



# AUGUST 2012

## In this Edition

What do you Know about your Neighbors’ Way of Life this Month?: .....2-3

ADAMH Board of Franklin County Community Mini-Grants:.....4

Ohio Developmental Disabilities Council Funding Opportunities: .....5

ServeOhio Volunteer Awards & Call for Nominations:.....6

On the Horizon: Franklin County Children Services FAMJAM:.....7

Community Resources and Contacts: .....8

## Qormooyinka Caddadka

Maxaad ka Ogtahay Qaab Nololeedka Dariskaaga Bishaan: .....2-3

Deeq Lacageed oo ADAMH Board of Franklin County:.....4

Fursad Furan oo Deeq Lacageed- Ohio Developmental Disabilities Council:.....5

Abaal marinta Tabarruceyaasha ServOhio: .....6

Ifafaale: FAMJAM, Barnaamijka FCCS ee Dhalinyarada:.....7

Adeegyada iyo Xiriirka Bulshada: .....8

## What do you Know about your Neighbors' Way of Life this Month? Maxaad ka Taqaanaa Qaab Nololeedka Dariskaaga Bishaan?

The month of Ramadan began on July 19, 2012 and it will end about the 18<sup>th</sup> of August, 2012. Ramadan is a month of fasting from foods, drinks, and bodily pleasures. It is intended to remind Muslims of the plight of humans who cannot afford a nutritious meal.

It is a month of fasting, charity, introspection and self improvement. As a condition of attaining the fruits of the blessed month, Muslims are required to enhance their worship by restraining anger, becoming more charitable and turning away from vain and meaningless talk.

Wes Magruder, an ordained pastor in a North Texas Church is observing Ramadan this year. Please follow his message of promoting understanding and tolerance by immersing himself in the culture of the Muslim faithful. His blog is <http://newmethofesto.com>. Below is a description of this important month...

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The Islamic holy month of Ramadan has begun on July 19<sup>th</sup>, 2012 and will last 29 or 30 days based on the lunar calendar. Ramadan is an especially religious time. One of the pillars of Islam is fasting during daylight hours for this entire month. Muslims must voluntarily abstain from indulging in physical desire, which includes eating, drinking, smoking, chewing gum, and having sex.

At sunset, Muslims break the fast with a feast called Iftar in Arabic or Afur in Somali (breakfast). They are free to eat until dawn and are encouraged to eat their last meal as close to dawn as possible. Fasting is not that difficult at all: get up a little earlier to eat breakfast before sunrise, skip lunch, and sit down to a slightly larger-than-usual dinner.

Bisha Ramadaan waxay bilaabatay July 19, 2012. Soonqaad Waa bil laga soomo cunto, cabitaan, iyo raaxada jirka. Waxa looga gol leeyahay in Muslimiinta la xusuusiyo dhibaataada dadka dantu hayso ee aan awoodin cunto wanaagsan. Waa bil la soomo, sadaqo lala baxo, la is ogaado, oo la isa saxo. Si looga faa'iideysto bishaan barakaysan, waa in ay Muslimiintu badiyaan cibaadada iyagoo xakamaynaya carada, badinaya sadaqada, kana dheeraanaya hadalka laqwiga ah dhammaantiis.

Wes Magruder oo baadari ka ah waqooyiga Texas ayaa bishaan Ramadaan oo dhan soomaya sanadkaan. Fadlan la soco fariintiisa uu ku xoojinayo isfahamka iyo dulqaadka isagoo dhex galay dhaqanka dadka Muslimka ah. Degelkiisuwaa <http://newmethofesto.com>. Bishaan barakaysan hoos ayaa lagu faahfaahiyey...

.....  
Bishii Ramadaan ee Islaamiga ahayd ee barakaysnayd waxay billaabatay July 19, 2012 waxaanay jiri doontaa 29 ama 30 beri oo ku salaysan kalandarka dayaxa. Ramadaan waa waqti si gaar ah diinta ugu qiimaysan.

Mid ka mid ah tiirarka Islaamka waxaa ka mid ah in aad soomanaatid iftiinka maalinta oo dhan bishatan oo dhan. Muslimiintu waa in ay iskood uga joogsadaan in ay oogo ahaan u raaxaystaan sida cunidda, cabidda, sigaar-cabidda, xanjo ruugidda, iyo galmada.

## ....NEIGHBORS DARISKA....

Muslims pray more and become more religious during this month. This may affect some business schedules. Somali restaurants may remain closed during the day, and open their doors at sunset and remain open until around midnight. Fasting also causes some changes in behavior. Physical and eye contact with the opposite sex is avoided. Certain groups of people are exempt from fasting including menstruating and postpartum women, pregnant and breast-feeding women, travelers, or anyone who feels sick or weak. In addition, children before puberty do not have to fast, although their parents may choose to gradually introduce them to all day fasting by having them fast for a half-day.

Ramadan lasts for about 29 to 30 days - one lunar month. Islam is based on a lunar calendar, which is slightly shorter than the solar calendar, and thus the dates of Ramadan are slightly earlier every year.

The end of Ramadan is marked by a big celebration day called Eid Al-Fitr. Muslims buy new clothes and gifts to celebrate this festivity, go to eat out in groups, visit each other and give and share. One of the purposes of Ramadan is to recognize the hunger and thirst that the poor feel every day of the year and to suffer it in silence and to become a kinder person for it. Ramadan teaches self-control, tolerance, unity, and resilience. It is the month of heart and soul purification, the month of mercy, the month of forgiveness, and above all, the month of sharing and giving.

Qorraxdu markay dhacdo, Muslimiintu waxay ku af-furaan cunto Carabiga lagu yiraahdo Iftar, Soomaaligana Fa-fur ku ah. Waxay markaa xor u yihiin in ay cunaan ilaa iyo aroortii waxaanaba lagu dhiirrigeliyaa in ay cuntada ugu dambaysa cunaan waqiga ugu dhaw aroortii. Aadvuma adka soomiddu: Toos waqti yara hore oo quraaco qorraxda oon soo bixin, ka bood qadada, casho ka ballaaran tii caadiga ahaydna u fariiso markay qorraxdu dhacdo.

Muslimiintu aad bay diinta ugu soo dhawaadaan bishan. Tani waxay saamayn ku yeelataa meherado badan iyo jadwalladooda. Maqaayadaha Soomaalidu waa ay xiran yihiin maalintii oo dhan, waxaanay furmaan qorrax dhaca iyagoo ilaa iyo saq dhex furraanaya. Soomiddu waxay kaloo yara beddeshaa dabecadaha. Il iyo oogo kala xiriirka jinsiga kale waa laga figaanayaa.

Qaybo la yaqaan oo dadka ah ayaan soomidda laga rabin oo ay ku jiraan gabdhaha caadada qaba iyo umulaha, haweenka uurka leh iyo kuwa nuujinaya, musaafurka, iyo qof kasta oo dareema xanuun diciifinaya. Sidoo kale carruurta aan qaangaarin maahan inay soomaan, in kasta oo ay waalidiintu qaar sii baraan soomidda iyagoo ku billaabaya maalin barkeed in ay soomanaadaan.

Ramadaanku wuxuu ku eg yahay 29 ama 30 beri – hal bil oo qamari ah. Islaamka waxay waqtiyadiisu ku salaysan tihii kalandarka qamariga ah oo wax yar uun ka yar kalandarka shamsiga ah, markaa taariikhaha Ramadaanku sanad walba xoogaa bay soo hormaraan.

## Maxaad ka Taqaan Qaab Nololeedka Dariskaaga Bishaan?

Dhamaadka bisha Ramadaan waxaa calaamad u ah ciideysi weyn oo la sameeyo maalinta la yiraahdo Ciida Fidhriga. Muslimiintu waxay iibsadaan dhar cusub iyo hadiyado si ay ugu dabaldegaan ciiddan, waxna u cunaan iyagoo kooxo ah, is booqdaan waxna wadaagaan. Ujeeddada Ramadaanka waxaa ka mid ah in la aqoonsado gaajada iyo oonka ay faqiiradu dareemayaan maalin kasta oo sanadka ka mid ah iyagoo aamusdan. Tani waxay qofka ka dhigaysaa mid naxariis badan. Ramadaan wuxuu dadka barayaa is-xakamayn, dulqaad, midnimo, iyo ad-adayg. Waa bisha nadiifinta nafta iyo qalbiga, bisha naxariista, bisha is-cafinta, iyo weliba bisha wadaagga iyo waxbixinta.

## ADAMH BOARD OF FRANKLIN COUNTY COMMUNITY MINI GRANTS

The ADAMH Board is now accepting applications for community mini-grants. We will consider proposals for events and special projects that align with our funding priorities.

### Funding Priorities

- Community groups or organizations that ADAMH has traditionally not been visible in assisting;
- Projects that are in response to growing challenges in Franklin County, such as groups that work with members of emerging communities and people who are homeless;
- Community-based activities that focus on building upon individual and community strengths to help achieve positive change and to assist persons dealing with mental illness or substance abuse problems realize hopes, dreams and goals; and
- Projects that are in line with the five ADAMH Strategic Results (outlined in the application).

#### DUE DATES

July 27, 5 p.m.

Aug 30, 5 p.m.

Sept 28, 5 p.m.

Oct. 30, 5 p.m.

#### FOR EVENTS / PROGRAMS

Sept 1 - Sept 30

Oct 1 - Oct 31

Nov 1 - Nov 30

Dec 1 - 31

Visit [www.adamhfranklin.org](http://www.adamhfranklin.org) for a link to the mini-grant overview and application.

## NOTICE OF FUNDING AVAILABILITY (NOFA)

### Notice of Funds Available (NOFA) – FY 2013



#### Ohio Developmental Disabilities Council

The Ohio Developmental Disabilities Council has announced \$120,000 in new grant funds available for 2013. Interested applicants can submit proposals for the projects listed below using the Council's online grant application program: DD Suite ([www.ddsuite.org](http://www.ddsuite.org)).

Instructions on how to apply can be found on the Council's website at <http://ddc.ohio.gov/Grant/2012-16StatePlanProposalKit.pdf#page=30>.

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

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

The Deadline for proposals will be 11:59 p.m., Friday, October 5, 2012.

#### Grant #12PP01QU13: Strategic Messaging and Advocacy Resource Training (SMART) Grant

Federal Award: \$120,000

Minimum matching requirements:

Non-poverty Area: \$40,000

Poverty Area: \$13,333

Council is providing funds for an entity to conduct the SMART Grant for four years (2013-2016). Funding in the first year will be \$120,000 and funding in each of the remaining three years will be \$150,000.

The SMART Grant is primarily a strategic communications and capacity building grant designed to improve advocacy organizations' impact on state-level public policy development and implementation.

In conjunction with the Data and Policy Research Grant and the Legislative Advocacy Day Coordinator Grant of Council, the SMART Grant will assist the Council in identifying and developing policy, media, and advocacy strategies that will elevate developmental disability solutions in Ohio.

The grant will also provide support for collaboration and participation in training of advocates by disability organizations across Ohio and active advocacy by advocates.

Program Staff:

Paul Jarvis

E-mail: [paul.jarvis@dodd.ohio.gov](mailto:paul.jarvis@dodd.ohio.gov)

Telephone: (614) 644-5545



## SERVE-OHIO VOLUNTEER AWARDS & NOMINATIONS

Nominate your outstanding Volunteer, Volunteer Initiative, **National Days of Service** or National Service program today!

The ServeOhio Awards recognize Ohioans who make great contributions to their communities and the state through service and volunteerism. A cash award of \$1,500 will be issued to support the organization which benefited from the winner's service.

The awards will be presented on September 18, 2012 at the Ohio Conference on Service and Volunteerism in a ceremony that will celebrate the extraordinary dedication of individuals and organizations.

Individual volunteers and groups will be recognized via the following categories:

- 1. Outstanding Adult Volunteer (individual)**
- 2. Outstanding Youth Volunteer (individual, under the age of 18)**
- 3. Outstanding Volunteer Group**
- 4. Outstanding Corporate Volunteer Initiative**
- 5. Outstanding National and Community Service Program**
- 6. Outstanding National Days of Service Volunteer Initiative**

On the Serve Ohio website, [www.ServeOhio.org](http://www.ServeOhio.org), you can review category descriptions, download the award nomination form and submit your nomination electronically by **August 24, 2012, 5:00 pm.**

Choose CareSource as your Health Plan.

Call: 1-800-488-0134



# ON THE HORIZON: Franklin County Children Services FAMJAM!

## Franklin County Children Services



THE CITY OF COLUMBUS  
MICHAEL B. COLEMAN, MAYOR  
NEIGHBORHOOD pride!



Present



## Family ENRICHMENT Festival

- 🎉 Entertainment!
- 🎉 Parenting Resources!
- 🎉 Games & Fun!
- 🎉 Food & Drink!

Call for Info!  
**(614) 341-6085**  
or visit  
[www.franklincountyohio.gov/children\\_services](http://www.franklincountyohio.gov/children_services)  
or [www.columbus.gov/pride](http://www.columbus.gov/pride).

**FamJam is FREE!**  
and open to the public  
(Parking available in Columbus Commons garages for a small fee.)

**August 18, 2012**  
**10:00am - 3:00pm**  
**Columbus Commons**  
**160 S. High Street**



## Central Ohio Community Resources

### Police:

Emergency: 9-1-1

Non-emergency: 614-645-4545

Sheriff: 614-462-3333

### Mental Health Crisis:

Netcare Access: 614-276-2273

### Poison Control: 1-800-222-1222

Columbus Health Department

Free Clinic: 614-240-7430

### Legal Matters:

Legal Aid Society: 614-241-2001

### Child Abuse and Neglect:

FCCS: 614-229-7000

### Housing:

CMHA: 614-421-6000

### Information and Referral:

HandsOn: 614-221-2555 or 211

### Somali Services

#### SomaliCAN

614-489-9226

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

The Omoleky Law Firm

614-441-5305

## SOMALICAN SERVICES:

### Health Communication and Literacy:

- Patient education
- Prescription access
- Cultural competency training
- Information & Referral

### Community Education:

- Youth engagement
- Services in Schools
- Advocacy and Support
- Scholarships
- Annual Graduation
- Crime Prevention
- Disaster Preparedness

### SomaliCAN Outreach Newsletter:

- Monthly bilingual newsletter
- Advertisements
- Articles
- Cultural Competency
- Research
- Legislation
- Developmental Disabilities

### Immigration Services:

- Green card applications
- Citizenship applications
- Citizenship education

### Somali Interpretation & Translation:

Do you require highly qualified interpreters and translators?

Please contact a SomaliCAN specialist today. SomaliCAN provides interpretation and translation in social services, medical, legal, academic and financial settings.

## SomaliCAN

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To advertise a product or service, contact us today:

[info@somalican.org](mailto:info@somalican.org).



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To request a copy of SomaliCAN Outreach Newsletter send an e-mail to [Outreach@SomaliCAN.org](mailto:Outreach@SomaliCAN.org) or visit [www.SomaliCAN.org](http://www.SomaliCAN.org).