



*To guide refugees and immigrants in the journey toward self-determination and social equality*

April 30, 2010

*Hallo, Namaste, Mu Eri, Habari, Hej, K cha, See Tahay, Hello!*

As we reach the end of April, it seems that 2010 is flying by—but in looking back, it is clear that we have already made significant progress towards reaching goals and improving the work we do.

In the first three months of 2010, CAPI has worked hard to provide basic needs services to immigrant communities in the Twin Cities area. In the face of high unemployment, CAPI's Refugee Resources department expanded the pool of employers with whom we have relationships to three times what we had at the end of 2009, and 128 of our participants found employment. Additionally, our Asian and East African food shelves provided nourishing and culturally appropriate food to 1,682 individuals. In January, we provided 45 of the neediest new refugee arrivals to Minnesota (who arrived during the bitter cold of a Minnesota winter) with warm winter clothing.

We did not stop, however, with basic services. As CAPI works toward social equality and self-determination for refugees and immigrants, we have prioritized health equity as one of our strategies. Between January and April, CAPI assisted 90 participants in learning to navigate the Minnesota health system and receive necessary immunizations. In order to make such services accessible, CAPI identified partner clinics to assist in immunizations and flu shots that can be given at our central location. Furthermore, CAPI has launched two new health equity initiatives: a new partnership with ANSER and Live Smoke Free that seeks to reduce smoking and the chronic diseases associated with it, and a series of healthy and nutritional eating classes which will be hosted by the University of Minnesota Extensions Program.

Continually improving our effectiveness means we must dedicate ourselves to energizing our relationships with the community, and asking our participants what matters to them and what works for them. In January, CAPI conducted a series of focus groups with five different ethnic groups in order to discuss preventative healthcare and the barriers to health care refugees and immigrants face. This type of dialogue provides us critical insight from the participants we are accountable to, and as 2010 continues, we will continue to improve our organization and our services through outreach and accountability.

Best Wishes for a Happy Spring,

A handwritten signature in black ink, appearing to read 'Pham Thi Hoa', written in a cursive style.

Pham Thi Hoa, Executive Director