



# SomaliCAN Outreach

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## The 4<sup>th</sup> Annual Ohio Somali Graduation and Scholarship Program: **Barnaamijka Qalinjebinta Iyo Deeqaha Waxbarasho**

SomaliCAN has hosted the fourth annual Ohio Somali Graduation and Scholarship program on August 9, 2013 at Hilton Columbus at Easton. The event was attended by hundreds of community members, high school and college graduates, educators and education leaders and elected officials. Columbus Mayor Michael Coleman, who never missed the Somali graduation program since its inception was at hand to welcome guests and invited speakers to Columbus and encourage graduates to further their education. The Superintendent of Columbus Schools Dr. Dan Good gave a keynote address on behalf of all the teachers and other educators who invested time, energy and skills to make the graduates successful. Mohamed Abdullahi Farmajo, former Prime Minister of Somalia, traveled from New York to join in the celebration and spoke to the students and parents both in English and Somali. Columbus injury lawyer Russell Flickinger provided scholarship awards to six outstanding graduates based on their academic performance.

SomaliCAN ayaa qabatay xafladda sanadlaha ah ee qalinjebinta iyo deeqaha waxbarashada Ohio sannadkeedii afraad taariikhdu markii ay ahayd 9 August 2013. Xafladda waxaa ka soo qaybgalay arday, aqoonyahano, siyaasiyiin, masuliyiinta gobolka Ohio sida duqa magaalada Columbus Michael B. Coleman, Raysul Wasaare Maxamed Cabdullaahi Farmaajo, Wasiirkii Waxbarashada dowladii Farmaajo Dr: Cabdinur Sheekh Maxamed, Xildhibaan Boonoow, safiirka Soomaaliya u fadhiya Biljam Cali Siciid Faqi, Duqii magaalada Muqdisho Cabdullaahi Salaad Warsame iyo dadweyne aad u fara badan. Sannad walba, guddiga qabanqaabada barnaamijka qalinjebinta iyo deeqaha waxbarasho ee Ohio wuxuu marti geliyaa damaashaad lagu maamuusayo ardayda Soomaaliyeed ee ka qalinjebisa dugsiyada sare iyo jaamacadaha Ohio. Barnaamijku wuxuu leeyahay faa'iidooyin kala duwan sida deeqo waxbarasho oo lacageed oo la siiyo ardayda u sarraysa, is dhexgalka madaxda la doortay iyo kuwa waxbarashada, iyo fursado xiriir lagula samaysto jaaliyadda oo diyaar u ah xarumaha waxbarashada iyo hay'adaha adeegga ee la shaqeeya dadka Soomaaliyeed ee ku dhaqan Ohio.

## Annual Ohio Somali Graduation & Scholarship Program

Each year, the organizing committee of the Somali Graduation and Scholarship program hosts a celebration to honor and recognize Somali students who graduate from local high schools and colleges. The program provides a wide range of benefits including monetary scholarships for top graduates, networking opportunities with elected leaders and elected officials and community engagement opportunities for academic institutions and service providers that work with the large Somali community in Central Ohio.

We are proud to honor our graduates and showcase their hard work, diligence and academic achievement. The success of the graduates would not have been possible without the support and educational involvement of parents, guardians, extended family members, teachers, guidance counselors, principals and other education stakeholders. We honor all stakeholders in the education of our children in schools, colleges and universities.

We are thankful that you are able to join us this evening as we celebrate academic achievement and underscore the value of education to the Somali- American community.

**The Organizing Committee**

Waxaan aad ugu faraxsannahay in aan qaddarino qalin jebiyayaasha oo aan soo bandhigno natiijada dadaalkoodii badnaa iyo kartidooda waxbarasho. Horumarka ay qalin jebiyayaashu gaareen ma suurtoobeen haddii aaneey taageero tayo leh ka helin waalidkood, eheladooda, macallimiinta, maamulayaasha iyo kuwo kale oo kaalinta weyn ka geystay waxbarashadooda.

Waxaan idinkaga mahad celinaynaa in aad nagala soo qeyb gashaan xafladan muhiimka ah oo loogu riyaqayo laguna dabaaldegayo dadaalka ay muujiyeen qalin jebiyayaashu iyo in aan hoosta ka xariiqno muhiimadda waxbarashadu u leedahay Soomalida deggen Ohaayo.

**Guddiga Qabanqaabada**

# In Pictures: 4<sup>th</sup> Annual Ohio Somali Graduation & Scholarship



## In Pictures: Annual Ohio Somali Graduation & Scholarship



## Somali Language Minor at the Ohio State University

Dear prospective student,

If you are looking for a language that both rhymes and rewards, choose Somali! The Department of African American and African Studies at the Ohio State University houses the largest program in Somali language and culture in the United States. You can earn a minor in Somali language and culture at OSU.

It is fun to learn Somali because the language has an extremely simplified Latin alphabet structure and words that are written as they sound. You master these sounds at once and you retain them forever. What is more, Somali at the Ohio State University is backed by the presence of one of the largest Somali communities in Central Ohio. You will enjoy authentic food, shopping, and conversations with native Somali speakers at any time

Learning Somali will also raise your prospects of finding jobs locally, nationally as well as internationally with government agencies, international development organizations and private enterprises that deal with the sizable Somali communities both in the U.S. and in the Horn of Africa region.

Thank you for considering Somali. Come to one of our classes and you will be impressed by the depth of this language and culture.

For more information about the Somali language program at OSU, please contact Jibril Mohamed or Mohammed Omer at (614)292-0758 or by e-mail at [Mohamed.196@osu.edu](mailto:Mohamed.196@osu.edu). <http://aaas.osu.edu/lan guages/undergrad-somali-minor>

## Waxaa kuu Diyaarsan Takhasuska Af Soomaaliga Jaamacadda Ohio State

Ardada danaynaysa oo dhan,

Haddii aad doonaysid af laxan leh oo aad ka libin gaarto, ka dhig dookhaaga af Soomaali! Waaxda culuunta Maraykanka Madow iyo Arrimaha Afrika ee Jaamacadda Ohio State waxaa qayb ka ah barnaamijka ugu ballaaran dalka Maraykanka ee lagu daraaseeyo dhaqanka iyo afka Soomaaliga. Waxaad diyaarin kartaa takhasus afka & dhaqan Soomaaliga ah OSU.

Barashada afka Soomaaliga aad ayay u xiiso badan tahay sababtoo ah qoraalka af Soomaaliga wuxuu raacaa alifbeetada Laatiinka oo hab sahlan loo diyaariyay iyadoo erayada loo qorayo sida ay u dhawaaqaan. Dhawaaqyadan ayaad mar qura baranaysaa weligaana adeegsanaysaa. Waxaa intaas dheer, af barnaamijka Af Soomaaliga ee Jaamacadda Ohio State waxa kuu fududayn doona jaaliyadda Soomaaliyeed ee aadka u ballaaran ee ku dhaqan gobolka Ohio. Waxaad si sahal ah u heli doontaa cunto Soomaali asal ah, xarumo dukaamaysi, iyo wada hadal aad la yeelato dad Soomaali dhalada ah xilligii aad doontid.

Barashada Soomaaliga waxay sidoo kale sare u qaadi doontaa fursadahaaga in aad shaqo wacan ka heshid degaanka, gobolka, dalka, amaba ururro iyo shirkado caalami ah oo ka hawl gala dalka Maraykanka iyo deegaannada Soomaalida ee Bariga Afrika.

Waad ku mahadsan tahay in aad ka fekertay barashada Afka Soomaaliga. Imow fasal af Soomaali ah si aad uga maqsuuddo murtida fog ee dhaqanka iyo afkeenna.

Faahfaahin dheeraad ah kala xiriir Jibriil Maxamed ama Maxamed Cumar (614)292-0758 ama e-mail ugu dir [Mohamed.196@osu.edu](mailto:Mohamed.196@osu.edu).  
<http://aaas.osu.edu/lan guages/undergrad-somali-minor>

Choose CareSource as your Health Plan. Call: 1-800-488-0134



## Physical Activity Key for Health Jimicsigu waa Furaha Caafimaadka

### EXERCISE FOR LIFE

How do I get started?

Start by talking with your family doctor. This is especially important if you haven't been active, if you have any health problems or if you're pregnant or elderly.

Start out slowly. If you've been inactive for years, you can't run a marathon after only 2 weeks of training! Begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long.

How do I stick with it? Here are some tips that will help you start and stick with an exercise program:

**Choose something you like to do.** Make sure it suits you physically, too. For instance, swimming is easier on arthritic joints.

**Get a partner.** Exercising with a friend or relative can make it more fun.

**Vary your routine.** You may be less likely to get bored or injured if you change your exercise routine.

Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.

**Choose a comfortable time of day.** Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.

**Don't get discouraged.** It can take weeks or months before you notice some of the changes from exercise, such as weight loss.

**Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.

**Make exercise fun.** Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Learn how to play a sport you enjoy, such as tennis.

**Sneak Exercise Into Your Day**

Take the stairs instead of the elevator

Go for a walk during your coffee break or lunch

Walk all or part of the way to work

### Jimicsiga Ha Moogaan

Sidee u billaabaa?

Ka billow inaad la hadasho dhakhtarkaaga gaarka ah. Tani waxay si gaar ah muhiim u tahay haddii aadan horay u jimicsan jirin, haddii aad xanuun qabtid, ama aad uur tahay, ama aad aad waayeel tahay.

U billow si tartiib ah. Haddii aadan muddo sanado ah jimicsanin, ma ordi kartid maaradoon markaad 2 toddobaad oo keliya jimicsatid! Ku billow 10 daqiiqo oo jimicsi khafiif ah ah ama xoogaa yar oo socod ah maalin walba deetona u siyaadi inyar-inyar xaddiga jimicsigaaga iyo muddadiisa.

**Sidee u joogteeyaa?**

Kuwani waa xeelado kugu caawinaya inaad billowdo jimicsi oo aad markaana joogteyso barnaamijkaaga jimicsi:

**Dooro wax aad jeceshahay samayntooda.** Hubi in ay jir ahaan kugu wacan tahay. Tusaale, dabbaasha ayaa u sahlan kala-goysyada tufta qaba.

**Hel saaxiib.** La jimicsiga saaxiib ama qof qaraabadaada ah wuxuu jimicsiga ka dhigi karaa mid shaaciro leh oo aadan ka caajisin. Ha kala duwanaadeen hawlahaada. Waxay u badan tahay in aadan ku caajisin kuna dhaawacmin jimicsigaaga haddii aad kala duwdo jimicsiyadaada. Maalin lugee, tan kale bushkuleeti wad, Tixgeli ciyaaridda qoob-ka-ciyaarka ama Isboortiga duurka, ama hawlaha joogtada ah sida fakuum-garaynta ama falidda cawska deydkaaga.

**Dooro maalinta waqti ku habboon.** Martkii aad wax sii cunaysayba ha billaabin jimicsi ama markay dibeddu aad u kulushahay ama u qabowdahay. Iska suig ilaa galabtii haddii aad subaxdii tigtigan tahay.

**Ha niyad jabin.** Waxay qaadan kartaa toddobaadyo ama bilo inta aadan waxtar ka dareemin jimicsigaaga, sida miisaan luma.

**Iska illow "xanuun la'aani waa faa'iido la'aan."** Xoogaa xanfah ahi waa jirayaan marka ugu horraysa ee aad billowdid jimicsi, laakiin xanuun ma jiri karo. Bareeg qaado haddii aad xanuun dareentid ama dhaawacantid.

**Ku madadaalo jimicsiga.** Aqri, muusiq dhegayso ama TV firso marka aad wareejinaysid baaskiiladda fadhida, tusaale ahaan. Hel waxyaabo shaaciro leh oo aad samaysid sida adigoo beerta xayawaanka u lugeeya. Qoob ka ciyaar samee. Baro sida loo ciyaaro isboorti aad xiisaynayso, sida tenniska.

**Maalintaada ku dhex qari jimicsi**

Jaranjarada fuul meeshii wiishka

Yara lugee xilliga kafeega ama qadada aad u baxdid

U wada lugee ama qaar u lugee shaqada

## 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 Somali 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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