



Community Voice

Newsletter of Bhutanese Community of New Hampshire

June 2015

Opinion on Bhutanese Community of New Hampshire (BCNH) 5-year Plan



 **Doug Hall**

The BCNH plan is an important forward-looking document. It identifies important new directions for the organization. Congratulations to everyone who worked to create this.

BCNH has been operating for almost five years now, providing services to those in the Bhutanese community most in need of assistance. But the flow of Bhutanese from Nepal to the US is now slowing as the camps are being emptied. In coming years the US and New Hampshire will see larger numbers of refugees being resettled from other locations: Sudan, Syria, Myanmar, Somalia, Congo, etc.

The staff and Board of BCNH understand that other growing groups of immigrants in New Hampshire, especially refugees, will require similar services to

BCNH 2015 and beyond...

 **Tika Acharya**

BCNH was founded to serve a specific group of people in 2009. Through its journey over the last 4 years, the organization has provided services for over 320 families, not only resettled Bhutanese, but also our neighbors who speak Arabic, Hindi and some African languages. In 2014, BCNH prepared a 5 Year Strategic Plan with help from external consultants. In the beginning of 2015, the BCNH leadership team is focusing on the following goals which are aligned with its strategic plan:

Program and services diversification:

During 2015, major grant funded programs are anticipated to be ending. To overcome this critical stage and continue serving our clients, BCNH will add a few new projects in the areas of health, nutrition, health insurance education, and asset/economic development. Our services in the area of

refugees being resettled from other locations: Sudan, Syria, Myanmar, Somalia, Congo, etc.

The staff and Board of BCNH understand that other growing groups of immigrants in New Hampshire, especially refugees, will require similar services to those that BCNH has provided to the Bhutanese-American community. This new plan will slowly convert BCNH into an organization that serves many ethnic communities using the many successful experiences of the organization over the past five years.

Such a change will require new thinking, dynamic leadership, and participation on the Board of Directors and on the staff by qualified individuals of other ethnic and language groups.

I see this as the maturing of the organization. It is positioning itself to be an integral part of New Hampshire's future and to be a part of the general fabric of social service organizations that many in the state rely upon in times of need.

Dear Readers,

If you have suggestions or comments that could help us improve the quality of our services, we would be more than happy to hear about it.

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case management will continue in a smaller scale.

stakeholders.

Building relationships:

We will continue helping our clients, but more effort will be placed on reaching out to the host community in the state and beyond to build relationships. “It’s not what you know, it’s who you know” is very important for the agency at this point. We will nurture relationships and explore more funders, partners and

Governance:

Our agency will work to have diverse individuals on the board of directors and advisors, and a more diverse staff so that with more ideas and expertise, we can innovate better to explore opportunities and deliver quality services to improve the life style of our clients.

बिसिएनएच २०१५ र त्यसपछि ...

टिका आचार्य

सन् २००९ मा बिसिएनएच (भूटानिज कम्युनिटी अफ न्यु ह्याम्सर) को स्थापना खास समुदायका सदस्यहरूको सहायताका लागि भएको हो र आफ्नो विगतको ४ वर्षे यात्राका दौरान संस्थाले ३ सय २० भन्दा बढी परिवारहरूलाई सेवा उपलब्ध गरायो, सेवा पाउनेमा पुनर्स्थापित भूटानी मात्र रहेनन्, उहाँहरूमा निकटतम भाषा बोल्ने अरबी, हिन्दी तथा केही अफ्रिकी भाषीहरू रहनुभयो। सन् २०१४ मा बिसिएनएचले बाह्य सल्लाहकारहरूको मद्दतले ५ वर्षे रणनीतिक योजना बनायो। सन् २०१५ को शुरूमा बिसिएनएचको नेतृत्व समूह निम्न लक्षहरूमा केन्द्रित गरिरहेको छ, जो रणनीतिक यो जनासँग तालमेल खाने खालका छन्:

कार्यक्रम तथा सेवाहरूको विविधिकरण:

सन् २०१५ का दौरान मुख्य अनुदान प्राप्त केही कार्यक्रमहरू समाप्तीको प्रतिक्षामा छन्, यो संवेदनशिल अवस्थामाथि विजय हासिल गर्दैछन्, र आफ्ना सेवाग्राहीहरूको सहायता गरिरहेका छन्। बिसिएनएचले स्वास्थ्य, पोषण, स्वास्थ्य विमा शिक्षा, र सम्पत्ति/आर्थिक विकास जस्ता केही नयाँ

परियोजनाहरू थप्नेछ। हामीले गर्दै आएको मामिला व्यवस्थापनको क्षेत्रको काम भने सानो परिमाणमा जारी रहनेछ।

सम्बन्धहरूको स्थापना:

हामी हाम्रा सेवाग्राहीहरूलाई मद्दत गरिरहेछौं, तर राज्यका सहयोगी समुदायसम्म पुग्न तथा सम्बन्ध स्थापनाका खातिर पहुँच बनाउन बढी प्रयत्न गर्नेछौं। यो परिस्थितिमा संस्थाका लागि ‘यो तपाईं के जान्नुहुन्न भन्दा पनि यो जो तपाईं जान्नुहुन्छ’, भन्ने धेरै महत्वपूर्ण भएको छ। हामी सम्बन्ध विकसित गर्छौं र धेरै लगानीकर्ता/साभेदार तथा सरोकारवालाको खोजी गर्नेछौं।

सञ्चालन:

हाम्रो संस्थामा विविधता भल्काउने व्यक्तिहरू भएको निर्देशक समिति (बोर्ड अफ डिरेक्टर) तथा सल्लाहकार, र बढी विविध कर्मचारी सम्मिलित गराउने काम गर्नेछौं, जोसँग धेरै विचार तथा विशेषज्ञता रहनेछ। यस्तो कदमबाट हाम्रा सेवाग्राहीहरूको जीवनस्तर सुधार गर्ने राम्रा अवसरहरू खोज्न र गुणस्तरीय सेवा दिन सक्नेछौं।

EDITOR'S NOTE:

Dear all readers and well-wishers, while submitting your articles to Community Voice, please ensure your name, email and contact number clearly. There is no specific timeline; you can send us as many articles as possible at any time. Preferably, the article should be of all content submitted to Community Voice shall be the content originally created/developed by you over which you will own all the legal rights. You will be solely responsible for the breach of the afore-mentioned and shall resolve any dispute pertaining to the same at your own end at your own cost, without involving and/or without any liability on us, whatsoever, at all times.

Why Parents Should be Involved in Children's Studies

 Bhagirath Khatiwada



The Bhutanese people accepted third country resettlement because it provided a ray of hope that their children would have an opportunity to be educated in the western world. With no surprise, Bhutanese people have made significant headway in their lives after resettlement. Many own their homes, have started businesses, own luxury vehicles, and quickly entered into the digital world. It is a matter of pride that so many Bhutanese students have received scholarships to celebrated colleges and universities, and are pursuing higher education in fields such as medicine, nursing, engineering, business administration, social work, and public administration.

Other students are struggling on standardized tests due to limited English proficiency, knowledge gaps in literature and mathematics, and inadequate involvement of parents. Consequently, some students fail to matriculate to high-level universities due to poor test scores. The majority of parents and other role-model adults are engaged in entry-level jobs due to little or no English and a mismatch of their skills in the job market. They may be working at jobs with odd hours. These factors have limited their ability to give adequate attention to their children, which has increased isolation, conflict among family members, and contributed to a generation gap. There are some unhealthy practices among our youth, such as excessive use of alcohol and other substances, and gambling. Additionally, there has been growing a misuse of the internet and social media by children, which may jeopardize their physical and social development in the long run if not addressed soon.

Many of these issues can be effectively addressed through active parent involvement. First of all, parents need to spend as much time as possible with their children. Let us make a culture of family members dining together whenever possible. It is very important to have healthy conversations with the children and involve them in family decision-making.

Many parents may feel that because they are illiterate or possess insufficient English skills, they lack the capacity to be involved in their children's studies, but it is not true. It is paramount for parents to engage with their children when they are studying or doing

their homework, and to talk with their children about what they learned in school each day. Making a habit to stay involved with them lets children feel that the parents are as interested as they are in their studies.

The next suggestion for parents is to pay regular visits to school and have conversations with the teachers about their children's performance. It is valuable to hear from the teachers about their children's achievements and challenges. Parents should frequently check their children's progress reports and make a plan to help children improve. Volunteering at the schools is a good way to keep in touch with their children's progress and activities. Collaborating with the community and strengthening communication between home and school in a regular and meaningful fashion can help to improve academic achievements of students.

Finally, parents need to be aware of where their children are, who they are with, what they are doing, and any unusual changes in their behavior. Parents need to plan vacations together as a family so that children's self-esteem can be increased and family bonds can be strengthened.

It is an urgent need for all of us - parents, students, teachers, neighbors, and community members to work together to promote the health, well being, and academic achievement of our students. Research has proven that when schools actively involve parents and community resources, they are better able to help

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Why Parents...

children and youth develop healthy behaviors and promote healthy families. The research has further shown that students whose parents are involved in their education are more likely to perform well in school, complete homework more consistently, attend school more regularly, earn higher grades and

test scores, and graduate and go on to college. These studies have proven that parents' involvement in children's education can promote higher self-esteem, improve school-related behaviors, positively impact academic achievement, and reduce school suspension rates in children.

Our Deaf Bhutanese Neighbors – Working for a Brighter Future



 **Julia Freeman-Woolpert,**
Disability Rights Center - NH

Bishnu was all smiles as she sat in her very first American Sign Language (ASL) class. “Happy!” she signed, first in Nepali Sign Language and then in ASL.

In December, BCNH started offering ASL classes to Manchester's Deaf Bhutanese folks. It's been a long time coming. Some of the deaf people in Manchester have been here for up to six years without learning the new language. They have been isolated from the community and from each other. BCNH is determined to change this.

It took a volunteer with initiative and a mission of helping Deaf Bhutanese people adjust to American life. Bhawani Dangal, a talented member of the Bhutanese community and himself deaf, worked for Caritas Nepal in Goldhap and Beldangi II, where

he taught Nepali Sign Language (NSL). NSL is a very different language from ASL, with very few users in the US except for Bhutanese refugees. When Bhawani and his family arrived in Concord in 2011, he realized that in order to succeed in his new life, he would need to learn ASL, which he did with the help of Northeast Deaf and Hard of Hearing Services and deaf volunteers.

Bhawani saw that other deaf Bhutanese people were isolated and were not learning ASL. They also weren't learning the basics of cultural orientation such as fire safety, how to ride the bus, and how to safely cross a street. He resolved to do something about this. Bhawani started in Concord, finding other deaf people in the Bhutanese community, reaching out to them and their families. He started a Concord ASL class as a volunteer.

When the Disability Rights Center learned that Bhawani was teaching the class in Concord without any funding or materials, it obtained a small grant from the New Hampshire Charitable Foundation to get support for the class, and to start a new ASL class in Manchester. BCNH volunteers identified deaf people in Manchester, and with their help, Bhawani went door to door, meeting them and inviting them to the ASL class. For some, including Bishnu, this visit was the first time she had had someone to communicate with in NSL since arriving in New Hampshire. She was delighted, and she was eager to learn ASL.

In Concord, Bhawani has helped deaf Bhutanese with cultural orientation and bus training. He has done some interpreting for the deaf Bhutanese community and helps with many other issues as he sees the need. Working with Granite State Independent Living, he

has helped Deaf Bhutanese get videophones and flashing light doorbells. He plans to do the same in Manchester.

Under the state's individual waiver program, Bhawani has provided interpretation from ASL to NSL for Head Start, Vocational Rehabilitation, and at medical appointments. He has received support and encouragement from several American ASL interpreters, who recognized right away he was the only person in New Hampshire able to interpret between ASL and NSL. With their encouragement, and with the assistance of the Office of Minority Health and Refugee Affairs, he is pursuing his goal of becoming a certified interpreter.

There are an unusually large number of deaf and hard of hearing people within the Bhutanese community. Some of the reasons may include infections, vitamin deficiencies, and side effects of medications. Some deaf people know Nepali Sign Language (NSL) and some do not, communicating instead by reading lips or with home signs and gestures. None of them arrive knowing ASL.

Around the country, deaf Bhutanese people are struggling to find their way into American life, but the supports they need are lagging behind. As more and more deaf Bhutanese people arrive, communities are starting to be aware of the communication and social service needs of this group. There are pockets

of people in various locations offering ASL classes and grappling with the problems with providing effective communication for people who do not know either English or ASL, but most communities are at the beginning of the process.

BCNH is at the forefront in the US in developing social services for Bhutanese Americans. It is one of the farthest along in the country in reaching out to deaf members, beginning ASL classes, and finding ways to provide effective communication. Other states have reached out to BCNH and Bhawani for help and ideas as they struggle with similar issues.

The Bhutanese Community of New Hampshire and Disability Rights Center - NH are working together to develop a program of outreach and education for deaf New Americans. They are reaching out globally to Nepali and Bhutanese deaf services experts around the world as they plan for a comprehensive program. According to Tika Acharya, Executive Director of BCNH, "Our goal in 2015 is to improve the quality of life of our deaf community members. We hope to obtain funding to pilot a program that will benefit deaf Bhutanese Americans in New Hampshire and around the country."

It will take all of us working together to make sure our deaf brothers and sisters get equal access to the American Dream.

हाम्रा बहिरा भूटानी छिमेकी- उज्ज्वल भविष्यका लागि मेहनत गर्दै

✍ जुलिया फ्रिमन - वुल्फर्ट, डिसएबिलिटी राइट्स सेन्टर, न्यु ह्याम्सर्

आफ्नो पहिलो अमेरिकी सांकेतिक भाषा (एएसएल) कक्षामा विष्णु थचक्क बसिन् र मुसुकक हाँसिन् । 'खुसी लाग्यो', उनले पहिले नेपाली सांकेतिक भाषा र अनि एएसएलमा संकेत गर्दै भनिन् ।

गत डिसेम्बरमा भूटनिज कम्युनिटी अफ न्यु ह्याम्सर् (विसिएनएच) ले म्यानचेस्टरका बहिरा भूटानी बन्धुहरूलाई एएसएल कक्षाका लागि आह्वान गर्न थालेको हो । यो काम थाल्न धेरै समय लाग्यो । म्यानचेस्टरका केही बहिरा व्यक्तिहरू ६ वर्षसम्म यो भाषा नसिकी नै बसे । उनीहरू समुदाय र एक-आपसबाट टाढा रहे । विसिएनएचले यसको समाधानका लागि परिवर्तन गर्ने वाचा गर्‍यो ।

अमेरिकी जीवन ग्रहण गर्न बहिरा भूटानीलाई सहायताका लागि आरम्भीक चरणमा एक स्वयंसेवक र योजना र ह्यो । भवानी दंगाल, एकजना भूटानी समुदायका एकजना प्रतिभाशाली सदस्य तथा आफैँ श्रवण-शक्तिको समस्या भएका व्यक्ति हुन्, जसले नेपाल रहँदा गोलघाप र बेलडाँगी शिविरमा कारितास नेपाल नामक संस्थाका लागि नेपाली सांकेतिक भाषा (एनएसएल) सिकाउने काम गर्नुभएको थियो । एनएसएलभन्दा एएसएल धेरै फरक भाषा हो, जसको भूटानी शरणार्थीबाहेक एकदमै थोरै प्रयोगकर्ता छन् । जब सन् २०११ मा भवानी र उनको परिवार कंकर्ड आयो, उनले नयाँ जीवनमा सफलता हात पार्न एएसएल सिक्न आवश्यक छ भन्ने महसुस गरे, जुन भाषा उनले नर्थइस्ट डेफ

एन्ड हार्ड अफ हेयरिड सर्भिसेस तथा बहिरा स्वयंसेवकबाट सिके ।

भवानीले बहिरा र समाजबाट पृथक बसेका, अनि एएसएल नसिकिरहेका अरू भूटानी देखे । भाषाको कुरा छाडौं, उनीहरू आगोबाट कसरी बच्ने, बस कसरी चढ्ने, र सुरक्षित रूपमा बाटो कसरी काट्ने जस्ता सांस्कृतिक समायोजनका आधार भूत ज्ञान पनि सिकिरहेका थिएनन् । उनले यस विषयमा केही गर्ने विचार गरे । भवानीले कंकर्डमा थाले, भूटानी समुदायका अरू बहिरा सदस्य र उनीहरूका परिवारमाभ्र पुगे । स्वयंसेवकका रूपमा उनले कंकर्ड एएसएल शुरू गरे ।

जब डिसएबिलिटी राइट्स सेन्टर (अपांगता अधिकार केन्द्र) लाई भवानीले कंकर्डमा कुनै आर्थिक सहयोग वा सामग्री बेगर कक्षा लिइरहेको थाहा भयो, उक्त संस्थाले न्यु ह्याम्सर च्यारिटेबल फाउन्डेसनबाट कक्षा र म्यानचेस्टरमा नयाँ एएसएल कक्षा शुरू गर्न मद्दत पुगोस् भनेर थोरै आर्थिक सहायता दिलायो । विसिएनएचले भवानीको सहयोगमा म्यानचेस्टरमा बस्ने बहिरा सदस्यको खोजी गर्न घरदैलो कार्यक्रम चलायो । त्यस्ता सदस्यलाई एएसएल कक्षामा बो लाइयो । विष्णुसहित त्यस्ता केहीले घरदैलो कार्यक्रमबाट न्यु ह्याम्सर आएपछि पहिलोपटक एएसएलमा संवाद गर्ने को ही फेला पारे । उनी प्रसन्न भइन्, र उनी एएसएल सिक्न आतुर भइन् ।

कंकर्डमा भवानीले बहिरा भूटानीलाई सांस्कृतिक समायोजन र बस यात्राबारे ज्ञान दिने काममा सहायता गरे । उनले समुदायका उनीजस्ता सदस्यलाई दोभाषे र आवश्यकता ठाने का अन्य धेरै विषयमा सहायता गरे । ग्रेनाइट स्टेट इन्डिपेन्डेन्ट लिभिडसँग काम गरेर उनीजस्ता भूटानीलाई सहायता गर्ने उपकरण: भिडियोफोन र टर्चलाइट भएको ढोकाको घन्टी पाउन सहयोग गरे । म्यानचेस्टरमा पनि यस्तै दोहो-याउने यो जना बनाएका छन् ।

राज्यको व्यक्तिगत छुटनामा कार्यक्रमअन्तर्गत भवानीले आरम्भिक शिक्षा, व्यावसायिक पुनर्स्थापना, र औषधोपचारको सेवा लिने समयमा एएसएलदेखि एनएसएलसम्म दोभाषेका रूपमा सेवा उपलब्ध गराए । उनले कयौं अमेरिकी एएसएल दोभाषेहरूबाट सहायता तथा हौसला पाएका छन्, जसले

उनलाई उनी न्यु ह्याम्सरमा एएसएलबाट एनएसएलमा दोभाषेको काम गरिदिने एकमात्र व्यक्ति रहेको हातोहात मान्यता दिलाए । उनीहरूकै हौसलाबाट, र अफिस अफ माइनोरिटी हेल्थ एन्ड रेफ्युजी अफेयर्स नामक कार्यालयको सहायतामा उनी एकजना प्रमाण-पत्र प्राप्त दोभाषे हुने आफ्नो लक्ष्य पछ्याइरहेका छन् ।

भूटानी समुदायभित्र असामान्य ठूलो संख्या रहेका बहिरा र श्रवण-शक्ति कमजोर भएका सदस्य हुनुहुन्छ । बहिरा हुनुका कारणमा संक्रमण, भिटामिनको अभाव, र औषधीको प्रतिकूल असरहरू हुन सक्छन् । केही सदस्यले नेपाली सांकेतिक भाषा (एनएसएल) जान्दछन्, त केहीले जान्दैनन्, उनीहरू ओठको चाल बुझ्ने वा घरायसी चिन्ह र शरीरको हाउभाउ जस्ता वैकल्पिक तरिकाले संवाद गर्छन् । उनीहरूमध्ये कोही पनि एएसएल सिक्न आइपुगेको छैन ।

देशभर भूटानी समुदायका बहिरा सदस्य अमेरिकी जीवनको बाटो पाउन संघर्षरत छन्, तर उनीहरूको खाँचो पूरा गर्ने काम सुस्त छ । जसै धेरै संख्या बहिरा भूटानीहरू आइपुगेका छन्, तसै समुदायहरू यस्ता समूहको संवाद र सामाजिक सेवाको खाँचोका विषयमा सतर्क हुन थालेका छन् । जो अंग्रेजी वा त एएसएल जान्दैनन्, आफ्नो समस्यासँग जुभिरहेका उनीहरूमाभ्र प्रभावकारी सञ्चार उपलब्ध गरिउन विभिन्न स्थानका निश्चित समूहले एएसएल कक्षाहरूको आह्वान गरेका छन्, तर धेरै समुदायहरू यस्तो कामको सुरुवाती अवस्थामै छन् ।

विसिएनएच भूटानी-अमेरिकीलाई अमेरिकामा सामाजिक सेवा विकास गर्ने काममा अग्रस्थानमा छ । यो संस्था बहिरा सदस्यसम्म पुग्ने संस्थाहरूमा निकै अगाडी छ, जसले एएसएल कक्षाहरूबाट सुरुवात गर्दै प्रभावकारी संवादको बाटो फेला पारिरहेको छ । यस्तै समस्या भैलिरहेका अरू राज्यहरू पनि यसका लागि विसिएनएच र भवानीसम्म आएका छन् ।

भूटनिज कम्युनिटी अफ न्यु ह्याम्सर तथा डिसएबिलिटी राइट्स सेन्टर, न्यु ह्याम्सर बहिरा नयाँ अमेरिकीसम्मको पहुँच र शिक्षाका लागि कार्यक्रम बनाउँदै छ । एउटा व्यापक कार्यक्रमको योजनाका लागि यी संस्थाहरू विश्वभरका

नेपाली तथा भूटानी समुदायका बहिरा सेवा विज्ञसँग सम्पर्क गर्दैछन् । विसिएनएचका कार्यकारी निर्देशक टिका आचार्य भन्छन्, 'हाम्रो समुदायका बहिरा सदस्यहरूको जीवनस्तर उठाउनु सन् २०१५ को लक्ष हो । न्यु ह्याम्सर तथा अमेरिकाका बहिरा भूटानी अमेरिकीहरूलाई सुविधा हुने

कार्यक्रम बनाउनका लागि आर्थिक सहायता पाउने आशा गरेका छौं ।' हाम्रा बहिरा दाजु-भाई तथा दिदी-बहिनीहरूको अमेरिकी सपना पूरा गर्ने समान पहुँच सुनिश्चित गर्न हामी सबैको सहकार्य जरूरी हुनेछ ।

विसिएनएचका माध्यमबाट स्वास्थ्य विमा सहायता

जनवरी १२, २०१५

संघीय सरकारको सहायता खुला स्वास्थ्य विमाका माध्यमबाट समुदायका सदस्य, न्यून आय भएका परिवार, शरणार्थी र आप्रवासीहरूलाई स्वास्थ्य विमामा संलग्न गराउने सहायताका लागि भूटनिज कम्युनिटी अफ न्यु ह्याम्सर (विसिएनएच) समर्पित छ । विसिएनएचसँग दुई भूटानी-अमेरिकी तथा तीन अफ्रिकी-अमेरिकी विमा सहायताकर्मी हुनुहुन्छ, जसले संघीय सरकारको विमा-बजारबाट किफायती स्वास्थ्य विमामा संलग्नताबारे जानकारी दिन र सहभागि हुन सहायता गर्नुहुन्छ ।

विसिएनएचले विमा-बजारका माध्यमबाट स्वास्थ्य-विमासम्बन्धी ५ सयभन्दा बढी आवेदनको प्रक्रिया पूरा गरेको छ । चालु अवस्थाको सन् २०१५ का लागि विमा लिने प्रक्रिया १५ फेब्रुअरी २०१५ मा सकिदैछ । यो वर्ष न्यु ह्याम्सरमा पाँच वटा स्वास्थ्य-विमा प्रदायक (हार्भर्ड पिलिग्रमेज, मेन कम्युनिटी हेल्थ अप्सन्स, एन्थम, माइन्टम्यान हेल्थ, र एक्युरेन्स) छन् । जो जो उपभोक्ताले विमा-बजारबाट सन् २०१४ मा स्वास्थ्य-विमा लिनुभएको थियो, उहाँहरूले फारम १०९५- ए पाउनुहुनेछ, उक्त फारम भनुपर्नेछ र सन् २०१४ को कर दाखिला गर्दा फारम ८९६२ का साथ कर विभाग - इन्टरनल रेभिन्स (आईआरएस) मा बुझाउनुपर्छ ।

विमा-योजना लिँदा सेवा शुल्क कटौती-योग्य, सह-विमा, सह-भुक्तानी, र खल्तीबाट अधिकतम तिर्नुपर्ने अवस्था ख्याल गर्नुपर्छ । कहिलेकाहीं आफूले लिन लागेका विमाको सेवा दिने क्षेत्रभित्र आफूले सेवा पाइरहेको प्राथमिक सेवा-प्रदायक (पिसिपी) तथा अस्पताल पर्छ/पर्दैन (विमाले तिर्छ/तिर्दैन) भनेर थाहा पाउनु राम्रो हुन्छ ।

यदि तपाईं विमा लिनसक्ने क्षमताको हुनुहुन्छ, तर विमा नलिने निर्णय गर्नुभयो भने संघीय आयकर दाखिला गर्दा तपाईंले जरिवाना तिर्नुपर्ने हुनसक्छ । यो जरिवाना तपाईंको आम्दानी र विमा नभएको समय-अवधिअनुसारको हुन्छ । यो जरिवानाबाट बच्न तपाईंसँग त्यो वर्ष कम्तीमा ९ महिनाभन्दा बढी समयका लागि विमा गरिएको हुनुपर्छ । सामान्यतया: तपाईंको धेरै आम्दानी छ र धेरै महिना तपाईं विमा-सुरक्षाअन्तर्गत बस्नु भएको छैन भने त्यसवापत तिर्नुपर्ने जरिवाना पनि धेरै हुनेछ ।

तपाईं निम्न अवस्थाहरूमा माथि उल्लेखित जरिवाना लाग्नेमा नपर्न सक्नुहुन्छ:

- ☞ तपाईं त्यस वर्षको ३ महिनाभन्दा कम समयका लागि विमित हुनुहुन्न ।
- ☞ न्यून-मूल्य विमा उपलब्ध छ, जसलाई तपाईंको घर-परिवारको आयको ८ प्रतिशतभन्दा बढी मात्र पर्नसक्छ ।
- ☞ तपाईंको आम्दानी साह्रै थोरै छ, भने तपाईंले कर दाखिला गर्नुपर्दैन ।
- ☞ तपाईं संघीय सरकारबाट मान्यता-प्राप्त जनजातिको सदस्य वा 'इन्डियन स्वास्थ्य सेवा प्रदायक' का मार्फत बाट सेवा पाउन योग्य हुनुहुन्छ ।
- ☞ तपाईं मान्यता-प्राप्त स्वास्थ्य स्याहार साभेदारी वर्गको सदस्य हुनुहुन्छ ।
- ☞ सोसल सेक्युरिटी तथा मेडिकेयरलगायत विमामा धार्मिक आपत्ति जनाउने मान्यता-प्राप्त धार्मिक समूहका सदस्य हुनुहुन्छ ।

- ☞ तपाईंलाई कैद गरिएको (हिरासतमा लिइएको वा थुनिएको) हो, र अभियोगबाट सफाई दिन राखिएको होइन ।
- ☞ तपाईं अमेरिकामा कानुनी रूपमा बस्नुभएको छैन ।
- ☞ तपाईं कठिन अवस्थाका कारण छुट पाउन योग्य हुनुहुन्छ ।

हामी न्यु ह्याम्सर स्वास्थ्य सुरक्षा कार्यक्रम (एनएचएचपीपी) बाट मेडिकेडका आवेदन दिन सहायता पनि गछौं । परिवारको आकार तथा आयका आधारमा १९ देखि ६५ वर्ष उमेरका बासिन्दा एनएचएचपीपीको मेडिकेड पाउनका लागि योग्य हुन सक्नुहुन्छ । यदि तपाईंको परिवारको सदस्य संख्या तीन छ, र परिवारको आय २७ हजार ३१० डलर वा सोभन्दा कम छ भने मेडिकेड पाउन योग्य हुन सक्नुहुन्छ । यस कार्यक्रमबाट हाम्रो समुदायका करिब ४५ प्रतिशत सदस्यलाई सुविधा मिलेको छ ।

न्यु ह्याम्सरमा बस्ने विमा पाउन योग्य बासिन्दालाई सांस्कृतिक तथा भाषिक रूपमा उपयुक्त सेवाहरु चाहिएको छ भने उहाँहरुले विसिएनएचका विमा-बजार सहायताकर्मीहरूसँग सम्पर्क गर्न सक्नुहुन्छ:

- रोहित सुवेदी: ६०३.८५४.१७८८
- सुरज बुढाथोकी: ६०३.२६२.०५००
- क्लेमेन्ट किगुगु: ६०३.७१७.५६३०

भूटनिज कम्युनिटी अफ न्यु ह्याम्सर (बिसिएनएच) को ५-वर्षे योजनामाथि टिप्पणी

डग हल

बिसिएनएच योजना एउटा भविष्य-मुखरित महत्वपूर्ण दस्तावेज हो । यसले संस्थाका लागि नयाँ अत्यावश्यक क्षेत्रहरू पहिचान गरेको छ । यो योजनाको सिर्जना बनाउने काममा लागेका सबैलाई धन्यवाद !

न्यु ह्याम्सर आएका पछिल्ला शरणार्थी समूहहरूमध्ये भूटानी सबभन्दा ठूलो रहेको आएको छ । यो समूह सबभन्दा संगठित पनि देखिएको छ । यो हुनु, त्यो पनि सानो अंशका रूपमा होइन, २० वर्षभन्दा बढी समय शरणार्थी शिविरहरू सञ्चालनका क्रममा हासिल सबै व्यक्तिमा पूर्ण-शिक्षितको संख्या तथा अनुभवका कारण भएको हो ।

अहिले बिसिएनएच सञ्चालनमा आएको करिब पाँच वर्ष भएको छ, यसले भूटानी समुदायमा धेरै सहायता खाँचो परेकाहरूलाई सेवा दिँदै आएको छ । तर नेपालका शिविरहरू रित्तिदै जाँदा अमेरिका भित्रिने भूटानीहरूको संख्या कम हुँदै गएको छ । आउँदा वर्षहरूमा अमेरिका तथा न्यु ह्याम्सरले सुडान, सिरिया, म्यान्मा, सोमालिया, कंगो आदि जस्ता

मुलुकका शरणार्थीहरूलाई ठूलो संख्यामा स्थापित भएको देखेको छ ।

बिसिएनएचका कर्मचारी र बोर्डले के बुझेको छ भने अरू आप्रवासीहरू, खासगरी शरणार्थीहरू, का बढ्दा समूहहरूलाई यस्तै सेवाहरू खाँचो हुन्छ, जे जसो बिसिएनएचले भूटानी-अमेरिकी समुदायलाई उपलब्ध गराएको छ । यो नयाँ योजनाले बिसिएनएचलाई विस्तारै एउटा यस्तो संस्थामा परिणत गर्नेछ, जसले बितेका पाँच वर्षमा आर्जन गरेका धेरै सार्थक अनुभवहरू प्रयोग गर्दै धेरै जातीय समुदायहरूलाई सेवा दिनेछ ।

यस्तो परिवर्तनका लागि नयाँ सोच, गतिशिल नेतृत्व, र अरू समुदाय तथा भाषा समूहका क्षमतावान व्यक्तिहरूको बोर्ड अफ डिरेक्टरहरू एवम् कर्मचारी आवश्यक हुन्छ ।

मैले यसलाई संगठनको परिपक्वताका रूपमा देखेको छु । यसले आफैलाई न्यु ह्याम्सरको भविष्यको महत्वपूर्ण अंग र समयको आवश्यकताअनुसार राज्य निर्भर हुने धेरै सामाजिक सेवा संस्थाहरूमध्ये एक आमरूपको अंशका रूपमा स्थापित गर्दैछ ।

Say Goodbye to Boring Exercise Plans

HAVE FUN WITH YOUR FITNESS PLAN, AND YOU'LL STICK WITH IT

You don't need a new gym membership to get healthier. There are plenty of ways to get moving and feel stronger. We recommend trying to be active at least 30 minutes a day, 5 days a week. Here are some ideas that will help you have some fun at the same time.

Get outside

The warmer weather is moving in and it's time to relieve your cabin fever. Grab an extra layer and take a walk at the local park or hike with the kids. Craving quiet time? Walk the dog in your neighborhood or on a local trail.

Move inside

Even if you aren't ready to join Dancing with the Stars, you can make great moves at home to bring up your heart rate. While you tidy up the house, lace up your sneakers and crank the tunes. Play upbeat music to keep you going, and you'll end up with a cleaner house and a good workout to boot.

Be social

Make a regular schedule to take a brisk walk a few days each week with a friend. You'll get a cardio boost, and you'll also feel more connected. Adding something social to your day is one of the easiest ways to improve your mood. Another way to get in shape is indoor activities at your local community center. Many centers offer financial assistance to help cover the fees. You can also look for free or low-cost cardio dance classes in your community.

Give a little

Plenty of research shows that giving feels good, but a new Stanford University study found that setting a specific goal for doing good can work even better. Feel good and get healthy by getting a group together to walk or run a 5K to raise money for a favorite charity or cause. Try a group "couch to 5K" program to keep each other motivated.

Get free coupons

Start saving today at www.NHHFsave.com

You can find great coupons online every day. Find savings on healthier breakfast foods and snacks. To use, select your coupons, then click PRINT MY COUPONS. See how much you can save at www.NHHFsave.com.

Visit www.NHHealthyFamilies.com to find out what we offer to our members including the award winning Start Smart for Baby Program and Health Coaches, who can guide you, one-on-one, to make small changes that can have a big impact. Member and non-Members of New Hampshire Healthy Families can access healthy recipes and money-saving coupons by visiting the NH Healthy Families Better-for-You Coupon Savers Program webpage. The site is updated regularly, so check back often to find new healthy recipes your family will love and coupons for healthy options that save you money. Visit www.NHHealthyFamilies.com and click on "Coupon Savers" for Better-For-You Coupons!

Enjoy your summer!

2 Executive Park Drive

Bedford NH 03110

Member Services 1-866-769-3085

TDD/TTY (hearing impaired) 1-855-742-0123



Your Community Voice is important.

NH Healthy Families is proud to sponsor the printing of this month's newsletter!

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Case Management Assistance:

Manchester

- Narapati Poudyal 603-935-9620
603-494-7607
- Chandra Gurung 603-935-9620
603-294-7038

Concord

- Bikash Bhattraï 603-856-7507
603-568-6046

Media and Communications:

- Tilak Niroula: 603-858-3276

Health Insurance Education and Outreach Program:

- Rohit Subedi 603-854-1788
- Suraj Budathoki 603-262-0500

Workforce/Employment Program:

- Rajesh Chauwan: 603-856-7507
603-397-2757

Women Liaison:

- Bishnu Koirala: 603-935-9620
- Chandra Rai: 603-289-4093

Administrative:

- Damber Rasaily: 603-935-9620



English as a Second Language (ESL) Program:

- Tika Subedi: 240-441-6577
- Ghanashyam Sharma: 603-892-4622
- Tulasi Pokhrel: 603-820-7230
- Chuda Acharya: 603-820-0107

Nepali Learning Program:

- Rajesh Koirala: 603-591-0274
- Devi Khanal : 603-233-5940

Mental Health Program:

- Narapati Poudyel : 603-935-9620
- Anita Dhungyel : 603-470-6020
- Soma Bhandari : 603-369-1740

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- Dhana Nepal : 603-661-7593

More information:

Tika Acharya, Executive Director:

603-935-9620

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MESSAGE FROM BOARD

Thanks to the whole team of BCNH for their dedication, commitment and constant hard work. During our last 5 years of continued community and social services, we have become stronger and more structured. Now we have a 5 year strategic plan, a women's council and a youth group to address the emerging challenges and necessities. We believe this will further streamline the growth of our organization. This growth is a reality and would not be possible without the professionalism and determination of all the Board of Directors, employees, clients, founders and community members.

Once again the Board would like to thank you all for the tremendous support and for being the inspiration.

We will continue to strive hard to improve our daily operations and services, so that we all can be on the same page with our vision and mission.

Guru Subedi

Board Chair-BCNH