



Ask SSG

Since 1952 Service, Diversity, & Vision

Visit us at www.ssgmain.org

September - October 2009

SSG Widely Represented at 5th Annual CA REACH US Conference

Orange County Asian & Pacific Islander Community Alliance (OCAPICA), an affiliate of Special Service for Groups and SSG/Older Adults Program (SSG/OAP) staff members served on the steering committee for the *2009 CA Racial and Ethnic Approaches to Community Health Across the U.S.* (REACH US) conference, held at the Hyatt Regency Long Beach on September 23-24, 2009. REACH US is a national program of the Centers for Disease Control and Prevention (CDC) aimed at eliminating racial and ethnic disparities in the U.S.

OCAPICA and SSG are two of only 40 REACH US grantees across the country. OCAPICA is one of the 18 Centers of Excellence to Eliminate Disparities (CEED), and SSG is one of 22 REACH US Action Communities. Fourteen local agencies hosted and planned the CA REACH US conference, including OCAPICA, SSG/OAP, and SSG/PALS for Health. SSG Executive Director, **Herb Hatanaka**, was featured on the Day 2 panel, "Sustainability Panel: What do we need to do to set the health agenda for 2010 and beyond." Several SSG staff members also served as panelists in afternoon breakout sessions which focused on research; planning and evaluation; innovative approaches to coalition building; best practices/lessons learned; the environment; and policy and systems change.

The 2009 conference marked the fourth year OCAPICA and SSG have been involved in conference planning. The event was a success with more than 350 participants in attendance, said **Jacqueline Tran**, CEED Director at OCAPICA.

Members of the 2009 Planning Committee



Back l-r: Diane Gaspard (LA Biomed/SLAHP), Nicole Vick (County of LA Department of Public Health), Dr. Camara Jones (CDC), Cynthia Oredugba (UCLA), Elaini Negussie (ADA) Front l-r: Pri de Silva (South LA HEAC), Jacqueline Tran (OCAPICA), Jonathan Nomachi (CHC), Villamor Ventura (SSG OAP), Heng Lam Foong (UE&PI at Occidental College), Ruth Peters-Pak (CSUF WINCART) and David Yim (SSG OAP)

Asian Pacific AIDS Intervention Team Orange County Office Celebrates 10th Anniversary

The Asian Pacific AIDS Intervention Team (APAIT) celebrated its 10-year anniversary serving Orange County on September 15th at S Vietnamese Fine Dining in Westminster. The event - entitled "*Compassion in Action - Asian Pacific AIDS Intervention Team Celebrates 10 Years of Service in Orange County*" - was hosted by Suzanne Whang, Comedian (Winner at NY and LV Comedy Festivals), Host of HGTV's House Hunters, Actress as Polly on NBC's Las Vegas, Author Happy Home Buying, and Equal Rights Activist.

APAIT-OC presented the following awards at the event:

"*Unsung Hero Award*" was received by **Chuck Dewitt**, REACH Program Community Health Assistant, for his contribution to the agency's HIV Testing program. **Kieu Chinh**, a legendary Vietnamese American actress, presented the award.

"*Community Service Award*" was received by **The Center Orange County**, an organization serving the lesbian, gay, transgender, and bisexual community. **Mary Anne Foo**, Executive Director of the Orange County Asian Pacific Islander Community Alliance, presented the award.

"*Banyan Tree Project Media Award*" was received by "**Viet Bao**", a Vietnamese newspaper, for covering the *Banyan Tree Project*, a five-year HIV anti-stigma campaign funded by the U.S. Centers for Disease Control and Prevention. **Quyen Tran**, Viet Bao's General Manager, accepted the Media Award, which was presented by **Mayor Margie Rice** of Westminster, CA.



SSG NEWS & HIGHLIGHTS

BENEFITS ASSISTANCE CLIENT'S URBAN PROJECT

3rd Annual Halloween Costume Party

Friday, October 30th, 10:00AM - 4:00PM



Prize for best costume and plenty of homemade treats.

All are welcome. Please contact Zulma at 213-368-1888, Ext. 23 to RSVP and let her know you would like to take part in the contest!

BACUP/LIFE Center, 2120 W. 8th St., Ste 210, LA 90057

HOMELESS OUTREACH PROGRAM/INTEGRATED CARE SYSTEM - BROADWAY

The HOP Meal Program was launched on October 5, 2009. HOP in collaboration with Kevin's Food, (the neighborhood lunch truck) has worked out an arrangement, where the lunch truck comes to HOP 2-3 times each day. They serve a variety of freshly made meal choices (burritos, tacos, hamburgers, sandwiches, salads, eggs, toast, etc.). HOP participants receive a meal ticket (good for 1 year) from any project staff, which they can exchange for a meal. Our intention is to provide a healthy nutrition alternative for our participants. In addition, our partnership with Kevin's Food, contributes to local economic development. "We thank Kevin's Food for partnering with HOP-Broadway to provide our participants with delicious and healthy meals".

I-r: Frezilla Taylor with Steve Cabrera, Truck Supervisor and Operator



ASIAN PACIFIC AIDS INTERVENTION TEAM
Living to Increase Vitality and Energy
Wellness Program

APAIT has implemented L.I.V.E., a program to promote and improve health and wellness among staff. Staff meet twice a week for ten minutes of aerobic activity; and receive tips on fitness, healthy food alternatives and risk reduction behavior monthly via a "Health Tip Alert" email distribution.

APAIT encourages other agencies to start a program at their site. For info on how to start a L.I.V. E. program contact Tara Sellars at taras@apaitonline.org.



APAIT Electric Sliding Into Health!

QUEST™ Pageant Candidate Application
Deadline is October 31st

APAIT will present the 6th Annual QUEST™ Advocacy Pageant on December 12, 2009. The goal of QUEST™ is to develop leadership and advocacy skills of the transgender community. Historically our candidates have represented various community-based organizations across the nation and they continue to serve as leaders in the quest for acceptance, equal rights, and public awareness on many transgender-related issues. An application to be a QUEST™ Candidate can be found at the website, www.apaitonline.org; deadline is October 31st. For additional details and tickets call Frandy at (213) 553-1845.



I-r: Everardo Alvizo, George Takei, Jury Candelario

Jury Candelario of APAIT and Everardo Alvizo from SSG Core attended the 25th anniversary dinner of the Gay Asian Pacific Support Network (GAPSN) on Saturday, October 17, 2009. Jury presented George Takei, known for his role as Sulu from the Star Trek film and television series, with the GAPSN Pacific Bridge Award for his commitment to social activism and marriage equality.

SSG NEWS & HIGHLIGHTS

GREATER WEST HOLLYWOOD FOOD COALITION

The GWHFC is proud to debut its new cargo van, purchased courtesy of a grant from the Ahmanson Foundation. Volunteer **Bob Yothers**, a graphic artist whose company is called Corduroy Road, is adapting a vinyl “wrap” originally made for GWHFC’s old truck to the van, with the expectation that it will be in place and on constantly-moving display throughout LA as early as mid-October. The van will be used to pick up donated food all over town for the nightly meal service.



Bob Yothers’s artist’s rendition of the “wrapped” van.

“Dialogue with the Neighbors”

In addition, GWHFC is pleased to report excellent progress on its efforts to build better relations with the neighborhood around its food distribution site. The GWHFC “Dialogue with the Neighbors” held a second meeting October 13th. Participating were **Ted Landreth** and **Dr. Walter Copenrath** on behalf of the Food Coalition and the UCLA/GWHFC Mobile Clinic, **Mike Parker** and **Carol Casella** of the Highland- La Brea Media Business District, and **Paul Lerner** of the Melrose Neighborhood Action Watch. As before, the meeting was facilitated by **Professor Peter Robinson** of the Pepperdine Law School and his lawyer assistant **Dawn Osborne**.

The meeting resulted in an agreement to ask Councilman Paul Koretz to ask the city to deploy a state-of-the-art mobile public toilet facility to Sycamore and Romaine every night for the period of the meal service, and a little bit before and after. **John Darnell**, a field deputy to Councilman Koretz, was present at the meeting, and he said he would take up the request with the Councilman straightaway.

Otherwise, there was an ebullient expression of gratitude from **Mike Parker**, the owner of the largest business in the neighborhood of Sycamore and Romaine (Mole Richardson), for the fact that the Food Coalition had bought a large power washer and had instituted the weekly practice of power washing the sidewalk adjoining his business, where its nightly meal is served. The power washer was bought with a donation by an anonymous donor.

The third meeting of the Dialogue is scheduled for November 13, and the first item on the agenda is to be collective neighborhood action to prevent crime.



ASIAN PACIFIC COUNSELING AND TREATMENT CENTERS

APCTC walks for NAMI

APCTC staff and the members of the National Alliance on Mental Illness (NAMI) Asian Pacific Los Angeles participated in the NAMI Los Angeles Walk held in the city of Santa Monica at the Third Street Promenade on October 3rd. APCTC is a strong advocate for NAMI Asian Pacific LA and has worked closely with them for many years now. NAMI, is the largest education, support and advocacy organization that serves the needs of all those lives that are touched by mental illness. The goals of the NAMI Walks program are: to fight the stigma that surrounds mental illness, to build awareness of the fact that the mental health system in this country needs to be improved, and to raise funds for NAMI so that they can continue their mission.



Back l-r: Walk participant, Mr. Nathaniel Ayers, cello prodigy whose life is portrayed in the major motion picture the Soloist as a homeless individual in LA living with schizophrenia, Walk participant, APCTC Program Director, Elvie Soldevilla, Psy.D. and in front Mrs. Moon, president of NAMI LA.



The Opening of APCTC Wilshire Wellness Center

APCTC-Wilshire will soon commence their *Wellness Center* to lead its participants toward recovery and self-reliance through empowerment and support. Any person 18 years and older and in recovery can receive additional support from the Wellness Center. Services include: psychiatric services, case management, health screenings, healthy living activities, peer led self-help groups, peer support services, support for clients with co-occurring disorders, linkages and referrals, outreach, collaboration, and connection with the community. Please contact **AI Choi**, Program Coordinator, for more information: 213-483-3000

SSG NEWS & HIGHLIGHTS

OCCUPATIONAL THERAPY TRAINING PROGRAM - LA

Success Stories

Summer Youth Employment Program

Thanks to the American Reinvestment and Recovery Act's Summer Youth Employment Program (SYEP), OTTP was able to put 162 youth to work this summer and the door was opened for 20 youth to receive permanent employment with Kmart, Marshalls and Party City. For others it was a second chance.

"If it were not for this program, I would be in jail" said Joseph regarding the SYEP. This seemed to be the general consensus among the majority of the youth employed at Toberman Neighborhood Center. They were hired to work in various departments, such as gang prevention, maintenance, child care, and for many this was their first job. Because of their previous history as juvenile/adult offenders and gang affiliation, it is a job they would not have been given the opportunity to obtain without the ARRA.

Ricardo was first incarcerated at the age of 14 and has since been in and out of jail. Now 20 years old, he expressed that SYEP provided him his first real job and that one of the most important things he learned was communication skills. Ricardo is now motivated to get his gang related tattoos removed from his face in an effort to obtain permanent employment.

Silas said he had been receiving assistance in preparing his resume, from Mayra Martinez, Unit Supervisor for the Family Development Network at Toberman, when SYEP came along. Going to work everyday, Silas said, "gave me something to wake up to".

Jessica a current student at Los Angeles Harbor College was able to gain hands on experience working in Toberman's child care program. Jessica is majoring in Child Development and is a parent herself.

Many youth employed at Toberman are homeless and parenting. They expressed enthusiasm about being able to buy their children clothes and shoes, things they had to go without for so long. Some were able to pay past due bills and tickets so that they could obtain their drivers license.

Mayra Martinez the Work Site Supervisor for Toberman Neighborhood Center expressed that she was very proud to see these youth mature. She stated that they have so many barriers to employment tempting them to sell drugs to make ends meet. Mayra stated that she always explains to them that it is easy to sell drugs but, you can not put that on a resume. Now that they have participated in the Summer Youth Employment Program, they have something positive to put on their resume.

By Marion Pate, SYEP Coordinator



SYEP participants and Site Supervisor in front of the Toberman Neighborhood Center

Anyone who sits with Angel will describe him as a warm person who really knows what others are feeling and makes it a point to create comfort for those he encounters. Born to Salvadorian parents who came to America as refugees during the civil war, his parents taught him that friends and family are the most valuable things in life. Along with relationships, a strong work ethic was inexorably built into Angel's character.

As Angel grew up, he tried to find ways to express the strengths taught to him, but his community lacked the resources to allow him to connect. Instead of attributing his lack of work to the slump of the economy, he internalized it as something that he was missing; Angel began to question his self-worth. Struggling to remain positive was a daily, sometimes hourly battle. He describes these periods in his life as "hitting bottom," where he struggled with personal identity and meaning in life, yet he still found strength to look for work, unfortunately without success.

The SYEP came at the perfect time for Angel. Within days of starting work, his managers identified him as a great worker, who could be relied upon. He started to get daily feedback from his supervisors about being a hard worker and as a result, Angel started to feel good inside and stated "I'm very happy that everyone says I am a hard worker, but the truth is I don't feel I am doing anything special, I'm only working hard like everyone should do".

Angel has completed the SYEP successfully and is in the process of being hired on permanently because of his hard work. The Program has helped Angel recognize his strengths and increased his confidence; which has been very positive for his personal relationships. All Angel needed was an opportunity and SYEP gave him that opportunity. Angel states "I feel very positive about my future".

By Scotty Enyart, M.S.W.



Adriana graduated from high school with honors with no idea of what her plans were after high school. She lacked the motivation to obtain employment on her own and felt that college was not an option because she was denied financial aid. When I suggested the SYEP she was skeptical at first but agreed to give it a try. Adriana was placed at the Challengers Boys and Girls Club in LA and really enjoyed working there. Almost immediately, I saw a change in her attitude and level of confidence. She got along well with co-workers, her supervisor, and the children. Adriana's supervisor had many positive things to say about her work performance and wanted to hire her permanently. Unfortunately, Adriana's age prevented her from being hired permanently at this time.

Nevertheless, Adriana did not get discouraged and is very motivated to seek employment. After completing SYEP, she applied at K-Mart, Big Lots, and AJ Wright. In addition, she will be attending community college in the fall. I have seen a powerful change in Adriana's attitude and outlook on life. I credit the SYEP for building her confidence and motivating her to obtain a job and attend college.

By Corintha Resendez, Case Manager

SSG NEWS & HIGHLIGHTS

Employee Safety**Tailgating**

Contrary to the old saying, you don't have to be one to know one, the quicker you spot a tailgater and take defensive action, the more likely you'll prevent trouble. Here are some refresher tips on how to avoid one of driving "pet peeves."

HOW TO RECOGNIZE A TAILGATER

If you can't see the entire vehicle in your rearview mirror, they are a tailgater. If they are closing the gap rapidly, has no "out," and must continue forward, they are a tailgater.

HOW TO SHAKE A TAILGATER

Move to the right and let them pass, if you can. Encourage them to pass by slowing down and waving them on. If they won't pass or drop back, pull off the road or turn. This disturbed individual may require so much of your attention that you will miss an important traffic cue up ahead.

HOW TO NEUTRALIZE A TAILGATER

If you can't move to the right to let them pass, slow down gradually as traffic permits. If you are following another vehicle, increase your following distance. This will keep you from having to suddenly brake.

Watch What's Going On Up Ahead, Don't Let Them Hypnotize You**HOW TO DEAL WITH THE SPECIAL TAILGATER**

The creeper keeps getting closer and closer and closer. This requires constant reference to your mirrors to spot this character.

The gangbuster - in a hurry. If you see one coming in someone else's lane, watch out. After trying to push the other driver, you may be next.

If they want through, help them. You can keep a better eye on them if they're out in front.

The other fellow's problems are yours too.

**Some Dates to Remember for November-December**

- 11/01 Daylight Savings Time ends
- 11/02 Day of the Dead
- 11/11 Veteran's Day (SSG Holiday)
- 11/26 Thanksgiving (SSG Holiday)
- 11/27 Day After Thanksgiving (SSG Holiday)
- 12/01 World AIDS Day
- 12/11 Hanukkah begins at sundown
- 12/21 Winter Begins
- 12/25 Christmas (SSG Holiday)
- 12/26 Kwanzaa begins

mark your
calendars

Staff & Board Appreciation
Luncheon
July 30, 2010

Massage Therapy for Common Cold Symptoms

Submitted By: Anita Le, PALS for Health

Winter has finally arrived bringing with it the always miserable common cold. Nothing is worse than congestion and achiness as you try to keep up with your many professional and personal commitments. To help alleviate some of the common cold symptoms, here are a few self-massage therapy techniques that can bring you immediate relief. Try a combination of these techniques for 3 minutes every hour while cold season is at its peak. You can practice these techniques right at your desk!

1. **Easy on the Eyes:** Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Press in toward the bridge of your nose, and let your head relax forward and downward into your hands to increase pressure. Slowly increase pressure for 5-10 seconds, then gently release. Repeat 2-3 times. This point will relieve sinus congestion and frontal headaches from the common cold.
2. **Sinus Pressure Be Gone:** Please your finger tips at the bridge of your nose. Slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes. Slowly increase pressure by pressing your fingers down as you move them atop your cheekbones toward the outside of your eyes for 5-10 seconds. Repeat 2-3 times. This point will help relieve head congestion, stuffy nose, eye pressure, nasal congestion and sinus pain.
3. **Skull and Bones:** Just below the base of the skull, at the exact middle of the neck where the cervical spine dead ends into the base of the skull, press your thumbs up and in toward your brain. Relax your head down and slightly back into your hands to increase pressure. Slowly and gently increase pressure for 5-10 seconds and repeat 2-3 times. This point will relieve head congestion, mental stress, headaches and neck stiffness.

VOTE
November 3
Election Day

