



SEWA-AIFW ANNUAL REPORT





A Letter From SEWA -AIFW Executive Director

Dear Friends,

Namaste and Greetings!

As we sized down our circles, drew our chosen families closer, and celebrated collective moments virtually, Sewa-Aifw staff and the communities we serve were struck with a renewed sense of gratitude and longing for the gift of connection. These past two years have no doubt been some of the most challenging ones in our history. Our community support is what has kept our organization well and our resilience strong. Together, we demonstrated that although we may be isolated, we are not alone.

In the face of unprecedented challenges as a direct service and survivor-led organization, we chose to respond to fear and uncertainty with empathy and determination. At Sewa-Aifw, we made it our mission to apply our passion for human rights and social justice towards our work with MN south Asian Community and the community at large.

In the midst of the Covid-19 pandemic, George Floyd incident, and hate towards our Asian communities, Sewa-Aifw has reacted to the need of our communities by increasing our scope of services and our collaborative efforts with other organizations.

We are now in 2023 responding to the needs of the newly arriving Afghanistani refugees in Minnesota. When other agencies were closing their doors, we were hiring. Sewa-Aifw responded by pivoting our culturally specific programs to close the gaps that exist in food security, housing, and employment opportunities.

Our staff, who are our true heroes, were social distancing and taking care of each other in a holistic way.

As trusted messengers of MDH and Hennepin County, we were holding monthly meetings to discuss health-related issues and prevention strategies. We also assigned a victim response team to deliver services specifically to LGBTQ+ communities, women, men, and youth.

At Sewa-Aifw we are Establishing hope, and a vision that provides community harmony.

Thank you very much for your continuous support and dedication to our mission. We look forward to another great year of serving total family wellness to the South Asian community in Minnesota!

Stay safe and healthy!

Raj Chaudhary, Executive Director
SEWA-AIFW



OUR STORY SO FAR



Our Mission

Formed in 2004, SEWA-AIFW is a 501c3 nonprofit committed to serving, supporting, and enhancing family wellness for the South Asian community, especially the vulnerable and underserved, in the Twin Cities and Greater MN areas.

SEWA is dedicated to creating a healthy South Asian community by addressing & supporting community health – both physical & mental, senior care, domestic violence, LGBTQ+ matters, youth support, and civic engagement. In 2023, we delivered over 18,000 meals, as well as groceries, to seniors, victims, and others struggling with the effects of Covid-19. During this past year, most of our programs & support groups have been in person. Likewise, we were able to shift to more in-person events shortly. Our 32+ health clinics every year provide our community with free-cost health assessments and testing. We provide support and services for victims of domestic abuse and have developed various programs to address and discuss women's issues.

Our Purpose

There is a significant community of over 90,000 South Asians in MN. Often seen as a "model minority", many people, including many South Asians, don't view South Asians as a group that has a need for community assistance. However, there is an ever-growing need for culturally specific services – especially for physical and mental health issues as well as domestic abuse. Many South Asians living in the US are uninsured, many South Asian seniors have no income and don't know about the services available to them, and nearly 40% of South Asian immigrant women experience domestic abuse. Our goal is to connect people to the resources they need and to provide a safe space, especially for women, LGBTQ+, and youth, to discuss the issues they face, so that we can all live healthier and happier lives.



SEWA-AIFW at a Glance



7,000

Number of
interactions with
victim survivors
in 2023

30,000

Immigrants,
refugees, and
people of color
served in 2023

99%

Of our clients are
below poverty
guidelines

- Our clients live across Minnesota; the highest concentrations of South Asians are in Hennepin, Ramsey, Dakota, Anoka, Washington, Scott, and Olmstead counties.
- We serve the South Asian Community in Minnesota, which is made up of approximately 90,000 Afghanistans, Asian Indian, Bangladeshi, Bhutanese, Guyanese, Nepali, Pakistani, and Sri Lankan people (2015–2022 American Community Survey, U.S. Census Bureau).
- SEWA-AIFW employs 16 diverse staff members and works with approximately 100 volunteers.
- SEWA-AIFW was governed by a 7- member board of directors in 2023. Historically, the majority of board members have been first and second generation South Asian immigrants.



Sustaining and Enhancing Our Existing Programs

Providing accurate and updated information regarding the Covid-19 pandemic.

As trusted messengers of the Minnesota Department of Health, it has been our duty to relay important information and spread awareness about the continuously evolving COVID-19 pandemic. We posted weekly on social media, sent emails, made phone calls, and distributed masks and sanitizers to community members in need. We also hosted free monthly health and vaccination clinics in addition to providing COVID-related resources.

Offering various programs aimed at helping our seniors live a comfortable & and healthy life.

SEWA-AIFW is licensed to provide home & and community-based services for seniors aged 65+ in MN. Our Live Well At Home program helps older Minnesotans live well longer in their own homes by providing services that include supporting caregivers, promoting independence, and giving respite care. We also conducted weekly virtual and occasional in-person senior social events, distributed meals bi-weekly, introduced a dementia program, and provided transportation to events when necessary.



Supporting victims and survivors of domestic & sexual violence on their path toward healing.

SEWA-AIFW has a crisis line that is monitored closely by staff members. It is available 24 hours per day and 7 days per week. It is our mission to de-stigmatize seeking out help and ensure that victims and survivors know that they are not to blame. In addition to emotional support, we also assist with material support in their own native languages to victims and survivors, including: culturally-specific meals, donated goods, letters of support, and transportation if necessary.

Create safe spaces for LGBTQ+ individuals and youth to share their experiences & connect.

Our South Asian Queer League (SAQL+) is a support group for South Asian Queers and Allies in Minnesota. It facilitates connections with communities for queers, gender non-conforming, non-binary, and transgender individuals and families who are often marginalized in their own families and public spaces. Brown Breakfast Club is a youth-led group for youth ages 16-24. Meetings are held each month and are a mix of discussions & and presentations with a focus on mental health and cultivating healthy relations.

SEWA –AIFW Programs



HEALTH INITIATIVES

- Free monthly clinics
- Chronic disease management
- Lead poisoning awareness
- Mental health awareness & consultations
- Nutritional consultations
- Covid-19 testing & vaccination information



PROGRAMS FOR WOMEN

- Domestic abuse & violence awareness initiative (DAVAI)
- Invalidating myths of menstruation
- Shakti: women's support group
- Chai & Chat
- DOR: Desi Online Reading
- Economic Empowerment Program



PROGRAMS FOR SENIORS

- Supplemental Nutrition Assistance Program
- In-home support & respite care: Live Well at Home
- Weekly senior socials
- Meals on Wheels: culturally specific food deliveries
- Transportation to events, appointments, etc.
- Telephone assurance
- Dementia training



SEWA -AIFW Programs



PROGRAMS FOR LGBTQ+

- South Asian Queer League (SAQL+) monthly support meetings: Satrangi Mulaqat (Rainbow Meetings)
- Desi Pride Parades & advocacy



SOUTH ASIAN MEN'S CIRCLE

- PRAYAS: An Effort to Rise Together
- Networking, engagement, support & activities
- Monthly gup-shup (chit-chat)



CIVIC ENGAGEMENT & RESEARCH

- Addressing issues of public concern
- Census & election work
- Government relations
- South Asian Health Assessment Tool (SAHAT)



YOUTH PROGRAM

- Brown Breakfast Club - monthly meetings
- Podcast: Life Without Limca
- Volunteering incentives program





2023 Statistics



PROGRAM STATISTICS

Health Initiatives

- 1,190 health event attendees
- Over 413 appointments / referrals made
- 1,100 volunteer hours utilized
- 15 health clinics & 12 vaccination events
- Distributed over 2,500 masks, 7,000 sanitizers, and 1,900 Covid tests
- Provided over 600 booster shots

Women's Programs & Victim's Services

- 7,000+ interactions with clients served
- 1,600 calls received
- 200 volunteer hours
- 310 client referrals
- 12 trainings completed by staff
- 150 total Chai & Cha attendees
- 150 total Chai & Chat attendees
- 45+ Behind the Wheel Training
- 357 filing OFP, Motion to dismiss/vacate the order, Respondent's Motions, SAMS, Daily advocate calls, Amendments, Court preps

Meals Program & Dementia Services

- 1,696 total clients served meals
- 4,750 meals served & delivered
- 568 grocery deliveries
- 568 total meal volunteer hours
- 183 Evaluation;
- 23 Trainings completed;
- 1,873 Event Attendees;
- 2,725 Outreach People.

LGBTQ+ Program (SAQL+)

- 90 total Satrangi Mulaqat (Rainbow Meeting) & webinar attendees
- 2,430 total texts sent to members
- 560 total volunteer hours
- 57 first annual Desi Pride Parade attendees
- 2,330 total calls made to members

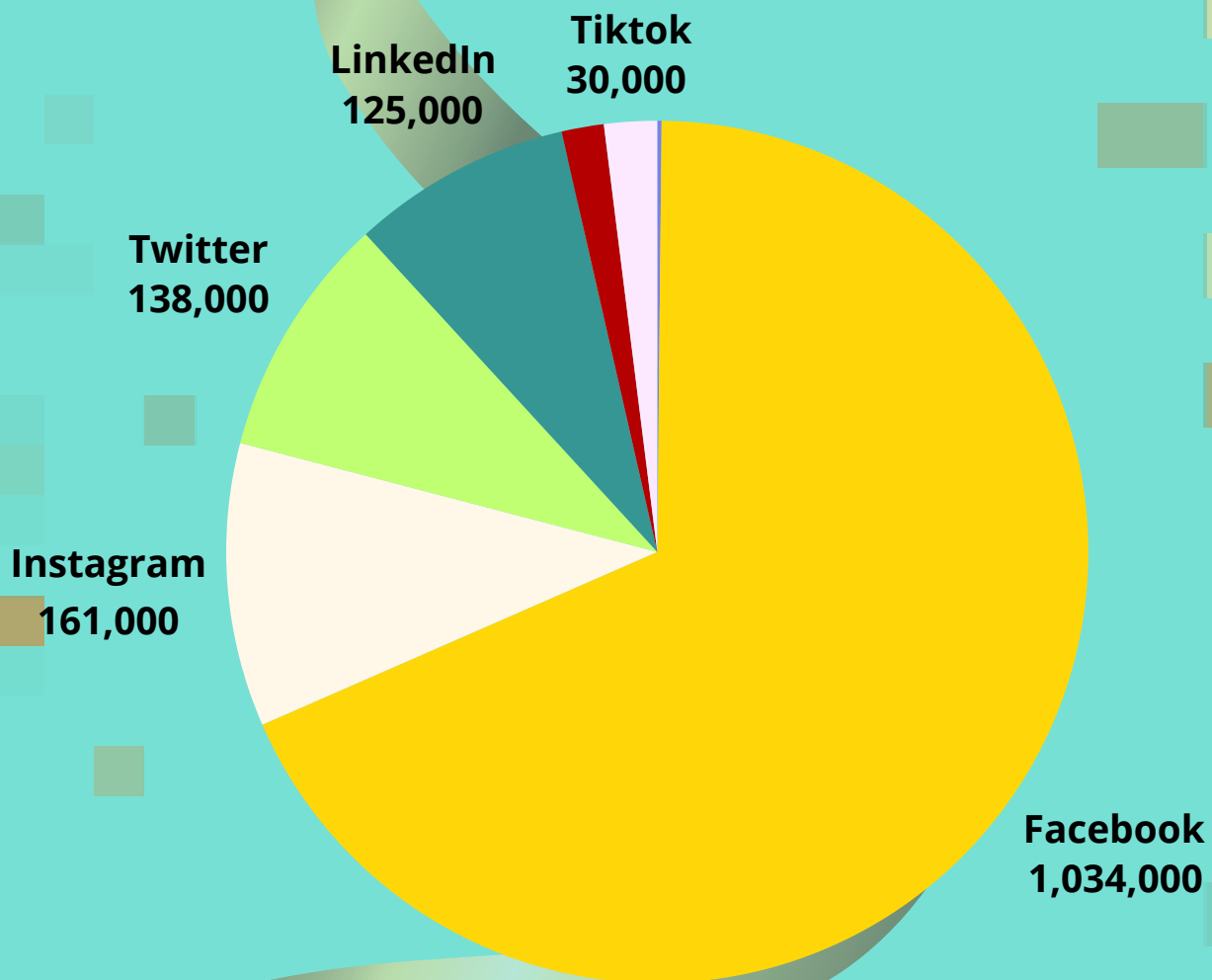
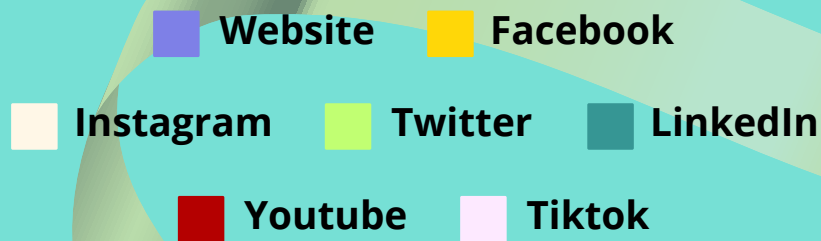
Senior & Youth Programs

- 7,715 total senior social attendees (average of 15 per weekly virtual social event)
- 884 total care calls made
- 45 senior volunteer hours dedicated
- 182 total youth group attendees (Brown Breakfast Club)
- Average of 14 monthly attendees
- 4 podcast episodes (Life Without Limca)



Social Media Growth Across Our Platforms in 2023

*Number of Followers
on social media*



We thank you for your ongoing support of our programs!

2023 Acknowledgements

Full-Time Staff in 2023:

Raj Chaudhary - in transition - Anjuli Mishra Cameron, Chief Executive Officer

- **Dasharath Yata, Executive Co-Director**
- **Mubina Qureshi, Executive Co-Director**
- **Dr. Atul Mishra, Medical Director**
- **Srivani Ganji, Program Manager**
- **Rohini Ramanuj, Senior Services Program Coordinator**
- **Srividhya Srinivasan, Senior Services Specialist**
- **Bharati Mehta, Senior Services and Walk Erase Specialist**
- **Anil Gurung, Meals & Transportation Coordinator**
- **Ramesh Ebram, Communications & Marketing**
- **Rituparna Rana, Women Engagement**
- **Aarti, Youth Program Coordinator**
- **Yasmeen Ashour, Volunteer Coordinator**
- **Ahmad Omid Yaqoobi, Meal & Volunteer**
- **Mounisha Gorle, Community Legal Advocate - H.County**
- **Ruth Sebiyan, Homemaker**
- **Arcadian Barret, Communication & Marketing**
- **Ankita Ashrit, Women Engagement Associate**
- **Algendra Beneties, Mental Health Coordinator**
- **Bree Hyworth, Health Clinic Coordinator**





**SEWA-AIFW
Board of Directors
December 2023**

All SEWA-AIFW board members are first-generation immigrants from South Asia:

- **Board Chair: Mr. Shekhar Alluri:**
- **Board Treasurer: Ms. SushilaShah**
- **Board Secretary: Ms. Ashley Alaveres**
- **Board Member: Dr Ramesh Chandan**
- **Board Member: Anu Alladi**
- **Board Member: Dr. Ansar Ahmed**
- **Board Member: Soma Dutta**

WWW.SEWA-AIFW.ORG



SEWA - AIFW ANNUAL GALA

2023



HOLIDAY BAZAAR - SUPPORTING SMALL BUSINESSES



FREE MONTHLY HEALTH CLINICS



AWARNNESS EVENTS & OUTREACHING







Thank you for your continuous support and dedication to our mission. We look forward to serving you all throughout 2023!

INDIA FEST FESTIVAL



2023



SEWA – AIFW 2024 GOALS