



# Outreach Newsletter

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## The Month of Ramadan: Bisha Ramadaan

The month of Ramadan began on July 29, 2014 and it will end about the 28th of July, 2014. 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.

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. Muslims pray more and become more religious during this month. See page 6.

Bisha Ramadaan waxay bilaabatay July 29, 2014. 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 bishan barakaysan, waa in ay Muslimiintu badiyaan cibaadada iyagoo xakamaynaya carada, badinaya sadaqada, kana dheeraanaya hadalka laqwigaha dhammaantiis.

B barakaysan ee Ramadaan ayaa bilaabanaysa toddobaadka u horreeya bisha Luulyo 2013 waxayna soconi 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. Qorraxdu markay dhacdo, Muslimiintu waxay ku af-furaan cunto Carabiga lagu yiraahdo Iftar, Soomaaligana afur ku ah. See page 6.

## ...the Month of Ramadan from page 2

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, people with disabilities or anyone who feels sick or unable to stay without food. 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. 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.

Waxay markaa xor u yihiin in ay cunaan ilaa iyo aroortii waxaanaba lagu dhiirrigeliyaa in ay cuntada ugu dambaysa cunaan waqiga ugu dhaw aroortii. Muslimiintu aad bay diinta ugu soo dhawaadaan bishan. Tani waxay saamayn ku yeelataa meherado badan iyo jadwalladooda. 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. 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.

# Eid Mubarak!

**FAMJAM: Family Enrichment Festival**  
**FAMJAM: Munaasabadda Kobcinta Qoyska**

Franklin County Children Services



THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR

**BLOCK PARTY!**

NEIGHBORHOOD *pride!*

Family **ENRICHMENT** Festival

**Saturday,**  
**August 2, 2014**  
**10:00am - 3:00pm**  
**Columbus Commons**  
**160 South High Street**

**Call for Info!**

**(614) 341-6085**

**or visit** [www.columbus.gov/pride](http://www.columbus.gov/pride)  
[www.franklincountyohio.gov/children\\_services](http://www.franklincountyohio.gov/children_services)



Franklin County  
**Children Services**

Protecting Children by Strengthening Families

**FREE!**

**and open to the public!**

Parking available in Columbus Commons garages for a small fee.

## New Membership: Ohio Developmental Disabilities Council

### Xubinnimo Cusub: Ohio Developmental Disabilities Council

The Ohio Developmental Disabilities Council (ODDC) is currently seeking applicants for new membership. Recruitment of membership will now be on a regular basis; therefore, those interested in becoming a Council member may apply at any time. Council membership requires that applicants must comply with categories listed in the federal DD Act.

The categories are as follows:

1. Individual with a developmental disability
2. Parent or guardian of a child with a developmental disability
3. An immediate relative or guardian of an adult with a mentally impairing developmental disability who cannot advocate for himself/herself
4. An immediate relative or guardian or an institutionalized or previously institutionalized individual with a developmental disability or an individual with a developmental disability who resides or previously resided in an institution
5. A representative from a private agency serving persons with developmental disabilities
6. A representative from a private non-profit organization serving persons with developmental disabilities. See page 6.

Golaha Ohio Developmental Disabilities Council (ODDC) ayaa iminka raadinaysa araaji xubinnimo. Qorista dadka xubinta ka ah ayaa hadda noqonaysa joogto; sidaas awgeed, dadka danaynaya in ay Golaha xubno ka noqdaan waxay codsan karaan waqti walba. Ka mid noqoshada golaha ayaa u baahan in dadka codsanaya ay u hoggaansamaan noocyada ku qoran Xeerka DD ee Federaalka. Noocyadu waa sida soo socota:

1. Qof qaba curyaanimada korriimada
2. Waalidka ama mas'uulka ilmo qaba curyaanimada korriimada.
3. Qaraabo dhow ama mas'uulka qof weyn oo qaba curyaannimo korriin oo maskaxda waxyeelleysay oo a naftiisa/teeda u hadli Karin.
4. Qaraabo dhow ama mas'uulka ama qof qaba curyaannimo carruur oo ku jira xarun ama horay ugu jiri jiray ama qof qaba curyaannimo korriin oo hadda deggan ama horay u degganaa xarun.
5. Wakiil ka socda hay'ad gaar ah oo u adeegta dadka qaba curyaanimada korriimada.
6. Wakiil ka socda hay'ad aan dowli ahayn oo u adeegta dadka qaba curyaanimada korriimaha.

Eeg bogga 6

## ... Continued... New Membership- ODDC

If you fall under any of the above categories and are interested in becoming a Council member, please complete an application and send in the ODDC office as indicated below.

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.

It is very important that applicants have time to attend six meetings per year and serve on at least two committees. Each meeting of Council occurs over a two-day period.

Governor John Kasich will appoint members for three-year terms. Application packets are available from the ODDC office, may be downloaded from ODDC's website at [www.ddc.ohio.gov](http://www.ddc.ohio.gov) or you may complete the application on line (both ODDC and Governor's Kasich's applications must be completed). 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.cox@dodd.ohio.gov](mailto:carla.cox@dodd.ohio.gov)

Download the documents or fill out an online application, please visit: <http://ddc.ohio.gov/newmembership.htm>

Haddii aad ku jirtid mid ka mid ah noocyadaas sare oo aad danaynayso in xubin ka noqotid Golaha, fadlan buuxi arji oo u soo dir xafiiska ODDC sida hoos ku qoran.

Dhammaan murashaxiinta xubinnimada Golaha DD waa in ay waaya aragnimo u leeyihiin shaqada guddiyada, golayaasha ama hay'adaha. Waaya aragnimadaas ku saabsan dadka qaba curyaannimada korriimadu si gaar ah ayay u tahay munaasab. Dadka codsanaya waa in ay leeyihiin waaya aragnimo toos ula xiriirta curyaannimada korriimada Ohio.

Waxaa aad muhiim u ah in dadka codsanaya ay waqti u hayaan ka qaybgalka ugu yaraan lix shir oo ay ka shaqeeyaan ugu yaraan labo guddi. Halkii shire e goluhu wuxuu qaataa waqti labo maalmood ah.

Guddoomiye John Kasich ayaa u magacaabaya xubnaha muddo saddex saddex sano ah. Warqadaha arjiga waxaa laga heli karaa xafiiska ODDC, waxaa lagala soo degi karaa bogga ODDC [www.ddc.ohio.gov](http://www.ddc.ohio.gov) ama waxaad arjiga ku buuxin kartaa shabakadda (ODDC iyo Guddoomiye Kasich arjiyadooda waa in labadaba la buuxiyo). Arjiyada waxaa lagu dalban karaa:

-Boosto: ODDC, 899 East Broad Street, Suite 203, Columbus, Ohio 43205

-Telefoon: 614-466-5205 ama toll-free 800-766-7426. Haddii aad farriin dhaafayso, fadlan higgsaadi magacaaga, oo sheeg cinwaankaaga oo uu ku jiro zip code-ku, iyo lambarka telefoonka.

-Kala soo xiriir e-mail: [carla.cox@dodd.ohio.gov](mailto:carla.cox@dodd.ohio.gov)

Soo degso warqadaha ama buuxi arjiga shabakadda.

Fadlan booqo: <http://ddc.ohio.gov/newmembership.htm>

## Choose CareSource as your Health Plan.

Call: 1-800-488-0134



# Barnaamijka Cuntada Xagaaga: Cunto Bilaash Ah iyo Maaweelo



## MAKE SUMMER **COUNT!**

### Free Meals and Fun Activities

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

866.348.6479 OR 211 (Franklin County Only)

## 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 Omolesky 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 legal interpreters and translators in an Ohio court, law office, federal agency or other venues? SomaliCAN is the most reliable source of highly competent professional Somali court /legal interpreters and translators in Ohio and around the United States and globally.

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

## SomaliCAN

Phone. (614)489-9226

Fax: (614) 448-4395

E-mail:

[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).