

# တၢ်တူၢ်လိာ်မုၢ်ဆူ လ့ၤခၢၣ်(နီၤ)(Lincoln), နံၣ်တြၢ်စခၢၣ်.

တၢ်နံၣ်ကျဲၤလၢပုၤန့ၢ်လီၤအိၣ်ဆိးအသီတဖၣ်အဂီၢ်



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တၢ်တူၢ်လိာ်မ့ၢ်ဆူန့ၣ်တြၢ်စခၢ် ... တၢ်အဆိၣ်ထီၣ်လိာ်တၢ်န့ၣ်ကျဲးဒီးလိာ်တၢ်န့ၣ်ကျဲးအံၤမ့ၢ်ဆိးကမၤစၢၤန့ၣ်လၢနတၢ်မၤဘၣ်ဂီၢ်ထီၣ်နတၢ်အိၣ်မူလၢအမဲရကၤကီၢ်စၢၤဖိၣ်အပူၤအံၤအဂီၢ်န့ၣ်လီၤ. လိာ်တၢ်န့ၣ်ကျဲးအံၤအိၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်လၢဒီးပပူၤတဝၢ, တၢ်အိၣ်ယၢၤပီးလီၤလၢအကဲဘျးတဖၣ်, ဒီးတၢ်ကရၢကရိတဖၣ်လၢဘၣ်သ့ၣ်သ့ၣ်ကကဲထီၣ်တၢ်မၤစၢၤလၢနဂီၢ်န့ၣ်လီၤ. မ့ၢ်န့ၣ်သက့ဒီး, ပတၢ်ဖျါထီၣ်ဘၣ်တၢ်ဂ့ၢ်ကိးမံၤဒီးလၢနလိာ်ဘၣ်အိၣ်, ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤလၢပဟ့ၣ်ထီၣ်တဖၣ်မ့ၢ်ထံၣ်လၢတၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးအဂီၢ်န့ၣ်လီၤ. လၢတၢ်ဂ့ၢ်တၢ်ကျိၣ်တခါစ့ၣ်စ့ၣ်အဂီၢ်ပုၤသ့ၣ်ဘၣ်စဲၣ်နီၤလၢတၢ်န့ၣ်န့ၣ်အိၣ်သ့ၣ်တဖၣ်အိၣ်လဲၤလၢကဟ့ၣ်လီၤတၢ်ဂ့ၢ်တၢ်ကျိၤလၢအဂ့ၢ်ကတၢ်, ဒီးအသီသံၣ်ဘ့ၣ်ကတၢ်တဖၣ်န့ၣ်လီၤ. ဝံသးစူၤထံၣ်လိာ်သးဒီးအဝဲသ့ၣ်တက့ၢ်.



## အဆၢဒိၣ် ၁ တၢ်လဲၤဟးပူၤတၢ် ဒီး ဟံၣ်ဇိးယီၤဇိး

### • တၢ်လဲၤဟးပူၤတၢ်ကူတၢ်သိး

တၢ်လီၢ်အဂ့ၢ်တတိၤလၢတၢ်ပူၤတၢ်ကူတၢ်သိးအဂီၢ်န့ၣ်မ့ၢ်ဝဲၣ်တၢ်လၢပူၤသ့ၣ်ဝဲၣ်အပနံၣ်ကျးဖးဒိၣ် (thrift store) န့ၣ်လီၤ. ပူၤလဲၤဟ့ၣ်မၤဘျၣ်လီၤတၢ်ကူတၢ်သိးလၢပူၤတကူသိးလၢအိၣ်တဖၣ်ဖဲကျးသ့ၣ်တဖၣ်အံၤအပူၤ, ဒီးနပူၤတၢ်ကူတၢ်သိးသ့ၣ်တဖၣ်အံၤလၢအပူၤဘၣ်ဘၣ်ဖိသ့ၣ်န့ၣ်လီၤ. တၢ်ကရၢကရိတနီၤဟ့ၣ်နီၤလီၤကလိတၢ်ကူတၢ်သိး, ဟံၣ်ဇိးယီၤတၢ်ပီးတၢ်လီၤ, ဖိသ့ၣ်တၢ်ကျးခံတဖၣ်ဒီးတၢ်ဖိတၢ်လဲၤအဂၤတဖၣ်န့ၣ်လီၤ. တၢ်ဖိတၢ်လဲၤတဖၣ်အံၤလဲၤလၢန့ၣ်ဂ့ၢ်ဝဲၣ်ဒီးတၢ်ဆူၣ်အိၣ်တချးလၢတၢ်ဟ့ၣ်လီၤကွံာ်ပူၤ မ့ၢ်တမ့ၢ် တၢ်ဆါအိၣ်ဘၣ်အခါန့ၣ်လီၤ.

### • တၢ်လဲၤဟးပူၤတၢ်အိၣ်တၢ်အိၣ်

နမ့ၢ်ပူၤလၢအတၢ်ဟဲန့ၣ်စ့ၢ် မ့ၢ်တမ့ၢ် တအိၣ်ဒီးတၢ်မၤဘၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်နကိၣ်န့ၣ်ကျိၣ်စ့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢထံကီၢ်ပဒိၣ်အဆိၣ်လၢနကစူၤကါအိၣ်လၢတၢ်အိၣ်တၢ်အိၣ်အဂီၢ်န့ၣ်လီၤ. တၢ်အံၤဘၣ်တၢ်ကိးအိၣ်လၢ SNAP တၢ်တီၢ်ကျဲၤ, ဒီးတၢ်အံၤမၤစ့ၢ်လီၤန့ၣ်ဝဲၣ်တၢ်အိၣ်တၢ်အိၣ်အပူၤအကလံၤသ့ၣ်ဘၣ်ဆၣ်တၢ်စူၤကါအိၣ်သ့ၣ်ထံၣ်လၢတၢ်ပူၤတၢ်အိၣ်အဂီၢ်န့ၣ်လီၤ. တၢ်တီၢ်ကျဲၤအံၤတဟ့ၣ်စၢၤတၢ်လၢသးဇိးကဲဇိး, ဆၣ်ဖိကီၢ်ဖိလၢတၢ်ဘျၣ်ကွံာ်ကိၣ်အိၣ်အတၢ်အိၣ်, မိာ်ထူ, စးခိပီးလီၤတဖၣ်ဒီးတၢ်ဒီးသးအံၤသ့ၣ်တဖၣ်အဂီၢ်ဘၣ်န့ၣ်လီၤ.

### • ဟံၣ်ဇိးယီၤဇိး

#### → တၢ်ပူၤဖျး

ဝုၢ်လုၢ်ခၢၣ်(နံ)အံၤမ့ၢ်ပူၤတဝၢလၢအဆံးန့ၣ်သက့ဖဲန့ၣ်သဒၢဟံၣ်န့ၣ်လုၢ်အခါဂ့ၢ်လၢနကစူၤကါတၢ်ပလီၢ်ပဒိၣ်ဆိသးအကျဲန့ၣ်လီၤ. **ထီၣ်န့ၣ်တံာ်တၢ်ဟံၣ်န့ၣ်တြိဖးဒိၣ်တဖၣ်တက့ၢ်.** နမ့ၢ်ထီၣ်အိၣ်န့ၣ်တံာ်တဖၣ်လၢန့ၣ်တြိဖးဒိၣ်ဒီးဝဲတြိဖိတဖၣ်အလီၤန့ၣ်တြိဆါစၢၤဝဲတၢ်ဘျၣ်ဘၣ်ဖျိတၢ်သ့ၣ်န့ၣ်လီၤ. နမ့ၢ်ဒီးလဲၤအိၣ်ဟံၣ်တခိ, အဆိကတၢ်သံကွၢ်နဟံၣ်ကစၢ်တချးလၢနထီၣ်ဒိတၢ်နီတမံၤအခါန့ၣ်တက့ၢ်. တၢ်ဘျၣ်မ့ၢ်ဘၣ်ဖျိဟံၣ်မ့ၢ်အိၣ်န့ၣ်ကိး ၉-၁-၁ တက့ၢ်.



#### → တၢ်အိၣ်ကအလီၢ်တဖၣ်ဒီးဟံၣ်ဇိးလဲၤလၢအပူၤဆံးတဖၣ်

ဖဲနမ့ၢ်လိာ်ဘၣ်တၢ်လီၢ်လၢနကအိၣ်ဆိးတစီၢ်တလီၢ်အဂီၢ်န့ၣ်ဂ့ၢ်ဂီၢ်အူဟံၣ်ဇိးယီၤဇိး မ့ၢ်တမ့ၢ် လီၢ်အိၣ်ကဒုအိၣ်ဝဲဒၣ်န့ၣ်လီၤ. ဟံၣ်လၢအပူၤဆံးန့ၣ်မ့ၢ်ဝဲဒၣ်ထံကီၢ်ပဒိၣ်အဟံၣ်ဇိးလဲၤလၢအဘူးအလဲဆံးဝဲလၢပူၤလၢအကျိၣ်စ့ၢ်တၢ်ဟဲန့ၣ်စ့ၢ်တဖၣ်အဂီၢ်န့ၣ်လီၤ. နပတံထီၣ်ဟံၣ်လၢအပူၤဆံးအံၤသ့ၣ်ဝဲလုၢ်ခၢၣ်(နံ)ဟံၣ်ဇိးယီၤဇိးဘၣ်မူဘၣ်ဒါအဝဲလီၢ် (Lincoln Housing Authority) ဖဲ "5700 R St." န့ၣ်လီၤ.

#### → တၢ်ယုဟံၣ်ဇိးယီၤဇိး

နမ့ၢ်ယုတၢ်လီၢ်တတိၤလၢနကအိၣ်လဲၤအိၣ် မ့ၢ်တမ့ၢ် ပူၤအိၣ်အဂီၢ်န့ၣ်, နယုကွၢ်ဆူလိာ်တၢ်ကစီၣ်အပူၤ မ့ၢ်တမ့ၢ် ကွၢ်လၢအူထၢၣ်နဲးအပူၤသ့ၣ်ဒၣ်န့ၣ်လီၤ. ဖဲနမ့ၢ်ကါအူထၢၣ်နဲးလၢနကယုထံၣ်တၢ်လီၢ်တတိၤလၢနကအိၣ်လဲၤအိၣ်အဂီၢ်အခါ, နကြးပလီၢ်စ့ၢ်ကိးနသးဘၣ်ယးတၢ်တမံၤလၢလၢအဖျါဂ့ၢ်တလၢလၢအတမ့ၢ်တတီၢ်ဘၣ်လီၤ - ဘၣ်သ့ၣ်သ့ၣ်ကမ့ၢ်ဝဲတီၢ်စ့ၢ်ကိးလီၤ. ပူၤအိၣ်ဝဲအါမးလၢအဟးလံၣ်အိၣ်လီၤအိၣ်န့ၣ်ပူၤတၢ်ခိဖျိအူထၢၣ်နဲးအပူၤန့ၣ်လီၤ. ဖဲနပူၤဟံၣ်တဖျါ မ့ၢ်တမ့ၢ် ဒၢးဒွဲတဖျါအခါ, ဂ့ၢ်ဒိၣ်တက့ၢ်လၢနမၤအိၣ်ခိဖျိပူၤခၢၣ်စးလၢအမၤတၢ်ဘၣ်ယးတၢ်ပူၤန့ၢ်ဆါန့ၢ်ပူၤဟံၣ်တဂၤ (realtor) န့ၣ်လီၤ. အဝဲအံၤမ့ၢ်ပူၤစဲၣ်နီၤလၢအဆိၣ်ဒီးတၢ်အုၣ်သးဖိးသဲးလၢအကမၤစၢၤန့ၣ်လၢတၢ်ပူၤစၢၤ မ့ၢ်တမ့ၢ် ဆါစၢၤဟံၣ် မ့ၢ်တမ့ၢ် ဒၢးဒွဲန့ၣ်လီၤ.

→ တာ်ဒီးလဲဟံၣ် မ့တမ့ာ် တာ်ဒီးလဲဟံၣ်အလံာ်ယံးယာ်

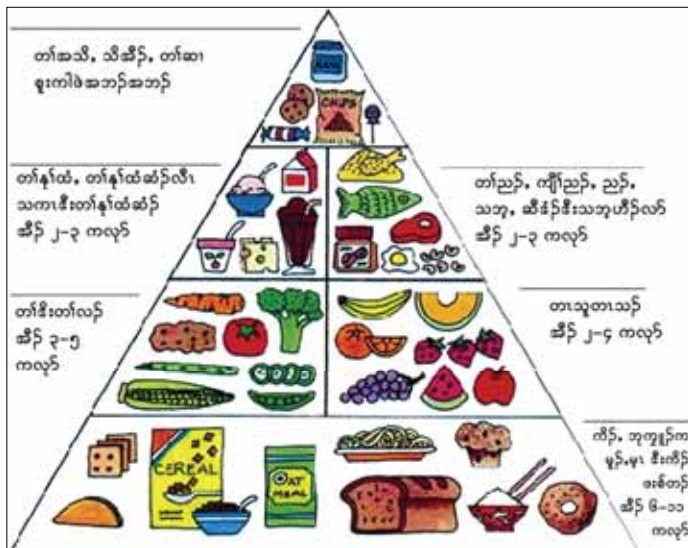
နမ့ာ်တအိၣ်ဒီးနကစာ်နဲၣ်အဟံၣ်ဘၣ်န့ၣ်, နကဘၣ်ဟ့ၣ်တာ်ဒီးလဲဟံၣ်အပူၤတလိတဘျီန့ၣ်လီၤ. မ့ာ်ဝဲနဟ့ၣ်ဟံၣ်လဲအူဟံၣ်ကစာ်, လၢအမ့ာ်ပုၤလၢအပာ်ဘၣ်ဝဲတာ်သ့ၣ်ထီၣ် မ့တမ့ာ် ဟံၣ်လၢနအိၣ်ဆိးလၢအပူၤအံၤအအိၣ်န့ၣ်လီၤ. တဘျီတခိၣ်ဟံၣ်ကစာ်အံၤမ့ာ်တအိၣ်ဆိးလၢနတၢ်သ့ၣ်ထီၣ်အပူၤဘၣ်န့ၣ်, အဝဲကယုထၢထီၣ်ဝဲတာ်သ့ၣ်ထီၣ်အတၢ်မၤခိၣ်တဂၤန့ၣ်လီၤ. အဝဲအံၤမ့ာ်ပုၤတဂၤလၢနကဝဲတာ်ဒီးအံၤဖဲနအိၣ်ဒီးတၢ်ဂ့ၢ်ကိတမံၤမံၤအခါန့ၣ်လီၤ. တချုးလၢနဆဲးလီၤမံၤလၢတာ်ဒီးလဲဟံၣ်အလံာ်ယံးယာ် (အဝဲအံၤမ့ာ်ဝဲလံာ်တာ်အၢၣ်လီၤအီၤလီၤလၢအဟံၣ်ဖျါထီၣ်ဘၣ်ယးနကဘၣ်ဟ့ၣ်ဟံၣ်လဲအဂ့ၢ်) ဒီးဘၣ်န့ၣ်မၤလီၤတၢ်လီၤနဖးတၢ်အၢၣ်လီၤအဂ့ၢ်အကျိၤသ့ၣ်တဖၣ်ဒီးသ့ၣ်ညါလၢနကဘၣ်ဟ့ၣ်ဟံၣ်ဒီးလဲအပူၤဆဲးအါဒီးလၢအဆၢကတီၢ်ဖဲလဲၣ်, နကဘၣ်ဟံၣ်လီၤဆိဟံၣ်စုဆဲးအါဒီးဟံၣ်ယီတၢ်ဘူးတၢ်လဲ (utilities cost) အိၣ်ဆဲးအါလဲၣ်န့ၣ်လီၤ. တၢ်ဟံၣ်လီၤဆိဟံၣ်စုန့ၣ်မ့ာ်ဝဲနဟ့ၣ်လီၤဖဲတချုးနဟ့ၣ်န့ၣ်လီၤဟံၣ်ဒီးဘၣ်အခါန့ၣ်လီၤ. ညီန့ၣ်ကလီၤလၢဝဲနဟံၣ်ဒီးလဲဟံၣ်တလိဂီၢ်အပူၤဒီးစုအံၤတၢ်ကဟ့ၣ်ကဒိက့ၤနၤဖဲနဟးထီၣ်ကွံာ်ဖဲဟံၣ်အံၤအခါဒီးနတၢ်အိၣ်တၢ်ဆိးလီၢ်အံၤအတၢ်အိၣ်သးန့ၣ်ကဘၣ်မ့ာ်ဒီးသိးဒီးဖဲနဟ့ၣ်လီၤအဆၢကတီၢ်န့ၣ်လီၤ. နဒီးလဲဟံၣ်မ့ာ်ပုၤ မ့တမ့ာ်နမ့ာ်တဖၣ်လဲဘၣ်မ့ာ်ပုၤညီန့ၣ်နကဘၣ်ဟ့ၣ်ဝဲနဟံၣ်ယီတၢ်ဘူးတၢ်လဲအပူၤတဖၣ်န့ၣ်လီၤ. ဟံၣ်ယီတၢ်ဘူးတၢ်လဲအပူၤန့ၣ်မ့ာ်ဝဲလီမ့ၣ်အူအလဲ, ထံ, တၢ်တယာ်ဒီးတၢ်မၤကိာ်ထီၣ်ဟံၣ်အလဲတဖၣ်န့ၣ်လီၤ. တၢ်ကရၢကရီအိၣ်ဝဲတနီၤလၢအမၤစၢၤတၢ်လၢတၢ်ဟ့ၣ်စၢၤဟံၣ်လဲဒီးဟံၣ်ယီတၢ်ဘူးတၢ်လဲအတၢ်လၢာ်ဘၣ်လၢာ်စ့ၤတဖၣ်န့ၣ်လီၤ.

→ ဟံၣ်ကစာ် - ပုၤဒီးလဲဟံၣ်အတၢ်ဘၣ်ထွဲလီၢ်သးတဖၣ်

နဟံၣ်ကစာ်ကဘၣ်ဘျီဂ့ၢ်ထီၣ်ဝဲတာ်လၢအလိၣ်သ့ၣ်တဖၣ်ဒီးသိးဒီးဒီးဒီးအံၤကကဆဲးကဆိဒီးအိၣ်ဒီးတၢ်ပုၤဖျဲးအဂီၢ်န့ၣ်လီၤ. နမ့ာ်မဟးဂီၤဘၣ်နဒီးဒီးအံၤန့ၣ်ဘၣ်သ့ၣ်သ့ၣ်နဟံၣ်ကစာ်ကမၤနဟ့ၣ်တၢ်လၢာ်ဘၣ်လၢာ်စ့ၤအပူၤလၢတၢ်ဘျီဂ့ၢ်ထီၣ်က့ၤတၢ်အဂီၢ်န့ၣ်လီၤ. ဖဲနဟ့ၣ်န့ၣ်လီၤအခါဂ့ၢ်လၢနဒီးန့ၣ်ဒီးအံၤအဂီၢ်ဒီးသိးဒီးနမၤနီၣ်မၤယါဘၣ်တၢ်လီၢ်အံၤအတၢ်အိၣ်သးကသ့ၣ်အဂီၢ်န့ၣ်လီၤ. ဟံၣ်ကီၤတၢ်မၤနီၣ်မၤယါဘၣ်ယးဒီးဖဲနဆဲးကျိးဒီးနဟံၣ်ကစာ်လၢတၢ်က ဘျီဂ့ၢ်က့ၤတၢ်တမံၤမံၤဖဲနဟံၣ်အံၤန့ၣ်တက့ၢ်. နမ့ာ်အိၣ်ထီၣ်ဒီးတၢ်တသးလီၤပလီၢ် မ့တမ့ာ် တၢ်ဂ့ၢ်ကိတမံၤမံၤဒီးနဟံၣ်ကစာ်န့ၣ်ကိးလီၤဝဲစိဆူ ပုၤတဝၢတၢ်ဟံးဂ့ၢ်ဝဲတၢ်မၤဘၣ်ယးဟံၣ်ကစာ်/ပုၤဒီးလဲဟံၣ်တၢ်မၤဘၣ်လီၢ်အတၢ်တၢ်ကျဲၤ (Community Action's Landlord / Tenant Mediation Program) ဖဲ (၄၀၂) ၄၇၁-၄၅၁၅ မ့တမ့ာ်ဆဲးကျိးပုၤအတၢ်သိၣ်တၢ်သီ (City Codes) ကရၢ ဖဲ (၄၀၂) ၄၄၁-၇၇၅၅ န့ၣ်တက့ၢ်.

# အဆၢအိၣ် ၂

## တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဒီး တၢ်အိၣ်န့ၣ်ဂံၢ်န့ၣ်ဘါ



- တၢ်အိၣ်န့ၣ်ဂံၢ်န့ၣ်ဘါ
- တၢ်အိၣ်န့ၣ်ဂံၢ်န့ၣ်ဘါန့ၣ်အိၣ်ပညိမ့ာ်ဝဲနကဘၣ်အိၣ်တၢ်အိၣ်လၢအပူၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဒီးသိးဒီးနအိၣ်ကမ့ာ်ဒီးနသ့တဆိးက့တဂ့ၤအဂီၢ်လီၤ. ပုၤတနီၤနီၤအိၣ်ဒီးတၢ်အိၣ်လၢအအိၣ်ဝဲတသ့ဘၣ်ဒီးအိၣ်ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ဂ့ၢ်ကိတမံၤမံၤနီၣ်တၢ်မနုၤလၢအဝဲသ့ၣ်အိၣ်သ့, ဘၣ်ဆၣ်တၢ်န့ၣ်ကျဲထီၣ်ရီၤဘၣ်ယးတၢ်အိၣ်လၢအပူၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အိၣ်ဝဲတနီၤန့ၣ်လီၤ-
- အိၣ်တၢ်အိၣ်ကရူၢ်တဖၣ်ဝဲလၢာ်လၢအဂီၢ်အိၣ်ဖျါလၢတၢ်သၢနၢၣ်အပူၤအစ့ၣ်တကယၤန့ၣ်တက့ၢ်.
- တနီၤအတီၢ်ပူၤအိၣ်ထံအစ့ၣ်တကတၢ် ၆ ခူးတုၤလၢ ၈ ခူးက့ၢ်.
- အိၣ်ဂီၤတၢ်အိၣ်ကိးနံၤဒီးတက့ၢ်.

• တၢ်အိၣ်လၢအပူၤဖျဲး

တၢ်အိၣ်လၢအပူၤဖျဲးန့ၣ်မၤစၢၤနၤဒီးနပူၤဟံၣ်ဖိလၢသုတဒိးန့ၣ်တၢ်ဆါလၢတၢ်အိၣ်တဂ့ၤတဝါတဖၣ်အဆိၣ်တဂ့ၤန့ၣ်လီၤ. သ့ၣ်နီၣ်ထီၣ်လၢ-

\* သုစီကွၢ်နစုတဖၣ်

တဘျီလၢလံၤဖဲတချုးနဖီၣ်တၢ်အိၣ်အခါမၤလီၤတၢ်လၢနသ့စီနစုတဖၣ်တက့ၢ်.

\* သုစီကွၢ်တၢ်ကတီၤတၢ်အိၣ်အစီၢ်နီၤခိၣ်ဒီးတၢ်ပိးတၢ်လိတဖၣ်တချုးမၤအိၣ်တၢ်အိၣ်ဒီးဖဲမၤအိၣ်တၢ်အိၣ်ဝံၤအခါတက့ၢ်.

သုတၢ်ကံးညၣ်ကလၢၤ (မ့) ဖိးကပုၣ်ဒီးစုၣ်အိၣ်ဒီးတၢ်မၤသံတၢ်ယၢ်ချါသိ မ့တမ့ၢ် ကသံၣ်ထံမၤကဆိၣ်တၢ်လၢကသ့စီတၢ်ဖဲဒီးခိၣ်န့ၣ်တက့ၢ်.

\* သုစီကွၢ်နတၢ်သုတၢ်သ့ၣ်ဒီးတၢ်ဒီးတၢ်လၢတဖၣ်တက့ၢ်.

သုစီကွၢ်အိၣ်လၢထံခုၣ်ဒီးသိးတၢ်ဘၣ်အါ (မ့) တၢ်စုၣ်တၢ်ပျါအကၢဘၣ်သ့ၣ်သ့ၣ်ကအိၣ်လၢအလီၤန့ၣ်တက့ၢ်. တဘၣ်စူးကါဆးပုၣ်တဂ့ၤ.

\* သ့ၣ်ညါမ့ၢ်နီၤမ့ၢ်သီလၢကွၢ်လၢနတၢ်အိၣ်တၢ်အိၣ်ဒီးတၢ်ထံတၢ်နိတဖၣ်အလီၤတက့ၢ်.

တၢ်အိၣ်ခဲလၢဒီးတၢ်ထံတၢ်နိခဲလၢန့ၣ်တၢ်မၤနီၣ်မၤယါအိၣ်ဒီးအနံၤသီတခါလၢနကဘၣ်အိၣ် (မ့) အိၣ်တချုးအဟးဂီၤဒီးဘၣ်န့ၣ်လီၤ.

\* ပလီၢ်ပဒီးသးဘၣ်ယးတၢ်ညၣ်သံကစဲၣ်တက့ၢ်.

တၢ်ညၣ်သံကစဲၣ်န့ၣ်အိၣ်ဒီးအယူးအယၢ်အယိတချုးလၢပူၤအိၣ်အိၣ်ဒီးဘၣ်န့ၣ်တၢ်ကဘၣ်မၤသံကွၢ်တၢ်အယၢ်တဖၣ်န့ၣ်လီၤ. ပၣ်ယၢ်တၢ်ညၣ်တဖၣ်လၢတၢ်ခုၣ်ဒၤပူၤ, ဖိထီၣ်အိၣ်တုၤအမံၤမုၢ်နီၣ်နီၣ်, ဒီးမၤလီၤတၢ်လၢတၢ်အိၣ်အဂၤတဖၣ် မ့တမ့ၢ် တၢ်ပိးတၢ်လိသုတထိးဘၣ်အိၣ်ဖဲတၢ်တဖိမံၤအိၣ်ဒီးဘၣ်အခါန့ၣ်တက့ၢ်.

\* တၢ်အိၣ်လၢအဟးဂီၤသ့ၣ်တဖၣ်န့ၣ်ပၣ်အိၣ်လၢတၢ်ခုၣ်ဒၤပူၤ မ့တမ့ၢ် တၢ်မၤလီၤသကၢထံအဒၤပူၤတက့ၢ်.

တၢ်အိၣ်ဒ်အမ့ၢ်တၢ်ဖဲတၢ်ညၣ်, တၢ်န့ၣ်ထံအကလုၢ်တဖၣ်တၢ်ကြးဟံၣ်အိၣ်လၢတၢ်ခုၣ်ဒၤပူၤန့ၣ်လီၤ. ထၢန့ၣ်လီၤတၢ်အိၣ်တၢ်အိၣ်တဖၣ်လၢတၢ်မၤလီၤသကၢထံအဒၤပူၤဒီးတၢ်သ့ၣ်တဖၣ်န့ၣ်ကတူၢ်ယံၣ်ဒိၣ်တက့ၢ်န့ၣ်လီၤ.

• နီၢ်ကစၢ်တဂၤအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

တၢ်သ့ကဆိၣ်စုန့ၣ်ဒီးသဒၤစၢၤနၤဒီးပူၤအဂၤတဖၣ်လၢအသုတဒိးန့ၣ်တၢ်ဆါတဂ့ၤအဂီၢ်န့ၣ်လီၤ. ဂုၣ်ကျဲးစးလၢနသုတထိးဘၣ်နမ့ၢ်ချ့, ကိၣ်ပူၤမ့တမ့ၢ် နါဒုတဂ့ၤ, မ့ၢ်လၢတၢ်ယူးတၢ်ယၢ်လၢနစုအလီၤတဖၣ်ကလဲၤန့ၣ်ဆူၣ်တၢ်လီၤသ့ၣ်တဖၣ်အိၣ်အပူၤဒီးကမၤဆိးက့ဆါက့နၤအယိန့ၣ်လီၤ.

သ့ကဆိၣ်နစုတဖၣ်-

- \* ဖဲနလဲၤန့ၣ်ဟံၣ်ဖိ (တၢ်ဟးလီၢ်) ဝံၤအလီၢ်ခံ
- \* တချုးဖိအိၣ်တုၤအိၣ် မ့တမ့ၢ် တချုးအိၣ်တၢ်အိၣ်
- \* ဖဲနဖိၣ်ဘၣ်ဆၣ်ဖိကိၢ်ဖိတဖၣ်ဝံၤအလီၢ်ခံ
- \* ဖဲနအိၣ်ဘူးအိၣ်တၢ်ဘၣ်ဒီးပူၤတဂၤလၢအဆိးက့ဆါဘီအခါ



→ နီၢ်ကစၢ်တၢ်ကဆဲးကဆိၣ်

ပူၤအါတက့ၢ်လၢကီၢ်အဖဲရကၢအပူၤတဖၣ်လုၣ်ထံမၤကဆိၣ်အနီၢ်ခိအစုၢ်ကတၢ်ခံသီတဘျီန့ၣ်လီၤ. တၢ်မ့ၢ်လၢလၢနကမၤကဆိၣ်နီၢ်ခိဒီးနတၢ်ကတၢ်ကတဖၣ်ထီၣ်တၢ်မ့ၢ်ဒ်သိးကဒိသဒၤတၢ်လီၤနတမ့ၢ်တလၢ, ဒီးတၢ်ဆူးတၢ်ဆါရၤလီၤသးအဂီၢ်န့ၣ်လီၤ.

→ တၢ်ဒိသဒၤဟူးသး

တၢ်ဒိသဒၤဟူးသးန့ၣ်ဒိသဒၤစၢၤနၤသ့လၢနတအဲၣ်ဒီးဒၤဘၣ်န့ၣ်လီၤ. နမ့ၢ်အိၣ်ကတီၤလဲၤနသးလၢကစူးကါဖဲဒ်တၢ်ဒိသဒၤဟူးသးအကျဲတမံၤမုၢ်နီၣ်နီၣ်လံၤန့ၣ်ဒုးသ့ၣ်ညါဘၣ်နကသံၣ်သရၣ် မ့တမ့ၢ် ပုၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဖဲနီၤအဂၤတဂၤဘၣ်ယးဒီးတၢ်ဒိသဒၤအကျဲဖဲလဲၣ်တကလုၢ်ဂၤကတၢ်လၢနဂီၢ်န့ၣ်တက့ၢ်. တၢ်ယုထၢကျဲတဖၣ်အိၣ်ဝဲဒ်လၢပိၣ်မုၢ်ဒီးပိၣ်ခါတဖၣ်အဂီၢ်န့ၣ်လီၤ. လၢဝုၣ်လုခၢၣ်(နံ)အပူၤအိၣ်ဒီးတၢ်လီၤတၢ်ကျဲသ့ၣ်တဖၣ်လၢအဟ့ၣ်လီၤတၢ်ဒိသဒၤဟူးသးလၢအပူၤကလံၤတဒိၣ်ဘၣ်န့ၣ်လီၤ.

→ တၢ်ဆါဘၣ်ကိၣ်ဖိဖျိတၢ်မံၤယုၣ်

တၢ်ဆါဘၣ်ကိၣ်ဖိဖျိတၢ်မံၤယုၣ် (Sexually Transmitted Diseases - STDs) တဖၣ်န့ၣ်မ့ၢ်တၢ်ဆါဘၣ်ကတၢ်ကလၢအစိၣ်ခိအသးလၢပူၤတဂၤဒီးတဂၤဖဲမံၤယုၣ်လီၢ်သးအဆၢကတီၢ်န့ၣ်လီၤ. နမၤစၢၤလီၤကွၢ်နတၢ်ဘၣ်ယိၣ်လၢနကဒီးန့ၣ် မ့တမ့ၢ် ရၤလီၤ STDs တၢ်ဆါအံၤသ့ခိဖျိတၢ်စူးကါဖဲဒ်တၢ်ဖျိၣ်တဖၣ်ဒီးတၢ်ဒိသဒၤအဂၤတဖၣ်, မၤကွၢ်သးလၢ STDs လၢနၤဒီးပူၤလၢနမံၤယုၣ်အိၣ်တဂၤ, မ့တမ့ၢ် မၤစၢၤလီၤပူၤလၢနမံၤယုၣ်ဒီးအိၣ်အနီၣ်ဂံၢ်တက့ၢ်. တၢ်ဆါတဖၣ်အံၤအိၣ်ဝဲအါမးလၢတၢ်ယါဘျီအိၣ်န့ၣ်ဝဲခိဖျိတၢ်စူးကါကသံၣ်ကသီ, ဘၣ်ဆၣ်တၢ်ဘၣ်ကိၣ်တနီၤန့ၣ်ဘၣ်ကတၢ်ကပူၤယံၣ်ဝဲဒ်အမ့ၢ်ဆူးဖဲ (HIV) လၢတၢ်ယါဘျီအိၣ်တန့ၣ်ဘၣ်န့ၣ်လီၤ.

• ကသံဉ်ကသီ

ကသံဉ်ကသီန့ဉ်မၤစၢၤလၢနတူၢ်ဘဉ်တၢ်ဆါကကိညာ်ထီၣ်ဖဲန့ဉ်အါကုအါန့ဉ်လီၤ. နကြၢၤအိကသံဉ်ထဲဒၣ်လၢအအိၣ်ဒီးကသံဉ်သရၣ်တၢ်န့ဉ်လီၤလီၤတၢ်လီၤဆဲးဒီးနကြၢၤအိကသံဉ်ဆဲးအါဒီးတၢ်ဟံးစုန့ဉ်ကျဲအသိးန့ဉ်လီၤ.



တဘဉ်ဆိကမိၣ်နီၣ်တဘျီလၢနက -

- ၁.) အိကသံဉ်အါန့ဉ်ဒီးမ့တမ့ၢ်ဖျါန့ဉ်ဒီးတၢ်ဟံးစုန့ဉ်ကျဲအသိးတဂ့ၤ.
- ၂.) အိကသံဉ်လၢနတသ့ညါလၢကဂ့ၤလၢတၢ်မနုၤအဂီၢ်တဂ့ၤ.
- ၃.) ဟံးန့ဉ်အိကသံဉ်ပုၤတဂၤဂၤအကသံဉ်တဂ့ၤ.
- ၄.) အိကသံဉ်ကသီလၢအန့ၤသီလၢတၢ်ဟံးပနီၣ်အိၣ်တဖၣ်တလၢကွၢ်တဂ့ၤ.
- ၅.) ဟံးဖိၣ်ယုၣ်ကသံဉ်ကသီတဖၣ်ဖဲမ့တမ့ၢ်ဘဉ်လၢနကသံဉ်သရၣ် မ့တမ့ၢ် ပုၤဟ့ၣ်ကသံဉ်န့ဉ်လီၤဝဲအသိးတဂ့ၤ.

မ့ၢ်လၢနမၤတၢ်ဒ်အံၤအယီၣ်နတူၢ်ဘဉ်တၢ်ဆါန့ဉ်ထီၣ်သ့ဝဲန့ဉ်လီၤ. ဖဲန့ဉ်ဟံးထီၣ်ကသံဉ်လၢကသံဉ်ကျဲအါဖးန့ဉ်ဟံးနသးလၢလံာ်လၢကသံဉ်ဒၢအလီၤဒ်သိးနကသ့ညါဘဉ်လၢနကြၢၤအိကသံဉ်ဆဲးအါဒီးပုၤဘျီတဖၣ်တဂ့ၢ်. ဘဉ်သ့ညါဖဲန့ဉ်အိကသံဉ်အါနကတူၢ်ဘဉ်ဝဲကသံဉ်အတၢ်မၤဘဉ်ဒီးနတဖၣ်. တၢ်ဂ့ၢ်တဖၣ်အံၤအိၣ်ကွဲးလီၤအသးလၢကသံဉ်အဒၢလီၤလီၤ. သ့ၣ်နီၣ်ဒီးဟံးသ့ညါဟံးသးလၢဖိသ့ညါတဖၣ်အဂီၢ်န့ဉ်ကသံဉ်လီၤဆီဝဲဒီးပုၤဒိၣ်တုၢ်မိၣ်ပုၤန့ဉ်လီၤ. ဖဲန့ဉ်မၤန့ၢ်ဘဉ်ကသံဉ်လၢနကသံဉ်သရၣ်အိၣ်အါအိၣ်ဒ်ကသံဉ်သရၣ်စံးဝဲအသိးဒီးတဘဉ်န့ဉ်လီၤဆူပုၤအဂၤတဖၣ်ဘဉ်. ပုၤဟ့ၣ်ကသံဉ်တဂၤန့ဉ်မ့ၢ်ပုၤလၢအဟ့ၣ်လီၤနကသံဉ်ဒ်နကသံဉ်သရၣ်အတၢ်န့ဉ်လီၤအိၣ်ဝဲအသိးလီၤ. နမ့ၢ်လဲၤလၢကသံဉ်အကျးန့ဉ်နသံကွၢ်ပုၤဟ့ၣ်ကသံဉ်ဘဉ် ယးဒီးကသံဉ်လၢစီၤနီၤအလီၤန့ဉ်ဂ့ၢ်ဒိၣ်ကတၢ်လၢနတၢ်ဆါအဂီၢ်ဖဲလဲၣ်တခါန့ဉ်တဂ့ၢ်. ပုၤဟ့ၣ်ကသံဉ်တဂၤဟ့ၣ်နတၢ်ဂ့ၢ်ဘဉ်ယးအါတက့ၢ်ကသံဉ်လၢနကဘဉ်အိၣ်အိၣ် မ့တမ့ၢ် ယုထၢလၢနကအိၣ်အိၣ်တဖၣ်သ့ဝဲန့ဉ်လီၤ.

→ တၢ်ဆါဟံဉ်,တၢ်ဟ့ၣ်ကသံဉ်ဒၢ,ဒီးတၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အလီၢ်

တၢ်ဆါဟံဉ်န့ဉ်မ့ၢ်တၢ်လီၢ်လၢနကလဲၤဖဲန့ဉ်အိၣ်ဒီးတၢ်ဆါလၢအလီၤဘဉ်ယိၣ်လၢနသးသမ့အဂီၢ်အါန့ဉ်လီၤ. ဖဲန့ဉ်အိၣ်ဒီးကသံဉ်သရၣ်ဒိၣ်ထီၣ်. ကသံဉ်သရၣ်ကွၢ်ပုၤဆါဒီးပုၤမၤတၢ်ဖိတဖၣ်လၢကမၤစၢၤန့ၢ်လၢနကကိညာ်ထီၣ်အဂီၢ်လီၤ. တၢ်ဆူၣ်ထီၣ်န့ၢ်ဆူၣ်ဆါဟံဉ်လၢကဒီးန့ၢ်တၢ်ကွၢ်ထွဲလၢကသံဉ်သရၣ်တဂၤ မ့တမ့ၢ် လဲၤဆူၣ်ဂီၢ်အုအဒးသ့ဝဲလီၤ. နမ့ၢ်အိၣ်ဒီးဂီၢ်အုဆူၣ်ချ့တၢ်အိၣ်သးန့ဉ်. နလဲၤဆူၣ်ဂီၢ်အုအဒး (ER မ့တမ့ၢ် Emergency Room) သ့ဝဲလီၤ. မ့ၢ်တၢ်လီၢ်လၢတၢ်ဆါဟံဉ်လၢအယါဘျီဝဲတၢ်ဘဉ်ဒိဘဉ်ထံးနးနးကလဲာ်တဖၣ်န့ဉ်လီၤ. နကဘဉ်ဟ့ၣ်ဝဲအပူၤလၢတၢ်ဖိးတၢ်မၤတဖၣ်အံၤအဂီၢ်ဒီးအပူၤကဒိၣ်ဝဲဒိၣ်မးလၢတၢ်လဲၤဆူၣ်ဂီၢ်အုအဒးအဂီၢ်သ့ဝဲအယီၣ်တၢ်ဆါမ့မ့ၢ်ထွဲဂီၢ်အုမးလဲၤဆူၣ်ဂီၢ်အုအဒးတက့ၢ်. ဂီၢ်ဂီၢ်အုတၢ်ဆါစံးတၢ်န့ဉ်မ့ၢ်ဝဲဖဲန့ဉ်ဆိးကုနးနးကလဲာ်မ့တမ့ၢ်ဘဉ်ဒိဘဉ်ထံးနးနးဒီးမိးတၢ်ဆါကတီၢ်လၢကထံဉ်လီၢ်သးဒီးကသံဉ်သရၣ်ဖဲဆူၣ်ချ့ဝဲဒၢလၢကဒီးကူစါသးအဂီၢ်တသ့လၢအါန့ဉ်လီၤ. နလဲၤဆူၣ်တၢ်ကွၢ်ထွဲ-သတူၢ်ကလဲာ်အတၢ်ဟ့ၣ်ကသံဉ်ဒၢသ့ဝဲလီၤ. တၢ်ဟ့ၣ်ကသံဉ်ဒၢတဖၣ်အံၤယါဘျီဝဲတၢ်ဆါတဆဲးတက့ၢ်ဒီးတၢ်ဘဉ်ဒိဘဉ်ထံးနးနးတလိာ်တၢ်သ့ညါဆၢဖးကတီၢ်ဒီးကသံဉ်သရၣ်ဘဉ်န့ဉ်လီၤ. နမ့ၢ်အိၣ်ဒီးတၢ်ဆူၣ်ကီၤသးန့ဉ်နကဘဉ်ဟ့ၣ်ဝဲဒၣ်အပူၤ (co-pay) ဖဲန့ဉ်လဲၤတဘျီလၢလၢန့ဉ်လီၤ. အဝဲအံၤမ့ၢ်နကဘဉ်ဟ့ၣ်စၢၤတၢ်အဘူးအလဲန့ဉ်လီၤ.

တၢ်ဟ့ၣ်ကသံဉ်ဒၢန့ဉ်မ့ၢ်တၢ်လီၢ်လၢနလဲၤသ့ဝဲန့ဉ်ဆိးကုအါ. နလိာ်ဘဉ်တနံဉ်တဘျီတၢ်မၤကွၢ်အါ. မ့တမ့ၢ်အိၣ်ဒီးဆူၣ်ချ့တၢ်ဂီၢ်ကီၤလၢအပၢ်ထီၣ်ကဒိက့ၢ်ဘဉ်ဆဉ်တဘဉ်ဆိကမိၣ်လၢနတၢ်အိၣ်မ့အိၣ်လၢတၢ်ဘဉ်ယိၣ်အပူၤတဂ့ၤန့ဉ်လီၤ. နကဘဉ်မၤတၢ်သ့ညါဆၢဖးကတီၢ်တခါလီၤ. ဖဲန့ဉ်အိၣ်ဒီးကသံဉ်သရၣ်ဒိၣ်စိ, ကသံဉ်သရၣ်ကွၢ်ပုၤဆါဒီးပုၤမၤတၢ်ဖိတဖၣ်လၢကမၤစၢၤန့ၢ်လၢနကကိညာ်ထီၣ်အဂီၢ်လီၤ. ဖိသ့ညါဆဲးဒီးဖိသ့ညါအိၣ်ဖျါသိတဖၣ်တၢ်ကြၢၤဒုးထံဉ်လီၢ်အိၣ်ဒီးကသံဉ်သရၣ်တဖၣ်ထီဘိလီၤ. ညီန့ၢ်တၢ်ကကတံာ်ကတီၢ်ဟံးန့ၢ်ပုၤတဲကျိာ်ထံတၢ်တဂၤလၢနဂီၢ် မ့တမ့ၢ် ယုထီၣ်အိၣ်တဂၤသ့လီၤ. နမ့ၢ်တအိၣ်ဒီးတၢ်ဆူၣ်ကီၤသး မ့တမ့ၢ် မဲးဒ်ခွဲး (Medicaid) န့ဉ်. တၢ်လဲၤတၢ်ဆါဟံဉ်အံၤအပူၤကဒိၣ်ဝဲဒိၣ်မးလီၤ. နမ့ၢ်တအိၣ်ဒီးဆူၣ်ချ့တၢ်ဆူၣ်ကီၤန့ဉ်ဘဉ်သ့ညါသ့ညါတၢ်ဟ့ၣ်ကသံဉ်ဒၢအိၣ်ဝဲလၢကယုန့ၢ်အပူၤလၢနဟ့ၣ်န့ဉ်လီၤ. အခီပညီမ့ၢ်ဝဲကျိာ်စုတၢ်ဟဲန့ဉ်လၢနဒီးန့ၢ်အိၣ်ဒ်စ့ၤနကဘဉ်ဟ့ၣ်အိၣ်ဒ်စ့ၤလၢဆူၣ်ချ့တၢ်မၤစၢၤတဖၣ်အံၤအဂီၢ်လီၤ.

→ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်အုၣ်ကီၤ

ပုၤလၢအအိၣ်လၢအဖဲရကၤကီၢ်စၢၤဖိၣ်အပူၤတဖၣ်တၢ်လိာ်ဘဉ်အိၣ်လၢကဟ့ၣ်ဘူးလဲလၢအဆူၣ်ချ့တၢ်ကွၢ်ထွဲအဂီၢ်လီၤ. တၢ်လဲၤဆူကသံဉ်သရၣ်အအိၣ်န့ဉ်အပူၤကဒိၣ်ဝဲဒိၣ်မး. ပုၤအါဂၤန့ဉ်အိၣ်ဒီးဆူၣ်ချ့တၢ်အုၣ်ကီၤလၢကမၤစၢၤအဝဲသ့ညါဒ်သိးဖဲအလဲၤဆူကသံဉ်သရၣ်အအိၣ်န့ဉ်အပူၤလၢကစ့ၢ်အဂီၢ်လီၤ. ဘဉ်တဘျီဘျီနတၢ်မၤလီၢ်ကမၤစၢၤန့ၢ်လၢတၢ်န့ၢ်ဘျူးတဖၣ်န့ဉ်လီၤ. အခီပညီမ့ၢ်ဝဲနတၢ်မၤခိၣ်န့ဉ်ကဟ့ၣ်န့ၢ်အဆူၣ်ချ့တၢ်အုၣ်ကီၤအပူၤန့ဉ်လီၤ. မ့တမ့ၢ်ဘဉ်ဒီးနကဘဉ်ဟ့ၣ်တၢ်အပူၤလၢတၢ်အဝဲန့ဉ်အဂီၢ်ကိးလိဒီးန့ဉ်လီၤ.

နမ့မ့ၢ်ပုၤလၢအတၢ်ဟဲန့ဉ်စ့ၤဒီး. နပတံထီၣ်ပိၣ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အုၣ်ကီၤတၢ်တိာ်ကျဲတခါသ့ဝဲဒ်အ မ့ၢ်မဲးဒ်ခွဲး (Medicaid) န့ဉ်လီၤ. နကဘဉ်ဟ့ၣ်လီၤတၢ်အုၣ်သးဘဉ်ယးနတၢ်ဟဲန့ဉ်, နီၢ်ကစၢ်တၢ်အုၣ်သးလံာ်လီၤဒီးလံာ်တီၢ်လံာ်မိတဖၣ်န့ဉ်လီၤ. နပတံထီၣ်သ့ဝဲဖဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဖျါဖိၣ်မိတၢ်ဖိးတၢ်မၤဝဲကျဲ (Department of Health and Human Services) လၢအ အိၣ်ဖဲ (1050 'N' St, Suite 250) မ့တမ့ၢ် နကိးလိာ်စိသ့ဝဲ (၄၀၂) ၄၇၁-၇၀၀၀ န့ဉ်လီၤ.



# အဆင့် ၄ တာကွာထွဲဖိသည့် ဦး တာကူဘာကူသု



## • တာကွာထွဲဖိသည့်

လာနံပြဲတြာစခရ်အပူ၊ တာလီအိန်အါတီလာမိပံတဖှ်ကလဲပံအဖိလာတာကကွာထွဲအီလာပူအကတဂါဖဲအလဲမတါ မုတမာ လဲထီၣ်ကွဲအခါလီ၊ နတကြားပံလီတံဖိသည့်ဆံးထဲတဂါဖိလာဟံၣ် မုတမာ ဟံတီဖိသည့်နီၣ်အိန်ထီၣ်တဖဲယုးဖိသည့်ဆံးအါဂါလာကကွာထွဲန့ၣ်အဂီၢ်ဘၣ်၊ နယုးလဲန့ၣ်ပူကွာထွဲဖိသည့်ဆံးလာနနနနအီသုတဂါသုဖဲနနလါကကွာထွဲဖိသည့်နီၣ်အဂီၢ်ဘၣ်တဖဲန့ၣ်လီ၊

နဆုနဖိဆူမာဆါခီတာကွာထွဲဖိသည့်အလီၢ်သုစွါကီးလီ၊ မာဆါခီတာကွာထွဲဖိသည့်အလီၢ်န့ၣ်မာတာလီၢ်လာမိပံတဖှ်ဟံတုာအဖိသုလာအဆါကတီၢ် မုတမာ ဦးနံညါအတီၢ်ပူလီ၊ နကဘၣ်ဟ့ၣ်အပူလာဖိသည့်တဂါစုာ်အဂီၢ်လီ၊ ဘၣ်သုၣ်သုၣ်နနနနတာမၤစါလာပခိၣ်လာကဟ့ၣ်စါနမာဆါခီတာကွာထွဲဖိသည့်အပူဖဲနယုထီၣ်အီၤဖဲအကြားဖိနနနလီ၊ မာလီတါလာမာဆါခီတာကွာထွဲဖိသည့်န့ၣ်အလံာ်အုၣ်သးအိၣ်တအိၣ်၊ အခိပညီမာဲတါကွာထွဲဖိသည့်ကယာ်အဲသုၣ်အဲသုၣ်လူပီၣ်မာထွဲတါပူဖျဲးအတါလိၣ်ဘၣ် တဖှ်န့ၣ်လီ၊ ပူတဂါတါတီၢ်ကျဲၤအမာ "Community Action's Head Start and Early Head Start programs" တဖှ်ဟ့ၣ်တာကွာထွဲလဲအိၣ်နီၣ်အကံာ်အစီဖိန့ၣ်တာကူဘာကူသုအတါတီၢ်မာမာတဖှ်လာဟံၣ်ဖိဖိလါအကြားဖဲဘၣ်တဖှ်အဂီၢ်န့ၣ်လီ၊

## • ကို

ဖဲဖိသည့်အသးနံၣ်ထီၣ်ဘးလာတာဟံပနီၣ်အီၤ၊ ဖဲ ၅ နံၣ်ဖိ ၆ နံၣ်အဘၣ်စါန့ၣ်တာသိၣ်တာသိလိၣ်ဘၣ်အဲသုၣ်လာကဘၣ်ထီၣ်ကွဲလီ၊ လဲအလုလုခါ(န)ပခိၣ်ကွဲတဖှ်အဲၤဒးဖိပတံထီၣ်န့ၣ်နဖိအဂီၢ်သုလီ၊ ကတီၢ်ဆီကွဲ၊ ၃ နံၣ်တုၤ ၅ နံၣ်၊ န့ၣ်မာတာအကါခိၣ်စွါကီးလီ၊ တါရဲၣ်တာကျဲၤအမာ "Head Start ဦး Early Head Start" တဖှ်န့ၣ်တာဒးအိၣ်ထီၣ်အီၤလာကတဲာ်ကတီၢ်နဖိလာထီၣ်ကွဲအဂီၢ်လီ၊ ဆဲးကျိးဘၣ်"Community Action" ဖဲနမာသးဖဲလါ "Head Start" မုတမာ "Early Head Start" လါနဖိ(တဖှ်)အဂီၢ်တကွာ၊

ကွဲတဖှ်ဘၣ်သုၣ်သုၣ်ကအိၣ်အတါဟ့ၣ်အိၣ်မာဆါခီတာအိၣ်နီၣ်ဂါတါအိၣ်လာကွဲန့ၣ်လီ၊ တါအိၣ်တဖှ်အံၤလာဖိအပူဘၣ်ဆၣ်သန့ၤထီၣ်သးလာနတါဖဲန့ၣ်အိၣ်ထဲလဲၣ်အဖိခိၣ်၊ ဘၣ်သုၣ်သုၣ်နဖိကနီၣ်ကလီဘၣ်မာဆါခီတာအိၣ် မုတမာ တါကမာဖူလီတါအိၣ်အပူန့ၣ်လီ၊ မာလီတါလာနကသမံသမံးဘၣ်နဖိအထၢၣ်ဝံချါဒ်သီးနထံၣ်န့ၣ်တာဂါတါကျဲၤအရူဒိၣ်လာအဖဲလာအသရၣ်တဖှ်အအိၣ်န့ၣ်တကွာ၊

ပူဖိသည့်တဂါစုာ်စုာ်န့ၣ်ကဘၣ်ဟံထီၣ်ကွဲကီးနံၤဒဲး၊ မုတမာဘၣ်လာကွဲတါဒးသုၣ်ညါဒ်အမာနံၤသဘူတဖှ်၊ မုတမာ ဖဲမုခိၣ်ကလံၤသီၣ်ဂါတဂါဘၣ်အခါန့ၣ်လီ၊ နဖိမာတဖဲထီၣ်ကွဲခိၣ်အဲၤပိာ်မုာ် မုတမာ ပိာ်ခါဆိးကုအယီန့ၣ်နကြားကီးလီတဲစီဆူကွဲဒးဒုးသုၣ်ညါအဲသုၣ်န့ၣ်လီ၊ ဖိသည့်အတါထီၣ်ကွဲန့ၣ်တကြားလီဟံအသီအါအါဘၣ်၊ မုတမာဘၣ်ဒီးအဲသုၣ်တဖှ်ထီၣ်အတီၢ်ပတီၢ်ဘၣ်န့ၣ်လီ၊ ဝဲလါန့ၣ်၊ ကွဲအတီၢ်ပတီၢ်အိၣ်ဝဲ ၁၃တီၢ်လာအကဘၣ်ဖျိထီၣ်ဝဲဒ်သီးကဖျိကွဲအဂီၢ်လီ၊ တါရဲၣ်တာကျဲၤတဖှ်အိၣ်ဝဲဖဲနဖိမာ်လိၣ်ဘၣ်တါမၤစါလာတါမာလဲအဲကလံးကျိၣ်၊ ဖဲအအိၣ်အတါလိၣ်ဘၣ်လီၤဆီလာတာမာလဲအပူ၊ မုတမာ ဖဲအဲသုၣ်အိၣ်ဒီးတါသကံာ်ပဝးလာအတါလီၤန့ၣ်တာန့ၣ်လီ၊

ဖဲတါမာလဲကွဲစံၣ်လီၤန့ၣ်၊ ကွဲသရၣ်တနီၤဆုာ်ဟံၣ်တာမာဒီးကွဲဖိလာကကွာမာဲလာအဟံၣ်န့ၣ်လီ၊ ညီန့ၣ်တာကဘၣ်မာဝံၤအီၤလာခံတနံၤအဂီၢ်န့ၣ်လီ၊ မာတာမာစါအဲသုၣ်ဒ်သီးကကွာကဒါကွာလံာ်လာအ မာလီတါတဖှ်လာတနံၤအတီၢ်ပူန့ၣ်လီ၊ ကွဲတဖှ်န့ၣ်အိၣ်စွါကီးဒီးတါရဲၣ်တာကျဲၤအါမံၤအမာတာသုၣ်ဝံၣ်သးဆါ၊ တါလီၢ်ခိၣ်လိာ်ကွဲ၊ လါနဖိကနံၤလီၤပုၣ်ယုာ်တချုးကွဲထီၣ်၊ ဖဲကွဲထီၣ်အခါဒီးကွဲစံၣ်လီၤအခါလီၤ၊ တါန့ၣ်လီၤတါရဲၣ်တာကျဲၤအံၤဘၣ်သုၣ်သုၣ်ကလါစုာ်၊ ဘၣ်ဆၣ်မာတာခွဲးဂုၤယာ်ဘၣ်လာအဂုၤဒိၣ်မးလာပူဖိသည့်အဂီၢ်န့ၣ်လီ၊

## • လံာ်ရီၤဒီး



ပူတဂါကီးပုဒဲးဒီးကွဲကျိးဖျါဒဲးန့ၣ်အိၣ်ဒီးအလံာ်ရီၤဒီးတဖျါန့ၣ်လီ၊ လံာ်ရီၤဒီးမာတာလီၢ်လာတာမာလဲန့ၣ်တာဘၣ်ယးတာဂါခိၣ်တီသုၣ်တဖှ်လာခိၣ်ဖျါထၢၣ်အပူ၊ လံာ်တဖှ်အပူ၊ မဲးကဲတဖှ်၊ တါဂါမု၊ ဒီးလီယဲဘၣ်တဖှ်န့ၣ်လီ၊ ဖဲအံၤန့ၣ်နယုလီၤတာသုၣ်တဖှ်အံၤသုဒီးနကဘၣ်ဟဲဆုာ်ကဒါကွာအီၤဒ်သီးနကယုလီၤဘၣ်အသီတဘၣ် အဂီၢ်န့ၣ်လီ၊ ဖဲနလဲလာလံာ်ရီၤဒီးအခါန့ၣ်နကဘၣ်ပတံထီၣ်လံာ်ရီၤဒီးအခးကတဘၣ်န့ၣ်လီ၊ မာလီတါလာနဟဲဆုာ်ကဒါကွာတာလာကွာစိာ်အီၤတဖှ်ဖဲတာဆါကတီၢ်လာတာဟံပနီၣ်အီၤ၊ မုတမာနကဘၣ်ဟ့ၣ်စုာ်အိၣ်လိးတချုးနယုလီၤ အသီတဘၣ်ဒဲးဘၣ်န့ၣ်လီ၊ နမာမာလီၤမာဘၣ်ဖုးတါပိာ်တဲာ်မံၤန့ၣ်နကဘၣ်ဟ့ၣ်ကွာအပူလီၤ၊ ကမုာ်အလံာ် ရီၤဒီးတဖှ်န့ၣ်အိၣ်သုၣ်လီၤအသးလာတာလီၢ်တတီၢ်စုာ်စုာ်အပူလာဝါလုခါ(န)အပူန့ၣ်လီ၊

## • တ်မတရီတပါဖိသၣ်

ပုဖိသၣ်လၢန့ၣ်တြၣ်စခၣ်အပူၤတဖၣ်ဘၣ်တၢ်ဒိသဒါအီၤလၢကီၢ်စဲၣ်တၢ်သိၣ်တၢ်သီတဖၣ်အဖိလၢန့ၣ်လီၤ. ပုၤတဂၤဂၤမ့ၢ်ဟံၣ်လီၤသးဒိမၤဘၣ်ဒိဖိသၣ်တဂၤသၢပူၤ. အဝဲသ့ၣ်လုၢ်သ့ၣ်ခါပတ်လံတၢ်သိၣ်တၢ်သီဒီးကဘၣ်ဟံးမူဒါလၢတၢ်မၤကမၣ်သဲးအံၤအယိလီၤ. တၢ်ဟံးန့ၢ်ကွံၣ်အဖိတဖၣ်သ့ဝဲ, တဘျီတခိၣ်တၢ်သးကွံၣ်ဖိသၣ်တဖၣ်အလီၢ်ဆူတၢ်ကွၢ်ဒိၣ်ထီၣ်ဖိသၣ်အဟံၣ်ပူၤန့ၣ်လီၤ. လၢဟံၣ်တဖၣ်အံၤအပူၤန့ၣ်ဟံၣ်ဖိယိဖိအဂၤတန့ၣ်ကဟုၤကယၢ်က့ၤအဝဲသ့ၣ်န့ၣ်လီၤ. ကွံၣ်သရၣ်, ကသံၣ်သရၣ် မ့တမ့ၢ် ပုၤအဂၤတဂၤမ့ၢ်ဆိကမိၣ်ဝဲလၢဖိသၣ်အံၤဘၣ်တၢ်မၤဘၣ်ဒိအီၤလၢအဟံၣ်အခါမ့တမ့ၢ်အဝဲသ့ၣ်မ့ၢ်ထံၣ်လၢဖိသၣ်အံၤဘၣ်တၢ်မၤဘၣ်ဒိတၢ်အီၤဖဲဟံၣ်န့ၣ်အဝဲသ့ၣ်ကကိးပၤကီၢ်န့ၣ်လီၤ. ပၤကီၢ်ကဟံၣ်ဆူဖိသၣ်အံၤအဟံၣ် မ့တမ့ၢ် အဟံၣ်ဒီးန့ၣ်လၢကမၤလီၤတၢ်ဝဲဒၣ်မ့ၢ်တၢ်ကိးမံၤဒဲးဘၣ်လီၢ်ဘၣ်စးခါဒီးမ့ၢ်ဖိသၣ်အံၤအိၣ်ဘၣ်ပူၤဖျဲး ဧါန့ၣ်လီၤ. မိၢ်ပၤတဖၣ်န့ၣ်ကဘၣ်ဘျးစ့ၢ်ကိးဒီးသဲးတၢ်ဘျးဒီးတၢ်ကဟံးဂ့ၢ်ဝဲအီၤလၢအမၤဆါဘၣ်အဖိ(တဖၣ်)အယိန့ၣ်လီၤ.

### ပုဖိသၣ်ကိးဂၤဒဲးန့ၣ်တြးလၢ -

- \* အိၣ်ဒီးတၢ်အိၣ်န့ၢ်ဂံၢ်န့ၢ်ဘါလၢလၢပုၤပုၤလၢကအိၣ်ဝဲအဂီၢ်, ကူသိးကဆဲးကဆီ, ဒီးတၢ်ကျးခံလၢအကဆဲးကဆီတဖၣ်
- \* တၢ်ကဘၣ်ဟံၣ်အီၤကဆဲးကဆီ
- \* ဒီးန့ၢ်ဘၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲထီၣ်/ လၢအလိၣ်ဘၣ်ဝဲတဖၣ်
- \* ပုၤဆိုတုၢ်ခိၣ်ပုၤလၢတၢ်န့ၢ်အီၤသ့တဂၤကကွၢ်ထွဲအီၤဖဲအမိၢ်အပၢ မ့တမ့ၢ် အဟံၣ်ဖိယိဖိတအိၣ်လၢဟံၣ်အဆၢကတီၢ်န့ၣ်လီၤ.
- \* တၢ်ကဘၣ်ဟံၣ်အဝဲသ့ၣ်တၢ်အဲၣ်ဒီးတၢ်ဒိကန့ၣ်ယုၢ်အဝဲသ့ၣ်
- \* တၢ်ကဘၣ်ဟံၣ်အဝဲသ့ၣ်လၢလၢလၢ မ့တမ့ၢ် မ့ၢ်မ့ၢ်ခုၣ်ခုၣ်အကြၢၤဝဲဘၣ်ဝဲအသိး
- \* တၢ်တဘၣ်မၤဘၣ်အဝဲသ့ၣ်လၢမ့ၢ်ခုၣ်ခုၣ်ထံးတကပၤ မ့တမ့ၢ် လၢအနီၢ်ခိဘၣ်
- \* တၢ်တဘၣ်မၤတရီတပါအီၤလၢအတၢ်တူၢ်ဘၣ်တကပၤ-ဒ်အမ့ၢ်တၢ်ကိးယါအဝဲသ့ၣ်ဒီးကိးအဝဲသ့ၣ်အမံၤဘၣ်



တၢ်သိၣ်တၢ်သီတဖၣ်အံၤတၢ်ဟံၣ်လီၤအီၤဒီးတၢ်မၤယံးအီၤဒ်သိးဖိသၣ်တဖၣ်ကအိၣ်ဘၣ်ပူၤပူၤဖျဲးဖျဲးဒိကအိၣ်ဆူၣ်အိၣ်ချ့ဝဲအဂီၢ်န့ၣ်လီၤ.

## အဆၢဒိၣ် ၅ တၢ်ဖံးတၢ်မၤ

### • တၢ်ဖံးတၢ်မၤတဖၣ်

လၢအဝဲရကၤကီၢ်စၢဖိၣ်အပူၤန့ၣ်အရၢဒိၣ်ဝဲလၢပုၤအါတက့ၢ်ကဒီးန့ၢ်ဘၣ်တၢ်မၤတမံၤအဂီၢ်န့ၣ်လီၤ. တၢ်မၤတခါလၢနတသးစဲအီၤဘၣ်န့ၣ်န့ၣ်ကဘၣ်မၤဟံၣ်စၢအီၤဖဲနယုတၢ်မၤဂ့ၢ်ဒီးအအံၤအသီတခါအဆၢကတီၢ်န့ၣ်လီၤ. အရၢဒိၣ်ဝဲလၢနကအိၣ်ဒီးတၢ်ဖံးတၢ်မၤအတၢ်လဲၤခိဖျိလၢအကံၢ်အစီဂုၤတနီၤန့ၣ်လီၤ. နတၢ်လဲၤခိဖျိဒ်အိၣ်အါ, **နကဒီးန့ၢ်ဘၣ်တၢ်မၤ လၢအဂ့ၢ်ထီၣ်ဒ်ညီန့ၣ်လီၤ.** တချုးလၢနဟးထီၣ်လၢနတၢ်မၤဘၣ်န့ၣ်န့ၣ်တြးဒုးသ့ၣ်ညါနတၢ်မၤခိၣ်အစ့ၤကတၢ်လၢခံ နွံအတီၢ်ပူၤန့ၣ်လီၤ. တၢ်မၤခိၣ်လၢအသီသ့ၣ်တဖၣ်ကအိၣ်ဒီးဆဲးကျိးဒီးနတၢ်မၤခိၣ်လီၢ်လံၤ, ဒီးတၢ်သကံၢ်ပဝးတဂ့ၢ်လၢတၢ်မၤတခါအဖိခိၣ်မ့ၢ်အိၣ်န့ၣ်ဘၣ်သ့ၣ်သ့ၣ်နယုတၢ်မၤအသီတခါကကီၢ်ဝဲဒၣ်န့ၣ်လီၤ.

နမ့ၢ်ဒီးန့ၢ်တၢ်ဆိၣ်ထွဲမၤစၢလၢပဒိၣ်အအိၣ်န့ၣ်, နတၢ်ဒီးန့ၢ်တၢ်မၤတခါန့ၣ်ကဒိဘၣ်မၤဟူးဝဲနတၢ်ကဒီးန့ၢ်က့ၢ်တၢ်မၤစၢလီၤလၢဆံးအါလီၤ. နက့ၢ်, တၢ်ဒီးန့ၢ်တၢ်မၤတမံၤန့ၣ်ညီန့ၢ်ကဟ့ၣ်န့ၣ်ကျိၣ်ဖိစ့ဖိအါထီၣ်လၢနမၤစၢနဟံၣ်ဖိယိဖိကသ့အဂီၢ်န့ၣ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်နကမၤတၢ်တခိခိဒီးနကဒီးန့ၢ်ဒ်တၢ်တၢ်န့ၢ်ဘျးအတၢ်မၤစၢတနီၤ, ဒ်အမ့ၢ်မဲး ဒ်ဂ့ၢ် (Medicaid) ဒီးတၢ်အိၣ်တၢ်အိၣ်အတၢ်မၤစၢလၢ SNAP အတၢ်တီၢ်ကျဲ (တၢ်ဟ့ၣ်အါထီၣ်စၢတၢ်အိၣ်န့ၢ်ဂံၢ်န့ၢ်ဘါအတၢ်တီၢ်ကျဲ "Supplemental Nutrition Assistance Program") လၢအဒီးသန့ၤထီၣ်အသးလၢနတၢ်ဟံၣ်န့ၣ်အဖိခိၣ်န့ၣ်လီၤ.



→ တော်ယုတ်ဖုံးတော်မတခါ

ကျဲအဂုကတော်တဘိလၢနကယုတ်ဖုံးတော်မတခါန့ၣ်မ့ၢ်တံသံကွၢ်ပုၤကိးဂၤဒီးလၢနသ့ၣ်ညါအိၤန့ၣ်လီၤ. တံဘၣ်အဲၣ်သ့ၣ်လၢနယုတ်မတခါအဖၢမ့ၢ်ဒီးဘၣ်သ့ၣ်သ့ၣ်အဲၣ်သ့ၣ်ယုၤစၢၤနၢတော်မတသ့တမံၤမံၤန့ၣ်လီၤ.

- \* အိၣ်ကတီၢ်ဖဲတော်လီၢ်လၢနလဲၤဘၣ်တဖၣ်ဒ်အမ့ၢ်ပနံၣ်ရိကျဲးတဖၣ်, တံဘၣ်ယုၤသရိၣ်တဖၣ်, ဒီးခၢၣ်စးတံကရၢကရိအဂတဖၣ်လၢနစူးကါအိၤဒီးသံကွၢ်လၢမ့ၢ်အဲၣ်သ့ၣ်ကဒီးလဲပုၤတဂၢၤမိန့ၣ်တက့ၢ်.
- \* ကိးနွံဒီးလၢလံာ်တံကစီၣ်အပူၤအိၣ်ဒီးလံာ်အဆၢလၢချုၣ်မံၣ်ဖဲ(ဒ်)တံဘိးဘၣ်သ့ၣ်ညါ(classified ads)အဖိလံာ်လၢအခိၣ်တံမ့ၢ် “တံလိၣ်ဘၣ်တံမၤစၢၤ (Help Wanted)” လၢအဒုးသ့ၣ်ညါဘဲဘၣ်ယးတံမၤတနီၤလၢတံအိး ထီၣ်အိၤန့ၣ်လီၤ.
- \* အုထၢၣ်နးအပုၤယဲၤသန့အိၣ်ဝဲအါတီၤလၢတံမၤခိၣ်သ့ၣ်တဖၣ်ရၢလီၤဝဲတံဖုံးတော်မၤလၢပုၤလၢအယုဖုံးယုမၤသ့ၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ. နပတံထီၣ်တံမၤတခါခိဖျိအုထၢၣ်နး မ့တမ့ၢ် လဲၤဆူတံမၤခိၣ်အဲၣ်ဒးသ့ၣ်ဒ်န့ၣ်လီၤ.
- \* တံယုဖုံးယုမၤအခၢၣ်စးကရၢအိၣ်ဝဲအါမးလၢပုၤလုၤခါ(နံ)အပူၤလၢကမၤစၢၤနၢလၢနကယုတ်မၤအဂီၢ်လီၤ. ပလီၢ်သးလၢ, တံလီၢ်တနီၤန့ၣ်ဘၣ်သ့ၣ်သ့ၣ်ကအိၣ်ဒီးဝဲလၢနဟ့ၣ်အိၤစ့လၢကမၤစၢၤနၢအဂီၢ်န့ၣ်လီၤ. အိၣ်စ့ၢ်ကိးဒီးပုၤနီၢ်တဂၢၤပၢခၢၣ်စးတံကရၢကရိတဖၣ်ဒ်အမ့ၢ် "Community Action" လၢအမၤစၢၤပုၤကမျၢၢ်လၢကယုတ်ဖုံးတော်မၤတခါသ့ၣ်ဒ်န့ၣ်လီၤ.
- \* နယုကွၢ်ကူၣ်ပနံၣ်တံကရၢကရိခဲလၢလၢနအိၣ်ဒီးမၤတံမၤတဖၣ်လၢလီၤတံစိအလံာ်ပူၤသ့ၣ်ဒ်အမ့ၢ်တံမၤကဆဲးကဆီတံအကူၣ်ပနံၣ်တဖၣ်န့ၣ်လီၤ. ဝံၤနကိးလီၤတံစိအကူၣ်ပနံၣ်တဖၣ်အအိၣ်ခဲလၢလၢသ့ၣ်လၢမၤတံဘၣ်ယးတံကဆဲးကဆီဒီးသံကွၢ်မ့ၢ်အဲၣ်သ့ၣ်အိးထီၣ်တံမၤတခါမံၤမံၤန့ၣ်လီၤ.

→ တံပတံထီၣ်တံဖုံးတော်မတခါ

ဝဲနပတံထီၣ်တံဖုံးတော်မတခါန့ၣ်နကြၢးအိၣ်ဒီးလံာ်နီၢ်ကစၢ်ဂ့ၢ်ကျိၤဖုၣ် (resume) န့ၣ်လီၤ. လံာ်နီၢ်ကစၢ်ဂ့ၢ်ကျိၤဖုၣ်န့ၣ်မ့ၢ်ဝဲလံာ်ကဘျဲးတက့ၢ်ဖိလၢအအိၣ်ဒီးနမံၤ, နလီၢ်အိၣ်အိးထံး, ဒီးလီၤတံစိနီၣ်ဂံၢ်လၢအဖိခိၣ်ကတံၢ်န့ၣ်လီၤ. လံာ်အိၣ်အိးတံဖုံးတော်မၤခဲလၢလၢနမၤတံၢ်အိၤတဖၣ်ဒ်နတံမၤအတံၢ်လဲၤခိဖျိတဖၣ်န့ၣ်လီၤ. နကွဲးလီၤယုၣ်ဒီးကျိၣ်လၢနကတံၢ်အိၤတဖၣ်ဒ်နတံသ့ၣ်ဘၣ်ကံၢ်စိအိၣ်မနုၤဒ်အမ့ၢ်တံဆးတံၢ်ခွဲး, တံဘျီသိလုၣ်, တံမၤကဆီတံ, မ့တမ့ၢ်တံစုးကါခိၣ်ဖျိထီၣ်အတံသ့ၣ်ဘၣ်တဖၣ်န့ၣ်လီၤ. နကြၢးကွဲးလီၤစ့ၢ်ကိးနတံကူၣ်ဘၣ်ကူၣ်သ့အဂ့ၢ်အကျိၤဒီးပုၤအုၣ်သးခံၤ မ့တမ့ၢ် သၢဂၢၤန့ၣ်လီၤ. ပုၤအုၣ်သးန့ၣ်မ့ၢ်ဝဲပုၤအမံၤ, လီၤတံစိနီၣ်ဂံၢ်, ဒီးအလီၢ်အိၣ်အိးထံးလၢအတမ့ၢ်နဟ့ၣ်ဖိယိဖိဒ်ဘၣ်, ဒီးလၢအတဲဖျါထီၣ်ဝဲလၢနမ့ၢ်ပုၤမၤတံဖိလၢအဂုန့ၣ်လီၤ. အဒိ, နစူးကါနတံမၤခိၣ်, ပုၤမၤသကိးတံ မ့တမ့ၢ် ဟံၣ်ကစၢ်သ့ၣ်ဒ်န့ၣ်လီၤ. ထီၣ်န့ၣ်နကြၢးသံကွၢ်ပုၤတဂၢၤတချုးနထၢန့ၣ်အဲၣ်သ့ၣ်ဒ်ပုၤအုၣ်သးဒ်ဘၣ်အါန့ၣ်လီၤ. လၢနကပတံထီၣ်တံမၤအဂီၢ်, ဘၣ်သ့ၣ်သ့ၣ်နကဘၣ်မၤပုၤစ့ၢ်ကိးလံာ်ပတံထီၣ်တဘျီန့ၣ်လီၤ. လံာ်တက့ၢ်ဒ်အံၤညါန့ၣ်သံကွၢ်တံဂ့ၢ်တမံၤယိဒီးတံဂ့ၢ်လၢအအိၣ်လၢနလံာ်နီၢ်ကစၢ်ဂ့ၢ်ကျိၤဖုၣ်အပူၤန့ၣ်လီၤ. ဖဲနဟ့ၣ်လီၤနလံာ်ပတံထီၣ်အကူၣ်ပနံၣ်တဖၣ်အအိၣ်ဝံၤအလီၢ်ခံ. အဲၣ်သ့ၣ်ကဟ့ၣ်ဝဲတံဆၢကတီၢ်စ့ၢ်လၢကကိးကဒါက့ၤနၢအဂီၢ်လီၤ. ဖဲအဲၣ်သ့ၣ်ကိးနၢလီၤတံစိအါဘၣ်သ့ၣ်သ့ၣ်ကမၤနလဲၤထံၣ်လိၣ်ဒီးသံကွၢ်သံဒီးနသးန့ၣ်လီၤ. တံထံၣ်လိၣ်သံကွၢ်သံဒီးတခါန့ၣ်မ့ၢ်ဝဲတံထံၣ်လိၣ်အိၣ်သကိးနၢယုၣ်ဒီးပုၤလၢအကဒီးလဲနၢတဂၢၤ, လၢအမ့ၢ်တံမၤခိၣ်န့ၣ်လီၤ. ဖဲနလဲၤဆူတံထံၣ်လိၣ်သံကွၢ်သံဒီးအါလဲၤအိၣ်ဘၣ်ဆၢဘၣ်ကတီၢ်ဒီးကူၣ်သိးတံဂ့ၢ်ဂ့ၢ်ဘၣ်ဘၣ်တက့ၢ်. တံကသံကွၢ်နၢဘၣ်ယးဒီးနတံဖုံးတော်မၤအတံၢ်လဲၤခိဖျိ, ဘၣ်မနုၤအယိနအိၣ်ဒီးမၤတံမၤန့ၣ်လဲၣ်ဒီးနမ့ၢ်ပုၤမၤတံဖိလဲၣ်တကလုၣ်လဲၣ်န့ၣ်လီၤ. ဖဲနလိၣ်ဘၣ်တံမၤစၢၤဘၣ်ယးဒီးတံယုတ်ဖုံးတံမၤတခါအဂီၢ်, လဲၤဟးအိၣ်သကိး ပုၤတဝၢအတံဟူးတံဂဲၤဝဲလီၢ်လၢပုၤဘၣ်ကီဘၣ်ခဲဒီးပုၤန့ၣ်လီၤခိကီၢ်တဖၣ်အဂီၢ် (Community Action's Center for Refugees and Immigrants) န့ၣ်တက့ၢ်.



လိပ်စာရင်းကောက်ချက် (resume) အဖော်အရာ -

Martha Smith (မာသး စမးသ်)  
1234 Smithson Lane  
Lincoln, NE 68502  
402-555-6789

တပ်ပညာရေး

မှန်သီးကယုတပ်မာဖဲတပ်လီလီယတပ်ဖဲတပ်မာကီတပ်သုတပ်ဘဉ်. တပ်သးအိဉ်မာတပ်ဖဲတပ်  
မာနီနီဒီးယတပ်ဟဲတပ်ဆာကတီအံကကဲဘျူးလပုလုအဒိလဲယအဂီလီ.

တပ်လဲအိဉ်

**Wal-Mart (ဝီလ်-မးထ်)**, 5303 23rd St. San Francisco, CA 47859  
ဖဲတပ်မာတပ်နီသီ - 5/6/09-8/22/09  
တပ်မာခိဉ်အလီတဲစီနီဉ်ဂံ - 452-894-4856

မူဒါလီလဲ-ပုဟဲထီဉ်တပ်လဲအလီ  
မူဒါတပ်ဖဲတပ်မာ - ပာထီဉ်တပ်ဖဲတပ်လဲတဖဉ်လဲအလီတဖဉ်အဖီခိဉ်

**Cook's Foods (တပ်ဖိတပ်အိဉ်)**, 200 S. 2nd St. Lincoln, NE 68508  
ဖဲတပ်မာတပ်နီသီ - 10/5/04-5/21/08  
တပ်မာခိဉ်အလီတဲစီနီဉ်ဂံ - 402-475-8700

မူဒါလီလဲ - စမီးဟီဉ် (Smoke House) အပုမာတပ်ဖဲ  
မူဒါတပ်ဖဲတပ်မာ - ဆာထီဉ်ဆာလီတပ်ဖဲတပ်ညဉ်ဆာတပ်လီတပ်ကျဲလီဆီသုဉ်တဖဉ်အပု

တပ်ကူဉ်ဘဉ်ကူဉ်သု

တီထီကူဉ်ဖျိကူဉ်လံာ်အုဉ်သး (ဖျိကူဉ်လဲကီအံကြဲးပံ)

ပုအုဉ်အသးတဖဉ်

John Doe(ကူဉ်နီဒီး)  
(တပ်ဘဉ်ထွဲ)  
(လီအိဉ်ဆိးထံး)  
(ဌာ, ကီဖဲဉ်, ဟီဉ်ကဝီနီဉ်ဂံ)  
(လီတဲစီနီဉ်ဂံ)

Jane Johnson(ကူဉ်နီဉ်စာဉ်)  
(တပ်ဘဉ်ထွဲ)  
(လီအိဉ်ဆိးထံး)  
(ဌာ, ကီဖဲဉ်, ဟီဉ်ကဝီနီဉ်ဂံ)  
(လီတဲစီနီဉ်ဂံ)

တပ်လဲအဖီခိဉ်တဖဉ်အံမာဒုဉ်တပ်အဒိအတဲဉ်န့ဉ်လီ.  
ဟဲသုဉ်ဟဲသးလဲအကဘဉ်ဖူးကါနီနီကတဲဉ်အဂီအဂျီအဒီး  
တပ်အုဉ်သးတဖဉ်ဖဲနမာပုလဲလိာ်လိာ်ကတဲဉ်ကတဲဉ်အဂါန့ဉ်လီ.

# အဆင့် ၆ ကျိတ်စုဂ်ဝီ



## • စုစည်းတင်ပြ

ဖဲနအိတ်ဒီးဟ်နကျိတ်စုစုတဖၣ်လၢတၢ်လီၢ်ပူၤပျဲးဖျဲးန့ၣ်နဟ်အိၣ်လၢစုစုတဖၣ်ပူၤသ့လီၤ. ဖဲနအိတ်  
လၢစုစုတဖၣ်ပူၤအခါ, မတၢ်တဂၤမးတဟ့ၣ်နစုစုလၢဘၣ်ဒီးနထးထီၣ်အိၣ်လၢတဘျီလၢလံာ်သ့န့ၣ်  
လီၤ. စုစုတဖၣ်ပူၤနၤခးဖိတဘျီဒီးတၢ်ခူသ့ၣ်နီၣ်ဂံၢ်တခါလၢနထးထီၣ်စုစုလၢအိတ်ထံၣ်အိမ်  
(automated teller machine) အဂီၢ်န့ၣ်လီၤ. လၢတၢ်ထးထီၣ်စုစုအစးတခါအံၤန့ၣ်အပူၤတၢ်ဟ်ပ  
နီၣ်ယၢ်နထးထီၣ်စုသ့အံၤအါ, ဘၣ်ဆၣ်စုစုအိတ်လၢပုၤလၢနစုစုရီၤအပူၤမးနမၤအိၣ်န့ၣ်လီၤ.  
နအိတ်ထံၣ်အိမ်အံၤမ့ၢ်စုစုတဖၣ်ပူၤအဂၤတဖျၢၣ်အတၢ်အါန့ၣ်ဒီးစးလၢနစုစုကါအိၣ်တဖျၢၣ်ဖဲနထးထီၣ်စုန့ၣ်အလဲမ့ၢ်ဝဲ \$ ၂ ဒီလၢလီၤ. နစုစုကါခး  
က့အံၤသ့ဖဲနလဲပူၤတၢ်လၢကျးရီၣ်ဖိၣ်အခါလီၤ. ဘၣ်ဆၣ်သ့ၣ်နီၣ်ထီၣ်လၢနစုစုကဘၣ်အိတ်လၢနစုစုတဖၣ်ပူၤလၢနထးထီၣ်ယၢ်အိၣ်န့ၣ်လီၤ.

**\*\*\* နမ့ၢ်စုစုကါကျိတ်စုစုလၢအတအိတ်လၢနစုစုတဖၣ်ပူၤဘၣ်န့ၣ်မ့ၢ်ဝဲနလၢသ့ၣ်ခါပတၢ်လံာ်တၢ်သိၣ်တၢ်သိၣ်ဒီးစုစုတဖၣ်  
ကယုၤန့ၣ်အိတ်လီၤန့ၣ်လီၤ. \*\*\***

နစုစုကါခး (checks) တဖၣ်လၢနထးထီၣ်စုစုလၢစုစုတဖၣ်ပူၤသ့စုကီးဖဲနလဲဟးပူၤတၢ် မ့တမ့ၢ် နအိတ်ဒီးဟ့ၣ်က့ၤနက့ၤစုစုအပူၤတဖၣ်အ  
ခါန့ၣ်လီၤ. တဘျီပျဲးပူၤအဂၤလၢကသ့ၣ်ညါနတၢ်ခူသ့ၣ်နီၣ်ဂံၢ် မ့တမ့ၢ် ယုၤလီၢ်န့ၣ်ဒီး မ့တမ့ၢ် ခးက့ၤနီတဂၤတဂ့ၤ. ဟ်အိၣ်လၢတၢ်လီၢ်လၢအဘၣ်  
အဘၢန့ၣ်တက့ၢ်.

နယုလိၣ်စုစုလၢစုစုတဖၣ်ပူၤလၢအိတ်တဖၣ်အဂီၢ်သ့ဝဲဒ်အမ့ၢ်တၢ်ပူၤဟ်ပံၤ မ့တမ့ၢ် သိလ့ၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ. လၢနကမၤတၢ်အံၤအဂီၢ်, န  
ကဘၣ်အိတ်ဒီးနမး (credit score) လၢအဂ့ၤန့ၣ်လီၤ. နလဲဟ့ၣ်က့ၤက့ၤစုစုအပူၤတဖၣ်ဘၣ်ဆၢဘၣ်ကတီၢ်န့ၣ်နကဒီးန့ၣ်ဒီးမးလၢအဂ့ၤ  
န့ၣ်လီၤ. လၢဂ့ၤလုခါ(န)အပူၤအိတ်ဒီးစုစုတဖၣ်အါဖျၢၣ်န့ၣ်လီၤ. နယုထံၣ်တၢ်သ့ၣ်တဖၣ်အံၤသ့ဝဲလၢနလံာ်လီၤတဖၣ်အကဘျးပၤဘိတဖၣ်အပူၤ  
လၢလံာ်ခိၣ်တီ “စုစုတဖၣ် (Bank)” အဖီလၢသ့ဝဲန့ၣ်လီၤ. ပလီၤပဒီးသးလၢတၢ်လီၢ်တဖၣ်လၢတၢ်ကိးလၢ “ဟ့ၣ်ခီဖျိခဲအံၤ (paycheck ad-  
vance)” မ့တမ့ၢ် “ဟ့ၣ်စုစုနီၣ်ခဲအံၤ (cash advance)” တဖၣ်တက့ၢ်. တၢ်လီၢ်ဒီးသိးအံၤတဖၣ်ကဟ့ၣ်လီၤန့ၣ်စု, ဘၣ်ဆၣ်နကဘၣ်ဟ့ၣ်  
လီၤနတၢ်လၢအရူဒိၣ် (ဒ်အမ့ၢ်တၢ်ဟ့ၣ်ပၤနသိလ့ၣ်) လၢနကဒီးန့ၣ်စုအဂီၢ်, ဒီးနမ့ၢ်တဟ့ၣ်ကဒါက့ၤစုစုလၢနယုလိၣ်အိၣ်တဖၣ်ချးဆၢချးက  
တီၢ်ဘၣ်န့ၣ်အဝဲသ့ၣ်ကယုအါထီၣ်န့ၣ်စုအါအါကလဲၣ်န့ၣ်လီၤ.

## → တၢ်တိၣ်ဟ်လီၤစု

အဝဲအံၤမ့ၢ်ကျဲတဘိလၢတၢ်ကစုစုကါစုစုလၢတၢ်ဂ့ၤအဂီၢ်န့ၣ်လီၤ. ဖဲနအိတ်ထီၣ်ဒီးနဟ်ပံၤတဖျၢၣ်လဲန့ၣ်တၢ်လၢနကဘၣ်ဟ့ၣ်တၢ်အပူၤက  
လံာ်တဖၣ်ကအိတ်ဝဲဒ်ဒ်အမ့ၢ်တၢ်အိတ်တၢ်အိ, ဟ်ပံၤဒီးလဲ, တၢ်ကူတၢ်သိး, ဒီးလီမ့ၢ်အူသ့ၣ်တဖၣ်န့ၣ်လီၤ. ဖဲနမၤတၢ်အခါ, နကြးနီၤ  
ဖးလီၤနစုစုတဖၣ်အယီၤနကအိတ်ဒီးစုစုလၢပုၤပုၤလၢနကဟ့ၣ်ဘၣ်နက့ၤစုစုအပူၤတဖၣ်အဂီၢ်ဒီးတၢ်လၢအအိတ်တၢ်သ့ၣ်တဖၣ်န့ၣ်မ့ၢ်ဝဲ  
လၢ တၢ်အဂ့ၤအဂၤတဖၣ်အဂီၢ်န့ၣ်လီၤ. တၢ်အံၤကမၤစၢၤ နၤလၢနကပူၤအိတ်လၢနလိၣ်ဘၣ်အိၣ်တဖၣ်လၢတၢ်လၢနသးလီၤအိၣ်တဖၣ်  
အမဲၣ်ညါန့ၣ်လီၤ. နစုစုဖိၣ်ယၢ်နစုစုလၢတၢ် လၢနသးလီၤအိၣ် မ့တမ့ၢ် ဂုၢ်ဂီၢ် အူတၢ်အိတ်သးလၢဘၣ်သ့ၣ်သ့ၣ်ခါအူညါကအိတ်ထီၣ်ဝဲသ့  
သ့ၣ် တဖၣ်အဂီၢ်န့ၣ်လီၤ. ထီ ဘိန့ၣ်ဂ့ၤဝဲလၢတၢ်ကဟ်ကိးယၢ်စုစုလၢဂီၢ်အူတၢ်အိတ်သးတဖၣ်အဂီၢ်န့ၣ်လီၤ.



# အဆာဒိဉ် ၇ တၢ်သိဉ်တၢ်သီ ဇီး ဖိးသဲစးတၢ်ဖိးတၢ်မၤတဖဉ်



## • တၢ်သိဉ်တၢ်သီတဖဉ်

ပအိဉ်ဒီးတၢ်သဘူအါမးလၢအဲရကၤကီၢ်စၢဖိဉ်အပူၤ, ဘဉ်ဆဉ်ပအိဉ်စၢကိးဒီးတၢ်သိဉ်တၢ်သီအါမးလီၤ. တဒီးသန့ထီဉ်သးလၢနမ့ၢ်ပုၤဘဉ်ကီၢ်ဘဉ်ခဲ မ့တမ့ၢ် ပုၤန့ၢ်လီၤကီၢ်အယိဘဉ်, နကဘဉ်ဒီးကန့ၢ်အဲရကၤကီၢ်စၢဖိဉ်အတၢ်သိဉ်တၢ်သီတဖဉ်ဒီးနအိဉ်ဒီးတၢ်သဘူလၢတၢ်ကဟုကယၢ်န့ၢ်တုၤသိးထဲသိးန့ၢ်လီၤ.

ဖဲနမ့ၢ်တဒီးကန့ၢ်တၢ်သိဉ်တၢ်သီတမံၤအခါ, မ့ၢ်နမၤလံတၢ်မၤတခါလၢအတဖိးသဲစးဒီးနကဘဉ်တၢ်တူၢ်တၢ်ကမၢ်လၢတၢ်အဲန့ၢ်အဂီၢ်လီၤ. နမ့ၢ်တူၢ်ဘဉ်လၢနမ့ၢ်တမၤကမၢ်ဘဉ်တၢ်နီတမံၤန့ၢ်, နကဘဉ်လဲၤဆူကီၢ်ဘျီဒိးတဲဖျါထီဉ်တၢ်ဂ့ၢ်ဘဉ်ယးတၢ်မနုၤလၢအကဲထီဉ်အသးန့ၢ်လီၤ.

နဒီးလဲၤဝီရိတဂၤ, ပုၤလၢကမၤစၢၤန့ၢ်လၢတၢ်ဂ့ၢ်လိာ်နတၢ်မုးအဂီၢ်သ့ဝဲလီၤ. နဒီးလဲၤဝီရိမ့ၢ်တန့ၢ်ဘဉ်ဒီးကီၢ်ဘျီကမၤကလိန့ၢ်တဘျီလီၤ. စံဉ်ညီဉ်ကီၢ်ကဆၢတံာ်လၢနမ့ၢ်ပုၤမၤကမၢ်တၢ်, တမ့ၢ်ဘဉ်လဲၤန့ၢ်လီၤ. စံဉ်ညီဉ်ကီၢ်ကဆၢတံာ်စ့ၢ်ကိးတၢ်စံဉ်ညီဉ်လၢနကဘဉ်တူၢ်အီၤလီၤ.

အဲဘဲအံၤမ့ၢ်တၢ်သိဉ်တၢ်သီအရ့ဒိဉ်တနီၤလၢနကဘဉ်တၢ်နီၤအီၤလီၤ. ပုၤဘဉ်ကီၢ်ဘဉ်ခဲဒီးပုၤန့ၢ်လီၤကီၢ်အါဂၤအိဉ်ဒီးတၢ်ဂ့ၢ်ကီၢ်လၢတၢ်သိဉ်တၢ်သီတဖဉ်အံၤမ့ၢ်လၢတတီၢ်သ့ဉ်ဟံးသးလၢအယိမ့ၢ်ဂ့ၢ်, မ့ၢ်လၢတၢ်သိဉ်တၢ်သီတဖဉ်အံၤလီၤဆီလိာ်အသးဒီးလၢအထံအကီၢ်လၢအအိဉ်ဆိးတၢ်ဝဲအယိန့ၢ်လီၤ. နမ့ၢ်မၤထွဲတၢ်သိဉ်တၢ်သီလၢလံာ်တဖဉ်အံၤတခါခါန့ၢ်တၢ်ဆူကီၢ်ဘျီန့ၢ်အုၤန့ၢ်ထံနကီၢ်သ့ မ့တမ့ၢ် တဆူယိာ်ပုၤသ့ဝဲန့ၢ်လီၤ.

၁. တဘဉ်ပုၤ မ့တမ့ၢ် ဆါကသံဉ်မုၤဘျီးတဖဉ်ဘဉ်.
  ၂. တဘဉ်မၤဘဉ်ဒီးမ့တမ့ၢ် တီၢ်နဖိ မ့တမ့ၢ် နမၤန့ၢ်တဘဉ်. နဟံဉ်ဘျီးယိာ်တၢ်မ့တမ့ၢ်ပုၤတဂၤဂၤမ့ၢ်ထံဉ်လၢနမၤတၢ်အံၤန့ၢ်အဲသ့ဉ်ကိးလိာ်တဲစိဆူပၤကီၢ်အအိဉ်သ့ဝဲန့ၢ်လီၤ. တၢ်အံၤဘဉ်တၢ်ကိးအီၤလၢတၢ်မၤတရီတပါဒီးတၢ်အစၢအိဉ်ထီဉ်သ့န့ၢ်မ့ၢ်ဝဲတၢ်ကထုးဖးယံၤကွံာ်န့ၢ်ဒီးနဖိမ့တမ့ၢ် ဘဉ်သ့ဉ်သ့ဉ်နကဘဉ်လဲၤဆူယိာ်ပုၤန့ၢ်လီၤ.
  ၃. နသးနံဉ်မ့ၢ်ပုၤထီဉ် ၁၈ နံဉ် မ့တမ့ၢ် ပုၤန့ၢ်အဲဘဲအံၤန့ၢ်နမံၤယုာ် မ့တမ့ၢ် ဖျါသးဒီးပုၤတဂၤဂၤလၢအသးစၢန့ၢ်ဒီး ၁၈ နံဉ်တသ့ဘဉ်. နဖျါနသးတဘျီန့ၢ်အါန့ၢ်ဒီးပုၤတဂၤတသ့ဘဉ်. နတဘဉ်ဖျါသးဒီးနဘျးနတၢ်အဘျးကတၢ်ဒီးနၤဒ်အမ့ၢ်နတခါခါထံးတဆီ မ့တမ့ၢ် နဒီးပုၤဝဲဘဉ်.
  ၄. နမၤဆူဉ်ပုၤတဂၤဂၤလၢကမံၤယုာ်ဒ်န့ၢ်တသ့ဘဉ်. နဟံဉ်စုဆူပုၤတဂၤဂၤလၢနကမံၤယုာ်ဒ်အီၤ မ့တမ့ၢ် နယုပုၤစုလၢကမံၤယုာ်ဒ်ဒီးနၤအဂီၢ်တသ့ဘဉ်. တၢ်အဲဘဲအံၤမ့ၢ်တၢ်မၤကမၢ်မုဉ်ကမၢ်မုဉ်ခါဒီးတမ့ၢ်တၢ်လၢအဖိးသဲစးဘဉ်န့ၢ်လီၤ.
  ၅. နအီၤ မ့တမ့ၢ် ပုၤသံးတသ့ဘဉ်တုၤလၢနသးနံဉ်ပုၤ ၂၁ နံဉ်န့ၢ်လီၤ. နအီၤသးလၢ ကမ့ၢ်တၢ်လီၢ်တၢ်ကျိအမ့ၢ်ကျဲမ့ၢ်ခိဉ်, တၢ်ဟးလိာ်ကွဲကရၢပုၤဒီးအကတဖဉ်တသ့ဘဉ်. ပုၤတဂၤဂၤလၢအသးစၢန့ၢ် ၂၁ နံဉ်န့ၢ်နပုၤအီၤအီၤသံးတသ့ဘဉ်.
  ၆. နမ့ၢ်မၤလိာ်လီၤပုၤဒီးနမၤန့ၢ်တၢ်မ့ၢ်နတၢ်မ့ၢ်ဟံးယုာ်ဒီးဖိန့ၢ်နကဘဉ်ဟံဉ်တၢ်မၤစၢဆူဖိသံဉ်အအိဉ်, မ့ၢ်စုလၢကမၤစၢၤဖိသံဉ်အဂီၢ်လီၤ.
  ၇. လၢတၢ်မၤလီၢ်န့ၢ်နမ့ၢ်စုးကါဝဲဒဉ်မုဉ်ခါသ့ဉ်ထံးဂ့ၢ်ဖိအတၢ်စံးတၢ်ကတိးဒီးနပုၤမၤသကိးတၢ်န့ၢ်မ့ၢ်တၢ်လၢတဖိးသဲစးဘဉ်န့ၢ်လီၤ. တၢ်အဲဘဲအံၤကိးဝဲလၢမုဉ်ခါသ့ဉ်ထံးတၢ်မၤတံာ်တံာ်န့ၢ်လီၤ.
၈. နမ့ၢ်အိဉ်ဒီးနကျိန့ၢ်နကဘဉ်မၤအလံာ်အုဉ်သးလီၤ. နမ့ၢ်ဟးခးအိဉ်ဆဉ်ဖိကီၢ်ဖိလၢပုၤန့ၢ်နကဘဉ်အိဉ်ဒီးလံာ်အုဉ်အသးစ့ၢ်ကိးန့ၢ်လီၤ. မၤလီၤတၢ်မ့ၢ်နမၤန့ၢ်တၢ်ပျဲလၢနကဟးပုၤဖဲတၢ်လီၢ်တနီၤတချးနလဲၤဒီးဘဉ်န့ၢ်တက့ၢ်. ဘဉ်သ့ဉ်သ့ဉ်တၢ်လဲၤဟးပုၤလၢတၢ်လီၢ်န့ၢ်ကထိးခါဝဲဒဉ်တၢ်သိဉ်တၢ်သီန့ၢ်လီၤ. လုၤတက့ၤနတဘဉ်ဟးစိာ်ကျိ မ့တမ့ၢ် တၢ်စုကဝဲၤအကတဖဉ်လၢကမ့ၢ်တၢ်လီၢ်တၢ်ကျိနီတတီၢ်ဘဉ်. ထီဘိကျိန့ၢ်တၢ်ကြားဟံးအီၤလၢတၢ်လီၢ်လၢအဝဲတံာ်အသးဒီးဖိသ့ဉ်ဒီးတၢ်တကြားဟံးအီၤလၢအဆဲထီဉ်အသးနီတဘျီဘဉ်န့ၢ်လီၤ.
၉. လၢနကနီသိလုဉ်အဂီၢ်, နကဘဉ်အိဉ်ဒီးတၢ်နီသိလုဉ်လံာ်အုဉ်သးလီၤ. နကဘဉ်လဲၤဒီးစးနသး လၢနကမၤန့ၢ်ဘဉ်တၢ်နီသိလုဉ်လံာ်အုဉ်သးအဂီၢ်လီၤ. သိလုဉ်စးဖိကဟံဉ်ဝဲကျိ (Department of Motor Vehicles) ကဟံဉ်လီၤနလံာ်တဘျီလၢနကစုးကါအီၤလၢတၢ်မၤလိအဂီၢ်န့ၢ်လီၤ. ဖဲနကတီၢ်နသးဝဲလဲၤန့ၢ်နလဲၤဒီးစးနသးလၢခါဝဲစးကရၢလၢအဘျးကတၢ်ဒီးနၤသ့ဝဲန့ၢ်လီၤ. နမ့ၢ်အီၤသးန့ၢ်နနီသိလုဉ်တသ့ဘဉ်. တၢ်မ့ၢ်ဖိဉ်န့ၢ်နန့ၢ်နကဒီးန့ၢ်ဘဉ်လဲၤမးတဘျီဒီးတၢ်ကဟံးကွံာ်နတၢ်နီသိလုဉ်အလံာ်အုဉ်သးန့ၢ်လီၤ. ဘဉ်သ့ဉ်သ့ဉ်တုၤဒဉ်လံာ်လၢတၢ်ကဆူကီၢ်ဘျီန့ၢ်ထံနကီၢ် မ့တမ့ၢ် တၢ်ထၢန့ၢ်နလၢယိာ်ပုၤသ့န့ၢ်လီၤ. လၢသိလုဉ်အပုၤန့ၢ်, နကဘဉ်ထီထီဉ်ယာ်သိလုဉ်အယိာ်တကီၢ်ထီဘိဒီးမၤလီၤတၢ်လၢနဖိကဘဉ်ဆုဉ်နီၤလၢလီၢ်ဆုဉ်နီၤလီၢ်ခဲတဆီဖဲအဲသ့ဉ်အသးမ့ၢ်အိဉ် ၈ နံဉ်ဆူအဖိလံာ်တဖဉ်န့ၢ်လီၤ. ဝုၤလုခါဉ်(နံ)-လဲ(နံ)ခးစထၢဉ်ဟီဉ်ကဝီၤတၢ်အိဉ်ဆုဉ်အိဉ်ခူဝဲကျိ (Lincoln-Lancaster County Health Department) ဖဲ (33<sup>rd</sup> and O St.) ကမၤစၢၤန့ၢ်လၢနကထီထီဉ်နဖိအလီၢ်ဆုဉ်နီၤလၢသိလုဉ်အပုၤဂ့ၢ်ဘဉ်ဘဉ်န့ၢ်လီၤ.
၁၀. ဖိသံဉ်ဆဲးတဖဉ်လိာ်ဘဉ်သိလုဉ်အလီၢ်ဆုဉ်နီၤလၢအအိဉ်ဒီးအယိာ်တကီၢ်န့ၢ်လီၤ. နဟံဉ်တီၢ်နဖိလၢသိလုဉ်ပုၤထဲတဂၤစီၤတသ့ဘဉ်. ပုၤတဂၤဂၤမ့ၢ်ထံဉ်တၢ်အံၤန့ၢ်အဲသ့ဉ်ကကိးပၤကီၢ်ဒီးဘဉ်သ့ဉ်ပၤကီၢ်ကဟံးန့ၢ်ကွံာ်နဖိ မ့တမ့ၢ် တၢ်ကထံဉ်လၢနတၢ်ကမၢ်အိဉ်လၢတၢ်မၤတရီတပါဖိသံဉ် မ့တမ့ၢ် တၢ်ဟံးလီၤတံာ်ကွံာ်ဖိသံဉ်န့ၢ်လီၤ.



# အဆာဒိန် ၈ ပုဂံတဝါ ဒီး ပုဂံဂိုဏ်းတံးတံးမၤတဖၣ်



## • DHHS/တံးအိၣ်ဆူၣ်အိၣ်ချ့ၣ်ကျဲၤ

တံးအိၣ်ဆူၣ်အိၣ်ချ့ၣ်ဒီးဟံၣ်ခိၣ်ဖိတံးတံးမၤတဖၣ် (Department of Health and Human Services) မ့တမ့ၢ် လုခါၣ်(နံ)-လဲ(နံ)ခးစထၢၣ်ဟံၣ်တံးတံးအိၣ်ဆူၣ်အိၣ်ချ့ၣ်ကျဲၤ (Lincoln-Lancaster County Health Department) အိၣ်ဝဲဖဲအံၤလၢပုၤကဵုကဵုပုၤဖျးဒီးအိၣ်ဆူၣ်အိၣ်ချ့ၣ်ကျဲၤအဂီၢ်န့ၣ်လီၤ. နလဲၤဆူ DHHS အအိၣ်လၢကပတံထီၣ်တံးအိၣ်အခးက့ (food stamps), တံးတံးမၤတဖၣ်ဒီးပဒိၣ်အတံးတံးကျဲၤအဂ့ၢ်အဂၤတဖၣ်န့ၣ်လီၤ.

## • ပၤဂၤကီၢ် ဒီး တံးမၤသံမ့ၣ်အူအသန့တဖၣ်

ပၤဂၤကီၢ်သ့ၣ်တဖၣ်အိၣ်ကတိၤအသးလၢကမၤစၢၤတံးဒီးဒီးဒီးပုၤကဵုလၢအဝဲသ့ၣ်အပုၤတဝါအပူၤန့ၣ်လီၤ. နတကြးပျံၤပၤဂၤကီၢ်ဘၣ်န့ၣ်လီၤ. လုခါၣ်(နံ)ပၤဂၤကီၢ်ဝဲမကျိၤ (Lincoln Police Department) မၤတံးလၢအဂ့ၢ်ကတံးလၢကမၤစၢၤပုၤကိးဂၤဒီး, ဟံၣ်ပုၤကိးဂၤဒီးလၢတံးပုၤဖျးအလီၢ်ဒီးကဟုကယံၣ်ပုၤကိးဂၤဒီးအပတံတံးတုၤသိးထံသိးန့ၣ်လီၤ.

## ကိးလီၤတံးမၤအိၣ်အိၣ်ဖဲန-

- \* တံးဘၣ်လၢနအိၣ်လၢတံးဘၣ်ယိၣ်ဘၣ်ဘၣ်အပူၤ
- \* မ့ၢ်ပုၤတံးဘၣ်တံးမၤဒၢၣ်မၤလိၣ်, တံးမူၤအူၣ်ဖိၣ်အူၣ်, ဟံၣ်ပုၤယိၣ်ပုၤတံးစုအူၣ်ခိၣ်တကး, တံးမၤတရီၤတပိဖိသၣ်, တမ့ၢ် မ့တမ့ၢ် တံးမၤကမၣ်သဲစးအဂ့ၢ်အဂၤတဖၣ်အခါ
- \* ထံၣ်ဘၣ်တံးမၤကမၣ်သဲစးအိၣ်ထီၣ်အသးတတံးအခါ

တံးမၤပံၣ်မ့ၣ်အူအသန့န့ၣ်မ့ၢ်တံးလီၤဖဲပုၤမၤပံၣ်မ့ၣ်အူဖိတဖၣ်အိၣ်လၢမ့ၢ်အပူၤအဆၢကတိၤန့ၣ်လီၤ. အဝဲသ့ၣ်အိၣ်ခိးဝဲလၢပုၤကိးလီၤတံးမၤအိၣ်အိၣ်ဖဲနအိၣ်ဘၣ်ယးဂံၢ်ဂီၢ်အူတံးအိၣ်သးအိၣ်ထီၣ်ဒီးအမ့ၢ်မ့ၣ်အူအိၣ်တံးဒီးအဝဲသ့ၣ်ကလဲၤယိၣ်ဝဲတဘျီယိၣ်ဒီးမၤပံၣ်မ့ၣ်အူန့ၣ်လီၤ. တံးမၤပံၣ်မ့ၣ်အူအသန့တဖၣ်မ့ၢ်တံးလီၤတံးကျဲၤလၢအပူၤဖျးလၢနကလဲၤအဂီၢ်ဖဲနဆိကမိၣ်လၢနအိၣ်လံၤလၢတံးဘၣ်ယိၣ်ဘၣ်ဘၣ်အပူၤလၢတံးဂ့ၢ်တမံၤဂ့ၢ်တမံၤဂ့ၢ်အယိၣ်န့ၣ်လီၤ.

ကိး ဂ့ၢၤ ဖဲနအိၣ်ဒီးဂီၢ်ဂီၢ်အူတံးလဲၤထီၣ်အသးအခါ. ဖဲနပျံၤတံးလၢနသးသမူအဂီၢ်, မ့တမ့ၢ်အိၣ်လၢတံးဘၣ်ယိၣ်အပူၤသတံၢ်ကလၢ, ဘၣ်ဆၣ်လၢကျဲၤအဂၤတဖၣ်နဆဲးကျိးပၤဂၤကီၢ်ဒီးတံးမၤပံၣ်မ့ၣ်အူဝဲကျဲၤလၢလီၤတံးမၤနီၣ်ဂံၢ်လၢတမ့ၢ်ဂီၢ်ဂီၢ်အူအနီၣ်ဂံၢ်ဘၣ်တဖၣ်သ့ၣ်န့ၣ်လီၤ.

## • ပုၤဒိၣ်တုၣ်ခိၣ်ပုၤအတံးကူၣ်ဘၣ်ကူၣ်သ့

ပုၤဒိၣ်တုၣ်ခိၣ်ပုၤအါဂၤလၢအဟဲအူအမဲရကၤကီၢ်စၢဖိၣ်အပူၤလၢထံကီၢ်အါဘၣ်အိၣ်ဒီးတံးကီၢ်ခဲလၢကစိၣ်ခိအတံးကူၣ်ဘၣ်ကူၣ်သ့လၢအမဲရကၤကီၢ်စၢဖိၣ်အပူၤအံၤလီၤ. တံးယုထၢတဖၣ်အိၣ်ဝဲအါမံၤလၢပုၤဒိၣ်တုၣ်ခိၣ်ပုၤအဂီၢ်လၢကမၤလဲၤအါထီၣ်တံးကူၣ်ဘၣ်ကူၣ်သ့န့ၣ်လီၤ.

## → GED (General Education Development “တံးမၤဒိၣ်ထီၣ်လဲၤထီၣ်ထီၣ်ရီၤတံးကူၣ်ဘၣ်ကူၣ်သ့”)

နမ့ၢ်တအိၣ်ဒီးတံးထီၣ်ဖျိကျဲၤလံၣ်အုၣ်သးဒံၣ်ဖျိမၣ်နီတဘျီဘၣ်. မ့တမ့ၢ် နတံးကူၣ်ဘၣ်ကူၣ်သ့မ့ၢ်တစိၣ်ခိးဒီးအသးအူအမဲရကၤကီၢ်စၢဖိၣ်ဒီးဘၣ်န့ၣ်န့ၣ်န့ၣ် GED သ့ၣ်ဒၣ်န့ၣ်လီၤ. အဝဲအံၤမ့ၢ်ဝဲတံးဒီးစးဖိၣ်လံၣ်ယံၣ်ဘၣ်န့ၣ်လီၤ. နမ့ၢ်ဖျိန့ၣ်, နကဒီးန့ၣ်လံၣ်အုၣ်သးလၢအပတံၢ်တုၤသိးတံးထီၣ်ဖျိကျဲၤလံၣ်အုၣ်သးဒံၣ်ဖျိမၣ်နီန့ၣ်လီၤ. ခၢၣ်စးတံးကရၢကရီၤအါဖုအိၣ်ဒီးတံးမၤလဲၤအတံးဒီးသ့ၣ်တဖၣ်လၢကမၤစၢၤန့ၣ်လၢနကအိၣ်ကတံးကတံးသးလၢ GED တံးဒီးစးအဂီၢ်န့ၣ်လီၤ. အါတက့ၢ်တံးမၤတဖၣ်လိၣ်ဘၣ်ဝဲလၢနကအိၣ်ဒီးတံးဖျိထီၣ်တံးထီၣ်အလံၣ်အုၣ်သး မ့တမ့ၢ် GED န့ၣ်လီၤ.

## → ESL တံးမၤလဲၤ (English as a Second Language “အဲကလံးဒ်ကျိၣ်ခံကျိၣ်တကျိၣ်အသိး” )

တံးမၤလဲၤအဲကလံးကျိၣ်န့ၣ်အလုၢ်အပူၤအိၣ်ဒိၣ်မးလၢတံးဒီးန့ၣ်တံးဖဲတံးမၤတခါအဂီၢ် မ့တမ့ၢ် နတံးဆဲးမၤလဲၤဒီးတံးကူၣ်ဘၣ်ကူၣ်သ့အဂီၢ်န့ၣ်လီၤ. ခၢၣ်စးတံးကရၢကရီၤအါဖုဟ့ၣ်လီၤဝဲတံးမၤလဲၤ ESL အတံးဒီးသ့ၣ်တဖၣ် မ့တမ့ၢ် နလဲၤထီၣ်တံးမၤလဲၤတံးဒီးတဖၣ်အံၤလၢခိလုၣ်ကျဲၤတဖျၢၣ်အပူၤလၢနဘၣ်ဟ့ၣ်အပူၤသ့ၣ်ဒၣ်န့ၣ်လီၤ.

## → ပုၤတဝါခိလုးကျိ

ပုၤတဝါခိလုးကျိန့ၣ်မ့ၢ်ဝဲခံန့ၣ်-တံးမၤလဲၤကျိတဖျၢၣ်လၢနလဲၤထီၣ်မၤလဲၤအါသ့ဖဲနဖျိတံးထီၣ်အဆၢကတိၤန့ၣ်လီၤ. ကျိသ့ၣ်တဖၣ်အံၤအပူၤအံးန့ၣ်ဒီးလွံၢ်န့ၣ်-ဖျၢၣ်ခိမိၤကျိသ့ၣ်တဖၣ်မ့ၢ်လၢကျိတဖၣ်အံၤဘၣ်တံးဆိၣ်ထွဲအါလၢပဒိၣ်အယိၣ်န့ၣ်လီၤ.

→ **ကူညီသုစုဆိုင်ထွဲတဖန်ဦးကျိန်စုတမ်းမာစာ**

ကျဲအိပ်ခဲအိတ်လီနာကဟ့ဂ်ကိုအလဲအါနီဒီးနယုလိပ်စုကွဲ, လာအမုတ်ယုလီစုလာစုတေးတဖျုဂ်အဆိပ်န့လီ. နပတံထီဂ်ကူညီသုစုဆိုင်ထွဲတဖန်ဦးကျိန်စုတမ်းမာစာသုစုန့လီ.

→ **တံကတ်ကတီးသးလာတံဖဲတံမာအတံမာလိ**

ခါစးတံကရကရိအိပ်ခဲအိတ်လီနာ(နံ)အပူလာအဆိပ်ဦးတံသိပ်လီလာမာစာန့လီနာကဦးန့တံမာတခါအဂီ, ပဂ်ယုဒီးခိဉ်ဖျူထာဂ်တံမာလိ, တံထံဂ်လိသံကွဲသံဒီးဦးတံမာလိဘဂ်ယးဦးတံမာလီလီအိတ်ခါအတံသုတံဘဂ်တဖန်န့လီ.

**ပုတဝါတံဟူးတံဂဲ (COMMUNITY ACTION) တံဖဲတံမာသုဂ်တဖန်**



**တံဖဲတံမာဦးတံသိပ်လိတဖန်**

◆ **တံမာဂုထီဂ်တံလုအိပ်သးသမူအတံဖဲတံမာတံသိပ်လိ**

ပတံမာဂုထီဂ်တံလုအိပ်သးသမူတံမာတံသိပ်လိန့ပဂ်ယုဒီးတံမာလိတံဒေးတဖန်လာအသိပ်လိတံသုတံဘဂ်ကံစိ-လာအကပုဂ်, ဒ်အမုတ်ယုဂ်လီတံဘဂ်ဂံဂုဂ်, တံကွဲနီကစာဂုကျိဖျုဂ် (resume), ဦးတံထံဂ်လိသံသမိးအတံသုတံဘဂ်တဖန်န့လီ.

◆ **တံမာလိခိဉ်ဖျူထာဂ်အတံဒေး (Computer Learning Lab)**

ပဟ့ဂ်ခဲဒ်တံမာလိတံဒေးသုဂ်တဖန်ပဂ်ယုဒီးတံဒီးလံဒီးလံ, တံစူးကါမဲဒ်မြိစိး (Microsoft Windows) ဦးတံစူးကါမဲဒ်မြိစိးအိးဖဲ(စ်)(Office) တဖန်ဦးတံဘိုထီဂ်နီကစာဂုကျိဖျုဂ်လာခိဉ်ဖျူထာဂ်န့လီ. ပအိဉ်စုကီးဦးတံမာလိ ESL ခိဉ်ဖျူထာဂ်တံတိကျဲတဖန်လာမာစာန့လီလာနကမာလိဘဂ်အကလံးကျိဂ်လာတလံအပူကလံးဘဂ်န့လီ.

◆ **တံဖဲတံမာအဂီတံတံစာမာစာတဖန်လာပုအမဲရကလံသိသုဂ်တဖန်အဂီ**

ပဟ့ဂ်လီတံမာစာအတံမာတဖန်လာအပညိဂ်ဟံလဲလာမာစာပုဘဂ်ကီဘဂ်ခဲဒီးပုဟဲန့လီအိဉ်အိးတဖန်လာကသုဂ်ထီဂ်အကံစိတံသုတံဘဂ်မုဒ်သိးကမာညီထီဂ်တံလာအဝဲသုဂ်ကတုထီဂ်ထီဂ်ဘးလာအခါအုညါတံဖဲတံမာအတံတိဟံတဖန်အဂီဦးတကတံပီသုဆာထာဂ်လာအနီကစာဒ်ခဲအဂီလီ. ထီရဲတံမာစာအတံဖဲတံမာတဖန်ပဂ်ယုဒီး ESL/တံကဲထီဂ်ထံဖဲကီဖဲအတံမာလိ (ESL/naturalization classes), တံအိဉ်ထွဲမာစာပုန့လီကီသုဂ်တဖန်ဦးတံတဲကျိထံတံကွဲကျိထံအတံတံစာမာစာတဖန်န့လီ.

◆ **တံဖဲတံမာအတံတံစာမာစာ**

ပပုသုပုဘဂ်လီအိဉ်နီလာတံဖဲတံမာ (Employment Specialist) ဟ့ဂ်ခဲဒ်-သကီး-မဲတံဟံးစုန့ကျဲလာတံဒီးန့လီကဝီပုတံမာလာအအိးထီဂ်အသးတဖန်, တံမာသိထီဂ်ကုနလံနီကစာဂုကျိဖျုဂ်(resume), ဦးကတ်ကတီးန့လာန့လီတံထံဂ်လိသံကွဲသံဒီးန့လီ. တံမာစာအတံဖဲတံမာတဖန်ပဂ်ယုဒီး-တံယုတံမာအကျဲသန့တဖန်, တံကွဲနီကစာဂုကျိဖျုဂ်, တံကွဲလံပရတံထီဂ်တံမာ, တံထံဂ်လိသံကွဲသံဒီးအတံသုတံဘဂ်တဖန်ဦးတံမာဘဂ်လိတံနီးတံဘျးတဖန်လာတံဖဲတံမာအပူန့လီ.

◆ **GED တံသိပ်လိ**

ပဟ့ဂ်လီခဲ GED တံသိပ်လိအတံဒေးသုဂ်တဖန်ဦးပဟ့ဂ်စာခဲတံဒီးခဲ GED အတံလံဘဂ်လံစုသုစးထီဂ်လာလဲခဲပထုဘဂ် ၃၀သိ, ၂၀၁၀ နံန့လီ.

**ဟံဂ်ယီတံတံစာမာစာတံဖဲတံမာတဖန်**

◆ **ဟံဂ်ယီလာအပူကလံးတဖန်ဘဂ်**

ခိဖျုပကရကျဲဘျးခဲလာတမာတံလာနီကစာတံဘဂ်ဘျးအဂီဘဂ်, လာအမုတ်ယုခါ(နံ)တံဟူးတံဂဲအတံတိကျဲမာစာခိဉ်ထီဂ်လဲထီဂ်ဟံဂ်ယီအကရကျဲမု (Lincoln Action Program Housing Development Corporation) အံပအိဉ်ဦးတံဟ့ဂ်လီဟံဂ်ယီလာအဆိဉ်ဦးတံပူဖျး, အပတံဂု, အပူတဖန်ဘဂ်ခိဖျုတံမာစာခိဉ်ထီဂ်လဲထီဂ်ပုလာအတံဟဲန့-ယံးစုအတံဒီးလဲအိဉ်ဟံဂ်န့လီ.

◆ **မူခိဉ်ကလံးသိဉ်ဂီဂုဂီ**

ပမူခိဉ်ကလံးသိဉ်ဂီဂုဂီတံတိကျဲ (Weatherization program) ဟ့ဂ်လီကလိတံမာစာဘဂ်ယးမူခိဉ်ကလံးသိဉ်ဂီဂုဂီအတံမာတဖန်, ယုဒီးတံမာဘဂ်လိခဲမာကီထီဂ်ဟံဂ် (furnace tune-ups) ဦးတံဒီးသဒဟံဂ် (insulation), တံလဲမဲထံကလဲဒ်သိးကကြားလာပုဒီးလဲဟံဂ်ဦးဟံဂ်ကစာလာအဆိဉ်ဆိးလာဟံဂ်ဒေးမူ (mobile), ဟံဂ်ထဲတဖျုဂ်ဒီးဟံဂ်လာအိဉ်ဦးအနီဂံအါအဂီန့လီ.

**ပုတဝါအတံဖဲတံမာသုဂ်တဖန်**

◆ **တံကျဲဘဂ်လိတံလာဟံဂ်ကစာ/ပုဒီးလဲအိဉ်ဟံဂ်ဘဂ်စာတံဖဲတံမာ**

ပဟံဂ်ကစာ/ပုဒီးလဲဟံဂ်တံတိကျဲ (Landlord/Tenant program) ဟ့ဂ်လီကတိကျဲတံရဲဂ်ကျဲတံမူး, တံကူဂ်ဘဂ်ကူညီသု, တံကျဲဘဂ်လိတံဦးတံတံစာတံလာဟံဂ်ကစာဦးပုဒီးလဲဟံဂ်အဂီလာအပညိဂ်လဲလာတံဟီဟးကွဲပုလာဟံဂ်သုတအိဉ်တဂုအဂီလီ.

◆ **တံကတ်ကတီးထီဂ်ခိသုအတံဖဲတံမာသုဂ်တဖန်**

မုဒ်သးမာကလိအတံမာစာဘဂ်ယးတံဟဲန့အခိ (Volunteer Income Tax Assistance -VITA) န့မုဒ်တံတိကျဲလာတံအိဉ်ထွဲအီလဲ IRS လာအမာစာကလိတံလာတံကတီးခိသုလာပုလာအတံဟဲန့စု-ဒီးပုလာအတံဟဲန့အိဉ်ခဲအကြားတဖန်အဂီန့လီ.





# Welcome to Lincoln, Nebraska!

A Guide for New Residents



Community Action  
Center for Refugees & Immigrants  
210 'O' Street • Lincoln, NE 68508  
PHONE: (402) 471-4515  
[www.communityactionatwork.org](http://www.communityactionatwork.org)

**Welcome to Nebraska! This guidebook and the resource guide were made to assist you as you adjust to life in the United States. The guidebook provides information on our community, helpful resources, and organizations that may assist you. However, we have not covered everything you need to know, and the information we provide serves only as suggestions. Reputable professionals in each subject area provide the best, most current information possible. Please see them!**

## **Chapter 1**

### *Shopping and Housing*

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#### **• SHOPPING FOR CLOTHING**

A good place to buy clothing is a thrift store. People donate clothes they do not wear anymore to these stores, and you can buy these clothes for a cheap price. Some organizations give away free clothing, household items, diapers, and other goods. All of these items are in good condition and washed before being given away or sold.

#### **• SHOPPING FOR FOOD**

If you are of low income or do not have a job you may be able to receive financial assistance from the government to be used toward food. This is called the SNAP program, and it can reduce the cost of food items but can be used toward food items only. The program does not apply toward alcohol, pet food, tobacco, paper products, etc.

#### **• HOUSING**

##### **→ SAFETY**

Although Lincoln is a small community it is good to use precaution when securing your home and car. ***Always lock your doors!*** Installing additional locks on your doors and windows can help prevent a break-in. If you rent, ask your landlord first before installing anything. In case of a break-in, call 9-1-1.

##### **→ SHELTERS AND SUBSIDIZED HOUSING**

Emergency housing or a shelter is available if you need a temporary place to stay. Subsidized housing is affordable government-owned housing for people of low income. You can apply for subsidized housing at the Lincoln Housing Authority at 5700 R St.

##### **→ LOOKING FOR HOUSING**

If you are looking for a place to rent or buy, you can check the newspaper or look online. When using an online site to search for a place to rent, you should beware of anything that sounds too good to be true — it probably is. There are many people who will take advantage of others online. When buying a house or apartment, it is best to go through a realtor. This is a licensed professional who will help you buy or sell a house or apartment.



→ **RENT or LEASE**

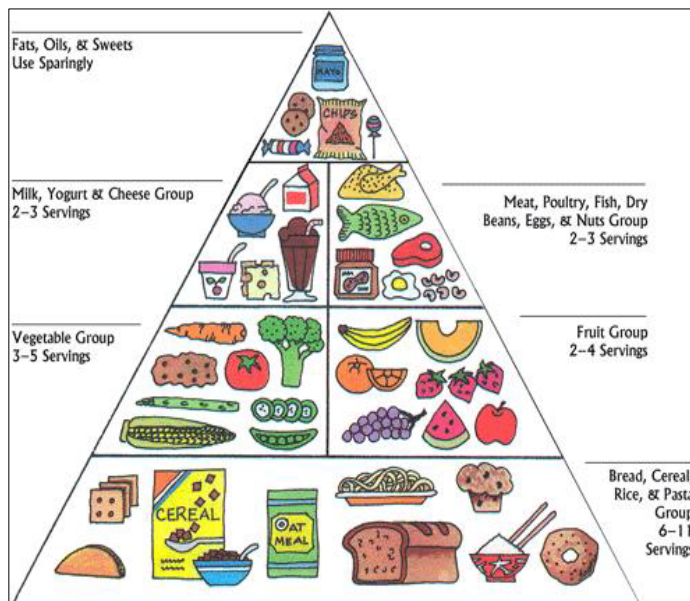
If you do not own your house, you must pay rent once a month. You pay the landlord, the person who owns the building or house you live in. Sometimes if the landlord does not live in your building, he appoints a building manager. This is the person you talk to if you have any problems. Before you sign a lease (this is the contract that states that you must pay rent) make sure you read the conditions and know how much you have to pay for rent and when, how much you have to pay for the deposit, and how much utilities cost. A deposit is the amount you pay before you move in. It is usually the cost of one month of rent and will be given back to you when you move out providing that your living quarters are in the same condition as when you moved in. Whether you rent or not, you usually have to pay for utilities. Utilities are electricity, water, trash, and heating. Some organizations offer assistance with rent and utility expenses.

→ **LANDLORD-TENANT RELATIONS**

Your landlord must make repairs needed to keep the apartment clean and safe. If you caused damage to your apartment, your landlord may make you pay for the repairs. When you move in, it is a good idea to take pictures of the apartment so you can document what condition the place is in. Keep a record of when you contact the landlord about fixing something in your home. If you have a disagreement or trouble with your landlord, call Community Action's Landlord / Tenant Mediation Program (402) 471-4515 or contact City Codes at (402) 441-7785.

## Chapter 2

### Health and Nutrition



#### • **NUTRITION**

Nutrition means to eat healthy so that you feel good and do not become sick. Some people have dietary restrictions and health issues that limit what they can eat, but here are some general guidelines for eating healthily:

- ***Eating from all the food groups of the food pyramid to the left.***
- ***Drink at least 6 to 8 cups of water a day.***
- ***Eat breakfast every day.***

## • FOOD SAFETY

Food safety helps to keep you and your family from getting sick from bad food. Remember to:

- \* **Wash your hands.**  
Each time before you are going to touch food, make sure to wash your hands.
- \* **Wash counters and utensils before and after making food.**  
Use a warm cloth or sponge soaked with antibacterial soap or cleanser to clean the surfaces.
- \* **Wash your fruits and vegetables.**  
Rinse them with cold water to get off dirt or other chemicals that could be on them. Do not use soap.
- \* **Know the expiration date on your food and drinks.**  
All food and drinks will be marked by a date by which you need to eat or drink it before it goes bad.
- \* **Be careful with raw meat.**  
Raw meat has bacteria that need to be killed before a person should eat it. Keep meat refrigerated, cook it thoroughly, and make sure other food or utensils don't touch it before it is cooked.
- \* **Keep food that will go bad in the refrigerator or freezer.**  
Food like meat and dairy products should be kept in the refrigerator.  
Put food items in the freezer and they will last even longer.

## • PERSONAL HEALTH

**Hand washing** helps prevent you and other people from getting sick. Try not to touch your eyes, mouth, or nose because the germs from your hands will get in those areas and make you sick.

### Wash your hands:

- \* After using the restroom
- \* Before making or eating food
- \* After touching animals
- \* If you have been near someone who was sick



### → PERSONAL HYGIENE

Most people in America bathe themselves at least every other day. Washing yourself and your clothing regularly is expected in order to prevent body odor and the spread of sickness.

### → BIRTH CONTROL

Birth control can prevent unwanted pregnancies. If you are comfortable using a method of birth control, talk to your doctor or another health care professional about what type is best for you. There are options available for men and women. There are locations in Lincoln that provide birth control at a low cost.

### → SEXUALLY TRANSMITTED DISEASES (STD)

STDs are infections that are passed from person to person during sexual activity. You can reduce the risk of getting or spreading an STD by using condoms and other barriers, by getting tested for STDs with your sexual partner, or by reducing your number of sexual partners. Many of these diseases can be treated by medicine if detected, but some have long-lasting effects and others, such as HIV, do not have a cure.

## • MEDICINE

Medicine is used to help you to feel better when you are sick. You should only take medicine that is prescribed specifically for you and you should only take the amount that is prescribed.

It is never a good idea to:

- 1.) take more or less medication than prescribed
- 2.) take medication if you don't know what it is for
- 3.) take someone else's medicine
- 4.) take medicine past its expiration date
- 5.) mix medicines unless directed by your doctor or pharmacist



Doing these things could make you feel more sick. When picking medicine from the store, read the labels to find out how much you should take and how often. You may also suffer side effects from taking medicine; these are listed on the label. Remember there are different medicines for kids and others that are just for adults. When you get medicine from the doctor, take the medicine the way the doctor says and do not share it with someone else. A pharmacist is a person who gives you the medicine your doctor prescribes for you. If you go to a drugstore, you can ask a pharmacist about what over-the-counter medicine is best for your sickness. A pharmacist can provide information on most medicines you must take or choose to take.

### → HOSPITALS, CLINICS, AND MEDICAL CARE

The hospital is the place you go when you have a life-threatening illness. There are doctors, nurses, and other employees who will help you get better. You can be referred to hospital care by a doctor or by going to the Emergency Room. If you have a medical emergency, you can go to the ER, or Emergency Room. This part of the hospital treats severe injuries. **You have to pay for these services and they can be very expensive so go to the Emergency Room only if it is an emergency.** An emergency is when you are very sick or severely injured and cannot wait to get an appointment at a medical office to be treated. You can also visit an urgent-care clinic. These clinics treat minor illnesses and injuries and do not require an appointment. If you have insurance, you are expected to pay a co-pay at the time of the visit. This is your share of the cost.

The clinic is a place you can go if you are sick, need an annual check-up, or have a recurring health issue but do not think your life is in danger. You have to make an appointment. There are doctors, nurses, and other employees who will help you get better. Small children and babies should be seen regularly by a doctor. An interpreter will often be provided for you or you can request one. If you don't have insurance or Medicaid, these visits can be very expensive! If you don't have insurance, there are also clinics that will charge you on a sliding fee. That means that the less money you make, the less you have to pay for these medical services.

### → HEALTH INSURANCE

People in the United States are expected to pay for their health care. Going to the doctor can be very costly! Many people have health insurance to make going to the doctor less expensive. Sometimes your job will provide benefits. This means your employer may pay for your health insurance. Otherwise, you have to pay for it every month.

If you are of low income, you can apply for a government health insurance program like Medicaid. You must provide proof of income, identification, and documentation. You can apply at the Department of Health and Human Services at 1050 'N' St, Suite 250 or call (402) 471-7000.

# Chapter 3

## Communication and Transportation



### • POST OFFICE

To mail a letter, you need a stamp, which costs 44 cents and goes in the top right corner of an envelope. You need to write your address in the top left corner of the envelope and the address of the person you're sending it to in the middle of the envelope. If you are sending a letter internationally or your envelope is bigger than a regular envelope, you should go to the post office. It will cost more than one stamp. Make sure to read your mail closely before you throw away because it might be an important document or bill. Here are some important logos to look for on the mail you receive:



**If you see these logos, it might be a bill you must pay. DO NOT throw them away!**

There are many other important logos and mail you need to watch out for, so it might be a good idea to have someone help you understand the mail you receive. If you do not pay your bills on time or show up for an appointment, it may mean you will not receive the services and assistance you may need.

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### • TELEPHONE

A landline is a telephone that stays in the home. You usually pay for this plan with your internet and cable. **You pay for these monthly and they are expensive**, but using a landline can be cheaper than most cell phone plans. Most people use cell phones; these are portable phones. You can get a fixed rate plan or a pay-as-you-go plan. A fixed rate plan means you have to pay a monthly bill. For a pay-as-you-go plan, you buy minutes as you need them. This is usually the cheapest option.

If you dial a number out of state, you need to know the area code. The area code for Lincoln, Nebraska is **402**. A long-distance or international call costs more than a local call. Check your cell phone or landline to see how much long-distance calls cost. You may also use phone cards for long-distance and international calls, but make sure you understand how many minutes of call time you receive with each card. Some cards cost a lot of money but give you very few minutes.

### • BUS, TAXI, CAR

The bus is a good way to get to where you need to go. **You can buy a 31-day pass for \$7.50 at the front desk of Community Action and other locations in the city.** You must bring proof of income. You can also take a taxi, which is a car that will take you where you need to go, but it is expensive and there are very few available taxis in Lincoln. To buy a car, you can look in the newspaper's classified ads section to find a used car or you can go to a dealership to buy a new or used car. It is a good idea to buy an affordable car in one payment instead of monthly payments. These monthly payments gain interest as the value of your car decreases before you own it. You need to change your oil every 3,000 miles or every 3 months. If you need an oil change or if you have any problems with your car you can take it to a mechanic. A mechanic is someone who can fix your car. **Owning a car is very expensive.** You need to pay for a license plate, registration, and car insurance. You also need to be prepared for unexpected repairs. It's a good idea to have someone who has lived here for a while and has a car help you find a car and a reputable mechanic.

# Chapter 4

## *Childcare and Education*

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### • **CHILDCARE**

In Nebraska, there are many places for a parent to take their children to be looked after by another individual while you are at work or school. You should not leave little children alone at home or an older child alone with too many other children to watch over. You can hire babysitters as long as you trust them and you believe they are able to take care of your children, especially in emergency situations.

You may also send your kids to day care. Day care is a place where parents can leave their children for part of or the whole day. You have to pay a price for each child. You might be able to get help from the government to pay for day care if you request it and qualify for it. Make sure the day care is licensed, which means that they are inspected and meet safety requirements. Community Action's Head Start and Early Head Start programs offer high quality care and education services to eligible families.

### • **SCHOOL**

When a child gets to a certain age, around age 5 or 6, they are required by law to go to school. You can go to the Lincoln Public Schools office and apply for your children. Preschool, from age 3 to 5, is also important. Programs like Head Start and Early Head Start are designed to prepare your children for school. Contact Community Action if you are interested in Head Start or Early Head Start for your child(ren).

Your school may provide lunches and even breakfast at the school. These meals cost money, but depending on your income, your child may qualify for free or reduced-price lunches. Make sure to check your child's backpack for important information from their teachers.

Each child is required to come to school every day unless the school has said otherwise, such as on holidays or in case of bad weather. If your child cannot come to school because he or she is sick, you should call the school and let them know. The child should not miss too many days of school or he or she will not pass their grade. All together, there are 13 grades that they must pass to graduate. There are programs available if your child needs additional assistance learning English, if they have a special learning need, or if they have challenging behaviors.

After school, some teachers send homework home with their students. This is usually to be finished for the next day. It is to help them to review the subjects they have learned during the day. Schools also have many extra programs, including music and sports, that your children may participate in before, during, and after the school day. Participating in these additional activities may cost money, but they are great opportunities for children.

### • **LIBRARY**



Every community and school has a library. A library is a place to learn about certain topics through computers, books, magazines, videos, and CDs. Here you can borrow these and then bring them back to get another one. When you go to the library, you have to sign up for a library card. Be sure to return the items you check out by the time they are due; if not, you will have to pay a fine before checking out other items. If you lose an item, you will have to pay for it. There are public libraries located in each part of Lincoln.

## • CHILD ABUSE

Children in Nebraska are protected by the state under laws. If someone harms a child on purpose, they are breaking the law and will be held responsible for this crime. They could have their children taken away. Sometimes they are moved to foster homes. At these homes, another family will take care of them. If a teacher, doctor, or other person thinks that a child may have been hurt at home, or they see a child they think is being hurt they must contact the police. The police may come to the child's house or apartment to make sure that everything is ok and that the child is safe. Parents are subject to the law also and will be held responsible for harming their child(ren).

### All children should:

- \* Have enough nutritious food to eat, clean clothing, and clean diapers
- \* Be kept clean
- \* Receive regular/needed medical care
- \* Have a trusted adult take care of them when their parents or family is not at home
- \* Be given love and attention
- \* Be kept appropriately warm or cool
- \* Not be sexually or physically hurt
- \* Not be emotionally abused: like yelling and calling them names



These laws are in place and enforced to keep the children safe and healthy!

## Chapter 5

### *Employment*

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## • JOBS

In the United States it is important for most people to get a job. You should keep a job that you don't like while looking for a better one. It is important that you have some quality work experience. **The more experience you have, the more likely you are to get a better job.** You should give your employer at least two weeks' notice before you quit your job. New employers will want to contact your old employers, and bad behavior on one job may make it harder to get your next job.

If you receive assistance from the government, getting a job may affect how much assistance you receive. However, getting a job will usually give you more money with which you can support your family. Depending on your income, you may work and still receive some benefits, like Medicaid and food help from the SNAP program (Supplemental Nutrition Assistance Program).



## → FINDING A JOB

The best way to look for a job is to ask all **the people that you know**. Tell them that you are looking for a job and they might be able to help you find something.

- \* Stop by the **places you go** such as the stores, churches, and other agencies that you use and ask if they are hiring anyone.
- \* Each week in the **newspaper** there is a section in the classified ads section titled “Help Wanted” that tells about some jobs that are open.
- \* There are many **Internet sites** on which employers post jobs for people looking for employment. You can apply for a job online or go to the employer’s office.
- \* There are many **employment agencies** around Lincoln that will help you to look for jobs. Be careful though, some of these places may want you to pay them money to help you. There are also private agencies such as Community Action that can assist people in looking for a job.
- \* You can look in the **phonebook** for all the companies that you would like to work for such as cleaning companies. Then you can call all the companies that do cleaning and ask if they have any job openings.

## → APPLYING FOR A JOB

When applying for a job you should have a resume. A resume is a piece of paper with your name, address, and phone number at the top. It lists all the jobs you have had and your related work experience. You can list what languages you speak and what skills you have, like sewing, fixing cars, cleaning, or using computer programs. You should also list your education and two or three references. References are the names, numbers, and addresses of people, who are not family, that will say you are a good worker. For example, you can use a boss, co-worker, or landlord. You should always ask a person before naming them as a reference. To apply for a job, you may also need to fill out an application. This is a form that usually asks for the same information that your resume has. After you give the company your application, it may take a few weeks for them to call you back. When they do, you may be asked to go for an interview. An interview is a meeting with you and the person who may hire you, the boss. When you go to the interview, be on time and dress nicely. You will be asked questions about your work experience, why you want the job, and what kind of a worker you are. Visit Community Action’s Center for Refugees and Immigrants if you need help with finding and getting a job.



## Example of a resume:

<b>Martha Smith</b> <b>1234 Smithson Lane</b> <b>Lincoln, NE 68502</b> <b>402-555-6789</b>			
<b>Objective</b>	To find employment where my production skills, willingness to work, and punctuality will benefit my employer.		
<b>Experience</b>	<b>Wal-Mart</b> , 5303 23 <sup>rd</sup> St. San Francisco, CA 47859 Dates Employed: 5/6/09-8/22/09 Employer Phone: 452-894-4856  <b>Position: Shelf Stocker</b> <i>Responsibilities: Putting products on shelves</i>  <b>Cook's Foods</b> , 200 S. 2 <sup>nd</sup> St. Lincoln, NE 68508 Dates Employed: 10/5/04-5/21/08 Employer Phone: 402-475-8700  <b>Position: Smoke House Worker</b> <i>Responsibilities: Transporting meat to different locations</i>		
<b>Education</b>	High School Diploma (Finished in Egypt)		
<b>References</b>	<table><tr><td>John Doe (Relationship) (Address) (City, State, Zip Code) (Phone Number)</td><td>Jane Johnson (Relationship) (Address) (City, State, Zip Code) (Phone Number)</td></tr></table>	John Doe (Relationship) (Address) (City, State, Zip Code) (Phone Number)	Jane Johnson (Relationship) (Address) (City, State, Zip Code) (Phone Number)
John Doe (Relationship) (Address) (City, State, Zip Code) (Phone Number)	Jane Johnson (Relationship) (Address) (City, State, Zip Code) (Phone Number)		

**Above is only a sample!**  
**Remember to use your own information and references when completing your resume.**

# Chapter 6

## Finances

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### • BANKING

When you want to keep your money safe, you can put it in a bank. When your money is in a bank, no one will steal your money, and you can take it out at any time. The bank will give you a card and a password to take money out of an ATM (automated teller machine). At this machine you can take out a limited amount of money, but only if you have enough in your account. If the ATM is owned by a bank other than the one you use, there may be a fee of \$2 to take money out of that machine. You can also use this card to pay for things at stores. But remember, there has to be money in your account that you put there.

**\*\*\* If you spend money that is not in your account you are breaking a law and the bank will charge you money.\*\*\***

You can also use checks to get money out of the bank when you go shopping or want to pay your bills. **Never** let anyone else know your password or borrow your checks or card. Keep them in a safe place.

You can borrow money from a bank for big things like house or car purchases. In order to do this, you must have a good credit score. Paying your bills on time gives you a good credit score. There are many banks in Lincoln. You can find these listed in the yellow pages of your phonebook under the word "Bank." **Beware of places called "paycheck advance" or "cash advance." These places will give you money, but you must give something significant (like the title to your car) to get the money, and they will charge you even more money if you do not pay back the money you borrow on time.**

### → BUDGETING

This is a way to spend money wisely. When you have a home there are certain things you have to pay for such as food, rent, clothing, and electricity. When you are working, you should divide your money so there is enough to pay the bills and then what is left over is for other things. This will help you to pay for the things you need before the things you want. You can also save money for things you want or emergencies that might happen in the future. It is always a good idea to have money saved for emergencies.



# Chapter 7

## *Laws and Legal Services*

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### • LAWS

In the United States we have many freedoms, but we also have many laws. Regardless of your refugee or immigrant status, you must obey U.S. laws, and you have the right to be treated fairly.

When you disobey a law, you are doing something illegal and you will be punished for it. If you feel you did not do anything wrong, you must go to court to explain what happened.

You can hire a lawyer, a person who will help you argue your case. If you cannot pay for a lawyer, the court will give you one free of charge. A judge will decide if you are guilty or not. The judge also decides what your punishment will be.

Here are some important laws to remember. Many refugees and immigrants have problems with laws because they are not aware of them, or because laws are different in their home country. If you disobey any of these laws, you could be sent back to your home country or be sent to jail:

- 1.) Do not buy or sell drugs.
- 2.) Do not hit or beat your child or spouse. If your neighbor or anybody sees you doing this they can call the police. This is called abuse and can result in your children being taken away from you, or you may go to jail.
- 3.) If you are 18 years or older you cannot have sex with or marry someone who is younger than 18. You cannot marry more than one person at a time. You may not marry a close relative, like a first cousin or sibling.
- 4.) You cannot force someone to have sex with you. You cannot pay someone for sex or ask for money in exchange for sex. This is called prostitution and is illegal.
- 5.) You cannot drink or buy alcohol until you are 21 years old. You cannot drink in public places like streets, parks, etc., and you cannot buy alcohol for someone younger than 21.
- 6.) If you divorce your spouse and that spouse keeps the children, you must pay child support, which is money for the child's expenses.
- 7.) In the workplace, making sexual comments to your co-workers is illegal. This is called sexual harassment.
- 8.) If you own a gun you must have a license. If you hunt animals, you must also have a license to do so. Make sure you are able to hunt somewhere before you go. There may be laws against hunting in that area. **You CANNOT take a gun or other weapon in any public place.** Guns should always be kept in a locked place away from children and should never be left loaded.
- 9.) To drive a car, you must have a driver's license. You must take a test in order to get a driver's license. The Department of Motor Vehicles will give you a booklet you can use to study. When you are ready you can take the test at the nearest agency. You cannot drink alcohol and drive. If you are caught you will get a ticket and you may lose your license. You may even be deported or put in prison. In the car, always wear a seatbelt and make sure your children sit in the backseat if they are under the age of 8. The Lincoln-Lancaster County Health Department (33<sup>rd</sup> and O St.) will help you install your child's car seat correctly.
- 10.) Small children need to have a car seat with a seatbelt. Also, you cannot leave your child in your car alone. If anyone sees this they will call the police and the police may take away your children, or you may be found guilty of child abuse or neglect.

- 11.) In Lincoln, you cannot smoke in public places or any enclosed space with children. If you are caught you will be fined \$100.
- 13.) You cannot beat or hit animals.
- 14.) If you co-sign a loan, you must pay off the loan if the other person cannot.
- 15.) If a police officer pulls you over when driving, move your car to a safe area, turn off your car, and roll down your window and keep both hands on the steering wheel until the police officer asks for your driver's license, car insurance, and registration. If you do not have these documents when you are pulled over, you may be ticketed. This means you will have to pay a fine.
- 16.) Carry proof of identity (I.D.) or drivers license at all times. You must have your driver's license with you while you are driving.
- 17.) In order to drive and register your car, you must purchase car insurance. Only persons who are insured may drive the vehicle. So if a household contains a husband, wife and children eligible to drive they all need to be on the car insurance. You can purchase car insurance at an insurance agency. Ask someone who has lived here for some time to refer you to a reputable agency.
- 18.) When you start working, you must pay your federal taxes. At the beginning of every year you must file your taxes. The last day to file for your taxes is April 15<sup>th</sup> every year. Your employer (work place) will give you a W-2 form that has all of your earnings from that year. You need to take all those papers to a tax preparer. A Volunteer Income Tax Assistance (VITA) will prepare taxes for free.



#### → REFUGEE STATUS

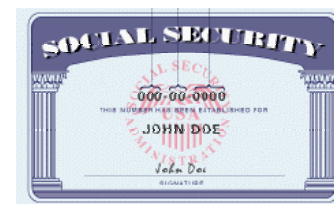
As a refugee, you can travel freely in the United States but not outside the U.S. When leaving the country, you must get permission from the USCIS or you may not be able to come back to the U.S. You can buy property, get a job, and go to school. **You must apply for a Green Card after 1 year of living in the U.S.** After receiving your Green Card, put it in a safe place so you don't lose it. The fees to get a new Green Card are very expensive.

#### → U.S. CITIZENSHIP

Applying for U.S. Citizenship is a long process. Once you get U.S. Citizenship you can get a U.S. Passport. This allows you to travel freely in and out of the United States. You can also vote, join the armed services, or get a government job. If you are a male between the ages of 18 and 25 you **MUST** register for the Selective Service. This is not the actual army, but you may be drafted, or called to join the army in times of war. You can register for the Selective Service at school or any community-based agency.

#### → SOCIAL SECURITY

All permanent residents receive a social security number from the government. Banks, schools, government agencies, and other social agencies use this number to identify you. Be careful with your social security card. Memorize your number and put the card in a safe place and do not carry it with you. **Make sure you trust the people you give your social security number to.** Shred any papers that have important personal information on them before throwing them in the trash. If someone steals your personal information, it is called identity theft. They can take money from your bank account or have a credit card in your name. If this happens to you, call the Federal Trade Commission ID Theft Hotline at 1-877-438-4338.



# Chapter 8

## *Community and Social Services*

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### • **DHHS / HEALTH DEPARTMENT**

The Department of Health and Human Services or the Lincoln-Lancaster County Health Department is here to keep people safe and healthy. You can go to DHHS to apply for food stamps, unemployment and other related government programs.

### • **POLICE and FIRE STATIONS**

The police are here to help and protect the people in their community. You should not be afraid of the police. The Lincoln Police Department does their best to help everyone, keep everyone safe, and treat everyone equally.

#### **Call the police if you:**

- \* Feel you are in danger
- \* Are a victim of an attack, rape, domestic violence, child abuse, burglary, or other crimes
- \* See a crime take place

The fire station is where firemen are on duty. They wait for a call of an emergency, like a fire, and then leave immediately to put the fire out. Fire stations are also safe places to go if you think you are in danger for any reason.

**Call 911 if you have an emergency**, if you fear for your life, or are in immediate danger, but otherwise you can contact the police and fire department non-emergency numbers.

### • **ADULT EDUCATION**

Many adults who come to the United States from different countries have trouble making their education transfer to the United States. There are many options for adults to continue their education.

#### → **GED (General Education Development)**

If you never earned a high school diploma, or your education does not transfer to the United States, you can get your GED. This is a group of five tests. If you pass, you have the equivalent of a high school diploma. Many agencies offer classes to help you prepare for the GED tests. Most jobs require that you have a high school diploma or GED.

#### → **ESL (English as a Second Language)**

Learning English is extremely valuable for getting a job or continuing your education. Many agencies offer free ESL classes or you can pay to take classes at a college.

#### → **COMMUNITY COLLEGE**

A community college is a two-year learning institution that you can attend after high school. These schools are less costly than four-year universities because they are publicly funded.

→ **SCHOLARSHIPS and FINANCIAL AID**

There are ways to pay for school other than taking out a loan, which is borrowing money from a bank. You can apply for a scholarship or financial aid.

→ **JOB PREPARATION TRAINING**

There are many agencies in Lincoln that provide training that will help you get a job, including computer training, interview training, and training in specific work skills.

## **COMMUNITY ACTION SERVICES**

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### **EMPLOYMENT & TRAINING**

◆ **Career Advancement Training**

Our Career Advancement Training program includes classes in soft-skills, such as conflict resolution, resume writing, and interviewing skills.

◆ **Computer Learning Lab**

We offer classes including Keyboarding, Microsoft Windows and Office applications, and resume building. We also have ESL computer programs to help you learn English for FREE!

◆ **Employment Services for New Americans**

We provide services that are aimed at helping refugees and immigrants build the skills that will enable them to reach their employment potential and ultimately achieve self-reliance. General services include ESL/naturalization classes, immigrant support, and interpretation/translation assistance.

◆ **Employment Assistance**

Our Employment Specialist provides one-on-one guidance for accessing local job openings, updating your resume, and preparing you for an interview. Services include: job search techniques, resume writing, cover letter writing, interview skills, and dealing with barriers to employment.

◆ **GED Training**

We provide GED preparation classes and are able to subsidize the cost of the GED exam through September 30, 2010.

### **HOUSING SERVICES**

◆ **Affordable Housing**

Through our affiliated non-profit, Lincoln Action Program Housing Development Corporation, we provide safe, decent, affordable housing through income-restricted rental developments.

◆ **Weatherization**

Our Weatherization program provides free weatherization services, including furnace tune-ups, insulation, and glass replacement to eligible renters and owners living in mobile, single, and multi-family homes.

### **COMMUNITY SERVICES**

◆ **Landlord/Tenant Mediation**

Our Landlord/Tenant program provides short-term case management, education, mediation, and advocacy for both landlords and tenants with the aim of eviction prevention.

◆ **Tax Preparation Services**

Volunteer Income Tax Assistance (VITA) is a program sponsored by the IRS that offers free tax preparation to low-to moderate-income individuals.

## **MONEY & SAVINGS**

### **◆ Matched Savings Accounts**

Our Free to Save program is an Individual Savings Account (IDA) program in which participants save for a specific asset (home or small business), or the cost of education. Savings are matched \$1 for every \$1 saved.

### **◆ Money Management Education**

Using a curriculum created by the FDIC, our financial literacy program seeks to help clients develop financial skills including budgeting, saving, and credit management.

## **EMERGENCY SERVICES**

### **◆ Rent and Utility Assistance**

We provide assistance with past due rent and utility bills, and deposits. Households must complete an application over the phone or in person to be eligible.

### **◆ Free Evening Meals**

The Gathering Place Kitchen located at 1448 'E' Street in Lincoln provides hot meals Monday through Friday from 5:00 - 6:00 p.m.

## **CHILD & FAMILY DEVELOPMENT**

### **◆ Head Start & Early Head Start**

Head Start/ Early Head Start are comprehensive child development programs that serve low-income women who are pregnant and children birth to age 5, including those with special needs, and their families.

### **◆ Head Start Child Development Center**

The Head Start Child Development Center serves 75 Head Start and Early Head Start children with educational child care at no cost to eligible families.

## **HOMELESSNESS PREVENTION**

### **◆ Supportive Housing Program**

Our Supportive Housing Program provides intensive case-management, assistance with rent payments, and referrals to services that will support clients' efforts to remain housed.

### **◆ Payee Program**

Our Payee program provides financial case management for individuals receiving Social Security Income, Social Security Disability Income, or other Social Security payments. The Payee program is open to all Social Security recipients who are required to have a payee because they are not able to manage their own money.

**If you have any questions, feel free to call the Center for  
Refugees and Immigrants at Community Action.**



Community Action Partnership of  
Lancaster and Saunders Counties  
210 'O' Street  
Lincoln, NE 68502  
**PHONE:** (402) 471-4515  
**FAX:** (402) 471-4844

**WEBSITE:** [www.communityactionatwork.org](http://www.communityactionatwork.org)