



SEWA-AIFW

Enhancing Family  
Wellness for South  
Asians in Minnesota

# A capital campaign for the Brooklyn Center Office Building



# Enhancing Wellness Opportunities for South Asians in MN

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## **SEWA-AIFW's Office Expansion Will Benefit Many**

Formed in 2004, SEWA-AIFW is a non-governmental, nonprofit 501c3 organization committed to bringing total family wellness to the South Asian Indian community. We believe that in order to build a violence-free society, we must engage all members of our community to take responsibility in condemning domestic violence. We provide women with information about their options and rights. SEWA-AIFW advocates and staff never tell a woman what to do; rather, we give women information about possible courses of action and help her become empowered to make her own decisions.

SEWA-AIFW volunteers are available 24 hours a day to answer your calls on our crisis hotline. We offer confidential services, which include free or low cost legal support, women's emotional support groups, access to battered women's shelter and medical care.

### **Our Guiding Principles**

SEWA-AIFW originated from a desire to meet the unrecognized and unmet needs of the Asian-Indian diaspora and South Asian Immigrant & Refugee community in Minnesota. SEWA means, "to serve" in Hindi, and was created to serve and promote "Total Family Wellness" For South Asians in Minnesota through culturally specific programs. SEWA began as a small group of volunteers and since its creation in 2004 has become registered as an official Minnesota Non-Profit Corporation, 501c3 established a Board of Trustees, gained a dedicated and growing group of culturally trained volunteers and has established programs designed to meet the needs of our communities in Minnesota. SEWA-AIFW is continuously involved in research, trainings and collaborations with other organizations to improve its programs and better serve the South Asian community in Minnesota.

**[www.sewa-aifw.org](http://www.sewa-aifw.org)**



## Women's Programs

- Victim services
- Chai n' Chat
- Domestic Abuse & Violence Awareness Initiative (DAVAI)
- Desi Online Reading (DOR)
- South Asian Voices Podcast
- Shakti Support Group



## LGBTQ+ Services

- South Asian Queer League (SAQL+)
  - Satrangi Meet up
  - Healing Sessions
  - Workshops
  - Discussion Panels
  - Art, Music and Cultural Events





# Seniors Programs

- Seniors Social
- Live Well at Home
- Culturally Specific Meals and groceries
- Transportation





## Men's Circle

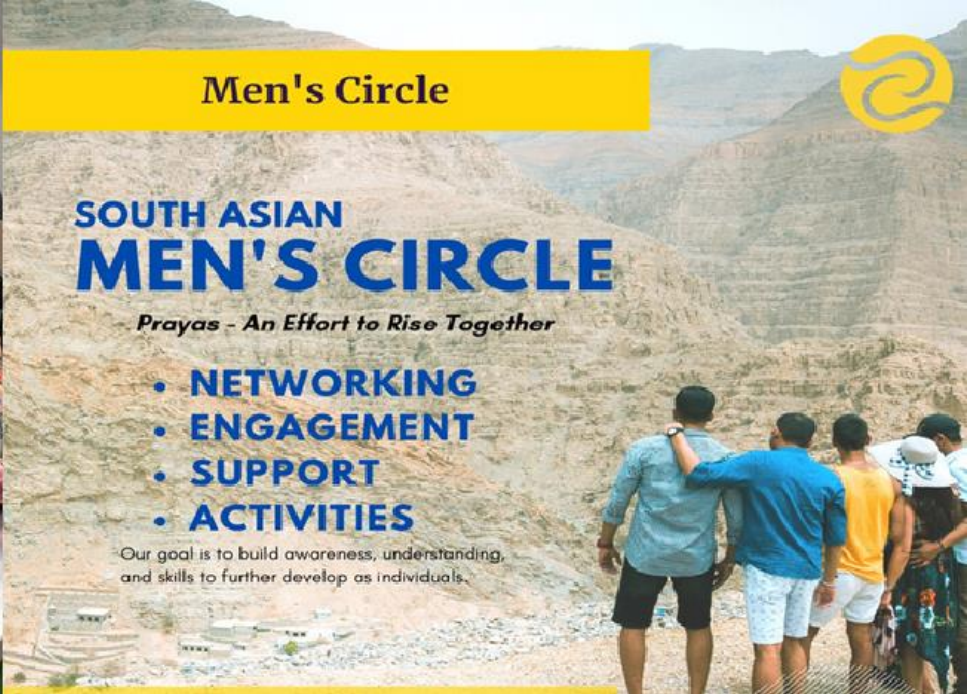


# SOUTH ASIAN MEN'S CIRCLE

*Prayas - An Effort to Rise Together*

- NETWORKING
- ENGAGEMENT
- SUPPORT
- ACTIVITIES

Our goal is to build awareness, understanding, and skills to further develop as individuals.



## In Person Clinics

- Monthly Health Webinars
- Flu Shot Clinics
- Blood Glucose Testing
- Cholesterol Testing
- Diabetes Screening



# SEWA-AIFW at a Glance

We served approximately **23,000** immigrants, refugees & people of color in 2022

South Asian Community in Minnesota: 65,000\*  
Afghan, Asian Indian, Bangladeshi, Bhutanese, Guyanese, Nepali, Pakistani, Sri Lankan

**99% of 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 approximately **3,500** victims of domestic & sexual violence each year

**Mission:** To Enhance "Total Family Wellness" for the South Asian community in Minnesota



## Our Vision

Envisioning a South Asian community that is healthy and violence-free, with self-determined women and engaged and supported elders and families.

## History

Formed in 2004 by Raj Chaudhary, SEWA-AIFW is a non-governmental, nonprofit 501c3 organization committed to bringing total family wellness to the South Asian Indian community.

## Governance

SEWA-AIFW is governed by an 6-member board of directors. Historically, the majority of board members have been first and second-generation South Asian immigrants.

## Staff and Volunteers

SEWA-AIFW employs 18 diverse staff members and works with approximately 200 volunteers.

\*2015-2019 American Community Survey, U.S. Census Bureau



# Our 2022 Program Statistics



## PROGRAM STATISTICS

Health Initiatives	<ul style="list-style-type: none"><li>• 1,947 health event attendees</li><li>• Over 300 appointments / referrals made</li><li>• 132 volunteer hours utilized</li><li>• 45 Mental Health Consultations</li></ul>	<ul style="list-style-type: none"><li>• 12 health clinics &amp; 10 vaccine events, with 2950 people helped</li><li>• Distributed over 15,000 masks, 5,000 sanitizers, and 1,000 Covid tests</li></ul>
Women's Programs & Victim's Services	<ul style="list-style-type: none"><li>• 4900 overall survivor interactions</li><li>• 70+ new survivors assisted</li><li>• 1,760 hotline calls received</li></ul>	<ul style="list-style-type: none"><li>• 53 KWL program attendees</li><li>• 141 volunteer hours</li><li>• 60 total Desi Online Reading participants</li></ul>
Meals Program & SNAP Services	<ul style="list-style-type: none"><li>• 1,735 total clients served meals</li><li>• 6,100 meals served &amp; delivered</li><li>• 338 grocery deliveries</li><li>• 239 total meal volunteer hours</li><li>• 10 meal distribution events</li></ul>	<ul style="list-style-type: none"><li>• 454 clients assisted with SNAP reports</li><li>• 68 SNAP eligibility checks completed</li><li>• 40 total senior applications filed</li></ul>
LGBTQ+ Program (SAQL+)	<ul style="list-style-type: none"><li>• 59 total Satranghi Mulaqat (Rainbow Meeting) &amp; webinar attendees</li><li>• 3,720 total interactions</li></ul>	<ul style="list-style-type: none"><li>• 77 total volunteer hours</li><li>• 110 2nd annual Desi Pride Parade attendees</li><li>• 408 total calls made to members</li></ul>
Senior & Youth Programs	<ul style="list-style-type: none"><li>• 783 total senior social attendees (average of 15 per weekly virtual social event)</li><li>• 873 total care calls made</li><li>• 426 senior volunteer hours dedicated</li></ul>	<ul style="list-style-type: none"><li>• 80 interactions at schools and universities</li><li>• 8 volunteer hours</li><li>• 1 new podcast episode</li><li>• New programs for ages 13-24</li></ul>

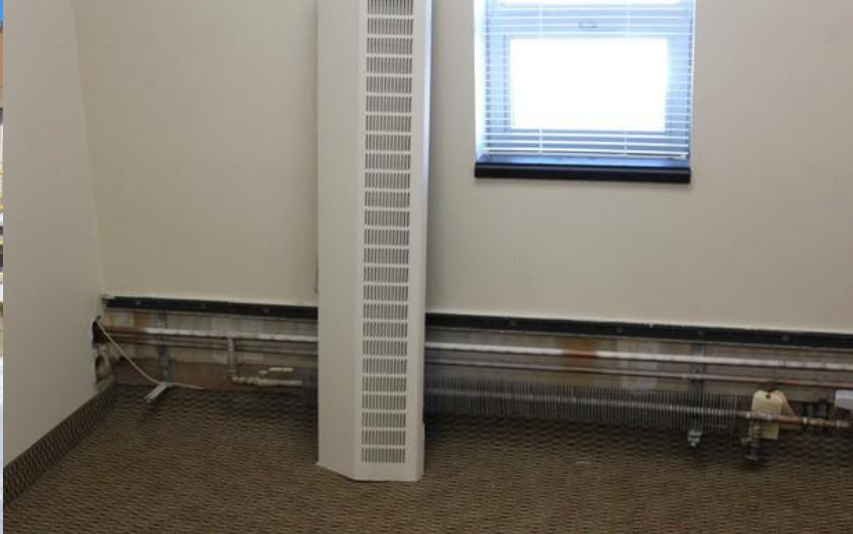
# SEWA-AIFW New Office Building

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**6645 James Avenue N  
Brooklyn Center, MN-55430**







# Needs Addressed by the New Office Building

**The Brooklyn Center location was selected as the home of SEWA-AIFW's new office building for several compelling reasons, including:**

## Concentrated & Growing Immigrant Populations

Over the past 2 decades, immigrants and refugee populations have more than doubled in the Twin Cities area. In fact, 12% of Twin Cities residents have immigrated from another country compared to only 8% in Minnesota as a whole. Over 89% of Indian immigrants in Minnesota live in the Twin Cities 7-country region of the state. There are over 368,000 immigrants living in the Twin Cities area, which is over 78% of Minnesota's total statewide immigrant population (MN Compass).

## Domestic Violence & Prevention Program

SEWA-AIFW has assisted with over 5,152 cases of domestic violence over the years. There are no other domestic violence programs or support centers in Brooklyn Center to support these cases. Therefore, SEWA-AIFW will play remarkable role in preventing and reducing domestic violence in the area through our culturally-specific programs and awareness efforts for domestic violence in order to build a violence-free community.

## A Limited Number of Human Services & Economic Development Infrastructures in Brooklyn Center Area

There are limited human services and economic development infrastructures located in Brooklyn Center and few in Brooklyn Park that are dedicated to serving immigrant and refugee populations. Therefore, SEWA-AIFW is going to play an increasingly vital role in responding to regional necessities and closing the gaps in services.

## Proximity to North Minneapolis & the Bottineau LRT

SEWA-AIFW is located less than 8.5 miles from North Minneapolis and almost 5.2 miles from the Bottineau LRT. SEWA serves a large amount of North Minneapolis & Brooklyn Center immigrant and refugee populations. One of the significant local resources is the bus line, and with the development of the Bottineau LRT, it will be comparatively easy to access the new SEWA-AIFW office from the North Minneapolis area.



# About the Campaign

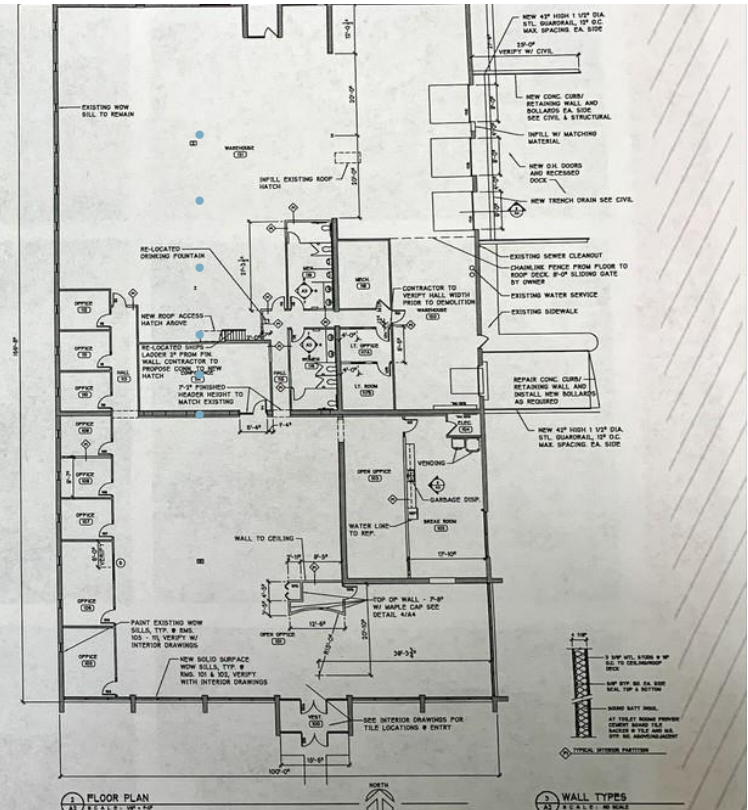
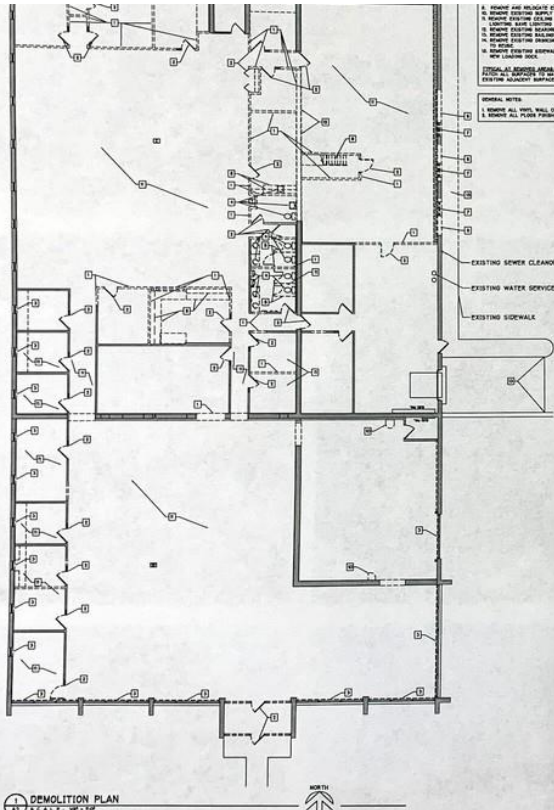
## SEWA-AIFW is launching a \$1.5 million capital campaign to expand our office and enhance family wellness opportunities for South Asian families living in Minnesota

SEWA-AIFW's capital campaign seeks funding for the purchase of a new 16,861 square foot office building, furnishing, and capital campaign development costs.

### Key features of the new office building include:

- 8,431 SF Office
- 8,430 SF Warehouse
- Dock loading
- 45 dedicated parking spots
- Permitted exterior storage (approx. 3,000 SF)

## FLOOR PLAN



# Campaign Budget

<b>Purchase</b>	<b>Cost</b>
<b>Building Purchase</b>	<b>\$1,450,000</b>
<b>Renovation &amp; Build Out</b>	<b>\$142,570,407</b>
<b>Equipment &amp; Furnishings</b>	<b>\$174,025</b>
<b>Capital Campaign</b>	<b>\$50,000</b>
<b>Total (renovations, build out, capital campaign, equipment, furnishings)</b>	<b>\$4,103,635</b>

# SEWA-AIFW Board of Directors & Outcomes

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## **Sushila Shah, Interim Board Chair & Treasurer**

Retired Hamline University Librarian  
Women's Advocate Volunteer  
Owner of CPA Firm

## **Ashley Alaveres, Secretary**

Analyst Team Lead IT Specialist,  
Metronic

## **Dr. Ramesh Chandan, Board Member**

Retired Food & Nutrition Researcher,  
General Mills  
DESI Food Plate Curator

## **Shakuntala Maheshwari, Board Member**

Cultural Art Teacher, Compass  
Longtime SEWA-AIFW Volunteer

## **Dr. Ansar Ahmed, Board Member**

Neurologist, Founder & Chair of Medical  
Committee, Anjumen-e-Asghari

## **Shekhar Alluri, Board Member**

Target Lead Software Developer  
Longtime SEWA-AIFW Volunteer  
Management Consultant

## **SHORT-TERM OUTCOMES**

- ♦ Community Outreach
- ♦ Referrals (employers, employment training, human services, health care, immigration, legal, language)
- ♦ 24-7 Crisis line
- ♦ Distribution of charitable goods
- ♦ Social gatherings and storytelling
- ♦ Health education
- ♦ Grant management for youth
- ♦ Internships + connecting young adults to mentors and employers
- ♦ Mental health workshops
- ♦ Tabling at community events
- ♦ Research
- ♦ Increase awareness of family violence in the SAI community
- ♦ Decrease stigma related to seeking help
- ♦ Increase access to culturally appropriate family violence services
- ♦ Increase in individuals' feeling of security and safety related to domestic violence situations
- ♦ Increase social connectedness among seniors and among people experiencing family violence
- ♦ Increase capacity of Sewa and other organizations to serve the community
- ♦ Increase awareness of South Asian community needs and assets among policymakers and human services providers

## **LONG-TERM OUTCOMES**

- ♦ Decrease in family violence
- ♦ Increase social and emotional well-being to prevent future mental health problems and isolation
- ♦ Improve physical and mental health outcomes, particularly for seniors
- ♦ Dispel the 'model minority' myth
- ♦ Reduce health disparities