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Autism and Vitamin D Deficiency in the Somali Community



Researchers in Sweden have discovered a potential link to autism in Somali children with a possible vitamin D deficiency. In a study published in *Developmental Medicine and Child Neurology*, researchers have found that the prevalence of the autism and related disorders was three to four times higher among Somali immigrants than non-Somalis in Stockholm. The records of over 2,000 children, born between 1988 and 1998 in Stockholm, were reviewed in response to inquiries by parents and teachers on whether children with a Somali background were overrepresented in the total group of children with autism. ...*(Cont Autism Page 2)*

Qotomiska (Autism) iyo Yaraanta Xaddiga Vitamin D ee Carruurta Soomaalida

Cilmi-baareyaal reer Sweden ah ayaa waxay daaha ka rogeen suurto galnimada in uu jiro xiriir ka dhexeeya Qotomiska ku dhaca carruurta Soomaaliyeed iyo suuro galnimada yaraanta xaddiga Vitamin D. Qormo-aqooneed lagu daabacay *Developmental Medicine and Child Neurology*, ayay cilmibbaareyaashu ogaadeen in ku dhicidda Qotomiska iyo jirrooyinka ku tacalluqa aya saddex ilaa afar jeer carruurta Soomaaliyeed uga bukoosho badan yihiin kuwa kale ee aan Soomaalida ahayn ee deggan Stockholm. Faylal laga buuxiyey in ka badan 2,000 oo carruur Soomaaliyeed ah oo Stockholm ku dhashay intii u dhexaysay 1988 iyo 1998 in Stockholm, ayaa la baaray iyadoo ay waaliddiinta iyo macallimiintu uga gol leeyihiin in la ogaado in ay carruurta Soomaalidu u badan tahay kooxda carruurta ah ee uu ku dhacay ootiisimku. *Eeg bogga 2aad (Qotomis)*

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4583 MORSE CENTRE DR.
COLUMBUS OH 43229
PHONE: 614-453-5285
FAX: 614-785-9660
CELL: 614-404-5845
Email: african5@gmail.com
AbdulKadir J. Aden



Funded by the Ohio Developmental Disabilities Council

Autism (from Page 1)

In Minnesota, where an estimated 60,000 Somalis live, health officials note reports of autism among this population, who began arriving in 1993. Within several years of arrival, dozens of Somali families whose children were born in the U.S. found themselves dealing with autism diagnoses. The number of children in the city's autism programs jumped from zero in 1999 to 43 in 2007, according to the director of special education program for Minneapolis schools. The number of Somali-speaking children in the Minneapolis school district increased from 1,773 to 2,029 in the same period.

So, what might be the link? How can a population of people begin to be diagnosed with a condition for which no word exists in their own country?

The link seemed to be linked to the lack of sun in both Sweden and Minneapolis than in their native country which would result in less vitamin D being produced by the skin during sun exposure or ingested in a small number of foods.

It is difficult at best to assess the extent to which Somali immigrant families in Sweden and Minnesota are experiencing increased rates of autism. First, Somalia does not possess great records of the condition and children may be not be diagnosed with the condition due to an overall lack of awareness of autism. Despite this fact, Swedish scientists have reported autism rates have risen since they began studying the disease in the mid-1980s, just as the U.S. Centers for Disease Control officials noted an increase in the rates of the disorder.

Proponents of the vitamin D – autism link say there is a biological plausibility to their theory. A review based on more than 20 studies of animals and humans concluded that vitamin D during gestation and early infancy was essential for “normal brain functioning” according to a 2007 review cited in *Current Opinion in Clinical Nutrition and Metabolic Care*. At the same time, the theory needs a lot of data to back it before others will give it much credence given how many other potential reasons there are for a climb in autism rates.

The other reasons for an increase in autism rates include the increased attention to the condition in the U.S., and Somalis are more likely to see a doctor after moving here. Also, genes, studies have found, may also play a role.

Somali refugees, in particular, have faced multiple stressors adjusting to their new lives in Sweden and Minnesota: fleeing civil war, losing a supportive tribal culture, and replacing a diet for fruit, fresh meat and grains with processed food. Most importantly, members of this population have traded family compounds and regular exposure to the equatorial sun for cloistered high-rise apartments. (Continued Page 3 Autism)

Qotomis- (ka yimid bogga laad)

Minnesota, oo in lagu qaddaray 60,000 oo Soomaali ahu ay ku nool yihiin, ayaa saraakiisha caafimaadku waxay u fiirsadeen tirada cudurkani uu haleelo ee kooxdan oo billowday in ay dalka timaaddo 1993. Dhawr sano gudahood markii ay yimaadeen daraasiin Soomaali ah oo ay carruurtoodu ku dhalatay Maraykanka ayaa waxay billaabeen in lagu arko oo ay carruurtooda kala tacaalaan astaamaha ootiisimka. Tirada carruurta ee iyagu ku jira barnaamijyada daryeelka ootiisimka ayaa ka boodey eber oo 1999 kii ah una boodey 43 oo 2007 ah, marka lagu waxqaybsado hadalkii isudduwaha barnaamijka tacliinta gaarka ah ee Dugsiyada Minneapolis. Tirada carruurta ku hadasha Af-Soomaaliga ee dhigata dugsiyada degmada Minneapolis ayaa ka siyaadday 1,773 gaareyna 2,029 isla waqtigaas.

Haddaba, muxuu noqon karaa xiriirka arrintani ay muujinayso? Sidee bay dad ka mid ah bulshadu ugu billaaban kartaa calaamad cudurkeeda aanu dalkoodu ereyba u lahayn?

Xirriirku wuxuu u muuqdaa in uu ku xiriirsan yahay la'aanshaha qorrax ka yar tii dalkoodii ee ka jira Sweden iyo Minneapolis labadaba taas oo keenaysa vitamin D ka yar intii oo uu jirku sameeyo markii ay qorraxdu ku dhacdo ama laga helo tiro yar oo cuntooyinka ka mid ah.

Markay ugu fiicnaato waa arrin adag in la qiimeeyo baaxadda ay qoysaska muhaajiriinta ah ee Soomaaliyeed ee deggan Sweden iyo Minnesota ay ay la kulmayaan ootiisim uu xaddigiisu kordhayo. Ugu horrayn, Soomaaliya ma leh faylal iyo diiwaanno lagula socdo xaaladda waxaanaba laga yaabaa in aan carruurta lagaba helin astaamaha cudurka iyadoo ay sabab u tahay cudurka oo aanayba dadku war ka hayn kana digtoonayn. Iyadoo ay xaqiiqadani jirto, ayaa culimada sayniska ee reer Sweden in uu xaddiga ootiisimku kordhay ilaa iyo berigii ay billaabeen la socoshada cudurka oo ahay bartamihii 1980maadkii, sida ay saraakiisha Xarumaha Maraykanka ee Xakamaynta Cudurradu u ogaadeen in uu kordhayo xaddiga xanuunsigani.

Dadka la dhacsan isku tacalluqidda ootiisim iyo D – ayaa iyagu waxay sheegayaan in ay jirto looqaateennimo dhinaca baayolajiga ah oo ay arrintani leedahay. U-dhabboggal lagu sameeyey in ka badan labaan baaritaan oo xayawaan iyo dad ah ayaa waxaa lagu garawsaday in vitamin D inta lagu jiro koboca iyo dhallaanimada hore ay muhiim u tahay “maskaxda oo u shaqaysa si caadi ah” marka lagu waxqaybsado qormo aqooneed oo 2007dii lagu xigtay *Current Opinion in Clinical Nutrition and Metabolic Care*. *Eeg Bogga 3aad (Qotomiska)*

Angela Caffaratti, a Medical Doctor at Mount Carmel Health Systems in Columbus, Ohio says: “the average Somali person needs to take a daily dose of Vitamin D to compensate for sun exposure”.

Other evidence that points to a vitamin D link includes a study by Cornell University researchers showing that children in rainy terrains such as Oregon, Washington, and California were two times more likely to be diagnosed with autism than their counterparts in drier parts of the state.

Many more studies and research will need to be conducted to definitively link the lack of vitamin D with autism disorder. Families and other caregivers need the results of these studies to be published in order to know how to address this condition within their families.

The End.

Isla mar ahaantaa, aragtiinkani wuxuu u baahan yahay macluumaad tiro badan oo taageeraya inta uusan dadka kale ka helin wax aqoonsi ah iyadoo ay jiraan sababo kale jira oo ay suuroggal tahay in ay siyaadiyaan xaddiga ootiisimka. Sababaha kale ee kororka xaddiga ootiisimka waxaa ka mid ah u-soo jeedidda cudurka ee ka siyaadday Maraykanka, iyo Soomaalida oo ay aad ugu badan tahay in ay dhakhtar arkaan markas ay halkana soo degaan. Sidoo kale, hidde-sideyaal, ayay baaritaanno sheegeen, in ay door ciyaari karayaan.

Qaxootiga Soomaalida ah, gaar ahaan, waxay la kulmeen murugeeyeyaal dhawr ah xilligii ay la qabsanayeen ku noolaashahooda Sweden iyo Minnesota: ka soo cararkii dagaallada sokeeye, lumintii dhaqan qabiil oo laysku taageero, iyo ku beddelashadii dheelitirraan miro, hilib daray ah iyo miro iyo cunto la warshadeeyey. Waa tan ugu muhiimsane, qoysaskani waxay guryo reereer iyo qaadashadii joogtada ahayd ee qorraxda dhulbaraha ku beddesheen guryo dabaqyo dhaadheer ah oo awdan. Gabadha la yiraa Angela Caffaratti, oo ah dhakhtarad ka shaqeysa Habka Caafimaad ee Mount Carmel ee Columbus, Ohio ayaa waxay leedahay “Soomaaliga caadiga ahi wuxuu u baahan yahay in uu si maalinle ah u qaato Vitamin D si uu ugu magdhabo (meeshiisii u geliyo) qaadashadii qorraxda”.

Caddayn kale oo muujinaysa tacalluqidda Vitamin D ayaa waxay tahay cilmi-baarid ay samaysay baareyaasha Cornell University oo muujinaysa carruurta deggan dhulka roobleyda ah sida Oregon, Washington, iyo California ayaa laba jeer uga badan inuu ku dhaco ootiisim kuwa kale ee la-qayrka ah ee jooga qaybaha kale ee dalka ee qallaylka u badan. U-dhabboggallo iyo cilmi-baarisyo tiro badan ayaa ay tahay in la sameeyo si loo saleeyo in la'aanshaha Vitamin D uu ku tacalluqo bulooshada ootiisim. Qoysaska iyo daryeelayaasha ayaa u baahan in natiijooyinka baaritaannadaa la soo daabaco si ay u ogaadaan sidii ay xaaladdaa uga waajihi lahaayeen qoysaskooda. Dhammaad.

SomaliCAN Resources List

Police:

Columbus 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
(Interpretation) 614-895-1144

Inna Simakovsky (Immigration
Attorney) 614-599-0819



Funded by the Ohio Developmental Disabilities Council

A Blind Sheep (Ewe): A Somali folklore.

Children's stories are very common in Somalia. Because writing and reading are relatively new in the Somali language, storytelling is an effective way of conveying messages and lessons of life to the next generations. There are some fiction stories about animals and things. The hyena, the fox, the crow, tortoise and sheep are some of the most commonly quoted animals. Here I have translated a small story about a blind sheep and a hyena. Enjoy

Once upon a time, there was a blind ewe which lived with other sheep in remote parts of Somalia. It used to graze close to the other sheep in order to track their movements and sounds. One day, the blind ewe slept and the other sheep went home.

When the blind sheep woke up, the place was quiet and there was no movement. It assumed that the other sheep were still grazing in the forest and patiently waited for their return. The blind sheep did not know that her friends were gone for the day.

A greedy hyena saw the ewe from a distance and became very happy. The hyena was very happy to find a fat sheep in the bush at night and thought it was a blessing from God. The greedy hyena started to run towards the ewe in order to kill and eat its flesh. It was a blessing in disguise. The blind sheep was very pleased to hear the movement. It thought that the other sheep were approaching and ran as fast as she could towards the hyena. When the hyena saw this, he was shocked and started running away. The blind sheep kept on running after the hyena until the hyena was exhausted to death. The greedy hyena managed to say just one final sentence:

"The poor sheep I was trying to eat has eaten me!"

Lesson: Never give up. Never underestimate anything. A blind sheep has enough strength to kill a hyena because of her determination to join the flock at all costs.

Lax Indho La': Sheeko Xariiro

Sheeko carruureedyada ayaa ah kuwo Soomaalidu ay aad u sheegto. Iyadoo au sabab u ahayd qoraalka iyo akhriska oo aad u xaddidnaa, habka sheeko sheegidda ah ayay cid walba ugu tiirsanayd in la adeegsado si dhacdo iyo ictibaaraba loo soo qaato oo loogu soo gudbiyo jiilasha soo socda. Waxaa jira sheekooyin badan oo khiyaali ah oo ku saabsan xayawaannada iyo waxyaabo kale. Dhurwaaga, dawacada, tukaha, diidinka, iyo idaha ayaa inta badan la xigtaa oo loo ekaysiiyaa inay hadleen, ama wada hadleenba. Halkan waxaannu ku sheegi doonnaa sheeko ku saabsan lax indha la' iyo dhurwaa, bal dhegaysol!

Waxaa jiri jirey lax indha la' oo mar kasta aad ugu dhawaaan jirtay xaynteeda si ay uga war hayso dhaqdhaqaaqooda oo aanay u kala lumen iyada asxaabteeda kale ee indhaha leh. Maalin maalmaha ka mid ah ayay laxdii indhaha la'ayd damacday in ay xoogaa seexato. Intii ay hurudday ayay xayntii kale ka tagtay oo waxay aaday dhinicii ay xeryuhu ka jireen. Markii ay laxdii indhaha la'ayd toostay, ma jirin haba yaraatee wax shanqar ah oo ka yeeraysay aagga. Waxay isaga qaadatay in ay uun saaxiibbadeed kaynta dhinac ka daaqayaan ee marnaba meesha ma aanay soo dhiganin in ariga intiisii kale ay xeryihii qabteen.

Dhurwaa aad u gaajaysan ayaa inta laxdii sheedda ka arkay aad u farxay. "Allaylehe waa lax" ayuu qalbiga iska yiri. Dhurwaagu wuxuu filan waayey in uu kaynta dhexdeeda ka helo lax buuran oo keligeed ah. "Waa Alle mahaddiis" inta yiri ayuu laxdii xaggeeda isku qaaday. Laakiin arrini waxay noqotay mid ka duwan sidii uu Waraabe meesha soo dhigtay. Laxdii aad inta u faraxday ayay iyana hoos ka tiri "Waa saaxiibbaday, tolow xaggee intan ku maqnaayeen" oo intaa kuma harine waxay isku qaaday dhinicii Dhurwaaga. Dhurwaagu markii uu arkay laxda soo gaman ayuu inta laba qalbiyey hoos ka laba lixaadsadey, mise laxdii waaba soo xawaaraynaysaa. Dhinac buu inta u boodey labada cagood wax ka deyey. Laxdii waxay is leadahay "Ariga gaar" Dhurwaaguna "Naftaada la bax." Dhurwaagii sidii uu u ordayey ayuu dhanqalmay, wuxuuse intii aanay naftu ka bixin yiri:

"War ma deyladaan cun is lahaa baa i cuntay?!"

Dulucda Sheekada: Weligaa cidna ha yasin. Lax indha la' ayaa awood u yeelatay in ay disho dhurwaa sababtuna waxay ahayd sida ay laxda uga go'nayd in ay xaynteeda haleesho, qiime kastaa ha ku kacdee.

EXERCISE FOR LIFE

How do I get started?

Start by talking with your family doctor. This is especially important if you haven't been active, if you have any health problems or if you're pregnant or elderly.

Start out slowly. If you've been inactive for years, you can't run a marathon after only 2 weeks of training! Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.

How do I stick with it?

Here are some tips that will help you start and stick with an exercise program:

- **Choose something you like to do.** Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.
- **Get a partner.** Exercising with a friend or relative can make it more fun.
- **Vary your routine.** You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.
- **Choose a comfortable time of day.** Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- **Don't get discouraged.** It can take weeks or months before you notice some of the changes from exercise, such as weight loss.
- **Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.
- **Make exercise fun.** Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a sport you enjoy, such as tennis.

Sneak Exercise Into Your Day

- Take the stairs instead of the elevator
- Go for a walk during your coffee break or lunch
- Walk all or part of the way to work
- Do housework at a fast pace
- Rake leaves or do other yard work

The Health Literacy Program offers public health information to increase physical activity, encourage health eating habits and reduce stress.

The program works with healthcare and mental health providers to increase treatment outcomes through cultural competence and health communication.

To speak to a Health Coach at SomaliCAN's Health Literacy Program, call 614-556-0059.

This is a message from the Health Literacy Program at SomaliCAN



Funded by the Ohio Developmental Disabilities Council

Jimicsiga Ha Moogaan

Sidee u billaabaa?

Ka billow inaad la hadasho dhakhtarkaaga gaarka ah. Tani waxay si gaar ah muhiim u tahay haddii aadan horay u jimicsan jirin, haddii aad xanuun qabtid, ama aad uur tahay, ama aad aad waayeel tahay.

U billow si tartiib ah. Haddii aadan muddo sanado ah jimicsanin, ma ordi kartid maaradoon markaad 2 toddobaad oo keliya jimicsatid! Ku billow 10 daqiiqo oo jimicsi khafiif ah ah ama xoogaa yar oo socod ah maalin walba deetona u siyaadi inyar-inyar xaddiga jimicsigaaga iyo muddadiisa.

Sidee u joogteeyaa?

Kuwani waa xeelado kugu caawinaya inaad billowdo jimicso oo aad markaana joogteyso barnaamijkaaga jimicsi:

- **Dooro wax aad jeceshahay samayntooda.** Hubi in ay jir ahaan kugu wacan tahay. Tusaale, dabbaasha ayaa u sahlan kala-goysyada tufta qaba.
- **Hel saaxiib.** La jimicsiga saaxiib ama qof qaraabadaada ah wuxuu jimicsiga ka dhigi karaa mid shaaciro leh oo aadan ka caajisin.
- **Ha kala duwanaadeen hawlahaada.** Waxay u badan tahay in aadan ku caajisin kuna dhaawacmin jimicsigaaga haddii aad kala duwdo jimicsiyadaada. Maalin lugee, tan kale bushkuleeti wad, Tixgeli ciyaaridda qoob-ka-ciyaarka ama Isboortiga duurka, ama hawlaha joogtada ah sida fakuum-garaynta ama falidda cawska deydkaaga.
- **Dooro maalinta waqti ku habboon.** Martkii aad wax sii cunaysayba ha billaabin jimicsi ama markay dibeddu aad u kulushahay ama u qabowdahay. Iska suig ilaa galabtii haddii aad subaxdii tigtigan tahay.
- **Ha niyad jabin.** Waxay qaadan kartaa toddobaadyo ama bilo inta aadan waxtar ka dareemin jimicsigaaga, sida miisaan luma.
- **Iska illow "xanuun la'aani waa faa'iido la'aan."** Xoogaa xanfaa ahi waa jirayaan marka ugu horraysa ee aad billowdid jimicsi, laakiin xanuun ma jiri karo. Bareeg qaado haddii aad xanuun dareentid ama dhaawacantid.
- **Ku madadaalo jimicsiga.** Aqri, muusiq dhegayso ama TV fiirso marka aad wareejinaysid baaskiiladda fadhida, tusaale ahaan. Hel waxyaabo shaaciro leh oo aad samaysid sida adigoo beerta xayawaanka u lugeeya. Qoob ka ciyaar samee. Baro sida loo ciyaaro isboorti aad xiisaynayo, sida tenniska.

Maalintaada ku dhex qari jimicsi

- Jaranjarada fuul meeshii wiishka
- Yara lugee xilliga kafeega ama qadada aad u baxdid
- U wada lugee ama qaar u lugee shaqada
- Hawsha guriga si dhaqso ah u qabo
- Fargeetee caleemaha ama shaqo kale bedka ka qabo.

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Fariintaan waxa soo diyaariyay Barnaamijka Barashada Caafimaadka ee SomaliCAN



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Reader Feedback to the Previous Issue:

Thank you for sending me this information. This looks like a very good partnership. Someone needs to be out there from the Somali community to help them and the rest of society to start moving towards mutual understanding. Thank you for being that someone. The outreach newsletter will enlighten all of us and reduce the unnecessary fear of the other person just because they are different. I have heard complaints about Somali children's behavior from school employees and bus drivers. Please address these issues as well.

Diana, Columbus, Ohio.

"I honor this as an achievement for the whole community. It is truly a service that the community had great need for. Thank you for filling the gap". Hawa, Columbus, Ohio

"I read through the entire newsletter – well the English half - love it. I found it very clear, and therefore very informative".

Sara, Minnesota.

I saw the newsletter and wanted to congratulate the SomaliCAN team for producing such a fine work. It looks great.

Kim, Columbus, Ohio.

"For those of us in Cleveland, Ohio, you brought us in the loop. We will definitely use the newsletter as a platform for voicing our concerns and aspirations. Expect contributions of articles and information to the newsletter". Dahir, Cleveland, Ohio.

We, at SomaliCAN would like to thank all of our readers. We welcome your feedback and suggestions. Your valuable advice is important to us as it helps us to do a better job. If you would like to contribute an article or make a suggestion, you can contact us by e-mail at news@somalican.org. You can alternatively reach us by phone, fax or mail.

Best,
The SomaliCAN Outreach Team

WORLD REFUGEE DAY 2009

The United Nations General Assembly designated June 20th as World Refugee Day to recognize and celebrate the contribution of refugees throughout the world. Since then, World Refugee Day has become an annual commemoration marked by a variety of events in over a hundred countries. This year's World Refugee Day theme was "Real People, Real Needs". Despite the efforts of many, the needs of refugees worldwide are far from being met. Behind the unmet needs are not just numbers but real people with real stories.

SomaliCAN sponsored the World Refugee Day on June 20, 2009 where the African American Alzheimer's and Wellness Association helped senior refugees with their many needs including medical needs, legal assistance, memory screening/evaluations and linkages to community services. Inna Simakovsky, a renowned immigration attorney in Columbus, Ohio and Burhan Ahmed a Somali community activist. More than 300 people were served.

The SomaliCAN Outreach Team would like to express our sincere appreciation for all the volunteers who offered their valuable time, energy and talents to help refugees. We particularly thank Inna and Burhan as well as the African American Alzheimer's and Wellness Association. We look forward to working with you all next year.



Funded by the Ohio Developmental Disabilities Council

SomaliCAN Hosts the Columbus International Program

On Wednesday, June 24th, 2009, SomaliCAN hosted the Somali Country Presentation for more than 30 members of the Columbus International Program. A detailed presentation by Jibril Hirsi, the president of SomaliCAN discussed Somali culture and history. He also outlined the opportunities and challenges that Somali people have while emphasizing the economic and cultural contributions of Somali immigrants in the USA to their host communities.

To join the Columbus International Program or attend a country presentation, visit:

<http://www.cipcolumbus.org/>



Bishii tagtay ee Juun 24keedii ayay SomaliCAN marti gelisay xaflad si weyn loo agaasimay oo casho sharaf ah oo ay ka soo qayb galeen in ka badan 30 xubnood oo ka socday Barnaamijka Caalamiga ah ee Columbus. Xafladdaasi ayaa khudbad uu ka jeediyay Jibriil Xirsi oo ah madaxa SomaliCAN wuxuu ka soo qaybgaleyasha u sharxay dhaqanka, taariikhda, afka iyo dadnimada Soomaalida. Wuxuu ka hadlay waxtarka dhaqan-dhaqaale ee Soomaalida Maraykanku ay soo kordhiyeen. Si aad xubin uga noqotid Columbus International Program ama uga qayb gashid xaflad, booqo:

<http://www.cipcolumbus.org/>



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Please send any news releases, story ideas, and suggestions to

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Email: adam.ohirsi@somalican.org

Important Dates in July:

Somali Independence: **July 1.**
US Independence Day: **July 4**

Question: When was the US flag with the 50 stars first adopted?



On July 1, 2009, the Somali flag will be raised at the Ohio State House for the first time to honor the 49th anniversary of Somali Independence. The SomaliCAN Team, on behalf of the Somali Community in the great State of Ohio, would like to thank the Governor of Ohio and House of Representatives for their recognition for diversity in the State of Ohio.



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