

# SAMEE ISBEDDEL.

Ku biir Golaha la Talinta Adeegyada Gabowga oo ka caawitalada Degmada Multnomah mowduucyada sida:

## CAAFIMAADKA



## TAAGEERADA DARYEEL-BIXIYAHA



## FAYO QABKA



## GAADIID



Xubnaha golaha la talinta waxay la taliyaan Qaybta Adeegyada Gabowga, Naafada, & Askartii Hore (ADVSD) si loo hubiyo in dadka waayeelka ah, dadka naafada ah, iyo Askartii Hore ay ku samaadaan bulshooyinka kala duwan ee taageerada leh. Xubnaha gollaha la talinta waxay u doodaan isbeddelka heerka nidaamka, waxay talo siiyaa ADVSD ku saabsan xeerarka iyo barnaamijyada, oo ku xidhmaan bulsho-waynta si ay u fahmaan arrimaha iyo ahmiyadaha ADVSD dadka ay yoolka saarayso.

Waxaanu shaqaalaynaynaa koox mutadawiciin kala duwan ah, kuwaas oo daryeel leh oo niyad furan, kuwaas oo ka wada shaqayn doona sinaanta, awood siinta, iyo la xisaabtanka. Addoo noqonaya la taliye, waxaad haysan doontaa fursadda aad kala shaqayso arrimaha ahmiyada adiga kuu leh, inaad ku xidhnaanto dadka aad isku niyada tihiin, iyo inaad ka shaqayso isbeddelka faa'iidada leh ee bulshaddeena oo dhan.

**KU BIIR HADDA!**



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**ASAC**  
Aging Services Advisory Council  
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