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Ways for Immigrants To Connect With Their New and Old Communities

Immigrants sometimes encounter awkward situations and even financial hardship when they arrive in America, but often they are able to thrive and contribute to their new communities. Here are four simple ideas for giving back to your new home as well as your family in your home country.

The [Island Community Center](#) offers programs and facilities designed to enhance the lives of community members. Contact us at (207) 367-2735 for more information.

Connect With a Local Church

Regardless of your background, you are sure to find a warm welcome at a local church. In addition to worship services, churches in the U.S. often host events you could engage in for connection and spiritual growth.

It's also an opportunity to share your personal story with others. Raising awareness of immigration issues can be a purposeful way to support your new community. You can speak with those who may be unaware of your unique experiences and build more engagement through the information you offer.

Especially for Seniors

It can be particularly challenging for seniors to settle into a new country and culture, but if you're over the age of 65, you can often find a variety of get-togethers, game nights, and other local events for meeting people and making friends. You can additionally take advantage of a long [list of discounts](#) at many local restaurants, movie theaters, retail stores, and grocery stores. For a

senior loved one in your home country, you may need to explore ideas relating to [long-distance caregiving](#).

Engage in a Fitness Class or Sport

Exercise is important to well-being for people of all ages, and as Peerfit Pulse points out, attending classes or joining a team is a great way to [make friends](#) in your new community. Better yet, if you have athletic training or experience, teaching exercise classes or becoming a coach is a great way to support your community. At home, online and in-person, [yoga classes](#), Pilates, tai chi, and barre-inspired workout classes are popular. And there are plenty of community teams that play everything from basketball to soccer.

If you have been trained to teach a type of exercise, you can use Yelp to locate the nearest fitness classes and inquire whether you are qualified to teach a class or two. You often don't have to make a big commitment to support your community in this manner. For example, if you're a yogi interested in inspiring others in yoga, you may be able to teach a class per month at your local fitness center. Another option is to fly solo; there are plenty of [apps](#) to help you get set up for business. And you can always contact your local parks and recreation office to find out about community league sports.

Launch a Business

Speaking of business, have you considered becoming an entrepreneur? Perhaps you'd like to start a nonprofit, or sell handmade products online. If you have dreams of opening a business but don't know where to begin, a quick internet search will provide you with all the information you need to get started with your new venture.

One tip that's worth mentioning here: Invest in tech solutions for your business. This will make running your business so much easier and can save you a great deal of time. For example, if your business will involve inventory management and sales, you could benefit from software that delivers [ERP functionality without the traditional complexity](#) of Enterprise Resource Management. In other words, ERP software can streamline various operations within a department, such as accounting and purchasing, so that you can meet your objectives faster.

Supporting Those in Your Homeland

These days, it's easy to stay in touch with loved ones back home via video calls and messaging apps that support internet-based chatting like Viber, FaceTime or Zoom. Things get more complicated, though, if you want to visit in-person or send a gift.

When it comes to making travel arrangements, you can turn to websites like Justfly. For example, if you need to fly to Manila to see your family, Justfly will let you [compare flights](#) through various airlines to ensure you find the best deal. Parcel Monkey will similarly allow you to price [sending packages](#) to your homeland.

According to USA Facts, most immigrants [relocate](#) for work, family, or school, with another group leaving their home countries to seek safety. Whatever your reasons for coming, integrating yourself within your new community and offering your own support can be a great way to get to know others and give back to the place that has welcomed you.