

Samarpan



an offering....

ICAMN - Indian Cultural Association Of Minnesota icamn.org

President's Note

Quarterly Newsletter – Fall 2021

Dear Community Members,

Namaste! I hope you enjoyed celebrating Navratri, Durga Pooja and Vijay Dashami. This is the start of the festival season for the Indian community. Diwali, which is the next major festival, will be celebrated at the Temple on Thursday, November 4th, followed by the virtual Diwali cultural program on Saturday, November 13th. Please purchase your tickets today for the cultural program. Details are included in this newsletter. These festivals are part of our daily life, symbolizing the victory of good over evil, and light over darkness. May this Diwali spread light in every heart and bring sweetness to our souls.

The focus of ICAM in the last quarter was on Covid as it has changed our life in a major way. We engaged in targeted fundraising activities to help India during the pandemic and raised \$16,552 with matching funds from participating organizations. The funds were directed to nonprofit organizations in India to be used for Covid relief work. Thanks to the greater Rochester community in helping us reach our goal.

ASHA, which is now part of ICAM, organized a virtual health webinar in September. Dr. Priya Sampathkumar spoke about Covid related issues and what to expect in next few months. ASHA, led by Nisha Kurup, has been in existence for several years. The organization has been providing resources and services that are relevant to healthy and independent living. ASHA also assists and empowers women to bring about lifestyle changes. I am pleased to announce that Nisha has stepped up to take on the role of Vice President of ICAM from Dr. Suresh Kotagal. Suresh will continue to serve as advisor for ICAM.

ICAM was selected by the Diversity Council of Rochester, a nonprofit organization focused on health equity, to receive a grant of \$10,000 due to our continued work in serving the community on Covid related efforts. ICAM is one of 20 partners engaged in collaborative work to get everyone vaccinated in our community. This is a major achievement for ICAM since its inception.

Thanks to the ICAM board, volunteers, and the community for their continued support. Please visit our website at icamn.org and subscribe to our mailing list for more information and become a member today.

Best wishes,

Ajay Singh, President, ICAM Board.



Have a story for Samarpan? We welcome your submissions, including but not limited to

- First-person accounts, experiences, stories, essays
- Expert findings, reports on relevant topics
- Opinions, newsworthy insights
- Contributions are welcome from all, especially students and seniors

Guidelines for submission:

Articles must be original; they cannot have appeared elsewhere—in any form—in print or online.

All articles are rigorously edited and fact-checked, so it's important to include sources (in hyperlinks in the text or in parentheses).





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Project HEALINGS – Partners in Community Health

By Verna Simon

Hello Everyone!

I hope that everyone reading this letter is doing well mentally and physically and staying safe from COVID-19. This has been a harder year than expected – the belief was that after the vaccines rolled out, society could “get back to normal”. But efforts to normalize our lives have been upended by the Delta and Alpha variants, in part because so many in the larger community have not been vaccinated. The reasons vary from general hesitancy, to mistrust of medical authorities, to lack of access to health care. Luckily, there are ongoing efforts to educate folks, help them get vaccinated, and help them stay safe.

The Diversity Council here in Rochester has recently received a \$1,000,000 grant from the United States Health Resources and Services Administration. This funding is for the purpose of vaccine awareness, proper education, and promotion. The Diversity Council, Asian Media Access, and Hispanic Advocacy & Community Empowerment through Research (HACER) are using this money to start Project HEALINGS of Minnesota.

Project HEALINGS (Health Education and Adult Learning Incorporated with Navigation of Government Systems) is an initiative formed to address the following:

- a. Build a coalition of Minnesotans from 5 Cultural Networks – Indigenous; Asian & Pacific Islanders; Black & Pan-African; Hispanic/Latinx; and Slavic & Eastern-European Refugees.
- b. Educate these communities about the vaccines, help to dispel myths, and better understand hesitations.
- c. Dismantle systemic barriers to health care and help people get vaccinated.
- d. Satisfy the needs of these communities by building solutions that are culturally responsive and relevant to each group.
- e. Build and strengthen relationships among these partnering communities for future projects.

I'm so excited to announce that ICAM received a grant for \$10,000 to be a part of this project! As a part of Project HEALINGS, ICAM will:

- Produce cultural/linguistically appropriate videos in heritage languages.
- Host community forums and events with vaccination opportunities for specific cultural/linguistic audiences.
- Provide vaccine educational materials and coordinated web and social media-based activities with cultural, linguistically appropriate materials throughout the course of the granting period.



We will continue to educate our community about the importance of vaccination by holding health seminars/webinars that connect our community members with health experts. And we will continue partnering with our coalition members to keep all our neighbors safe and healthy.

Be Well!



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Farewell to Asha and Jeevan

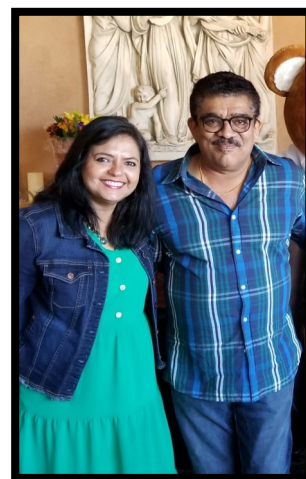
By Anu Nair

On December 11th Rochester will be bidding farewell to a couple who have been an integral part of our community. Jeevan Kanthi Rao and his lovely wife, Asha, are leaving their home for the last twenty-four years and are moving to St Augustine, Florida. Jeevan and Asha migrated to Minneapolis in 1997. When Asha accepted a position in the Information Technology Department of Mayo Clinic in 1998, they moved to Rochester. The city welcomed them with open arms and their little family, including their two daughters, Roshini and Shirin, flourished.

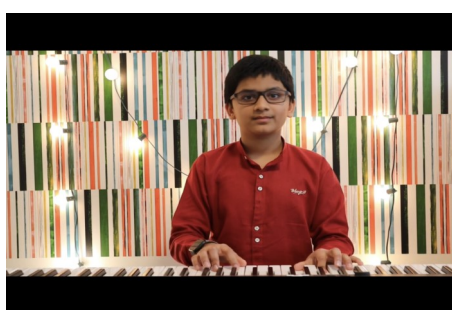
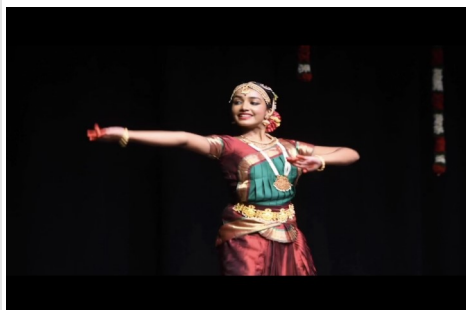
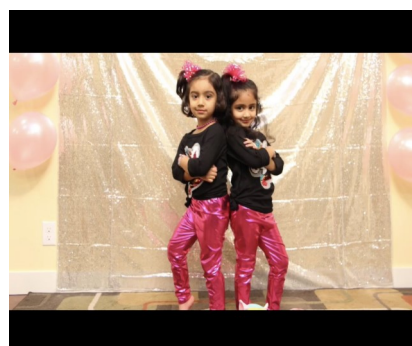
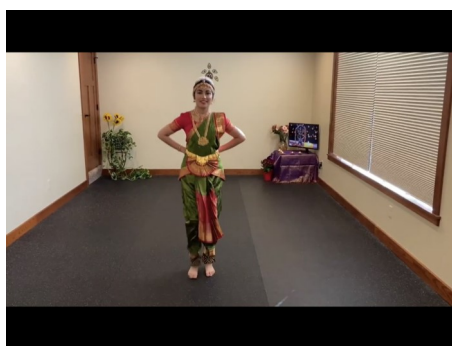
Jeevan opened the Rice N Spice store in 2002 on Broadway Avenue and later shifted to the current location at Soldiers Field Plaza when he needed more space for expansion. Through good quality products and friendly service, they built up the store, and now have clients not only from neighboring states of Iowa and Wisconsin and the Dakotas, but also from Michigan, Montana and Puerto Rico.

Roshini, her husband Rachit, and son Avi, are still calling Minnesota home. Shirin has moved to Austin, Texas. Jeevan and Asha will never forget their Rochester friends. They will surely be in touch and will visit as often as possible. And for us in Rochester, we have one more family to visit during our cold and dreary winters!

We wish them all the best in their new home in Florida!



Pictures from last year's Diwali celebrations





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VIRTUAL DIWALI on Nov 13, 2021

To Buy Tickets

The Indian Cultural Association of Minnesota supported by the Hindu Samaj Temple of Minnesota is excited to bring to you Virtual Diwali 2021!!

Every year we celebrate Diwali as an in-person community event with live cultural performances and sumptuous food. This year is different. A global pandemic has necessitated social distancing for the safety of our near and dear ones. Now, more than ever before, our community needs a reason to smile and spread joy. This Virtual Diwali event is our attempt to bring together a diverse variety of local talent across a spectrum of age on a virtual platform in a series of exhilarating performances of song and dance that you and your family can watch from the comfort and safety of your homes.

Diwali celebration is incomplete without delicious Indian food. Your ticket order confirmation code can be used as a one-time \$20 coupon for food purchase at the Royal Indian Cuisine, Rochester, MN. This coupon is applicable for dine in and take out only, not applicable for any third party delivery options. The coupon amount does not include taxes and this food coupon is valid till December 31st, 2021

When you purchase your ticket a unique link will be sent to you by email that you can use to watch the show on a single device. Remember that the show cannot be viewed on more than one device simultaneously using the same link.

We hope you enjoy the event as much as the organizing team has enjoyed every moment of putting it together!!

INDIAN CULTURAL ASSOCIATION OF MINNESOTA

Our purpose is to *Connect, Communicate, Collaborate, and Create* a platform to serve and support the cultural and educational needs of the Asian Indian community. Visit us at <http://icamn.org/>, become a member today and also subscribe to our email list to hear more from us about upcoming events!!

