



Welcome to the Afghan-American Women's Association

MISSION STATEMENT

A-AWA is a result of the growing Afghan-American presence in the US, especially in the greater Washington, DC metropolitan region. A-AWA's mission is to serve as a platform for organizing Afghan-American women through cultural, educational, charitable, and social activities. The needs of the Afghan-American community are many, as are the potential resources to address those needs. A-AWA will serve as the connection between the needs of the community and available resources.

A MESSAGE FROM THE BOARD

Dear Members of the Advisory Committee, Valued Volunteers, and Friends:

We hope that everyone had a wonderful start to the winter. The Afghan-American Women's Association (A-AWA) has started this quarter with wonderful energy and hope. Congratulations and an extra hurrah to everyone for the fine job you did in order to make A-AWA's second year a wonderful success.

Thank you for the contributions you have made to A-AWA over the past two years. The response from the community was heartwarming.

We are pleased and very fortunate to have a group of hard working and dedicated people committed to the organization's goals and we hope that you all will continue to support A-AWA. The value of your contribution is returned to you in our many services that benefit the Afghan community.

Thank you once again for your help in the past and for the support you will provide in the future. We have many exciting projects to implement in the near future for our Afghan community here in North America as well as in our beautiful Afghanistan. Please remember that only a joint effort will make it possible for us to achieve our goals.

Cordially,

A-AWA Board of Directors

GUIDING PRINCIPLES

1. Promotion and sharing of Afghan traditions and culture;
2. Partnership with community groups and other Afghan-focused organizations;
3. Respect for diversity in individual values and religious faiths; and
4. Awareness of and support for Afghan women facing challenges unique to the Afghan community.

GOALS

A-AWA's primary goal is to obtain funding and construct a community center to serve the various needs of the community. In addition, we will continue to serve the local community by providing opportunities for educational, cultural, and professional growth.

A-AWA UPDATES

Our position as a community organizer allows us to guide those in need with appropriate services. A-AWA's community outreach committee members are working hard to provide: assistance for newly arrived immigrants, socio-economical support for critically ill Afghans and their families, language and citizenship classes, educational talks for the community, a venue for youth volunteerism, clothing, food and medicine drives for the needy in Afghanistan, etc. We know that these services will be enhanced with the establishment of a community center.

A-AWA's primary goal is to obtain funding and construct a community center to serve the various needs of the community. We have been working very closely with Fairfax County and the county authorities have been very receptive, helping to facilitate the process. A-AWA is aiming to have a proposal in place as soon as possible and obtain funding for the upcoming year.

Community Outreach Committee Celebrates Successful Launch of the Afghan-American Women's Circle for Senior Citizens



The Afghan-American Women's Circle for Senior Citizens is designed primarily to offer senior women the opportunity to socialize and feel integrated as active and valued members in the community. Most senior women in immigrant communities experience social isolation due to language, mobility and cultural barriers. Furthermore, living through war, refugee camps, family separations, and the challenges of adjusting to a new environment makes them vulnerable to many mental and physical ills. Targeted social outreach and support mechanisms could help mitigate these difficulties. Our program aims to provide culturally competent services in a welcoming environment through:

- Monthly social gatherings like field trips or picnics
- Presentations on topics such as: health and wellness, diet and fitness, access to ESL classes, intergenerational and cultural issues, seniors' services and programs, etc.
- Strictly confidential informal counseling and follow-up services to address individual needs as available

A-AWA is open to receiving suggestions and feedback from the participants in order to accommodate everyone's needs and interests.

This is a noble cause and one that is much needed in the Afghan-American community. By spreading the news and referring your family members and friends, you can help us succeed in making our seniors feel respected, supported and valued. For referral or more information, please contact:

Mrs. Nillab Pazhwak
Board Member
Afghan-American Women Association
Ph#703-303-1435
Email: npazhwak@hotmail.com



VOLUNTEER OPPORTUNITIES

Northern Virginia Long-Term Care-Ombudsman Volunteer Program

Volunteers are needed to help our elderly at assisted living facilities and nursing homes. Dedicating an hour or two a week, or even once a month can make a huge difference in their lives. If you would like further information about this volunteer opportunity, please contact Dr. Hosai Hesham at hosai_nargis@yahoo.com.

Cultural Events Committee Holds First Cultural Meeting – Dr. A. Noori Discusses Diabetes at Virginia Hospital Center



The Cultural Events Committee has launched its first series of bimonthly talks for the Afghan community. These talks will cover a range of topics including childcare, social services, healthcare awareness, finances, personal empowerment, and religion.

The first meeting took place on July 31, 2010 and was very well received. Dr. A. Noori, an established Afghan-American Internist, spoke about the types, causes and management of diabetes. His hour-long speech was followed by a question and answer session for attendees. The committee members would like to express their sincere appreciation to Dr. Noori for his support. We would also like to thank Ms. Raihana Noorzad, RN for providing assistance with technology and the venue at the Virginia Hospital Center.



The Cultural Events Committee is currently planning an Afghan community gathering to celebrate Nowruz. The event date and venue will be announced soon.

A-AWA Project Committee: 2010 Coat Drive for Afghan Children Was a Great Success!

A-AWA’s Project Committee is happy to report that this year’s Coat Drive for Afghan Children was a great success! We collected more than 800 *brand new* coats, as well as 500 gently used ones along with a total of 600 pairs of gloves and hats. We appreciate the strong support we received from volunteers and the community.



Thanks to your support, we will be able to help many needy children this winter.



A-AWA’s Project committee will start focusing on their Summer Jeans Drive, and asks for your continued generosity and support.

MEDICAL CORNER



Everything You Need to Know About the Flu

By Homaira Behsudi, MD., MPH

What is influenza?

Influenza, also called the flu, is a viral infection of the nose, throat, and lungs. It is often confused with other illnesses, especially the common cold. The flu is more severe than a cold, usually comes on suddenly, and is caused by a different virus. In 2009, a new strain of flu called H1N1 or “swine flu” made many people sick.

Flu symptoms usually appear suddenly and can include:

- Fever over 102°F
- Stuffy nose
- Nausea
- Chills and sweats
- Fatigue
- Muscle aches, especially in your back, arms and legs
- Cough
- Headache
- Loss of appetite.

Most people who have the flu get better within a few days to a couple of weeks. In some people, the flu causes other problems, such as dehydration, ear infections, sinus infections, and pneumonia. Serious complications from the flu can happen at any age, but they are more likely in children younger than two years of age and in adults aged 65 and older. The flu can also make certain health problems worse, such as asthma, diabetes, and heart problems.

How does the flu spread?

Flu viruses are spread through body fluids from an infected person, such as through coughs or sneezes. They are also spread by shaking hands or touching objects that have been handled by someone with the flu, such as doorknobs, grocery cart handles, money, elevator buttons, remote controls, telephones, and computer keyboards.

Flu symptoms usually start about two days after the virus enters the body. This means you can spread the virus to others even before you know you are sick. People with the flu are contagious for up to 24 hours after their fever ends. Some people can be infected with the flu virus but have no symptoms. These people can still spread the virus to others.

What can you do to prevent the flu?

- **Get a flu shot.** This year's shot contains the 2009 H1N1 virus plus two other flu viruses. Everyone six months and older should get a flu shot this year.
- **Stay away from people who are sick.**
- **Wash your hands often.** Use soap and hot water, and wash for at least 15 seconds. Carry alcohol-based hand sanitizer with you for times when you're away from a sink.
- **Do not touch your eyes, nose, or mouth.** If you have touched something that has been handled by someone who is sick, your hands may have the flu virus on them.
- **Take care of yourself.** Get plenty of sleep and exercise, drink a lot of water, and eat a healthy diet, including at least five servings of fruits and vegetables each day.

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What should you do if you get the flu?

If you have symptoms of the flu, do not go to work or school. Stay home and get plenty of rest, drink a lot of water, and do not smoke or drink alcohol. Most people who get the flu do not need to see a doctor. Very young children, older adults, and people with certain medical conditions are more likely to get very sick from the flu. These people may need to see a doctor.

Go to the emergency room right away if you have any of the following symptoms:

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Trouble drinking enough fluids
- Trouble waking up
- Irritability
- Fever with a rash
- Symptoms that get better, but then return with fever and worse cough

In adults

- Trouble breathing
- Chest or stomach pain
- Dizziness
- Confusion
- Severe vomiting
- Symptoms that get better, but then return with fever and worse cough

When do you need medicine?

Over-the-counter medicine, such as acetaminophen (one brand: Tylenol) or ibuprofen (one brand: Motrin), can help with fever and muscle aches. Children and teenagers should not take aspirin because it can cause a rare but serious liver disease.

Most people who get the flu do not need prescription medicine. Because the flu is caused by a virus, antibiotics do not help. Medicines called antivirals may help you get better faster and prevent complications. Antivirals are usually prescribed for people who are very sick and need to be hospitalized, and for people who are likely to get serious complications from the flu. Your doctor will decide whether you need antiviral medicines.

Source:

<http://www.cdc.gov/flu>.

TRIBUTE GIFTS

Honor a colleague, family member, or a friend while supporting the work of your organization. A-AWA gratefully receives gifts in memory or honor of family members, colleagues and friends. We acknowledge the following donors for their tribute gifts received from January 1 through August, 2010.

IN MEMORY OF:

M. H. Sherzai, MD, MPH, PhD.

Homaira Behsudi, MD.

My dear Father

Dr. Niamatullah Pazhwak

Mrs. Nillab Pazhwak

IN HONOR OF:

ALL AFGHAN WOMEN

Homaira Behsudi, MD

A-AWA Welcomes New Members

A-AWA is proud to announce that we are continuing to see membership growth within our organization. Each new member brings a unique perspective, knowledge and experience on what it means to be an Afghan-American woman. In this issue, we would like to welcome the following individuals into our association.

Welcome New A-AWA Members

Dr. Lina Amini
 Ms. Nabila Sarwar
 Ms. Farida Anwary
 Ms. Karima Waziri
 Ms. Masouda Gizabi
 Ms. Geteey Omar
 Ms. Mariam Rusta

We encourage our current members to help increase awareness and recruit their family and friends into our community. For information regarding membership, please contact Raihana Noorzad, RN at rainoorzad@yahoo.com.

Welcome New Corporate Partners

A-AWA would like to thank our corporate partners for their continued support!

Academic Center, LLC

Building a Strong Academic Foundation for Future Success. For more information, please visit www.AcademicCenterLLC.com.



Tyson's Corner Children's Center

"Where Hearts and Minds Grow Strong" provides exceptional, high quality childcare for families. Young children thrive in a learning environment where dedicated professionals ensure that they feel safe, nurtured and loved. Parents enjoy peace of mind while they are at work, and our committed staff provides the children with a warm, loving and educational atmosphere that fosters ongoing opportunities for success and growth. For more information, please visit www.tysonscornerchildren.com.