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**Get ready for an outstanding new product: *The SomaliCAN Outreach Newsletter!***

**By: Jibril M Hirsi, Executive Director of SomaliCAN**

I would like to start off by welcoming you to the first issue of SomaliCAN Outreach Newsletter.

This is a Monthly Newsletter sponsored by the Ohio Developmental Disabilities Council's Outreach Subcommittee to provide information and resources to the underserved Somali population and to promote more interagency collaboration and coordination.

The goal of the newsletter is to give information and resources to the community and to promote cultural competence in agencies providing services to the un-served and underserved populations in Ohio.

*Continued on Page 2*

**U diyaar noqo wargeys cusub oo ku cajabiya: *The SomaliCAN Outreach Newsletter!***

**WQ: Jibril M Hirsi, Madaxa SomaliCAN**

Ku soo dhawaada qormada ugu horraysa ee SomaliCAN Outreach Newsletter.

Kani waa Warside Bille ah oo uu kafaaloqaaday Guddi-hoosaadka xog-gaarsiinta ee Disabilities Council si dadka Soomaaliyeed looga haqab tiro xog iyo khayraad isla markaana loo dardargeliyo agaasimidda iyo wadashaqaynta u dhexeysa hay'aadka.

Himiladu waa in xog iyo khayraadba la siiyo bulshada lana dardargeliyo u-dhuundaloolidda hay'aadka u adeega dadka Ohio.

*Eeg Bogga 2aad*

**Page 1**

The scope of the project is to explore Best Practices in outreach strategies and other pertinent information that will be made available to interested agencies, Council grantees and people with disabilities and their families via the SomaliCAN Monthly Newsletter. The SomaliCAN Outreach Newsletter will do the following:

- Increase the awareness of services available
- Increase awareness of grant and funding opportunities
- Increase understanding of issues that impact minorities with developmental disabilities
- Include an analysis & summary of polling
- Answer Frequently Asked Questions
- Navigating the Service System
- Various diversity/cultural competence highlights and Outreach Messages

The Outreach Newsletter will be available in both print and online versions. Hardcopies will be circulated free of charge on a monthly basis. Designated pick up points will include the SomaliCAN offices, Somali Community Association of Ohio, the Global Mall, Universal Marketplace and various other locations. The paper will also be mailed to selected households every month.

SomaliCAN maintains an extensive list of internet users who will receive the Newsletter by e-mail once a month. It will also be made available on our website: [www.somalican.org/newsletter](http://www.somalican.org/newsletter).

The newsletter will contain useful information for the unserved Somali community and service providers. The following will be the main themes of the newsletter:

- **Community Resources:** This section will list information to help the community access services. Specific information on developmental disabilities will be featured in each issue to help families identify the symptoms of developmental disabilities and seek early diagnosis and treatment.
- *Continued on Page 3*

Hiigsiga mashruucani waa in uu baahiyo akhbaar munaasab ah ayadoo la adeegsanayo anshaxa u dhigan saxaafadda iyadoo loo marinayo Warsidaha Billaha ah ee SomaliCAN. *The SomaliCAN Outreach Newsletter* waxay qaban doontaa waxyaabaha soo socda:

- Kordhinta xog ogaalnimada jaaliyadda ee adeegyada la heli karo
- Kordhinta warhaynta fursadaha deeqda iyo maalgelinta
- Kordhinta fahmida qaddiyadaha saameeya dadka laga badan yahay ee qaba naafannimada koritaaneed
- Su'aalaha aalaa lays weydiiyo
- Indha-indhaynta Habka Adeegga
- Ifitiiminno dhawr ah oo ku saabsan isdhex-oolka iyo Farriimaha Xog-gaarsiinta

Warsidahan waxaa lagu soo saari doonaa labo hab: asagoo daabacan iyo internetka oo la geliyo. Wargeyska oo xaashi ah bilaashna ah ayaa bishiiba mar la qaybin doonaa. Meelo u qoondaysan in laga qaato waxaa ka mid noqon doona xafiisyada SomaliCAN, *Somali Community Association of Ohio, Global Mall, Universal Marketplace* iyo meelo dhawr ah oo kale oo kala duwan. Wargeyska waxaa kale oo loo boostayn doonaa guryo si gaar ah loo xulay bil waliba.

SomaliCAN waxay haysaa diiwaan ballaaran oo dadka isticmaala internetka ah oo bishiiba mar Xaashida e-mail loogu diri doono. Waxaa sidoo kale xaashida laga heli kari doonaa barta internetka: [www.somalican.org/newsletter](http://www.somalican.org/newsletter).

Warsidahani waxaa ku jiri doona xog muhiim u ah jaaliyadda Soomaaliyeed ee aan looba adeegin iyo hay'adaha u shaqeeya. Waxyaabaha soo socda ayaa waxay noqon doonaan mawduucyada looga hadli doono warsidahan:

- **Adeegyada Bulshada:** Qaybtani waxay tixi doontaa xog si umadda loogu sahlo in ay galangal u hesho adeegyada. Xog khaas ah oo ku saabsan naafannimada koritaaneed ayaa lagu muujin doonaa caddad kasta si qoysaska loogu caawiyo in ay aqoonsadaan astaamaha naafannimada koritaaneed oo ay uga hor tagaan una raadsadaan daweynba.

*Eeg Bogga 3*



- **Policy Issues:** Barriers that face this community will be discussed in this section and recommendations from community leaders and experts will be listed. This section will also empower the community by conveying to them about the positions taken by their legislators about issues affecting their lives.
- **Employment Resources:** A list of employers and job opportunities of interest to people who face barriers to employment will be published in this section. SomaliCAN will contact these employers to advance the issue of people with barriers.
- **Somali Stories:** Culturally competent stories that highlight certain issues will be shared with readers in this section. Stories are educational tools and practical examples for the Somali community. Folklores are a resource for everyone that sheds light on the values and priorities of the community. Stories will be presented both in Somali and English to allow parents and teachers to use them at home or in the school.
- **Grant Opportunities:** Available grants from foundations and government entities will be listed each month. The purpose is to strengthen the capacity of community based agencies.

If you, or another person you know, would like to give feedback, suggest a topic or contribute an article, please call us on (614) 781-1414 or e-mail us at [info@somalican.org](mailto:info@somalican.org). A member of our editorial team will respond to your questions in the shortest time possible.

The following SomaliCAN staff contribute to the monthly publication and distribution of SomaliCAN Outreach Newsletter.

Jibril Hirsi, Chair  
Deeqo Khalif  
Dawn Butler  
Adam O’Hirsi, Project  
Sahra Dahir

News releases, story ideas, and suggestions should be sent to Adam O’Hirsi at:  
700 Morse Road, Suite 101  
Columbus, Ohio 43214  
(614) 781-1414 FAX 614-448-4395  
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SomaliCAN does not discriminate in employment or services on the basis of race, color, sex, national origin, or disability.

- **Go’aammada Dowladda:** Caqabaadka wajahaya umaddan ayaa looga hadli doonaa qaybtan waxaa kale oo la soo daabici doonaa talo-bixinno ka imanaya hogaamiyeyaasha bulshada iyo khubarada. Qaybtan waxa kale oo ay awoodayn doontaa bulshada iyadoo soo gaarsiinaysa mawqifyada ay sharce-dejiyeyaasheedu istaageen oo ku saabsan qaddiyadaha saamaynta ku leh noloshooda.

-**Fursadaha Shaqaalaynta:** Diiwaan ay ku yaalliin fursadaha shaqo ee ay xiisaynayaan dadka waajaha caqabaad ka hortaagan shaqaalaynta ayaa lagu daabici doonaa qaybtan. SomaliCAN waxay la xiriiri doontaa shaqaaleeyayaasha si loo horumariyo qaddiyadda dadka ay haystaan caqabaduhu.

-**Sheekooyin Soomaali ah:** Sheekooyin dhaqan ahaan ku habboon oo iftiiminaya qaddiyado dhawr ah ayaa lala wadaagi doonaa akhristayaasha qaybtan. Sheekooyinku waa agab tacliimeed iyo tusaalooyin xadir ah oo ku saabsan umadda Soomaaliyeed. Sheeko xariirooyinka ayaa ah hanti Soomaaliyeed oo iftiiminaya anshaxa wanaagsan iyo muhiimadaha bulshada. Sheekooyinka waxaa lagu soo bandhigi doonaa Soomaali iyo Ingiriisi si waaliddiinta iyo macallimiinta loogu sahlo in ay ku isticmaalaan guriga ama dugsigu.

-**Fursado Deeqeed:** Deeqaha laga heli karo muassasaadka iyo hay’adaha dawliga ah ayaa la soo daabici doonaa bil waliba.

Haddii adiga, ama cid kale oo aad taqaanid ay doonayso in ay ra’yigeeda ina siiso, mawduuc soo jeediso ama ay nagu biiriso maqaal, fadlan inaga soo wac (614) 781-1414 ama e-mail inoogu soo dir [info@somalican.org](mailto:info@somalican.org). Xubin ka mid ah kooxdeenna tifaftirka ayaa ka jawaabi doonta su’aalahaada waqtiga ugu gaaban oo suuroggal ah.

Shaqaalaha soo saara ee qaybiya *SomaliCAN Outreach Newsletter* waxay kala yihiin: Jibril Hirsi (Madaxa SomaliCAN); Deeqo Khalif; Dawn Butler; Adam O’Hirsi (Agaasime); iyo Sahra Dahir

Wixii warbixin, ra’yi, sheeko, iyo talo ah ku soo hagaaji Adam O’Hirsi oo lagala xariiri karo:

SomaliCAN  
700 Morse Road, Suite 101, Columbus, Ohio 43214  
(614) 781-1414 FAX 614-448-4395  
Email: [adam.ohirsi@somalican.org](mailto:adam.ohirsi@somalican.org)

SomaliCAN shaqaalayn iyo adeegba dadka kuma kala socdo si ku salaysan sinji, midab, jinsi, asal qaran, ama naafannimo.





CareSource is a health plan for people in many Ohio counties who receive Covered Families and Children Medicaid, including Healthy Start and Healthy Families. CareSource covers all medically necessary Medicaid-covered services, and even offers extra benefits.

**Benefits Include:**

- 30 one-way trips per member per 12-month period to any healthcare appointment, WIC or CDJFS re-determination appointment.
- CareSource *Babies First* program lets pregnant members and new moms earn up to \$150 in gift cards to local stores.
- 24-hour access to a nurse advice line – CareSource is always there for you.
- A friendly customer service staff to call when you have questions or need help.
- Nurses who can help you coordinate your healthcare.
- An expanded selection of eyeglass frames.

**HOW TO JOIN**

To select CareSource as your health plan, call 1-800-505-3040.

(TTY for deaf or hard of hearing: 1-800-292-3572)



CareSource waa kaar caafimaad oo ay haystaan dad ku kala nool degmooyin fara badan oo ka tirsan Gobolka Ohio kuwaas oo xaq u leh Medicaid-ka Covered Families and Children, sida Healthy Start iyo Healthy Families. CareSource waxay bixisaa dhammaad adeegyada muhiimka ah ee caafimaadka ee uu bixiyo Medicaid-ku iyo waliba faa'iidooyin dheeri ah.

**Manfacooyinkaas waxa ka mid ah:**

- 30 socod qofkiiba 12-kii bilood ee kasta oo aad ku tagi kartid ballan walba oo caafimaad, WIC ama CDJFS ballanta dib laguugu soo ogolaanayo manfacooyin.
- Barnaamijka CareSource ee *Babies First* wuxuu u suurto geliyaa xubnaha uurka leh iyo hooyooyinka cusub in ay kasbadaan ilaa \$150 oo kaarar ay ku soo dukaamaystaan ah.
- 24-saac khadka la tashiga kalkaalisooyinka caafimaad-CareSource marwalba way kuu heellan tahay.
- Shaqaale kuu adeega oo carbisan oo aad la xariirtid haddii aad su'aal qabtid ama aad u baahato caawin.
- Kalkaalileyaal caafimaad oo kaa caawiya inaad ka faa'iidaysatid adeegyada caafimaadka.
- Noocyo fara badan oo ookiyaalaha indhaha ah oo dookhaaga ah.

**SIDA LOO DOORTO**

Si aad ugu doorato CareSource kaarkaaga caafimaadka, wac 1-800-505-3040.

(TTY Dadka Maqalka La': 1-800-292-3572)



## Community Resources:

**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**

**Free Clinic:**

Columbus Health Department

Free Clinic: 614-240-7430

**Legal Matters:**

Legal Aid Society: 614-241-2001

**Child Abuse and Neglect:**

Franklin County Children Services: **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

Somal Global Services: 614-895-1144

African Refugee Educational & Cultural Services: 614-272-8545

Inna Simakovsky (Immigration Attorney): 614-599-0819



## *The Elephant and the Squirrel*

*A Somali Folklore*

A long time ago an elephant and a squirrel were friends. They would play together. One day they went swimming. The elephant carried the squirrel and put him in the water. Then he left him alone to swim. The squirrel struggled for air because he could not swim. The elephant didn't know that the squirrel couldn't swim and that he was struggling to get out of the water. The squirrel got stuck in the mud, and he was very tired. When the elephant came back to get the squirrel, he saw that the squirrel was tired and sad. He played with the squirrel, and carried him on his trunk. The elephant was trying to make the squirrel happy.

The next day the squirrel came to the elephant. The squirrel said, "I came here to tell you, my friend, that the fun we had yesterday is killing me. The things that are fun for you are not good for me. I can't stand this anymore."

The elephant was so surprised. He said, "All I wanted was to play with you, and to be friends with you. You say that I'm hurting you instead of playing with you. What did I do to you?"

Then the squirrel said, "What you like may not be what I like. So please, my friend, leave me alone."

**Lesson:** *Everyone does not like the same thing. What one person likes doesn't mean it's good for everyone. Don't expect everyone to like what you like, and don't think that you should like what everyone else likes. Don't be friends with someone that could hurt you. Avoid language, actions and behaviors that are offensive or disrespectful. If you are in doubt, ask the other person what they prefer.*

Sheeko Soomaali

## *Maroodi iyo Dabagaalle*

Beri baa waxaa jirey Maroodi iyo Dabagaale saaxiib ah. Wey wada cayaari jireen. Maalin maalmaha ka mid ah ayay webiga isu raaceen markaasaa Maroodigu kor u qaaday Dabagaalahii ayuu biyaha dhexdooda dhigay, markaasna faraha ayuu ka qaaday, dabadeed dabagaalihii biyaha ayuu ku haftay. Maroodigii inta soo laabtay ayuu dabagaalihii sare u qaadqaaday oo biyaha dhexdooda ku sii daayay. Dabagaaluhii maalintaa wuxuu ka soo baxay biyaha isaga oo daalan. Markii uu biyaha ka soo baxayay dhoobada webiga ayaa ku dhegtay sayntiisa oo mudo uu ka soo bixi keri waayay, Maroodiguna ma ogayn dhibaataada Dabagaalaha haysata.

Maalintii danbe ayuu Dabagaalihii u yimi Maroodigii, wuxuu ku yidhi "waxaan kuu sheegayaa saaxiibow waxyaalaha aad ciyaarta ka dhiganayso aniga waa dhimashadeyda, sidaa daraadeed kulama ciyaari karo." Maroodigii yaab ayaa ka soo hadhay, markaasuu yidhi. "Dabagaale anigu waan ku cayaarsiinayey, adna waad dhib satey ee maxaan kugu sameeyey?" Dabagaalihii ayaa yidhi, "ma maqashey waxa layidhi, Nin wixii dheel la ah nin kale ayey dhimashadiisa tahay" ee saaxiibow amaanka iigu dadaal.

Dulucda sheekada:

*Waydii saaxiibkaa waxa dhiba iyo waxaan dhibin, si aanad u dhibaataayn. Wax aad kaftan ka dhigaysid ayaa saaxiibkaa idin kala fogeyn kara.*

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## **About the Ohio Developmental Disabilities Council**

One of the goals of the SomaliCAN Outreach Newsletter is to educate the Somali community about the work of the Ohio Developmental Disabilities Council. This article introduces the work of ODDC to the reader.

*The Ohio Developmental Disabilities Council* is one of a national network of state councils, committed to self-determination and community inclusion for people with developmental disabilities.

DD Council receives federal funding for innovative advocacy, capacity building and systems change activities. These activities are designed to contribute to a coordinated system of services, supports and other assistance that is centered around and driven by individuals with developmental disabilities and their families.

The Ohio Developmental Disabilities Council consists of at least 28 members appointed by the governor. Members are people with developmental disabilities, parents and guardians of people with developmental disabilities, representatives from concerned state agencies, and nonprofit organizations and agencies that provide services to people with developmental disabilities.

These members bring their unique and varied perspectives to analysis of the system in Ohio and creation of visions and initiatives to insure that individuals with developmental disabilities have access to opportunities and support to:

- Make informed choices and decisions about their lives
- Be included in community life
- Have interdependent relationships
- Live in homes and communities
- Make contributions to their families, communities, states and nations

To carry out its mission, Council develops a state plan, conducts advocacy and systems change activities, and funds projects.



## **Warbixin Ku Saabsan Ohio Developmental Disabilities Council**

*Golaha Ohio Developmental Disabilities Council* waa mid ka mid ah xiriirka qaran ee gole goboleedyada, oo u go'day isku-tashi iyo dargelin bulsho oo la siiyo dadka qaba naafannimada koritaaneed.

DD Council wuxuu helaa maalgelin federal oo u doodis casri ah, awood dhisid iyo hawlaha hab-beddelidda. Hawlahaas waxaa loogu talaggalay in ay wax ka geystaan hab agaasiman oo adeegyo ah, taageerooyin iyo caawimaadyo kale oo ku salaysan ay wadaanna shakhsiyaadka qaba naafannimada koritaaneed iyo qoysaskooda.

*The Ohio Developmental Disabilities Council* wuxuu ka kooban yahay ugu yaraan 28 xubnood oo uu magacaabo barasaabku. Xubnuhu waa dad qaba naafannimo koritaaneed, waaliddiinta iyo weliyada dad qaba naafannimada koritaaneed, wakiillada hay'aadka goboleed ee ay khusayso, iyo hay'aadka aan faa'iidada laga rabin iyo hay'aadka dadka qaba naafannimada koritaaneed siiya adeegyada.

Xubnahaani waxay habka qaadaa-dhigga Ohio iyo abuuridda himilooyinka iyo hal-abuurrada ku soo kordhiyaan aragtiyadooda muhiimka ah oo kala duwan si loo xaqiijiyo in shakhsiyaadka qaba naafannimada koritaaneed ay galangal u helaan fursadaha iyo taageerada si ay:

- U sameeyaan xulashi xog ku salaysan oo ku saabsan noloshooda
- Looga dargeliyo nolosha bulshada
- U yeeshaan xiriirro isku-tiirsan
- Ugu noolaadan hoy iyo meel-umadeedyo
- Wax ugu biiriyaan qoysaskooda, ummadahooda, gobolladooda, iyo qaramadooda

Si uu u guto waajibkiisa, Goluhu wuxuu horumariyaa qorshe gobol, wuxuu qabtaa hawlo hab-beddelid iyo u doodis ah, wuxuuna maalgeliyaa mashaariic.

Ohio's State Plan addresses most of the federal areas of emphasis: a. Education and early intervention; b. Quality assurance; c. Child care; d. Health; e. Employment; f. Housing; g. Transportation; h. Recreation; i. Other services available or offered to individuals in a community

Council operates through committees that deal with the areas identified in the state plan. Professional staff support the committees and handle day-to-day operations, administration, planning, advocacy, and project monitoring.

Council currently administers more than twenty-five projects (grants) that support ideas in the state plan designed to promote systems change. Each year, grant review panels award projects to successful applicants who have submitted proposals.

Projects related to the following topics are currently operating throughout the state: a. Children's issues; b. Family support; c. Employment; d. Health and dental care; e. Community living; f. Public awareness/Outreach; g. Self-advocacy; h. Legislative advocacy; i. Personal assistance services; j. Quality assurance; k. Offenders with developmental disabilities; l. Work incentives; and, m. Self-determination.

Council members and staff serve on more than forty-five state boards, committees and other bodies to bring issues to Council, serve as advocates for individuals with developmental disabilities and their families, and promote collaboration in improving and expanding services and supports. The Ohio Department of Mental Retardation and Developmental Disabilities assists Council as the designated state agency.

### Position Statements and Philosophy

People with developmental disabilities have the right to be productive, interdependent members of their communities and of society at large.

Qorshe Goboleedka Ohio ayaa wax ka qabta inta badan meelaha uu federaalku muhiimadda siiyo: b. Tacliimin iyo wax ka qabasho goor hore; t. Xaqiijin tayo; j. Daryeel cunug; x. Caafimaad; kh. Shaqaalayn; d. Guryeyn; r. Gaadiid; s. Madaddaalo; sh. Adeegyada kale ee la heli karo ama la siiyo shaqsiyaadka umad ka mid ah.

Golahu wuxuu ku dhex shaqeeya [guddiyo](#) la macaamila meelaha lagu aqoonsaday qorshaha gobolka. [Shaqaale](#) xirfadleyaal ah ayaa taageera guddiyada oo wadana hawl maalmeedyada, maamulidda, qorshaynta, u doodidda, iyo kormeeridda mashruuca.

Guddigu wuxuu haatan maamulaa in ka badan labaatan iyo shan [mashruuc](#) (deeqo) oo taageera aaraa' ku jirta qorshaha gobolka oo loogu talagalay in ay dardargeliyaan hab-beddelidda. Sanad kasta, guddiyada eegidda deeqaha ayaa mashaariic siiya arjiileyda guuleysatay ee soo gudubsaday hindiseyaasha qoran.

Mashaariicda la xiriirta arrimaha soo socda ayaa imminka ka hawlgelaya gobolka oo idil: b. Qaddiyadaha carruurta; t. Taageero qoys; j. Shaqaalayn; x. Daryeel caafimaad iyo ilko; kh. Nolol bulsho; d. Wacyiggelin guud; r. Isu-doodid; s. U doodid sharci dejineed; sh. Adeegyada caawinta shaqsiyeed; dh. Xaqiijin tayo; c. Ardaallada qaba naafannimo koritaaneed; g. Dhiirrigelin shaqo; f. Iskii-u-go'aansi.

Xubnaha iyo shaqaalaha golaha waxay ka shaqeeyaan in ka badan afartan iyo shan guddi gobol, guddiyo iyo mansabyo kale si ay qaddiyaadka ugu keenaan Golaha, u doodaan shaqsiyaadka qaba naafannimada koritaaneed iyo qoysaskooda, oo ay u dardargeliyaan hagaajinta iyo ballaarinta adeegyada iyo taageerooyinka. The Ohio Department of Mental Retardation and Developmental Disabilities waxay Golaha u fidsaa caawin bacadamaa uu yahay hay'ad goboleedda loogu talagalay.

### Oraahda Mawqifka & Falsafadda

Dadka qaba naafannimada koritaaneed waxay xaq u leeyihiin in ay noqdaan xubno wax soo saar leh, iyagu isku-tiirsan oo ka mid ah dadkooda iyo bulshada weyn.

### The ODDC recognizes:

- The fundamental role of families in making choices and decisions for their minor children.
- Needs for training and support so families can meet their children's needs effectively and can be effective advocates for their children.
- The right of adult individuals with developmental disabilities to make choices about where and with whom they will live and how they will spend their time.

### The Council Believes that:

- All people in our society have a basic responsibility to accept and understand people with developmental disabilities
- People with developmental disabilities have the same hopes, aspirations, feelings, desires, experiences, successes, and failures as other people
- It is essential that people with developmental disabilities be viewed first and foremost as ordinary citizens
- People with developmental disabilities have the right to be treated with personal respect and dignity-the same way other members of society are treated
- Individuals with disabilities have the right to make choices and decisions about their lives and to participate fully in community life
- Assistance must be available when it is needed and to the degree necessary, as determined by the individual with the disability or the individual's family
- Family and friends are essential to personal development, happiness, and survival
- No characteristic or feature of people with developmental disabilities requires our basic hopes and aspirations for them to be less than those we have for other people or requires them to be served in settings or ways that set them apart from other citizens.

The Ohio Developmental Disabilities Council has awarded a mini grant to SomaliCAN as part of the outreach efforts of the Council. This grant will be used to publish and distribute the SomaliCAN Outreach Newsletter, a monthly publication that contains listing of important community resources and information for the Somali population as well as providers of culturally competent services.

*The SomaliCAN Outreach Newsletter is a monthly publication of the Somali Community Access Network, a 501 C 3 community based nonprofit organization that provides services, information, and resources to underserved populations in Ohio. The SomaliCAN Outreach Newsletter is funded by the Ohio Developmental Disabilities Council.*



### ODDC-du waxay aqoonsan tahay:

- Dooroka asaasiga ee qoysaska ee samaynta xulashida carruurtooda yaryar.
- Baahida loo qabo tababar iyo taageero si ay qoysasku u dabooli karaan baahida carruurtooda si hufan oo aanay carruurtooda si waxgal ah laftoodu ugu doodi karaan.
- Xaqa ay qaangaarka qaba naafannimada koritaaneed u leeyihiin in ay ka go'aan qaataan cidda iyo meesha ay ku noolaanayaan iyo sida ay u isticmaalayaan waqtigooda.

### Waxaannu rumaysan nahay in:

- Dhamaan dadka ka mid ah bulshadeennu ay masuuliyad asaasi ah ka saran tahay aqbalidda iyo fahamka dadka qaba naafannimada koritaaneed
- Dadka qaba naafannimada koritaaneed ay leeyihiin rajooyin, han, dareenno, rabitaanno, khibrado, guulo, iyo guuldarrooyin la mid ah kuwa dadka kale
- In ay muhiim tahay in dadka qaba naafannimada koritaaneed marka ugu horraysaba loo arko muwaaddiniin caadi ah
- Dadka qaba naafannimada koritaaneed waxay xaq u leeyihiin in loola macaamilo si sharfan iyo xurmo la mid ah tan lagula dhaqmo xubnaha kale ee bulshada
- Shaqsiyaadka qaba naafannimada koritaaneed waxay xaq u leeyihiin in ay qaataan go'aanno iyo xulashooyin ku saabsan noloshooda iyo in ay si buuxda uga qayb qaataan nolosha bulshada
- Caawini waa inay diyaar tahay marka loo baahdo xaddiga loo baahdo, sida uu go'aamiyo shaqsiga qaba naafannimada ama qoyska shaqsiga
- Qoyska iyo asxaabtuba waa u muhiim koritaanka shaqsi, farxadda iyo waariddaba
- Ma jiro qaab ama calaamad ah dadka qaba naafannimada koritaaneed oo u baahan rajadeenna asaasiga ah iyo hankeenna iyaga ku aaddan oo ah inay ka yaraadaan kuwa aannu u hayno kuwa kale ama looga baahan yahay in loogu adeego hannaan ama habab iyaga ka teeda muwaaddiniinta kale.

SomaliCAN waxay deeq ka heshaa Ohio Developmental Disabilities Council si adeegyada golaha loo gaarsiiyo jaaliyadda Soomaaliyeed. Wargeyska SomaliCAN ee Wacyi Gelinta Jaaliyadda ayaa soo baxa bishii hal mar, waxaana lagu daabici doonaa adeegyada jaaliyadda muhiimka u ah, warbixino khuseeya Soomaalida iyo akhbaar kale.

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