



SEWA-AIFW Newsletter

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3702 E LAKE ST, MINNEAPOLIS MN 55406
TEL: 763-234-8301, 24/7 CRISIS LINE: 952-912-9100
WWW.SEWA-AIFW.ORG
NON-PROFIT 501C(3) ORGANIZATION

Every Effort Helps

If you are a caring person, passionate about helping the South Asian community in Minnesota and wish to volunteer with SEWA-AIFW, please sign-up on our web-site www.sewa-aifw.org

SEWA is looking for volunteers to help — health clinics, senior programs, youth education, marketing, social media, and web site improvements.

Contact SEWA if you are interested in internship opportunities.

First Teej Festival is a Giant Success

SEWA-AIFW partnered with the local Bhutanese population to help them celebrate one of their biggest religious festivals; the Teej Festival.

On August 23, 2014, SEWA helped set up and run the local Teej festival, held at the Lauderdale City Hall.

Over 100 people showed up, bringing homemade meals and drinks. After a puja run by the priests, music was played and everyone got up to dance. The teej festival, traditionally celebrated in Nepal and northern India, is one of the largest celebrations in Bhutanese culture. SEWA joined them to help them, many new immigrants to the United States, be able to enjoy this festival and celebrate their heritage. Teej itself, originally a celebration marked by a woman honoring her husband, has now become a symbol of female freedom of expression. It is accompanied by periods of fasting and broken with a large feast.



Inside this issue:

SEWA Youth Volunteer Group 2

Youth Soccer Game 2

Health Clinics 3

Honoring Choices 3

SEWA Mission 3

Planned Events 4



New! SEWA Youth Volunteer Group

A new program was added to SEWA to help encourage youth participation in SEWA and their own community.

Priyanka Shetty, a senior at Eden Prairie High School, began this program as a part of her Girl Scout Gold Award. She wanted to be a part of the Hindu community in the Twin Cities and work with new immigrants through SEWA.

Through SYVG, students can become members and volunteer at the many different SEWA sponsored events. Recently, SYVG members have helped out at the Teej Festival, the Health Clinics, and Senior citizen programs.

It is not only a great way to get involved in the local community, but also a great way to gain some leadership skills and a wonderful addition to a college resume.

If you are a teenager, ages 13-18, and would like to sign up or get more information, please contact Priyanka Shetty at priyanka.shetty212@gmail.com



YUWA Youth Soccer Game

This Summer SEWA collaborated with the Yuwa Program to bring girls from rural Jharkhand area of India to play in Minnesota.

The Yuwa program, started by Edina native Franz Gasler, was started in 2009 to help empower girls in rural villages in India. Using football programs as a platform, Yuwa brings girls together to encourage literacy and combat child marriage and sex trafficking. Every girl goes through life workshops designed to empower and encourage discussion. The program has been working in Jharkhand, the poorest, most illiterate region of India to connect girls through soccer. This summer, Yuwa brought 18 of these girls on a trip half way around the world to play in the National Sports Center in Blaine. The "Supergoats" team was aided by SEWA with transportation and other services to and from games and other activities. If you are interested in Yuwa's cause, please go to their website: www.yuwa-india.org



COO Raj Chaudhary with some of the team members

Hindu Mandir/Gurudwara Health Clinics

As a part of the SEWA's health programs, it has been collaborating with the Hindu Mandir Temple in Applevalley and the Gurudwara in Bloomington to provide free health clinics for those who cannot afford it or need the support. The Clinics include help with filling out forms, taking blood pressure and other minor services administered by nurses or doctors. Several doctors volunteer their time every second or third Sunday from 11am to 2pm.

The clinics have been a large success, and SEWA even helped with the Gurudwara's special flu clinic in October for those who cannot or do not know how to access it through other sources. These health clinics are monthly and the dates are posted on the calendar on the SEWA website.



Nursing students helping a patient at the Hindu Mandir

Honoring Choices

SEWA is partnering with the Twin Cities Medical Initiative "Honoring Choices" to educate the Indian population on Healthcare Directives. Many within the community are not fully aware of some of the critical decisions that one should make if a person is incapacitated. If anyone would like a copy of Healthcare Directives Sheet, click [here](#). If there are any questions, feel free to contact SEWA at:



SEWA-AIFW Overview and Mission

SEWA-AIFW is a non-governmental, nonprofit organization and is committed to bringing total family wellness to the South Asian community living in Minnesota. South Asian is defined as individuals from the following countries: Bangladesh, Bhutan, India, Guyana (Indians), Trinidad (Indians), Nepal, Pakistan, and Sri Lanka. The Asian and Pacific Islander (API) population is the fastest growing group in Minnesota. South Asians are the 2nd largest Asian group in Minnesota, increasing from 20,000 in 2000 to 38,000 in 2010.

Often viewed as a "model minority," the South Asian population has a plethora of unmet needs and remains overlooked and invisible in research and services. South Asians face multiple barriers to accessing resources including language, and a lack of knowledge in the larger community about their cultural and ethnic backgrounds.

SEWA-AIFW's Mission is to:

- x Bring total family wellness to families and address immediate needs of families in crisis
- x Provide outreach services to under-served and vulnerable communities
- x Promote research and build bridges between the government, private foundations and communities
- x Develop trained volunteers sensitive to the cultural needs of the South Asian community

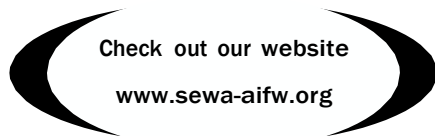


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ASIAN INDIAN FAMILY
WELLNESS



SEWA-AIFW: Asian Indian Family Wellness has programs that focus on eliminating gender inequality, eradicating domestic violence, providing services to domestic violence victims, providing a better environment for seniors, and spreading awareness about health and fitness among the migrant South Asian population living in Minnesota.

~~Planned Events October—December 2014~~

Women's Programs:

Currently working with various apartment building managers at Ram's Gate, Lou Park, and Eden Place to schedule events in the month of November and December.

Senior Services - Mid November / December

SEWA Free Health Clinics:

Gurudwara Health Clinic -Every 3rd Sunday of the Month (noon - 2pm)

Hindu Mandir Health Clinic—Every 4th Saturday of the Month (11:30-1:30pm)

SEWA will also be attending the following conferences and annual meetings:

- x American Asian Pacific Islander Health Coalition (AAPIHC) annual meeting
- x Many Faces of Community Health 2013: All About Access: Health Reform and the Safety Net