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**AFGHAN  
RESETTLEMENT  
IN MAINE**



Executive Director Rilwan Osman of Maine Immigrant and Refugee Services and Director of Case Management Charles Mugabe of Catholic Charities Maine have been working for months to resettle Afghans who have fled their homeland since the fall of Kabul in August. See article pages 2-3.

## In this Issue

- Afghan Resettlement .....2/3
- Lunar New Year .....4
- Maine Youth Network .....5
- Afrofuturism with MHC..... 7
- Editorial .....8
- Translations
- French .....9/13
- Swahili .....10/13
- Somali .....11/13
- Kinyarwanda .....12/13
- Portuguese .....28/30
- Spanish .....29/30
- MCF grant opportunities .....14
- Legislative update .....15
- Tips & Info .....16/31
- New Roots Farm .....17
- The Samosa Story .....18/19
- Health&Wellness.....20-27
- Cardiac Health
- In English & translations*
- Columns .....32
- Maine Equal Justice
- South Portland Sustainability MIRC
- Tax Season...33
- In English & translations*
- New Voices columns .....34
- Rupal Ramesh Shah
- Roseline Souebele
- Hope in Augusta ..... 37



## Center lends a helping hand to children in Nigeria living with autism spectrum disorder

By Violet Ikong



An autism awareness campaign by Blazing Heart Autism Center.

Tochi Ajike was thrown into a state of fear and confusion in 2020 when her 18-month-old son David (a pseudonym), still couldn't make any sounds – not even babbling. Instead what he did was rock back and forth, spin in circles, and cry for no apparent reason.

A friend mentioned that David might be living with autism spectrum disorder (ASD). But Ajike, age 32, did not know much about the disorder. She began by looking up “autism.”

Continued on page 36

## Safiya Khalid looks to the future and reflects on the past

By Kathreen Harrison



When *Amjambo Africa* first covered Safiya Khalid in 2019, she was 23 years old and had just announced her candidacy for Lewiston City Council's Ward 1 seat. She ran on a platform that included a number of goals, one of which was increasing diverse representation in elected office in Maine. Khalid won her council race handily, with almost 70% of the vote, and she went on to serve one term in office as Lewiston's first Muslim, female, person of color on the Council.

“I ran on bringing the community together, bridging gaps,” Khalid said.

But near the end of her first term, to the surprise of some, she announced she would not be running for a second term. She said she would be helping to elect more anti-racist candidates to office instead. In addition, she had earned a full scholarship to study public policy at Northeastern University, and would be enrolling in a master's degree in public administration – a logical next step for someone of Khalid's intellect and focus on social justice. She is thrilled at the prospect of graduate study. “Can I take all the classes at once please?” she joked.

Continued on page 39



# AFGHAN RESETTLEMENT IN MAINE

## Afghan resettlement in Maine

By Kathreen Harrison



When Kabul fell to the Taliban in mid-August after forty years of violence and superpower involvement in Afghanistan, many Afghans knew right away that they would be in the crosshairs of the new regime. Either they had worked for the U.S. in some capacity - military, diplomatic, construction, interpretation - or they had careers in journalism, human rights activism, or humanitarian work that put them at risk. And some were simply family members of American citizens or legal permanent residents. What these hundreds of thousands of people all had in common was an urgent need to get themselves and their families out of Afghanistan before the Taliban punished them for their affiliation with the west.

And some did get out, and are now rebuilding their lives away from their homeland - including here in Maine. By the end of August, U.S. and coalition partners had airlifted more than 120,000 people to safety. Of these, more than 76,000 were Afghans who were brought to the U.S. through Operation Allies Welcome, according to Department of Homeland Security. Before the evacuees were resettled in different states around the country, they lived on domestic military bases, and underwent immigration processing, and medical screenings. Since September, over two hundred Afghan evacuees have been resettled in Maine. Most have family ties here, and live in the Greater Portland Area, and Lewiston/Auburn. Some are in York County, and a small number of Afghans have moved to Augusta.

### How does resettlement work in Maine?

Resettlement of Afghans in the U.S. is administered by the U.S. State Department through the Afghan Placement and Assistance Program (APA), which launched on September 1. The APA program works with states, nine national resettlement agencies and their affiliates, and other faith-based and community-based organizations across the country. Catholic Charities, the oldest resettlement agency in Maine, was the first to administer the APA program in Maine, and welcomed the first new arrivals from Afghanistan, which began in earnest in October. As of press time, Catholic Charities had welcomed 106 APA arrivals to Maine, with 13 more arrivals expected in early to mid-February.

Because Catholic

Charities has been a resettlement agency for decades, they already had a team structure in place to support resettlement, and they began to prepare for the new arrivals in August. However, because of the large number of Afghans due to come to Maine, on top of regular refugee arrivals, the nonprofit hired more people to fill positions on the different teams - employment, case management, housing, medical, benefits. And they created a new position, Director of Case Management, now held by Charles Mugabe. Mugabe has extensive experience with case manage-



Rilwan Osman points to the overflowing MEIRS donation room. Photo | John Ochira

“We’ll sleep after February, when everyone is housed. The priority is housing, so kids can get enrolled in schools”

—RILWAN OSMAN

ment, project management, and has worked with Catholic Charities since 2016.

The APA program is federal, and funds direct services that include housing, household items and furniture, food supplies, help with school enrollment, cultural orientation, limited financial assistance (\$1,050 per individual - total), and assistance enrolling in English language classes, along with other services - all for a period of 90 days. After 90 days, the Refugee Social Services program takes over, and continues to provide services such as employment, and workplace integration for up to five years. Catholic Charities holds the contract for Refugee Social Services for Maine.

Maine Immigrant and Refugee Services (MEIRS), is playing a huge role in welcoming Afghans to Lewiston. Rilwan Osman, Executive Director of MEIRS, said that MEIRS had applied to become a resettlement affiliate in early 2020, before the humanitarian crisis in Afghanistan was on the horizon for most. In fact, MEIRS was in training to become a “community partner” when Kabul fell. When the State Department reached out, asking for help - essentially fast-tracking MEIRS to “community partner” status, he recalled deciding, “Let’s do it!” Osman himself arrived in Maine 17 years ago as a refugee, and said he felt compassion for the Afghans, and a desire to help. He remembered how hard it

was for him to navigate services with limited English when he first arrived. A majority of the MEIRS staff - 80% - are also New Mainers, many of them former refugees.

MEIRS is headquartered in Lewiston, with a second office in Portland. As of January 12, Osman said that MEIRS had welcomed 99 arrivals, and would probably receive another 12 Afghans, for a total of 110 arrivals. MEIRS started with two case managers and one housing specialist, but very quickly Osman realized he needed more people to help. Now MEIRS has eleven people working on Afghan arrivals, including case managers, housing specialists, and someone to handle transportation.

“We expected to receive 10 people a week over a period of eight months, and planned for that. But then there was a change in plans at the upper levels, and we started receiving 40 people a week instead,” Osman said, adding that his staff has been working seven days a week to be sure the needs of all the arrivals are met - food, medical care, permanent housing, for example.

In late October, the Jewish Community Alliance of Southern Maine (JCA) was approved as a Hebrew Immigrant Aid Society (HIAS) affiliate partner, and also readied itself to welcome Afghans. JCA had not responded to a request for information by press time, however a January 7 post on their website reads: “We were so pleased to welcome the JCA’s first Afghan refugee family through HIAS late last night, just before the snow. We are grateful that they are safe and warm here in Maine.”

“With the Afghan crisis, it has been a huge advantage to

“These people came directly from their homes. They left everything in a very short period of time to get out, so they have nothing. And they came at the beginning of winter, without warm clothing. But their skills will make it easier for them to get a job. And they will be an asset for any town or city that is willing to diversify.”

— RILWAN OSMAN



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have more hands on deck, because the need has been so great. Having MEIRS and JCA involved is a huge advantage,” said Mugabe.

### Unique challenges and advantages of Afghan arrivals

And the Afghan Community of Maine has been involved in the resettlement effort right from the planning stages.

“We knew we needed cultural and linguistic knowledge, and the organization has been a key partner throughout the



# AFGHAN RESETTLEMENT IN MAINE

“Maine has a very bad housing shortage. We have been looking to place people in metropolitan areas, with resources. But it was a challenge. Most landlords we work with had no available apartments at all. Still, people helped in all kinds of ways. Someone even offered to buy a building, and we were able to house three families there!”

— CHARLES MUGABE



resettlement process, particularly with communication. Some of the arrivals have no English at all. The leaders were key in bridging language barriers,” said Mugabe, who went on to explain that the needs of the Afghan arrivals are unique, and that it was the Afghan Community of Maine that helped explain the culture.

To begin with, Dari and Pashto are particular to Afghanistan, and although most language interpretation services were able to provide Farsi – spoken in Iran - Farsi would not help when trying to speak with Afghans. Also, most new arrivals only eat Halal meat, and prefer a particular kind of rice that must be purchased from culturally appropriate stores. And some new arrivals come from remote areas of Afghanistan, and were not familiar with modern household items, so needed practical help adjusting. Without the Afghan Community of Maine, resettlement would have been much harder for everyone to navigate.

In Lewiston, Osman noted that despite the need for help, the Afghans come with skills, and most already know basic systems, unlike the refugees who come directly from refugee camps, such as the thousands of Somali refugees who came in a large wave decades ago.

“These people came directly from their homes. They left everything in a very short period of time to get out, so they have nothing. And they came at the beginning of winter, without warm clothing. But their skills will make it easier for them to get a job. And they will be an asset for any town

or city that is willing to diversify,” said Osman. He said that among the arrivals are pilots, carpenters, IT people, teachers, cooks, auto mechanics, people who worked in the hotel industry.

In the beginning, Osman was worried that the Afghans would face discrimination and hostility in Lewiston.

“My biggest fear was that they’d hear negative comments about refugees and immigrants...but I haven’t heard anything negative at all,” he said.

Instead, when MEIRS reached out to the community, they got a huge response. “In two weeks, our donation room was filled! People have driven two hours to bring us donations,” he said.

The biggest challenge has been housing. “Maine has a very bad housing shortage. We have been looking to place people in metropolitan areas, with resources. But it was a challenge. Most landlords we work with had no available apartments at all. Still, people helped in all kinds of ways. Someone even offered to buy a building, and we were able to house three families there!” Mugabe said.

He noted that 90% of the landlords who are housing Afghan arrivals are new landlords for Catholic Charities, and that most of the families Catholic Charities is resettling are in permanent housing. In Lewiston, approximately 50% of the Afghans are in permanent housing, or have signed a lease, Osman said.

## A Maine welcome

Both Rilwan Osman and Charles Mugabe rave about the great welcome extended to the Afghans by Mainers.

“It’s been a tremendous collaboration throughout,” said Mugabe, citing local, state, and federal partners that have been involved in the work of resettlement. And many individual Mainers have sent gift cards and donations of clothing to help the new arrivals.

“All of this demonstrates Maine’s character, and our wel-



iStock.com/Nathan Derrick

coming spirit,” said Mugabe.

“I’d like to thank everyone. These people served the U.S. back home in Afghanistan, and it’s good to see Mainers extend a greeting,” said Osman.

## Future arrivals

According to the International Rescue Committee, as many as 300,000 Afghans were affiliated with U.S. operations in Afghanistan. Doing the math, that means about half remain in danger of retribution by the Taliban. This number includes relatives of Afghan Mainers, who are deeply concerned for the safety of their family members back home. Winter is harsh in Afghanistan, food supplies are scanty, the financial system has broken down under the Taliban, and people with known family members in the U.S. face harsh retribution. On top of that, the Humanitarian Parole program created by the federal government is not working for Afghans, and efforts to bring family members to safety in the U.S. have stalled.

Meanwhile, thousands of people did make it safely out of Afghanistan, but are not yet resettled, and are waiting at transit locations overseas for admission to the U.S. According to officials at the White House, as a possible invasion in Ukraine looms, the Biden Administration is working on an expedited plan to get those individuals resettled in the U.S. as fast as possible.



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.

Valentine’s Day is a famous holiday that is celebrated in many cultures during the month of February. But in the U.S., people also observe the whimsical Groundhog Day. Another word for “groundhog” is “woodchuck.” Although Groundhog Day is not a federal holiday, and no one gets the day off from work or school, many people do tune into the news to see what the most famous groundhog in the U.S. has to say. The myth is that if “Punxsutawny Phil,” a groundhog in Punxsutawny, Pennsylvania, sees his shadow, winter will last six more weeks; a cloudy day (no shadow) means winter will end early. Groundhog Day is February 2.

Here are four idioms – expressions in which the meanings of the words are not the same as the meaning of the saying – which one might hear used in connection with animals.

**Straight from the horse’s mouth** — Information from the best source on the subject matter.

“The boss told them that their jobs were being eliminated. They knew it was true since they heard it from the horse’s mouth.”

**As quiet as a mouse** — Very quiet

“Xavier was as quiet as a mouse when he was working in the library.”

**Get someone’s goat** — Irritate someone deeply

“Maria’s sister was always trying to get her goat by showing old, unflattering photos to her new boyfriend.”

**Rain cats and dogs** — Rain heavily

“Don’t go out without your umbrella. It is raining cats and dogs.”

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](mailto: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)

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# Despite challenging year, Asian community looks forward to 'Year of the Tiger'

| By Marpheen Chann

This year, as Mainers and Americans of Asian descent celebrate the Lunar New Year, we do so with a new awareness that despite varied immigration histories, stories, and ancestries, we are still considered "Other." Many blame those of Asian descent for the COVID-19 pandemic. This has only exacerbated anti-

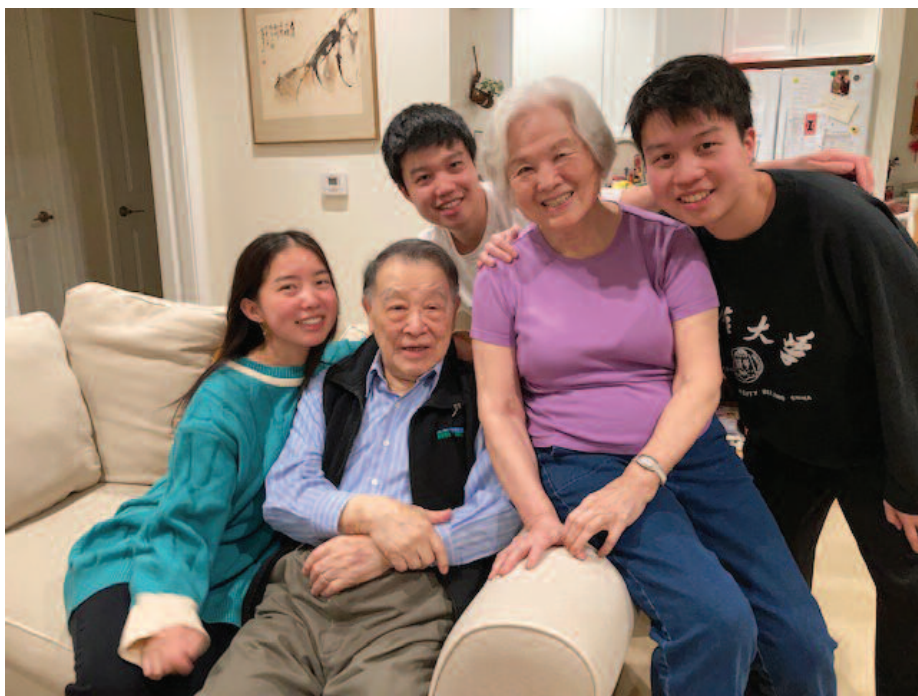


Marpheen Chann

Asian racism and xenophobia that has existed since the 1800s and has given rise to a wave of violence.

## Pandemic, racism reminders of importance of keeping culture alive

As we enter 2022, the pressures and torrents of the pandemic and anti-Asian sentiment continue to impact communities. In response, many Mainers of Asian descent are leaning into the importance of keeping cultural traditions like the Lunar New Year alive.



The Han Family

"The anti-Chinese sentiment that came out of the pandemic has prompted me to feel more need to keep up the little bit of Chinese tradition that I can carry on," said Cindy Han, who lives in Falmouth and is a producer of Maine Public's Maine Calling show.

Chinese Americans were especially struck by rising anti-Asian hate in 2021 as former President Donald Trump and many Americans targeted and blamed people from China, or those perceived to be Chinese, for the COVID-19 pandemic. Violence and discrimination against Asian Americans were spurred on by President Trump and national leaders who stooped to calling the novel coronavirus the "Wuhan virus" or "Chinese virus." Local leaders in Maine followed suit.

Meilin Brodeur, who was adopted from China by two Mainers and served as a board member of the Chinese American Friendship Association of Maine, said that "COVID-19 in its entirety has taken a toll on how Asian Americans are viewed. We went from a model minority to virus spreaders. It is important to celebrate and be proud of our heritage and share our traditions."

## But despite a year of challenges, many still see silver linings.

Reflecting on 2021's Lunar New Year and looking ahead to this year's celebrations, Han said that the pandemic "helped in that my grown kids were home with us during the pandemic, so I was able to do most of the traditions with them. During the pandemic, we also moved to live closer to my aging parents and will be able to celebrate this holiday with them, which is very meaningful."



## What is Lunar New Year?

The Lunar New Year has its origins in Ancient China and dates back to around 3000 BCE, thousands of years before the Industrial Revolution, when the rise and fall of great empires and their peoples were largely driven by agriculture. This was a time when famines, droughts, wildfires, or long winters could turn the tides of history.

Farmers especially needed to know the optimal time to plant and sow their crops to benefit from spring rains. Although not perfect for predicting seasonal changes, the method that emerged was to observe and count the phases of the moon, particularly the new moons and the full moons. Lunar New Year usually begins with the new moon that appears sometime between the end of January and the end of February. This year, it falls on February 1.

Portland-based writer Coco McCracken, of mixed Canadian, American, and Chinese background, summed up how her family celebrates. "It's a time we celebrate the new season with tons of food," she said. "We almost always have a huge dinner or a massive dim sum with about 30-40 cousins, uncles, aunts. We exchange red packets of money, and if it's not too cold, we visit the graves of our ancestors, light incense, and bring them plates of food from our feasts."

Since ancient times, other East and Southeast Asian cultures have also celebrated the Lunar New Year for similar reasons and in many similar ways. This speaks to the sphere of China's long history of influence in the region and the mixing and mingling of cultures through trade and intermarriage. One of the common traditions

across different East and Southeast Asian cultures is visiting and spending time with family and giving gifts. Other practices include settling debts, honoring one's ancestors, and preparing to start the new year with a clean slate.

Lunar New Year, for instance, is celebrated by people of Vietnamese background, who refer to it as Tết. Troy Huynh of Scarborough said, "Tết truly means everything! It is a combination of all the holidays... Christmas, Thanksgiving, Memorial Day. It is a time to unite with families and reflect as well as renew hope." He and his family fled Vietnam when he was 11, and was resettled in Maine in 1989.

"We celebrate for three days with family, food, and friends. On the first day of the new year, we visit my side of the family. On the second day, we visit my wife's family's side. On the third day, we visit with friends," Huynh said.

"New Year's Day is an opportunity to honor our elders," said Tae Chong, a Portland City Councilor who immigrated to the U.S. from Korea in 1976 at the age of 7. "A big focus is on health and long life, and so we would go to our elders dressed in traditional Korean clothes to wish them good health and longevity, followed by gifts of money, teokguk (lucky rice) soup, and games."

Lunar New Year celebrations also play a role in helping American parents who have adopted children from East and

Southeast Asia connect their children with an essential piece of their cultural heritage.

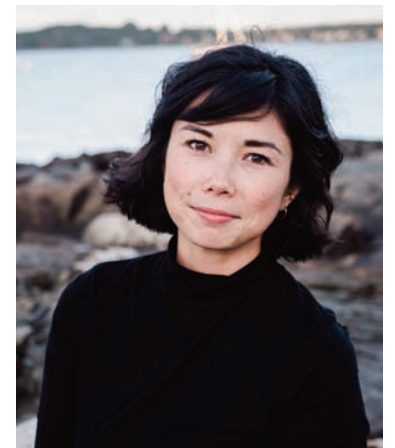
Jennifer Christoforo of Yarmouth, who adopted her daughter from Jiangxi Province in China, wrote that they celebrate the holiday with the same importance as Western holidays such as Christmas and Thanksgiving.

"We have wonderful traditional foods and decorate our home," said Christoforo, who is also a member of the Chinese American Friendship Association (CAFAM). "We celebrate with local events too... In Maine, we needed to go virtual last year. In 2020, we were able to squeeze in our live CAFAM event just before the spread of covid and shut-downs."

## Year of the Tiger

This Lunar New Year also marks the Year of the Tiger, one of the twelve zodiac signs in Asian culture. The tiger is considered the king of all beasts in many Asian cultures, and represents strength, the exorcising of evils, and bravery. As Mainers of Asian descent bring the year to a close, settle debts, patch up familial relationships, and reflect, the symbolism of the tiger is not lost on those who celebrate.

Ophelia Hu Kinney, another member of CAFAM whose family immigrated to the U.S. from Hunan, China, said, "Many of our peoples that celebrate Lunar New Year come from histories of separation, immigration, war, and trauma. What we can do right now is unite against a common enemy – this pandemic – and make sure that we weather it in the safest way possible for our most vulnerable populations: our elders, our children, those facing financial hardship, and



Coco McCracken



those living with illness. Our bravery now is in our everyday commitment to one another. Our strength is in our togetherness."

Marpheen Chann is the author of the upcoming memoir *Moon in Full: A Modern Coming-of-Age Story* (Islandport Press, June 2022). Chann is also a Maine politician, speaker, community organizer, and gay man of color. As a gay, first-generation Asian American born in California to a Cambodian refugee family and later adopted by an evangelical, white working-class family in Maine, Marpheen uses a mix of humor and storytelling to help people view topics such as racism, xenophobia, and homophobia through an intersectional lens.



# Maine Youth Network presents author Shugri Said Salh



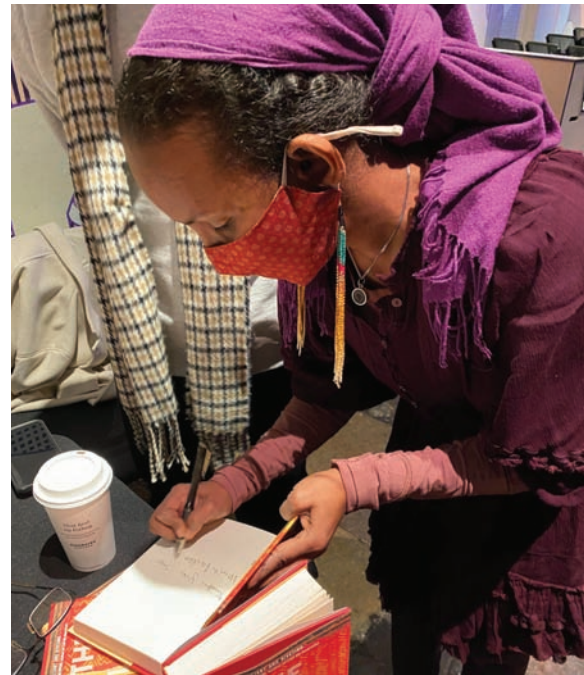
On January 28 Fowsia Musse, Executive Director of Maine Community Integration in Lewiston, hosted a gathering to welcome the author.



From left to right: Maine Youth Network members with the author: Mana Abdi, Mariyo Mohamed, Mariam Mohamed, Shugri Salah, Abdinoor Hussein, Mohamed Mohamed



South Portland Mayor Deqa Dhalac joined Maine Youth Network members and author Shugri Said Salh for a discussion in Portland prior to the reading at SPACE.



Maine Youth Network hosted a night of storytelling and community talks with author Shugri Said Salh in collaboration with SPACE on January 30. Salh discussed her debut memoir, *The Last Nomad: Coming of Age in the Somali Desert*.

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**METAL**

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- Botas de aerosol (vacías)
- Latas/papel de aluminio
- Ollas y sartenes

**VIDRIO (todos los colores)**

Todas las botellas y jarras de vidrio

Todos los contenedores rígidos se pueden poner juntos y deben estar **VACÍOS** (pero no perfectamente limpios).

**NO** reciclar

**Por favor mantenga FUERA** estos artículos:

**Desechos/Basura**

**Agujas y elementos punzantes**

**Piezas metálicas grandes** de automóvil, bote, camión, etc.

**Leña/madera**

Cilindros de **propano**, helio y otros gases

**Tuberías**, plásticas o metálicas

**Ropa y zapatos**

**BOLSAS DE PLÁSTICO :**

- bolsas de basura/compra
- verduras congeladas
- bolsas de pellet
- bolsas de pan
- bolsas de periódicos
- papas o snacks
- sándwich
- bolsas de comida de mascotas

**Envoltorio o película de plástico**

**Ropa de cama y almohadas**

**Mangueras de jardín**

**Pilas:**

- alcalina
- pilas de botón
- recargables

Lonas/retractiles para botes

Envoltorio de burbujas

Pañales (bebés/adultos)

Sobres que sean de plástico o Tyvek®

Alimentos o plantas (compost)

Arena de gatos

Cuchillos y navajas

Focos (cualquier tipo: **devuelva los focos CFL a la tienda**)

Servilletas y toallas de papel

Styrofoam® o espuma de poliestireno (Incluso si son del n° 6)

Juguets

Revestimiento vinílico

Papel o cajas recubiertos de cera (SE ACEPTAN polirecubiertos)

Cuerda, cordel, cadena

**NO PONER BOLSAS DE PLÁSTICO!**

Más información en: [ecomaine.org](http://ecomaine.org) o 207-773-1738



Recycling? Recyclage? Reciclaje? Dib u warshadayn? Reciclando?

[www.ecomaine.org/languages](http://www.ecomaine.org/languages)



# ecomaine

**Dib u CUSBONEYSII**

**WARQADDA**

- Dhamaan baakooyinka, warqadaha, iyo sanduuqyada bizza (LAMA OGOLA RAASHIN)
- Wargeyska iyo waxyaabaha a geliyo
- Majaladka
- Warqadaha lagu soo diro boostada iyo kataaloga
- Bacyada warqadda
- Warqadda xafiiska, bakhshadaha, iyo bakhshadaha dariishadda
- Warqadaha lagu duubo
- Buugaagta telefoonka
- Buugaagta
- Saxuunta warqadda (nadiif)
- Kartoonada caanaha iyo juuska
- Sanduuqyada cabbitaanka iyo weelasha nadiifka
- Warqadda la jeexjeexay (lana geliyay bacyada blaastiigga)

**BLAASTIIGGA**

- Dhallooyinka biyaha
- Jeegga caanaha
- Dhallooyinka Dhar Dhaqa
- Dhamaan weelasha adag ee ku qoran #1-7 (marka laga reebo Styrofoam)

**BIRTA**

- Qasacyada tanagga
- Qasacyada Aerosol (faaruq)
- Qasacyada iyo warqadaha aluuminiumka
- Dhariyada iyo surfiyada

**GALAASKA (dhamaan midabada)**

- Dhamaan dhallooyinka iyo jeegga galaaska

**Dhamaan weelasha adaga waa in ay FAARUQ yahiin (ma u nadiifsana sida ugu fiican)**

**Dib ha u cusboneysiin**

**LAMA RABO BACYADA BLAASTIIGGA!**

- Bacyada qashinka iyo iibsiga (faaruq ama ha buuxaan)
- Duubidda blaastiiga ama beliikola
- Bacyada "bubble" ama bakhshada wax lagu diro
- Bakhshadaha blaastiigga ama Tyvek
- Bacyada rootiga
- Battaatada shiilan iyo bacyada cuntada fudud
- Bacyada rootiga
- Bacyada raashinka xoolaha
- Bacyada khudaarta la qabooyiyay
- Bacyada jawaanada
- Bacyada wargeyska
- Waxyaabaha lagu duubo doonta ama daboolada

Styrofoam (xattaa haddii ay tahay #6!)

Tirtirka warqadda, tirtirka, ama warqadda nadiifinta

Cirbadaha iyo waxyaabaha fiqan

Qeybaha birta waaweyn (baabuurka, doonta, baabuurka weyn, iwm.)

Tanayada gaaska (brobane, helium, oksojiin, iwm.)

Looxa iyo geedka

Tubooyinka (birta ama blaastiigga)

Labbiska iyo kabaha

Furaasha sariirta iyo barkimanka

Battariyada: alkaline, battariyada-battanka la buuxin karo iyo lithium-ion

Nalalka iftiinka (nooc kasta)

Tubooyinka beerta

Xafaayadda (cunugga ama qofka weyn)

Raashinka ama dhirta (burburi kuwaan)

Wasakhda mukulaasha

Middiyada iyo seefta

Alaabta caruurta

Dhinaca finyl

Warqadda xabaqa iyo sanduuqyada

Xeregga, xeregga dhuuban, silsiladda

Learn more at [ecomaine.org/101](http://ecomaine.org/101) or call 207-773-1738

# ecomaine

**Recicle**

**PAPEL**

- Todas as caixas limpas de papelão, cartolina e pizza (SEM ALIMENTOS)
- Jornais e folhetos
- Revistas
- Correio e catálogos
- Sacos de papel
- Papel de escritório, envelopes e envelopes para janelas
- Papel de embrulho
- Listas telefônicas
- Livros
- Pratos de papel (limpos)
- Embalagens de leite e suco
- Caixas de bebidas e recipientes assépticos
- Papel triturado (coloque em sacos plásticos transparentes)

**PLÁSTICO**

- Garrafas de água
- Jarros de leite (leiteira)
- Frascos de detergente
- Todos os recipientes rígidos marcados com #1-7 (exceto isopor)

**METAL**

- Latas
- Latas de aerosol (vazias)
- Latas de alumínio e papel-alumínio
- Travessas e panelas

**VIDRO (todas as cores)**

- Todos os frascos e garrafas de vidro

Todos os recipientes rígidos devem estar **VAZIOS** (não perfeitamente limpos)

**NÃO recicle**

**SACOS PLÁSTICOS!**

- Sacos de lixo e compras (vazios ou cheios)
- Plástico envoltório ou filme plástico
- Plástico bolha ou caixas de correio
- Envelopes Tyvek ou envelopes plásticos
- Sacos de pão
- Sacos de batata frita (salgadinho) e lanche
- Sacolas de sanduíche
- Sacos de alimento para animais
- Sacos de vegetais congelados
- Sacos de pelota de madeira
- Sacos de jornal
- Capas ou lonas de barcos

Isopor (mesmo que seja #6!)

Papel-toalha, guardanapos ou lenços

Agulhas e objetos afiados

Peças metálicas grandes (carro, barco, caminhão, etc.)

Tanques de gás (propano, hélio, oxigênio, etc.)

Madeira e lenha

Tubos (metal ou plástico)

Vestuário e sapatos

Roupas de cama e travesseiros

Baterias: alcalina, pilha tipo botão, recarregável e íon de lítio

Lâmpadas (qualquer tipo)

Mangueiras de jardim

Fraldas (bebê ou adulto)

Alimentos ou plantas (faça compostagem)

Dejetos de gatos

Facas e lâminas

Brinquedos

Tapume de vinil

Papel e caixa revestidos com cera

Corda, barbante, corrente

Learn more at [ecomaine.org/101](http://ecomaine.org/101) or call 207-773-1738

# ecomaine

**IBINTU BISUBIRWAMO (bisubizwa muruganda)**

**IMPAPURO**

- ibikarito byose bisa neza, ibibikarito bya pizza (HATARIMO IBIRYO)
- ibinyamakuru n'utwo bacengezamo
- ibinyamakuru bikomeye bisohoka rimwe na rimwe
- Amabaruwa na kataloge
- Amashashi akoze mu mpapuro
- Impapuro zo mu biro, amabashasha, n'impapuro zo gutwikira amadirishya
- Impapuro zo gupfunyikamo
- Ibitabo birimo urutonde rwa numero za telephone
- Ibitabo
- Amashane akoze mu mpapuro (asa neza)
- ibikarito by'amata n'umutobe
- ibikarito by'ibyo kunywa
- Impapuro zigagawe (zashyizwe mu mashashi bonerana)

**PLASTIKE**

- Amacupa y'amazi
- Inkongoro z'amata
- Amacupa y'isabune yo gufura
- Ibikoreho byose bikomeye byanditeseho #1-7 (uretse Styrofoam)

**IBYUMA**

- Udukombe dukoze mu ibati
- Uducupa dukoze muri aerosol (turimo ubusa)
- Udukombe dukoze muri aluminijumu
- Amasafuriya n'amapanu

**IBIRAHURE (amabara yose)**

- Amacupa n'inkongoro byose bikoze mu birahure

**IBINTU BIDASUBIRWAMO (bikwiye gutabwa)**

**NTA MASHASHI YA PLASTIKE!**

- Imyanda n'ibikapo byo guhahiramo (birimo ubusa cyangwa byuzuye)
- Ibyo gupfunyika bikoze muri plastike cyangwa filime
- Amashashi anepa cyangwa ayo gukoreha ku iposita
- Tyvek cyangwa amabashasha
- Amashashi y'imigati
- Amashashi y'ifiriri n'ibiryoy
- Udufuka tw'imigati irimo inyama
- Imifuka y'ibiryoy by'amatungo
- Amashashi y'imiboga zikonje
- Imifuka y'inkwi zo gucanisha
- Amashashi azamo ibinyamakuru
- Shitingi na shitingi zo gutwikira ubwato

Styrofoam (nahyaba ari #6!)

Impapuro z'isuku, ibitambaro, cyangwa udutwenda

Inshinge cyangwa ibikebana/ibijombana

Ibyuma binini (imodoka, ubwato, ikamyoy, n'ibindi)

Ibigaga bya gaze (propane, helium, ogisijeni, n'ibindi)

Inkwi n'imba

Imiyoboro (ikozwe mu cyuma cyangwa plastike)

Imyenda n'inkweto

Amashuka n'imisego

Batteri: alkaline, utubuye duto tw'isaha izongerwamo umuriryo na lithium-ion

Amatara (ubwoko ubwo aribwo bwose)

Imiyoboro yo kuhira ubusitani

Ibyahi/Impapuro z'isuku (umwana cyangwa umukuru)

Ibimera cyangwa ibiryo (ibi bikoremo ifumbire)

Imyanda y'injangwe

Imishyoy n'inzembe

Ibikinisho

Ibirese bikoze muri vinyl byomekwa ku nzu

Impapuro zometeseho ibishashara, n'ikarito

Imugozi, umunyururu

Learn more at [ecomaine.org/101](http://ecomaine.org/101) or call 207-773-1738



## Highlighting Black speculative fiction, Humanities Council asks, 'What if...?'

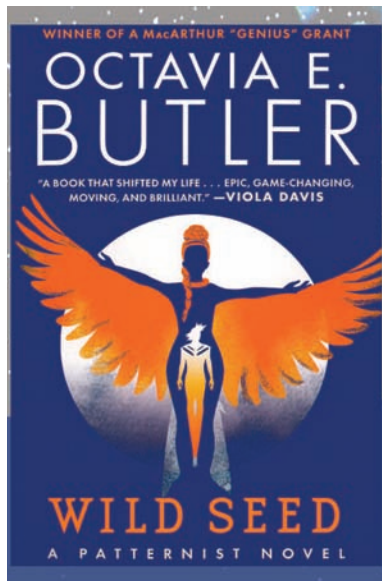
By Stephanie Harp

As Maine Humanities Council considered topics for its annual Big Question, in light all that had happened during the Maine bicentennial – the pandemic, George Floyd's death, and the uprisings that followed – they wondered, "What if things were different?" They turned to Afrofuturism/ Africanfuturism, a literary genre that flips Maine's motto, "The way life should be," into a question: "How should life be?"

"Every year in the Big Question program, we ask a really interesting question. We invite speakers to come and give talks based on their takes on that question," said Maine Humanities Council (MHC) Associate Director Samaa Abdurraqib. When reflecting on the traumatic events of the last few years, MHC settled on "What if...?" as the 2022 Big Question. The genre of Black speculative fiction, as Afrofuturism and Africanfuturism are called, imagines an alternative present or future based on new ways to survive and thrive by engaging with each other, community, and the natural environment. "We thought about the tension between people wanting to 'get back to normal' and the reality that 'normal' wasn't actually good or equitable for so many people. We often ask people to learn through history, but Afrofuturism expands our imagination by removing our compulsion to look at the past and think 'realistically' about the future," Abdurraqib said.

Afrofuturism and Africanfuturism bridge art, literature, and music using a Black cultural lens, from the premise that "there can be a future for Black and African-descended people that either begins with Black liberation or provides a clear pathway towards Black liberation," according to the MHC website. Nigerian-American fantasy and science fiction author Nnedi Okorafor has explained the distinction between Afrofuturism and Africanfuturism by using a "Black Panther" reference: "Afrofuturism: Wakanda builds its first outpost in Oakland, California, U.S.A. Africanfuturism: Wakanda builds its first outpost in a neighboring African country."

"What if...?" activity guidelines post on the MHC website from January 18 to February 3, culminating in a live Zoom. Registration is free and the asynchronous discussion activities will remain available for a year. MHC will release short lectures by four guides. Marine scientist Skylar Bayer, an assistant professor of biology and aquaculture and extension specialist at Roger Williams University, who asks, "What if our food weren't so tied to money?" Embodied Equity consultant René Goddess Johnson discusses what liberation really could look like. Maine Developmental Disabilities Council presents pieces of "In the Shadow of Pineland," asking, "What if everyone were truly valued?" Framing the discussion is Ian-Khara Ellasante, an assistant professor of gender and sexuality studies at Bates College. By early January, 75 participants had already registered for the Big Read.



MHC Discussion Projects, which are similar to reading groups, also offer a focus on Afrofuturism/Africanfuturism. The Discussion Projects program provides support and facilitators to individuals and organizations for convening community members for rich discussions, grounded in texts. Multiple reading lists ([mainehumanities.org/featured-reads/](http://mainehumanities.org/featured-reads/)) include Afrofuturism/Africanfuturism books embedded in wider thematic lists that feature equality, climate change, a pandemic, poetry, and picture books, in addition to a focused list of Black speculative fiction.

"Afrofuturist texts often are imagining and trying to answer the different kinds of questions that we all are grappling with right now. What does the other side of oppression look like? What does liberation look like? How to rebuild after devastation? How do we form healthy connections with the land that is around us in a sustainable way? These are the kinds of questions that benefit all of us," Abdurraqib said. "Many of the texts we'd been working on back in 2019 focused on the past. It felt as if we were entering a good time to focus on new and possible futures. It felt like a crucial time to be in a creative and imaginative space."

The Discussion Projects and the Big Question are warm-ups to MHC's annual Readers Retreat, a multi-day event that brings engaged readers together for a deep dive into a single book. This year's retreat will be May 20-21. At the moment, MHC plans an in-person program, depending on COVID conditions, at Southern Maine Community College, South Portland. It will feature Octavia E. Butler's *Wild Seed*, the first book in the renowned African American author's Patternist series. The author's website describes *Wild Seed*'s main characters as "an entity who changes bodies like clothes" and "a shapeshifter who can absorb bullets and heal with a kiss," who travel from "African jungles to the colonies of America."

This year for the first time, MHC is co-sponsoring a statewide Discussion Project, which Abdurraqib is facilitating. Co-sponsor is The Third Place, a collaborative, co-working space building community capacity for entrepreneurs, community builders, and professionals of African descent. This particular Discussion Project is open only to participants from communities of color. "What's really exciting is it is now full – 25 participants from across the state – all BIPOC," she said. "We are reading *Wild Seed*. We are reading the graphic novel version of Butler's *Parable of the Sower*, and we are reading a couple of chapters of *Afrofuturism: The World of Black Sci-Fi and Fantasy Culture* by Ytasha Womack, an academic book about Afrofuturism and its history and context." The Octavia Butler Legacy Network has provided archival inter-

views with Butler, and one of its founders, Dr. Ayanna Jameson, will lead a workshop for facilitators.

MHC uses Discussion Projects to encourage attendance at the Readers Retreat and to prepare participants for the retreat's two-day, deep dive into the text. Since June, the council has distributed copies of *Wild Seed* to 16 Discussion Project groups of about 20-25 people each, which means 325-400 books. "We're also beginning to send out copies of *Wild Seed* to community partners who are either co-sponsoring our Readers Retreat event in our May or community partners we've reached out to in our early recruitment efforts. In the next few weeks, we'll be sending out approximately 100 copies for those folks," said Abdurraqib.

She said Octavia Butler's work is resonating with readers in Maine and around the country right now because the texts address so many themes that are relevant at the moment. "What if there's a pandemic? What if the political systems aren't speaking to what people need? What if there's a housing crisis? The book is dealing with all of these things that, in this state, we are experiencing right now." People have come to Maine in the last few years, as they have been doing for a long time, to get away and start anew. "So many of the texts that we are offering in our programs are looking at how do we rebuild, how do we form community when there are so many factors that are trying to break us apart and splinter us," she said.

MHC has spent the last two years looking at the bicentennial from different perspectives, including Wabanaki history and the New Mainer experience. "What's so exciting about this new focus of the programming is that it's all future thinking," said Abdurraqib. "It's like we're at a pivot point now. This is a pivot from the past two years looking backward, and now we're going to spend the next three years, at least, looking forward."

Her enthusiasm is apparent. "This is humanities in action – using the amazing creativity of the human mind to confront oppression and get away from boundaries. That's 'why Afrofuturism?' right now."

For more information and to register for the Big Read project, see [mainehumanities.org/program/the-big-question](http://mainehumanities.org/program/the-big-question).

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Amjambo Africa welcomes letters to the editor, notices of local events, photographs, and suggestions for future stories.

Contributions are published at the discretion of the editor and as space allows.

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**amjamboafrika.com**

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**EDITORIAL****Peace and democracy**

by Georges Budagu Makoko, Amjambo Africa Publisher

Recently I have been hearing people wonder aloud whether there is a risk of civil war in the U.S. The very thought is shocking and frightening to me.

In 2002, I moved to the U.S. from D.R. Congo, fleeing one of the most devastating conflicts in the world. When I arrived in the U.S. I was so impressed with the peace, freedom, and political stability that I found here. I have now lived here for the last 20 years, and I have enjoyed every year of my life here. My kids are growing up in the U.S., and my prayer is that they will never have to worry about conflict in their neighborhood, or run for their lives due to civil war or political unrest.

People should understand that once conflict starts, it is very hard to stop, but preventing differences from getting out of hand requires effort from all of us. This story of the dangers of conflict can best be told by those who have experienced conflict most. An example is the war that started in 1996 in D.R. Congo. That war is still happening 26 years later, in 2022, and has resulted in the deaths of 6 million people. Sometimes even a great nation that took hundreds of years to build can be destroyed – and it takes a long time to rebuild a country devastated by war.

Some people apparently believe that the 2020 presidential election was fraudulent, even though they have no evidence to substantiate their claims. This is a warning sign of significant political divisions. But charismatic people who are selfishly motivated can tap into populist ideology and attract followers – often people with limited abilities to recognize propaganda – and a movement can grow that ends up threatening long term peace and stability. We must remember that the inability of people to peacefully settle political differences has an effect not only on the current generation, but on generations to come.

Maine residents from Congo and Angola and Haiti and Sudan and Cambodia and Vietnam and Afghanistan, among other countries of origin, have lost everything in the effort to find a new place to call home. For these people, and for others who are currently fleeing their homelands due to civil war or political unrest, the idea that the U.S. is at risk of going through civil war is devastating. We must all do everything we can to maintain peace and democracy, despite our differences. War is not the answer.



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WRITING

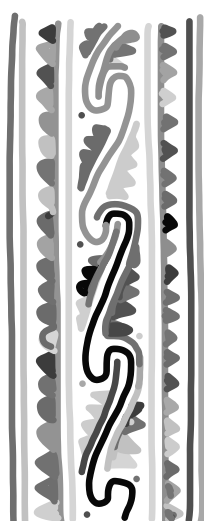
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— FRENCH —

## Comment se faire rembourser des impôts plus rapidement

Le mois de janvier marque le début de la saison des déclarations d'impôts, au cours de laquelle les contribuables de tous les États-Unis remplissent leur déclaration d'impôts annuelle. La déclaration d'impôt est un formulaire sur lequel le déclarant indique ses revenus, ses dépenses et d'autres informations fiscales afin de déterminer s'il doit de l'argent au gouvernement ou si le gouvernement lui doit de l'argent. Si un employeur a retenu trop d'argent en impôts chaque mois de l'année écoulée, ou si une personne a droit à certains crédits d'impôt, elle peut avoir droit à un remboursement d'impôts. Les remboursements ne sont pas des dons d'argent, mais plutôt de l'argent qu'une personne a payé au gouvernement au cours de l'année, en plus de ce qu'elle doit réellement. Les remboursements peuvent certainement être agréables à recevoir pendant la saison des impôts, et il y a des mesures à prendre pour obtenir l'argent plus tôt.

### Déclaration précoce

Plus tôt une personne remplit sa déclaration d'impôt, plus tôt elle recevra son remboursement. En effet, l'Internal Revenue Service (IRS) n'est pas aussi occupé en janvier, février et mars qu'en avril, lorsque toutes les déclarations d'impôts doivent être faites. Beaucoup de gens ont tendance à attendre la dernière minute, et l'IRS est en mesure de traiter les déclarations anticipées avant que la plupart des gens aient soumis leurs documents. Et il est important de rassembler les documents tôt si une personne souhaite obtenir l'aide d'un comptable ou d'un fiscaliste pendant la saison fiscale. Pour une personne qui n'a pas confiance dans sa capacité à remplir correctement sa déclaration de revenus ou qui souhaite simplement obtenir de l'aide, faire appel à un professionnel de la fiscalité peut être une excellente option. Mais contactez-le rapidement, car ces professionnels ont des emplois du temps qui peuvent se remplir, et il se peut qu'ils ne soient pas disponibles pour vous aider. La plupart des professionnels facturent leurs services, mais des programmes tels que CASH Maine offrent aux déclarants admissibles des services gratuits de préparation des déclarations.

### Déclaration électronique

Les déclarations d'impôts sur papier peuvent prendre entre six et huit semaines pour être traitées et renvoyées par l'IRS. Toutefois, si les impôts sont déclarés par voie électronique, l'IRS peut émettre des remboursements dans un délai de 21 jours. Il existe plusieurs façons de déclarer ses revenus par voie électronique :

Une personne qui gagne 72 000 dollars ou moins par an peut utiliser le service Free File ou Fillable Forms de l'IRS. Ce service en ligne effectue tous les calculs sur les formulaires pour les dossiers admissibles et fournit une préparation guidée. Visitez : Free File dans la section e-File Options du site Web de l'IRS ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)). Les logiciels fiscaux utilisent un format de questions-réponses pour faciliter la préparation des impôts. Deux logiciels populaires sont : TurboTax et H&R Block.

Les professionnels de l'impôt agréés peuvent aider les gens à préparer, transmettre et traiter les déclarations. Pour trouver des professionnels de l'impôt agréés, consultez l'outil de recherche des prestataires de services de télédéclaration sur le site Web de l'IRS. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)) Veillez à toujours faire appel à un professionnel de l'impôt agréé.

### Dépôt direct

Au lieu d'un chèque papier, dont la rapidité de livraison est à la merci du système postal, le remboursement d'impôt peut être déposé directement sur un compte bancaire individuel par dépôt direct. Pour souscrire au dépôt direct, sélectionnez cette option comme méthode de remboursement lors de la déclaration, que ce soit avec l'aide d'un professionnel ou en tant que particulier. Ensuite, saisissez le numéro de compte bancaire et le numéro d'acheminement. Regardez un chèque personnel pour trouver le numéro d'acheminement et le numéro de compte corrects : dans le coin inférieur gauche se trouve un numéro d'acheminement à 9 chiffres, et le numéro de compte (généralement 10 à 12 chiffres) est la deuxième série de chiffres imprimés au bas du chèque. Une personne qui n'a pas de chèques personnels peut trouver les numéros d'acheminement et de compte en se connectant à un compte bancaire en ligne ou mobile, en appelant l'institution financière ou en se rendant dans une agence locale. Après avoir vérifié l'identité de la personne en question, l'institution financière peut l'aider à trouver les bons numéros.

Déclarer tôt, déclarer par voie électronique et utiliser le dépôt direct sont autant de moyens d'aider les personnes qui attendent des remboursements à récupérer leur argent le plus rapidement possible.

### La saison des impôts: Comment bien s'y préparer

Aux États-Unis, il est obligatoire de remplir une déclaration de revenus annuelle et de payer l'impôt sur le revenu avant le 15 avril de chaque année. Il est bon de rassembler les documents bien à l'avance et de les conserver dans un endroit sûr. Voici une liste qui vous aidera à vous préparer à la saison des impôts.

#### Documents fiscaux

C'est en janvier que les gens commencent à recevoir les documents nécessaires à la déclaration de revenus. Ces documents sont généralement fournis par les employeurs et peuvent inclure des W-2 (un formulaire indiquant les revenus de l'année précédente) ou des 1099 (un autre type de formulaire de revenus).

#### Informations personnelles

Les noms, dates de naissance et numéros de sécurité sociale sont nécessaires pour la déclaration d'impôts. Ces informations doivent également être indiquées pour tous les membres de la famille (y compris les conjoints et les personnes à charge). Pour que le remboursement soit déposé électroniquement sur un compte bancaire, il faut obtenir les numéros d'acheminement et de compte du compte. Tout employé de banque peut vous aider à trouver ces informations, qui sont souvent indiquées sur le site Web de l'institution financière. Les remboursements peuvent également être émis par chèque.

#### Reçus

L'Internal Revenue Service (IRS) accorde parfois un crédit pour les achats nécessaires effectués au cours de l'année. Il s'agit de déductions qui réduisent le montant du revenu à déclarer. Lorsque le revenu est réduit, les gens peuvent avoir à payer moins d'impôts ou recevoir un remboursement plus élevé. Rassemblez les reçus ou autres preuves d'achat pour les dépenses qui peuvent être déduites. C'est ce qu'on appelle le "détail des dépenses".

#### Sources possibles des justificatifs :

- Coût de fonctionnement d'une entreprise, comme le loyer, les fournitures professionnelles, etc.
- Dons de charité
- Frais médicaux, y compris le coût de l'assurance maladie
- Frais de garde d'enfants
- Frais d'éducation
- Épargne-retraite
- Amélioration de l'efficacité énergétique du logement

#### Déclaration d'impôts

Les impôts peuvent être préparés à la main et envoyés par courrier à l'IRS. Ils peuvent également être déclarés en ligne à l'aide d'un logiciel de préparation des déclarations. Les propriétaires de petites entreprises font souvent appel à des comptables pour les aider à préparer leurs documents fiscaux, car ces derniers connaissent bien la législation fiscale. Certaines organisations à but non lucratif aident les gens à préparer leurs impôts.

#### Sauvegarde des documents

Après la déclaration d'impôts, il est bon de conserver tous les documents ensemble dans un endroit sûr, y compris les reçus et les déclarations d'impôts. L'année suivante, le processus sera encore plus simple !

### Où trouver une aide gratuite et qualifiée pour préparer les déclarations d'impôts ?

La saison des impôts est réputée pour être une période stressante, c'est pourquoi le Bureau des opportunités économiques de Portland s'est réuni avec nos partenaires du programme CASH pour aider à connecter les membres de la communauté à cette ressource incroyable juste à temps pour la saison des impôts !

#### Qu'est-ce que le CASH ?

Les services de CASH sont destinés aux personnes dont le revenu total du ménage est inférieur ou égal à 58 000 \$ en 2021. Les clients ayant un emploi à l'extérieur du Maine en 2021 ne sont pas admissibles.

#### Combien cela coûte-t-il de faire une déclaration de revenus avec le CASH ?

Les services de CASH sont entièrement gratuits !

#### Que dois-je apporter au rendez-vous ?

Pour avoir une expérience réussie avec CASH, il est utile d'avoir tous vos documents organisés à l'avance, y compris une pièce d'identité avec photo (comme un permis de conduire valide) pour la personne qui fait la déclaration (et son conjoint, si elle est mariée et fait une déclaration conjointe) ; les cartes de sécurité sociale (ou les lettres ITIN) pour toutes les personnes dont le nom figure sur la déclaration de revenus ; tous les documents fiscaux (comme les formulaires W-2, 1099, 1098, 1095). Un dossier contenant tous les documents d'accueil est disponible.

#### Toutes les réunions se déroulent-elles à distance ? Comment dois-je soumettre mes documents ?

Afin de privilégier la sécurité pendant la pandémie, CASH ne tiendra pas de sites d'impôt en personne comme par les années passées. Ils continueront plutôt à participer à GetYourRefund, un service en ligne fourni par l'organisme sans but lucratif Code for America en partenariat avec les sites VITA certifiés par l'IRS dans tout le pays. L'accès à un appareil compatible avec Internet est nécessaire, ainsi qu'une adresse électronique et un numéro de téléphone. Le site internet GetYourRefund permet aux clients de répondre aux questions de départ et de télécharger des documents vers un emplacement sécurisé. Des bénévoles de CASH certifiés par l'IRS les contacteront ensuite pour planifier une conversation téléphonique. Ensuite, un préparateur d'impôt certifié par l'IRS préparera virtuellement la déclaration de revenus. Pour ceux qui n'ont pas accès à la technologie nécessaire à la maison, CASH Greater Portland s'associe à la cPort Credit Union et à la Portland Housing Authority pour accueillir des sites Scan & Go où les clients peuvent prendre un dossier d'admission et scanner les informations dans le système.

#### 6. Comment puis-je m'inscrire ?

Après avoir reçu tous vos documents fiscaux pour 2021, visitez [cashmaine.org](http://cashmaine.org) pour vous connecter au processus virtuel et/ou pour voir quand les sites locaux de dépôt/ramassage seront opérationnels - probablement en février.

#### 7. Quels sont les principaux avantages de la déclaration de revenus par le biais de CASH ?

CASH est un service gratuit offert par des bénévoles américains et certifiés par l'IRS. Ils s'assurent que tous les clients reçoivent les crédits d'impôt auxquels ils ont droit, comme le Earned Income Tax Credit et le Child Tax Credit.

#### 8. Offrez-vous des services d'interprétation ou des documents traduits ?

Le site Web Get Your Refund est disponible en anglais et en espagnol. Les clients peuvent indiquer d'autres préférences linguistiques au cours du processus d'accueil, et nous pouvons travailler avec le client pour trouver une solution. Cette année, l'IRS offre l'accès à un service d'interprétation par téléphone. Les bénévoles multilingues sont toujours les bienvenus dans notre équipe ! N'hésitez pas à envoyer un courriel à [cash@uwsme.org](mailto:cash@uwsme.org) pour exprimer votre intérêt pour le bénévolat ou poser toute autre question.

CASH est plus qu'un simple programme de préparation des déclarations de revenus. Les clients peuvent également discuter de leurs objectifs financiers et des défis qu'ils rencontrent avec un bénévole formé à Opportunity Guide, et être mis en relation avec des ressources locales pour les aider à construire une stabilité financière. Le programme CASH peut fournir aux clients des conseils et aider à répondre aux questions, afin que chacun puisse prendre les meilleures décisions financières possibles.

#### Posez des questions au Procureur

*Jonathan Sahrbeck est le procureur du comté de Cumberland (D.A.). Il examine et poursuit les affaires soumises à son bureau par la police. M. Sahrbeck sait que les lois américaines et notre système de justice pénale peuvent être difficiles à comprendre, et il accueille les questions de la communauté. Veuillez envoyer vos questions à : [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com) et nous les transmettrons.*



#### Que dois-je faire/ne pas faire si je suis arrêté par la police alors que je suis au volant ?

J'entends toutes sortes d'histoires sur les mauvais traitements infligés par la police aux personnes de couleur. De nombreuses personnes me disent avoir eu de mauvaises expériences lors de rencontres avec les forces de l'ordre, et je peux vous assurer que la police entend également parler de ces expériences. Je comprends pourquoi les personnes de



## Jinsi ya kurejesha kodi haraka

Januari ni mwanzo wa msimu wa kuwasilisha kodi, wakati walipa kodi kote Marekani wanapowasilisha marejesho yao ya kodi ya kila mwaka. Marejesho ya kodi ni fomu ambayo mleta faili huripoti mapato, gharama na maelezo mengine yanayohusiana na kodi ili kukokotoa ikiwa anadaiwa pesa na serikali au serikali inadaiwa pesa nao. Ikiwa mwajiri alizuilia pesa nyingi mno kila mwezi wa mwaka uliopita katika kodi, au ikiwa mtu fulani anahitimu kupokea mikopo fulani ya kodi, anaweza kustahiki kurejeshewa kodi. Marejesho si zawadi za pesa - lakini ni pesa ambazo mtu binafsi hulipwa kwa serikali katika kipindi cha mwaka, zaidi ya kile anachodaiwa. Pesa hizo zinaweza kuwa nzuri kupokea wakati wa msimu wa kodi, na kuna hatua za kuchukua ili kupata pesa mapema.

### Uwasilishaji wa mapema

Mapema mtu anapowasilisha ripoti ya kodi, ndivyo atakavyorejeshewa haraka. Hii ni kwa sababu Huduma ya Ndani ya Mapato (IRS) haina shughuli nyingi katika Januari, Februari na Machi kama inavyokuwa mwezi wa Aprili, wakati uwasilishaji wa kodi zote unatarajiwa. Watu wengi huwa na tabia ya kuahirisha, na IRS inaweza kushughulikia marejesho ya mapema kabla ya watu wengi kuwasilisha hati zao. Na kukusanya hati mapema ni muhimu ikiwa mtu anataka usaidizi kutoka kwa mhasibu au mtaalamu wa ushuru wakati wa msimu wa ushuru. Kwa mtu ambaye hajiamini katika uwezo wake wa kuwasilisha kodi kwa usahihi au angependa tu usaidizi, kuajiri mtaalamu wa kodi kunaweza kuwa chaguo bora. Lakini wasiliana nao mapema kwa sababu wataalamu hawa wana ratiba zinazoweza kujaa, na huenda wasipatikane kukusaidia. Wataalamu wengi hutoza huduma zao, lakini programu kama vile CASH Maine hutoa faili zinazostahiki huduma za utayarishaji wa kodi bila malipo.

### Uwasilishaji wa kielektroniki

Marejesho ya kodi ya karatasi yanaweza kuchukua popote kutoka kwa wiki sita ha di nane kwa IRS kuchakata na kurejeshwa. Hata hivyo, ikiwa kodi zitawasilishwa kwa njia ya kielektroniki, IRS inaweza kurejesha pesa ndani ya siku 21. Kuna njia kadhaa za kutuma faili kwa njia ya kielektroniki: Mtu anayetengeneza \$72,000 au chini ya hapo kwa mwaka anaweza kutumia Faili Isiyolipishwa ya IRS au Fomu Zinazoweza Kujazwa. Huduma hii ya mtandaoni hufanya hesabu zote kwenye fomu za faili zinazostahiki na hutoa maandalizi ya kuongozwa. Tembelea: e-File Options Faili Isiyolipishwa kwenye sehemu ya Chaguo za Faili za tovuti ya IRS ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)).

Programu ya ushuru hutumia umbizo la maswali na majibu ili kusaidia kufanya utayarishaji wa kodi kuwa rahisi. Programu mbili maarufu za programu ni: TurboTax and H&R Block.

Wataalamu wa kodi walioidhinishwa wanaweza kusaidia watu kuandaa, kusambaza na kuchakata marejesho. Ili kupata wataalamu wa kodi walioidhinishwa tembelea e-File Provider Search Tool kwenye tovuti ya IRS. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)) Daima hakikisha kuwa unatumia mtaalamu wa kodi aliyedhinishwa.

### Amana ya moja kwa moja

Badala ya hundi ya karatasi, ambayo kasi ya uwasilishaji iko chini ya utashi wa mfumo wa posta, marejesho ya ushuru yanaweza kuwekwa moja kwa moja kwenye akaunti ya benki ya mtu binafsi kupitia amana ya moja kwa moja. Ili kujiandikisha kwa amana ya moja kwa moja, chagua chaguo hili kama njia ya kurejesha pesa unapotuma, iwe kwa usaidizi wa mtaalamu au kama mtu binafsi. Kisha, ingiza nambari ya akaunti ya benki na nambari ya uelekezaji. Angalia hundi ya kibinafsi ili kupata njia sahihi na nambari ya akaunti: kwenye kona ya chini kushoto kuna nambari ya uelekezaji yenye tarakimu 9, na nambari ya akaunti (kawaida tarakimu 10-12) ni seti ya pili ya nambari zilizochapishwa chini ya angalia. Mtu ambaye hana hundi za kibinafsi anaweza kupata njia na nambari za akaunti kwa kuingia katika akaunti ya benki ya mtandaoni au ya simu, kwa kupiga simu kwa taasisi ya fedha, au kwa kutembelea tawi la karibu naye. Baada ya kuthibitisha utambulisho wa mpigaji simu, taasisi ya fedha inaweza kusaidia kupata nambari zinazofaa. Kuwasilisha faili mapema, kuwasilisha kielektroniki, na kutumia amana ya moja kwa moja husaidia watu binafsi wanaotarajia kurejeshewa pesa zao haraka iwezekanavyo.

## Jinsi ya kujiandaa kwa msimu wa ushuru

Nchini Marekani, kuwasilisha marejesho ya kodi ya kila mwaka na kulipa kodi ya mapato kufikia tarehe 15 Aprili kila mwaka kunahitajika. Kukusanya hati vizuri kabla ya wakati na kuzihifadhi mahali salama ni wazo zuri. Hapa kuna orodha ya

kusaidia kujiandaa kwa msimu wa ushuru.

### Hati za Kodi

Januari ndipo watu wanaanza kupokea hati zinazohitajika kwa ajili ya kufungua kodi. Kawaida hizi hutolewa na waajiri na zinaweza kujumuisha W-2 (fomu inayoonyesha mapato kwa mwaka uliotangulia) au 1099s (aina nyingine ya fomu ya mapato).

### Taarifa za Kibinafsi

Majina, tarehe za kuzaliwa na nambari za usalama wa jamii zinahitajika ili kuwasilisha kodi. Habari hii pia itahitaji kuorodheshwa kwa wanafamilia wowote (pamoja na wanandoa na wategemezi). Ili kurejesha pesa kwa akaunti ya benki kielektroniki, kusanya njia na nambari za akaunti kwa niaba ya akaunti. Mfanyakazi yeyote wa benki anaweza kusaidia kupata taarifa hizi na mara nyingi zimeorodheshwa kwenye tovuti ya taasisi ya fedha. Marejesho yanaweza pia kutolewa kwa hundi.

### Risiti

Huduma ya Mapato ya Ndani (IRS) wakati mwingine itatoa mkopo kwa ununuzi unaohitajika kufanywa katika kipindi cha mwaka. Hizi huitwa makato na hupunguza kiwango cha mapato kinachohitajika kuripotiwa. Mapato yanapopunguzwa, huenda watu wakalazimika kulipa kidogo zaidi katika kodi au waweze kurejeshewa pesa nyingi zaidi. Kusanya risiti au uthibitisho mwingine wa ununuzi kwa gharama ambazo zinaweza kukatwa. Hii inaitwa "itemization. Ama uwekaji bidhaa"

### Vyanzo vinavyowezekeka vya uboreshaji:

- Gharama ya kuendesha biashara, kama vile kodi ya nyumba, vifaa vya biashara na.kadhalika.
- Michango ya hisani
- Gharama za matibabu, ikijumuisha gharama ya bima ya afya
- Gharama za malezi ya watoto
- Gharama za elimu
- Akiba ya uzeeni
- Uboreshaji wa nyumba isio na nishati

### Kufungua Kodi

Ushuru unaweza kutayarishwa kwa mkono na kutumwa kwa IRS. Pia zinaweza kuwasilishwa mtandaoni kwa kutumia programu ya kuandaa ushuru. Wafanyabiashara wadogo mara nyingi hutumia wahasibu ili kusaidia kuandaa hati za kodi, kwa sababu wahasibu wanafahamu sheria ya kodi. Baadhi ya mashirika yasiyo ya faida huwasaidia watu kuandaa kodi.

### Kuhifadhi kumbukumbu

Baada ya kodi kuwasilishwa, ni vyema kuweka hati zote pamoja mahali salama, ikiwa ni pamoja na risiti na marejesho ya kodi. Kisha mwaka uliofuata, mchakato utakuwa rahisi zaidi!

## Mahali pa kupata usaidizi wa bure, wenye ujuzi kuandaa marejesho ya kodi

Msimu wa kodi ni maarufu kwa kuwa wakati wa mkazo, kwa hivyo Ofisi ya Portland ya Fursa za Kiuchumi iliketi na washirika wetu kutoka Mpango wa CASH ili kusaidia kuunganisha wanajamii kwenye nyenzo hii ya ajabu kwa wakati ufao wa msimu wa kodi!

### 1. CASH ni nini?

Huduma za CASH zinakusudiwa watu walio na mapato ya jumla ya kaya ya \$58,000 au chini ya hapo mwaka wa 2021. Wateja walio na ajira yoyote nje ya Maine katika mwaka wa 2021 hawastahiki.

### 2. Je, inagharimu kiasi gani kuwasilisha ushuru kwa CASH?

Huduma za CASH ni bure kabisa!

### 3. Ninahitaji kuwa na nini kwenye miadi?

Ili kuwa na matumizi yenye mafanikio na CASH, ni vyema kutayarisha hati zako zote mapema, ikijumuisha kitambulisho cha picha (kama vile leseni halali ya udereva) kwa mtu anayewasilisha faili (na mwenzi, ikiwa wameolewa na mkiwasilisha pamoja); kijamii kadi za usalama (au barua za ITIN) kwa watu wote wanaodaiwa kwenye kurudi kwa kodi; hati zote za ushuru (kama vile fomu W-2, 1099, 1098, 1095). Pakiti ya vifaa vyote vya ulaji inapatikana.

### 4. Je, mikutano yote iko mbali? Je, ninawasilishaje makaratasi yangu?

Ili kutanguliza usalama wakati wa janga hili, CASH haitashikilia tovuti za ushuru wa kibinafsi kama miaka iliyopita. Badala yake, wataendelea kushiriki katika Pata Fidia Yako (Get Your Refund), huduma ya mtandaoni inayotolewa na Shirika lisilo la faida la Code for America kwa ushirikiano na tovuti za VITA zilizoidhinishwa na IRS kote nchini. Ufikiaji

wa kifaa kilicho tayari kwa mtandao unahitajika, pamoja na barua pepe na nambari ya simu. Tovuti ya Get Your Refund huwezesha wateja kujaza maswali ya upokeaji na kupakia hati kwenye eneo salama. Watu waliojitolea walioidhinishwa na IRS walioidhinishwa na CASH kisha watawasiliana ili kuratibu mazungumzo ya simu. Kisha, mtayarishaji wa kodi aliyedhinishwa na IRS atatarisha marejesho ya kodi.

Kwa wale ambao hawana ufikiaji wa teknolojia muhimu nyumbani, CASH Greater Portland inashirikiana na cPort Credit Union na Portland Housing Authority ili kupangisha tovuti za Scan & Go ambapo wateja wanaweza kuchukua pakiti ya kupokea na kuchanganua taarifa kwenye mfumo

### 5. Ninawezaje kujiandikisha?

Baada ya kupokea hati zako zote za kodi za 2021, tembelea [cashmaine.org](http://cashmaine.org) ili kuunganishwa na mchakato wa mtandaoni na/au kuona ni lini tovuti za eneo lako za kudondosha/kuchukua zinaanza na kutekelezwa - huenda ikawa Februari.

### 6. Je, ni faida gani kuu za kutuma ushuru kupitia CASH?

CASH ni huduma rafiki isiyolipishwa inayotolewa na wafanyakazi wa kujitolea, walioidhinishwa na IRS. Watahakikisha wateja wote wanapokea mikopo ya kodi ambayo wanastahiki, kama vile Salio la Kodi ya Mapato Yanayolipwa na Salio la Kodi ya Mtoto.

### 7. Je, unatoa tafsiri au nyenzo zozote zilizotafsiriwa?

Tovuti ya Get Your Refund inapatikana kwa Kiingereza na Kihispania. Wateja wanaweza kuonyesha mapendeleo ya lugha nyingine wakati wa mchakato wa upokeaji, na tunaweza kufanya kazi na mteja kutafuta suluhu. Mwaka huu IRS inatoa ufikiaji wa huduma ya Ufafanuzi wa Njia ya Simu. Watu wa kujitolea wanaozungumza lugha nyingi wanakaribishwa kila wakati kujiunga na timu yetu! Jisikie huru kutuma barua pepe kwenye anwani hii: [cash@uwsme.org](mailto:cash@uwsme.org) kueleza nia ya kujitolea au kuuliza maswali mengine yoyote.

CASH ni zaidi ya mpango wa kuandaa ushuru. Wateja wa kodi wanaweza pia kujadili malengo na changamoto zao za kifedha na mfanyakazi wa kujitolea aliyefunzwa wa Mwongozo wa Fursa, na kuunganishwa kwenye rasilimali za ndani ili kusaidia kujenga uthabiti wa kifedha. Mpango wa CASH unaweza kuwapa wateja mwongozo, na kusaidia kujibu maswali, ili kila mtu aweze kufanya maamuzi bora ya kifedha iwezekanavyo.

## Muulize D.A.

*Jonathan Sahrbeck ni Wakili wa Wilaya ya Cumberland County (D.A.). Anapitia na kuendesha kesi zinazoletwa ofisini kwake na polisi. Bw. Sahrbeck anajua kwamba sheria za Marekani na mfumo wetu wa haki ya jinai unaweza kutatanisha, na anakaribisha maswali kutoka kwa jumuiya. Tafadhali tuma maswali yako kwa: [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com) na tutayatumia.*



**What should I do/what should I not do if I am stopped by the police while I am driving? Nifanye nini/nisifanye nini nikisimamishwa na polisi ninapoendesha gari? Ninasikia kila aina ya hadithi kuhusu polisi kuwatesa watu wa rangi.**

Ninasikia kutoka kwa watu wengi ambao wanasema wamepata uzoefu mbaya katika kukutana na watekelezaji sheria, na ninaweza kukuhakikishia kwamba polisi wanasikia kuhusu matukio haya pia. Ninaelewa kwa nini watu wa rangi huogopa wanaposimamishwa na polisi. Maafisa wa polisi wanachukua hatua ili kurejesha imani ya umma. Katika Kaunti ya Cumberland, polisi sasa wanatumia kamera za mwili na kamera za cruiser. Kamera hizi hurekodi mwingiliano na umma, ambayo huongeza usalama na uwajibikaji wakati wa mwingiliano huu

Ukisimamishwa na polisi unapoendesha gari, ushauri wangu ungekuwa kulivuta gari lako kando ya barabara. Afisa wa polisi anapokaribia, weka mikono yote miwili kwenye usukani ili afisa aweze kuona mikono yako. Epuka harakati zozote za haraka na za ghafla. Maafisa wa polisi wanapaswa kujitambulisha na kukueleza kwa nini wamekusimamisha. Jaribu kujibu maswali yoyote ambayo afisa anakuuliza, na ufuate maagizo yao. Huna wajibu wa kumruhusu afisa kupekua gari lako, lakini ukiombwa unaweza kumruhusu kutafuta.

Baada ya makabiliano yako, ikiwa unahisi kuwa kuna kitu kilikuwa kibaya kuhusu mwingiliano wako na polisi, au kuhusu kwa nini ulizuliwa, wasiliana na laini isiyo ya dharura ya idara ya polisi na uongee na mtu katika wafanyakazi wa amri kuhusu mwingiliano wako. Watu hawa wanapaswa kukagua mkutano wako, na kusikiliza unachotaka kusema. Iwapo huhisi kama ulisikizwa, una haki ya kuwasiliana na Ofisi ya Mwanasheria wa Wilaya ya Kaunti yako, afisa yeyote wa jiji/mji, na/au wakili ili kuomba mapitio ya suala hilo.



## — SOMALI —

**Sida loo helo Lacag Bixinta Canshuurta ee Xasaasiyada**

Janaayo ayaa calaamad u ah bilowga xilliga canshuurta, markii cashuur-bixiyeyasha dhammaantood fayl gareeyaan soo celinta cashuurtooda sanadlaha ah. Canshuur celinta waa foom ay fareeye ku qoran tahay dakhliga, kharashyada, iyo macluumaadka kale ee la xiriira canshuurta si loo xisaabiyo inay lacag ku leeyihiin dowladda ama dowladu lacagtoodu ku leedahay.

Haddii loo-shaqeeyuhu uu cashuurta ka hakiyo lacag aad u badan bil kasta sannadkii la soo dhaafay, ama haddii qof u qalmo cashuuraha cashuuraha qaarkood, waxa ay xaq u yee-lan karaan soo celinta cashuurta. Lacag-celinta ma ahan hadiyado lacag ah - laakiin waa lacag shakhsi ah oo uu siiyay dawladda inta lagu jiro sanadka, oo ka badan inta dhabta ah ee lagu leeyahay. Lacag celintu runtii way fiicnaan kartaa in la helo inta lagu jiro xilliga cashuurta, waxaana jira tillaabooyin la qaado si lacagta loo helo si dhakhso ah.

**Horey u xeraynta**

Markii hore ee shaqsigu xareeyo canshuur celinta, sida ugu dhaqsaha badan ayay u heli doonaan lacag celintooda. Tani waa sababta oo ah Adeegga Dakhliga Gudaha (IRS) maaha mid mashquul ah Janaayo, Febraayo, iyo Maarso sida ay noqoto Abriil, marka dhammaan xereynta canshuuraha la gaaro. Dad badan ayaa u janjeera inay dib u dhigaan, IRS-ta waxay awood u leedahay inay habayso soo-celinta hore ka hor inta aanay dadka intooda badani soo gudbin dukumeentiyadooda. Dukumentiyada goor hore oo la soo ururiyo waa muhiim haddii shakhsigu uu caawin ka rabo xisaabiye ama xirfadle canshuur inta lagu jiro Xilliga canshuurta. Loogu qabo qof aan ku kalsoonayn awoodda ay u leeyihiin inay si sax ah u xareeyaan cashuurta ama waxay noqon doonaan sidii gargaar, shaqaaleynta xirfad-yaqaanka cashuuraha waxay noqon karaan ikhtiyaar weyn. Laakiin la xiriir horaantii maxaa yeelay xirfadladdan ayaa leh jadwal buuxin kara, oo waxaa laga yaabaa inaysan diyaar u ahayn inay ku caawiyaan. Xirfadlayaashu badankood waxay ka qaadaan howlahooda, laakiin barnaamijyada sida cash Maine waxay bixiyaan kuwa uqalma kuwa uqalma kuwa uqalma adeegyada diyaarinta canshuurta ee bilaashka ah.

**Xarunta elektroonika ah**

Canshuur celinta warqaddu waxay qaadan kartaa meel kasta lix ilaa siddeed usbuuc in IRS ay ka shaqeyso oo ay soo noqoto. Sikastaba ha noqotee, haddii canshuuraha si elektaroonig ah loo xareeyo, IRS waxay ku soo celin karaa lacag celin 21 maalmood gudahooda. Waxaa jira dhowr siyaabood oo si elektaroonik ah loo xareeyo: Qof sameeya \$ 72,000 ama wax ka yar sanadkii ayaa isticmaali kara faylka bilaashka ah ee IRS ama foomamka, labuxiya. Adeeggan khadka tooska ah wuxuu ku sameeyaa dhammaan xisaabta foomamka feylasha loogu talagalay faylalka u qalma waxay bixisaa diyaarinta hagitaan. Booqo faylka bilaashka ah qaybta ikhtiyaarada E-maylka ee websaydhka IRS ([www.irs.gov/file/e-file/e-file/e-file/e-fileoptions](http://www.irs.gov/file/e-file/e-file/e-file/e-fileoptions)) Qaab-dhismeedka software-ka ah ee ka caawiya sameynta cashuuraha sahlan. Laba barnaamij barnaamij oo caan ah oo softiweer ah waa TurboTax iyo HR Block.

Xirfadlayaasha cashuurta la oggol yahay ayaa dadka ka caawin kara inay diyaariyaan, gudbin karaan, iyo howsha soo laabashada. Si aad u hesho xirfadlayaal cashuurta la oggol yahay booqo aaladda Bixiyaha Bixiyaha ee E-faylka ee websaydhka IRS. ([www.irs.gov/e-file-piles/authoropiders-irs-ecale-pocator-locator-forsers-fersers-forsers](http://www.irs.gov/e-file-piles/authoropiders-irs-ecale-pocator-locator-forsers-fersers-forsers)) Had iyo jeer hubi inaad isticmaasho xirfadle cashuurta idman.

Xirfadlayaasha cashuurta la oggol yahay ayaa dadka ka caawin kara inay diyaariyaan, gudbin karaan, iyo howsha soo laabashada. Si aad u hesho xirfadlayaal cashuurta la oggol yahay booqo aaladda Bixiyaha Bixiyaha ee E-faylka ee websaydhka IRS. ([www.irs.gov/e-file-piles/authoropiders-irs-ecale-pocator-locator-forsers-fersers-forsers](http://www.irs.gov/e-file-piles/authoropiders-irs-ecale-pocator-locator-forsers-fersers-forsers)) Had iyo jeer hubi inaad isticmaasho xirfadle cashuurta idman.

**Dibosidka Tooska ah**

Halki aad ka heli lahayd jeeg warqad ah, oo xawaaraha gaarsiinta uu yahay naxariis ee nidaamka boostada, lacag celin ayaa lagu shubi karaa koonto bangi oo shaqsi ah oo toos loogu shubo. Si aad iska qorto lacag dhigashada tooska ah, xulo ikhtiyaarkan inuu yahay habka soo celinta markii aad xereynayso, ha ahaato xirfad-yaqaan xirfad ama shaqsi ahaan. Kadib, geli lambarka koontada bangiga iyo lambarka marin-hawleedka. Fiiri jeeg shaqsiyeed si aad u hesho lambarka saxda ah ee saxda ah iyo lambarka koontada.

Dhinaca bidix ee hoose ee bidix waa lambar 9-lambar ah,

iyo nambarka koontada (badiyaa 10-12 nambar) waa talooyinka labaad ee la daabacay hoosta ee jeegga. Qof aan lahayn jeegag shaqsiyeed wuxuu ka heli karaa tilmaanta iyo lambarada koontada isagoo galaya koontada internetka ama mobilada, adoo wacaya hay'adda maaliyadeed, ama booqashada laanta maxalliga ah. Kadib markii la cadeeyo aqoonsiga qofka soo wacaya, hay'adda maaliyadeed waxay gacan ka geysan kartaa helitaanka tirooyinka saxda ah.

Hore u xeraynta, xaraynta si elektronik ah, iyo isticmaalka deebaaji tooska ah dhammaan waxay caawiyaan shakhsiyada rajaynta in lacag loo soo celiyo sida ugu dhakhsaha badan ee suurtagalka ah.

**Sida loogu diyaargarooob xilliga cashuurta**

gudaha Mareykanka, xereynta canshuur celinta sanadlaha ah iyo bixinta canshuurta dakhliga Abriil 15 sanad walba ayaa loo baahan yahay. In la ururiyo dukumeenti waqti ka hor oo lagu kaydiyo meel ammaan ah waa fikrad wanaagsan. Halkan waxaa ah liis ka caawinaya diyaarinta xilliga canshuurta.

**Dukumiintiyada cashuurta**

Janaayo waa markii dadku ay bilaabaan inay helaan dukumiinti looga baahan yahay xereynta canshuuraha. Kuwaani waxaa badanaa bixiya loo shaqeyayaasha waxaana ka mid noqon kara W-2S (foomyo muujinaya dakhliga ku saabsan sanadka hore) ama 1099s (nooc kale oo ah Foomka Dakhliga).

**Macluumaadka shakhsiyeed**

Magacyada, taariikhda dhalashada, iyo lambarada badadadada bulshada ayaa looga baahan yahay xeraynta cashuuraha. Macluumaad Ku ayaa sidoo kale u baahan doona in lagu qoro xubnaha qoyska (ay ku jiraan lamaanaha iyo kuwa ku tiirsan). Si loo soo celiyo si elektaroonig ah akoon bangi, soo ururi marinada iyo lambarada akoonigada akoon-tada. Shaqaale kasta oo bangiyeed ayaa ka caawin karaa helida macluumaadkan waxaana badanaa lagu taxay mareegaha hayadaha maaliyadeed. Lacag celinta sidoo kale waxaa lagu bixin karaa jeeg.

**Rasiidhada**

Adeegga Dakhliga Gudaha (IRS) ayaa marmar siin doona credit iibsiyada lagama maarmaanka ah ee la sameeyo mudada sanadka. Kuwaas waxaa loo yaqaannaa dhimis waxayna yareeyaan dakhliga loo baahan yahay in la soo sheego. Marka dakhliga la dhimo, dadku waxa laga yaabaa inay bixiyaan cashuur yar ama ay awoodaan inay helaan lacag celin sare. U soo ururi rasiidhada ama caddaynta kale ee iibsashada kharashyada laga yaabo in laga jari karo. Tan waxa loo yaqaan \"itemization.\

**Ilaha suurtagalka ah ee sheyga**

- Kharashka ganacsigu ku socdo, sida kirada, saadka ganacsiga, iwm.
- Deeqaha sadaqada
- Kharashyada caafimaadka, oo ay ku jiraan kharashka caymiska caafimaadka
- Kharashaadka daryeelka ilmaha
- Kharashaadka waxbarashada
- Keydka hawlgabka
- Hagaajinta guriga ee tamar-ku-ool ah

**Canshuuraha xereynta Canshuuraha**

Canshuuraha waxaa lagu diyaarin karaa gacanta waxaana loo dirayaa IRS. Waxaa sidoo kale lagu xareyn karaa khadka tooska ah iyadoo la adeegsanayo software canshuurta. Milkiilayaasha ganacsiga yar yar badanaa waxay adeegsadaan xisaabaadka inay ka caawiyaan diyaarinta dukumiintiyada canshuuraha, sababtoo ah xisaabaadka ayaa si fiican ugu wanaagsan sharciyada canshuurta. Qaar ka mid ah ururada samafalka ah waxay dadka ka caawiyaan inay diyaariyaan cashuurta.

**Kaydinta diiwaanka**

Canshuurta la xareeyo ka dib, waa fikrad wanaagsan in dhammaan dukumeentiyada meel ammaan ah lagu hayo, oo ay ku jiraan rasiidhada iyo canshuur celinta. Kadib sanadka soo socda, habka ayaa noqon doona mid aad u fudud!

**Halkee laga heli karaa bilaash, caawimo xirfad leh****diyaarinta canshuur celinta**

Xiliga canshuurtu waxay caan ku tahay inay noqoto waqti walaac leh, sidaas darteed Xafiiska Fursadaha Dhaqaale ee Portland wuxuu la fadhiistay la-hawlgalayaashayada Barnaamijka CASH si ay uga caawiyaan isku xirka xubnaha bulshada khayraadka cajiibka ah kaliya waqtiga canshuurta!

**1. Waa maxay CASH?**

CASH adeegyada loogu talagalay dadka wadarta dakhliga qoyska kasbaday \$58,000 ama ka yar sanadka 2021. Macaamiisha haysta wax shaqo ah oo ka baxsan Maine inta lagu jiro 2021 xaq uma laha.

**2. Immisa ayay ku kacaysaa in cashuurta lagu xareeyo CASH?**

Adeegyada CA \$ H ee gabi ahaanba waa bilaash!

**3. Maxaan u baahan nahay inaan ku yeesho ballanta?** (iyo xaaska, haddii uu guursado iyo xereynta si wada jir ah); Kaararka Lambarka Bulshada (ama waraaqaha ITIN) ee dhammaan dadka lagu sheegay canshuur celinta; Dhammaan dukumiintiyada cashuurta (sida foomamka W-2, 1099, 1098, 1095). Xirmooyin dhammaan agabyada qaadashada waa la heli karo.

**4. Dhamaan kulamada fog?** Sideen ugu soo gudbin karaa waraaqdayda? Taabadalkeed, waxay sii wadi doonaan kaqeybgalka Getnourrefund, adeegga khadka tooska ah ee ay bixiso nambarka samafalka ee Mareykanka iyadoo lala kaashanayo IRS-ka-barashada IRS-ka haysta ee waddanka IRTA. Heli-taanka aaladda-diyaarinta internetka ayaa loo baahan yahay, sidoo kale cinwaanka emaylka iyo lambarka taleefanka.

Websaydhkaagaaga ayaa u oggolaanaya macaamiisha inay buuxiyaan su'aalaha qaadashada iyo dukumiintiyada u gudbiya meel aamin ah. Caasi-ururinta qaadashada ca ee cadaayga ee CRS-H IRS-H IRS ayaa markaa la xiriir doona si ay ballan uga qabtaan wada hadal taleefan. Marka xigta diyaarinta canshuurta ee la aqoonsan yahay IRS ayaa gabi ahaanba diyaarin doona canshuur celinta.

Kuwa aan heli doonin teknoolojiyada lagama maarmaanka ah ee guriga, Dhul weyn oo ka weyn Portland ayaa iskaashi la leh hay'adda guryaha ee 'Cortland' iyo Maamulka Guriyeynta Portland oo ay martigeliyaan Skaanka halkaas oo macaamiisha ay ka qaadi karaan xirmada iyo baaritaanka nidaamka.

**6. Sideen iska qori karaa?** waxay u eg tahay Febraayo.

**7. Waa maxay faa'iidooyinka ugu weyn ee cashuurta xareynta iyada oo loo adeegsanayo lacaaga ca\$h?** Waxay hubin doonaan in dhammaan macaamiisha ay helaan dhibcaha canshuurta ee ay u qalmaan, sida Gunnada Dakhliga Dakhliga Dakhliga Dakhliga iyo Canshuurta Ilmaha.

**8. Ma bixisaa turjubaan ama wax loo tarjumay Qalab**

Halka Hel Your Fund back to English and Spanish. Macaamiishu waxay muujin karaan dookhyada luqadaha kale inta lagu jiro habka qaadashada, waxaan kala shaqayn karnaa macmiilka si aan xal u helno. Sanadkan IRS waxay bixi-naysaa marin u helka adeega Turjubaanka Taleefanka. Iskaa wax u qabso ku hadla luqado badan ayaa had iyo jeer lagu soo dhaweynayaa inay ku biiraan kooxdayada! Xor ayaad u tahay inaad iimayl u dirto [cash@uwsme.org](mailto:cash@uwsme.org) si aad u muujiso xiisaha tabarucaada ama u waydii su'aalo kale.

CA \$ H ayaa ka badan kaliya barnaamijka diyaarinta canshuurta. Macaamiisha cashuuraha ayaa waliba ka wada hadli kara yoolalkooda dhaqaale iyo caqabadaha hagahooda Fursadda Fursan ee tabaruca, waxayna ku xirnaadaan ilaha maxalliga ah si ay gacan uga geystaan xasilloonida dhaqaale. Barnaamijka caaga \$ H wuxuu ku siin karaa macaamiisha hagitaan, iyo caawimaad ka jawaabista su'aalaha, si qof walba uu u sameeyo go'aannada maaliyadeed ee ugu wanaagsan ee suurtagalka ah.

**Waaydiya DA ga**

*Jonathan Sahrbeck waa Xeer Ilaaliyaha Degmada Cumberland (D.A.). Wuxuu dib u eegis ku sameeyaa oo dacweeyaa kiis ay booliisku u keeneen xafiiskiisa. Mr. Sahrbeck waxa uu og yahay in sharciyada Maraykanka iyo nidaamkayaga cadaalada danbiyada ay noqon karaan jahawareer, waxaanu soo dhawaynayaa su'aalaha bulshada. Fadlan su'aalahaaga ku soo dir [amjamboafrica@gmail.com](mailto:amjamboafrica@gmail.com) waanu u soo gudbin doonaa.*



**Maxaan sameeyaa/maxaan samayn karin haddii booliisku i joojiyo anigoo baabuur wata?** Waxaan maqlaa dhammaan noocyada sheekooyinka ku saabsan booliisku si xun ula dhaqmaan dadka midabka leh.

Waxaan ka maqlaa dad badan oo sheegaya inay la kulmeen waayo-aragnimo xun marka ay la kulmaan sharci fulinta, waxaan kuu xaqiijinayaa in booliisku uu maqlo khibradahaas. Waan fahamsanahay sababta dadka midabka leh ay u naxayaan marka ay booliisku joojiyaan. Saraakiisha booliiska ayaa qaadaya tillaabooyin ay dib ugu soo ceshan karaan kalsoonida shacabka.

Magaalada Cumberland ee gobolka, booliisku waxay hadda adeegsanayaan kaamirooyinka jirka iyo kaamirooyinka Cruiser. Kaamirooyinkaasi waxay diiwaangeliyaan is dhexgalka bulshada, kaas oo kordhiya amniga iyo isla xisaabta ka



## — KINYARWANDA —

**Dore uko wasubizwa imisoro yawe mu buryo bwihuse**

Ukwezi kwa mbere, gutangiza bya bihe byo kuzuza dosiye zisaba gusubizwa imisoro, aho abasora bose muri Amerika batanga ubusabe bwabo bwo gusubizwa imisoro baba barasoze. Gusubizwa umusoro bikorwa usora agaragaza amadolari yose yakoreye, ibimutwara amadolari byose, ndetse n'andi makuru yose ajyanye n'isoro, kugirango harebwe niba hari amadolari abereyemo leta cyangwa se leta hari ayo leta imurimo. Niba umukoresha yarafataga menshi mu madolari ukwiye kuba usora buri kwezi mu mwaka uba urangiye, cyangwa se niba umuntu runaka yemerewe kuba yahabwa ubufasha ku musoro buzwi nka tax credits, abashobora kwemererwa gusubizwa umusoro. Aya madolari ntabwo ari impano, ahubwo ni amadolari umuntu aba yarishyuye muri leta mu gihe kingana n'umwaka uba ushize, arenga kuyo akwiye kuba asora. Gusubizwa aya madolari ntawe bitagwa neza, bityo hakaba hari intambwe ukwiye gutera kugirango uyasubizwe hakiri kare.

**Tegura dosiye yawe hakiri kare**

Uko utegura dosiye yawe hakiri kare, ni nako ugira amahirwe yo gusubizwa umusoro wawe hakiri kare. Ibi biterwa n'uko ikigo gishinzwe umusoro (IRS) kitaba gifite akazi kenshi cyane mu kwezi kwa mbere, ukwa kabiri n'ukwa gatatu nk'uko bigenda mu kwezi kwa kane, igihe abasora bose baba bari gusiganwa n'amatariki. Bamwe usanga batinda bityo IRS ikaba ifite ubushobozi n'umwanya byo gusuzuma dosiye ziza hakiri kare mu gihe abenshi baba bataratanga ubusabe bwabo. Kwegeranya impapuro hakiri kare nabyo ni ingenzi, mu gihe umuntu ashaka ubufasha bw'impuguke mu ibaruramari cyangwa se mu misoro mu gihe cyo gukora dosiye isaba gusubizwa umusoro. Ku muntu utifitiye icyizere cyo kwiyuzuriza dosiye isaba gusubizwa umusoro, cyangwa se akeneye ubufasha, guha akazi impuguke mu by'imisoro byaba byiza cyane. Gusa uba ukwiye kubegera hakiri kare kuko baba bafite gahunda bagenderaho kugirango barebe umwanya bagute-ganyiriza; hatu udasanga bakuburiye umwanya wo kugufasha. Benshi mu bakora aka kazi barishyurwa, gusa porogaramu nka CASH Maine zigenera abaturanyijwe impuguke zibafasha muri ako kazi kandi ku buntu.

**Wategura dosiye yawe kuri mudasobwa**

Abasaba bakoresheje impapuro bashobora gutegereza igihe kiri hagati y'ibyumweru bitandatu n'umunani kugirango IRS igenzure dosiye yabo bityo babone umusoro wabo, mu gihe iyi gahunda yakorwa mu buryo bw'ikoranabuhanga, IRS igusubiza umusoro mu gihe cy'iminsi 21. Hari uburyo bwinshi wakoresha ikoranabuhanga wuzuzura dosiye yawe:

Umuntu ukorera \$72,000 ku mwaka cyangwa muni yayoy ashobora gukoresha paji ya IRS y'ubuntu akuzuzura. Iyi gahunda y'ikoranabuhanga ikora imibare yose kuri iyo paji maze ikakuyobora mu gutegura ubusabe bwawe. Wasura ahitwa e-File Options ku rubuga rwa IRS ari rwo ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)).

Hari kandi software zikoresha uburyo bwo kubaza ibibazo maze umuntu akagenda asubiza kugirango birushaho korohera uwuzuzura dosiye. Izizwi cyane mu gukora aka kazi kurusha izindi twavugaga nka TurboTax na H&R Block. Abanyamwaga babifitiye uruhushya bashobora gufasha abantu gutegura, kohereza ndetse no kugenzura ubusabe. Kugirango ubone umunyamwaga wasura ahitwa e-File Provider Search Tool ku rubuga rwa IRS. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)). Ni ngombwa iteka gukorana n'umunyamwaga ubifite uburenganzira.

**Saba ko umusoro ushyirwa kuri konti**

Mu mwanya wo guhabwa sheke, ibintu bigendana n'umuvuduko iposita iri gukorera icyo gihe, umusoro wasubijwe ushobora gushyirwa kuri konti yawe hakoreshejwe uburyo bw'ako kanya buzwi nka direct deposit. Kugirango ubashe guhitamo ubu buryo bwo gushyira umusoro kuri konti, usabwa kubihitamo mu gihe uri kuzuza ubusabe bwawe, waba uri gufashwa n'impuguke cyangwa uri kubyikorera. Ugomba kandi gushyiramo konti ya banki ndetse na numero ya routing ukoresha. Wareba kuri sheke yawe kugirango ubone numero ya routing na numero ya konti yawe utibeshya (ni imibare iri hagati y'10 na 12) ni imibare ya kabiri igaragara kuri sheke yawe ahagarana hasi. Umuntu udafite sheke ye, ashobora kubona numero y'inzira na numero ya konti bye yinjijye muri konti ye mu buryo bw'ikoranabuhanga cyangwa mu buryo bwo gukoresha telefoni igendanwa cyangwa se ahamagara banki bakorana. Ushobora kandi gusura ishamba rya banki yawe bakagufasha. Nyuma yo kugenzura ko umwirondoro w'umuntu uhamagaye, iyo banki iba ishobora kugufasha kubona numero za nyazo.

Gutegura ubusabe bwawe kare, gukoresha ikoranabuhanga ndetse no gusaba ko umusoro wawe ushyirwa kuri konti byose

bifasha umuntu utegereje umusoro we bigatuma awubona mu buryo bubangutse cyane.

**Uko wakwitegura ibihe by'imisoro**

Muri leta zunze ubumwe, gutegura dosiye isaba gusubizwa umusoro ndetse no kwishyura umusoro ku nyungu bitarenze tariki 14 Mata buri mwaka ni itegeko. Kwegeranya impapuro hakiri kare cyane ndetse zigashyirwa ahantu hizewe ni igitekerezo cyiza cyane. Hano hari urutonde rwagufasha kwitegura ibihe by'umusoro.

**Impapuro z'umusoro**

Ukwezi kwa mbere ni igihe abantu batangira kwakira impapuro zikenerwa ngo umuntu ategure iby'imisoro. Izi akenshi zitangwa n'abakoresha zikaba zigizwe n'izitwa W-2 (izi zerekana amadolari yose umuntu yakoreye muri icyo kigo mu mwaka wose), cyangwa izitwa 1099 (uru narwo rukaba ari urundi rupapuro rugaragaza ayo umuntu yakoreye asa nk'uwikorera).

**Amakuru y'umuntu**

Amazina, amatariki y'amavuko ndetse na numero iranga umuturage ziba zikenewe ngo umuntu yuzuzura dosiye isaba gusubizwa umusoro. Aya makuru kandi aba agomba kugaragazwa kuri buri muntu wese ugize umuryango (yaba uwo mwashakanye cyangwa undi urera). Kugirango umusoro wawe uzashyirwe kuri konti, egeranya numero yawe y'inzira na numero ya konti byawe. Buri mukozi wa banki ashobora kugufasha kubona izi numero. Hari n'ubwo uzisanga ku mbuga za interineti za banki. Umusoro ubizwa ushobora kandi kuwuhabwa kuri sheki.

**Inyemezabwishyuru**

Ikigo cy'igihugu gishinzwe imisoro (IRS) kijya gitanga amanota ku bicuruzwa runaka umuntu aba arakuzwe mu mwaka washize. Ibi nibyo bita igabanyirizwa, bigatuma umuntu agabanya ingano y'amadolari yasabwaga kugaragaza. Iyo ayinjira agabanutse, umuntu ashobora gusabwa gusora make cyangwa se akabasha gusubizwa umusoro wisumbuyeho. Egeranya inyemezabwishyuru cyangwa ibindi bigaragaza kowaguzwe ku bintu bishobora kugabanyirizwa. Ibi ni byo bita gushyira gutoranya.

**Dore urutonde rw'ibintu byatuma ugabanyirizwa:**

- Ikiguzi cyo gukora ubucuruzi, nk'ubukode, ibikoreshe by'ubucuruzi n'ibindi.
- Impano zitangwa bugiraneza
- Amadolari yishyurwa mu buvuzi harimo n'ayishyurwa mu bwishingizi
- Amadolari yo kwita kunzu zita ku bana,
- Amadolari yo kwiga,
- Ubwizigame bw'izabukuru
- Amadolari akoreshwa umuntu avugurura inzu cyangwa avugurura ibikoresha ingufu munzu

**Kuzuza dosiye z'imisoro**

Dosiye y'imisoro ishobora kuzuzwa hakoreshejwe intoki ubundi ikoherezwa mu iposita kuri IRS. Ishobora kandi kuzuzwa hakoreshejwe ikoranabuhanga. Abafite ubucuruzi buto akenshi bifashije abahugukiwe n'ibycungamari kugirango babuzurize dosiye z'imisoro, bitwe n'uko baba bahugukiwe neza n'amategeko agenga iby'imisoro. Imwe mu miryango itari iya leta ifasha abantu gutegura imisoro.

**Ibirebana n'ubwizigame**

Nyuma y'uko dosiye zitegura imisoro zitunganyijwe, ni byiza kubika neza impapuro ziri hamwe ahantu hari umutekano, harimo n'inyemezabwishyuru n'imisoro usubizwa. Ibi bituma umwaka ukurikiyeho bikorohera kurushaho.

**Ni he wakura ubufasha ku buntu kandi bw'abafite ubumenyi mu gutegura imisoro usubizwa**

Igihe cy'imisoro kizwiho kuba igihe gitera benshi umunaniro, bityo Portland Office of Economic Opportunity ihitamo kwicarana n'abafatanyabikorwa baturuka muri CASH Program kugirango bafashe abagize umuryango mugari kugera kuri iyi yahunda ikungahaye ku makuru akenewe muri iki gihe ajyanye n'igihe cy'imisoro!

**1. Ese CASH ni iki?**

Serivisi za CASH zigenewe abantu binjije ataranga \$58000 mu mwaka wa 2021. Abantu bafite akazi hanze ya Maine mu mwaka wa 2021 ntabwo bemerewe gufashwa n'iyi gahunda.

**2. Ese ni angaha umuntu yishyurwa kugirango afashwe na CASH?**

Gahunda za CASH ni Ubuntu!

**3. Ni iki ngomba kuba mfite ku muni wo kumfasha?**

Kugirango ubashe guhabwa ubufasha bwuzuye kandi bune-

jeje bwa CASH ni ngombwa ko uba ufite impapuro zose kandi wazishyize ku murongo, harimo ikikuranga nk'uruhushya rwo gutwara ibinyabiziga rw'umuntu wuzuzura (uwo bashakanye igihe yashatse kandi buzuriza hamwe ubusabe bwabo); ikarita ndanga numero y'umuturage (cyangwa se ibaruwa ya ITIN) by'abantu bose bagaragazwa mu busabe, impapuro zose z'imisoro (nka W-2, 1099, 1098, 1095). Urutonde rw'ibikenyerwa byose rurahari.

**4. Ese ubufasha bwose butangwa ku ikoranabuhanga? Ni gute nakohereza impapuro zanjye?**

Kubera kwitwararika byo mu bihe by'icyorezo cya COVID 19, CASH ntabwo izajya ihuza abantu bari kumwe ahantu runaka nk'uko byagendaga mu myaka yashize. Ahubwo, baza-komeza guhurira mu kizwi nka GetYourRefund, ariyo serivisi itangirwa kuri interineti igatangwa n'umuryango udaharanira inyungu uzwi nka Code for America ku bufatanye na VITA, ari cyo kigo cyemerewe na IRS gutegura impapuro zisaba umusoro gikorera mu gihugu hose. Usabwa kuba ufite igikoresha gifite interineti ndetse ukagira na imeyili ndetse na numero ya telephone. Urubuga rwa interineti rwa GetYourRefund rufasha abantu gusubiza ibibazo ndetse bakanohereza impapuro zabo ahantu hizewe. Gahunda ya CASH yahawe uruhusa na IRS rwo gutegura imisoro izabikora hifashishijwe ikoranabuhanga.

Kuri babandi badafite uburyo bw'ikoranabuhanga rikenewe murugo, CASH yo muri Greater Portland iri gukorana na cPort Credit Union hamwe na Portland Housing Authority ngo hashyizweho ahantu abantu bajya bakahafashirizwa ubundi bagaskana impapuro zabo zikajya muri sisiteme byose hifashishijwe ikoranabuhanga.

**5. Ni gute nakwiyeandikisha?**

Nyuma y'uko wakiriye impapuro zawe zose z'imisoro za 2021, wasura urubuga [cashmaine.org](http://cashmaine.org) ubundi ubundi ukwiyeandikisha cyangwa se ukareba ahari site zizakorerwaho icyo gikorwa, ahanini bikaba ari mu kwezi kwa kabiri.

**6. Ni iyihe nyungu iri mu kuzuza imisoro nifashishije CASH?**

CASH ni gahunda y'ubuntu itangwa n'abantu b'imico myiza kandi babihereye uruhusa na IRS. Bamenya neza ko buri muntu wese ahawe imisoro akwiye gusubizwa, nk' imisoro ku mafaranga yakorewe ndetse no ku bana umuntu arera.

**7. Ese mutanga abasemuzi cyangwa ubundi bufasha bwo gusemura?**

Urubuga rwa Get Your Refund ruboneka mu Cyongereza n'Icyespanyoli. Abarugana baba bashobora kugaragaza urundi rurimi bifuzaga gukoresha bityo bagafatanyaga mu gushaka igisubizo. Muri uyu mwaka IRS iri gutanga ubufasha mu gusemura binyuze kuri telephone. Abavugaga indimi zitandukanye iteka bahabwa ikaze ngo bafashe abandi muri uyu murimo! Ushobora kutwandikira kuri [cash@uwsme.org](mailto:cash@uwsme.org) maze ukagaragaza ko wifuzaga kuba umukorerabushake cyangwa ukabaza ikindi kibazo.

CASH irenze kuba ari porogaramu itegura ibijyanye n'imisoro. Abagana iyi gahunda bashobora kandi kuganirizwa ku ntego bafite mu kwiteza imbere mu by'ubukungu, bakaganirizwa n'impuguke mu gukora ako kazi z'abakorera bushake, bakaba banafashwa guhuzwa n'ibigo by'imari by'aho batuye byabafasha gusohozza inzozo zabo. Gahunda ya CASH ishobora kubonera abayigana ubujyanama ndetse n'ubufasha mu gusubiza ibibazo, bityo buri wese akabasha gufata ibyememo byiza ku birebana n'ubukungu.

**Baza umunyamategeko w'akarere**

*Jonathan Sahrbeck ni umunyamategeko w'akarere ka Cumberland. Azenzura akanagenza amadosiye azanirwa na polisi. Sahrbeck azi neza ko amategeko ya Amerika hamwe n'ubucamanza muri rusange bishobora kudasobanuka neza, bityo agasaba abafite ibibazo kumugana. Ushobora rwose kohereza ikibazo cyawe kuri [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com) maze tukakimukugera zaho.*

**Ni iki nkwiye gukora/ ni iki ntakwiye gukora igihe mparagitswe na polisi ntawe imodoka? Numva amakuru menshi arebana n'uburyo polisi ifata nabi abirabura**

Abantu benshi bavugaga ko bahuye na polisi maze ikabaho-hotera mu gihe yarimo ishyira mu bikorwa ibijyanye n'amategeko, kandi nakubwira koi bi bigera no kuri polisi nayo ikabyumva. Iyo abirabura barakaye igihe bahagaritswe na polisi numva ikibibatera. Polisi iri gutera intambwe ngo yongere yigarurire icyizere cy'abatwaga. Mu karere ka Cumberland, polisi iri gukoresha kamera zo kumubiri n'izindi kamera. Izi kamera zifata ibiganiro hamwe n'abatwaga bityo bikongera

**komereza ku ipaji 13**



**ibikurikira ipaji 12**

umutekano ndetse no gukora kinyamwuga muri ibi biganiro. Igihe uhagaritswe na polisi utwaye imodoka, inama nakugira ni uguhagarara kuruhande rw'umuhanda. Igihe umupolisi ari kukwegera, gumisha amaboko yawe kuri vola y'imodoka yawe kugirango polisi abashe kubona ibiganza byawe. Irinde kwinyeganyeza wihuse. Umupolisi azagusobanurira impamvu aguhagaritse. Gerageza gusubiza buri kibazo umupolisi akubaza, kandi ukurikize amabwiriza aguha. Ntabwo utegetswe kwemerera umupolisi gusaka imodoka yawe, gusa igihe abigusabye ushobora kubimwemerera.

Igihe mumaze kuvugana, igihe wumva hari ikitagenze neza mu biganiro mwagiranye n'umupolisi cyangwa se impamvu yatumye aguhagarika, hamagara umurongo w'abadafite ibibazo byihutirwa cyane wa polisi maze uvugane n'umwe mubayobozi umusobanurira ikibazo cyawe. Aba bantu baba bashobora kuzengurira ibiganiro mwagiranye maze bakareba niba koko ibyo uvuga bifite agaciro. Igihe wumva utakemuriwe ikibazo, ufite uburenganzira bwo kuvugana n'umunyamategeko w'akarere, umuyobozi wese mu mujyi kugirango ikibazo cyawe gikurikiranwe.

**Natutswe n'abantu ntazi turi mu bantu benshi – abantu baramwajije kubera Hijab nari nambaye cyangwa se bakambwira “ngo nsubire iwacu”. Ni ubuhe burenganzira mfite igihe ibi bibaye?**

Igitabo gikubiyemo uburenganzira bwa muntu cya leta ya Maine, kirerera abantu bose batuye, bakora cyangwa se basura leta ya Maine, kugirango badahura n'ihohoterwa rishingiye ku bwoko, idini, inkomoko, ubwengehuhunkomoko, igitsina, iry'ubumuga bwo kumubiri cyangwa bwo mumutwe cyangwa se ry'uburyo umuntu abana n'abandi mu birebana n'ibitsina. Igihe umuntu ahuye n'ihohoterwa riteye ritya cyangwa agatukwa hagendewe ku mwenda w'umuco we yiyambariye, aba afite uburenganzira bwo guhamagara polisi, umunyamategeko w'akarere cyangwa se ibiro by' umucamanza mukuru kuri numero (207-626-8800) kugirango abamenyeshe ibyo bintu. Ku bindi bisobanuro ku biri mu gitabo gikubiyemo uburenganzira bwa muntu cya leta ya Maine wasura: [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

**Ndi umuntu usaba ubuhungiro ukomoka muri Angola. Ese polisi yemerewe kumfata bitandukanye n'abandi banyagihugu cyangwa dufite uburenganzira bungana?**

Polisi ntabwo ishobora kuvugana igendeye ku bwengehugu – nkomoko cyangwa se ku buryo umwimukira ari muri iki gihugu. Igihe wumva wafashe nabi, wahamagara wahamagara urwego rwa polisi ubundi ugasaba kuvugana n'umwe mu bayobozi ukabigaragaza. Ushobora kandi guhamagara umucamanza w'akarere cyangwa umwe mu bayobozi ba guverinoma y'umujyi utuyemo maze ukabamenyesha icyo kibazo.

*Jonathan Sahrbeck yavukiye anakurira muri karere ka Cumberland, maze aza kuba umunyamategeko w'aka karere (District Attorney mu 2019), nyuma y'imyaka myinshi akora nk'umushinjacyaha. Yifuza gukorana cyane n'abaturage mu gukemura ikibazo cy'ikoreshwa ry'ibiyobyabwenge ndetse n'ikibazo cy'ubuzima bwo mumutwe, ndetse no kwigisha abaturage ingaruka zo gukurira mu muryango utavugana rumwe harimo n'ihungabana, ndetse akanifuza ko abantu bamwegera bakaganira.*

**Suite de la page 9**

couleur sont nerveuses lorsqu'elles sont arrêtées par la police. Les agents de police prennent des mesures pour regagner la confiance du public. Dans le comté de Cumberland, la police utilise désormais des caméras corporelles et des caméras de voiture de patrouille. Ces caméras enregistrent les interactions avec le public, ce qui augmente la sécurité et la responsabilité lors de ces interactions.

Si vous êtes arrêté par la police alors que vous conduisez, je vous conseille de vous ranger sur le côté de la route. À l'approche de l'agent de police, gardez les deux mains sur le volant afin que l'agent puisse voir vos mains. Évitez tout mouvement rapide et soudain. Les agents de police doivent s'identifier et vous expliquer pourquoi ils vous ont arrêté. Essayez de répondre à toutes les questions que l'agent vous pose et suivez ses instructions. Vous n'avez aucune obligation de permettre à un agent de fouiller votre voiture, mais si on vous le demande, vous pouvez l'autoriser à le faire.

Après votre arrestation, si vous avez l'impression que quelque chose n'allait pas dans votre interaction avec la police ou dans la raison pour laquelle vous avez été arrêté, contactez la ligne non urgente du service de police et parlez de votre interaction à un membre du personnel d'autorité. Ces personnes doivent examiner votre expérience et écouter ce que vous avez à dire. Si vous n'avez pas l'impression d'avoir été entendu, vous avez le droit de contacter le bureau du procureur de votre comté, un fonctionnaire de la ville et/ou un avocat pour demander une révision de l'affaire.

**J'ai été insultée par des inconnus lorsque je me trouvais en public - ils se sont moqués de mon hijab ou m'ont dit de "rentrer chez moi". Quels sont mes droits lorsque cela se produit ?**

La loi sur les droits civils du Maine protège toutes les personnes vivant, travaillant ou visitant l'État du Maine contre le harcèlement fondé sur la race, la couleur, la religion, l'ascendance, l'origine nationale, le sexe, le handicap physique ou mental ou l'orientation sexuelle. Si une personne est victime de ce type de harcèlement ou d'insultes fondées sur ses vêtements culturels ou son origine naturelle, elle a le droit de contacter la police locale, le bureau du procureur du district ou le bureau du procureur général (207-626-8800) pour signaler un tel comportement. Pour plus d'informations sur la loi sur les droits civils du Maine, veuillez consulter le site suivant : [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml).

**Je suis un demandeur d'asile originaire d'Angola. La police est-elle autorisée à me traiter différemment des citoyens, ou ai-je les mêmes droits ?**

La police ne peut exercer de discrimination à l'encontre de quiconque en raison de son origine nationale ou de son statut d'immigrant. Si vous estimez avoir reçu un traitement injuste, contactez le service de police et demandez à parler à un membre de son personnel de commandement pour le signaler. Vous pouvez également appeler le procureur du district ou un membre du gouvernement de votre ville ou commune pour les informer de ces actions.

*Jonathan Sahrbeck est né et a grandi dans le comté de Cumberland, et est devenu procureur de district en 2019, après avoir travaillé pendant de nombreuses années en tant que procureur. Il a hâte de travailler avec les partenaires communautaires pour résoudre les problèmes de toxicomanie et de santé mentale, et pour éduquer le public sur les effets des expériences négatives de l'enfance et des traumatismes, et il souhaite sensibiliser la communauté.*

**Laga sii waday bogga 11**

inta lagu gudajiro is-dhexgalkan.

Haddii booliisku ku joojiyo inta aad gaariga waddo, talooyinkaygu waxay noqon doontaa in gaarigaaga loo maro dhinaca wadada dhinaceeda. Sida sarkaalka booliisku u soo dhowaado, labada gacmood ku hay isteerinka si sarkaalku arko gacmahaaga. Ka fogow dhaqdhaqaaq kasta oo deg deg ah oo kadis ah. Saraakiisha booliisku waa inay is cadeeyaan oo ay kuu sharxaan sababta ay kuu joojiyeen. Isku day inaad ka jawaabto wixii su'aalo ah ee sarkaalku ku weydiisto, oo raac tilmaamahooda. Khasab kuguma aha inaad u oggolaato sarkaalku inuu baaro gaarigaaga laakiin haddii lagu weydiyo inaad u oggolaan karto inay raadiyaan.

La kulankaaga ka dib, haddii aad dareento in ay wax khal-dan yihiin la falgalkaaga booliiska, ama ku saabsan sababta lagu joojiyay, la xidhiidh khadka aan degdega ahayn ee waaxda booliiska oo kala hadal qof ka mid ah shaqaalaha taliska xidhiidhkaaga. Dadkani waa inay dib u eegaan kulankaaga, oo ay dhegayaan waxaad leedahay. Haddii aadan dareensanayn in lagu maqlay, waxaad xaq u leedahay inaad la xiriirto Xafiiska Xeer Ilaaliyaha Degmadaada, sarkaalku kasta oo magaalada/magaalada ah, iyo/ama qareen si aad u codsato dib u eegista arrinta.

**Waxaa caayay shisheeyaha markii aan fasiraadda ahay - oo aan ku qoslo xijaabkeyga, ama ii sheegay inaan ku laabto guriga. Xuquuqdeeda ayaan heystaa marka ay taasi dhacdo? Sharciga Xuquuqda Madaniga ee Maine wuxuu ilaaliyaa dhammaan dadka ku nool, ama booqashada gobolka Maine ka soo qaada kadeedis ku saleysan midab, midab, diin, itaal darrida guud, naafonimada jirka ama jihada galmada ama galmada.**

Haddii ofku la kulmo dhibaatan noocan ah dhibaatan ama cayda iyaga oo ku saleynaya dharkooda dhaqan ama asal ahaan dabiici ah, waxay xaq u leeyihiin inay la xiriiraan bi-layska maxalliga ah, xafiiska qareenka degmada, ama Xafiiska Xeer Ilaaliyaha Guud (207-62600) si loo soo sheego akhlaaqdaas oo kale. Macluumaad dheeri ah oo ku saabsan Sharciga Xuquuqda Madaniga ee Maine, fadlan booqo [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

**Waxaan ahay magangalyo ka yimid Angola. Booliiska ma loo ogolyahay in ay iladhaqmaan si ka duwan kan muwaadiniinta, mise waxaan leeyahay xuquuq isku mid ah?**

Booliisku cidna kuma takoori karaan asal qaran ama xaalad socdaal. Haddii aad dareento in lagula dhaq maay si cadaalad daro, la xidhiidh waaxda booliiska oo waydii in aad lahadasho xubin ka mid ah shaqaalaha si aad ugu waa bixiso. Waxa kale oo aad wici kartaa qareenka degmada ama xubin ka tirsan magaaladaada ama dawladda hoose si aad ugu wargeliso falalka.

*Jonathan Sahrbeck wuxuu ku dhashay kuna barbaaray Degmada Cumberland, wuxuuna noqday Xeer Ilaaliyaha Degmada 2019, ka dib markii uu sanado badan u soo shaqeeyay xeer ilaaliye Waxa uu rajaynaya in uu la shaqeeyo la-hawlgalayaasha bulshada wax ka qabashada isticmaalka muqaadaraadka iyo arrimaha caafimaadka dhimirka, iyo ka wacyi-gelinta bulshada saamaynta xun ee waayo-aragnimada carruurnimada iyo dhaawacyada, oo uu soo dhaweeyo wacyi-gelinta.*

**Next show airing on February 11****Inaendelea kwenye ukurasa 10****Nimekuwa nikitukanwa na watu nisiowajua ninapokuwa hadharani - nikiifanyia mzaha hijabu yangu, au kuniambia "rudi nyumbani." Je, nina haki gani hii inapotokea?**

Sheria ya Haki za Kiraia ya Maine inalinda watu wote wanaoishi, wanaofanya kazi au wanaotembelea Jimbo la Maine dhidi ya unyanyasaji kwa misingi ya rangi, rangi, dini, ukoo, asili ya kitaifa, jinsia, ulemavu wa kimwili au kiakili au mwelekeo wa ngono. Iwapo mtu atapata aina hii ya unyanyasaji au matusi dhidi yake kulingana na mavazi yake ya kitamaduni au asili ya asili, ana haki ya kuwasiliana na polisi wa eneo lake, Ofisi ya Mwanasheria wa Wilaya, au Ofisi ya Mwanasheria Mkuu wa Serikali (207-626-8800) kuripoti tabia kama hiyo. Kwa maelezo zaidi kuhusu Sheria ya Haki za Kiraia ya Maine, tafadhali tembelea: [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

**Mimi ni mtafuta hifadhi kutoka Angola. Je, polisi wanaruhusiwa kunichukulia tofauti na raia, au nina haki sawa?**

Polisi hawawezi kumbagua mtu yeyote kwa asili ya taifa au hali ya uhamiaji. Iwapo unaona kuwa umepokea unyanyasaji usio wa haki, wasiliana na idara ya polisi na uombe

kuzungumza na mjumbe wao wa kama- manda ili kuripoti. Unaweza pia kupiga simu kwa Mwanasheria wa Wilaya au mjumbe wa jiji au serikali ya mji wako ili kuwafahamisha kuhusu hatua hizi.

*Jonathan Sahrbeck alizaliwa na kukulia katika Kaunti ya Cumberland, na kuwa Wakili wa Wilaya mnamo 2019, baada ya kufanya kazi kwa miaka mingi kama mwendesha mashtaka. Anatazamia kufanya kazi na washirika wa jamii juu ya kushughulikia matumizi ya dawa na maswala ya afya ya akili, na kuelimisha umma juu ya athari za uzoefu mbaya wa utotoni na kiwewe, na anakaribisha uhamasishaji.*





# Upcoming Grant Opportunities for Maine's nonprofits from Maine Community Foundation: The BIPOC Fund and the Community Building Grant Program

By Karen Cadbury

Gloria Inés Aponte Clarke is Senior Program Officer at the Maine Community Foundation, a philanthropy headquartered in Ellsworth and Portland, with at-home staff offices around the state. As Senior Program Officer, she oversees several funds that offer non-profit organizations grant money. Two grant programs—the Black, Indigenous, and People of Color (BIPOC) Fund and the Community Building Grant Program—are currently accepting requests for up to \$10,000 from nonprofit organization in Maine. Deadlines are February 15, 2022. The programs recur annually.



Gloria Aponte Clarke

the state to "...support organizations that are led by and serving people of Native American, Latino, African, Arab and/or Asian descent." The goal of the BIPOC grants is for these organizations to achieve greater equity by investing in

When applicants go online at Maine Community Foundation's website, they should hit the "Apply" button in the top right corner to get to the online application. Groups can apply for one or both grants. The Community Building Grant Program application form is now available in four languages.

leadership, changing negative policies and practices, and supporting efforts to alleviate the impact of race-based discrimination and disparities.

"Organizations requesting grants need to have leadership who are Black, Indigenous, and /or people of color; and the non-profit's programs should be concerned with increasing racial equity. What makes this fund really wonderful is that BIPOC advisors from all over the state make the award decisions. We really believe that communities know best what types of approaches are needed," said Aponte C.

She noted that previous recipient organizations do an exceptional job of meeting the goals of the fund. "For example, the New England Arab American organization is working on expanding services for a lot of different groups in Maine, providing health information for women and children. Wabanaki Public Health works with the Wabanaki Nations and does very profound work on different aspects of health and healing. And the Maine Immigrants' Rights Coalition (MIRC) has done advocacy and policy work that has helped BIPOC organizations do the best work that they can."

**Q. What is the Community Building Grant Program?**

The Community Building Grant Program provides grants of up to \$10,000 for local projects and organizations that are focused on building strong communities and on strengthening local leaders, community resources, and community organizations.

"The Community Building Grant Program is one of the only grant programs in Maine that supports a broad range of projects and organizations, in areas such as the arts, education, environment, economic development, and human services. Community Building grants are awarded in specific geographic areas, so nonprofits apply to the grant program and tell us which county or counties they work with. County advisors from their respective communities review each application. Community Building grants are open to a diverse range of organizations working to build strong communities—arts organizations, environmental organizations, white-led, and BIPOC-led organizations," said Aponte C.

**Q: In September 2022, grant funds will be available for the Investing in Leaders of Color program. What is the goal of this program?**

"One of the most important programs we've started is called Investing in Leaders of Color. It's designed to provide coaching assistance to leaders of color in our communities. Our country was built on an in-

equitable system, and we need to address these inequities, perhaps in Maine especially. We heard from the leaders of color in our communities that a one-on-one coaching program would be most helpful to them. So now we offer 23 hours of coaching for each leader who participates. We pay the leaders and the coaches, and the leaders' organizations get stipends of \$3,500 to pay for things they might need, such as technology, software, or a workshop, or a class. We want to help these emerging leaders to do even more of the great work they are doing. The pairings between the emerging leaders and the coaches are amazing. I've worked to find coaches from around the country, really great people, who are super knowledgeable, kind, compassionate, and smart. The leaders and the coaches develop connections that are really special and supportive."



MaineCF's BIPOC Fund has helped support the growth of In Her Presence, Wabanaki Public Health, and Somali Bantu Community Association - Liberation Farms. See photos below courtesy of MaineCF.

**Q: What if a nonprofit organization needs help or has a question about applying for a grant?**

"First of all - if you are considering applying, please go ahead, even if you've never written a grant application before. If you have a great idea, we want to fund great ideas; we are not looking for perfectly written proposals. We are looking for really good ideas that are going to make a difference to people's lives in Maine. Start with the website - there is a lot of information there, including a couple of pre recorded webinars that describe how to apply. And if you still have a question, definitely reach out to a staff person. For BIPOC grants, please contact me: Gloria Inés Aponte C. at [gaponteclarke@mainecf.org](mailto:gaponteclarke@mainecf.org). The Community Building Grant Program has a different person in each county and you can locate these contacts by going to this website (<https://www.mainecf.org/apply-for-a-grant/available-grants-deadlines/community-building-grants/>) or calling the MCF office. Also, if applicants have questions about their projects, our staff can discuss their ideas with them, and help them figure out if the program they are proposing meets the grant fund's criteria. We hope the application process takes applicants only a couple of hours. People are more than welcome to call.

**Q: What experiences prepared you for the work at the Maine Community Foundation (MaineCF)?**

"I am from Colombia, and I've been here for 21 years. I love Maine; it's a special place. Before I worked at MaineCF, I was employed in public health, looking at different nutrition programs for women and children. That is where I learned how to work with communities for lasting change, community investment, and on healing that really helps communities. In Maine, I also worked with the State of Maine on a \$33 million grant to help develop a statewide innovative model to improve healthcare in Maine. Now, I'm focusing on the BIPOC Fund, and other funds, and I'm pleased that MaineCF is able to help organizations that are operated by BIPOC people."

**66** *I feel that all my life, I've been building up to work with MaineCF. Community foundations like the MaineCF are really special in that they are composed of people from the communities they serve.* **99**

-GLORIA APONTE CLARKE

Aponte C. said that no special training or knowledge is necessary to apply. "Each grant program has its own criteria for organizations to apply- for example one of the BIPOC Funds criteria is that there be BIPOC leadership. Once the criteria are met. There are only two requirements to apply: 1) An organization needs to have tax exempt status - called a 501 (C) (3) - or have a relationship with a financial sponsor that has the charitable exemption status. 2) Organizations must have at least three board members who are not related to the person applying for funds, or to the leadership of the organization."

**Q. What is the Black, Indigenous, and People of Color (BIPOC) Fund?**

The BIPOC Fund originated in 2007 with a gift from the River Rock Foundation. Since then, the fund has awarded grants annually with the help and participation of community-based advisors. These advisors work in areas around







# Legislative Update

Amjambo Africa runs monthly updates about legislation important to communities of color

## Update from Augusta



By Ulya Aligulova *Amjambo's legislative reporter*

The Second Regular Session of the 130th Maine Legislature opened on January 5, 2022 and will run until April 20, 2022. Many organizations that serve immigrant and BIPOC populations in Maine are working to support bills prioritized by these communities. Two of these organizations are Maine Equal Justice and Maine Immigrants' Rights Coalition.

One priority bill supported by Maine Equal Justice (MEJ) is LD 1748, which aims to reduce child poverty. The bill is sponsored by Senator Ned Claxton (D-Androscoggin). Kathy Kilrain del Rio, Advocacy & Programs Director at MEJ, said that the bill responds to data on outcomes for families who participate in the Temporary Assistance for Needy Families (TANF) and Additional Support for People in Retraining and Employment (ASPIRE) programs collected by the Department of Health and Human Services (DHHS).

"A report was sent to the Committee on Health and Human Services last summer and there will be a second report coming out of DHHS to the Committee that looks at efforts to address child and family poverty. TANF and ASPIRE have not always succeeded in helping families meet

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*Maine Equal Justice and Maine Immigrants' Rights Coalition are both encouraging members of the public to testify. This is a great opportunity for us to make the legislators aware of all the different reasons that result in people becoming food insecure.*

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their needs or goals, but we can take steps to make them work better. LD 1748 would take steps to help ensure these important programs can truly support families in meeting their education and training goals so they can move from poverty to financial security. At the same time, these actions can help strengthen Maine's workforce. We expect a public hearing in February."

Maine Equal Justice is also tracking bills pertaining to the housing crisis this session. LD 473, a carry-over bill that has to do with voucher programs for people who need rental assistance, is sponsored by Rep. Victoria Morales (D-South Portland). "A lot of people who are advocating for affordable housing recognize that funding more vouchers to enable low

income people to access housing is one critical piece in the affordable housing crisis." Other priority bills related to zoning are on review this session. These include LR 2299 and LR 2339 - the hope is that changing existing zoning laws will allow for the creation of more affordable housing across the state, and also open up paths to make the system more equitable.

"The zoning commission met last summer and came out with a series of recommendations. This month Rep. Ryan Fecteau, Speaker of Maine House of Representatives, presented those recommendations to the Labor and Housing Committee. LR 2299, which is sponsored by Rep. Fecteau, aims to address those recommendations. All of these bills are interconnected, and we are not

sure if they are going to move individually, or if they will get combined, but they will be a big topic of conversation in the Labor and Housing Committee in the next months," said Kilrain del Rio. Other bills that address housing access, racial equity in housing, and discrimination due to housing status, include LD 892, LD 1773, LD 1704, and LD 1871.

The Ending Hunger in Maine by 2030 Advisory Group was created in 2019, thanks to legislation sponsored by Senator Hickman (D-Kennebec). The advisory group brought together many different voices to address hunger in Maine, including people directly impacted by food insecurity. The focus was alleviating hunger as well as the root causes that lead to food insecurity. The group produced an interim report with recommendations. And this session LD 174, An Act to Implement the Recommendations of the Ending Hunger by 2030 Advisory Group, will be moving through the legislative process.

"MIRC is part of the Ending Hunger in Maine by 2030 Advisory group," said Tobin Williamson, newly hired Policy Advocate at MIRC. "We participated in the process of formulating the plan and the priorities, and we're really hoping to see that one pass."

The issue of homelessness is closely tied to the lack of affordable housing in Maine. "LD211, An Act to Support Emergency Shelter Access for Persons Experiencing Homelessness, is another bill we've been working to support. Homelessness is a big issue, particularly in Portland and Lewiston. And immigrant communities are often the most affected. The bill involves appropriation to the shelter operating subsidy program through the Maine State Housing Authority to support operations and capacity at the various low barrier emergency homeless shelters across the state," said Williamson.

Two tribal sovereignty bills were carried over from last session and are both in

the Judiciary Committee. These are LD 1626, sponsored by Sen. Louis Luchini (D-Hancock), and LD 585, sponsored by Assistant Majority Leader Rachel Talbot Ross (D - Portland). The bills seek to redress wrongs that date back to the Maine Indian Claims Settlement Implementation Act of 1980, which disadvantaged the Passamaquoddy Tribe, the Penobscot Nation, the Houlton Band of Maliseet Indians, and their members.

One federal bill that's on MIRC's radar is S315, Bridging the Gap for New Americans Act, sponsored by Senator Klobuchar, which aims to address credentialing issues of immigrants. Williamson said, "One of the big problems in Maine and many other states is that when people who get credentials as engineers or pharmacists in their countries of origin, later on immigrate to the U.S., a lot of times those credentials aren't recognized. So they end up working in positions that pay a lot less than what they're accustomed to. The skillset and education they have doesn't always transfer. This bill, which belongs to the Senate's HELP Committee (housing, education, labor, and pensions), encourages the Department of Labor to look into ways of addressing the workforce and labor issues that impact the immigrant and refugee communities."

Members of the public can get involved and support or oppose certain bills by participating in public hearings. Information about these can be found on the Maine legislature website, or by following social media posts from MEJ, MIRC, and Amjambo. Committees will be meeting over Zoom this legislative session, so it's very easy to sign on and submit testimony. Another way of influencing decision making is to reach out to congressional offices directly by phone or email.



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## Ask the District Attorney

Jonathan Sahrbeck is the Cumberland County District Attorney (D.A.). He reviews and prosecutes cases brought to his office by the police. Mr. Sahrbeck knows that U.S. laws and our criminal justice system can be confusing, and welcomes questions from the community. Please send your questions to: [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com) and we will forward them.



### What should I do/what should I not do if I am stopped by the police while I am driving? I hear all kinds of stories about police mistreating people of color.

I hear from many people who say they have had bad experiences in encounters with law enforcement, and I can assure you that the police hear about these experiences as well. I understand why people of color are nervous when they are stopped by the police. Police officers are taking steps to win back the trust of the public. In Cumberland County, police are now using body cameras and cruiser cameras. These cameras record interactions with the public, which increases safety and accountability during these interactions.

If you are stopped by the police while driving, my advice would be to pull your car over to the side of the road. As the police officer approaches, keep both hands on the steering wheel so that the officer can see your hands. Avoid any quick and sudden movements. Police officers should identify themselves and explain to you why they have stopped you. Try to answer any questions that the officer asks you, and follow their instructions. You have no obligation to allow an officer to search your car, but if asked you can allow them to search.

After your encounter, if you feel that something was wrong about your interaction with the police, or about why you were stopped, contact the non-emergency line of the police department and speak to somebody in the command staff about your interaction. These people should review your encounter, and listen to what you have to say. If you do not feel like you were heard, you have the right to contact your County District Attorney's Office, any city/town official, and/or an attorney to request review of the matter.

### I have been insulted by strangers when I am in public - making fun of my hijab, or telling me to "go back home." What rights do I have when this happens?

The Maine Civil Rights Act protects all people living, working, or visiting in the State of Maine from harassment based on race, color, religion, ancestry, national origin, gender, physical or mental disability or sexual orientation. If a person experiences this type of harassment or insults against them based on their cultural clothing or natural origin, they have the right to contact their local police, the District Attorney's Office, or the Office of the Attorney General (207-626-8800) to report such behavior. For more information about the Maine Civil Rights Act, please visit: [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

### I am an asylum seeker from Angola. Are the police allowed to treat me differently than citizens, or do I have the same rights?

The police cannot discriminate against anyone based on national origin or immigration status. If you feel that you have received unfair treatment, contact the police department and ask to speak to a member of their command staff to report it. You can also call the District Attorney's or a member of your local city or town government to inform them of these actions.

Jonathan Sahrbeck was born and raised in Cumberland County, and became the District Attorney in 2019, after working for many years as a prosecutor. He looks forward to working with community partners on addressing substance use and mental health issues, and on educating the public about the effects of adverse childhood experiences and trauma, and welcomes outreach.

## Tips from Maine's Bureau of Motor Vehicles | Beth Stickney



**Asylum seekers:** What to do if you haven't received your renewed work permit and you need to renew your Maine driver's license or identification card.

Maine state law requires that Maine residents prove their legal presence in the U.S. in order to get a standard Maine driver's license or State ID from the Bureau of Motor Vehicles (BMV).

For a person who doesn't already have permanent status here (such as U.S. citizenship, permanent residency, or refugee or asylee status), if the person's proof of legal presence is an immigration document with an expiration date, under state law the BMV can only issue a credential that expires on the same day as the immigration document.

To prove their legal presence, asylum seekers often show the BMV their work permits based on their asylum applications. In those cases, the State ID or driver's license must expire the same day that the work permit, or the 180 day automatic extension provided by the work permit renewal application's filing receipt, will expire.

U.S. Citizenship and Immigration Services (USCIS) is now taking a year or more to renew asylum-based work permits, leaving many asylum seekers with expired work permits, despite having filed their work permit renewal applications months before their work permits are due to expire. Fortunately, asylum seekers remain legally present for as long as their asylum applications are still in process with USCIS or the immigration court system, and can get a Maine driver's license or state ID whose expiration date is based on the asylum application, not based on the work permit.

### Q. I'm an asylum seeker. How do I get a Maine credential that won't expire the same day as my work permit?

A. Bring your USCIS receipt showing that you filed your I-589 application for asylum to the BMV, or a copy of your biometrics notice related to the I-589 asylum application (not related to the I-765 work permit application).

### Q. My spouse and children are included on my asylum application. How do they get Maine credentials that won't expire on the same date as their work permits?

A. Have your spouse and children bring these documents to the BMV:

- Your USCIS receipt showing that you filed your I-589 application for asylum, and
- A copy of your I-589 asylum application with the pages showing that your spouse and children are listed on that form, or
- Any other papers you might have showing that your spouse and children are included in your request for asylum, such as:
  - a copy of your request to USCIS to add your spouse or children to your I-589 asylum application;
  - USCIS biometrics appointment notices for your spouse and children (if your children are age 14 or older); or
  - any documents from the Immigration Court naming your spouse and children.

### Q. I'm not an asylum seeker, but I'm still waiting to get my renewed work permit and my BMV credential is about to expire. What can I do to renew my BMV credential?

A. Bring in to the BMV any USCIS filing receipts or notices showing the underlying basis for your eligibility to get a work permit. The BMV might be able to issue you a renewed credential based on those documents, instead of your work permit.

## Tips for Driving in the Snow

**Stay home.** Only go out if necessary. Driving in ice and snow takes skill.

### Drive slowly.

**Accelerate and decelerate slowly.** Apply the gas slowly to avoid skidding. Allow extra time to slow down.

**Increase your following distance.** Slowing down takes longer on icy roads.

**Brake carefully. Avoid braking suddenly.** Apply firm, steady pressure on the brake pedal.

**Take care on hills.** Applying extra gas on snow-covered roads to get up a hill will just make wheels spin. As you reach the top of a hill, reduce speed and proceed downhill slowly.



Photo | John Ochira





# World Market Basket

## New Roots farmers purchase farmland

By Bonnie Rukin

On January 20, the four farmers of New Roots Cooperative Farm in Lewiston - Jabril Abdi, Mohamed Abukar, Batula Ismail, and Seynab Ali - signed a purchase and sales agreement for a 30-acre farm in Lewiston. New Roots Cooperative Farm is the first immigrant-owned co-op in Maine. New Roots offers Community Sponsored Agriculture shares (CSAs), wholesale purchasing, provides ingredients for the Isuken food truck, as well as vegetables for food pantries and at farmer's markets. The purchase of the former dairy farm has been a long-held dream for the farmers.

"I can finally say I have gotten what I have always dreamed of as a farmer. I get to own a farm - I did not know that was possible!" said Batula Ismail, one of the farm owners.

The farmers have been working with the Cooperative Development Institute (CDI) and Maine Farmland Trust (MFT) over a period of years to make the purchase possible. Maine Farmland Trust bought the farm in 2015, and entered into a lease agreement with the farmers that included the option to purchase, and CDI's Omar Hassan has supported the farmers since 2014 with business start up and direct technical advising, cooperative development, and market coordination.

Omar Hassan said, "I have watched this group of farmers grow, develop and go towards becoming a self-sufficient cooperative ... they are more passionate and driven than any farmers I have worked with, and the local communities have become reliant on them in the fight against food insecurity ... Honestly, this right here is a milestone for the New American Community."



*"New Roots farmers are our inspiration to immigrant refugees and BIPOC communities across the nation for generations to come. - OMAR HASSAN"*

Recently, CDI added support for New Roots' fundraising efforts, which included a Go Fund Me page that raised over \$150,000 from more than 500 donations. And in early January, MFT awarded the farm a competitive grant of \$50,000 to implement an updated business plan. Such implementation grants are awarded to farms that have successfully completed MFT's Farming for Wholesale business planning program. The grant will enable New Roots to address production and distribution challenges by investing in more efficient and larger-scaled equipment, improving the soil, and constructing a cold storage facility. Mohamed Sheikh recently joined the New Roots staff to take on the role of managing market needs for the farmers. He said, "I just want to say 'thank you, thank you!' for all the support from everyone who helped make the New Roots farmers' dreams come true."

*"I can finally say I have gotten what I have always dreamed of as a farmer. I get to own a farm - I did not know that was possible!" - BATULA ISMAIL"*





# The Samosa Story

By Leaticia Hannah

When I was 5 years old, I was really close to my grandparents. We lived together with the rest of my family in Mwene Ditu, a big city in the Democratic Republic of Congo. I was supposed to help my grandma with small things around the house, like going to buy bread or milk or anything she needed for cooking. This allowed me to leave our family's compound and walk on the street, which young children normally weren't supposed to do, according to my grandpa's rules. I liked having the responsibility. But only when I wasn't already busy with my toys or my friends. Sometimes my grandma would ask me to buy something for her, and I would refuse because I was more interested in playing with my friends. And if she really insisted, then I would start crying. And my grandmother would smile at me and say, "Even if you are crying, you are still going forward."

I didn't realize how important those words would become in my life. Going forward would always matter.

Grandma had long hair and a quiet voice and was usually very patient with me. Even when life was difficult for her, she always showed her heart. At night, she would sing songs in her native language and tell me stories so I could sleep. As a child, I'd do silly things to annoy her, like poking my finger into a fresh loaf of bread and leaving a big hole in it. She told me never to play with food – that if you are lucky enough to have plenty to eat, your obligation is to share your food or give it away to those who are hungry. But still, I poked holes in the bread. I was a feisty girl who liked to play tricks on adults, especially my grandma. If she was mad, then I would be happy. My family members gave me the nickname "Charlina," saying that I was so silly that I reminded them of Charlie Chaplin.

One day other family members came to stay at our house for a vacation. Because my grandmother was away for the day, helping out at our family's farm, my 14-year-old cousin Clariss was put in charge of making dinner. I was happily playing with my friends outside in the yard, when I heard her calling to me from across the compound. "Charlina!" she shouted

I knew what she wanted. She was going to ask me to go buy ingredients so that she could cook our dinner. She called my name many times, but I pretended not to hear. I never went to her.

She called again and finally I called back, "I am coming," I said.

But I never went.

Instead, Clariss had to go shopping by herself. When she returned a while later, she was carrying a small bag and eating something from it. At this point, I was hungry from all the playing I'd been doing. I ran quickly to see what she had.

She showed me a piece of golden dough that was shaped like a star. I had never seen one before and I wouldn't see another one for many, many years. "It's a samosa," Clariss said. I'd never heard that word before.

"Can I have some?" I asked.

My cousin looked at me and didn't say a word.

"Can I have some, please?" I asked.

Clariss broke off a tiny bit of her samosa and gave it to me. It was one of the tastiest things I'd ever eaten: crunchy and crisp on the outside, and soft on the inside, stuffed with meat and vegetables. All I wanted was more.

When I mentioned it to Clariss, though, she refused, saying, "When I asked you to go and buy things for me, what did you do? Did you help me with that?"

I made a pained face. "I wanted to, but I forgot," I said.

And she said, "Well, also, you can forget about my food."

I cried as if she'd stolen the food from me.

I think now about our family home, about my grandparents, and the life we lived there. I realize there were many things I didn't know yet about the world. Many connections I was too young to make. There was instability and war in our country. There were people suffering due to famine and lack of water. In my own family, there was fear and worry, though the adults tried their best to protect us children from feeling any of those things. What I remember from childhood is my grandmother's warm smile, the delicious chicken and plantain dinners she made for us, and the abundance of our small compound. We had banana, apple, and avocado trees growing in the yard. We had okra and cassava from the farm. Even if my grandma wasn't around to feed us lunch, there was always food to be found.

It wasn't until 2017 that I understood what hunger truly feels like. My mother and two younger brothers and I had been living in Angola and were hoping to immigrate to the United States, where my uncle was living and where my



mother felt we could get a good education. I was 15 years old and understood that America had good schools and good opportunities and there was no war there. We flew from Africa to Ecuador, with a one-night stop in Cuba. I had the idea that going to Cuba might be like seeing heaven, since it was on another continent, but it wasn't exactly that way.

Havana was warm and beautiful, but much quieter than what I was used to. I looked out at the ocean there and felt emotional, knowing that the only obstacle between me and America was that body of water. But we were headed to Ecuador, and from there would travel north by bus and on foot to the U.S. border. In Havana, we rented a room in a house for the night so we could rest before our next flight. I went to a supermarket and bought some spaghetti, which was made in a shape different from ours in Africa. My brothers tasted it and they grimaced. Their faces looked like they'd seen some zombies. When I tasted it, I wrinkled my forehead. Was I cooking it wrong or was this just how pasta tastes here? I got sad, thinking of the spaghetti we used to eat back at home. But my mother scolded us, knowing that we were only at the start of a long journey. "You guys don't have another choice! When the hunger comes and the stomach begs for food," she said, "you will eat whatever your eyes can see."

Being hungry is not something you can imagine until you've experienced it. When your stomach is empty, you can't think. Your brain stops working. You don't feel anything like your regular self. Over the next five months, my mother and brothers and I traveled by bus and taxi, truck and boat. We walked miles and miles and more miles, climbing over mountains, hiking through forests, and wading across rivers. We never had more than a little food – only just enough to keep us going, and sometimes none. Each food we brought with us had a function, for instance, peanut butter and bread because the stomach can support that. For







## Leaticia Hannah's long journey to Portland

more energy, we had some cookies, and juice powder to make juice with the lake and river water we might find on our way.

To wear, we bought rain boots and raincoats. From Ecuador, we went to Colombia, and from Colombia we traveled to Panama, where I was separated for a while from my family when a guide told us he couldn't travel with us all at once. For three days, I hiked without my family, only with the guide and a small group of other immigrants, through the Darién Rainforest and along the Río Turquesa. I didn't know how bad it would be. I had agreed to enter the jungle and believed it would be fine. Even though I didn't expect this part of the journey, I had to proceed. The water was behind us, and the forest was in front of us. The only way was into the forest. There was no other option. It was like my grandmother used to tell me: Even if you are crying, you are still going forward.

I had no food during those first days in the jun-

“*And my grandmother would smile at me and say, “Even if you are crying, you are still going forward.”*”

gle. It was hot, and one day we couldn't even find water. I was so tired; I didn't want to walk another step. But then finally we found a mango tree with one mango very high in the tree. We threw stones until we got it. And three of us split that single piece of fruit. The next fruit we found was a ripe avocado sitting on the ground, so big and sweet it reminded me of my grandpa's plot in Africa. My grandpa always teased that a large avocado was “as

big as your head.” I remembered how I used to poke holes in the bread and my grandma would warn me that food isn't always available. “One day you will look for food and you won't be able to find it.” I knew then that the “one day” had come. Leaticia Uriel Hannah was here in this forest, looking for food and not finding it. But at least we found the avocado!

I ate a lot of avocados that day, since we soon found trees full of them. I didn't want to leave any of them because we didn't know what was waiting for us in the future. I put a lot of them in my backpack while the others were laughing at me. I didn't want to experience any more days without eating. I considered throwing my clothes out, just to have space in my bag for more avocados. When I tried to carry my bag, it was too heavy. But I bore it on my back. I now had a little trust that things might be different soon because when you meet fruit in a difficult time, something great is always going to happen. At the end of that day, I'd eaten so much fruit that I had a headache! But it gave me the strength to continue and soon the hard times would disappear.

I am 18 years old now and have lived in Portland, Maine, for nearly two years with my mother and brothers, my uncle, and cousins. I'm a senior in high school and I have grown into my responsibilities. That is the point of growing up: you start understanding things. You start realizing and connecting what you couldn't before. I cook for my family five nights of the week. I've learned to help. I've learned to listen.

Not long ago, we were getting ready to celebrate the new year and I thought it would be nice to

make something special for the family. I sat for a while in the kitchen, lost in my mind. I was thinking about what my grandma would be cooking for the holiday back in DRC. I guessed she would probably make cassava, and beans and rice. Maybe my grandfather would kill a goat. Or they'd eat fresh things from our farm. The compound would be noisy with babies crying, and crowded with family members visiting for the celebration. My grandmother, I knew, would be happy having all those people around.

And then I remembered the story of my cousin Clariss and that one little taste of food I'd had 12 years earlier and thousands of miles from where I am now. Even though I'd traveled through 10 countries since that time, I'd never once tasted or even seen anything like it again. I wasn't sure what it was even made of. But I did remember what it was called: Sa-MO-sa.

I went on the internet and searched for “samosa.” And I found it – exactly the star-shaped thing I'd seen my cousin eating. It turned out, too, that we had all the ingredients I needed to make it. We had garlic, ginger, onions, beef, and peppers for color. I put the ingredients in a bag so nobody would touch them. I watched a video online that showed me, step-by-step, how it was done. And when the new year arrived, I made more than 20 perfect samosas and served them to my family. People were eating and eating them, and telling me how delicious they were. I'd make one and take it out of the pan, and someone would instantly come take it and gobble it down.

By the time the pan was empty, I'd eaten just one samosa myself. But that was all I needed to feel happy, and to know that I'd grown. come role models for the young girls in the community.”



*Leaticia Hannah was born in the Democratic Republic of Congo, and she grew up in Kinshasa. As a teenager, she moved to Luanda, Angola, where she went to the French school. Now she's a senior at Deering High School in Portland, Maine. Leaticia is also the oldest sister in her family and is an adventurous traveler. Her goal is to go as far with her education as she can, and she dreams of being a lawyer and an author so she can speak for people who don't have a voice.*





# Health & Wellness

## Cardiac Health

Welcome to Amjambo Africa's Health & Wellness section, devoted to important health-related topics that impact Black and brown people heavily. In addition to COVID-19, these include cancer, diabetes, mental health illnesses, heart disease, and addiction. Each month our reporting will focus on understanding a different health topic. September's focus was COVID-19 and the delta variant. October's focus was addiction and substance abuse in honor of National Substance Abuse Prevention Month. November's focus is diabetes in honor of Diabetes Awareness Month. December's focus was Community Health Workers. January's focus was Mental Health. Thanks to funding from the Sam L. Cohen Foundation and private donations, all content is fully translated.

### Cardiac health: in honor of American Heart Month | By Amy Harris

Heart disease is the leading cause of death for both men and women in the U.S. In Maine, heart disease accounts for one out of every five deaths; nationally, heart disease is implicated in one out of every three deaths. The ways people live, move, and eat play major roles in whether or not they develop heart disease. Unfortunately, limited access to health care because of socio-economic status, immigration status, limited language accommodation and interpreter services in medical establishments, and housing and food insecurity all increase the risks of developing heart disease.

#### What is heart disease?

"Heart disease" describes several types of heart conditions caused by a buildup of plaque in blood vessels, or arteries. The buildup of this sticky plaque can cause coronary artery disease, chest pain, heart attacks, and strokes. The most common type of heart disease in the United States is coronary artery disease (CAD), which slows the blood flow to the heart. Decreased blood flow to the heart can cause a heart attack.

**66** *There is a lot of data that shows that you are what you eat. But if you have very little money and struggle with food, housing, or status insecurity, you are not able to make the kinds of choices I would want you to make as your cardiologist.* **99**

— Dr. Maxwell Afari, Advanced Heart Failure and Transplant Cardiology, Maine Medical Center

The social determinants of health shape whether or not someone develops heart disease. Social determinants of health are the conditions in the environment that affect health, quality of life, and risk for disease. Research on risk factors for cardiovascular health from MaineHealth's Center for Outcomes Research and Evaluation (CORE) indicates that in a rural state like Maine, cardiovascular health is impacted most by food and physical activity.

Maine Medical Center cardiologist Dr. Maxwell Afari knows first-hand how the social determinants of health keep cardiac patients from accessing his clinics. As a self-proclaimed "soccer fanatic" and native of Ghana, he decided to train to be a cardiologist while still in medical school in Brazil, after the sudden cardiac death of Cameroonian footballer Marc-Vivien Foe. Far from the soccer pitch now, Afari sees how the social determinants of health make it hard for many of his patients to follow his recommendations for treatment or prevention of their heart disease.

"There is a lot of data that shows that you are what you eat. But if you have very little money and struggle with food, housing, or status insecurity, you are not able to make the kinds of choices I would want you to make as your cardiologist."

— Dr. Maxwell Afari, Advanced Heart Failure and Transplant Cardiology, Maine Medical Center

Preventing heart disease by addressing social determinants is complicated. Heart disease is chronic, and develops slowly over a long period of time with few warning signs. This makes prevention and treatment challenging for car-

Continued on page 22

### Santé cardiaque : à l'occasion du Mois du Cœur Américain

Par Amy Harris

Les maladies cardiaques sont la principale cause de décès chez les hommes et les femmes aux États-Unis. Dans le Maine, les maladies cardiaques sont responsables d'un décès sur cinq ; au niveau national, les maladies cardiaques sont la cause d'un décès sur trois. Le mode de vie des gens, et la façon dont ils bougent et mangent jouent un rôle majeur dans l'apparition ou non de maladies cardiaques. Malheureusement, l'accès limité aux soins de santé en raison du statut socio-économique, du statut d'immigrant, de l'insuffisance des aménagements linguistiques et des services d'interprétation dans les établissements médicaux, ainsi que l'insécurité en matière de logement et d'alimentation, augmentent tous les risques de développer une maladie cardiaque.

#### Qu'est-ce qu'une maladie cardiaque ?

Le terme "maladie cardiaque" désigne plusieurs types d'affections cardiaques causées par une accumulation de plaque dans les vaisseaux sanguins, ou artères. L'accumulation de cette plaque collante peut provoquer une maladie coronarienne, des douleurs thoraciques, des crises cardiaques et des accidents vasculaires cérébraux. Le type de maladie cardiaque le plus courant aux États-Unis est la maladie coronarienne (MC), qui ralentit le flux sanguin vers le cœur. La diminution de la circulation sanguine vers le cœur peut provoquer une crise cardiaque.

Les déterminants sociaux de la santé déterminent si une personne développe ou non une maladie cardiaque. Les déterminants sociaux de la santé sont les conditions de l'environnement qui influent sur la santé, la qualité de vie et le risque de maladie. Les recherches sur les facteurs de risque pour la santé cardiovasculaire menées par le Center for Outcomes Research and Evaluation (CORE) du MaineHealth indiquent que dans un État rural comme le Maine, la santé cardiovasculaire est surtout influencée par l'alimentation et l'activité physique.

Le Dr Maxwell Afari, cardiologue au Maine Medical Center, sait de première main comment les déterminants sociaux de la santé empêchent les patients cardiaques d'accéder à ses cliniques. Originaire du Ghana, il se dit être un vrai "fanatique de football". Il a décidé de suivre une formation de cardiologue alors qu'il était encore à l'école de médecine au Brésil, après la mort cardiaque soudaine du footballeur camerounais Marc-Vivien Foe. Loin des terrains de football, Afari constate que les déterminants sociaux de la santé empêchent nombre de ses patients de suivre ses recommandations en matière de traitement ou de prévention des maladies cardiaques.

"Il y a beaucoup de données qui montrent que vous êtes ce que vous mangez. Mais si vous avez très peu d'argent et que vous luttez contre l'insécurité alimentaire, de logement ou de statut, vous n'êtes pas en mesure de faire le genre de choix que je voudrais que vous fassiez en tant que cardiologue."

— Dr. Maxwell Afari, Cardiologie Avancée de l'Insuffisance Cardiaque et des Transplantations, Maine Medical Center

Les maladies cardiaques sont chroniques et se développent lentement, sur une longue période, avec peu de signes avant-coureurs. Cela rend la prévention et le traitement dif-



### Saúde cardíaca em honra do Mês do Coração Americano

Por Amy Harris

A doença cardíaca é a principal causa de morte tanto para homens como para mulheres nos EUA. No Maine, as doenças cardíacas são responsáveis por uma em cada cinco mortes; a nível nacional, as doenças cardíacas são implicadas numa em cada três mortes. A forma como as pessoas vivem, se movem e comem desempenham papéis importantes no desenvolvimento ou não de doenças cardíacas. Infelizmente, o acesso limitado aos cuidados de saúde devido ao estatuto socioeconómico, ao estatuto de imigração, ao alojamento linguístico limitado e aos serviços de intérpretes em estabelecimentos médicos, bem como à habitação e à insegurança alimentar aumentam todos os riscos de desenvolver doenças cardíacas.

#### O que é doença cardíaca?

"Doença cardíaca" descreve vários tipos de problemas cardíacos causados por uma acumulação de placa nos vasos sanguíneos, ou artérias. A acumulação desta placa pegajosa pode causar doença sanguínea coronária, dor no peito, ataques cardíacos e derrames. O tipo mais comum de doença cardíaca nos Estados Unidos é a doença coronária (CAD), que retarda o fluxo sanguíneo para o coração. A diminuição do fluxo sanguíneo para o coração pode causar

**66** *Há muitos dados que mostram que és o que comes. Mas se tem muito pouco dinheiro e luta com a insegurança alimentar, habitacional ou de estatuto, não é capaz de fazer o tipo de escolhas que eu gostaria que fizesse como cardiologista.* **99**

— Dr. Maxwell Afari, Cardiologia Avançada de Insuficiência Cardíaca e Transplante, Centro Médico do Maine

um ataque cardíaco.

Os determinantes sociais da forma da saúde, quer alguém desenvolva ou não doenças cardíacas. Os determinantes sociais da saúde são as condições ambientais que afetam a saúde, a qualidade de vida e o risco de doenças. A investigação sobre fatores de risco para a saúde cardiovascular do MaineHealth's Center for Outcomes Research and Evaluation (CORE) indica que num estado rural como o Maine, a saúde cardiovascular é mais impactada pela alimentação e pela atividade física.

Maxwell Afari, cardiologista do Maine Medical Center, sabe em primeira mão como os determinantes sociais da saúde impedem os pacientes cardíacos de acederem às suas clínicas. Como auto-proclamado "fanático do futebol" e natural do Gana, decidiu treinar para ser cardiologista ainda na faculdade de medicina no Brasil, após a morte súbita do futebolista camaronês Marc-Vivien Foe. Longe do campo de futebol agora, Afari vê como os determinantes sociais da

Suite sur la page 22

continua na página 22



## Caafimaadka Wadnaha: oo lagu sharfayo Bisha Wadnaha ee Ameerika.

Waxaa qoray Amy Harris.

Cudurka Wadnaha waa sababta ugu badan ee dhimashada ragga iyo dumarka labadaba gudaha U.S. Maine, cudurka wadnuhu wuxuu xisaabiya mid ka mid ah shantii dhimasho; heer qaran ahaan, wadne xanuunka waxa lagu lug yeeshaa mid ka mid ah saddexdii dhimashada. Siyaabaha ay dadku u nool yihiin, u guuraan, iyo wax u cunaan ayaa door weyn ka ciyaara inay ku dhacaan cudurada wadnaha iyo hadii kale. Nasiib daro, helitaan daryeel caafimaad oo xaddidan sababtoo ah xaaladda dhaqan-dhaqaale, xaaladda socdaalka, hoyga luqadda oo xaddidan iyo adeegyada turjubaanka ee caafimaadka xarumaha, iyo guriyeynta iyo haqab-beelka cuntada ayaa dhamaantood kordhiya khatarta ah in uu ku dhaco cudurada wadnaha.

“Waxaa jira xog badan oo muujinaya inaad tahay waxaad cunayso. Laakiin haddii aad leedahay lacag aad u yar oo aad la halgameyso cuntada, guriyeynta, ama nabadgelyo-xumoawgeed, ma awoodo inaad sameyso noocyada xulashooyinka waxaan kuu doonayaa inaad u yeelato dhakhaatiirta wadnaha.”

- Dr. Maxwell ee AFari, wadne istaag horumarsan iyo wadnaha wareejinta, Xarunta Caafimaadka Maine

### Waa maxay cudurka wadnaha?

Dhismaha huurada-dhegan ayaa sababi kara cudurka halbowlaha wadnaha, xabadka, wadnaha, iyo istaroogyada nooca ugu badan ee wadnaha ee wadnaha ee Mareykanka waa wadne halbowlaha wadnaha ee wadnaha (CAD), oo wadnaha ku qulqulaya wadnaha. Qulqulka dhiigga oo yaraaday wadnaha ayaa sababi kara wadne qabad.

Go'aamiyaasha bulshada ee caafimaadka ayaa qaabeeya in qof uu ku dhaco cudurka wadnaha iyo in kale. Go'aamiyaasha bulsheed ee caafimaadku waa xaaladaha deegaanka ee saameeya caafimaadka, tayada noloshu, iyo khatarta cudurada. Cilmi-baadhis ku saabsan arrimaha khatarta ah ee caafimaadka wadnaha iyo xididdada dhiigga ee MaineHealth ee Xarunta Natiijooyinka Cilmi-baarista iyo Qiimaynta (CORE) waxay muujinaysaa in gobolka miyiga ah sida Maine, caafimaadka wadnaha iyo xididdada ay saameyn ku yeeshaan inta badan cuntada iyo dhaqdhaqaaqa jirka.

Xannaanada Caafimaadka ee Maine Watti-olikada Wakiilka Waleaso Dhakhtarka wadnaha ee Dr. Maxwell AFRI Wuxuu go'aansaday inuu tababaro ku-taliyayaasha wadnaha, wuxuu u dhaliyay inuu noqdo dhakhtar wadne-ku-dhaleeyda inta uu weli ku jiro iskuulka caafimaadka ee ka dhacay Brazil, ka dib markii si lama filaan ah looga dhintaa wadnaha ee kooxda ka dib cagta Cameroon Marc-vivien. Ka fog garoonka

Ku sii soconaya bogga 23

## Afya ya moyo: kwa heshima ya Mwezi wa Moyo wa Marekani

Na Amy Harris

Ugonjwa wa moyo ndio kisababishi kikuu cha vifo vya wanaume na wanawake nchini Marekani Huko Maine, ugonjwa wa moyo husababisha kifo kimoja kati ya kila vifo tano; kitaifa, ugonjwa wa moyo unahushiswa katika kifo kimoja kati ya kila vifo vitatu. Jinsi watu waishivyo, kutembea, na kula huchangia kwa kiwango kikubwa katika kama wanaugua ugonjwa wa moyo au la. Kwa bahati mbaya, ufikiaji mdogo wa huduma za afya kwa sababu ya hali ya kijamii na kiuchumi, hali ya uhamiaji, kutojua vizuri lugha na huduma za mkalimani katika taasisi za matibabu, na ukosefu wa makazi na chakula huongeza hatari za ugonjwa wa moyo.

### Ugonjwa wa moyo ni nini?

"Ugonjwa wa moyo" hufafanua aina kadhaa za hali ya moyo inayosababishwa na mkusanyiko wa mishipa ya damu ya plaquein, au mishipa. Mkusanyiko wa utando huu wa kunata unaweza kusababisha ugonjwa wa mishipa ya moyo, maumivu ya kifua, mshtuko wa moyo, na viharusi. Aina ya kawaida ya ugonjwa wa moyo nchini Marekani ni ugonjwa wa mishipa ya moyo (CAD), ambayo hupunguza kasi ya mtiririko wa damu kwenye moyo. Kupungua kwa mtiririko wa damu kwa moyo kunaaweza kusababisha mshtuko wa moyo.

Viamuzi vya kijamii vya afya hutengeneza ikiwa mtu ana ugonjwa wa moyo au la. Viamuzi vya kijamii vya afya ni hali katika mazingira ambayo huathiri afya, ubora wa maisha, na hatari ya ugonjwa. Utafiti kuhusu sababu za hatari kwa afya ya moyo na mishipa kutoka Kituo cha MaineHealth cha Utafiti na Tathmini ya Matokeo (CORE) unaonyesha kuwa katika jimbo la mashambani kama Maine, afya ya moyo na mishipa huathiriwa zaidi na chakula na shughuli za kimwili.

“Kuna data nyingi zina- zoonyesha kuwa wewe ni kile unachokula. Lakini ikiwa una pesa kidogo sana na unahangaika na chakula, nyumba, au hali ya kukosa usalama, huwezi kufanya maamuzi ambayo ningetaka ufanye kama daktari wako wa magonjwa ya moyo.”

— Dr Maxwell Afari, Advanced Heart Failure and Transplant Cardiology, Maine Medical Center

Daktari wa magonjwa ya moyo katika Kituo cha Matibabu cha Maine Dr. Maxwell Afari anafahamu jinsi viamuzi vya kijamii vya afya vinavyozuia wagonjwa wa moyo kupata matibabu kwenye kliniki zake. Akiwa anajiita mwenyewe "mshabiki wa soka" na mzaliwa wa Ghana, aliamua kuji-funzia kuwa daktari bingwa wa magonjwa ya moyo akiwa bado katika shule ya udaktari nchini Brazil, baada ya kifo cha ghafla cha moyo cha mwanasoka wa Cameroon Marc-Vivien Foe. Mbali na uwanja wa soka

Inaendelea kwenye ukurasa 23

## Ubuzima bw' umutima: twizihize ukwezi kwahariwe kwita ku mutima

Yanditswe na Amy Harris

Indwara z'umutima ziza ku isonga mu bitera imfu nyinshi z'abagore n'abagabo muri Amerika. Muri Maine, indwara z'umutima zihitana umwe mu bantu batanu bapfa, naho ku rwego rw'igihugu umwe muri batatu



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bapfa aba azize indwara zikomoka ku mutima. Uburyo abantu babaho, bagenda ndetse n'uko barya bigira uruhare runini mu kumenya niba bari kugenda barwara indwara zishamikiye ku mutima. Ikibabaje, kutabasha kwivuza bitewe n'ubushobozi buke, kuva umuntu atarabona ibyangombwa byo gutura, kutamena ururimi neza no kutabona abasemuzi bahagije kwa muganga, hakiyongeraho kutagira aho gutura no kutabona ibyo kurya bihagije byose biza-mura ibyago byo kurwara indwara zibasira umutima.

### Indwara z'umutima ni iki?

Indwara z'umutima zikubiyemo uruhuri rw'indwara ziterwa no kwiyubaka kw'utubuye mu miyiga n'imigara y'amaraso. Kwikora k'utwo tubuye tugumamo, bishobora gutera indwara zidakira kw'iz'imitsi ijyana amaraso, kubabara mugatuza, guhagarara k'umutima cyangwa iturika ry'udutsi rwo mu bwoko rizwi nka (stroke). Indwara izwi cyane mu ndwara z'umutima muri Amerika ni Coronary Artery Disease (CAD), ituma amaraso agana mumutima agenda gake cyane. Kugenda gake kw'amaraso agana mumutima gushobora gutera umutima guhagarara.

Hari ibigaragaza ko abatuye mu muryango mugari runaka bafite ubuzima bwiza hatitawe ku kuba umuntu ari kugenda arwara indwara z'umutima cyangwa ari muzima. Ibigaragaza uko umuntu abayeho ni ibiri cyangwa ibikorera aho ari byagira icyo byahindura ku magara, ubwiza bw'ubuzima, ndetse n'ibyago byo kurwara. Ubushakashatsi ku byatera ibyago byo kurwara indwara z'umutima bwakozwe na Maine Health Center bwerekanye ko muri leta y'umujyi nka Maine, indwara z'umutima zitewa ahanini n'ibyago kurya ndetse no kudakora imyitozo ngorora mubiri.

Umuganga uvura indwara z'umutima muri Maine Medical Center witwa Dr. Maxwell Afari yibonera n'amaraso uburyo uko

komereza ku ipaji 23

## Salud cardiaca: En honor al mes americano del corazón

Por Amy Harris

La enfermedad cardíaca es la principal causa de muerte tanto para hombres como para mujeres en los EE. UU. En Maine, la enfermedad cardíaca representa una de cada cinco muertes; a nivel nacional, la enfermedad cardíaca está implicada en una de cada tres muertes. Las formas en que las per-

sonas viven, se mueven y comen juegan un papel importante en el desarrollo o no de enfermedades del corazón. Desafortunadamente, el acceso limitado a la atención médica debido al estatus socioeconómico, el estatus migratorio, el alojamiento limitado en el idioma y los servicios de interpretación

“Hay muchos datos que demuestran que usted es lo que come, pero si tiene muy poco dinero y lucha por la comida, la vivienda o el estado de la inseguridad, no puede tomar el tipo de decisiones que me gustaría que tomara como su cardiólogo.”

— Dr. Maxwell Afari, Insuficiencia cardíaca avanzada y cardiología de trasplantes, Centro médico de Maine.

en los establecimientos médicos, y la inseguridad alimentaria y de vivienda aumentan los riesgos de desarrollar enfermedades cardíacas.

### ¿Qué es la enfermedad cardíaca?

“Enfermedad cardíaca” describe varios tipos de afecciones cardíacas causadas por una acumulación de placa en los vasos sanguíneos o arterias. La acumulación de esta placa pegajosa puede causar enfermedades de las arterias coronarias, dolor de pecho, ataques cardíacos y accidentes cerebrovasculares. El tipo más común de enfermedad cardíaca en los Estados Unidos es la enfermedad de las arterias coronarias (CAD, por sus siglas en inglés), que retarda el flujo de sangre al corazón. La disminución del flujo de sangre al corazón puede causar un ataque

Continúa en la página 23



diac doctors, like Afari. Sometimes a heart attack presents as the first symptom of heart disease. When possible, following a healthy lifestyle, and paying attention to risk factors, can help prevent heart disease before it is too late, he said.

**Tips for preventing heart disease:**

- Follow a diet that is lower in fat and sugar, and filled with plenty of fruits and vegetables.
- Sit less and move more (aim for 30 minutes of activity, five days a week).
- See a doctor at least once a year to check blood sugar and cholesterol.
- Quit smoking.
- Get enough good quality sleep (seven to nine hours are recommended for adults).

The U.S. Department of Health and Human Services Office of Minority Health blames factors such as language and cultural barriers, lack of access to preventive care, and the lack of health insurance for the heightened risk for cardiovascular disease faced by many Hispanic and non-Hispanic Black people. A 2020 article in the Journal of the American Heart Association noted that African-born Black immigrants in the U.S. have fewer risk factors for heart disease than their U.S.-born African American counterparts. However, African-born immigrants were also less likely to have health insurance, and without health insurance or a place to go when sick, immigrants often don't access preventive care and screening for high blood pressure, diabetes, and heart disease until it is too late. The researchers in this study concluded that until data is separated by different subgroups instead of a single "African American" category, it is impossible to get an accurate picture of heart disease risk factors for individual groups.

The two main ethnic groups in the United States are classified as either "Hispanic or Latino" or "not Hispanic or Latino." Hispanics and Latinos trace their origins to Spanish-speaking countries. But they can belong to the white, Black, Native American, or Asian races. Prior to COVID-19, heart disease was also the leading cause of death among Hispanic adults in the U.S. Research shows that Hispanics and Latinos have heightened rates of obesity, diabetes, and other cardiovascular risk factors.



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**Suite de la page 20**

faciles pour les cardiologues, comme Afari. Parfois, une crise cardiaque est le premier symptôme d'une maladie cardiaque. Lorsque cela est possible, adopter un mode de vie sain et prêter attention aux facteurs de risque peut aider à prévenir les maladies cardiaques avant qu'il ne soit trop tard, a-t-il ajouté.

**“Il y a beaucoup de données qui montrent que vous êtes ce que vous mangez. Mais si vous avez très peu d'argent et que vous luttez contre l'insécurité alimentaire, de logement ou de statut, vous n'êtes pas en mesure de faire le genre de choix que je voudrais que vous fassiez en tant que cardiologue.”**

- Dr. Maxwell Afari, Cardiologie Avancée de l'Insuffisance Cardiaque et des Transplantations, Maine Medical Center

**Conseils pour prévenir les maladies cardiaques :**

- Suivez un régime alimentaire faible en graisses et en sucres, et riche en fruits et légumes.
- Restez assis moins longtemps et bougez plus (visez 30 minutes d'activité, cinq jours par semaine).
- Consultez un médecin au moins une fois par an pour vérifier votre glycémie et votre cholestérol.
- Arrêtez de fumer.
- Dormez suffisamment et de bonne qualité (sept à neuf heures sont recommandées pour les adultes).

Le Bureau de la Santé des Minorités du Ministère américain de la Santé et des Services Sociaux (U.S. Department of Health and Human Services Office of Minority Health) attribue à des facteurs tels que les barrières linguistiques et culturelles, le manque d'accès aux soins préventifs et l'absence d'assurance maladie le risque accru de maladies cardiovasculaires auquel sont confrontés de nombreux

Hispaniques et Noirs non Hispaniques. Dans un article paru en 2020 dans le Journal of the American Heart Association, il est indiqué que les immigrants noirs nés en Afrique aux États-Unis présentent moins de facteurs de risque de maladie cardiaque que leurs homologues afro-américains nés aux États-Unis. Cependant, les immigrants nés en Afrique étaient également moins susceptibles d'avoir une assurance maladie, et sans assurance maladie ou un endroit où aller lorsqu'ils sont malades, les immigrants n'ont souvent pas accès aux soins préventifs et au dépistage de l'hypertension artérielle, du diabète et des maladies cardiaques jusqu'à ce qu'il soit trop tard. Les chercheurs de cette étude ont conclu que tant que les données ne seront pas séparées par différents sous-groupes au lieu d'une seule catégorie "afro-américaine", il sera impossible de se faire une idée précise des facteurs de risque de maladies cardiaques pour les différents groupes.

Les deux principaux groupes ethniques des États-Unis sont classés soit comme "Hispaniques ou Latinos", soit comme "non Hispaniques ou Latinos". Les Hispaniques et les Latinos tirent leurs origines des pays hispanophones. Mais ils peuvent appartenir aux races blanche, noire, amérindienne ou asiatique. Avant COVID-19, les maladies cardiaques étaient également la

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**Continuado a partir da página 20**

saúde dificultam que muitos dos seus pacientes sigam as suas recomendações de tratamento ou prevenção da sua doença cardíaca.

"Há muitos dados que mostram que é o que comes. Mas se tem muito pouco dinheiro e luta com a insegurança alimentar, habitacional ou de estatuto, não é capaz de fazer o tipo de escolhas que eu gostaria que fizesse como cardiologista." — Dr. Maxwell Afari, *Cardiologia Avançada de Insuficiência Cardíaca e Transplante, Centro Médico do Maine*

A prevenção de doenças cardíacas através da abordagem dos determinantes sociais é complicada. A doença cardíaca é crónica e desenvolve-se lentamente ao longo de um longo período de tempo com poucos sinais de alerta. Isto torna a prevenção e o tratamento desafiantes para médicos cardíacos, como Afari. Às vezes, um ataque cardíaco apresenta-se como o primeiro sintoma de doença cardíaca. Quando possível, seguir um estilo de vida saudável e prestar atenção aos fatores de risco, pode ajudar a prevenir doenças cardíacas antes que seja tarde demais, disse.

**Dicas para prevenir doenças cardíacas:**

1. Siga uma dieta mais baixa em gordura e açúcar e repleta de frutas e legumes.
2. Sente-se menos e mova-se mais (aponte para 30 minutos de atividade, cinco dias por semana).
3. Consulte um médico pelo menos uma vez por ano para verificar o açúcar no sangue e o colesterol.
4. Pare de fumar.
5. Obtenha um sono de boa qualidade suficiente (recomenda-se sete a nove horas para adultos).

O Departamento de Saúde e Serviços Humanos dos EUA culpa fatores como a linguagem e as barreiras culturais, a falta de acesso a cuidados preventivos e a falta de seguro de saúde para o risco elevado de doenças cardiovasculares enfrentadas por muitos negros hispânicos e não-hispânicos. Um artigo de 2020 no Journal of the American Heart Association observou que os imigrantes negros nascidos em África nos EUA têm menos fatores de risco para doenças cardíacas do que os seus homólogos afro-americanos nascidos nos EUA. No entanto, os imigrantes nascidos em África também eram menos propensos a ter um seguro de saúde, e sem seguro de saúde ou um lugar para ir quando doentes, os imigrantes muitas vezes não acedem a cuidados preventivos e ao rastreio da pressão arterial alta, diabetes e doenças cardíacas até que seja tarde demais. Os investigadores deste estudo concluíram que até que os dados são separados por diferentes subgrupos em vez de uma única categoria "afro-americana", é impossível obter uma imagem precisa dos fatores de risco de doenças cardíacas para cada grupo.

Os dois principais grupos étnicos dos Estados Unidos são classificados como "hispânicos ou latinos" ou "não hispânicos ou latinos".

**“Só porque os dados não estão lá para mostrar que há uma disparidade na doença cardíaca não significa que não haja uma. Não precisamos de esperar pelos dados para tentar fazer algo sobre os determinantes sociais das doenças cardiovasculares.”**

— Ian Yaffe, Diretor do Maine CDC Office of Population Health Equity

cos ou latinos". Hispânicos e latinos traçam as suas origens para países de língua espanhola. Mas podem pertencer às raças brancas, negras, nativas americanas ou asiáticas. Antes do COVID-19, a doença cardíaca foi também a principal causa de morte entre os adultos hispânicos na pesquisa dos EUA mostra que hispânicos e latinos têm taxas elevadas de obesidade, diabetes e outros fatores de risco cardiovascular.

No entanto, como tais fatores de risco para a doença cardíaca variam entre subgrupos de minorias e imigrantes nos EUA – para além das principais categorias étnicas e raciais utilizadas para recolher dados de saúde – ainda não é claro. O Maine Center for Disease Control and Prevention (Maine CDC) não recolhe dados específicos dos grupos de imigrantes que aqui vivem, uma prática que se assemelha à da maioria dos outros Estados. Utiliza para recolha de dados para as categorias de: Indiano americano ou alaskan nativo,



## Laga sii waday bogga 21

kubada cagta ee hadda, AFri ayaa u aragta sida ay u go'aamiyaan dadka bulshada ee caafimaad ay ugu dadaalaan in badan oo bukaankiisa ah raac talooyinkiisa daawaynta ama ka hortaga cudurada wadnaha.

Waxaa jira xog badan oo muujinaya inaad tahay waxaad cunayso. Laakiin haddii aad leedahay lacag aad u yar oo aad la halgameyso cuntada, guriyeynta, ama nabadgelyo-xu-moawgeed, ma awoodo inaad sameyso noocyada xulashooyinka waxaan kuu doon-ayaa inaad u yeelato dhakhaatiirta wadnaha." - Dr. Maxwell ee AFari, wadne istaag hor-marsan iyo wadnaha wareejinta, Xarunta Caafimaadka Maine

Ka-hortaga cudurada wadnaha iyadoo wax laga qabanayo go'aamiyaasha bulshada waa mid adag. Cudurka wadnuhu waa mid daba-dheeraaday, wuxuu si tartiib tartiib ah u soo baxa muddo dheer iyadoo leh calaamado dig-niin ah oo yar. Tani waxay ka-hortagga iyo daawaynta ka dhigaysa caqabad dhakhaati-irta wadnaha, sida Afari. Mararka qaar kood wadne qabadku wuxuu soo bandhigay sida calaamadaha ugu horeysa ee cudurada wad-naha. Marka ay suurtoagal tahay, raacitaanka qaab nololeed caafimaad leh, iyo fiio gaar ah u yeelashada arrimaha khatarta ah, waxay kaa caawin kartaa ka hortagga cudurrada wad-naha ka hor intaysan daahin ayuu yidhi.

## Talooyinka ka hortaga cudurada wad-naha

1. Raac cunto ay ku yar tahay baruurta iyo sonkorta, oo ay ka buuxaan miro iyo khudaar badan.
2. Fadhiiso wax ka yar oo dhaqaaq dheeraad ah (ujeedo 30 daqiiqo oo dhaqdhaqaaq ah, shan maalmood todobaadkii).
3. U tag dhakhtarka ugu yaraan hal mar san-nadkii si aad u hubiso sonkorta dhiiga iyo kalastorka .
4. Jooji sigaarka.
5. Hel hurdo tayo fiican leh oo kugu filan (todoba ilaa sagaal saacadood ayaa lagu talinayaa dadka waaweyn).

Xafiiska Waaxda Caafimaadka iyo Adeegyada Aadanaha ee Mareykanka ee Caafi-maadka Dadka laga tirada badan yahay ayaa dhaleecayyay qodobbada sida caqabadaha luqadda iyo dhaqanka, iyo haynta caymiska caafimaadka ee halista sii wajahay ee ay soo wajahdo halis badan ee Isbaanishka iyo kuwa aan lahayn ee Hispanic dadka. Qodobka 2020 ee ku yaal joornaalka Ururka Wadnaha Mareykanka wuxuu xusay in soogalootiga ku dhashay Afrika ee ku dhashay Mareykanka ee u dhexeeya sababaha halista ah ee wadnaha ka badan kuwa u dhashay Mareykanka.

dhigitaannada Si kastaba ha noqotee, soogalootiga ku dhashay Afrika ayaa sidoo kale ay u badan tahay inay yeeshaan caymis caafimaad, oo aan lahayn caymis caafimaad ama caymis caafimaad ama meel ay ku socdaan marka ay jiran yihiin kahortag ka hortagga iyo baaritaanka dhiig karka, kaadi macaan, iyo cudurka wadnaha ilaa ay ka mid tahay goor dambe. Baarayaasha ku jira daraasaddan ayaa lagu soo gabagabeeyey in ilaa inta xogta ay kala tagaan koox hoosaadyo kaladuwan halkii ay ka ahaan lahayd hal "Afrikaan Mareykanka ah", Suuragal maahan in la helo sawir sax ah oo halista wadnaha ah arrimaha khatarta ah ee kooxaha gaarka ah.

Labada qowmiyadood ee ugu waaweyn Mareykanka waxaa loo kala saaray inay yihiin "Hispanic ama Latino" ama "ma aha His-baanik ama Latino." Isbaanishka iyo Latinos waxay raad raacaan asalkooda wadamada Is-baanishka ku hadla. Laakiin waxay ka tirsan karaan caddaanka, madowga, Ameerikaanka, ama jinsiyadaha Aasiya. Kahor COVID-19, cudurka wadnaha wuxuu sidoo kale ahaa sababta ugu weyn ee dhimashada dadka waaweyn ee Isbaanishka ee Mareykanka Cilmi-baarista waxay muujineysaa in His-baanik iyo Latinos ay sare u qaadeen heerarka buurnaanta, sonkorowga, iyo arrimaha kale ee halista wadnaha.

Si kastaba ha ahaatee, sida ay arrimahan

Ku sii soconaya bogga 25

## Iiendelea kutoka ukurasa 21

sasa, Afari anaona jinsi viamuzi vya kijamii vya afya vinavyofanya iwe vigumu kwa wag-onjwa wake wengi kufuata mapendekezo yake ya matibabu au kuzuia ugonjwa wao wa moyo.

"Kuna data nyingi zinazoonyesha kuwa wewe ni kile unachokula. Lakini ikiwa una pesa kidogo sana na unahangaika na chakula, nyumba, au hali ya kukosa us-alama, huwezi kufanya maamuzi ambayo ningetaka ufanye kama daktari wako wa magonjwa ya moyo." - Dr Maxwell Afari, Advanced Heart Failure and Transplant Car-diology, Maine Medical Center

Kuzuia ugonjwa wa moyo kwa kushughu-likia viamuzi vya kijamii ni kugumu. Ugonjwa wa moyo ni sugu, na hukua pole-pole kwa muda mrefu na dalili chache za onyo. Hii inafanya kuzuia ugonjwa huu na matibabu kuwa changamoto kwa madaktari wa moyo, kama Afari. Wakati mwingine mshtuko wa moyo hujidhihirisha kama dalili ya kwanza ya ugonjwa wa moyo. In-apowezekana, kufuata mtindo wa maisha wenye afya, na kuzingatia sababu za hatari, kunaweza kusaidia kuzuia ugonjwa wa moyo kabla ya kuchelewa, alisema.

## Vidokezo vya kuzuia ugonjwa wa moyo:

1. Fuata lishe iliyo na mafuta kidogo na sukari, na iliyojaa matunda na mboga nyingi.
2. Kaa kidogo na ufanye mazoezi(utem-beetembe) zaidi (lenga kwa dakika 30 za shughuli, siku tano kwa wiki).
3. Muone daktari angalau mara moja kwa mwaka ili kuangalia sukari kwenye damu na cholesterol.
4. Acha kuvuta sigara.
5. Pata usingizi mzuri wa kutosha (masaa saba hadi tisa yanapendekezwa kwa watu wazima).

“

*Kwa sababu tu data haipo ili kuonyesha kuwa kuna to-fauti katika ugonjwa wa moyo haimaanishi kuwa hakuna. Hatuhitaji kusubiri data ili kujaribu kufanya jambo fulani kuhusu via-muzi vya kijamii vya ugonjwa wa moyo na mi-shipa*

Ian Yaffe, Mkurugenzi wa Maine CDC Ofisi ya Usawa wa Afya ya Idadi ya Watu

”

Idara ya Afya na Huduma za Kibinadamu ya Ofisi ya Afya ya Wachache ya Marekani inalaumu sababu kama vile vikwazo vya lugha na kitamaduni, ukosefu wa up-antikanaji wa huduma ya kinga, na ukosefu wa bima ya afya kwa hatari kubwa ya ugonjwa wa moyo na mishipa inayokabiliwa na watu wengi wenye ukoo wa Uhispania na wasio wa Uhispania. Pamoja na Weusi Nakala ya 2020 katika Jarida la Jumuiya ya Moyo ya Marekani ilibainisha kuwa wa-hamijaji Weusi wazaliwa wa Kiafrika huko Marekani wana sababu chache za hatari ya ugonjwa wa moyo kuliko wenzao Weusi waliozaliwa Marekani. Hata hivyo, wahami-aji wazaliwa wa Kiafrika pia wana uwezekano mdogo wa kuwa na bima ya afya, na wanaishi bila bima ya afya au ma-hali pa kwenda wakati wanapogonjwa, wa-

Inaendelea kwenye ukurasa 25

## ibikurikira ipaji 21

abantu babayeho bituma batabasha kugera mu ivuriro rye. Nk'umuntu wivugira ko akunda cyane ruhago akaba kandi akomoka muri Ghana, yahisemo kwiga ibyo kuvura indwara z'umutima ubwo yari akiri kwiga mu ishuri ry'ubuvuzi muri Brazil, nyuma y'urupfu rw'umukinnyi w'umupira w'am-aguru w'umunya Cameroun Marc - Vivien Foe. Ubu noneho ari mu buzima butan-

“*hari ubushakashatsi bwinshi bwagiye bwerekana ko icyo umuntu arya ari cyo aba cyo. Gusa iyo ufite ama-faranga make urwana no kubona icyo urya, inzu cyangwa udatuje kubera ibyangombwa, ntabwo ubasha gukora amahitamo nakakwifurije nk'umuganga w'indwara z'umutima.*”

— Dr Maxwell Afari agira ati

dukanye cyane n'umupira w'amaguru, abona cyane uburyo imibereho ituma gukurikiza inama ze igihe bivuzwa cyangwa birinda indwara z'umutima bikomerera abantu.

Dr Maxwell Afari agira ati “hari ubushakashatsi bwinshi bwagiye bwerekana ko icyo umuntu arya ari cyo aba cyo. Gusa iyo ufite amafaranga make urwana no kubona icyo urya, inzu cyangwa udatuje ku-bera ibyangombwa, ntabwo ubasha gukora amahitamo nakakwifurije nk'umuganga w'indwara z'umutima.”

Avuga ko kwirinda indwara z'umutima ushyiraho ibisabwa ngo abantu babe babayeho ubuzima bunozze bitoroshye. Indwara z'umutima ni twibanire, kandi ziza buhoro buhoro mu gihe kirekire cyane, ari ko zitanga utumenyetso duto kandi duke. Ibi rero bituma kuzirinda no kuzivura bitoro-hera abaganga b'imitima nka Afari. Rimwe na rimwe, guhagarara k'umutima kugara-gara nk'ikimenyetso cya mbere cy'indwara y'umutima. Igihe bishoboka, kubaho ubuz-ima buzira umuze ari nako urebera hafi ibyabuhungabanya bishobora gufasha mu kwirinda indwara z'umutima hakiri kare.

## Dore uko wakwirinda indwara z'umu-tima:

1. Rya indyo yifitemo amavuta n'amasukari make, ahubwo wongere imboga n'imbuto mu mafunguro yawe.
2. Gabanya umwanya umara wicaye ahubwo wongere uwo umara ugendagenda (fata icyemezo cyo gukora imyitozo ngoror-ramubiri byibura iminota 30 ku munsu, iminsi itanu mu cyumweru).
3. Bonana na muganga byibura rimwe mu mwaka, akurebere uko isukari ufite mu-maraso ingana ndetse na Cholesterol.
4. Hagarika kunywa itabi,
5. Sinzira neza kandi igihe gihagije (Amasaha ari hagati y'arindwi n'icyenda niyo aba akenewe ku muntu mukuru). Urwego rushinzwe ubuzima ndetse n'im-ibereho myiza y'abaturage muri Amerika, mu ishimi ryita kuri ba nyamuke, rivuga ko hari impamvu nyinshi nko kutamenya ururimi neza ndetse no kuba hari imico itandukanye, kutagira ububasha bwo kubona ubuvuzi n'ubujyanama mu kwirinda, ndetse no kutagira ubwishingizi bwo kwivuza zituma ibyago byo kurwara indwara z'umutima zibasiye benshi mu bakomoka muri Amerika y'Amajyepfo ndetse n'abirabura.

Inkuru yasohotse mu kinyamakuru cy'u-muryango w'Abanyamerika wita ku mutima mu 2020, ivuga ko Abanyamerika bavukiye

komereza ku ipaji 25

## Continuación de la página 21

al corazón.

Los determinantes sociales de la salud dan forma a si alguien desarrolla o no una enfer-medad cardíaca. Los determinantes sociales de la salud son las condiciones ambientales que afectan la salud, la calidad de vida y el riesgo de enfermedad. La investigación sobre los factores de riesgo para la salud car-diovascular del Centro de Investigación y Evaluación de Resultados (CORE) de Maine Health indica que en un estado rural como Maine, la salud cardiovascular se ve más afectada por la alimentación y la actividad física.

El cardiólogo del Centro Médico de Maine, el Dr. Maxwell Afari, sabe de primera mano cómo los determinantes so-ciales de la salud impiden que los pacientes cardíacos accedan a sus clínicas. Como au-toproclamado “fanático del fútbol” y nativo de Ghana, decidió formarse para ser cardiól-ogo cuando aún estaba en la facultad de medicina en Brasil, después de la muerte súbita cardíaca del futbolista camerunés Marc-Vivien Foe. Lejos de la cancha de fút-bol ahora, Afari ve cómo los determinantes sociales de la salud dificultan que muchos de sus pacientes sigan sus recomendaciones para el tratamiento o la prevención de su en-fermedad cardíaca.

“Hay muchos datos que demuestran que usted es lo que come, pero sí tiene muy poco dinero y lucha por la comida, la vivienda o el estado de la inseguridad, no puede tomar el tipo de decisiones que me gustaría que tomara como su cardiólogo”.

— Dr. Maxwell Afari, *Insuficiencia cardíaca avanzada y cardiología de trasplantes, Centro médico de Maine.*

La prevención de enfermedades cardíacas al abordar los determinantes sociales es complicada. La enfermedad cardíaca es crónica y se desarrolla lentamente durante un largo período de tiempo con pocas señales de advertencia. Esto hace que la pre-vencción y el tratamiento sean un desafío para los cardiólogos, como Afari. Algunas veces, un ataque cardíaco se presenta como el primer síntoma de una enfermedad cardíaca. Cuando sea posible, seguir un es-tilo de vida saludable y prestar atención a los factores de riesgo puede ayudar a prevenir la enfermedad cardíaca antes de que sea de-masiado tarde, él dijo.

## Consejos para prevenir las enfer-medades del corazón:

- Siga una dieta que sea baja en grasa y azúcar, y abundante en frutas y verduras. Siéntese menos y muévase más (propóngase 30 minutos de actividad, cinco días a la se-mana).
- Consulte a un médico al menos una vez al año para controlar el nivel de azúcar en la sangre y el colesterol.
- Dejar de fumar.
- Duerma lo suficiente y de buena calidad (se recomiendan de siete a nueve horas para los adultos).

La Oficina de Salud de las Minorías del Departamento de Salud y Servicios Hu-manos de EE. UU. culpa a factores como el idioma y las barreras culturales, la falta de acceso a la atención preventiva y la falta de seguro médico por el mayor riesgo de enfer-medad cardiovascular que enfrentan mu-chos hispanos y personas negras-no hispanas. Un artículo del 2020 en el Journal of the American Heart Association señaló que los inmigrantes negros nacidos en África en los EE. UU. tienen menos factores de riesgo de enfermedad cardíaca que sus contrapartes afroamericanos nacidos en los EE. UU. Sin embargo, los inmigrantes naci-dos en África también tenían menos proba-bilidades de tener seguro médico, y sin seguro médico o un lugar a donde ir cuando están enfermos, los inmigrantes a menudo

Continúa en la página 25



However, how such risk factors for heart disease vary among subgroups of minorities and immigrants in the U.S – beyond the major racial and ethnic categories used to collect health data – is not yet clear. The Maine Center for Disease Control and Prevention (Maine CDC) does not collect data specific to the immigrant groups living here, a practice that resembles that of most other states. It does use for data collection for the categories of: American Indian or Alaskan Native, Asian, Black or African American, more than one race, Hawaiian or Pacific Islander, white, Hispanic, or non-Hispanic.

“  
*Just because the data aren't there to show that there is a disparity in heart disease doesn't mean that there isn't one. We don't need to wait for the data to try to do something about the social determinants of cardiovascular disease.*  
”  
– Ian Yaffe, Director of Maine CDC Office of Population Health Equity

Benjamin Hummel, Community Health Worker Project Coordinator at the Maine CDC, and Ian Yaffe, Director of the Maine CDC's Office of Population Health Equity, agree that this lack of data impedes the understanding of risks for heart disease – as well as prevention strategies – in immigrant and refugee populations.

Risk factors for heart disease are high blood pressure, high cholesterol, smoking, unhealthy diet, diabetes, excessive weight and obesity, alcoholism, a sedentary lifestyle, high levels of stress, and a family history of heart disease or stroke.

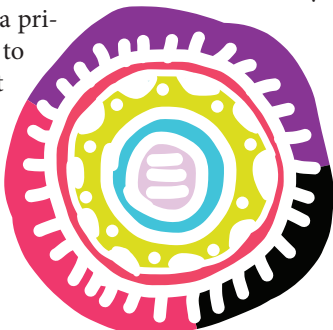


Ian Yaffe

“Just because the data aren't there to show that there is a disparity in heart disease doesn't mean that there isn't one. We don't need to wait for the data to try to do something about the social determinants of cardiovascular disease.”  
– Ian Yaffe, Director of Maine CDC Office of Population Health Equity

All of the medical providers, public health officials, and representatives of community service organizations interviewed for this article are concerned about limited access to healthcare in communities of color limited language accommodation and interpreter services for immigrants, and housing and food insecurity. LD 718, slated for review by the Maine Legislature this session, would restore MaineCare to asylum seekers, if passed. This would address one of these social determinants. (Currently, adult asylum seekers are virtually unable to regularly access healthcare in Maine).

Lori Kaley is Program Manager for Maine SNAP-Ed at the University of New England. SNAP-Ed provides nutrition education services in settings like schools, food pantries, Head Starts, and other child care settings, grocery stores, and regional DHHS offices for recipients of the Supplemental Nutrition Assistance Program (SNAP). As Kaley explained, stable housing is a priority. “It is nearly impossible to follow a low-salt, low-fat diet if you are temporarily housed in a hotel room and the only way you have to prepare meals is in a microwave.”



Suite de la page 22

principale cause de décès chez les adultes hispaniques aux États-Unis. Les recherches montrent que les Hispaniques et les Latinos présentent des taux plus élevés d'obésité, de diabète et d'autres facteurs de risque cardiovasculaire.

Cependant, la manière dont ces facteurs de risque de maladie cardiaque varient parmi les sous-groupes de minorités et d'immigrants aux États-Unis - au-delà des principales catégories raciales et ethniques utilisées pour collecter les données sur la santé - n'est pas encore claire. Le Maine Center for Disease Control and Prevention (Maine CDC) ne collecte pas de données spécifiques aux groupes d'immigrants vivant ici, une pratique qui ressemble à celle de la plupart des autres États. Il utilise en revanche la collecte de données pour les catégories suivantes : Amérindien ou natif d'Alaska, Asiatique, Noir ou Afro-Américain, plus d'une race, Hawaïen ou insulaire du Pacifique, Blanc, Hispanique ou non Hispanique.

Benjamin Hummel, Coordonnateur du Projet des Travailleurs de la Santé Communautaire au CDC du Maine, et Ian Yaffe, Directeur de l'Office of Population Health Equity du CDC du Maine, s'accordent à dire que ce manque de données empêche de comprendre les risques de maladies cardiaques - ainsi que les stratégies de prévention - dans les populations d'immigrants et de réfugiés.

Les facteurs de risque des maladies cardiaques sont l'hypertension artérielle, l'hypercholestérolémie, le tabagisme, une alimentation malsaine, le diabète, le surpoids et l'obésité, l'alcoolisme, un mode de vie sédentaire, des niveaux de stress élevés et des antécédents familiaux de maladies cardiaques ou d'accidents vasculaires cérébraux.

“Ce n'est pas parce que les données ne sont pas là pour montrer qu'il y a une disparité dans les maladies cardiaques qu'il n'y en existe pas. Nous n'avons pas besoin d'attendre les données pour essayer d'agir sur les déterminants sociaux des maladies cardiovasculaires.” - Ian Yaffe, Directeur du Bureau de l'Équité en matière de santé de la population du Maine CDC

Tous les prestataires de soins médicaux, les responsables de la santé publique et les représentants des organisations de services communautaires interrogés pour cet article sont préoccupés par l'accès limité aux soins de santé dans les communautés de couleur, par le manque d'adaptation linguistique et de services d'interprétation pour les immigrants, ainsi que par l'insécurité alimentaire et du logement. La LD 718, qui doit être examinée par l'Assemblée Législative du Maine au cours de cette session, rétablirait le

“  
*Ce n'est pas parce que les données ne sont pas là pour montrer qu'il y a une disparité dans les maladies cardiaques qu'il n'y en existe pas. Nous n'avons pas besoin d'attendre les données pour essayer d'agir sur les déterminants sociaux des maladies cardiovasculaires.*  
”  
– Ian Yaffe, Directeur du Bureau de l'Équité en matière de santé de la population du Maine CDC

MaineCare pour les demandeurs d'asile, si elle est adoptée. Cela permettrait d'agir sur l'un de ces déterminants sociaux. (Actuellement, les demandeurs d'asile adultes sont pratiquement incapables d'accéder régulièrement aux soins de santé dans le Maine).

Lori Kaley est responsable du programme Maine SNAP-Ed à l'Université de Nouvelle-Angleterre. SNAP-Ed fournit des services d'éducation nutritionnelle dans des environnements tels que les écoles, les banques alimentaires, Head Starts et d'autres structures de garde d'enfants, les épiceries et les bureaux régionaux du DHHS pour les bénéficiaires du Supplemental Nutrition Assistance Program (SNAP). Comme l'explique Kaley, un logement stable est une priorité. “Il est presque impossible de suivre un régime pauvre en sel et en graisses si vous êtes temporairement logé dans une chambre d'hôtel et que le seul moyen dont vous disposez pour préparer les repas est le micro-ondes.”

Continuado a partir da página 22

asiático, preto ou afro-americano, mais de uma raça, havaiano ou pacífico ilhéu, branco, hispânico ou não-hispânico.

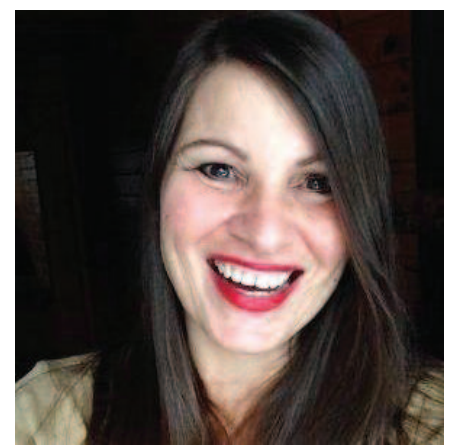
Benjamin Hummel, Coordenador do Projeto De Saúde Comunitária no CDC do Maine, e Ian Yaffe, Diretor do Gabinete de Equidade da Saúde da População do Maine CDC, concordam que esta falta de dados impede a compreensão dos riscos para as doenças cardíacas – bem como estratégias de prevenção – nas populações de imigrantes e refugiados.

Os fatores de risco para a doença cardíaca são a pressão arterial alta, colesterol alto, tabagismo, dieta pouco saudável, diabetes, peso excessivo e obesidade, alcoolismo, um estilo de vida sedentário, altos níveis de stress, e um histórico familiar de doenças cardíacas ou acidentes vasculares cerebrais (AVCs).

“Só porque os dados não estão lá para mostrar que há uma disparidade na doença cardíaca não significa que não haja uma. Não precisamos de esperar pelos dados para tentar fazer algo sobre os determinantes sociais das doenças cardiovasculares.” - Ian Yaffe, Diretor do Maine CDC Office of Population Health Equity

Todos os prestadores médicos, funcionários de saúde pública e representantes de organizações de serviços comunitários entrevistados para este artigo estão preocupados com o acesso limitado aos cuidados de saúde em comunidades de alojamento linguístico limitado e serviços de intérpretes para imigrantes, e habitação e insegurança alimentar.

O LD 718, previsto para ser analisado pela Legislatura do Maine nesta sessão, devolveria o MaineCare aos requerentes de asilo, caso fosse aprovado. Isto abordaria um destes determinantes sociais.



Lori Kaley

(Atualmente, os requerentes de asilo para adultos são praticamente incapazes de aceder regularmente aos cuidados de saúde no Maine).

Lori Kaley é Gestora de Programas do Maine SNAP-Ed na Universidade de Nova Inglaterra. O SNAP-Ed presta serviços de educação nutricional em ambientes como escolas, despensas alimentares, Head Starts e outros ambientes de creches, mercearias e escritórios regionais de DHHS para destinatários do Programa De Assistência Nutricional Suplementar (SNAP). Como Kaley explicou, habitação estável é uma prioridade. “É quase impossível seguir uma dieta de baixo sal e com baixo teor de gordura se estiver temporariamente alojado num quarto de hotel e a única maneira de preparar as refeições é num micro-ondas.”

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**Laga sii waday bogga 23**

khatarta ah ee wadne xanuunka ugu kala duwan yihiin kooxo-hoosaadka dadka laga tirada badan yahay iyo soogalootiga Maraykanka - oo ka baxsan qaybaha isir iyo qowmiyadaha waaweyn ee loo isticmaalo ururinta xogta caafimaadka - ma cadda weli. Xarunta Maine ee Xakamaynta iyo Kahortagga Cudurrada (Maine CDC) ma ururiso xog gaar ah kooxaha soogalootiga ah ee halkan ku nool, dhaqan u eg midka gobolada kale intooda badan. Waxay u isticmaashaa ururinta xogta qaybaha Hindida Maraykanka ama Dhaladka Alaskan, Aasiyaan, Madaw ama Afrikaan Ameerikaan ah, in ka badan hal jinsi, Hawiian ama Jasiiradaha Baasifiga, caddaan, Isbaanish, ama aan Hisbaanik ahayn.

Benjamin Hummel, Isuduwaha Mashruuca Shaqaalaha Shaqaalaha Magaalada Maine CDC, iyo Ian Yaffe, agaasimaha Xafiiska The Maine CDC ee Sinnaanta Caafimaadka Dadweynaha, ayaa ah fahamka khataraha cudurka wadnaha - iyo sidoo kale xeeladaha ka hortagga - gudaha soogalootiga iyo dadka qaxootiga ah.

Sababaha halista ee cudurka wadnaha waa



*Sababta oo ah in xogtu aysan joogin halkaas oo ay u muuqato inay jirto kaladuwanaanshaha cudurka wadnaha micnaheedu maahan inaysan jirin mid. Uma baahnin inaan sugno xogta si aan isugu dayo inaan wax ka qabanno go'aamada bulshada ee cudurka wadnaha.*

*Ian Yaffe, oo ah agaasimaha Xafiiska Maine CDC ee Xafiiska Caafimaadka Dadweynaha.*



dhiig karka, kolestaroolka sare, sigaarka, cuntada aan caafimaadka qabin, sonkorowga, miisaanka xasaasiga ah, heerar sare, iyo taariikh nololeed oo wadnaha ah ama istaroogga.

"Sababta oo ah in xogtu aysan joogin halkaas oo ay u muuqato inay jirto kaladuwanaanshaha cudurka wadnaha micnaheedu maahan inaysan jirin mid. Uma baahnin inaan sugno xogta si aan isugu dayo inaan wax ka qabanno go'aamada bulshada ee cudurka wadnaha. - Ian Yaffe, oo ah agaasimaha Xafiiska Maine CDC ee Xafiiska Caafimaadka Dadweynaha.

Dhaman caafimaadka bixiyayasha saraakiisha caafimaadka dadweynaha, iyo wakiilo ururada adeega bulshada ee la wareystay ayaa ka walaacsan helitaanka xadidan ee degmooyinka xadidan ee bulshada oo ku saabsan soogalootiga, iyo adeegyada turjubaanka ee soogalootiga, iyo cunno-darrada guryaha. LD 718, oo loo qorsheeyay inay dib u eegisku sameeyaan Legislature Maine kalfadhigan, waxay MaineCare ku soo celin doontaa magangalyo-doonka, haddii la ansixiyo. Tani waxay wax ka qaban doontaa mid ka mid ah go'aamiyaasha bulsho. (Hadda, magangalyo-doonka qaan-gaarka ah ma awoodaan inay si joogto ah u helaan daryeel caafimaad Maine).

Lori Kaley waa maamulaha barnaamijka ee Maine Snap-Ed ee Jaamacada New England. SNAP-ED waxay bixisaa adeegyo waxbarasho nafaqo sida iskuulada oo kale, xaashiyaha cuntada, madaxa, dukaamada raashinka, iyo xafsiyada raashinka ee gobolka ee qaata bar-

**Iiendelea kutoka ukurasa 23**

hamiaji mara nyingi hawapati huduma za kinga na uchunguzi wa shinikizo la damu, kisukari na magonjwa ya moyo hadi itakapofika. umechelewa. Watafiti katika utafiti huu walihitimisha kuwa hadi data itenganishwe na vikundi vidogo tofauti badala ya kategoria moja ya "Mwafrika Mwafrika", haiwezekani kupata picha sahihi ya sababu za hatari za ugonjwa wa moyo kwa vikundi vya watu binafsi.

Makabila mawili makuu nchini Marekani yameainishwa kama "Mhispania au Mlatino" au "sio Mhispania au Mlatino." Wahispania na Walatino hufuatilia asili yao hadi nchi zinazozungumza Kihispania. Lakini wanaweza kuwa wa jamii ya Wazungu, Weusi, Wenyaji wa Marekani, au Waasia. Kabla ya COVID-19, ugonjwa wa moyo pia ulikuwa sababu kuu ya kifo kati ya watu wazima wa Uhispania katika nchi ya Marekani. Utafiti unaonyesha kuwa Wahispania na Walatino wameongeza viwango vya kunona sana, ugonjwa wa kisukari, na sababu zingine za hatari ya moyo na mi-shipa.

Hata hivyo, jinsi sababu za hatari kama hizo za ugonjwa wa moyo zinavyotofautiana kati ya vikundi vidogo vya walio wachache na wahamiaji nchini Marekani - zaidi ya aina kuu za rangi na kikabila zinazotumiwa kukusanya data ya afya - bado haijawa wazi. Kituo cha Maine cha Kudhibiti na Kuzuia Magonjwa (Maine CDC) hakikusanyi data maalum kwa vikundi vya wahamiaji wanaoishi hapa, mazoezi ambayo yanafanana na yale ya majimbo mengine mengi. Hutumika kwa ajili ya ukusanyaji wa data kwa vikundi vya: Mhindi wa Marekani au Mwenyeji wa Alaska, Mwanasia, Mweusi au Mwafrika Mwafrika, zaidi ya jamii moja, kama vile Wahawai au Waishio katika Visiwa vya Pasifiki, weupe, Wahispania, au wasio Wahispania.

Benjamin Hummel, Mratibu wa Mradi wa Mfanyakazi wa Afya ya Jamii katika Maine CDC, na Ian Yaffe, Mkurugenzi wa Ofisi ya Usawa wa Afya ya Idadi ya Watu wa Maine CDC, wanakubali kwamba huu ukosefu wa data unazuia kuelewa hatari za ugonjwa wa moyo - pamoja na kuzuia - katika idadi ya wahamiaji na wakimbizi.

Sababu za hatari kwa ugonjwa wa moyo ni shinikizo la damu, cholesterol ya juu, sigara, lishe isiyofaa, kisukari, uzito kupita kiasi na kunenepa kupita kiasi, ulevi, maisha ya kukaa tu, viwango vya juu vya mkazo, na historia ya jamaa ya ugonjwa wa moyo au kiharusi.

"Kwa sababu tu data haipo ili kuonyesha kuwa kuna tofauti katika ugonjwa wa moyo haimaanishi kuwa hakuna. Hatuhitaji kusubiri data ili kujaribu kufanya jambo fulani kuhusu viamuzi vya kijamii vya ugonjwa wa moyo na mishipa?" - Ian Yaffe, Mkurugenzi wa Maine CDC Ofisi ya Usawa wa Afya ya Idadi ya Watu

Wahudumu wote wa matibabu, maafisa wa afya ya umma, na wawakilishi wa mashirika ya huduma za jamii waliohojiwa kwa ajili ya makala haya wana wasiwasi kuhusu ufikiaji mdogo wa huduma za afya katika jamii zinazo upungufu wa lugha na matatizo ya huduma za mkalimani kwa wahamiaji, na ukosefu wa makazi na chakula. LD 718, iliyopangwa kukaguliwa na Bunge la Maine katika kikao hiki, ingerejesha MaineCare kwa wanaotafuta hifadhi, ikiwa itapitishwa. Hii ingeshughulikia mojawapo ya viashiria hivi vya kijamii. (Kwa sasa, watu wazima wanaotafuta hifadhi kwa hakika hawawezi kupata huduma ya afya mara kwa mara huko Maine).

Lori Kaley ni Meneja Programu wa Maine SNAP-Ed katika Chuo Kikuu cha New England. SNAP-Ed hutoa huduma za elimu ya lishe katika mipangilio kama vile shule, maduka ya chakula, Vituo vya Kwanza na mipangilio mingine ya malezi ya watoto, maduka ya vyakula na ofisi za DHHS za

**ibikurikira ipaji 23**

muri Afurika bagira ibyago byinshi byo kurwara indwara z'umutima kurusha bagenzi babo bavukiye muri Amerika. Ikindi kandi, abanyamerika bavukiye muri Afurika nibo usanga ahanini badafiti ubwishingizi bwo kwivuza, kandi udafite ikarita yo kwivurizaho ntubasha kugira aho werekeza iyo warwaye. Abimukira akenshi ntibabasha kubona uko bisuzumisha ngo bamenye ko nta muvuduko munini w'amaraso barwaye, diyabete ndetse n'izindi ndwara z'umutima ugasanga babibonye igihe cyararenze. Abashakashatsi muri ubu bushakashatsi basoza bavuga ko igihe cyose amakuru ahari azaba ari ayo mu bantu bake bari ukwabo, ntabe ari amakuru ahagarariye "abirabura bose batuye Amerika", ntibishoboka ko umuntu yabona ifoto rusange y'uko indwara z'umutima mu bantu runaka.

Amoko abiri manini muri Leta Zunze Ubumwe za Amerika ni abo bita "Hispanic cyangwa abo Latino", hakaba kandi abadakomoka ku banyaburiyi batavuga icyespanyoli. Aba bambere bakomoka ku bavuga icyespanyoli mu bihugu bivuga uru rurimi. Gusa ushobora kubasanga mu bazungu, abirabura, abanyamerika ba kavukire ndetse no mubakomoka muri Asia. Mbere ya COVID - 19, indwara z'umutima zazaga ku isonga mu zihitana abakomoka ku bavuga icyespanyoli muri Amerika. Ubushakashatsi bwerekanye ko abo bakomoka ku bavuga icyespanyoli bifitemo umubare munini w'abibasiwe n'umubyibuho ukabije, diyabete ndetse n'ibindi byinshi bitera indwara z'imitsi n'umutima.

Cyakora, uko ibiri ku isonga mu bitera indwara zibasira umutima bigenda bitandukana hagati y'imiryango migari yo muri ba nyamuke ndetse n'abimukira muri Amerika. Hejuru yo gushyira abantu mu byiciro hagendewe ku moko ndetse n'amabara y'impu bifasha mu kukusanya amakuru ntibigaragara neza. Ikigo cya Maine gishinzwe kukumira ibyorezo (Maine CDC) ntabwo gikusanya amakuru y'abimukira ukwabo bahatuye, ibintu bikaba ari na ko bimeze no mu zindi leta. Babikoresha bakusanya amakuru ku banyamerika ba kavukire cyangwa abakomoka muri Alaska, abakomoka muri Asiya, abirabura cyangwa abanyamerika bakomoka muri



*byonyine kuba nta mibare ifatika ihari yo kwerekana ko hari itandukaniro mu ndwara z'umutima bitavuze ko ntarihari. Ntabwo dukenye kurindira ko haboneka imibare ngo tugerageza kugira icyo dukora ku bigaragara byatera indwara z'umutima mu miryango migari runaka"*

*Ian yaffe, diregiteri muri ishami rishinzwe gutanga ubuvuzi ku buryo bungana muri CDC ya Maine, avuga ko*



Afurika, abakomoka mu birwa bya Hawaii, abazungu, abakomoka ku bavuga icyespanyoli cyangwa abadakomoka ku bavuga icyespanyoli (Non-Hispanic).

Benjamin Hummel, umuyobozi w'ishami rishinzwe kwita ku buzima rusange mu kigo gishinzwe guhushya Ibiza cya Maine ari cyo Maine ari cyo Maine CDC, hamwe na Ian

**Continuación de la página 23**

no acceden a la atención preventiva y a las pruebas de detección de presión arterial alta, diabetes y enfermedades cardíacas hasta que es demasiado tarde. Los investigadores de este estudio concluyeron que hasta que los datos estén separados por diferentes subgrupos en lugar de una sola categoría de

*Solo porque los datos no están allí para mostrar que existe una disparidad en la enfermedad cardíaca no significa que no la haya. No necesitamos esperar los datos para tratar de hacer algo sobre los determinantes sociales de las enfermedades cardiovasculares*

- Ian Yaffe, Director de la Oficina de Equidad en Salud de la Población de los CDC de Maine

"afroamericanos", es imposible obtener una imagen precisa de los factores de riesgo de enfermedades cardíacas para grupos individuales.

Los dos grupos étnicos principales en los Estados Unidos se clasifican como "hispanos o latinos" o "no hispanos ni latinos". Los hispanos y latinos tienen sus orígenes en los países de habla hispana. Pero pueden pertenecer a las razas blanca, negra, nativa americana o asiática. Antes del COVID-19, las enfermedades cardíacas también eran la principal causa de muerte entre los adultos hispanos en los EE. UU. Las investigaciones muestran que los hispanos y los latinos tienen tasas más altas de obesidad, diabetes y otros factores de riesgo cardiovascular.

Sin embargo, cómo varían tales factores de riesgo de enfermedad cardíaca entre los subgrupos de minorías e inmigrantes en los EE. UU., - más allá de las principales categorías raciales y étnicas utilizadas para recopilar datos de salud - aún no está claro. El Centro para el Control y la Prevención de Enfermedades de Maine (Maine CDC) no recopila datos específicos de los grupos de inmigrantes que viven aquí, una práctica que se parece a la de la mayoría de los otros estados. Sí utiliza para la recopilación de datos para las categorías de: indio americano o nativo de Alaska, asiático, negro o afroamericano, más de una raza, hawaiano o isleño del Pacífico, blanco, hispano o no-hispano.

Benjamin Hummel, coordinador del proyecto de trabajadores de la salud comunitaria en Maine CDC, e Ian Yaffe, director de la Oficina de Equidad en Salud de la Población de Maine CDC, están de acuerdo en que esta falta de datos impide la comprensión de los riesgos de enfermedades cardíacas, así como las estrategias de prevención, en poblaciones de inmigrantes y refugiados.

Los factores de riesgo para enfermedades del corazón son presión arterial alta, colesterol alto, tabaquismo, dieta poco saludable, diabetes, peso excesivo y obesidad, alcoholismo, un estilo de vida sedentario, altos niveles de estrés y antecedentes familiares de enfermedad cardíaca o accidente cerebrovascular.

"Solo porque los datos no están allí para





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 In collaboration with Massachusetts General Hospital

## Avoid the Dangers of Alcohol Use: It's Time to Talk

**It can be hard to talk about alcohol use. But it's a talk that needs to happen.**



In 2020, **584 people** in Maine died from alcohol-related causes.

That's an increase of **↑28%** from 2019.



Alcohol use is a danger.

It can cause health problems and diseases.



### What can alcohol do to your body?

- ⓘ If you have a condition that affects your health, alcohol can make it worse
- ⓘ Alcohol increases your risk for cancer
- ⓘ Too much alcohol can cause learning or memory problems
- ⓘ Too much alcohol can impair your ability to make decisions
- ⓘ Alcohol can interfere with how medications in your body work
- ⓘ For kids, alcohol use can lead to changes in brain development, disrupted growth patterns, and alcohol poisoning
- ⓘ When pregnant, alcohol can harm the development of the fetus

### What can YOU do?



Talk about alcohol use with your doctor so they can help you protect your health.



Your doctor's office is a safe place to ask questions about alcohol.



Talk about alcohol with your children so they understand the dangers.



Find out more about how alcohol affects your body.

Visit [www.lunderdineen.org/substance-use-resources](http://www.lunderdineen.org/substance-use-resources)

Time to Ask is an education program in Maine that helps doctors and their teams talk to patients about alcohol use. Look for more information about Time to Ask in the coming months.

Learn more at [www.lunderdineen.org/alcohol-use-time-ask](http://www.lunderdineen.org/alcohol-use-time-ask)

**TIME TO ASK**  
*Education that transforms conversations about alcohol use*



## Laga sii waday bogga 25

naamijka kaalmada nafaqada ee Dheeraadka ah (SNAP). Sida uu u sharaxay, guryo deggan oo deggan ayaa ah mudnaan. "Suuragal ma ahan in la raaco milix yar, cunto dufan yar haddii aad si ku-meel-gaar ah u dhigto qolka hudheelka iyo sida kaliya ee aad u diyaarinnayso cuntooyinka ayaa ah microwave-ka"

## Iliendelea kutoka ukurasa 25

eneo kwa wapokeaji wa Mpango wa Usaidizi wa Lishe ya Ziada (SNAP). Kama Kaley alivyoolezea, makazi thabiti ni kipaumbele. "Ni karibu kutowezekana kufuata mlo wa chumvi kidogo, mafuta kidogo ikiwa umewekwa kwa muda katika chumba cha hoteli na njia pekee ya kuandaa chakula ni katika microwave."

## ibikurikira ipaji 25

Yaffe uyobora ishami rigamije gutanga ubuvuzi ku buryo bungana kuri bose muri Maine CDC, bemera ko uku kutagira amakuru n'imibare bibangamira cyane igikorwa cyo gusobanura ibyago bihari by'indwara z'umutima, ndetse n'uburyo zakwirindwa mu bimukira ndetse n'impunzi.

Bimwe mu bimenyetso by'indwara z'umutima twavugamo nk'umu-vuduko w'amaraso, cholesterol iri hejuru, kunywa itabi, kurya nabi, diyabete, ibiro by'umurengera ndetse n'umubyibuho ukabije, kunywa inzoga nyinshi, gukoresha ibiyobyabwenge, kugira siteresi nyinshi ndetse no kuba mu muryango harimo abantu bagiye barware izi ndwara cyangwa se indwara yo guturika Kudutsi two mu bwonko.

Ian yaffe, diregiteri muri ishami rishinzwe gutanga ubuvuzi ku buryo bungana muri CDC ya Maine, avuga ko "byonyine kuba nta mibare ifatika ihari yo kwerekana ko hari itandukaniro mu ndwara z'umutima bitavuze ko ntarihari. Ntabwo dukenye kurindira ko haboneka imibare ngo tugerageze kugira icyo dukora ku bigaragara byatera indwara z'umutima mu miryango migari runaka"

Abaganga bose, abakorera leta mu rwego rw'ubuzima, ndetse n'abahagarariye imiryango igamije gukorera abaturage babajijwe muri iyi nkuru bagaragaje impungenge zo kutabasha kugera ku buvuzi mu muryango w'abirabura, kutagira uburyo buhagije bwo kubafasha mu rurimi n'ibindi, hakaba kandi kutabona amazu n'ibyo kurya mu buryo bukwiye. Iteka LD 718 ritaganyijwe kwigwaho n'inteko ishinga amategeko ya Maine vuba aha, rishobora kuzabyutsa MaineCare ikongera igahabwa abasaba ubuhungiro, igihe yaba itowe. Iki cyakemura kimwe muri ibi bibazo bitera indwara z'umutima. (Kuri ubu abakuze mu bashaka ubuhungiro ntabwo babasha kubonana na muganga uko bikwiye muri Maine).

Lori Kaley, ni umuyobozi w'umushinga Maine SNAP-Ed, muri kaminuza ya New England. SNAP-Ed, utanga inyigisho mu gutegura indyo yuzuye mu bice bitandukanye nko kumashuri, ahatangirwa ibyo kurya, mu mashuri y'inshuke ya leta ndetse n'ahandi harererwa inshuke, mu maguriro y'ibyo kurya, ndetse no kubiro bya DHHS ku bahabwa ubufasha mu byo kurya. Nk'uko Kaley abisobanura, kugira aho umuntu atura kuburyo burambye birihutirwa cyane. "Kurya indyo yifitemo imyunyu mike cyangwa se irimo amavuta make bisa nk'ibidashoboka mu gihe utujwe by'igihe gito muri hoteli uburyo bwonyine bwo guteka ufite ari ugutekera mu cyuma gishyushya ibyo kurya"

## Continuación de la página 25

mostrar que existe una disparidad en la enfermedad cardíaca no significa que no la haya. No necesitamos esperar los datos para tratar de hacer algo sobre los determinantes sociales de las enfermedades cardiovasculares". – Ian Yaffe, Director de la Oficina de Equidad en Salud de la Población de los CDC de Maine

Todos los proveedores médicos, funcionarios de salud pública y representantes de organizaciones de servicios comunitarios entrevistados para este artículo están preocupados por el acceso limitado a la atención médica en las comunidades de color, las acomodaciones limitadas en el idioma y los servicios de interpretación para inmigrantes, y la inseguridad alimentaria y de vivienda. El LD 718, programado para ser revisado por la Legislatura de Maine en esta sesión, restablecería MaineCare a los solicitantes de asilo, si se aprueba. Esto abordaría uno de estos determinantes sociales. (Actualmente, los solicitantes de asilo adultos prácticamente no pueden acceder regularmente a la atención médica en Maine).

Lori Kaley es directora de programas de Maine SNAP-Ed en la Universidad de Nueva Inglaterra. SNAP-Ed brinda servicios de educación nutricional en entornos como escuelas, despensas de alimentos, Head Starts y otros entornos de cuidado infantil, supermercados y oficinas regionales del DHHS para los beneficiarios del Programa de Asistencia Nutricional Suplementaria (SNAP). Como explicó Kaley, la vivienda estable es una prioridad. "Es casi imposible seguir una dieta baja en sal y baja en grasas si se aloja temporalmente en una habitación de hotel y la única forma de preparar las comidas es en un microondas".

Coming  
next month!  
Please send us  
your questions.



## Preventing heart disease

By Craig Brett, MD

Each February, we observe Heart Month, which places a national spotlight on the important role that healthy lifestyles play in preventing heart disease. Because those with poor cardiovascular health are also at increased risk of severe illness from COVID-19, focusing on heart health has never been more important.

## It's more common than you think

According to the CDC, heart disease is the leading cause of death for men and women in the United States. With about 659,000 people dying from heart disease each year, that's one in every four deaths.

The most common form of heart disease in America is coronary artery blockage. The coronary arteries are very important blood vessels that feed the heart with blood. As people become older, particularly if they have certain risk factors, the coronary arteries can become filled with a fatty substance that restricts blood flow to the heart. When this happens, people can develop chest pain or a pressure-like sensation that is called angina. If left untreated, this process can eventually cause heart damage and a weakened heart.

## Risk factors

There are several conditions that can increase the likelihood of having coronary artery blockages. A family history of this problem may reflect the presence of genes that make this more likely. It is well known that people who smoke, or who have high blood pressure, high cholesterol, or diabetes, are at especially high risk. These are known as 'risk factors' and it is very important to know if you have them. People who have risk factors can be treated and significantly lower their risk of having a heart attack.

## Know your numbers

All people should know their blood pressure. This can be recorded at a doctor's visit or at home with a blood pressure monitor. It is best to measure blood pressure in the morning, while seated with your feet resting on the floor and your arm at your side. Take several measurements each week and write them down so that your doctor can see what the average measurement is. To help keep blood pressure in the normal range, it is important to maintain a healthy weight, do regular exercise, and restrict salt in your diet.

Cholesterol levels and blood sugar levels (for diabetes) are measured by a simple blood test. If these tests show elevations, there are several options for treatment, including lifestyle changes and medications. Some people will have a genetic tendency for high cholesterol even if they eat a healthy diet and are not overweight. Because this condition has no symptoms, people will not know they have it unless they are tested. In this case, people benefit from medication to reduce their cholesterol levels to lower their risk of having a heart attack. There are now many cholesterol medications that are inexpensive, safe, and very effective.

The important thing is to "know your numbers" so that you will know if you are at increased risk. It is much better to prevent the development of heart disease than to treat it once it has already occurred.

Dr. Craig Brett is a cardiologist at Northern Light Mercy Cardiovascular Care, which is located at 195 Fore River Parkway in Portland.



Ask the Doctor   
at Greater Portland Health

Do you have a question that you've always wanted to ask? Send your question to us and we'll ask the doctor for you!

amjambofrica@gmail.com



## Como obter reembolsos de impostos mais rapidamente

Janeiro marca o início da temporada de registo de impostos, quando os contribuintes de todos os EUA apresentam as suas declarações anuais de impostos. Uma declaração de impostos é um formulário em que um arquivador reporta rendimentos, despesas e outras informações relacionadas com impostos para calcular se eles devem dinheiro ao governo, ou o governo lhes deve dinheiro. Se um empregador reter demasiado dinheiro todos os meses do ano passado em impostos, ou se alguém se qualificar para determinados créditos fiscais, pode ter direito a um reembolso de impostos. Os reembolsos não são doações de dinheiro – mas sim dinheiro que um indivíduo pagou ao governo ao longo do ano, acima do que realmente deve. Os reembolsos podem certamente ser agradáveis de receber durante a época fiscal, e há medidas a tomar para obter o dinheiro mais cedo.

### Arquivamento antecipado

Quanto mais cedo um indivíduo arquivar uma declaração de impostos, mais cedo receberão o seu reembolso. Isto porque o Serviço de Receita Interna (IRS) não está tão ocupado em janeiro, fevereiro e março como em abril, quando todos os registos fiscais são devidos. Muitas pessoas tendem a procrastinar, e o IRS é capaz de processar devoluções antecipadas antes que a maioria das pessoas tenha apresentado os seus documentos. E recolher documentos cedo é importante se um indivíduo quer a ajuda de um contabilista ou profissional fiscal durante a época fiscal. Para alguém que não está confiante na sua capacidade de apresentar corretamente impostos ou simplesmente gostaria de assistência, contratar um profissional de impostos pode ser uma ótima opção. Mas contacte-os cedo porque estes profissionais têm horários que podem preencher, e podem não estar disponíveis para ajudar. A maioria dos profissionais cobra pelos seus serviços, mas programas como CASH Maine fornecem filetes elegíveis com serviços de preparação de impostos gratuitos.

### Arquivo eletrónico

As declarações de impostos em papel podem demorar entre seis a oito semanas para o IRS processar e devolver. No entanto, se os impostos forem apresentados eletronicamente, o IRS pode emitir reembolsos no prazo de 21 dias. Há várias formas de arquivar eletronicamente:

Alguém que faça \$72.000 ou menos por ano pode usar o Ficheiro Livre de IRS ou formulários preenchidos. Este serviço online faz todas as contas nos formulários para ficheiros elegíveis e fornece preparação guiada. Visita: Ficheiro Gratuito na secção opções de ficheiros eletrónicos do site do IRS ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)).

O software fiscal utiliza um formato de perguntas e respostas para ajudar a facilitar a preparação dos impostos. Dois programas de software populares são: TurboTax e H&R Block.

Os profissionais de impostos autorizados podem ajudar as pessoas a preparar, transmitir e processar devoluções. Para encontrar profissionais fiscais autorizados visite a Ferramenta de Pesquisa do Fornecedor de Ficheiros Eletrónicos no site do IRS. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)) Certifique-se sempre de que utiliza um profissional fiscal autorizado.

### Depósito direto

Em vez de uma verificação em papel, para a qual a velocidade de entrega está à mercê do sistema postal, um reembolso de impostos pode ser depositado numa conta bancária individual através de depósito direto. Para se inscrever para depósito direto, selecione esta opção como o método de reembolso ao arquivar, quer com a ajuda de um profissional, quer como indivíduo. Em seguida, insira o número da conta bancária e o número de encaminhamento. Consulte um cheque pessoal para encontrar o encaminhamento correto e o número de conta: no canto inferior esquerdo está um número de encaminhamento de 9 dígitos, e o número da conta (normalmente 10-12 dígitos) é o segundo conjunto de números impressos na parte inferior da verificação. Alguém que não tenha cheques pessoais pode encontrar os números de encaminhamento e conta, iniciando sessão numa conta bancária online ou móvel, ligando para a instituição financeira ou visitando uma sucursal local. Depois de verificar a identidade do chamador, a instituição financeira pode ajudar a encontrar os números certos.

Arquivar cedo, arquivar eletronicamente, e usar depósito direto todos os indivíduos que esperam reembolsos para obter o seu dinheiro de volta o mais rápido possível.

## Como se preparar para a época fiscal

Nos EUA, é necessário apresentar uma declaração anual de impostos e pagar imposto sobre o rendimento até 15 de abril de cada ano. Recolher documentos com antecedência e guardá-lo num local seguro é uma boa ideia. Aqui está uma lista para ajudar a preparar-se para a temporada de impostos.

### Documentos Fiscais

Janeiro é quando as pessoas começam a receber documentos necessários para a apresentação de impostos. Estes são geralmente fornecidos pelos empregadores e podem incluir W-2s (um formulário que mostra ganhos para o ano anterior) ou 1099s (outro tipo de formulário de ganhos).

### Informações Pessoais

Nomes, datas de nascimento e números de segurança social são necessários para a apresentação de impostos. Esta informação também terá de ser listada para qualquer membro da família (incluindo cônjuges e dependentes). Para ter um reembolso depositado eletronicamente numa conta bancária, recolha os números de encaminhamento e conta para a conta. Qualquer funcionário bancário pode ajudar a encontrar esta informação e é frequentemente listado no site de uma instituição financeira. Os reembolsos também podem ser emitidos por cheque.

### Recibos

O Serviço de Receita Interna (IRS) por vezes concede crédito pelas compras necessárias efetuadas ao longo do ano. Estas são chamadas de deduções e reduzem o montante dos rendimentos necessários para serem reportados. Quando o rendimento é reduzido, as pessoas podem ter de pagar menos em impostos ou poder receber um reembolso mais elevado. Recolha recibos ou outro comprovativo de compra para despesas que possam ser deduzidos. Isto chama-se "itemização".

### Possíveis fontes de itemizações:

- Custo de gerir um negócio, como aluguel, material de negócios, etc.
- Doações de caridade
- Despesas médicas, incluindo o custo do seguro de saúde
- Despesas de puericultura
- Despesas de educação
- Poupança de reforma
- Melhorias de casas energeticamente eficientes

### Impostos de Arquivamento

Os impostos podem ser preparados à mão e enviados para o IRS. Também podem ser arquivados online usando software de preparação fiscal. Os pequenos empresários usam frequentemente os contabilistas para ajudar a preparar documentos fiscais, porque os contabilistas são bem versados na legislação fiscal. Algumas organizações sem fins lucrativos ajudam as pessoas a preparar impostos.

### Guardar registos

Após a entrega dos impostos, é uma boa ideia manter todos os documentos juntos num local seguro, incluindo recibos e declarações fiscais. Então, no ano seguinte, o processo será ainda mais simples!

## Onde obter livre, habilidoso ajudar a preparar declarações fiscais

A temporada de impostos é famosa por ser um momento stressante, por isso ele o Portland Office of Economic Opportunity sentou-se com os nossos parceiros do Programa CASH para ajudar a ligar os membros da comunidade a este incrível recurso mesmo a tempo da temporada de impostos!

### 1. O que é CASH?

Os serviços ca\$h destinam-se a pessoas com um agregado familiar total auferidos em 58.000 dólares ou menos em 2021. Os clientes com qualquer emprego fora do Maine durante 2021 não são elegíveis.

### 2. Quanto custa para arquivar impostos com CASH?

Os serviços CASH são completamente gratuitos!

### 3. O que preciso de ter na consulta?

Para ter uma experiência de sucesso com CASH, é útil ter todos os seus documentos organizados com antecedência, incluindo identificação de imagem (como uma carta de condução válida) para a pessoa que arquiva (e cônjuge, se casado e arquivamento em conjunto); Scartões de devedor (ou cartas ITIN) para todas as pessoas reclamadas

na declaração de imposto; todos os documentos fiscais (tais como formulários W-2, 1099, 1098, 1095). Um pacote de todos os materiais de admissão está disponível.

### 4. Todas as reuniões são remotas? Como submeto a minha papelada?

Para priorizar a segurança durante a pandemia, a CASH não irá realizar sites fiscais presenciais como nos anos anteriores. Em vez disso, continuarão a participar na GetYour-Refund, um serviço online fornecido pelo Código sem fins lucrativos para a América em parceria com sites VITA certificados pelo IRS em todo o país. É necessário acessar para um dispositivo pronto para a Internet, bem como um endereço de e-mail e número de telefone. O website GetYour-Refund permite que os clientes preencham as questões de admissão e carreguem documentos para um local seguro. Os voluntários certificados pelo CASH irs vão então contactar para agendar uma conversa telefónica. Em seguida, um preparador de impostos certificado pelo IRS preparará virtualmente a declaração de imposto.

Para aqueles que não têm acesso à tecnologia necessária em casa, a CASH Greater Portland está em parceria com a CPort Credit Union e a Portland Housing Authority para hospedar sites scan & Go onde os clientes podem recolher um pacote de admissão e digitalizar informações no sistema.

### 6. Como posso me inscrever?

Depois de ter recebido todos os seus documentos fiscais para 2021, visite [cashmaine.org](http://cashmaine.org) para se conectar com o processo virtual e/ou para ver quando os sites locais de entrega/recolha estão em funcionamento - provavelmente em fevereiro.

### 7. Quais são as principais vantagens de arquivar impostos através do CASH?

CASH é um serviço gratuito oferecido por voluntários amigáveis e certificados pelo IRS. Eles garantirão que todos os clientes recebem créditos fiscais para os quais são elegíveis, como o Crédito do Imposto sobre o Rendimento e o Crédito Fiscal infantil.

### 8. Oferece interpretação ou qualquer material traduzido?

O site Get Your Refund está disponível em inglês e espanhol. Os clientes podem indicar outras preferências linguísticas durante o processo de admissão, e podemos trabalhar com o cliente para encontrar uma solução. Este ano o IRS está a fornecer acesso a um serviço de Interpretação Por Telefone. Voluntários multilingues são sempre bem-vindos para se juntarem à nossa equipa! Sinta-se livre para enviar um e-mail [cash@uwsme.org](mailto:cash@uwsme.org) para expressar interesse em voluntariado ou fazer quaisquer outras perguntas.

CASH é mais do que apenas um programa de preparação fiscal. Os clientes fiscais também podem discutir os seus objetivos financeiros e desafios com um voluntário do Opportunity Guide treinado e conectar-se com recursos locais para ajudar a construir a estabilidade financeira. O programa CASH pode fornecer orientação aos clientes, e ajudar a responder a perguntas, para que todos possam tomar as melhores decisões financeiras possíveis.

### Pergunte ao promotor.

*Jonathan Sahrbeck é o Procurador Distrital do Condado de Cumberland (D.A.). Ele analisa e processa os casos trazidos para o seu escritório pela polícia. O Sr. Sahrbeck sabe que as leis americanas e o nosso sistema de justiça criminal podem ser confusos e acolhe perguntas da comunidade. Envie as suas perguntas para: [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com) e nós as encaminharemos.*



### O que devo fazer/o que não devo fazer se for parado pela polícia enquanto conduzo? Ouço todo o tipo de histórias sobre a polícia maltratar pessoas de cor.

Ouço muitas pessoas que dizem ter tido más experiências em encontros com as autoridades, e posso assegurar-vos que a polícia também ouve falar destas experiências. Entendo por que as pessoas de cor ficam nervosas quando são paradas pela polícia. Os agentes da polícia estão a tomar medidas para recuperar a confiança do público. No condado de Cumberland, a polícia está agora a usar câmaras de corpo e câmaras de cruzador. Estas câmaras registam interações com o público, o que aumenta a segurança e a responsabilidade durante estas interações.

Se for parado pela polícia enquanto conduz, o meu conselho é que puxe o seu carro para a berma da estrada. À medida que o policial se aproxima, mantenha as duas mãos no volante para que o oficial possa ver as suas mãos. Evite movimentos rápidos e repentinos. Os agentes da polícia



## Cómo obtener los reembolsos de los impuestos más rápido

Enero marca el comienzo de la temporada de presentación de impuestos, cuando los contribuyentes de todo Estados Unidos presentan sus declaraciones de impuestos anuales. Una declaración de impuestos es un formulario en el que un declarante informa ingresos, gastos y otra información relacionada con los impuestos para calcular si le debe dinero al gobierno o si el gobierno le debe dinero a él. Si un empleador retuvo demasiado dinero cada mes del año pasado en impuestos, o si alguien califica para ciertos créditos fiscales, puede tener derecho a un reembolso de impuestos. Los reembolsos no son obsequios de dinero, sino dinero que una persona pagó al gobierno en el transcurso del año, en exceso de lo que realmente debe. Los reembolsos ciertamente pueden ser agradables de recibir durante la temporada de impuestos, y hay pasos a seguir para obtener el dinero antes.

### Llenado anticipado

Lo más temprano que una persona presente una declaración de impuestos, lo más pronto que recibirá su reembolso. Esto se debe a que el Servicio de Impuestos Internos (IRS) no está tan ocupado en enero, febrero y marzo como lo está en abril, cuando vencen todas las declaraciones de impuestos. Mucha gente tiende a posponer las cosas, y el IRS puede procesar declaraciones anticipadas antes de que la mayoría de las personas hayan presentado sus documentos. Y la recopilación de documentos con anticipación es importante si una persona desea la ayuda de un contador o profesional de impuestos durante la temporada de impuestos. Para alguien que no confía en su capacidad para declarar impuestos correctamente o simplemente desea ayuda, contratar a un profesional de impuestos puede ser una excelente opción. Pero comuníquese con ellos temprano porque estos profesionales tienen horarios que pueden llenarse y es posible que no estén disponibles para ayudar. La mayoría de los profesionales cobran por sus servicios, pero programas como CASH Maine brindan a los contribuyentes elegibles servicios gratuitos de preparación de impuestos.

### Llenado electrónico

Las declaraciones de impuestos en papel pueden demorar entre seis y ocho semanas para que el IRS las procese y las devuelva. Sin embargo, si los impuestos se presentan electrónicamente, el IRS puede emitir reembolsos dentro de los 21 días. Hay varias maneras de presentar electrónicamente: Alguien que gane \$72,000 o menos por año puede usar el archivo gratuito del IRS o los formularios rellenables. Este servicio en línea hace todos los cálculos de los formularios para los archivos elegibles y brinda una preparación guiada. Visite: Free File en la sección Opciones de presentación electrónica del sitio web del IRS ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)).

El software de impuestos utiliza un formato de preguntas y respuestas para facilitar la preparación de impuestos. Dos programas de software populares son: TurboTax y H & R Block.

Los profesionales de impuestos autorizados pueden ayudar a las personas a preparar, transmitir y procesar las declaraciones. Para encontrar profesionales de impuestos autorizados, visite la herramienta de búsqueda de proveedores de archivos electrónicos en el sitio web del IRS. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)) Siempre asegúrese de usar un profesional de impuestos autorizado.

### Deposito directo

En lugar de un cheque en papel, cuya velocidad de entrega está a merced del sistema postal, se puede depositar un reembolso de impuestos directamente en una cuenta bancaria individual mediante depósito directo. Para suscribirse al depósito directo, seleccione esta opción como método de reembolso al presentar la solicitud, ya sea con la ayuda de un profesional o de forma individual. Luego, ingrese el número de cuenta bancaria y el número de ruta. Mire un cheque personal para encontrar el número de ruta y de cuenta correcto: en la esquina inferior izquierda hay un número de ruta de 9 dígitos y el número de cuenta (generalmente de 10 a 12 dígitos) es el segundo conjunto de números impresos en la parte inferior del cheque. Alguien que no tenga cheques personales puede encontrar los números de ruta y de cuenta iniciando sesión en una cuenta bancaria móvil o en línea, llamando a la institución financiera o visitando una sucursal local. Después de verificar la identidad de la persona que llama, la institución financiera puede ayudarle a encontrar los números correctos.

La presentación anticipada, la presentación electrónica y el uso del depósito directo ayudan a las personas que esperan reembolsos a recuperar su dinero lo antes posible.

### Cómo prepararse para la temporada de impuestos

En los EE. UU., se requiere presentar una declaración de impuestos anual y pagar el impuesto sobre la renta antes del 15 de abril de cada año. Es una buena idea recopilar los documentos con mucha anticipación y guardarlos en un lugar seguro. Aquí hay una lista para ayudarlo a prepararse para la temporada de impuestos.

#### Documentos fiscales

En enero es cuando las personas comienzan a recibir los documentos necesarios para declarar impuestos. Por lo general, los proporcionan los empleadores y pueden incluir W-2 (un formulario que muestra las ganancias del año anterior) o 1099 (otro tipo de formulario de ganancias).

#### Información personal

Se requieren nombres, fechas de nacimiento y números de seguro social para declarar impuestos. Esta información también deberá incluirse para cualquier miembro de la familia (incluidos los cónyuges y dependientes). Para que un reembolso se deposite electrónicamente en una cuenta bancaria, reúna los números de ruta y el de su cuenta. Cualquier empleado bancario puede ayudar a encontrar esta información y, a menudo, aparece en el sitio web de una institución financiera. Los reembolsos también se pueden emitir mediante cheque.

#### Recibos

El Servicio de Impuestos Internos (IRS, por sus siglas en inglés) a veces otorgará crédito por las compras necesarias realizadas durante el transcurso del año. Estas se denominan deducciones y reducen la cantidad de ingresos que deben declararse. Cuando se reducen los ingresos, es posible que las personas tengan que pagar menos impuestos o recibir un reembolso mayor. Reúna los recibos u otra prueba de compra de los gastos que puedan deducirse. Esto se llama "desglose".

#### Posibles fuentes de desglose:

Costo de funcionamiento de un negocio, como alquiler, suministros comerciales, etc.  
Donaciones de caridad  
Gastos médicos, incluido el costo del seguro de salud  
Gastos de cuidado de niños  
Gastos educativos  
Ahorros para la jubilación  
Mejoras en el hogar energéticamente eficientes.

#### Declaración de impuestos

Los impuestos se pueden preparar a mano y enviar por correo al IRS. También se pueden presentar en línea usando un software de preparación de impuestos. Los propietarios de pequeñas empresas a menudo usan contadores para ayudar a preparar los documentos fiscales, porque los contadores están bien familiarizados con la ley fiscal. Algunas organizaciones sin fines de lucro ayudan a las personas a preparar los impuestos.

#### Guardar registros

Después de presentar los impuestos, es una buena idea mantener todos los documentos juntos en un lugar seguro, incluidos los recibos y las declaraciones de impuestos. Luego, al año siguiente, ¡el proceso será aún más simple!

### Dónde obtener ayuda gratuita y calificada para preparar declaraciones de impuestos

La temporada de impuestos es famosa por ser un momento estresante, por lo que la Oficina de Oportunidades Económicas de Portland se reunió con nuestros socios del Programa CASH para ayudar a conectar a los miembros de la comunidad con este increíble recurso justo a tiempo para la temporada de impuestos.

#### 1. ¿Qué es CASH?

Los servicios de CASH están destinados a personas con un ingreso familiar total de \$58,000 o menos en 2021. Los clientes con cualquier empleo fuera de Maine durante 2021 no son elegibles.

#### 2. ¿Cuánto cuesta declarar impuestos con CASH?

¡Los servicios de CASH son completamente gratis!

#### 3. ¿Qué necesito tener en la cita?

Para tener una experiencia exitosa con CASH, es útil tener todos sus documentos organizados con anticipación, inclu-

ida una identificación con foto (como una licencia de conducir válida) de la persona que presenta la declaración (y cónyuge, si es casado y presenta una declaración conjunta); tarjetas de seguro social (o letras ITIN) para todas las personas reclamadas en la declaración de impuestos; todos los documentos fiscales (como los formularios W-2, 1099, 1098, 1095). Un paquete de todos los materiales de admisión está disponible.

#### 4. ¿Son todas las reuniones remotas? ¿Cómo presento mi papeleo?

Para priorizar la seguridad durante la pandemia, CASH no llevará a cabo sitios de impuestos en persona como en años anteriores. En su lugar, seguirán participando en GetYourRefund, un servicio en línea proporcionado por Code for America, una organización sin fines de lucro, en asociación con sitios VITA certificados por el IRS en todo el país. Se necesita acceso a un dispositivo con acceso a Internet, así como una dirección de correo electrónico y un número de teléfono. El sitio web GetYourRefund permite a los clientes completar las preguntas de admisión y cargar documentos en una ubicación segura. Los voluntarios de admisión certificados por CASH IRS luego se comunicarán para programar una conversación telefónica. A continuación, un preparador de impuestos certificado por el IRS preparará virtualmente la declaración de impuestos.

Para aquellos que no tienen acceso a la tecnología necesaria en el hogar, CASH Greater Portland se está asociando con cPort Credit Union y Portland Housing Authority para alojar sitios Scan & Go donde los clientes pueden recoger un paquete de admisión y escanear información en el sistema.

#### 6. ¿Cómo puedo registrarme?

Una vez que haya recibido todos sus documentos fiscales para 2021, visite [cashmaine.org](http://cashmaine.org) para conectarse con el proceso virtual y/o para ver cuándo estarán en funcionamiento los sitios locales de entrega y recogida, probablemente en febrero.

#### 7. ¿Cuáles son las principales ventajas de declarar impuestos a través de CASH?

CASH es un servicio gratuito ofrecido por amables voluntarios certificados por el IRS. Se asegurarán de que todos los clientes reciban los créditos fiscales para los que son elegibles, como el Crédito fiscal por ingreso del trabajo y el Crédito fiscal por hijos.

#### 8. ¿Ofrecen interpretación o materiales traducidos?

El sitio web Obtenga su reembolso está disponible en inglés y español. Los clientes pueden indicar otras preferencias de idioma durante el proceso de admisión y podemos trabajar con el cliente para encontrar una solución. Este año, el IRS brinda acceso a un servicio de interpretación por teléfono. ¡Los voluntarios multilingües siempre son bienvenidos a unirse a nuestro equipo! No dude en enviar un correo electrónico a [cash@uwsme.org](mailto:cash@uwsme.org) para expresar su interés en ser voluntario o hacer cualquier otra pregunta.

CASH es más que un programa de preparación de impuestos. Los clientes de impuestos también pueden discutir sus objetivos y desafíos financieros con un voluntario capacitado de "Opportunity Guide" y conectarse con los recursos locales para ayudar a construir su estabilidad financiera. El programa CASH puede brindar orientación a los clientes y ayudar a responder preguntas, para que todos puedan tomar las mejores decisiones financieras posibles.

#### Pregúntele al fiscal del distrito

*Jonathan Sahrbeck es el fiscal de distrito del condado de Cumberland (D.A.). Él revisa y procesa los casos llevados a su oficina por la policía. El Sr. Sahrbeck sabe que las leyes estadounidenses y nuestro sistema de justicia penal pueden ser confusos y agradece las preguntas de la comunidad. Por favor envíe sus preguntas a: [amjambofrica@gmail.com](mailto:amjambofrica@gmail.com) y se las enviaremos.*



#### ¿Qué debo hacer/qué no debo hacer si la policía me detiene mientras conduzco? Escucho todo tipo de historias sobre policías que maltratan a personas de color.

Escucho de muchas personas que dicen que han tenido malas experiencias en encuentros con las fuerzas del orden público, y les puedo asegurar que la policía también se entera de estas experiencias. Entiendo por qué las personas de color se ponen nerviosas cuando la policía las detiene. Los agentes de policía están tomando medidas para recuperar la confianza del público. En el condado de Cumberland, la

**Continúa en la página 30**



**Continuado na página 28**

devem identificar-se e explicar-lhe porque o detiveram. Tente responder a qualquer pergunta que o oficial lhe faça e siga as instruções. Não tem obrigação de permitir que um oficial vasculhe o seu carro, mas se lhe for pedido pode permitir que procurem.

Após o seu encontro, sêntir que algo estava errado sobre a sua interação com a polícia, ou sobre o porquê de ter sido parado, contacte a linha de não emergência do departamento de polícia e fale com alguém do comando sobre a sua interação. As pessoas do se devem rever o seu encontro e ouvir o que tem a dizer. Se não sentir que foi ouvido, tem o direito de contactar a Procuradoria do Condado, qualquer funcionário da cidade e/ou um advogado para solicitar a revisão do assunto.

**Fui insultado por estranhos quando estou em público a gozar com o meu hijab ou a dizer-me para "voltar para casa". Que direitos tenho quando isto acontece?**

A Lei dos Direitos Civis do Maine protege todas as pessoas que vivem, trabalham ou visitam o Estado do Maine de assédio baseado na raça, cor, religião, ascendência, origem nacional, sexo, deficiência física ou mental ou orientação sexual. Se uma pessoa experimentar este tipo de assédio ou insultos contra eles com base na sua roupa cultural ou origem natural, tem o direito de contactar a polícia local, a Procuradoria-Geral da República ou a Procuradoria-Geral da República (207-626-8800) para denunciar tal comportamento. Para mais informações sobre a Lei dos Direitos Civis do Maine, visite: [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

**Sou um requerente de asilo de Angola. A polícia pode tratar-me de forma diferente dos cidadãos, ou tenho os mesmos direitos?**

A polícia não pode discriminar ninguém com base na origem nacional ou no estatuto de imigração. Se acha que recebeu tratamento injusto, contactou o departamento de polícia e pediu para falar com um membro do seu pessoal de comando para o denunciar. Você também pode ligar para o Promotor Público ou um membro da sua cidade ou governo local para informá-los sobre estas ações.

*Jonathan Sahrbeck nasceu e cresceu no condado de Cumberland, e tornou-se procurador-geral em 2019, depois de ter trabalhado durante muitos anos como procurador. Espera trabalhar com parceiros comunitários na abordagem do uso de substâncias e questões de saúde mental, e na educação do público sobre os efeitos de experiências e traumas adversos na infância e congratula-se com a divulgação.*

**Continuación de la página 29**

polícia ahora usa cámaras corporales y cámaras de crucero. Estas cámaras registran las interacciones con el público, lo que aumenta la seguridad y la responsabilidad durante estas interacciones.

Si la policía lo detiene mientras conduce, mi consejo sería que detuviera su automóvil a un lado de la carretera. Cuando el oficial de policía se acerque, mantenga ambas manos en el volante para que el oficial pueda ver sus manos. Evite cualquier movimiento rápido y brusco. Los oficiales de policía deben identificarse y explicar por qué lo han detenido. Trate de responder cualquier pregunta que le haga el oficial y siga sus instrucciones. No tiene la obligación de permitir que un oficial registre su automóvil, pero si se lo solicita, puede permitir que lo registren.

Después de su encuentro, si siente que algo estuvo mal en su interacción con la policía, o acerca de por qué lo detuvieron, comuníquese con la línea de no emergencia del departamento de policía y hable con alguien en el personal de comando sobre su interacción. Estas personas deben revisar su encuentro y escuchar lo que tiene que decir. Si cree que no lo escucharon, tiene derecho a comunicarse con la oficina del fiscal de distrito de su condado, con cualquier funcionario de la ciudad/pueblo y/o con un abogado para solicitar una revisión del asunto.

**Me han insultado extraños cuando estoy en público- burlándose de mi hijab o diciéndome que "vuelva a casa". ¿Qué derechos tengo cuando esto sucede?**

La Ley de derechos civiles de Maine protege a todas las personas que viven, trabajan o visitan el estado de Maine contra el acoso por motivos de raza, color, religión, ascendencia, origen nacional, género, discapacidad física o mental u orientación sexual. Si una persona experimenta este tipo de hostigamiento o insultos en su contra por su vestimenta cultural u origen natural, tiene derecho a comunicarse con su policía local, la Oficina del Fiscal de Distrito o la Oficina del Fiscal General (207-626-8800) para denunciar tal conducta. Para obtener más información sobre la Ley de derechos civiles de Maine, visite: [https://www1.maine.gov/ag/civil\\_rights/faq.shtml](https://www1.maine.gov/ag/civil_rights/faq.shtml)

Soy un solicitante de asilo de Angola. ¿Puede la policía tratarme de una manera diferente a los ciudadanos o tengo los mismos derechos?

La policía no puede discriminar a nadie por su origen nacional o estatus migratorio. Si cree que ha recibido un trato injusto, comuníquese con el departamento de policía y pida hablar con un miembro de su personal de comando para denunciarlo. También puede llamar al fiscal de distrito o a un miembro del gobierno local de su ciudad o pueblo para informarles sobre estas acciones.

*Jonathan Sahrbeck nació y se crió en el condado de Cumberland, y se convirtió en fiscal de distrito en 2019, después de trabajar durante muchos años como fiscal. Él espera trabajar con socios de la comunidad para abordar el uso de sustancias y los problemas de salud mental, y para educar al público sobre los efectos de las experiencias y traumas infantiles adversos, y agradece la divulgación.*

# 9 Steps to take if you've been in an automobile accident:

- 1. STOP** - State law requires that you not leave the scene of an accident. Take safety precautions to help prevent further accidents or injury.
- 2. CALL THE POLICE** - Contact the state, local, or city police and provide the necessary facts. Obtain the investigating officer's name and badge number.
- 3. SEEK MEDICAL ATTENTION** - If you or anyone involved has been injured, seek medical attention immediately. This protects your health and documents the injury.
- 4. IDENTIFY OTHER DRIVER(S)** - Obtain the name, address, phone number, license plate and insurance information of the other driver(s).
- 5. IDENTIFY ALL WITNESSES** - Obtain their names, addresses, phone numbers and comments. Make note of the time, weather, road, and lighting conditions.
- 6. TAKE PHOTOS OF THE ACCIDENT SCENE** - Take pictures of skid marks, debris in the roadway, and property damage to all vehicles or structures involved.
- 7. TAKE PHOTOS OF YOUR INJURIES** - Be sure to take pictures of your injury each day as bruising and swelling often become more visible.
- 8. CONTACT YOUR INSURANCE COMPANY** - An agent will help you start the claims process. However, do not provide a statement to the other driver's insurance company.
- 9. DIAL 207-CALL-JOE** - Delay may affect your rights. Speak with the legal experts at the Law Offices of Joe Bornstein. It's free and confidential.

*If you or a loved one has been injured in an accident, get our team of expert attorneys and experienced case managers working for you today.*



Proudly supporting the  
**Immigrant Legal Advocacy Project**

*Joe's Immigrant Family from Riga, Latvia  
Arrived in Portland, Maine - 1890*

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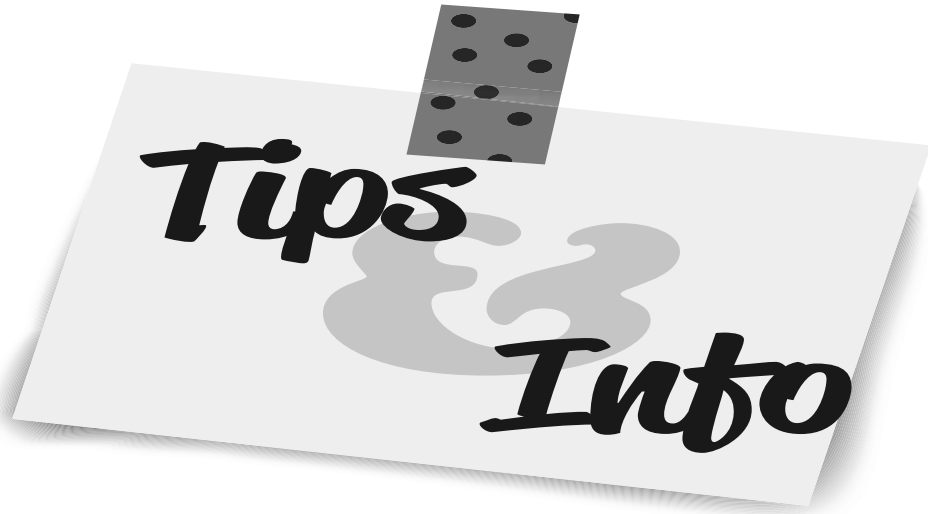
[joebornstein.com](http://joebornstein.com) 207-225-5563



**The help you need. The justice you deserve.**







## Rent and other Basic Needs

### Maine Housing Rental Assistance Program/Emergency Rental Assistance Program (ERA):

You can get help paying your rent through the Maine Emergency Rental Assistance Program. This is a COVID response program that is estimated to be available at least until the end of 2022.

There is information about the program in many languages on the Maine State Housing website. Scroll down to choose your county and apply for this help.

#### This program can pay for:

- Current and past due rent
- Current and past due utilities and home energy costs (including internet in some circumstances)
- Moving and relocation costs

If you live in Portland, South Portland, Westbrook, or anywhere else in Cumberland County, you can apply directly to Prosperity Maine. If you live in Lewiston, Auburn or anywhere else in Androscoggin County, you can apply directly to Immigrant Resource Center of Maine.

You can also contact The Opportunity Alliance.

#### General Assistance:

General Assistance, or GA, helps pay for housing costs and other basic needs like food and medications. You must apply to the town or city where you live. You will need to show proof that you have applied for asylum, such as a copy of the receipt that you got when you sent in your application. Call the town office of the town or city where you live to make an appointment to apply. You have the right to fill out an application and to get a written decision. If you are denied you have the right to appeal, and the appeal will be heard within 5 days.

If you live in one of these towns, contact:

- **Portland GA Office:** 39 Forest Ave, Suite 2 (207)-482-5122 (Call 207-775-2922 in an emergency or after office hours)
- **South Portland GA Office:** Call 207-767-6717
- **Westbrook GA Office:** 426 Bridge Street 207-591-7015
- **Augusta GA Office:** 126 Sewall Street Augusta, Maine 04330-6822 Updated: January 20, 2022 Phone: (207) 626-7058 Fax: (207) 621-8148 [www.mainequaljustice.org](http://www.mainequaljustice.org)
- **Lewiston GA Office:** 27 Pine Street (207) 513-3130 (Call 911 in an emergency or after office hours).

For more information about GA, visit Pine Tree Legal Assistance's website by clicking here.

If you are not able to contact your local town office to apply for GA, or if you are told that you cannot apply for GA, call the DHHS hot-line at 1-800-442-6003.

If you are denied General Assistance or if you are facing eviction and you need legal advice, please contact:

- Pine Tree Legal Assistance:
- Look up your office at [ptla.org/contact-us](http://ptla.org/contact-us)
- Be sure to call Monday 12:00 - 2:30 or Tuesday/Thursday 9:00 - 11:30



**Tip:** *If someone reaches out and asks you to give personal information, saying they are from Social Security, or a financial institution, or another official sounding organization, the best thing to do is hang up or ignore the call, text, or email.*

Unfortunately, many people try to get money from vulnerable people illegally, and more and more scams are circulating. But it is never a good idea to release any private information (especially Social Security numbers, credit card information, or banking information) in response to an unsolicited call, letter, or email. Legitimate organizations will never threaten, scare, or pressure anyone into taking immediate action.

If you think you have been scammed, contact your financial institution for help right away.

**Tip:** *Apply for work permit renewal 6 months before the expiration date of current work permit.*

Work permits are good for two years. Unfortunately, renewal applications are currently taking a long time for U.S. Citizenship and Immigration Services (USCIS) to approve - often much longer than the six-month automatic extension that was granted by USCIS. The USCIS site currently shows processing times between 1.5 months and upwards of one year, depending on processing location.

Although the USCIS site says the extensions were implemented "to help prevent gaps in employment authorization and documentation," for many people the extensions are running out long before work permit renewal processing is completed. This has resulted in people losing their employment.

If an application for renewal is filed before the old permit expires, and the filer has a receipt proving this, then the old work permit is valid for an extra 180 days after the expiration date printed on it.

**Tip:** *Anyone seeking to file an asylum claim in Canada at irregular entry points like Roxham Road will be arrested. However, they will not be charged with anything, and they will not be returned to the U.S., according to advocates at the border. After arrest, they will be taken by the police to the offices of Canadian Immigration (CBSA) to begin the asylum process. Advocates warn that those wishing to file asylum claims in Canada should not change their minds about crossing at Roxham Road and go to Lacolle Port of Entry instead (as Canadian police will suggest). If they do, they will most likely get caught in the STCA rules.*

There is a bus to Plattsburgh, N.Y., and taxis in Plattsburgh.

The Canadian and U.S. governments are in negotiations to agree on a new Safe Third Country Agreement (STCA). This means that sometime in the coming months, the rules may change, and anyone crossing at irregular entry points like Roxham Road will fall under the rules of the new STCA, and be returned to the U.S. if they do not qualify for one of the exceptions (and the definition of exceptions may also change).

For more information in English, French, and Spanish: <http://www.bridges-notborders.ca/info-1.html>

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**The Omicron variant spreads more easily than the original virus that causes COVID-19. For protection:**

- 1) Get vaccinated
- 2) Get boosted
- 3) Wear a mask in public indoor settings
- 4) If gathering inside with others, take a rapid test first.

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Every home in the U.S. is eligible to order 4 at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Visit [covidtests.gov](http://covidtests.gov) to order your free tests.

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## What you need to know about filing a tax return this year

...Don't leave money on the table!

By Sue Hamlett

It is exciting to start a New Year, and at Maine Equal Justice, we hope that 2022 brings wonderful things for you and your family! Now that 2021 is over, it is time to get ready to file your taxes.

There is no doubt that filing taxes can be very complex and time consuming, but free help is available, and many people in Maine, especially with low income, are owed a tax refund. Some for-profit tax preparers will charge large hidden fees to help you with your taxes, often by promising a "rapid refund" or "line of credit" without a credit check, but this means you will have to agree to get less from your tax refund. Be aware of those costs and make sure that you are using a trusted helper.

You can get free help filing your taxes from a local, trusted organization - the CASH Coalition of Maine. Call 211 for an appointment or sign up at CASH Maine. You can also sign up at the Maine Equal Justice website and we will help you get an appointment for free tax preparation.

### Will claiming tax credits affect immigration status?

No! Receiving federal tax credits that you are eligible for will not affect your immigration status, your ability to get a green card, or your future eligibility for immigration benefits. Use of federal tax credits is not considered for purposes of a "public charge" determination by U.S. Citizenship and Immigration Services.

### Who can get the Child Tax Credit of 2021?

Anyone who lived in the U.S. for more than half of 2021, who has a child with a social security number in their household, can get the child tax credit, even if they do not have a social security number themselves. You don't need to have income for this credit, but you DO need to file taxes!

Even if you were receiving monthly payments from July through December, it is important to file your 2021 taxes so you can get the other half of the 2021 Child Tax Credit (up to \$3,600 per child in all). If you do not have a Social Security Number you will need an ITIN (Individual Taxpayer Identification Number). If you did not get monthly advance payments from July through December 2021, you can still get the whole tax credit amount by filing your 2021 taxes.

### Are there other tax credits I could get?

Yes! If you work and have low income, you may qualify for the state and federal Earned Income Tax Credit. If you rent an apartment or own a home you may qualify for the Property Tax Fairness Credit, and if you own your home be sure to file a Maine Homestead Exemption tax form with your city or town office.

### Will claiming tax credits impact my eligibility for other benefits?

The Child Tax Credit and other tax credits will not count against federally-funded public benefits, like TANF (income support), SNAP (food assistance), or MaineCare, but will count against General Assistance.

### How can I get ready to file my taxes?

You will soon start getting some of the tax documents that you need in the mail. If your address has changed in the past year, be sure to update it with employers, government agencies and banks as soon as possible. Keep all these documents in a safe place.

- **W-2:** If you have a work permit and worked during 2021 you will get a W-2 form from each employer with a record of your earnings and the taxes that were held back and paid to the IRS.
- **1099-MISC or 1099-K:** If you worked as a "contractor," you are considered to be self employed (Uber and Doordash are examples). Taxes are not held back from these earnings.
- **1099-G:** If you lost a job and got unemployment insurance, you will get a record of those payments, which are taxable.
- **1099-INT:** If money you saved in a bank earned interest, the bank will send you a record.
- **1095-A:** If you or anyone in your household has health insurance through the Marketplace, you must file a tax return. You can access this form on your Marketplace account.
- **SSA-1099:** You will get this form if you receive retirement, disability or survivor benefits through Social Security. You will NOT get this form if you get SSI (Supplemental Security Income).
- **Letter 6419, 2021 advance CTC:** The letter will include the total amount of advance Child Tax Credit payments you received in 2021 and the number of qualifying children used to calculate the advance payments. You should keep this and any other IRS letters about advance CTC payments with your tax records.



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## Building coastal resilience in our region South Portland

### Sustainability Office

By Mia Ambroiggio

With over 3,400 miles of coastline, Maine has the fourth largest coastline of any state in the U.S. Communities along the coast are dependent on their waterfront for recreation, economic opportunity and transportation. However, due to climate change, we are facing more frequent and intense precipitation, storm surges, and flooding. Our sea level is rising, worsening this flooding, and our shorelines are eroding. These climate effects will impact our most vulnerable communities the most, including communities of color and those with lower incomes, due to existing systemic inequities. To effectively prepare for the climate crisis, we need to build coastal resilience.

Building resilience means strengthening the ability of our communities to withstand the effects of climate change and to bounce back after a climate event such as a major storm. Planning and preparing for the changes we know are coming will leave us stronger and more resilient. In Maine, there are many organizations and municipalities already working to find innovative solutions to climate threats and to build resilience.

### Climate action planning

State and municipal governments should make a plan now to adjust for future conditions. In December 2020, Maine adopted its first climate action plan, Maine Won't Wait. The cities of Portland and South Portland also adopted the country's first joint climate action and adaptation plan between two cities, One Climate Future ([www.oneclimatefuture.org](http://www.oneclimatefuture.org)) And the Greater Portland Council of Governments (GPCOG) is supporting membership towns in creating their own local climate action plans that align with the state plan. Taking a regional approach to planning is key because risks from climate change impact communities across borders.

### Nature-based solutions

Solutions that reduce coastal risk include improvements to roads, bridges, homes, and other infrastructure, increased social programs, and nature-based solutions. Nature-based solutions involve the introduction or restoration of natural resources and systems such as salt marshes, rain gardens, open spaces, or even rocks and seagrass, to mitigate the effects of climate change.



This natural infrastructure protects our coastal communities from climate threats while also expanding and enhancing our natural spaces. *Living Shoreline Project in Brunswick (Courtesy of GPCOG)*

In November 2021, GPCOG was awarded \$250,000 by the National Fish and Wildlife Foundation (NFWF) to pursue nature-based climate action in the greater Portland region. GPCOG matched these funds through the support of the Gulf of Maine Research Institute, grants, and municipalities. Over the course of the two-year project, GPCOG will work with 11 coastal communities to find nature-based solutions to combat coastal flooding. The project aims to be a collaborative effort between community members who will be affected by coastal flooding, and will include engagement with volunteers, city employees, elected officials, and community leaders. To learn more about the project, visit GPCOG's website or contact Sara Mills-Knapp, [smillsknapp@gpcog.org](mailto:smillsknapp@gpcog.org).

### Community-driven coastal resilience

Several local organizations are building coastal resilience

by empowering community members to be active participants in data collection and municipal decision making.

Gulf of Maine Research Institute (GMRI), a non-profit dedicated to building community and ecosystem resilience in the Gulf of Maine, hosts the Coastal Flooding Citizen Science Project. This project aims to study the impacts of a rising ocean on our shorelines and infrastructure, and deepen our understanding of how climate change impacts species, communities, and habitats in our region. Through the citizen science project, any person can visit coastal sites, take photos of the site, and post their findings to the GMRI Ecosystem Investigation Network dashboard, where municipalities, researchers, and community members can see their findings. While data can be collected from anywhere in the Gulf of Maine, there are currently four participating communities with designated monitoring sites: Portland, South Portland, Vinalhaven, and Belfast. To learn more about the citizen science project and begin posting photos, visit [www.gmri.org](http://www.gmri.org).

Another way to get involved with building coastal resilience is through the Friends of Casco Bay's Water Reporter. This tool similarly allows volunteer water reporters to photograph evidence of sea level rise across Casco Bay to increase knowledge of how the bay is changing, and influence project and policy decisions related to coastal resilience. To learn more about how to become a water reporter, visit [www.cascobay.org](http://www.cascobay.org).

*Mia Ambroiggio is a GPCOG Resilience Corps fellow serving with the South Portland Sustainability Office. She can be reached at [mambroiggio@southportland.org](mailto:mambroiggio@southportland.org). Contact her at [www.IntWork.com](http://www.IntWork.com).*



## Update from MIRC

By Fatima Saidi

Tobin C. Williamson joined the Maine Immigrants' Rights Coalition in January 2022 as its new Advocacy Manager. In this role Williamson will drive advocacy work aimed at increasing equity, inclusion, and empowerment for immigrants and communities of color in Maine. He will focus on coalition and partnership building, grassroots organizing, policy analysis, and working across various immigrant communities.

Williamson earned a master's degree in political science from the University of North Carolina and spent semesters abroad in Prague, CZ and Bath, U.K. A native Arkansan, his undergraduate degrees include a bachelor's degree in geography and a bachelor's degree in International Studies from the University of Central Arkansas.

Williamson has served in two U.S. Congressional offices and two Consulates General. His congressional experience prioritized constituent services and community outreach, and focused at various times on immigration, foreign policy, and veterans/defense issues. He also spent time as a congressional intern on Capitol Hill and as an intern with the World Affairs Council of Seattle.

Williamson moved to Maine in 2021 and is looking forward to getting involved in his new community. He lives in Lewiston with his partner, their cats, and their horse.



**MAINE**  
IMMIGRANTS'  
RIGHTS  
COALITION





# Financial Literacy

## Tax Season

### How to prepare for tax season



In the U.S., filing an annual tax return and paying income tax by April 15 each year is required. Collecting documents well ahead of

time and storing them in a secure place is a good idea. Here is a list of what is needed to help prepare for tax season.

#### Tax Documents

January is when people start to receive documents needed for filing taxes. These are usually provided by employers and can include W-2s (a form that shows earnings for the prior year) or 1099s (another type of earnings form).

#### Personal Information

Names, dates of birth, and social security numbers are required for filing taxes. This information will also need to be listed for any family members (including spouses and dependents). To have a refund electronically deposited to a bank account, gather the routing and account numbers for the account. Any banking employee can help find this information and it is often listed on a financial institution's website. Refunds can also be issued by check.

#### Receipts

The Internal Revenue Service (IRS) will sometimes grant credit for necessary purchases made over the course of the year. These are called deductions and they reduce the amount of income required to be reported. When income is reduced, people may have to pay less in taxes or be able to receive a higher refund. Gather receipts or other proof of purchase for expenses that may be able to be deducted. This is called "itemization."

#### Possible sources of itemizations:

- Cost of running a business, such as rent, business supplies, etc.
- Charitable donations
- Medical expenses, including the cost of health insurance
- Childcare expenses
- Educational expenses
- Retirement savings
- Energy-efficient home improvements

#### Filing Taxes

Taxes can be prepared by hand and mailed to the IRS. They can also be filed online using tax preparation software. Small business owners often use accountants to help prepare tax documents, because accountants are well-versed in tax law. Some nonprofit organizations help people prepare taxes.

#### Saving records

After taxes are filed, it is a good idea to keep all the documents together in a secure location, including receipts and tax returns. Then the following year, the process will be even more simple!

### How to get tax refunds sooner

January marks the beginning of the tax-filing season, when taxpayers all across the U.S. file their annual tax returns. A tax return is a form on which a filer reports income, expenses, and other tax-related information to calculate whether they owe money to the government or the government owes money to them. If an employer withheld too much money each month of the past year in taxes, or if someone qualifies for certain tax credits, they may be entitled to a tax refund. Refunds are not gifts of money – but rather they are money an individual paid to the government over the course of the year, in excess of what they actually owe. Refunds can certainly be nice to receive during tax season, and there are steps to take to get the money sooner.



#### Early filing

The earlier an individual files a tax return, the sooner they'll receive their refund. This is because the Internal Revenue Service (IRS) isn't as busy in January, February, and March as it becomes in April, when all tax filings are due. Many people tend to procrastinate, and the IRS is able to process early returns before most people have submitted their documents. And gathering documents early is important if an individual wants help from an accountant or tax professional during the tax season. For someone who isn't confident in their ability to correctly file taxes or would simply like assistance, hiring a tax professional can be a great option. But contact them early because these professionals have schedules that can fill up, and they may not be available to help. Most professionals charge for their services, but programs such as CASH Maine provide eligible filers with free tax preparation services.

#### Electronic filing

Paper tax returns can take anywhere from six to eight weeks for the IRS to process and return. However, if taxes are filed electronically, the IRS can issue refunds within 21 days. There are a number of ways to file electronically:

Someone who makes \$72,000 or less per year can use the IRS Free File or Fillable Forms. This online service does all the math on the forms for eligible files and provides guided preparation. Visit: Free File on the e-File Options section of the IRS website ([www.irs.gov/filing/e-file-options](http://www.irs.gov/filing/e-file-options)).

Tax software uses a question-and-answer format to help make preparing taxes easier. Two popular software programs are: TurboTax and H&R Block.

Authorized tax professionals can help people prepare, transmit, and process returns. To find authorized tax professionals visit the e-File Provider Search Tool on the IRS website. ([www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals](http://www.irs.gov/e-file-providers/authorized-irs-e-file-provider-locator-service-for-tax-professionals)) Always be sure to use an authorized tax professional.

#### Direct deposit

Instead of a paper check, for which the speed of delivery is at the mercy of the postal system, a tax refund can be deposited right into an individual bank account through direct deposit. To sign up for direct deposit, select this option as the refund method when filing, either with a professional's help or as an individual. Then, enter the bank account number and routing number. Look at a personal check to find the correct routing and account number: on the bottom left corner is a 9-digit routing number, and the account number (usually 10-12 digits) is the second set of numbers printed on the bottom of the check. Someone who doesn't have personal checks can find the routing and account numbers by logging into an online or mobile banking account, by calling the financial institution, or by visiting a local branch. After verifying the caller's identity, the financial institution can help find the right numbers.

Filing early, filing electronically, and using direct deposit all help individuals who are expecting refunds to get their money back as soon as possible.

### CASH Maine Program

Tax season is a stressful time for everyone, so we sat down with our partners from the CASH Maine Program to help connect community members to this amazing resource. CASH Maine serves the whole state, and has locations from York County to Aroostook County, including areas where many New Mainers live, such as Augusta, Bangor, Greater Portland, Lewiston, and Waterville.



#### Q: What do people need to know about being eligible for support from CASH?

CASH services are intended to serve people with a total household earned income of \$58,000 or less in 2021. Clients with any employment outside of Maine during 2021 are not eligible, as we only prepare federal and Maine state returns. Some returns may be out of scope based on individual circumstances.

#### Q: How much does it cost to file your taxes with CASH?

CASH is a completely free service!

#### Q: What do I need to have a successful appointment?

To have a successful experience with CASH, it is helpful to have all of your documents organized in advance, including picture ID (such as a valid driver's license) for the person filing (and spouse, if married filing jointly), Social Security cards (or ITIN letters) for all people claimed on your tax return, and all tax documents (such as Forms W-2, 1099, 1098, 1095). You'll be able to pick up a packet of all intake materials if you use our Scan & Go service, or upload them to the GetYourRefund website yourself when it's live.

#### Q: Are all meetings digital? How do I submit my paperwork (above)?

To prioritize safety during the pandemic, CASH will not be holding the in-person tax sites as they have in past years. This year, they will continue to participate in a non-profit service built by Code for America in partnership with IRS-certified VITA sites nationwide. This service, called GetYourRefund, allows them to provide online tax preparation to their clients.

If you have access to an internet-ready device (desktop, mobile, or tablet) and an email address and phone number, you'll be able to visit the GetYourRefund website on your own to fill out the intake questions. You will be prompted to take and upload photos of your identification and tax documents to a secure location. CASH IRS-certified intake volunteers will then view your documents and reach out to schedule a phone conversation to review everything with you. Then an IRS-certified tax preparer will virtually prepare your return, and you'll be alerted when it's time to schedule a call for you to review your return with a volunteer who checked the tax preparer's work. Then you'll be sent the return and a form you'll sign to agree to have us file the return electronically with the IRS.

CASH Greater Portland will also be partnering with cPort Credit Union and Portland Housing Authority to host Scan & Go sites where you could go to pick up an intake packet and then have your information scanned into the system if you do not have access to the technology for the fully virtual process above. All clients must be able to have two phone conversations with the team during the process.

#### Q: How can I sign up?

When you have received all of your tax documents for 2021, visit [cashmaine.org](http://cashmaine.org) to connect with our virtual process and/or to see when our local drop-off/pick-up sites are up and running, likely in February 2022.

#### Q: What are the main advantages of filing my taxes through CASH?

CASH is a free service offered by friendly, IRS-certified volunteers. They'll make you sure you receive the tax credits for which you are eligible, such as the Earned Income Tax Credit and the Child Tax Credit.

#### Q: Do you offer interpretation or any translated materials?

The Get Your Refund website is available in English and Spanish. Clients can indicate other language preferences during the intake process and we can work with the client to find a solution. This year the IRS is providing access to an Over-the-Phone Interpretation service. Multilingual volunteers are always welcome to join our team! Feel free to email [cash@uwsme.org](mailto:cash@uwsme.org) to express interest in volunteering or ask any other questions.

CASH is more than a tax preparation program. Tax clients also have the opportunity to discuss financial goals and challenges with a trained volunteer and get connected to local resources to help build financial stability. The CASH program provides guidance and helps answer questions so that client can make the best financial decisions for themselves and their family.







# New Voices

Welcome to New Voices! If you are interested in writing a column, please contact [amjamboafrika@gmail.com](mailto:amjamboafrika@gmail.com).

## Janviosis: The January

**crisis** | By Roseline Soubele

At this time of year, back home in my country, which is the Republic of Congo, the word “Janviosis” circulates constantly from mouth to mouth – old or young, it’s a word everyone uses. In Lingala, the word is “Mpiaka,” or “January drought.”



Because after the big, end-of-year celebrations, with Christmas and its toys and gifts to the left on the calendar, and New Year and its exchange of wishes to the right, the pockets of

many Congolese are empty. It is often said that the “January Devil” is passing.

With uncertainty as to when the salaries of civil servants will be paid, and when delayed pension payments will be sent out, on top of the unemployed, January is chaotic, every year, and “Janviosis” is on everyone’s tongue.

The month of January is a dry month, with all reserves exhausted, and many in debt, and the government does not provide reassurance. Moods plummet, people are very tense, anger boils over for very little cause. Fathers come home late, empty handed, dreading seeing their children welcome them with the hope of receiving a gift, some candy, or a cookie. Relations between couples go cold. The spaces in the market are almost empty. Saleswomen shout for customers in vain, and customers dare not stop unless they are sure they are going to buy – to avoid rage on the part of the saleswomen.

But don’t get the impression that no one smiles at

all in January. Keep calm – in the middle of all this, smiles remain at the local bars, commonly called “nganda” or “VIP.” Alcoholic drinks are sold on credit; the men gather to talk about football and politics and forget the setbacks of the day; the mothers get together for “massolo” or “gossip.” The atmosphere in the bars is calm and fun – if you don’t ask the wrong question, of course, or if you don’t end up in the wrong place at the wrong time (because everything can go wrong anytime during January, even for no reason).

The best hope for January, according to Congolese, is that the month goes away soon. Expectations turn to February, which will undoubtedly be a lot nicer, and carry luck.

*Roseline, former Hope House resident, now lives independently in Portland, works as a Certified Nursing Assistant and as an interpreter at the House of Languages, and is a nursing student at Southern Maine Community College.*

## Without discipline there is no success

| By Rupal Ramesh Shah

Mr. Peter Sangawe was my physics teacher at Mount Kilimanjaro School, Tanzania, where I spent a majority of my childhood. He was one of the stricter teachers. He was super-organized, conscientious about time, appreciative of the hardest working students, and full of high expectations for all. I recall that some of the young boys in our class pushed his buttons. They would come late to class, submit incomplete assignments, or simply not pay at-



“If you don’t have discipline you won’t succeed, no matter how smart you are.”

– MR. PETER SANGAWE,

Mount Kilimanjaro School, Moshi, Tanzania

ention. However, despite interruptions, Mr. Sangawe never lost focus on what he had to do. He remained disciplined in his engagement with our class and the students.

On my last trip back to Mount Kilimanjaro School in 2014, I met Mr. Sangawe again. This time, he was the headmaster of the school. It was an emotional and happy moment for us. Both of us had grown and moved on from the 1990s, and we had taken different paths, yet I could see and appreciate that Mr. Sangawe’s disciplined life had rewarded him with a satisfying career.

My parents led our family by example, and their life was also very disciplined. Dad worked hard to support the family. I don’t remember ever seeing him stay at home because he was sick or just wanted to lie around in bed. Mom was the same. Her work ethic and ability to follow through on what she started was impeccable. Without a doubt, it was their tenacious ability to persevere and follow through that

brought our family to the U.S.A. years ago. No matter how difficult immigration was in the 1990s, and no matter how many hurdles they had to overcome, my parents had enough discipline to follow through.

As the leader of a small nonprofit organization, discipline is one of the qualities that I look for when hiring. Individuals with discipline are usually able to navigate through challenging circumstances. They can use the resources they have, no matter how limited they are, to solve problems. Even when projects change, or don’t seem to go their way, they are able to move things forward from start to finish.

We have all witnessed what happens when there is a lack of discipline. For example, when politicians and governmental leaders lack discipline, it negatively impacts their own people. Those who are already vulnerable in society often become more marginalized under undisciplined leadership. A lack of discipline in the workplace affects teams and leads to compromised or poor outcomes. At home, it causes disruption and unnecessary stress.

From living in different countries and cultures, I have learned that some cultures follow strict rituals and practices, such as religious prayers. In others, meal times are sacred, and all shops and businesses close to observe that time. In yet others, people wear uniforms at school and in the workplace. During my life, I have learned that those who are brilliant are able to avail themselves of opportunities readily, but

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those who work hard – who have a disciplined mindset – are able to do the same so long as they are focused and follow through on their commitments.

What I didn’t fully understand as a student in Moshi is that the secret to success is discipline. And while I confess that my least favorite subject, to this day, is physics, Mr. Sangawe is one of the most memorable educators I have known.

*Rupal Ramesh Shah is a third-generation Tanzanian who grew up in an ethnically Indian family in the town of Moshi, at the foot of Mount Kilimanjaro. Her family immigrated to the U.S. when she was a teenager.*

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"It was terrible, and felt like the end of the world for me, because the results I got from the search convinced me my child had autism, even before a doctor could confirm it," Ajike said.

But family members and friends believed David's situation was spiritually based. They offered to take Ajike and David to popular pastors, who they believed could undo what they considered to be the devil's handiwork.

Many people in Nigeria and other African countries think that ASD is caused by spiritual attacks, and that children with the disorder are "possessed." But experts warn that ASD is a developmental disorder, and has nothing to do with spirits.

Globally, about one in 160 children has an autism spectrum disorder. Even though there is no exact data on its prevalence in Nigeria, experts say about one out of every 125-150 children (or about 600,000 children) is living with ASD in Nigeria.

Kenya and Uganda also record cases of ASD. According to a report by the Autism Society of Kenya, up to 4% of the child population has ASD, which translates to about one autistic child for every 25 children. The Uganda Bureau of Statistics puts the prevalence of ASD in the country at 70 out of 10,000 persons. About 388,000 people are said to suffer from the disorder, including children.

After her internet research convinced Ajike that her son was autistic, she began looking for autism centers in Port Harcourt, Rivers State, in Southern Nigeria, where she lives. In the course of her search, she came across Blazing Heart Autism Center ([blazingheartfoundation.com/](http://blazingheartfoundation.com/)).

Founded in July 2009, Blazing Heart provides emotional



*A child in a Braille therapy session*

and psychological care and support to children living with autism, as well as to their families. "I did not start Blazing Heart because I had an autistic child on the spectrum, or because I needed money. It was borne out of sheer love for children with special needs," said Beauty Kumesine, Blazing Heart's founding executive director.

Ajike resisted taking her son to the center at first, and instead took him to a children's hospital in the city. In fact, most parents in Nigeria find it difficult to enroll their special needs children in schools and facilities for special needs children for a variety of reasons, including a fear of societal stigma. Most Nigerians think that special needs schools and facilities exist for children who are "not normal."



*Beauty Kumesine, Blazing Heart's Founding Executive Director*

However, after a doctor at the hospital verified David's diagnosis of autism, the doctor recommended that he be taken to the Blazing Heart Autism Center, and Ajike was forced to make a difficult decision.

In early 2020, David was enrolled at the center. Experts made careful diagnostic assessments and analyses – usually the initial step for any child who is brought to the center so that professionals can determine a child's individual needs and the best teaching strategies to use.

"Each day, we come across different kids – and like they always say, no two cases of autism are the same. I try to see life through their individual eyes," said Joy Jenyo, who works as a behavior therapist at the Center.

Since its inception, Blazing Heart has identified over 2000 cases of ASD, and has managed about 250 cases with direct interventions. Currently, about 46 autistic children are enrolled at the center including David, who is now three years old.

In a series of therapy sessions from Monday to Friday,



*An autism awareness campaign by Blazing Heart Autism Center.*

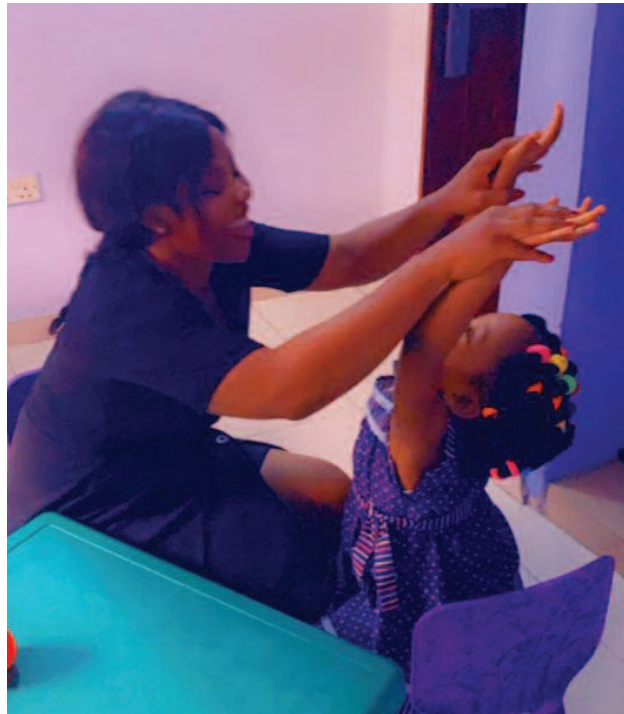
kids learn how to communicate, how to behave in society, how to be independent, and they explore music and art.

Jenyo said, "We are not trying to change them, but we teach them to shun behaviors that are not acceptable in society, and we also help them to gain independence that they can then use to navigate their way in society."

"If David wants something, he now can point to it as a way of asking you to give it to him. He could not do that before he went to the center," David's mother Ajike said.

For children with speech issues, therapists teach communication, so that others are able to understand them. David has been in speech therapy sessions at the center since 2020. His mother said, "He can now make sounds, and he recites nursery rhymes, even though not so well yet."

Therapy sessions at the center cost between N50,000 (\$120.89) and N125,000 (\$302.22) a month. However, Nigeria's minimum wage is N30,000 (\$72.53) a month, meaning that most families with an autistic child cannot afford to pay for therapy sessions.



*A therapist plays with a child during a therapy session*

"With the money we get from therapy sessions, we are able to pay our staff of over 46 people. For families that cannot afford to pay for our sessions, we are sometimes able to provide sessions for free, if we get enough external funding," Executive Director Kumesine said.

Annually, the center organizes awareness programs across rural communities in Rivers State. "We have been reaching out to communities, parents, and schools to let them know that autism is not a death sentence," she said.

Meanwhile, Ajike said that parenting a child with autism is challenging. "People in the society we live in are not very welcoming to children with autism. They just throw comments that are not nice. Most times they look at my son and ask me why he is still wearing diapers at the age of 3. They go as far as saying I am not a good mother."

Children with autism in Africa face discrimination from members of society who believe the disorder is a result of a spiritual attack. They do not see children living with ASD as normal children. Kumesine said, "Society does not understand them. I keep asking, who defines 'normal' and how did we come to a conclusion that we are normal, while children with special needs are not?"

But Blessing Inaboya, another behavior therapist at Blazing Heart, believes that society is unfair to children with autism and discriminates against them be-

cause not enough is being done to educate people about ASD. "If people were more informed, they could understand that it is nothing more than a disorder, and they would learn to treat people with autism better," she said.

Experts say that most Africans are largely unaware of autism, despite its prevalence. Inaboya believes this could be the reason why most African countries have not carried out enough research to arrive at exact data on the number of persons affected by the disorder across the continent.

Another challenge in raising children with autism is money. In Ajike's words, "Paying for therapy, and trying to give them the care that they need takes a financial toll on the parents."

And working with parents who anticipate miracles can be challenging, said Kumesine. Parents sometimes expect their autistic children will learn to read, communicate, and behave in the same way that other children without the disorder do – and in a short amount of time. "Some parents want to see instant changes, and fail to understand that it is a process that demands patience and time. They tend to put pressure on the children to be what they expect them to be in their heads, forgetting that they have their own lives to live," she said.

Despite its commitment to helping autistic children lead happier and healthier lives, Blazing Heart Autism Center struggles financially. "Sometimes we get financial support from people, companies, and we also get grants, too, but it is still not enough to enable us to carry out our work as effectively as we would like," said Kumesine. In the future, the organization hopes to have an inclusive vocational center specifically set up for children with autism to help them use vocational skills.

For the moment, Ajike is encouraged by David's progress, and she is eager to support him and assist him in realizing his ambitions. She is also dedicated to assisting other parents of autistic children see the bright side of life, and understand that a diagnosis of autism is not the end of the world.



*A child learning in a therapy session*



*Children in a behavior therapy session*



# RESETTLEMENT IN MAINE

## CANMP: Hope in Augusta

By Kholiswa Mendes Pepani



CANMP offers weekend Arabic classes to help immigrant kids learn to read and write in their native language

On August 15, 2021, when the Taliban recaptured Kabul, a frantic rush to try and get out of Afghanistan gained momentum. Communities all over the world scrambled to make arrangements for the emergency arrival of Afghan refugees. Amongst these was the Capital Area New Mainers Project, known as (CANMP), which prepared to welcome families. Based in Augusta, CANMP (pronounced "camp") was created in 2017 as a community initiative to provide support for Augusta's growing immigrant community, foster relationships, and take a stand against the bigotry toward migrants expressed by the former president. Since 2017, CANMP has successfully helped an estimated 70 families - over 400 people from Syria, Iraq, and Afghanistan - settle into the Augusta area.

"We are not a refugee resettlement agency," said Myers Asch. "But [after the fall of Kabul] we reached out to Catholic Charities Maine, and Maine Immigrant Rights Coalition, to extend a helping hand. Initially we expected to



As Afghan families arrive in Maine, CANMP helps welcome them to the capital area

receive 10 families right away, but it's proven a bit hard to get families to come to Augusta. At the moment, Portland [and Lewiston] have become the center of the Afghan community. Once families join the community that already exists there, they are less willing to see other places like Augusta and Bangor as potential homes. The first Afghan family settled here in November, and another joined in December. We are expecting to receive two more by the end of

January. We hope that more families will begin to settle here so that other incoming Afghans begin to see Augusta as a community that they can build from. The teams are set up and waiting. We just don't have enough families yet."

Myers Asch knows that immigration is a generational process that does not take place overnight. "This is a marathon, not a sprint. Immigrating into a new country, a new community, it takes a very long time. Volunteers may not see the kind of progress that they hope for in a year or two. Whatever measure of successful immigration you want to use, people will get there. It doesn't happen overnight and it never has."

When CANMP was founded, some Afghans had already made their way to Augusta, but the numbers were small relative to the number of Iraqi and Syrian families. Co-founder and Executive Director Chris Myers Asch explained the early days of the organization. "We came together in early 2017, and at first there were four main people involved; myself, Sarah Shed, and two young Iraqis, Hasan Alkhafaji, and Ahmed Al-Abbas. With the incoming Trump administration there were so many marches and protests, as people tried to deal with concerns around his political stance. We wanted to channel that energy into something that could be ongoing and sustainable for the community. So we started CANMP, and recruited a lot of volunteers by tapping into the existing energy. This was something everyone could do at a local level - work together with the immigrant community to build bridges and connect people."

Myers Asch explained that CANMP developed core areas to facilitate lasting relationships between the host community and immigrant families. "The first piece, where it all started, was connecting people and building relationships. In 2017, there wasn't a lot of interaction between the American host community and the immigrant community, and we wanted to build those relationships so that people could get to know one another, trust each other, and if something came up, they would know people to call. Pre-COVID, we would host Potluck dinners, and holiday celebrations. Different types of gatherings where families got to know each other."

One of CANMP's first initiatives was the 'family mentor team' program, which allows new families to work with 4 or 5 Americans who volunteer to provide logistical, social, and educational support, helping families adjust to life in central Maine. "My family is originally from D.C., and when we came up here, we had people in our Temple who did that same thing. I'm an American and a native English speaker, but a new community is just different. When you move to a new place it's nice to have local people who can show you around and assist with things like where to take the kids for free activities, or where to get snow tires. We wanted to create a group of neighbors who could help people adjust. The family mentor teams are really where most of the relationships develop," Myers Asch said.

CANMP's Program Director Nakaa Nassir began her career as a translator, helping with adult language programs. Recently she has been facilitating Arabic classes for immi-



CANMP has partnered with the Maine CDC and other health organizations to offer vaccine clinics

grant youth, to help them hold onto their tradition and culture. She explained, "Through Arabic we are able to preserve our culture, to keep tradition alive. It's a reminder of where we come from, and that is too priceless to lose. Arabic is our tradition. It is our culture. It's the language of the Qur'an. If we forget our language, we forget everything." When Nassir's classes began in September, she had over 60 participants, but that number has recently dropped to between 30 to 35, due to transportation issues and COVID-19. As the current surge passes, Nassir hopes that the numbers of volunteers and students will increase once again.

CANMP works to educate the broader Augusta community about their new neighbors. Myers Asch explained, "There is a lot of misinformation out there, so it was important to connect with locals and help them understand what is going on. Before COVID, we were able to go to churches and host events where we shared information about the immigration process, and who was coming here and why. We went over what some of the challenges and benefits of immigration are. It was really important to reach out and teach people about the situation before any kind of misunderstandings had a chance to present greater challenges to the process."

CANMP has worked hard to develop programs over the past five years that have paved the way for immigrants to settle in Augusta. Myers Asch sees the arrival of Afghans as a boon for the state. For one thing, demographics are such that the workforce is depleted. For another, younger people are known to prefer living in diverse cities and towns. Said Myers Asch, "Maine needs more immigrants; Maine needs more diversity. It makes Maine a better place."



With help from Colby College students and other volunteers, CANMP renovated a former church into housing for immigrant families and the Hallowell Multicultural Center



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At the same time that Khalid found herself targeted by hate, so did other candidates with similar backgrounds in other parts of the U.S. They formed a sort of informal support system that was comforting to her. “I am not alone,” she realized. In fact, she learned some others were facing even more explicit racist attacks than she was. “I realized the system was built to oppress people like me, but I felt a connection with others across the country, that helped.”

Things settled down somewhat once the campaign was over, and Khalid began her term. But she felt lonely as the only person of color on the Council. And she said it was sometimes hard to find common ground with the other councilors. “Those at the table make decisions based on their lived experiences. What I thought was that we needed to allocate more money to start new programs to help people – but it was hard for other councilors to understand what I was asking for when I spoke about a policy, or an agenda item, because my experience wasn’t their lived experience. It wasn’t their fault. But

that’s why having diverse voices is so important. I often felt like I was fighting alone.”

And Khalid found that as the campaign receded, much of her local support system got busy with their own lives, and



If anyone should know why we need more anti-racist candidates, it is Khalid. Her experience of running for office was sobering, to say the least. Her 2019 campaign “went viral,” as she put it. Local right-wing Facebook groups posted anti-Muslim insults and threats. Online trolls got hold of her social media accounts and mounted a smear campaign that was based on race, religion, gender, and her status as a refugee from Somalia. The local police even had to mount guard outside her victory celebration in Lewiston. Despite overwhelming support from the electorate, and “a lot of support in the form of donations and encouragement to get me across the finish line,” she said, the vitriol of the latter part of Khalid’s campaign showed Maine that racist policies and attitudes are still very entrenched in society.

“fighting racism is extremely hard – it is exhausting – especially without allies”

— SAFIYA KHALID

## Communal trauma and healing in immigrant communities | By Ally Cooper



Dozens of participants turned out on January 27 for an online panel discussion on “Communal Trauma and Healing” that was hosted by the Maine Association for New Americans (MANA). Panelists discussed different aspects of trauma, as well as modes of healing. The discussion took place in French and English.

“Collective trauma is real, and it can happen to anyone and everywhere. It is caused by traumatic events such as genocide, war, natural disasters, mass shootings, immigra-

tion, pandemics, and more,” said panelist Yvette Unezase, MANA Project Manager. Unezase explained that trauma doesn’t just disappear when the inciting events are over. For example, “Immigrants think that because they have reached safety, the trauma [from their past] is gone - that they can’t carry those experiences with them. But this is not really the case,” she said.

In fact, immigrants have a high risk of experiencing toxic stress, which is caused by enduring long periods of stress without protective factors and enough resilience to buffer the impact, according to panelist Angela Giordano, Program Coordinator for Partners for Thriving Youth. “This could be trauma experienced before migration, during migration, or during resettlement. There could be language barriers as well as cultural barriers that may exist between the older and younger generations. There can be isolation and dislocation from community,” Giordano said.

Panelist Regina Phillips, Co-Founder of Cross-Cultural Communications Services, talked about Post-Traumatic Stress Disorder (PTSD). She emphasized that people react differently to trauma. “You

can have two people get into a car accident. One person may develop PTSD as a result, and the other person may be fine. And the effects of that accident on the individual may occur immediately, or may be considerably delayed, yet have devastating effects on the individual,” she said.

Entire communities can be impacted by adverse circumstances. “We have harmful structural factors at play like racism, violence, and poverty that impacts whole communities...However, adversity is not destiny. All people can heal,

“Change comes from the laws we pass at all levels of government, and policy is at the center of everything ...Policy is deeply rooted in creating a society that is just, fair, and equitable, and I want to be involved in that.”

— SAFIYA KHALID

couldn’t always attend Council meetings, “waiting for one agenda item far down the list late in the meeting.” That was when she realized that candidates need help not only to get elected – they also need help after they are elected. And she began to think about creating a support system for people of color when they are running for office, and also after they are elected. “Because fighting racism is extremely hard – it is exhausting – especially without allies,” Khalid said.

None of this means Khalid regrets her experience on the Council. “I am so grateful for what I have seen and learned. And I did accomplish some of my goals and vision, even though it doesn’t always feel like it.”

But she is looking more to the future now than to the past. She said she wants to remain involved in government, possibly by serving in public office – but not necessarily. The nonprofit sector also attracts her, for example. But whatever she ends up doing when she graduates, she knows it will be centered on equity work. “Change comes from the laws we pass at all levels of government, and policy is at the center of everything ...Policy is deeply rooted in creating a society that is just, fair, and equitable, and I want to be involved in that.”

Khalid is gracious about her experience as a candidate and elected official, despite what she suffered. “It was an honor being at the table and representing my ward. It was the privilege of a lifetime to represent my community. And young people in the city have more of a sense of hope and belonging because I was on the Council. ‘Are you in the White House?’ little kids ask me.”

She urges Mainers to get involved this election year. “I strongly believe Mainers can bring in those who feel left out. This year is a chance for us to do better. So donate to a candidate, volunteer, come together.”

thrive, and overcome hardship at any stage in their life,” Giordano said.

Panelist Zamzam Elmoge, MANA Community Wellness Partner, works to help immigrant communities heal from collective trauma. She leads MANA’s Zoom Youth Peer Support Group Girls Supporting Girls. Elmoge said she was inspired to become a resource for her community by attending Seeds of Peace Summer Camp at age 15. Seeds of Peace, located in Otisfield, brings together youth from around the world to build relationships and leadership skills with youth from diverse cultures and backgrounds -- often across various conflict zones. Elmoge started the Girls Supporting Girls group in 2020, after joining MANA.

“My target audience was immigrant youth, because I knew that in my community and in our cultures, there isn’t a lot of talking about mental health or trauma. A lot of these people, especially children, are going through trauma alone,” she said. The groups take place over Zoom because of the pandemic. “Even though it’s virtual, these girls are able to build such strong, beautiful bonds in a matter of months. At a young age, I think you need to learn that there are people who support you and understand you -- and they can be people who look just like you.”

The evening closed with Unezase reminding attendees, “You are not alone. If you are dealing with trauma, please reach out. MANA is here to support you in any way that we can.”

MANA provides multicultural and multilingual trauma-informed support through peer support groups and one-on-one sessions. Some upcoming groups include Immigrant Women Support Group, Genocide Survivors Support Group, and Immigrant Parents Support Group. Current sessions include two Youth Support Groups and one-on-one individual sessions.

Learn more about MANA and their Resilient New Americans: Peer Support Groups on their website at [mana-maine.org](http://mana-maine.org).





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