

ILAHA DARYEELKA CAAFIMAADKA

Daryeelka Caafimaadka, Aragga iyo Ilkaha Qaangaarka Dakhliga Kooban

Haddii aad qabtid su'aalo, si toos ah ula xariir barnaamijka.

Si aad u heshid macluumaadka ugu dambeyay oo ku saabsan barnaamijyada Columbus Public Health, booqo www.publichealth.columbus.gov liiskii ugu dambeyay.

KLIIKADA LACAG LA'AANTA - ISNIINTA

Ururka Caafimaadka Columbus (Columbus Medical Association)

Physicians Care Connection [horay loo yaqiinay Kliinikada Takhaatiirta Lacag La'aanta (Physicians Free Clinic)]

Sharaxaadda: Imaashada ballan la'aanta kliinikada lacag la'aanta. Looma baahna in la qaato ballan. **Waxaa loo baahan yahay Aqoonsiga ID.** Ma bixiyo daryeel iminka socda, shaqo, dugsi ama baarista jirka xagga isboortiga. **Waa in uu deggan yahay Degmada Franklin, ceymis la'aan iyo ku sugan yahay saboolnimada 200% ama ka yar (qofka sheegto).** Sida iskaashiga lala sameeyo Caafimaadka Dadweynaha Columbus (Columbus Public Health), waxaa jira baarista HIV/STI oo lacag la'aan ah habeenka Isniin kasta.

Goobta: Columbus Public Health, 240 Parsons Avenue, Columbus, OH 43215

Saacadaha: **Fiidnimada Isniinta.** Diiwaan gelinta waxay bilaabataa 5 pm. Fadlan ha imaanin inta ka horeyso 5 pm.

Ma jiro kliinik fasaxyada ama marka al xero Caafimaadka Dadweynaha Columbus (Columbus Public Health).

Telefoonka: (614) 240-7430 ama www.goodhealthcolumbus.org

Adeegyada Bulshada Mareykanka Aasiyaanka (Asian American Community Services),

Xarunta Caafimaadka OSU (OSU Medical Center), iyo

Kliinikada Dadaalka Caafimaadka Aasiyaanka ee Lacag La'aanta ah (Asian Health Initiative Free Clinic)

Sharaxaadda Kliiniko lacag la'aan ah oo xoogga saarta adeegga baahida bulshada Aasiyaanka. Waxaa la qorsheyaa turjubaanada Aasiyaanka hadba sida loogu baahdo. Waxay bixisaa daryeelka caafimaadka socda. Maya baarista jirka. Maya in lagu yimaado ballan la'aan.

Saacadaha: **Habeenada Isniinta 5:30-7:30 pm. Soo wac si aad u qabsatid ballan.**

Goobta: 2231 North High Street, 1st floor, Columbus, OH 43201

Telefoonka: (614) 220-4023, ext. 224.

Kliinikada Lacag La'aanta Xenos Fourth Street (Xenos Fourth Street Free Clinic)

Sharaxaadda: Waxbarashada Christian Xenos (Xenos Christian Fellowship) waxay daryeel caafimaad lacag la'aan ah siisaa kuwa aan haasin Medicaid/Medicare ama aan qabin ceymis gaar ah kana hooseeyo heerka saboolnimada 200%. Fadlan kaalay 5:30, sida loo soo kala hor maro. Anaga waxaan fududeyn karnaa shaqada shaybaarka iyo tixraacinta la siiyo ku-takhasuseyaasha kale ee lacag la'aanta ku shaqeyo. MA bixinto dugsi, shaqo ama jimicsiga isboortiga, itaal darrida, soshal sekuriti, magta shaqaalaha ama nooc kale oo ka mid ah sheegashada itaal darrida, STD ama baarista uurka. Kliinikada waxaa la xeraa fasaxyadaa Qaranka (National holidays) ee ku soo aada maalmaha Isniinta.

Goobta: 1934 N. Fourth Street, Columbus, OH 43201

Saacadaha: **Fiidnimada Isniinta 1^{aad} iyo 3^{aad}.** Waxaa la arkaa 12 bukaan, sida ay u soo kala hor maraan.

Bukaanka waa in ay isqoraan inta u dhexeyso 6da iyo 7da pm

Telefoonka: (614) 823-6510, khadka 1840.

Kliinikada Daweynta Jirka Xenos (Xenos Physical Therapy Clinic)

Sharaxaadda: Waxbarashada Christian Xenos (Xenos Christian Fellowship) waxay bixisaa daweynta jirka lacag la'aanta ah kuwa aan haysanin Medicaid/Medicare ama aan qabin ceymis gaar ah kana hooseeyo heerka saboolnimada 200%. Fadlan kaalay 5:30, sida loo soo kala hor maro. Kliinikada waxaa la xeraa fasaxyadaa Qaranka (National holidays) ee ku soo aada maalmaha Isniinta.

Goobta: 1934 N. Fourth Street, Columbus, OH 43201

Saacadaha: Fiidnimada Isniinta 1^{aad}. 6 bukaan oo loo arko sida ay u soo kala hor mareen. Bukaanka waa in ay isqoraaan inta u dhexeysa 6da iyo 7da pm
Telefoonka: (614) 823-6510, khadka 1840.

KLIINKADA LACAG LA'AANTA - TALAADO

**Shabakada Caafimaadka Ohio Latino (Ohio Latino Health Network),
Xarunta Caafimaadka OSU (OSU Medical Center), iyo
Kliinikada Lacag La'aanta Latino (Latino Free Clinic) – La Clinica Latina**

Sifeynta: Kliinikada caafimaadka lacag la'aanta ah lana siiyo dadka ku hadla Isbanish. Wuxuu bixiyaa daryeelka caafimaadka dhamaystiran ee iminka socda kana mid ah daryeelka dhalnada dumarka. (Maya daryeelka OB). Wuxuu kaloo bixiyaa daryeelka ilkaha. Takhtarka caafimaadka, takhtarka ilkaha iyo shaqaalaha waxay dhamaan ku hadlaan Isbanish. **Ballan keliya, soo wac si aad u qabsatid.**

Saacadaha: Labo Talaado bil kasta, wac si aad u ogaatid taariikhda ama ka hubso bogga internetka (<http://laclinicalatinaoh.com/> or <https://www.facebook.com/laclinicalatinaoh>) si aad u heshid tafaasiil badan.

Goobta: 2231 North High Street, Columbus, OH 43201
Telefoonka: (614)349-1038

Kliinikadaha Caafimaadka Lacag La'aanta Vineyard (Vineyard Free Health Clinics)—Goobta Cooper Road

Sharaxaadda Kliinikada caafimaadka--kliinikada bukaan socodka kuna taal Xarunta Bulshada (Community Center). Iminka wuxuu u adeegaa dadka aan ceymiska lahayn iyo kuwa haysta ama xaqa u yeesha Medicaid kuna sugan heerka saboolnimada 200% ama ka hooseeyo. (Xaq uma laha Medicare ama barnaamijyada daryeelka caafimaadka kale ay dawladda soo saarto.) Baaritaanka iyo daweynta cudurada. Ma jiraan baarista shaybaarada, cirbadaha ama raaajada-x. Kliinikada ma bixiso daryeelka sii socdaa. Waa la helaa baarista caafimaadka guud kaddib marka la waco 614-259-5428 ka hor inta aadan imaanin. Wuxuu la xariiraa Christian.

Goobta: 6000 Cooper Rd, Westerville, OH 43081

Saacadaha: Fiidnimada Talaado KASTA bisha. Isku qoridda waxay bilaabataa 5:30 pm. Safka wuxuu u bilowdaa horay. Takhaatiirta waxay bilaabaan in ay arkaan bukaanka marka ay tahay 6:15 pm. Waxaa la arki doonaa 10-12 bukaan sida ay u soo kala horeyaan.

Telefoonka: (614) 259-5428 haddii aad qabtid su'aalo.

Kliinikada Grace (Grace Clinic)

Sharaxaadda: Kliiniko la tagi karo ballan la'aan. Ku saleysan caqiido. Dadaalka iskaashiga East Side Grace Brethren Church & Grace Waxbarashada Pickerington. Kliinikada Naxariista (Grace Clinic) waxay u shaqeysaa sida adeegga daryeelka degdegga ee dugsiga iyo baarista isboortiga jirka. Takhaatiirta waxay qori karaan dawooyinka balse awood uma laha in ay bixiyaan toliinka ama duritaanka.

Goobta: East Side Grace Brethren Church, 7510 E. Broad Street, Blacklick, OH 43004

Saacadaha: Talaadada 1^{aad} iyo 3^{aad} bil kasta, 6-8 pm.

Telefoonka: (614) 861-5810

Kliinikada Lacag La'aanta Linworth (Linworth Free Clinic)

Sharaxaadda: Kliinikada bukaan socodka lacag la'aanta ee loogu talogalay dhamaan da' kasta. Ku saleysan caqiido. Iminka wuxuu u adeegaa dadka aan ceymiska lahayn iyo kuwa haysta ama xaqa u yeesha Medicaid kuna sugan heerka saboolnimada 200% ama ka hooseeyo. Waxaa u shaqeeya takhaatiir ku shaqeysa iskaa wax u qabso, kalkaaliyeyaal, iyo shaqaale caadi ah oo bixiya baarista jirka ka hor inta aan la bilaabin shaqada iyo baarista caafimaadka ka jira dugsiyada, iyo booqashooyinka xanuunka loogu tago takhtarka. **Albaabada waxaa loo furaa isku qoridda marka ay tahay 5:30 pm kaddibna takhtarka wuxuu bilaabaa in uu arko bukaanka 6:30pm.** Adeegga waa sida loo soo kala hor maro. Waxaa la arki doonaa ilaa 10 bukaan. Ma jirto shaqada shaybaarka ama lama bixiyo daawo.

Goobta: Brookside Elementary School, 6700 McVey Blvd, Columbus, OH 43235
Saacadaha: Talaadada 4^{aad} bil kasta (marka laga reebo Diseembar)
Telefoonka: (614) 442-5722

KLIINIKADA LACAG LA'AANTA – ARBACO

Kliinikada Bulshada Noor (Noor Community Clinic)

Sharaxaadda: Kliiniko lacag la'aan ah oo la siiyo dadka xaqa u yeesha marka dakhliga reerka ku beegan yahay ama ka yar yahay 200% heerarka saboolnimada oo aan xaqa u lahayn Medicare, Medicaid ama ceymis kale oo ku saabsan caafimaadka. Kliinikada waxaa laga helaa daryeelka caafimaadka caadiga, sidaa baarista caafimaadka guud iyo daweynta cudurada aan degdegga ahayn. Ma bixiyo talaal, baarista TB, ilkaha, ama daryeelka dhalmada ka hor. Kliinikada waa ka shaqeeyo takhaatir Muslimiin ah iyo dad aqoon u leh daryeelka caafimaadka, ku shaqeeyo iskaa wax u qabso, iyo shattii ka haysto Ohio.

Saacadaha: **Habeenada Arbacada 5pm ilaa 9pm.** Lama ogola imaasho aan ballan la qaadanin, waa in aad qaadatid ballan. **Wac si aad u qabsatid ballan kaddibna dhaaf magacaada iyo nambarka telefoonka lagaala xariiro.** Iskuduwaha kliinikada ayaa ku soo wici doono adiga maalinta Isniinta ama Talaadada si aad u qabsatid ballan. Fadlan soo wac hal mar keliya.

Goobta: OSU Rardin Family Practice Center, 2231 North High Street, 1st floor, Columbus, OH 43201
Telefoonka: (614) 516-3075, email noonccclinic@gmail.com

Kaniisadda Bulshada Vineyard (Vineyard Community Church) — Reynoldsburg/Etna

Sharaxaadda: Daryeelka caafimaadka lacag la'aanta ee loogu talagalay saboolka iyo kuwa aan ceymiska qabin, 6:30pm-8:30pm Habeenka Arbaco KASTA/ Waxaan haynaa takhtarka caafimaadka iyo kalkaaliyayaasha. Waa la qori karaa dawooyinka iyo waxaan bixinaa kaarka deeqda \$4 si loo iibsado hal bil saadka dawooyinka la qoro. Ma bixino mukhadaraadka maandooriyaha, mana hayno mukhadaraad kliinikada. 6:30 ilaa 8:30 PM Arbaco KASTA Kliinikada daryeelka uurka ee lacag la'aanta ah Arbaco KASTA Waxaa bixinaa baaritaanka uurka, ultrasound lacag la'aan ah, iyo fasalo ku saabsan uurka oo lacag la'aan ah. Waxaan kaloo tababar siinaa hooyooyinka iyo qoysaska martida. Arbacada 1aad keliya: Adeegyada aragga sida sharciya, maamulka maaliyadda, hagaajinta kombuyutarka iyo canshuurta (Febraayo - Abriil). Waxaan kaloo bixinaa hagaajinta baskiilka oo lacag la'aan ah, baskiilada la sadaqeysto (marka la helo), barbaarinta eeyga (Maajo - Oktoobar) habeenka kliinikada, iyo hagaajinta kombuyutarka oo lacag la'aan ah. Qofka wuxuu tagi karaa HAL kliinik oo keliya habeenka Arbacada. Wuxuu la xariiraa Christian. 15187 Palmer Road SW, Reynoldsburg/Etna, OH 43068

Goobta: 15187 Palmer Road SW, Reynoldsburg/Etna, OH 43068
Hours: **Arbacada 1^{aad} bil kasta, 6:30pm - 8:30 pm.** Looma baahna ballan. Dadka waxaa loogu adeegaa sida ay u soo kala hor mareen.
Telefoonka: (740) 927-7729.

KLIINKADAHА LACAG LA'AANTA - QAMIIS

Xarunta Caafimaadka iyo Fiyooobida Gacmaha Kaalmada (Helping Hands Health and Wellness Center)

Sharaxaadda: Kliinik lacag la'aan ah oo loogu talagalay dadka ka weyn toban iyo sideed sanno kuna sugan 200% heerka saboolnimada ama ka hooseeya, aan ceymis qabin, haysta ceymis liita iyo raadiya guri caafimaad. Ku saleysan caqiido. Dalabka adeegga bukaanka wuxuu ku saleysan yahay baahidooda. Wuxuu bixiyaa daryeelka caafimaadka, duugduugga (chiropractic), BAARISTA CAAFIMAADKA SHAQADA iyo dugsiga KELIYA maalmaha kliinikada Jimcaha KELIYA la tallin, tixraacinta aragga iyo ilkaha, baarista sokorta iyo baarista cagta, aqoonta bukaanka, daweynta iyo adeegyada shaybaarka la siiyo bukaanka Helping Hands, Benefit Bank, adeegyada bulshada iyo hoggaaminta niyadda. Baarista TB maalmaha Arbacada ka hor inta aan la qabanin kliinikada Jimcaha. Fiiri jadwalka internetka. Waa la ogol yahay deeq. Waa la heli karaa turjubaano haddii aad horay u soo wacdid.

Goobta: 1421 Morse Road, Columbus, OH 43229
Saacadaha: **2 Jimco iyo 2 Qamiis bil kasta. Wac 614-262-5094 si aad u ogaatid taariikhda kliinikada ama ka fiiri jadwalka ku yaal boggena internetka www.helpinghandsfreeclinic.org.** Diiwaan gelinta waxay bilaabataa 2:30 pm.
Telefoonka: (614) 262-5094, email: helpinghandsfreeclinic@hotmail.com

Xarunta Caafimaadka OSU (OSU Medical Center) - Kliinikada Columbus ee Lacag La'aanta ah (Columbus Free Clinic)

Sharaxaadda: Kliinikada bukaan socodka lacag la'aanta ah ee bixisa daryeel socda.

Saacadaha: **Habeenada Qamiista keliya.** Waxaa la arkaa 25-45 bukaan sida ay u soo kala hor maraan. Waa la soo dhajiyay warqadda isku qoridda laga bilaabo 7:00 am - 4:30 pm. Waraqadda isku qoridda waxaa lagu soo dhajiyaa dabaqa garaashka ee dibadda ka ah albaabada muraayadda laga soo galo. Bukaan waa in ay isku qoraan kaddibna soo noqdaan 4:30 pm. Magacyada laga soo qaado warqadda isku qoridda waxaa la wacaa marka ay tahay 4:30 pm, dabaqa 2aad. Bukaan waa in uu joogo marka loo yeero magaca si loo arko. Bukaan waxay bilaabi doonaan in la arko 5:45 pm. Kliinikadaan ma bixiso talaal, daweynta xanuunka, baarista caafimaadka guud, STD, HIV ama TB, ama daryeelka ka horeeyo dhalimada. (Fiiri bogagga 8, 14 iyo 15 si aad u heshid macluumaad ku saabsan kliinikyada CPH ee bixiya adeegyadaan). **Waxaan aragnaa oo keliya bukaan soo noqda hal mar 4tii todobaad.**

Goobta: 2231 North High Street, Columbus, OH 43201

Telefoonka: (614) 404-8417 or www.ColumbusFreeClinic.com

Kliinikada Xarunta Rajada Caafimaadka Lacag La'aanta (Center of Hope Free Medical Clinic)

Sharaxaadda: Kliinikada caafimaad bukaan socodka lacag la'aanta ee loogu talagalay dadka aan ceymiska qabin kuna sugan ama ka hooseyso heerka saboolnimada 200% IYO dadka haysta Medicaid ama xaqa u yeesho Medicaidka laga qaato Victory Ministries ee Xarunta Hope. Wuxuu bixiyaa daryeelka caafimaadka caadiga ah iyo daweynta cudurada aan soo bixin, sida dhiig karka iyo sokorta. Waxaa la bixiyaa cunto. Wuxuu la xariiraa Christian. Waxaa la heli doonaa tarjamada Isbanishka.

Goobta: Center of Hope, 3964 E. Main St., Columbus, OH 43213

Saacadaha: **Laga bilaabo Maarso 2016, 2nd Qamiista bilkasta.** Diiwaan gelinta waxay bilaabataa 5:30pm

Telefoonka: (614) 252-2500. Cinwaanka Internetka: www.VictoryMinistriesColumbus.org

KLIIKADA LACAG LA'AANTA - JIMCAHA

Xarunta Caafimaadka iyo Fiyobida Gacmaha Kaalmada (Helping Hands Health and Wellness Center)

Sharaxaadda: Kliinik lacag la'aanta ah oo loogu talagalay dadka ka weyn toban iyo sideed sanno kuna sugan 200% heerka saboolnimada ama ka hooseeyo, aan ceymis qabin, haysta ceymis liita iyo raadiya guri caafimaad. Ku saleysan caqiido. Dalabka adeegga bukaan wuxuu ku saleysan yahay baahidooda. Wuxuu bixiyaa daryeelka caafimaadka, duugduugga (chiropractic), **BAARISTA CAAFIMAADKA SHAQADA iyo dugsiya KELIYA maalmaha kliinikada Jimcaha KELIYA** la tallin, tixraacinta aragga iyo ilkaha, baarista sokorta iyo baarista cagta, aqoonta bukaan, daweynta iyo adeegyada shaybaarka la siiyo bukaan Helping Hands, Benefit Bank, adeegyada bulshada iyo hoggaaminta niyadda. **Baarista TB maalmaha Arbacada ka hor inta aan la qabanin kliinikada Jimcaha.** Fiiri jadwalka internetka. Waa la ogol yahay deeq. Waa la heli karaa turjubaano haddii aad horay u soo wacdid.

Goobta: 1421 Morse Road, Columbus, OH 43229

Saacadaha: **2 Jimco iyo 2 Qamiis bil kasta. Wac 614-262-5094 si aad u ogaatid taariikhda kliinikada ama ka fiiri jadwalka ku yaal boggena internetka www.helpinghandsfreeclinic.org.** Diiwaan gelinta waxay bilaabataa 2:30 pm.

Telefoonka: (614) 262-5094, email helpinghandsfreeclinic@hotmail.com

KLIIKADAHA LACAG LA'AANTA – SABTI

Naxariista Magaalada - Kliinikada Hardin (Grace in the City – Hardin Clinic)

Sharaxaadda: Kliinikada lama qaato ballan. Ku saleysan caqiidada.

Goobta: 2052 Cleveland Avenue, Columbus, OH 43211

Saacadaha: **Subaxnimada sabtida, 9am – 2pm**

Telefoonka: (614) 294-6238.

KLIINIKADA LACAG LA'AANTA - AXADDA

Xarunta Caaafimaadka iyo Fiyooobida Noloshaha Cusub (New Life Health and Wellness Center)

Sharaxaadda: Kliinikada bukaan socodka lacag la'aanta ee loogu talagalay shaqaalaha saboolka iyo guri laawaha, waxaana mas'uul ka ah New Life United Methodist Church. Quraacda waxaa la bixiyaa 6:30 am Qolka labbiska lacag la'aanta waxaa la heli karaa maalmaha Talaadada iyo Arbacada 9-11:15am. Ku saleysan caqiido. Waxaa la siiyaa hogaaminta nafsiyadda. Lama bixiyo baarista jirka ama hawsha shaybaarka.

Goobta: 25 W. Fifth Avenue, Columbus, OH 43201

Saacadaha: **Subaxnimada axadda, 7am – 8:30am** Looma baahna ballan. Adeegga waa sida loo soo kala hor maro.

Telefoonka: (614) 294-0134. www.newlifeunitedmethodist.org

BARNAAMIYADA KALE EE LACAG LA'AANTA AH - MAALMO KALA DUWAN

Siistemka Caafimaadka Mt Carmel (Mt Carmel Health System) - Barnaamijka Xariirinta Mt. Carmel (Mt. Carmel Outreach Program)

Sharaxaadda: Booqashada kooxda caafimaadka ku wareegta goobaha la ballamiyay so loo siiyo daryeelka caafimaadka degdegga ee lacag la'aanta ah dadka aan haysanin ceymis iyo kuwa haysta ceymis liita.

Saacadaha: Wac waqtiyada kooxda caafimaadka wareegta.

Goobta: Wac si aad u ogaatid goobaha kooxda caafimaadka wareegta.

Telefoonka: (614) 546-4200.

Kliinikadaha Caafimaadka Lacag La'aanta ee Vineyard (Vineyard Free Health Clinics - Duugdugga (Chiropractic) - Cooper Rd

Sharaxaadda: Kliinikada Duugduugga (Chiropractic Clinic) – Iminka waxay u adeegtaa kuwa aan ceymiska lahayn iyo Medicaid ama xaqa u yeesha Medicaid iyo dakhli ku beegan ama ka hooseeyo 200% heerka saboolnimada. (Xaq uma laha Medicare ama barnaamijyada daryeelka caafimaadka kale ay dawladda soo saarto.) Wuxuu qiimeyn iyo daryeel siiyaa kuwa qaba xanuunka madaxa, qoorta, dhabarka, ama kala goysyada. Wuxuu la xariiraa Masiixiga.

Goobta: 6000 Cooper Road, Westerville, OH 43081

Saacadaha: Ballan keliya.

Telefoonka: (614) 259-5428, Wac maalmaha Jimcaha Fridays 10:00 am–10:30 am si aad u qabsatid ballan.

XARUMAHA CAAFIMAADKA FEDERAALKA AQOONSADO EE QAANGAARKA IYO CARUURTA DAKHLIGA KOOBAN – Waxaa la soo dallacaa khidmad. Waxaa loo baahan yahay ballan.

Caafimaadka PrimaryOne (PrimaryOne Health) (Horay loo yaqiinay Xarunta Caafimaadka Xaafadda Columbus, Inc. (Columbus Neighborhood Health Center, Inc).

Sharaxaadda: Wuxuu bixiyaa daryeelka aasaasiga dhamaystiran, midaaysan, sida OB/GYN iyo caruurta lana siiyo shakhsiyaadka iyo qoysaska. Khidmadda ku saleysan dakhliga iyo tirada qoyska. **Lacagta ugu yar ay ku daraan dadka aan ceymis qabin waxaa lagu sharixi doonaa marka la qabto ballanka.** Wuxuu kaloo qaataa inta badan ceymisyada daryeelka caafimaadka iyo Medicare iyo Medicaid.

Saacadaha: Ballan keliya.

Goobta: **East Central Health Center**, 1180 E. Main, Columbus, OH 43205

Great Southern, 3781 S. High St., Columbus, OH 43207

St. Stephen's Health Center, 1500 E. 17th Ave., Columbus, OH 43219

Columbus Northeast Center, 3433 Agler Rd, Columbus, OH 43219

West Side Health Center, 2300 W. Broad St., Columbus, OH 43204

CNHC at Maryhaven, 1791 Alum Creek Drive, Suite 100, Columbus, OH 43207

John Maloney Health Center, 1905 Parsons Ave., Columbus, OH 43207

Syntero/Dublin, 299 Cramer Court, Dublin 43017

CNHC at Circleville, 600 N. Pickaway St Suite 300 MO bldg ,Circleville, OH 43113

Telefoonka: Xagga dhamaan xarumaha – **Wac (614) 645-5500**, riix #1 si aad u qabsatid ballan. <http://www.colnhc.org/>

Xarumaha Caafimaadka Qoyska Wadnaha Ohio (Heart of Ohio Family Health Centers (Heart of Ohio Family Health Centers))

Sharaxaadda: Daryeelka aasaasiga iyo ilkaha ee loogu talagalay dadka waaweyn, dhallaanka, caruurta, iyo waayeelka iyo daryeelka uur jifka dumarka xaamilada Waa la ogol yahay bukaanka aan ceymiska lahayn. Khidmadda ku xeran dakhliga lana siiyo kuwa xaqa u yeesho (la xariir xafiiska si aad u heshid arji). Inta badan ceymisyada waa la ogol yahay, waxaana ka mid ah Medicaid, Medicare, Molina, CareSource, United Health Care, Anthem, Aetna, Medical Mutual.

Saacadaha: **Ballan keliya.**

Goobta: **@ Capital Park**, 2365 Innis Road, Columbus, OH 43224 (xoogaa Bari ka ah Westerville Road ee Waqooyi Bari Columbus).

Telefoonka: **(614) 416-4325**

Goobta: **@ Whitehall**, 882 South Hamilton Rd, Columbus OH 43213 (Hamilton & Main, ka soo horjeedka Kroger's)

Telefoonka: **(614) 235-5555**

Xarunta Caafimaadka Christian Nalalka Hoose (Lower Lights Christian Health Center), Inc.

Sharaxaadda: Xarunta caafimaadka bulshada, taasoo bixisa adeegyada daryeelka aasaasiga, tayada sare, ee qofka oo idil, kana mid ah daryeelka uur jifka, caruurta, farmashiyaha, aragga, ilkaha, la-tallinta, iyo adeegyada daryeelka ruuxa. Inta badan qorshooyinka ceymiska gaarka ah waa la ogol yahay, sidoo kale waa la ogol yahay Medicare, Medicaid, Care Source, Molina, iyo United Health Care. Bukaanka aan ceymiska qabin ee xaqa u yeesho waxaa laga qaadaa khidmadda ku saleysan daruufaha. **Waxaa jira khidmadda ugu yar \$10 halkii booqasho oo lagu tago bixiyaha.** Kuwa xaqa u yeesho waxay kaloo bixiyaan khidmadda ku saleysan daruufaha. **Khidmadda ugu yar ilkaha waa \$20.**

Saacadaha: **Ballan keliya.** Waa la heli karaa saacadaha Sabtida.

Goobta: **Lower Lights Health Center**, 1160 W. Broad St., Columbus, OH 43222

Lower Lights Nursing Center, 777 W. State St., Suite 201, Columbus, OH 43222

Lower Lights German Village, 1560 S. High St., Columbus, OH 43207

Lower Lights East 5th Avenue, 171 E. 5th Ave., Columbus, OH 43201

Lower Lights UnionStar, 773 Walnut St., Marysville, OH 43040

Telefoonka: Dhamaan goobaha – **Wac (614) 274-1455**, riix fursadda #1 si aad u qabsatid ballan.

Bogga Internetka: www.llchc.org

Adeegyada Caafimaadka Southeast, Inc. (Southeast, Inc. – Healthcare Services)

Sharaxaadda: Southeast waxay bixisaa daryeelka aasaasiga iyo daryeelka caafimaadka dabeecadda ee la siiyo dadka waaweyn iyo caaruurta, xooggana la saaro dadka nugul iyo dadka la kulma guri la'aanta. Waxaan iskuduwnaa iyo waxaan mideynaa adeegyadaada daryeelka iyo goobaha daryeelka caafimaadka ee goobahena iyo goobaha caafimaadka dadweynaha iyo adeegyada bulshada. Adeegyada ilkaha waxaa la helaa ½ maalin halkii todobaad. Waxaa kaloo la heli karaa adeegga farmashiyaha buuxa. Ma jiro lacag lagu darro xagga daryeelka aasaasiga iyo daryeelka caafimaadka dabeecadda la siiyo dadka dakhligooda ku beegan yahay ama ka yar yahay 100% tilmaanta saboolnimada federaalka. Lacagaha lagu darro kharashka ku baxo daweynta waxay ku xeran tahay dakhliga, kuwa ku sugan saboolnimada 100% waxay ku daraan lacagta ugu yar. Waa la ogol yahay dhamaan ceymisyada, Medicaid iyo Medicare.

Saacadaha: Waa in la qaato ballan, Isniin ilaa Jimco (8:00am – 5:00pm). Wac si aad u ogaatid haddii isla maalinta la qabsan karo ballan. Waaxda qaabilaadda 16 West Long Street waxay qaabishaa dadka aan ballan soo qaadanin maalmaha Isniin-Jimco laga bilaabo 8:00 am - 5:00 pm. Macaamiisha waxaa loo qaabilaa sida ay u soo kala hor maraan. Ku takhasusaha qaabilaadaa wuxuu horay u baaraa dhamaan dadka aan ballanka qaadanin si go'aan looga gaaro ku-habboonaanta. Waxaa la heli karaa imaashada ballan la'aanta maalmaha Talaadada goobta 1455 S. Fourth Street mukhadaraadka iyo qamrada 8:00 -9:00 am sida loo soo kala hor maro, iyo caafimaadka madaxa maalmaha Jimcaha 8:00 – 9:00 am.

Goobta: Southeast, Inc., 16 West Long Street (corner of Long and High), Columbus 43215
Southeast, Inc. 1455 S. Fourth Street Isticmaalka Mukhaadaraadka Daweynta Caafimaadka Madaxa, Barnaamijyada caruurta Koofur Bari ee Franklin Station, 524B W. Broad Street, Columbus 43223

Kooxda Caafimaadka Wareegto (Mobile Health Coach) waxay adeeg siiyaan hooyga guri laawaha iyo goobo kale oo ku yaal Columbus.

Telefoonka: Southeast, Inc. 16 W. Long & Franklin Station # (614) 225-0990
Southeast, Inc. 1455 S. Fourth Street (614) 444-0800

DARYEELKA CAAFIMAADKA AASAASIGA LA SIIYO QAANGAARKA (PRIMARY HEALTH CARE) (RAGGA IYO DUMARKA) DAKHLIGA KOOBAN - *Waxaa la soo dallacaa*

khidmad. Waxaa loo baahan yahay ballan.

Isbitaalka Grant (Grant Hospital) - Xarunta Daryeelka Bukaanku Socodka Grant (*Grant Outpatient Care Center*)

Sifeynta: Waa la qaataa Medicare iyo Medicaid (kana mid ah qorshooyinka daryeelka la maamulo ee Medicaid) Kuwa aan haysanin ceymis waxay heli karaan kaalmada maaliyadda - waa in la buuxiyo arji. Waxaa la bixiyaa **\$25 co-payment** waqtiga adeegga waxaana laga rabaa dadka aan qabin ceymiska caafimaadka.

Saacadaha: **Ballan keliya.**
Goobta: 393 E. Town Street, Suite 116, Columbus, OH 43215
Telefoonka: (614) 566-9108

Xarunta Caafimaadka Mt. Carmel (Mt. Carmel Medical Center)

Saldhigga Caafimaadka Mt Carmel (Mt Carmel Health Station) @ First Church of God

Sharaxaadda: Inta badan ceymiska kana mid ah Medicaid, Medicare iyo Molina. Kaalmada maaliyadda la siiyo kuwa u qalmo.

Saacadaha: Isniin – Jimco 8 am – 4 pm, **Ballan keliya.**
Goobta: First Church of God, 3480 Refugee Rd, Columbus, OH 43232
Telefoonka: (614) 235-4039. **Soo wac si aad u qabsatid ballan.**

Saldhigga Caafimaadka Mt Carmel (Mt Carmel Health Station) @ Dugsiga Sare Reynoldsburg

Sharaxaadda: Inta badan ceymiska kana mid ah Medicaid, Medicare iyo Molina. Kaalmada maaliyadda la siiyo kuwa u qalmo.

Saacadaha: Isniin - Jimco 8 am – 4 pm. **Ballan keliya.**
Goobta: Reynoldsburg High School, 6699 E. Livingston Ave, Reynoldsburg, OH 43068
Telefoonka: (614) 367-1255. **Soo wac si aad u qabsatid ballan.**

Saldhigga Caafimaadka Mt Carmel (Mt Carmel Health Station) @ Kaniisadda Dhamaan Dadka (Church for All People)

Sharaxaadda: Inta badan ceymiska kana mid ah Medicaid, Medicare iyo Molina. Kaalmada maaliyadda la siiyo kuwa u qalmo.

Saacadaha: Isniin - Jimco 8 am – 4 pm. **Ballan keliya.**
Goobta: United Methodist Church for All People, 946 Parsons Avenue, Columbus, OH 43206
Telefoonka: (614) 445-6275. **Soo wac si aad u qabsatid ballan.**

Nationwide Children's Hospital iyo OSU - Xarunta South High ee Daryeelka Aasaasiga South High Center for Primary Care

Sharaxaadda: Wuxuu arkaa dadka waaweyn iyo caruurta. Waxaa la heli karaa kaalmada maaliyadda. Waa la qaataa Medicare iyo Medicaid.

Saacadaha: **Ballan keliya.**
Goobta: 1392 S. High Street, Columbus, OH 43207
Telefoonka: (614) 722-6200 — **Riix baaqa #1 ama sug ilaa aad kala hadashid qof.**

OSU Caafimaadka iyo Fiyooobida Idil (OSU Total Health and Wellness)

Sharaxaadda: Adeegyada daryeelka caafimaadka waa la ogol yahay kana mid ah Medicaid iyo Medicare. Waxaa la heli karaa kaalmada maaliyadda (waa la siiyay arji)

Saacadaha: **Waa in ballan la qaato maalmaha Isniin, Talaado, Qamiis iyo Jimco 8 am -5 pm, Arbaco 8am – 12 Duhurnimo.**

Goobta: OSU East Hospital, 1492 E. Broad Street, 12th floor of the Tower, Suite 1203, Columbus OH 43205
Telefoonka: (614) 685-9994.

Isbitaalka Riverside Methodist (Riverside Methodist Hospital) - Caafimaadka Bulshada

Sifeynta: Khidmadda ku saleysan daruufaha. Wuxuu qaataa ceymiska caafimaadka inta badan. Soo qaado aqoonsi (I.D., shattiga baabuurka lagu wado, tusaale ahaan) iyo xaqijinta dakhliga muddo 3-bil.

Saacadaha: Ballan keliya.

Goobta: 3595 Olentangy River Road, Columbus, Ohio 43214

Telefoonka: (614) 566-5456.

CIIDAMADA KELIYA

Xarunta Daryeelka Ambulatooriyada Chalmers P. Wylie VA (Chalmers P. Wylie VA Ambulatory Care Center)

Sharaxaadda: Waxay bixisaa daryeelka caafimaadka dhamaystiran ee la siiyo ciidamada kuwa xaqa u yeesha (dadka ka soo shaqeeyaya shaqada ciidamada iyo laga ruqseyay/la fasaxay sida hoos timaado xaalado aan ahayn sharaf darro) waxay u yeelan karaan xaq sida qaar ka mid aha Ciidamada Keydka iyo xubnaha Ilaaliyaha Qaranka (Reservist and National Guard). Wac 1-877-222-8387 si aad u heshid arji.

Saacadaha: Waa in la qaato ballan.

Goobta: 420 North James Road, Columbus, OH 43219

Telefoonka: (614) 257-5200

Xarunta Daryeelka Ambulatooriyada Chalmers P. Wylie VA (Chalmers P. Wylie VA Ambulatory Care Center) Operation Enduring Freedom (Afghanistan)/Operation Iraqi Freedom (OEF/OIF) Program

Sharaxaadda: Wuxuu bixiyaa daryeelka dhamaystiran iyo maamulka kiiska la siiyo ciidamada soo noqda OEF/OIF ka bixiyaa 13 dagmo oo ku yaal Bartamaha Ohio. Adeegyada waxaa la siiyaa bukaan socodka. **Kaalay ama soo wac si aad u qaadatid ballan.**

Saacadaha: Isniin 7a-5:30p, Talaado 7a-4:30p, Arbaco 8a-5:30p, Qamiis 8a-5:30p iyo Jimcaha 7a-4:30p.

Goobta: Chalmers P. Wylie VA Ambulatory Care Center, 420 N. James Rd, Columbus, OH 43219

Telefoonka: (614) 388-7068 xagga qaadashada ballamada, dajinta jadwalka iyo isku qoridda.

WAXAA LOOGU TALOGALA DUMARKA IYO ASXAABTOODA – WAXAA LA SOO DHALLACAA KHIDMADAH WAXAA LOO BAAHAN YAHAY BALLAN

Columbus Public Health- Xarunta Caaafimaadka Dumarka iyo Qorsheynta Qoyska (Women's Health and Family Planning Center)

Sharaxaadda: Waxay bixisaa baarista uurka, barnaamijka miisaanka caafimaadka, kullamada joojinta cabbidda sigaarka, baaritaanka dumarka ee la qaado sannadkii hal mar iyo baarista masalooyinka xoogga la saaro, qorsheynta nololaha dhalimada iyo fursadaha kantaroolka dhalimada iyo daryeelka iskaashiga kooban. Adeegga dhalmo la'aanta heerka I, adeegyada caafimaadka dhallinta, iyo baaris kooban xagga cudurada leysku daarto iyo qaar ka mid ah kansarada Kliinikada waxay qaadataa Medicaid iyo Medicare iyo lacagta caddaanka, Visa, iyo MasterCard. Khidmadaha macaamiisha aan ceymis qabin waxay ku saleysan yahiiin khidmadda ku saleysan daruufaha. Qofna looma diido daryeelka haddii uu bixin waayo kharashka.

Saacadaha: Waa in la qaato ballan. Isniin 8 am-2:15 pm, Talaado 10am-6:15pm, Arbaco 8 am-11:15 am, Qamiis iyo Jimco 8am-4:15pm. Baaritaanada uurka la socoto la'taalin ee ballan la'aan la yimaado, Isniin, Talaado, Qamiis, iyo Jimco 9 am -3 pm.

Goobta: 240 Parsons Avenue, Columbus, OH 43215

Telefoonka: (614) 645-1850.

DUMARKA KELIYA – WAXAA LAGU SOO DALLACAAA KHIDMAD. WAXAA LOO BAAHAN YAHAY BALLAN

Isbitaalka Riverside Methodist (Riverside Methodist Hospital OB/GYN Daryeelka Bulshada)

Sifeynta: Khidmadda ku saleysan daruufaha. Wuxuu qaataa ceymiska caafimaadka inta badan. Soo qaado aqoonsi (I.D., shattiga baabuurka lagu wado, tusaale ahaan) iyo xaqijinta dakhliga muddo 3-bil. Wuxuu qaataa bukaanka OB cusub ee haysta caddeynta uurka.

Saacadaha: Ballan keliya.
Goobta: 3535 Olentangy River Road, Columbus, OH 43214
Telefoonka: (614) 566-5757

DUMARKA KELIYA – LAMA SOO DALLACO KHIDMAD. WAXAA LOO BAAHAN YAHAY BALLAN

Mashruuca Kansarka Naaska iyo Qaska (Breast and Cervical Cancer Project) (BCCP)

Sharaxaadda: Waxay bixisaa adeegyada baarista kansarka naaska iyo qaska ee la siiyo dumarka u dhexeeyo 40 ilaa 64 sanno jir, aan ceymis lahayn oo la nool reer dakhligoodu yahay 200% ama ka yar heerka saboolnimada Federaalka. Adeegyada waxaa ka mid ah baarista naaska, baarista makaanka, adeegyada baarista, haddii loo baahdo, iyo adeegyada maamulka kiiska.

Saacadaha: Xafiiska barnaamijka waxaa lala xariiri karaa Isniin ilaa Jimcaha, 8:00 am ilaa 4:30 pm.
Telefoonka: 1-866-418-4963

ADEEGYADA KALE EE LA XARIIRA CAAFIMAADKA RAGGA IYO DUMARKA

Kliinikada Kansarka Columbus (Columbus Cancer Clinic)

Sharaxaadda: Waxay bixisaa baaritaanka kansarka kharashka yar ee loogu talagalay ragga iyo dumarka. (Wajib ma aha in aad ku nooshahay Degmada Franklin.) Ragga, waxay heli karaan baarista madaxa ilaa suulka kana mid ah maqaarka, dhacaanka, iyo xaniinyaha. Ragga gaaray 50 sanno iyo ka badan, waxaa la siiyaa baarista xaniinyada iyo baarista dhiigga PSA. Dumarka jira 18 sanno ama ka weyn waxaa la siiyaa baarista madaxa ilaa suulka kana mid ah maqaarka, dhacaanka jirka (lymph), baarista naaska iyo makaanka. Baarista naaska waxaa kaloo la siiyaa dumarka jira 35 sanno ama ka weyn. Waa la ogol yahay Medicare iyo Medicaid iyo dhamaan ceymisyada waaweyn xagga baarista naaska. Waxaa la heli karaa khidmadda ku saleysan dakhliga.

Saacadaha: Waa in la qaato ballan. Isniin - Jimco 8:00am – 4:30pm.
Goobta: 1699 W. Mound St., Columbus, OH 43223 (LifeCare Alliance building) Waxaa kaloo la heli karaa kliinikadaha ka baxsan goobta iyo raajada naaska (mammography).
Telefoonka: (614) 263-5006

Daryeelka Caafimaadka Guri Laawaha (Healthcare for the Homeless) –Caafimaadka PrimaryOne (PrimaryOne Health) [Horay loo yaqiinay Xarunta Caafimaadka Xaafadda Columbus (Columbus Neighborhood Health Center), Inc.]

Sharaxaadda: Daryeelka caafimaadka aasaasiga, ilkaha, aragga, maamulka kiiska iyo adeegyada xariirka ee la siiyo dadka ku sugan xaaladda guri la'aanta. Waxaa loo baahan yahay qiimeynta qabashada.

Goobta: Goobo kala duwan.
Saacadaha: Isniin – Jimco laga bilaabo 8am-5pm.
Telefoonka: (614) 645-0521 si aad u heshid macluumaad dheeraad ah.

Kliinikada Lacag La'aanta Gacmaha Kaalmada (Helping Hands Free Clinic)

Sharaxaadda: Baarista TB xagga shaqada ama baarista caafimaadka guud xagga dugsiga maalmaha Arbacada ka hor inta aan la gaarin kliinikada Jimcaha kowaad hal mar bishii. Deeqda \$5. Waa in uu awood u leeyahay in uu soo noqdo Jimcaha si loo akhriyo baarista. Fiiri <http://helpinghandsfreeclinic.org> ama wac (614) 262-5094 si aad u heshid tafaasiil.

Kliinikada Caafimaadka Sambabka (Lung Health Clinic) - Ururka Neefsiga (Breathing Association)

Sharaxaadda: Waxaa laga helaa baarista caafimaadka sambabka, daryeelka caafimaadka sambabka ee iminka socda, baarista dhamaystiran iyo baarista jirka baarista caafimaadka, raajada-x xabadka, baarista neefta, aqoonta neefta iyo COPD iyo kaalmada daweynta dadka qaba cudurada sambabka ama tubaakada xagga dadka qaba ama aan qabin ceymis. Lama qaadi doono lacagta lagu darro. Waxay kaloo bixiyaan qiimeynta hore iyo baarista jirka haddii macaamilka uusan qabin bixiyaha daryeelka caafimaadka iyo baarista jirka aysan bixinin dadka maaliyad ahaan xaqa u yeesha heerka saboolnimada 200% ama ka hooseeyo. Baarista maaliyadda waxaa laga dhamaystiraa xafiiska HEAP isla meesha loogu adeego macaamiisha ku sugan 1520 Old Henderson Rd. Wac xafiiska HEAP (614) 457-2997 si aad u qabsatid ballan ama Kliinikada Caafimaadka Sambabka (Lung

Health Clinic) telefoonka (614) 273-2843 macluumaad dheeraad ah.

Goobta: Kliinikada waxay ku taal 1520 Old Henderson Rd. Columbus, Ohio 43220. kuwa xaqa u yeesha waxaa la siin doonaa tigidhka lagu raaco baska.

Saacadaha: Isniin iyo Arbaco 9:00 am ilaa 3:00 pm. Waa la xeraa qadada laga bilaabo 12 Duhurka – 1 pm. Wac (614) 273-2843 si aad u heshid macluumaad dheeraad ah.

Kooxda Wareegta: Adeegyo la mid ah oo la bixiyo lacag la'aan lana siiyo dadka xaqa u yeesha ee ku sugan ama ka hooseeyo 125 %heerka saboolnimada **kooxda caafimaadka wareegta**, kuna sugan goobo badan oo ku yaal Degmada Franklin. Xaq u yeelashada maaliyadda iyo ballaminta waxaa lagu dhamaystiraa **IMPACT Community Action, 700 Bryden Rd.**

Wac (614) 453-1708 si aad u qabsatid ballan. Goobta **baabuurka fanka caafimaadka wareegta** waa isbaddalaa. **Wac Talaabada Bulshada IMPACT (IMPACT Community Action) ee ku taal 700 Bryden Rd. (614) 453-1708** ama booqo www.breathingassociation.org.

Saacadaha: Talaado iyo Qamiis 9 am ilaa 3 pm. Waa la xeraa qadada laga bilaabo 12 Duhurnimo - 1 pm.

DARYEELKA ARAGGA - BARNAAMIJYADA KHIDMADDA KU XERAN DAKHLIGA

Caafimaadka PrimaryOne (PrimaryOne Health) (Horay loo yaqiinay Xarunta Caafimaadka Xaafadda Columbus, Inc. (Columbus Neighborhood Health Center, Inc).

Sharaxaadda: Dallacaadda ugu yar baarista isha, taasoo ku saleysan khidmadda daruufaha, waa \$35. Kharashka ugu yar muraayadaha indhaha waa \$30. Waxaa la imaan kaartaa fraameka muraayadaha kaddibna waxaan sicir siin doonaa muraayadaha. Waa la ogol yahay ceymisyada qaar. Waxaan qaadaanaa lacagta caddaanka ama kaarka deynta.

Saacadaha: Ballan keliya.

Goobaha: East Central Health Center Vision Clinic, 1180 East Main Street, Columbus OH
43205 West Side Health Center Vision Clinic, 2300 W. Broad Street, Columbus OH
43204

Telefoonka: Labada goob, Wac (614) 645-5500, riix #1 si aad u qabsatidballan)

Xarunta Caafimaadka Christian Lower Lights (Lower Lights Christian Health Center), (oo la shaqeyso Kulliyada Cabbirka Jaamacadda Gobolka Ohio (Ohio State University College of Optometry)

Sharaxaadda: Adeegyada isha iyo aragga waxaa heli kara Medicare, Medicaid iyo dadka aan qabin ceymis. Khidmadda waxay ku saleysan tahay dakhliga. Wuxuu kaloo qaataa inta badan qorshooyinka ceymiska gaarka,

Saacadaha: Ballan keliya.

Goobta: 1160 W. Broad Street, Columbus, OH 43222

Telefoonka: (614) 274-1455.

DARYEELKA ARAGTIDA - BARNAAMIJYADA LACAG LA'AANTA

Ka Hortaga Cammolanimada (Prevent Blindness)

Sharaxaadda: Baarista isha oo lacag la'aan ah iyo muraayadaha la siiyo dadka xaqa u yeesha. Adeegyada la bixiyay oo la xariirto adeegga bulshada wakaaladaha, ku yaal agagaarka Columbus ee tixraacin u dira Xariirinta Daryeelka Aragga (Vision Care Outreach) Barnaamijka. **Weydii wakaaladda adeegga bulshada oo aad iminka la shaqeysid si aad u ogaatid haddii ay yahiin wakaalad iskaashi la samayso Ka Hortagga Cammolanimada (Prevent Blindness)** ama wac telefoonka 614-464-2020 si aad u heshid macluumaad badan.

Telefoonka: (614) 464-2020

Kliinikada Aragga Faith Mission (Faith Mission Vision Clinic) (iskaashi la leh Kulliyadda Cabbirka Jaamacadda Aragga Gobolka Ohio (Ohio State University College of Optometry)

Sharaxaadda: Baaritaanada dhamaystiran isha ee lacag la'aanta ah, waxay qaataan ballan kuwa aan ceymiska lahayn ee ku bixiya kharashka aragga iyo heerka saboolnimada 200% . U adeegidda guri laawaha ku sugan hooy kasta iyo tixraacinta laga soo qaato kliniko kale sida ku saleysan baahida. Dadka daggan

Faith Mission iyo tixraacinta Ka Hortagga Cammolanimada (Prevent Blindness) waxaa kliinkada laga siiyaa muraayado lacag la'aan ah. Dhamaan inta kale waxay heli doonaan qoraalka muraayadaha loo qoran iyo fojar ay ku soo qaataan muraayadaha lacag la'aanta ilaa Lenscrafters/Sears haddii loo aqoonsado. Muraayadaha waxaa lagu hagaajiyaa goobta marka ay suurtoagal tahay marka ballan la'aan la yimaado, waa kharash la'aan.

Saacadaha: Talaado iyo Jimco 8:30am – 12 duhurnimada iyo 1 pm – 4 pm. Waxaa loo baahan yahay in la qaato ballanka baarista.

Goobta: Faith Mission Clinic, 245 N. Grant Avenue, Columbus, OH 43215

Telefoonka: (614) 224-6617, khadka 2107

Kliinkada Isha Kaniisadda Stowe Baptist (Stowe Baptist Church Eye Clinic)

Sharaxaadda: Baaristaanka isha iyo fojarka lagu iibsado muraayadaha. Waxaa la codsanaa deeq.

Goobta: 888 South Parsons Avenue, Columbus, OH 43206.

Saacadaha: Maalmo kala duwan bisha taasoo ku xeran sida loo helo takhtar. **Waxaa loo baahan yahay ballan.**

Telefoonka: (614) 445-8400. Soo wac si aad u qabsatid ballan.

Kliinikadaha Lacag La'aanta Vineyard (Vineyard Free Health Clinics) - Aragga

Sharaxaadda: Baarista isha oo lacag la'aan ah iyo fojarada muraayadaha indhaha oo lacag la'aan ah lana siiyo kuwa xaqa u yeesha. Wuxuu la xariiraa Masiixiga. Iminka wuxuu u adeegaa dadka aan ceymiska lahayn iyo kuwa haysta ama xaqa u yeesha Medicaid kuna sugan heerka saboolnimada 200% ama ka hooseeyo. (Xaq uma laha Medicare ama barnaamijyada daryeelka caafimaadka kale ay dawladda soo saarto.)

Goobta: 6000 Cooper Road, Westerville, OH, 43081

Saacadaha: **Ballan keliya.**

Telefoonka: (614) 259-5428, Wac maalmaha Jimcaha 10:00 am–10:30 am si aad u qabsatid ballan

Aragga USA (Vision USA)

Sharaxaadda: Baarista isha oo lacag la'aan ah iyo muraayadaha (\$ 20.00 oo ah khidmadda maamulka muraayadaha) lana siiyo caruurta iyo dadka waaweyn ee xaqa u yeesha. Tani waxaa ka mid ah haysashada shaqo ama la noolaashada reer uu ka shaqeeyo hal xubin, aan lahayn ceymiska aragga, lahaashada dakhli ka hooseeyo heer dagan oo ku saleysan dakhliga reerka oo aan sameynin baaristaanka isha muddo 2 sanno. Arjiga ku qoran Ingiriisi iyo Isbanish waxaa laga helaa internetka <http://www.aoa.org/x5607.xml> ama arjiga waxaa lgu samayn karaa telefoonka.

Telefoonka: 1-800-766-4466, 8am – 8pm EST, Isniin ilaa Jimco.

Kliinkada Lacaag La'aanta Xenos Fourth Street (Xenos Fourth Street Free Clinic)

Sharaxaadda: Adeegyada Cabbirka Lacag La'aanta ah - baaris lacag la'aan ah iyo inta badan muraayado lacag la'aan ah. Ma jiraan sheegashooyinka itaal darrida oo laga shaqeyn doono. Bukaanka waa in uu qabin ceymiska Medicaid/Medicare nooc kasta. Dakhliga waa in uu ka yar yahay 200% heerka saboolnimada. Bukaanka waxay bilaabi karaan in ay saxiixaan marka ay tahay 5:30.

Goobta: 1934 N. Fourth Street, Columbus, OH 43201

Saacadaha: **Isniinta 1^{aad} iyo 3^{aad} bil kasta** P Bukaanka waa in ay isku qoraan inta u dhexeyso 6 iyo 7 pm.

Ugu badnaan 6 bukaan halkii habeen oo lagu arko sida loo soo kala horeey. Kliinikada waa xaran tahay fasaxyada Federaalka ee ku dhaca maalinta Isniinta.

Telefoonka: (614) 823-6510, khadka 1840.

DARYEELKA ILKAHA - BARNAAMIJYADA KHIDMADAHA KU XERAN DAKHLIGA

Caafimaadka PrimaryOne (PrimaryOne Health) (Horay loo yaqiinay Xarunta Caafimaadka Xaafadda Columbus, Inc. (Columbus Neighborhood Health Center, Inc).

Sharaxaadda: **Dadka Deggan Degmada Franklin keliya.** Daryeelka ilkaha kharashka yar. Buuxinta, baarista, nadiifinta iyo saaridda (maya ilkaha xikmadda). Waa la ogol yahay Medicaid iyo ceymiska gaarka loo haysto. Khidmadda waxay ku saleysan tahay dakhliga reerka. Si xaq loogu yeesho khidmadda ku saleysan daruufaha, **waa** in aad keentid 2 dabada mushaarka iminka ku soo gala (30kii maalin ugu dambeyay gudahooda) ama warqadda siinta Soshal Sekuriti. Wac si aad u heshid liis dhamaystiran oo ku saabsan caddeynta la ogol yahay. Sidoo kale waa in aad soo qaadatid biilka korantada, gaaska ama telefoonka guriga iyo aqoonsi sawir leh (ID). Haddii aad qabsatid su'aalo, fadlan la

- xariir kliinikada aad rabtid in aad soo booqatid.
- Saacadaha:** 7:45 am Isniin – Jimco - Degdegga, waa la imaan karaa ballan la'aan. Waxaad keentaa dakhliga reerka, caddeynta dagganaha iyo aqoonsiga ID. Khidmadaha waxay ku bilowdaan \$40 marka la raaciyoo caddeyn, \$279 marka aysan la soconin caddeyn.
- Goobta:** East Central Health Center Dental Clinic, 1180 East Main Street, Columbus, OH 43205
- Telefoonka:** (614) 645-5541 si aad u qabsatid ballan.
- Goobta:** Parsons Avenue Dental Clinic, 240 Parsons Avenue, Columbus, OH 43215
- Telefoonka:** (614) 645-7487 si aad u qabsatid ballan
- Goobta:** West Side Health Center Dental Clinic, 2300 West Broad Street, Columbus, OH 43204
- Telefoonka:** (614) 859-1830 si aad u qabsatid ballan.

Xarunta Caafimaadka Christian Nalalka Hoose, Inc (Lower Lights Christian Health Center, Inc)

- Sharaxaadda:** Adeegyada ilkaha kooban looguna talogalay bukaanka xarunta caafimaadka. Khidmadda ku saleysan dakhliga qofka aan ceymis qabin. **Khidmadda ugu yar ilkaha waa \$20.00**
- Saacadaha:** Ballan keliya.
- Goobta:** 1251 W. Broad Street, Columbus, OH 43222
- Telefoonka:** (614) 274-1455.

FURSADDA Ilkaha (Dental OPTIONS)

- Sharaxaadda:** Waxay isku xertaa dadka u baahan iyo takhaatiirta ilkaha ee daweyn doono bukaanka dakhliga hoose (kuwa aan xaqa u yeelanin Medicaid) khidmado yar. Saacadaha iyo goobaha loo habeyay dadka xaqa u yeesha.
- Telefoonka:** (614) 233-6388 ama 1-(888) 765-6789 <http://handsoncentralohio.org/get-help/dental-options>

DARYEELKA ILKAHA - WAA LACAG LA'AAN AMA WAXAA LA CODSADAA SADAQO YAR

Xariirka Daryeelka Takhaatiirta Ilkaha (Dentists Care Connection)

- Sharaxaadda:** Dadka aan ceymiska lahayn uu dhakhligooda yahay ilaa 200% heerka saboolnimada federaalka iyo aan lahayn ceymiska ilkaha.
- Goobta:** Columbus Public Health, 2nd floor, 240 Parsons, Columbus, OH 43215
- Saacadaha:** Siibidda Halka Ilig, maalamaha Isniinta 2^{aad} & 4^{aad} bil kasta, sida loo soo kala horeeyo xagga Buuxinta iyo Nadiifinta, Isniinta 3^{aad} marka la qaato ballan. Waqtiga diiwaan gelinta: 4:30 p.m.
- Telefoonka:** (614) 884-2441

Kliinikada Ilkaha Kaniisadda Stowe Baptist (Stowe Baptist Church Dental Clinic)

- Sharaxaadda:** Daryeelka degdegga ilkaha (Siibidda keliya). Sadaqada ugu yaraan \$10 halkii saarid la codsado.
- Goobta:** 888 South Parsons Avenue, Columbus, OH 43206.
- Saacadaha:** Sida loo kala soo hormaro, habeen kasta oo Isniin ah iyo habeenada Qamiista 1^{aad} iyo 3^{aad}. (Badanaa waxaa la arkaa 12da qof hore). Albaabka waxaa la furi doonaa 1pm si loogu sugo gudaha. Adeegyada ilkaha waxay bilowdaan agagaarka 5:45 pm.
- Telefoonka:** (614) 445-8400. Wac maalmaha Isniint haddii aad u baahan tahay macluumaad.

Kliinikada Ilkaha Vineyard (Vineyard Dental Clinic) - Cooper Rd

- Sharaxaadda:** Baarista ilkaha, raajooyinka-x, buuxinta, saaridda iyo nadiifinta. Maya ilkaha xikmadda, isku dhajinta ilkaha, toosinta ilkaha ama ilkaha beenta. **Iminka wuxuu u adeegaa dadka aan ceymiska lahayn iyo kuwa haysta ama xaqa u yeesha Medicaid ee qaata dakhliga 200% ama ka yar heerka saboolnimada Federaalka.** (Ma jiraan barnaamijyo caafimaad kale ay dawladda soo saartay oo xaqa u yeesha. Ma bixiyo daryeelka sii socda.) Wuxuu la xariiraa Masiixiga.
- Goobta:** 6000 Cooper Rd, Columbus, OH 43081
- Saacadaha:** Ballan keliya.
- Telefoonka:** (614) 259-5428. Wac Jimcaha 9:00 am - 9:45 am si aad u qabsatid ballan

Kliinikada Ilkaha Vineyard/Xenos (Vineyard/Xenos Dental Clinic) – Fifth Ave

- Sifeynta:** Baarista ilkaha, raajooyinka-x, buuxinta, saaridda iyo nadiifinta. Maya ilkaha xikmadda, isku dhajinta ilkaha, toosinta ilkaha ama ilkaha beenta **Iminka wuxuu u adeegaa dadka aan ceymiska lahayn iyo**

kuwa haysta ama xaqa u yeesha Medicaid ee qaata dkahliga 200% ama ka yar heerka saboolnimada Federaalka. (Ma jiraan barnaamijyo caafimaad kale ay dawladda soo saartay oo xaq u yeesha. Ma bixiyo daryeelka sii socda.) Wuxuu la xariiraa Masiixiga.

Goobta: 171 E 5th Ave. Columbus, OH 43201

Saacadaha: Ballan keliya.

Telefoonka: (614) 259-5428. Wac Jimcaha 9:00 am - 9:45 am si aad u qabsatid ballan

XARIIRKA IALAHA CAAFIMAADKA IYO BULSHADA (HEALTH & COMMUNITY RESOURCE CONNECTIONS)

Shaqaalaha Bulshada Xaafadda (Neighborhood Social Workers)

- **Leenka Kaalmada Shaqada Bulshada (Social Work Help Line) - 614-645-6807**
 - Dhaaf su'aashaada, qof ayaa ku soo wici doono
- Shaqaalaha Bulshada Xaafadda (Neighborhood Social Workers) waxay kugu kalameyn karaan in ay kugu xeraan macluumaadka ku saabsan ilaha bulshada.
- Waxaan kaloo kaala hadli karnaa arrimo kale. Ma jiro kharash la soo dallaco.
- Waan ku xunnahay, taasoo ugu wacan shaqaale kooban, kuma siin karno maamulka kiiska iminka socda.
- Waxaa dhici karto in aan ka maqanahay xafiiska marka aad soo wacdid. Marka, isu diyaari in aad fariin dhaaftid. Haddii aad u baahan tahay in aad macluumaadka heshid goor hore, wac HandsOn Central Ohio, telefoonka 221-2255 ama 211. Fadlan sabar yeelo, qof kasta ha ahaado qofka aad waceysid.

Xarumaha Sharafta Xaafadda (Neighborhood Pride Centers)

Xarumaha Sharafta (Pride Centers) waa dukaamo hal mar lagu hakado si loo helo adeegyada magaalada. Waxay iska xil saareen in ay badbaadiyaan caafimaadka, ammaanka iyo maslaxadda qoysaska ku nool agagaarka. Adeegyada magaalada aasaasiga guriga xarumaha ee ku sugan hal meel sida Shaqaalaha Bulshada Xaafadda (Neighborhood Social Workers).

FADLAN XASUUSO - Waan soo galnaa, waan ka baxnaa xarumaha, marka soo wac si aad u qabsatid ballan.

Westside Pride Center • 1186 W Broad St
614.645.5224 (Shaqaalaha Bulsjada #)
614.645.0176 (Nambarka Dhexe #)

Northside Pride Center • 248 E.11th Ave
614.724.1910 (Shaqaalaha Bulsjada #)
614.724.1900 (Nambarka Dhexe #)

South Side Pride Center • 280 Reeb Ave address
614.645.5205 (Shaqaalaha Bulsjada #)
614.645.8097 (Nambarka Dhexe #)

Far East Pride Center • 2500 Park Crescent Dr
614.724.0101 (Shaqaalaha Bulsjada #)
614.724.0100 (Nambarka Dhexe #)

Near East Pride Center • 1393 E Broad St
614.645.0115 (Nambarka Dhexe #)

Khadka Kaalmada Shaqada Bulshada
614-645-6807
Dhaaf su'aashaada, qof ayaa ku soo wici doono