



Voices

Spring 2012

The National Asian Pacific Center on Aging

NAPCA Receives Generous Bequest from Ujihara Estate



Pictured (left to right): Mr. Gerry Tashiro (Trustee), Mr. Stephen Tashiro (Trustee), Suzanna Tashiro Choi, John Duong (NAPCA Chair Emeritus), Christine Takada, David Cohen in Orange County.

NAPCA recently received a generous bequest in the amount of \$400,440 from the estate of Mr. George Ujihara of Fountain Valley, California. The gift was received by NAPCA Chair Emeritus John Q. Duong, NAPCA Board member David Cohen and NAPCA President and CEO Christine Takada in the office of the Asian American Senior Citizens Service Center in Santa Ana, California.

Mr. Ujihara was born in Stockton, CA in 1913, the youngest of three children born to first generation (Is-

sei) Japanese American parents and the only one of his siblings born in the United States. Raised with a strong work ethic, he watched his father work jobs on the railroads and in farming. His family was interned at Topaz relocation center in Central Utah during WWII. Due to the labor shortage resulting from the war, Mr. Ujihara worked in Chicago during the war maintaining city buses. After the war ended, he and his family moved to San Francisco where he worked in the naval shipyards. Mr. Ujihara eventually moved to Southern California

where he and his brother worked and gained their success as masonry contractors. Mr. Ujihara is described as a quiet, hard-working, resourceful man who is lovingly remembered by his extended family. Mr. Ujihara passed away May 11, 2011 at 98 years old.

Mr. Ujihara's gift will further strengthen NAPCA's efforts advancing the interests of low-income AAPI elders. A plaque in Mr. Ujihara's name hangs in the NAPCA headquarters office in Seattle.

NAPCA Partners with Philadelphia CBOs to offer CDSMP Workshops

NAPCA is partnering with the Philip Jaisohn Memorial Foundation (Jaisohn Center), the Greater Philadelphia Overseas Chinese Assn. (GPOCA), and the Cambodian Assn. of Greater Philadelphia (CAGP) to offer “Help Yourself to Health.” These Chronic Disease Self-Management Program (CDSMP) workshops are the same as the “Healthier Living” classes which NAPCA already offers to Samoan and Cambodian communities in southern California through the Samoan Federation of America, Inc., and United Cambodian Community, Inc.

Through partnerships with the Jaisohn Center, GPOCA, and CAGP, NAPCA provided this valuable workshop to Korean, Chinese, and Cambodian communities in Philadelphia. Workshop leaders are staff and volunteers from each of the or-

ganizations who were trained by the Philadelphia Corporation on Aging to offer the program. The 2.5-hour workshop sessions are held at each of these organization’s facilities, and are provided to participants in their own language.

CDSMP is a six-week workshop series that teaches seniors with chronic diseases techniques to better manage their ongoing health conditions. Topics in the workshop include developing action plans, problem solving, relaxation techniques, exercise, nutrition, and communicating with health care professionals. Through this program, seniors can learn to actively manage their health, in order to achieve healthier, more fulfilling lives.

CDSMP is currently offered in over 45 states nationally, under various

names. To see if a workshop is available near you, call the NAPCA Toll-Free Multilingual Helpline at 1-800-336-2722 (English), 1-800-582-4218 (Cantonese and Mandarin), 1-800-582-4259 (Korean) and 1-800-582-4336 (Vietnamese).

NAPCA is partnering with local community based organizations to offer the CDSMP as part of the Healthy Aging Program. The Healthy Aging Program, funded by the U.S. Administration on Aging and The Walmart Foundation, supports implementation of evidence-based health promotion and disease prevention programs for AAPI older adults. For more information about the NAPCA Healthy Aging Program or CDSMP workshops, contact Program Manager Alula Jimenez at alula@napca.org.

Ruby Moy Appointment

The U.S. Department of Homeland Security (DHS) Secretary Janet Napolitano appointed NAPCA Board Secretary Ruby G. Moy, President and CEO of the Asian American & Pacific Islander Association of Colleges and Universities (APIACU), to the Homeland Security Academic Advisory Council (HSAAC). This new council – comprised of prominent university presidents, and academic and community leaders – will advise the Secretary and senior leadership at the Department on several key issues.

Ms. Moy will provide advice and recommendations on issues related to

student and recent graduate recruitment; international students; academic research; campus and community resiliency, security and preparedness; and faculty exchanges.

Along with her work as Board Secretary at NAPCA, Ms. Moy has been a leader in the Asian community for more than two decades. She started her career with Congressman Frank Horton (R-NY) as Chief of Staff for 15 years and is noted for spearheading the legislation proclaiming the Month of May as Asian/Pacific American Heritage Month. She then served as Executive Assistant to Honorable Alexis M. Herman,

Assistant to the President for Public Liaison; and later, by Presidential appointment, as Director of the U.S. Commission on Civil Rights. After retiring from government service, she served as Senior Advisor and then Acting Executive Director of the Asian Pacific American Institute for Congressional Studies (APAICS) to her current position as President and CEO of the Asian American & Pacific Islander Association of Colleges and Universities.

NAPCA Welcomes



Domin Chan

NAPCA welcomes Domin Chan, PhD, MHS to the senior management team. Dr. Chan joined NAPCA in late October and is responsible for coordinating all aspects of NAPCA research.

She is developing and implementing effective research goals and strategies to fulfill NAPCA's organizational role as the leading advocacy organization serving AAPI elders, and oversees the Healthy Aging program and the NAPCA Helpline.

Before joining NAPCA, Dr. Chan co-wrote and initiated a federally-funded tribal home visiting grant to assess the needs of Urban Indian families in

King County, Washington for United Indians of All Tribes Foundation. She was also a consultant for the Bill & Melinda Gates Foundation where she managed a portfolio of health financing and other grants and consulted on health systems. She also analyzed data and produced reports on maternal child health for the Washington State Department of Health.

Previously, at the University of Washington, she conducted research on health disparities in mental health and mental health treatment of older minority adults including Asian Americans. Her prior research includes evaluating programs that integrate depression care into primary care for older Veterans and older adults in the general population with depression and PTSD.

Dr. Chan completed her Ph.D. in Health Services Research at the University of Washington. She also received her Master's in Health Science in Behavioral Sciences and Health Education at the Johns Hopkins University Bloomberg School of Public Health where she received a Certificate in Health Communication. She received her B.S. in Physiology from McGill University in Montreal, Quebec, Canada.

Dr. Chan has served as Treasurer of the Asian Pacific Islander Caucus for Public Health affiliated with the American Public Health Association and on the Board of the Washington State Public Health Association.

Kyung Chul Kim joined the NAPCA Los Angeles staff in November 2011 as SCSEP Project Assistant. Mr. Kim, a former SCSEP participant, was trained as an Administrative Assistant at the NAPCA SCSEP LA office and is a welcome addition to the Los Angeles staff.



Kyung Chul Kim

Mr. Kim was looking for administrative or office assistant positions, but was not able to find employment because of his lack of work experience in this country. Before becoming a participant in SCSEP, he opened his

own store and worked as a gardener for more than 20 years but was unable to continue due to his health. He learned about NAPCA SCSEP from a social service agency and started his training with NAPCA in 2007.

He is happy and proud to be a part of the NAPCA team. NAPCA SCSEP has helped him achieve his career goal and he looks forward to helping other seniors in return.

Jin Hee Park joined the NAPCA Los Angeles staff in January 2012 as SCSEP Project Coordinator. Ms. Park recently earned her master's degree in Counselor Education from San Jose State University. While working on her master's degree, she completed an internship at James Lick High School as an educational counselor.

In the summer of 2010, Ms. Park

traveled to Zambia to work with disabled children at Hidden Voice School. Her experience in Africa enabled her to better understand and connect with people of other cultures. Ms. Park is excited to be part of the NAPCA SCSEP Project, and she is looking forward to helping seniors achieve their full potential. Her knowledge and experience will help bring success to the team and meet

the needs of the community.



Jin Hee Park

NAPCA Voices is a publication of
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Medicare Booklets are Now Available

With a generous grant from the Walmart Foundation, NAPCA has adapted the 2011 and 2012 “Medicare & You” handbooks to produce two booklets. The first booklet is entitled “What is Medicare?” and explains the basics of Medicare. The second booklet is entitled “Get Help Paying for Your Prescription Drug

and Healthcare Costs” and describes programs that can help pay for the costs of Medicare for people with limited income and resources. Both booklets are available in the following languages: English, Chinese, Khmer, Korean, Samoan, and Vietnamese. You may request a copy by mail by contacting the NAPCA Toll-

Free Multilingual Helpline at 1-800-336-2722 (English), 1-800-582-4218 (Cantonese and Mandarin), 1-800-582-4259 (Korean) and 1-800-582-4336 (Vietnamese). You may also download a PDF copy from www.napca.org under the “New and Noteworthy” section.

The NAPCA Helpline provides Medicare assistance with generous support from the Walmart Foundation

