



Fall 2010

# Voices

The National Asian Pacific Center on Aging

## NAPCA SCSEP Staff Converge on Seattle for Annual Training

NAPCA's Annual SCSEP National Training was held in Seattle from September 14-17 in Seattle, Washington in the local office of the U.S. Department of Labor. We were fortunate to have 25 NAPCA SCSEP staff members from all nine project sites in attendance. Project staff have been working hard so it was exciting to gather and meet new staff members.

NAPCA SCSEP staff provided much of the training, sharing 'best practices' with fellow project site staff. SCSEP National Director Dr. Eun Jeong Lee conducted most of the training, which encompassed the entire SCSEP process, from participant recruitment and enrollment, to exiting for an unsubsidized job. Staff gave presentations and held workshops on various 'best practice' topics – including reading tax returns (Miriam Suen, NAPCA SCSEP Los Angeles), host agency recruitment (Joseph Lee, NAPCA SCSEP Philadelphia), increasing employment opportunities for SCSEP participants (Norman Lee, NAPCA SCSEP Orange County), collaboration with local Workforce Investment Boards (Donavan Lam, NAPCA SCSEP Seattle), data validation (Kelsey Sagawa, NAPCA SCSEP Headquarters), and Individual Employment Plans, Assessments,



and working with area agencies on aging (Kun Chang, NAPCA SCSEP Boston).

U.S. Department of Labor Consultant Joyce Welsh also provided important training on transitional planning and durational limits, host agency recruitment, Individual Employment Plan and Assessment goals, and the new SCSEP regulations.

NAPCA hosted the annual SCSEP Awards Dinner at China Harbor Restaurant on Wednesday, September 15th, with 45 people in attendance, including the leadership of our partner organizations; Anni Chung, Self-Help for the Elderly; Donna Lin,

Asian American Senior Community Service Center; Esther Wong, Chinese American Service League; Dr. Whan Chung, Philip Jaisohn Memorial Foundation; Ruth Moy, Greater Boston Chinese Golden Age Center; and Linda Lee, Korean Community Services of New York.

NAPCA congratulates the Chicago and Boston SCSEP projects for achieving all of the SCSEP Performance Goals for last program year.

# Seattle SEE 2010 Recognition Event

## SEE DC Enrollee: William Wrigley

NAPCA congratulates DC Enrollee William Wrigley and the EPA ICR Team for receiving an EPA Exemplary Service Award

The Information Collection Request (ICR) team in the Office of Information Collection (OIC) within the Office of the Environmental Information (OEI) was being presented with the EPA Exemplary Service Award for their outstanding customer service achievement.

The ICR team lead Rick Westlund and teammates Courtney Kerwin and Spencer Clark were recognized in an award ceremony on September 28. Our NAPCA SEE enrollee William Wrigley is on the ICR Team as an Information Collection Analyst, and he provides technical support by reviewing documents, providing guidance, and responding to the public. Rick Westlund, William's EPA monitor, gave special acknowledgment to William for his hard work and excellent customer service and considers him an important part of the team that achieved this award. Because William is a NAPCA SEE Enrollee and not a Federal EPA employee, he will not be named on the award but his monitor wanted to be sure that he received the recognition for being an integral part of the winning team, and we at NAPCA wanted to recognize his achievement as well.

Under the leadership of Rick Westlund, the ICR team members not only demonstrated dedication and hard work by maintaining the highest quality of service in their day-to-day support of the information collection community across the agency, but also showed exemplary customer service in providing support to four high-visibility projects that are major interests of the President.

*"SEE DC" continued on last page"*



The Environmental Protection Agency (EPA) and grantee staff showed their appreciation for their Senior Environmental Employment (SEE) Enrollees at the biennial SEE Recognition Event.

On Wednesday, June 23, 2010, NAPCA's SEE National Director Connie Meyers and Regional Project Director Lois Kohashi-Sinclair hosted a large gathering of SEE Enrollees and Monitors at the Seattle EPA location. With National and Project Directors from other SEE grantee organizations, we celebrated the accomplishments of over 65 Enrollees who support EPA's Region 10, and are managed by staff at NAPCA, the National Older Worker Career Center (NOWCC), and Senior Services America Incorporated (SSAI).

After an introduction by EPA Region 10 SEE Coordinator Diane Ruthruff, the EPA Region 10 Deputy Regional Administrator Michelle Pirzadeh

welcomed everyone by voicing the appreciation that all of Region 10's EPA staff feel for the SEE program and the Enrollees. Monitors provided more specific words of praise for the work that SEE Enrollees do for their Offices and Units, and for their exceptional dedication and work ethic. Also in attendance, from EPA Headquarters in Washington DC, were Angela Hughes, a SEE Project Officer, and Elaine Johnson, a SEE Enrollee assigned to SEE Program Management.

The SEE Enrollees then enjoyed a delicious buffet lunch which was provided by NAPCA and the other grantee organizations, as well as convivial conversation while meeting and socializing with each other.

# Boston SCSEP Healthcare Reform Event



On September 9, 2010, the U.S. Department of Health and Human Services (HHS), Center for Medicare and Medicaid (CMS), Massachusetts Executive Office of Elder Affairs (EOEA) and Greater Boston Chinese Golden Age Center (GBCGAC) hosted an outreach workshop on health care reform benefit changes at Wollaston Senior Center in Quincy, Massachusetts.

The keynote speaker was Christie Hager, recently-commissioned Regional Director for the HHS. Other guests in attendance included Undersecretary Sandra Albright from the Massachusetts EOEA, the Massachusetts State Health Insurance Program (SHIP) focused on Serving the Health Information Needs of Elders (SHINE) Program Director Cindy Philips, and Peter Chan, the HHS Office for Civil Rights Regional Manager. The presentation was facilitated in English and Chinese by Kun Chang, NAPCA Regional Coordinator and GBCGAC's Associate Executive Director. Ka Lam, GBCGAC's SHINE Director, also provided translation during the workshop.

Approximately 120 Chinese-speaking Asian seniors joined the workshop, which presented information about the \$250.00 Medicare rebate

and changes in Medicare Part B preventive services scheduled for 2011. According to Christie Hager, these benefits are part of the health care reform legislation passed in March, with the intention of making prescription drugs affordable to those in need and enhancing the overall level of health care service. During a Question and Answer session, response from the crowd was excellent. All guests were very impressed about the Asian seniors' responses and participation. It was a good opportunity to learn about issues and concerns for Asian seniors regarding the new health care legislation.

If there are any questions on health insurance for seniors in Massachusetts, please contact the SHINE Program at GBCGAC at 617-357-0226. The program offers unbiased health insurance information to Medicare beneficiaries and their caregivers, provided by a group of volunteers trained and certified by the Executive Office of Elder Affairs.

If you speak other Asian languages and/or live in other States, please call the NAPCA Helpline at (English) 1-800-336-2722, (Cantonese and Mandarin) 1-800-582-4218, (Korean) 1-800-582-4259, and (Vietnamese) 1-800-582-4336.

# API Seniors Complete Healthier Living Classes

This summer, NAPCA partnered with the Samoan Federation of America, Inc. in Carson, CA and the United Cambodian Community, Inc. in Long Beach, CA to offer the chronic disease self-management program (CDSMP), also known as "Healthier Living," in these communities. A total of 39 Cambodian, Samoan, and Tongan participants graduated from the six-week workshop series.

During the graduation ceremony at the Samoan Federation of America, one participant described how the class motivated him to exercise. In spite of the arthritis in his knees that requires him to use a cane, he developed an action plan to walk around for exercise. Because of his new exercise routine, at the end of the six-week class, he reported that his legs were now strong enough to walk without his cane.

Following the classes at United Cambodian Community, two participants shared their stories about recent visits to the doctor. The first woman was having a tumor removed. She went to the hospital before the surgery and discussed with her doctor the side effects, what she would be dealing with, and the medications she would have to take after the surgery. She also asked the nurse and technicians questions about her anesthesia. The doctor was impressed with her knowledge and questions, and she

*"Classes" continued on page 6*

# Seattle SCSEP Holds its Annual Dental Screening

"Classes" continued from page 3

told them all about the CDSMP class.

The second woman went to see her doctor and asked to be tested for Hepatitis. At first, the doctor refused, but after strong insistence, she was finally tested. The results came back positive and she is now taking the proper medications. She says this class taught her to be brave and strong in addressing her own medical needs.

The Healthier Living classes teach people with chronic conditions how to be better, active self-managers of their health.

Due to an unexpectedly high number of registrants, United Cambodian Community is offering another workshop series this month. NAPCA will be issuing a Request for Proposals to partner with other AAPI serving organizations to address the health needs in underrepresented AAPI communities.

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 in the AAPI community. The Healthier Living Classes at the Samoan Federation of America, Inc. and United Cambodian Community, Inc. were also sponsored in part by the Walmart Foundation. For more information about NAPCA's Healthy Aging Program, or the Healthier Living classes, contact Alula Jimenez Torres at [alula@napca.org](mailto:alula@napca.org).



UW School of Dentistry and HHS Office of Minority Health provide 4th Annual Dental Screening to Seattle SCSEP participants and local elders in need

Research has shown that good oral hygiene is very important for maintaining one's overall health, and diseases are often detected through oral problems. The National Asian Pacific Center on Aging (NAPCA), in collaboration with the University of Washington Dental Mobile Clinic, and the Office of Minority Health, U.S. Department of Health and Human Services (HHS), provide dental screening sessions every year to low-income seniors who do not have access to dental care. The screening consists of a general exam and X-ray to determine the patients' oral health status. The patients are referred to local clinics if further consultation is needed. Screenings were held on three separate days at Kawabe Memorial House, where 55 seniors from NAPCA's Seattle Senior Community Service Employment Program (SCSEP) and residents from Kawabe Memorial House received free dental screenings from the UW School of Dentistry.

NAPCA is grateful to Dr. Asuman Kiyak, UW's Director of Institute on Aging, UW faculty and students of the School of Dentistry and Mr. Frederick Yee, Regional Minority Health Coordinator, for their continued support in serving our AAPI elders in need. With an increased awareness about the importance of dental health, NAPCA has committed to continue treatment sessions for SCSEP participants who will require additional dental care. These sessions were provided by the UW Mobile Dental Clinic throughout October. This will allow our seniors to receive much-needed care since the majority of those who participated in the screening sessions had not visited a dentist in over five years. Through these dental screenings, we hope to continue educating seniors about the importance of oral health and good dental hygiene habits.

# David Cohen and Pablo Wong join the NAPCA Board of Directors

David Cohen and Pablo Wong recently joined NAPCA's Board of Directors

Mr. Cohen is an attorney and consultant based in the Los Angeles area. He has served as U.S. Representative to the Pacific Community, the President's Special Representative to the Northern Mariana Islands, Commissioner on the President's Advisory Commission on Asian Americans and Pacific Islanders, and Deputy Assistant Secretary of the Interior for Insular Affairs. Mr. Cohen received his bachelor's and master's degrees from the University of Pennsylvania. He also holds a joint J.D.-M.B.A. from the University of Pennsylvania Law School and the Wharton School.

Mr. Wong is the Senior Vice President for Market Development for Fidelity National Financial, Inc. He is based out of San Francisco, CA and is currently serving on the board of Episcopal Community Services and

is a member of the State of California Economy Strategy Panel. He was named one of the most influential Hispanics in the San Francisco Bay Area by the San Francisco Business Times in 2005 and received the President's Award from Ten Bay Area Real Estate Associations. Mr. Wong graduated from the University of Hawaii with a degree in Agricultural Economics and is bilingual in English and Spanish.

"David and Pablo will provide strong guidance and expertise from both the legal and real estate fields," said NAPCA Board President John Q. Duong. "By adding them to the board, NAPCA has strengthened its ability to serve Asian American and Pacific Islander seniors as our organization moves forward and continues to grow. We are excited about these additions to the board and welcome David and Pablo to the NAPCA family."

# New Director of Policy: Scott Allen Peck



Scott Allen Peck joined NAPCA in October as the new Director of Policy. Scott comes to NAPCA with an array of experience in the public and private sector. Prior to joining NAPCA, Scott worked as Policy Director for the Colorado General Assembly and has held positions as a travel writer, a consultant, and a law clerk with the Office for Civil Rights at the U.S. Department of Education. He began his career as a schoolteacher on the U.S./Mexico border with Teach for America.

Scott is enjoying his new life in Seattle. Raised overseas as a military brat, Scott spent his formative years in Colorado. He is an avid hiker and amateur mountaineer.

Scott earned his B.A. in Political Science from Colorado State University; a Juris Doctorate from the University of Colorado, where he was associate editor for the law review; and a Masters in Public Policy from the Kennedy School of Government, Harvard University.

NAPCA would like to extend its deepest thanks to departing Board members Derek Chen and Dr. Jack Chow, and farewell to friends Chauncey Ching and his wife Teddie for their support and dedication to NAPCA in service to Asian American and Pacific Islander Seniors.

# Region V Celebrates SEE Enrollee Appreciation Day: “Reiterate and Rejuvenate”

As part of the Older Workers Month celebration, on August 4, NAPCA's Region 5 Office hosted a Senior Environmental Employment (SEE) Appreciation event with other national SEE sponsoring organizations, National Older Worker Career Center (NOWCC) and Senior Services America, Inc. (SSAI).



The meeting in Chicago opened by welcoming the many Monitors and alternate Monitors who attended, and discussing their roles as Monitors. We were delighted that Susan Street, the National SEE Program Director for the Environmental Protection Agency (EPA), and Christine Takada, NAPCA President and CEO, were able to join the celebration. Susan specifically touched upon the older worker's work ethic, maturity, and professional expertise in setting a great example for younger workers to follow. She introduced James Priestley who was a former EPA staff and now is a SEE Enrollee working in Susan's office. She is delighted to have him as a SEE Enrollee for all of the reasons she mentioned. Susan then discussed the SEE funding process. Marilyn Hollriegel, EPA Region 5 SEE Coordinator, explained the regional funding procedures.

Connie Meyers, NAPCA SEE Program National Director, along with Laura Melton from NOWCC, and Carolyn Russell and John Smith from SSAI, presented each Enrollee a certificate of appreciation and a small gift. With more than 100 people in attendance, the many Monitors

and alternate Monitors showed how much EPA staff members appreciate having SEE Enrollees working for them. These highly qualified Enrollees contribute their talents and skills to all divisions of EPA. There were many kind words said about the good work that our Enrollees contribute to the region, as well as the dedication and commitment that the Enrollees have toward EPA and the SEE Program. NAPCA then served for the Enrollees, a special “Dim Sum” lunch, which was definitely a departure from the usual luncheons!

A highlight of this event was the Regional Wellness Health Fair that was hosted by our health insurer, AETNA, after the awards ceremony and luncheon. AETNA brought in health screeners, masseuses, and lots of information about the different wellness and health plans offered to Enrollees. The AETNA Representative also demonstrated how to check benefit payments online. More than 50 enrollees took advantage of the Healthy Non-Fasting Blood Testing. Mei Lin, Region 5 NAPCA SEE Project Director, also invited the American Heart Association, the American Cancer Society, and the American Diabetes Association to have information booths to provide time for indi-

viduals to discuss these health issues.

Two of the most popular Wellness Programs were:

1) “Massage from Soma Institute” – A special thanks goes to Carolyn Russell from SSAI in arranging two wonderful magic touches on those who received the massages.

2) “The Anti-Aging Benefits of Qigong” - Master James Chang explained that “Qi” is translated as “energy” and “Gong” as “work or practice”, so the closest complete translation is the energy cultivation requiring the integration of mind and body. “Qigong” is an easy low impact exercise and can be practiced at any age. It is an excellent way to relax and reduce stress, to foster good health, and to increase one's physical capabilities, stamina, wellness and longevity. We ran out of time because many Enrollees wanted to know which exercises are needed for healing specific body parts.

A special door prize donated to the event by AETNA was won by NAPCA Enrollee Clarissa Manzon, who received the Golf Umbrella.

All in all, it was a day filled with happiness and smiles from the Enrollees. It was a day to REITERATE the appreciation for the contributions of SEE Enrollees to the EPA mission, and, by hosting a health fair, we were able to REJUVENATE the SEE Enrollees' energy through the wellness programs.

# ARE YOU READY?



**Get  
Ready**

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

## What is H1N1 (swine flu)?

H1N1 (originally referred to as “swine flu”) is a new influenza virus for which a pandemic alert was declared due to how quickly it spread around the world. First detected in March 2009, symptoms of H1N1 include the same things you might experience with seasonal flu: fever, cough, fatigue, headache, chills, body aches, sore throat, diarrhea and vomiting. As with the seasonal flu, the H1N1 virus has also been associated with cases of severe illness and death.



### How do you get H1N1 flu?

H1N1 is spread the same way as the seasonal flu – from person-to-person, especially through an infected person coughing or sneezing. You may also catch it by touching things that have the virus on it and then touching your mouth or nose. You cannot get H1N1 flu from eating pork.

### How do you prevent H1N1 flu?

There are very simple ways to protect yourself from H1N1 flu. Number one, wash your hands frequently, especially when you are in public places. Stay at least three feet away from anyone who is coughing or sneezing. If someone around you appears sick, avoid touching your eyes, nose and mouth and any surfaces the

sick person touches until you have a chance to wash your hands. If you are living with someone who has the H1N1 flu, it's important to protect yourself. Care for yourself by wearing a mask or a protective cloth over your mouth and nose. Wash your hands frequently and don't share dishes, towels or bed sheets with the sick person.

[aphagetready.org](http://aphagetready.org)

From the American Public Health Association (APHA) [www.apha.org](http://www.apha.org)

Translations available from The Asian Pacific Islander American Health Forum [www.apiahf.org](http://www.apiahf.org)

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# Kelley Lou

Kelley joined Chinese Community Center of Houston in September 2010 and will serve as the Houston SCSEP Project Director. She received her Bachelors in Social Work from the University of Texas, and recently graduated from Washington University in St. Louis with a Masters of Social Work. After graduating with her Masters, she worked at a non-governmental organization in China for six months. She has volunteered and worked at non-profit organizations that focus on Asian Americans and other at-risk populations. All of these experiences have led her to continue serving those in need. She is very excited to use her past experiences and knowledge in Social Work to contribute to the NAPCA SCSEP Project at the Chinese Community Center in Houston.

**SEE DC, continued from page 4**

The effectiveness and the unique approach of the solution that the ICR Team developed to meet the American Recovery and Reinvestment Act reporting requirements not only made the EPA one of the first agencies to disburse the Stimulus funds, but also made EPA the primary model other federal agencies referred to when developing their Stimulus funds-related ICRs.

With assistance from the EPA, the General Services Administration (GSA) developed Data.gov, a public-friendly web site that provides descriptions of “federal and state data sets, information on how to access the data sets, points of contact information, meta-data information, and links to publicly accessible applications”. Similar to the Regulations.gov project, the ICR Team was able to draft and guide the emergency ICR

package through the necessary approval processes with no delay.

The ICR Team also worked closely with the EPA’s Chesapeake Bay Program Office (CBPO) in

creating an emergency ICR in support of the Activity Integration Plan, a component of the Chesapeake Action Plan. The ICR was required to expand information collection from “10 Federal agencies, 7 states and 2 local partners to approximately 1,400 local government and watershed organizations”. Because of the ICR Team’s hard work, this emergency ICR was speedily approved by the Office of Management and Budget, allowing CBPO to meet the requirements and deadlines set by the President.

Congratulations to William Wrigley and his ICR Team for a job well done and a well deserved recognition.