

Senior Wellness Fairs in Seattle, Los Angeles

In honor of National Minority Health Month, Asian Pacific American Heritage Month, and Stroke Awareness Month, NAPCA partnered with the American Heart Association (AHA) and recently hosted two senior wellness fairs in Seattle and Los Angeles.

On April 30, 2014, a very successful fair was held in Seattle with over 200 seniors attending. Sang-Mi Oh, vice president of health equity, Western States Affiliate at AHA, and Christine Takada, NAPCA president and CEO, welcomed attendees with opening remarks. Jae Hong, M.D., an interventional cardiologist at Northwest Hospital, presented on healthy living. Nancy Lee, Pharm.D., a clinical pharmacist at Harborview Medical Center, presented on herbal medicine. Both speakers

shared important information on health and wellness, including the potential for negative interactions between herbal and pharmaceutical medicines. Seniors were provided simultaneous interpretation in Cantonese, Mandarin, Vietnamese, and Korean.

After the presentations, health screenings were provided to attendees at no cost, including blood pressure, cholesterol, and blood sugar testing. Participating organizations included: Asian Counseling and Referral Service, Asian Senior Concerns Foundation, Chinese Information and Service Center, Helping Link, International Community Health Services, Kawabe Memorial House, Legacy House, Nikkei Concerns,

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Left: NAPCA President and CEO Christine Takada welcomes senior wellness fair attendees at the International District/Chinatown Community Center in Seattle. Above: Event participants use headsets to access simultaneous interpretation of information on health and wellness in their native language.

EXECUTIVE CORNER

Dear Friends of NAPCA,

Recently, NAPCA staff was fortunate to join the board of directors in a productive “visioning” session to identify the future goals and direction of the 35-year-old organization. We have not had the opportunity to step away from our work and discuss a collective vision for NAPCA’s future since June 2010, when we first began the business planning process.

What became clear was how much progress NAPCA has made in the past four years. Six new members have joined the board of directors. New positions were established in areas such as research and fundraising, reflecting the goals identified in the business plan. Fifteen publications were created to inform the community and policymakers of the pressing needs of Asian American and Pacific Islander (AAPI) elders. Staff presented over 20 workshops at national aging, older worker, and grantmaker conferences, highlighting the unique needs and challenges facing AAPI older adults.

Our voice is being heard. NAPCA reports, data briefs, and work is cited in community and mainstream media, requested for use in legislative hearings, and shared in national convenings of gerontological and social service professionals.

Strategies and priorities will be developed from this session to guide staff in the coming year. We will build on successful partnerships with the American Heart Association and over 20 community-based organizations that helped provide over 500 AAPI seniors with free health screenings and health information in Los Angeles and Seattle.

We will continue partnering with researchers and developing programs and training to address AAPI needs in areas such as financial well-being and elder mistreatment. We will expand our services to more than 1,200 limited and non-English speaking AAPI seniors through a recent demonstration grant received from the U.S. Department of Labor to better serve AAPI elders through the Senior Community Service Employment Program (SCSEP). And we will continue to advocate for the needs of the rapidly growing AAPI older adult population.

Thank you to the many individuals and partners who have helped NAPCA improve the quality of our work. We are grateful for the support from new grantors United Methodist Women, PhRMA, and the Tulalip Tribe, and for the increasing number of individual donors who support NAPCA. I look forward to sharing news of our progress in the coming year.



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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Visit us on the web:
WWW.NAPCA.ORG

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Fair attendees take advantage of free health screenings.

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Cornerstone Medical Services, Kin On, Seattle Chinatown International District Preservation and Development Authority (SCIDpda), and Northwest Kidney Centers. Participating government agencies included Social Security Administration and Centers for Medicare & Medicaid Services.

On May 13, 2014, NAPCA, AHA, and the YNOT (Young Nak Outreach & Transformation) Foundation cosponsored the senior wellness fair in Los Angeles for the second year. Over 300 seniors attended with welcoming remarks from NAPCA board member Deborah Ching and Tammy Rocker, senior vice president of AHA Southern California. Two guest speakers, Doojin Kim, M.D., director of Santa Monica UCLA stroke program, and Kyung Hong, Pharm.D., from Ralph's Pharmacy, presented on blood pressure, stroke,

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SCSEP PARTICIPANT PROFILE

Oscar Wan

Chinese, 60 years old
Los Angeles

Three-and-a-half years ago, when Mr. Oscar Wan came to the Senior Community Service Employment Program (SCSEP) Los Angeles office, he spoke little English and was reluctant to communicate with NAPCA staff in English. He seldom made eye contact and tended to look down or away when speaking, not uncommon behavior in many Asian cultures.

About 10 years ago, Mr. Wan moved to the United States in order to give his daughter the opportunity of a better education. In China, he was a manager of a large factory. With a degree in mechanical engineering and managerial experience, Mr. Wan hoped he could find work in a related field in Los Angeles. However, he could only find jobs such as truck driver or caregiver, and he was extremely frustrated. In April 2010, when he lost his temporary caregiver job after only two months, he thought he would never find permanent work.

Mr. Wan enrolled in SCSEP in November 2010 and was assigned to different host agencies as a customer service associate and custodian/maintenance worker. Through his assignments, he communicated with host agency staff and clients in English daily, and learned Western interpersonal skills as well as maintenance skills.

In the fall of 2013, Mr. Wan attended an eight-session intensive job search training at the NAPCA Los Angeles office, where he learned positive thinking, resume and cover letter building, job search skills, interview skills, and public speaking. At the last training session, in front of 20 participants, Mr. Wan gave a presentation in English about his career goals, his skills, and his job seeking experiences.

As Mr. Wan reaches the end of his employment training in November of this year, he is looking for a permanent job. He takes the initiative to speak with his supervisor about job opportunities at the host agency and is proud of the many skills he has learned.

SEE ENROLLEE PROFILE



Monica Lindeman

Over a long and varied career, Monica Lindeman has been a soloist at the Berlin State Opera Ballet; an accountant for the Canadian Red Cross Blood Transfusion Service in Edmonton, Alberta; the director of public parks and recreation in Surrey, B.C.; the Canadian

chairperson of women's gymnastic judges for national and international events in Canada; and a Canadian representative at the World Gymnastics Championships in Prague, Czechoslovakia. She has a doctorate in planning and public policy from the University of Washington in Seattle, and has been associate professor and chairperson in public administration at Mary Washington College in Fredericksburg, Va.

Monica discovered the Senior Environmental Employment (SEE) program through a referral from the Seattle Mayor's Office of Senior Citizens, and is now a SEE enrollee at the U.S. Environmental Protection Agency (EPA) Region 10, serving as the regional federal agency hazardous waste compliance docket coordinator and site assessment data management coordinator.

She works with federal agencies and facilities to initiate monitoring of contaminated federal sites, in coordination with the Federal Facilities Restoration and Reuse Office (FFRRO), other offices at EPA, and the states of Alaska, Idaho, Oregon, and Washington.

Monica responds to inquiries from federal agencies, and to inquiries under the Freedom of Information Act. She manages the regional docket database in coordination with FFRRO, and tracks contaminated sites in Region 10

assessed under the Superfund Site Assessment Program in EPA's Superfund Enterprise Management System database in coordination with a site assessment office at EPA headquarters in Washington, D.C.

According to Monica, "The EPA, ever since its inception some 40 years ago and subsequently to the Three Mile Island nuclear disaster, has fascinated me as an agency determined to carry out its mandate to protect people and the environment. The U.S. has been on the forefront of countries around the world in embracing an environmental policy. However, under current budgetary limitations imposed by Congress and cutbacks in funding of environmental protection actions, it remains to be seen how much progress the agency can make to continue in full force to comply with its mandate."

Monica views the SEE program — enacted as an opportunity for older Americans to contribute their professional talents, competencies, and experiences to meaningful environmental efforts of EPA — as a response to the prevailing misperception that workers past the age of 55 are no longer valued as contributors to the economy and the environment. Times have changed, and so has the labor force. There are now

many people working productively in their 70s and 80s, and older individuals represent a largely untapped, talented segment that still has much to contribute.

Monica says she really appreciates working with EPA staff, who value and

respect the assets of older workers, who embody a "work with me" approach, and who include and collaborate with all professionals and competencies, regardless of imposed "top down" organizational structures. She stresses that SEE enrollees fare as well as they do because of the dual guidance of EPA and their nonprofit grantee NAPCA.

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NAPCA Staff Receive Annual Social Security Training

The Social Security Administration (SSA) conducted its annual training for NAPCA Helpline and program staff on May 7.

The three-hour training was held at the Seattle office and presented by Kirk Larson, Western Washington public affairs specialist for SSA. These and other trainings are part of an ongoing effort to ensure that NAPCA Helpline staff are providing callers with the most accurate and up-to-date information available.

Larson discussed basic information, such as to be eligible for SSA retirement benefits, a senior must earn 10 years of working credits under covered employment. Once a senior has met this requirement, he or she will be eligible for either a partial benefit if they retire at age 62, their full benefit at their full retirement age, and nearly one-third more if they delay retirement until age 70.

Larson discussed that with a few exceptions, U.S. citizens can continue to receive their retirement benefits even if they live outside of the country. Special rules apply to citizens who live in Vietnam. Non-citizens who wish to collect their retirement benefits outside of the country may have additional limits. Information and a screening tool can be found at www.socialsecurity.gov/international/payments_outsideUS.html.

As is often the case in many families, including in the AAPI community, seniors may be dependent on the income of their child. Larson pointed out that not only can children and the spouse of a deceased worker collect survivor's benefits, but the parents or even grandparents can as well. Social Security simply looks at whether the deceased worker provided at least 50 percent of support to the survivor.



Western Washington Public Affairs Specialist Kirk Larson discusses services provided by the Social Security Administration to NAPCA staff.

Lastly, in order to improve access to information and services by limited English speakers, SSA created a multilingual gateway at www.ssa.gov/multilanguage/, where SSA forms and information can be found in various languages. Larson explained that SSA can provide upon request an interpreter to assist seniors when working with SSA staff.

For more information or to discuss your case, contact Social Security at [1-800-772-1213](tel:1-800-772-1213). For assistance, you may also contact the NAPCA Helpline.

NAPCA HELPLINE

1-800-336-2722	English
1-800-582-4218	Cantonese & Mandarin
1-800-582-4259	Korean
1-800-582-4336	Vietnamese

Can't Work Due to Disability? Maybe Social Security Can Help

by KIRK LARSON
Social Security Western Washington Public Affairs Specialist

Disability is something most people don't like to discuss. But if you're not able to work because you have a disabling condition that is expected to last at least one year or result in death, then it's a subject you may not be able to avoid.

You can apply for disability benefits even if you are still working. Generally, your wages would need to be below \$1,070 or \$1,800 for a blind individual. However, there are some exceptions.

You should apply for disability benefits as soon as you become disabled. It may take you months to obtain all your medical records and for us to process an application for disability benefits.

The types of information we need include:

- medical records or documentation you have; we can make copies of your records and return your originals;
- the names, addresses, and phone numbers for any doctors, hospitals, medical facilities, treatment centers, or providers that may have information related to your disabling condition; and
- the names, addresses, and phone numbers for recent employers and the dates worked for each employer.

If you don't have all of the information handy, that's no reason to delay. You should still apply for benefits right away. Social Security can assist you in getting the necessary documents, including obtaining your medical records. Just keep in mind that if you do have the information we need, it will probably speed up the time it takes to make a decision.

The fastest and most convenient way to apply for disability is online at www.socialsecurity.gov/applyfordisability. You can save your application as you go, so you can take a break at any time.

If you prefer, you may call our toll-free number, **1-800-772-1213**, to make an appointment to apply at

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Fair attendees in Los Angeles.

Senior Wellness Fairs

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and health medications. Simultaneous interpretation was provided in Korean, Khmer, Mandarin, and Cantonese. Seniors also received free blood pressure, glucose, stroke test, dental, and vision screenings. Participating organizations included: City of Los Angeles Department of Aging, Herald Christian Health Center, Every Woman Counts, Alzheimer's Association, Chinatown Service Center, Keiro Senior HealthCare, SCAN Health Plan, Special Service for Groups, PALS for Health, and Arroyo Vista Family Health Center. Both events were supported by Union Bank.

Seeing over 500 Asian American and Pacific Islander seniors engaged in the health presentations and receiving free screenings was inspiring to all who attended. One of the most valuable outcomes from the Seattle event was when health screeners found that a senior needed urgent attention and immediate care after having screened for dangerously high blood pressure. The senior was immediately sent to the hospital at the direction of Dr. Hong. This situation highlights the importance for seniors to receive the necessary monitoring and care for their health. NAPCA greatly appreciated the health screeners and volunteers who were on-site to assist us.

In partnership with the many event supporters, NAPCA hopes to continue to provide health monitoring and care for our community seniors through upcoming health fairs.

STAFF VOICES PROFILE

David Pan

“Teacher” is the word that best describes David Pan, NAPCA’s Vietnamese Helpline staff member. Teaching is also what he likes best about working on the Helpline. David knows that callers to the Helpline are hungry for information and eager to learn about Medicare, Social Security, and how to save money. Where did this passion for teaching come from?

David was born in Hanoi, Vietnam, but shortly after graduating from university, he left with his family for Taiwan at the age of 19. Like many Vietnamese in the mid-1950s, David’s parents did not like the direction their country was headed and moved to Taiwan for better opportunities. David began his teaching career as a high school math teacher while in Taiwan. To supplement his income, he became a professional photographer, eventually combining his two passions by teaching photography to clients.

As fears rose that China was going to take over Taiwan and desiring greater opportunities for his family, David visited the United States in the 1980s as a potential new home for his wife and 11-year-old son. David and his family eventually left Taiwan, settling in Seattle in 1986. David continued working in photography as a photo finisher.

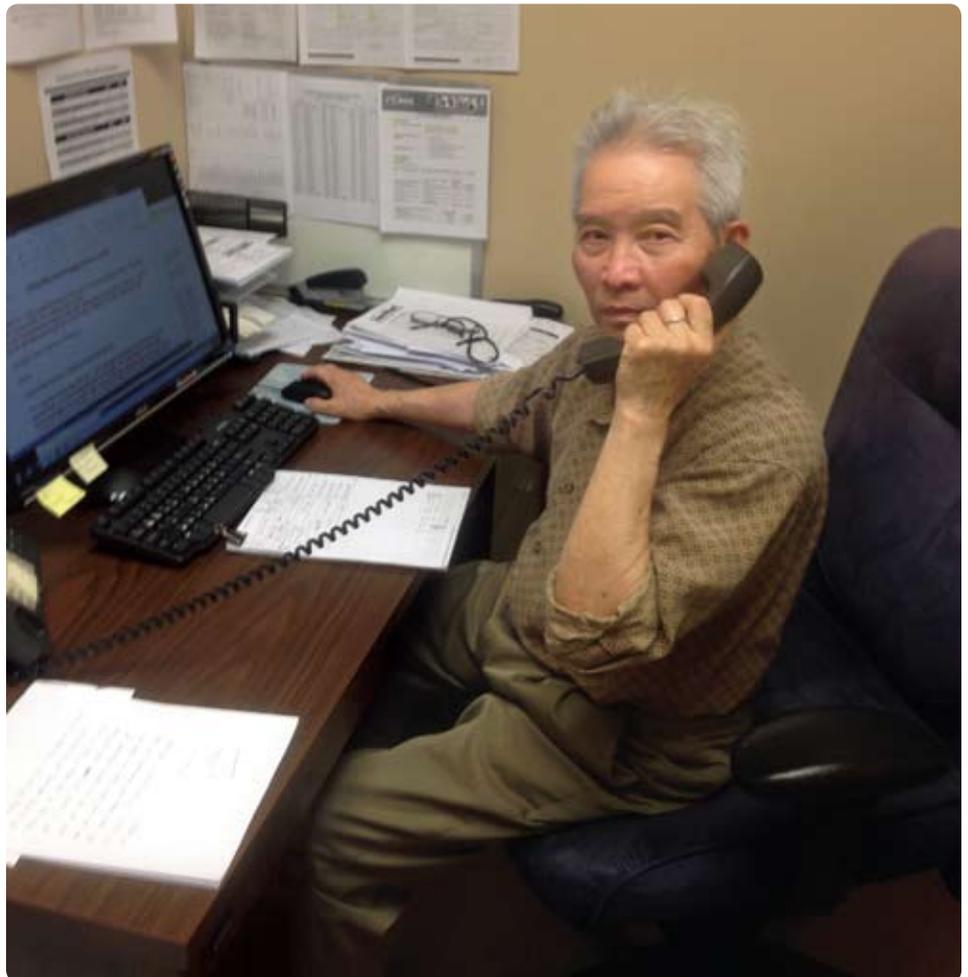
Years later, David joined the Statewide Health Insurance Benefits Advisors (SHIBA) to help callers in Washington state with their insurance questions. His fluency in Cantonese, Mandarin, Vietnamese, and English, as well as his quick grasp of the complexities of health insurance, made him a valuable SHIBA volunteer.

When NAPCA searched for staff for its new Helpline in 2007, David

became an important asset, applying his linguistic ability and knowledge of health insurance to help callers from across the country. He’s been counseling Vietnamese seniors ever since, helping them learn about Medicare, Social Security benefits, and saving thousands of dollars by helping them enroll in Medicare Part D plans and the Low-Income Subsidy. David enjoys teaching seniors about their benefits because this knowledge enables them to lead healthier, more secure lives.

When he’s not teaching on the Helpline, David volunteers at senior centers, teaching tai chi, computers, watercolor, and photography.

NAPCA owes much of its success to dedicated individuals like lifelong teacher David Pan and other Helpline staff who are committed to improving the lives of seniors and helping them live healthier lives.



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Can't Work Due to Disability? Maybe Social Security Can Help

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your local Social Security office or to set up an appointment for someone to take your application over the phone.

If you are approved for disability benefits, that doesn't mean you'll never be able to work again. In fact, Social Security has special rules called "work incentives" that allow you to test your ability to work.

Learn more about disability benefits and take advantage of the helpful *Disability Starter Kit* at www.socialsecurity.gov/disability/disability_starter_kits.htm.

The NAPCA board of directors and staff are sad to announce the unexpected passing of **Thai Phan**, Helpline staffer and friend for over six years. Our condolences to Thai's extended family. His absence will be felt throughout the entire agency.

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