SAPNANYC

ANNUAL REPORT 2019

Building power and health among immigrant communities across NYC

Letter from the Director

This has been an incredible year for Sapna, not just of growth and change, but of working to fully realize our mission of health, empowerment, and advocacy. I had the honor of taking over as Executive Director this past January and have the privilege of leading as we begin our second decade of work. We have continued our work on health with our CHALO! child health project, new diabetes prevention & management programs, and lead poisoning prevention workshops across the boroughs. We expanded our empowerment work with computer literacy classes and voter registration. And we broadened our advocacy work meeting with elected officials from City Hall to Washington DC to talk about budget equity, hate crimes and discrimination, and health and language access.

In the climate we're in, it is more important than ever that we continue to resist, to fight the rhetoric of hate and discrimination, the efforts to silence our voices, and the policies that are unjustly targeting vulnerable communities. It is our duty to use our power to lift up the voices and needs of the communities that don't have that luxury. With threats of the Muslim Ban, ICE, and other political attacks, speaking out without repercussion simply is not possible for everyone. At Sapna, with the help of our community of support, we are committed to building power within our community and with other organizations to ensure that the immigrant needs are heard and rights are protected.

Sincerely,
Diya Basu-Sen

VISION

Our vision is to promote health and social justice for South Asian immigrant women in New York City. We believe in a city and a country that celebrates the depth, diversity, and strength that immigrants bring and allows all voices to be heard.

MISSION

Sapna NYC is a not for profit organization transforming the lives of South Asian immigrant women by improving health, expanding economic opportunities, creating social networks, and building a collective voice for change. We recognize that women are the backbone of our families and that by empowering women, we are impacting whole families and uplifting entire communities. We strive to increase access for the women in our community – access to services, access to knowledge and information, access to systems, and access to pathways for social mobility.

Programs and Services

EMPOWERMENT & ADVOCACY

Citizenship Classes –Program to help women gain knowledge and confidence in order to pass their US Citizenship test.

English (ESOL) –Four levels of English classes to address the lack of English proficiency in the community, the most basic barrier to access and employment.

Computer Literacy Classes- Partnered with local public library to offer Beginner computer literacy courses in Bengali.

Women's Circle- Women come together to share experiences, challenges, health concerns, etc and build friendships and networks with community.

HEALTH & RESEARCH

CHALO! Child Health Action to Lower Obesity Intervention-based research study that addresses feeding problems, oral health, and obesity in young South Asian children.

Healthy Families – Case management program to provide services, facilitate referrals, and help women plan and meet their goals.

Lead Poisoning Awareness – Program to address disproportionate number of lead poisoning cases in the South Asian population.

SAATHI & APPLE - Diabetes Prevention & Management Programs using a Sapna developed CDC accredited culturally competent DPP curriculum

EVENTS & OUTREACH

Provider Education –Gave presentations to physicians at Urban Health Plan and Jacobi Medical Center on issues that effect South Asian immigrant women.

Workshop Series –Monthly workshops to increase awareness. Topics include: Self-Defense, Financial Empowerment, Hate Crimes & Discrimination. Immigrant & Housing Rights, Domestic Violence, among others.

Cultural Events–At Sapna we celebrate holidays important to our community, including Bangladeshi New Year, Eid, Bangladeshi Independence Day, and International Women's Day, among others.

Snapshots of 2019 Achievements

SAATHI & APPLE
- Created CDC accredited DPP curriculum
- 3 cohorts graduated
- 90 % retention rate
- 30 % decrease in A1C scores

CHALO! Project
- 500 mothers reached
- 350 visits completed
- 100 Chalo mom's graduated

Computer Literacy
- Started our Computer Literacy program
- Graduated 30 students in Beginners & Intermediate Classes

Citizenship
- 25 passed the citizenship exam
- 20 completed voter registration

Case Management
- Served 250 individuals
- Connected individuals to needed services

English (ESOL)
- Created an Absolute Beginners Class
- Served 200 women throughout the year

Workshops
- Reached audiences in Bronx, Queens & Brooklyn
- Workshops have covered the topics of Public Charge, Housing/Tenant Rights, Immigration Fraud & Immigrant Rights, Educational Rights for school children, and hate crimes & discrimination
- 250 served through workshops

2019 REVENUE

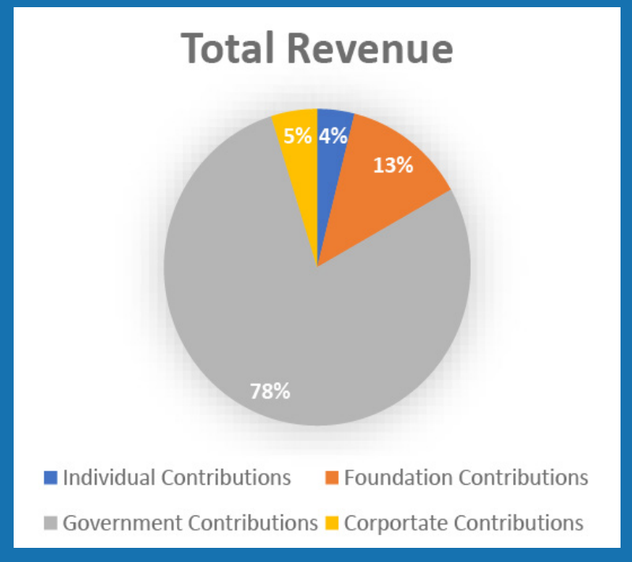
Individual Contributions - $17,308

Foundation Contributions - $57,210

Government Contributions - $346,076

Corporate Contributions - $21,441

2019 Total Revenue - $442,035



Funding Partners

Without the generous support of our funders and donors, the work of Sapna NYC, Inc. would not be possible. Our donors recognize that local community-based organizations are essential in protecting and lifting up our vulnerable communities. Local organizations like Sapna NYC are integral in carrying out the work of foundations and government agencies particularly when addressing the needs and rights of low-income immigrant communities of color. We are grateful for the trust and backing of our community of support that has allowed us to provide a wide spectrum of culturally competent and linguistically accessible services and programming for South Asian immigrants living in NYC.

Albert Einstein
City Council Access Health Initiative
NYC Department of Youth and Community Development
Islamic Relief USA
Complete Count Fund NYC
New York Women's Foundation
Bloomberg
NYC Department of Health and Mental Hygiene
City Councilman Diaz
National CAPACD
City Councilman Grodenchik
Eversheds Sutherland
Kelley Drye
Arun Agarwal

2019 Board

Meghana Shah – Board Co-chair
Tania Khan – Board Co-chair
Sehra Eusefzai
Debarati Roy
Usha Ramachandran
Anish Mitra

2019 Staff

Diya Basu-Sen – Executive Director
Saba Naseem – Assistant Director
Myesha Hossain – Program Associate (until 6/1/19)
Arpita Tahsin – Program Associate (From 9/19)
Nahida Ferdoush – Community Health Worker
Hamida Akter – Community Health Worker
Salma Rashid – Community Health Worker