

Volume
IV

Edition
1

SomaliCAN

OUTREACH

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SomaliCAN Outreach Newsletter- A monthly publication of the Somali Community Network

In this Edition!

Weighty Issues for Kids:.....	2-3
Review of SomaliCAN in 2011:.....	6
Somalia at a Crossroads Conference:	7
Community Resources:	8
People First Annual Conference:	8

Warsidaha SomaliCAN: Waa wargeys bille ah oo Somali Community Network

Caddadkan!

Ummuuro ku Culus Carruurta:.....	4-5
Jalleecid SomaliCAN iyo 2011:.....	6
Shirweynaha Samatabixinta Soomaaliya :	7
Danaha Bulshada:	8
Shir Sannadeedka People First:	8

Weighty Issues for Kids

Kids face a lot of challenges as they grow up: Learning appropriate social behavior, getting their homework done and having fun while staying safe. But children today are now confronting a growing, oversized problem that puts them at risk for a host of lifelong medical conditions. That problem is childhood obesity.

Kids won't be able to tackle this one on their own. Fortunately, there's a lot that families and communities can do to help reduce childhood obesity.

Obesity rates have nearly tripled among youth over the past 3 decades. Today, about 1 in 3 children and teens in the U.S. is considered overweight or obese.

Excess weight boosts the chances of developing heart disease, stroke, type 2 diabetes, asthma, liver disease and several types of cancer. Other conditions linked to obesity—such as high blood pressure and high blood cholesterol—are increasingly diagnosed during childhood.

Sadly, medical issues are not the only problems these kids face. Obese children and teens may also struggle with social discrimination, low self-esteem and depression. They are more likely to become obese adults and face continuing troubles.

The main causes of excess weight in childhood are similar to those in adults. Obesity has a strong genetic component, and our in-the-car, computer-bound, food-everywhere society contributes to the problem for an increasing number of people of all ages. But you can help to counteract these influences by creating an environment for your child that encourages healthy eating and physical activity. That effort begins at home.

“Adults can help shape the environment that children interact with by providing opportunities to eat healthy foods—such as vegetables, fruits and whole grains—and limiting sugar-sweetened beverages and fast food,” says Dr. Layla Esposito, who oversees some of NIH's research into childhood obesity. “It's also important to limit screen time on TVs, computers and video games, and provide opportunities for physical activity.”

“Newer studies are showing that getting adequate sleep may also be important for weight management,” Esposito adds.

Experts agree that our weight is affected by how our environment is structured. Known as the “built environment,” it includes not only your home but also everything in your neighborhood and community, including how the roads, parks and food sources are laid out. Experts say built environments don't just affect physical activity; they also affect the foods we choose and how much time we spend inside.

Although it's important for individuals and families to commit to eating healthy and being active, the broader community can also play a role. Kids move among many different environments, all of which shape and affect their decisions about food and activity. Parents, caregivers, schools, governments, community groups and religious organizations can also help by working to develop supportive, healthful environments to encourage these life-long choices.

“I think a lot of people have the sense that it's about willpower and things that are completely in people's control,” says Dr. Stephen Daniels, a pediatrician and researcher at the University of Colorado School of Medicine. “If that were the case, we wouldn't have the obesity epidemic that we're having. We live in an environment that is not structured to improve diet and activity choices.”

For example, many communities don't have grocery stores, which can mean reduced access to fresh and nutritious foods. In some neighborhoods, the packaged, processed snack foods offered at convenience stores and corner markets are the only choices available.

Some communities don't have safe playgrounds or sidewalks, so children are forced to spend their free time indoors. Sitting instead of moving makes it that much harder to maintain a healthy weight.

Continued on page 3

Weighty Issues for Kids: Continued from page 2.

“Parents have a really important voice that policymakers need to hear,” says Esposito. She encourages parents and communities to consider what they need for change, and then to ask for it. Think about what is being marketed to your kids, if you want more walkable streets or parks, or if you need access to healthier foods or farmer’s markets.

You might try making a list of the improvements you could make in your community. Then get together with your neighbors and local leaders to discuss how you can make those ideas a reality. Consider talking to your local school board or PTA about food offerings or advertising in school.

Many communities have started by improving access to and maintenance of local parks; requesting safe and usable bike paths and sidewalks; asking for healthier meals and more physical activity at school; and exploring how to address a lack of nutritious food options and grocery stores.

While you’re working to create a healthy environment, keep in mind that your own behaviors set a powerful example for your children. If parents aren’t making healthy changes and choices for themselves, then it’s hard to expect children to understand what’s best and make wise choices for themselves.

The SomaliCAN Outreach Newsletter has many resources to help you and your children get on the path to a healthier lifestyle. Be sure to check out the resources section of OUTREACH.



**" The Ohio Developmental Disabilities Council:
Improving the lives of Ohioans with disabilities**

The Ohio Developmental Disabilities Council is a group of 35 people, appointed by the governor, who plan and advocate for Ohioans with disabilities. ODDC receives federal funds and distributes those funds by awarding grants for projects and activities that create visions, influence public policy, pilot new approaches, empower individuals and families, and advocate system change.

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Umuuro Ku Culus Carruurta

Umuuro ku Culus Carruurta: U soo Jeedsashada Shuluqnimada Carruurta
Carruurta waxay la kulmaan cadaadis fara badan markay korayaan. Barashada hab dhaqanka suuban ee bulshada, ka shaqaynta layliga guriga, iyo ciyaarta iyadoo dhib layska dhowrayo. Hase yeeshee, carruurta maanta waxay la daalaa dhacayaan dhibaato culus oo baahaysa taasi oo halis uga dhigeysa xaalado caafimaad oo jiraya intay nool yihiin. Dhibaataadaasi waa cayilka badan ee carruurta.

Carruurta mashaakilkaan keligood ma maarayn karaan. Nasiib wanaag, waxaa jira waxyaabo aad u badan oo ay qoysaska iyo bulshooyinkuba qaban karaan si ay wax uga qabtaan dhimsta shulqnimada carruurta.

Xaddiga shuluqnimada ayaa saddex-tobnaadkii sano ee la soo dhaafay 3 jibbaarmay. Maanta, 1 kasta oo ka mid ah saddexda dhawr iyo toban jir ee jooga Maraykanka ayaa loo tixgeliyaa in uu buuran yahay ama shuluqba yahay.

Culayska xad-dhaafka ahi wuxuu sare u qaadaa halista cudurrada ay ka mid yihiin kuwa wadnaha, wareenka, sokorowga nooca 2, neefta, cudurrada beerka iyo dhawr nooc oo kansar ah. Jirrooyinka kale ee shulqnimada lala xiriiriyo sida – dhiig karka iyo kalostaroolka dhiigga oo badan—ayaa badiyaa carruurta lagu ogaadaa iyadoo yar-yar.

Waxaa wax laga xumaado ah in caafimaad darrada keliya aanay ahayn dhibaatooyinka ay carruurtaasi la kulmaan. Carruurta iyo tobanleyda shuluqa ahi waxay la hardamaan takoorid bulsho, badrad hoose, iyo isku-buuqid. Waxay u badan tahay in ay koraan oo noqdaan shuluqyo qaangaar ah oo dhibtaasina ay ku sii socoto.

Sababaha ugu waaweym ee carruurta ku keena shuluqnimadu waa la mid kuwa ku keena dadka qaangaarka ah. Shuluqnimadu waxay leedahay hidde-raac xooggan, bulshadeenna dhaqankeedu yahay gaariga ha lagu jiro, kumbiyuutarka ha lagu fadhiyo cuntana ha laysla dhacana qayb weyn ayay ka tahay dhibaataada ku habsanaysa dad badan oo da’o kala duwan ah. Laakiin saamaynaha waxaad uga hortegi kartaa in aad cunuggaaga u abuurtid bay’ad dhiirrigelinaysa wax cunidda caafimaadka leh iyo jimicsiga jirka. Dedaalladaasi waxay ka billowdaan guriga.

“Dadka qaangaarka ahi waxay qaabayn karaan bay’adda ay carruurta ku nooshahay iyadoo carruurtooda fursad u siinaya in ay cunaan cuntooyinka caafimaadka leh sida – khudaarta, miraha iyo cuntada xubuubta ah – iyadoo markaa xaddidaaya cabitaannada sokorta lagu macaaneeyo iyo cuntada maqaaxiyaha laga iibsado,” ayay leedahay Dr. Layla Esposito oo kor ka eegta qaar ka mid cilmi-baaridda NIH ee shuluqnimada carruurta. “Waxaa kaloo muhiim ah in carruurta laga xaddido waqtiga shaashadda ee TV-ga, kumbiyuutarrada iyo cayaaraha fiidiyooga, oo la siiyo waqti ay ku sameeyaan jimicsi jirka ah.

“Cilmi-baarisyo cusub ayaa iyaguna muujinaya in helitaanka hurdo ku filan ay wax ka geysato maaraynta culayska” ayay ku daraysaa Esposito.

Khubarada ayaa isku raacsan in culayskeenna ay saamayn ku leedahay sida ay u qaabaysan tahay bay’adda aannu ku noollahay. “Waxaa loo yaqaan bay’adda dhisan” kumana koobna gurigaaga oo keliya ee waxaa ku jira wax kasta oo deriskaaga iyo bulshadaada ah, oo ay ku jiri karaan jidadka, baagyada, iyo ilaha cuntadu ay u qaabaysan yihiin. Khubarada ayaa waxay qabtaa in aanay bay’adda dhisan keliya saamaynin jimicsiga jirka balse ay saamayso cuntada aannu dooranno iyo inta ay le’eg tahay waqtiga aannu gudaha guryeheenna ku jireyno.

Eeg Bogga 5aad.

Umuuro ku Culus Carruurta- from page 4

In kasta oo ay muhiim tahay in shaqsiyaadka iyo qoysakuba ay go'aansadaan in ay si caafimaad wacan wax u cunaan, firfircoonaadaanna, haddana bulshada kale ee ballaarani qayb ayay ka qaadan kartaa arrintaa. Carruurta waxay isu maraan bay'ado badan oo dhamaantood saameeya oo qaabeeya go'aamadooda ku saabsan cuntada iyo jimicsiga. Waalliddiinta, daryeelayaasha, kooxaha bulshada iyo ururrada diinta ayaa iyaguna wax ka geli kara in ay hagaajiyaan bay'ado taageero keeni kara oo caafimaad leh si ay u carruurta ugu dhiirrigeliyaan doorasho abid ah oo wacan.

“Waxaan u malaynayaa dad badani in ay qabaan dareenka ah in ay arrintani ku saabsan tahay awoodda go'aan qaadashada oo ay guud ahaanba ku jirto dadka gacantiisa,” ayuu leeyahay Dr. Stephen Daniels, oo ah dhakhtar carruureed bare ka ah Jaamacadda Colorado Kulliyadeeda Caafimaadka. “Haddii ay arrintu sidaa ahaan lahayd, dhibta shulqnimada ee maanta annu qabno namaba haysteen. Waxaannu ku noollahay bay'ad aan u qaabaysnayn hagaajinta cunto dheellitiran iyo doorasho jimicsiba.”

Tusaale ahaan, bulshooyin badan ayaan lahayn dukaamo garooshari, taa oo micnaheedu uu noqon karo in aanayba galaangal u lahayn cuntooyin daray ah oo nafaqo leh. Dersaasha qaar, cuntooyinka la warshadeeyey ee faakhirada loo sameeyey ee yaalla dukaamada gaaba-gaabeyda ah ayaa ah waxa keliya ee ay heli karaan. Bulshooyinka qaar baan haysan garoomo nabdoon oo ciyaareed ama meelo jidka hareertiisa ah oo lagu socdo, sidaa darteedna carruurta waxay ku khasban tahay in ay waqtigooda firaqada ah ku baxshaan gudaha guryaha. Fadhiyidda oo gasha meeshii dhaq-dhaqaaqu waa hab aan lagu xagsan karin culays caafimaad leh.

“Waaliddiintu waxay leeyihiin cod dhabtii muhiim ah oo ay tahay in ay siyaasad-dejiyeyaashu maqlaan,” ayay leedahay Esposito. Waxay waalliddiinta ku dhiirrigelinaysaa in ay ka fikiraan isbeddelka ay u baahan yihiin ay dabedeedna dalbadaan. Ka fikir waxa laga iibinayo carruurtaada, haddii aad doonaysid jidad lagu lugayn karo iyo baagyo badan, ama aad u baahan tahay galaangal cunto caafimaad leh ama suuqyada beeraleyda.

Waxaad samayn kartaa diwaan aad ku taxayso waxyaabaha aad ka hagaajin lahayd bulshadaada. Dabadeed isu taga adiga iyo deriskaaga iyo hogaamiyeyaasha maxalliga ah si aad uga wada hadashaan sida aad ra'yigaa uga dhigi lahaydeen mid dhaboobay. Ka fikir in aad kala hadasho guddiga dugsigaaga ama Xiriirka Macallimiinta iyo Waalliddiinta (PTA) cuntada iyo xayeysiinta lagu hayo dugsiga.

Bulshooyin badan ayaa billaabay hagaajinta galaangalka iyo gacan ku haynta baagagga maxalliga ah; iyagoo codsaday jid-hareereedyo baaskiil iyo kuwo socod; weydiistay cunto caafimaad iyo jimicsi badan oo dugsiga lagu sameeyo; baarayna sida wax looga qabanayo maqnaanta cunto nafaqo leh iyo dukaamo garooshari.

Marka aad ka shaqaynaysid abuuridda bay'ad caafimaad, maskaxda ku hay in hab-dhaqankaagu uu tusaale awood badan u yahay carruurtaada. Haddii aadan u samaynayn isbeddelo caafimaad iyo doorashooyin wanaagsan, way adag tahay in ay carruurta fahmaan waxa wacan oo ay markaa laftoodu ku tallaabsadaan go'aamo fiican.

Warsidaha Wargelinta SomaliCAN (SomaliCAN Outreach Newsletter) ayaa kuula diyaar ah khayraad macmluumaad ah oo adiga iyo carruurtaadaba idinku caawiya in aad cagta saartaan jidka hab nololeedka wanaagsan. Mar kasta hubi in aad eegtay qaybta macluumaadka ee UTREACH.

*****END*****

**Golaha Ohio ee Naafannimada Koritaaneed:
Hagaajinta nololaha dad Ohio ee Naafannimada qaba**

Golaha Ohio ee Naafannimada Koritaaneed (ODDC) waa koox 35 qof ah oo uu barasaabku magacaabo, oo qorshe u sameeya una dooda dadka reer Ohio ee naafannimada qaba. ODDC waxay heshaa maalgelin federaali ah waxaanay maalka qaybisaa iyagoo deeqo siinaya mashaariicda iyo hawlaha abuurka himilooyinka, saameeya siyaasadda guud, daahfura qaab waxqabad oo cusub, xoojiya qoysaska iyo shakhsiyaadka, una dooda bedelidda nidaamka.

SomaliCAN: 2011 IN REVIEW

2011 was a great year for SomaliCAN. Our team contributed to improving the lives of New American individuals, families, and communities in Ohio and elsewhere through information, outreach, advocacy, events, and services. Here are some highlights of SomaliCAN's accomplishments in the past year:

Information: The agency produced 12 editions of the SomaliCAN Outreach Newsletter which constituted its third volume. This bilingual monthly newsletter was e-mailed to hundreds of Somali community members, public officials, activists, and members of the wider community. The newsletter serves as a source of reliable information for readers and published ideas about developmental disabilities, access to healthcare, community safety, improving educational outcomes, resources for individuals and their families, job opportunities, announcements of major events, and community news updates. In addition, SomaliCAN efforts were featured in local and national media multiple times in the past year and our activists produced various articles on such diverse issues as human trafficking, public safety, solving Somalia's conflict, and the famine crisis in Somalia.

Advocacy: SomaliCAN provided advocacy for many pressing issues of concern to the Somali community. Issues addressed included the challenges faced by Somali money transfer businesses, adjustment of immigration status challenges, youth high school dropout, increased college enrollments, civil rights and civil liberties, access to job opportunities including senior level appointments, equal access to business opportunities, and a reduction in health disparities. Our activists worked with mayors, county commissioners, state representatives, members of U.S. Congress and Senate, and the Governor of Ohio as well as law enforcement and civil rights officials. At the international level, SomaliCAN activists worked with the U.S. Department of State and White House officials on resolving the Somali political crisis and providing aid to famine victims. In the past year, SomaliCAN hosted a delegation led by the U.S. Special Envoy to Somalia Ambassador James Swan and another led by USAID Deputy Director Nancy Lindberg.

Community Services: SomaliCAN served a total of 1,218 clients. Services provided included:

Help filling out applications for employment, childcare, green card, and citizenship. SomaliCAN was a resource agency for in-home childcare providers who contract with the Franklin County/Ohio Department of Job & Family Services.

Referral to medical, mental health, legal, and housing services.

Community conversations on education, income, health, and human services topics. These included conversations facilitated by the United Way of Central Ohio.

Cultural competence training for law enforcement agencies and education professionals. SomaliCAN activists provided training to Columbus Public Schools, Ohio State University, and the Columbus Police among others.

Human trafficking awareness training. In this field, SomaliCAN was a member of the Central Ohio Rescue and Restore Coalition.

Health education on active living, health eating, stress reduction, access to prescriptions, and breast health awareness. This was done in collaboration with CareSource, Mount Carmel Health, Unity Health Initiative, and Komen Columbus.

In addition, SomaliCAN hosted the second annual Ohio Somali Graduation program and awarded scholarships to eight outstanding high school graduates. In 2011, the graduation program moved a notch higher when Columbus Mayor Michael Coleman proclaimed the third week of June as the Somali Graduation Week!

Finally, SomaliCAN received a Presidential Service Award from the White House, a letter of recognition from Ohio Governor John Kasich, a certificate of appreciation each from Sentaor Sherrod Brown, Congressman Patrick Tiberi, and Congressman Steve Stivers.

On behalf of the large Somali-American community, we thank you for your continuing support and we wish you a happy and prosperous 2012.

SOMALIA AT CROSSROADS INTERNATIONAL CONFERENCE AT THE OHIO STATE UNIVERSITY

Somalia at Crossroads:

Foreign Intervention, Humanitarian Crisis and Aspirations for Statehood

The Ohio State University- Columbus, Ohio

Hagerty Hall, 1775 College Rd

January 27-28, 2012, 9:00AM-5:00PM

This two-day conference will bring together some of the brightest minds in Somali affairs with the aim of deepening public discourse and understanding of the complex situation in Somalia and developing strong, pragmatic, and principled policy recommendations for, post-transition political development in Somalia. Issues discussed include the national roadmap, piracy, humanitarian crisis, frontline state military interventions, Diaspora remittance challenges and community development issues.

Key presentations include:

- Foreign Intervention, Humanitarian Crisis and the Quest for Political Stability in Somalia
- U.S. Engagement in Somalia: Dual Track Policy Aims and Implications
- Debunking the Roadmap: A Tool for Statehood or Death-knell for Disintegration?
- Natural vs. Man-made: The Politics of Famine in the Horn
- Post TFG Somalia: Political Parties and National Grassroots Movements as Clan Alternatives: Planting the Seeds for Sustainable Social and Political Institutions, and more.

For additional details, contact:

- Mr. Jibril Mohamed (614)439-3034 or Jibril@SomaliCAN.org,
- Mr. Abukar Osman- Baalle (614) 769-8810 or
- Ms. Laura Joseph at OSU 614-292-8169.

Visit Somalia.EventBrite.com for more information.

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

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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People First Annual Conference: “Blazing New Trails”

March 22-24, 2012

Roberts Convention Centre, Wilmington, OH

Sessions will include voting, employment, transition, leadership, Medicaid Buy-In and much more! Richard Devylder, Senior Advisor for Accessible Transportation, United States Department of Transportation will speak at the conference. Registration is \$165.00 which includes all meals. Scholarships will be available. The hotel is \$99.00 per/night (Hampton Inn and Holiday Inn) and parking is free.

More information will soon be available at www.peoplefirstohio.org