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The SomaliCAN Outreach Newsletter is a publication of the Somali Community Access Network. The newsletter is funded in part by the Ohio Developmental Disabilities Council.

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## Inside this Issue:

### ENGLISH

#### Ohio Somali Graduation:

The first annual Ohio Somali graduation ceremony and teachers workshop will be held on July 10, 2010 at Hilton Columbus at Easton. The teachers' workshop takes place at 10:00am- 2:00pm. The celebration is at 5:00pm to 10:00pm. Keynote speaker at the graduation is Deborah Delisle, Ohio Superintendent of Education. Page 2.

#### Ohio Developmental Disabilities

**Council Membership:** Applications are sought for membership in the council. Members are appointed by the governor of the state of Ohio. Application deadline is July 31, 2010. Page 3.

#### An Introduction to Headaches:

Amanda McDavid and Rita Oti explore the world of headaches. Read the article for insight on symptoms, therapies, and when to see a doctor. Pages 4-6.

**Somali Health Fair:** The Somali Health Fair will take place on July 2, 2010. Read the planning committee press release inside. Page 7.

#### Community Resources...8

### SOMALI

#### Qalin Jebinta Soomaalida Ohio:

Xaflad Qalinjebin ah oo sannadle ah tii u horreysay iyo aqoon is weydaarsi ayaa lagu qabanayaa July 10, 2010 hoteelka Hilton Columbus. Aqoon is weydaarsiga macallimintu waa 10:00am ilaa 2:00pm. Xafladda 5:00pm to 10:00pm. Khudbadda furitaanka- Deborah Delisle oo ah wasiiradda waxbarashada Ohio. Bogga 2.

#### Xubnimada Golaha Nuqsaanka

**Korriimada Ohio:** Waxa la doonayaa arajji xubinnimada Golaha ODDC. Xubnaha waxa soo magacaaba Guddoomiyaha gobolka Ohio codsiyadana waxa kama dambays u ah July 31, 2010. Bogga 3.

**Madaxanuunka:** Amanda McDavid iyo Rita Oti ayaa faahfaahinaya madaxanuunka, astaamihiisa, dawadiisa, iyo goorta aad dhaqtar u baahan tahay. Bog 4-6

#### Bandhigga Caafimaadka

**Soomaalida:** Bandhig caafimaadka Soomaalida waxa la qaban doonaa 10 Luulyo, 2010. Aqri war saxaafadeedka. 7

#### Adeegyada Bulshada...8

# THE 1<sup>ST</sup> ANNUAL OHIO SOMALI HIGH SCHOOL, COLLEGE, UNIVERSITY GRADUATION CEREMONY

## Class of 2010

Celebrating academic achievement and educational excellence of  
Ohio Somali-American High School and College Students



**OHIO**  
UNIVERSITY

*Saturday, July 10th, 2010*

*5:00pm to 10:00pm*

**The Hilton at Easton**



**3900 Chagrin Drive, Columbus, Ohio 43219**

**Keynote Speaker: Deborah S. Delisle, Ohio Superintendent of Education**

**RSVP Phone: (614) 781-1414**

**Fax: (614) 448-4395**

**E-mail: [graduation@somalican.org](mailto:graduation@somalican.org)**

Somali Education Association- SOMEA

Somali Community Access Network: SomaliCAN

Department of African American and African Studies  
Somali Language Program, the Ohio State University

**SomaliCAN**

## OHIO TEACHERS WORKSHOP

### Improving Academic Achievement and Parental Involvement of Somali-American Students in Ohio

*Saturday, July 3<sup>rd</sup>, 2010*

*10:00am to 2:00pm*

**The Hilton at Easton**

**3900 Chagrin Drive**

**Columbus, Ohio 43219**

**Speakers include:**

**Dr. Abdinur Mohamud, Ohio Department of Education**

**Prof. Leslie Moore and Abdikarim Gole, the Ohio State University; and**

**Abwaan Sacid Salah Ahmed, Minneapolis Public Schools**

**RSVP Phone: (614) 781-1414**

**Fax: (614) 448-4395**

**E-mail: [Somaligraduation@gmail.com](mailto:Somaligraduation@gmail.com)**

Brought to you by:

Somali Education Association- SOMEA

Somali Community Access Network: SomaliCAN

The Ohio State University- Somali Studies Program

## **DD Council Seeks Applicants for Membership:**

**\*\*Applications due by June 1, 2010\*\***

The Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for membership terms beginning in October 2010. Council membership must comply with categories listed in the federal DD Act. Openings this year will be for the following categories:

- Two (2) individuals with a developmental disability
- One (1) parent or guardians of children with a developmental disability

All candidates for DD Council membership should have experience serving on committees, boards, or organizations. Such experience concerned with persons with developmental disabilities would be especially relevant. Applicants should have first-hand knowledge about developmental disabilities in Ohio .

Governor Ted Strickland will appoint members for three-year terms beginning October 1, 2010, and ending September 30, 2013. Application packets are available from the ODDC office or you may download the application from ODDC's website at [www.ddc.ohio.gov](http://www.ddc.ohio.gov) and must be completed and returned to the office by June 1, 2010. Applications may be requested:

By mail: ODDC, 899 East Broad Street, Suite 203, Columbus , Ohio 43205

By phone: (614) 466-5205 or toll-free (800) 766-7426. If you are leaving a message, please spell out your name, and give your address including zip code, and phone number

By email contact:  
[Carla.Sykes@dodd.ohio.gov](mailto:Carla.Sykes@dodd.ohio.gov).

## **DD Council oo Doonaya dad Arji u qorta Xubinnimo**

**\*\*\*Araajidu waxaa la rabaa June 1, 2010\*\*\***

The Ohio Developmental Disabilities Council (ODDC) waxay haatan raadinaysaa dad arji u soo qorta xubinnimada xilliga ee billaabanaysa Aktoobar 2010. Xubnaha Council-ku waa inay raacaan asallada ku taxan DD Act ee federaaliga ah. Boosaska furan ee sanadkaan waa asallada soo socda:

- Labo (2) shaqsi oo qaba naafannimo koritaaneed
- Hal (1) waalid ama wali oo carruur qabta naafannimo koritaaneed

Dhamaan u tartamayaasha xubinnimada DD Council waa inay khibrad u leeyihiin ka shaqaynta guddiyada, golayaasha, ama ururrada. Khibradaha khuseeya dadka qaba naafanimada koritaaneed ayaa si gaar ah muhiim u ah. Arjiilayaashu waa in ay leeyihiin aqoon gacanta koowaad ah oo ku saabsan naafanimada koritaaneed ee Ohio.

Guddoomiye Ted Strickland ayaa xilli saddex sano ah oo billaabanaya Oktoobar 1, 2010 oo dhamaanaya Sebtembar 30, 2013 magacaabi doona. Baakadka arjiga ayaa laga heli karaa xafiiska ODDC ama waxaad kala degi kartaa arjiga mareegta ODDC ee ah [www.ddc.ohio.gov](http://www.ddc.ohio.gov) waana in la dhameeyaa oo loo soo celiyaa xafiiska markii la gaaro June 1, 2010. Araajida waxaa lagu codsan karaa:

Boosto: ODDC, 899 East Broad Street, Suite 203 , Columbus , Ohio 43215

Telefoon: (614) 466-5205 or toll-free (800) 766-7426. Haddii aad ka tegaysid farriin, fadlan magacaaga higgsaadi, bixina cinwaankaaga oo uu ku jiro zib koodhka iyo lambarka telefoonka

Email ahaanna la xiriir:  
[Carla.Sykes@dodd.ohio.gov](mailto:Carla.Sykes@dodd.ohio.gov)

## An Introduction to Headaches

*Rita A. Oti and Amanda C. McDavid  
Raabe College of Pharmacy  
Ohio Northern University*

In observance of National Headache Awareness Week, June 6-12, pharmacy students from Ohio Northern University have written this article to introduce SomaliCAN readers to three types of headaches: tension headaches, cluster headaches, and migraines. Certain headaches require immediate medical attention, while others may be safely treated at home. If you would like to learn more about headaches after reading this article, please visit [www.headaches.org](http://www.headaches.org).

**Tension headaches** are often stress, anxiety, or depression related, and are caused by tight muscles in the face, neck, and shoulders. Pain with this type of headache is usually on both sides of the head, possibly spreading to the neck and shoulders. The pain is often described as *ödullö* or *ösqueezing*. Relaxation techniques such as meditation, deep breathing, and stretching may help relieve the pain.

**Cluster headaches** are a type of chronic headache. Although the exact cause is unknown, they appear to be due to a sudden release of certain chemicals in the brain. People who suffer from cluster headaches experience *öheadache periods* in which they have frequent, severe headaches for weeks to months. These headache periods are followed by months to years of pain-free periods. The *öburningö* or *öpiercingö* pain is almost always one-sided, often in or around one eye, and may cause tearing of that eye and/or a stuffy nose. Cluster headaches often wake a person in the middle of the night. Unlike migraines, they are not associated with nausea or light sensitivity.

## Barasho Madax-xanuunnada

*Rita A. Oti and Amanda C. McDavid  
Raabe College of Pharmacy  
Ohio Northern University*

Innagoo dhawraynaa Toddobaadka Kawarhaynta Madax-xanuunka ee Qaranka June 6-12, ardayda farmashiga barata ee Ohio Northern University ayaa qoray maqaalkan si ay aqristayaasha SomaliCAN Outreach NewsLetter u baraan saddexda nooc ee madax-xanuunnada: madaxanuunka kacsanaanta, madaxanuunka goobaysan, iyo migraynka. Qaar ka mid ah madaxanuunnada ayaa u baahan waxqabad caafimaad oo degdeg ah, meesha kuwa kalena guriga si nabdoon loogu daaweyn karo. Aqrinta maqaalkan ka dib haddii aad doonaysid inaad wax badan oo madaxanuunnada ku saabsan ogaatid, fadlan booqo [www.headaches.org](http://www.headaches.org).

**Madaxanuunnada kacsanaanta** inta badan waa diiqad, laabkac, ama wax isku buuqid la xiriira, waxaana sababa murqo tigtigan oo wejiga, luqunta iyo garbaha ah. Xanuunka noocan ah ee madaxa inta badan labada dhinac ee madaxa ayuu ku dhacaa, lagana yaabe inuu u fido dhinaca luqunta iyo garbaha. Xanuunka inta badan waxaa lagu sheegaa *önacasö* ama *ödhuujin*. Habab jimicsasho sida ismaahin, neefsasho qoto dheer, iyo jimicsi ayaa gacan ka geysta xanuunkan.

**Madaxanuunnada goobaysani** waa nooc ka mid ah madaxanuunnada jiidama. Walow aan la aqoon sababta dhabta ah, waxay u muuqdaan in ay keento sii deyn dhaqso ah oo kiimikooyin maskaxda ah. Dadka la ildaran madaxanuunnada goobaysan waxay la kulmaan *öwaqtiyo* madaxanuunö oo ay madaxanuunno isku-xig xiga oo darani la ildarraadaan toddobaadyo ilaa bilo. Madaxanuunnadaas waxaa ku xigsada bilo iyo sanado xanuun la'aan ah. Xanuunka *ögubiddaö* ama duridda inta badan waa hal dhinac, inta badanna waa isha hareeraheeda, wuxuuna ishaa ka keeni karaa ilmo ama/iyo cabbudhsani. Madaxanuunnada goobaysani waxay inta badan qofka toosiyaan habbeen-barki. Lama mid aha migreyn oo lama socoto lallabbo iyo ilays u nuglaan.

**Migraines** are more common in women than in men, and may be inherited from one's parents. They are believed to be caused by abnormal brain activity due to changes in the size of the blood vessels in the brain. Unlike tension headaches, migraine pain is usually only on one side of the head. Migraines may be accompanied by nausea, vomiting, or sensitivity to light. Besides bright light, this type of headache can be triggered by allergic reactions, perfumes, altered sleep schedules, delayed meals, odors, and anything that causes discomfort to the patient. Even certain foods could trigger an attack.

**It should also be noted** that headaches can be a symptom of certain serious, life-threatening diseases. For instance, one of the key signs of a stroke is a sudden, severe headache with no apparent cause, which may be accompanied by any of these other symptoms: sudden numbness or weakness on one side of the face, facial drooping, sudden numbness or weakness in an arm or a leg, sudden confusion, trouble speaking or understanding speech, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, or a loss of balance or coordination. If you experience a sudden, severe headache with any of the above symptoms, you should seek immediate medical attention.

**You should also go to the hospital or call 9-1-1 if:**

- This is the first headache you have ever had in your life and it interferes with your daily activities
- Your headache comes on suddenly and is explosive or violent
- You would describe your headache as "your worst ever" even if you are prone to headaches
- Your headache is associated with slurred speech, changes in vision, problems moving your arms or legs, a loss of balance, confusion, or memory loss
- Your headache gets progressively worse over a 24-hour period
- Your headache is accompanied by fever, stiff neck, nausea, and vomiting
- Your headache occurs with a head injury
- Your headache is severe and localized to one eye with redness in that eye
- You are over age 50 and your headaches just began, especially with impaired vision and pain while chewing
- You have cancer and develop a new headache

**Migrayn** haweenka ayuu raga uga badan yahay, waxaana laga dhaxli karaa waalidka. Waxaa la rumaysan yahay in ay sababto hawl maskaxeed qayru-caadi ah oo ay keento isbeddelka xajmiga sidayaasha dhiigga ee maskaxda ku jira. La mid maaha madaxanuunnada kacsanaanta oo migreynku waa hal dhinac oo madaxa ah oo keliya. Migraynka waxaa la socon kara lallabbo, matag, iyo ilays u nuglaan. Ilays aad u xooggan ka sakow, madaxanuunka noocan ah waxaa gami kara falcelin xasaasiyadeed, barfuunno, jadowalka hurdada oo beddelma, cuntayn daahda, ur, iyo wax kasta oo bukaanka ka jejebiya. Xitaa cuntooyinka qaar ayaa gami kara wareemid.

**Waa in la xusuusnaadaa** in madaxanuunnada ay astaan u noqon karaan qaar ka mid ah xanuunno khatar ah oo nafta halis ku ah. Tusaale ahaan, mid ka mid ah calaamadaha muhiimka ah ee istaroorogga waa madaxanuun degdeg ah oo adag oo aan sabab cad lahayn, oo ay la socon karto mid ka mid ah calaamadahan: kabuubyo degdeg ah oo dhinac wejika ka mid ah, wejiga oo kaduudma, kabuubyo degdeg ah oo gacan ama lug ah, wareer degdeg ah, hadalka ama fahmidda hadalka oo adkaada, dhib degdeg ah oo aragga ha lama labada indhoodba ah, socon waa, dawakhid, ama dheellitirka jirkaaga oo luma. Haddii aad isku aragto madaxanuun degdeg ah oo astaamahaas sare midkood uu la socdo, waa inaad daweyn degdeg u raadsataa.

**Sidoo kale waa inaad isbitaalka aaddaa ama wac 9-1-1 haddii:**

Kani uu yahay madaxanuunkii abid kuugu horreeyey oo uu markaana hawlmaalmeedkaada saamayn ku yeesho

Madaxanuunkaagu uu degdeg iyo si rabsho wadata la yimaado

Haddii madaxanuunkaagu yahay okii abid ugu darraa xitaa haddii aad madaxanuunka qabi jirtey

Madaxanuunkaaga uu la socdo hadal qayiran, isbeddel aragtida ah, dhaqaajinta gacmahaaga ama lugahaaga, dheellitiranka jirkaaga oo luma wareer ama xusuus lumin. Uu madaxanuunkaagu sii kordhayo muddo 24 saac ah

Madaxanuunkaagu uu la socdo qandho, luqun kakan, lallabbo iyo matag. Madaxanuunkaagu uu ka yimid dhaawac madaxa ah. Madaxanuunkaagu uu aad u daran yahay kuna kooban yahay hal il ah oo ishaasina ay guduudan tahay

Dad;daadu ay 50 ka sarrayso madaxanuunkaaguna uu haatan billowday, gaar ahaanna uu la billowday arag xumo iyo xanuun markaad wax ruugaysid

Aad kansar qabtid, madaxanuun cusubina uu kugu dhaco

*Headache- continued*

**Recommendations for treatment** óThe first line of treatment in managing headaches is to identify the cause. Recording your daily activities, dietary habits, sleep patterns, and so on in a headache diary can help to identify what may be causing your headaches. Should your headaches continue despite avoidance of triggers, visit your doctor and take your headache diary with you.

**When non-drug methods have failed**, certain medications can be used to alleviate the pain. There are many options available that do not require a prescription from the doctor. These include such drugs as aspirin (Bayer®), ibuprofen (Motrin®), naproxen (Aleve®), and acetaminophen (Tylenol®). Never give aspirin to a child. It is very important to take the medicine according to the directions on the bottle or package. Exceeding the dose stated on the bottle may cause harm to your body, especially the liver and/or kidneys. If you do not understand the instructions, ask a pharmacist ó they are there to help with that and any other questions you may have about the medicine(s).

*The authors would like to thank Jibril Hirsi for his gracious translation of this article, as well as Dr. Sekhar Mamidi for his review of the content of this article.*

References:

1. <http://www.nlm.nih.gov/medlineplus/ency/article/003024.htm>
2. <http://www.headaches.org/>

**Soo jeedinno Daweyneed** óBillowga ugu horreeya ee daweyneed si loo maareeyo madaxanuun waa in la gartaa sababta. Qoridda hawl-maalmeedkaada, hab-wax-cuniddaada, hab-jiifkaaga, iyo wixii la mid ah lagu qoro buug madaxanuunka u gaar ah waxay kugu caawinaysaa inaad ogaato waxa sababaya madaxanuunkaaga. Haddii ay madaxanuunnadaadu sii socdaan adigoo ka digtoon waxyabahaha curiya, u tag dhaqtarkaaga adigoo wata buuggaaga.

**Marka ay hababka aan dawada ahayn waxtari waayaan**, dawooyin dhawr ah ayaa lagu dejiyaa madaxanuunka. Waxaa jira xulashooyin badan oo aad samayn kartid oo aadan ugu baahnayn waraaq dhakhtar. Kuwaa waxaa ka mid ah dawooyinka aspirin (Bayer®), ibuprofen (Motrin®), naproxen (Aleve®), iyo acetaminophen (Tylenol®). Cunug ha siin aspirin. Waa muhiim in aad daawada u qaadato sida ku qoran weelka ay ku jirto. Ka badsiga qaadashada sida ku qoran weelka waxay dhib u geysan kartaa jirkaaga, gaar ahaan beerka iyo/ama kelyaha. Haddii aadan fahmin tilmamaha, weydii farmashiistaha ó waxayba meesha u joogaan in ay taa iyo wixii kale oo dawada (yinka) ku saabsan kaa caawiyaan.

*So saarayaashu waxay Jibril Hirsi uga gallad celinayaantarjumiddiisa sharafta leh, sidoo kale waxay Dr. Sekhar Mamidiku amaanayaan muraajicadii waxyaabaha ku jira maqaalkan.*

Tixraacyo:

1. <http://www.nlm.nih.gov/medlineplus/ency/article/003024.htm>
2. <http://www.headaches.org/>

# Press Release

## **Somali Cultural Fair combines health and wellness focus with cultural offerings**

**Columbus, OH, May 28, 2010:** On July 2, 2010, the Somali Cultural Fair will host vendors focusing on health and wellness education and screening at the Global Mall at 2210 Morse Road . The health fair is part of the Somali Cultural Fair taking place July 1-3. The Somali Cultural Fair will consist of cultural activities on Thursday, July 1 at Aladdin Shrine Temple , 3850 Stelzer Road , the health and wellness fair on Friday, July 2 from 11 a.m. to 5 p.m. at the Global Mall on Morse Road , and children's activities and soccer tournaments on Saturday, July 3.

Vendors at the health and wellness fair will include organizations screening fair participants for high blood pressure and diabetes, and organizations offering educational materials in emergency preparedness, tuberculosis, teen health, immigration issues, guardianships, and a wide variety of other health-related topics.

The organizers of the health and wellness fair are members of the Health and Wellness Subcommittee of the Somali Work Group, a group started by County Commissioner John O'Grady. Members of the Health and Wellness Subcommittee are representatives from Somali service organizations, area health services providers, non-profit entities and governmental agencies. Their goal in coming together was to share information about best practices in serving the Somali community, to find ways to coordinate those efforts, and to learn more about Somali culture as a means to better serve the community.

For more information about the Somali Cultural Fair, contact Hawa Siad of the Somali Women and Children Alliance at 614-827-4676, or Jibril Hirsi of Somali Community Access Network at 614-439-3034. For information about the health and wellness fair and participating vendors, contact Peggy Meckling, Director of Operations and Special Projects for Franklin County Probate Court at 614-462-7543 or Kevin Dixon, Vice President of Cultural Competency for ADAMH Board of Franklin County at 614-222-3729.

# War Saxaafadeed

## **Bandhigga Dhaqanka Soomaalida oo lagu darayo caafimaad iyo wacnaan ahmiyad siinaysa dhaqanka**

**Columbus, OH, May 28, 2010:** Luuliyo 2, 2010, Bandhigga Dhaqanka Soomaalida wuxuu martiggelinayaa bixiyeyaal ku foogan tacliiminta iyo baaridda caafimaadka iyo wacnaanta, waxayna tani ka dhici doontaa Global Mall, 2210 Morse Road . Bandhigga caafimaadku waa qayb ka mid ah Bandhig Dhaqameedka Soomaalida oo dhacaya Luuliyo 1-3. Bandhig Dhaqameedka Soomaalida waxaa ku jiri doonaa hawlo dhaqan oo Khamiis, Luuliyo 1 oo ka dhacaya Aladdin Shrine Temple , 3850 Stelzer Road , bandhigga caafimaadka iyo wacnaanta Jimce, July 2 min 11 a.m. ilaa 5 p.m. waana Global Mall oo ku yaal Morse Road , iyo hawlo carruurta u gaar ah iyo kubbad ciyaarid dhacaya Sabti, July 3.

Bixiyeyaasha caafimaadka iyo wacnaanta waxaa ka mid noqon doona ururro dadka ka baaraya cadaadiska dhiigga (blood pressure) iyo sokorow, iyo ururro bixinaaya alaab tacliimeed oo u diyaarsanaanta xaaladda degdegga ah, qaaxada, caafimaadka tobanleyda, hawlo ku saabsan socdaalka (immigration) iyo hawlo kale oo caafimaadka ku saabsan.

Abaabulayaasha bandhigga caafimaadka iyo wacnaanta waa xubno ka mid ah Guddi-hoosaadka Caafimaadka iyo Wacnaanta ee Somali Work Group, oo ah koox uu billaabay Guddoonka Degmada John O'Grady. Xubnaha Guddi-hoosaadka Caafimaadka iyo Wacnaanta waa wakiillo ururrada adeegga Soomaalida ah, daryeel caafimaad bixiyeyaasha aagga, ururo aan faa'iido doon ahayn iyo hay'ad dawli ah. Yoolkii isu imaashahooduna wuxuu ahaa in la is dhaafsado xog ku saabsan sidii loo hagaajin lahaa sida ugu wacan ee loo caawin karo Soomaalida, in la helo dariiqo arrintaa laysugu duwo, iyo in wax badan laga barto dhaqanka Soomaalida si si wacan loogu adeego ummadda.

Xog dheeraada oo ku saabsan Bandhig Dhaqameedka Soomaalida, u wac Hawa Siad oo u shaqaysa Somali Women and Children Alliance kana wac 614-827-4676, ama Jibril Hirsi oo u shaqeeya Somali Community Access Network, kana wac 614-439-3034. Xog dheeraad ah oo ku saabsan bandhigga caafimaadka iyo wacnaanta iyo bixiyeyaasha ka qayqaadanaya u wac Peggy Meckling, Isudduwaha Hawlaha iyo Mashaariicda Khaaska ah ee Franklin County Probate Court, kana wac 614-462-7543 ama Kevin Dixon, Madaxweyne ku xigeenka Dhaqan Ogaalka ee ADAMH Board-ka Franklin County, kana wac 614-222-3729.

## 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

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[www.somalican.org](http://www.somalican.org)

Choose CareSource:  
To enroll, please call CareSource

at:  
1-800-488-0134

