



Muslim Community Center News

A Publication of the Muslim Community Center for Human Services

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MISSION & VISION STATEMENT

Muslim Community Center for Human Services (MCCHS) is a 501 (c)(3) non-profit organization founded in 1995 to meet the medical and social service needs of more than 100,000 underserved immigrants from South East Asia, the Middle East and Africa that reside in the Dallas Fort Worth Metroplex. MCCHS is dedicated to empowering underserved communities residing in the Dallas/Ft. Worth Metroplex, to face complex challenges created by duality of culture and lack of appropriate medical and social services. Our long-term vision is to develop a community of people who are thriving and striving to maintain a harmonious family structure by offering counseling and education to prevent marriage discord, domestic violence and child abuse. MCC plans to offer counseling services and shelter for the victims of domestic violence from Middle Eastern and South East Asian region for whom services are currently not available due to cultural and language barriers.

Editorial

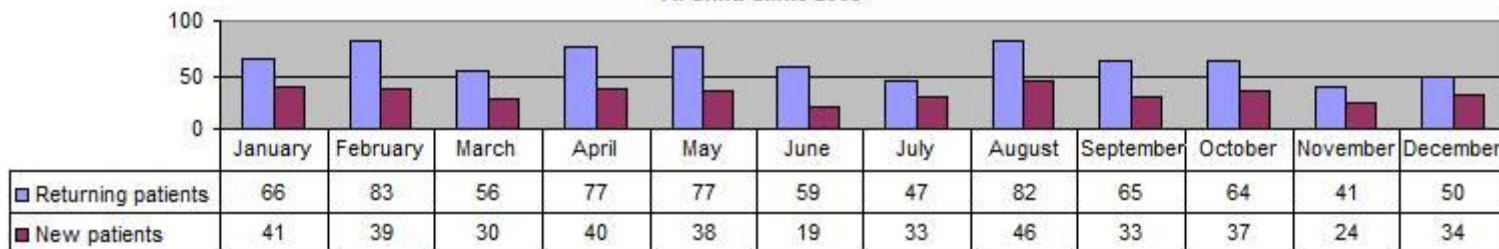
Noorul Siddiqui

The demand for healthcare for indigent DFW population is ever increasing; the current environment of layoffs and doldrums in the economy is not helping either. Americans will spend about 2.3 trillion dollars on healthcare; this is the cost that is rising faster than any other cost. One reason is that we as a nation are not taking care of ourselves. Seventy percent of healthcare problems are preventable and can be controlled including high cholesterol, diabetes, high blood pressure, and heart disease. The solution begins with each of us; we have in our power to change, by making healthy choices in eating, drinking, starting routine physical activities, going for physical exams, and by not smoking. One dollar spent in 2007 healthcare equals to \$1.70 in 2009. With such amplified cost, the need for MCC Human Services is ever growing for its social programs and healthcare services. Thank you for your compassionate, considerate, financial, and kind support of Muslim Community Center for Human Services. Your tax-deductible contributions go a long way to help your community. Together, we will all be strong, Inshallah.

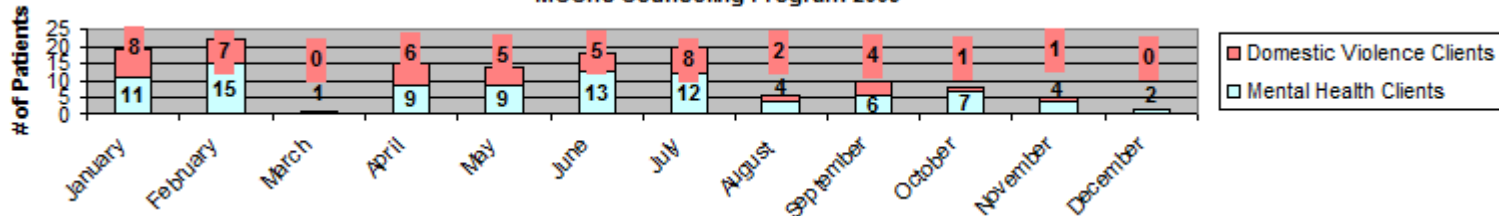
MCC's Medical, Mental Health and Social Services

Al-Shifa clinic has served 1200 patients in 2009. The Eye Clinic opened in July 2008 has served **24 patients this year.** The clinic provides free medical services and free medications when available. All the lab work is provided on a deeply discounted price. These services are helping many residents of DFW area in maintaining good health and preventing them from developing serious chronic medical conditions. The clinic also provides mental health services. In 2009, **127 clients have received counseling** and of those, **47 clients were victims of domestic violence.** MCC for Human Services is the only Muslim organization in the DFW Metroplex and one of the few in the country offers comprehensive medical, mental health and social services to indigent resident of the community. We anticipate the opening of our new dental clinic by March 2010.

Al Shifa Clinic 2009



MCCHS Counseling Program 2009



Educational Programs

MCC is offering several educational programs in the community.

Ms. Nuha Almahzoumi has been regularly offering educational programs on **Breast Cancer** and **Domestic Violence** in **English** and **Arabic** once a month in various Islamic Centers in this area.

Ms. Lubna Khurshid and Ms. Talaun Thompson have presented radio programs on **Healthy Marriages**.

· Dr. Ahmed presented a radio program on healthy marriages on September 10th at radio Salaam Namaste at 10:30am.

· On October 2nd Ms. Talaun Thompson went on Radio Salaam Namaste to be on Sadaf's show. The topic was "Marital Expectations". Unrealistic expectations, marital discord and conflict resolution were shared and discussed with the listening audience.

· Dr. Basheer Ahmed presented a two-hour program on Domestic Violence – Cross Cultural Perspective with Mr. Azad Khan, with Salaam Namaste on Tuesday, October 6th, 2009 from 2pm to 4pm.

· Dr. Ahmed and Ms. Thompson attended the first annual Peacemakers' Luncheon. At this event, MCC had a booth selling our **book Domestic Violence Cross Cultural Perspective** and networked with individuals including the Dallas County school board president, internationally and nationally known philanthropists, and national and local social service agencies.

· Dr. Ahmed made a presentation on MCC projects and progress at Dar-Us-Salam Islamic Center, Arlington, TX on Friday, October 16th at 8pm.

· On October 17th MCC's social worker attended a lecture at the Women Center in Fort Worth. The guest speaker was Rana Husseini who wrote a book *Murder in the Name of Honor*. Rana is a crime reporter at "Jordan times". She visited women in Jordan's jail and had a chance to interview the women turned themselves in jail for the sake of their safety. Many local organizations and members of local bar association attended the lecture.

· Dr. Ahmed presented a radio program on healthy marriages on Friday, November 6th at radio Salaam Namaste at 10am.

· On November 6th Ms. Nuha Almahzoumi presented a Breast Cancer Education Program at Dar El Eman. Eighteen women were provided with information about Breast Cancer and self-exams.

· Dr. Ahmed presented a program on parenting from an Islamic perspective at Dar-El-Eman Islamic Center, on November 10th at 11am.

On November 21st MCC's Ms. Nuha Almahzoumi in partnership with Moncrief Cancer Resources provided mammograms for 19 uninsured women.

Dr. Ahmed's presentation at Dallas Peacemaker organization

Dr. Basheer Ahmed gave a presentation on Domestic Violence - Cross Cultural Perspective with Ms. Lisa S. Zahn, J.D., who discussed the legal aspects of Domestic Violence during an open forum, organized by Peacemakers - Dallas, Texas on November 9th, 2009 at Center for Community Cooperation.



Savings to the Community

Al-Shifa Clinic & Eye Clinic– This weekend clinic has served 1200 patient in 2009. A physician coordinator & volunteer physicians are present during the clinic hours. Patients also receive lab work & free medications.

Savings to the community: \$50,000 / year through volunteer work of physicians, health care workers, volunteers, lab work, free medication and operational costs.

24-Hour Help Line, Mental Health, Counseling, Domestic Violence & Social Services – MCC offers these services: **Saving to the community \$50, 000/year through the professional staff and volunteers.**

Refugees Services – Provides outreach to refugees including volunteer time and donations (food, money, clothing etc) donated from the community.

Savings to the community: \$10,000/ year through volunteer time, and free goods and services

Health Fair–MCC organizes health fair twice a year providing screening services approximately 400 individuals with blood pressure tests, lab work dental, eye and physical examinations.

Savings to the community: \$25,000/year through volunteer work of physicians, health care workers & volunteers.

Educational Seminars-are organized on a variety of subjects including parenting, child abuse, domestic violence, marital harmony and others.

Savings to the community: \$5,000/year through volunteer work of health care workers and educators

Breast Cancer Education and screening-for qualify women to receive free mammograms and pap smears.

Savings to the community: \$20,000/year through the grant from Susan G. Komen Foundation.

MCCHS Published Book

During the later part of 20th century, there has been a massive influx of immigrants and refugees from Asia and Middle East to United States. They brought with them a religion and a culture, which is different from the predominant Christian Western culture. In spite of this difference, the incidence of Domestic Violence is similar among the immigrants as in the US.

Join M. Basheer Ahmed, M.D., as he and his colleagues divulge into a cross-cultural context of Domestic Violence Cross Cultural Perspective. To purchase the book, call the office (and receive a discounted price of \$14.00) or visit us online:

<http://domesticviolence-crossculturalperspective.com>



Domestic Violence "Roshni"

Ms. Saulet Kureshy, the chair of the MCC Roshni Fundraising Committee, organized a fundraising Luncheon for the MCC Roshni program on Nov 12, 2009 at her home. Twenty ladies attended the luncheon and donated funds to MCC to assist victims of domestic violence. MCC Domestic Violence Program provides help to all underserved persons; however, over 90% of the clients who contact MCCHS for services are Muslims from Southeast Asia, Middle East and Africa. MCCHS is one of the few organizations that offers domestic violence services to immigrants and provides social and medical services to indigent communities. Domestic violence in these communities is a complex phenomenon and victims of domestic violence face challenges such as cultural, language barriers, citizenship status and religious laws as deterrents when trying to leave an abuser. Consequently, the victims' emotional health, physical health and overall well-being are at risk for long-term negative effects. **MCCHS utilizes professional bi-lingual social workers and caseworkers to provide direct services to domestic violence victims.** Clients receive free counseling sessions, case management, legal assistance, advocacy, psychiatric services and medical care as needed.

Domestic Violence Hotline: 817-589-0200 ("We are here to help")

Thanks to Ms. Saulet Kureshy and the generous donors who support domestic violence victims.

“Hina’s Prayers”

Lubna Khurshid, MSW

Salma and her three daughters were sitting and waiting for the time when food would be distributed at the local mosque. Hina the youngest seemed hungry and asked her mother “mom are you sure we will eat something before we go to bed” Salma replied with hope “inshallah” Hina sat quietly with her mom and sisters in the mosque. Some ladies at the mosque were preparing food to serve for “Iftar”. By watching the ladies preparing plates to serve making Hina more hungry.

Suddenly, she heard it is time for “Iftar” she asked her mother does this mean food time? She saw a lady putting plates in front of every body. When Hina got her food, she finished it in no time and asked for more but the serving lady told her “no” you cannot have more food. She did not like that and cling to her mother for more food. Salma who was about to finish her food gave Hina her piece of bread. After prayers her family came back home.

On her way back home Hina was thinking about tomorrow’s school. She remembered today her teacher Ms. Barn warned her “do not wear dirty uniform tomorrow”.

She started thinking about other children comments “you stink” your uniform is dirty” Hina did not like this and asked her mother “mom can I have another uniform” or can you wash my uniform?

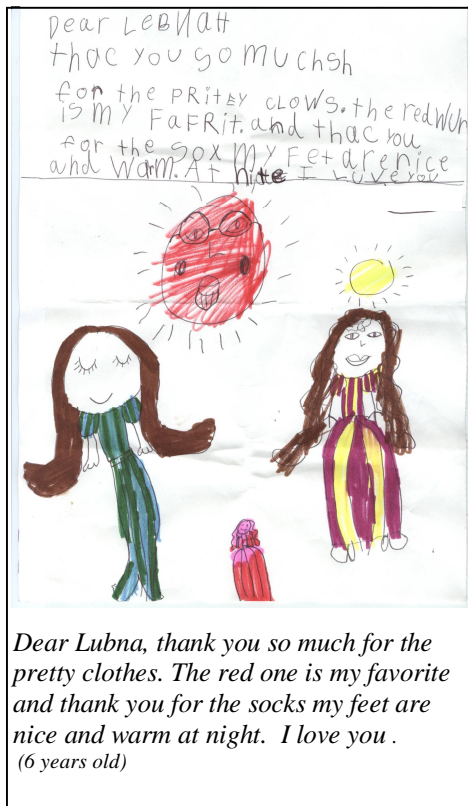
Mom told her that she would wash her uniform when she will have money to buy laundry detergent. Hina thought she will tell her mom that she is sick and would stay home, pretend sickness and miss school, but all of a sudden she remembered if she would not go to school she will not have lunch

because she heard mom said “eat lunch at school there is nothing to eat at home”.

After returning home, **before she went to sleep she prayed to Allah “help my family”**. Next morning she went to school and listened to Ms. Barn and children again about her dirty uniform. When her mom picked her up from school, she told Hina that a lady would be visiting us from MCC. In the after noon, MCC’s social worker came to see Hina and her family; she brought clothes, blankets, and groceries. Hina and her two sisters Sakinah and Warda were looking into bags and screaming with joy. They were taking out shoes, socks and dresses from the bags lady brought.

They were trying them on and thanking to the lady. Hina remembered yesterday, when the weather became cold suddenly she was very cold and did not have jacket to wear. Hina told the lady for a moment “I thought you are an angel” thank you for helping my family” I want to be like you when I will grow up”

Muslim Community Center helps families in need in spite of its limited resources and always appreciates donations and support from our community.



Dear Lubna, thank you so much for the pretty clothes. The red one is my favorite and thank you for the socks my feet are nice and warm at night. I love you. (6 years old)

Women’s Committee

Ms. Sadaf Haider, the chair person of MCC’s Women outreach committee, has been working actively during this quarter by organizing Arlington and Fort Worth ladies to participate and attend not only monthly meetings but also responding to the needs of our clients.

The Women outreach committee met on Oct 26th at Darul-Eman in Arlington to discuss the needs of the community and ways MCC could help. On Nov 10, women committee arranged a lecture on the topic “How to communicate with your children” at Darul- Eman. The guest speaker was Dr. Basheer Ahmed.

The women committee is also planning to have their meeting on Dec 8th to show appreciation for women who volunteered their time and efforts to organize these meetings. The ladies will be discussing about girls support group.

Overall, MCC women outreach committee has been very active in organizing and arranging events in the community.

Thanks to Ms. Sadaf Haider and their hard working volunteer ladies who made these wonderful events happen

Going the Extra Mile

Aftab Siddiqui

Aftab Siddiqui believes in serving his community. The 13 year veteran employee at American headquarters works as a planner in Capacity Planning optimizing American’s extensive route network and schedule before it is published.

Siddiqui is involved with the Muslim Employee Resource Group (MERG), one of 16 ERGs at American. The Muslim ERG has been instrumental in educating other employees about Muslim customs and traditions. The insight has been very helpful in training frontline employees and developing Halal meals on transcontinental flights.

“The MERG is also collecting school supplies and clothes to donate to orphanages in Lima, Peru, which we’ll deliver in August,” says Siddiqui.

When he’s not at work, Siddiqui spends much of his time volunteering as co-chair of the United Way Family Impact Council, which focuses on child neglect and abuse. He works with the council to allocate approximately \$2 million to various agencies, reviewing their proposals and performances.. Says Siddiqui, “The agency stays in constant contact with the community at large and is very aware of emerging issues. The staff and volunteers are great, and I’ve learned a lot working with them.”

Siddiqui also volunteers with the Muslim Community Center for Human Services, where he serves as Vice Chair. The center provides a clinic for members of the local community who need medical services. “We have volunteer doctors who see patients on weekends,” says Siddiqui.

The center also provides a domestic violence program and hotline. “We provide counseling sessions to strengthen family values,” he says. The community center also works with refugees from Iraq, providing much-needed services. Says Siddiqui, “We help them find jobs and transportation. They are coming from a war-torn country and often need counseling and other social services.”

Says Siddiqui, “When I was a college student, I read a Chinese proverb that I’ve never forgotten: It is better to light a candle than to curse the darkness. That has lots of meaning for me. No matter where we are, we can always contribute to improving our society, and that’s what I’m trying to do.”

[Originally printed in the August 2009 edition of the AmericanWay magazine]



Mr. Aftab Siddiqui

MCC will be offering expanded Mental Health Services

M. Basheer Ahmed M.D.

After several month efforts, we are finally successful in recruiting 5 Psychiatrists, who are willing to provide volunteer services at Al-Shifa Clinic. The Mental Health Service will be offered on weekly basis. The services include initial evaluation and treatment of minor mental health problems, medical management, family counseling, marital counseling and domestic violence program. The patients with serious mental health problems will be referred to the local institutions such as MHMR and John Peter Smith Hospital. Patients are also referred to private psychiatrists, if they can afford to pay for the services. Discounted rates may be offered to the patients referred by MCC.

In DFW Metroplex, currently there are 3 or 4 Muslim organization, who are providing medical services at the charitable clinics. However MCC Al Shifa Clinic is the only organization which is offering Mental Health Services for last 10 years and Domestic Violence Services for last 5 years. The Mental Health Services in its new expanded format will begin in January 2010.

Dr. Wasiq Zaidi has accepted to serve as a Medical Director for Mental Health Service and Ms. Lubna Khurshid MSW will continue to serve as an Assistant Program Director for Mental Health and Domestic Violence

MCCHS Reaches Out to Refugees

Nuha Almahzoumi, MBA

MCCHS is the only charitable organization from the Dallas Fort Worth Muslim Community that provides both medical and social services. MCCHS has a bi-lingual staff that is able to offer appropriate medical and social services to the newly arrived Iraqi Refugees.

To date, MCCHS has assisted a total of 68 families

Mr. A became blind as a result of a bomb blast during the Iraq war. He is a newly arrived refugee from Iraq. Before he received his Medicaid, he came to Alshifa clinic where he received free medical care. MCC's outreach coordinator was able to communicate with him in Arabic. She helped him get his ID, Medicaid, SSI and he was provided transportation to go to Friday prayers and everyday life activities such as buying groceries, go the doctor etc. He has been provided with many goods through our refugee outreach services (blankets, clothing, and Social security application assistance)

Ms. F was in an accident in which she lost her sister, and became paralyzed. Her husband is still missing. She has three children ages 17, 15 and 10 years old. She is newly arrived refugee from Iraq; she has received free Medical and social services from MCC.

Mr. J unable to speak English; has received refugee services from MCCHS (clothing, microwaves, vacuum, blankets etc).

Thanks to generous donations and community support, MCC continues to work with refugees to provide the assistance they need.

MCCHS Breast Education Program

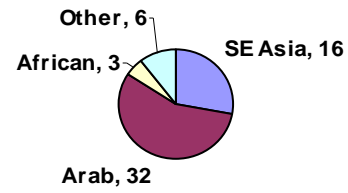
MCCHS provides a **Breast Cancer Awareness Program** throughout the year. Services include breast cancer awareness **education and prevention seminars** made possible by a grant through the Susan G. Komen for the Cure Tarrant County.

MCCHS provides coordination, registration and translation on site for patients and in partnership with The Harris Methodist Mobile Unit of Fort Worth and Moncrief Cancer Resources to provide **free mammograms** for our patients (Table 1).

Since January 2009, *three hundred five women have received the critically needed services.*

In 2009 MCCHS has expanded its services to include pap smears.

Mammograms Provided in 2009



Legend: SE Asia (blue), Arab (red), African (green), Other (yellow)

Table 1.

If you would like MCC to provide a Breast Cancer Education Program to your group or to be scheduled for an upcoming mammogram or pap smear please call **817-589-9165**

Al Shifa Clinic-Volunteer Physicians

Dr. Basheer Ahmed M.D.	Nusrat Khan M.D.
Iqbal Ahmed M.D.	Shahida Khan M.D.
Yama Amin M.D.	Mehreen Malik M.D.
Khawaja Anwar M.D.	Iqbal Mughal M.D.
Daud Ashai M.D.	Anila Khan M.D.
Sobia Ghazali M.D.	Imran Patel M.D.
Riaz Haider M.D.	Nadeem Patel M.D.
Ladi Haroona M.D.	Nikhat Qureshi M.D.
Laila Hirji M.D.	Shabnam Qasim M.D.
Siraj Hussain M.D.	Hujefa Vora M.D.
Jalil Khan M.D.	Hamid Burney M.D.
Muhammad Khan M.D.	Shama Deen O.D
Tasleyma Sattar, M.D.	Afia Mumtaz, M.D.
Saba Shabnam, M.D.	Azmat Ahmed, M.D.

THANK YOU

Editorial Board

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Muslim Community Center News is a periodic publication of the Muslim Community Center for Human Services, a non-profit, tax-exempt organization dedicated to serving humanity in general and more specifically the Muslim community, irrespective of color, creed, and country of origin. The Muslim Community Center for Human Services empowers the community to act on its own behalf to uplift its people. To strengthen our community, to face complex challenges created by duality of culture, and lack of appropriate infrastructure affecting the domestic, social, and economic aspects of life. To offer and seek cooperation from other organizations working for advancement.

Please mail your Tax Deductible Donation to:

Muslim Community Center for Human Services

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