



# Muslim Community Center News

A Publication of the Muslim Community Center for Human Services

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## MISSION & VISION STATEMENT

**M**uslim 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.

## Muslim Community Center provides the following services

Talaun S. Thompson, LMSW

**AlShifa Clinic:** MCCHS Al-Shifa Clinic is a free health clinic that provides non-emergency services, and eye exams to uninsured and underinsured patients. In 2009, *clinic physicians provided care to 1200 patients.*

**Mental Health Services:** MCCHS offers treatment for individuals with depression and anxiety disorders. In 2009 MCCHS' *psychiatrists provided mental health services to 93 new clients.*

**Domestic Violence Program:** MCCHS provides a 24 hour hotline, counseling, case management, advocacy, safety planning, information and referrals. In 2009, MCCHS provided services for *47 victims of domestic violence.*

**Counseling Services:** MCCHS provides individual and family counseling to address individual, marital and family problems. In 2009, MCCHS provided *counseling to 140 clients.*

**Helpline:** MCCHS helps individuals who are in need of appointment scheduling, information, or referrals. In 2009, *2847 helpline calls were processed.*

**Health Fair:** MCCHS organizes a Health Fair each year screenings for high blood pressure, diabetes, breast cancer, eye problems and dental concerns. In 2009, *4 health fairs* were provided benefiting 300-400 individuals.

**Breast Cancer Program:** MCCHS provides a Breast Cancer Awareness Program throughout the year. Services include cancer risk awareness education seminars and mammogram screenings. During 2009, *two-hundred women were assisted through our breast cancer program.*

**Education:** MCCHS provides hour-long education programs on Parenting, Communication, Youth, Family well-being, Domestic violence, and Healthy marriage. In 2009, 12 education programs were presented and approximately *400 individuals were provided education.*

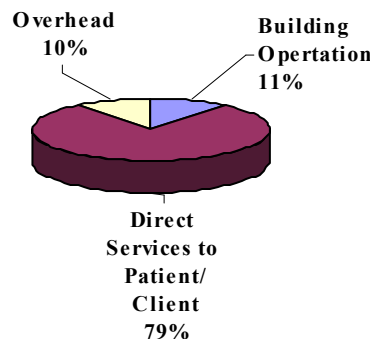
**Refugee Program:** MCCHS provides services of integration to prevent isolation and marginalization of refugees. In 2009, MCCHS provided services to *329 newly arrived Iraqi refugees.*

## Editorial Board

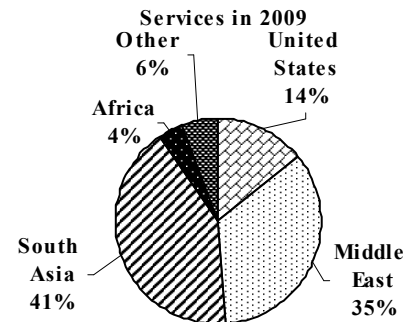
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Muslim Community Center News is a periodic publication of the Muslim Community Center for Human Services, a non-profit, tax-exempt organization dedicated to serving humanity in general and more specifically the Muslim community, irrespective of color, 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.

MCCHS Expense Report



Percentage & Country of Origin of Patients who have received MCCHS



## Who Does MCCHS Serve

All services provided by MCCHS are free. Ninety-eight percent of funding comes from individual donations and donations from annual fundraising events. MCCHS receives a grant from Islamic Relief to provide clinical and educational services at Islamic Centers in the Dallas Fort Worth (DFW) area for individuals seeking assistance. Susan G. Komen foundation provides a grant for breast education services at various Islamic and community centers. MCCHS owns a building located at 7600 Glenview Drive where all medical and counseling services are rendered. MCCHS utilizes 4 staff members (3 full-time; 1 part-time) along with 10 clinic help volunteer; 20 volunteer physicians and 14 Board of directors.

## Kids Cultural Fashion Show

Malahat Kizilbash and Beena Kamran

On May 1, 2010 a children's fashion show was organized to benefit the Muslim Community Center's Roshni program. Malahat Kizilbash and Beena Kamran organized the fundraiser which was held at Haveli restaurant. More than 90 children participated in the show. What could have been chaos and confusion turned out to be an extremely enjoyable evening. The program started with a group of young girls singing "Imagine" by John Lennon. The theme of the song introduced the theme of the evening: hope for a better world. The sweetness and innocence of the children and the well-managed program further made for a charming event. A mid-program dance by a group of boys kept the excitement and energy of the show going. The main objective was to raise funds for Roshni, the MCC program spearheaded by Saulet Kureshy and Farzana Mughal. To this end, the event also held a silent auction and a raffle besides the entrance ticket. About 230 people attended the event for a full house. The show raised a little over \$6000 for Roshni. Overall, it was a very successful event. Not only did it raise money for a good cause but it helped many debutante models get their first break.



## Iraqi Refugees Receive Help from MCCHS

Nuha Almahzoumi, MBA

Early in 2008, MCC started helping Iraqi refugees in all aspects of life. Since that time, over 102 families were assisted in house wares items and furniture supplies.

Up until now, with the help of good Americans we provided six families with a car each.



Dr. Rizwana and her husband donated car to Iraqi refugee Muhammad through MCC

Regardless of the tough economy, MCC has assisted in finding employment for over twenty people. Domestic Violence, Breast Cancer, and Communication are three other main areas where MCC is educating refugees. MCC is focused on teaching English language and cultural orientation, a service provided with the help of three English natives and other ladies. Thanks to Ms. Sadaf Haider, Ms. Dina AlHussani, Ms Fadia Perwani, Ms. Laila Rossel and Mr. Mohanad AlHyek for assisting refugees.

## Dental Clinic

M. B. Ahmed M.D.

After 18 months of efforts, the Al-Shifa Clinic has now completed the securing of the dental equipment for the clinic. We are thankful to Ms. Margaret Irwin RN,MS. for her tireless efforts in contacting several places to obtain the equipment. We are extremely thankful to Dr. Roach, a retired dentist of Fort Worth, who was kind enough to donate the equipment for the clinic. He is also helping us in setting up with the policies, procedures and operating guidelines.

MCCHS is in need of volunteer dentists, volunteer dental hygienists, supplies and the financial support to operate this free dental clinic for the indigents residents of DFW Metroplex.



## Volunteer to Give Back to the Community

Kassem Elkhailil, MCC Board Member

During several years of my involvement in various Muslim and non-Muslim organizations, I have noticed that the vast majority of our community, especially the youth, doesn't volunteer or even participate in any event that benefits them or the community.

It is an ethical and religious duty to give back to your community, Muslim or non-Muslim. Our religion has ample of examples which show that volunteering and helping other fellow human beings is very important part of the religion.

Below are two hadiths for Prophet Muhammad (peace be upon him) about helping the needy.

مَنْ أَضْحَحَ لِأَيِّهِمْ بِأَمْرِ الْمُسْلِمِينَ فَلَيْسَ مِنْهُمْ وَقَنْ سَمِعَ رَجُلًا يُنَادِي بِاللُّمُسْلِمِينَ فَلَمْ يُجِبْهُ  
فَلَيْسَ بِمُسْلِمٍ.

He who wakes up without any concern for the affairs of Muslims, is not a Muslim; and he who hears the cry, 'O Muslims!' without responding is not a Muslim.

On the contrary, to meet the needs of the Muslims and to solve their problems is considered as one of the noblest forms of worship. The Prophet is reported to have said:

مَنْ مَشَى فِي حَاجَةِ أَحِبِّهِ سَاعَةً مِنْ لَيْلٍ أَوْ نَهَارٍ، فَضَاهَا أَوْ لَمْ يَقْضِهَا، كَانَ خَيْرًا لَهُ مِنْ  
اعْتِكَافٍ شَهْرَيْنِ.

An hour covered on foot, at night or during day, in the effort to help one's brother meet his need, is better than two months of i'tikaf (spiritual retirement), regardless of whether or not one succeeds in one's effort.

The MCC is rendering several services to the Muslim and non-Muslim community. Health clinic, health fair, mammograms, domestic violence, helping the Iraqi Refugees, etc. are some of these services.

There are several areas where you can help. You may volunteer or donate by calling (817) 589-9165.

## Advisory Council Meeting

M. B. Ahmed M.D.

MCCHS held an Advisory Council Meeting on January 23, 2010. Fifty individuals including Board members, Staff and Volunteers attended the meeting, along with community leaders including Imams, Presidents/Representatives of Islamic centers, cooperation, banks, physicians, lawyers, business owners and representatives of other organizations. After a welcome address by Dr. Ahmed and a brief presentation of programs by Ms. Talaun Thompson, Ms. Candace Grey (consultant) conducted the meeting by asking feedback from the community leaders.

Advisory council members responded to several issues related to financial stability, marketing, public awareness of programs, projects and membership of the board and advisory council. Their recommendations included several suggestions such as seeking funding from governmental agencies, corporations and building relationships with individual donors. It was recommended that MCC approach all Islamic centers in the area to have a regular monthly funding from their Zakat fund to support the needed medical and social services in the community. It was also recommended that MCC shows its presence at variety of cultural, educational and fundraising programs in the community. Many advisory council members showed willingness to participate with board members to achieve these goals.

The board members have reviewed the recommendations and will discuss the recommendations and present a concrete plan for implementation in the next advisory council meeting.



Mr. Aftab Siddiqui, Vice Chair, MCC addressing the advisory council members.

## Volunteer Recognition Award



Dr. Ahmed presented a recognition plaques to Ms. Maggie Irwin who was instrumental in developing eye and dental clinic. Dr. Ahmed also gave recognition awards to the volunteers of Al-Shifa clinic.

## Thank you for the MCCHS Fundraisers

Saleha Haleem, MCC Board Member

To raise funds for Roshni program and Iraqi refugees the Colleyville mosque's youth had a garage sale on May 1<sup>st</sup> and raised about \$1,500. Hurray to the youth!

Southlake ladies arranged a very beautiful and fun filled children's fashion show on May 2<sup>nd</sup> and raised money for the MCC Roshni program. We want to thank especially for Malahat Kazalbash and Beena Kamran and all of the participants for making it a successful event.

On May 9<sup>th</sup> we had a very nice luncheon for our Dallas Fort Worth lady physicians, we are very thankful for them for taking the time to come from their busy schedules especially on Mother's Day.

## Tarrant County Medical Society Mission Day

Saturday March 6th 2010

M. B. Ahmed M.D.

Medical Mission Day is a one-day medical mission event at area charity clinics organized by the Tarrant County Medical Society, the Dallas County Medical Society and the Greater Dallas/Fort Worth Association of Charitable Clinics. Al-Shifa Clinic thanks the Medical Society for sending the visiting physicians.

Three physicians from Tarrant Medical Society volunteered their time at Al-Shifa Clinic. We are thankful to Mylinh Vu M.D. (ObGyn), Miguel Banta M.D. (pain management) and Shannon Baker M.D. (ObGyn). They have seen over 50 patients on Saturday March 6th, 2010 at Al-Shifa Clinic. In addition to the volunteer physicians from the Tarrant County Medical Society our own physicians Basheer Ahmed M.D., Siraj Hussain M.D., and Shahida Khan M.D. were also volunteering in the clinic. Our regular physician observer Amit Nangrani M.D., Sarah Khan M.D. and three medical students from Texas College of Osteopathic Medicine assisted the visiting physicians. We are thankful to all the participants for making this a successful mission day event. *(Please see the photograph of the visiting physicians and the other regular volunteers of the clinic on the next page.)*



Tarrant County Visiting Physicians: Mylinh Vu M.D. (ObGyn), Miguel Banta M.D. (pain management) and Shannon Baker M.D. (ObGyn) are seated on the chair. Drs. Ahmed, Siraj and Shahida along with the observer physicians, medical students and Ms. Naureen, office manager, are standing on the back. Al-Shifa volunteers are sitting in the front.

## Self Esteem is Crucial

Lubna Khurshid, MSW

Self esteem is crucial and is a cornerstone of a positive attitude towards living. It is important because it affects how you think, act and even how you relate to other people. Low self esteem means poor confidence and that also causes negative thoughts which means that you are likely to give up easily rather than face challenges. People respond to you either positively or negatively according to how confident you are.

**Test your level of self esteem** Source: [www.more-self.com](http://www.more-self.com) Karl Perera 2007

- |  |   |
|--|---|
| 1. Other people are not better off or more fortunate than me | 9. I admit my mistakes openly                             |
| 2. I accept myself as I am happy with myself                 | 10. I never hide my true feelings                         |
| 3. I enjoy socializing                                       | 11. I always speak up for myself and put my views across  |
| 4. I deserve love and respect                                | 12. I am a happy, carefree person                         |
| 5. I feel valued and needed                                  | 13. I don't worry what others think of my views           |
| 6. I don't need others to tell me I have done a good job     | 14. I don't need others' approval to feel good            |
| 7. I make friends easily                                     | 15. I don't feel guilty about doing or saying what I want |
| 8. I can accept criticism without feeling put down           | 16. Being myself is important                             |

**TEST SCORE: Total number of TRUE answers you gave, EACH ONE POINT:**  
**15-16 Points - You have a high level of self esteem!** **12-14 Points - Not bad but room for you to improve** **8-11 Points - Low self esteem is holding you back**  
**Below 8 Points - Your esteem is drastically low!**

## Arizona's New Rigid Immigration Law

Noaman Azhar, Attorney at Law MCC Board Member

Arizona Senate Bill 1070 was passed and signed into law last month. The bill will permit the state police to: Stop a person if there is a "reasonable suspicion" the person is an illegal alien; Arrest a person if there is probable cause that the person is an alien not in possession of required immigration documents; Detain arrested persons until proof is given of their legal status; and Punish an individual, as a misdemeanor or felony, for transporting a person while either knowingly or "recklessly disregarding" the person's immigration status.

Senate Bill 1070 has been criticized on multiple fronts. The most significant concerns about the bill deal with whether state law enforcement officers in Arizona, as opposed to federal officers, should be able to possess the power to arrest US citizens, simply because they do not carry with them proof of their citizenship. Also, with respect to holding suspected illegal aliens in detention facilities (which are similar or worse than prisons), state law enforcement officers in Arizona now possess broad discretionary power. Senate Bill 1070 has been further criticized for targeting the growing Hispanic population in Arizona and for legalizing racial and ethnic profiling, threatening to make such acts commonplace.

The passage of Senate Bill 1070 has drawn national media attention, as well as highlighted the dire need for immigration reform. In fact, even before the Governor of Arizona signed the new bill into law, President Obama openly expressed his disdain for it. President Obama criticized the law as violating the American values of basic fairness, as well as creating unnecessary suspicion and mistrust between communities and law enforcement. Congressional leaders have also responded to the bill's passage by indicating their preparation to tackle immigration reform in the near future. Similarly, the law's passage has spurred vast opposition in both popular culture and amongst common citizens. Recently, the Phoenix Suns, an NBA basketball team, took a public stance against the bill during the NBA Playoffs, wearing jerseys with the logo "Los Suns" in honor of the Latino community in Arizona. In Dallas, like other cities across the country, a crowd of over 25,000 collected in downtown on May 1st in opposition to Senate Bill 1070. Unsurprisingly, support for Senate Bill 1070 has been unpopular even amongst Arizona residents, with most of the callers to the Arizona governor's office expressing their opposition to the bill's passage. Lawmakers in Oklahoma and Texas have already stated they will propose similar bills. Whether Senate Bill 1070 will survive legal challenges remains to be seen, however, the silver lining to the Arizona law is that it has further emphasized to Americans, as well as our nation's leaders, that we must confront the need for immigration reform.

*Noaman is an attorney and Managing Partner at Azhar & Azhar, PLLC. The information provided in this article is not immigration advice and should not be interpreted as immigration advice. This article is not intended to establish an attorney-client relationship. As always, readers should consult with an experienced immigration attorney before making any immigration decisions on their case.*

## MCC Al Shifa Clinic participated in National AAPNA Health Care Day Event.

On June 5<sup>th</sup> 2010 approximately 450 Pakistani Physicians 140 Volunteers in 40 cities provided health screening to 2500 individuals through out USA. Alshifa Clinic was one of the two sites in DFW participated in this event. 12 Pakistani Physicians along with several medical students and volunteers attended this event providing services to over 40 individuals.

**Please mail your Tax Deductible Donation to:**  
**Muslim Community Center for Human Services**  
**P. O. Box 154658, Arlington, Texas 76015**

## International Visitors Program

M. B. Ahmed M.D.

The US State Department selected MCC for human services as a site for international visitors to familiarize them with various community programs in USA explaining the organizational structure, management style and strategic planning methods. This will provide an opportunity for collaboration and information sharing among visitors and their professional counterparts and it illustrates the value of grass roots and volunteer efforts in addressing social issues. Nine visitors from South Asia came to MCC for human services on May 6<sup>th</sup>, 2010 to learn about MCC's medical services to indigent residents and the social services, especially the domestic violence program, the child abuse program and the healthy marriages initiative.



*(L-R, Standing) Ms. Nuha – MCC Counselor, Ms. Thompson – MCC Program Director, Mr. Hasan Mehdi - Bangladesh, Ms. Jahan Ara Begum – Bangladesh, Mr. Saeed Ahmad - Pakistan, Dr. Basheer Ahmed – MCC, Mr. Murugupillai Dayananthan – Sri Lanka, Mr. Sanjay Kumar Gupta – Nepal, Rev. Joseph Thomas – India; (L-R, Seated) Ms. Salma Amir, Pakistan, Sahibzada Immanuel Ahmad – Pakistan.*

## Women's Clinic - MCC for Human Services

M. B. Ahmed M.D.

On May 9<sup>th</sup>, 2010, fifteen women physicians participated under the leadership of Dr. Sobia Ghazali and Shadan Mansoor in a luncheon meeting to expand the women's clinic program. Three new physicians were recruited and now it is possible for MCC to open the women's clinic every Sunday. The women physicians who are not currently practicing or willing to participate in educational programs helping women in familiarizing with common medical problems. Dr. Ahmed welcomed them on Mother's day and thanked all participating physicians for their commitment and support to improve the women's



*Dr. Shakila Ahmed, Ms. Talaun Thompson, Dr. Zareena Shama, Dr. Sobia Ghazali, Dr. Habiba Nusrat, Dr. Tasleyma Sattar, Dr. Nawab Khan, Dr. Basheer Ahmed, Dr. Shadan Mansoor, Dr. Shaista Patel, Ms. Saleha Haleem, Dr. Roohi Khan, Ms. Noureen Raza, Dr. Nikhat Haleem (Drs. Nikhat Qureshi, Anila Khan and Mehreen Malik are not in the picture).*



Dr. Aslam Malik past president of AAPNA with Dr. Jaleel Khan, Dr. Zaidi and other Physicians.