “ABCDs” in mind: **A**symmetry, uneven **B**orders, **C**olor that has changed or is unusual, and/or large **D**iameter (size – anything bigger than a pencil eraser). Your primary care doctor or dermatologist should examine you at least once every three years if you are less than 40 years of age, and yearly if you are 40 years of age or older - even if you do not find anything unusual during your monthly at-home examinations. If you do find anything unusual, go to the doctor without delay!

Protecting yourself from the sun is the best way to lower your risk of skin cancer. Over time, ultraviolet rays (UV rays) can cause skin cancer. UV rays are a type of light given off by the sun. There are two types: UVA and UVB. Both are harmful. Sunscreen reduces the effects of UV rays on the skin, but not all sunscreens are created equal. You should choose a sunscreen that protects against both UVA and UVB rays. The product’s label will say if it protects against both UVA and UVB rays. Most sunscreens need to be reapplied every two hours, and more frequently if you will be in the water, sweating, or if it is windy outside. The SPF, or “sun protection factor,” is another aspect to keep in mind. The higher the SPF, the greater the protection that sunscreen will give. Your pharmacist can help you pick the best sunscreen.

The sun is not the only cause of skin cancer. Tanning beds are also a source of UV rays. Having a weakened immune system, previous exposure to radiation therapy, and chronic skin diseases like lupus also increase your risk of skin cancer.

People who take certain medications such as birth control pills, certain antibiotics, certain diabetes drugs, and some diuretics (or “water pills”) should be especially careful protect their skin from the sun. These drugs do not cause skin cancer, but can make you more sensitive to the sun. Usually, the pharmacist will place a sticker on the prescription bottle to alert you that the medication may increase your sensitivity to the sun.

Skin cancer is less common in people with darker skin tones, but is deadlier due to late detection. It is crucial to wear sunscreen and protective clothing, and to perform self-examinations of your skin on a monthly basis. Early detection is the key to survival. Do not delay visiting the doctor for any unusual skin changes. For more information on skin cancer and how to prevent it, visit the following websites.

www.cancer.gov

www.cancer.org

www.skincancer.org

http://www.healthinfotranslations.com/pdfDocs/062503_Som_Finals_Sun-Safety-Tips-Final.pdf

[Som_Finals_Sun-Safety-Tips-Final.pdf](http://www.healthinfotranslations.com/pdfDocs/062503_Som_Finals_Sun-Safety-Tips-Final.pdf)

(Available in Somali)

Amanda McDavid is a board member of the Somali Community Access Network (SomaliCAN). She is a regular contributor of health education articles.

Healthcare Reform Delivers New Consumer Web Portal

Health Care Reform Delivers New Consumer Web Portal

The U. S. Department of Health and Human Services recently launched Healthcare.gov for consumers to easily locate and research available health coverage options. The portal includes information about small group and individual insurance products, Medicaid, Children's Health Insurance Plans, and high-risk pools.

Consumers can receive information about available coverage options after answering some preliminary questions (e.g., marital status, reason for seeking coverage) and identifying their residential zip code. In October, the site will also include information on the price of health insurance plans as well as tools to help consumers stay healthy.

Dowladda oo Samaysay Shabakad Cusub oo Daryeelka Caafimaadka Ah:

Wasaaradda Caafimaadka iyo Adeegga Aadanaha ayaa dhowaan baahisay HealthCare.gov si dadweynuhu si sahlan ugu helaan ama uga baaraan adeegyada caafimaad ee diyaarka u ah. Bogga waxa ku jira akhbaar ku saabsan caymiska qoysaska, qofka, Medicaid-ka, caymiska caafimaadka carruurta, iyo dadka xanuunnada qaba.

Adeegsadeyaashu waxay ka heli karaan faahfaahin ki saabsan caymiska diyaarka u ah markii ay ka jawaabaan su'aalo hordhac ah (sida xaaladda guurka, sababta caymiska aad u dooneyso) oo ay sheegaan zip code-ka ay deggan yihiin. Bisha Oktoobar, waxa kale oo site-ka ku jiri doona war ku saabsan noocyada caymiska caafimaadka iyo talooyin ku saabsan sidii aad caafimaadkaaga u wanaajin lahayd.

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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:

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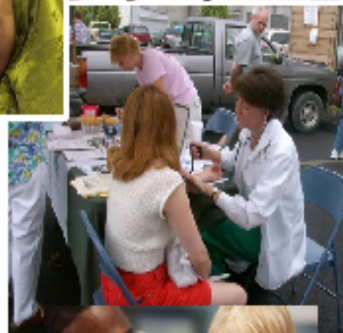
Free Health Fair

Unity Health Center, 3433 Agler Road, Columbus, Ohio

Wednesday
Sept 29, 2010
8AM to 3PM

Free Health Screenings

- Bone Density
- Body Fat
- Blood Pressure
- Blood sugar
- Breathing tests
- Dental screening



Other Assistance

- Job & Family Services
- Columbus Public Health
- Home Energy Assistance Program (HEAP)
- SomaliCan
- Nexus Counseling Services

NOTE: A limited number of free fans will be available to those with incomes less than 200% of Federal Poverty Guidelines.

Locator Map: Unity Health Center



3433 Agler Road
Columbus, Ohio



I-270 to Easton Way Exit, to South on Steltzer and Right on Agler

Health Fair Sponsors

TWC Pharmacy
Total Wellness Center LLC
Breathing Association
SmileCare
SRS Investments
Equity Inc.
Skilken-Pinnell Healthcare Real Estate

For More Information
Call Laura Atkinson
At 614-414-7885

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2010. 8:00AM ILAA
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UNITY HEALTH
CENTER
3433 AGLER
ROAD,
COLUMBUS, OHIO
43219

Wac Laura Atkinson
si aad macluumaad
dheeri ah u hesho:

614-414-7885

SomaliCAN is a proud partner of the Health Fair Sponsors

Ohio Community Initiative to Reduce Violence Conference

This conference explores community-based focused deterrence strategies to reduce drug and violent crime. Experts from Ohio and around the country will provide you with valuable information and resources to make your community a safer place to live.

When: September 8 from 8a.m. to 4:30 p.m. (Lunch provided) and September 9 from 8a.m to 12:30p.m.

Where: Dayton Convention Center, Fifth and Main Streets, Dayton, OH 45402

There is no cost to attend this conference but registration is required. For more information and to register, please visit the following:



www.ocjs.ohio.gov/OCIRV.stm or call 614.466.7782 or 888.448.4842.

Sponsored by the Ohio Office of Criminal Justice Services.

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

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.

SomaliCAN

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To advertise a product or service, contact us today:
info@somalican.org.

2010 Legislative Advocacy Day

Come and tell your legislators why living in
the community is important to you!

September 14, 2010 Ohio State House Atrium

10:30am Opening Ceremony

Come to Hear Speakers:

Carolyn Knight, Executive Director
Ohio Developmental Disabilities Council

State Senator John Carey

State Representative Jay Goyal

Dean Fadel, Board President
Franklin County Board of Developmental Disabilities

11:30am Legislative Visits

Tell your story and have your voice heard!

Change begins with YOU!

Please register for the event at <http://nisongcr.osu.edu/legislativeregistration>
For more info contact Carmen Shelton at c_shelton@ameritech.net or 740/505-8337

For Immediate Release:

For further information, Contact: Sgt.
Anthony Wilson

Minority Recruiting Unit (614) 645-
4642

Minority Recruiting Unit

Police Officer Application Filing Period Opens

The Columbus Division of Police is currently seeking applicants to participate in the next Civil Service Examination for police officer.

Applications for this exam will only be accepted **on-line** beginning Monday August 23, 2010 and ending September 10, 2010.

To apply **on-line** applicants must go to www.csc.columbus.gov for more information contact the Recruiting Unit at 645-4642.

General employment information may be found at www.columbuspolice.org.

Minority and female candidates are needed and are encouraged to apply.

For more information call the Recruiting Unit at

(614) 645-4642

or

(800) 637-4642.



Ohio Developmental
Disabilities Council

Notice of Funding Availability

Notice of Funds Available (NOFA) - FY 2010:

The Ohio Developmental Disabilities Council has announced \$ 63,000 in available grant funds for 2010. Interested applicants can submit proposals for the project listed below.

All grant awards are contingent upon the availability of federal funds. Applicants must provide cash or in-kind "matching" funds of 33.33% in non-poverty areas and 11.11% in poverty areas.

Questions about this project should be directed to the staff listed below.

The Deadline for proposals will be 11:59 p.m., Friday, October 1, 2010. Applicants who choose to provide appendix materials, i.e., letters of references, articles of incorporations, proof of non-profit status, etc., in hard copy format, must provide them to Council office by no later than 5:00 p.m. on Friday, October 1, 2010. Electronic forms of appendix materials may be attached to the application by the 11:59 p.m. deadline on Friday, October 1, 2010.

Funding of the Arts

Minimum matching requirements:

Non-poverty area: 33.33%

Poverty Area: 11.11%

The Funding of the Arts Program helps emerging artists with disabilities move to a higher level of artistic career development. As the community employment rate for people with disabilities is low, the arts can provide opportunities for people with disabilities is low, the arts can provide opportunities for people with disabilities to be employed in a variety of non-traditional higher paying jobs. Each year ODDC will select grantees through a competitive application process.

Funds will be used to help artists with disabilities obtain the materials and develop the skills necessary to begin marketing their art for profits. There were four Funding of the Arts grants for 2010.

Real Jobs

Minimum matching requirements:

Non-poverty area: 33.33%

Poverty Area: 11.11%

The Real Jobs Project provides people with disabilities opportunities to produce income through non-traditional employment. Numerous alternatives to traditional employment, such as supported employment, supported entrepreneurship, job carving and restructuring, micro-enterprises, and other approaches comprise "customized employment."

Employment services are more effective if they can offer an array of options designed to increase the employment/income of people with disabilities in jobs they want and choose. The projects may include, but are not limited to, demonstration, training, advocacy and research. There were two Real Jobs Projects in 2010.

The U.S Attorney's Offices for the Northern and Southern Districts of Ohio
The Federal Bureau of Investigation and
The Columbus Police Department
PRESENT

Radicalization Awareness: Presentation for Somali Youth and Parents.

When: Thursday, September 16, 2010 at 5:00pm to 9:00pm.

Where: Monaco's Place(Libaaxyada) 4555 Cleveland Ave., Columbus, Ohio 43231

For more information, contact Dana Peters at (614)469-5715 or dana.peters@usdoj.gov

Fadlan Ka Soo Qayb Gal!

