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Somali President to Visit Columbus: Jibril Hirsi

The president of the Transitional Government of Somalia, Sharif Sheikh Ahmed is scheduled to visit Columbus, Ohio on October 6-7, 2009. Here is the full tentative schedule:

Day 1: Tuesday, October 6

Lunchtime: Meeting with Somali business & community leaders
6-7:30pm: State Dinner with Government officials and community leaders
8-10pm: Somali Diaspora Community Forum, Open to Public
Location: Villa Milano (Schrock Road)

Day 2: Wednesday, October 7

Keynote Address: Sponsored by Columbus Council on World Affairs and Columbus International Program. Interpretation by SomaliCAN.

8:00am: Registration/Coffee
8:30 - 9:30am: President's address: Somalia, Prospects of Peace
9:30 - 10:00am: Press Conference
Location: Terrace Ballrooms, Columbus Convention Center. (NW corner near the Cap)
Somali Interpretation: **SomaliCAN**.

Cost: \$25. Please make reservations by email to cipcols@aol.com or call 221-0034.

1:30-3:30pm: Ohio State University Keynote Address & Reception
Audience: Up to 200 students, faculty, and staff
Location: Longaberger Alumni House
Media: Press conference to follow program (2:30-2:45pm)

Madaxweynaha Soomaaliya oo Soo Booqanaya Columbus: Jibril Hirsi

Madaxweynaha Dowladda Ku Meel Gaarka ah ee Soomaaliya, Shariif Shiikh Axmed ayaa booqasho ku imanaya magaalada Columbus, Ohio bishan Oktoobar 6-7, 2009. Hoos waxa ku qoran jadwalkii oo qabyo ah:

Maalinka laad: Oktoobar 6

Qadada: Kulan ganacsatada iyo madaxda jaaliyadda
6-7:30pm: Casho sharaf ay ka qayb galayaan madaxda Dowladda iyo madaxda jaaliyadda.
8:-10pm: Kulan Dibad Joogta Soomaaliyeed oo dadweynaha u furan
Goobta: Villa Milano (Schrock Road)

Maalinka 2aad: Arbaco, Oct. 7

Khudbad gundhig ah: Waxa qabanqabiyay Columbus Council on World Affairs iyo Columbus International Program.
8:00am: Is diiwaan gelinta, Qaxwaha.
8:30-9:30am: Khudbadda Madaxweynaha: Soomaaliya, Ifafaale Nabadeed.
9:30-10:00am: Shir Saxaafadeed
Goobta: Terrace Ballrooms, Columbus Convention Center.
Turjumaadda: **SomaliCAN**.
Qiimaha: \$25.
Ka gado e-mailka cipcols@aol.com ama wac 221-0034.
1:30-3:30pm OSU Keynote Address & Reception
Location: Longaberger Alumni House.
Shir Saxaafadeed: 2:30-2:45pm

DC Council Formally Approves Carolyn Knight's Appointment As Executive Director:



DC Council oo Rasmi u Aqbalay Magacaabiddii Carolyn Knight:

Carolyn Knight

Carolyn Knight's appointment as executive director of ODDC was formally approved at the September ODDC meeting. She served the past year as the acting director for the agency.

According to Peter Keiser, ODDC's current chair, "I am delighted Carolyn is the new executive director of ODDC. She is uniquely qualified — she has experience in state government, has a working relationship with key state agency directors and has a thorough understanding of issues important to people with disabilities. Carolyn's leadership and management skills combined with her vision for an improved community life for people with disabilities will serve her well while striving to assure ODDC meets its mission."

As executive director, Knight manages a staff of 10 and the full Council of 34 members. She is also responsible for grant funded projects ODDC supports through federal dollars to create change that improves independence, productivity and inclusion for people with developmental disabilities and their families in community life.

"I am pleased the full Council supports my appointment as their executive director. I am anxious to work with Council and staff to improve the visibility of Council throughout the state of Ohio and to target new initiatives that improve the lives of people with disabilities," said Knight.

Knight previously worked at Ohio Legal Rights Service (OLRS) and was the executive director for 24 years. While at OLRS, she was an active member of ODDC and chaired many of Council's committees. She was the chair of Council for three years.

Carolyn Knight

Carolyn Knight magacaabiddeedii Madaxnimada ODDC ayaa waxaa shirkii Sibteembar ee ODDC-da lagu ansixiyey. Waxay ku-sime ahaan u sii haysay jagadaas sanadkii ina dhaafay.

Guddoomiyaha haatan ee ODDC, Peter Keiser, wuxuu yiri "Waxaan aad ugu faraxsanahay in ay Carolyn tahay madaxa cusub ee ODDC. Aad bay ugu qalantaa mansabkaas — waxay khibrad u leedahay dawladda gobolka, xiriir shaqona way la leedahay madaxda iyo hawlwadeennada muhiimka ah ee haatan hawsha gobolka wada, waxaanay aad uga dheregsan tahay waxyaabaha u muhiimka ah dadka naafada ah. Xirfadaha Carolyn ee hoggaamin iyo maarayneed oo lagu daray himiladeeda ku aaddan hagaajinta nolasha dadka naafada ah ayaa wax ku kordhin doono dedaalka ay u galeyso in ay ODDC-du ku libto hawsheeda."

Madax ahaan ayay, Knight waxay maamushaa 10 shaqaale ah iyo gole dhan 34 xubnood. Waxay sidoo kale masuul ka tahay mashaariicda ay deequhu maal-geliyaan oo ay ODDC-du ku waddo dollarrada federaalka si loo aburo isbeddel hagaajiya madax-bannaanida, wax-soo saarka iyo ka mid ahaanshada dadka qaba naafannimada koritaaneed iyo qoysaskooda ee bulshada ka midka ah.

"Waxaan aad uga maqsuuday in dhamaan Goluhu ay taageereen magacaabiddayda Agaasimennimo. Waxaan u bisa-bisoonayaa la shaqaynta Golaha iyo shaqaalaha iyo inaan hagaajiyo muuqaalka Golaha ee dhamaan gobolka Ohio iyo weliba in aan beegsado hal abuurro cusub oo sare u qaada nolasha dadka naafada ah," ayay tiri Knight.

Knight waxay hore ula soo shaqaysay Ohio Legal Rights Service (OLRS) waxaanay isudduwaha guud ka ahayd 24 sano. Intii ay joogtay OLRS, waxay xubin firfircoon ka ahayd ODDC waxaanay guddoomin jirtey guddiyada Golaha. Saddex sano ayay ahayd guddoomiyaha Golaha.

ODDC ANNUAL MEETING NOTICE: ODDC's Health Reform for People with Disabilities Conference will be held on Tuesday, October 27, 2009 at the Hyatt Regency Hotel in Columbus, Ohio.

SOO XAADIR SHIR SANNADEEDKA ODDC: Dibuhabaynta Caafimaad ee Dadka Naafada ah. Shirka Dibuhabaynta Caafimaad ee Dadka Naafada ee ODDC waxaa la qaban doonaa Talaado, Aktoobar 27, 2009 waxaana lagu qaban doonaa Hyatt Regency Hotel oo ku yaal Columbus, Ohio.

Identifying Gang Involvement in Youth

Recently, Columbus Police reported that they see a definite increase in gang activity within the Somali community. The police further reports that youth who immigrated to the US at age 18 or 19 are just as much at risk of engaging in youth violence as those who were born here.

This article sheds some light on gangs: definition of gangs, conditions that motivate youth to gangs, and how to identify possible involvement in gangs.

What is Gang?

There is no nationally accepted definition, but most agree on the following elements:

A group of three or more people; These people share a common identifying sign, symbol, or name; Gang members individually or collectively engage in an ongoing pattern of criminal or delinquent activity; They are often between 12 and 24

Conditions that Enable Gangs

Socializing agents are ineffective; Abundance of free and unstructured time; Limited exposure and access to good jobs and careers; and A place to congregate, a well-defined neighborhood.

Why do individuals join gangs?

There are many reasons that individuals mention for joining gangs. These include: Fun and excitement; Identity and sense of belonging; Peer pressure; Financial gain/drugs; Protection; and a failure to understand what being in a gang means.

Purchasing or desire to buy or wear clothing of all one color or style; Changing appearance with special haircuts, eyebrow markings, or tattoos; Using hand signs; Gang graffiti on folders, desks, walls, and buildings; Developing a bad attitude towards family, school, and authorities; Staying out later than usual; Carrying weapons; Withdrawing from family activities; Changing friends; spending time with undesirable people; and Having more money or possessions.

If you notice any of these changes in youth, please seek the intervention of your community leader, religious scholar, school guidance counselor or local law enforcement.

A message from the SomaliCAN Community Prevention & Education Program and the Office of Criminal Justice Services of the Ohio Department of Public Safety.

Aqoonsiga Carruurta Ardaallada ku Tacalluqda

In dhawaale, waxay bilayska Columbus soo sheegayeen in ay gaangistarnimadu ku sii badanayso umadda Soomaaliyeed. Waxaa kale oo ay bilaysku sheegayaan in carruurtii soo haajirtay iyagoo jira 18 ama 19 ay halis la eg kuwii halkan ku dhashay ugu jiraan in ay ka qayb qaataan qalalaasaha ay dhallintu ku lug leedahay Maqalkan ayaa wax inooga iftiiminaya ardaalnimada: qeexidda ardaallada, xaaladaha dhallinta ku khasba in ay baxaayowdo, iyo sida loo aqoonsado ku lug lahaanshada jiri karta ee hawshaas gaangistarnimada ah.

Waa maxay Ardaal? Ma jirto qeexid dalku isku raacsan yahay, laakiin in badan ayaa isku raacsan waxyaabaha soo socda:

Koox saddex ah ama ka badan; Waxaa ka dhexeeya sumad ay isku gartaan, calaamad ama magic; Xubnaha ardaashu waxay si gaar ah iyo si guudba ugu lug leeyihiin sharwadennimo joogto ah oo dambi ama maringef kale ah; Inta badan waxay u dhexeeyaan 12 iyo 24

Xaaladaha Suuraggeliya Ardaalnimada: Nidaamka bulshaynta oon waxgal ahayn; Waqti xad dhaaf ah oo aan qaabaysnayn; La'aanshaha galaangalka iyo heli-karitaanka shaqo iyo xirfad fiican; Meel laysugu yimaado, duddooyin laysla yaqaan.

Maxay shaqsiyaadku u galaan ardaasha? Sababo badan ayay dadku ku tilmaamaan sababta ku khasabtay in ay ardaasha ku biiraan. Waxaana ka mid ah: Shaaciro iyo qarraacad, hayb-goobis iyo ahaansho raadi, duufsi asxaabeed, tacab helid/daroogo; ku bedbaadid; iyo iyadoonba la ogeyn micnaha waxa ay ardaalnimadu tahay

Muujiyeyasha Ku-lug lahaanshaha Ardaalnimo: Iibsiga ama rabitaanka iibsiga dhar isku wada midab ah ama isku namuunad ah; Isu ekeysiiinta si kale oo ah jarasho cayn kale ah, sumado suunniyaha ah, iyo taatuuyo; Isticmaalka calaamad gacmaha ah; Sumad-shareedka ardaasha oo galalka, miisaska, gidaarrada, iyo dhismaha lagu dhigo; U jir-xumaynta qoyska, dugsiga, iyo madaxdaba; Bannaan ku soo daahid aan caadi ahayn; Hub sidasho; Ka bixid hawlilihii qoyska; Saaxiibbo beddelasho; waqti lala lumiyo dad aan wacnayn; Haysashada lacag iyo alaabo badan

Haddii aad calaamadahaas qaarkood ama dhamaantood ku aragtid dhallinta kuu dhaw, fadlan la xiriir hoggaamiye bulsho, wadaad diimeed, guruxle hanuunshe ah oo dugsiga, ama sharci xoojiye maxalli ah.

War murtiyeed dhaxal-gal ah oo ka yimid SomaliCAN Community Prevention & Education Program iyo Office of Criminal Justice Services ee Ohio Department of Public Safety.

Vaccines: Fact vs. fiction

These days, it's easy to get information about your health. But, it's also easy to get misinformation. Stories you hear in the media or online about vaccines could leave you scratching your head - and wondering if they're necessary, safe and effective.

Myths debunked Claim: Vaccines aren't needed. Diseases they protect against are no longer a threat.

Facts: Many illnesses are less of a threat than they used to be. But, in many cases, vaccines deserve the credit. If people stop getting these vaccines, the diseases could resurface, according to the Centers for Disease Control and Prevention (CDC).

For example, before the measles vaccine was offered in the United States, several hundred thousand Americans got the disease each year. After the vaccine was licensed in 1963, there was a huge drop in measles cases. Rates of the illness have stayed low since. Between 2000 and 2005, there were only 405 U.S. measles cases.

Now consider what happens when people stop taking vaccines. In the early 1970s, about 70 percent of people in Japan got the vaccine for whooping cough. The country had 393 cases of the disease in 1974 and no deaths. When vaccination rates dropped to 40 percent or less because of fear about the vaccine, cases of whooping cough rose dramatically. Roughly 13,000 cases were diagnosed in Japan in 1979. Forty-one people died from the disease that year.

Claim: Vaccines cause many harmful side effects, illnesses and deaths.

Facts: Vaccines may cause pain or tenderness at the injection site. You also might have a mild fever afterward. These problems are minor, however, and won't last long. Serious problems are rare.

Paul A. Offit, M.D., and Louis M. Bell, M.D., authors of the book *Vaccines: What You Should Know*, remind us that few things in life are totally harmless. They point out that more than 300 Americans die each year in bath- or shower-related accidents. Yet, few of us think bathing is unsafe.

Continued on Page 5: Vaccines

Tallaallada: Run iyo Khiyaali

Maalmahan way sahlan tahay inaad wax badan ka ogaatid caafimaadkaaga. Laakiin inaad marin habawdana aad bay u sahlan tahay. Haddabaha xogaha aad ka heshid saxaafadda iyo internetka oo ku saabsan tallaallada way kaa ashqaraarinayaan – waxaadna is weydiinaysaa in ay tallaalladi yihiin kuwo loo baahan yahay, nabdoon, oo waxgal ah.

Khuraafaadyada kashifan

Khiyaaliga: Looma baahna tallaallada. Cudurrada ay difaacan maba jiraan hadda oo khtarba inaguma aha.

Runta: Qaar ka mid ah xanuunnada ayaa haatan ka sakhiran sidii hore. Laakiin, inta badan, tallaalladaaba taa ku ammaan. Haddii ay dadku joojiyaan qaadashada tallaallada, cudurradaasi mar kale ayay soo noqon karayaan, sida ay sheegayso Xarumaha Xakamaynta iyo ka Hortegidda Cudurrada(CDC).

Tusaale, intii aan tallaalka jadeecada laga bixinin Maraykanka, dhawr boqol oo kun oo dadka Maraykanka ah ayuu cudurku ku dhici jirey sanad waliba. Markiise tallaalka la shatiyeeyey sanadkii 1963, hoos ayay aad ugu dhaceen dadkii uu cudurku soo ridanayey. Soo ridashada cudurka ilaa berigii sidii buu u hooseeyey. Intii u dhexaysay 2000 iyo 2005, waxaa jirey 405 qof oo Maraykan ah oo ay jadeeci ku dhacday.

Haatan bal u fiirso wixii dhici laa haddii ay dadku joojaan qaadashada tallaallada. Horraantii 1970aadkii ku dhawaad boqolkiiba 70 dadka Jabbaan ah ayaa jixda iska tallaalay. Dalkaa waxaa uu cudurku ku soo ritay 393 qof 1974tii ciduna uma dhiman. Markii shaki laga keenay tallaalka laftiisa awgiis hoos loo dhigay qaadashadii tallaalka 40 boqolkiiba, soo ridashadii cudurku kor ayuu u kacay. Adigu 13,000 qof ayuu cudurku ku dhacay dalka Jabbaan sanadkii 1979. Afartan iyo kow qof ayaana sanadkaa cudurka u iilatay.

Khiyaali: Tallaalladu waxay keenaan saamayn doceedyo dhib leh, xanuunno, iyo dhimasho.

Runta: Tallaalladu waxay ku keenaan xanuun iyo barar dabacsan meesha lagu muday. Waxaa kaloo suuroggal ah qandho nacas ah tallaalka ka dib. Dhibaatooyinkaasi waa kuwo aan wayneyn, waanaba waqti gaaban. Dhibaato weyni waa dhif. Paul A. Offit, M.D., iyo Louis M. Bell, M.D., soo saarayaasha buugga *Vaccines: What You Should Know*, waxay tilmaamayaan in in ka badan 300 oo Maraykan uhu ay u dhintaan shilal qubaysiga iyo musqusha la xiriira. Sidaas oo ay tahay ma jiraan dad badan oo ay la tahay in uusan qubaysigu nabdoonayn.

Continued on Page 5 Tallaalka

Claim: Vaccines for diseases that no longer exist in the United States are a waste of time and money.

Facts: Travelers could be exposed to a disease outside of the United States and bring it home. Visitors from other countries or people who move here also could carry it. If you're not protected, you could get sick. Immigrants constituted the largest population growth in Franklin County over the last decade.

Claim: Giving a child multiple vaccines at once increases the risk of side effects.

Facts: Experts have carefully studied whether giving more than one vaccine at a time is safe and effective. They've concluded that it is.

There are good reasons for giving vaccines together. Early in life, children are very vulnerable to illness. The sooner they're protected, the better. Getting several vaccines in one shot cuts down on the number of needle sticks a child must face. It saves time and money, too.

Claim: The flu shot can give you the flu.

Facts: The flu vaccine contains inactivated, or killed, viruses, which means they cannot cause infection. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. This year, there is an additional H1N1 vaccine that will be made available-free- to protect us from this serious pandemic influenza.

Still unsure?

You're bound to hear other claims about vaccines, too. But, remember, vaccines have a long track record of protecting public health. If you have concerns or questions, talk with your doctor. Your family's health and well-being are too important not to. You also can visit the Centers for Disease Control and Prevention at www.cdc.gov/vaccines.

Protect yourself and your loved ones from the Seasonal Flu and the H1N1 influenza by taking the seasonal flu shot now and getting the H1N1 vaccine when it becomes available.

This message is part of the SomaliCAN Health Literacy program, a partnership between the CareSource Foundation and SomaliCAN.



1-800-488-0134

Khiyaali: Tallaallada cudurrada aan ka jirin Maraykanka waa uun lacag iyo waqti lumin.

Runta: Kuwa safra ayaa cudurradaa ka soo qaadi kara meelo bannaanka ka ah Maraykanka keenina kara halkaan. Booqdayaasha ka yimid dalalka kale ama dadyowga halkan u soo guura ayaaba qabi kara. Haddaadan ilaalsanayn, waad xanuunsani karaysaa. Muhaajiriinta ayaa u dhigmayey kororka dadeed ee ugu badan Degmada Franklin ilaa tobankii sano ee tagtay.

Khiyaali: Tallaal siinta dhawka ah ee hal mar ah ee la siiyo cunugga wuxuu kordhinayaa saamayn doceedka.

Runta: Khubarada ayaa aad ugu dhabbogashay nabdoonaanta in cunugga hal mar la siiyo dhawr tallaal. Waxay ku gabogabeeyeen in ay taasi nabdoon tahay.

Waxaa jira sababo ay ku wanaagsan tahay in cunugga tallaallada wadajir loo siiyo. Inta ugu horraysa noloshooda, carruurta aad bay halis ugu jiraan cudurrada. In degdeg loo ilaaliyo ayaaba aad u fiican. Hal cirbad ah oo ay ku kulman yihiin dhawr tallaal waxay yaraynaysaa inta goor oo cunugga la mudayo jirkiisa. Waqti iyo lacagna waabay bedbaadinaysaa.

Khiyaali: Tallaalka hergabka (flu) ayaaba kugu ridi kara hargab.

Runta: Tallaalka hargabka waxaa ku jira fayruusyo la hawlgabiyeey ama la diley oo aan sababi karayn in ay cudur keenaan.

CDC-du waxay talo ku bixinaysaa in si looga hortago cudurkan halista ah, in ay aad muhiim u tahay in si sanadle ah loo qaato tallaalka hargabka.

Haddaadan weli hubin?

Wax badan ayaad maqli doontaa dhalanteed badan oo ku saabsan tallaallada. Laakiin, xusuusnow, in tallaalladu leeyihiin soo-yaal dheer oo ku caanbixinaya ilaalinta fayaqabka bulshada. Haddii aad qabtid walaacyo iyo su'aalo la hadal dhakhtarkaaga. La hadliddu waw muhiim caafimaadkaaga iyo ka qoyskaaga. Waxaa kalood booqan kartaa Xarumaha Xakamaynta iyo ka Hortegidda Cudurrada www.cdc.gov/vaccines.

Farriintani waxay qayb ka tahay Barnaamijka SomaliCAN ee Looxjiidashada Caafimaadka, waana wadaqabasho u dhexaysa CareSource Foundation iyo SomaliCAN.



1-800-488-0134

Mammography



What is a mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool available today to find breast cancer early. It can find breast cancer when it is very small, even too small to feel. It can also detect calcifications and abnormal changes to the skin.

How can I get a mammogram?

Call your doctor for a referral. It is best to see your doctor for a breast exam before you get your mammogram.

Is it painful?

To get a good picture, the technologist needs to flatten the breast. You may feel a little pain, but it only lasts a few seconds.

What if I cannot afford a mammogram?

If you can't afford a mammogram, Medicare and most insurance plans cover it. Call our Breast Care Helpline (1-800 I'M AWARE or 1-800-462-9273) for free or low cost options in your area.

Susan G. Komen for the Cure recommends the following:

1. Have a mammogram every year starting at age 40.
 - If you are under 40 and have breast cancer in your family or are worried about your breasts, talk to your doctor.
2. Have a clinical breast exam by your doctor or nurse at least every 3 years starting at age 20, and every year after the age of 40.
3. Do Breast Self-Exam (BSE) each month starting by the age of 20.
 - Get to know your breasts. Report any changes to your doctor or nurse.

1-800 I'M AWARE (1-800-462-9273) www.komen.org

Susan G. Komen for the Cure does not provide medical advice. ©2007 Susan G. Komen for the Cure. Item No. 806-304 08/07

Mammography : (Raajada Naasaha)

Waa maxay Maamogram?

Mammogram waa raajo la saaro naasaha. Waa qalabka ugu wacan ee horay loogu ogaan karo kansarka naasaha. Waxay sheegi kartaa kansarka naaska oo aad u yar, xattaa ka yar in aad dareentid. Waxay kaloo muujisaa adkaanshaha jirka iyo isbaddellada aan caadiga ahayn ee jirka.

Sidee ku heli karaa Mammogram?

Wac dhaqtarkaaga si uu kuugu diro. Waxaa habboon in aad dhaqtarkaaga aragtid si uu naasaha kaaga baaro Mammogram-ka ka hor.

Miyuu Xanuun Leeyahay?

Si aad ra'yi fiican u hesho, farsamayaqaanku wuxuu u baahan yahay in uu fidiyo naaska. Waad dareemi kartaa xanuun yar, laakiin wuxuu ku egyahay ilbiriqsiyo.

Haddii aanan Mammogram Awoodinna?

Haddii aadan awoodin Mammogram, Medicare iyo caymisyada badankood way bixiyaan. Soo wac khadkeenna Caawinta Daryeelka Naaska (1-800-462-9273) si aad u hesho adeegyo bilaash ama raqiis ah oo kuu dhow.

Susan G. Komen for the Cure waxay ku talinaysaa:

1. Isa saar raajada naaska sannad walba laga bilaabo da'da 40 jir.
- Haddii aad 40 ka yartahay oo ay qoyskaagu qabaan kansarka naaska ama aad ka welelsan tahay naaskaaga, la hadal dhaqtarkaaga.
2. Mar baaritaan caafimaad oo uu naaskaaga ku sameeyo dhaqtarkaagu ama kalkaalisadu ugu yaraan 3dii sanoba mar laga bilaabo labaatan jir, iyo sannad walba laga bilaabo 40 jir.
3. Samee baaritaanka naaska ee iskaa ah (BSE) bil kasta laga bilaabo 20 jir.
- Baro naasahaaga. U sheeg wixii is baddela dhaqtarkaaga ama kalkaalisada.

1-800 I'M AWARE (1-800-462-9273)
www.komen.org

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.

SomaliCAN

700 Morse Road, 101

Columbus, OH 43214

Phone. (614)781-1414

Fax: (614) 448-4395

E-mail:

info@somalican.org

To advertise a product or service, contact us today:

info@somalican.org.

Prevent Getting and Spreading the Flu

- Get a seasonal flu shot – available now (**seasonal flu clinics**)
- 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
- Get the H1N1 vaccine when available

Ka Hor Tag Faafitaanka Hargabka (Flu)

- Qaado tallaalka hargabka ee xilliga- oo hadda la heli karo.
- 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, sanakaaga, ama afkaaga
- Ha u dhawaan dadka qaba xanuunka
- Qaado tallaalka H1N1 marka uu soo baxo.

Ohio Prevention and Education Conference (OPEC) Scheduled for Nov. 18-19

The 2009 Ohio Prevention and Education Conference (OPEC), titled Prevention in the 21st Century: A Journey Within Reach, will be held Nov. 18-19 at the Crowne Plaza Columbus North Hotel, 6500 Doubletree Ave., Columbus, OH 43229. The Ohio Department of Education and the Ohio Department of Alcohol and Drug Addiction Services are co-sponsoring the event.

Audience: Ohio's educators, crime prevention providers, substance abuse counselors and mental health professionals,

Purpose: Build capacity of Ohio's prevention workforce to enhance the delivery of evidence-based prevention strategies in the places where people work, live and learn. The conference will provide professional development in three tracks:

- Research and evidence-based prevention strategies;
- Cultural and linguistic competency; and
- Coordination across multiple systems and disciplines.

For more information, contact:

Jill Jackson
Phone: (614) 466-9540

Christine Kane
Phone: (614) 466-9520

Shirka Ka Hor Tagga iyo Waxbarashada Ohio (OPEC) oo ku Muddeysan Nofeember 19-19.

OPEC 2009 oo halhayskiisu yahay: Ka Hor Tagga Qarniga 21aad: Safar La Gaari Karo, waxaa lagu qabanayaa Nov 18-19 hoteelka Crowne Plaza ee Waqooyiga Columbus oo ku yaalla 6500 Doubletree Ave, Columbus, OH 43229. Waaxda Waxbarashada Ohio iyo Waaxda Khamriga iyo Daroogooyinka ayaa wada casuumay shirkan.

Martida: Macallimiinta Ohio, Ka Hor Tageyaasha Dambiga; Dadka Waaniya dadka Wax Cuna iyo Xirfadleyaasha Caafimaadka Dhimirka.

Ujeedo: In la dhiso tayada shaqaalaha ka hor tagga Ohio sis are loogu qaado fulinta barnaamijyo caddaymo leh oo ah meelaha ay dadku ka shaqeeyaan ama wax ku bartaan. Shirku wuxuu bixinayaa Kordhin Xirfadeed oo saddex nooc ah:

- Cilmi Baaris iyo farsamooyin ka hor tag oo cilmiyeysan
 - Ka War haynta Dhaqanka iyo Afka
- Isku xirka systemyo badan iyo cilmiyo badan.

Jibril M Hirsi, madaxa SomaliCAN, ayaa ka jeedinaya shirka khudbad ku saabsan la shaqaynta qoysaska Soomaalida.

Faahfaahin Dheeri ah Kala Xariir:

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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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