

AMJAMBO AFRICA!



Understanding, Embracing, and Celebrating Diversity in Maine

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Ifeoma Ifeji and Angela Okafor

Nigerians celebrate community, Maine at gathering

By Stephanie Harp

Under a wide wooden shelter in Augusta's Mill Park, about 70 Nigerian Mainers gathered on July 25 to meet, talk, eat, sing, play games, and celebrate their community. This first-ever gathering of Maine's Naija (Nigerian) community was organized by Chinonye Anumaka, Mariam Arabambi, Lanre Fashina, Victor Iwegbulam, Emmanuel Juwah, Anita Nwanna-Nzewunwa, Jude Okonkwo, Isaac Oyinlade, and Oga Suya. Several of the organizers spoke with Amjambo Africa.

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Third Place looks to solidify Maine's BIPOC professional network

By Lillian Lema



Adilah S. Muhammad and Jordia Benjamin

When Adilah S. Muhammad moved to Maine in 2001, she recognized gaps in Maine's Black cultural and economical infrastructure. So after some years working as a real estate investor, developing an interest in public policy, and earning a master's degree from the Muskie School of Public Service, she founded The Third Place in 2017.

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Social service providers are very tired

By Ivy Epstein



Maine relies heavily on an intricate network of nonprofit and volunteer grassroots social service providers to try to meet the urgent and significant needs of immigrants and asylum seekers. But over the past three years, the strain of the COVID-19 pandemic, the increased numbers of new arrivals, and the level of their need have taken an emotional toll on these providers. And they want the government to step up and do more to help

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people.

Yvette Unezase, interim Executive Director of the nonprofit Maine Association of New Americans (MANA), finds that being unable to adequately help those in need is upsetting. “It’s really unfortunate that you want to help people but have to keep saying, ‘I’m sorry.’... People have needs, they have trauma, and as a provider you just keep saying, ‘I’m very sorry, I can’t help you with this.’”

Unezase’s feelings are widely shared in the social service community. Joanna Caouette,

demand for housing, legal services, English classes, and other services has increased, and that demand weighs heavily on the morale of service providers. Conditions on the ground have changed, and the demands are impossible to meet, they said. The number of asylum seekers making their way to Maine has increased; they have often faced longer, more traumatic journeys than before, and arrive in greater need; their level of trauma has worsened; the affordable housing market has shrunk; the shelter system is impacted by the

sonally deal with,” she said. “It’s not the workload...it’s just that.”

And the workload is definitely overwhelming. Recently, Saidi saw her siblings for the first time in seven years. During the course of their first evening’s visit, she received 19 emails that required a prompt response. For her, this work doesn’t have an off-button. Neither does the guilt. “I don’t have the privilege of 9-5 emotion,” she said.

Caouette described the mental impact of the pandemic on the already heavy jobs of service providers. “One of our tools that we use is our compassion – our compassion and passion to help people who are from similar backgrounds or completely different backgrounds – and unfortunately, I feel like that [supply of] compassion has been eroded through the pandemic with very little ways to replenish that. Two years into it, it feels like pouring from an empty cup.”

Providers agreed that meeting the uptick in demand is impossible, and failure is hard to stomach. Unezase of MANA spoke of the strain placed on the agency’s transportation program, which provides rides to non-emergency medical and social service appointments, and COVID-19 vaccine and testing sites. While the organization used to receive about 15 ride requests a day, this number has spiked to between 30 and 50 a day, and they can’t always provide rides to everyone who needs them.

Many compassionate people living in Maine are aware of the unmet needs of recent arrivals and want to help. And according to Titcomb, the larger national conversation about anti-Black racism and anti-immigrant sentiment has inspired people. Some have started volunteering and offering personal support, while others have provided monetary donations to service-providing organizations so they can help more. “That is a positive thing,” she said.

But the complexity of the immigration system means that even very dedicated volunteers can only do so much, especially when language and cultural barriers are present. Having service providers and case workers who can speak the language of recent arrivals is important, Unezase

said. And Titcomb added that the need for emotional support surpasses what a volunteer family can provide. Because the levels of trauma have risen in recent years due to the longer journeys asylum seekers are forced to make to find safety, most recent arrivals need a culturally competent and trauma-informed social or case worker to handle the major life transition. Welcoming the Stranger, a program designed to match a volunteer with an asylum seeker to provide support and mentorship, recently merged with MANA to help bridge this gap with more immigrant-led



Serge Asumani with clients at Hope House, a program of Hope Acts

Director of Programs for ProsperityME, commented on the intense feelings generated by being unable to meet client needs. “We’ve had a lot of situations where some of the colleagues just break down and cry in the waiting room because of a heartbreaking situation and they just have to tell the person, ‘I don’t know how to solve this,’” she said.

Amy Titcomb, Volunteer Coordinator at MANA, agreed. “We have to say ‘sorry’ a lot, and ‘I don’t know,’ and ‘I know it’s hard.’”

To the leaders of nonprofits, the continued reliance on overburdened social service providers and volunteers, as well as limited resources – including an insufficient number of paid caseworkers – is more than unfortunate. It makes no practical sense. Maine needs workers, and word in the business community, as well as in the nonprofit sector, is that the government should be doing all it can to enable immigrants to live, work, and thrive in Maine.

Immigrants have the potential to help fill the thousands of jobs posted by employers whose businesses are suffering because of employee shortages. “One of the things that’s so infuriating is that we desperately need immigrants in Maine, and we desperately need immigrants throughout most of the country,” said Martha Stein, Executive Director of Hope Acts, the Portland-based nonprofit that focuses on meeting the basic needs of newly arrived asylum seekers.

Beth Stickney, Executive Director of the Maine Business Immigration Coalition, reported that “Maine’s statewide unemployment rate is back to nearly pre-pandemic levels. In June 2022, the statewide unemployment rate was 3%, with over half of Maine’s 16 counties at less than 3%. This translates to there simply not being enough available workers for the jobs available year round, let alone for the seasonal increased hiring needs.”

Over the past few years, as a result of the pandemic and other factors, the already-high

pandemic, yet people urgently need housing; the work permit application process is severely backlogged; and the proper workings of the entire asylum process in the Boston immigration office appear broken.

“Three years ago, I would have told you it couldn’t get any worse, but it has,” MANA’s Titcomb said, and added, “Housing and legal services are the greatest needs that we can’t meet at all, and it feels terrible to say that, because I think those are things that our country can afford to provide.”

The onset of the COVID-19 pandemic exacerbated the workload on volunteers and on those who staff service organizations in Maine. According to ette of ProsperityME, the typical yearly traffic to their office used to be about 300 people. When the pandemic hit, this number soared to 1,000 people per year who sought their services. The influx strained even the most basic parts of running the financial, career, business, housing, and education guidance organization in Portland and Lewiston/Auburn. In a time when social distancing was key, overcrowded waiting rooms created health and safety hazards for already vulnerable communities, and for workers. “I think we have been in crisis mode this whole time,” said Caouette, adding that the emotional toll of the work on herself and her colleagues is visible in an increased need for mental health days for employees to deal with the daily stress.

The guilt, heartbreak, and burnout is almost tangible in most of these organizations’ employees. But those who are immigrants themselves often experience particularly acute emotional challenges. Fatima Saidi, Development and Relations Manager at Maine Immigrants’ Rights Coalition (MIRC), feels persistent guilt about not being able to meet client needs, while she herself has citizenship status, for which she knows others may wait decades. “That guilt doesn’t go away...that is probably one of the hardest things that I per-

That guilt doesn’t go away...that is probably one of the hardest things that I personally deal with...it’s not the workload...it’s just that.”
– Fatima Saidi



Food distribution at a motel in Old Orchard Beach



Clients at the door in Hope House

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support from MANA staff.

Saidi at MIRC also described the complicated nature of meeting client needs with volunteer help. One Mainer from a rural area reached out to her, hoping to host an immigrant in their home to help with the housing crisis. While she was grateful, she was unable to accept. Immigrants and asylum seekers need access to social services like English classes and lawyers, all of which are in high demand and difficult to promise, especially in a remote location.

More people are settling outside the major immigrant hubs of the greater Portland and Lewiston/Auburn areas, but a network of support needs to be established to help with successful integration. “The vast majority of people don’t understand [that] when we’re talking about housing,” Saidi said. “It’s not four walls. We are talking about an environment, an ecosystem that is livable for people of color.”

“
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need immigrants in Maine, and we
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Martha Stein, executive director of Hope Acts

All those interviewed agreed that the government response has been lacking and that paying attention to what the state is and isn’t doing for immigrants is key. Maine is generous in some regards. For example, families who are actively seeking asylum are now eligible for General Assistance – a contrast to an earlier policy held by former governor Paul LePage’s administration that required immigrants to gain asylee status before receiving that support. Maine is one of only five states nationwide that provide cash General Assistance, along with California, Hawaii, Illinois, and New Hampshire. And under the administration of Gov. Janet



Members of the MANA team and Yarmouth COVID-19 task force at the Best Western Hotel in Yarmouth.

Mills, all children 21 and under, and pregnant mothers, are now eligible for MaineCare, Maine’s Medicaid health insurance program, regardless of their immigration status. Currently, only Maine and Vermont offer a Medicaid-type program independent of immigration status. And only six states provide comprehensive state-funded [healthcare] coverage to income eligible children, regardless of their immigration status.

Most asylum seekers in Maine arrive penniless, wanting to work, but are not allowed to do so because of federal laws. Because they are not allowed to work, they must rely on assistance from others, such as the government, faith communities, and nonprofits. But that assistance is piecemeal, and inadequate. General Assistance allocations, for example, are below market rates for housing, so many people are stuck in the shelter system. And adult asylum seekers do not receive MaineCare, so they must suffer through physical and mental illnesses untreated.

“They do not yet have their first work permits due to federal asylum processing delays, and the harsh law created by Congress nearly 30 years ago that makes asylum seekers ineligible for work permits until their asylum cases have been pending at least six months,” noted Stickney at MBIC.

Members of Maine’s congressional delegation would like

to change federal laws and reduce the wait period for work permits for eligible asylum seekers; legislation has been introduced in both chambers of Congress. However, movement is slow. Also key is understanding how the outcome of upcoming elections will impact the lives of immigrants in Maine, Saidi said. For example, Paul LePage has already said he would strip benefits from asylum seekers, if he regains the governorship. And social and political awareness from white people is very important to influencing policy, Saidi added. “Once everyone decides enough is enough, then it’s enough...we as a society have to decide what we are going to do” because white people hold the power to reorder the system, she said. “The problem is not that immigrants are coming. It’s that the state is failing.”

Stickney agreed, and called on the Mills administration to confront the situation with bold action. “The state should be assisting communities more directly. There should be a statewide task force convened with staff dedicated to coordinating provision of services. This should not be tackled community by community, since these asylum seekers will benefit the state as a whole.”

Stein believes immigrants are being used as a “political football.”

“
We have to say ‘sorry’ a lot, and ‘I
don’t know,’ and ‘I know it’s hard.

Amy Titcomb, volunteer coordinator of MANA

Saidi agreed. “If the state wants to do something, they clearly can,” she said.

In the meantime, although everyone interviewed shared a feeling of being overwhelmed by their work, they also said it’s not easy to walk away from this work. “This work is my life,” Saidi said. “I am overwhelmed, but at least here I know I can try and do something about the situation.”



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The Asian diaspora in Maine is more diverse than meets the eye. Through *Moonglade*, we bring our voices, lived experiences, history, and heritage from the margins to the center of the page.

Moonglade Book Club

Spotlight On: *The Woo-Woo* by Lindsay Wong

Authors of Asian descent break stereotypes by telling their truths

By Coco McCracken

The more Asian Americans write stories that make it into print, the further the “model minority” stereotype recedes in our generation’s rearview mirror. One such stereotype is that Chinese Americans are studious, well behaved, and quiet. (I know this is a myth because I am Chinese American and my family was anything but studious, well behaved, and quiet!) These reductive descriptors of individuals are perpetuated by the publishing and film industries, which lack diverse representation.

After reading Lindsay Wong’s breathtaking memoir, *The Woo-Woo: How I Survived Ice Hockey, Drug Raids, Demons, and My Crazy Chinese Family* (Arsenal Pulp Press, 2018), I felt like shouting from the rooftops. Here is a daring piece of memoir that colors outside the lines in every way, begging the reader to understand that Asians are not defined by the sum of our coded parts, and that our stories are as nuanced and complex as the cultures we come from.

Wong begins her story with a bang at a doctor’s office in New York City: “Miss Wong, you are seriously ill,” says the doctor. After a diagnosis, Wong leaves the office. She is stoic, waving away tissues. But then in the anonymity of Manhattan’s crowded streets, she breaks down and cries “so hard her eyes must have been bleeding.” Moments later, she bursts out laughing so hard she throws up. In just the first few pages, Wong lets the reader know that this ride through her story is going to be as unrelenting for us as it was for her to live.

We’re whisked back in time to Wong’s childhood in British Columbia, Canada. Here we meet her family, where the chaos of

life in her household rings off the page. Her father had Wong play “dirty games of hockey,” where she and her father would be paid cash to make rigged penalties. We learn more about Chinese ghosts, or the “Woo-Woo” who, according to her mother, constantly threatened to possess her, which made Wong believe that everywhere she looked, she was surrounded by ghosts.

Her schizophrenic grandmother teetered at the top of the matriarchal line. In one psychotic break, her grandmother believed that their fridge was attacking her. We also see Wong’s aunt suffer a more public and darker breakdown, threatening to jump off a busy Vancouver bridge, stalling traffic for hours. “How does someone go crazy?” Wong muses. And the reader, immersed in the dysfunction, also asks, “How does one survive this?”

Like many writers, Wong is a divided observer. One part of her rejects the “madness,” using biting humor to bring the reader relief. But another part of her reveals tender feelings, and this makes the book engaging. Wong tries to guess the “why” behind these mental breakdowns, and her reflections enter her prose swiftly and succinctly.

“So although [my mother] was proficient in many things, including being a formidable screamer, she had many household oddities. You might wonder why our off-white carpets were peculiarly grimy, or why eight months of soggy newspapers were stockpiled in [our home’s] hallways, or why pieces of junk were accumulating on the kitchen counters. We were pack rats, the enthusiastic, obsessive immigrant kind, who were too paranoid to unpack, just in case the government decided to send us back.”

Many people have a fear of turning into

their parents. But what happens when inter-generational trauma comes knocking on your bloodline’s door? Are we at a point in time where the experience of mental illness in families can be shared loudly, and boldly? Or do we still whisper it at cocktail parties, hiding it in the “safety” of hushed gossip?

Wong is unapologetic in lifting the curtain into her childhood. We deeply enter her world, and the wounds of her youth are vicariously unleashed on us. Some critics have had a hard time with Wong’s language. One reviewer on Goodreads called her language “mean and vulgar.” I think back to my childhood, which was rife with alcohol, cursing, and “vulgarity.” Like many children, I didn’t have a choice about whether or not to be exposed to unlikeable situations or behaviors. So why should writers put makeup on the truth, just to make it easy to take?

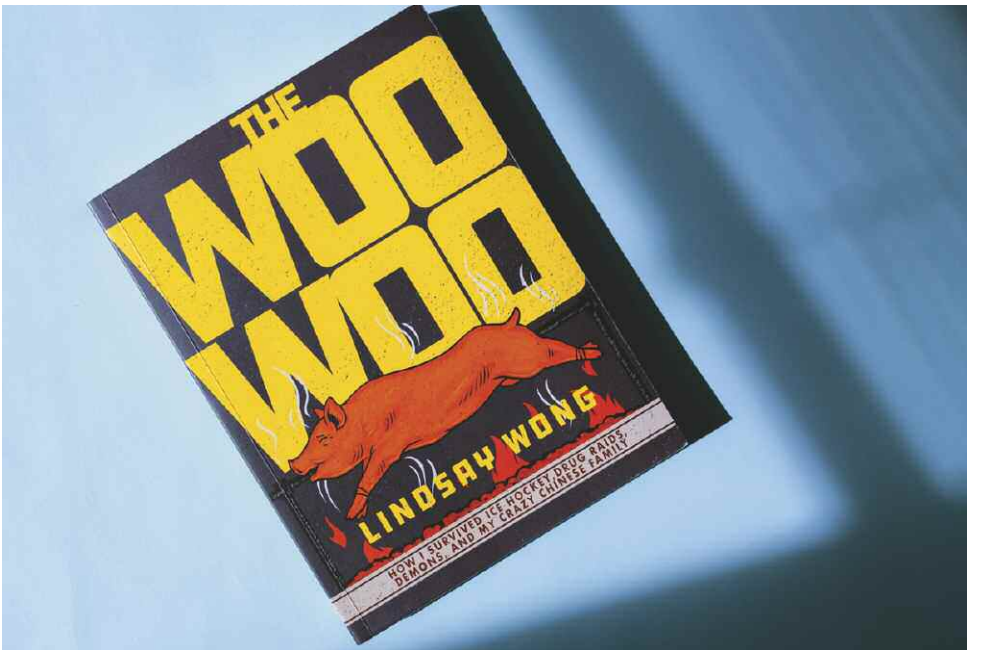
The Woo-Woo is not an escapist read. It doesn’t offer the reader much solace, which is fair, since life itself rarely offers solace either. However, in the spaces between the jagged edges, there is stillness and beauty, an exceptional feat when dealing with such tough subject matter.

We don’t need to only read stories like Wong’s in order to deepen the limited worldview of the Asian American experience, but it’s time that we made room for all experiences. Last month, I overheard someone tell their friend, “Chinese girls are so smart, so studious!” and I had an urge to tell her I failed math in high school. As long as our stories stay in the margins – or worse, unpublished – popular culture will fill in the blank spaces for people of Asian descent. Now, more than ever, we need to tell our own stories before someone else does.

I believe Wong’s memoir will produce a domino effect, encouraging writers of color, and writers dealing with mental illness, to march ahead as bravely as she did. Change is loud; it colors outside the margins. And change can be a daring pursuit that inspires others to jump on board. And sometimes that can happen when you share the truth of your upbringing, in all of its uncensored glory.

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Mainers of color love the outdoors, fear ‘from away’ attitudes

By Marpheen Chann

Theary Leng Ryder’s voice paused and sometimes cracked with emotion as she recounted her experience stopping in the rural Maine town of Millinocket to check into a local inn back in May 2022. She had been looking forward to visiting the Katahdin Woods and Waters National Monument to prepare for an August camping trip she would be leading for Cambodian youth.

Ryder, a naturalized U.S. citizen from Cambodia and a resident of Gorham, was accompanied by Sosanya Pok, a 30-something daughter of Cambodian refugees and a resident of Scarborough, and Rachel Hall, who is white and a resident of Portland.

“I was terrified by what happened,” Ryder said. “That had never happened to me before.”

The three had just checked into a local inn where they were asked repeatedly, “Where are you from?” Ryder recalled that the staff at the inn didn’t seem satisfied when she said she was from the greater Portland area; they continued to pose the question, as if they did not believe her.

A short time later, while sitting in the parking lot in her white Toyota RAV4 SUV, talking about the incident with her traveling companions, a police officer showed up. The officer said someone had called to report a car identical to the one Ryder was driving. They said the report was that the car had been swerving. The officer asked to check their IDs and left.

“I have never been stopped, or had the police called on me before. My experience in rural Maine....It left me terrified,” Ryder said.

But the unwelcome experiences didn’t stop there. Later that evening, Ryder, Pok, and Hall walked into a local restaurant and sat down for dinner.

“No hostess or waiter came to serve us. It took our white friend Rachel walking up and asking to be served before someone came to take our order,” Pok said.

That’s when Ryder interrupted, adding, “And the waiter also asked us where we were from....”

“Oh yeah, and when we said we were from the Portland area he turned to Rachel, a white woman, and asked her ‘Is that where you all are from?’ ” Pok said.

Both women were insulted that the waiter didn’t believe them and instead sought to verify their story by asking a white woman.



The Black and Brown experience while outdoors

Ryder’s and Pok’s experience mirrors a larger conversation taking place nationwide about the lack of diversity among visitors to national and state parks and monuments.

In fact, the National Park Service’s 10-year survey of visitors to America’s premier outdoor spaces reveals that an overwhelming majority of visitors were white – 77%. Only 23% were people of color, even though people of color make up about 42% of the nation’s population. The lack of diversity plays into the misperceptions of white Americans who do encounter people of color in the outdoors. Their reactions are sometimes deadly.

In a story from 2020, Juan Michael Porter II, who is Black and is a frequent hiker of Mount Katahdin, wrote in a blog post for the Appalachian Mountain Club of his experience, and his feelings when some climbers told him, “You surprised us... We didn’t expect to see you.”

Deep roots of racism and exclusion in conservation

While some may attribute the lack of diversity among those enjoying nature to socioeconomics – for example, not being able to afford camping and hiking gear, or even park passes – or to a lack of interest, the stories of Theary Ryder, Sosanya Pok, and Juan Michael Porter II indicate something far deeper.

Dr. KangJae Lee, a researcher at North Carolina State University who studies the intersection of race and leisure, points to the middle of the 19th century when white urban elites sought refuge in the outdoors and romanticized the wilderness as clean and pure. According to a 2021 CNN article on outdoor recreation that quotes Lee extensively, along with this romanticization came racialization, with preservation of natural resources and the outdoors symbolizing the preservation of white supremacy.

“(Some White elites saw) the urban environment as dirty, unhealthy, filled with lots of immigrants and people of color, whereas green spaces were clean, quiet, and for White people,” Lee said in the CNN article. “They had no interest in serving people of color. Some of them even viewed parks and outdoor recreation as a tool for maintaining White supremacy, and believed White Americans could cultivate tough and boisterous characteristics in the outdoor environment.”

In the aftermath of the George Floyd murder in 2020, many organizations, companies, and groups were forced to confront their histories and those of their founders. This

“How protective people are about what it means to be a real Mainer... there’s a gatekeeping that happens in terms of how some people treat those they perceive as being ‘from away.’ There needs to be more understanding because Asian Americans and people of color belong in the outdoors, too.”

included the well-known conservation group Sierra Club, which issued a statement about their founder John Muir and the history of the conservation movement: “The most monumental figure in the Sierra Club’s past is John Muir. Beloved by many of our members, his writings taught generations of people to see the sacredness of nature. But Muir maintained friendships with people like Henry Fairfield Osborn, who... helped found the American Eugenics Society in the years after Muir’s death... And Muir was not immune to the racism peddled by many in the early conservation movement. He made derogatory comments about Black people and Indigenous peoples that drew on deeply harmful racist stereotypes.”

The founders of the conservation and environmental movement formed a small, exclusive club of sorts, predominately made up of rich, white men. Among them was a lesser-known conservationist, Madison Grant, who helped found the Bronx Zoo, but also penned the notorious book *The Passing of the Great Race* in 1916, which lamented the decline of the “Nordic race” and drew praise from both U.S. President Theodore Roosevelt and Adolf Hitler. Gifford Pinchot, hailed as one of the founding fathers of the conservation movement and appointed by Roosevelt to be the first head of the U.S. Forest Service, was also heavily involved in the eugenics movement.

Reclaiming the outdoors

When asked why they persevered and went camping and hiking in Maine, and even took a youth group, despite their experiences with microaggressions and outright racism, Ryder said, “Maine is so beautiful. It’s our home. And we want to be a part of it and travel through it...[the] colors are attractive. Seasons are beautiful. I believe Mainers are kind and Maine is beautiful and the people are beautiful, too. I hope that Mainers open their hearts and don’t see us as threats just because we look different.”

As a Cambodian Mainer who has lived here most of her life, Pok still hasn’t explored much of Maine outside of the greater Portland region, but she would like to. She hit on a familiar theme.

“How protective people are about what it means to be a real Mainer... there’s a gatekeeping that happens in terms of how some people treat those they perceive as being ‘from away.’ There needs to be more understanding because Asian Americans and people of color belong in the outdoors, too.”

Fortunately, many organizations are working to make the outdoors more inclusive for people of color, including Asian Americans. Maine Conservation Voters has a list of these organizations as well as a curation of articles, blog posts, and a reading list that can be found at: www.maineconservation.org/blog/the-inaccessibility-of-the-outdoors-for-bipoc.



Khmer Maine youth and families visiting Katahdin Woods and Waters National Monument in August | Photos by Theary Leng Ryder



Education

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 **UNIVERSITY OF SOUTHERN MAINE**

An interview with Dr. Abdullahi Ahmed, principal at Portland’s Deering High School | By Ulya Aligulova

DR. ABDULLAHI AHMED grew up in military-ruled Mogadishu, Somalia. As a child, he never imagined that one day he would become co-principal of an American high school. Deering High School is the most diverse high school in Maine, with students from more than 30 countries on five different continents.

What were some of the highs and lows of the past few school years?

None of us were ready for the pandemic – not only those of us in education, but all other domains of life. The education system wasn’t unique in being impacted. The public health sector as well as the economy were not ready either. We all had to learn to do things differently, and do them right in the middle of fearful times. In schools, we had to learn how to provide education by creating new, different platforms for learning – like online lessons, and using different technologies. And we had to adapt while in fear of losing lives. We weren’t ready for any of it. **Did anything good come out of the pandemic?**

The pandemic showed us the need for more equitable structures and more resilient systems. Soon after it started, many things became clear. For example, some kids don’t have enough food at home. And some kids



don’t have internet at home. These things existed before, yet schools and systems hadn’t understood. For example, teachers had been assigning students work that required the internet, without realizing they did not have access. The inequities in the American systems didn’t start in 2019 with COVID. These inequities started long ago. I may sound harsh and critical, but the inequities are not new; the pandemic simply drew attention to them. And I think as we move forward, we need to build systems which are resilient, equitable, and forward-

thinking, where all students can get equitable accommodations so their needs are met and they can compete equally.

What are kids from economically disadvantaged homes facing at this point in the pandemic?

Children have academic deficits stemming from the last few years, and also unmet social and emotional needs. They’ve been missing the social aspect of being together with their peers for a couple of years. Middle school kids who spent two years behind a computer screen and now come to high school find it very difficult. The challenge is how to recover from the 2½ years of the pandemic and for schools to anticipate the needs of the students and meet them where they are. But also to accelerate learning to get them to a level where we need them to be. So it’s recovery, but also acceleration. It’s a very challenging job.

How about children from immigrant families - how are they doing?

Children by nature are resilient. I’m an immigrant myself. And children from families where the parents are immigrants have a lot of assets. Because their parents had to come here to start a new life, in a new place. The children of immigrants see first hand what it means to really work hard, and struggle, and make things possible. But they also need support systems because our structures weren’t built to accommodate different needs. The schools need to not only fit the students into existing structures, but also try to meet the needs of individual students and their families by fitting the structures to the students.

Many people are very concerned about children. Are you?

One of the ways ancient civilizations used to punish people was through isolation or exile, which meant removing them from their social settings. Over the last two years, children have been removed from their social settings. And they’re coming back with certain deficits. The isolation has taken away from filling their social and emotional needs. There are kids who never got the chance to go to kindergarten, or pre-K, and now they’re 7 or 8 years old. They’ve never been to a proper school before, or been taught how to socialize with peers. So there’s a need to recover this loss of time and loss of learning and to meet students where they are and move them to their required level.

Please share anything else that’s on your mind going into 2022-2023.

I want to talk directly to all parents, including parents in the immigrant community. The schools alone cannot do everything – we really need to come together as a village. We need parents to help the students with their reading; we need them to communicate and collaborate with the schools – share information, talk to social workers, guidance counselors, teachers, and be at the top of their game because our kids really need us. Back where I came from in Africa, teachers were the stewards of everything, more like second parents. That’s not the case here. We need parents to be more involved. And talk to their children about their needs, and where they are, and how they are doing. These are unprecedented times. Our kids need our support now more than ever.



Prepare early to apply for scholarships

Anyone looking to continue their education understands the struggle to pay for tuition, books, fees, and living costs. The good news is that Maine has scholarships for learners of all ages. But getting scholarships takes work and foresight, so plan ahead. Each funding source has different requirements and deadlines, and it’s important to understand what makes an excellent application. Sit down with a friend or advisor to help choose the best scholarships for you. This list will get you started.

Jack Kent Cooke Foundation

These scholarships are very competitive and are only for the highest achievers.

Young Scholars Program

The Cooke Young Scholars Program offers some of the most personalized educational and college preparatory support to promising students across the nation who have financial need. Cooke Young Scholars receive comprehensive educational advising and financial support, from the eighth grade through high school graduation, to help them pursue their unique academic and talent goals. Application period opens February 9, 2023, and closes May 11, 2023. Only seventh-grade students are eligible to apply.

College Scholarship Program

The Cooke College Scholarship Program is an undergraduate scholarship program available to high-achieving high school seniors with financial need who seek to attend the nation’s top four-year colleges and universities. Cooke College Scholars receive up to \$55,000 per year for four years, college planning support, ongoing advising, and the opportunity to network with the thriving Cooke Scholar and alumni community. Application period opens August 25, 2022, and closes November 17, 2022. Only 12th-grade students are eligible to apply.

Undergraduate Transfer Scholarship

The Cooke Undergraduate Transfer Scholarship is a highly selective scholarship for the nation’s top community college students seeking to complete their bachelor’s degrees at selective four-year colleges or universities. The foundation provides up to \$55,000 per year for up to three years, making it among the largest private scholarships for community college transfer students in the country. Application period opens October 6, 2022, and closes January 12, 2023. Open to community college sophomores or recent community college graduates.

Maine Community Foundation (MCF)

www.mainecef.org/find-a-scholarship/available-scholarships/. Maine Community Foundation scholarships provide financial assistance for Maine residents attending accredited colleges, universities, and technical and career schools. Some funds also support students attending private high schools, camps, and experiential learning programs. Some scholarships are available by region. Some are available for adult learners only. Others are available statewide. For details, see mainecf.org. Any questions about the application process or requests for more information or assistance should be sent to jshannon@mainecf.org. Deadlines vary; see website. The following are a sampling of the numerous scholarships offered through MCF:

MCF Adult Learner Scholarship

www.mainecef.org/find-a-scholarship/available-scholarships/for-adult-learners/. The Adult Learner Scholarship is specifically aimed at supporting adults returning to school. Applicants may be enrolled full time or part time. For more information:

contact Jackie Shannon, jshannon@mainecf.org.

Deadlines are June 15 and November 15 of each year.

MCF Short-term Adult Learner Credential award

www.mainecef.org/find-a-scholarship/available-scholarships/for-adult-learners/. Up to \$1,500 is available for short-term credential awards. Applicants must apply at least one month before the program begins. Applicants are eligible

for a short-term award for programs lasting less than a full semester. Rolling deadlines are the first day of each month. See website for additional criteria. Contact Jackie Shannon jshannon@mainecf.org.

MCF Long-term Adult Learner scholarship award

www.mainecef.org/find-a-scholarship/available-scholarships/for-adult-learners/. Between \$1,500 and \$5,000 is available through this renewable award. Applicants are eligible for a long-term award for programs lasting more than a full semester. Deadlines are June 15 and November 15 of each year. Contact Jackie Shannon jshannon@mainecf.org.

MCF Francis X. Langlois Scholarship Fund

The Francis X. Langlois Scholarship Fund was established through a bequest to provide scholarship assistance to those studying in the healthcare field, and includes two types of awards: to students from anywhere who are attending any college or university (including a technical college) located in Maine and to students from Maine who are attending any college or university (including a technical college), in any location. All students pursuing a degree in healthcare, regardless of citizenship or immigration status, are strongly encouraged to apply. Deadline June 1. Contact jshannon@mainecf.org.

Maine Career Center Competitive Skills Scholarship

www.mainecareercenter.gov/cssp.shtml The Competitive Skills Scholarship Program (CSSP) provides funding and support services for eligible Maine residents to pursue two- and four-year degree programs or employer-recognized credentials leading to high-wage, in-demand jobs in Maine. Deadlines vary.

Worthington Foundation Scholarship

www.mccs.me.edu/admissions-tuition-aid/tuition-aid/worthington-foundation-scholarship/

The Worthington Scholarship Foundation provides renewable scholarships of up to \$16,500 for eight semesters at a four-year college. Scholarship is for students graduating from participating high schools in Hancock, Knox, Lincoln,

Waldo, and Washington counties for study at various colleges and universities in Maine. Scholarships are awarded based on merit and financial need. A student who is enrolled in a three-year program (example: nursing) may receive \$9,000 in support over three years. Visit the website for a list of participating high schools and colleges.
Contact jay@worthingtonscholars.org. Application (www.worthingtonscholars.org/scholarship.html) opens January 1.

Phi Theta Kappa Honor Society

www.ptk.org. The official honor society for two-year colleges, PTK offers two types of scholarships to help students complete an associate degree and prepare for transfer to a four-year college. They offer scholarships for: transfer students; associate's degree candidates; bachelor's degree candidates; career tech students; nursing students; veterans; dual enrollment students. The application process is open year-round with two deadlines. For more information, email scholarship.programs@ptk.org.

ProsperityME

www.prosperityme.org/scholarships. ProsperityME awards PROSPER scholarships of up to \$5,000 per school year (\$10,000 maximum per student). To be eligible, candidates must not be eligible for federal financial aid, must live in Maine, must sustain a minimum grade point average (GPA) of 2.5 or higher, must either plan to enroll or be currently enrolled in a Maine college or university, and must demonstrate financial need. For associate's degrees, the PROSPER scholarship is open for applications between December and March every year. Applications for short-term certificate programs are accepted year-round. For more information, contact Byron Bartlett, bbartlett@prosperityme.org.

Scholarships for Maine Immigrants

www.smischolarships.org/smi-scholarship-application/. Offers English and career skill courses for immigrants. Applications must be received at least two weeks before a class or program begins. This scholarship helps build language and professional skills for higher education. Applicants must be able to legally work in the United States, have a high school diploma or graduate equivalency diploma (GED), live in York, Cumberland, or Androscoggin county, demonstrate financial need, and be seeking skills necessary to achieve post-secondary education or career goals. See website for requirements and further information.

Unitil Scholarship Fund

unitil.com/our-community/unitil-scholarship-fund. For high school students who plan to pursue a degree in science, technology, engineering, or math (STEM). Six \$5,000 scholarships are awarded to students who live in and attend high school in one of Unitil's service territories in Maine, New Hampshire, and Massachusetts. See website for list. Applications are now being accepted for the 2022-2023 school year.

Selected Maine college- and university-based scholarships

All colleges offer scholarships. Here are a few offered in Maine. Ask an admissions counselor or advisor for more information about what is available.

Community Colleges Maine has seven community colleges, and some of these colleges have more than one campus, and/or satellite locations. Tuition at all community colleges is free for recent high school graduates. To be eligible, students must live in Maine while enrolled, have a high school diploma or equivalent earned between 2020 to 2023, and enroll full time in an associate's degree program or a one-year certificate program at one of Maine's community colleges. See www.mccs.me.edu/freecollege/. Here is information about other scholarships offered at some of Maine's community colleges. For information about scholarships at the other campuses, consult the individual websites for Kennebec Valley Community College, Northern Maine Community College, Presque Isle Community College, Washington County Community College, and York County Community College; see www.mccs.me.edu/our-colleges/.

Central Maine Community College (CMCC)

www.cmcc.edu/admissions-aid/paying-for-college/aid-programs/. Ask about foundation scholarships and other external scholarships.

Eastern Maine Community College (EMCC)

www.emcc.edu/emcc-foundation/emcc-foundation-scholarships/. EMCC has over 70 annual scholarships available, which are often based on academic merit, a program of study, financial need, and/or enrollment status. Scholarships are awarded on a monthly basis. One form allows applicants to apply to all eligible scholarships, then the college will match applicants to the appropriate award. Find the application form at www.emcc.edu/scholarship-application/ or contact foundation@emcc.edu to apply.

Southern Maine Community College (SMCC)

www.smccme.edu/admissions-aid/scholarships. The SMCC

Foundation administers a variety of scholarships with a range of criteria including financial need, academic merit, and donor-specific requirements. One single form lets a qualifying student apply to all foundation scholarships. After enrolling at SMCC, the application can be found in the "MyMoney" tab in the MySMCC student portal. Application period for scholarships generally runs from March to early September; scholarships usually are awarded in October or November.

SMCC – Path to Graduation (P2G)

www.smccme.edu/academics/success-programs/p2g/. P2G is designed to help first-year college students plan for success and achieve their goals. The program helps new college students connect with peers and offers one-to-one guidance. Contact advising@smccME.edu for more information.

TRIO Student Support Services

www.smccme.edu/academics/success-programs/trio/. TRIO provides support for low-income, first-generation, or disabled students from the first day of college through graduation. Supported by a grant from the U.S. Department of Education, the program includes individualized advising, peer mentoring, and other support services aimed at student success. TRIO is also offered at University of Southern Maine (see below). Apply online. Contact trioss@smccME.edu for more information.

Universities

University of Maine System

www.maine.edu/. The University of Maine System has seven universities – some with multiple campuses – located across the state, plus a law school, an additional 31 course sites, and multiple Cooperative Extension programs. The University of Maine's flagship campus is located in Orono, near Bangor; the University of Maine School of Law is in Portland. The other campuses are University of Maine at Augusta, University of Maine at Farmington, University of Maine at Fort Kent, University of Maine at Machias, University of Maine at Presque Isle, and University of Southern Maine.

For adult scholarships, see www.ums-scholarship.fluidreview.com. Deadlines for both are August 1 and December 1 for priority consideration. All other applicants will only be considered if funds remain.

Adult Degree Completion Scholarship fund supports students returning to school to complete their academic studies.

Opening Doors Scholarship offers assistance to newly enrolled students pursuing their degree or workforce credential.

University of Maine, go.umaine.edu/apply/scholarships. Offers first-year and transfer merit scholarships. All undergraduate applicants for admission are considered for the awards. Also offers more selective, specialized scholarships, which may require separate applications. Apply for admission by December 1st to be considered for the maximum possible amount of merit award.

University of Southern Maine (Portland)

Offers a variety of merit, need-based, and interest-specific scholarships. Deadlines vary. See usm.maine.edu/scholarships for more information.

Private schools

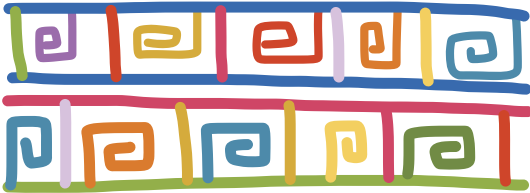
Maine also has a number of private colleges, including Bates College, Bowdoin College, and Colby College, among others. See individual college websites for scholarship and aid information. *U.S. News and World Report* annually ranks colleges throughout the U.S. by a number of factors. See www.usnews.com/best-colleges/me.

Husson University

www.husson.edu/financial-aid/scholarships Offers a variety of scholarships granted based on academic merit and financial need. Some scholarships offered for specific paths of study. No additional application needed for merit-based awards; scholarships are awarded at the time of acceptance. Must apply for admission to Husson by January 1 to be considered for merit-based scholarships.

University of New England

www.une.edu/sfs/undergraduate/financing-your-education/grants-and-scholarships All incoming, full-time undergraduate students receive merit-based scholarships from \$5,000 to \$22,000 per year. Renewable for all four years of study, as long as the student upholds a cumulative GPA of 2.5 or above. Contact Student Financial Services fs@une.edu for more information.



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Education – Equivalencies – Credential Evaluation



Equivalencies - Credential Evaluations

Part 1 - What Are They? | By Sally Sutton

The New Mainers Resource Center at Portland Adult Education works with New Mainers who come to the U.S. with college degrees and years of experience. Most people want to know if their college degrees will be recognized as they look for jobs, apply to schools, or seek licensing in their professions.

Will a degree be recognized? The answer is it depends. This is Part 1 of a two-part series that tries to answer that question. Part 1 explains what a credential evaluation is, and Part 2 will discuss when an evaluation needs to be done.

Determining the U.S. equivalent of a degree is a complicated and expensive process that depends on someone's educational and professional background, the country where the education took place, and whether there is access to transcripts and diplomas.

It also depends on the purpose of the evaluation and who is requesting the evaluation of the degree – whether it is an employer, a school, or a professional licensing agency.

What information is provided in an evaluation report?

There are different types of evaluations. In most cases, people are asked to provide a course-by-course evaluation, which generally include information about the school attended, dates attended, the length of the program, courses taken, grades, the U.S. equivalent of the grades for each course, the number of credits, and the grade point average. If the degree is found to be equivalent to a U.S. degree, the evaluation will say, for example, something like, "U.S. Educational Equivalent – bachelor's degree in electrical engineering from a regionally accredited college or university in the U.S." This means that this degree should be deemed equivalent to a bachelor's degree in electrical engineering from University of Southern Maine. If a degree is not found to be equivalent to a U.S. degree, the report might say something like, "You have the equivalent of 3 years of study from a U.S. regionally accredited college or university."

Where do I have a credential evaluation done?

Different companies do evaluations. Whoever is asking for the evaluation of a degree – whether it is a school, employer, or licensing agency – will say which company to use to do the evaluation. This information is usually posted on the organization's website. Depending on how accessible the school documents are, the choice of evaluation company can make a big difference. Some companies require that documents or verification of attendance be sent directly from the school. Some companies could require that original documents be sent to them. If documents need to be translated into English, the applicant will also need to provide translations or find a company that provides both translation and evaluation services. Depending on the country where the schooling took place, some companies require that another company verify attendance at that school.

Some evaluation companies are members of the National Association of Credential Evaluator Services (NACES, www.naces.org/). Most schools and employers will accept an evaluation done by one of the companies that belong to this group. Some professions have their own agencies to do evaluations. Each evaluation company has fees and different requirements for how transcripts and diplomas need to be submitted.

What if I can't access my documents?

For many New Mainers, particularly those who are here as asylum seekers or refugees, the process of getting school documents can be very hard, expensive, lengthy, or for some, impossible. Because of this difficulty, before beginning the process of having an evaluation done, try to answer the following questions: Why am I having it done? Who wants the evaluation report? How do they want the report done? Can they be flexible? Do I have or can I get all of the documents needed for the evaluation, and can I submit them in the required way?

Unfortunately, for some people, the challenge of accessing school transcripts and diplomas may be impossible to overcome. However, understanding when a credential evaluation is necessary and what is required for that evaluation will lead to being able to make better decisions about existing options, and about pursuing another path when necessary.

Part 2 of this series will discuss: When is a credential evaluation necessary?

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— KISWAHILI —

Usawa wa vyeti vya shule - Tathmini za Kitambulisho Sehemu ya 1 - Je! Ni nini? | Na Sally Sutton

Resource Center ya Wakazi Wapya wa Maine kwenye Portland Adult Education hufanya kazi na Wakazi Wapya wa Maine wanaokuja Marekani wakiwa na digrii za chuo kikuu na uzoefu wa miaka. Watu wengi wanataka kujua ikiwa digrii zao za chuo kikuu zitatabuliwa wanapotafuta kazi, kutuma maombi shuleni, au kutafuta leseni katika taaluma zao.

Je, shahada itatabuliwa? Jibu ni inategemea. Hii ni Sehemu ya 1 ya mfululizo wa sehemu mbili unaojaribu kujibu swali hilo. Sehemu ya 1 inaeleza tathmini ya stakabadhi ni nini, na Sehemu ya 2 itajadili wakati tathmini inahitaji kufanywa.

Kubainisha kiwango sawa cha shahada ya Marekani ni mchakato mgumu na wa gharama kubwa ambao unategemea asili ya elimu na taaluma ya mtu, nchi ambako elimu ilifanyika, na kama kuna ufikiaji wa nakala na diploma.

Pia inategemea madhumuni ya tathmini na ni nani anayeomba kutathminiwa kwa shahada - iwe ni mwajiri, shule, au wakala wa kutoa leseni kitaaluma.

Ni taarifa gani imetolewa katika ripoti ya tathmini?

Kuna aina tofauti za tathmini. Katika hali nyingi, watu wanaombwa kutoa tathmini ya kozi kwa kozi, ambayo kwa ujumla inajumuisha habari kuhusu shule iliyohudhuria, tarehe za kuhudhuria, urefu wa programu, kozi zilizochukuliwa, alama, sawa na Marekani ya alama kwa kila kozi, idadi ya mikopo, na wastani wa alama za daraja. Ikiwa shahada itapatikana kuwa sawa na shahada ya Marekani, tathmini itasema, kwa mfano, kitu kama, "Marekani. Sawa ya Kielimu - digrii ya bachelor katika uhandisi wa umeme kutoka chuo kikuu kilichoidhinishwa kikanda au chuo kikuu huko Marekani. Hii ina maana kwamba shahada hii inapaswa kuchukuliwa kuwa sawa na shahada ya kwanza katika uhandisi wa umeme kutoka Chuo Kikuu cha Southern Maine. Ikiwa digrii haitapatikana kuwa sawa na shahada ya Marekani, ripoti inaweza kusema kitu kama, "Una kiasi sawa cha miaka 3 ya masomo kutoka chuo kikuu au chuo kikuu kilichoidhinishwa na eneo la Marekani."

Je, nitafanyia wapi tathmini ya kitambulisho?

Makampuni tofauti hufanya tathmini. Yeyote anayeuliza kutathminiwa kwa digrii - iwe ni shule, mwajiri, au wakala wa kutoa leseni - atasema ni kampuni gani atumie kufanya tathmini. Habari hii kawaida huwekwa kwenye tovuti ya shirika. Kulingana na jinsi hati za shule zinavyopatikana, chaguo la kampuni ya tathmini inaweza kuleta tofauti kubwa. Baadhi ya makampuni yanahitaji kwamba hati au uthibitishaji wa mahudhurio utumwe moja kwa moja kutoka shuleni. Kampuni zingine zinaweza kuhitaji kutumwa kwa hati asili kwao. Ikiwa hati zinahitajika kutafsiriwa kwa Kiingereza, programu pia itahitaji kutoa tafsiri au kutafuta kampuni inayotoa huduma za utafsiri na tathmini. Ikitegemea nchi ambako masomo yalifanyika, kampuni fulani huhitaji kampuni nyingine kuthibitisha kuhudhuria shule hiyo.

Baadhi ya kampuni za tathmini ni wanachama wa Chama cha Kitaifa cha Huduma za Watathmini wa Sifa (NACES, www.naces.org/). Shule nyingi na waajiri watakubali tathmini inayofanywa na mojawapo ya makampuni ambayo ni ya kikundi hiki. Baadhi ya taaluma zina mashirika yao ya kufanya tathmini. Kila kampuni ya tathmini ina ada na mahitaji tofauti ya jinsi nakala na diploma zinahitaji kuwasilishwa.

Je, ikiwa siwezi kufikia hati zangu?

Kwa Wakazi Wapya wa Maine wengi, hasa wale ambao wako hapa kama wanaotafuta hifadhi au wakimbizi, mchakato wa kupata hati za shule unaweza kuwa mgumu sana, wa gharama, mrefu, au kwa baadhi, usiowezekana. Kwa sababu ya ugumu huu, kabla ya kuanza mchakato wa kufanya tathmini, jaribu kujibu maswali yafuatayo: Kwa nini ninaifanya? Nani anataka ripoti ya tathmini? Wanataka ripoti ifanyike vipi? Je, wanaweza kunyumbulika? Je, ninazo au ninaweza kupata hati zote zinazohitajika kwa tathmini, na ninaweza kuziwasilisha kwa njia inayohitajika?

Kwa bahati mbaya, kwa baadhi ya watu, changamoto ya kupata nakala za shule na diploma inaweza kuwa vigumu kushinda. Hata hivyo, kuelewa wakati tathmini ya stakabadhi ni muhimu na kile kinachohitajika kwa tathmini hiyo kutapelekea kuweza kufanya maamuzi bora zaidi kuhusu chaguo zilizopo, na kuhusu kufuata njia nyingine inapohitajika.

Sehemu ya 2 ya mfululizo huu itajadili: Je, tathmini ya kitambulisho inahitajika lini?

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— IKINYARWANDA —

Igisimbura – Isuzuma ry'inyemezabumenyi Igice cya 1 – ni iki? | Yanditswe na Sally Sutton

Urwego The New Mainers Resource Center ruherereye muri kigo gitanga ubumenyi ku bakuze Portland Adult Education rukorana n'abashya muri Maine baza muri U.S. bafite impamyabumenyi za kaminuza n'inyaka y'uburambe mukazi. Abantu benshi baba bifuza kumenya niba impamyabumenyi zabo za kaminuza zizemerwa igihe bari gushaka akazi, bashaka amashuri, cyangwa bashaka impushya zo gukora imyuga yabo.

Ese impamyabumenyi izemerwa? Igisubizo ni bizaterwa. Iki ni igice cya mbere cy'uruhererekane rw'ibice bibiri bigerageza gusubiza icyo kibazo. Igice cya 1 gisobanura icyo isuzuma z'inyemezabumenyi ari cyo, naho icya 2 kikazavuga ku isuzuma rikeneye gukorwa.

Kugena icyangombwa cya U.S. gihwanyije agaciro n'impamyabumenyi biraruhije kandi birahenze, kandi bika-genwa n'uburyo umuntu yizemo cyangwa yakozemo akazi, mu gihugu umuntu yizemo, ndetse no kureba niba hari uburyo haboneka inyemezamanota n'inyamyabumenyi.

Bitera kandi n'impamvu umuntu agiye gukoresha iryo suzuma, ndetse n'uri gusaba isuzuma ry'impamyabumenyi – yaba ari umukoresha, ishuri, cyangwa se ikigo gitanga impushya z'akazi.

Ni ayahe makuru atangwa muri raporo y'isuzuma?

Hari uburyo butandukanye bw'amasuzuma. Ahenshi, abantu basabwa gutanga isuzuma rikozwe isomo ku isomo, aho akenshi usanga bifite amakuru ajyanye n'ishuri umuntu yizemo, amatariki yaryizemo, uburebure bwa gahunda yize, amasomo yafashe, amanota, ingano y'uko U.S. iha agaciro ayo manota, umubare wa za keredi wize, ndetse n'impuzandengo y'amanota wabonye. Iyo bigaragaye ko impamyabumenyi ishobora kubona icyo binyanga agaciro muri U.S., isuzuma rizagira wenda riti, "igihwanye n'inyamabumenyi y'ikigiro cya kabiri cya Kaminuza muri U.S. mu bumenyi bw'amashanyarazi gitanzwe n'ishuri cyangwa kaminuza yemewe muri U.S." Ibi bivuze ko iyi mpamyabumenyi ishobora kuba inganya agaciro na ngenzi yayo y'ikigiro cya kabiri muri ayo masomo yatanze na Kaminuza ya Southern Maine. Igihe impamyabumenyi itabonetse ngo isuzumwe, raporo ishobora kuvuga iti "ufite igihwanye n'inyaka itatu y'amasomo yatanze n'ishuri cyangwa kaminuza yemewe muri U.S."

Ni hehe nagana ngo bankorere isuzuma ry'inyemezabumenyi?

Ibigo bitandukanye bikora amasuzuma. Buri wese usaba ko impamyabushobozi isuzumwa – yaba ari ishuri, umukoresha, cyangwa ikigo gitanga impushya – azakubwira ikigo uzakoresha ukora isuzuma. Aya makuru akenshi usanga aboneka ku mbuga z'ikigo. Bitewe n'uburyo impapuro zishuri ziboneka, amahitamo y'ikigo gikora isuzuma ashobora gutuma habaho itandukanirwo rinini. Zimwe muri sosiyete zisaba ko impapuro cyangwa ibigaragaza ko umuntu yize byohereza n'ahandi binyuze kuri bo. Iyo izo mpapuro zikeneye gushyirwa mu Cyongereza, ubusabane nabwo buzagomba gutanga ibisemuye cyangwa gushaka ikigo gitanga serivisi zo gusemura no gusuzuma icyarimwe. Bitewe n'igihugu amasomo yafatiwemo, zimwe muri sosiyete zisaba ko ikindi kigo gisuzuma ko umuntu yize muri iryo shuri rivugwa.

Bimwe mu bigo bikora amasuzuma, ni ibinyamuryango by'ihuri ry'igihugu ry'ibigo bikora amasuzuma y'inyemezabumenyi (NACES, www.naces.org/). Menshi mu mashuri ndetse n'abakoresha bazemera isuzuma ryakozwe n'ikigo kibarizwa muri iri huri. Imwe mu myuga igira ibigo byayo bikora amasuzuma. Buri kigo gikora isuzuma kigira igiciro n'ibisabwa bitandukanye bigaragaza uko inyemezamanota n'impamyabumenyi zigomba koherezwamo.

Nonese mbaye ntabasha kugera ku mpapuro zanjye?

Benshi mu batuye Maine, cyane cyane abari ino basaba ubuhungiro cyangwa impunzi, uburyo bwo kugera ku mpapuro zabo z'ishuri bushobora kugorana, bugahenda, bugatinda cyangwa se kuri bamwe bukaba butanashoboka. Bitewe n'izi mbogamizi, mbere yo gutangira urugendo rwo gusuzumisha, banza usubize ibibazo bikurikira: kuki nkeneye ko ikorwa? Ninde ushaka raporo y'isuzuma? Ni gute bashaka ko raporo ikorwa? Bashobora kunyorohera? Naba mfite cyangwa nshobora kubona impapuro zose nkeneye kugirango isuzuma rikorwe, ndetse nzazohereza mu buryo bukenewe?

Ikibabaje, kuri bamwe, ikibazo cyo kugera ku nyemeza-manota n'impamyabumenyi bishobora kuba bidashoboka.

Cyakora, kumenya neza igihe isuzuma ry’inyemezamasomo rikenewe ndetse n’icyo rigiye gukoreshwa bizayobora ku kubasha gufata ibyemezo byiza ku mahitamo ahari, ndetse no ku gukomeza amasomo igihe ari ngombwa. **Igice cya 2 cy’uru ruhererekane kizasubiza ikibazo kigira giti : Ni ryari isuzuma ry’impamyabumenyi riba rike-newe?**

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—FRANÇAIS—

Équivalences - Évaluation des titres de compétences
Partie 1 - Qu'est-ce que c'est ? | Par Sally Sutton

Le New Mainers Resource Center de Portland Adult Education travaille avec les New Mainers qui arrivent aux États-Unis avec des diplômes universitaires et des années d'expérience. La plupart d'entre eux veulent savoir si leurs diplômes seront reconnus lorsqu'ils chercheront un emploi, s'inscriront dans une école ou chercheront à obtenir une licence pour leur profession.

Un diplôme sera-t-il reconnu ? La réponse est que cela dépend. Voici la première partie d'une série en deux parties qui tente de répondre à cette question. La première partie explique ce qu'est une évaluation des diplômes, et la deuxième partie traite des cas où une évaluation doit être effectuée.

Déterminer l'équivalent américain d'un diplôme est un processus compliqué et coûteux qui dépend du parcours éducatif et professionnel d'une personne, du pays où l'éducation a eu lieu et de l'accès éventuel aux relevés de notes et aux diplômes.

Il dépend également de l'objectif de l'évaluation et de la personne qui demande l'évaluation du diplôme, qu'il s'agisse d'un employeur, d'une école ou d'un organisme de réglementation professionnelle.

Quelles informations sont fournies dans un rapport d'évaluation ?

Il existe différents types d'évaluations. Dans la plupart des cas, il est demandé aux personnes de fournir une évaluation cours par cours, qui comprend généralement des informations sur l'école fréquentée, les dates de fréquentation, la durée du programme, les cours suivis, les notes, l'équivalent américain des notes pour chaque cours, le nombre de crédits et la moyenne générale. Si le diplôme est jugé équivalent à un diplôme américain, l'évaluation indiquera, par exemple, quelque chose comme "équivalent éducatif américain - baccalauréat en génie électrique d'un collège ou d'une université des États-Unis accrédité.e au niveau régional". Cela signifie que ce diplôme doit être considéré comme équivalent à une licence en génie électrique de l'Université du Maine du Sud (USM). Si un diplôme n'est pas jugé équivalent à un diplôme américain, le rapport peut indiquer quelque chose comme : "Vous avez l'équivalent de 3 années d'études dans un collège ou une université américain.e accrédité.e au niveau régional."

Où puis-je faire évaluer mes titres de compétences ?

Différentes compagnies effectuent des évaluations. La personne qui demande l'évaluation d'un diplôme - qu'il s'agisse d'une école, d'un employeur ou d'une agence de délivrance de licences - indiquera à quelle compagnie s'adresser pour effectuer l'évaluation. Cette information est généralement affichée sur le site web de l'organisme. Selon le degré d'accessibilité des documents scolaires, le choix de la société d'évaluation peut faire une grande différence. Certaines sociétés exigent que les documents ou la vérification de la fréquentation scolaire soient envoyés directement par l'école. D'autres sociétés peuvent exiger que les documents originaux leur soient envoyés. Si les documents doivent être traduits en anglais, la demande devra également fournir des traductions ou trouver une société qui offre à la fois des services de traduction et d'évaluation. Selon le pays où la scolarité a eu lieu, certaines entreprises exigent qu'une autre compagnie vérifie la fréquentation de cette école.

Certaines sociétés d'évaluation sont membres de la National Association of Credential Evaluator Services (NACES, www.naces.org/). La plupart des écoles et des employeurs acceptent une évaluation effectuée par l'une des entreprises membres de ce groupe. Certaines professions ont leurs propres agences d'évaluation. Chaque société d'évaluation a des frais et des exigences différentes quant à la manière dont les relevés de notes et les diplômes doivent être soumis.

Que faire si je ne peux pas accéder à mes documents ?

Pour de nombreux New Mainers, en particulier ceux qui sont ici en tant que demandeurs d'asile ou réfugiés, le processus d'obtention de documents scolaires peut être très difficile, coûteux, long, ou pour certains, impossible. En raison de cette difficulté, avant d'entamer le processus pour

faire faire une évaluation, essayez de répondre aux questions suivantes : Pourquoi dois-je la faire faire ? Qui veut le rapport d'évaluation ? Comment veulent-ils que le rapport soit fait ? Peuvent-ils être flexibles ? Ai-je ou puis-je obtenir tous les documents nécessaires à l'évaluation, et puis-je les soumettre de la manière requise ?

Malheureusement, pour certaines personnes, la difficulté d'accéder aux relevés de notes et aux diplômes scolaires peut être impossible à surmonter. Cependant, le fait de comprendre quand une évaluation des diplômes est nécessaire et ce qui est requis pour cette évaluation permettra de prendre de meilleures décisions concernant les options existantes, et de poursuivre une autre voie si nécessaire.

La deuxième partie de cette série abordera les questions suivantes : Quand une évaluation des diplômes est-elle nécessaire ?

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—PORTUGUÊS—

Equivalências - Avaliações Credenciais Parte 1 - O que são? | Por Sally Sutton

O New Mainers Resource Center da Portland Adult Education trabalha com os New Mainers que vêm para os EUA com diplomas universitários e anos de experiência. A maioria das pessoas quer saber se os seus diplomas universitários serão reconhecidos à medida que procuram emprego, se candidatam às escolas ou procuram licenciamento nas suas profissões.

Será reconhecido um diploma? A resposta é que depende. Esta é a Parte 1 de uma série de duas partes que tenta responder a essa pergunta. A parte 1 explica o que é uma avaliação credencial, e a Parte 2 discutirá quando é necessário fazer uma avaliação.

Determinar o equivalente americano de uma licenciatura é um processo complicado e dispendioso que depende da formação educacional e profissional de alguém, do país onde a educação ocorreu, e se há acesso a transcrições e diplomas.

Depende também do propósito da avaliação e de quem está a solicitar a avaliação da licenciatura – seja um empregador, uma escola ou uma agência de licenciamento profissional.

Que informação é fornecida num relatório de avaliação?

Existem diferentes tipos de avaliações. Na maioria dos casos, as pessoas são convidadas a fornecer uma avaliação curso-a-curso, que geralmente inclui informações sobre a escola frequentada, datas frequentadas, a duração do programa, cursos realizados, notas, o equivalente americano das notas para cada curso, o número de créditos, e a média de nota. Se a licenciatura for equivalente a uma licenciatura nos EUA, a avaliação dirá, por exemplo, algo como "Equiv-alente Educacional dos EUA – licenciatura em engenharia eletrotécnica de uma universidade ou universidade regionalmente acreditada nos EUA." Isto significa que esta licenciatura deve ser considerada equivalente a uma licenciatura em engenharia elétrica pela Universidade do Sul do Maine. Se um diploma não for equivalente a um diploma americano, o relatório pode dizer algo como: "Tens o equivalente a 3 anos de estudo de uma universidade ou universidade acreditada regionalmente nos EUA."

Onde faço uma avaliação de credencial?

Empresas diferentes fazem avaliações. Quem estiver a pedir a avaliação de uma licenciatura – seja uma escola, entidade empregadora ou uma agência de licenciamento – dirá qual a empresa que deve utilizar para fazer a avaliação. Esta informação é geralmente publicada no site da organização. Dependendo do quão acessíveis são os documentos escolares, a escolha da empresa de avaliação pode fazer uma grande diferença. Algumas empresas exigem que os documentos ou a verificação da frequência sejam enviados diretamente da escola. Algumas empresas podem exigir que lhes sejam enviados documentos originais. Se os documentos precisarem de ser traduzidos para inglês, a aplicação também terá de fornecer traduções ou encontrar uma empresa que forneça serviços de tradução e avaliação. Dependendo do país onde a escolaridade ocorreu, algumas empresas exigem que outra empresa verifique a frequência naquela escola.

Algumas empresas de avaliação são membros da Associação Nacional de Serviços de Avaliação Credencial (NACES, www.naces.org/). A maioria das escolas e empregadores aceitará uma avaliação feita por uma das empresas que pertencem a este grupo. Algumas profissões têm as suas próprias agências para fazer avaliações. Cada empresa de avaliação tem taxas e requisitos diferentes para a forma como as transcrições e diplomas devem ser submetidos.

E se eu não conseguir aceder aos meus documentos?

Para muitos New Mainers, em particular aqueles que estão

aqui como requerentes de asilo ou refugiados, o processo de obtenção de documentos escolares pode ser muito difícil, dispendioso, longo ou, para alguns, impossível. Por causa desta dificuldade, antes de iniciar o processo de fazer uma avaliação, tente responder às seguintes perguntas: Porque é que o estou a fazer? Quem quer o relatório de avaliação? Como querem que o relatório seja feito? Podem ser flexíveis? Tenho ou posso obter todos os documentos necessários para a avaliação, e posso apresentá-los da forma necessária?

Infelizmente, para algumas pessoas, o desafio de aceder a transcrições e diplomas escolares pode ser impossível de superar. No entanto, a compreensão quando é necessária uma avaliação credencial e o que é necessário para essa avaliação levará a poder tomar melhores decisões sobre as opções existentes e a seguir outro caminho quando necessário.

A parte 2 desta série vai discutir: Quando é necessária uma avaliação credencial?

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—SOMALI—

U dhigma - Qiimaynta Aqoonsiga
Qaybta 1 - Maxay yihiin? | Waxaa qoray Sally Sutton

Xarunta Khayraadka Mainers-ka Cusub ee Waxbarashada Dadka Waaweyn ee Portland waxay la shaqaysaa Mainers Cusub ee Maraykanka la yimaadda shahaado jaamacadeed iyo sannado khibrad ah. Dadka intooda badan waxay rabaan inay ogaadaan haddii shahaadooyinkooda kuleejka loo aqoonsan doono markay shaqo raadiyaan, codsadaan dugsiyo, ama ay raadsadaan shatiga xirfadahooda.

Shahaado ma la aqoonsan doonaa?

Jawaabtu waxay ku xidhan tahay. Tani waa Qaybta 1 ee taxane laba qaybood ka kooban oo isku dayaya in ay ka jawaabto su'aashaas. Qaybta 1 waxa ay sharxaysaa waxa ay tahay qiimaynta aqoonsiga, iyo qaybta 2 waxa ay ka hadli doontaa marka qiimaynta loo baahan yahay in la sameeyo.

Go'aaminta shahaado u dhiganta Maraykanka waa hawl adag oo qaali ah taas oo ku xidhan qof aqoontiisa iyo taariikhdiisa shaqo, dalka ay waxbarashadu ka dhacday, iyo haddii ay jirto helitaan qoraal iyo shahaadooyin.

Waxay sidoo kale ku xiran tahay ujeedada qiimeynta iyo cidda codsaneysa qiimeynta shahaadada - hadday tahay loo-shaqeeye, dugsi, ama hay'ad shati-siin xirfadeed.

Waa maxay macluumaadka lagu bixiyay warbixinta qiimaynta?

Waxaa jira noocyo kala duwan oo qiimeyn ah. Inta badan, dadka waxaa la waydiiyaa inay bixiyaan qiimaynta koorsada, taas oo guud ahaan ay ku jirto macluumaadka ku saabsan dugsigii la dhigan jiray, taariikhaha la soo xaadiray, dhererka barnaamijka, koorsooyinka la qaatay, darajooyinka, US u dhiganta buundooyinka koorso kasta, tirada dhibcaha, iyo celceliska buundada fasalka. Haddii shahaadada la ogaado inay u dhiganto shahaado Maraykan ah, qiimayntu waxay odhan doontaa, tusaale ahaan, wax la mid ah, "U.S. Waxbarasho u dhiganta - shahaadada koowaad ee jaamacadda ee injineernimada korantada oo uu ka qaatay kulliyad ama jaamacad gobol ahaan laga aqoonsan yahay oo ku taal Maraykanka." Taas macnaheedu waa in shahaadadan loo tixgeliyo mid u dhiganta shahaadada koowaad ee injineernimada korontada ee Jaamacadda Southern Maine. Haddii shahaadada aan la helin oo u dhiganta shahaado Maraykan ah, warbixintu waxa ay odhan kartaa wax la mid ah, "Waxaad haysataa wax u dhigma 3 sano oo waxbarasho ah kulliyad ama jaamacad gobol ahaan laga aqoonsan yahay Maraykanka."

Xagee lagu sameeyaa qiimaynta aqoonsiga?

Shirkadaha kala duwani waxay sameeyaan qiimayn. Qof kasta oo waydiinaya qiimaynta shahaado - hadday tahay dugsi, shaqo-bixiye, ama hay'ad shati-siineed - waxay sheegi doontaa shirkadda loo isticmaali doono inay samayso qiimaynta. Macluumaadkan waxaa badanaa lagu dhejiyaa mareegaha ururka. Iyadoo ku xiran hadba sida loo heli karo dukumeentiyada dugsiga, doorashada shirkadda qiimeynta waxay sameyn kartaa farqi weyn. Shirkadaha qaarkood waxay u baahan yihiin in dukumeentiyada ama caddaynta imaanshaha si toos ah looga soo diro dugsiga. Shirkadaha qaarkood waxay u baahan karaan in loo soo diro dukumeenti asalka ah. Haddii dukumentiyada loo baahan yahay in loo turjumo Ingiriisiga, codsigu wuxuu sidoo kale u baahan doonaa inuu bixiyo tarjumaad ama la helo shirkad bixisa adeegyada tarjumaada iyo qiimaynta labadaba. Iyadoo ku xiran dalka uu dugsigu ka dhacay, shirkadaha qaarkood waxay u baahan yihiin in shirkad kale ay xaqiijiso imaanshaha dugsigaas.

Shirkadaha qiimaynta qaarkood waxay xubno ka yihiin Ururka Qaranka ee Adeegyada Qiimaynta Aqoonsiga

(NACES, www.naces.org/). Inta badan dugsiyada iyo loo-shaqeeyayaasha waxay aqbali doonaan qiimayn ay samaysay mid ka mid ah shirkadaha ka tirsan kooxdan. Xirfadaha qaarkood waxay leeyihiin wakaalado u gaar ah si ay u qiimeeyaan. Shirkad kasta oo qiimaynaysa waxay leedahay kharashyo iyo shuruudo kala duwan oo ku saabsan sida qoraallada iyo dibloomada loogu baahan yahay in loo gudbiyo. **Maxaa dhacaya haddii aanan heli karin dukumentiyadayda?**

Qaar badan oo ka mid ah Mainers Cusub, gaar ahaan kuwa halkan u jooga magangalyo-doon ama qaxooti ahaan, habka helitaanka dukumeenti dugsiyu aad ayuu u adag yahay, qaali, dheeraa, ama qaar, aan macquul ahayn. Dhibaatan awgeed, ka hor inta aanad bilaabin habka qiimaynta, isku day inaad ka jawaabto su'aalahaan soo socda: Maxaan u sameeyaa, aya raba warbixinta qiimaynta? Sidee bay rabaan in warbixinta loo sameeyo? Ma noqon karaan kuwo dabacsan? Miyaan haystaa ama ma heli karaa dhammaan dukumeentiyada looga baahan yahay qiimaynta, oo ma u soo gudbin karaa habka loo baahan yahay? Nasiib darro, dadka qaarkiis, caqabada ah helitaanka qoraallada iyo shahaadooyinka dugsiya ayaa laga yaabaa inay tahay mid aan laga gudbi karin. Si kastaba ha ahaatee, fahamka marka qiimeynta aqoonsiga ay lagama maarmaan tahay iyo waxa looga baahan yahay qiimeynta waxay horseedi doontaa in la awoodo in la sameeyo go'aamo wanaagsan oo ku saabsan doorashooyinka jira, iyo ku saabsan raadinta waddo kale marka loo baahdo.

Qaybta 2 ee taxanahan waxa ay ka hadli doontaa: Goorma ayaa loo baahan yahay qiimaynta aqoonsiga?
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— ESPAÑOL —

Equivalencias - Evaluaciones de credenciales Parte 1 - ¿Qué son? | Por Sally Sutton

El New Mainers Resource Center en Portland Adult Education trabaja con New Mainers que vienen a los EE. UU. con títulos universitarios y años de experiencia. La mayoría de las personas quieren saber si sus títulos universitarios serán

reconocidos cuando buscan trabajo, postulan a escuelas o buscan licencias en sus profesiones.

¿Se reconocerá un título? La respuesta depende. Esta es la Parte 1 de una serie de dos partes que intenta responder esa pregunta. La Parte 1 explica qué es una evaluación de credenciales, y la Parte 2 discutirá cuándo se debe realizar una evaluación.

Determinar el equivalente estadounidense de un título es un proceso complicado y costoso que depende de los antecedentes educativos y profesionales de la persona, el país donde se realizó la educación y si hay acceso a expedientes académicos y diplomas.

También depende del propósito de la evaluación y de quién solicita la evaluación del título, ya sea un empleador, una escuela o una agencia de licencias profesionales.

¿Qué información se proporciona en un informe de evaluación?

Hay diferentes tipos de evaluaciones. En la mayoría de los casos, se les pide a las personas que proporcionen una evaluación curso por curso, que generalmente incluye información sobre la escuela a la que asistió, las fechas en que asistió, la duración del programa, los cursos tomados, las calificaciones, el equivalente estadounidense de las calificaciones de cada curso, el número de créditos y el promedio de calificaciones. Si se determina que el título es equivalente a un título de los EE. UU., la evaluación dirá, por ejemplo, algo así como, "U.S. Equivalente educativo: licenciatura en ingeniería eléctrica de un colegio o universidad acreditada regionalmente en los EE. UU." Esto significa que este título debe considerarse equivalente a una licenciatura en ingeniería eléctrica de la Universidad del Sur de Maine. Si no se determina que un título es equivalente a un título de los EE. UU., el informe podría decir algo como: "Tienes el equivalente a 3 años de estudio de un colegio o universidad acreditada regionalmente en los EE. UU."

¿Dónde tengo que hacer una evaluación de credenciales?

Diferentes empresas hacen evaluaciones. Quienquiera que solicite la evaluación de un título – ya sea una escuela, un empleador o una agencia de licencias – dirá qué compañía utilizar para realizar la evaluación. Esta información generalmente se publica en el sitio web de la organización. Dependiendo de cuán accesibles sean los documentos escolares, la elección de la empresa de evaluación puede

marcar una gran diferencia. Algunas empresas requieren que los documentos o comprobantes de asistencia sean enviados directamente desde la escuela. Algunas empresas podrían exigir que se les envíen los documentos originales. Si los documentos deben traducirse al inglés, la aplicación también deberá proporcionar traducciones o encontrar una empresa que brinde servicios de traducción y evaluación. Dependiendo del país donde se realizó la escolarización, algunas empresas requieren que otra empresa verifique la asistencia a esa escuela.

Algunas empresas de evaluación son miembros de la Asociación Nacional de Servicios de Evaluación de Credenciales (NACES, www.naces.org/). La mayoría de las escuelas y empleadores aceptarán una evaluación realizada por una de las empresas que pertenecen a este grupo. Algunas profesiones tienen sus propias agencias para hacer evaluaciones. Cada empresa de evaluación tiene tarifas y requisitos diferentes sobre cómo deben enviarse las transcripciones y los diplomas.

¿Qué pasa si no puedo acceder a mis documentos?

Para muchos New Mainers, particularmente aquellos que están aquí como solicitantes de asilo o refugiados, el proceso de obtener documentos escolares puede ser muy difícil, costoso, prolongado o, para algunos, imposible. Debido a esta dificultad, antes de iniciar el proceso de hacer una evaluación, trate de responder las siguientes preguntas: ¿Por qué me la hacen? ¿Quién quiere el informe de evaluación? ¿Cómo quieren que se haga el informe? ¿Pueden ser flexibles? ¿Tengo o puedo obtener todos los documentos necesarios para la evaluación y puedo presentarlos en la forma requerida?

Desafortunadamente, para algunas personas, el desafío de acceder a las transcripciones y diplomas escolares puede ser imposible de superar. Sin embargo, comprender cuándo es necesaria una evaluación de credenciales y qué se requiere para esa evaluación lo llevará a poder tomar mejores decisiones sobre las opciones existentes y sobre seguir otro camino cuando sea necesario.

La Parte 2 de esta serie discutirá: ¿Cuándo es necesaria una evaluación de credenciales?

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Exchange important information including name, address, phone number, license plate, and insurance information.
- 4 Take photographs**
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Need help with housing costs? GA could be a solution

By Oriana Farnham

No matter where you live, higher housing costs are everywhere right now. Many people are having difficulty affording rent, are worried about eviction, or have lost their home. Maine’s housing crisis has multiple causes – not enough homes being built, not enough help for buyers to afford a home, and not enough protections for renters – but a few resources may offer help.

One is General Assistance (GA), a state program run by Maine’s cities and towns. It helps people who lack other resources to pay for necessities like housing, electricity, heat, food, and medicine.

You can apply for GA in your town or city. Larger towns have specialized GA or social services offices to take applications. In smaller municipalities, town clerks often take applications. Anyone who is homeless or living in temporary housing can apply in the town where they’re currently located. Towns can’t require someone to apply in the place where they last lived. Please contact Maine Equal Justice if a municipal GA administrator won’t take your application.

Here are a few common questions about GA: What do I need to apply for GA?

You need to show that you don’t have the financial resources to pay for basic necessities like housing.

If you’ve applied for GA in the past, you may need to prove that you’ve spent all your income in the last month on “basic needs.” Basic needs include food, potable water, clothing, shelter, fuel, electricity, medically necessary services recommended by a physician, medications, and phone bills (if you need your phone for medical reasons, such as regularly communicating with medical providers). Your town may have a longer list of basic needs; ask the GA administrator what the town considers basic needs.

What if the town office accepting GA applications is closed?

You have the right to apply for emergency GA any hour of any day of the week (24/7). Every town must provide information on their website and/or at their town office about how to do that. Many towns tell people to call the local police department (non-emergency number) to apply for GA outside of business hours. If you have trouble accessing your GA office or applying, you can call the State GA Hotline at (800) 442-6003.

I tried applying, but they didn’t let me complete an application. What should I do?

Everyone has the right to apply for GA. Even if you’re not eligible, they must let you apply and give you a written denial letter. If the town says, “You’re probably not eligible...,” you have the right to say, “I’d like to apply anyway,” and ask for the decision in writing.

If you follow these steps and you still can’t apply, or if you didn’t receive a written decision, contact the State GA Hotline at (800) 442-6003 to make a complaint. You can also contact Maine Equal Justice.

I applied for GA but got a written denial. Now what?

If you get a written denial, you only have five days to request a fair hearing. You must request this in writing. Email is fine, if you have the GA administrator’s email address. If not, bring a signed and dated letter to the GA office that says something like: “I am requesting a fair hearing,” “I believe I’m eligible for GA and GA was wrong to deny me,” or “I believe I’m eligible for GA to pay for my housing costs that I can’t afford.” Be sure to include your address and phone number so they can contact you about the hearing time and date!

After you’ve followed these steps, the town is required to schedule a hearing within five working days. This is informal and normally happens at the town office or by phone.

Can I have someone with me at my fair hearing?

You can bring anyone you like, including an interpreter or your representative. You can contact Maine Equal Justice or Pine Tree Legal Assistance to request representation in your case.

Can I get GA if I’m already getting Emergency Rental Assistance (ERA)?

Yes. ERA doesn’t count as “income.” If you’re receiving ERA to help pay your housing costs, but you still need help paying for other necessities, you can apply for GA.

If the town says you can’t get ERA and GA at the same time, you can call the State GA Hotline at (800) 442-6003 to make a complaint, or contact Maine Equal Justice.



For more information:

- State GA Hotline: (800) 442-6003
- Maine Equal Justice: maineequaljustice.org/people/legal-assistance-contact/
- Pine Tree Legal Assistance: ptla.org/contact-us

— FRANÇAIS —

Besoin d'aide pour payer les frais de logement? L'Assistance Générale pourrait être une solution

Par Oriana Farnham

Quel que soit l'endroit où vous vivez, la hausse du coût du logement est partout en ce moment. De nombreuses personnes ont des difficultés à payer leur loyer, craignent d'être expulsées ou ont perdu leur maison. La crise du logement dans le Maine a de multiples causes - pas assez de maisons construites, pas assez d'aide aux acheteurs pour se payer une maison, et pas assez de protections pour les locataires - mais quelques ressources peuvent vous aider.

L'une d'entre elles est l'Assistance Générale (GA), un programme d'État géré par les villes et les communes du Maine. Il aide les personnes qui n'ont pas d'autres ressources à payer les produits de première nécessité comme le logement, l'électricité, le chauffage, la nourriture et les médicaments.

Vous pouvez faire une demande d'AG dans votre ville. Les grandes villes ont des bureaux spécialisés dans l'AG ou les services sociaux qui prennent les demandes. Dans les petites municipalités, ce sont souvent les secrétaires de mairie qui prennent les demandes. Toute personne sans abri ou vivant dans un logement temporaire peut faire une demande dans la ville où elle se trouve actuellement. Les villes ne peuvent pas exiger qu'une personne fasse sa demande dans le dernier endroit où elle a vécu. Veuillez contacter Maine Equal Justice si un administrateur municipal de l'AG refuse de prendre votre demande.

Voici quelques questions courantes sur l'AG :

De quoi ai-je besoin pour faire une demande d'AG?

Vous devez prouver que vous n'avez pas les ressources financières nécessaires pour payer les biens de première nécessité comme le logement.

Si vous avez fait une demande d'AG dans le passé, vous devez peut-être prouver que vous avez dépensé tout votre revenu du mois dernier aux "besoins essentiels". Les besoins essentiels comprennent la nourriture, l'eau potable, les vêtements, le logement, le carburant, l'électricité, les services médicalement nécessaires recommandés par un médecin, les médicaments et les factures de téléphone (si vous avez besoin de votre téléphone pour des raisons médicales, par exemple pour communiquer régulièrement avec des prestataires de soins). Votre ville peut avoir une liste plus longue de besoins essentiels ; demandez à l'administrateur de l'AG ce que la ville considère comme des besoins essentiels.

Que faire si le bureau de la ville qui accepte les demandes d'AG est fermé ?

Vous avez le droit de faire une demande d'AG d'urgence à n'importe quelle heure et n'importe quel jour de la semaine (24 heures sur 24, 7 jours sur 7). Chaque ville doit fournir des renseignements sur la façon de procéder sur son site Web et/ou à son bureau municipal. De nombreuses villes disent aux gens d'appeler le service de police local (numéro non urgent) pour faire une demande d'AG en dehors des heures de bureau. Si vous avez des difficultés à accéder à votre bureau AG ou à faire une demande, vous pouvez appeler la ligne d'assistance AG de l'État au (800) 442-6003.

J'ai essayé de postuler, mais ils ne m'ont pas laissé remplir une demande. Que dois-je faire ?

Tout le monde a le droit de faire une demande d'AG. Même si vous n'êtes pas admissible, la ville doit vous laisser faire votre demande et vous remettre une lettre de refus. Si la ville vous dit : "Vous n'êtes probablement pas admissible...", vous avez le droit de dire : "J'aimerais quand même faire une demande" et de faire la demande par écrit.

Si vous suivez ces étapes et que vous ne pouvez toujours pas faire de demande, ou si vous n'avez pas reçu de décision écrite, contactez la State GA Hotline au (800) 442-6003 pour déposer une plainte. Vous pouvez également contacter Maine Equal Justice.

J'ai fait une demande d'AG mais j'ai reçu une lettre de refus. Que dois-je faire maintenant ?

Si vous recevez une lettre de refus, vous n'avez que cinq jours pour demander une audience équitable. Vous devez en faire la demande par écrit. Vous pouvez envoyer un courriel, si vous avez l'adresse électronique de l'administrateur de l'AG. Sinon, apportez au bureau de l'AG une lettre signée et datée qui dit quelque chose comme : "Je demande une audience équitable", "Je crois que j'ai droit à l'AG et que l'AG a eu tort de me le refuser" ou "Je crois que j'ai droit à l'AG pour payer mes frais de logement que je ne peux pas payer". N'oubliez pas d'indiquer votre adresse et votre numéro de télé-

phone pour qu'ils puissent vous contacter au sujet de l'heure et de la date de l'audience !

Une fois que vous avez suivi ces étapes, la ville est tenue de fixer une audience dans les cinq jours ouvrables. Cette audience est informelle et se déroule normalement au bureau de la ville ou par téléphone.

Puis-je me faire accompagner lors de mon audition équitable?

Vous pouvez amener qui vous voulez, y compris un interprète ou votre représentant. Vous pouvez contacter Maine Equal Justice ou Pine Tree Legal Assistance pour demander à être représenté dans votre affaire.

Puis-je obtenir l'AG si je bénéficie déjà de l'Emergency Rental Assistance (ERA)?

Oui. L'ERA ne compte pas comme "revenu". Si vous recevez l'ERA pour vous aider à payer vos frais de logement, mais que vous avez encore besoin d'aide pour payer d'autres nécessités, vous pouvez demander l'AG.

Si la ville vous interdit de bénéficier à la fois de l'ERA et de l'AG, vous pouvez appeler la State GA Hotline au (800) 442-6003 pour déposer une plainte, ou contacter Maine Equal Justice.

Pour plus d’information:

- Ligne d'assistance GA de l'État: (800) 442-6003
- Maine Equal Justice: maineequaljustice.org/people/legal-assistance-contact/
- Pine Tree Legal Assistance: ptla.org/contact-us

— KISWAHILI —

Je, unahitaji usaidizi kuhusu gharama za makazi? GA inaweza kuwa suluhisho

Na Oriana Farnham

Haijalishi unaishi wapi, gharama za juu za nyumba ziko kila mahali hivi sasa. Watu wengi wanatatizika kumudu kodi ya nyumba, wana wasiwasi kuhusu kufukuzwa, au wamepoteza makazi yao. Shida ya makazi ya Maine ina sababu nyingi - hakuna nyumba za kutosha zinazojengwa, hakuna msaada wa kutosha kwa wanunuzi kumudu nyumba, na hakuna ulinzi wa kutosha kwa wapangaji - lakini rasilimali chache zinaweza kutoa msaada.

Moja ni Usaidizi Mkuu (GA), mpango wa serikali unaoendeshwa na jiji na miji ya Maine. Inasaidia watu ambao hawana rasilimali nyingine kulipia mahitaji kama vile nyumba, umeme, joto, chakula, na dawa.

Unaweza kutuma maombi ya GA katika mji au jiji lako. Miji mikubwa ina ofisi maalum za GA au huduma za kijamii kuchukua maombi. Katika manispaa ndogo, makarani wa miji mara nyingi huchukua maombi. Mtu yeyote ambaye hana makazi au anayeishi katika nyumba za muda anaweza kutuma maombi katika mji aliko kwa sasa. Miji haiwezi kuhitaji mtu kutuma ombi mahali walipoishi mara ya mwisho. Tafadhali wasiliana na Maine Equal Justice ikiwa msimamizi wa GA wa manispaa hatapokea ombi lako.

Hapa kuna maswali machache ya kawaida kuhusu GA:

Ninahitaji nini kuomba GA?

Unahitaji kuonyesha kuwa huna rasilimali za kifedha kulipia mahitaji ya kimsingi kama vile nyumba.

Ikiwa ulituma ombi la GA hapo awali, unaweza kuhitaji kuthibitisha kuwa umetumia mapato yako yote katika mwezi uliopita kwa "mahitaji ya kimsingi." Mahitaji ya kimsingi ni pamoja na chakula, maji ya kunywa, mavazi, makao, mafuta, umeme, huduma muhimu za kimatibabu zinazopendekezwa na daktari, dawa, na bili za simu (ikiwa unahitaji simu yako kwa sababu za matibabu, kama vile kuwasiliana mara kwa mara na watoa huduma za matibabu). Mji wako unaweza kuwa na orodha ndefu ya mahitaji ya kimsingi; muulize msimamizi wa GA ni nini mji unaona mahitaji ya kimsingi.

Je, ikiwa ofisi ya jiji inayokubali maombi ya GA imefungwa?

Una haki ya kuomba GA ya dharura saa yoyote ya siku yoyote ya juma (24/7). Kila mji lazima utoe maelezo kwenye tovuti yao na/au katika ofisi zao za jiji kuhusu jinsi ya kufanya hivyo. Miji mingi huwaambia watu wapige simu kwa idara ya polisi ya eneo (nambari isiyo ya dharura) ili kutuma maombi ya GA nje ya saa za kazi. Ikiwa unatatizika. kupata ofisi yako ya GA au kutuma ombi, unaweza kupiga Simu ya Hotline ya Jimbo kwa (800) 442-6003.

Nilijaribu kutuma ombi, lakini hawakuniruhusu kukamilisha ombi. Nifanye nini?

Kila mtu ana haki ya kuomba GA. Hata kama hustahiki, lazima wakuruhusu kutuma ombi na kukupa barua ya kukataa iliyoandikwa. Ikiwa mji unasema, "Huenda hustahiki ...," una haki ya kusema, "Ningependa kutuma ombi," na uombe uamuzi huo kwa maandishi.

Ukifuata hatua hizi na bado huwezi kutuma ombi, au ikiwa hukupokea uamuzi ulioandikwa, wasiliana na Nambari ya Mtandaoni ya GA ya Serikali kwa (800) 442-6003 ili kulalamika. Unaweza pia kuwasiliana na Maine Equal Justice.

Niliomba GA lakini nikakataa kwa maandishi. Sasa nini?

Iwapo utapata kukataliwa kwa maandishi, una siku tano tu za kuomba kusikilizwa kwa haki. Lazima uombe hili kwa maandishi. Barua pepe ni sawa, ikiwa una anwani ya barua pepe ya msimamizi wa GA. Ikiwa sivyo, leta barua iliyotiwa saini na tarehe kwa ofisi ya GA ambayo inasema jambo kama vile: "Ninaomba kusikilizwa kwa haki," "Ninaamini kuwa ni-nastahiki GA na GA haikuwa sahihi kuninyima," au "Ni-naamini Ninastahiki GA kunilipia gharama za nyumba ambazo siwezi kumudu." Hakikisha umejumuisha anwani na nambari yako ya simu ili waweze kuwasiliana nawe kuhusu saa na tarehe ya kusikilizwa!

Baada ya kufuata hatua hizi, jiji linatakiwa kuratibu kusik-ilizwa kwa kesi ndani ya siku tano za kazi. Hii sio rasmi na kawaida hufanyika katika ofisi ya jiji au kwa simu.

Je, ninaweza kuwa na mtu nami kwenye usikilizaji wangu wa haki?

Unaweza kuleta mtu yeyote unayependa, pamoja na mkali-mani au mwakilishi wako. Unaweza kuwasiliana na Maine Equal Justice au Usaidizi wa Kisheria wa Pine Tree ili kuomba uwakilishi katika kesi yako.

Je, ninaweza kupata GA ikiwa tayari ninapata Usaidizi wa Dharura wa Kukodisha (ERA)?

Ndiyo. ERA haihesabiki kama "mapato." Ikiwa unapokea ERA ili kukusaidia kulipa gharama za makazi yako, lakini bado unahitaji usaidizi wa kulipia mahitaji mengine, unaweza ku-tuma ombi la GA.

Iwapo mji unasema huwezi kupata ERA na GA kwa wakati mmoja, unaweza kupiga Simu ya Hotline ya GA kwa (800) 442-6003 ili kulalamika, au uwasiliane na Maine Equal Jus-tice.

Kwa habari zaidi:

- Simu ya Hotline ya Jimbo: (800) 442-6003
- Haki Sawa ya Maine: maineequaljustice.org/people/legal-assistance-contact/
- Msaada wa Kisheria wa Pine Tree: ptla.org/contact-us

— IKINYARWANDA —

Waba ukeneye ubufasha mu kwishyura inzu?

GA yakubera igisubizo

Yanditswe na Oriana Farnham

Aho waba utuye hose, ibiciro by’ inzu byarazamutse ahantu hose muri iki gihe. Abantu benshi bari kugorwa cyane no kwishyura inzu, bakabaho batinya kwirukanwa mu nzu, cyangwa se gutakaza amazu yabo. Ikibazo cy’amazu muri Maine gifite impamvu nyinshi zigitera – nko kuba nta nzu nyinshi ziri kubakwa, nta bufasha buhagije bwo gufasha ugura ngo abone ubushobozi akeneye, ndetse no kutagira amategeko cyangwa amabwiriza ahagije arengera abakode-sha. Cyakora hari ubufasha buke bushobora kuboneka.

Bumwe twavuga ni ubuzwi nka General Assistance (GA), porogaramu ya Leta igengwa n’imijyi yo muri Maine. Ifasha abantu badafite ubundi bushobozi ngo babashe kwishyura ibyangombwa by’ibanze nk’inzu, amashanyarazi, gushyushya munzu, ibyo kurya ndetse n’imiti.

Ushobora gusaba ubufasha bwa GA mu mujiy utuyemo. Imigi minini igira urwego rwihariye rushinzwe GA cyangwa se ibiro bishinzwe imibereho y’abaturatione byakira ubusabe. Mu mijyi mito, abakozi b’umujyi akenshi ni bo bakira ubusabe. Umuntu wese udafite aho atura cyangwa se utuye mu nzu z’igihe gito aba ashobora gusaba mu mujiy aho abarizwa icyo gihe. Umujyi ntushobora gusaba umuntu gusaba ubu bufasha aho yari atuye mbere. Nyabuneka vugisha ikigo gi-tanga ubufasha mu by’amategeko Maine Equal Justice niba umukozi wa GA yanze kwakira ubusabe bwawe.

Hano hari ibibazo bike rusange kuri GA:

Ni iki nkeneye ngo nsabe GA?

Ugomba kwerekana ko udafite ubushobozi bwo kwishyura iby’ibanze nkenerwa nk’inzu.

Niba warasabye GA mu bihe byashize, ushobora gusaba kwerekana ko wakoresheje ubushobozi bwose wabonye mu kwezi gushize ku byibanze mu buzima. Iby’ibanze mu buz-ima twavuga nk’ibyo kurya, amazi meza, imyambaro, aho kuba, ibitoro, umuriro w’amashanyarazi, serivisi z’ingenzi zo kwa muganga zisabwa na muganga, imiti, fagitire za tele-phone (niba ukenera telephone ngo ubashe kwivuza, nko ku-vugana by’igihe gihoraho n’abaganga). Umujyi wawe ushobora kuba ufite urutonde rurerure rw’ibyingenzi; baza umukozi ushinzwe GA ibyo umujyi utuyemo ufata nk’iby’in-genzi mu buzima

Wabigira ute usanze ibiro byakira ubusabe bwa GA bi-funze?

Ufite uburenganzira bwo gusaba GA yihutirwa isaha iyo ari yo yose y’umunsi uwo ari wo wose w’icyumweru (24/7). Buri mujyi ugomba gutanga amakuru ku rubuga rwawo rwa interineti cyangwa se ku biro y’uko babigenza. Imijyi myinshi ibwira abantu guhamagara polisi yo muri ako gace (kuri nu-mero itari iy’ibibazo byihutirwa) kugirango babashe gutanga

ubusabe bwabo bwa GA nyuma y’amasaha y’akazi. Niba ugorwa no kugera ku biro bya GA cyangwa gutanga ubus-abe, ushobora guhamagara GA ku rwego rwa Leta ku murongo wa telephone (800) 442-6003.

Nagerageje gusaba ariko ntibatuma nuzuza impapuro z’ubusabe. Ni iki nakora?

Buri wese afite uburenganzira bwo gusaba GA. Kabone n’ubwo waba utujuje ibisabwa, bagomba kukureka ugasaba maze bakaguhakanira munyandiko bakoherezeza ibaruwa. Niba umujyi uvuze ngo, “Ushobora kuba utujuje ibisabwa…,” ufite uburenganzira bwo kuvuga uti, “Nta kibazo ariko ndashaka kuzuza impapuro z’ubusabe,” no gusaba ko icye-mezo kizafatwa kikugezwaho mu nyandiko.

Niba ukurikiza ibi bisabwa, ariko ugakomeza kunanirwa gusaba, cyangwa se niba utarakiriye ibaruwa ikumenyesha icyemezo cyagufatiwe, hamagara umurongo wa leta ush-inzwe gukemura ibibazo birebana na GA kuri (800) 442-6003 kugirango usabe gufashwa. Ushobora kandi kuvugisha umuryango Maine Equal Justice.

Nasabe GA maze mbona igisubizo ko ntemerewe. Nakora iki?

Niba warahakaniwe mu nyandiko, uba ufite iminsi itarenga itanu ngo usabe kurenganurwa. Ugomba gusaba ibi mu nyandiko. Imeyiri nayo nta kibazo, igihe ufite imeyiri y’umuy-obozi ushinzwe GA. Atari ibyo, zana ibaruwa iriho itariki kandi isinye ku biro bya GA igira iti “Ndasaba ko narenga-nurwa nategwa amatwi,”“ndizera ko nemerewe kubona GA, ndetse ndibwira ko GA yakoze nabi kumpakanira,” cyangwa se “ndizera ko nujuje ibisabwa ngo mbone GA kugirango mbashe kwishyura inzu mbamo kandi simbyishoboreye.” Menya neza ko ushyizemo aderesi zawe na numero za tele-fone kugirango bazabashe kukumenyesha igihe cyo gutegwa amatwi ndetse n’isaha!

Igihe umaze gukurikiza izi nzira zose, umujyi urasabwa ku-gushyira ku rutonde rw’abazategwa amatwi mu minsi itanu y’akazi. Ibi akenshi bibera ku biro by’umujyi cyangwa se kuri telephone.

Nshobora kujyana umuntu igihe ngiye gutanga ibisoba-nuro?

Ushobora kuzana umuntu wese ushaka, ashobora kuba ari umusemuzi cyangwa se uguhagarariye. Ushobora kuvugisha imiryango Maine Equal Justice cyangwa se Pine Tree Legal Assistance usaba uguhagararira muri icyo gikorwa.

Nshobora kubona GA mu gihe nsanzwe mbona ububasha bwihuse mu kwishyura inzu (ERA)?

Yego. ERA ntabwo ibarwa nk’ibyo umuntu yinjiza. Niba uri kubona ERA kugirango ubashe kwishyura inzu ariko ukaba ukeneye ubufasha ngo ubashe kwishyura ibindi bikenewe, ushobora gusaba GA.

Niba umujyi uvuze ko udashobora kukwemerera ERA na GA icyarimwe, ushobora guhamagara GA yo ku rwego rwa Leta kuri (800) 442-6003 kugirango ujurire, cyangwa uga-hamagara umuryango utanga ubufasha mu by’amategeko Maine Equal Justice.

Ku makuru menshi:

- Umurongo wa GA ku rwego rwa Leta (800) 442-6003
- Umuryango utanga ubufasha mu by’amategeko Maine Equal Justice: maineequaljustice.org/people/legal-assis-tance-contact/
- Umuryango utanga ubufasha mu by’amategeko Pine Tree Legal Assistance: ptla.org/contact-us

— PORTUGUÊS —

Precisa de ajuda com os custos da habitação?

AG pode ser uma solução

Por Oriana Farnham

Não importa onde viva, os custos mais altos de habitação estão em todo o lado agora. Muitas pessoas estão com dificuldades em pagar rendas, estão preocupadas com o despejo, ou perderam a sua casa. A crise da habitação no Maine tem múltiplas causas – não há casas suficientes a serem construídas, não há ajuda suficiente para os compradores pagarem uma casa, e não há proteções suficientes para os inquilinos – mas alguns recursos podem oferecer ajuda.

Um deles é a Assistência Geral (AG), um programa estatal gerido pelas cidades e cidades do Maine. Ajuda as pessoas que não têm outros recursos para pagar por necessidades como habitação, eletricidade, aquecimento, alimentos e medicamentos.

Pode candidatar-se à AG na sua Prefeitura ou Cidade. As cidades maiores têm escritórios especializados em AG ou serviços sociais para aceitar candidaturas. Em municípios mais pequenos, os funcionários da cidade geralmente en-carregam-se a receber as candidaturas. Qualquer pessoa que seja sem-abrigo ou que viva em habitação temporária pode candidatar-se na cidade onde está atualmente localizada. As cidades não podem exigir que alguém se candidate ao lugar onde viveram pela última vez. Por favor, contacte o Maine Equal Justice se um administrador municipal de AG não

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aceitar a sua candidatura.

Aqui estão algumas perguntas comuns sobre AG:

O que preciso de me candidatar à AG?

Tens de mostrar que não tens recursos financeiros para pagar necessidades básicas como a habitação.

Se já se candidatou à AG no passado, talvez precise de provar que gastou todo o seu rendimento no último mês em "necessidades básicas". As necessidades básicas incluem com-ida, água potável, vestuário, abrigo, combustível, eletrici-dade, serviços medicamente necessários recomendados por um médico, medicamentos e contas de telefone (se precisar do seu telefone por razões médicas, como comunicar regu-larmente com fornecedores médicos). Sua cidade pode ter uma lista mais longa de necessidades básicas; pergunte ao administrador da AG o que a cidade considera necessidades básicas.

E se o escritório da cidade aceitar pedidos de AG está fechado?

Tem o direito de solicitar a AG de emergência a qualquer hora de qualquer dia da semana (24 horas por dia). Todas as cidades devem fornecer informações no seu site e/ou no seu escritório da cidade sobre como fazê-lo. Muitas cidades dizem às pessoas para ligarem para o departamento de polí-cia local (número não de emergência) para se candidatarem à AG fora do horário comercial. Se tiver problemas em aceder ao seu escritório de AG ou candidatar-se, pode ligar para a Linha Direta Estatal AG através do (800) 442-6003.

Tentei candidatar-me, mas não me deixaram completar uma candidatura. O que devo fazer?

Todos têm o direito de se candidatar à AG. Mesmo que não sejam elegível, eles devem deixar-te candidatar-te e dar-te uma carta de negação escrita. Se a cidade disser, "Provavel-mente não és elegível...," tens o direito de dizer, "Gostaria de me candidatar de qualquer maneira", e pedir a decisão por escrito.

Se seguir estes passos e ainda não puder candidatar-se, ou se não tiver recebido uma decisão escrita, contacte a Linha Direta Estatal AG através do (800) 442-6003 para apresentar uma reclamação. Pode também entrar em contato com Maine Equal Justice.

Candidatei-me à AG, mas tive uma negação escrita. E agora?

Se tiver uma negação escrita, só tem cinco dias para pedir uma audiência justa. Deve pedir isto por escrito. O e-mail está bom, se tiver o endereço de e-mail do administrador da AG. Caso contrário, traga uma carta assinada e datada para o escritório da AG que diz algo como: "Estou a pedir uma au-dição justa", "Acredito que sou elegível para a AG e a AG es-tava errada em negar-me", ou "Acredito que sou elegível para a AG pagar os meus custos de habitação que não posso pagar." Certifique-se de incluir o seu endereço e número de telefone para que possam contactá-lo sobre a hora e data da audição!

Depois de seguir estes passos, a cidade é obrigada a marcar uma audiência dentro de cinco dias úteis. Isto é informal e normalmente acontece no escritório da cidade ou por tele-fone.

Posso ter alguém comigo na minha audiência justa?

Pode trazer quem quiser, incluindo um intérprete ou o seu representante. Você pode entrar em contato com Maine Equal Justice ou Pine Tree Legal Assistance para solicitar rep-resentação no seu caso.

Posso obter AG se já estou recebendo assistência de aluguer de emergência (ERA)?

Sim. A ERA não conta como "rendimento". Se está a receber a ERA para ajudar a pagar os custos da sua habitação, mas ainda precisa de ajuda para pagar outras necessidades, pode candidatar-se à AG.

Se a cidade disser que não pode obter ERA e AG ao mesmo tempo, você pode ligar para a Linha de Apoio estatal AG em (800) 442-6003 para fazer uma reclamação, ou entrar em contato com Maine Equal Justice.

Para mais informações:

- Linha direta Estatal AG: (800) 442-6003
- Maine Equal justiça: maineequaljustice.org/people/legal-assistance-contact/
- Assistência Jurídica de Pinheiros: ptla.org/contact-us

— SOMALI —

Ma u baahan tahay caawimaad xagga kharashka

guryeynta? GA waxay noqon kartaa xalka.

Waxaa qoray Barbara Taylor iyo Lisa Parisio, ILAP

Meel kasta oo aad ku nooshahay, qarashka guryuhu ka sa-reeya ayaa meelkasta oo hadda ah. Dad badan ayaa dhib ku haya suurtagalnimada, inay ka walwalaan ka saarida, ama gurigooda waa laga saaray. Dhibaataada Guryaha Maine waxay leedahay sababo badan - oo aan guryo ku filan oo la dhiso, oo aan ku filnayn caawimaad iibsadayaasha si ay u helaan guri, mana aha ilaalin ku filan oo kireystayaasha ah - laakiin ilaha yar ayaa laga yaabaa inay bixiyaan caawimaad.

Mid waa gargaar guud (GA), barnaamij dowladeed oo ay maamusho magaalooyinka Maine iyo magaalooyinkooda. Waxay ka caawineysaa dadka aan haysan ilo kale oo ay ku bixiyaan baahiyaha darrooyinka sida guryaha, korantada, ku-leylka, cuntada, iyo dawo.

Waad ka dalban kartaa GA dhexdeeda magaaladaada ama magaaladaada. Magaalooyinka waaweyn waxay leeyihiin xafiisyo gaar ah oo GA ama xafiiska adeegyada bulshada ah si ay u qaataan codsiyada. Degmooyinka yar yar, kar-raaniyaasha magaalada ayaa had iyo jeer qaata codsiyo. Qof kasta oo guri la'aan ah ama ku nool guri ku meelgaar ah ayaa laga dalban karaa magaalada ay iyagu ku yaalliin. Magaalooyinka uma baahna qof inuu dalbado meesha ay ugu dambeeyeen ku noolaa. Fadlan la xiriir Maine Cascil Cad-daalad haddii maamulaha degmada GA-da ay qadayaan dalabkaaga.

Halkan waxaa ah dhowr su'aalood oo caan ah oo ku saabsan

Ga: Maxaan u baahan nahay inaan codsado GA?

Waxaad u baahan tahay inaad muujiso inaad haysan ilaha dhaqaale ee aad ku bixiso baahiyaha aasaasiga ah ee sida guryaha.

Haddii aad hore u dalbatay GA-da, waxaad u baahan kartaa inaad caddeyso inaad ku bixisay dhammaan dakhligaaga bishii ugu dambeysay \"baahiyaha aasaasiga ah.\" Baahiyaha aasaasiga ah waxaa ka mid ah cunno, biyo la qaadan karo, dhar, hoy, shidaal, korantada, korantada, iyo biilasha caafimaad ahaan, sida inaad si joogto ah u baahan tahay bixiyeyaasha caafimaadka). Magaaladaadu waxay lahaan kartaa liis dheer oo ku saabsan baahiyaha aasaasiga ah; Weydii maamulaha GA waxa ay magaaladu tixgaliso baahiyaha aasaasiga ah.

Ka waran haddii Xafiiska Magaalada uu aqbalo codsiyada GA-da ay xidhan tahay?

Magaalo kasta waa inay bixisaa macluumaad ku saabsan boggooda internetka iyo / ama xafiiskooda magaalada oo ku saabsan sida loo sameeyo taas. Magaalooyin badan ayaa dadka u sheegaya inay wacaan waaxda booliska maxalliga ah (nambarka aan degdegga ahayn) si ay u codsadaan GA ka baxsan saacadaha shaqada. Haddii aad dhib ku qabtid helitaanka Xafiiskaaga GA ama codsashada, waxaad u wici kartaa khadka tooska ah ee gobolka Gacantline (800) 442-6003.

Waxaan isku dayay in la dalbado, laakiin iyagu ma aysan u oggolaan inaan dhammaystiro arji. Maxaan sameeyaa?

Qof walba wuxuu xaq u leeyahay inuu codsado GA. Xitaa haddii aadan u qalmin, waa inay kuu oggolaadaan inaad dalbato oo ku siiso warqad diidmo qoraal ah. Haddii magaaladu dhahdo, \"Waxaad u badan tahay inaad u qalmin ...,\" Waxaad xaq u leedahay inaad dhahdo, \"Waxaan jeclaan lahaa inaan si kastaba ha noqotee, weydiiso go'aanka qoraal ahaan.

Haddii aad raacdo talaabooyinkan oo aadan wali codsan karin, ama aadan helin go'aan qoraal ah, la xiriir Tootline-ka GA ee 'GA Tootline' (800) 442-6003 si aad u sameyso cabasho. Waxaad sidoo kale la xiriiri kartaa maine sinnaanta caddaaladda cadaaladda.

Waxaan codsaday GA laakiin waxay heshay diidmo qoraal ah. Hadda waa maxay?

Haddii aad hesho diidmo qoran, waxaad haysataa oo keliya shan maalmood oo aad ku codsato dhageysi caddaalad ah. Waa inaad tan ku codsataa qoraal ahaan. Email waa fiican yahay, haddii aad leedahay cinwaanka e-maylka ee GA maamulaha. Haddii kale, soo qaado warqad saxeexan oo taariikhaysan xafiiska GA oo sheegay in wax la mid ah \"Waxaan aaminsanahay inaan u qalmo GA iyo GA-da qalad ah in aan diido,\" ama \"waan aaminsanahay \" M U-qalmo GA si aad u bixiso kharashka gurigeyga ee aanan awoodin. \" Hubso inaad kudarto cinwaankaaga iyo lambarka taleefankaaga si ay Waad kaala soo xiriiri kartaa wixii ku saabsan waqtiga dhageysiga iyo taariikhda! Tani waa mid aan rasmi ahayn waxayna caadi ahaan ka dhacdaa xafiiska magaalada ama taleefan ahaan.

Ma heli karaa qof ila jooga dhageysiga cadaalad ah?

Waad u soo qaadan kartaa qof kasta oo aad jeceshahay, oo ay kujirto turjubaan ama wakiilkaaga. Waxaad la xiriiri kartaa Maine Sinnaanta Caddaaladda Sharciga ah ee Cadaaladda Sharciga ah si aad u codsatid wakiilnimada kiiskaaga.

Ma heli karaa GA haddii aan hore u helo gargaarka xaaladaha degdegga ah (ERA)?

Haa. ERA looma tirinayo \"daqliga.\" Haddii aad qaadaneyso ERA si aad uga caawiso bixinta kharashkaaga guriga, laakiin waxaad weli u baahan tahay caawimaad siinta bixinta waxyaabaha daruuriga ah, waxaad dalban kartaa GA.

Haddii magaalada ay dhahdo ma heli kartid ERA isla waqtigaas, waxaad wici kartaa Khadka Tooska ah ee Gobolka GA (800) 442-6003 si aad u sameyso cabasho, ama aad la xiriir to Maine Sint Cadaalad.

Wixii macluumaad dheeri ah

Gobol Stateline (800) 442-6003
State GA Hotline: (800) 442-6003

MaineEqualJustice:maineequaljustice.org/people/legal-assistance-contact/
Pine Tree Legal Assistance: ptla.org/contact-us

— ESPAÑOL —

¿Necesita ayuda con los costos de vivienda?

GA podría ser una solución

Por Oriana Farham

No importa dónde viva, los costos de vivienda más altos están en todas partes en este momento. Muchas personas tienen dificultades para pagar el alquiler, están preocupadas por el desalojo o han perdido su hogar. La crisis de vivienda de Maine tiene múltiples causas – no se están construyendo suficientes casas, no hay suficiente ayuda para que los compradores puedan pagar una casa y no hay suficientes protecciones para los inquilinos – pero algunos recursos pueden ofrecer ayuda.

Uno es Asistencia General (GA), un programa estatal administrado por las ciudades y pueblos de Maine. Ayuda a las personas que carecen de otros recursos a pagar necesidades como vivienda, electricidad, calefacción, alimentos y medicinas.

Puede solicitar GA en su pueblo o ciudad. Las ciudades más grandes tienen oficinas de servicios sociales o de GA especializadas para recibir solicitudes. En los municipios más pequeños, los secretarios municipales a menudo aceptan solicitudes. Cualquier persona sin hogar o que viva en una vivienda temporal puede presentar una solicitud en la ciudad donde se encuentra actualmente. Las ciudades no pueden exigir que alguien presente una solicitud en el lugar donde vivió por última vez. Comuníquese con Maine Equal Justice si un administrador municipal de GA no aceptará su solicitud.

Aquí hay algunas preguntas comunes sobre GA:

¿Qué necesito para solicitar GA?

Debe demostrar que no tiene los recursos financieros para pagar las necesidades básicas como la vivienda.

Si solicitó GA en el pasado, es posible que deba demostrar que gastó todos sus ingresos en el último mes en "necesidades básicas". Las necesidades básicas incluyen alimentos, agua potable, ropa, vivienda, combustible, electricidad, servicios médicamente necesarios recomendados por un médico, medicamentos y facturas telefónicas (si necesita su teléfono por razones médicas, como comunicarse regularmente con proveedores médicos). Su ciudad puede tener una lista más larga de necesidades básicas; pregúntele al administrador de GA qué considera la ciudad como necesidades básicas.

¿Qué sucede si la oficina municipal que acepta solicitudes de GA está cerrada?

Tiene derecho a solicitar GA de emergencia a cualquier hora de cualquier día de la semana (24/7). Cada ciudad debe proporcionar información en su sitio web y/o en la oficina de su ciudad sobre cómo hacerlo. Muchas ciudades les piden a las personas que llamen al departamento de policía local (número que no es de emergencia) para solicitar GA fuera del horario comercial. Si tiene problemas para acceder a su oficina de GA o presentar una solicitud, puede llamar a la línea directa estatal de GA al (800) 442-6003.

Intenté presentar una solicitud, pero no me dejaron completar una solicitud. ¿Qué tengo que hacer?

Todos tienen derecho a solicitar GA. Incluso si no es elegible, deben permitirle presentar la solicitud y darle una carta de rechazo por escrito. Si la ciudad dice: "Probablemente no sea elegible...\", tiene derecho a decir: "Me gustaría presentar una solici-

itud de todos modos" y solicitar la decisión por escrito.

Si sigue estos pasos y aún no puede presentar la solicitud, o si no recibió una decisión por escrito, comuníquese con la línea directa estatal de GA al (800) 442-6003 para presentar una queja. También puede comunicarse con Maine Equal Justice.

Solicité GA pero obtuve una denegación por escrito. ¿Ahora que?

Si recibe una denegación por escrito, solo tiene cinco días para solicitar una audiencia imparcial. Debe solicitarlo por escrito. El correo electrónico está bien, si tiene la dirección de correo electrónico del administrador de GA. De lo contrario, traiga una carta firmada y fechada a la oficina de GA que diga algo como: "Estoy solicitando una audiencia imparcial", "Creo que soy elegible para GA y GA se equivocó al denegarme" o "Creo que Soy elegible para que GA pague mis costos de vivienda que no puedo pagar". ¡Asegúrese de incluir su dirección y número de teléfono para que puedan comunicarse con usted acerca de la fecha y la hora de la audiencia!

Después de seguir estos pasos, la ciudad debe programar una audiencia dentro de los cinco días hábiles. Esto es informal y normalmente ocurre en la oficina de la ciudad o por teléfono.

¿Puedo tener a alguien conmigo en mi audiencia imparcial?

Puede traer a quien desee, incluido un intérprete o su representante. Puede comunicarse con Maine Equal Justice o Pine Tree Legal Assistance para solicitar representación en su caso.

¿Puedo obtener GA si ya estoy recibiendo asistencia de alquiler de emergencia (ERA)?

Sí. ERA no cuenta como "ingreso". Si está recibiendo ERA para ayudar a pagar sus costos de vivienda, pero aún necesita ayuda para pagar otras necesidades, puede solicitar GA.

Si la ciudad dice que no puede obtener ERA y GA al mismo tiempo, puede llamar a la línea directa estatal de GA al (800) 442-6003 para presentar una queja o comunicarse con Maine Equal Justice.

Para más información:

- Línea directa estatal de GA: (800) 442-6003
- Igualdad de justicia en Maine: maineequaljustice.org/people/legal-assistance-contact/
- Asistencia legal de Pine Tree: ptla.org/contact-us



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World Market Basket

Flores Uptown offers Latin style on Congress Street

| By Lillian Lema • Photos by Liany Media

The moment a customer opens the doors of Flores Uptown, at 431 Congress St., they are reassured that Latin food and style is alive and well in Portland. The air resonates with bachata, salsa, cumba, merengue, and reggaeton musical hits, and the Salvadorian and Central American-inspired menu includes such staples as pupusas, yucca saltada



(sautéed yucca), enchiladas Salvadoreñas, and empanadas. And for cocktail lovers, the full bar has a variety of authentic options. “It’s a great place to come eat, socialize, and have a good time before you hit the Old Port,” said Jenny Hernandez, restaurant manager and daughter of the owners.

Flores Uptown is the second restaurant owned by the Hernandez family. Their first restaurant, Flores, located at 863 Congress St. next to the Bodega Latina, opened its doors back in 2012.

Ten years ago, the lack of Latin restaurants in the area gave Maria Hernandez, co-owner of the Flores restaurants, the idea of opening a restaurant where she could bring a taste of El Salvador to Portland. Hernandez had previously worked at various restaurants in El Salvador and the U.S., so she was prepared to make the dream of a restaurant a reality.



“My mom came up with the restaurant idea and then the family got involved. She knows how to do the traditional Salvadorian cooking,” her daughter said. The neighborhood welcomed Flores Restaurant with open arms. However, the crowded, 500-sq.-ft. dining space only had enough room for four tables, which meant customers chose take-out over dining in. “Business was going well, but space was our main issue, which is why we started to look for another location,” Jenny Hernandez

explained. “Customers would say, ‘We wish we could eat in.’” The search for a new location started in 2020, and after looking at various locations in the Portland area, the family found 431 Congress St., with a dining area of 1,800 sq. ft. “Now we had enough space for the bar!” Hernandez said. “We were going to be able to create a space where people could come sit, eat, and drink.” But before opening the doors to the public, the new space needed renovations. Luckily, Jenny’s brother Edwin works in construction and was able to bring the place to life with a much-needed makeover. The plan was for Flores Uptown to open sooner than it did, but the pandemic delayed the approval of the permit applications until January 2021. The new restaurant officially opened in September 2021.

“When I don’t feel like cooking, I come to Flores,” said Moses, a regular customer. “Food is great! The environment is welcoming, the music is great, Jenny is a great host!”



We love to dance – so mix in food and drinks, and it becomes a party!

–Jenny Hernandez



The yucca saltada is a customer favorite. The yucca is sautéed with onions, tomatoes, garlic, and pickled cabbage, and topped with either pork, chicken, or veggies. The cooked, perfectly soft yucca is covered with a savory, zesty sauce. The cabbage adds texture, and the meat – especially the pork – gives the dish an extra crunch. The effect is that of a homemade, comfort dish.

Another customer favorite is the pupusa, a tortilla stuffed with fillings and always served with pickled cabbage on the side and a specialty sauce made of tomato, green peppers, celery, onions, and garlic. The choices of filling include chicken, steak, pork and beans, loroco and bean, spinach and artichoke, and cheese. The pupusa on its own is soft and tender, and the speciality sauce adds juiciness to the dish. This staple can fill a diner in only a couple of bites.

The full bar offers all kinds of cocktail creations, and Hernandez works hard to make sure the drinks differentiate the restaurant from others..

“I try to make sure my drinks are on point,” she said. “Once there is a bar in a restaurant, it adds a different vibe.”

Their cocktails include iced coffee horchata, strawberry horchata martini, agua de Jamaica with mescal, Ginquell (gin, tequila, watermelon, lemon, and chunks of kiwi), and Tamarindo Spice. Tamarindo Spice includes mango, orange juice, and vodka with a tamarind straw.



Their signature cocktails that unite flavors of Central America and the U.S. have made a mark on the Portland food scene – they add sazón not only to food, but to happy hour.

“We use a lot of tajín (a seasoning) and chamoy (a condiment) with our drinks,” Hernandez said. These add a spicy kick to the cocktails.

As new and regulars continue to come to Flores, Hernandez’s objective is for customers to feel content, satisfied, and wanting to return again and again. And she seems to be succeeding., “Ultimately, I want it to be an unforgettable experience for them!” she said.

In addition to the food, music, and drinks, customers also praise Hernandez herself. Her infectious smile and laughter greet customers when they first walk into the restaurant, and her friendly demeanor makes the restaurant feel like home.

“I love working downtown. You meet the nicest people. They are the ones that hype you up, especially after a long shift,” she explained.

“It’s a nice comfy place where everybody

is invited because Jenny is the best of the best... It makes you feel like you are part of the family. This place has the best food in town. Es lo mejor que hay en town!” said regular Flores customer Oscar Varela.

As Flores Uptown’s popularity continues to grow, Hernandez wants to add Latin Nights in the fall, when she will shift tables to create space for customers to enjoy themselves as they fill their stomachs and dance the night away.

“Sometimes I feel like a DJ back here as I play my music list,” Hernandez joked from behind the bar. “I like to make sure customers are enjoying their time while here.”

She plans to create a more consistent happy hour menu, and add champagne and wine to the drink menu.

“We love to dance – so mix in food and drinks, and it becomes a party!” Hernandez said. “I hope this place becomes a destination for people when they head to the Old Port to pre-game, eat, or even just for the vibes. We can either be a stop or destination. Either way, it’s a good time!”



Sahro Hassan gives back to Somali Bantu community

| By Bonnie Rukin



In April 2022, Sahro Hassan joined the staff of the Somali Bantu Community Association as the Youth Program Coordinator. By June, she'd launched Kasheekie Youth Program, a "Cultural Telling Room" where she channeled her positive energy and commitment to Somali and Bantu cultural life into an exciting summer program for children in Lewiston.

Kasheekie ran throughout the summer, with a focus on connecting children to their cultural roots through such activities as crafts, conversation, and storytelling with Somali Bantu elders, weekly visits to Liberation Farms to plant and

harvest vegetables, and Arabic study in order to be able to read the Quran.

Each day, the program served children between the ages of 4 and 14, and the Lewiston School Department provided healthy breakfasts and lunches for program participants. Children went on field trips to the Maine Wildlife Park, FunZ Trampoline Park, and Liberation Farms every Thursday.

Hassan arrived in Maine in 2006 at age 10, where her experience was tarnished by name calling from other children. "I recall being called a 'towel head' on a weekly basis, and told to go back to my country," Hassan recalled. Now the mother of two young children, with experience as a children's mental health case manager, she is aware of the power and importance of cultural identity, and is passionate about "providing children with a safe environment for learning and a deep sense of belonging."

Many clients within the Somali Bantu Community do not seek counseling when they need it, she said, both because of the associated stigma and because of the lack of representation among practitioners. A general belief is that if some-



one needs therapy, they must be seriously mentally ill. Community members often characterize people with mental health problems as "insane."

"There is a stigma against people who seek counseling, so I decided to hold meetings to educate my clients and their parents," she said. "In these meetings, I invite interpreters to translate for the parents."

But the stigma is strong and even the interpretation can be problematic if the interpreter believes the stigma is accurate. "Interpreters often describe clients as insane when decoding. Parents refrain from outpatient counseling, so the child doesn't get labeled 'crazy,'" Hassan said.

And adults who agree to enter therapy themselves don't necessarily benefit if they won't do the work required for healing. She said, "I have multiple clients discharged by practitioners due to lack of engagement."

Hassan believes education can make a difference, so she is beginning a master's degree program in counseling at the University of Southern Maine this September. She is excited about giving back to her community through her work, which she finds deeply fulfilling. She believes that bridging generational gaps in cultural behaviors to help children make healthy choices is one way to consistently meet their needs.

To learn more about Kasheekie, email: sahro@somalibantu-maine.org.

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Continued from page 1

An organizational collaborative and co-working space in Portland that serves Black entrepreneurs, emerging leaders, and creatives, The Third Place’s goal is to help BIPOC people come together to share their knowledge, skills, and resources. Initially the collaborative included BIPOC people who were either leading small nonprofit organizations or were sole proprietors. Most needed office space to conduct everyday business, but were having trouble affording space in Portland due to gentrification. So The Third Place started as a small co-working space for them.

While the greater Portland area had many co-working spaces, many Black individuals wanted a space where they felt safe and where community was a priority. Now, five years later, the co-working space is well established, and so is the organization’s network, which includes a statewide community of BIPOC people who share the common goal of ensuring that Maine’s slogan, “The Way Life Should Be,” applies to all people, including underrepresented communities.

The lack of a network and support for Black professionals had been so acute that Maine was losing valuable professionals to other states. “There have been several moments over the years where I’ve had friends move to the state and soon enough they would leave, primarily because there was no social and professional infrastructure that would cater to their needs...one of the reasons why I initially started doing work around professional networking is to connect folks in the BIPOC community,” said Muhammad, president of The Third Place.

On July 24, The Third Place presented their Black Excellence Awards at the Caswell Farm and Wedding Barn in Gray. The Third Place launched the awards to celebrate the achievements of Black professionals and leaders who are doing significant work in Maine.

“There were a number of people who have been working on projects for years and some would get recognition from individual organizations, but there was very little acknowledgement from within the Black community about what individuals have been working on on their behalf,” Mohammad explained. “I thought it was important that the community develop a way to recognize those who work on their behalf because it’s different when the recognition is coming from your own community.” And indeed the award recipients and attendees alike shared feelings of joy and pride.

Well-known Mainers like Pious Ali and Rachel Talbot Ross have told Muhammad that, even after receiving considerable recognition and awards, this one means the most because it’s coming from within the community. “People don’t necessarily need acknowledgment from the outside, but what people do crave and need is acknowledgement from your community...it’s like your family,” she said.

The Third Place wants to keep up with the demand from individuals looking for ever more social and professional connections. The organization’s members actively study Maine’s professional scene to strategize how to best help the BIPOC community at large. By highlighting representation of BIPOC professionals within Maine’s economic sectors, The Third Place organizes members to provide mentorship for each other. Each sector’s members evaluate their own industry and what they see from their perspectives as BIPOC employees.

And the organization is looking toward the future. “We have the ability to add staffing, the ability to increase funding, but we are trying to grow at a pace that is sustainable,” Muhammad said.



Black Excellence 2022 Award recipients



Samaa Abdurraqib and Mufalo Chitam



Rachel Talbot Ross and Craig Hickman



Pious Ali receives his award

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Access free care from Maine Health, in some cases, at 800-804-2449.

Book a ride (where available) to your medical appointment through www.facebook.com/MaineMANA or www.modivcare.com.

Contact Catholic Charities Maine's Office of Maine Refugee Services (OMRS). We have information and guidance that can help ensure your healthcare needs are met. Call (207) 781-8550 or email OMRS@ccmaine.org.



Office of Maine Refugee Services (OMRS) is the administrator of the federal refugee program and supports refugee serving organizations throughout the state of Maine, providing funding for more than 20 community programs that work with newly arrived refugees and asylees of all ages.



All about the Workforce

Brought to you by MEMIC

Professional development

By Angelina Klouthis

The healthcare sector employs more workers than any other job sector in Maine. Before the pandemic, there was a shortage of healthcare workers. More than two years later, the shortage persists. We sat down with Catalina Piedrahita, Healthcare Employment and Training Specialist, to ask her a little about the Health Care Initiatives programs that she leads for the Maine Department of Labor (MDOL).



1. What is Healthcare Training for ME?
Healthcare Training for ME is a statewide collaboration between the Maine Department of Labor, Maine Department of Health and Human Services, Maine Adult Education, Maine Community College System, and the University of Maine System to ensure Maine’s workers and employers can eas-

ily access healthcare training opportunities, financial assistance, and wrap-around support services. Through this partnership, residents of Maine who want to work in healthcare have access to short-term and mid-term training and financial support with a special focus on the most-needed jobs in our state.

2. How can I find a job in healthcare if I don’t have prior experience?

For those without experience but interested in a career in healthcare, a good first step is setting up a meeting with a health care navigator. They can help get people connected to earn-while-you-learn opportunities, free training, and short-term training opportunities. Navigators can also connect people to scholarships and loan reimbursement programs. Visit Caring-ForME.org to get started with a healthcare navigator who can guide you through some of the options.

3. What is tuition remission?

This MDOL program provides healthcare employers with funding support to teach additional skills to their current, patient-facing healthcare workers. The program focuses on paying for short-term credentials to advance critical entry-level workers to the next stage in their career – whether that is helping people go from being a Certified Nursing Assistant (CNA) to a Licensed Practical Nurse

(LPN), or for people with behavioral health certifications like Direct Support Professional (DSP) to move into positions as Mental Health Rehabilitation Technicians (MHRT).

4. Where can I learn more about healthcare training opportunities?

For those who want to learn more about training in healthcare and healthcare jobs, or employers who want to support their employees, more information is available at our website, www.maine.gov/healthcaretrainingform/

5. How else can the Maine Department of Labor help me?

The MDOL offers a variety of programs and services for both workers and employers. These include job search assistance, workplace oversight, career assistance to people with disabilities, employment data research, and unemployment insurance. For more information, visit: www.maine.gov/labor/



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Tips

An e-mail address is key when looking for job opportunities. Many job boards allow people to set up searches so that they receive an email any time a job is posted that matches their skillset. Maine JobLink is the site maintained by the Maine Department of Labor. JobsInME, LinkedIn, and Indeed are among numerous other job search sites that can help jobseekers.

Use an appointment book or calendar to keep track of appointments, telephone calls, and plans for follow-up. Return emails within 24 hours

Potential employers need to be able to reach applicants by phone, so a jobseeker must have a voicemail that is set up and active. The outgoing message should have a pleasant and professional tone. Calls from potential employers should be returned promptly.

Compile a list of people to use as references. References should be able to speak from firsthand knowledge about the applicant’s skills, abilities, and personal qualities that would lead to success in the potential job.



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Community Happenings - out & about



The Ivory Coast community gathered together on August 6 for the wedding of Gwladys and Guy-Rufin Guédé. The ceremony was held in South Portland and was followed by a celebratory reception in Portland. *Amjambo Africa* congratulates the couple on their marriage.

Photos | John Ochira



The Mahoro Peace Association held a peaceful protest in Portland on August 5 to demand that the Congolese government and the international community stop the ethnic cleansing and uprooting of the Banyamulenge taking place in DR Congo. The Banyamulenge are a minority tribe in DR Congo and Genocide Watch considers the situation a “genocide emergency.” Maine is home to more than 300 Banyamulenge who have resettled here.

Photos | John Ochira

The Festival of Nations celebrated its 20th year in Deering Park in Portland on July 30. The festival featured artists, musicians, craftspeople, and food vendors from all over the world. Admission was free. The Festival of Nations is the oldest diversity festival in northern New England.

Photos | John Ochira

AMJAMBO ARTS

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On stage outdoors in Portland

Monument Square will be full of music during Portland’s First Friday Art Walk on September 2, when Creative Portland and the Greater Portland Immigrant Welcome Center collaborate to present New Mainers on Stage, featuring Somali singer and oud player Hadith Bani-Adam, Syrian hip-hop artist Assasi, Guinean percussionist Namory Keita, and the Congolese brass band Fanfare Kimbanguiste (FAKI). Hadith Bani-Adam is a Somali refugee living in Lewiston who plays the oud in the traditional style and composes songs about the heartache of war. Biddeford hip-hop artist Assasi fuses Arabic hip-hop with a wide range of musical styles to sing of his Syrian roots. Namory Keita was born in Guinea to a family of well-known drummers. He became the lead drummer for his village in 2006. Keita plays at both local and international venues. FAKI is a young group of Portland-based students who formed a brass band. Their arrangements are inspired by their native Democratic Republic of Congo. New Mainers On Stage is a monthly concert series supported by the Onion Foundation and showcases the performing arts of Maine’s newest communities. During the cold months performances will be held indoors.

Also on September 2, and right down the street, the Greater Portland Immigrant Welcome Center and the Climate Initiative are co-sponsoring “Celebration of New Mainers and Climate Action” in Congress Square. The Climate Initiative is a national, nonpartisan, science-based climate change organization based in Kennebunkport with a mission to empower youth voices for climate action. The event will feature music from Zimbabwe with the Maine Marimba Ensemble and a variety of speakers, all with the goal of bringing attention to climate change, immigration, and the intersectionality of both, in Maine and globally. “Many immigrants come to Maine due to displacement issues related to climate change,” said Reza Jalali, Executive Director of the Greater Portland Immigrant Welcome Center. Jono Anzalone, who lives in Maine and is Executive Director of The Climate Initiative, said, “Our now-national organization was created because of the climate change impacts we are experiencing living on the Gulf of Maine, and we hope to connect with those in our vibrant immigrant communities on ways they can get involved and further connect to their new home through proactive climate action.”



Photos | John Ochira

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Ugandan wheelchair rugby athletes unite against discrimination | By Violet Ikong



Excited UWRF players pose for the camera after training

It is Thursday morning in Kampala, the capital of Uganda, and rugby players using wheelchairs are starting to arrive at the sports arena of Makerere University for their weekly training. The players, who are in wheelchairs because they have suffered spinal cord injuries (SCI), are all members of the Uganda Wheelchair Rugby Foundation (UWRF), a nonprofit led by 29-year-old Jairus Wanyera, who has been living with SCI for over 13 years.

How it all started

In April 2008, while he was still in high school, Wanyera and his friends traveled to Jinja, a town in southern Uganda with numerous popular tourist sites. While visiting, Wanyera fell from a considerable height after one of his friends accidentally pushed him.

According to the World Health Organization, most cases of SCI are due to preventable causes such as vehicle crashes, falls, or violence.



Jairus Wanyera, founder of UWRF

“I didn’t know what had happened to me, but I remember I couldn’t move or feel my body,” Wanyera said. He was admitted to a public hospital, but the healthcare workers could not help him.

“They were just like me, confused and not able to find out what had gone wrong with my body after the fall and why I couldn’t walk anymore,” he said. About 80% of Africans rely on public health facilities for their care, but the continent’s public health system suffers from a shortage of trained health workers.

So Wanyera left the hospital in a wheelchair in October 2008 and started to search online for answers to understand his situation. His

search convinced him he had suffered SCI. “It was devastating, and I realized from that moment that my life was going to change forever,” he said.

People with SCI are two to five times more likely to die prematurely than those without SCI. The mortality rate is also highest in the first year after injury. But Wanyera wanted to live.

“I started looking for the right information to know what exactly I had to do to survive,” he said.

Leaving to get help

Wanyera learned that he needed to undergo physiotherapy. But his experience with the health workers in the public hospital convinced him to seek treatment at a private health facility in Kenya.

Then he learned he would need over \$10,000 to pay for treatment. He was about to give up, because it was an amount he couldn’t afford, but his friends provided financial support so he could receive the treatment he needed. In 2009, he left for Kenya, where he did physical and occupational therapy at a private hospital. That therapy increased his stamina, and he learned to use a wheelchair.

Throughout his stay in Kenya, Wanyera never stopped thinking about how he could help people living with SCI in Uganda who were not as lucky as he was. He gathered information about how people living with SCI can adapt and be rehabilitated. And he wanted to promote awareness about SCI in Uganda.

“My experience with the health workers made me realize most people in my country did not know about spinal cord injury. I wanted to change that,” he said.

Back home to help others

Wanyera returned to Uganda in 2011 and resolved to help improve the lives of other people living with SCI. The first thing he did was start a social media awareness campaign. This opened the way for SCI discussions in Uganda.

“I started getting invitations from individuals and [nongovernmental organizations] to talk about spinal cord injury,” Wanyera said.

Eventually, he decided it was time to do even more.

“I told myself I could start a foundation to identify and recruit people who are of my kind, and rehabilitate or get them integrated into society,” he said. So he founded UWRF in 2018 to help achieve that objective. Today the foundation has over 80 members who are SCI survivors. A few amputees have also joined the foundation, in search of a safe space to receive emotional support.

“When I look around, I have a sense of belonging, and feel like I have a family here be-

cause I see people who go through similar situations as me. When I talk to them, they understand me,” said 29-year-old Sarah Nazziwa, who is a member of the foundation and has been living with SCI since she was 17.

As part of its approach, UWRF teaches people living with SCI to accept and love themselves.

“Before I joined the foundation, I did not have confidence in myself. It was difficult for me to move around the community in my wheelchair, but that has changed,” Nazziwa said.

South Africa has the continent’s only national wheelchair rugby league, but the foundation has successfully registered rugby as a sport suitable for people living with disabilities in Uganda. Their trained coaches (some living with SCI themselves) travel to identify young people living with disabilities – especially SCI – who are interested in playing rugby.

In addition to leading a four-hour training session every Thursday from 11 a.m to 3 p.m, Wanyera or someone on his team visits members in their houses to provide emotional support when the need arises. The awareness campaigns now include radio and television. And to make information about SCI easily accessible to anyone, UWRF is developing a manual about SCI which will be translated into local Ugandan languages.

“Information about spinal cord injury should not be available on the internet alone because so many people can’t access the internet or afford devices that are internet enabled,” Wanyera said.

The manual will be published early next year and aims to be the go-to place for people with SCI to find information about how to rehabilitate themselves.

It is not easy

But running a foundation like UWRF is expensive, and currently the nonprofit is operating without external support. Like most African governments, Uganda does not in-

vest in sports for disabled people. So, UWRF is not able to buy all the equipment they need, such as streamlined wheelchairs for rugby and tennis – sports which require speed. Most athletes on the continent can’t afford these, so players have to use whatever wheelchair is available. And they do.

But Akanbi Kazeem would like to see that change. He is a wheelchair-using tennis player from Nigeria. He noted that “people living with disabilities have won several medals for Africa in international competitions over the years, but when it comes to financing sports for them, very little is being done.”

Despite strides being made over the years toward ending discrimination against people living with disabilities in Africa, the problem still exists. And Wanyera has much to say about this: “I had a lot of friends [when the injury happened] who could not relate with someone in a wheelchair. It was painful, and even though it’s better now, we still face discrimination. African leaders and policymakers in the sports sector have to commit to investing in sports for disabled people. They must make and implement laws that will have the welfare of disabled people in sports at heart.”

One of the foundation’s goals is to create a para-rugby national team like South Africa’s so that players with disabilities are not left out of sports. They believe this will help the public change their perception of people living with disabilities and put an end to discrimination.

But in the meantime, despite Ugandan society’s generally discriminatory attitude toward those who suffer from SCIs, UWRF’s players feel supported by each other. And Thursdays are the best day of the week for them.



Wanyera with a teenage amputee



The rugby players in action during training

Obstacles not stopping Rwandan Cyusa Ian Berulo from helping others

By Olive Mukahirwa



Cyusa Ian Berulo’s life has been anything but easy. Yet despite enormous obstacles, he has not only survived but thrived. And today, at the age of 29, he heads the Cyusa Ian Berulo Foundation, which supports the efforts of more than 1,000 families in different communities across Rwanda in their struggles to become self-sufficient. His story is one of courage, determination, and compassion.

Berulo was born in 1992 in Karongi District, Rwanda, where his mother died giving birth to him. Two years later his father was killed during the 1994 Genocide against the Tutsi. His 85-year-old grandmother, who already lived in extreme poverty, then took him in and raised him. At the age of 7, Cyusa started primary school. But he was sent home for lack of school fees – his grandmother was unable to afford the 97-cent school fee per term. (The amount in Rwandan francs was 100 RWF).

So for three years, the little boy stayed home, herding neighbors’ cows in return for food. When the government launched a public universal 12-year education system, Berulo returned to school. But since it was up to him to earn food for the family, he couldn’t attend school each day.

“In the lower level of secondary school, I was able to attend class only a few days a week...on market days, I used to walk kilometers to buy potatoes with a lower price so that the next day I could resell the same potatoes at a different market where I knew the

price would be higher...I did all kind of jobs...land terracing at construction sites,” Berulo said.



But did I have money? Yes, I decided to save \$5 every month to buy rabbits for the children. I focused on very poor children, especially those who had dropped out of school, including children, so that they could buy the school materials they needed.

—Cyusa Ian Berulo



And even when he did go to school, he often left early to go to work. “The class ended at 4 p.m., but for me, I had to leave at 2 p.m. to go to find work as a grinding machine operator, and after that I had to revise my studies for the next day’s tests. I can’t forget reading [over] my notebooks with the disturbing noise of a grinding machine. It was not easy but I had no choice. That was life.”

Berulo managed to pass his Ordinary (junior secondary school) level exams and made it to a boarding school in eastern Rwanda. He had saved the equivalent of \$46 (USD), which was enough to buy all the school materials he needed. But he didn’t have school fees. He remembers hiding from school administrators so as to avoid being asked why his payment was late.

A new day

Then on April 26, 2014, a new day dawned in Berulo’s life when he received a certificate from FARG (Fund for Support and Assistance to Needy Genocide Survivors), confirming Cyusa Ian Berulo as a beneficiary whose education would be supported up to university level. The next years passed more easily, and when he graduated and returned home, he saw children living the life he used to live. He wanted to help them.

“But did I have money? Yes, I decided to save \$5 every month to buy rabbits for the children. I focused on very poor children, especially those who had dropped out of school, including children, so that they

could buy the school materials they needed,” Berulo explained.

He started by buying three rabbits for three children. Each rabbit cost between RWF 1000 and RWF 1500 (\$1 to \$1.50 USD). In 2018, Patrick Niyomuhiza, from Karongi District 12, received one rabbit. The rabbit was so productive that he was able to save and buy first a piglet, and then a cow. His mother Alphonsine said that manure from the rabbits increased their agricultural output, and they no longer struggle to pay for Patrick’s school materials and other basics for the family.

Berulo was inspired to continue, and now works with community social workers to identify children who need support and monitoring.

Sabine Uwimpuhwe, age 10, also from Karongi District, dropped out of school in 2020. But after receiving a rabbit from Berulo’s initiative, she has now returned. Her adoptive grandmother said that the rabbit has helped Sabine in more ways than purely financial.

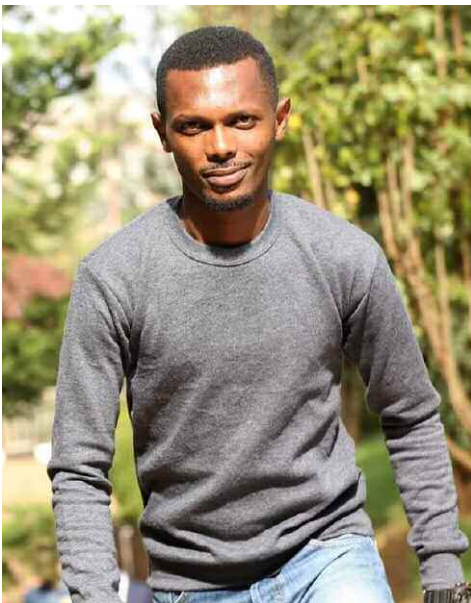
“Sabine received a rabbit...and took care of it until it produced seven more rabbits,” the grandmother said. “She sold them, bought a piglet, and saved some money. But what is the most interesting is that Sabine is now a good girl. She is very interested in studying, praying, and she became clever in class.”

The children Berulo helps are from the districts of Karongi, Rulindo, and Bugesera. Community social workers are also involved. They help the children learn about breeding the animals, and manage their studies, health, lifestyle choices, social lives, moral values, and assist in planning for the future.

Poverty in Rwanda

According to the World Bank, over the last two decades Rwanda has shown an average annual gross domestic product (GDP) growth rate of 7%. However, 38% of the population lives below the poverty line, and 16% live in extreme poverty. According to the United Nations Multidimensional Poverty Index, rural areas of Rwanda experience a much higher poverty rate than urban areas. But, according to the 18th edition of the Rwanda Economic Update, released in February 2022, there are signs of hope for the future. Rwanda’s GDP increased by 11.1% in the first nine months of 2021.

Rwanda Prime Minister Edouard Ngirente has said that by 2024 the government plans to ensure all students complete primary school and also reduce the secondary school dropout rate by at least 1%. In 2020, the government constructed more than 22,000 classrooms across the country, and has been establishing food programs in schools to provide incentives for students to attend.



Cyusa Ian Berulo



But Berulo is not waiting for the government to help children in extreme need. And his goals are ambitious – he’d like to make sure every child supported by his foundation has earned \$1,000 USD (\$1 million RWF) within five years. Will he reach his goal? The jury is out, but if the past is any indication, Berulo is very likely to do so.



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Health & Wellness

This page brought to you in part by: 

Welcome to Amjambo Africa's Health & Wellness section, devoted to important health-related topics that impact the lives of Black and Brown people heavily. All content is fully translated.

COVID-19 is not over yet

By Amy Harris

Public health experts and doctors call the current state of the COVID-19 pandemic a COVID plateau, due to recent, consistently high rates of infection. How and if we descend from the plateau depends largely on people's behavior, according to experts. Here are some frequently asked questions about the future of COVID-19.

What is the current status of COVID-19 in the U.S.?

The current rate of known new infections in the U.S. continues at high levels of about 120,000 new cases per day. However, the actual number is probably much higher because most people now test themselves at home, and don't report positive cases to public health agencies.

The number of people dying from COVID is lower than in the early days of the pandemic, but between 350-400 people are still dying each day in the U.S. Most COVID-19 deaths in recent months are among the elderly, unvaccinated, immunocompromised, those with lung or heart conditions, or those with a combination of these risk factors.



Unfortunately, too few people worry about long COVID's potential impact on themselves or their family.

—Dr. Diana Lapp



Why do new variants keep developing?

High vaccination coverage reduces virus spread and helps prevent new variants from emerging. But many people are not fully vaccinated and boosted, so new COVID-19 variants keep appearing. Viruses naturally change as they spread, and the more a virus spreads (due to low vaccination rates and numerous cases), the more chances of a virus evolving into new variants.

Most Americans are not up to date with their COVID vaccines or boosters. Nearly seven out of every 10 people in U.S. counties with high COVID-19 community levels are not up to date on COVID vaccines or boosters. As of June, about 283 million people were at high risk for infection, severe illness, death, or long COVID because of this.

Maine reports a high percentage of residents fully vaccinated against COVID-19 (81.5%), but many of them are not up to date on boosters. Lagging booster rates could keep Maine stuck on the plateau of community infection rates, long COVID, and deaths from new variants. Most deaths are preventable through vaccination.

How is the U.S. doing with the vaccine?

According to the U.S. Centers for Disease Control and Prevention (CDC) COVID Data Tracker, about 34% of U.S. residents eligible for a first booster have gotten one, and about 29% of people ages 50 years and up have gotten their second booster. Booster rates vary widely across the U.S. Vermont has the highest rate of fully vaccinated and boosted people in the nation (62.9% of the population). Maine's rate of fully vaccinated and boosted people is 58.1%.

No vaccine is ever 100% effective. However, these vaccines and boosters provide protection against getting COVID and almost always protect from severe illness and/or death.

Most current U.S. COVID-19 infections are caused by omicron BA.5, a variant of the original COVID-19 virus. Omicron BA.5 is present in 85.5% of variant-type tests.

Fully vaccinated people can catch BA.5, but are much less likely to become seriously ill than those who are unvaccinated. When vaccinated people develop symptoms, they are

Continued on page 26

COVID-19 ainda não acabou | Por Amy Harris

Especialistas em saúde pública e médicos chamam o estado atual da pandemia COVID-19 de um planalto COVID, devido às recentes e consistentemente elevadas taxas de infecção. Como e se descermos do planalto depende em grande parte do comportamento das pessoas, de acordo com os especialistas. Eis algumas perguntas frequentes sobre o futuro do COVID-19.

Qual é o estado atual do COVID-19 nos EUA?

A taxa atual de novas infecções conhecidas nos EUA continua em níveis elevados de cerca de 120.000 novos casos por dia. No entanto, o número real é provavelmente muito maior porque a maioria das pessoas agora se testa em casa, e não reporta casos positivos às agências de saúde pública.

O número de pessoas que morrem de COVID é menor do que nos primeiros dias da pandemia, mas entre 350 a 400 pessoas continuam a morrer todos os dias nos EUA a maioria das mortes no COVID-19 nos últimos meses estão entre os idosos, não vacinados, imunocompromissados, aqueles com problemas pulmonares ou cardíacos, ou aqueles com uma combinação destes fatores de risco.

Porque é que as novas variantes continuam a desenvolver-se?

A elevada cobertura de vacinação reduz a propagação do vírus e ajuda a evitar que novas variantes suram. Mas muitas pessoas não são totalmente vacinadas e impulsionadas, pelo que continuam a aparecer novas variantes COVID-19. Os vírus mudam naturalmente à medida que se espalham, e quanto mais um vírus se espalha (devido às baixas taxas de vacinação e a inúmeros casos), mais hipóteses de um vírus evoluir para novas variantes.

A maioria dos americanos não está atualizada com as vacinas ou impulsionadores do COVID. Quase sete em cada 10 pessoas nos condados dos EUA com níveis comunitários elevados de COVID-19 não estão atualizados em vacinas ou impulsionadores da COVID. Em junho, cerca de 283 milhões de pessoas estavam em risco elevado de infecção, doença grave, morte ou longo COVID por causa disso.

O Maine reporta uma elevada percentagem de residentes totalmente vacinados contra o COVID-19 (81,5%), mas muitos deles não estão atualizados em matéria de reforços. As taxas de reforço de atrasos podem manter o Maine preso no planalto das taxas de infecção comunitárias, covid longo, e mortes de novas variantes. A maioria das mortes são evitáveis através da vacinação.



Infelizmente, poucas pessoas se preocupam com o impacto potencial da COVID em si ou na sua família.

—Dr. Diana Lapp



Como estão os E.U.A. com a vacina?

De acordo com o U.S. Centers for Disease Control and Prevention (CDC) COVID Data Tracker, apenas cerca de 34% dos residentes nos EUA elegíveis para um primeiro reforço e cerca de 29% das pessoas com 50 anos ou mais receberam o seu segundo reforço. As taxas de reforço variam muito em todos os EUA.

Nenhuma vacina é 100% eficaz. No entanto, estas vacinas e impulsionadores fornecem proteção contra a obtenção de COVID e quase sempre protegem de doenças graves e/ou morte.

A maioria das infecções atuais do COVID-19 são causadas pelo omicron BA.5, uma variante do vírus COVID-19 original

continua na página 26

COVID-19 n'est pas encore terminé

Par Amy Harris

Les experts en santé publique et les médecins qualifient l'état actuel de la pandémie de COVID-19 de plateau de COVID, en raison des taux d'infection récents et constamment élevés. Selon les experts, comment et si nous descendrons de ce plateau dépendra largement du comportement des gens. Voici quelques questions fréquemment posées sur l'avenir de la COVID-19.

Quel est le statut actuel de la COVID-19 aux Etats-Unis?

Le taux actuel de nouvelles infections connues aux Etats-Unis se maintient à un niveau élevé d'environ 120 000 nouveaux cas par jour. Cependant, le nombre réel est probablement beaucoup plus élevé, car la plupart des gens se testent désormais chez eux et ne signalent pas les cas positifs aux organismes de santé publique.

Le nombre de décès dus à la COVID est plus faible qu'au début de la pandémie, mais entre 350 et 400 personnes meurent encore chaque jour aux Etats-Unis. La plupart des décès dus à la COVID-19 au cours des derniers mois sont survenus chez des personnes âgées, non vaccinées, immunodéprimées, souffrant de problèmes pulmonaires ou cardiaques, ou présentant une combinaison de ces facteurs de risque.

Pourquoi de nouveaux variants continuent-ils à se développer?

Une couverture vaccinale élevée réduit la propagation du virus et contribue à empêcher l'apparition de nouveaux variants. Mais de nombreuses personnes ne sont pas entièrement vaccinées et ne reçoivent pas de rappel, de sorte que de nouveaux variants de la COVID-19 continuent d'apparaître. Les virus évoluent naturellement lorsqu'ils se propagent, et plus un virus se propage (en raison de faibles taux de vaccination et de nombreux cas), plus il y a de chances qu'un virus évolue vers de nouvelles variantes.

La plupart des Américains ne sont pas à jour dans leurs vaccins ou rappels COVID. Près de sept personnes sur dix dans les régions américaines où les niveaux communautaires de COVID-19 sont élevés ne sont pas à jour dans leurs vaccins ou rappels COVID. En juin, environ 283 millions de personnes étaient exposées à un risque élevé d'infection, de maladie grave, de décès ou de COVID longue durée pour cette raison.

Le Maine rapporte un pourcentage élevé de résidents entièrement vaccinés contre la COVID-19 (81,5 %), mais beaucoup d'entre eux ne sont pas à jour dans leurs rappels. Le retard des taux de rappel pourrait maintenir le Maine sur le plateau des taux d'infection communautaires, des longs COVID et des décès dus aux nouvelles variantes. La plupart des décès peuvent être évités par la vaccination.

Où en sont les États-Unis en matière de vaccination ?

Selon le COVID Data Tracker des Centres américains de contrôle et de prévention des maladies (CDC), seuls 34 % environ des résidents américains éligibles pour un premier rappel et 29 % environ des personnes âgées de 50 ans et plus ont reçu leur deuxième rappel. Les taux de rappel varient considérablement d'un pays à l'autre.

Aucun vaccin n'est jamais efficace à 100 %. Cependant, ces vaccins et rappels offrent une protection contre la COVID et protègent presque toujours contre une maladie grave et/ou la mort.

La plupart des infections actuelles à la COVID-19 aux Etats-Unis sont causées par l'omicron BA.5, une variante du virus COVID-19 original. L'omicron BA.5 est présent dans 85,5 % des tests de la variante.

Les personnes entièrement vaccinées peuvent attraper le BA.5, mais elles sont beaucoup moins susceptibles de tomber gravement malades que celles qui ne sont pas vaccinées. Lorsque les personnes vaccinées développent des

Suite sur la page 26

Xanunka xaqdu 19 ma dhammaan

Waxaa qoray Amy Harris

Public health experts and doctors call the current state of the COVID-19 pandemic a COVID plateau, due to recent, consistently high rates of infection. Sidee iyo haddii aan ka soo degno plateau waxay si weyn ugu xidhan tahay dhaqanka dadka, sida ay sheegeen khabaradu. Waa kuwan qaar ka mid ah su'aalaha badanaa la isweydiyo ee ku saabsan mustaqbalka qarka-19.

Waa maxay xaalada aadka ee dovid-19 ku jirta heerka ugu.s-ka ee Mareykanka ee caanka ah ee lagu yaqaan 'U.S'?

Si kastaba ha noqotee, lambarka dhabta ah ayaa laga yaabaa inuu aad u badan yahay 120,000 kaysaska cusubmaxaa yeelay dadka badankoodu waxay hadda isku baaraan guryahooda, hana u soo sheegin kiisas wanaagsan hay'adaha caafimaadka dadweynaha.



“Nasiib darrose, dad aad u tiro yar ayaa ka walwaleysa saameynta ugu badan ee suuragalka ah ee naftooda ama qoyskooda

—Dk Diana Lapp



Tirada dadka dhinta ee aad ka soo dhiwrta ayaa ka hooseysa maalmihii hore ee masiibada, laakiin inta u dhaxaysa 350-400 oo qof ayaa maalin walba dhimashada ugu dambeeyey, kuwaas oo ay ka mid yihiin dadka da'da ah, kuwa aan la tallaalin, kuwaas oo aan la tallaalin. oo leh xaaladaha sambabka ama wadnaha, ama kuwa isku darka sababahan halista ah.

Maxay u kala duwanaanshaha cusub ee tallaalka si dhif ah u sii faafaya fayraska ku faafo oo ka caawiya?

kahortaga kala duwanaanshaha cusub ee soo ifbaxa xanunka loo yaqano(COVID—19). Laakiin dad badan oo aan si buuxda u tallaalin oo xoojiya, sidaa darteed noocyo cusub oo dovid-19 ah ayaa u muuqda. Fayras ahaan si dabiici ah ayey isu beddelaan markay faafiyaan, iyo in ka badan fayrasku ku faafo (oo ay ugu wacan tahay heerarka tallaalka oo hooseysa iyo xaaladaha badan ee ka mid ah fursadaha badan ee fayrasku u beddelo kala duwanaansho cusub.

Badanaa dadka Mareykanka ah kuma eka inay la socdaan talaalka taladooda ama xoojiyayaasha. Ku dhawaad toddobo ka mid ah 10kii qof ee ka mid ah gobollada U.S.. Laga bilaabo bisha Juun, qiyaastii 283 milyan oo qof ayaa halis ugu jira infekshinka, jirada daran, geeri, ama boof dheer oo tan darteed.

Maine ayaa soo warinaysa in tiro badan oo ka mid ah dadka degan dadka degan deganeyaasha si buuxda looga tallaalay qarkaha-19 (81.5%), laakiin qaar badan oo ka mid ah ma cusbooneysiinayaan xoojinta. Qiimaha lagu keydiyo ee lagu keydiyo waxay ku dhejin kartaa maine petheau heerarka caabuqa bulshada, bool dheer, iyo dhimasho ka soo baxa kala duwanaanshaha cusub. Badanaa dhimashada waa laga hortagi karaa tallaalka.

Sidee loo sameeyaa U.S. qabashada tallaalka?

Sida laga soo xigtay Xarumaha Xakamaynta iyo Kahortagga Cudurrada ee Maraykanka (CDC) Xogta Raadiyaha

Ku sii soconaya bogga 27

COVID-19 bado haijaisha

Na Amy Harris

Wataalamu wa afya ya umma na madaktari huita hali ya sasa ya janga la COVID-19 kuwa uwanda wa COVID-19, kutokana na viwango vya juu vya maambukizi vinavyo- oendelea vya hivi majuzi. Jinsi na ikiwa tunashuka kutoka kwa uwanda hutegemea sana tabia ya watu, kulingana na wataalam. Haya hapa ni baadhi ya maswali yanayoulizwa mara kwa mara kuhusu mustakabali wa COVID-19.

Je, hali ya sasa ya COVID-19 nchini Marekani ikoje?

Kiwango cha sasa cha maambukizo mapya yanayojulikana nchini Merika kinaendelea katika viwango vya juu vya kesi mpya 120,000 kwa siku. Walakini, idadi halisi labda ni kubwa zaidi kwa sababu watu wengi sasa wanajipima nyumbani, na hawaripoti kesi chanya kwa mashirika ya afya ya umma.

Idadi ya watu wanaokufa kutokana na COVID-19 ni ndogo kuliko siku za mwanzo za janga hilo, lakini kati ya watu 350-400 bado wanakufa kila siku nchini Marekani Vifo vingi vya COVID-19 katika miezi ya hivi karibuni ni miongoni mwa wazee, wasio na chanjo, wasio na kinga, wale. na hali ya mapafu au moyo, au wale walio na mchanganyiko wa sababu hizi za hatari.

Kwa nini vibadala vipya vinaendelea kutengenezwa?

Utoaji wa juu wa chanjo hupunguza kunea kwa virusi na husaidia kuzuia lahaja mpya kuibuka. Lakini watu wengi hawajachanjwa kikamilifu na kuongezwa nguvu, kwa hivyo vibadala vipya vya COVID-19 vinaendelea kuonekana. Virusi hubadilika kiasili zinapoenea, na kadiri virusi vinavyo- oenea (kutokana na viwango vya chini vya chanjo na visa vingi), ndivyo uwezekano wa virusi kubadilika kuwa lahaja mpya.

Wamarekani wengi hawajasasishwa na chanjo zao za COVID au nyongeza. Takriban watu saba kati ya 10 katika kaunti za Marekani zilizo na viwango vya juu vya jumuiya ya COVID-19 hawajasasishwa kuhusu chanjo au viboresaji vya COVID. Kufikia Juni, takriban watu milioni 283 walikuwa katika hatari kubwa ya kuambukizwa, ugonjwa mbaya, kifo, au COVID kwa muda mrefu kwa sababu ya hii.



Kwa bahati mbaya, watu wachache sana wana wasiwasi juu ya athari ya muda mrefu ya COVID juu yao wenyewe au familia zao.

—Dk Diana Lapp



Maine inaripoti asilimia kubwa ya wakaazi waliopewa chanjo kamili dhidi ya COVID-19 (81.5%), lakini wengi wao hawajasasishwa kuhusu nyongeza. Viwango vya nyongeza vilivyopungua vinaweza kuweka Maine kukwama kwenye safu ya viwango vya maambukizo ya jamii, COVID ndefu, na vifo kutoka kwa anuwai mpya. Vifo vingi vinaweza kuzuilika kupitia chanjo.

Je, Marekani inaendeleaje na chanjo?

Kulingana na Kituo cha Kudhibiti na Kuzuia Magonjwa cha Marekani (CDC) COVID Data Tracker, ni takriban 34% tu ya wakazi wa Marekani wanaostahiki nyongeza ya kwanza na takriban 29% ya watu wenye umri wa miaka 50 na zaidi wamepata ny-

Inaendelea kwenye ukurasa 27

COVID 19 ntabwo irararangira

Yanditswe na Amy Harris

Impuguke mu by'ubuzima rusange hamwe n'abaganga bavuga ko icyorezo COVID 19 cyakwitwa ko kiri mu bihe byo kuzamuka kandi bikaguma hejuru bitewe n'ubwandu bwinshi bushya kdi mu gihe kirekire. Uburyo ndetse no kumenya niba twamanuka tukava iyo hejuru, biterwa ahanini n'imyitwarire y'abantu, nk'uko impuguke zibivuga. Hano hari ibibazo bikunze kubazwa ku hazaza ha COVID-19.

Ni gute COVID-19 ihagaze muri U.S ubu?

Imibare mishya izwi kandi ya vuba ku bwandu bushya muri U.S ikomeje kuba hejuru ahagera muri 120,000 by'ubwandu bushya buri muni. Cyakora, umubare w'ukuri ugomba kuba uri hejuru cyane kurusha uyu bitewe n'uko abantu benshi kuri ubu bipimira murugo, kdi ntibabwire inzego z'ubuzima ko banduye.

Imibare y'abantu bicwa na COVID iri hasi ugereranyije no mu minsi yambere y'icyorezo, gusa abantu bari hagati ya 350-400 bari guhitanwa na COVID-19 buri muni muri U.S. Benshi muri bo muri iyi minsi bakaba ari abakuze, abadakingiye, abafite ubudahangarwa bujagajaga, abafite indwara z'ibihaha cyangwa umutima, cyangwa se abafite uruhuri rw'ibirenze kimwe muri ibi



Akomeza agira ati “Birababaje uburyo abantu bake ari bo batekereza ku ngaruka z'igihe kirekire zishoboka za COVID kuri bo no ku miryango yabo.

—Dr Diana Lapp



tumaze kuvuga. **Ese kuki iyi ndwara ikomeje kwihinduranya?**

Kugira abantu benshi bikingiye bigabana uburyo virusi ikwirakwira kandi bigafasha mu gukumira virusi zihinduranyije kuvuka. Cyakora benshi ntabwo bakingiwe ku buryo bwuzuye nta n'urukingo rwo gushimangira bafashe, bityo rero COVID-19 zihinduranyije zigakomeza kuboneka. Mu busanzwe virusi zihinduranya uko zigenda zisakara, kandi uko irushaho gusakara (bitewe n'umubare muto w'abakingiwe n'abanduye benshi), niko yihinduranya kenshi.

Benshi mu Banyamerika ntabwo bafashe inkingo bakwiye kuba bafite muri iki gihe. Uturere hafi 7 ku 10 muri U.S mu bafite COVID-19 nyinshi ni ahari abataratewe inkingo zuzuye za COVID cyangwa ngo bafate izo gushimangira. Imibare yo mu kwa gatandatu uyu mwaka yerekana ko miliyoni 283 muri iki gihugu bari bafite ibyago byinshi byo kwandura, kuremba, gupfa cyangwa se kurwara COVID igihe kirekire bitewe n'iki kibazo.

Maine ifite ijanisha riri hejuru ry'abaturage bakingiwe ku buryo bwuzuye COVID-19 (81.5%), cyakora benshi muri bo ntabwo inkingo zabo ziri ku gihe cyangwa ngo babe barafashe urwo gushimangira. Kugira urugero rw'abadafite urwo gushimangira bishobora gutuma Maine ikomeza kuba hejuru ku bafite ubwandu bwinshi mu baturage, abarwaza COVID igihe kirekire,

komereza ku ipaji 27

COVID-19 aún no ha terminado

Por Amy Harris

Los expertos en salud pública y los médicos llaman al estado actual de la pandemia de COVID-19 una meseta de COVID, debido a las tasas de infección recientes y consistentemente altas. Cómo y si descendemos de la meseta depende en gran medida del comportamiento de las personas, según los expertos. Aquí hay algunas preguntas frecuentes sobre el futuro de COVID-19.



Desafortunadamente, muy pocas personas se preocupan por el impacto potencial prolongado de COVID en ellos mismos o en su familia.

—Dra. Diana Lapp



¿Cuál es el estado actual de COVID-19 en los EE. UU.?

La tasa actual de nuevas infecciones conocidas en los EE. UU. continúa en niveles altos de alrededor de 120,000 casos nuevos por día. Sin embargo, el número real probablemente sea mucho más alto porque la mayoría de las personas ahora se hacen la prueba en casa y no informan los casos positivos a las agencias de salud pública.

La cantidad de personas que mueren por COVID es menor que en los primeros días de la pandemia, pero entre 350 y 400 personas siguen muriendo cada día en los EE. UU. La mayoría de las muertes por COVID-19 en los últimos meses son entre ancianos, no vacunados, con afecciones pulmonares o cardíacas, o aquellos con una combinación de estos factores de riesgo.

¿Por qué siguen desarrollándose nuevas variantes?

La alta cobertura de vacunación reduce la propagación del virus y ayuda a prevenir la aparición de nuevas variantes. Pero muchas personas no están completamente vacunadas y reforzadas, por lo que siguen apareciendo nuevas variantes de COVID-19. Los virus cambian naturalmente a medida que se propagan, y cuanto más se propaga un virus (debido a las bajas tasas de vacunación y numerosos casos), más posibilidades hay de que un virus evolucione hacia nuevas variantes.

La mayoría de los estadounidenses no están al día con sus vacunas o refuerzos contra el COVID. Casi siete de cada 10 personas en los condados de EE. UU. con niveles comunitarios altos de COVID-19 no están al día con las vacunas o refuerzos contra el COVID. A partir de junio, alrededor de 283 millones de personas estaban en alto riesgo de infección, enfermedad grave, muerte o COVID prolongado debido a esto.

Maine informa un alto porcentaje de residentes completamente vacunados contra COVID-19 (81.5%), pero muchos de ellos no están al día con los refuerzos. Las tasas de refuerzo rezagadas podrían mantener a Maine atrapada en la meseta de las tasas de infección comunitaria, COVID prolongado y muertes por nuevas variantes. La mayoría de las muertes se pueden prevenir mediante la vacunación.

¿Cómo le va a Estados Unidos con la vacuna?

Según el rastreador de datos COVID de los Centros para el Control y la Prevención

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almost always less severe than in unvaccinated people. Being up to date with vaccines means someone has received all recommended COVID-19 vaccines, including booster doses, when eligible.

Why are boosters important?

The original vaccine does not protect as well against new variants, such as omicron BA.5, as against previous variants. COVID-19 vaccines become less effective over time, and most people received their two-part vaccines and first or second boosters four months to one year ago. Staying up to date with COVID-19 vaccines, including all recommended boosters, is the best protection from severe COVID-19 illness.

Those who have received both vaccine doses and one or two boosters are better protected against omicron infection than those who only received the first two doses. The Biden administration warns that the U.S. could see 100 million more coronavirus infections this fall and winter, with a wave of deaths, as new variants increase infection rates.



The uptake in COVID-19 vaccines for young pediatric patients is slow, as well as boosters for all – whether it’s from COVID fatigue, because it’s not mandated, or from a lack of trust is hard to know, but probably a combination of all.

–Dr. Diana Lapp, Medical Director at the Park Avenue site for Greater Portland Health



Who should get COVID-19 boosters?

Almost everyone ages 5 years and older should get one booster after completing their pair of primary COVID vaccines, according to the current CDC recommendations. Those over 50 years old should get a second booster. Some people ages 12 and over who are moderately or severely immunocompromised should also get a second booster. Additional boosters are on the way. These new boosters will protect against some newer variants. Talk with a health-care provider or pharmacist, or go to the Maine Center for Disease Control and Prevention website to learn when and how to get the updated boosters, which will most likely be available in fall or early winter.

Do I still need to get fully vaccinated and boosted if I know I had COVID-19?

Yes. The natural immunity from being infected only lasts for a short time, and does not always protect against newer variants. The degree of protection also depends on the severity of the illness, length of time since the infection, and age. Predicting whether someone’s infection will be like a mild cold or will lead to death is impossible, so skipping the vaccine and boosters is risky.

Also, the risk of developing long COVID is significant. People with long COVID continue to experience symptoms for months and possibly even years.

What are the side effects of the COVID-19 vaccine?

The vaccines cannot give you COVID. They also do not cause variants. Not everyone has side effects from being vaccinated, but some do. The most commonly reported side effects of the mRNA COVID-19 vaccines and boosters are pain or swelling at the injection site, fever, tiredness, headache, muscle pain, and chills. Side effects go away within a few days. The known risks and possible severe complications of getting COVID-19 far outweigh the potential risks of having a rare, adverse reaction to vaccination. Many people mistakenly attribute other health problems or changes to their vaccination, which are almost always unrelated.

Do the vaccines harm people?

No, they do not harm people. The idea of harm comes from misinformation spread through social media by people who wanted to profit from deception. COVID-19 vaccines do not change or interact with genetic material (DNA) in any way. They do not make people magnetic or shed any components inside the body. The vaccines do not contain ingredients such as preservatives, aborted fetal cell tissue, microchips, antibiotics, food proteins, medicines, latex, or metals. Talk with a doctor or healthcare provider about vaccine concerns.

Are the COVID-19 vaccines safe for younger children

Continuado a partir da página 24

inal. Omicron BA.5 está presente em 85,5% dos testes do tipo variante. As pessoas totalmente vacinadas podem apanhar BA.5, mas são muito menos suscetíveis de ficar gravemente doentes do que aquelas que não estão vacinadas. Quando as pessoas vacinadas desenvolvem sintomas, são quase sempre menos graves do que em pessoas não vacinadas. Estar atualizado com as vacinas significa que alguém recebeu todas as vacinas recomendadas covid-19, incluindo doses de reforço, quando elegíveis.

Por que os reforços são importantes?

A vacina original não protege tão bem contra novas variantes, como o omicron BA.5, como contra variantes anteriores. As vacinas COVID-19 tornam-se menos eficazes ao longo do tempo, e a maioria das pessoas recebeu as suas vacinas em duas partes e o primeiro ou segundo impulsadores há quatro meses a um ano. Asurgiu com as vacinas COVID-19, incluindo todos os impulsadores recomendados, é a melhor proteção contra doenças graves do COVID-19.

Aqueles que receberam tanto as doses da vacina como um ou dois impulsadores estão mais bem protegidos contra a infeção por omicron do que aqueles que só receberam as duas primeiras doses. A administração Biden avisa que os EUA podem ver mais 100 milhões de infeções por coronavírus neste outono e inverno, com uma onda de mortes, à medida que novas variantes aumentam as taxas de infeção.

Quem deve arranjar reforços COVID-19?

Quase todos com idade igual ou superior a cinco anos de idade devem receber um reforço após completarem o par de vacinas primárias do COVID, de acordo com as recomendações atuais do CDC. Aqueles com mais de 50 anos devem ter um segundo reforço. Algumas pessoas com idade igual ou superior a 12 anos que são moderada ou severamente imunocompromissadas também devem receber um segundo reforço.

Reforços adicionais estão a caminho. Estes novos reforços proteger-se-ão contra algumas variantes mais recentes. Fale com um prestador de cuidados de saúde ou farmacêutico, ou vá ao site do Maine Center for Disease Control and Prevention para saber quando e como obter os reforços atualizados, que provavelmente estarão disponíveis no outono ou no início do inverno.

Ainda preciso de ser totalmente vacinado e impulsionado se souber que tinha COVID-19?

Sim. A imunidade natural de ser infetada dura apenas um curto espaço de tempo, e nem sempre protege contra variantes mais recentes. O grau de proteção também depende da gravidade da doença, do tempo desde a infeção e da idade. Prever se a infeção de alguém será como uma constipação leve ou levará à morte é impossível, por isso saltar a vacina e os reforços é arriscado.

Além disso, o risco de desenvolver um COVID longo é significativo. Pessoas com um longo COVID continuam a sentir sintomas durante meses e possivelmente até anos.



A absorção de vacinas COVID-19 para jovens doentes pediátricos é lenta, bem como impulsionadora para todos – seja por fadiga covid, porque não é mandatada, ou por falta de confiança é difícil de saber, mas provavelmente uma combinação de todos.

–Dr. Diana Lapp, Diretora Médica do site Park Avenue para a Greater Portland Health



Quais são os efeitos colaterais da vacina COVID-19?

As vacinas não podem dar-lhe COVID. Também não causam variantes. Nem todos têm efeitos colaterais de ser vacinados, mas alguns têm. Os efeitos colaterais mais relatados das vacinas e estimuladores mRNA COVID-19 são dor ou inchaço no local da injeção, febre, cansaço, dor de cabeça, dores musculares e calafrios. Os efeitos colaterais desaparecem dentro de alguns dias. Os riscos conhecidos e possíveis complicações graves de obtenção do COVID-19 superam em muito os riscos potenciais de ter uma reação rara e ad-

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symptômes, ceux-ci sont presque toujours moins graves que chez les personnes non vaccinées. Être à jour dans ses vaccins signifie qu'une personne a reçu tous les vaccins recommandés contre la COVID-19, y compris les doses de rappel, lorsqu'elle y est éligible.

Pourquoi les rappels sont-ils importants ?

Le vaccin original ne protège pas aussi bien contre les nouveaux variants, comme l'omicron BA.5, que contre les variants précédents. Les vaccins COVID-19 perdent de leur efficacité avec le temps. La plupart des personnes ont reçu leur vaccin en deux parties et leur premier ou deuxième rappel il y a quatre mois à un an. Rester à jour avec les vaccins COVID-19, y compris tous les rappels recommandés, est la meilleure protection contre la maladie grave de la COVID-19.

Les personnes qui ont reçu les deux doses du vaccin et un ou deux rappels sont mieux protégées contre l'infection par l'omicron que celles qui n'ont reçu que les deux premières doses. L'administration Biden prévient que les États-Unis pourraient connaître 100 millions d'infections supplémentaires à Coronavirus cet automne et cet hiver, avec une vague de décès, car de nouvelles variantes augmentent les taux d'infection.

Qui doit recevoir des rappels de COVID-19 ?

Selon les recommandations actuelles des CDC, presque toutes les personnes âgées de cinq ans et plus doivent recevoir un rappel après avoir reçu la paire de vaccins primaires COVID. Les personnes de plus de 50 ans devraient recevoir un deuxième rappel. Certaines personnes âgées de 12 ans et plus qui sont modérément ou gravement immunodéprimées devraient également recevoir un deuxième rappel.



L'adoption des vaccins COVID-19 pour les jeunes patients pédiatriques est lente, de même que les rappels pour tous - il est difficile à savoir si que c'est dû à une lassitude à l'égard de la COVID, du fait qu'il n'est pas obligatoire, ou d'un manque de confiance, mais probablement un mélange de tout cela.

–Dr Diana Lapp, Directrice médicale du site de Park Avenue pour Greater Portland Health.



D'autres rappels sont en préparation. Ces nouveaux rappels protégeront contre certaines variantes plus récentes. Parlez-en à votre docteur ou à votre pharmacien, ou consultez le site Web du Maine Center for Disease Control and Prevention pour savoir quand et comment obtenir les nouveaux rappels, qui seront probablement disponibles à l'automne ou au début de l'hiver.

Dois-je quand même être entièrement vacciné et recevoir un rappel si je sais que j'ai eu la COVID-19 ?

Oui. L'immunité naturelle due à l'infection ne dure que peu de temps et ne protège pas toujours contre les nouvelles variantes. Le degré de protection dépend également de la gravité de la maladie, du temps écoulé depuis l'infection, et de l'âge. Il est impossible de prédire si l'infection d'une personne ressemblera à un simple rhume ou si elle entraînera la mort, c'est pourquoi il est risqué de ne pas recevoir le vaccin et les rappels.

De plus, le risque de développer un COVID long est important. Les personnes atteintes du COVID long continuent de présenter des symptômes pendant des mois, voire des années.

Quels sont les effets secondaires du vaccin COVID-19?

Les vaccins ne peuvent pas vous donner la COVID. Ils ne provoquent pas non plus de variantes. Tout le monde n'a pas d'effets secondaires suite à une vaccination, mais certains en ont. Les effets secondaires les plus fréquemment signalés des vaccins et des rappels à base d'ARNm COVID-19 sont une douleur ou un gonflement au point d'injection, de la fièvre, de la fatigue, des maux de tête, des douleurs musculaires et des frissons. Les effets secondaires disparaissent en quelques jours. Les risques connus et les complications graves possibles de l'administration du COVID-19 l'emportent largement sur les risques potentiels d'une réaction indésirable



It’s Time to Talk–Is There a Safe Amount of Alcohol to Drink?

Drinking alcohol can cause health risks. Find out how it can affect you.

You should not drink any alcohol if you:

- ⊗ Are pregnant
- ⊗ Are under the age of 21
- ⊗ Take medication that interacts with alcohol
- ⊗ Are recovering from an alcohol use disorder, or cannot control how much you drink
- ⊗ Have a medical condition that is made worse by alcohol



There is no safe amount of alcohol to drink. Even small amounts are risky.

Drinking alcohol can cause serious health problems.

- ⚠ Cancer
- ⚠ Stroke
- ⚠ Liver disease
- ⚠ Heart disease
- ⚠ Death



Many Mainers said the Covid-19 pandemic caused an increase in stress, isolation, and alcohol use. If you feel this way, you can talk to your health care provider for help.



A national study found 32% of participants reported binge drinking during Covid-19 stay-at-home orders.¹

17.9% of Mainers report binge drinking within the last month.²

In 2020 there were



1,265

crashes that involved drivers impaired from alcohol and/or drugs.³



19,592

alcohol-related emergency department visits in Maine.⁴



2,471

EMS responses related to alcohol, nearly a 60% increase since 2010.⁵



Where do you start?
Find more information on alcohol use.



Alcohol and Your Health: What are the Risks?

Time to Ask is an education program in Maine that helps health care teams talk to individuals about alcohol use. Learn more at www.lunderdineen.org/program/alcohol-use-time-to-ask/



Sources: 1. International Journal of Environmental Research and Public Health 2. Maine State Epidemiological Outcomes Workgroup 3. Maine Department of Transportation 4. CDC Syndromic Surveillance System 5. Maine Emergency Medical Services

(ages 6 months to 11 years)?

Yes. That is why the CDC recommends COVID-19 vaccines for everyone ages 6 months and older, as well as boosters for everyone ages 5 years and older, if eligible. Millions of children and teens, ages 5 through 17, have received at least one COVID-19 vaccine dose, without signs of problems.


Will I get long COVID if I get COVID?

You could. Approximately 1 out of every 5, to 1 out of every 8 people infected with the virus develops long COVID. Long COVID is a collection of symptoms and conditions that can linger for months or years, in both children and adults, after an initial infection. There is no test for long COVID, and no one knows what risk factors determine who will get it. However, between seven and 23 million U.S. residents have already experienced long COVID, and may face health challenges for years to come. Symptoms can include nervous system problems such as brain fog, fatigue, and headaches; respiratory problems like chest pain or shortness of breath; and other symptoms such as heart palpitations, muscle aches, changes to skin and hair, and sexual dysfunction.

Is it harmful to get COVID-19 more than once?

Yes, possibly. New research suggests that repeated COVID-19 infection is associated with a higher risk of heart problems such as heart attack, heart inflammation, blood clots, and stroke within the first year following infection. People already experiencing poor health from prior heart disease, prior hospitalization for COVID, or older age may be at greatest risk for serious complications of multiple infections.

Should I wear a mask?



Too many people underestimate the health benefits of continuing to mask - for both COVID prevention, and because of the side benefit of preventing other common winter illnesses, such as flu.

—Dr. Diana Lapp

Yes, you should wear a mask indoors in crowded settings. Mask-wearing in indoor settings reduces virus spread and keeps people healthier. Without preventive measures such as vaccinating and masking during outbreaks, high COVID-19 infection rates will continue to disrupt life, straining our healthcare system and economy. Unfortunately, the pandemic is far from over, even though one in three Americans believes it is over due to misinformation. Continued vigilance will bring us down from the current COVID plateau nationally and here in Maine.

versa à vacinação. Muitas pessoas atribuem erradamente outros problemas de saúde ou alterações à sua vacinação, que quase sempre não estão relacionadas.

As vacinas prejudicam as pessoas?

Não, não fazem mal às pessoas. A ideia de maldiscerou a desinformação difundida através das redes sociais por pessoas que queriam lucrar com o engano. As vacinas COVID-19 não mudam ou interagem com o material genético (ADN) de forma alguma. Não fazem as pessoas magnéticas ou derramam nenhum componente dentro do corpo. As vacinas não contêm ingredientes como conservantes, tecidos celulares fetais abortados, microchips, antibióticos, proteínas alimentares, medicamentos, látex ou metais. Fale com um médico ou prestador de cuidados de saúde sobre as preocupações com a vacina.

As vacinas COVID-19 são seguras para crianças mais novas (dos 6 meses aos 11 anos)?

Sim. É por isso que o CDC recomenda vacinas COVID-19 para todos os maiores de 6 meses, bem como reforços para todos os maiores de 5 anos, se forem elegíveis. Milhões de crianças e adolescentes, com idades compreendidas entre os 5 e os 17 anos, receberam pelo menos uma dose de vacina COVID-19, sem sinais de problemas.

Terei um longo COVID se tiver o COVID?

Podia sê-lo. Aproximadamente uma em cada cinco a uma em cada oito pessoas infetadas com o vírus desenvolve um longo COVID. Long COVID é uma coleção de sintomas e condições que podem permanecer por meses ou anos, tanto em crianças como em adultos, após uma infeção inicial. Não há teste para um COVID longo, e ninguém sabe que fatores de risco determinam quem vai obtê-lo. No entanto, entre sete e 23 milhões de residentes nos EUA já experimentaram um longo COVID, e que podem enfrentar desafios de saúde nos anos vindouros. Os sintomas podem incluir problemas do sistema nervoso, tais como nevoeiro cerebral, fadiga e dores de cabeça; problemas respiratórios como dor no peito, ou falta de ar; e outros sintomas, tais como palpitações cardíacas, dores musculares, alterações na pele e no cabelo, e disfunção sexual.

É prejudicial conseguir o COVID-19 mais do que uma vez?

Sim, possivelmente. Novas pesquisas sugerem que a infeção repetida do COVID-19 está associada a um maior risco de problemas cardíacos, tais como ataque cardíaco, inflamação cardíaca, coágulos sanguíneos e acidente vascular cerebral no primeiro ano após a infeção. As pessoas que já sofrem de má saúde devido a doenças cardíacas anteriores, o internamento prévio para o COVID, ou a idade mais velha podem estar em maior risco para complicações graves de múltiplas infeções.

Devo usar uma máscara?

Sim, devias usar uma máscara dentro de casa em ambientes cheios. O uso de máscaras em ambientes internos reduz a propagação do vírus e mantém as pessoas mais saudáveis. Sem medidas preventivas como a vacinação e a máscara durante os surtos, as elevadas taxas de infeção COVID-19 continuarão a perturbar a vida, condicionando o nosso sistema de saúde e a nossa economia. Infelizmente, a pandemia está longe de terminar, embora um em cada três americanos acredite que acabou devido à desinformação. A vigilância continua vai derrubar-nos do atual planalto da COVID a nível nacional e aqui no Maine.

rare à la vaccination. De nombreuses personnes attribuent par erreur à leur vaccination d'autres problèmes de santé ou des changements, qui n'ont presque jamais de rapport.

Les vaccins sont-ils dangereux pour les personnes ?

Non, ils ne font pas de mal aux gens. L'idée de préjudice vient de la désinformation diffusée sur les médias sociaux par des personnes qui voulaient profiter de la tromperie. Les vaccins COVID-19 ne modifient pas et n'interagissent pas avec le matériel génétique (ADN) de quelque manière que ce soit. Ils ne rendent pas les gens magnétiques et ne perdent aucun composant à l'intérieur du corps. Les vaccins ne contiennent pas d'ingrédients tels que des conservateurs, des tissus de cellules de fœtus avortés, des puces électroniques, des antibiotiques, des protéines alimentaires, des médicaments, du latex ou des métaux. Parlez à un médecin ou à un prestataire de soins de santé de vos préoccupations concernant les vaccins.

Les vaccins COVID-19 sont-ils sûrs pour les jeunes enfants (de 6 mois à 11 ans) ?

Oui. C'est pourquoi les CDC recommandent les vaccins COVID-19 pour tous les enfants âgés de 6 mois et plus, ainsi que les rappels pour tous les enfants âgés de 5 ans et plus, s'ils sont éligibles. Des millions d'enfants et d'adolescents, âgés de 5 à 17 ans, ont reçu au moins une dose du vaccin COVID-19, sans aucun signe de problème.

Est-ce que j'aurai un long COVID si j'ai le COVID?

C'est possible. Environ une personne sur cinq à une personne sur huit infectées par le virus développe un COVID long. Le COVID long est un ensemble de symptômes et d'affections qui peuvent persister pendant des mois ou des années, tant chez les enfants que chez les adultes, après une infection initiale. Il n'existe pas de test pour le COVID long, et personne ne sait quels facteurs de risque déterminent qui en sera atteint. Cependant, entre sept et 23 millions de résidents américains ont déjà fait l'expérience d'un long COVID, et pourraient être confrontés à des problèmes de santé pour les années à venir. Les symptômes peuvent inclure des problèmes du système nerveux tels que le brouillard cérébral, la fatigue et les maux de tête ; des problèmes respiratoires tels que les douleurs thoraciques ou l'essoufflement ; et d'autres symptômes tels que les palpitations cardiaques, les douleurs musculaires, les changements au niveau de la peau et des cheveux et les dysfonctionnements sexuels.

Est-il dangereux d'avoir la COVID-19 plus d'une fois ?

Oui, probablement. De nouvelles recherches suggèrent que l'infection répétée à la COVID-19 est associée à un risque plus élevé de problèmes cardiaques tels que crise cardiaque, inflammation cardiaque, caillots sanguins et accident vasculaire cérébral dans




Malheureusement, trop peu de gens s'inquiètent de l'impact potentiel du COVID long sur eux-mêmes ou sur leur famille

—Dr. Diana Lapp

la première année suivant l'infection. Les personnes dont l'état de santé est déjà précaire en raison d'une maladie cardiaque antérieure, d'une hospitalisation antérieure pour la COVID ou d'un âge plus avancé peuvent être plus exposées aux complications graves des infections multiples.

Dois-je porter un masque ?

Oui, vous devriez porter un masque à l'intérieur dans les endroits bondés. Le port du masque à l'intérieur réduit la propagation du virus et maintient les gens en meilleure santé. Sans mesures préventives telles que la vaccination et le port du masque pendant les épidémies, les taux élevés d'infection par la COVID-19 continueront à perturber la vie, mettant à rude épreuve notre système de santé et notre économie. Malheureusement, la pandémie est loin d'être terminée, même si un Américain sur trois pense qu'elle est terminée en raison de la désinformation. Une vigilance continue nous fera descendre du plateau actuel de COVID à l'échelle nationale et ici dans le Maine.



The Suicide & Crisis Lifeline

I heard there is a new suicide help line of 988. I also heard Brown and Black people should not use it because police get called. What do you think? Is it safe to use?

The 988 Suicide & Crisis Lifeline offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress such as thoughts of suicide, an incident involving substance use, or any other kind of emotional distress.

People can call or text 988 or chat 988lifeline.org, either for themselves or for a loved one whom they believe may need crisis support. The 988 Lifeline, a national network of local crisis centers, is available throughout the U.S., and provides access for all patients, regardless of their race or ethnicity.

The primary goal of the Lifeline is to provide support for people in suicidal crisis or mental health-related distress when they most need it, and in a manner that is person-centered. The vast majority of those who dial 988 for help do not require any immediate additional interventions than talking to someone. Currently, fewer than 2% of Lifeline calls require connection to emergency services like 911. Some safety and mental health issues may indicate a response from law enforcement and/or Emergency Medical Services (if a suicide attempt is in progress, for example). The 988 coordinated response provides care with the intent of promoting stabilization.

My doctor says I should take medicine for depression. I tried it and I felt better, so I stopped. My doctor says not to stop. That doesn't make sense to me.

When people take medication for depression, doctors recommend continuing to take it for at least 6-12 months. Stopping sooner than that can lead to a reappearance of symptoms. After 6-12 months on medication, talk with the doctor to discuss the possibility of reducing or stopping the medication. Some patients do not require long-term medication for depression, while others need to stay on it to control symptoms. In other words, for some patients, the symptoms of depression return when they stop the medication. But medications for depression are safe and effective. If needed, taking these medications for many years is safe to do.

Laga sii waday bogga 25

COVID, kaliya 34% dadka degan Maraykanka ayaa u qalma xoojiye kowaad iyo ku dhawaad 29% dadka da’doodu tahay 50 sano iyo wixii ka weyn ayaa helay xoojishoodii labaad. Heerarka boodhadhku si weyn bay u kala duwan yihiin guud ahaan U.S.

Ma jiro tallaal weligii 100% waxtar leh.?

Si kastaba ha ahaatee, tallaaladaan iyo kuwa xoojiyayaasha ah ayaa bixiya ka hortagga qaadista COVID waxayna had iyo jeer ka ilaaliyaan jirro daran iyo/ama dhi-masho.

Inta badan caabuqyada COVID-19 ee Maraykanka ee hadda jira waxa keena omicron BA.5, oo ah nooc ka mid ah fayraska COVID-19 ee asalka ah. Omicron BA.5 waxa ay ku jirtaa 85.5% ee imtixaanada nooca kala duwan.

Dadka si buuxda loo tallaalay waxay qaadi karaan BA.5, laakiin aad ayay uga yar yihiin inay si daran u bukoonadaan marka loo eego kuwa aan la tallaalin. Marka dadka la tallaalay ay yeeshaan calaamado, ku dhawaad had iyo jeer way ka sii liitaan dadka aan la tallaalin.

La socoshada tallaalada waxay la macno tahay in qof helay dhammaan tallaallada COVID-19 ee lagula taliyay, oo ay ku jiraan qiyaaso xoojin ah, markii uu u qalmo.

Maxay muhiim u yihiin kor u qaa-dayaasha?

Tallaalka asalka ahi sidoo kale kama difaaco noocyo cusub, sida omicron BA.5, si la mid ah noocyo hore.

Tallaalada COVID-19 waxay noqdeen kuwo waxtarkoodu sii yaraanayo muddo ka dib, dadka badankiisuna waxay heleen tal-laalkooda laba qaybood ka kooban iyo kuwa kobciya koowaad ama labaad afar bilood ilaa hal sano ka hor.

La socoshada wakhtiga tallaalka COVID-19, oo ay ku jiraan dhammaan dhiir-rigeliyayaasha lagu taliyey, ayaa ah ilaalinta ugu fiican ee jirada daran ee COVID-19.

Kuwa la siiyay labada qiyaasood ee tal-laalka iyo hal ama laba xoojiyayaasha ayaa si fiican uga ilaalinaya caabuqa omicron marka loo eego kuwa la siiyay labada qiyaasood ee hore.

Maamulka Biden ayaa ka digaya in Mareykanka uu arki karo 100 milyan oo infekshanoo coronavirus ah dayrta iyo ji-ilaalka, oo leh mowjad dhimasho ah, iyadoo noocyo cusub ay kordhinayaan heerarka caabuqa.

Dadka si buuxda loo tallaalay waxay qaadi karaan BA.5, laakiin aad ayay uga yar yihiin inay si daran u bukoonadaan marka loo eego kuwa aan la tallaalin. Marka dadka la tallaalay ay yeeshaan calaamado, ku dhawaad had iyo jeer way ka sii liitaan dadka aan la tallaalin.

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Maamulka Biden ayaa ka digaya in

Iiendelea kutoka ukurasa 25

onjeza yao ya pili. Viwango vya nyongeza vinatofautiana sana kote U.S.

Hakuna chanjo inayofanya kazi kwa 100%. Walakini, chanjo hizi na nyongeza hutoa ulinzi dhidi ya kupata COVID na karibu kila wakati hulinda dhidi ya ugonjwa mbaya na/au kifo.

Uchukuaji wa chanjo za COVID-19 kwa wagonjwa wachanga watoto ni polepole, na vile vile nyongeza kwa wote - iwe ni kutoka kwa uchovu wa Covid, kwa sababu haijaaamriwa, au kutoka kwa ukosefu wa uaminifu ni ngumu kujua, lakini labda mchanganyiko wa yote. de todos.

-Dk. Diana Lapp, Mkurugenzi wa Matibabu katika tovuti ya Park Avenue kwa Afya ya Greater Portland

Maambukizi mengi ya sasa ya U.S. COVID-19 husababishwa na omicron BA.5, lahaja ya virusi asili vya COVID-19. Omicron BA.5 iko katika 85.5% ya majaribio ya aina ya lahaja.

Watu waliopewa chanjo kamili wanaweza kupata BA.5, lakini wana uwezekano mdogo sana wa kuwa wagonjwa sana kuliko wale ambao hawajachanjwa. Wakati watu waliopewa chanjo hupata dalili, karibu kila mara huwa chini ya ukali kuliko kwa watu ambao hawajachanjwa.

Kusasishwa na chanjo kunamaanisha kuwa mtu amepokea chanjo zote zinazopen-dekezwa za COVID-19, ikiwa ni pamoja na dozi za nyongeza, anapostahiki.

Kwa nini nyongeza ni muhimu?

Chanjo asili hailindi pia dhidi ya vibadala vipya, kama vile omicron BA.5, dhidi ya vibadala vya awali.

Chanjo za COVID-19 hazifanyi kazi kwa wakati, na watu wengi walipokea chanjo zao za sehemu mbili na nyongeza ya kwanza au ya pili miezi minne hadi mwaka mmoja uliopita.

Kusasishwa na chanjo za COVID-19, iki-jumuisha nyongeza zote zinazopendekezwa, ndio kinga bora dhidi ya ugonjwa mbaya wa COVID-19.

Wale ambao wamepokea dozi zote mbili za chanjo na nyongeza moja au mbili wanalindwa vyema dhidi ya maambukizo ya omicron kuliko wale waliopokea dozi mbili za kwanza pekee.

Utawala wa Biden unaonya kuwa Merika inaweza kuona maambukizo zaidi ya milioni 100 ya coronavirus msimu huu wa msimu wa joto na msimu wa baridi, na wimbi la vifo, kwani anuwai mpya huongeza viwango vya maambukizi.

Nani anapaswa kupata nyongeza za COVID-19?

Takriban kila mtu mwenye umri wa miaka mitano na zaidi anapaswa kupata nyongeza moja baada ya kukamilisha jozi zao za chanjo za msingi za COVID, kulingana na mapendekezo ya sasa ya CDC. Wale zaidi ya miaka 50 wanapaswa kupata nyongeza ya pili. Baadhi ya watu wenye umri wa miaka 12 na zaidi ambao wana kinga ya wastani au kali wanapaswa pia kupata nyongeza ya pili. Nyongeza za ziada ziko njiani. Viongezeo hivi vipya vitalinda dhidi ya vibadala vingine vipya zaidi. Zungumza na mtoa huduma za afya au mfamasia, au nenda kwenye tovuti ya Kituo cha Maine cha Kudhibiti na Kuzuia Magonjwa ili kujifunza ni

ibikurikira ipaji 25

cyangwa se abicwa na COVID nshya ziba zihinduranyije. Nyinshi mu mfu ziba zishob-ora kwirindwa binyuze mu gukingirwa.

U.S ihagaze gute mu biyyanye n’inkingo?

Nk’uko bitangazwa n’ikigo gishinzwe guhashya Ibiza no kubikumira mu gace gakurikirana imibare ya COVID, (CDC) COVID Data tracker, 34% gusa by’abatuye U.S. bemerewe gufata urukingo rwo gushi-mangira rwa mbere n’abagera kuri 29% by’a-bantu bagejeje ku myaka 50 no kuzamura bamaze gufata urwabo rwa kabiri rwo gushimangira. Urugero rwo gufata inkingo zo gushimangira ruratandukana muri U.S. yose.

Nta rukingo na rumwe rurinda kugeza ku 100%. Cyakora, izi nkingo ndetse n’izo gushimangira zitanga ubwirinzi ngo ntiwan-dure COVID ndetse hafi buri gihe burinda umuntu kuremba cyane cyangwa se gupfa. Bwinshi mu bwandu bushya bwa COVID-19 muri U.S. buraterwa na omicron BA.5, virusi yihinduye iturutse kuri COVID-19 y’umwimerere. Omicron BA.5 yiharira 85.5% mu bipimo byo kureba amoko ya virusi biba byakozwe.

Abakingiwe ku buryo bwuzuye bashobora kwandura na BA.5, cyakora baba badashob-ora kuremba cyane nka babandi batakangiwe. Iyo abantu bakingiwe bagize ibimenyetso, akenshi usanga bitabakarira cyane nk’uko bigendekera abatarakingiwe.

Kuba ufite inkingo uko zikwiye bivuze ko umuntu aba yarakurikije amabwiriza yose agenga inkingo za COVID-19, harimo izo gushimangira, igihe abyemerewe.

Kuko inkingo zo gushimangira ari ngombwa?

Urukingo rwambere ntabwo ruba rubasha gukingira virusi zihinduranyije nka omicron BA.5, nk’uko rwabikoraga kuri virusi za-banje.

Inkingo za COVID-19 zigenda zigabanya ubushobozi uko ibihe bishira, kandi benshi mu bantu bahawe inkingo zabo uko ari ebyiri ndetse n’urwambere cyangwa urwa kabiri rwo gushimangira hagati y’amezi ane n’umwaka umwe ushize.

Kuba warahawe inkingo za COVID-19, harimo n’izo gushimangira zisabwa, ni bwo buryo bwiza bwo kwirinda kuzahazwa na COVID-19.

Abantu bahawe doze zombi z’inkingo ndetse na rumwe cyangwa ebyiri zo kwishi-mangiza barinzwe cyane kwandura omicron kurusha abahawe inkingo ebyiri za mbere gusa.

Ubuyobozi bwa Biden buburira abantu ko U.S. ishobora kubona miliyoni 100 zindi z’ubwandu bwa koronavirusi muri uyu muhindo ndetse n’igihe cy’ubukonje, ari nako haboneka imfu bitewe n’uko virusi zi-hinduranyije zizamura umubare w’aban-dura.

Ni nde ukwiye gufata urukingo rwo gushimangira rwa COVID-19?

Hafi ya buri wese ufite imyaka itanu kuza-mura ashobora gufata urukingo rumwe rwo gushimangira, nyuma yo kuzuza iz’ibanze, nk’uko bitangazwa n’inama CDC iri gutanga ubu. Abafite imyaka kuwa kuri 50 kuzamura bakwiye gufata urwo kwishimangiza rwa kabiri. Bamwe mu bafite imyaka 12 kuza-mura bafite ibibazo byo kutagira ubuda-hangarwa buhagije bakwiye nabo gufata urwa kabiri rwo kwishimangiza.

Izindi nkingo zo kwishimangiza ziri mu nzira. Izi nkingo nshya zo kwishimangiza zizaba zibasha kurinda umuntu zimwe muri virusi nshya zihinduranyije. Vugana n’u-mukozi w’ivuriro cyangwa uwa farumasi cyangwa ujye ku rubuga rwa CDC ya Maine kugirango umenye uburyo ndetse n’uko wabona urwo gushimangira rugezweho, ruzaba rubasha kuboneka vuba aha.

Ese nkeneye kwikingiza byuzuye no gu-fata inkingo zo gushimangira kandi

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de Enfermedades (CDC) de EE. UU., solo alrededor del 34% de los residentes de EE. UU. elegibles para un primer refuerzo y alrededor del 29% de las personas de 50 años en adelante han recibido su segundo re-fuerzo. Las tasas de refuerzo varían amplia-mente en los EE. UU.

Ninguna vacuna es 100% efectiva. Sin em-bargo, estas vacunas y refuerzos brindan protección contra el COVID y casi siempre protegen contra enfermedades graves y/o la muerte.

La mayoría de las infecciones actuales de COVID-19 en EE. UU. son causadas por omicron BA.5, una variante del virus COVID-19 original. Omicron BA.5 está pre-sente en el 85.5% de las pruebas de tipo vari-ante.

Las personas completamente vacunadas pueden contraer BA.5, pero es mucho menos probable que se enfermen grave-mente que aquellas que no están vacunadas. Cuando las personas vacunadas desarrollan síntomas, casi siempre son menos graves que en las personas no vacunadas.

Estar al día con las vacunas significa que alguien ha recibido todas las vacunas COVID-19 recomendadas, incluidas las dosis de refuerzo, cuando sea elegible.

La aceptación de las vacunas COVID-19 para los pacientes pediátricos jóvenes es lenta, así como los refuerzos para todos; ya sea por fatiga de Covid, porque no es obligatorio, o por la falta de confianza es difícil de saber, pero probablemente una combinación de todos.

-Dra. Diana Lapp, directora médica en el sitio de Park Avenue para Greater Portland Health

¿Por qué son importantes los refuerzos?

La vacuna original no protege tan bien frente a nuevas variantes, como omicron BA.5, como frente a variantes anteriores.

Las vacunas COVID-19 se vuelven menos efectivas con el tiempo, y la mayoría de las personas recibieron sus vacunas de dos partes y el primer o segundo refuerzo hace cuatro meses a un año.

Mantenerse al día con las vacunas COVID-19, incluidos todos los refuerzos re-comendados, es la mejor protección contra la enfermedad grave de COVID-19.

Aquellos que han recibido ambas dosis de vacuna y uno o dos refuerzos están mejor protegidos contra la infección por omicron que aquellos que solo recibieron las dos primeras dosis.

La administración Biden advierte que EE. UU. podría sufrir 100 millones más de in-fecciones por coronavirus este otoño e in-vierno, con una ola de muertes, a medida que las nuevas variantes aumentan las tasas de infección.

¿Quién debe recibir refuerzos de COVID-19?

Casi todas las personas de cinco años o más deben recibir un refuerzo después de completar su par de vacunas primarias con-tra el COVID, según las recomendaciones actuales de los CDC. Los mayores de 50 años deben recibir un segundo refuerzo. Al-gunas personas mayores de 12 años que están moderada o severamente inmuno-comprometidas también deben recibir un segundo refuerzo.

Impulsores adicionales están en camino.

Laga sii waday bogga 25

Mareykanka uu arki karo 100 milyan oo infekshanno coronavirus ah dayrta iyo jiilaalka, oo leh mowjad dhimasho ah, iyadoo noocyo cusub ay kordhinayaan heerarka caabuqa.



Safarka ee loo yaqaan 'Safarka' Covid-19 Tallaallada bukaan-socodka ee carruurta yaryar waa gaabis, iyo sidoo kale xoojinta dhammaan - ha ahaato daalka covid, sababta oo ah aaminaada, ama ka maqnaata kalsooni darro, laakiin malaha isku darka dhammaan.

-Dr. Diana Lapp, agaasimaha caafimaadka ee goobta Avenue ee Park Fortland Caafimaadka Portland ee Caafimaadka Portland

Yay tahay inuu helo kor u qaada COVID-19?

Ku dhawaad ​​qof kasta oo da'diisu tahay shan sano iyo wixii ka weyn waa in uu helo hal xoojiye ka dib marka uu dhammeeyo lammaanahooda tallaallada aasaasiga ah ee COVID, marka loo eego talooyinka CDC ee hadda jira. Kuwa ka weyn 50 sano waa inay helaan xoojin labaad. Dadka da'doodu tahay 12 jir iyo kuwa ka weyn ee dhexdhexaadka ah ama si daran u difaaci kara waa inay sidoo kale helaan xoojiye labaad.

Xoojiyayaal dheeraad ah ayaa jidka ku jira. Xoojiyayaashan cusub ayaa ka ilaalin doona qaar ka mid ah noocyada cusub. La hadal bixiye daryeel caafimaad ama farmashiis-taha, ama tag Xarunta Maine ee Xakamaynta iyo Kahortagga Cudurrada website-ka si aad u barato goorta iyo sida loo helo kor u qaadayaasha la cusboonaysiiyay, kuwaas oo ay u badan tahay in la heli karo dayrta ama horraanta jiilaalka.

Miyaan weli u baahanahay inaan si buuxda isu tallaalo oo la i tallaalo haddii aan ogahay inaan qabo COVID-19?

Haa Ka-hortagga dabiiciga ah ee infekshanku waxa uu socdaa oo keliya muddo gaaban, mar walbana kama ilaaliyo noocyada cusub. Heerka ilaalintu waxay sidoo kale ku xiran tahay darnaanta jirrada, muddada dheer ee cudurka, iyo da'da.

Saadaasha haddii infekshanka qof la mid noqon doono hargab khafiif ah ama uu u horseedi doono dhimasho waa wax aan macquul ahayn, markaa ka boodda tallaalka iyo kuwa xoojiya waa khatar.

Sidoo kale, khatarta ah inuu ku dhaco COVID-mudda-dheer waa muhiim. Dadka qaba COVID daba dheeraatay waxay sii wadaan inay la kulmaan astaamo bilo iyo suurtoagal ah xitaa sanado.

Waa maxay dhibaatooyinka soo raaca ee tallaalka COVID-19?

Tallaaladu kuma siin karaan COVID. Sidoo kale ma keenaan kala duwanaansho. Qof kastaa ma laha waxyeellooyin ka yimaada tallaalka, laakiin qaar ayaa sameeya. Dhibaatooyinka soo raaca ee ugu badan ee la soo sheego ee tallaalada mRNA COVID-19 iyo kuwa xoojiya waa xanuun ama barar goobta la duray, qandho, daal, madax xanuun, murqo xanuun, iyo qarqaryo. Waxyeelooyinku waxay ku dhamaadaan dhowr maalmood gudahood. Khataraha la yaqaan iyo dhibaatooyinka ba'an ee suurtagalka ah ee qaadista COVID-19 ayaa aad ugu miisaan badan halista suurtagalka ah ee lagu yeesho falcelin dhif ah, oo xun oo tallaalka ah. Dad badan ayaa si qalad ah u aaneeya dhibaatooyin kale oo caafimaad ama isbedelo tallaalkooda, kuwaas oo aan had iyo jeer xiriir la lahayn

Tallaaladu miyay dadka waxyeleeyaan?

Maya, dadka dhib uma geystaan. Fikradda waxyeelladu waxay ka timaaddaa macluumaad khaldan oo lagu faafiyo warbaahinta bulshada ee dadka doonaya inay ka faa'iidaystaan ​​khiyaano. Tallaalada COVID-19 ma beddelaan mana la falgalaan walxaha hidde-sideyaasha (DNA) sinaba. Ma sameeyaan dadka magnetic ama daadiyaan wax kasta oo ka kooban jidhka dhexdiisa. Tallaaladu kuma jiraan waxyaabo ay ka mid yihiin waxyaalaha lagu ilaaliyo, unugga unugga uurjiifka ee la soo ridey, microchips, antibiyootiga, borotiinnada cuntada, dawooyinka, cinjirka, ama biraha. Kala hadal takhtar ama bixiyaha daryeelka caafimaadka walaacyada tallaalka.

Tallaalada COVID-19 ma yihiin kuwo badbaado u ah carruurta yaryar (da'da 6 bilood ilaa 11 sano)?

Haa Taasi waa sababta CDC ay ugu taliso tallaalada COVID-19 qof kasta oo da'diisu tahay 6 bilood iyo ka weyn, iyo sidoo kale xoojiyayaasha qof kasta oo da'doodu tahay 5 sano iyo ka weyn, haddii uu u qalmo. Malaayiin carruur ah iyo dhallinyaro, da'doodu u dhaxayso 5 ilaa 17, ayaa helay ugu yaraan hal qiyaas tallaal COVID-19 ah, oo aan lahayn calaamado dhibaato ah.

Ma igu dheeraan doonaa COVID haddii aan qaado COVID?

Waad kari kartaa Qiyaastii shantii qofba hal ilaa hal siddeedii qof ee uu haleelo fayraska ayaa yeesha COVID- raaga. COVID-dheer waa ururinta calaamado iyo xaalado ku jiri kara bilo ama sannado, carruurta iyo dadka waaweyn labadaba, ka dib caabuqa bilowga ah. Ma jiro wax tijaabo ah oo loogu talagalay COVID-dadheer, qofna ma garanayo waxyaabaha halista ah ee go'aaminaya cidda qaadi doonta. Si kastaba ha ahaatee, inta u dhaxaysa todobo ilaa 23 milyan oo degane Maraykan ah ayaa hore u soo maray COVID dheer, oo laga yaabo inay la kulmaan caqabado caafimaad sanadaha soo socda. Calaa-madaha waxaa ka mid noqon kara dhibaatooyinka habdhiska dareenka sida ceeryaamo maskaxda, daal, iyo madax xanuun; dhibaatooyinka neefsashada sida xabad xanuun, ama neefta oo gaaban; iyo calaamado kale sida wadne garaac, murqo xanuun, maqaarka iyo timaha oo isbedela, iyo hawlgabka galmada.

Ma dhibbaa in la helo COVID-19 in ka badan hal mar?

Haa, waa suurtoagal. Cilmi-baaris cusub ayaa soo jeedinaysa in caabuqa COVID-19 ee soo noqnoqda uu la xiriiro khatar sare oo ah dhibaatooyinka wadnaha sida wadna xanuunka, caabuqa wadnaha, xinjirowga dhiigga, iyo istaroogga sanadka ugu horreeya ee ka dib caabuqa. Dadka hore u soo maray caafimaad xumo ka timid wadno xanuun ka hor, cosbitaal la dhigin ka hor COVID, ama da'da weyn ayaa laga yaabaa inay halis ugu jiraan dhibaatooyinka halista ah ee caabuqyada badan.

Ma inaan xidho maaskaro?

Haa, waa inaad xidhataa maaskaro gudaha gudaha goobaha dadku ku badan yahay. Xirashada maaskaro ee goobaha gudaha waxay yaraynaysaa fiditaanka fayraska waxayna dadka ka dhigtaa kuwo caafimaad qaba. Haddii aan la helin tillaabooyin ka hortag ah sida tallaalka iyo waji-xidhka inta lagu jiro dillaaca, heerarka sare ee caabuqa COVID-19 waxay sii wadi doonaan inay carqaladeeyaan nolosha, culays ku ah nidaamka daryeelka caafimaadka iyo dhaqaalaha. Nasiib daro, masiibadaasi aad ayay uga fog tahay, in kasta oo mid ka mid ah saddexdii qof ee Maraykan ah uu rumaysan yahay in ay dhamaatay sababo la xidhiidha macluumaad khaldan. Feejignaanta joogtada ah waxay nooga soo dejin doontaa dhulalka COVID ee hadda jira iyo halkan Maine.

Iiendelea kutoka ukurasa 25

lini na jinsi ya kupata viboreshaji vilivyosasishwa, ambavyo kuna uwezekano mkubwa zaidi kupatikana katika msimu wa baridi au mapema majira ya baridi.

Je, bado ninahitaji kupata chanjo kamili na kuimarishwa ikiwa najua nilikuwa na COVID-19?

Ndiyo. Kinga ya asili dhidi ya kuambukizwa hudumu kwa muda mfupi tu, na hailindi kila wakati dhidi ya anuwai mpya. Kiwango cha ulinzi pia inategemea ukali wa ugonjwa huo, urefu wa muda tangu maambukizi, na umri.

Kutabiri ikiwa maambukizi ya mtu yatakuwa kama homa kali au yatasababisha kifo haiwezekani, kwa hivyo kuruka chanjo na nyongeza ni hatari.

Pia, hatari ya kupata COVID kwa muda mrefu ni kubwa. Watu walio na COVID kwa muda mrefu wanaendelea kupata dalili kwa miezi na pengine hata miaka.

Je, ni madhara gani ya chanjo ya COVID-19?

Chanjo haziwezi kukupa COVID. Pia hazisababishi tofauti. Sio kila mtu ana madhara kutokana na chanjo, lakini wengine wanayo. Madhara yanayoripotiwa zaidi ya chanjo na nyongeza za mRNA COVID-19 ni maumivu au uvimbe kwenye tovuti ya sindano, homa, uchovu, maumivu ya kichwa, maumivu ya misuli na baridi. Madhara hupotea ndani ya siku chache. Hatari zinazojulikana na matatizo makubwa yanayoweza kutokea ya kupata COVID-19 yanapita kwa mbali hatari zinazoweza kutokea za kuwa na athari adimu, mbaya kwa chanjo. Watu wengi kimagosa wanahusisha matatizo mengine ya afya au mabadiliko kwenye chanjo yao, ambayo karibu kila mara hayahusiani.

Je, chanjo hizo huwadhuru watu?

Hapana, hazidhuru watu. Wazo la madhara linatokana na habari potofu zinazoenezwa kupitia mitandao ya kijamii na watu waliotaka kufaidika kutokana na udanganyifu. Chanjo za COVID-19 hazibadiliki au kuingiliana na nyenzo za kijeni (DNA) kwa njia yoyote. Hazifanyi watu kuwa wa sumaku au kumwaga sehemu yoyote ndani ya mwili. Chanjo hazina viambato kama vile vi-hifadhi, tishu za seli ya fetasi iliyoharibika, microchips, antibiotiki, protini za chakula, dawa, mpira au metali. Zungumza na daktari au mtoa huduma ya afya kuhusu maswala ya chanjo.

Je, chanjo za COVID-19 ni salama kwa watoto wadogo (wenye umri wa miezi 6 hadi miaka 11)?

Ndiyo. Ndiyo maana CDC inapendekeza chanjo za COVID-19 kwa kila mtu aliye na umri wa miezi 6 na zaidi, pamoja na nyongeza kwa kila mtu aliye na umri wa miaka 5 na zaidi, ikiwa anastahiki. Mamilioni ya watoto na vijana, wenye umri wa miaka 5 hadi 17, wamepokea angalau dozi moja ya chanjo ya COVID-19, bila dalili za matatizo.

Je, nitapata COVID kwa muda mrefu nikipata COVID?

Ungeweza. Takriban mtu mmoja kati ya watano hadi mmoja kati ya kila watu wanane walioambukizwa virusi hivyo hupata COVID kwa muda mrefu. Muda mrefu wa COVID ni mkusanyiko wa dalili na hali ambazo zinaweza kudumu kwa miezi au miaka, kwa watoto na watu wazima, baada ya maambukizi ya awali. Hakuna jaribio la COVID kwa muda mrefu, na hakuna anayejua ni sababu gani za hatari huamua ni nani atakayeipata. Hata hivyo, kati ya wakazi milioni saba na 23 wa Marekani tayari wamepitia COVID kwa muda mrefu, na ambao wanaweza kukabili changamoto za kiafya kwa miaka ijayo.Dalili zinaweza kujumuisha matatizo ya mfumo wa neva kama vile ukungu wa ubongo, uchovu na maumivu ya kichwa; matatizo ya kupumua kama vile maumivu ya kifua, au upungufu wa kupumua; na dalili nyinginezo kama vile mapigo ya moyo, maumivu ya misuli, mabadiliko ya ngozi na nywele, na matatizo ya ngono.

Je, ni hatari kupata COVID-19 zaidi ya mara moja?

Ndiyo, inawezekana. Utafiti mpya unapendekeza kwamba maambukizi ya mara kwa mara ya COVID-19 yanahusishwa na hatari kubwa ya matatizo ya moyo kama vile mshtuko wa moyo, kuvimba kwa moyo, kuganda kwa damu, na kiharusi ndani ya mwaka wa kwanza baada ya kuambukizwa. Watu ambao tayari wanakabiliwa na afya mbaya kutokana na ugonjwa wa awali wa moyo, kulazwa hospitalini kabla ya COVID, au uzee wanaweza kuwa katika hatari kubwa ya matatizo makubwa ya maambukizi mengi.

Je, nivae barakoa?


Ndiyo, unapaswa kuvaa mask ndani ya nyumba katika mazingira ya watu wengi. Uvaaji wa barakoa katika mazingira ya ndani hupunguza kuenea kwa virusi na kuwafanya watu kuwa na afya bora. Bila hatua za kuzuia kama vile kuchanja na kufunika barakoa wakati wa milipuko, viwango vya juu vya maambukizi ya COVID-19 vitaendelea kutatiza maisha, na kudhoofisha mfumo wetu wa afya na uchumi. Kwa bahati mbaya, janga hili bado halijaisha, ingawa mmoja kati ya Waamerika watatu anaamini kuwa imekwisha kwa sababu ya habari potofu. Kuendelea kuwa macho kutatushusha kutoka kwa uwanda wa sasa wa COVID kitaifa na hapa Maine.

What exactly is a Refugee, an Asylum Seeker and a Migrant?

The terms “refugee”, “asylum seeker” and “migrant” are used to describe people who are on the move, who have left their countries and have crossed borders. The terms “migrant” and “refugee” are often used interchangeably but it is important to distinguish between them as there is a legal difference.

Who is a Refugee?

A refugee is a person who has fled their own country because they are at risk of serious human rights violations and persecution there. The risks to their safety and life were so great that they felt they had no choice but to leave and seek safety outside their country because their own government cannot or will not protect them from those dangers.



narigeze kurwara COVID-19?

Yego. Ubwirinzi karemano buturuka ku kuba umuntu yararwaye indwara bumara igihe gito, kandi ntabwo iteka burinda vurisi nshya. Ikigero cyo kurindwa kigenwa kandi n’uburyo indwara yari ikaze, igihe yamaze kuva umuntu acyandura ndetse n’imyaka ye.

Kugenekereza ngo umuntu amenye niba ubwandu bwa runaka buzaba ari agakorora koroheje cyangwa se buzaganisha ku rupfu, ntibishoboka, bityo gusimbuka inkingo ndetse n’izo gushimangira ni ukwishyira mu kaga.

Ikindi kandi, ibyago byo kurwara COVID 19 igihe kirekire birahari. Abantu barwara COVID igihe kirekire bakomeza kugira ibimenyetso mu mezi ndetse n’imyaka iri imbere.

What are the side effects of the COVID-19 vaccine?

Ni izihe ngaruka z’urukingo rwa COVID-19?

Urukingo ntabwo rushobora kugutera COVID. Nta n’ubwo rugutera iyihinduranyije. Ntabwo ari buri wese ugira ingaruka mu mubiri nyuma yo gukingirwa, ariko bamwe bibabaho. Imwe mu ngaruka yatangajwe y’inkingo za mRNA za COVID-19 n’izo gushimangira zazo ni ukubabara no kubyimbirwa aho baguteye urushinge, umuriro, umunaniro, umutwe, kubabara inyama z’umubiri no gukonja. Izi ngaruka zigenda nyuma y’iminsi mike. Ingaruka zikomeye zo kwandura COVID-19 ziri hejuru cyane ugereranyije n’ibyago biba bishobora kugera ku muntu wakingiye iyi ndwara bitewe n’uko umubiri wakiriye urukingo. Abantu benshi bitiranya ibindi bibazo by’ubuzima hamwe impinduka mu mubiri zikomoka ku nkingo, kandi akenshi ntaho biba bihuriye.

Ese inkingo zaba zangiza abantu?

Hoya, ntabwo zangiza abantu. Ibitekerezo byo kwangiza abantu bituruka ku makuru atari yo yagiye akwirakwizwa ku mbuga nkoranyambaga akomoka ku bantu bishakiraga indonke. Inkingo za COVID-19 ntabwo zihindura cyangwa ngo zivange muri turemangingo tw’ibanze twa muntu (DNA) na gato. Ntabwo zigira ibintu zinjiza mu mubiri y’abantu. Izi nkingo ntabwo zifitemo ibyo gutuma zidasaza, utunyangingo tw’inda zavuyemo, mikorocipu, imiti yica miko-robe, latex cyangwa ibigize ibyuma. Baza muganga impungenge yose waba ufite ku nkingo.

Ese inkingo za COVID-19 zaba ntacyo zitwara abana (hagiti y’amezi 6 n’imyaka 11)?

Yego. Niyo mpamvu CDC igira abantu inama yo guha urukingo rwa COVID-19 abantu bose bafite hagati y’amezi 6 kuzamura, ndetse n’izo gushimangira ku bantu bose bafite kuva ku myaka 5 kuzamura, igihe babyemerewe. Amamiliyoni y’abana kuva ku myaka 5 kugeza kuri 17 bamaze gufata byibura urukingo rumwe rwa COVID-19, kandi nta kibazo bagaragaza.

Ese nzarwara COVID igihe kirekire niramuka imfashe?



Dr. Diana Lapp, Umuyobozi ku kigo Park Avenue cyo muri Greater Portland agira ati “Gufata urukingo rwa COVID-19 ku bana bato bivuriza ku mavuriro y’abana bigenda gake, kimwe no gufata urwo kwikingiza kuri bose – byaba ari ukubera kurambirwa Covid, kuko atari itegeko, cyangwa se bituruka ku kutagirira ikizere inkingo? biragoye kubi-menya. Birashoboka ko byose hamwe byaba bibitera.

-Dra. Diana Lapp, directora médica en el sitio de Park Avenue para Greater Portland Health

Yego birashoboka. Abari hagati y’umwe mu bantu batanu n’umwe mu bantu umunani bafatwa n’iyi ndwara barwara COVID itinda. COVID itinda ni uruhurirane rw’ibimenyetso n’indwara bishoboka gutinda amezi cyangwa imyaka, haba mu bana ndetse n’abakuze igihe banduye. Nta gipimo cya COVID itinda kandi ntawe uzi ibimenyetso bigaragaza uzayirwara. Cyakora, hagati ya miliyoni zirindwi na 23 mu batuye U.S. bamaze kurwara iyi COVID itinda, kandi bashobora guhura n’ibibazo by’ubuzima mu myaka iri imbere. Bimwe mu bimenyetso twavugaga nk’ibibazo by’imitsi yo mu bwonko harimo n’ibibazo by’ubwonko, umunaniro, umutwe, ibibazo by’ubuhumekero nko kubabara mugatuza, cyangwa kunanirwa guhumeka neza; hamwe n’ibindi bimenyetso nko gutera cyane k’umutima, kubabara inyama z’umubiri, impinduka ku ruhu no mu misatsi ndetse no kutabasha gutera akabariro uko bikwiye.

Ese hari ingaruka zo kuba umuntu yakwandura COVID-19 inshuro irenze imwe?

Yego birashoboka. Ubushakashatsi bushya bugaragaza ko kurwara COVID-19 kenshi bihuzwa no kugira ibyago byinshi by’indwara z’umutima nko guhagarara k’umutima, kubyimba k’umutima, amaraso yibumbye hamwe no guturika k’udutsi two mumutwe mu mwaka umwe uherye igihe wahuye n’iyi ndwara. Abantu basanzwe badafite amagara mazima bituruka ku ndwara bigeze kurwara z’umutima, kuba barigeze gushyirwa mu bitaro kubera COVID, cyangwa abashaje bashobora kuba bafite ibyago byinshi byo guhura n’ibyuririzi bikaze bikomoka ku kwandura kenshi.

Nkwiye kwambara agapfukamunwa?


Yego, ukwiye kwambara agapfukamunwa igihe uri ahantu mu nzu kandi hahuriye abantu benshi. Kwambara agapfukamunwa ahantu nk’aho bigabanya uburyo virusi ikwirakwira bityo bigatuma abantu batekana. Nta ngamba zihari zo kwirinda nk’inkingo n’udupfukamunwa mu gihe cy’ibyorezo, imibare minini y’abantu bandura yakomeza guhungabanya ubuzima, bigasubiza inyuma inzego zacu z’ubuzima ndetse n’ubukungu. Ikibabaje, icyorezo ntabwo cyenda kurangira, n’ubwo umwe muri batatu mu Banyamerika yizera ko cyarangiyeye bitewe n’amakuru apfuye. Gukomeza kuba maso biza-tumanura tuve aho turi hejuru mu mibare ya COVID haba ku rwego rw’igihugu ndetse no muri Maine.

Who is an Asylum Seeker?

An asylum seeker is a person who has left their country and is seeking protection from persecution and serious human rights violations in another country, but who hasn’t yet been legally recognized as a refugee and is waiting to receive a decision on their asylum claim. Seeking asylum is a human right.

Who is a Migrant?

There is no internationally accepted legal definition of a migrant. Like most agencies and organizations, we at Amnesty International understand migrants to be people staying outside their country of origin, who are not asylum-seekers or refugees. Some migrants leave their country because they want to work, study, or join family, for example. Others feel they must leave because of poverty, political unrest, gang violence, natural disasters, or other serious circumstances that exist there. Lots of people don’t fit the legal definition of a refugee but could nevertheless be in danger if they went home.



Estos nuevos refuerzos protegerán contra algunas variantes más nuevas. Hable con un proveedor de atención médica o farmacéutico, o visite el sitio web del Centro para el Control y la Prevención de Enfermedades de Maine para saber cuándo y cómo obtener los refuerzos actualizados, que probablemente estarán disponibles en otoño o principios de invierno.

¿Aún tengo que vacunarme por completo y recibir refuerzos si sé que tuve COVID-19?

Sí. La inmunidad natural a la infección solo dura poco tiempo y no siempre protege contra variantes más nuevas. El grado de protección también depende de la gravedad de la enfermedad, el tiempo transcurrido desde la infección y la edad.

Es imposible predecir si la infección de alguien será como un resfriado leve o si provocará la muerte, por lo que es arriesgado omitir la vacuna y los refuerzos.

Además, el riesgo de desarrollar COVID prolongado es significativo. Las personas con COVID prolongado continúan experimentando síntomas durante meses y posiblemente incluso años.

¿Cuáles son los efectos secundarios de la vacuna COVID-19?

Las vacunas no te pueden dar COVID. Tampoco provocan variantes. No todos tienen efectos secundarios por la vacunación, pero algunos sí. Los efectos secundarios más comunes de las vacunas y refuerzos mRNA COVID-19 son dolor o hinchazón en el lugar de la inyección, fiebre, cansancio, dolor de cabeza, dolor muscular y escalofríos. Los efectos secundarios desaparecen en unos pocos días. Los riesgos conocidos y las posibles complicaciones graves de contraer COVID-19 superan con creces los riesgos potenciales de tener una reacción adversa rara a la vacunación. Muchas personas atribuyen erróneamente otros problemas de salud o cambios a su vacunación, que casi siempre no están relacionados.

¿Las vacunas dañan a las personas?

No, no dañan a las personas. La idea de daño proviene de la información errónea difundida a través de las redes sociales por personas que querían beneficiarse del engaño. Las vacunas COVID-19 no cambian ni interactúan con el material genético (ADN) de ninguna manera. No hacen que las personas sean magnéticas ni arrojan ningún componente dentro del cuerpo. Las vacunas no contienen ingredientes como conservantes, tejido de células fetales abortadas, microchips, antibióticos, proteínas alimenticias, medicamentos, látex o metales. Hable con un médico o proveedor de atención médica acerca de sus inquietudes sobre las vacunas.

¿Las vacunas COVID-19 son seguras para los niños más pequeños (de 6 meses a 11 años)?

Sí. Es por eso que los CDC recomiendan las vacunas COVID-19 para todas las personas mayores de 6 meses, así como refuerzos para todas las personas mayores de 5 años, si son elegibles. Millones de niños y adolescentes, de 5 a 17 años, han recibido al menos una dosis de la vacuna COVID-19, sin signos de problemas.

¿Tendré COVID prolongado si tengo COVID?

Tú podrías. Aproximadamente una de cada cinco a una de cada ocho personas infectadas con el virus desarrolla COVID prolongado. Long COVID es una colección de síntomas y condiciones que pueden persistir durante meses o años, tanto en niños como en adultos, después de una infección inicial. No existe una prueba para la COVID prolongada y nadie sabe qué factores de riesgo determinan quién la contraerá. Sin embargo, entre siete y 23 millones de residentes de los EE. UU. ya han experimentado la COVID durante mucho tiempo y pueden enfrentar problemas de salud en los próximos años. Los síntomas pueden incluir problemas del sistema nervioso, como niebla mental, fatiga y dolores de cabeza; problemas respiratorios como dolor de pecho o dificultad para respirar; y otros síntomas como palpitaciones del corazón, dolores musculares, cambios en la piel y el cabello y disfunción sexual.

¿Es dañino contraer COVID-19 más de una vez?

Sí, posiblemente. Una nueva investigación sugiere que la infección repetida por COVID-19 está asociada con un mayor riesgo de problemas cardíacos como ataque cardíaco, inflamación cardíaca, coágulos sanguíneos y accidente cerebrovascular dentro del primer año posterior a la infección. Las personas que ya experimentan problemas de salud debido a una enfermedad cardíaca previa, una hospitalización previa por COVID o una edad avanzada pueden tener un mayor riesgo de complicaciones graves de infecciones múltiples.

¿Debo usar un cubrebocas?

Sí, debe usar cubrebocas en interiores en entornos concurridos. El uso de cubrebocas en entornos interiores reduce la propagación del virus y mantiene a las personas más saludables. Sin medidas preventivas como la vacunación y el uso de cubrebocas durante los brotes, las altas tasas de infección por COVID-19 seguirán alterando la vida, poniendo a prueba nuestro sistema de salud y nuestra economía. Desafortunadamente, la pandemia está lejos de terminar, aunque uno de cada tres estadounidenses cree que ha terminado debido a la desinformación. La vigilancia continua nos sacará de la meseta actual de COVID a nivel nacional y aquí en Maine.

Maine Immigration: A History

The lives of enslaved people in colonial Maine

By Andy O'Brien

In 1690, a scandal broke in the small coastal village of Kittery. A young, unmarried, white woman named Alice Hanscom had become pregnant. At the time, Maine was governed by Massachusetts and its conservative, Puritan Christian laws that strictly prohibited sex outside of marriage, blasphemy, drunkenness, smoking, and breaking the Sabbath. Becoming pregnant out of wedlock was not only considered a grave sin, but was also against the law.



As historian Patricia Q. Wall recounted in *Lives of Consequence: Blacks in Early Kittery & Berwick in the Massachusetts Province of Maine*, Hanscom was accused of “fornication and bastardy” and was brought before Kittery magistrate Francis Hooke. When asked who the father was, Hanscom identified a white man named John Metherill, who agreed under legal pressure to marry her. But then she gave birth to a brown-skinned baby boy.

“Another inquiry was held and once again magistrate Hooke asked Alice to name the father of the child,” wrote Wall. “When Alice said ‘William,’ Hooke asked ‘Which William?’ Before Alice could reply, however, John Shapleigh said, ‘It is our Black Will she means.’”

William Black, or “Black Will” as he was known, was one of roughly 500 or 600 enslaved Africans who lived in southern Maine; Shapleigh was his “owner.” The court ordered Black to be brought shirtless to the town whipping post a few days later, where he was whipped repeatedly for the sin of fornication. Wall did not recount what happened to Hanscom.

As Bowdoin College Professor Randolph Stakeman wrote in his article “Slavery in Colonial Maine,” in response to complaints that “several negroes had lain with white women,” Massachusetts passed a 1705 law, “An Act for the better preventing of a spurious and mixt issue,” which outlawed interracial marriage and sexual relations between races. Maine passed a similar law after it became a state in 1820; Maine and Massachusetts were the only New England states to pass such laws. Stakeman speculated that the lack of Black women in the colony may have led to an increase in sexual relations between Black men and white women, causing racial anxiety among white men. Between 1708 and 1721, he noted that five women in the colony were convicted of bearing children by Black men.

The 1705 anti-miscegenation law was part of a series of Massachusetts “slave codes,” passed in the late 17th and early 18th centuries. A 1670 law designated the children of enslaved people to be slaves for life. Fears of slave insurrections influenced Massachusetts to prohibit Black people from bearing firearms or serving in local militias, but it was repealed in 1693 in an effort to strengthen colonial defenses against attacks from Indigenous groups.

Massachusetts also passed laws to prohibit enslaved people from running away, boarding ships in some ports, breaking the 9 p.m. curfew, striking or defaming a white person, and parading in the streets in groups, according to Stakeman. And breaking slave codes carried stiff penalties. Enslaved people had the legal right to testify and seek redress in the courts, but obtaining justice was usually difficult for Black Mainers. In one instance in 1695, a Kittery man named Nathaniel Keen beat his slave Rachael to death, but was only charged with cruelty, not murder, and fined “five pounds for the offense plus five pounds and ten shillings for court costs,” Stakeman wrote.

Anti-miscegenation laws, segregation in schools and church pews, and other “Black codes” lasted long after slavery was abolished in Massachusetts, which included Maine at the time, in 1783. One 1703 law prohibited owners from freeing their enslaved workers without posting a cash bond, and signing a pledge obligated them to provide for the formerly enslaved workers in the event that they became infirm or impoverished. The impetus was to prevent towns from having to shoulder the cost of general assistance for formerly enslaved people. Nearly 40 years after slavery was abolished in Maine, a Black woman named Harriett Stockbridge from Pittston was found ineligible for relief from the town because her enslaved grandfather had not been officially freed, and his master hadn’t posted bond for him.

Despite all odds, some Black Mainers were able to escape the bonds of slavery and prosper during the colonial period. In 1696, William Black saved enough money to purchase 100 acres of land in Kittery, and then gained his freedom in 1703. He was even able to buy the freedom of an enslaved man named Tony, and assumed permanent financial responsibility for Tony in the event that he became unable to work.

In 1715, after the enactment of the 1705 law that outlawed interracial sexual relations, Will Junior, the mixed-race son of William Black and Alice Hanscom, was also found guilty of “fornication and bastardy” after it was discovered that he fathered a child with a white woman named Elizabeth Turbit, with whom he lived. Whether Will Junior was punished is unknown, but Elizabeth Turbit received 20 lashes at the whipping post. Nonetheless, Will Junior was able to purchase property, and eventually settled on Bailey’s Island. Later, after he was evicted by the owner, he moved to Orr’s Island, where he was joined by other free Black settlers, and formed the second oldest Black community in Maine. The strait between Bailey’s and Orr’s Islands is still known as “Will’s Gut” after William Black, Jr.

Andy O'Brien is a writer, historian, labor activist, and lifelong Mainer. He lives in Rockland.

There is no line:

Why a pathway to citizenship can't wait

By Lisa Parisio



President Joe Biden ran on a platform that his administration would forge a pathway to citizenship for 11 million undocumented people in the United States. This long overdue reform would provide immeasurable relief to individuals and families across the nation and have far-reaching benefits into every corner and layer of our society. Ultimately, it would confront the challenges and reality of our deeply inaccessible, limited U.S. immigration system.

While bold, comprehensive action has not yet been achieved, a crucial piece of federal legislation that was introduced on July 20 is on the table. By updating a section of U.S. immigration law called “the registry,” it would provide a pathway to citizenship for millions of people who have lived in the U.S. for at least seven years and who meet other requirements.

The registry has been a part of the law since 1929. It allows immigrants who have lived in the United States since a certain cut-off date (and have met other extensive requirements) to apply for permanent status. This registry cut-off date has been updated over the course of U.S. history – most recently under the Reagan administration in 1986, which set it at January 1, 1972. So, in order to be eligible to apply for a green card through the registry provision of the law, one of the requirements is you must have lived in the U.S. since Jan. 1, 1972 - 50 years ago.

These periodic updates recognize that without advancing the registry cut-off date, millions of people who call the U.S. home would have no opportunity to secure a green card or citizenship. In other words, there is no other pathway through the U.S. immigration system without Congress acting. There is no line for people to get into.

Historically, action to update the registry date has been bipartisan, which is deeply significant in today’s world. People across the aisle have recognized that it is good policy for all of us to make sure that more members of our society can best provide for themselves and their families, find greater safety and security, put down strong roots and grow, dream, participate, achieve, and thrive. It was true in 1986 under the Reagan administration and it’s true today.

Here in Maine, updating the registry would create a pathway to permanent status for many U.S. residents such as farmworkers, Dreamers, Temporary Protected Status holders, and COVID-19 essential workers who have lived, worked, and called Maine home for many years. Even more would benefit from larger, comprehensive immigration reform. From registry to comprehensive reform, these doable, necessary, and pragmatic measures would open up doors for Maine’s immigrants and for our state as a whole.

If you are fortunate enough to have the right to vote and have a say in the government, laws, and policies under which we all live, make sure to ask all candidates on the ballot this fall – from local to state to federal races – where they stand on immigration issues. For so many Mainers, a path to citizenship can’t wait.

Why should I electrify everything?

By Mia Ambroiggio

The electrification of our homes, our vehicles, and our lawn care equipment is the way of the future. But why should we electrify everything? What are the climate and cost benefits?

What is beneficial electrification?

Beneficial electrification is the process of transitioning from systems that burn fuel oil and gas to electric appliances and systems like hot water heat pumps, air source heat pumps, and solar. Electric vehicles (EVs) are also a part of beneficial electrification. But what makes these systems beneficial?



They save money: Transitioning can save a lot of money on utility bills and maintenance costs. Electric heat pump systems are 100% more efficient than traditional systems that rely on fuel oil, and electric vehicles cost 50% less per mile to charge than filling up a gasoline-powered car. The upfront cost of switching to electric systems can seem prohibitive, but existing rebates and new programs can assist in covering some of the costs.

They keep you comfortable: Electric systems are not only extremely efficient, they are extremely reliable. Switching to electric heating and cooling, for example, increases comfort and safety for residents by providing reliable, consistent heating and cooling through every storm and every season.

They protect the planet: Switching to electric home appliances and vehicles dramatically reduces the amount of greenhouse gas emissions that enter our atmosphere. Electric appliances do not rely on fossil fuels and use less energy due to their efficiency. And electric vehicles emit zero tailpipe emissions.

What state and municipal programs help owners transition to electric?

Efficiency Maine administers programs across the state to improve the efficiency of energy use and reduce greenhouse gas emissions. They offer rebates, discounts, and other incentives on energy efficient appliances such as heating and cooling systems, electric vehicles, and more. Efficiency Maine also offers programs to help low-income homeowners convert to electric. To find out more: www.efficiencymaine.com.

Electrify Everything programs

Some municipalities in Maine are making it easy and affordable for residents to further reduce reliance on fossil fuels through special programs of their own, and presumably other municipalities might follow suit. The programs address a gap in the current landscape of electrification rebates. The goal is to level the playing field by offering additional rebates for moderate-income people who might not qualify through programs offered by Efficiency Maine, Low-Income Energy Assistance Program (LIHEAP), or the Opportunity Alliance. Presumably other municipalities will follow suit. **Auburn:** Auburn’s program, called “Sustainable Auburn,” launched in 2021. The program matches rebates from Efficiency Maine for Auburn households that received an Efficiency Maine rebate or incentive on or after September 1, 2021. The program applies to all existing Efficiency Maine incentives except electric vehicles. See www.auburnmaine.gov/pages/neighborhood/matching-rebates.

Portland: Portland partnered with ReVision Energy, a local, solar company that designs, installs, and maintains solar energy systems, to help Portland residents electrify their homes. ReVision Energy offers Portland residents \$500 off solar installations; \$250 off air source heat pumps, heat pump water heaters, and home EV chargers (maximum of \$1,250 per address); and up to \$60,000 to help low-income households convert to solar. The discounts are in addition to generous rebates and incentives provided by Efficiency Maine for electric appliances, weatherization, and tax credits available for solar installations. See www.portlandmaine.gov/578/Electrify-Everything

South Portland: South Portland’s Electrify Everything! program launched September 1, 2022. Electrify Everything! is sponsored by the city and provides rebates on electric vehicles, lawn equipment, bikes, and heating and cooling systems. Households can receive up to \$2,000 per household on top of rebates from Efficiency Maine and other programs. Families qualify for the program with a household income of up to 100% of the area’s median income (e.g. below \$111,700 for a family of 4). See www.southportland.org/electrify.

Mia Ambroiggio is a GPCOG Resilience Corps fellow serving with the South Portland Sustainability Office. She can be reached at mambroiggio@southportland.org.



Life in Afghanistan one year later

| By Kathreen Harrison

As winter approaches, officials from the United Nations High Commission on Refugees are warning of dire consequences in Afghanistan if humanitarian aid is not delivered quickly. The economy has collapsed, and around 25 million Afghans are living in poverty. More than half the population is reliant on humanitarian aid to survive, and of an estimated \$4.4 billion that is needed to fund humanitarian operations in Afghanistan, only \$1.8 billion has been received so far. Three-quarters of the average family's income is now spent on food, 6 million people are teetering on the edge of famine, and 1 million children face severe malnourishment. Food prices continue to rise and household incomes continue to shrink. Afghanistan currently has over 3.5 million people who have been displaced from their homes by conflict and approximately 1.5 million people who have been displaced by climate-related problems. Since the beginning of 2021, 180,000 people have sought asylum in Pakistan, Iran, or other countries in the region. Afghanistan was scourged this summer by drought, wildfires, and flash floods. In addition, there was a deadly earthquake in June. Meanwhile the Taliban have stripped women and girls of basic human rights. Girls are not allowed to attend secondary school in many parts of the country; women must cover their faces in public; they cannot leave their homes without a man accompanying them; they are banned from holding most jobs – healthcare is an exception; many young girls are forced into early marriages; and women are not allowed a role in government.

Demonstrations rage in Sudan

| By Olive Mukahirwa

Unrest continues to shake Khartoum, the capital city of Sudan, as demonstrations against the military takeover of Gen. Abdel Fattah al-Burhan last October 2021 show no signs of abating. Protesters are holding firm to their demand that the military distance itself from politics by installing a civilian government. Popular chants are, “The people want to remove Burhan,” and “We call for revenge.” At least 115 protesters have been killed and 6,000 injured by security forces since October last year. Human rights activists are calling for the return of the civilian transitional government that was installed after the overthrow of former President Omar al-Bashir, who was removed by the Sudanese army on April 11, 2019. Sudan's democratic transition began in August 2019 with a joint military-civilian government that was established after long-time president Omar Al-Bashir was removed from power. Burhan, the army chief who led the military takeover in October, has said that the army will allow political and revolutionary groups to form a transitional government. However, the protestors say they do not believe Burhan, who has previously promised to step down from power, and has not done so. The U.S. has appointed John Godfrey as the first ambassador to Sudan in 25 years. The appointment is regarded as a sign of an improving relationship between the U.S. and Sudan. The U.S. embassy said in a statement that Godfrey “looks forward to advancing priorities related to peace and security, economic development, and food security.”

Anthony Blinken visits Africa

By Olive Mukahirwa

U.S. Secretary of State Antony Blinken visited Rwanda and Democratic Republic of Congo while in Africa in August. Blinken was received by Paul Kagame, President of Rwanda, at the State House in Urugwiro Village. The two leaders discussed regional peace and security, human rights, and Paul Rusesabagina – a permanent U.S. resident who is serving a 25-year sentence in Rwanda. In Democratic Republic of Congo, Blinken expressed grave concern about a United Nations report presenting “solid evidence” that Rwanda is backing M23 rebels in neighboring DR Congo. Rwanda continues to refute the evidence in the report. According to Blinken, both Kagame and Felix Tshisekedi, President of DR Congo, say they are willing to engage in talks aiming for peace and security in the African Great Lakes region. Blinken said, “My message to both President Tshisekedi and President Paul Kagame has been the same. Any support or cooperation with any armed group in eastern DRC endangers local communities and regional stability, and every country in the region must respect the territorial integrity of the others.... Both presidents have agreed to engage in direct talks with each other.” Rwanda's Minister of Foreign Affairs Vincent Biruta confirmed that Rwanda backs peace in the region. “We agreed on the need to eradicate all irregular armed groups operating in the Eastern DRC, including the FDLR and its factions,” Biruta said.

Update from MIRC

Migrant arrivals continue in Maine

By Tobin Williamson

Throughout summer, the governors of Texas and Arizona have bused hundreds of migrants to Washington, D.C., as a political statement against the Biden administration. Recently, in a move that made national news, the Texas governor also started sending busloads of migrants to New York City. As existential threats like war and climate change force people to leave their homes, the number of displaced people seeking asylum in the U.S. continues to grow.

Here in Maine, we have been responding to migrant arrivals for years. We may not get the same level of attention as places like New York or Washington, but strains on the existing systems Maine has in place have created a crisis situation unlike anything we have ever seen. Most people who pay attention to Maine news know by now that over a thousand people are temporarily sheltered in Portland-area motels. If past trends continue, many of those bused from the southern U.S. border to New York or Washington will continue on to Maine. At least 26 single adults, and an additional 18 people in five family groups, arrived in Portland seeking asylum during the first week of August.

With recent major changes to federal policy – such as a new rule allowing asylum claims to be heard by asylum officers rather than by judges, and the recent announcement that the “Remain in Mexico” program will end – how these numbers will impact Maine remains to be seen. We expect new arrivals to continue, though we cannot know particulars, as we rarely know ahead of time of arriving migrants.

MIRC will continue to advocate for systemic changes that will lead to better, more humane responses. We welcome everyone to join our call for more affordable housing, improved resettlement coordination, healthcare access, English language courses, public transportation, and other services that would increase Maine's ability to be a more welcoming place.



The International Committee of the Red Cross, in cooperation with National Red Cross and Red Crescent Societies, manages Restoring Family Links, a program that assists refugees and asylum seekers in locating separated family members. The program works in every country in the world. Their work is outlined in the Geneva Conventions, the body of international law that regulates the conduct of armed conflict and seeks to limit its effects. For help finding a family member visit familylinks.icrc.org/



The labels assigned to humanitarian migrants are based on whether they seek protection from outside the United States (refugees) or from within the country or at its borders (asylum seekers). But even though refugees and asylum seekers are fleeing similar forms of harm and must meet the same persecution standards, the systems in place to support them once they gain protection in the United States are markedly different.
—Migration Policy Institute



Each month “Let's Talk” will focus on sayings that might sound funny or confusing to a new language learner. So if you have ever thought “What did they mean by that?” or “What are they trying to say?” this column is for you.

September signals the end of summer and the beginning of a new school year. The start of the school year means academic instruction and extracurricular activities. One of the most popular activities for student participation is sports. Sports can help with both physical and mental growth.

Here are four idioms – expressions in which the meanings of the words are not the same as the meaning of the saying – that reference sports terminology.

To sink or swim — To fail or succeed
“Astur will either sink or swim when she starts college.”

To get the ball rolling — To start something
“Hakim got the ball rolling for his new business by creating a website.”

Pitch an idea — To propose something
“Zoya pitched the idea of a new recycling program to the city council.”

Drop the ball — To make a mistake or miss an opportunity
“It's too bad he dropped the ball by not signing out after his first day of work.”

If you have questions about sayings you have heard Americans use that you don't understand, or if you have questions about American culture, please email your questions to Claudia at amjamboafrika3@gmail.com and “Let's Talk” will be happy to help.

Claudia Jakubowski has her Masters Degree in TESOL (Teaching English to Speakers of Other Languages)





New Voices

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Welcome to New Voices! If you are interested in becoming a columnist, please contact amjamboafrika@gmail.com

A plea to forgive the past

By Gashi

I take this opportunity to greet all the readers of *Amjambo*. I hope you are doing well and enjoying happiness and comfort. Today I would like to talk about forgiving and being forgiven – words that are easy to read and speak, but difficult for individual people, groups, and communities to do consistently.



Making readers understand me well in a language different from my own is difficult. But I want to try and show what I mean. Because I absolutely believe that if people do not learn to forgive from the heart, they will not get anywhere. Yet many people find it difficult to forgive, or to believe that they have been forgiven.

In Maine, we all come from societies with different traditions and customs, which could be very difficult. But at the end of the day, it is quite possible for all of us to live together, and do great things, regardless of differences, or where everyone comes from.

Let's talk about the immigrants who are here in Maine. If you look, it is obvious that they are from different countries and continents. However, there is something we need to learn from local residents of the state of Maine. First of all, local people here are generous and personable. Certainly, every immigrant, if asked, can give solid evidence of something good that was done for him by someone from Maine.

And if the local people here can show love, and also help us as much as they can, we should also be able to show love to each other. And if we show love to each other regardless of where we come from – for example, Africa, Asia, or Europe – it will let local Mainers realize they are with good people.

Through the lives we lead, and with immigrants and locals both receiving us, together we will produce the yeast of development for future generations to grow. If we respect and follow the rules of the state, the country, and all the people who have been welcomed here by the country, our society will progress.

I finish by saying thank you for thinking about my ideas and for leading a life here contrary to where we were born and raised. Let's forget the differences that exist in our countries of origin and focus on unity and solidarity here. And let's practice forgiveness.

September is back, school is back, too!

By Rosamour

Summer is ending, and school is about to reopen. Sometimes young people are scared when they think about what the new school year will be like. College and university students worry, too – but for many, what they worry about is money. And while some students remember to thank their teachers and parents for their hard work, they usually forget to thank the people with great hearts who donate their money for scholarships that help students who suffer from financial hardship to get an education.



As an asylum seeker myself, I have benefited from that aid, and can't express my gratitude loudly enough. These lines are a great shout-out to all the Mainers who have shared their wealth so those of us who need to go to school are able to do so. Through Portland Adult Education, I was able to get help I needed from a scholarship awarded by Friends of Adult Education. I then went to Southern Maine Community College with help from the Maine Community Foundation. Now that I am about to enter a very critical part of my nursing studies, I am honored to have the help of ProsperityME's Prosper Scholarship.

Words are not enough to express the gratitude that I feel for being able to start a career and build a bright future for myself and my family – and train one more person to lend a helpful hand for the community. To all of you with a great heart, please keep supporting these organizations. They enable people like me to play a useful role in society, for Maine and the whole country. May God bless you all.

The strength of community

By Rupal Ramesh Shah

I have always believed there is no self-made man or woman because behind each person's success there is an entire community that has lifted, encouraged, and supported them.

Growing up in Tanzania, I felt a community always surrounded me and my family. In both of my cultures of origin – Indian and Tanzanian – that communal mentality prevailed. Therefore, at school, work, and social events we were surrounded by people with whom we could celebrate and collaborate and also count on in times of need.

In many countries people say it takes a village to raise a child – which is a way of speaking to the power of community. Data from numerous studies have proven that those who rely on their communities have better life outcomes – that community can positively impact an individual's success, happiness, and health. While studies have proven this through data and numbers, I can attest to this myself through my own life experiences, especially in the past few years.

On Google's homepage – arguably one of the most frequented public spaces in the world – high schooler Sophie Araque-Liu recently wrote, "Caring for yourself means recognizing that there are others in the world who are also there to help you ... I care for myself by accepting that others care for me. Opening up and letting others support me not only relieves my stress, but it also lets me tackle things I could never do on my own." Clearly I am not alone in my belief in the importance of connecting with others.

So, how does one have a better life by building a community? What are the key elements of building, sustaining, and collaborating with your community?

First, relationship-building is key. Conversing genuinely and openly creates relationships, and a foundation of trust and compassion sustains those relationships. Recently I moved to Ohio. As I build new friendships, I find myself increasingly at ease in my new environment and community. And having relationships has helped me to navigate the professional world. With the help of my new friends in Ohio, I have met a lot of professionals who have let me know about potential job opportunities. At the same time, I'm spending time on retaining old relationships because all relationships take work, and one must invest time and skill in order to sustain them.

Second, contributing is important. When building a new community, contributing time, money, or skills helps. I like to volunteer, and since I have a passion for working with kids, I have been volunteering at shelters where I bake with children. In Ohio, I have joined the boards of a couple of organizations, which have given me a platform to meet new people, learn about their work in the local environment, and impact the overall community. Contributions can also come in the form of supporting local neighbors and businesses.

Third, inviting others and welcoming them is worth the effort. Extending a hand of friendship to those we are surrounded by makes a community stronger, especially in times of need. For me, it has been great to get to know people by sharing meals together, sometimes meals I cooked and sometimes out at our favorite local restaurants. And sharing my culture and traditions with those around me has been a great way to help others genuinely understand me and my background.

Last, finding shared interests strengthens connections. Above all, in order to sustain a community, one must find and share common interests. Those common interests could be centered around hobbies, food, culture, language, or experiences. When there are common interests, it is easier to bond with people and at the same time grow and learn with them. A great example is the group that contributes to *Amjambo Africa*, and those who follow it. As a community, we come together to write pieces based on our perspectives, and grow together. We share our interests in relation to immigrant experiences and global insights. While there is value in being independent, there is a lot of strength associated with a community bond.

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Choosing fulfillment over 'success'

By Prudent Ndiho

People say that education is the pathway to success, but all of us know people with a good education who have never succeeded, as well as people with no education, who have succeeded in life. What is success anyhow? Most people equate it with having a lot of possessions. But is that success?



When you have a lot of money, drive a nice car, or live in a million-dollar home, society says you have made it. And people also equate success with being known by a lot of people. But in my opinion, success goes beyond possessions and fame. We all know of so many people who have all the riches that the world can offer but feel miserable. To me, success means the ability to enjoy life no matter what you have – or do not have. It means finding your place of fulfillment. Enjoying what you do in life. In other words, having peace of mind in your area of work.

And this is where choosing a field of study in school really matters. One of the struggles that immigrants and U.S.-born citizens share is the choice of what to study in college. In my

educational journey, it took me years to figure out what I wanted to study. I thought that was because I was from Africa, where there are not a lot of different fields of study to choose from, like here. But even Americans struggle with the choice – it helped me to know I was not alone in my confusion.

When I finally decided to study English, I struggled with people accepting – or even believing – that I was studying English as a major in college. But it was what gave me a sense of purpose and fulfillment. Nothing else was fulfilling. There are many people who choose to study medicine, but hate to see blood. And others who study business, but don't know how to speak or negotiate a contract. A lot of people choose a major in college to have a good job when they finish. Which means money is the primary goal, not knowledge.

So many people are miserable, doing jobs they do not like because they chose money over fulfillment and peace of mind. Success comes when you are doing what you were made to do, not just when you become a millionaire. Having millions of dollars is not bad, but it shouldn't be the primary goal. The question should be: what makes me feel alive, and gives me a sense of fulfillment? I believe when it comes to education, people should study what fulfills them most, without the fear of failing in life. Because success is enjoying what you do, and having peace of mind.

Continued from page 34

During the height of the pandemic, when all of us were required to go into isolation, some had families or friends to live with, while others were alone. Everyone requires some alone time and space, but studies are now showing that those who had family and friends around them during COVID-19 fared better. With the support of others in the household, individuals were able to engage, discuss, and make sense of what the pandemic meant. It was a difficult time for everyone, and having that sense of reliance on others and knowing that we were not alone provided a feeling of comfort!

Now that life has returned to some normalcy, many are questioning their previous relationship to community. People are reflecting on what they want in their ideal environment. One thing that is obvious is the need for everyone to interact in some capacity with others. Workplaces are finding ways to creatively engage teams. Families are finding ways to constantly remain in contact, even with the elderly and those who have precarious health situations. Individuals want to ensure connectivity with others to ensure overall well-being.

As time goes on, I hope that each person feels supported by their community, and appreciates, values, and understands the role a community plays in life.



Why open an account at a credit union or bank?

Some people keep their money at home, instead of in a financial institution. But money held outside a financial institution can be misplaced or stolen, so most people in the U.S. keep their money in credit unions and banks. These are safe places to keep money because accounts at banks and credit unions are insured by the U.S. government, which means they are backed by the credit of the government. The National Credit Union Administration (NCUA) is the governmental agency that protects the accounts of credit union members, and the Federal Deposit Insurance Corp (FDIC) is the government agency that protects bank customers' deposits. This system was created in 1933 to protect people in case a bank fails.

Banking with a financial institution offers conveniences. Most people choose to get a debit card, which allows them to make purchases or payments at stores or online. Financial institutions also have automated teller machines (ATMs), where people can withdraw money from their accounts 24/7. These machines are located throughout Maine, the U.S., and internationally as well. And once someone has an account, their employer can deposit paycheck earnings directly into that account. Also, customers can write checks when they need to pay others or want to make purchases. This is a cheaper, convenient alternative to purchasing money orders – checks save money on fees.

Opening an account at a credit union or bank usually requires a minimum deposit amount. Some credit unions and banks accept as little as \$5 to open an account, but most require between \$25 and \$100. Most financial institutions use sophisticated online banking tools that keep track of all financial transactions. This is helpful for people who are trying to stick to a budget or understand their spending habits. And representatives can advise people on how to build credit or buy their first car or home. They can also advise account holders on improving their overall financial picture through savings accounts and lending options. Representatives are paid a salary – they do not get a commission from clients.



Account opening checklist

People who rely on check-cashing services and piggy banks, and don't have an account in a credit union or bank, miss out on the many benefits of managing their money at a financial institution. For example, an individual's money is federally insured up to \$250,000 if it is deposited in an account in a credit union or bank. Also, holding an account helps people establish credit and secure loans. To open an account, here are some necessary documents:



Government-issued identification

Almost all credit unions and banks require that people present a current, government-issued photo identification when opening an account. The photo ID verifies that the person is who they say they are. The most commonly used government-issued photo ID is a driver's license. However, an alternative is a state-issued ID from the Bureau of Motor Vehicles (BMV). In order to get the ID, people need to bring a birth certificate or valid U.S. passport, and proof of address; there is no test. Another identification option is a U.S. military identification card. If someone doesn't have any of these, some financial institutions accept foreign passports and consular IDs, such as the Matricula Consular card.

Social Security card

To apply for an account at a credit union or bank, usually people are asked to share their Social Security number and card. Financial institutions need the Social Security number to report to the Internal Revenue Service if the account earns any interest income. An Individual Taxpayer Identification Number (ITIN) can be used instead.

Proof of address

Financial institutions usually ask new customers for proof of address. A proof of address is something that verifies a person's current address, such as a recent utility bill – a cable television, water, electricity, internet, or cell phone bill. Anyone without a physical address could ask the financial institution if they can use a shelter as a physical address or use the address of someone who is next of kin. Some credit unions and banks may allow people to open accounts using a post office box.

Initial deposit

In addition to the documents used to verify their identity, people opening a checking or savings account may need to provide a minimum initial deposit. The amount varies, so check with the institution before opening an account.

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Update from...nonprofit organizations



Between November 2021 and February 2022, Maine Immigrant and Refugee Services (MEIRS) resettled 102 Afghan refugees, which included locating employment and housing. Staff continue to work hard on processing asylum applications and immigration paperwork. Ninety percent of the individuals who have submitted asylum applications have completed their interviews, and some people have received asylum. Additionally, MEIRS is working with the Lewiston Police Department to provide workshops for Afghans about the legal system in Maine; the workshops are held biweekly. A new volunteer is beginning to teach Afghans who don't speak English how to read and write. The recently introduced Whole Families Services Program provides a case manager for an entire family as a unit. A Summer Enrichment Program for elementary school students began the first week of July and continued until the end of August; the focus was both academic and recreational. MEIRS is offering monthly mental health education programs from July until September, supported by the office of the Maine State Refugee Health Coordinator. There was a multicultural event on August 27, 2022, outside the MEIRS office at 256 Bartlett Street, Lewiston, to bring together people of different backgrounds. The event offered a variety of ethnic food, cultural activities, kids games, music, and more, and took place from 1:00 p.m.-5:00 p.m. MEIRS always needs more volunteers, and particularly hopes for donations of back-to-school supplies for children. Contact MEIRS at info@meirs.org or call (207) 782-0260

will offer free concerts featuring artists and performers from New Mainer communities. The focus is to foster a sense of belonging, community, and inclusion. Events will take place during most First Friday Art Walks. In addition to these new initiatives, a series of in-person and hybrid summer English classes will be held at the Jewish Community Alliance of Southern Maine. The Immigrant Welcome Center is happy to have new staff members on board, and is looking to hire more community navigators to assist in the community outreach to register qualified immigrants to vote during the upcoming elections. The IWC's Board of Directors has added new members who represent the communities served by the organization. Volunteers and financial support, as well as client referrals, are greatly appreciated. For more information, see www.welcomeimmigrant.org/ or call (207) 517-3401.



BLACK OWNED MAINE

Black Owned Maine has spent the past six months reorganizing and rebranding their website, mission statement, and company processes. They have recently relaunched the redesigned website and are creating a new mission statement that is focused on the long-term. Instead of economically empowering Black small business owners in Maine, their mission will be to sustain an ecosystem of Black businesses in Maine – the exact wording is still being finalized. They are proud to have recently released their microgrant program

designed for Black-owned business owners to apply for grants. They have awarded \$12,000 to 15 different businesses, which were selected by business owners already partnered with Black Owned Maine. They welcomed two new staff members: a summer intern from Bowdoin College and Sasha Lamour, who is focusing on outreach and management of the nonprofit's business directory. They are looking to fundraise to bring on more staff members, broaden their outreach program, and build a mutual aid program for their business partners. Donations are appreciated. Black business owners in Maine are encouraged to reach out to and join Black Owned Maine's network.

Stay up to date on news from Maine's nonprofits - see amjambofrica.com to read these updates (and so much more!) in English and six other languages: French, Kinyarwanda, Portuguese, Somali, Spanish, and Swahili.



In August 2022, the Greater Portland Immigrant Welcome Center launched a new food security initiative focused on both fighting hunger and understanding the importance of a healthy diet. The initiative is a partnership with organizations including Good Shepherd Food Bank, Portland Food Co-Op, The Hudson Foundation, Maine Equal Justice, and Cultivating Community. The Immigrant Welcome Center plans to train and send multilingual community navigators door-to-door to help immigrants apply for federally funded food programs – or find other food resources – and share the importance of healthy eating. In addition, Congress Square Plaza in Portland will be the site for a new initiative, New Mainers on Stage, which

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Greater Portland Family Promise (GFPF) helps families find housing and provides mentorship for each family they place in housing during their first year of tenancy. Families are matched with a faith congregation, which serves as a family partner and assists by offering support for food and groceries, coins for laundry, and rides to medical appointments. GFPF has recently received funding to invest in their Culturally Appropriate Foods program, a food distribution program that provides nutritious and culturally familiar meals to new immigrant families. Two new case managers came on board in January 2022, and GFPF is accepting applications for Program Manager and an additional Case Manager. Interested individuals who have lived experience as an immigrant in Maine, and who speak more than one language, are encouraged to apply. The nonprofit has been able to move approximately four families per month into apartments, however the housing shortage has made it hard to find homes for all of the families that need it. GFPF is excited to be working with the Developers Collaborative, the Office of Governor Janet Mills, and Maine State Housing on projects to construct new, affordable housing units for immigrants, and hopes these new units will be under construction within the next six months. Information on an upcoming fundraiser to collect donations for move-in essentials (such as beds, linens, and pots and pans) will be available soon.



The New Mainers Public Health Initiative (NMPHI) is proud of their work to engage the community throughout the coronavirus pandemic, and is particularly satisfied with how successful they have been in convincing a lot of New Mainers to be vaccinated and tested. Recently they have expanded their health literacy program to include both French and Somali, and hope to include Arabic soon. On July 16, they hosted a Community Give-Back Day that gathered health providers to administer COVID-19 tests and vaccinations, share health resources, and provide general health and wellness information. They are continuing to build their Youth Leadership program during the summer. This is a long-term program for young adults, designed to orient them towards positive opportunities and better health. The program provides information on individual healthy habits, possible healthcare career paths, and opportunities to pursue higher education. NMPHI is in the process of filling the position of Program Manager, and is welcoming three new board members, as others rotate off at the end of their terms.



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Tips & info

This page brought to you in part by:



6 simple steps to help prevent falls

By Pat FitzGerald and Barbara Bock, wellness classes volunteer leaders, Southern Maine Agency on Aging

Fear of falling is common among adults 60 years and over. And with summer ending and fall slowly coloring the leaves on trees, some people – both newcomers to Maine and those who have lived here their whole lives – are worrying about the coming cold rainy days, freezing morning temperatures, and wet, slippery streets. Older people know that falling could result in injury, the prospect of long-term recovery, high medical bills, and loss of independence. But there are some easy steps all of us can take, regardless of age, to prevent falls.

- 1. **Stay active:** Find an activity that you enjoy and that keeps you moving. Being active will help you increase your flexibility, improve your balance, and strengthen your heart. So take a walk with a friend or neighbor and get to know the area where you live a little better, join a community gardening group, or play some light soccer with some children.
- 2. **Talk to your doctor:** Be honest with your doctor. It is OK to let your doctor know if you have fallen in the past year. This does not mean they will take away your independence. It means they can look for the cause of your falls. Working with your doctor can keep you safe and independent.

- 3. **Vision and hearing checks:** People with mild hearing loss are nearly three times as likely to fall. Having the right prescription eyeglasses and/or hearing aid, if necessary, means that you are less likely to fall as you gain improved awareness of your surroundings.
- 4. **Medication reviews:** Taking three or more medications automatically increases your risk of falling. Ask your doctor to regularly review your medications and do not be afraid to ask your pharmacist to explain how each medicine impacts your balance.
- 5. **Home safety:** Minor home improvements can help make your home safer and decrease your chances of falling at home. Examples are better lighting in the hallway and grab bars in the bathrooms. Resources are available to older Mainers to cover expenses associated with home modifications. The five regional Agencies on Aging that work with older adults and adults with disabilities in different parts of Maine can connect you with local resources to make your home safer. Visit maine4a.org for contact information for the Agency on Aging for your location.
- 6. **Group classes for balance:** One more step to help manage the possibility of falls is to enroll in classes specifically designed for older adults. Through gentle exercises focusing on strength and balance, participants learn different techniques of moving around that reduce the chance of falling. A Matter of Balance and Tai Chi for Health and Balance are classes offered through different community organizations, including the five Agencies on Aging.



Have you been in the U.S. since January 2021? Then you are eligible to apply for Maine's \$850 Relief Check and Property Tax Fairness Credit.

In order to receive the \$850 Maine Relief Check, you do not need to be a citizen or have a Social Security number or ITIN number. You must have lived in the U.S. for the full year of 2021 and file a 2021 tax return by October 31, 2022. The Maine Revenue Service will assign a "temporary ID" to receive the Relief Check and the two Fairness Credits. Some organizations are helping people without SSN or ITIN numbers to file their 2021 taxes. These include Maine Equal Justice and a partnership between AARP Foundation and Southern Maine Agency on Aging. To schedule an in-person or over-the-phone appointment, contact Flavia Debrito, Maine Equal Justice (207) 888-3963, or Southern Maine Agency on Aging/AARP Tax-Aide, (207) 396-6518.

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Continued from page 1

Nigerians in Maine stay in touch via a 120-member WhatsApp group. The connections began with a Facebook group that Anita Nwanna-Nzewunwa started after she moved to Maine from San Francisco four years ago. “Coming in, I just felt lost,” she said. “I would go to church and see a huge Congolese community, Somali community...but there was no Nigerian community known to me.” She had some friends, but wanted a broader sense of community, too. “I would put up posts here and there, as much as my schedule would permit.” After visiting friends in Bangor, the busy Waterville physician posted pictures to reach more people.

Meanwhile, Emmanuel Juwah had moved to Maine from Texas, but had met only a few other Nigerians in the state, including someone on a Concord Coach trip to Auburn and someone else from California. Juwah enjoys networking, which he uses in his work as an assistant branch manager at a bank. When he invited his new friends to his home, in the course of conversation they all wanted to find a way to connect with other Nigerians. They started the WhatsApp group with only four members.



Serving up delicious Nigerian specialties

Juwah contacted attorney, business owner, and Bangor City Councilor Angela Okafor to help spread the word about his group and she added her Nigerian contacts throughout the state. When he saw Nwanna-Nzewunwa’s group, he said, “I looked at my wife. ‘There is actually a Nigerians in Maine group on Facebook!’” She was astonished. He and Nwanna-Nzewunwa decided to merge their social networks.

“We don’t know the number of Nigerians in Maine,” Isaac Oyinlade said. “However, we do know that we are more than 120 because there are people I talk to from time to time. There are couples in the group, and students who know others.” One 2020 estimate based on the American Community Survey put the number at 224, a 23% increase over 2015. In any case, the organizers know their WhatsApp group doesn’t reach everyone, and doesn’t include children.

“Last week, I heard someone speaking a Nigerian language, but he was far away from me so I couldn’t reach out to him,” said Nwanna-Nzewunwa. “Who knows? That’s the number we have.”

Group members were excited about the idea of meeting in person, and formed a committee to plan the event.

Importance of connections

Connecting with each other – whether by Facebook, WhatsApp, or at the gathering – was a huge relief. Indeed, even during a Zoom interview, their sense of relief was palpable.

“I was in Maine a year and four months before I met my first Nigerian,” said Oyinlade, a data analyst who moved here from Maryland seven years ago. One time, when Oyinlade was in a small African restaurant,



Anozie Ikemba playing his hit song “Bangor, Maine”

the owner said one of his regular customers was also Nigerian. The owner offered to tell the other customer about Oyinlade. Because he was desperate to meet another Nigerian, Oyinlade went back to the restaurant over and over, hoping to run into the other patron. In the meantime, he also joined a dance class to make connections, and learned the Lindy hop, a dance that was popular in the U.S. in the 1930s.

The group is valuable to Chinonye Anumaka who is working on her second master’s degree as a health data programmer at the University of Southern Maine. “It adds to the feeling of being at home because I could ask for a food ingredient that nobody knows about except for Nigerians,” she said. “In my six years living here, things have changed. It’s even more different when the diversity includes Nigerians who speak the same language.”

Juwah agreed. “It was so easy to ask a question – ‘Hey, where do we get this?’ It makes everything really easy.”

Coming in, I just felt lost...I would go to church and see a huge Congolese community, Somali community...but there was no Nigerian community known to me.

—Anita Nwanna-Nzewunwa

Child care is another point of relief. “When you’re in need of child care, you can ask, ‘Is anyone available to watch my child? Now I have people I can ask,’” Nwanna-Nzewunwa added.

But Nigerians in Maine enjoy knowing each other for more than just practical reasons. “When we came here, the majority of us left our families behind,” said Victor Iwegbulam, who lives in Bangor. The American culture and daily practices are very dif-

ferent from Nigeria’s. “It was tough here... No going out, no one to visit,” he said. So when Juwah contacted him, Iwegbulam was excited. “One of the things that causes depression is when you [don’t] have people you can talk to. To a large extent, it helps to unburden yourself.”

Gathering united community

For the July event, the group chose Augusta as a central location. “We had a lot of support from people from the community,” said Anumaka, through monetary donations and people offering to cook, make snacks, or play music. “Nigerian music played all day!” she said. “I think we had everything. We all came there with our families. Every activity was planned to engage the youngest up to the oldest.”

Nwanna-Nzewunwa added, “It’s just amazing how little connections here and there can make things so big and beautiful.”

Food included favorite dishes like chicken suya (a Nigerian street food), jollof rice, fufu, meat pies, moi moi (steamed bean pudding), and egusi soup, which is made from melon seeds. There was even a cake decorated with coats of arms from both Maine and Nigeria. Singer Anozie Ikemba, whose song “Bangor, Maine” is on YouTube, entertained the group. And adults and kids played musical chairs, chess, Jenga, and volleyball.

“I think one of the highlights...was actually meeting people for the first time,” said Anumaka. “I met this guy that came all the way from Caribou, about a five hours’ drive. ... I know someone came with friends who are not even Nigerians, which was nice. It was open to anybody, any friend.” Two weeks later at a store, she was happy to see someone from the gathering whom she might not have recognized from only the WhatsApp group, if they hadn’t met in person at the event.

The group’s next step is becoming a formal organization. They continue to network to reach other Nigerian Mainers while a committee works on a constitution, by-laws, and an electoral process. Their primary goal is supporting other Nigerians. “We want to help the community, make sure we connect, have meetings from time to time, and have

gatherings and events,” Juwah said.

“We’re trying to empower Nigerians who need help, and then trying to see what we can do healthwise, otherwise, and have programs for younger Nigerians, and other communities outside of Nigerians,” said Nwanna-Nzewunwa.

“Step-by-step action. That’s more like what the objective is – where we are, where we’re coming from, where we want to go,” said Oyinlade. Once they establish the organization, they will make further plans, such as providing translation services and contacting Nigerians in other states who have formed schools, churches, and businesses. He pointed out that Afrobeats, a fast-growing musical genre that unites different African traditions, could be a point of connection.

“As time goes on, we want to create a very good platform for Nigerians. We are people who are very talented,” Iwegbulam said. “In the long run, it could turn into a business, a start-up in the community, and employ people in the community....The more businesses you have in the community, that goes a long way in creating positive impacts.”

An intense game of chess

They also will look into helping Nigerians outside of Maine and the U.S. “Go back home and give back to the less privileged ones there who cannot help themselves,” he said. “When we get to that bridge, I’m sure we’re going to cross it.”

Peaceful Maine

For now, they are glad to be connected with each other, and they like Maine. “It’s been such a wonderful place. Everybody is warm and welcoming, and it’s so peaceful, especially with everything that’s going on in America right now,” Nwanna-Nzewunwa said. “It’s safe. It’s a good place to raise kids.”

The others agreed. “I love this state as a whole,” said Oyinlade. “There’s one word I use to describe it – peaceful.”

Photos courtesy of Emmanuel Fakorder.
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