

GET INVOLVED!

Dear Friends of Asha,

We have had a great start this year! Our grant application to the “The Capacity Building Initiative for Immigrant and Refugee organizations” (CBI) was accepted and we received our first check. The CBI grant also includes other valuable benefits such as a computer system, training, and multiple workshops, which are going to be helpful in running a non-profit organization like ASHA – Ray of Hope. Through these workshops we have had the good fortune of meeting representatives of other organizations who have received the same grant. Through their stories we have traveled to their countries of origin and learned about their culture. It’s been a wonderful experience!

The good news goes on. We have been provided furnished, rent-free office space in the “Center for Child and Family Advocacy.” All the other tenants in the building are going to be wonderful resources for us because they are all dedicated to serving families and children. We are in great company!

Several ASHA members have made presentations in the community to create awareness about domestic violence and talked about ASHA’s role in prevention of violence and support of the family. If you hear of anyone who could use ASHA’s services please tell them to contact us so we can help them. Remember that domestic violence hurts everyone in the family including the children. Research shows

that boys who witness abuse can become abusers themselves and girls can become victims of violence. They have learned from their families that violence is an acceptable way of expressing anger.

I would like to invite all of you to join ASHA – Ray of Hope; donate your time, talents and money. ASHA is a volunteer-run organization and we are always looking for people to help us in this fight against

family violence. It is an opportunity to learn and grow, to serve your community and do “seva” (worship). Thank you for your continued support and trust in Asha.

Sincerely,

Mira Satiani LPCC

President, Asha – Ray of Hope



Mani Lakhi, Deepa Saratchandran, Nita Chabria & Dr. Janak Wadwa at the Asian Festival booth.



Dr. Rani Lakhi, Tabassum Syed & Sujatha Reddy at the Asian Festival booth.

PARTNERS OF ASHA-RAY OF HOPE

by Debarati (Debi) Bardhan

ASHA – Ray of Hope is aiming to close the gap that exists between immigrant families who need assistance and the federal, state, county and city programs that are already in place. Keeping this objective in mind, ASHA has established professional relationships with a variety of local organizations that are working with us and helping us to provide more help to those who are in need.

Services provided by ASHA are diverse and are created to cater to an individual's specific need. A general list of our services is provided below:

- Counseling & Support for Spousal Domestic Violence
- Teen Dating Issues
- Cultural Acclimatization Assistance
- Economic assistance for programs aimed at empowering women
 - Spoken English classes
 - Drivers License
 - Transportation

ASHA works with each individual and connects him or her to existing programs within agencies and organizations within the government that can help them. A list of organizations that ASHA has worked with in the past and continue to partner with presently include the following:

- Ohio Domestic Violence Network
- Choices
- Columbus Coalition against Family Violence
- City Attorney's Domestic Violence Network
- Capital University's Legal Program

Member(s) of one or more of the organizations listed above attend monthly meetings of ASHA-Ray of Hope. Our members

too attend meetings of these organizations and lend support to their programs. Our founding member and past Secretary, Dr. Raja, was nominated and serves on Governor Bob Taft's Domestic Violence Task Force. In addition she is also on the Columbus Coalition Task Force. She is the face of ASHA at these organizations and its members recognize ASHA for its efforts. Asha-Ray of Hope, President, Mira Satiani is on the Ohio Domestic Violence Interpretation Committee. She is involved in designing trainings for interpreters and healthcare providers who utilize services of the interpreters.

In addition, ASHA works with community leaders to cater to the requirements and needs of the individual communities. ASHA is a member of the Federation of Indian Associations (FIA) and is encouraged in its effort by the FIA and its member organizations. ASHA has a generous friend in AAPI (American Association of Physicians of Indian Origin) who have provided strength and momentum at the initial stage of its formation and continue their strong support. We partner with several Indian organizations in Central Ohio and nationwide (Manavi, New Jersey) and have participated in events and programs hosted by them.

Events attended to by ASHA members this year include:

- Thyagaraja Festival
- Ugadi Celebrations
- Asian Festival
- FIA Annual Picnic

Website links to ASHA are established at the FIA website, Sindhi Association of Central Ohio website and Telegu Association of Central Ohio website. Members of the Network of Indian Professionals (NETIP) have volunteered at ASHA's fundraising efforts.

Asha-Ray of Hope is also working on establishing close ties with the Medical

community in Central Ohio. As a part of this effort, Asha-Ray of Hope brochures have been sent to ERs (emergency Rooms) of several hospitals in our Central Ohio community.

The religious community too has responded to ASHA's request for partnership. ASHA advertisements and contact numbers have been listed in the Bharatiya Hindu Temple magazine and directory.

Most importantly, ASHA could not exist without our clients and friends whom we support through good times and bad. Over the last two years ASHA has improved the lives of twenty two (22) individuals and this year alone until May, we are working on five (5) new cases.

Domestic Violence and Abuse is a challenge to our community and ASHA will continue to raise awareness and support individuals who need our help and assistance. At ASHA every call is answered and every email is sent a response; individuals are helped irrespective of their national origin, religion, gender, sexual orientation, race, caste or creed. ❖

ASHA-Ray of Hope would like to thank the following people for helping the organization in various ways:

Amar Pandey

Dr. Kasturi Rajyadhyaksha (Dr. Raja)

Nita Chabria

Preeta Naveen

Rajya Mannava

Rani Lakhi

Ruby Jain

Shaila Patankar

Sujatha Reddy

Tabassum Syed

THE ESSENCE OF LEADERSHIP

by Dr. Rani Lakhi

“A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes only by the quality of actions and the integrity of his intent. In the end, leaders are much like eagles. . . . they don’t flock, you find them one at a time.” (Anonymous)

Having said this I would like to introduce to you ASHA – Ray of Hope’s new Executive Committee members who were chosen this year to serve their 2-year tenure.

President: Mira Satiani; Vice President: Janak Wadwa; Secretary: Debarati (Debi) Bardhan; Treasurer: Deepa Saratchandran.

Mira has served ASHA in various capacities for the past 2 years. She is a clinical counselor with vast mental health experience and tremendous volunteer experiences. She is currently working at Riverside Methodist Hospital’s emergency room as a contingent counselor. As a founding member, she is a committed and

dedicated worker and I am confident that she will lead ASHA to great heights.

Janak Wadwa is a prominent pediatrician and well-known for her community work as well as her business background. She is a founding member of ASHA, is highly motivated and will continue to nurture ASHA’S goal and mission.

Debarati (Debi) Bardhan, a Project Engineer for DLZ Corporation, has proven to be a great asset to ASHA during her past two years as a member. Her organizational skills as well as her computer skills are highly commendable. She performs her duties with a great sense of responsibility and keeps everyone tightly focused on what matters the most – superior performance with results! I must say she is a source of inspiration for ASHA.

Deepa Saratchandran is a Team leader in the Consumer Cash Area at Huntington National Bank. She has a great deal of volunteer experience with CHOICES, one of the organizations with which ASHA collaborates. She certainly is the right choice for Treasurer for ASHA. ❖



New committee, from l to r, Debarati (Debi) Bardhan – Secretary, Dr. Janak Wadwa – Vice President, Deepa Saratchandran – Treasurer & Mira Satiani - President.

Domestic Violence Resource List

CHOICES224-4663
www.choicesdvc.org

Batterer’s Treatment

Lutheran Social Services ...261-5580

Mt. Carmel234-2939

Southeast.....225-0980

Crossroads.....445-0352

Africentric Personal
Development.....253-4448

Legal Info

Capital University Family
Advocacy Clinic236-6245

Domestic Violence Unit –
Prosecutors (protection
orders, filing charges)645-6232

Victims of Crime
Compensation..... 1-800-582-2877

VINE (notification of which
correctional facility defendant
is housed) 1-800-770-0192

Legal Aid Society224-8374

Other

Adult Protective Services....462-4356

Center for New Directions .849-0028

Columbus Literacy
Council 614-221-5013

Franklin County
Children Services229-7000

Franklin County Department of
Job & Family Services....462-4000

Dr. Lu
(free medical clinic)451-3550

National Domestic Violence Hotline
(24 hours) 1-800-799-7233

Ohio Domestic Violence
Network.....781-9651

THE CAPACITY BUILDING INITIATIVE: IMMIGRANT AND REFUGEE ORGANIZATIONS

by Rachel McIntosh

The Capacity Building Initiative: Immigrant and Refugee Organizations is a two-year pilot project that was the result of local funders acknowledging the need and importance of immigrant-led and founded non-profit organizations. The initiative is the first of its kind in the Midwest, pooling over \$800,000 in combined public and private resources through a unique funding mechanism. Direct contributors include The Columbus Foundation, Franklin County Board of Commissioners, Columbus Medical Association Foundation, Fifth Third Bank, Ohio Children's Foundation and United Way of Central Ohio. The Columbus Community Relations Commission and the Ohio State Bar Foundation are providing in-kind services through technical assistance, meeting space and staff time.

Nine Columbus-based organizations were selected for the program through a competitive proposal process. These grassroots groups represent area residents whose countries of origin range from Latin America and South America to Asia and Africa. We are proud to announce that the organizations selected include: ASHA-Ray of



Lisa Courtice, left, works with the Capacity Building Initiative, Dr. Janak Wadwa, Asha-Ray of Hope & Aklog N. Biru, Ethiopia Orthodox Tewahedo Church represent two non-profits who receive assistance from the Initiative. Photo courtesy: Business First, April 1, 2005

Hope, Asian American Community Services, Ethiopian Community Organization, the Ethiopian Orthodox Tewahedo Church, the KIACA Gallery, the Ohio Hispanic Coalition, Somali Senior and Family Services, Somali Women and Children's Alliance and Sonlight Community Services.

Awardees of the Capacity Building Initiative will benefit from comprehensive organizational assessments and over 120 hours of free training and consulting services in areas such as financial management,

board development, fund development and outcome measurement. Participating organizations will also be eligible for small grant opportunities to assist with programs and organizational effectiveness. An expanded version of the initiative and participant overviews can be found at <http://www.uwcentralohio.org/cbi.asp>. For more information, contact the Capacity Building Initiative at 614.241.3078 or rmcintosh@uwcentralohio.org. ❖



Julie Paek Hubler, right Steering Committee member, Capacity Building Initiative with Dr. Raja, Dr. Janak Wadwa & Debarati (Debi) Bardhan – CBI reception at Columbus Foundation.

TRAINING FOR ASHA-RAY OF HOPE PROVIDED BY CBI

by Janak Wadwa

In November 2004, Dr. Janak Wadwa & Mira Satiani attended The Capacity Building Initiative (CBI) pre-submission Workshop. Dr. Kasturi Rajadhyaksha (Dr. Raja) and Mira Satiani filled out a grant application on behalf of ASHA-Ray of Hope. The objective of the grant is to help Immigrant & Refugee Non Profit Organizations. Twenty organizations applied for the grant. ASHA was one of nine organizations selected to receive \$20,000 over a two-year period. This grant will be used to support the core operations of ASHA.

In addition to funding, Executive Committee/Board members will receive training & technical assistance. An orientation workshop was attended by Deepa Saratchandran and Janak Wadwa. It was followed by a grand reception at The Columbus Foundation Office. Dr. Raja, Dr. Wadwa and Debarati (Debi) Bardhan attended the reception. In addition to the above grant, CBI has given ASHA-Ray of Hope a computer and \$5000 to spend over two years for technical assistance.

CBI (Capacity Building Initiative) will be conducting monthly or bi-monthly training workshops at the United Way office. Dr. Wadwa, Deepa Saratchandran and Mira Satiani have attended workshops in April & May 2005 and Dr. Raja has joined the same team for the workshops in June 2005. Some of the topics include budgeting basics, Mission and Vision statements, grant proposal writing, fund-raising planning and building a strong board. The workshops will help ASHA-Ray of Hope's Executive Committee and Board members to serve our community in a more efficient manner. All members of ASHA-Ray of Hope and those who have contributed time and money deserve special thanks for this recognition by CBI. ❖

COALITION DONATES OFFICE SPACE

by Karen Days

The Columbus Coalition Against Family Violence recently donated office space to ASHA—Ray of Hope at the Center for Child and Family Advocacy, 655 East Livingston Avenue, Columbus. As a result, Asha is better able to help victims of domestic abuse.

With its location at the Center, ASHA now works closely with CHOICES and the Coalition in serving victims. Both organizations also have offices and staff at the Center.

“With Central Ohio's increasing diversity, it is important for organizations that work with victims from different backgrounds and cultures to have access to services that are appropriate to their situation. ASHA – Ray of Hope has done tremendous work for many years working with diverse cultures; its new location at the Center will help them to continue to do so. We are ecstatic that they are now a part of the Center family,” said Coalition President Karen S. Days.

Learn more about the Coalition and its initiatives at www.thecolumbuscoalition.org. ❖

The logo for ASHA-Ray of Hope features the words "ASHA", "RAY", "OF", and "HOPE" stacked vertically in a blue, sans-serif font. The text is set against a background of three diagonal blue lines that create a sense of movement and depth.

***ASHA-Ray of Hope
would like to thank
our two editors for
their assistance in
the preparation of
this newsletter.***

**ARUNA JAGTIANI
&
VEENA KASBEKAR**

FROM THE COUNSELLOR'S CORNER:

CULTURAL DIFFERENCES: COPING WITH CULTURE SHOCK

by Sujatha Reddy

According to Katherine Schneider of Wisconsin University, most of us experience vast cultural differences after coming to this country. Schneider says immigrants usually experience four phases:

1. Honeymoon: Everything is great, nothing is wrong; we are having a wonderful time.
2. Shock: There are so many things different in this country that you don't know how to deal with them. You did not think things would be like this.
3. Negotiation: You learn to deal with the problems before you and try to integrate them with your own beliefs.
4. Acceptance: You are able to live well in the environment and have acculturated to the differences.

Some cultural differences you may experience due to change in customs are as follows:

- a) Friendship: Most people you encounter will be friendly. They will talk about current events, politics, hobbies and sports. However, personal matters such as financial or family problems are often not spoken about.
- b) Attire: The attire is usually informal unless you are otherwise told to wear formal clothing. It is not necessary to wear western-style clothing. Clothing you have brought from home is acceptable.
- c) Greeting: When Americans greet each other, whether male or female, a handshake is generally the custom. Spatial distance is a very important aspect of non-verbal communication. Most Americans stand three feet apart when talking.
- d) Schedules: Americans place a high priority on being punctual. The phrase

continued on following page

**FROM THE
COUNSELOR'S CORNER**

continued from previous page

"time is money" is very common.

You will be expected to be on time to events such as classes, work, meetings, appointments, dinner arrangements, etc. that have specific starting times.

Symptoms of Culture Shock

Anger over minor inconveniences, irritability, withdrawal from people who are different

from you, extreme homesickness, sudden intense feeling of loyalty to own culture, overeating or loss of appetite, boredom, a need for excessive sleep, headaches, upset stomach, depression, loss of ability to work or study effectively, unexplained crying, marital or relationship stress, exaggerated cleanliness, feeling ill much of the time.

In order to be experiencing culture shock, you need not have every symptom on the list. It is possible that only a few may apply to you.

Solutions for Culture Shock

Even though some people may not be able to eliminate culture shock, there are ways to ease the stress. Keep active, make American friends, read, exercise, participate in community activities, work on your English, introduce yourself to people from your community, join the association for international students or become part of the Indian community. Be patient and take it one day at a time. ❖

Upcoming Event! – Television Interview

Debarati (Debi) Bardhan will be representing Asba-Ray of Hope on James L Stowe's Community Relations News on Tuesday July 19, 2005 on Channel 3 on Television as a part of the Capacity Building Initiative team!

Upcoming Event! – New Office Inauguration

When: July 21, 2005

Where: Center for Child & Family Advocacy at Columbus Children's
655 E. Livingston Avenue, Columbus, Ohio 43205-2618

Time: 5:00-7:00 PM



ASHA-RAJ OF HOPE
Center for Child & Family Advocacy
655 E. Livingston Avenue
Columbus, Ohio 43205-2618

Contact Us At:

Voice Mail: 614.470.3282

Crisis Line: 614.565.2918

Office Phone: 614.722.5988

www.asharajofhope.org