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## Namaste!

Happy New Year to all! We hope that you have enjoyed a restful and safe holiday season and that you have managed to stay warm during the recent snowy weather.

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# LET'S TALK



# #KURA



## Podcast

The team has released three episodes as of the time of this

publication.

The first episode guest stars Pramoj Adhikari, a registered nurse and an active member of our community. He is a DAISY nurse awardee, an awesome soccer player, and is studying for a Doctor of Nursing Practice degree. Mr. Pramoj talks about his love for his work, his commitment to serve his community, and his personal stories and journey throughout the pandemic.

Please find episode one with Pramoj Adhikari on [Spotify](#), or watch the [video here](#).

The second episode is in collaboration with Nepal Rising Seattle. Mr. Sav Shrestha, the co-founder of Nepal Rising Seattle, talks about the organization: their focus on relief, rebuilding and resilience, their efforts with the 2015 earthquake, and their work combating the COVID-19 pandemic.

Please find episode two with Mr. Sav Shrestha on [Spotify](#), or watch the [video here](#).

In our third episode, we talk to Dr. Arjun Adhikari about how he came to Seattle, his work in the Nepali community in Washington State as a Hindu Priest. Tune in and listen to the interesting conversation we had with him!

Please find episode three with Dr. Arjun Adhikari on [Spotify](#), or watch the [video here](#).

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## Vaccination Camp

The NEYPVAL team collaborated with the Columbia Basin College in Pasco for a community vaccination event on December 8. We are continuing to urge our Nepali population to get their COVID-19 vaccines and booster shots. Our Program Manager, Leema Pradhan also received her booster shot! She reported a little discomfort, but now feels well and protected.

Additionally our health team Maya Magarati and Dr. Nitin Thapa volunteered in another vaccination camp at



Federal High School on December 12. We are fortunate to have such active community members in our team who are championing for community vaccination and are forging stronger connections within the community.



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## Yomari Puni



The Newah Organization of America Seattle had to change their much anticipated in-person Yomari Punhi to a virtual event. We are grateful to Newa Society for offering us a platform to deliver our messages in their virtual event. In collaboration, NEYPVAL produced a celebratory video showcasing Yomari, which you can view [here](#).

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## What's going on this month



Join us this Friday, January 21st, at 6 pm for an informational session on COVID-19 resources available, how to stay safe and what to do if you start showing symptoms. As COVID cases rise again, let's stay informed and vigilant and keep ourselves and our community safe! If you have any questions that you want to be answered, please leave them in the comments, DM us or email us at [health@nepalseattle.org](mailto:health@nepalseattle.org) <https://us06web.zoom.us/j/81416133368>

## Order your free at-home COVID-19 tests today!

Put your order in now to be processed end of January! We know we will feel safer with home tests on hand!

Order Here:

<https://nachw.org/covid-test-kit-order-form/>

<https://special.usps.com/testkits>

**Order your free at-home COVID-19 tests today!**

Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com. Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January

**Order here:**  
<https://special.usps.com/testkits>

**आजै तपाईंको घरमा निःशुल्क मगाउनुहोस् कोभिड -१९ परीक्षण किट!**

प्रत्येक घरले USPS.com बाट ४ निःशुल्क कोभिड -१९ परीक्षण किट को एक सेट प्राप्त गर्न सक्नुहुनेछ। आफ्नो अर्डरको बारेमा जान्नु पर्ने आवश्यक कुराहरू :

- प्रत्येक ठेगानामा एक अर्डर।
- हरेक अर्डरमा ४ ओटा रापिद एन्टिजेन कोभिड-१९ परीक्षण किट समावेश छन्।
- अर्डरहरू जनवरीको अन्त्यमा निःशुल्क पठाइनेछ।

**यहाँ अर्डर गर्नुहोस्:**  
<https://special.usps.com/testkits>

Please follow our social media pages for all our most recent updates.

Thank you and stay safe,  
Nepal Seattle Society