



Spring 2011

Voices

The National Asian Pacific Center on Aging

NAPCA Board Meets in Boston and Visits SCSEP Partner Golden Age Center



The NAPCA Board of Directors held its December quarterly meeting in Cambridge, Massachusetts, in the offices of Root Cause, an important partner through the eight month strategic planning process funded by The Atlantic Philanthropies.

The Board chose the Boston area as part of its continuing round of site visits to NAPCA sub-contracting agencies of the Senior Community Service Employment Program (SCSEP). The meeting began with a tour of Hong Lok House – a congregate elderly housing facility providing Section 8 housing to low-income Chinese American seniors in Boston's

Chinatown since 1982. The Hong Lok House, operated by the Greater Boston Chinese Golden Age Center, is one of the center's three senior housing facilities. The Golden Age Center plans to build an eight-story, 74-unit, senior housing facility beginning in 2012.

Executive Director Ruth Moy shared her inspiration of creating the Golden Age Center in 1971, her commitment to address the growing needs of Chinese American and Asian American seniors in the greater Boston area, and her excitement about the upcoming plans to break ground on the new senior housing facility.

NAPCA Board Chairman John Duong thanked Ruth for her dedication and service to Asian American seniors in the greater Boston area and for her staff's high performance through SCSEP. He congratulated her for her accomplishments, stating, "Ruth has been a pioneer in the social service arena, providing valuable assistance to Chinese American and Asian American immigrant elders throughout the greater Boston area."

We wish the Golden Age Center much success as they expand their capacity to house Boston area seniors in need.

Executive Corner



By Christine Takada,
President and CEO

Dear Friend:

As many of you are aware, the federal budget presents difficult challenges to some of the most vulnerable of our population, including Asian American and Pacific Islander elderly. At a time of deep deficits at the state level, we are faced with the possibility of 45% to 64% budget cuts to the Senior Community Service Employment Program (SCSEP), the only federal employment program designed to assist low-income older adults.

Many of you have partnered with NAPCA through the years in support of SCSEP and have helped NAPCA serve over 10,000 AAPI seniors through this important program. This year, NAPCA has served over 1,000 low-income AAPI elders through SCSEP. The AAPI community received over 800,000 service hours enabling our partner agencies to enhance their existing services and build capacity by adding new services through the assignment and training of SCSEP participants. Currently, NAPCA partners with 400 non-profit community-based organizations and government agencies through SCSEP alone.

If these cuts are realized, hundreds of high poverty, limited English proficient AAPI seniors will be directly impacted, as will the community organizations to which they are assigned, and the AAPI community at large which benefits from the enhanced services of our partner agencies.

National Population Characteristics of NAPCA SCSEP1

	PY08	PY09	PY10 (as of 12/10)	Total
Participants Authorized	809	812	1056	2677
Numbers Served	1093	1130	1028	3251
Limited English Proficient (%)	89	89	90	89.3
Low Literacy Skills (%)	87	87	86	86.7
At or below poverty (%)	91	88	88	89
Non-recipients of public assistance (%)	79	76	75	76.7

(Endnotes)

1 U.S. Department of Labor SPARQ and NAPCA Database

We welcome your continued support and we look forward to an improved resolution, new challenges, and better means with which to serve Asian American and Pacific Islander seniors across the country.

Christine Takada

SEE Enrollee Profile: Carol Hubbard

Meet Carol Hubbard, an Enrollee in the Senior Environmental Employment (SEE) program, working at the U. S. Environmental Protection Agency (EPA), funded by the American Recovery and Reinvestment Act (ARRA):

I started my career with the Federal Government in June 1966, working part-time for the Civil Service Commission giving exams for new employees. I took an exam and, much to my surprise, was hired by the U.S. Post Office (then under civil service). Throughout my career, I transferred to jobs such as: clerical/ secretarial, supply technician, procurement/ acquisition, production controller on an aircraft line, then back to the acquisition world for the last 20+ years of my career. I began in procurement as a Procurement Clerk, then became a Contract Specialist, and Contract Administrator. I was able to accept a position in the United Kingdom at the Defense Contract Management International (DCMI) office, near London, England, from 1995 through 1998. I was an Administrative Contracting Officer (ACO) administering and monitoring multi-type contracts. I was able to travel all over England, driving on the left side of the road, learning to read huge maps that looked like you'd never get anywhere, but eventually you did. The roundabouts, going left to right, were really different as well. I traveled to Paris, Belgium (Brussels, Brugge, and Antwerp – diamond capital of the world), Holland, Germany, Italy, and Switzerland, as well as all over England, Scotland, and Wales. This was a wonderful career move and a chance of a lifetime to grow and enhance my abilities to understand the differences in people,



their beliefs, and work ethics.

I then returned to Bellevue, WA to work for the Defense Contract Management Agency (DCMA) for the remainder of my 34 year Federal career, and retired in April 2002. I started a new career in Real Estate, and spent approximately five years helping people find their dream homes and/or sell their property. When the market took a downward trend, I decided to take a break from real estate.

From 2002 to 2008, I was also a caretaker for my identical twin sister, Karen. She was very ill and I was able to spend time with her during the last two years of her life. She passed away in April 2008. It took me a while to think about what to do with my life. It was very difficult for anyone to find work, let alone for someone who was 61 years old. However, I heard about the NAPCA organization through friends and decided to see what type of positions they had open. I searched the internet and found several positions of interest.

I applied for a SEE position at EPA,

and was hired in August 2009 under ARRA as an Administrative and Records Specialist. I support ARRA-specific program tasks and the personnel assigned to those duties. Specifically, I support the administrative staff in the Grants and Planning Unit and the Drinking Water Unit under the Office of Water and Watersheds, and perform functions such as: preparing government Travel Authorizations and Travel Vouchers; records management including inputting information into a bar-coding label system for record keeping, setting up new files, and archiving to the Federal Records Center; monitoring schedules and meetings for managers; answering the phone and directing requests for information; and helping to review correspondence. The job is interesting and I believe my position contributes to the overall administrative functions of the office.

When I am away from work, I enjoy my family and friends, I love to travel, take photographs wherever I go, and enjoy life.

Healthier Living Classes in California

NAPCA is continuing to work with the United Cambodian Community, Inc. of Long Beach, CA and the Samoan Federation of America, Inc. of Carson, CA to offer the Chronic Disease Self-Management Program (CDSMP), also known as “Healthier Living.” This six-week workshop teaches people with chronic conditions how to be better self-managers of their health.

NAPCA is pleased to be working again with the Samoan Federation of America to offer this class to Pacific Islander older adults in Carson, CA. The workshop had an overwhelming response and was well-received when it was first offered at Samoan Federation of America and United Cambodian Community last summer. United Cambodian Community also finished a second workshop series last fall.

Both the Samoan Federation of America and NAPCA are excited to be able to offer this class again for Samoan elders. Participants from the first workshop enjoyed the class and learned helpful ways to manage their health conditions. “I love the class. I like the class because it really puts me into action. Before I was careless, but then it really help me for the betterment of myself and my health,” said one participant, age 63.

Another participant, age 56, commented, “The class is great. There are some things you learn from it and it gives you the ability to work to overcome your illness and cope with it, [like] problem solving, and exercising.”

NAPCA is partnering with local community based organizations to offer the CDSMP as part of our Healthy Aging Program. The Healthy Aging Program, funded by the U.S. Administration on Aging, supports implementation of evidence-based health promotion and disease prevention programs for AAPI older adults.

The CDSMP workshops are offered nationally under various names. There are a few Mandarin and Cantonese workshops coming up in Boston and San Francisco, and English workshops in Maui. If you would like information on these workshops, or would like help finding out if there is one near you, please call the NAPCA Helpline at 1-800-336-2722 (English), 1-800-582-4218 (Cantonese and Mandarin), 1-800-582-4259 (Korean), or 1-800-582-4336 (Vietnamese).

If you would like to let us know about an upcoming CDSMP workshop that your organization is offering, please contact Alula Jimenez Torres at alula@napca.org or (206) 838-8165.

AATTV

NAPCA Helpline staff member Ya-I Sun recently appeared on a Mandarin speaking talk show on AATTV. See clips from NAPCA's appearance on AATTV on our website www.napca.org. She talked about the services that the Helpline provides and general information about Medicare and Social Security. For more information about AATTV visit their website at www.aattv.com.

SEE DC

NAPCA hosted its biennial recognition and appreciation event for SEE enrollees assigned to the Office of Chief Financial Officer (OCFO) and the Office of Environmental Information (OEI) on November 2, 2010. OCFO SEE Coordinator Diane Salahuddin welcomed over fifty attendees.

During the recognition ceremony, Connie Meyers, NAPCA SEE Program National Director, presented a Certificate and small token of appreciation to each enrollee. SEE monitors were given an opportunity to say a few words about their enrollees, and all praised the hard work and contributions of the enrollees. Deborah Williams, Chief of the FOIA and Privacy Branch, also took the opportunity to recognize two enrollees, Judith Lewis and Michael Lutsic, by presenting them with a Branch Certificate of Appreciation. Susan Street, EPA SEE Director, closed the event by reaffirming how important enrollees are to the department and recognizing two SEE enrollees who support her office. Following the recognition ceremony, refreshments were served.

Connie Meyers and NAPCA SEE Project Director Ling Wang were pleased with the turnout and the wonderful response from the SEE monitors who support and enable the NAPCA enrollees to perform so well. Many monitors made a special effort to attend, taking time from their busy schedules, and coming directly from offsite meetings. Special thanks to SEE enrollee Rosita Ellis for her assistance in reserving the meeting room and NAPCA Chicago SEE Project Director Mei Lin for helping to coordinate this year's event.

Chicago SEE Holiday Party



The talents of NAPCA SEE Enrollees and Monitors again made the annual SEE holiday event in Chicago so memorable. Enrollees show that they not only have skills to work at EPA, but are energetic and versatile in the entertainment arena, too.

The December 2010 event began with a business meeting reviewing policies and end of year concerns with the Enrollees. At the Enrollees' earlier recommendation, Mei Lin, NAPCA SEE Project Director, arranged to have the lunch catered, with the assistance of Marilyn Hollriegel, EPA SEE Coordinator, who secured an outstanding caterer. The Enrollees were very pleased that Connie Meyers, NAPCA National SEE Director, was able to attend.

The NAPCA Family Singers opened the entertainment program with two Chinese folk songs. "Flower Drum Song" was given new words by Dr. Ann Shih-Hoellworth to describe a SEE Enrollee's perspective: "Still have a place to work, at my ripe old age. Other's work places are stinky and noisy, I'm working at the beautiful EPA." Monitor Bill Tong's guitar, Enrollee Shuling Yeh's gong, and En-

rollee Huiyun Bao's drum provided lively accompaniment. The audience had fun singing the chorus.

Enrollee Nick Beskid and Monitor Ray Urchel did a great comedy skit on "Bank Loans" at the Lacka Trust Company, which was enjoyed by all. The versatile and talented Enrollee Lillian Young performed "You Are My Sunshine" on the harmonica. Monitor Lisa Perenchio and Enrollee Lawrence Wu acted as Sonny and Cher and sang "I Got You Babe". Bill Tong serenaded us with many Holiday Season favorites. He had also captured highlights of previous Holiday events, and showed flashbacks of some really great skits, dance numbers, and musical performances. The finale was another hilarious skit by Monitors Marilyn Hollriegel and Lisa Perenchio, playing Abbott and Costello, depicting the purchase of a personal computer.

The whole event was wonderful and everyone enjoyed the program and the great food. A giant thank you is due to all the participants and planners, who did a great job. We can't wait to see what you come up with for next year!

NAPCA SCSEP- Los Angeles Welcomes Karen (Kyong Joo) Lee



Karen (Kyong Joo) Lee joined NAPCA as the Los Angeles Senior Community Service Employment Program (SCSEP) Project Coordinator in November, 2010. She received her Bachelors Degree in Hospitality Management from the University of Nevada, Las Vegas. While learning about the Hospitality industry, Karen discovered her hidden passion to advocate for immigrants who are dealing with language and cultural barriers.

Before joining NAPCA, Karen worked at Pacific Asian Consortium and Employment as an Eligibility Specialist under the Home Energy Assistance program for Asian American and Pacific Islander low income families. It was an eye-opening experience that helped her become familiar with non-profit organizations and how they work to help those in need.

Karen is very excited to work at NAPCA. She sees herself as a bridge for immigrant older adults, assisting them to become more engaged and involved in their communities.

SCSEP News in California

SCSEP National Director Eun Jeong Lee and Los Angeles SCSEP Project Director Miriam Suen attended the State SCSEP conference hosted by the California Department of Aging (CDA) on January 25th and 26th, 2011 in Sacramento. The attendees at the conference were representatives from California State SCSEP contractors and National Grantees. The many speakers included Barbara Halsey, Executive Director of CA Workforce Investment Board; Roy Earnest, State Program Specialist of CA Corporation for National Service; and Laura Connelly, Found-

ing Partner of Talent Resource Solutions.

CDA also prepared a special panel discussion for the eight National SCSEP Grantees operating in California State, including NAPCA, AARP, Senior Service America, Asociacion Nacional Pro Persona Mayores, National Indian Council on Aging, National Council on Aging, and Experience Works. Eun Jeong Lee represented NAPCA in the panel discussion. The panel shared their successes and challenges in operating SCSEP in California State.

Xin Yue Huang

Born June 13, 1946, Guangzhou, Guangdong, China Arrived August, 2006, San Francisco, California Teacher's Aide, Kai Ming Head Start, San Francisco

I started from the age of six, elementary school, and then all the way up to high school. At that time, too much going on with communism and I had no chance of going to university or college because of the Cultural Revolution. After I graduated from high school in 1964, I worked in a printing company. After 10 years, I changed my job to teaching preschool, kindergarten, children two to five years old.

After these experiences, I decided to go back to school for two years, to a university. My major was financial management. After I graduated, I quit teaching and then went into accounting and financial administration work at a construction-related government

agency. I was an assistant manager of the accounting department. I handled payroll, general accounting. I worked until I was 60. Then, in 2006, I came to the U.S. My son was studying at UC Berkeley, so I had a chance to come over. I wanted to see if I could adapt to life in the U.S. I was more comfortable living in China. I had a lot of respect because of my education, but in the U.S., I became just a student. I felt kind of isolated. Over there, I had all kinds of friends and relatives. Over here, only one son, nobody else. It's lonely, but I don't regret coming to America.

One day, I was reading a Chinese newspaper and saw an ad. Age 55

Please see "Huang" on page 7

Senior Community Service Employment Program (SCSEP): An Introduction

NAPCA has operated the Senior Community Service Employment Program (SCSEP) for the last two decades. SCSEP, operated by the U.S. Department of Labor (DOL), is the only federally funded job training program focusing on older workers.

SCSEP participants are older adults, who are aged 55 years and older, are unemployed, and have an income at or below 125% of the federally-defined poverty level. SCSEP provides subsidized community based job training and work experiences through public agencies and private nonprofit organizations. SCSEP participants are assigned to a wide variety of community service training including day-care, childcare, senior centers, public libraries, schools, and social service agencies.

NAPCA is one of 18 national grant-

ees to operate SCSEP. Other grantees include AARP, Experience Works, the National Council on Aging, Senior Services America, and the National Indian Council on Aging. Currently, 130,000 low-income older adults are served in a year through the SCSEP program.

NAPCA serves 1,200 low-income older workers annually through the SCSEP program, focusing on service to limited- and non-English speaking Asian American and Pacific Islander (AAPI) seniors. NAPCA operates SCSEP in nine sites - Los Angeles, Seattle, San Francisco, Orange County, Chicago, New York, Boston, Philadelphia, and Houston.

"Huang" continued from page 6

and above, a chance to train as an assistant, contact NAPCA. I thought that may be good for me. I was assigned as a teacher's aide at a preschool called Kai Ming Head Start. I went to China for a visit, and when I came back, the headmaster offered me a job. I'm now the teacher's assistant. I want to continue working as long as I can. Most Chinese think the same way. As long as I can still do it, I will continue, because that is my hobby. There's no such thing as retirement. I cannot be a good accountant here because I need a lot of English. But I can teach young kids because of my background in China. I will try to open a nursery school. I also want to teach young kids and adults to speak Mandarin.

I am very interested in computers. I use email to talk with relatives in China. Every day, I'm learning English from the computer. I listen to how they pronounce and talk, learn it that way. It's a program about the U.S. I want to learn more about Americans.

YNOT Award

NAPCA's Los Angeles SCSEP Project was awarded \$3,000 by YNOT Foundation in Los Angeles, CA, in December, 2010. The YNOT Foundation has supported nonprofit organizations through its "Serving the Community" Grant. The purpose of this Grant is to enhance or expand current programs and strengthen the capacity of agencies to better serve the Korean American Community in surrounding areas.

The YNOT Foundation funds more than 100 nonprofit organizations every year. NAPCA's Los Angeles SCSEP Project was selected to enhance the program for Asian American and Pacific Islander older adults seeking employment in the Los Angeles area.

Medicare Quick Facts

- ❖ Medicare pays for a one time "Welcome to Medicare" exam
 - It is free if you take it during the first twelve months you are on Medicare. It is a review of your overall health as well as counseling on preventive services and referral for additional care
- ❖ Medicare pays for an annual "Wellness" exam
 - Beginning January 1, 2011 you can take an annual exam so you and your doctor can develop a health plan based on your current health status. This is free after the first twelve months on Medicare
- ❖ Many cancer screenings are now completely free for Medicare Beneficiaries
 - Colorectal cancer screenings such as flexible sigmoidoscopy and colonoscopy
 - Breast cancer screenings/mammograms
 - Pap tests and pelvic exams
 - Prostate cancer screenings
 - And others
- ❖ Many other preventive services are now free
 - Diabetes screenings
 - Bone mass measurement
 - Cardiovascular screenings (tests are free but doctor visit has a coinsurance)
 - Flu shot
 - Pneumococcal shot
 - Hepatitis B shot
- ❖ The open enrollment period for Medicare Part D is now from October 15th to December 7th
- ❖ The coverage gap has shrunk
 - If you fall into the coverage gap or "doughnut hole" your medications will be discounted by 50%.

If you have any questions contact 1-800-MEDICARE (1-800-633-4227) or the NAPCA National Toll-Free Helpline at 1-800-336-2722 (English), 1-800-582-4218 (Chinese), 1-800-582-4259 (Korean) or 1-800-582-4336 (Vietnamese)

NAPCA Voices is a publication of the National Asian Pacific Center on Aging (NAPCA)

Visit us on the web www.napca.org

(206) 624-1221 or angelo@napca.org with questions or comments

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Christine Takada, President and CEO

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Most of us think of the Census and the data it produces as a way to describe our communities to government agencies, nonprofits, and other institutions, so they can meet the needs of the population. The primary goal of the Census, however, is to count where in the United States people live in order to allocate the 435 seats in the U.S. House of Representatives. This is called apportionment and is the only activity mandated by the U.S. Constitution for the Census.

Once the U.S. Census Bureau has provided the apportionment data to the President, U.S. Congress, and the states, then the process of redistricting begins. Each state must redefine or redistrict the geographical boundaries within the state boundaries to reflect where the population resides. Redistricting not only affects congressional districts from which state residents elect their U.S. Representatives, but also state legislative districts, and county and city council districts.

According to the just completed 2010 Census, the total U.S. resident population on April 1, 2010 was 308,745,538, which is nearly 10% more than the population in 2000.

Population change from 2000 to 2010 and gain or loss of U.S. Congressional seats in selected states:

State	2010	% +/-	# of Seats	Seats +/-
California	37,253,955	+10%	53	0
Illinois	12,830,632	+3.3%	18	-1
Massachusetts	6,547,629	+3.1%	9	-1
New York	19,378,102	+2.1%	27	-2
Pennsylvania	12,702,379	+3.4%	18	-1
Texas	25,145,561	+20.6%	36	+4
Washington	6,724,540	+14.1%	10	+1

Apportionment and Redistricting