

University of Colorado Colorado Springs

# A Proposal for Funding to the Richard King Mellon Foundation on behalf of the Bhutanese Community Association of Pittsburgh

4/26/2024

Prepared for: Bhutanese Community Association of Pittsburgh

Prepared by: Jeffrey Simonoff

Khara Timsina, Executive Director  
Bhutanese Community Association of Pittsburgh  
3000 Brownsville Rd  
Pittsburgh, PA 15227

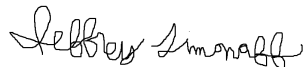
Dear Mr. Timsina,

My name is Jeffrey Simonoff, and I am a Bachelor of Innovation degree student at the University of Colorado Colorado Springs. I have recently found interest in your organization, and I would like to support it by assisting you with a new grant proposal. One of the programs that I have interest in for your organization is the mental health program. I believe that this program could be effective against the high suicide rate for Bhutanese refugees, if given the proper funding.

The organization that I have selected to help fund this program is the Richard King Mellon Foundation. Their main focuses for potential funding partners include environmental preservation, economic mobility, and health and well-being. One of the key components for their focus on health and well-being is mental health. I believe that appealing to these focuses, mainly health and well-being, could assist your organization in its goals.

I would recommend applying for a general application for the Richard King Mellon Foundation, as it is the most flexible option for your organization. In order to assist you in this process, I have prepared a proposal for you towards the funder, which acts as a request to fund your mental health program, and includes a narrative that defines your current mission, a financial summary, and various staff and financial information. I look forward to assisting your agency with the mental health crisis affecting the Bhutanese refugees in Pittsburgh.

Sincerely,



Jeffrey Simonoff  
[jsimonof@uccs.edu](mailto:jsimonof@uccs.edu)

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Richard A. Mellon, CEO  
Richard King Mellon Foundation  
500 Grant St #4106  
Pittsburgh, PA 15219

Dear Mr. Mellon,

The Bhutanese Community Association of Pittsburgh would like to offer a proposal for funding. Our line of work involves helping Bhutanese refugees in Pittsburgh integrate into the United States. Currently, Bhutanese refugees in the United States have a suicide rate of 20.3 per 100,000 people, which is nearly double the amount of the national average. It is for this reason that we have a mental health program that hopes to alleviate this issue.

The programs we offer include civics-based classes, community-based activities, immigration assistance, mental health, and so on. We have helped thousands of Bhutanese refugees integrate into the United States within the past 10 years through our programs. We believe that receiving funding from the Richard King Mellon Foundation could help us improve our existing programs.

The Bhutanese Community Association of Pittsburgh recognizes that your organization's current focus is on environmental conservation, economic mobility, and health improvements. If the mental health of Bhutanese refugees improves, we could educate these refugees on environmental conservation, as well as economic mobility. We would like to request \$192,584 for our organization to help fund our existing programs through the general application.

Sincerely,  
Khara Timsina, Executive Director  
Bhutanese Community Association of Pittsburgh  
3000 Brownsville Rd  
Pittsburgh, PA 15227  
(412) 668-3197  
[ktimsina@bcap.us](mailto:ktimsina@bcap.us)



## SUMMARY SHEET FORM

**Legal Name of Organization:**

Bhutanese Community Association of Pittsburgh

**DBA (if applicable):**

**Mailing Address (and Physical Address if it is different and not confidential):**

3000 Brownsville Rd, Pittsburgh, PA 15227

**Phone:** 412-668-3197

**Fax:**

**EIN:** 30-0742370

**Website:** <https://bcapgh.org>

**Organization Email Address:** contact@bcap.us

**Name of CEO or Executive Director:** Khara Timsina

**Phone:** 412-327-7256

**Email:** ktimsina@bcap.us

**Application Contact & Title (if not the CEO or Executive Director):**

Benu Rijal – Health Coordinator

**Phone:** 412-668-3197

**Email:** mtimsina@bcap.us

### Organization Information

**Year Founded:** 2010

**Mission Statement:**

The Bhutanese Community Association of Pittsburgh's mission is to ensure a high quality of life for all members of the Bhutanese community in Pittsburgh, Pennsylvania through culturally informed services and activities.

**Geographic Area Served (specific to this proposal):**

Pittsburgh, Pennsylvania



## Colorado Common Grant Application

### Tax Exemption Status:

- ☒ 501(c)(3)  
☐ Using a fiscal agent/fiscal sponsor

Name of fiscal agent/sponsor:

- ☐ Other than 501(c)(3), describe:

Number of Employees: Full-time: 17 Part-time: 0

### Grant Request Information

Type of Grant Requested (select one):

Amount of Request: \$ 192,584

- ☒ General Operating Support  
☐ Program or Project Support  
Name of Program or Project:  
☐ Capital Request (Check with the grantmaker as to whether they prefer the CGA-Capital)  
☐ Other

### Describe what the grant will be used for:

The grant will be used to improve the mental health program of the agency, allowing for more opportunities to assist in mental health services for refugees from Bhutan. Additionally, issues faced by the refugees may be further explored, which will allow certain methods of mental health improvement to be implemented.

### Financial Information Budget numbers should match the numbers presented in Attachments 1(a) & (b).

Organization's Current Budget for Fiscal Year Ending: 12/31/2022

Income: \$ 553,000 Expenses: \$ 329,000

AND, if other than a general operating request,

Program or Project Budget: Dates: from: to:

Income: Expenses:

By signing below, I certify that the information contained in this application is true and correct to the best of my knowledge.

Khara Timsina  
CEO/Executive Director

3/8/2024  
Date

## **Background and History of the Agency.**

During the 1990s, Bhutanese refugees were forced to leave Bhutan and take refuge in camps in Nepal, as well as within the United States. Our founder struggled to navigate within the United States at first, so he moved back and spent 17 years in a refugee camp in Nepal for training before being approved for proper United States immigration. After moving to Pittsburgh, Pennsylvania, being hired by a payment processing center, and aiding the local Bhutanese community, our founder co-founded the Bhutanese Community Association of Pittsburgh in 2010. The reason why this agency was formed was to help Bhutanese refugees in Pittsburgh integrate, and we created several programs to make them feel less isolated and more at home within the United States.

## **Current Goals**

Our current goals for this decade are to improve further the mental health of the Bhutanese community in Pittsburgh. To do this, we plan to train several Bhutanese volunteers in teaching mental health to remove the social stigma behind talking about mental health in the Bhutanese community. These goals fit in with our mission to help Bhutanese refugees within Pittsburgh by applying mental health awareness in a culturally sensitive way. By having teachers part of the Bhutanese community, we can teach awareness of mental health by reducing the stigma against discussions on mental health naturally. We believe that these goals are significant due to the recent rise in isolation during the pandemic, as well as the higher-than-average suicide rate that Bhutanese refugees face within the United States.

## **Overview of Programs**

Our current programs within the Bhutanese Community Association of Pittsburgh include an after-school academy, volunteer opportunities, civic engagement, and many other programs. In short, the programs that we offer exist to help the Bhutanese refugees residing in Pittsburgh, Pennsylvania. To accomplish these tasks, the primary focus of our programs seeks to not only assist the refugees through various activities, but also to help them integrate into the society of the United States. We apply these programs by providing necessary resources to the Bhutanese refugees via physical and online services, which can either be directly from our resources or through other organizations that we collaborate with often.

The populations that we have served include the Bhutanese refugees in the town of Allegheny, which has a population of over 7,000 members, as well as other areas of Pittsburgh. As for the impact of our programs last year, we have serviced 2157 people via call and received 1033 office visits. For our civics program, we have helped 25 refugees graduate civics classes, as well as help 8 refugees gain citizenship status. Additionally, we have helped register 126 voters within the Pittsburgh community.

For our other educational programs, we have assisted 75 kids within the Pittsburgh community through after-school programs. At least 90% of the kids that attended our after-school program felt satisfaction in their overall growth. Additionally, we have trained 25 people for our mental health first aid programs, which will help reduce the stigma of mental health in the Bhutanese community. Lastly, our revenue from last year is \$722,698, which helps us further in assisting the refugees with our existing programs.

## **Summary of the Program Request**

The program that we would like to seek funding for would be our mental health program. This program focuses on the mental and behavioral health of the people that we service, in which our research shows that stress often forms when pursuing higher education, so one of the age groups that we focus on is those learning in college. To assist with improving the mental health of Bhutanese refugees, we have created a guide that can assist with understanding the problem, as well as providing resources to help those in need of mental health services.

The main reason why our mental health program exists is mainly due to the struggle Bhutanese refugees may face in the United States, which includes maintaining mental health. The reason that these refugees struggle with mental health is mainly due to financial struggles, the language barrier, the struggle to find employment, and, in the case of men, the unwillingness to reveal these struggles. Through this program, we hope to obtain a ripple effect that reduces the higher-than-average suicide rate of Bhutanese refugees, with the potential to improve their lives overall.

By implementing mental health training into our program, we hope to reduce the cultural stigma of those who are struggling with mental health. One of our end goals is to allow Bhutanese refugees to see mental health as an important health factor, due to the social stigma of discussing mental health. We hope to bring some Bhutanese refugees in as teachers of mental health to properly reduce the cultural stigma of expressing mental issues. To achieve this goal, we will need roughly \$192,584 in funding to properly fund our mental health program, in order to reduce the stigma around mental health awareness.

## **Program Evaluations**

We measure the impact of our programs through surveys, annual reports, and general research. Starting with our general research, we begin with applying the program itself and then interview certain individuals who have been a part of the program. Next, we survey everyone within the program, where the data is recorded in our annual reports. Once that information has been recorded, by the end of the year, we can re-examine our impact based on the data available to us.

To improve our programs when needed, if an issue shows little to no improvement, we will conduct further research on what makes that issue difficult to solve, as well as consider what we could do to solve it. One example would be our mental health program, where an issue we currently face is the social stigma of discussing mental health. Our planned solution is to bring members of the Bhutanese community to explain mental health to others in their community, thus reducing the social stigma.



## **Collaborations**

To extend the effectiveness of our programs, we collaborate with certain agencies, as well as assist in community efforts. When it comes to collaboration with other organizations, our main methodology is to give our services for them to use, and vice versa. One example would be our collaboration with Allegheny County Mental Health, where we provide a link to in our mental health program, allowing for more effective treatment of Bhutanese refugees.

As for our collaborations with our community, we utilize certain events and programs to further connect with the Bhutanese community on a physical level. One of our main programs is Community Gardening, where we create bonds with our community through gardening via the Mount Oliver Community Garden. Alongside our community gardening program, we also host community conversations in collaboration with the Jefferson Regional Foundation to discuss priorities with all age groups of the Bhutanese community.

Our main philosophy is grounded through volunteerism and collaboration, and we strive to extend our services to vulnerable families in the Bhutanese community. Our programs are integrated in such a way to allow collaborators to assist in the growth of our community. By collaborating with community members and partners, we can further assist with our programs indirectly, as well as communicate with our community directly to solve certain issues.

## **Inclusivity**

Our agency seeks to help Bhutanese refugees, a minority group within the United States that struggles with integration, and we strive to expand our services without discrimination. We use a variety of programs to help these refugees integrate and learn while remaining culturally sensitive to their usual norms. These programs are taught by various people with different backgrounds, including other Bhutanese refugees. Additionally, our board of directors, supporters, donors, and other partners help by giving us the resources to ensure our community remains diverse and inclusive. Overall, being inclusive is one of our main priorities, and we intend to expand upon it further within our hiring practices and through the interactions in our community.

## **Board of Director's Role**

Our board of directors' primary role in advancing our mission is to assist us in strategies that can help our overall goal of integrating Bhutanese refugees into the United States. Some of the critical issues and policies that our board of directors seeks to address are our ability to provide a diverse and inclusive space and how we can address mental health in the Bhutanese community. The board members operate in the daily functioning of our organization by providing a potential agenda that we could use for our programs, as well as potential strategies that could be used in our programs. Our board of directors serves this role to further assist our existing programs for the Bhutanese refugees, giving us the time and resources to accomplish our goals.

## **Volunteers**

Our organization allows volunteers to work for us through a particular program. This program requires volunteers to fill out a form, and upon volunteering, that volunteer may work with our organization from 9 am to 5 pm on the weekdays. As of 2022, we have had 39 volunteers, each with a maximum of 2,040 hours annually. Volunteers help us in our organization by providing additional assistance, such as interpreting, transportation, mentoring, homework assistance, immigration assistance, etc. Our community relies significantly on volunteers, who contribute through funding or by assisting in our existing programs, and we greatly appreciate their support.

## **Plans for the Future**

One of the challenges that we currently face is the lower-than-average mental health quality of the Bhutanese community. This challenge is caused by a social stigma in the Bhutanese community, which may prevent discussions on mental health. Our solution to this challenge is to integrate a few Bhutanese refugees into our mental health program to remove the stigma more naturally.

Potential opportunities that we could face in the next 3–5 years include the previously mentioned focus on mental health, as well as improvements to our other programs. Additionally, we would like to further integrate the Bhutanese community into the United States society by meeting with other communities, which will be done through various events. To address changes in our service model, we may search for more funding, collaborators, and potentially, more volunteers in the future.

## **Additional Information**

While our agency focuses on helping Bhutanese refugees integrate, our programs are not explicitly limited to integration assistance and mental health. One of our main programs is community gardening, in which a 10x20 growing space can be applied for individuals for \$10 a year within the Borough of Mount Oliver. This program helps our community grow as individuals, with the additional benefit of assisting the environment and further integrating the Bhutanese refugees as a community.

Another program we provide is our after-school academy, which aims to help school-age children develop their knowledge and a sense of community. Our after-school program helps our community by increasing learning opportunities through societal integration and learning, as well as allowing for more interactions between community members. Overall, these programs benefit our community, and we hope to grow a sense of community with other groups through these programs.

## Visual - Logframe

	Project Summary	Indicators	Means of Verification	Risks/Assumptions
<b>Goal</b>	50% reduction in Bhutanese suicide rate within 2 years.	Percentage of Bhutanese refugees' suicide rate.	Comparison of suicide rate from previous years to current year.	N/A
<b>Outcome</b>	Improve mental health of Bhutanese refugees in Pittsburgh, Pennsylvania.	Mental health quality within the Bhutanese community in Pittsburgh.	Anonymous, post-teaching surveys by comparison to pre-teaching surveys.	Improved mental health will lead to lower suicide rates in the Bhutanese community.
<b>Outputs</b>	1. 80 Bhutanese refugees in Pittsburgh willingly attending mental health classes.	Number of Bhutanese refugees attending mental health classes.	Class attendance records.	Bhutanese refugees begin applying these lessons to improve their health.
	2. 80 Bhutanese refugees in Pittsburgh with mental health struggles discussing those struggles with family members.	Number of Bhutanese refugees discussing mental health problems with family members.	Survey of Bhutanese families after class sessions.	Learning Bhutanese refugees are interested in sharing mental health struggles with their families.
<b>Activities</b>	1. Train 10 Bhutanese refugees for teaching mental health.	Number of Bhutanese refugees acting as mental health teachers.	Mental health employment records.	Bhutanese families with a stigma against discussions on mental health will begin to have an interest in mental health.
	2. Teach 50 Bhutanese refugees techniques for addressing mental health with take-home pamphlets.	Number of Pamphlets delivered.	Pamphlet distribution records.	Bhutanese refugees are invested in learning about mental health struggles properly.

# Form 990

4/24/24, 3:31 PM

Bhutanese Community Association Of Pittsburgh - Full Filing- Nonprofit Explorer - ProPublica

efile Public Visual Render		ObjectID: 202332979349300018 - Submission: 2023-10-24	TIN: 30-0742370
Form <b>990</b>	<b>Return of Organization Exempt From Income Tax</b> Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundations) Do not enter social security numbers on this form as it may be made public. Go to <a href="https://www.irs.gov/Form990">www.irs.gov/Form990</a> for instructions and the latest information.		OMB No. 1545-0047 <b>2022</b> Open to Public Inspection
Department of the Treasury Internal Revenue Service			
<b>A For the 2022 calendar year, or tax year beginning 01-01-2022, and ending 12-31-2022</b>			
<b>B</b> Check if applicable: <input type="checkbox"/> Address change <input type="checkbox"/> Name change <input type="checkbox"/> Initial return <input type="checkbox"/> Final return/terminated <input type="checkbox"/> Amended return <input type="checkbox"/> Application pending		<b>C</b> Name of organization BHUTANESE COMMUNITY ASSOCIATION OF PITTSBURGH Doing business as Number and street (or P.O. box if mail is not delivered to street address) Room/suite 3000 BROWNSVILLE ROAD SUITE C City or town, state or province, country, and ZIP or foreign postal code PITTSBURGH, PA 15227	
		<b>D</b> Employer identification number 30-0742370	
		<b>E</b> Telephone number	
		<b>G</b> Gross receipts \$ 552,754	
<b>I</b> Tax-exempt status: <input checked="" type="checkbox"/> 501(c)(3) <input type="checkbox"/> 501(c) ( ) (insert no.) <input type="checkbox"/> 4947(a)(1) or <input type="checkbox"/> 527		<b>H(a)</b> Is this a group return for subordinates? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <b>H(b)</b> Are all subordinates included? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "No," attach a list. See instructions. <b>H(c)</b> Group exemption number ▶	
<b>J</b> Website: ▶ <a href="https://BCAPGH.ORG">HTTPS://BCAPGH.ORG</a>			
<b>K</b> Form of organization: <input checked="" type="checkbox"/> Corporation <input type="checkbox"/> Trust <input type="checkbox"/> Association <input type="checkbox"/> Other ▶		<b>L</b> Year of formation: 2012 <b>M</b> State of legal domicile: PA	
<b>Part I Summary</b>			
Activities & Governance	<b>1</b> Briefly describe the organization's mission or most significant activities: BCAP'S MISSION IS TO ENSURE A HIGH QUALITY OF LIFE FOR ALL MEMBERS OF THE BHUTANESE COMMUNITY IN PITTSBURGH AND TO SUPPORT THEIR INTEGRATION INTO AMERICAN SOCIETY THROUGH CULTURALLY-INFORMED SERVICES AND ACTIVITIES.		
<b>2</b> Check this box <input type="checkbox"/>			
<b>3</b> Number of voting members of the governing body (Part VI, line 1a) . . . . . <b>3</b> 12			
<b>4</b> Number of independent voting members of the governing body (Part VI, line 1b) . . . . . <b>4</b> 12			
<b>5</b> Total number of individuals employed in calendar year 2022 (Part V, line 2a) . . . . . <b>5</b> 5			
<b>6</b> Total number of volunteers (estimate if necessary) . . . . . <b>6</b> 39			
<b>7a</b> Total unrelated business revenue from Part VIII, column (C), line 12 . . . . . <b>7a</b> 0			
<b>b</b> Net unrelated business taxable income from Form 990-T, Part I, line 11 . . . . . <b>7b</b>			
Revenue	<b>8</b> Contributions and grants (Part VIII, line 1h) . . . . . <b>Prior Year</b> 390,794 <b>Current Year</b> 535,130		
	<b>9</b> Program service revenue (Part VIII, line 2g) . . . . . 6,619 17,624		
	<b>10</b> Investment income (Part VIII, column (A), lines 3, 4, and 7d ) . . . . . 0		
	<b>11</b> Other revenue (Part VIII, column (A), lines 5, 6d, 8c, 9c, 10c, and 11e) . . . . . 0		
	<b>12</b> Total revenue—add lines 8 through 11 (must equal Part VIII, column (A), line 12) . . . . . 397,413 552,754		
Expenses	<b>13</b> Grants and similar amounts paid (Part IX, column (A), lines 1–3 ) . . . . . 0		
	<b>14</b> Benefits paid to or for members (Part IX, column (A), line 4) . . . . . 0		
	<b>15</b> Salaries, other compensation, employee benefits (Part IX, column (A), lines 5–10) . . . . . 165,099 198,398		
	<b>16a</b> Professional fundraising fees (Part IX, column (A), line 11e) . . . . . 0		
	<b>b</b> Total fundraising expenses (Part IX, column (D), line 25) ▶ 40,871		
	<b>17</b> Other expenses (Part IX, column (A), lines 11a–11d, 11f–24e) . . . . . 65,364 130,721		
Net Assets or Fund Balances	<b>18</b> Total expenses. Add lines 13–17 (must equal Part IX, column (A), line 25) . . . . . 230,463 329,119		
	<b>19</b> Revenue less expenses. Subtract line 18 from line 12 . . . . . 166,950 223,635		
	<b>20</b> Total assets (Part X, line 16) . . . . . <b>Beginning of Current Year</b> 511,780 <b>End of Year</b> 736,951		
	<b>21</b> Total liabilities (Part X, line 26) . . . . . 1,386 2,922		
<b>22</b> Net assets or fund balances. Subtract line 21 from line 20 . . . . . 510,394 734,029			
<b>Part II Signature Block</b>			
Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has knowledge.			

<https://projects.propublica.org/nonprofits/organizations/300742370/202332979349300018/full>

1/25



<b>Sign Here</b>	Signature of officer			2023-06-14	
	SURAJ NEPAL, PRESIDENT			Date	
Type or print name and title					
<b>Paid Preparer Use Only</b>	Print/Type preparer's name		Preparer's signature		Date
					2023-09-29
	Firm's name ▶ BUCKLER MCKENNEY & NADZADI PC			Check <input type="checkbox"/> if self-employed	PTIN P00004446
	Firm's address ▶ 116 FOX PLAN ROAD MONROEVILLE, PA 15146			Firm's EIN ▶ 25-1769537	Phone no. (412) 856-7880
May the IRS discuss this return with the preparer shown above? See Instructions. . . . . <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No					
<b>For Paperwork Reduction Act Notice, see the separate instructions.</b> Cat. No. 11282Y Form <b>990</b> (2022)					

**4d** Other program services (Describe in Schedule O.)

(Expenses \$ including grants of \$ ) (Revenue \$ )

**4e** Total program service expenses **228,871**



Form 990 (2022)

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Form 990 (2022)

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**Part IV Checklist of Required Schedules**

	Yes	No
<b>1</b> Is the organization described in section 501(c)(3) or 4947(a)(1) (other than a private foundation)? If "Yes," complete Schedule A 	<b>1</b> Yes	
<b>2</b> Is the organization required to complete Schedule B, Schedule of Contributors? See instructions. 	<b>2</b> Yes	
<b>3</b> Did the organization engage in direct or indirect political campaign activities on behalf of or in opposition to candidates for public office? If "Yes," complete Schedule C, Part I	<b>3</b>	No
<b>4</b> <b>Section 501(c)(3) organizations.</b> Did the organization engage in lobbying activities, or have a section 501(h) election in effect during the tax year? If "Yes," complete Schedule C, Part II	<b>4</b>	No
<b>5</b> Is the organization a section 501(c)(4), 501(c)(5), or 501(c)(6) organization that receives membership dues, assessments, or similar amounts as defined in Rev. Proc. 98-19? If "Yes," complete Schedule C, Part III	<b>5</b>	No
<b>6</b> Did the organization maintain any donor advised funds or any similar funds or accounts for which donors have the right to provide advice on the distribution or investment of amounts in such funds or accounts? If "Yes," complete Schedule D, Part I	<b>6</b>	No
<b>7</b> Did the organization receive or hold a conservation easement, including easements to preserve open space, the environment, historic land areas, or historic structures? If "Yes," complete Schedule D, Part II	<b>7</b>	No
<b>8</b> Did the organization maintain collections of works of art, historical treasures, or other similar assets? If "Yes," complete Schedule D, Part III	<b>8</b>	No
<b>9</b> Did the organization report an amount in Part X, line 21 for escrow or custodial account liability; serve as a custodian for amounts not listed in Part X; or provide credit counseling, debt management, credit repair, or debt negotiation services? If "Yes," complete Schedule D, Part IV	<b>9</b>	No
<b>10</b> Did the organization, directly or through a related organization, hold assets in temporarily restricted endowments, permanent endowments, or quasi endowments? If "Yes," complete Schedule D, Part V	<b>10</b>	No
<b>11</b> If the organization's answer to any of the following questions is "Yes," then complete Schedule D, Parts VI, VII, VIII, IX, or X, as applicable.		
<b>a</b> Did the organization report an amount for land, buildings, and equipment in Part X, line 10? If "Yes," complete Schedule D, Part VI	<b>11a</b>	No
<b>b</b> Did the organization report an amount for investments—other securities in Part X, line 12 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part VII	<b>11b</b>	No
<b>c</b> Did the organization report an amount for investments—program related in Part X, line 13 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part VIII	<b>11c</b>	No
<b>d</b> Did the organization report an amount for other assets in Part X, line 15 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part IX	<b>11d</b>	No
<b>e</b> Did the organization report an amount for other liabilities in Part X, line 25? If "Yes," complete Schedule D, Part X	<b>11e</b>	No
<b>f</b> Did the organization's separate or consolidated financial statements for the tax year include a footnote that addresses the organization's liability for uncertain tax positions under FIN 48 (ASC 740)? If "Yes," complete Schedule D, Part X	<b>11f</b>	No
<b>12a</b> Did the organization obtain separate, independent audited financial statements for the tax year? If "Yes," complete Schedule D, Parts XI and XII	<b>12a</b>	No
<b>b</b> Was the organization included in consolidated, independent audited financial statements for the tax year? If "Yes," and if the organization answered "No" to line 12a, then completing Schedule D, Parts XI and XII is optional	<b>12b</b>	No
<b>13</b> Is the organization a school described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E	<b>13</b>	No
<b>14a</b> Did the organization maintain an office, employees, or agents outside of the United States?	<b>14a</b>	No
<b>b</b> Did the organization have aggregate revenues or expenses of more than \$10,000 from grantmaking, fundraising, business, investment, and program service activities outside the United States, or aggregate foreign investments valued at \$100,000 or more? If "Yes," complete Schedule F, Parts I and IV	<b>14b</b>	No
<b>15</b> Did the organization report on Part IX, column (A), line 3, more than \$5,000 of grants or other assistance to or for any foreign organization? If "Yes," complete Schedule F, Parts II and IV	<b>15</b>	No
<b>16</b> Did the organization report on Part IX, column (A), line 3, more than \$5,000 of aggregate grants or other assistance to or for foreign individuals? If "Yes," complete Schedule F, Parts III and IV	<b>16</b>	No
<b>17</b> Did the organization report a total of more than \$15,000 of expenses for professional fundraising services on Part IX, column (A), lines 6 and 11e? If "Yes," complete Schedule G, Part I. See instructions.	<b>17</b>	No
<b>18</b> Did the organization report more than \$15,000 total of fundraising event gross income and contributions on Part VIII, lines 1c and 8a? If "Yes," complete Schedule G, Part II	<b>18</b>	No

<b>19</b>	Did the organization report more than \$15,000 of gross income from gaming activities on Part VIII, line 9a? <i>If "Yes," complete Schedule G, Part III . . . . .</i>	<b>19</b>	No
<b>20a</b>	Did the organization operate one or more hospital facilities? <i>If "Yes," complete Schedule H . . . . .</i>	<b>20a</b>	No
<b>b</b>	If "Yes" to line 20a, did the organization attach a copy of its audited financial statements to this return?	<b>20b</b>	
<b>21</b>	Did the organization report more than \$5,000 of grants or other assistance to any domestic organization or domestic government on Part IX, column (A), line 1? <i>If "Yes," complete Schedule I, Parts I and II . . . . .</i>	<b>21</b>	No

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Part IV Checklist of Required Schedules (continued)		Yes	No
<b>22</b>	Did the organization report more than \$5,000 of grants or other assistance to or for domestic individuals on Part IX, column (A), line 2? <i>If "Yes," complete Schedule I, Parts I and III . . . . .</i>	<b>22</b>	No
<b>23</b>	Did the organization answer "Yes" to Part VII, Section A, line 3, 4, or 5, about compensation of the organization's current and former officers, directors, trustees, key employees, and highest compensated employees? <i>If "Yes," complete Schedule J . . . . .</i>	<b>23</b>	No
<b>24a</b>	Did the organization have a tax-exempt bond issue with an outstanding principal amount of more than \$100,000 as of the last day of the year, that was issued after December 31, 2002? <i>If "Yes," answer lines 24b through 24d and complete Schedule K. If "No," go to line 25a . . . . .</i>	<b>24a</b>	No
<b>b</b>	Did the organization invest any proceeds of tax-exempt bonds beyond a temporary period exception? . . . . .	<b>24b</b>	
<b>c</b>	Did the organization maintain an escrow account other than a refunding escrow at any time during the year to defease any tax-exempt bonds? . . . . .	<b>24c</b>	
<b>d</b>	Did the organization act as an "on behalf of" issuer for bonds outstanding at any time during the year? . . . . .	<b>24d</b>	
<b>25a</b>	<b>Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations.</b> Did the organization engage in an excess benefit transaction with a disqualified person during the year? <i>If "Yes," complete Schedule L, Part I . . . . .</i>	<b>25a</b>	No
<b>b</b>	Is the organization aware that it engaged in an excess benefit transaction with a disqualified person in a prior year, and that the transaction has not been reported on any of the organization's prior Forms 990 or 990-EZ? <i>If "Yes," complete Schedule L, Part I . . . . .</i>	<b>25b</b>	No
<b>26</b>	Did the organization report any amount on Part X, line 5 or 22 for receivables from or payables to any current or former officer, director, trustee, key employee, creator or founder, substantial contributor, or 35% controlled entity or family member of any of these persons? <i>If "Yes," complete Schedule L, Part II . . . . .</i>	<b>26</b>	No
<b>27</b>	Did the organization provide a grant or other assistance to any current or former officer, director, trustee, key employee, creator or founder, substantial contributor, or employee thereof, a grant selection committee member, or to a 35% controlled entity (including an employee thereof) or family member of any of these persons? <i>If "Yes," complete Schedule L, Part III . . . . .</i>	<b>27</b>	No
<b>28</b>	Was the organization a party to a business transaction with one of the following parties (see the Schedule L, Part IV instructions for applicable filing thresholds, conditions, and exceptions):		
<b>a</b>	A current or former officer, director, trustee, key employee, creator or founder, or substantial contributor? <i>If "Yes," complete Schedule L, Part IV . . . . .</i>	<b>28a</b>	No
<b>b</b>	A family member of any individual described in line 28a? <i>If "Yes," complete Schedule L, Part IV . . . . .</i>	<b>28b</b>	No
<b>c</b>	A 35% controlled entity of one or more individuals and/or organizations described in line 28a or 28b? <i>If "Yes," complete Schedule L, Part IV . . . . .</i>	<b>28c</b>	No
<b>29</b>	Did the organization receive more than \$25,000 in non-cash contributions? <i>If "Yes," complete Schedule M . . . . .</i>	<b>29</b>	No
<b>30</b>	Did the organization receive contributions of art, historical treasures, or other similar assets, or qualified conservation contributions? <i>If "Yes," complete Schedule M . . . . .</i>	<b>30</b>	No
<b>31</b>	Did the organization liquidate, terminate, or dissolve and cease operations? <i>If "Yes," complete Schedule N, Part I . . . . .</i>	<b>31</b>	No
<b>32</b>	Did the organization sell, exchange, dispose of, or transfer more than 25% of its net assets? <i>If "Yes," complete Schedule N, Part II . . . . .</i>	<b>32</b>	No
<b>33</b>	Did the organization own 100% of an entity disregarded as separate from the organization under Regulations sections 301.7701-2 and 301.7701-3? <i>If "Yes," complete Schedule R, Part I . . . . .</i>	<b>33</b>	No
<b>34</b>	Was the organization related to any tax-exempt or taxable entity? <i>If "Yes," complete Schedule R, Part II, III, or IV, and Part V, line 1 . . . . .</i>	<b>34</b>	No
<b>35a</b>	Did the organization have a controlled entity within the meaning of section 512(b)(13)?	<b>35a</b>	No
<b>b</b>	If "Yes" to line 35a, did the organization receive any payment from or engage in any transaction with a controlled entity within the meaning of section 512(b)(13)? <i>If "Yes," complete Schedule R, Part V, line 2 . . . . .</i>	<b>35b</b>	
<b>36</b>	<b>Section 501(c)(3) organizations.</b> Did the organization make any transfers to an exempt non-charitable related organization? <i>If "Yes," complete Schedule R, Part V, line 2 . . . . .</i>	<b>36</b>	No
<b>37</b>	Did the organization conduct more than 5% of its activities through an entity that is not a related organization and that is treated as a partnership for federal income tax purposes? <i>If "Yes," complete Schedule R, Part VI . . . . .</i>	<b>37</b>	No
<b>38</b>	Did the organization complete Schedule O and provide explanations on Schedule O for Part VI, lines 11b and 19? <b>Note.</b>		Yes





**13 Section 501(c)(29) qualified nonprofit health insurance issuers.**

**a** Is the organization licensed to issue qualified health plans in more than one state? . . . . . **13a**

**Note.** See the instructions for additional information the organization must report on Schedule O.

**b** Enter the amount of reserves the organization is required to maintain by the states in which the organization is licensed to issue qualified health plans . . . . . **13b**

**c** Enter the amount of reserves on hand . . . . . **13c**

**14a** Did the organization receive any payments for indoor tanning services during the tax year? . . . . . **14a** No

**b** If "Yes," has it filed a Form 720 to report these payments? If "No," provide an explanation in Schedule O . . . . . **14b**

**15** Is the organization subject to the section 4960 tax on payment(s) of more than \$1,000,000 in remuneration or excess parachute payment(s) during the year? . . . . . **15** No

If "Yes," see the instructions and file Form 4720, Schedule N.

**16** Is the organization an educational institution subject to the section 4968 excise tax on net investment income? . . . . . **16** No

If "Yes," complete Form 4720, Schedule O.

**17 Section 501(c)(21) organizations.** Did the trust, or any disqualified or other person engage in any activities that would result in the imposition of an excise tax under section 4951, 4952, or 4953? . . . . . **17**

If "Yes," complete Form 6069.

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**Part VI Governance, Management, and Disclosure.** For each "Yes" response to lines 2 through 7b below, and for a "No" response to lines 8a, 8b, or 10b below, describe the circumstances, processes, or changes in Schedule O. See instructions.

Check if Schedule O contains a response or note to any line in this Part VI . . . . . ☒

**Section A. Governing Body and Management**

	Yes	No
<b>1a</b> Enter the number of voting members of the governing body at the end of the tax year . . . . . <b>1a</b> 12		
If there are material differences in voting rights among members of the governing body, or if the governing body delegated broad authority to an executive committee or similar committee, explain in Schedule O.		
<b>b</b> Enter the number of voting members included in line 1a, above, who are independent . . . . . <b>1b</b> 12		
<b>2</b> Did any officer, director, trustee, or key employee have a family relationship or a business relationship with any other officer, director, trustee, or key employee? . . . . . <b>2</b> Yes	Yes	
<b>3</b> Did the organization delegate control over management duties customarily performed by or under the direct supervision of officers, directors or trustees, or key employees to a management company or other person? . . . . . <b>3</b>		No
<b>4</b> Did the organization make any significant changes to its governing documents since the prior Form 990 was filed? . . . . . <b>4</b>		No
<b>5</b> Did the organization become aware during the year of a significant diversion of the organization's assets? . . . . . <b>5</b>		No
<b>6</b> Did the organization have members or stockholders? . . . . . <b>6</b>		No
<b>7a</b> Did the organization have members, stockholders, or other persons who had the power to elect or appoint one or more members of the governing body? . . . . . <b>7a</b>		No
<b>b</b> Are any governance decisions of the organization reserved to (or subject to approval by) members, stockholders, or persons other than the governing body? . . . . . <b>7b</b>		No
<b>8</b> Did the organization contemporaneously document the meetings held or written actions undertaken during the year by the following:		
<b>a</b> The governing body? . . . . . <b>8a</b>	Yes	
<b>b</b> Each committee with authority to act on behalf of the governing body? . . . . . <b>8b</b>	Yes	
<b>9</b> Is there any officer, director, trustee, or key employee listed in Part VII, Section A, who cannot be reached at the organization's mailing address? If "Yes," provide the names and addresses in Schedule O . . . . . <b>9</b>		No

**Section B. Policies** (This Section B requests information about policies not required by the Internal Revenue Code.)

	Yes	No
<b>10a</b> Did the organization have local chapters, branches, or affiliates? . . . . . <b>10a</b>		No
<b>b</b> If "Yes," did the organization have written policies and procedures governing the activities of such chapters, affiliates, and branches to ensure their operations are consistent with the organization's exempt purposes? . . . . . <b>10b</b>		
<b>11a</b> Has the organization provided a complete copy of this Form 990 to all members of its governing body before filing the form? . . . . . <b>11a</b> Yes	Yes	
<b>b</b> Describe on Schedule O the process, if any, used by the organization to review this Form 990. . . . .		
<b>12a</b> Did the organization have a written conflict of interest policy? If "No," go to line 13 . . . . . <b>12a</b> Yes	Yes	
<b>b</b> Were officers, directors, or trustees, and key employees required to disclose annually interests that could give rise to conflicts? . . . . . <b>12b</b>		No
<b>c</b> Did the organization regularly and consistently monitor and enforce compliance with the policy? If "Yes," describe on Schedule O how this was done . . . . . <b>12c</b> Yes	Yes	
<b>13</b> Did the organization have a written whistleblower policy? . . . . . <b>13</b>		No
<b>14</b> Did the organization have a written document retention and destruction policy? . . . . . <b>14</b>		No
<b>15</b> Did the process for determining compensation of the following persons include a review and approval by independent persons, comparability data, and contemporaneous substantiation of the deliberation and decision?		

<b>a</b> The organization's CEO, Executive Director, or top management official . . . . .	<b>15a</b>	Yes	
<b>b</b> Other officers or key employees of the organization . . . . .	<b>15b</b>	Yes	
If "Yes" to line 15a or 15b, describe the process on Schedule O. See instructions.			
<b>16a</b> Did the organization invest in, contribute assets to, or participate in a joint venture or similar arrangement with a taxable entity during the year? . . . . .	<b>16a</b>		No
<b>b</b> If "Yes," did the organization follow a written policy or procedure requiring the organization to evaluate its participation in joint venture arrangements under applicable federal tax law, and take steps to safeguard the organization's exempt status with respect to such arrangements? . . . . .	<b>16b</b>		

**Section C. Disclosure**

- 17** List the states with which a copy of this Form 990 is required to be filed: PA
- 18** Section 6104 requires an organization to make its Form 1023 (1024 or 1024-A, if applicable), 990, and 990-T (section 501(c)(3)s only) available for public inspection. Indicate how you made these available. Check all that apply.  
☐ Own website ☐ Another's website ☒ Upon request ☐ Other (explain in Schedule O)
- 19** Describe in Schedule O whether (and if so, how) the organization made its governing documents, conflict of interest policy, and financial statements available to the public during the tax year.
- 20** State the name, address, and telephone number of the person who possesses the organization's books and records:  
 ▶BCAP 3000 BROWNSVILLE ROAD PITTSBURGH, PA 15227 (412) 668-3197

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**Part VII Compensation of Officers, Directors, Trustees, Key Employees, Highest Compensated Employees, and Independent Contractors**Check if Schedule O contains a response or note to any line in this Part VII ☐**Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees****1a** Complete this table for all persons required to be listed. Report compensation for the calendar year ending with or within the organization's tax year.

- List all of the organization's **current** officers, directors, trustees (whether individuals or organizations), regardless of amount of compensation. Enter -0- in columns (D), (E), and (F) if no compensation was paid.
  - List all of the organization's **current** key employees, if any. See the instructions for definition of "key employee."
  - List the organization's five **current** highest compensated employees (other than an officer, director, trustee or key employee) who received reportable compensation (box 5 of Form W-2, box 6 of Form 1099-MISC, and/or box 1 of Form 1099-NEC) of more than \$100,000 from the organization and any related organizations.
  - List all of the organization's **former** officers, key employees, or highest compensated employees who received more than \$100,000 of reportable compensation from the organization and any related organizations.
  - List all of the organization's **former directors or trustees** that received, in the capacity as a former director or trustee of the organization, more than \$10,000 of reportable compensation from the organization and any related organizations.
- See the instructions for the order in which to list the persons above.

☐ Check this box if neither the organization nor any related organization compensated any current officer, director, or trustee.

(A) Name and title	(B) Average hours per week (list any hours for related organizations below dotted line)	(C) Position (do not check more than one box, unless person is both an officer and a director/trustee)					(D) Reportable compensation from the organization (W-2/1099-MISC/1099-NEC)	(E) Reportable compensation from related organizations (W-2/1099-MISC/1099-NEC)	(F) Estimated amount of other compensation from the organization and related organizations
		Individual trustee or director	Institutional Trustee	Officer	Key employee	Highest compensated employee			
(1) KHARA TMSINA EXECUTIVE DI	40.00			X			65,700	0	0
(2) RAJ ADHIKARI TREASURER	1.00	X		X			0	0	0
(3) LESLIE AIZENMAN DIRECTOR	1.00	X					0	0	0
(4) JULIA BARAILY DIRECTOR	1.00	X					0	0	0
(5) GANGA BARAL VICE PRESIDE	1.00	X		X			0	0	0
(6) KULA DHAURALI	1.00								

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DIRECTOR		X								0	0	0
(7) TODD FINE	1.00	X								0	0	0
DIRECTOR												
(8) UMA GAUTAM	1.00	X								0	0	0
DIRECTOR												
(9) SOMN KAFLEY	1.00	X								0	0	0
DIRECTOR												
(10) SURAJ NEPAL	1.00	X								0	0	0
PRESIDENT					X							
(11) BHAVINI PATEL	1.00	X								0	0	0
DIRECTOR												
(12) DURGA UPRETI	1.00	X								0	0	0
DIRECTOR												

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Part VII Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees (continued)

(A) Name and title	(B) Average hours per week (list any hours for related organizations below dotted line)	(C) Position (do not check more than one box, unless person is both an officer and a director/trustee)						(D) Reportable compensation from the organization (W-2/1099-MISC/1099-NEC)	(E) Reportable compensation from related organizations (W-2/1099-MISC/1099-NEC)	(F) Estimated amount of other compensation from the organization and related organizations
		Individual trustee or director	Institutional Trustee	Officer	Key employee	Highest compensated employee	Former			
<b>1b Sub-Total</b>										



<b>c</b> Total from continuation sheets to Part VII, Section A . . . . .	▶			
<b>d</b> Total (add lines 1b and 1c) . . . . .	▶	65,700		

**2** Total number of individuals (including but not limited to those listed above) who received more than \$100,000 of reportable compensation from the organization ▶

	Yes	No
<b>3</b> Did the organization list any <b>former</b> officer, director or trustee, key employee, or highest compensated employee on line 1a? If "Yes," complete Schedule J for such individual . . . . .		No
<b>4</b> For any individual listed on line 1a, is the sum of reportable compensation and other compensation from the organization and related organizations greater than \$150,000? If "Yes," complete Schedule J for such individual . . . . .		No
<b>5</b> Did any person listed on line 1a receive or accrue compensation from any unrelated organization or individual for services rendered to the organization? If "Yes," complete Schedule J for such person . . . . .		No

### Section B. Independent Contractors

**1** Complete this table for your five highest compensated independent contractors that received more than \$100,000 of compensation from the organization. Report compensation for the calendar year ending with or within the organization's tax year.

(A) Name and business address	(B) Description of services	(C) Compensation

**2** Total number of independent contractors (including but not limited to those listed above) who received more than \$100,000 of compensation from the organization ▶

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### Part VIII Statement of Revenue

Check if Schedule O contains a response or note to any line in this Part VIII ☐

	(A) Total revenue	(B) Related or exempt function revenue	(C) Unrelated business revenue	(D) Revenue excluded from tax under sections 512 - 514
<b>1a</b> Federated campaigns . . . . .				
<b>1b</b> Contributions, gifts, grants, and membership dues . . . . .				
<b>1c</b> Other fundraising events . . . . .				
<b>1d</b> Related organizations . . . . .				
<b>1e</b> Government grants (contributions) . . . . .				
<b>1f</b> All other contributions, gifts, grants, and similar amounts not included above . . . . .				
<b>1g</b> Noncash contributions included in lines 1a - 1f: \$ . . . . .				
<b>h</b> Total. Add lines 1a-1f . . . . .	535,130			

2a	Business Code			
PROGRAM SERVICE REVENUE		17,624	17,624	



Programs						
f All other program service revenue.						
<b>9 Total.</b> Add lines 2a-2f. . . . .			17,624			
<b>3</b> Investment income (including dividends, interest, and other similar amounts) . . . . .						
<b>4</b> Income from investment of tax-exempt bond proceeds . . . . .						
<b>5</b> Royalties . . . . .						
		(i) Real	(ii) Personal			
<b>6a</b> Gross rents	<b>6a</b>					
	<b>b</b> Less: rental expenses	<b>6b</b>				
	<b>c</b> Rental income or (loss)	<b>6c</b>				
	<b>d</b> Net rental income or (loss) . . . . .					
		(i) Securities	(ii) Other			
<b>7a</b> Gross amount from sales of assets other than inventory	<b>7a</b>					
	<b>b</b> Less: cost or other basis and sales expenses	<b>7b</b>				
	<b>c</b> Gain or (loss)	<b>7c</b>				
<b>d</b> Net gain or (loss) . . . . .						
<b>8a</b> Gross income from fundraising events (not including \$ of contributions reported on line 1c). See Part IV, line 18 . . . . .	<b>8a</b>					
	<b>b</b> Less: direct expenses . . . . .	<b>8b</b>				
<b>c</b> Net income or (loss) from fundraising events . . . . .						
<b>9a</b> Gross income from gaming activities. See Part IV, line 19 . . . . .	<b>9a</b>					
	<b>b</b> Less: direct expenses . . . . .	<b>9b</b>				
<b>c</b> Net income or (loss) from gaming activities . . . . .						
<b>10a</b> Gross sales of inventory, less returns and allowances . . . . .	<b>10a</b>					
	<b>b</b> Less: cost of goods sold . . . . .	<b>10b</b>				
<b>c</b> Net income or (loss) from sales of inventory . . . . .						
<b>11a</b>	Business Code					
	<b>b</b>					
<b>c</b> Other Revenue Misc Amt						
<b>d</b> All other revenue . . . . .						
<b>e Total.</b> Add lines 11a-11d . . . . .						
<b>12 Total revenue.</b> See instructions . . . . .			552,754	17,624		

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## Part IX Statement of Functional Expenses

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX . . . . . ☐

Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
<b>1</b> Grants and other assistance to domestic organizations and domestic governments. See Part IV, line 21 . . . . .				
<b>2</b> Grants and other assistance to domestic individuals. See Part IV, line 22 . . . . .				
<b>3</b> Grants and other assistance to foreign organizations, foreign governments, and foreign individuals. See Part IV, lines 15 and 16. . . . .				
<b>4</b> Benefits paid to or for members . . . . .				
<b>5</b> Compensation of current officers, directors, trustees, and key employees . . . . .	65,700	42,705	16,425	6,570
<b>6</b> Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B) . . . . .				
<b>7</b> Other salaries and wages . . . . .	93,741	76,251	9,685	7,805
<b>8</b> Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions) . . . . .				
<b>9</b> Other employee benefits . . . . .				
<b>10</b> Payroll taxes . . . . .	38,957	29,078	6,371	3,508
<b>11</b> Fees for services (non-employees):				
<b>a</b> Management . . . . .				
<b>b</b> Legal . . . . .				
<b>c</b> Accounting . . . . .	38,971	9,860	12,903	16,208
<b>d</b> Lobbying . . . . .				
<b>e</b> Professional fundraising services. See Part IV, line 17				
<b>f</b> Investment management fees . . . . .				
<b>g</b> Other (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Schedule O.)	24,434	22,744	1,290	400
<b>12</b> Advertising and promotion . . . . .	2,622	72		2,550
<b>13</b> Office expenses . . . . .	4,250	1,357	2,633	260
<b>14</b> Information technology . . . . .				
<b>15</b> Royalties . . . . .				
<b>16</b> Occupancy . . . . .	10,232	7,675	1,637	920
<b>17</b> Travel . . . . .	2,523	1,595	928	
<b>18</b> Payments of travel or entertainment expenses for any federal, state, or local public officials . . . . .				
<b>19</b> Conferences, conventions, and meetings . . . . .				
<b>20</b> Interest . . . . .				
<b>21</b> Payments to affiliates . . . . .				
<b>22</b> Depreciation, depletion, and amortization . . . . .				
<b>23</b> Insurance . . . . .	2,192	1,644	351	197
<b>24</b> Other expenses. Itemize expenses not covered above (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
<b>a</b> SUPPLIES	18,491	11,678	4,360	2,453
<b>b</b> VEHICLE RENTALS	16,948	16,948		
<b>c</b> MISCELLANEOUS	8,067	5,401	2,666	
<b>d</b> DIRECT ASSISTANCE	1,010	1,010		
<b>e</b> All other expenses	981	853	128	
<b>25</b> Total functional expenses. Add lines 1 through 24e	329,119	228,871	59,377	40,871
<b>26</b> Joint costs. Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation. Check here <input type="checkbox"/> if following SOP 98-2 (ASC 958-720).				

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Page **11****Part X Balance Sheet**Check if Schedule O contains a response or note to any line in this Part IX ☐

		(A) Beginning of year		(B) End of year
<b>Assets</b>	<b>1</b> Cash—non-interest-bearing . . . . .	507,487	<b>1</b>	734,385
	<b>2</b> Savings and temporary cash investments . . . . .		<b>2</b>	
	<b>3</b> Pledges and grants receivable, net . . . . .		<b>3</b>	
	<b>4</b> Accounts receivable, net . . . . .		<b>4</b>	
	<b>5</b> Loans and other receivables from any current or former officer, director, trustee, key employee, creator or founder, substantial contributor, or 35% controlled entity or family member of any of these persons . . . . .		<b>5</b>	
	<b>6</b> Loans and other receivables from other disqualified persons (as defined under section 4958(f)(1)), and persons described in section 4958(c)(3)(B) . . . . .		<b>6</b>	
	<b>7</b> Notes and loans receivable, net . . . . .		<b>7</b>	
	<b>8</b> Inventories for sale or use . . . . .		<b>8</b>	
	<b>9</b> Prepaid expenses and deferred charges . . . . .	3,377	<b>9</b>	1,200
	<b>10a</b> Land, buildings, and equipment: cost or other basis. Complete Part VI of Schedule D . . . . .	<b>10a</b>		
	<b>b</b> Less: accumulated depreciation . . . . .	<b>10b</b>	<b>10c</b>	
	<b>11</b> Investments—publicly traded securities . . . . .		<b>11</b>	
	<b>12</b> Investments—other securities. See Part IV, line 11 . . . . .		<b>12</b>	
	<b>13</b> Investments—program-related. See Part IV, line 11 . . . . .		<b>13</b>	
	<b>14</b> Intangible assets . . . . .		<b>14</b>	
	<b>15</b> Other assets. See Part IV, line 11 . . . . .	916	<b>15</b>	1,366
<b>16</b> <b>Total assets.</b> Add lines 1 through 15 (must equal line 33) . . . . .	511,780	<b>16</b>	736,951	
<b>Liabilities</b>	<b>17</b> Accounts payable and accrued expenses . . . . .	1,386	<b>17</b>	2,922
	<b>18</b> Grants payable . . . . .		<b>18</b>	
	<b>19</b> Deferred revenue . . . . .		<b>19</b>	
	<b>20</b> Tax-exempt bond liabilities . . . . .		<b>20</b>	
	<b>21</b> Escrow or custodial account liability. Complete Part IV of Schedule D . . . . .		<b>21</b>	
	<b>22</b> Loans and other payables to any current or former officer, director, trustee, key employee, creator or founder, substantial contributor, or 35% controlled entity or family member of any of these persons . . . . .		<b>22</b>	
	<b>23</b> Secured mortgages and notes payable to unrelated third parties . . . . .		<b>23</b>	
	<b>24</b> Unsecured notes and loans payable to unrelated third parties . . . . .		<b>24</b>	
	<b>25</b> Other liabilities (including federal income tax, payables to related third parties, and other liabilities not included on lines 17 - 24). Complete Part X of Schedule D . . . . .		<b>25</b>	
	<b>26</b> <b>Total liabilities.</b> Add lines 17 through 25 . . . . .	1,386	<b>26</b>	2,922
<b>Net Assets or Fund Balances</b>	<b>Organizations that follow FASB ASC 958, check here</b> <input checked="" type="checkbox"/> <b>and complete lines 27, 28, 32, and 33.</b>			
	<b>27</b> Net assets without donor restrictions . . . . .	247,612	<b>27</b>	357,525
	<b>28</b> Net assets with donor restrictions . . . . .	262,782	<b>28</b>	376,504
	<b>Organizations that do not follow FASB ASC 958, check here</b> <input type="checkbox"/> <b>and complete lines 29 through 33.</b>			
	<b>29</b> Capital stock or trust principal, or current funds . . . . .		<b>29</b>	
	<b>30</b> Paid-in or capital surplus, or land, building or equipment fund . . . . .		<b>30</b>	
	<b>31</b> Retained earnings, endowment, accumulated income, or other funds . . . . .		<b>31</b>	
	<b>32</b> <b>Total net assets or fund balances</b> . . . . .	510,394	<b>32</b>	734,029
<b>33</b> <b>Total liabilities and net assets/fund balances</b> . . . . .	511,780	<b>33</b>	736,951	

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Page **12****Part XI Reconciliation of Net Assets**Check if Schedule O contains a response or note to any line in this Part XI ☐

<b>1</b> Total revenue (must equal Part VIII, column (A), line 12) . . . . .	<b>1</b>	552,754
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<b>2</b>	Total expenses (must equal Part IX, column (A), line 25)	<b>2</b>	329,119
<b>3</b>	Revenue less expenses. Subtract line 2 from line 1	<b>3</b>	223,635
<b>4</b>	Net assets or fund balances at beginning of year (must equal Part X, line 32, column (A))	<b>4</b>	510,394
<b>5</b>	Net unrealized gains (losses) on investments	<b>5</b>	
<b>6</b>	Donated services and use of facilities	<b>6</b>	
<b>7</b>	Investment expenses	<b>7</b>	
<b>8</b>	Prior period adjustments	<b>8</b>	
<b>9</b>	Other changes in net assets or fund balances (explain in Schedule O)	<b>9</b>	
<b>10</b>	Net assets or fund balances at end of year. Combine lines 3 through 9 (must equal Part X, line 32, column (B))	<b>10</b>	734,029

**Part XII Financial Statements and Reporting**Check if Schedule O contains a response or note to any line in this Part XII ☐

	Yes	No
<b>1</b> Accounting method used to prepare the Form 990: <input type="checkbox"/> Cash <input checked="" type="checkbox"/> Accrual <input type="checkbox"/> Other If the organization changed its method of accounting from a prior year or checked "Other," explain on Schedule O.		
<b>2a</b> Were the organization's financial statements compiled or reviewed by an independent accountant? If "Yes," check a box below to indicate whether the financial statements for the year were compiled or reviewed on a separate basis, consolidated basis, or both: <input type="checkbox"/> Separate basis <input type="checkbox"/> Consolidated basis <input type="checkbox"/> Both consolidated and separate basis		No
<b>b</b> Were the organization's financial statements audited by an independent accountant? If "Yes," check a box below to indicate whether the financial statements for the year were audited on a separate basis, consolidated basis, or both: <input type="checkbox"/> Separate basis <input type="checkbox"/> Consolidated basis <input type="checkbox"/> Both consolidated and separate basis	Yes	
<b>c</b> If "Yes," to line 2a or 2b, does the organization have a committee that assumes responsibility for oversight of the audit, review, or compilation of its financial statements and selection of an independent accountant? If the organization changed either its oversight process or selection process during the tax year, explain in Schedule O.		
<b>3a</b> As a result of a federal award, was the organization required to undergo an audit or audits as set forth in the Uniform Guidance, 2 C.F.R. Part 200, Subpart F?		No
<b>b</b> If "Yes," did the organization undergo the required audit or audits? If the organization did not undergo the required audit or audits, explain why in Schedule O and describe any steps taken to undergo such audits.		

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**Additional Data****Return to Form****Software ID:****Software Version:****Form 990, Special Condition Description:**

Special Condition Description

<b>efile Public Visual Render</b>	<b>ObjectID: 202332979349300018 - Submission: 2023-10-24</b>	<b>TIN: 30-0742370</b>
<b>SCHEDULE A</b> <b>(Form 990)</b> Department of the Treasury Internal Revenue Service		OMB No. 1545-0047 <div style="font-size: 2em; font-weight: bold; color: green;">2022</div> Open to Public Inspection
<b>Public Charity Status and Public Support</b> Complete if the organization is a section 501(c)(3) organization or a section 4947(a)(1) nonexempt charitable trust. Attach to Form 990 or Form 990-EZ. Go to <a href="http://www.irs.gov/Form990">www.irs.gov/Form990</a> for instructions and the latest information.		
<b>Name of the organization</b> BHUTANESE COMMUNITY ASSOCIATION OF PITTSBURGH		<b>Employer identification number</b> 30-0742370

**Part I Reason for Public Charity Status** (All organizations must complete this part.) See instructions.

The organization is not a private foundation because it is: (For lines 1 through 12, check only one box.)

- 1 ☐ A church, convention of churches, or association of churches described in **section 170(b)(1)(A)(i).**
- 2 ☐ A school described in **section 170(b)(1)(A)(ii).** (Attach Schedule E (Form 990).)
- 3 ☐ A hospital or a cooperative hospital service organization described in **section 170(b)(1)(A)(iii).**
- 4 ☐ A medical research organization operated in conjunction with a hospital described in **section 170(b)(1)(A)(iii).** Enter the hospital's name, city, and state:
- 5 ☐ An organization operated for the benefit of a college or university owned or operated by a governmental unit described in **section 170(b)(1)(A)(iv).** (Complete Part II.)
- 6 ☐ A federal, state, or local government or governmental unit described in **section 170(b)(1)(A)(v).**
- 7 ☒ An organization that normally receives a substantial part of its support from a governmental unit or from the general public described in **section 170(b)(1)(A)(vi).** (Complete Part II.)
- 8 ☐ A community trust described in **section 170(b)(1)(A)(vi).** (Complete Part II.)
- 9 ☐ An agricultural research organization described in **section 170(b)(1)(A)(ix)** operated in conjunction with a land-grant college or university or a non-land grant college of agriculture. See instructions. Enter the name, city, and state of the college or university:
- 10 ☐ An organization that normally receives: (1) more than 33 1/3% of its support from contributions, membership fees, and gross receipts from activities related to its exempt functions—subject to certain exceptions, and (2) no more than 33 1/3% of its support from gross investment income and unrelated business taxable income (less section 511 tax) from businesses acquired by the organization after June 30, 1975. See **section 509(a)(2).** (Complete Part III.)
- 11 ☐ An organization organized and operated exclusively to test for public safety. See **section 509(a)(4).**
- 12 ☐ An organization organized and operated exclusively for the benefit of, to perform the functions of, or to carry out the purposes of one or more publicly supported organizations described in **section 509(a)(1)** or **section 509(a)(2).** See **section 509(a)(3).** Check the box on lines 12a through 12d that describes the type of supporting organization and complete lines 12e, 12f, and 12g.
  - a ☐ **Type I.** A supporting organization operated, supervised, or controlled by its supported organization(s), typically by giving the supported organization(s) the power to regularly appoint or elect a majority of the directors or trustees of the supporting organization. **You must complete Part IV, Sections A and B.**
  - b ☐ **Type II.** A supporting organization supervised or controlled in connection with its supported organization(s), by having control or management of the supporting organization vested in the same persons that control or manage the supported organization(s). **You must complete Part IV, Sections A and C.**
  - c ☐ **Type III functionally integrated.** A supporting organization operated in connection with, and functionally integrated with, its supported organization(s) (see instructions). **You must complete Part IV, Sections A, D, and E.**
  - d ☐ **Type III non-functionally integrated.** A supporting organization operated in connection with its supported organization(s) that is not functionally integrated. The organization generally must satisfy a distribution requirement and an attentiveness requirement (see instructions). **You must complete Part IV, Sections A and D, and Part V.**
  - e ☐ Check this box if the organization received a written determination from the IRS that it is a Type I, Type II, Type III functionally integrated, or Type III non-functionally integrated supporting organization.
  - f Enter the number of supported organizations: . . . . .
- g Provide the following information about the supported organization(s).

(i) Name of supported organization	(ii) EIN	(iii) Type of organization (described on lines 1- 10 above (see instructions))	(iv) Is the organization listed in your governing document?		(v) Amount of monetary support (see instructions)	(vi) Amount of other support (see instructions)
			Yes	No		
<b>Total</b>						

For Paperwork Reduction Act Notice, see the Instructions for Form 990 or 990-EZ.

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**Part II Support Schedule for Organizations Described in Sections 170(b)(1)(A)(iv) and 170(b)(1)(A)(vi)**  
 (Complete only if you checked the box on line 5, 7, or 8 of Part I or if the organization failed to qualify under Part III.  
 If the organization failed to qualify under the tests listed below, please complete Part III.)

**Section A. Public Support**

Calendar year

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Calendar year (or fiscal year beginning in) ▶	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
<b>1</b> Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grant.") . . .	102,212	204,710	411,621	390,794	535,130	1,644,467
<b>2</b> Tax revenues levied for the organization's benefit and either paid to or expended on its behalf. . . .						
<b>3</b> The value of services or facilities furnished by a governmental unit to the organization without charge..						
<b>4 Total.</b> Add lines 1 through 3	102,212	204,710	411,621	390,794	535,130	1,644,467
<b>5</b> The portion of total contributions by each person (other than a governmental unit or publicly supported organization) included on line 1 that exceeds 2% of the amount shown on line 11, column (f) . . .						
<b>6 Public support.</b> Subtract line 5 from line 4.						1,644,467

**Section B. Total Support**

Calendar year (or fiscal year beginning in) ▶	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
<b>7</b> Amounts from line 4. . .	102,212	204,710	411,621	390,794	535,130	1,644,467
<b>8</b> Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources. . . .						
<b>9</b> Net income from unrelated business activities, whether or not the business is regularly carried on. . .						
<b>10</b> Other income. Do not include gain or loss from the sale of capital assets (Explain in Part VI.). . .						
<b>11 Total support.</b> Add lines 7 through 10						1,644,467
<b>12</b> Gross receipts from related activities, etc. (see instructions) . . . . .					<b>12</b>	41,124
<b>13 First 5 years.</b> If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and <b>stop here</b> . . . . . ▶ <input type="checkbox"/>						

**Section C. Computation of Public Support Percentage**

<b>14</b> Public support percentage for 2022 (line 6, column (f) divided by line 11, column (f)) . . . . .	<b>14</b>	100.000 %
<b>15</b> Public support percentage for 2021 Schedule A, Part II, line 14 . . . . .	<b>15</b>	100.000 %
<b>16a 33 1/3% support test—2022.</b> If the organization did not check the box on line 13, and line 14 is 33 1/3% or more, check this box and <b>stop here.</b> The organization qualifies as a publicly supported organization . . . . . ▶ <input checked="" type="checkbox"/>		
<b>b 33 1/3% support test—2021.</b> If the organization did not check a box on line 13 or 16a, and line 15 is 33 1/3% or more, check this box and <b>stop here.</b> The organization qualifies as a publicly supported organization . . . . . ▶ <input type="checkbox"/>		
<b>17a 10%-facts-and-circumstances test—2022.</b> If the organization did not check a box on line 13, 16a, or 16b, and line 14 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and <b>stop here.</b> Explain in Part VI how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization . . . . . ▶ <input type="checkbox"/>		
<b>b 10%-facts-and-circumstances test—2021.</b> If the organization did not check a box on line 13, 16a, 16b, or 17a, and line 15 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and <b>stop here.</b> Explain in Part VI how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization . . . . . ▶ <input type="checkbox"/>		
<b>18 Private foundation.</b> If the organization did not check a box on line 13, 16a, 16b, 17a, or 17b, check this box and see instructions . . . . . ▶ <input type="checkbox"/>		

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**Part III Support Schedule for Organizations Described in Section 509(a)(2)**

(Complete only if you checked the box on line 10 of Part I or if the organization failed to qualify under Part II. If the organization fails to qualify under the tests listed below, please complete Part II.)

**Section A. Public Support**

Calendar year (or fiscal year beginning in) ▶	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
<b>1</b> Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.") . . .						
<b>2</b> Gross receipts from admissions, merchandise sold or services performed, or facilities furnished in any activity that is related to the organization's tax-exempt purpose						
<b>3</b> Gross receipts from activities that are not an unrelated trade or business under section 513 . . . . .						
<b>4</b> Tax revenues levied for the organization's benefit and either paid to or expended on its behalf						

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<b>5</b>	The value of services or facilities furnished by a governmental unit to the organization without charge					
<b>6</b>	<b>Total.</b> Add lines 1 through 5					
<b>7a</b>	Amounts included on lines 1, 2, and 3 received from disqualified persons					
<b>b</b>	Amounts included on lines 2 and 3 received from other than disqualified persons that exceed the greater of \$5,000 or 1% of the amount on line 13 for the year.					
<b>c</b>	Add lines 7a and 7b.					
<b>8</b>	<b>Public support.</b> (Subtract line 7c from line 6.)					

**Section B. Total Support**

Calendar year (or fiscal year beginning in) ▶	(a) 2018	(b) 2019	(c) 2020	(d) 2021	(e) 2022	(f) Total
<b>9</b> Amounts from line 6.						
<b>10a</b> Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources.						
<b>b</b> Unrelated business taxable income (less section 511 taxes) from businesses acquired after June 30, 1975.						
<b>c</b> Add lines 10a and 10b.						
<b>11</b> Net income from unrelated business activities not included on line 10b, whether or not the business is regularly carried on.						
<b>12</b> Other income. Do not include gain or loss from the sale of capital assets (Explain in Part VI.)						
<b>13</b> <b>Total support.</b> (Add lines 9, 10c, 11, and 12.)						
<b>14</b> <b>First 5 years.</b> If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and <b>stop here.</b> <input type="checkbox"/>						

**Section C. Computation of Public Support Percentage**

<b>15</b> Public support percentage for 2022 (line 8, column (f) divided by line 13, column (f))	<b>15</b>	
<b>16</b> Public support percentage from 2021 Schedule A, Part III, line 15	<b>16</b>	

**Section D. Computation of Investment Income Percentage**

<b>17</b> Investment income percentage for 2022 (line 10c, column (f) divided by line 13, column (f))	<b>17</b>	
<b>18</b> Investment income percentage from 2021 Schedule A, Part III, line 17	<b>18</b>	

**19a** **33 1/3% support tests-2022.** If the organization did not check the box on line 14, and line 15 is more than 33 1/3%, and line 17 is not more than 33 1/3%, check this box and **stop here.** The organization qualifies as a publicly supported organization ☐

**b** **33 1/3% support tests-2021.** If the organization did not check a box on line 14 or line 19a, and line 16 is more than 33 1/3% and line 18 is not more than 33 1/3%, check this box and **stop here.** The organization qualifies as a publicly supported organization ☐

**20** **Private foundation.** If the organization did not check a box on line 14, 19a, or 19b, check this box and see instructions ☐

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**Part IV Supporting Organizations**

(Complete only if you checked a box on line 12 of Part I. If you checked box 12a, of Part I, complete Sections A and B. If you checked box 12b, of Part I, complete Sections A and C. If you checked box 12c, of Part I, complete Sections A, D, and E. If you checked box 12d, of Part I, complete Sections A and D, and complete Part V.)

**Section A. All Supporting Organizations**

	Yes	No
<b>1</b> Are all of the organization's supported organizations listed by name in the organization's governing documents? If "No," describe in <b>Part VI</b> how the supported organizations are designated. If designated by class or purpose, describe the designation. If historic and continuing relationship, explain.		
<b>2</b> Did the organization have any supported organization that does not have an IRS determination of status under section 509(a)(1) or (2)? If "Yes," explain in <b>Part VI</b> how the organization determined that the supported organization was described in section 509(a)(1) or (2).		
<b>3a</b> Did the organization have a supported organization described in section 501(c)(4), (5), or (6)? If "Yes," answer lines 3b and 3c below.		
<b>b</b> Did the organization confirm that each supported organization qualified under section 501(c)(4), (5), or (6) and satisfied the public support tests under section 509(a)(2)? If "Yes," describe in <b>Part VI</b> when and how the organization made the determination.		
<b>c</b> Did the organization ensure that all support to such organizations was used exclusively for section 170(c)(2)(B) purposes? If "Yes," explain in <b>Part VI</b> what controls the organization put in place to ensure such use.		

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<b>4a</b>	Was any supported organization not organized in the United States ("foreign supported organization")? If "Yes" and if you checked box 12a or 12b in Part I, answer lines 4b and 4c below.		
<b>4b</b>	Did the organization have ultimate control and discretion in deciding whether to make grants to the foreign supported organization? If "Yes," describe in <b>Part VI</b> how the organization had such control and discretion despite being controlled or supervised by or in connection with its supported organizations.		
<b>4c</b>	Did the organization support any foreign supported organization that does not have an IRS determination under sections 501(c)(3) and 509(a)(1) or (2)? If "Yes," explain in <b>Part VI</b> what controls the organization used to ensure that all support to the foreign supported organization was used exclusively for section 170(c)(2)(B) purposes.		
<b>5a</b>	Did the organization add, substitute, or remove any supported organizations during the tax year? If "Yes," answer lines 5b and 5c below (if applicable). Also, provide detail in <b>Part VI</b> , including (i) the names and EIN numbers of the supported organizations added, substituted, or removed; (ii) the reasons for each such action; (iii) the authority under the organization's organizing document authorizing such action; and (iv) how the action was accomplished (such as by amendment to the organizing document).		
<b>5b</b>	<b>Type I or Type II only.</b> Was any added or substituted supported organization part of a class already designated in the organization's organizing document?		
<b>5c</b>	<b>Substitutions only.</b> Was the substitution the result of an event beyond the organization's control?		
<b>6</b>	Did the organization provide support (whether in the form of grants or the provision of services or facilities) to anyone other than (i) its supported organizations, (ii) individuals that are part of the charitable class benefited by one or more of its supported organizations, or (iii) other supporting organizations that also support or benefit one or more of the filing organization's supported organizations? If "Yes," provide detail in <b>Part VI</b> .		
<b>7</b>	Did the organization provide a grant, loan, compensation, or other similar payment to a substantial contributor (defined in section 4958(c)(3)(C)), a family member of a substantial contributor, or a 35% controlled entity with regard to a substantial contributor? If "Yes," complete Part I of Schedule L (Form 990).		
<b>8</b>	Did the organization make a loan to a disqualified person (as defined in section 4958) not described on line 7? If "Yes," complete Part I of Schedule L (Form 990).		
<b>9a</b>	Was the organization controlled directly or indirectly at any time during the tax year by one or more disqualified persons, as defined in section 4946 (other than foundation managers and organizations described in section 509(a)(1) or (2))? If "Yes," provide detail in <b>Part VI</b> .		
<b>9b</b>	Did one or more disqualified persons (as defined on line 9a) hold a controlling interest in any entity in which the supporting organization had an interest? If "Yes," provide detail in <b>Part VI</b> .		
<b>9c</b>	Did a disqualified person (as defined on line 9a) have an ownership interest in, or derive any personal benefit from, assets in which the supporting organization also had an interest? If "Yes," provide detail in <b>Part VI</b> .		
<b>10a</b>	Was the organization subject to the excess business holdings rules of section 4943 because of section 4943(f) (regarding certain Type II supporting organizations, and all Type III non-functionally integrated supporting organizations)? If "Yes," answer line 10b below.		
<b>10b</b>	Did the organization have any excess business holdings in the tax year? (Use Schedule C, Form 4720, to determine whether the organization had excess business holdings).		

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**Part IV Supporting Organizations (continued)**

	Yes	No
<b>11</b> Has the organization accepted a gift or contribution from any of the following persons?		
<b>a</b> A person who directly or indirectly controls, either alone or together with persons described on lines 11b and 11c below, the governing body of a supported organization?		
<b>b</b> A family member of a person described on 11a above?		
<b>c</b> A 35% controlled entity of a person described on line 11a or 11b above? If "Yes" to 11a, 11b, or 11c, provide detail in <b>Part VI</b> .		

**Section B. Type I Supporting Organizations**

	Yes	No
<b>1</b> Did the officers, directors, trustees, or membership of one or more supported organizations have the power to regularly appoint or elect at least a majority of the organization's directors or trustees at all times during the tax year? If "No," describe in <b>Part VI</b> how the supported organization(s) effectively operated, supervised, or controlled the organization's activities. If the organization had more than one supported organization, describe how the powers to appoint and/or remove directors or trustees were allocated among the supported organizations and what conditions or restrictions, if any, applied to such powers during the tax year.		
<b>2</b> Did the organization operate for the benefit of any supported organization other than the supported organization(s) that operated, supervised, or controlled the supporting organization? If "Yes," explain in <b>Part VI</b> how providing such benefit carried out the purposes of the supported organization(s) that operated, supervised or controlled the supporting organization.		

**Section C. Type II Supporting Organizations**

	Yes	No
<b>1</b> Were a majority of the organization's directors or trustees during the tax year also a majority of the directors or trustees of each of the organization's supported organization(s)? If "No," describe in <b>Part VI</b> how control or management of the		



supporting organization was vested in the same persons that controlled or managed the supported organization(s).

1

**Section D. All Type III Supporting Organizations**

	Yes	No
<b>1</b> Did the organization provide to each of its supported organizations, by the last day of the fifth month of the organization's tax year, (i) a written notice describing the type and amount of support provided during the prior tax year, (ii) a copy of the Form 990 that was most recently filed as of the date of notification, and (iii) copies of the organization's governing documents in effect on the date of notification, to the extent not previously provided?		
<b>2</b> Were any of the organization's officers, directors, or trustees either (i) appointed or elected by the supported organization(s) or (ii) serving on the governing body of a supported organization? If "No," explain in <b>Part VI</b> how the organization maintained a close and continuous working relationship with the supported organization(s).		
<b>3</b> By reason of the relationship described in line 2 above, did the organization's supported organizations have a significant voice in the organization's investment policies and in directing the use of the organization's income or assets at all times during the tax year? If "Yes," describe in <b>Part VI</b> the role the organization's supported organizations played in this regard.		

**Section E. Type III Functionally-Integrated Supporting Organizations**

- 1** Check the box next to the method that the organization used to satisfy the Integral Part Test during the year (see instructions):
- a** ☐ The organization satisfied the Activities Test. Complete **line 2** below.
- b** ☐ The organization is the parent of each of its supported organizations. Complete **line 3** below.
- c** ☐ The organization supported a governmental entity. Describe in **Part VI** how you supported a government entity (see instructions)

**2** Activities Test. Answer lines 2a and 2b below.

- a** Did substantially all of the organization's activities during the tax year directly further the exempt purposes of the supported organization(s) to which the organization was responsive? If "Yes," then in **Part VI** identify those supported organizations and explain how these activities directly furthered their exempt purposes, how the organization was responsive to those supported organizations, and how the organization determined that these activities constituted substantially all of its activities.
- b** Did the activities described on line 2a, above constitute activities that, but for the organization's involvement, one or more of the organization's supported organization(s) would have been engaged in? If "Yes," explain in **Part VI** the reasons for the organization's position that its supported organization(s) would have engaged in these activities but for the organization's involvement.

**3** Parent of Supported Organizations. Answer lines 3a and 3b below.

- a** Did the organization have the power to regularly appoint or elect a majority of the officers, directors, or trustees of each of the supported organizations? If "Yes" or "No," provide details in **Part VI**.
- b** Did the organization exercise a substantial degree of direction over the policies, programs and activities of each of its supported organizations? If "Yes," describe in **Part VI** the role played by the organization in this regard.

	Yes	No
<b>2a</b>		
<b>2b</b>		
<b>3a</b>		
<b>3b</b>		

Schedule A (Form 990) 2022

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Schedule A (Form 990) 2022

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**Part V Type III Non-Functionally Integrated 509(a)(3) Supporting Organizations**

- 1** ☐ Check here if the organization satisfied the Integral Part Test as a qualifying trust on Nov. 20, 1970 (explain in **Part VI**). See instructions. All other Type III non-functionally integrated supporting organizations must complete Sections A through E.

Section A - Adjusted Net Income		(A) Prior Year	(B) Current Year (optional)
<b>1</b> Net short-term capital gain	<b>1</b>		
<b>2</b> Recoveries of prior-year distributions	<b>2</b>		
<b>3</b> Other gross income (see instructions)	<b>3</b>		
<b>4</b> Add lines 1 through 3	<b>4</b>		
<b>5</b> Depreciation and depletion	<b>5</b>		
<b>6</b> Portion of operating expenses paid or incurred for production or collection of gross income or for management, conservation, or maintenance of property held for production of income (see instructions)	<b>6</b>		
<b>7</b> Other expenses (see instructions)	<b>7</b>		
<b>8</b> Adjusted Net Income (subtract lines 5, 6 and 7 from line 4)	<b>8</b>		
Section B - Minimum Asset Amount		(A) Prior Year	(B) Current Year (optional)
<b>1</b> Aggregate fair market value of all non-exempt-use assets (see instructions for short tax year or assets held for part of year):	<b>1</b>		
<b>a</b> Average monthly value of securities	<b>1a</b>		
<b>b</b> Average monthly cash balances	<b>1b</b>		
<b>c</b> Fair market value of other non-exempt-use assets	<b>1c</b>		
<b>d</b> Total (add lines 1a, 1b, and 1c)	<b>1d</b>		





efile Public Visual Render		Objectid: 202332979349300018 - Submission: 2023-10-24	TIN: 30-0742370
<b>Schedule B</b> (Form 990) Department of the Treasury Internal Revenue Service	<b>Schedule of Contributors</b> ▶ Attach to Form 990, 990-EZ, or 990-PF. ▶ Go to <a href="https://www.irs.gov/Form990">www.irs.gov/Form990</a> for the latest information.		OMB No. 1545-0047 <b>2022</b>
Name of the organization BHUTANESE COMMUNITY ASSOCIATION OF PITTSBURGH			Employer identification number 30-0742370

Organization type (check one):

Filers of:

Section:

Form 990 or 990-EZ

- ☐ 501(c)( ) (enter number) organization
- ☐ 4947(a)(1) nonexempt charitable trust **not** treated as a private foundation
- ☐ 527 political organization

Form 990-PF

- ☐ 501(c)(3) exempt private foundation
- ☐ 4947(a)(1) nonexempt charitable trust treated as a private foundation
- ☐ 501(c)(3) taxable private foundation

Check if your organization is covered by the **General Rule** or a **Special Rule**.**Note:** Only a section 501(c)(7), (8), or (10) organization can check boxes for both the General Rule and a Special Rule. See instructions.**General Rule**

- ☐ For an organization filing Form 990, 990-EZ, or 990-PF that received, during the year, contributions totaling \$5,000 or more (in money or other property) from any one contributor. Complete Parts I and II. See instructions for determining a contributor's total contributions.

**Special Rules**

- ☐ For an organization described in section 501(c)(3) filing Form 990 or 990-EZ that met the 33 1/3% support test of the regulations under sections 509(a)(1) and 170(b)(1)(A)(vi), that checked Schedule A (Form 990 or 990-EZ), Part II, line 13, 16a, or 16b, and that received from any one contributor, during the year, total contributions of the greater of (1) \$5,000 or (2) 2% of the amount on (i) Form 990, Part VIII, line 1h, or (ii) Form 990-EZ, line 1. Complete Parts I and II.
- ☐ For an organization described in section 501(c)(7), (8), or (10) filing Form 990 or 990-EZ that received from any one contributor, during the year, total contributions of more than \$1,000 *exclusively* for religious, charitable, scientific, literary, or educational purposes, or for the prevention of cruelty to children or animals. Complete Parts I, II, and III.
- ☐ For an organization described in section 501(c)(7), (8), or (10) filing Form 990 or 990-EZ that received from any one contributor, during the year, contributions *exclusively* for religious, charitable, etc., purposes, but no such contributions totaled more than \$1,000. If this box is checked, enter here the total contributions that were received during the year for an *exclusively* religious, charitable, etc., purpose. Don't complete any of the parts unless the **General Rule** applies to this organization because it received *nonexclusively* religious, charitable, etc., contributions totaling \$5,000 or more during the year . . . . . ▶ \$ \_\_\_\_\_

**Caution:** An organization that isn't covered by the General Rule and/or the Special Rules doesn't file Schedule B (Form 990, 990-EZ, or 990-PF), but it **must** answer "No" on Part IV, line 2, of its Form 990; or check the box on line H of its Form 990-EZ or on its Form 990PF, Part I, line 2, to certify that it doesn't meet the filing requirements of Schedule B (Form 990, 990-EZ, or 990-PF).

For Paperwork Reduction Act Notice, see the Instructions for Form 990, 990-EZ, or 990-PF.

Cat. No. 30613X

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Name of organization  
BHUTANESE COMMUNITY ASSOCIATION OFEmployer identification number  
30-0742370<https://projects.propublica.org/nonprofits/organizations/300742370/202332979349300018/full>

21/25

4/24/24, 3:31 PM

Bhutanese Community Association Of Pittsburgh - Full Filing- Nonprofit Explorer - ProPublica

BHUTANESE COMMUNITY ASSOCIATION OF  
PITTSBURGH

300742370

## Part I

**Contributors** (see instructions). Use duplicate copies of Part I if additional space is needed.

(a) No.	(b) Name, address, and ZIP + 4	(c) Total contributions	(d) Type of contribution
RESTRICTED		\$ RESTRICTED	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)
		\$	<input type="checkbox"/> Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash (Complete Part II for noncash contributions.)

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Schedule B (Form 990) (2022)

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Name of organization  
BHUTANESE COMMUNITY ASSOCIATION OF  
PITTSBURGH

Employer identification number

30-0742370

## Part II

**Noncash Property** (see instructions). Use duplicate copies of Part II if additional space is needed.

(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received
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<https://projects.propublica.org/nonprofits/organizations/300742370/202332979349300018/full>

22/25

-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (See instructions)	(d) Date received	
-			\$	

Schedule B (Form 990) (2022)



<b>efile Public Visual Render</b>	<b>ObjectID: 202332979349300018 - Submission: 2023-10-24</b>	<b>TIN: 30-0742370</b>
<b>SCHEDULE O</b> <b>(Form 990)</b> Department of the Treasury Internal Revenue Service	<b>Supplemental Information to Form 990 or 990-EZ</b> Complete to provide information for responses to specific questions on Form 990 or 990-EZ or to provide any additional information. ▶ Attach to Form 990 or 990-EZ. ▶ Go to <a href="https://www.irs.gov/Form990">www.irs.gov/Form990</a> for the latest information.	OMB No. 1545-0047 <b>2022</b> Open to Public Inspection
Name of the organization BHUTANESE COMMUNITY ASSOCIATION OF PITTSBURGH		Employer identification number 30-0742370

Return Reference	Explanation
FORM 990, PAGE 1, PART I, LINE 6	VOLUNTEERS FROM ALL WALKS OF LIFE PROVIDE A WIDE RANGE OF SERVICES TO THE ORGANIZATION. THESE SERVICES INCLUDE HELP WITH INTERPRETATION, TRANSPORTATION, MENTORING, TUTORING, HOMEWORK HELP, HELP WITH IMMIGRATION PAPERWORK, ORGANIZING COMMUNITY CULTURAL EVENTS, ETC.
FORM 990, PAGE 2, PART III, LINE 4A	DURING THE YEAR, THE ORGANIZATION ACCOMPLISHED THE FOLLOWING MAJOR GOALS, IN FURTHERANCE OF ITS EXEMPT PURPOSE: 1) PROVIDED ENGLISH AND CITIZENSHIP PREPARATION CLASSES TO APPLICANTS, 2) PROVIDED BASIC COMPUTER AND ELECTRONIC COMMUNICATION CLASSES, 3) ASSISTED APPLICANTS WITH THEIR N-400, N-600, AND I-485 APPLICATION FORM, 4) PROVIDED LEARNER'S PERMIT AND DRIVING CLASSES TO WOMEN, 5) PROVIDED BACK TO SCHOOL CLOTHING ITEMS, 6) PROVIDED AFTER SCHOOL HOMEWORK HELP AND MENTORING, 7) PROVIDED MEANINGFUL ENGAGEMENT TO ELEMENTARY SCHOOL KIDS IN THE SUMMER THROUGH OUR SUMMER CAMP, 8) PROVIDED COMMUNITY GARDENING ACTIVITIES FOR SENIORS THAT PROVIDE A MEANINGFUL ENGAGEMENT AND SENSE OF PURPOSE, 9) PROVIDED MENTAL HEALTH FIRST AID SESSIONS AND WOMEN SUPPORT GROUP SESSIONS, 10) CONDUCTED NUMEROUS YOUTH SUPPORT AND MENTORING SESSIONS, 11) ORGANIZED VOTER REGISTRATION DRIVES, 12) CONTINUED TO PROVIDE INFORMATION ON COVID-19 TO THE COMMUNITY, 13) PROVIDED SOCIAL SERVICES RELATED ASSISTANCE LIKE READING MAILS, EMAILS AND COMMUNICATING WITH GOVERNMENT AGENCIES AND WITH UTILITY COMPANIES, COMPLETING PUBLIC BENEFIT APPLICATIONS, ETC ON A DAILY BASIS, AND 14) ORGANIZED AND HOSTED EVENTS THAT PROVIDED EMOTIONAL SUPPORT AND ENGAGEMENT IN ETHNIC FESTIVALS.
FORM 990, PAGE 6, PART VI, LINE 2	RAJ ADHIKARI GANGA BARAL FAMILY RELATIONSHIP
FORM 990, PAGE 6, PART VI, LINE 11B	DRAFT OF THE 990 WAS PREPARED BY OUTSIDE ACCOUNTING FIRM. PROVIDED TO OFFICER'S AND BOARD FOR THEIR REVIEW. CHANGES AND SUGGESTIONS FROM THE BOARD MEMBERS WRE APPROPRIATELY INCORPORATED INTO THE 990 AND A FINAL DRAFT WAS MADE AVAILABLE TO THEM BEFORE FILING WITH THE IRS.
FORM 990, PAGE 6, PART VI, LINE 12C	BCAP HAS A BOARD APPROVED CONFLICT OF INTEREST POLICY. THE POLICY REQUIRES EACH MEMBER OF THE BOARD TO DISCLOSE ANY CONFLICT OF INTEREST, MAKING IT A MATTER OF PUBLIC RECORD, EITHER THROUGH AN ANNUAL PROCEDURE OR WHEN THE INTEREST BECOMES A MATTER OF BOARD ACTION. BCAP BOARD MEMBERS DISCLOSE THEIR CONFLICT OF INTEREST AND REMOVE THEMSELVES FROM PARTICIPATING AND VOTING ON MATTERS IN WHICH THEY HAVE A CONFLICT OF INTEREST. THE BOARD SIGNS A CODE OF ETHICS FORM, ANNUALLY, THAT MENTIONS CONFLICT OF INTEREST SO IT IS ACTIVELY REVIEWED AND SIGNED OFF ON, EACH YEAR, BY ALL BOARD MEMBERS.
FORM 990, PAGE 6, PART VI, LINE 15A	THE COMPENSATION OF THE EXECUTIVE DIRECTOR OF BCAP IS FIXED BY THE BOARD OF DIRECTORS (WHO ARE ALL INDEPENDENT MEMBERS) TAKING INTO ACCOUNT CEO COMPENSATION STRUCTURE AT SIMILAR ORGANIZATIONS IN THE PITTSBURGH PA AREA AND THE QUALIFICATION AND EXPERIENCE OF THE ED CANDIDATE. NO MEMBER OF THE BOARD OF DIRECTORS IS PAID ANY COMPENSATION BY BCAP.



## **2023 Financial Statements**

## **Year-End Financial Statements, Audit, and Sources of Income**

## **Major Contributors**

Jefferson Regional Foundation

The Mary Hillman Jennings Foundation

The Pittsburgh Foundation

Posner Foundation of Pittsburgh

The Grable Foundation

PNC Foundation

Pennsylvania Immigration and Citizenship Coalition

Duquesne Light Company

Birmingham Foundation

Staunton Farm Foundation

YWCA Greater Pittsburgh

Poise Foundation

Opportunity Fund

Allegheny County DCI

## Board of Directors

Julia Baraily.....	Board Chair
Uma Gauttam.....	Board Secretary
Gyem Adhikari.....	Board Treasurer
Bhavini Patel.....	Board Member
Bhagi Adhikari .....	Board Member
Brooke Kissler.....	Board Member
Denise Maiden.....	Board Member
Dhiren Subedi.....	Board Member
Dr. Xia Chao.....	Board Member
.Leslie Aizenman.....	Board Member
Madhav Mishra.....	Board Member
Todd Fine.....	Board Member

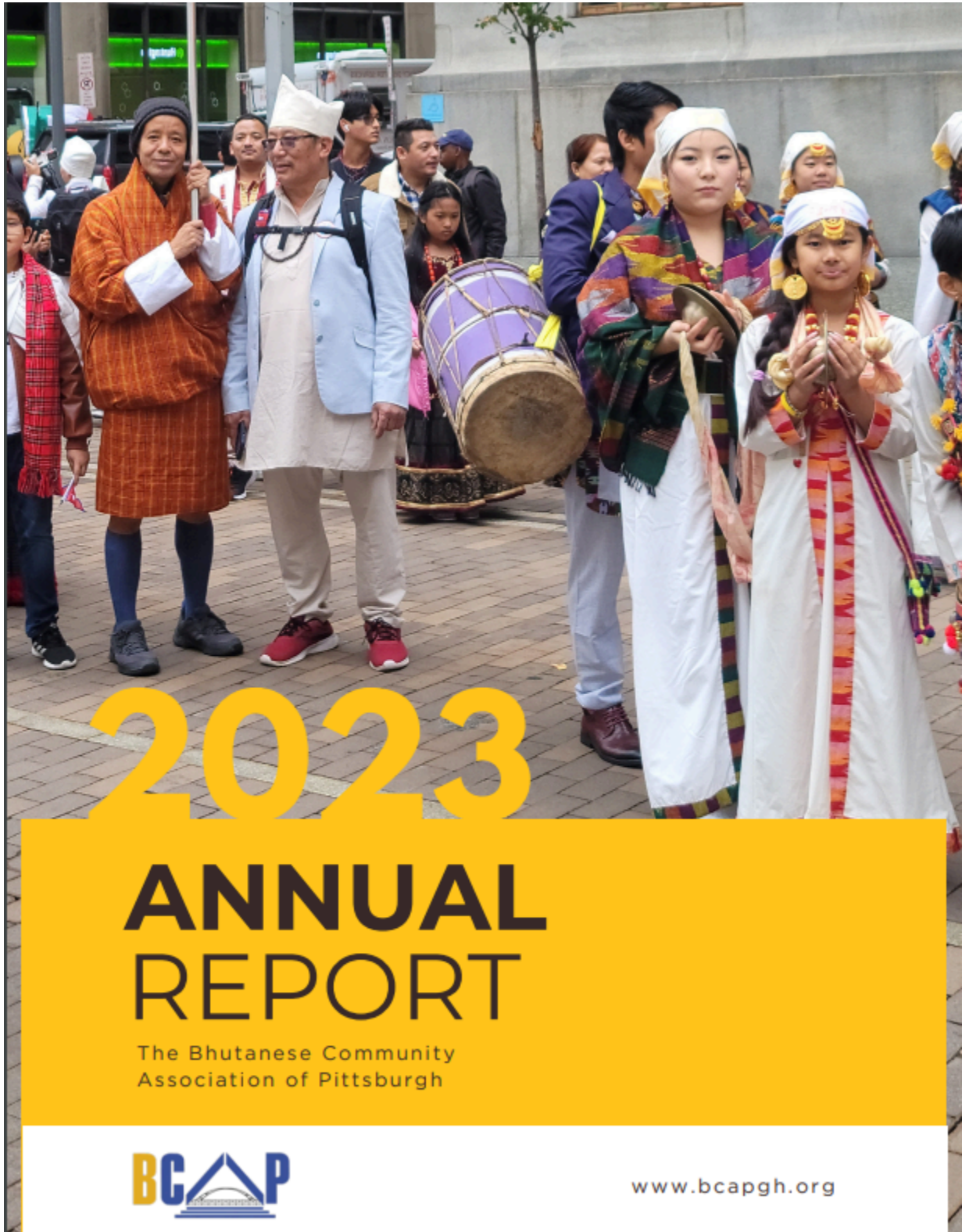
## **IRS Tax Exemption Letter**

## **Anti-discrimination Statement**

## Key Staff

Khara Timsina.....Executive Director  
Parshu Chamlagai.....Program Specialist  
Katie Mirt.....Youth & Families Coordinator  
Benu Rijal.....Health Coordinator  
Lila Adhikari .....Administrative & Program Assistant

## Annual Report



[www.bcapgh.org](http://www.bcapgh.org)



# LETTER FROM THE DIRECTOR



Photo credit: Brian Cohen

**KHARA TIMSINA**

executive director

**Happy New Year to you.** While we are very much excited to do more in 2024, we have not forgotten how busy we were in 2023.

Expanding our After School Program from two school districts to four, serving over 75 kids was definitely a huge undertaking, especially for our *Katherine Mirt* who managed the program successfully with utmost care and planning. We scaled up our Summer Camp to serving around 40 youths for six weeks. Congratulations and thank you, Katie.

Coordinating our Voter Registration work throughout the year and assisting a good number of people complete their immigration related applications on top of his regular bookkeeping work was not a light load on *Parshu Chamlagai*. We registered 126 people to vote. Much appreciation to his committed service.

*Benu Rijal's* work in visiting families in crisis and intervention on mental health was not just difficult but at times risky too. She successfully organized and hosted Mental Health First Aid training where close to 40 people attended. Congratulations to her.

*Lila Adhikari* joined us in July and handled numerous calls from within and outside the community, making sure communications flowed smoothly. A lot of thanks to her as well.

In order to make our services more accessible, we continued to remain open six days a week. Many Saturdays we were out representing our community at neighborhood events including parades and community days. These were also opportunities to our youths in showcasing their dance arts.

We had a number of Women's Support Group Sessions spread out in the year. Celebrations of International Women's Day and of Teej Festival were very well received.

I am thankful to all the board members for their time, guidance and resources to BCAP through the year.

Foundations that partnered with us, along with businesses and donors, were crucial in our progress; without them we could not do much. A lot of gratitude to all our funders.

I want to salute all the volunteers for their support in BCAP's programs and events.

And as for myself, I enjoyed working with my colleagues, board members, volunteers and partner organizations. It was a rewarding year as I got to speak at various panels or webinars and had the opportunity and privilege to serve on amazing committees, locally, statewide, and nationally, including the Vision Council of the Jefferson Community Collaborative. BCAP has become well known as an effective organization and we have received much positive media coverage and accolades this year. I am proud and humbled to serve as executive director.

It is my hope that BCAP will be able to continue to grow in its capacity to serve not just our own community but other communities at a larger scale.



## ABOUT BCAP

### VISION

A vibrant Bhutanese Community where all are enabled to reach their fullest potential and traditional culture is celebrated and shared.

### MISSION

To ensure a high quality of life for all members of the Bhutanese community in Pittsburgh and to support their integration into American Society through culturally-informed services and activities.

### Our history

The Bhutanese refugee community fled government persecution in Bhutan, and after a 20-year stay in refugee camps in Nepal, many found a new home in Pittsburgh. BCAP emerged out of the efforts of a few committed community volunteers and gained nonprofit status in 2014. The population is estimated to be over 7,000 in Allegheny County, many attracted here via secondary migration from their original U.S. resettlement city due to the reputation of BCAP and its program, and probably affordable housing and employment opportunity. While the population is dispersing more broadly as we continue to integrate, the majority is spread throughout several South Hills neighborhoods, including Greentree, Castle Shannon, Baldwin, Brentwood, Whitehall, Brookline, West Mifflin, Bethel Park, South Park Township, Pleasant Hills, Jefferson Hills, Carrick, and Mount Oliver.

# BCAP AT A GLANCE

Guided by our strategic plan, BCAP strives to mobilize resources to improve the quality of life for Bhutanese community members and other immigrant and refugee communities in the region, reaching out to families and individuals in a culturally appropriate way. In pursuit of our mission and vision, BCAP offers its services to vulnerable families and individuals without regard to color, faith, gender, sexual orientation, physical or mental condition, ethnic origins or nationalities.

## Key focus areas

- Basic needs & service navigation
- Youth, women & family supports
- Citizenship & civic engagement
- Health & wellness
- Computer literacy
- Community & cultural preservation
- Partnerships & advocacy



**"Whenever I'm able to find a solution to a problem that arises in the community, it is very much meaningful to me."**

**-Lila Adhikari**

Administrative & Program Assistant



## SERVICE NAVIGATION STATS



Incoming Calls

**1124**

Outgoing Calls

**1033**



Office Visits

**1033**

### BY CATEGORY



Youth & Education

**862**



Information & Referral

**410**



Civic Engagement & Immigration

**183**



Program Inquiries

**423**



Basic Needs Support

**259**



Health & Wellness

**112**





## Youth & Families

# OUT OF SCHOOL TIME PROGRAMS

The COVID-19 pandemic had especially dire consequences for immigrant and refugee families in our school systems. Interpretation and other specific supports needed by many immigrant families to navigate the online learning environment were limited, and as a result many youth fell below grade level. To address this, over the past year BCAP has invested heavily in building capacity for our youth development programs, which are specifically designed to meet the unique needs of our students so that they can advance academically, build self confidence, and develop meaningful relationships with peers and trusted adults.

## BCAP AFTERSCHOOL PROGRAM

We grew the after school program from serving 15 students at two sites, two days a week, to 91 students at four sites, five days a week. Youth & Families Coordinator Katie Mirt designs programming with State standards and students' social-emotional needs in mind.

Students are engaged daily in independent and small group activities. The program also provides paid employment and professional development to 15 Bhutanese high school and college students, who assist Katie as teaching aides.

### WHAT STUDENTS SAY

- 94%** Agreed or strongly agreed that they felt valued & connected to the teachers & staff
- 90%** Agreed or strongly agreed that the program helped them feel more confident
- 97%** Agreed or strongly agreed that the program helped them build friendships

**"The after school program gives our kids a safe space to learn and grow. They get support with homework and have access to fun activities, games, and STEAM materials. A teacher in one of the districts that we serve [told] us that one of her students started bringing back homework once BCAP started. Small victories like this make me eager to continue my work at BCAP."**

**-Katie Mirt**  
Youth & Families Coordinator



## YOUTH SUMMER CAMP & SPORTS

- \* 2023 was BCAP's largest ever summer camp program. 39 youth in grades 1-5 joined us for eight weeks at the Good Shepherd Lutheran Church in Whitehall. The morning was dedicated to preventing learning loss with educational stations and hands-on activities. The afternoon was all about the arts, entertainment, and sports! The program culminated with a performance the campers prepared!

Part of this program's success was due to our 10 high school and college students who worked as camp directors, instructors and drivers: Raghu Ghimirey, Alexis Nagel, Sofia Khatiwada, Pratiksha Chapagain, Swastika Pokhrel, Ngawang Gurung, Tulasha Neopaney, Samir Kadariya, Saroj Bhandari, & Biwas Gautam

- \* We held two athletics camps this summer for youth ages 8-13. 20 youth participated in BCAP's two-week soccer camp, and 16 in our All Sport Camp!



## SUPPORTING EDUCATION & PARENT ENGAGEMENT

We continue to deepen our relationships with local schools to enhance connections, communication, and engagement with and among families in our community. This year, BCAP staff responded to over 800 phone calls from community members with questions related to education, hosted several events supporting families, and participated in various community events at our districts:

- \* Kindergarten & New Student Registration
- \* Concord Elementary's Cultural Night
- \* Concord Elementary Back to School Night
- \* Baldwin Whitehall School District's We Are Neighbors event
- \* West Jefferson School District's Interaction & Support Services event

"I came to BCAP about a year into the pandemic. After 16 years in the classroom, I felt limited in what I could do for my students and their families. I knew that families did not have an understanding of school policies and procedures because English was not their first language. There was no one at home that could help with homework or practice spelling words with. There was a disconnect between their life at home and their life at school.

I am helping to bridge the gap in education and classroom/school communication. Our parents want to be there and learn about their child's education. Our children want to succeed."

-Katie Mirt  
Youth & Families Coordinator



## Women & Girls

# WOMEN'S EMPOWERMENT PROGRAMS

### WOMEN'S GROUP

The Women's group serves as a social support for Bhutanese women, helps inform our programs and services for women and girls in our community, and leads coordination of the Annual Teej Women's Festival.

### LEADERSHIP & SELF SUFFICIENCY

In response to persistent interest in learning to drive, BCAP launched a women's **learners permit training program**. 2023 was a learning year, as we found in practice that six hours of physical driving lessons were not enough for many of the women to feel confident and safe in taking the driver's test. 14 participants are still in the learning process and three obtained their license.

Additionally, nine women participated in an **Entrepreneurship Training** with the Center For Women's Entrepreneurship at Chatham University.

### WOMEN'S HEALTH

BCAP continued to grow our partnership with the Magee Women's Hospital throughout the year. One event we co-hosted this summer was a Health Fair where close to 60 women received services such as mammograms, dental cleanings, health screenings and massages were conducted.

"Now I can drive and move anywhere I like and do no longer have to wait for or ask my husband. I started working outside my home with this opportunity."

"I had not touched a car steering wheel and never had confidence I would be able to learn. Now I have confidence to drive when a driver sits with me. The opportunity was very useful to me in giving me confidence."

-Driving Program Participants





## New Americans

# CITIZENSHIP & CIVIC ENGAGEMENT



## CIVIC EDUCATION

Although class sizes are getting smaller as more and more Bhutanese community members attain English proficiency and citizenship over time, BCAP continues to operate English & Civics classes to help people prepare to attain citizenship. This year, we enrolled 25 people in class and welcomed eight new U.S. Citizens!

## CIVIC ENGAGEMENT

BCAP also works to encourage our community to engage in the civic life of their neighborhoods. On April 1st this year, Bhutanese community volunteers joined the University of Pittsburgh, Grow Pittsburgh and Grounded for a day of service. Together we were able to secure a fence, clean-up a garden, install a picnic table, and more! In July, we continued our tradition of marching in the Brentwood 4th of July Parade.

## VOTER ENGAGEMENT

BCAP registered 126 new voters this year! We also provide important voter education resources, election reminders, and offer rides to polling places on election day.

**"I feel proud when we are able to exceed the voter registration goal in FY 2023."**

**-Parshu Chamlagai**  
Program Specialist



**25**

Graduated  
civics class



**8**

Attained  
citizenship

**126**

Voters  
registered



## Health & Wellness

# MENTAL & BEHAVIORAL HEALTH SUPPORTS

The COVID-19 pandemic shone a bright light on national mental and behavioral health concerns, and the Bhutanese community is not exempt. After a successful pilot program for proactive health outreach program, in 2023 we established a new full time staff position for health and wellness coordination. Our Health & Wellness Coordinator, Benu Rijal, conducts outreach and wellness calls, helps people navigate the healthcare system, insurance, and billing, and coordinates culturally-appropriate bi-lingual programming.

## MENTAL HEALTH FIRST AID

A full-day Mental Health First Aid (MHFA) Training was held in October. We are committed to continuing to build capacity for culturally and linguistically accessible mental health resources in our community; Because the only local certified Nepali-speaking trainer was unavailable, PK Subedi joined us from Atlanta, Georgia!



# 40

New MHFA-trained  
Bhutanese community  
members!

## SUPPORT GROUPS

Our Support Groups for older adults and for women provide sessions that build community while embedding wellness programming, such as yoga and meditation, cultural preservation (such as traditional music, singing, and storytelling), and gardening.

**"Everything we do here is meaningful. We run a Women Support Group every Saturday and it is a place for women to share their sorrows and happiness to other women. Sharing is one way that we feel relief. Doing home visits is another way we serve the community and find out the problems and show them resources where they get help."**

**-Benu Rijal**  
Health Coordinator





## COMMUNITY GARDENS

The Mount Oliver Community Garden helps older members of our community connect to their agricultural roots, allows our community members to grow hard-to-find and/or affordable produce for traditional recipes, and serves as a way to pass these traditions down to the next generation. BCAP maintains the garden in partnership with Grow Pittsburgh.

## COMPUTER LITERACY

BCAP's computer literacy classes are another program that arose after the abrupt transition to remote learning over the pandemic necessitating higher levels of computer literacy among parents and guardians. These classes continue to be in high demand, with waiting lists and high levels of attendance and participation. The program not only helped parents to gain valuable computer literacy skills, it also specifically allowed for them to gain the skills and experience necessary to communicate with their children's teachers and effectively support their learning. There were 18 people who took our classes and all of them completed the training. We had about 10 folks that needed more advanced classes. They already had the basic skills.

## COMMUNITY VOICES

BCAP hosted five community conversations as part of the Jefferson Regional Foundation's Community Voices series. We gathered groups of youth, women, elders, community leaders, and municipal officials to discuss their priorities.





## Celebrating Community

# **PRESERVING & SHARING OUR CULTURE**



### **FESTIVALS & EVENTS**

We love to share and celebrate our cultural heritage in our neighborhoods and city.

- \* **Squirrel Hill Lunar New Year | February**  
We marched in the annual parade down Murray Ave.
- \* **International Women's Day | March**  
BCAP coordinated a panel discussion and dancing
- \* **World Refugee Day & World Square | June**  
BCAP served on the planning committee for these community celebrations
- \* **South Hills Community Days | Summer**  
BCAP brought cultural dances and henna in Baldwin, Brentwood, Whitehall, & Carrick
- \* **Teej | September**  
The Women's Group coordinated our annual festival
- \* **Pittsburgh International Parade | October**  
We marched in the parade alongside other cultural groups and organizations
- \* **Carrick Light Up Night | December**  
Community members performed cultural dances

Building our future

# PARTNERSHIPS & ADVOCACY



## Key Memberships

- \* Allegheny County Department of Human Services Community Advisory Board
- \* Allegheny County Department of Human Services Immigrants & Internationals Advisory Council
- \* Community Vitality Collaborative for Immigrant and Refugee Committee of the University of Pittsburgh School of Medicine
- \* Jefferson Community Collaborative Vision Council
- \* Mayor's Office Initiative on Welcoming Pittsburgh
- \* Pennsylvania Asian Pacific Islander Power Caucus

## Additional Partnerships

- PA Voice
- Pennsylvania Immigration & Citizenship Coalition
- Switchboard: Karen Organization of San Diego

In addition to our work directly serving our community members, BCAP also plays a critical role in the local, state, and federal landscape as a partner and advocate for immigrant and refugee causes. We're grateful for all the opportunities we've had this year to participate in forums, conferences, projects, and other initiatives with our many dynamic partner organizations, examples are:

### APRIL

- Allegheny County Executive Candidate Forum: Spotlight on AAPI Communities

### MAY

- PA Governor's Office's AAPI Heritage Month Reception
- Allegheny Health Network AAPI Panel Keynote

### JUNE

- Immigrant & Refugee Leaders Panel at Chatham University's Sustainable Leadership Academy

### SEPTEMBER

- Led a Working Group at the Eradicate Hate Conference
- Partnered with Carnegie Mellon University Information System Consulting Students
- Best Practices for Developing a Community-Led ECBO Board

### OCTOBER

- Asian & Pacific Islander American Health Forum VOICES conference
- Culturally Informed & Fitted Approach to Long-Term Services & Supports Training

### NOVEMBER

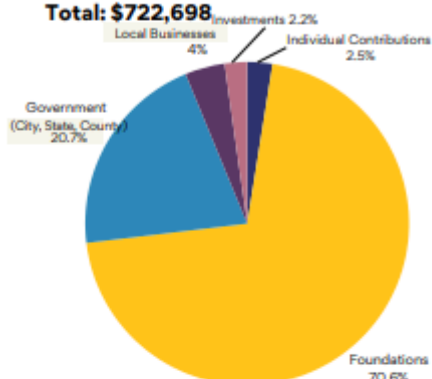
- Immigrant & Refugee Leaders Panel at Chatham University's Sustainable Leadership Academy
- Supporting Wells of Refuge: A Trauma Care and Healing Conference



# FINANCIALS

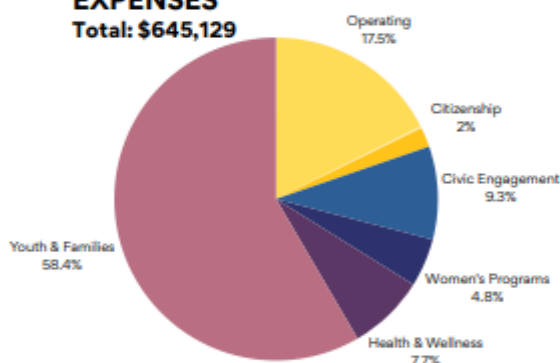
## REVENUE

Total: \$722,698



## EXPENSES

Total: \$645,129



## OUR DONORS

- Benu Rijal
- Bhim Rai
- Devi Ghising
- Denise Maiden
- Bhagi & Mon M Gurung
- Arpan Pradhan
- Andi & Baruch Fischhoff
- Aita Tamang
- Alex Walsh
- Clare Drobot
- Rabi Gurung
- Biswaz Gurung
- Andy Bartholomew & Siena Aguayo
- Barbara Murock & Carl Fertman
- Brooke Kissler
- Bhutanese Funeral Trust Fund

- Bal Magar
- Cynthia Anim
- Dawa Tamang
- Bhim Kami
- Bhavini Patel
- Bhagi Rath Adhikari
- Deu Tiwari
- Andrea Fox
- Bhanu Katel
- Bhuwani Poudel
- Diane Gallagher
- Durga Upreti
- Ganga Baral
- Pabitra Gurung
- Phadindra Niroula & Parbati Sigdel
- Pratima Maji

- Ganga R Dangal & Nari M Dangal
- Hannah E. Hardy
- Harka Rai
- Hema Bhattacharai
- Jeanne M Williams
- Julia Barailly
- Khara & Bishnu Timsina
- Krishna P Pokhrel & Bhim M Pokhrel
- Kumari Rai Subba
- Laxman Maji
- Leslie Boltax Aizenman
- Lila Uprety Adhikari
- Mani Kumar Rai
- Maria Sauro Moore, CRS
- Maya Khanal
- Meena Gurung

- Purna Bahadur & Lal Maya Monger
- Raghu Ghimirey
- Raj Adhikari
- Renee Piechocki
- Robert Marin
- Rupa Gurung
- Sabitra Kadariya
- Samjhana Gurung
- Shiva Lal Sharma
- Suraj Nepal
- Susan Dawkins
- Tek N Nepal
- Tek Timsina
- Todd Fine
- Uma Devi Gautam
- Xia Chao
- Yadu Bhandari

## OUR SUPPORTERS

### PHILANTHROPIC PARTNERS

- United Way of Southwestern PA
- Mary Hillman Jennings Foundation
- YWCA of Greater Pittsburgh
- POISE Foundation
- Jefferson Regional Foundation
- AAPL Power Caucus
- Eden Hall Foundation
- FISA Foundation
- Pittsburgh Public Schools: ESSER
- Grable Foundation
- Allegheny County Department of Human Services
- Allegheny County Department of Children's Initiatives
- Community Development Block Grant - City of Pittsburgh
- Posner Foundation of Pittsburgh
- Duquesne Light Company
- The Pittsburgh Foundation
- Jewish Women's Foundation
- PNC Foundation
- Opportunity Fund
- Staunton Farm Foundation
- Birmingham Foundation

### SPONSORS & SUPPORTERS:

- APlus United Home Care
- Awesome Collection
- Bhagi R Adhikari
- Bridge City Home Care
- Care Crafter Home Care
- Care Zone Home Care Agency
- Carrick Pharmacy
- Dean Honda
- Desi Global Mart
- Everest Lending Group
- FreeStyle Beauty Salon LLC
- Gauley Farm
- Himalayan Asian Grocery
- Himali Kitchen
- Ideal Home Health Agency
- John F Slater Funeral Home/The Whitehall House
- Lifestyle Fashion/Jenny Justin LLC
- Monal Bazaar
- Moonlight Staffing Services LLC
- Namsara Homecare Services LLC
- Neoly Home Care
- Nim Nim Nepali Bazar
- NIT Language Services
- Sejal and Sister LLC (51 Express Mart)
- Smile Home Care
- Steel Town Pharmacy
- TWFG Insurance
- US Independent Insurance Agency

## IN THE NEWS

Our community was highlighted in several local media pieces in 2023, the following are some examples:

Bhutanese refugees bring a “Himalayan Highway” of unique food and culture to the Route 51 corridor,  
Pittsburgh City Paper

Bhutanese Immigrant Co-Founds Community Association in Pittsburgh that Supports All Newcomers  
American Immigration Council

In Pittsburgh’s Bhutanese community, ‘first aid’ for the struggle with mental health stigma  
Public Source

‘Band-Aid on a historical problem’: Child care providers expect slow collapse of sector without long-term aid  
Public Source

From Refugees to Yinzers  
Pittsburgh Post Gazette

Righteous Among the Neighbors: Khara Timsina, BCAP Director  
Pittsburgh City Paper





# OUR TEAM

## STAFF



**Khara Timsina**  
Executive Director



**Parshu Chamlagai**  
Program Specialist



**Katie Mirt**  
Youth & Families  
Coordinator



**Lila Adhikari**  
Administrative & Program  
Assistant



**Benu Rijal**  
Health Coordinator

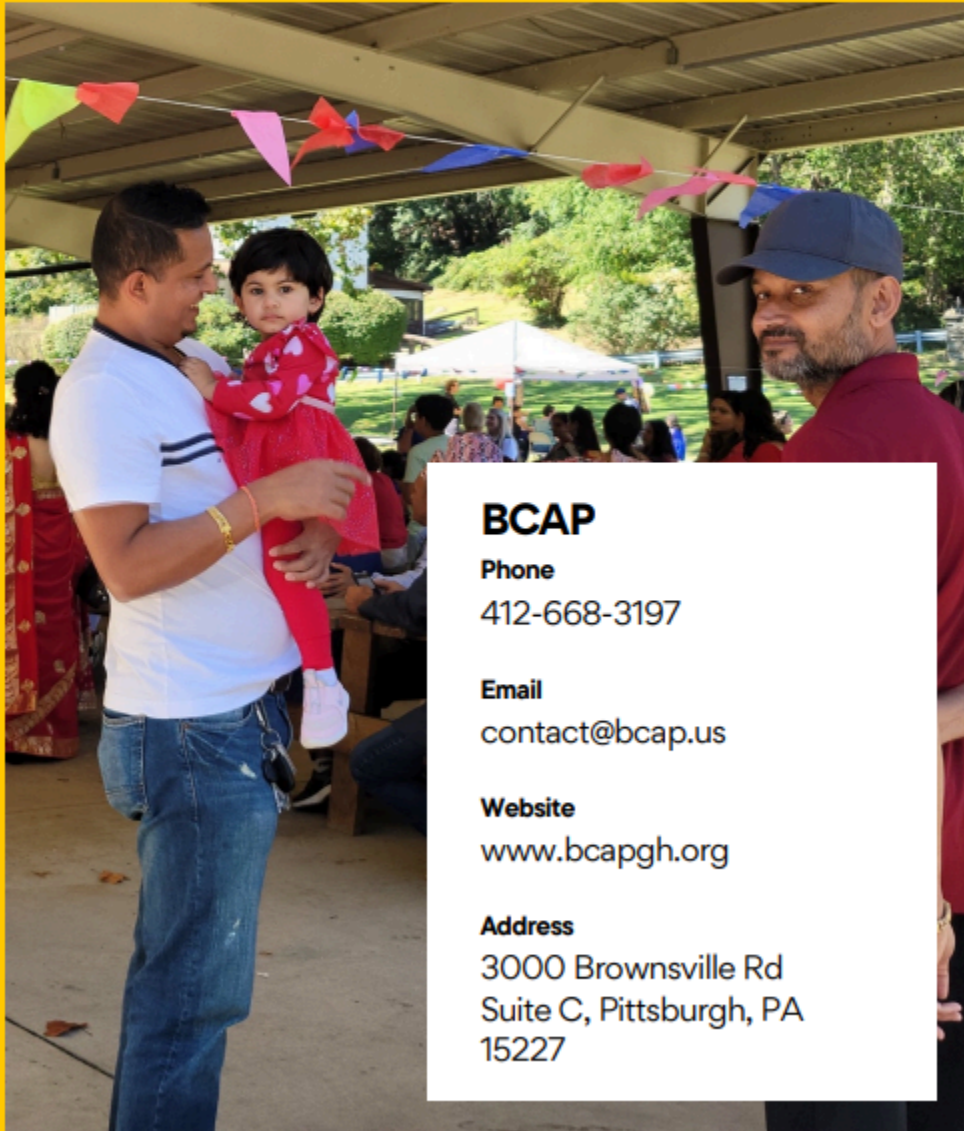
## BOARD MEMBERS

- Suraj Nepal, Chair
- Ganga Baral, Vice-Chair
- Gyem Adhikari, Treasurer
- Bhagi Adhikari
- Leslie Aizenman
- Julia Baraily
- Dr. Xia Chao
- Todd Fine
- Uma Gauttam
- Brooke Kissler
- Bhavini Patel
- Durga Upreti

**THANK YOU  
to all of our  
community  
volunteers!**



# STAY IN TOUCH



## **BCAP**

### **Phone**

412-668-3197

### **Email**

[contact@bcap.us](mailto:contact@bcap.us)

### **Website**

[www.bcapgh.org](http://www.bcapgh.org)

### **Address**

3000 Brownsville Rd  
Suite C, Pittsburgh, PA  
15227



## To-Do Highlights

Khara Timsina, Executive Director  
Bhutanese Community Association of Pittsburgh  
3000 Brownsville Rd  
Pittsburgh, PA 15227

Dear Mr. Timsina,

My name is Jeffrey Simonoff, and I am a Bachelor of Innovation degree student at the University of Colorado Colorado Springs. I have recently found interest in your organization, and I would like to support it by assisting you with a new grant proposal. One of the programs that I have interest in for your organization is the mental health program. I believe that this program could be effective against the high suicide rate for Bhutanese refugees, if given the proper funding.

The organization that I have selected to help fund this program is the Richard King Mellon Foundation. Their main focuses for potential funding partners include environmental preservation, economic mobility, and health and well-being. One of the key components for their focus on health and well-being is mental health. I believe that appealing to these focuses, mainly health and well-being, could assist your organization in its goals.

I would recommend applying for a general application for the Richard King Mellon Foundation, as it is the most flexible option for your organization. In order to assist you in this process, I have prepared a proposal for you towards the funder, which acts as a request to fund your mental health program, and includes a narrative that defines your current mission, a financial summary, and various staff and financial information. I look forward to assisting your agency with the mental health crisis affecting the Bhutanese refugees in Pittsburgh.

Sincerely,



Jeffrey Simonoff  
[jsimonof@uccs.edu](mailto:jsimonof@uccs.edu)



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Richard A. Mellon, CEO  
Richard King Mellon Foundation  
500 Grant St #4106  
Pittsburgh, PA 15219

Dear Mr. Mellon,

The Bhutanese Community Association of Pittsburgh would like to offer a proposal for funding. Our line of work involves helping Bhutanese refugees in Pittsburgh integrate into the United States. Currently, Bhutanese refugees in the United States have a suicide rate of 20.3 per 100,000 people, which is nearly double the amount of the national average. It is for this reason that we have a mental health program that hopes to alleviate this issue.

The programs we offer include civics-based classes, community-based activities, immigration assistance, mental health, and so on. We have helped thousands of Bhutanese refugees integrate into the United States within the past 10 years through our programs. We believe that receiving funding from the Richard King Mellon Foundation could help us improve our existing programs.

The Bhutanese Community Association of Pittsburgh recognizes that your organization's current focus is on environmental conservation, economic mobility, and health improvements. If the mental health of Bhutanese refugees improves, we could educate these refugees on environmental conservation, as well as economic mobility. We would like to request \$192,584 for our organization to help fund our existing programs through the general application.

Sincerely,  
Khara Timsina, Executive Director  
Bhutanese Community Association of Pittsburgh  
3000 Brownsville Rd  
Pittsburgh, PA 15227  
(412) 668-3197  
[ktimsina@bcap.us](mailto:ktimsina@bcap.us)



## SUMMARY SHEET FORM

**Legal Name of Organization:**

Bhutanese Community Association of Pittsburgh

**DBA (if applicable):****Mailing Address (and Physical Address if it is different and not confidential):**

3000 Brownsville Rd, Pittsburgh, PA 15227

**Phone:** 412-668-3197

**Fax:**

**EIN:** 30-0742370

**Website:** <https://bcapgh.org>

**Organization Email Address:** [contact@bcap.us](mailto:contact@bcap.us)

**Name of CEO or Executive Director:** Khara Timsina

**Phone:** 412-327-7256

**Email:** [ktimsina@bcap.us](mailto:ktimsina@bcap.us)

**Application Contact & Title (if not the CEO or Executive Director):**

Benu Rijal – Health Coordinator

**Phone:** 412-668-3197

**Email:** [mtimsina@bcap.us](mailto:mtimsina@bcap.us)

**Organization Information**

**Year Founded:** 2010

**Mission Statement:**

The Bhutanese Community Association of Pittsburgh's mission is to ensure a high quality of life for all members of the Bhutanese community in Pittsburgh, Pennsylvania through culturally informed services and activities.

**Geographic Area Served (specific to this proposal):**

Pittsburgh, Pennsylvania



## Colorado Common Grant Application

### Tax Exemption Status:

- ☒ 501(c)(3)  
☐ Using a fiscal agent/fiscal sponsor

Name of fiscal agent/sponsor:

- ☐ Other than 501(c)(3), describe:

Number of Employees: Full-time:

17

Part-time:

0

### Grant Request Information

Type of Grant Requested (select one):

Amount of Request:

\$ 192,584

- ☒ General Operating Support  
☐ Program or Project Support  
Name of Program or Project:  
☐ Capital Request (Check with the grantmaker as to whether they prefer the CGA-Capital)  
☐ Other

Describe what the grant will be used for:

The grant will be used to improve the mental health program of the agency, allowing for more opportunities to assist in mental health services for refugees from Bhutan. Additionally, issues faced by the refugees may be further explored, which will allow certain methods of mental health improvement to be implemented.

**Financial Information** Budget numbers should match the numbers presented in Attachments 1(a) & (b).

Organization's Current Budget for Fiscal Year Ending:

12/31/2022

Income: \$ 553,000

Expenses: \$ 329,000

AND, if other than a general operating request,

Program or Project Budget:

Dates: from:

/ /

to:

/ /

Income:

Expenses:

By signing below, I certify that the information contained in this application is true and correct to the best of my knowledge.

Khara Timsina

CEO/Executive Director

3/8/2024

Date

## **Background and History of the Agency.**

During the 1990s, Bhutanese refugees were forced to leave Bhutan and take refuge in camps in Nepal, as well as within the United States. Our founder struggled to navigate within the United States at first, so he moved back and spent 17 years in a refugee camp in Nepal for training before being approved for proper United States immigration. After moving to Pittsburgh, Pennsylvania, being hired by a payment processing center, and aiding the local Bhutanese community, our founder co-founded the Bhutanese Community Association of Pittsburgh in 2010. The reason why this agency was formed was to help Bhutanese refugees in Pittsburgh integrate, and we created several programs to make them feel less isolated and more at home within the United States.

## **Current Goals**

Our current goals for this decade are to improve further the mental health of the Bhutanese community in Pittsburgh. To do this, we plan to train several Bhutanese volunteers in teaching mental health to remove the social stigma behind talking about mental health in the Bhutanese community. These goals fit in with our mission to help Bhutanese refugees within Pittsburgh by applying mental health awareness in a culturally sensitive way. By having teachers part of the Bhutanese community, we can teach awareness of mental health by reducing the stigma against discussions on mental health naturally. We believe that these goals are significant due to the recent rise in isolation during the pandemic, as well as the higher-than-average suicide rate that Bhutanese refugees face within the United States.

## **Overview of Programs**

Our current programs within the Bhutanese Community Association of Pittsburgh include an after-school academy, volunteer opportunities, civic engagement, and many other programs. In short, the programs that we offer exist to help the Bhutanese refugees residing in Pittsburgh, Pennsylvania. To accomplish these tasks, the primary focus of our programs seeks to not only assist the refugees through various activities, but also to help them integrate into the society of the United States. We apply these programs by providing necessary resources to the Bhutanese refugees via physical and online services, which can either be directly from our resources or through other organizations that we collaborate with often.

The populations that we have served include the Bhutanese refugees in the town of Allegheny, which has a population of over 7,000 members, as well as other areas of Pittsburgh. As for the impact of our programs last year, we have serviced 2157 people via call and received 1033 office visits. For our civics program, we have helped 25 refugees graduate civics classes, as well as help 8 refugees gain citizenship status. Additionally, we have helped register 126 voters within the Pittsburgh community.

For our other educational programs, we have assisted 75 kids within the Pittsburgh community through after-school programs. At least 90% of the kids that attended our after-school program felt satisfaction in their overall growth. Additionally, we have trained 25 people for our mental health first aid programs, which will help reduce the stigma of mental health in the Bhutanese community. Lastly, our revenue from last year is \$722,698, which helps us further in assisting the refugees with our existing programs.



## **Summary of the Program Request**

The program that we would like to seek funding for would be our mental health program. This program focuses on the mental and behavioral health of the people that we service, in which our research shows that stress often forms when pursuing higher education, so one of the age groups that we focus on is those learning in college. To assist with improving the mental health of Bhutanese refugees, we have created a guide that can assist with understanding the problem, as well as providing resources to help those in need of mental health services.

The main reason why our mental health program exists is mainly due to the struggle Bhutanese refugees may face in the United States, which includes maintaining mental health. The reason that these refugees struggle with mental health is mainly due to financial struggles, the language barrier, the struggle to find employment, and, in the case of men, the unwillingness to reveal these struggles. Through this program, we hope to obtain a ripple effect that reduces the higher-than-average suicide rate of Bhutanese refugees, with the potential to improve their lives overall.

By implementing mental health training into our program, we hope to reduce the cultural stigma of those who are struggling with mental health. One of our end goals is to allow Bhutanese refugees to see mental health as an important health factor, due to the social stigma of discussing mental health. We hope to bring some Bhutanese refugees in as teachers of mental health to properly reduce the cultural stigma of expressing mental issues. To achieve this goal, we will need roughly \$192,584 in funding to properly fund our mental health program, in order to reduce the stigma around mental health awareness.

## **Program Evaluations**

We measure the impact of our programs through surveys, annual reports, and general research. Starting with our general research, we begin with applying the program itself and then interview certain individuals who have been a part of the program. Next, we survey everyone within the program, where the data is recorded in our annual reports. Once that information has been recorded, by the end of the year, we can re-examine our impact based on the data available to us.

To improve our programs when needed, if an issue shows little to no improvement, we will conduct further research on what makes that issue difficult to solve, as well as consider what we could do to solve it. One example would be our mental health program, where an issue we currently face is the social stigma of discussing mental health. Our planned solution is to bring members of the Bhutanese community to explain mental health to others in their community, thus reducing the social stigma.

## **Collaborations**

To extend the effectiveness of our programs, we collaborate with certain agencies, as well as assist in community efforts. When it comes to collaboration with other organizations, our main methodology is to give our services for them to use, and vice versa. One example would be our collaboration with Allegheny County Mental Health, where we provide a link to in our mental health program, allowing for more effective treatment of Bhutanese refugees.

As for our collaborations with our community, we utilize certain events and programs to further connect with the Bhutanese community on a physical level. One of our main programs is Community Gardening, where we create bonds with our community through gardening via the Mount Oliver Community Garden. Alongside our community gardening program, we also host community conversations in collaboration with the Jefferson Regional Foundation to discuss priorities with all age groups of the Bhutanese community.

Our main philosophy is grounded through volunteerism and collaboration, and we strive to extend our services to vulnerable families in the Bhutanese community. Our programs are integrated in such a way to allow collaborators to assist in the growth of our community. By collaborating with community members and partners, we can further assist with our programs indirectly, as well as communicate with our community directly to solve certain issues.

## **Inclusivity**

Our agency seeks to help Bhutanese refugees, a minority group within the United States that struggles with integration, and we strive to expand our services without discrimination. We use a variety of programs to help these refugees integrate and learn while remaining culturally sensitive to their usual norms. These programs are taught by various people with different backgrounds, including other Bhutanese refugees. Additionally, our board of directors, supporters, donors, and other partners help by giving us the resources to ensure our community remains diverse and inclusive. Overall, being inclusive is one of our main priorities, and we intend to expand upon it further within our hiring practices and through the interactions in our community.

## **Board of Director's Role**

Our board of directors' primary role in advancing our mission is to assist us in strategies that can help our overall goal of integrating Bhutanese refugees into the United States. Some of the critical issues and policies that our board of directors seeks to address are our ability to provide a diverse and inclusive space and how we can address mental health in the Bhutanese community. The board members operate in the daily functioning of our organization by providing a potential agenda that we could use for our programs, as well as potential strategies that could be used in our programs. Our board of directors serves this role to further assist our existing programs for the Bhutanese refugees, giving us the time and resources to accomplish our goals.

## **Volunteers**

Our organization allows volunteers to work for us through a particular program. This program requires volunteers to fill out a form, and upon volunteering, that volunteer may work with our organization from 9 am to 5 pm on the weekdays. As of 2022, we have had 39 volunteers, each with a maximum of 2,040 hours annually. Volunteers help us in our organization by providing additional assistance, such as interpreting, transportation, mentoring, homework assistance, immigration assistance, etc. Our community relies significantly on volunteers, who contribute through funding or by assisting in our existing programs, and we greatly appreciate their support.

## **Plans for the Future**

One of the challenges that we currently face is the lower-than-average mental health quality of the Bhutanese community. This challenge is caused by a social stigma in the Bhutanese community, which may prevent discussions on mental health. Our solution to this challenge is to integrate a few Bhutanese refugees into our mental health program to remove the stigma more naturally.

Potential opportunities that we could face in the next 3–5 years include the previously mentioned focus on mental health, as well as improvements to our other programs. Additionally, we would like to further integrate the Bhutanese community into the United States society by meeting with other communities, which will be done through various events. To address changes in our service model, we may search for more funding, collaborators, and potentially, more volunteers in the future.

## **Additional Information**

While our agency focuses on helping Bhutanese refugees integrate, our programs are not explicitly limited to integration assistance and mental health. One of our main programs is community gardening, in which a 10x20 growing space can be applied for individuals for \$10 a year within the Borough of Mount Oliver. This program helps our community grow as individuals, with the additional benefit of assisting the environment and further integrating the Bhutanese refugees as a community.

Another program we provide is our after-school academy, which aims to help school-age children develop their knowledge and a sense of community. Our after-school program helps our community by increasing learning opportunities through societal integration and learning, as well as allowing for more interactions between community members. Overall, these programs benefit our community, and we hope to grow a sense of community with other groups through these programs.



## Visual - Logframe

	Project Summary	Indicators	Means of Verification	Risks/Assumptions
<b>Goal</b>	50% reduction in Bhutanese suicide rate within 2 years.	Percentage of Bhutanese refugees' suicide rate.	Comparison of suicide rate from previous years to current year.	N/A
<b>Outcome</b>	Improve mental health of Bhutanese refugees in Pittsburgh, Pennsylvania.	Mental health quality within the Bhutanese community in Pittsburgh.	Anonymous, post-teaching surveys by comparison to pre-teaching surveys.	Improved mental health will lead to lower suicide rates in the Bhutanese community.
<b>Outputs</b>	1. 80 Bhutanese refugees in Pittsburgh willingly attending mental health classes.	Number of Bhutanese refugees attending mental health classes.	Class attendance records.	Bhutanese refugees begin applying these lessons to improve their health.
	2. 80 Bhutanese refugees in Pittsburgh with mental health struggles discussing those struggles with family members.	Number of Bhutanese refugees discussing mental health problems with family members.	Survey of Bhutanese families after class sessions.	Learning Bhutanese refugees are interested in sharing mental health struggles with their families.
<b>Activities</b>	1. Train 10 Bhutanese refugees for teaching mental health.	Number of Bhutanese refugees acting as mental health teachers.	Mental health employment records.	Bhutanese families with a stigma against discussions on mental health will begin to have an interest in mental health.
	2. Teach 50 Bhutanese refugees techniques for addressing mental health with take-home pamphlets.	Number of Pamphlets delivered.	Pamphlet distribution records.	Bhutanese refugees are invested in learning about mental health struggles properly.

## **2023 Financial Statements**

## **Year-End Financial Statements, Audit, and Sources of Income**

## **Major Contributors**

Jefferson Regional Foundation

The Mary Hillman Jennings Foundation

The Pittsburgh Foundation

Posner Foundation of Pittsburgh

The Grable Foundation

PNC Foundation

Pennsylvania Immigration and Citizenship Coalition

Duquesne Light Company

Birmingham Foundation

Staunton Farm Foundation

YWCA Greater Pittsburgh

Poise Foundation

Opportunity Fund

Allegheny County DCI

## Board of Directors

Julia Baraily.....	Board Chair
Uma Gauttam.....	Board Secretary
Gyem Adhikari.....	Board Treasurer
Bhavini Patel.....	Board Member
Bhagi Adhikari .....	Board Member
Brooke Kissler.....	Board Member
Denise Maiden.....	Board Member
Dhiren Subedi.....	Board Member
Dr. Xia Chao.....	Board Member
.Leslie Aizenman.....	Board Member
Madhav Mishra.....	Board Member
Todd Fine.....	Board Member

## **IRS Tax Exemption Letter**

## **Anti-discrimination Statement**

## Key Staff

Khara Timsina.....Executive Director  
Parshu Chamlagai.....Program Specialist  
Katie Mirt.....Youth & Families Coordinator  
Benu Rijal.....Health Coordinator  
Lila Adhikari .....Administrative & Program Assistant



## Annual Report



# LETTER FROM THE DIRECTOR



Photo credit: Brian Cohen

**KHARA TIMSINA**

executive director

**Happy New Year to you.** While we are very much excited to do more in 2024, we have not forgotten how busy we were in 2023.

Expanding our After School Program from two school districts to four, serving over 75 kids was definitely a huge undertaking, especially for our *Katherine Mirt* who managed the program successfully with utmost care and planning. We scaled up our Summer Camp to serving around 40 youths for six weeks. Congratulations and thank you, Katie.

Coordinating our Voter Registration work throughout the year and assisting a good number of people complete their immigration related applications on top of his regular bookkeeping work was not a light load on *Parshu Chamlagai*. We registered 126 people to vote. Much appreciation to his committed service.

*Benu Rijal's* work in visiting families in crisis and intervention on mental health was not just difficult but at times risky too. She successfully organized and hosted Mental Health First Aid training where close to 40 people attended. Congratulations to her.

*Lila Adhikari* joined us in July and handled numerous calls from within and outside the community, making sure communications flowed smoothly. A lot of thanks to her as well.

In order to make our services more accessible, we continued to remain open six days a week. Many Saturdays we were out representing our community at neighborhood events including parades and community days. These were also opportunities to our youths in showcasing their dance arts.

We had a number of Women's Support Group Sessions spread out in the year. Celebrations of International Women's Day and of Teej Festival were very well received.

I am thankful to all the board members for their time, guidance and resources to BCAP through the year.

Foundations that partnered with us, along with businesses and donors, were crucial in our progress; without them we could not do much. A lot of gratitude to all our funders.

I want to salute all the volunteers for their support in BCAP's programs and events.

And as for myself, I enjoyed working with my colleagues, board members, volunteers and partner organizations. It was a rewarding year as I got to speak at various panels or webinars and had the opportunity and privilege to serve on amazing committees, locally, statewide, and nationally, including the Vision Council of the Jefferson Community Collaborative. BCAP has become well known as an effective organization and we have received much positive media coverage and accolades this year. I am proud and humbled to serve as executive director.

It is my hope that BCAP will be able to continue to grow in its capacity to serve not just our own community but other communities at a larger scale.



## ABOUT BCAP

### VISION

A vibrant Bhutanese Community where all are enabled to reach their fullest potential and traditional culture is celebrated and shared.

### MISSION

To ensure a high quality of life for all members of the Bhutanese community in Pittsburgh and to support their integration into American Society through culturally-informed services and activities.

### Our history

The Bhutanese refugee community fled government persecution in Bhutan, and after a 20-year stay in refugee camps in Nepal, many found a new home in Pittsburgh. BCAP emerged out of the efforts of a few committed community volunteers and gained nonprofit status in 2014. The population is estimated to be over 7,000 in Allegheny County, many attracted here via secondary migration from their original U.S. resettlement city due to the reputation of BCAP and its program, and probably affordable housing and employment opportunity. While the population is dispersing more broadly as we continue to integrate, the majority is spread throughout several South Hills neighborhoods, including Greentree, Castle Shannon, Baldwin, Brentwood, Whitehall, Brookline, West Mifflin, Bethel Park, South Park Township, Pleasant Hills, Jefferson Hills, Carrick, and Mount Oliver.



# BCAP AT A GLANCE

Guided by our strategic plan, BCAP strives to mobilize resources to improve the quality of life for Bhutanese community members and other immigrant and refugee communities in the region, reaching out to families and individuals in a culturally appropriate way. In pursuit of our mission and vision, BCAP offers its services to vulnerable families and individuals without regard to color, faith, gender, sexual orientation, physical or mental condition, ethnic origins or nationalities.

## Key focus areas

- Basic needs & service navigation
- Youth, women & family supports
- Citizenship & civic engagement
- Health & wellness
- Computer literacy
- Community & cultural preservation
- Partnerships & advocacy



**"Whenever I'm able to find a solution to a problem that arises in the community, it is very much meaningful to me."**

**-Lila Adhikari**

Administrative & Program Assistant



## SERVICE NAVIGATION STATS



Incoming Calls

**1124**

Outgoing Calls

**1033**



Office Visits

**1033**

### BY CATEGORY



Youth & Education

**862**



Information & Referral

**410**



Civic Engagement & Immigration

**183**



Program Inquiries

**423**



Basic Needs Support

**259**



Health & Wellness

**112**



## Youth & Families

# OUT OF SCHOOL TIME PROGRAMS

The COVID-19 pandemic had especially dire consequences for immigrant and refugee families in our school systems. Interpretation and other specific supports needed by many immigrant families to navigate the online learning environment were limited, and as a result many youth fell below grade level. To address this, over the past year BCAP has invested heavily in building capacity for our youth development programs, which are specifically designed to meet the unique needs of our students so that they can advance academically, build self confidence, and develop meaningful relationships with peers and trusted adults.

## BCAP AFTERSCHOOL PROGRAM

We grew the after school program from serving 15 students at two sites, two days a week, to 91 students at four sites, five days a week. Youth & Families Coordinator Katie Mirt designs programming with State standards and students' social-emotional needs in mind.

Students are engaged daily in independent and small group activities. The program also provides paid employment and professional development to 15 Bhutanese high school and college students, who assist Katie as teaching aides.

### WHAT STUDENTS SAY

**94%** Agreed or strongly agreed that they felt valued & connected to the teachers & staff

**90%** Agreed or strongly agreed that the program helped them feel more confident

**97%** Agreed or strongly agreed that the program helped them build friendships

**"The after school program gives our kids a safe space to learn and grow. They get support with homework and have access to fun activities, games, and STEAM materials. A teacher in one of the districts that we serve [told] us that one of her students started bringing back homework once BCAP started. Small victories like this make me eager to continue my work at BCAP."**

**-Katie Mirt**  
Youth & Families Coordinator



## YOUTH SUMMER CAMP & SPORTS

- \* 2023 was BCAP's largest ever summer camp program. 39 youth in grades 1-5 joined us for eight weeks at the Good Shepherd Lutheran Church in Whitehall. The morning was dedicated to preventing learning loss with educational stations and hands-on activities. The afternoon was all about the arts, entertainment, and sports! The program culminated with a performance the campers prepared!

Part of this program's success was due to our 10 high school and college students who worked as camp directors, instructors and drivers: Raghu Ghimirey, Alexis Nagel, Sofia Khatiwada, Pratiksha Chapagain, Swastika Pokhrel, Ngawang Gurung, Tulasha Neopane, Samir Kadariya, Saroj Bhandari, & Biwas Gautam

- \* We held two athletics camps this summer for youth ages 8-13. 20 youth participated in BCAP's two-week soccer camp, and 16 in our All Sport Camp!



## SUPPORTING EDUCATION & PARENT ENGAGEMENT

We continue to deepen our relationships with local schools to enhance connections, communication, and engagement with and among families in our community. This year, BCAP staff responded to over 800 phone calls from community members with questions related to education, hosted several events supporting families, and participated in various community events at our districts:

- \* Kindergarten & New Student Registration
- \* Concord Elementary's Cultural Night
- \* Concord Elementary Back to School Night
- \* Baldwin Whitehall School District's We Are Neighbors event
- \* West Jefferson School District's Interaction & Support Services event

"I came to BCAP about a year into the pandemic. After 16 years in the classroom, I felt limited in what I could do for my students and their families. I knew that families did not have an understanding of school policies and procedures because English was not their first language. There was no one at home that could help with homework or practice spelling words with. There was a disconnect between their life at home and their life at school.

I am helping to bridge the gap in education and classroom/school communication. Our parents want to be there and learn about their child's education. Our children want to succeed."

-Katie Mirt  
Youth & Families Coordinator





## Women & Girls

# WOMEN'S EMPOWERMENT PROGRAMS

### WOMEN'S GROUP

The Women's group serves as a social support for Bhutanese women, helps inform our programs and services for women and girls in our community, and leads coordination of the Annual Teej Women's Festival.

### LEADERSHIP & SELF SUFFICIENCY

In response to persistent interest in learning to drive, BCAP launched a women's **learners permit training program**. 2023 was a learning year, as we found in practice that six hours of physical driving lessons were not enough for many of the women to feel confident and safe in taking the driver's test. 14 participants are still in the learning process and three obtained their license.

Additionally, nine women participated in an **Entrepreneurship Training** with the Center For Women's Entrepreneurship at Chatham University.

### WOMEN'S HEALTH

BCAP continued to grow our partnership with the Magee Women's Hospital throughout the year. One event we co-hosted this summer was a Health Fair where close to 60 women received services such as mammograms, dental cleanings, health screenings and massages were conducted.

"Now I can drive and move anywhere I like and do no longer have to wait for or ask my husband. I started working outside my home with this opportunity."

"I had not touched a car steering wheel and never had confidence I would be able to learn. Now I have confidence to drive when a driver sits with me. The opportunity was very useful to me in giving me confidence."

-Driving Program Participants



## New Americans

# CITIZENSHIP & CIVIC ENGAGEMENT



## CIVIC EDUCATION

Although class sizes are getting smaller as more and more Bhutanese community members attain English proficiency and citizenship over time, BCAP continues to operate English & Civics classes to help people prepare to attain citizenship. This year, we enrolled 25 people in class and welcomed eight new U.S. Citizens!

## CIVIC ENGAGEMENT

BCAP also works to encourage our community to engage in the civic life of their neighborhoods. On April 1st this year, Bhutanese community volunteers joined the University of Pittsburgh, Grow Pittsburgh and Grounded for a day of service. Together we were able to secure a fence, clean-up a garden, install a picnic table, and more! In July, we continued our tradition of marching in the Brentwood 4th of July Parade.

## VOTER ENGAGEMENT

BCAP registered 126 new voters this year! We also provide important voter education resources, election reminders, and offer rides to polling places on election day.

**"I feel proud when we are able to exceed the voter registration goal in FY 2023."**

**-Parshu Chamlagai**  
Program Specialist



**25**

Graduated  
civics class



**8**

Attained  
citizenship

**126**

Voters  
registered





## Health & Wellness

# MENTAL & BEHAVIORAL HEALTH SUPPORTS

The COVID-19 pandemic shone a bright light on national mental and behavioral health concerns, and the Bhutanese community is not exempt. After a successful pilot program for proactive health outreach program, in 2023 we established a new full time staff position for health and wellness coordination. Our Health & Wellness Coordinator, Benu Rijal, conducts outreach and wellness calls, helps people navigate the healthcare system, insurance, and billing, and coordinates culturally-appropriate bi-lingual programming.

## MENTAL HEALTH FIRST AID

A full-day Mental Health First Aid (MHFA) Training was held in October. We are committed to continuing to build capacity for culturally and linguistically accessible mental health resources in our community; Because the only local certified Nepali-speaking trainer was unavailable, PK Subedi joined us from Atlanta, Georgia!



# 40

New MHFA-trained  
Bhutanese community  
members!

## SUPPORT GROUPS

Our Support Groups for older adults and for women provide sessions that build community while embedding wellness programming, such as yoga and meditation, cultural preservation (such as traditional music, singing, and storytelling), and gardening.

**"Everything we do here is meaningful. We run a Women Support Group every Saturday and it is a place for women to share their sorrows and happiness to other women. Sharing is one way that we feel relief. Doing home visits is another way we serve the community and find out the problems and show them resources where they get help."**

**-Benu Rijal**  
Health Coordinator



## COMMUNITY GARDENS

The Mount Oliver Community Garden helps older members of our community connect to their agricultural roots, allows our community members to grow hard-to-find and/or affordable produce for traditional recipes, and serves as a way to pass these traditions down to the next generation. BCAP maintains the garden in partnership with Grow Pittsburgh.

## COMPUTER LITERACY

BCAP's computer literacy classes are another program that arose after the abrupt transition to remote learning over the pandemic necessitating higher levels of computer literacy among parents and guardians. These classes continue to be in high demand, with waiting lists and high levels of attendance and participation. The program not only helped parents to gain valuable computer literacy skills, it also specifically allowed for them to gain the skills and experience necessary to communicate with their children's teachers and effectively support their learning. There were 18 people who took our classes and all of them completed the training. We had about 10 folks that needed more advanced classes. They already had the basic skills.

## COMMUNITY VOICES

BCAP hosted five community conversations as part of the Jefferson Regional Foundation's Community Voices series. We gathered groups of youth, women, elders, community leaders, and municipal officials to discuss their priorities.





## Celebrating Community

# **PRESERVING & SHARING OUR CULTURE**



### **FESTIVALS & EVENTS**

We love to share and celebrate our cultural heritage in our neighborhoods and city.

- \* **Squirrel Hill Lunar New Year | February**  
We marched in the annual parade down Murray Ave.
- \* **International Women's Day | March**  
BCAP coordinated a panel discussion and dancing
- \* **World Refugee Day & World Square | June**  
BCAP served on the planning committee for these community celebrations
- \* **South Hills Community Days | Summer**  
BCAP brought cultural dances and henna in Baldwin, Brentwood, Whitehall, & Carrick
- \* **Teej | September**  
The Women's Group coordinated our annual festival
- \* **Pittsburgh International Parade | October**  
We marched in the parade alongside other cultural groups and organizations
- \* **Carrick Light Up Night | December**  
Community members performed cultural dances



Building our future

# PARTNERSHIPS & ADVOCACY



## Key Memberships

- \* Allegheny County Department of Human Services Community Advisory Board
- \* Allegheny County Department of Human Services Immigrants & Internationals Advisory Council
- \* Community Vitality Collaborative for Immigrant and Refugee Committee of the University of Pittsburgh School of Medicine
- \* Jefferson Community Collaborative Vision Council
- \* Mayor's Office Initiative on Welcoming Pittsburgh
- \* Pennsylvania Asian Pacific Islander Power Caucus

## Additional Partnerships

- PA Voice
- Pennsylvania Immigration & Citizenship Coalition
- Switchboard: Karen Organization of San Diego

In addition to our work directly serving our community members, BCAP also plays a critical role in the local, state, and federal landscape as a partner and advocate for immigrant and refugee causes. We're grateful for all the opportunities we've had this year to participate in forums, conferences, projects, and other initiatives with our many dynamic partner organizations, examples are:

### APRIL

- Allegheny County Executive Candidate Forum: Spotlight on AAPI Communities

### MAY

- PA Governor's Office's AAPI Heritage Month Reception
- Allegheny Health Network AAPI Panel Keynote

### JUNE

- Immigrant & Refugee Leaders Panel at Chatham University's Sustainable Leadership Academy

### SEPTEMBER

- Led a Working Group at the Eradicate Hate Conference
- Partnered with Carnegie Mellon University Information System Consulting Students
- Best Practices for Developing a Community-Led ECBO Board

### OCTOBER

- Asian & Pacific Islander American Health Forum VOICES conference
- Culturally Informed & Fitted Approach to Long-Term Services & Supports Training

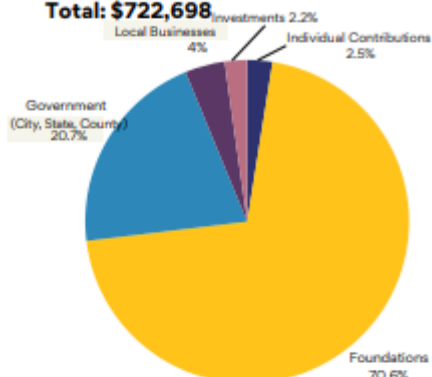
### NOVEMBER

- Immigrant & Refugee Leaders Panel at Chatham University's Sustainable Leadership Academy
- Supporting Wells of Refuge: A Trauma Care and Healing Conference

# FINANCIALS

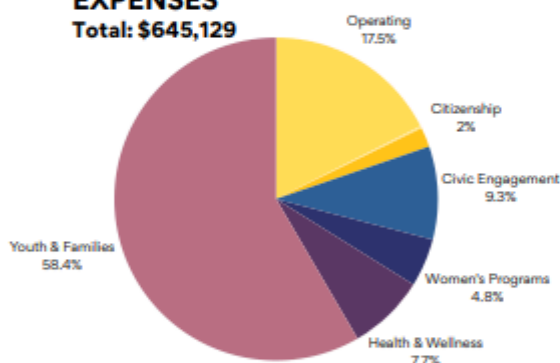
## REVENUE

Total: \$722,698



## EXPENSES

Total: \$645,129



## OUR DONORS

- Benu Rijal
- Bhim Rai
- Devi Ghising
- Denise Maiden
- Bhagi & Mon M Gurung
- Arpan Pradhan
- Andi & Baruch Fischhoff
- Aita Tamang
- Alex Walsh
- Clare Drobot
- Rabi Gurung
- Biswaz Gurung
- Andy Bartholomew & Siena Aguayo
- Barbara Murock & Carl Fertman
- Brooke Kissler
- Bhutanese Funeral Trust Fund

- Bal Magar
- Cynthia Anim
- Dawa Tamang
- Bhim Kami
- Bhavini Patel
- Bhagi Rath Adhikari
- Deu Tiwari
- Andrea Fox
- Bhanu Katel
- Bhuwani Poudel
- Diane Gallagher
- Durga Upreti
- Ganga Baral
- Pabitra Gurung
- Phadindra Niroula & Parbati Sigdel
- Pratima Maji

- Ganga R Dangal & Nari M Dangal
- Hannah E. Hardy
- Harka Rai
- Hema Bhattarai
- Jeanne M Williams
- Julia Barailly
- Khara & Bishnu Timsina
- Krishna P Pokhrel & Bhim M Pokhrel
- Kumari Rai Subba
- Laxman Maji
- Leslie Boltax Aizenman
- Lila Upreti Adhikari
- Mani Kumar Rai
- Maria Sauro Moore, CRS
- Maya Khanal
- Meena Gurung

- Purna Bahadur & Lal Maya Monger
- Raghu Ghimirey
- Raj Adhikari
- Renee Piechocki
- Robert Marin
- Rupa Gurung
- Sabitra Kadariya
- Samjhana Gurung
- Shiva Lal Sharma
- Suraj Nepal
- Susan Dawkins
- Tek N Nepal
- Tek Timsina
- Todd Fine
- Uma Devi Gautam
- Xia Chao
- Yadu Bhandari

## OUR SUPPORTERS

### PHILANTHROPIC PARTNERS

- United Way of Southwestern PA
- Mary Hillman Jennings Foundation
- YWCA of Greater Pittsburgh
- POISE Foundation
- Jefferson Regional Foundation
- AAPL Power Caucus
- Eden Hall Foundation
- FISA Foundation
- Pittsburgh Public Schools: ESSER
- Grable Foundation
- Allegheny County Department of Human Services
- Allegheny County Department of Children's Initiatives
- Community Development Block Grant - City of Pittsburgh
- Posner Foundation of Pittsburgh
- Duquesne Light Company
- The Pittsburgh Foundation
- Jewish Women's Foundation
- PNC Foundation
- Opportunity Fund
- Staunton Farm Foundation
- Birmingham Foundation

### SPONSORS & SUPPORTERS:

- APlus United Home Care
- Awesome Collection
- Bhagi R Adhikari
- Bridge City Home Care
- Care Crafter Home Care
- Care Zone Home Care Agency
- Carrick Pharmacy
- Dean Honda
- Desi Global Mart
- Everest Lending Group
- FreeStyle Beauty Salon LLC
- Gauley Farm
- Himalayan Asian Grocery
- Himali Kitchen
- Ideal Home Health Agency
- John F Slater Funeral Home/The Whitehall House
- Lifestyle Fashion/Jenny Justin LLC
- Monal Bazaar
- Moonlight Staffing Services LLC
- Namsara Homecare Services LLC
- Neoly Home Care
- Nim Nim Nepali Bazar
- NIT Language Services
- Sejal and Sister LLC (51 Express Mart)
- Smile Home Care
- Steel Town Pharmacy
- TWFG Insurance
- US Independent Insurance Agency

## IN THE NEWS

Our community was highlighted in several local media pieces in 2023, the following are some examples:

Bhutanese refugees bring a “Himalayan Highway” of unique food and culture to the Route 51 corridor,  
Pittsburgh City Paper

Bhutanese Immigrant Co-Founds Community Association in Pittsburgh that Supports All Newcomers  
American Immigration Council

In Pittsburgh’s Bhutanese community, ‘first aid’ for the struggle with mental health stigma  
Public Source

‘Band-Aid on a historical problem’: Child care providers expect slow collapse of sector without long-term aid  
Public Source

From Refugees to Yinzers  
Pittsburgh Post Gazette

Righteous Among the Neighbors: Khara Timsina, BCAP Director  
Pittsburgh City Paper





# OUR TEAM

## STAFF



**Khara Timsina**  
Executive Director



**Parshu Chamlagai**  
Program Specialist



**Katie Mirt**  
Youth & Families  
Coordinator



**Lila Adhikari**  
Administrative & Program  
Assistant



**Benu Rijal**  
Health Coordinator

## BOARD MEMBERS

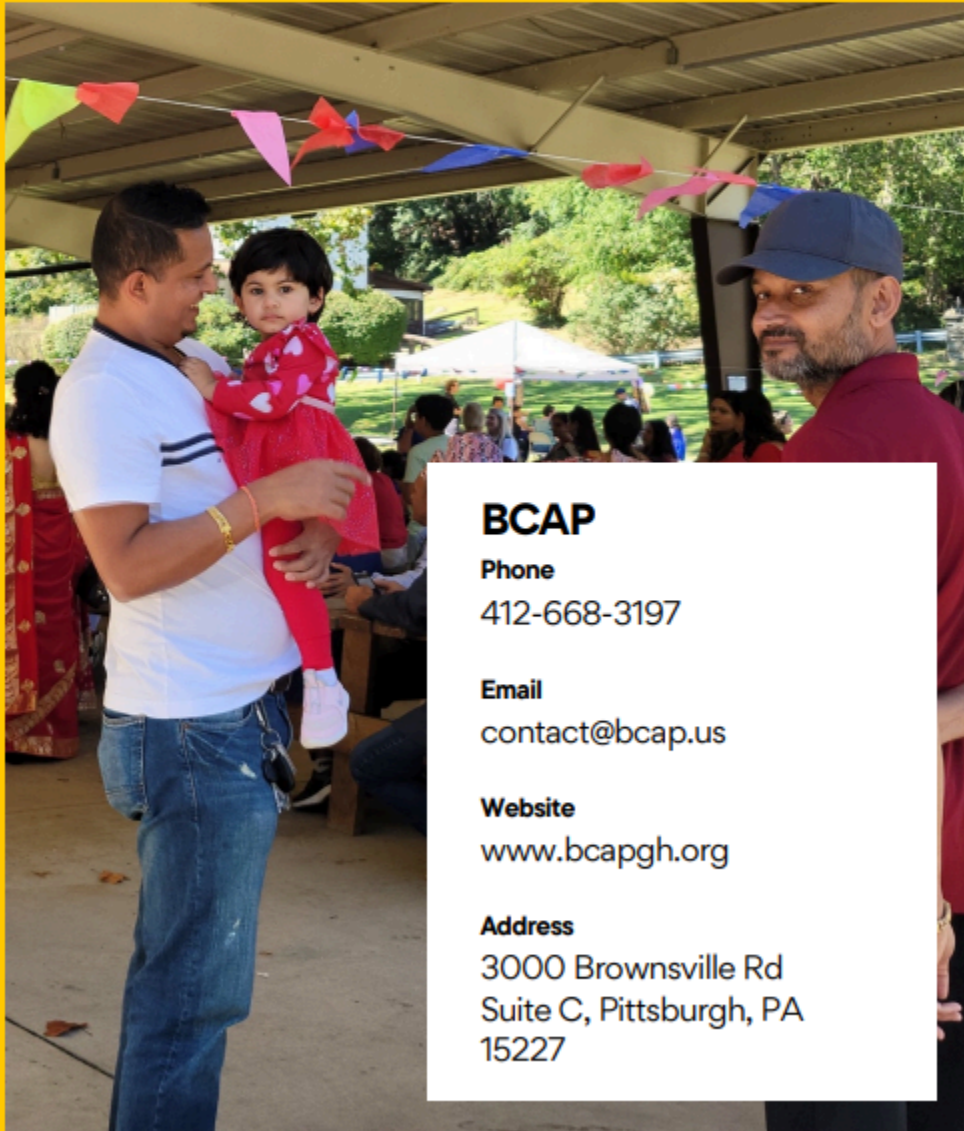
- Suraj Nepal, Chair
- Ganga Baral, Vice-Chair
- Gyem Adhikari, Treasurer
- Bhagi Adhikari
- Leslie Aizenman
- Julia Baraily
- Dr. Xia Chao
- Todd Fine
- Uma Gauttam
- Brooke Kissler
- Bhavini Patel
- Durga Upreti

**THANK YOU  
to all of our  
community  
volunteers!**





# STAY IN TOUCH



## **BCAP**

### **Phone**

412-668-3197

### **Email**

[contact@bcap.us](mailto:contact@bcap.us)

### **Website**

[www.bcapgh.org](http://www.bcapgh.org)

### **Address**

3000 Brownsville Rd  
Suite C, Pittsburgh, PA  
15227



### **To-Do List**

1. Apply Fax number to the Summary Sheet Form
2. Apply additional modifications to Summary Sheet Form if needed
3. Add 2023 Financial Statements
4. Add Year-End Financial Statements, Audit, and Sources of Income
5. Add IRS Tax Exemption Letter
6. Add Anti-discrimination Statement