



Summer 2010

Voices

The National Asian Pacific Center on Aging

NAPCA Partners with Local CBOs to offer Healthier Living Classes

NAPCA has partnered with The Samoan Federation of America and the United Cambodian Community, Inc. (UCC) to offer Healthier Living classes to Samoan and Cambodian communities in southern California. The Healthier Living classes address topics such as pain and symptom management, problem-solving techniques, and general exercise and nutrition. Through this program, seniors can learn to actively manage their health, in order to achieve healthier, more fulfilling lives.



UCC is a multicultural social services agency, whose mission is to assist the Cambodian-American population to adjust to the changes that confront the community at large. UCC helps by bridging the gap that exists between cultures, languages, and the generations.

The Samoan Federation of America provides assistance to hard-to-serve Pacific Islander members of the South Bay Area communities through a variety of programs.

The Healthier Living program is a six week workshop series that teaches seniors with chronic diseases techniques to better manage their ongoing health conditions. The classes are taught by peer leaders, who have been trained according to

Stanford University's standards. The program was developed and tested by the Stanford University Patient Education Research Center. Several studies have shown the program's effectiveness at improving health outcomes and quality of life, as well as reducing hospital stays and expenditures.

Healthier Living is currently offered in over 45 states nationally, under various names. NAPCA received a grant from the Administration on Aging, to help support implementation of this program in Asian and Pacific Islander communities throughout the country. We are beginning this work by partnering with the

Please see "Healthier Living" on page 8

Thank you for reading "Voices", the quarterly newsletter of the National Asian Pacific Center on Aging (NAPCA).

For the first time, we are printing NAPCA "Voices" in Chinese, Korean, and Vietnamese, in addition to English.

If you would like to receive "Voices" in a language other than this one, contact Derek@napca.org, or the NAPCA Helpline numbers below to request a different version. We welcome your feedback.

English 1-800-336-2722

Chinese 1-800-582-4218

Korean 1-800-582-4259

Vietnamese 1-800-582-4336

Executive Corner



By Christine Takada,
President and CEO

Dear Friends:

I hope your summer has been going well and that you are taking advantage of the warmer weather. While the temperatures are cool in Seattle, things at NAPCA have definitely been heating up.

Since our last newsletter in April, NAPCA took part in a number of Asian Pacific American Heritage Month celebrations both locally and nationally, including the reception hosted by President Obama at The White House.

We continued to spread the word about the importance of Asian American and Pacific Islander (AAPI) elders being counted for Census 2010, and met with other local and national AAPI organizations to share outreach successes, best practices and challenges. The non-response follow-up portion of Census outreach has ended, and we are hopeful that when the data has been collected and analyzed more AAPI seniors will have participated in the Census than ever before, helping bring important federal dollars into our communities for services like schools, hospitals, and emergency care.

As we move forward, we have much to be excited about. NAPCA has recently established partnerships with the Cambodian American and Pacific Islander community based organizations in Southern California to conduct 'Healthier Living' classes, funded by the U.S. Administration on Aging, Healthy Aging grant and through the generous support of the Walmart Foundation. These classes are designed to train local community members to assist and educate Cambodian American and Pacific Islander elders about healthier living choices and the positive benefits that can result from these choices. NAPCA is proud to be partnering

with organizations in the wider AAPI communities to ensure that all AAPI elders have access to the federal programs and services of mainstream elders. We look forward to expanding our outreach and building stronger collaborations through this and other projects in the future.

We are in the process of working with the Centers for Medicare and Medicaid Services (CMS), to spread the word in the AAPI community about the \$250 rebate check that some seniors will receive. CMS has provided funding for our Helpline to assist limited and non-English speaking AAPI elders about the Medicare Part D coverage gap, as well as other portions of the Affordable Care Act that may affect them. Our partnership with CMS has been a strong one since before the passage of the Medicare Modernization Act. With the far reaching implications of the Affordable Care Act, we look forward to continuing our role as a bridge to limited and non-English speaking elders for information on federal senior benefits programs.

We are pleased to add new staff in the NAPCA headquarters' office. We are busy building the infrastructure to accommodate our growing programs and services, including the Senior Community Service Employment Program (SCSEP) project site level as well. We have been fortunate in these tough times to have increased our funding for the SCSEP program – which serves our most vulnerable, low-income, AAPI older adult population.

Lastly, we are proud to produce our first multi-language newsletter in English, Chinese, Korean and Vietnamese in order to better reach the seniors we serve.

We hope you enjoy this edition and welcome your feedback.

Closing the Prescription Drug Coverage Gap

You Could Be Eligible For a \$250 Rebate This Year

The Affordable Care Act passed by Congress and signed by President Obama this year contains some important benefits for Medicare recipients.

If you have Medicare prescription drug coverage, and aren't already getting Medicare Extra Help, Medicare will automatically send you a one-time \$250 rebate check after you reach the coverage gap (also called the "donut hole") in 2010. This rebate is the first step toward closing the Medicare prescription drug coverage gap.

What is the coverage gap and how will I know if I've reached it? Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket for your drugs (up to a limit).

The Explanation of Benefits notice, which your drug plan mails to you each month when you fill a prescription, will tell you how much you've spent on covered drugs and whether you've entered the coverage gap.

Will I need to do anything to get this rebate check? No. There are no forms to fill out. Medicare will automatically send a check that's made out to you. You don't need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check. Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does

this. TTY users should call 1-877-486-2048.

When will I get the rebate check? If you reach the coverage gap this year and enter the Part D "donut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin to get mailed to beneficiaries starting in mid-June.

Checks will be mailed monthly throughout the year as beneficiaries enter the coverage gap. However, this is a one-time benefit and beneficiaries who qualify will only receive one check after they reach the coverage gap.

What if I don't get the rebate check when I should? Beneficiaries who hit the donut hole after the program has begun should expect to receive their check within 45 days. Your rebate may be delayed if Medicare doesn't have information from your Medicare drug plan showing that you reached the coverage gap in time to include you in the next mailing. You should call your Medicare drug plan to make sure all of your information has been sent to Medicare.

If you don't get your rebate check, contact Medicare. Individuals receiving Medicare Extra Help will not receive a rebate check.

You can also check to make sure Social Security has your correct home address. Call 1-800-772-1213 or your local Social Security office. TTY users should call 1-800-325-0778.

What's NextComing in 2011 If you reach the coverage gap in 2011, you may get a 50% discount on your brand name prescription drugs at the time you buy them. Stay tuned for more information from Medicare.

Help us spread the word about this important benefit and help stop scams against seniors. Pass this brochure along to your friends, neighbors, and family so they know the facts about this important program. Remember - there are no forms to fill out to receive this benefit once you qualify for it. Medicare will automatically send a check that's made out to you.

You don't need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check. Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

Go to stopmedicarefraud.gov to learn more about how Medicare is working with law enforcement to stop scams against seniors.

Have other questions about the \$250 rebate check or the Affordable Care Act and Medicare? Please refer to the brochure Medicare and the New Health Care Law--What it Means for You that Medicare has sent you. You can also visit www.medicare.gov, or call 1-800-MEDICARE.

(Info from U.S. Administration on Aging)

NAPCA ACES Enrollee helps students celebrate Spring Fling

NAPCA is a grantee of the Agriculture Conservation Experienced Services (ACES) program, which is funded by the USDA Natural Resources Conservation Service (NRCS). Margaret Van Diver has been an ACES Enrollee for over a year, and she assists with outreach programs from the NRCS Field Office in Jasper, Alabama.

Students at T. R. Simmons Elementary School in Jasper held an end of the year “Spring Fling” celebration, sponsored by their Parent Teacher Organization, on May 14th. Besides the festivities, the Walker County (AL) Forestry Planning Committee hosted outdoor classrooms for students in grades two through five.

“The Natural Resource Conservation Service, Walker County Soil and Water Conservation District, Alabama Forestry Commission and the Wildlife and Freshwater Fisheries all work together to make up the Walker County Forestry Planning Committee,” said Katherine Patton, district administrative coordinator for the Walker County Soil and Water Conservation District. “We conduct educational activities throughout the year for children and adults.”

In the photo following, Margaret can be seen assisting with educational stations set up by the Walker County Forestry Planning Committee. Students learned about local animals and their habitat, the difference between a wildfire and a controlled burn, different types



of insects and diseases, and the importance of a watershed and how pollutants can affect our water. The ACES program provides experienced and knowledgeable workers 55 and older to support conservation-related efforts of the USDA NRCS.



New National SCSEP Director

Eun Jeong Lee is the NAPCA National SCSEP Director. She was most recently the Center Director of the NAPCA Los Angeles office, managing the Senior Community Service Employment Project (SCSEP) in LA, representing NAPCA with local community-based organizations and federal, state, and local government agencies.

Her work with social welfare began with serving as the Development Director for the mentally and physically handicapped at the Welfare Center for Disabled Persons of Incheon City in Korea where she was involved in all activities related to the handicapped, as well as with fundraising events. After that, Eun Jeong worked as a counselor and outreach coordinator at the Korean American Family Service Center (KAFSC) in New York where she provided counseling to victims of domestic violence and to their children, while also managing training programs and a 24-hour Hotline System. She then went on to become the Project Director of NAPCA’s SCSEP in New York at the Korean Community Services of Metropolitan New York, Inc.(KCS) for four years, during which time, she also served as President of the NY/ NJ Korean American Social Workers’ Association.

Eun Jeong holds a B.A. in Journalism and Mass Communications and a Masters degree in Public Administration from Hanyang University in Korea, a Ph.D. in Social Welfare from Yeshiva University in New York, and wrote her doctoral dissertation on older workers’ job training experiences and their program satisfaction in SCSEP.

Census 2010 Information

July 10th was the last day that the U.S. Census Bureau collected information from the nearly 30% of households that had not mailed back their Census 2010 forms.

In all, 635,000 Census takers from across the country went door-to-door, to about 48 million homes that had not mailed back their Census forms or provided the necessary information for the government to receive as accurate a count as possible.

Even before the Census takers fanned out nationally to follow up with non-responding households, 72% of people living in America had already sent back their Census forms. This percentage was encouraging, because it equaled the total number of households that participated in the 2000 Census after both forms were mailed back and in-person follow-ups were completed. That means in all likelihood, the overall participation rate for Census 2010 will surpass that of a decade ago. In ethnic communities, the participation numbers should show a marked increase.

NAPCA was instrumental in working with the U.S. Census Bureau to spread the word to some of the hardest to count people in America. Whether it was because of language barriers, distrust of government, or lack of knowledge about the issue, Asian American and Pacific Islander (AAPI) seniors have traditionally been undercounted in past Censuses. To prevent this from happening this time around, NAPCA conducted national outreach and education efforts, meeting with nearly one thousand AAPI seniors directly, as well as reaching nearly 30,000 others through its quarterly newsletter and

website. Additionally, NAPCA provided one-on-one phone service to limited English speaking seniors who had questions about Census 2010, through its one-of-a-kind toll-free multilingual Helpline, which handled hundreds of calls about the Census.

Thanks to the work of NAPCA and other AAPI organizations, as well as a strong push by the U.S. Census Bureau to reach those who were undercounted in the past, this year many AAPI seniors learned what the Census was, that it was safe and important to participate, and that, by being counted, they would be helping their communities receive some of the \$436 billion in federal funding the government distributes. Additionally, AAPI seniors were made aware that if they did not fill out their forms, Census takers would visit them, and that it was safe to answer their questions, provided they were not scammers trying to obtain private information. To that end, AAPI seniors were given tips on how to spot an official Census worker, from I.D. badge to Census bag.

From here, The U.S. Census Bureau will take all of the collected information, deliver it to President Obama for apportionment, and in 2011, deliver the data to each state, so that they know how much in federal funds they will be receiving.

NAPCA worked closely with both the Asian American Justice Center (AAJC) which provided funding for national outreach, as well as the U.S. Census Bureau which provided materials, giveaways, and support, in making sure AAPI seniors were informed, educated, and counted for Census 2010.

Census Estimates of 2008 AAPI Population

	United States
Total AAPI	13,610,33
Asian Indian	2,503,921
Bangladeshi	73,836
Cambodian	203,719
Chinese	2,964,034
Filipino	2,366,501
Hmong	192,575
Indonesian	59,304
Japanese	776,640
Korean	1,329,342
Laotian	181,963
Malaysian	13,693
Pakistani	223,012
Sri Lankan	29,521
Taiwanese	87,571
Thai	147,599
Vietnamese	1,464,611
Other Asian	385,503
Polynesian:	275,667
Native Hawaiian	150,899
Samoan	73,407
Tongan	37,462
Other Polynesian	13,899
Micronesian:	118,731
Guamanian or Chamorro	76,515
Other	
Micronesian	42,216
Melanesian :	26,910
Fijian	26,741
Other	
Melanesian	169
Other Pacific Islander	8,936

NAPCA Welcomes

Mina Song



N A P C A SCSEP would like to welcome Mrs. Mina Song, who will serve as

Program Manager at our Philadelphia SCSEP Project Site. Mrs. Song graduated in 2002 from Pusan University of Foreign Studies in Pusan, South Korea. She received her Bachelor of Arts in Chinese Linguistics and History. After graduating, she worked in Qingdao, Beijing for four years before moving to the United States. Mrs. Song is fluent in Korean, English, and Mandarin Chinese, and will be an excellent addition to our Philadelphia Project Site. Mrs. Song is excited about the opportunity to work with

Claire Nguyen



Claire Nguyen joined the Chinese Community Center of Houston in

May 2010 and will serve as their SCSEP Project Coordinator. She is a recent graduate of Texas Tech University and has a Master of Arts in Economics.

While working on her undergraduate degree, she was exposed to the non-profit sector as a volunteer at the Women's Crisis Center in Sherman, Texas where she was a Financial Assistant. This experience sparked her interest in the non-profit world. She is excited to be a part of the NAPCA SCSEP Project at the 'CCC' and is looking forward to positively contributing to the team.

April Porcincula



April Porcincula has been hired as NAPCA SCSEP Seattle Program Assistant. April is a 2009 graduate of Franklin High School in Seattle and has been working for the past few years in order to gain professional experience.

April started at Orthopedics International as a receptionist/medical research assistant while she was a junior in high school. Her employment route then took her to Seattle Keiro, a nursing facility for Japanese American seniors, where she was a receptionist / staffing coordinator. Her experience in a non-profit environment and customer service skills will be helpful in her new role at the Seattle SCSEP office.

April was born and raised in Seattle, Washington.

Alice Teng



Alice Teng recently joined the NAPCA Fiscal Department as an ACES Assistant. In this

position she will do accounting for Agricultural Conservation Experienced Services (ACES) program, prepare and monitor budgets for ACES enrollees, prepare quarterly reports and prepare ACES monthly requests for funds.

Before coming to work for NAPCA, Alice worked at an international wholesale company as a bookkeeper in and volunteered in the financial department at the Asian Counseling and Referral Service (ACRS) in

Seattle, which is where she found her passion to help others.

Alice says she likes the idea of working at NAPCA because she is able to learn about more about AAPI seniors, culture, community and social service while gaining experience.

An avid traveler, Alice grew up in Taiwan and came to the U.S. in 2000 after completing high school. She graduated from Central Washington University with a degree in Accounting and Fashion Merchandising and is

Miriam Suen



Miriam Suen is the new Associate Director of the NAPCA Los Angeles

office. She manages the Senior Community Service Employment Program (SCSEP) in LA. Miriam comes to us with fifteen years of non-profit experience. Before she joined NAPCA, she worked at the Chinatown Service Center in Los Angeles as a Project Manager, overseeing CSCLA's volunteer income tax program.

Miriam holds a B.A. in Journalism and Mass Communications from Baptist College in Hong Kong and says she enjoys working at NAPCA because of the satisfaction she gets from helping seniors become self-sufficient.



Angel Del Valle



Marie-Angeli “Angel” Del Valle was recently hired by the NAPCA

Finance

Department as a Budget Analyst. In her role she will assist the NAPCA Chief Financial Officer with budgets, payroll and other projects.

Before joining NAPCA, Angel worked as Accounting Property Coordinator at a Seattle asset management firm. Prior to that, she was a Decision Support/Financial Analyst for a medical staffing network company in San Diego.

Angel strongly values social responsibility. She volunteers for her church group’s activities such as in feeding the homeless, and helps raise money for “Gawad Kalinga” which sponsors housing projects in the Philippines and in some parts of Asia for the indigent.

Angel’s interest in helping Asian seniors comes from her close relationship to her late grandmother. She says sharing the same principles and goals with an organization like NAPCA is fulfilling, worthwhile, and encouraging. She says yogurt, dancing, singing, and being under the sun are some of her favorite things. Angel graduated from the University of Washington with a degree in Finance. And is a native of Olympia, WA.



Meet the NAPCA Helpline

Young Ko

Young Ko has been working for over a year at the NAPCA Korean Helpline. As a member of the Korean helpline team, her main role is to help



Korean seniors with choosing the right drug plan for their Medicare Part D. She also helps those who have limited income and resources to complete the application for Low Income Subsidy.

Besides working on the government benefits for seniors, Young helped thousands of Korean elders during the transition to Digital Television. Recently, she has also been assisting seniors with filling out the vitally important Census 2010 survey. Young says, “I enjoy my work because I have an opportunity to help other people make the right decisions, based partly upon my previous experience as an insurance agent.”

Sunghoon Baek

Sunghoon Baek is a Helpline Associate for the Korean language department at National Asian Pacific Center on Aging. Sunghoon joined NAPCA in 2007 and has been a valuable member of the organization.

Sunghoon works closely with Korean seniors across the US in an effort to bridge the cultural gap that separates many Koreans. The language barrier has been unfriendly

to most, and in many cases, it has often restricted Korean seniors from taking advantage of a wide range of government programs that are specifically designed to help the



elderly ease into the transition of retirement and senior living.

As such, Sunghoon is responsible for assisting seniors apply for Medicare and Social Security benefits, such as the Medicare Prescription Drug Program and the Low-Income Subsidy Program. In addition, among many of the other services that are available at NAPCA’s multilingual Helpline, he helps seniors seek suitable solutions for problems that arise from their complications with Medicare and Social Security benefits.

Sunghoon is originally from South Korea and immigrated to America when he was eight years old. He has firsthand experience with the difficulties that Korean immigrants face and how much of a struggle it is on a daily basis for people who have limited English speaking abilities. His experience has served as a guide to better serve the Korean community in the Unites States.

Sunghoon is currently a student at the University of Washington and lives in Seattle.

Sandi Hogben

Sandi Hogben recently joined NAPCA as a Payroll Accountant in the Fiscal Department.

She brings many years of experience in both payroll and general accounting, and is excited to return to NAPCA, having covered payroll for the organization on a temporary basis in 2001.

Sandi holds two degrees from the University of Washington – a B.A. with College Honors in Political

Science and a J.D. in Law – and is also a writer, photographer, screenwriter, and filmmaker.

An avid walker and ice skater, Sandi attended the Vancouver 2010 Winter Olympic Games in February and calls it one of her most life-affirming experiences ever because of the opportunity to meet and interact with wonderful people from so many cultures all over the world - much like her opportunity at NAPCA.

"healthier Living" continued from front page

Samoan Federation and UCC to offer this program to their respective communities. In the future, NAPCA plans to work with other local organizations to offer the program, as well as support translation of the program's leader manuals into more Asian and Pacific Islander languages.

For more information about the NAPCA Healthy Aging Program, or the Healthier Living classes, contact Alula Jimenez at alula@napca.org.

NAPCA is the leading national advocacy organization committed to the dignity, well-being and quality of life of Asian and Pacific Islanders (API) in their senior years.

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 derek@napca.org with questions or comments

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