

Transportation action plan continued...

they have a few different ways you can get involved. If you have internet, you can go to the city website and read over the plan and give direct feedback. You can call 311 (612-673-3000) as well if you need a different way to give feedback and they should be able to help. TTY users call 612-673-2157. Para asistencia 612-673-2700 · Yog xav tau kev pab, hu 612-673-2800 · Hadii aad Caawimaad u baahantahay 612-673-3500.

Thinking about Quitting Smoking? Quit Partner Can Help.



If you smoke, quitting or cutting back may be the most important thing you can do to lower your risk for severe illness from COVID-19 and improve your overall health. According to the Minnesota Department of Health, in general, people who smoke are at higher risk of getting lung infections and having more serious illness. If you are thinking about quitting or cutting back on smoking, Quit Partner can help.

Quit Partner offers free quit-tobacco services to Minnesota residents who smoke, vape, or chew tobacco. Quit Partner provides coaching, email and text support, and quit medication (nicotine patches, gum or lozenges) delivered by mail. Visit www.QuitPartnerMN.com or call 1-800-QUITNOW (1-800-784-8669) to get started.

There are also Community Health Workers from Volunteers of America (VOA) who can provide quit-tobacco help to MPHA residents. They work in the MPHA buildings and offer counseling, referrals, and information on quit medication. Contact [REDACTED]



It's not too late!

It's not too late to complete the 2020 Census. Your participation will help determine how much federal money goes to Minnesota for services we all need, like hospitals, transportation, and housing, and how many representatives we will have in Congress. If you haven't already, you can reply in one of three ways:

1. Reply online at www.2020census.gov
2. Complete and return the Census form you received in the mail. (You would have received one if you hadn't completed the form on line.)
3. Call 1-844-330-2020



This Month's Events

Thursday, May 7, 11:00 a.m.: MHRC Executive Committee meets via conference call
Monday, May 18, 10:30 a.m.: Active Living Committee meets via Skype and/or conference call

Friday, May 22, 10:30 a.m.: Security Advisory Committee meets via conference call

Wednesday, May 27, 12:00 p.m.: Resident Advisory Board meets via conference call; **1:30 p.m.:** MPHA Board of Commissioners meets via conference call



KU WACYI GALINKU SOCOTA DHAMAAN DHALINTA IYO HAWEENKABA DHIBAATADA UU CAABUQA LEEYAHAY

Wacyi galin iyo talooyin muhiim ah oo ka yimid dhamaan aqoonyahanada sayniska ee caafimaad gaar ahaan cudurada faafa ee qatarta ah oo an laayay dad ee dunidan aynu ku noolnahay xanuunkaan caabuqa oo an cidna u kala aabaa yeelin ruux muslim ah ama kirishtaan ah ama buuduu ah duma iyo rag caruur iyo dhalinyaro waayeelba. cudurkaasoo aad ogtihiin in la yiraahdo COVID-19 ama af soomaaliga (Caabuqa). Haddaba waxaa kalifay inaan qormadaan si gaar ah ugu wacyi galiyo dhalinta soo koraysa eek u nool labadaan magaalo ee mataanaha ah ka dib madaxa ugu sareeya labadaan magaalo ee mataanaha ah uu amray in bandow aan xilligii u dhamaanayo aan la qeexin bandowgaasoo oranaya in dhamaan dadka degan labadan magaalo ay ku jiraan guryahooda sii looga hortago inuu fido cudurkaan caabuqa ah. Qormadaan idinka dhalinta ah oo runtii ah mustaqbalkii bari iyo badbaadiyaashii bari ayay idinku socotaa waxaana keenay in aan idiin soo gudbiyo wargalintaan waxaa ogahay inaad tihiin maskaxdii soo koraysay marka waa inaad ka foajigaataan qatarta uu caabuqaan leeyahay una hogaansanaa-taan awaamiirta ay idin faryaan dadka ku taqalusay cudurkaan. Qoolooyinka odorasa ama sameeya daraasaadka lagu kala garto fulinta sharcigii lagu soo rogay labada magaalo ee mataanaha ah iyo dhamaan maraykanka oo dhan oo looga danlaha in laga badbaado khatarta uu cudurkaan leeyahay marka markii tirokoob la sameeyay waxaa soo baxday in dhalinyarada ayan danayn in afka la xidhto xilligii aad banaanka u soo baxdo iyo in aan la isu dhawaan ama (social distance) marka wargalintaa waa muhiim walalayaal haddaad tihiin dhalintii anu dhalnay oo mustaqbalkooda anu ka fakiireenay waxaan idin faryaa inaad dhagaystaan idinkoo luqadda fahmaya talooyinka ay idiin soo jeedinaya dhaqaatiirta ku howlan la dagaalanka cudurkaan saf mareenka ka dhigay oona galaftay dad badan naftooda, ee COVID-19 (Caabuqa).

Alle subxaanuhu watacaala ha idin dareensiiyo inaad ka fakartaan oo aad raacdaan talooyinkeena ilaahna ha idinka badbaadsho xanuunka Caabuqa kulligeenba. Mahadsanid, Tamir Mohamud

May is Mental Health Month

GOING TO A COUNSELOR OR THERAPIST WHEN YOU'RE FEELING SAD OR OVERWHELMED SHOULD BE AS NORMAL AS GOING TO THE DOCTOR WHEN YOU HAVE THE FLU. LET'S END THE STIGMA ABOUT MENTAL HEALTH!

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit MHAScreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, MHA will give you information and help you find tools and resources to feel better.