



The National Aging Resource Consortium on Racial and Ethnic Minority Seniors after their presentation, “Health Disparities Among Racially and Ethnically Diverse Elders,” at the 2014 Aging in America conference. From left: Angie Boddie, National Caucus and Center on Black Aged, Inc.; Alula Jimenez Torres, National Asian Pacific Center on Aging; Randella Bluehouse, National Indian Council on Aging; Maria Hernandez-Peck, Asociación Nacional Pro Personas Mayores; Dianne Freeman, Administration for Community Living, Administration on Aging.

NAPCA Staff Present at 2014 Conference on Aging

Five members of the NAPCA staff presented at the annual Aging in America conference hosted by the American Society on Aging (ASA). The conference, which took place in San Diego last March, is the largest multidisciplinary conference on aging in the nation.

Karen Blacher, NAPCA research associate, presented a poster titled, “Looking Beyond the Aggregate: Diversity Within the AAPI Elder Population.” The poster highlighted all of the recent reports that NAPCA has published on the demographic, language, employment, and economic characteristics of the diverse Asian American and Pacific Islander (AAPI) elder population. All of the NAPCA research publications can be found at www.napca.org/research-and-evaluation-2/.

Alula Jimenez Torres, NAPCA healthy aging program manager, gave two presentations. The first presentation titled, “Health Disparities Among Racially and Ethnically Diverse Elders,” was given collectively with the National Aging Resource Consortium on Racial

and Ethnic Minority Seniors. Along with Ms. Torres, representatives from Asociación Nacional Pro Personas Mayores, National Caucus and Center on Black Aged, Inc., and the National Indian Council on Aging addressed health disparities in minority aging populations. Ms. Torres’ second presentation titled, “NAPCA Helpline: Assistance for Limited English Speaking Chinese, Korean, and Vietnamese Elders,” promoted NAPCA’s Helpline service among the aging network.

Dr. Eun Jeong Lee, SCSEP national director, presented with Dr. Ga-Young Choi, assistant professor at the University of Northern Iowa; Dr. Eun Koh, assistant professor at the University of Arkansas; and Amy Phillips, director of senior services at Little Tokyo Service Center. In their presentation titled, “Elder Abuse in Asian-American and Pacific-Islander Communities,” they highlighted a recent pilot study that focused on the experiences, perceptions, and help-seeking behaviors

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EXECUTIVE CORNER

Dear Friends of NAPCA,

It has been a busy quarter with many inspirational moments for me and NAPCA staff.

Since stepping in as CEO in 2010, I've concentrated on strengthening the capacity of NAPCA. In seeking opportunities for professional development, staff have more actively participated in local, regional, and national conferences including, the annual American Society on Aging conference, the largest gathering of aging professionals, practitioners, and advocates in the country.

This past March, eight staff including myself, attended the week-long conference in San Diego, where we presented five sessions to the 1,000-person gathering. Staff shared strategies for more effectively serving AAPI older adults and learned from others while networking and being inspired by national thought leaders in the field of aging, including experts like Jennie Chin Hansen, who are always intentional about broadening the dialogue to include service to vulnerable populations.

I was similarly inspired while attending a Caregiving in America forum in Seattle, when Dr. Nancy Hooymann of the University of Washington (UW) discussed the unlikelihood of women to self-identify or ask for help as caregivers (appropriately descriptive of caregiving in the AAPI community). Eighty-six-year-old Alene Morris, co-founder of the UW Women's Center, spoke on the ways in which the elderly are represented as a societal "problem" rather than as a resource. In comparing the perception of the elderly to what women experienced during the women's movement, Ms. Morris asked the audience, "Remember when we were a problem?"

The decades of wisdom represented and shared during these forums inspired me deeply. Whether focusing on increased funding for family caregiver support programs or changing the dialogue around elderly services and social benefit programs, the strategies presented for improving the condition of caregivers and elders were thought-provoking and inspirational. While our daily tasks are critical to the important work we do, so is the inspiration that keeps us energized and motivated to be stronger, more effective advocates. I hope and trust you are all finding the inspiration you need to continue doing the good work that you do.



A handwritten signature in black ink that reads "Christine Takada".

Christine Takada
President and CEO

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

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NAPCA Cosponsors AAPI Senior Health Fairs

This spring, NAPCA and the American Heart Association are hosting two health fairs in Seattle and Los Angeles. The events will feature presentations on heart health, aging-related information for older AAPI adults, and free health screenings. Many Senior Community Service Employment Program (SCSEP) partner organizations and community health clinics are participating in the health fairs. Contact your local SCSEP office for more information.

Heart disease is the leading cause of death among Asian Americans and Pacific Islanders in the U.S., according to the latest report from the Centers for

April 30, 2014

International District/Chinatown
Community Center
(206) 322-5272 – Seattle SCSEP office

May 13, 2014

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(213) 365-9005 – Los Angeles SCSEP office

Disease Control and Prevention National Vital Statistics Reports. In 2010, heart disease accounted for 25.6 percent of all deaths among AAPIs aged 65 and older.

Heart disease can be managed or even prevented by making simple lifestyle changes. It is never too late to take care of your heart. At any age, a healthy diet and physical activity can promote good heart health. Eat a

healthy diet low in saturated fats, cholesterol, sodium and added sugar, and make sure you are getting enough exercise (at least two-and-a-half hours a week of moderate aerobic physical activity, such as brisk walking, or one hour and 15 minutes

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May 10 Marks Asian Pacific American Mental Health Day

Asian Pacific American Mental Health Day was first established in 2010 by the state of California and the city and county of San Francisco with support from Richmond Area Multi-Services, Inc. (RAMS), a not-for-profit mental health services agency in San Francisco. The day recognizes the importance of raising awareness about mental health and promoting mental wellness in the Asian American and Pacific Islander community.

Recent studies and reports indicate the ongoing struggle of older adults and mental health issues. The Surgeon General's Call to Action to Prevent Suicide reports that amongst elderly women of all ethnic or racial groups, Asians have the highest suicide rate. In contrast, AAPIs have the lowest rates of utilization of mental health services among ethnic populations, which may be due to the substantial stigma that exists as well as cultural and linguistic isolation of the community, family, and individual.

Many people believe that mental disorders are rare and "happen to someone else," however 25 percent of Americans annually are impacted. Many factors contribute to mental health concerns such as biological factors, life experiences (e.g. trauma), and family history of mental health conditions.



The California State Assembly recognizes Asian Pacific American Mental Health Day.

To learn more about mental health topics and/or obtain referrals, you can check out these resources:

- National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- SAMHSA Treatment Referral Helpline
1-877-SAMHSA7 (1-877-726-4727)
- National Alliance on Mental Illness
1-800-950-NAMI (6264)

SEE ENROLLEE PROFILE

Lorraine Yau

Lorraine Yau worked for Chicago Public Schools (CPS) for 28 years. She began as an accounts payable clerk and eventually became manager of the purchase order cancellation module of the Division of Revenue. CPS is the third largest school district in the nation with an annual budget of over \$6 billion. Lorraine's work in maximizing CPS' reimbursements from government sources resulted in savings of over \$15 million annually. She says she enjoyed the work because there was always something to do. In 2012, CPS offered Lorraine an early retirement package that she could not pass up.

In her retirement, Lorraine kept an eye out for fulfilling opportunities. When Teresa Lee, a longtime Senior



Environmental Employment (SEE) enrollee, told her about the program, Lorraine applied for a position and is now a receptionist at the Environmental Protection Agency's (EPA's) Superfund Immediate Office. She loves her job and feels fortunate to be a part of EPA, since they work hard to make the environment cleaner and

safer. Lorraine says the SEE program is a great way to help seniors who wish to contribute to their community.

Lorraine looks forward to coming to work and is glad to not sit at home bored. She hopes NAPCA will continue to be funded by EPA for the SEE program so that many other seniors can benefit, and so that EPA can enroll many more experienced seniors who are excited to support EPA's work.

NAPCA Staff Present at 2014 Conference on Aging

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of elder abuse among AAPI seniors. Dr. Lee also gave a presentation with Miriam Suen, NAPCA SCSEP Los Angeles project director. Their presentation titled, "Helping Asian-American and Pacific-Islander Older Adults Gain Self-Confidence," highlighted a unique approach to assisting AAPI older workers when they enter the workforce in the U.S.

Christine Takada, NAPCA president and CEO, presented on a panel titled, "Health Reform Advocacy and Engagement in Communities of Color and LGBT Communities." Ms. Takada presented with Randella Bluehouse, executive director of the National Indian Council on Aging; Robert Espinoza, senior director for public policy and communications at Services and Advocacy for GLBT Elders; and Brian Pacheco, national coordinator of the Diverse Elders Coalition. The panel discussed how advocates can work with leaders in



Dr. Eun Jeong Lee (standing) and Miriam Suen give a presentation about AAPI older workers.

communities of color and LGBT (lesbian, gay, bisexual and transgender) communities to improve health coverage for diverse elders.

NAPCA is pleased to participate at the ASA conference on a wide array of topics. It was a great opportunity to promote best practices, discuss important issues affecting AAPI elders, and connect with many community partners.

by KIRK LARSON
Social Security Washington Public Affairs Specialist

Q Will my Medicare coverage change because of the Affordable Care Act?

No, not at all. People who have Medicare coverage are *not* affected by the Affordable Care Act. Medicare is not a part of the Affordable Care Act's Health Insurance Marketplace. If you are a Medicare beneficiary, your Medicare benefits are not changing. You do not need to replace your Medicare coverage with Marketplace coverage. For more information about the Marketplace, visit www.healthcare.gov. For more information about Medicare Parts A, B, C, and D, visit www.medicare.gov, or read our publication on Medicare at www.socialsecurity.gov/pubs.

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1-800-582-4218
Cantonese &
Mandarin

1-800-582-4259
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1-800-582-4336
Vietnamese

Q Are there any big changes with Social Security in 2014?

Yes. As of August 2014, the Social Security Administration will no longer offer Social Security number (SSN) printouts in local field offices. If you need a replacement card, complete an application and provide Social Security with the original, required documentation. Take or mail the original documents to your local Social Security office. For additional information, please go to www.socialsecurity.gov/ssnumber or call our toll-free number at **1-800-772-1213**.

As of October 2014, the Social Security Administration will no longer provide benefit verification letters in our offices. If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly by having a "My Social Security" account. To create your account, go to www.socialsecurity.gov/myaccount.

NAPCA has established a national free Helpline to assist seniors with their questions about Medicare, Social Security and related benefits.

NAPCA Helpline Saves Seniors Nearly \$300,000 in 2014

The NAPCA Helpline assisted almost 200 individuals to enroll in Medicare Part D prescription drug plans during the past Open Enrollment Period. Those who enrolled in plans for the 2014 plan year are projected to save an average of \$1,921 per person. Some individuals will save several thousand dollars on their prescription drug costs. This amounts to a total savings of almost \$300,000 for Asian American seniors on their prescription drug plans in 2014. NAPCA will release a report detailing these findings later this spring.

The Medicare Part D Open Enrollment Period is the only time for most beneficiaries to review and change their prescription drug plans for the upcoming year.

However, individuals with limited income who have the Low-Income Subsidy (LIS or "Extra Help") can change their plan at any time. If someone has LIS and sees an increase in their drug plan costs or finds that their medications are not covered, they can call the Helpline for assistance with selecting a better plan that covers their medications. The Helpline can also assist individuals with applying for LIS if they are eligible.

The NAPCA Helpline is supported by the Walmart Foundation, PhRMA, and the U.S. Department of Health and Human Services, Administration for Community Living, Administration on Aging.



STAFF VOICES PROFILE

Mei Lin

NAPCA staff members often have talents and participate in activities that you might not expect. This inaugural Staff Voices profile features Mei Lin, who has been the project director for the Senior Environmental Employment (SEE) program in Chicago for 19 years. She manages enrollment for a grant with the Environmental Protection Agency (EPA) and one for the Michigan Department of Environmental Quality.

Mei and her husband, Jim, have been season subscribers to opera performances for over 40 years. Mei tries to walk every day to stay fit, but can't always find the time. She thought that opera singing would strengthen her *chi* (health) while also being a lot of fun. Eight years ago, Mei met Lori Ho, a well-known conductor and a very knowledgeable and patient instructor. Ms. Ho taught Mei how to read music and to breathe correctly through practicing proper vocal technique. Mei joined three of Ms. Ho's choruses and is thrilled to sing arias. After her first recital four years ago, Mei convinced Jim to join her.



Mei and Jim sing the duet "Là ci darem la mano" by Mozart.

During the entertainment portion of a recent SEE meeting, Mei and Ms. Ho sang the duet "Quando me'n vo" from Puccini's *La Bohème*. The SEE enrollees and EPA staff members were awestruck and impressed by their recital. Mei hopes to continue singing for a very long time.

NAPCA Staff Contribute to Diverse Elders Coalition Blog

The Diverse Elders Coalition (DEC) focuses on strengthening policies and programs to enhance the health and well-being of diverse elders; educating and connecting our older people and their loved ones to key policy debates on aging; and increasing public support

for issues that affect diverse elders. DEC member organizations include NAPCA, the National Hispanic Council on Aging, the National Indian Council on Aging, Services & Advocacy for GLBT Elders, and the Southeast Asia Resource Action Center. Representatives from member organizations contribute to the DEC's blog, which is updated frequently with relatable and informative articles about aging in our communities as racially, ethnically and sexually diverse people.

Karen Blacher, NAPCA research associate, Angelo Locsin, NAPCA special projects manager, and Christine Takada, NAPCA president and CEO, are regular contributors. Topics include Medicare, Social Security, access to services, cultural and linguistic competence, current events, health insurance, and diversity within the AAPI population. The DEC blog is a great forum to discuss issues relevant to diverse elders and to share stories of elders who benefit from member organizations' services. Check it out at www.diverseelders.org.



STAFF NEWS

NAPCA welcomes new administrative assistant **Catherine Kamau** at the Seattle headquarters. A former caregiver for the elderly, she needed a less-strenuous job after sustaining injuries from a car accident last spring. Lacking prior experience, Ms. Kamau could not find office work. In July 2013, she enrolled in the SCSEP program and soon after, began training at the NAPCA office. Her new skills, such as answering phones, computer work, and greeting visitors, enabled her to secure a part-time position as a lobby attendant in a busy office building. Ms. Kamau supplements her lobby attendant hours with part-time administrative responsibilities at NAPCA, allowing her to better provide for her family.



In January 2014, **Cindy Tang** joined NAPCA's Seattle office as the new SCSEP case manager. Previously, she volunteered at NAPCA in a variety of capacities. After graduating from the University of Washington with a bachelor's degree in social work, Cindy worked at Neighborcare Health as an eligibility outreach specialist, where she provided assistance to low-income individuals and uninsured families needing help with healthcare enrollment as a result of



Medicaid expansion. Through these experiences, Cindy realized she enjoyed working with the elderly population and wanted to serve low-income AAPI seniors. Cindy is very excited and grateful for the opportunity to be a part of the NAPCA team.

NAPCA Cosponsors Senior Health Fairs

- continued from page 3 per week of vigorous aerobic activity, such as jogging or running). If you have already been diagnosed with risk factors for heart disease, such as high blood pressure, high cholesterol or diabetes, make sure to follow your prescribed treatment plan.

NAPCA makes information on cardiovascular health available in several Asian languages at its AAPI Healthy Aging Resource Center at www.napca.org/healthy-aging/topic/heart-health. Please join the event nearest you to learn more about how to keep your heart healthy!

SCSEP PARTICIPANT PROFILE

Heidi Cho

*Korean, 59 years old
Korean Community Services of
Metropolitan New York*

Heidi Cho immigrated to the United States in 2001. She first settled with her family in Los Angeles and secured work in the telecommunications industry. After her daughter and son relocated to New York City, Ms. Cho decided to retire to be closer to her children. In New York, she began a job search within the non-profit sector.



Ms. Cho harnessed her passion for helping others through her experiences in the Senior Community Service Employment Program (SCSEP). She started as a participant and quickly exhibited exceptional management and technical skills, which allowed her to become the lead coordinator for NAPCA's SCSEP project office in New York. SCSEP provided her with the opportunity to help improve the lives of others. Through her decision to start life over in a big city, Ms. Cho is finding new meaning to her life by giving back to others.

Yes, I want to improve the quality of life of AAPI elders!

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SCSEP PARTICIPANT PROFILE

Keefong Liu

*Chinese, 63 years old
Korean Community Services of
Metropolitan New York*

After immigrating to the U.S., Keefong Liu changed careers several times. In New York City, she worked in fashion, but when the garment industry downsized, Ms. Liu transitioned into editorial work at a Chinese magazine.

When her employer closed its doors in 2010, Ms. Liu enrolled in the Senior Community Service Employment Program (SCSEP), also known as the Title V Older Worker Program. The Older Worker Program provides opportunities for seniors to gain marketable working skills while receiving training at host agencies. During this time, Ms. Liu took courses to improve her English.

When Korean Community Services of Metropolitan New York set up their Brooklyn site in 2012, Ms. Liu began staffing the office and is now employed as its program coordinator. Despite changing careers over the years, Ms. Liu has gained valuable life and work experiences while enjoying serving seniors.

