



Ask SSG

Next Issue:
June 22

Since 1952 Service, Diversity, & Vision

Visit us at www.ssgmain.org

March - April 2005

Annual United Way Campaign May 2 - 20, 2005

I invite you to join me in making an investment in the present and future well being of our community through our support of the United Way. Our community has many critical challenges facing it and United Way has the ability to address multiple issues and to convert charitable giving into caring and meaningful results.

Through its **Bridge the Gap Fund**, United Way focuses in the critical areas of Learning, Empowering, and Caring to provide comprehensive services to those in need. With our continued support this year, United Way will:

- Invest in Learning: Ensures children, youth and adults have the necessary literacy and learning skills to succeed.
- Invest in Empowering: Helps the working poor break out of the cycle of poverty by empowering them with basic skills, jobs, homeownership or starting their own business.
- Invest in Caring: Provides people in need with critical resources including health care, food shelter and other human services.

If you already give, please renew your commitment today and consider increasing your support. If you do not currently donate, please give now, recognizing that United Way is a wonderful way to have the greatest local impact and help the most people. If you designated a specific cause or group last year, you need to do so again this year. Ongoing contributions that are not re-designated each year will be allocated to the Bridge the Gap Fund.

The deadline to submit your **donation form is due on Friday May 20th** at SSG, 605 W. Olympic Blvd., Suite 600, LA 90015. Please call (213) 553-1892 for additional information or to request a donation form.

My sincere, personal thanks goes to you for the help you are willing to provide.

Sincerely, Herb Hatanaka, Executive Director

We will raffle \$100 worth of exciting prizes. Your name will be included in the raffle when you turn in your donation (any size) within the two-week campaign period.



**TODAY - APRIL 22nd
OPEN ENROLLMENT ENDS**



Last day to submit insurance paperwork.

Fire Safety - In Case of Fire

SSG Human Resource Department

You are responsible for fire prevention at work for your safety & that of your co-workers. The best way to prevent fire is to be on the lookout for potential fire hazards. Report hazardous situations to the supervisor. Know the location of fire extinguishers & other emergency equipment that is available to you. During an actual emergency, protect yourself. If it is not safe for you to get involved, don't.

If you're ever confronted with a fire keep your cool, but think fast and act with caution. Knowing when to try to control the fire yourself & when to call for help is essential.

In case of fire, follow the division's fire response procedures. It's important to know what to do & do it fast.

Sound the alarm and evacuate the area. Call the emergency numbers you've been given, and give the details about the fire (location, how it started etc.). Never hesitate to call the fire department, even if the fire seems minor & you manage to put it out before firefighters arrive. The quicker the alarm is sounded; the sooner firefighters can attempt to get it under control. Have someone meet and tell the fire fighters where the fire is. They can lose valuable minutes if they have to find it themselves.

You're responsible for preventing fires, but you aren't obligated to fight major fires. Fight the fire only if you can do it safely with proper extinguishing materials at hand. In general, never join in the fire fighting unless the firefighters request your help.

Warn others immediately. Warn anyone in the area so they can get to safety. This is especially important in case of indoor fires. Most people die from smoke, poisonous gases and panic. Panic is usually the result of not knowing what to do. If there is an escape plan, adapt it to the emergency.

Most fires start small, but they can rage out of control in a few minutes. It's important to know where the fire extinguishers are located and how to operate them properly. Distinguish before you extinguish. Choose the correct extinguisher for the type of fire (paper/wood, grease/gas/flammable liquids, electrical). If you are not trained or authorized to use an extinguisher, don't try. The time you waste in figuring out an extinguisher could mean the difference between minor damage and a major disaster.

Review the fire safety procedures often so you'll now what to do. Act with caution. Sound the alarm. Warn others. Evacuate & stay back unless you're asked to help. In case of fire, being informed & prepared can keep you & your co-workers safe from injury.



PLEASE RECYCLE

PROGRAM NEWS & SSG HIGHLIGHTS

TCSC Set to Release Tongan Recipe Book

March 2005 - The **Tongan Center's Promoting Healthy Active Tongan Tots (PHATT)** program is currently preparing for the release of a Tongan recipe book, which will contain traditional Tongan recipes and modified traditional recipes. The recipe book is the final product of a monthly recipe group that was developed to offer Tongan family caregivers strategies and tools to improve their families' nutritional intake. Below is a sample of one of the recipes that will be included in the book. For more information about the program or to receive a copy of the recipe book (a small donation is encouraged) please call Peta Fakasiieiki, Education Coordinator at (310) 327-9650.

Pacific Chow Mein

Four servings:

- 1 tablespoon soy sauce
- 1 egg white beaten with 1 teaspoon of sugar
- 1 cup chicken meat (cut into thin strips)
- 6 tablespoons oil
- 1 onion
- 1 clove garlic
- 1 cup mung bean sprouts
- 1 cup sliced carrots
- 2 cups sliced beans (long or string beans)
- 1 cup Chinese cabbage
- 1 teaspoon corn flour
- 1 cup water or stock.



1. Mix soy sauce, sugar and beaten egg white and then marinate with the meat.
2. Stir-fry the chicken, using 4 tablespoons of oil until half it is half done
3. Remove from pan and then fry the onion and garlic with the rest of the oil for 1 minute.
4. Add carrots, sliced beans and Chinese cabbage.
5. Add the half-cooked chicken to the vegetables and toss-fry until vegetables are crispy.
6. Add the bean sprouts and cook for a further minute.
7. Mix corn flour and water or stock with the remaining soy sauce to a smooth paste, and then pour over vegetables. Stir for a few minutes until corn flour mixture is cooked.
8. Mix well and then serve with root crops or rice.

Chicken can be replaced by fish or other meat.

Some Dates to Remember April - June!

(Please refer to your Payroll Schedule for a complete listing of agency observed holiday.)

- 4/23 Earth Day
- 4/24 Passover
- 4/27 Administrative Professionals Day
- 5/5 Holocaust Remembrance
- 5/8 Mother's Day
- 5/21 Armed Forces Day
- 5/30 Memorial Day (SSG Holiday)
- 6/19 Father's Day
- 6/21 Summer Begins

Benefits Assistance Clients' Urban Project

BACUP recently received funding from the Department of Rehabilitation for a Self-Advocacy Training Project. BACUP will use a 40-hour self-advocacy training model that will integrate their specific focus areas throughout the training. Some of the topics include: Public policy, power, institutional relationships, leadership qualities and characteristics, leadership teams and the art of listening, money; advocacy and organizing process, action steps. The goal is to empower people with mental illness by teaching extensive self-advocacy skills and creating opportunities to actually experience advocacy first hand with legislators, elected officials and community forums.

Asian Pacific Counseling & Treatment Center - Long Beach Celebrates Cambodian New Year (April 13-15)

The majority of clients served by **APCTC-LB** are Cambodian and to celebrate Cambodian New Year, a party was held for clients and their families on April 5th at the Center. Everyone enjoyed traditional foods, games and dancing. In addition a process group was held where both clients and family members sat together and shared their New Year's Resolutions.

On Saturday April 16, a large community event celebrating Cambodian New Year was held at El Dorado East Regional Park in Long Beach. APCTC-LB was there, manning a booth and sharing information about their program services.

Things to Ponder

If money doesn't grow on trees then why do banks have branches?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?



How come we choose from just two people for President and fifty for Miss America?

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Brain cells come and brain cells go, but fat cell live forever.

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?



COMMUNITY INTEREST

National Child Abuse Prevention Month, 2005

By the President of the United States of America

A Proclamation

Our Nation has a responsibility to build a safe and nurturing society so that our young people can realize their full potential. During National Child Abuse Prevention Month, we renew our commitment to preventing child abuse and rededicate ourselves to working together to ensure that all children can have a bright and hopeful future.

Creating a protective environment for our young people requires the shared commitment of individuals, families, and faith-based and community organizations.

Parents and family members are the first and most important influence in a child's life. A safe and stable family can provide children with a foundation of love and security that encourages positive growth and development. Federal, State, and local government officials can also improve the lives of our young people by doing all they can to keep children safe from harm.

Together, we can protect our future generations so that they can realize the opportunities of our Nation. By providing help and hope to our young people, we will build a better and more compassionate world for our children and grandchildren.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim April 2005 as National Child Abuse Prevention Month. I encourage all Americans to protect our children from abuse and neglect and to help ensure that every child can grow up in a secure and loving environment.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of April, in the year of our Lord two thousand five, and of the Independence of the United States of America the two hundred and twenty-ninth.

Asian/Pacific American Heritage Month May 2005

Submitted by Takuya Maruyama CD&GIS

In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week, and in 1992 Congress expanded the observance to a month-long celebration. The following are some highlights about Asian/Pacific Americans today.

- 13.5 million U.S. residents say they are Asian.
- 959,603 U.S. residents say they are native Hawaiian or other Pacific Islander.
- 2.2 million U.S. residents speak Chinese at home.
- 1.3 million Asians in L.A. County.
- 33.4 million U.S. residents are projected to say they are Asian in 2050.

**Excerpted from Facts for Features, published by the U.S. Census Bureau,

March 31, 2005.**

April is Child Abuse Prevention Month



Did you know that nationally, Child Protective Services identifies 2,450 children who are victims of abuse or neglect a day? These staggering statistics highlight the need for continued prevention intervention services among families to ensure the health and safety of children in our communities. As April is Child Abuse Prevention Month we'd like to recognize the *Community Collaborative Project* led by the **Asian Pacific Counseling and Treatment Centers** for their extraordinary work providing child abuse prevention, education, intervention and treatment. If you'd like to learn more please visit www.apctc.org, or for more information on preventing child abuse please visit www.nccanch.acf.hhs.gov. (National Clearinghouse on Child Abuse and Neglect)

EARTH DAY APRIL 22

Events for Saturday April 23rd

Earth Day LA, tree planting and learning about drought tolerant planting. North Gate of Debs Park (north of the Audubon Centers entrance on Griffin Ave.)- 9-4pm.

Earth Day Seedling Kid's Club Party, kids 4-10 and parents. Transplanting organic seedlings and decorating pots. Whole Foods Market, 6350 W. 3rd St., Los Angeles.

Greening the Earth Day 2005, environmental awareness through education. Green building design, solar energy composting, water wise landscaping. Memorial Park, 85 E. Holly St., Pasadena - 11-3pm.



THE PRESIDENTIAL MEDAL OF FREEDOM

"The Presidential Medal of Freedom is the highest honor given to civilians in the United States...Twenty-five years ago this year,

Americans came together for the very first Earth Day...They came together...because of one American - Gaylord Nelson. As the father of Earth Day...He inspired us to remember that the stewardship of our natural resources is the stewardship of the American Dream. He is the worthy heir of the tradition of Theodore Roosevelt...And I hope that Gaylord Nelson's shining example will illuminate all the debates in this city for years to come."

President Bill Clinton, 9/29/95

3 Questions That Could Save A Life

Sometimes symptoms of a stroke are difficult to identify. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the person to SMILE.
2. Ask the person to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE.

If the person has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.