



Ask SSG

Next Issue:
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September - October 2004

SSG Hosting Prop 63 Function

As many of you may be aware, Proposition 63, will be on the ballot in November. This proposition, also known as the Mental Health Initiative, is proposing a 1% tax on individuals who make over one million dollars per year. If passed, Proposition 63 will provide \$700 million dollars per year for mental health services in California. In collaboration with the Asian Pacific Policy and Planning Council (A3PCON), SSG will be hosting an evening with the author of the proposition, Assemblyman Darrell Steinberg. The event will be from **5:30-7:30 pm on Wednesday, October 27th** at the City Club on Bunker Hill (located downtown, close to SSG). All proceeds from the event will go directly to support the campaign. If you are interested in attending, or would like more information, please contact Hayley Levy at (213) 553-1828 or hlevy@ssgmain.org.

Employee of the Year Runner-ups

We want to acknowledge the other individuals with that 'special' magic who were nominated by their co-workers.

John Caranto (APAIT) extremely hard working, dedicated, passionate and a great role model for our community. His contributions include the integration of prevention and care programs, encouraging outside the box thinking and developing new ways to provide quality service to clients.

Keisha Owens (AB2034) is known for her immense dedication to working and advocating on behalf of her clients, most notably their rights and preventing homelessness. She is a role model to her peers, encouraging them to stay positive and focused even in the face of setbacks.

Nancy Miramontes (OTTP-LA): Nancy was recognized for being willing to help out, no matter what. Described as a person who strives for perfection and functions as a positive role model for both co-workers and clients.

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Some Dates to Remember in October and November !

10/31 Daylight Savings Time ends and Halloween
11/2 Election Day
11/11 Veterans' Day (SSG Holiday)
11/25 & 26 Thanksgiving & day after (SSG Holiday)

Safety in the Workplace

SSG Human Resources Department

Preventing Strains & Sprains

Lifting, pushing, and overreaching are common causes of strains and sprains. Any job that requires you to sit or stand bent in an awkward position for long periods of time can cause excess stress and strain on muscles. Most strains and sprains affect the back, arms, and shoulders. However, there are some very simple things you can do to prevent or minimize body strains and sprains.

Many strains and sprains occur because of poor material handling. Workers lift things that weigh too much or they lift incorrectly. Lift correctly by bending your knees, not your back. Carry loads close to your body. Injuries can occur when workers try to pull or lift a heavy or awkward object without help or lift an object while twisting from the waist. When carrying a load, avoid bending or lifting upward unnecessarily. Keep as much of the load as you can at waist level.

Get help with heavy loads. Don't try to move or lift an object you can't handle. Instead of lifting a 75-pound load, break it down into smaller parts. If you can't break it down, get help from a mechanical device or lift it with another worker. Make sure moving equipment works properly or it will cause you to strain unnecessarily just trying to get it to work. If the wheels on a cart are not aligned, you could strain your arms, shoulders, and back trying to move it.

Change your working positions frequently. Chronic strain due to an unchanging work position can weaken your back, arms, & shoulders. Adjust working heights to prevent slumping or excessive reaching. A vicious cycle develops when chronic strain continues; muscles become less able to withstand strenuous activity & grow more prone to injury of all kinds. Stretch during the day to increase your flexibility. Take body relaxation breaks by letting your shoulders and neck muscles go limp; swivel your head or arms or flex your hands and fingers.

Take care of your whole body with exercise, proper posture, a sensible diet and adequate rest. If your muscles or ligaments have weakened over time from lack of exercise or age, you are more apt to get a strain or sprain than if you are physically fit.



PLEASE RECYCLE

PROGRAM NEWS & SSG HIGHLIGHTS

REACH 2010: Building a Policy Agenda to Reduce Health Disparities Conference

September 30, 2004 and October 1, 2004

The Racial and Ethnic Approaches to Community Health (REACH 2010) is a national program of the U.S. DHHS Centers for Disease Control and Prevention to address the "Healthy People 2010" initiative set forth by former President Clinton and to address disparities in health. Among the 39 national grantees, 7 California REACH 2010 grantees and three non-grantees developed a coalition to host the third annual REACH 2010 Conference.

The coalition members includes: American Cancer Society, California Black Health Network, California Nutrition Network-African American 5-a-Day Campaign, Community Health Councils, Inc., LA Biomedical Research Institute at Harbor-UCLA Medical Center/South LA Health Projects, OCAPICA, SSG/PALS for Health, San Francisco Dept. of Public Health, UC San Francisco, and SSG/Older Adults Program (Chair Organization).

Thanks to the sponsorship and support by The California Endowment, The California Wellness Foundation, Orange County Health Care Agency, Kaiser Permanente, American Cancer Society, table exhibitors, and participants, the **conference was a success!**

This coalition is a working model of collaboration at its finest example. Nearly 10 days prior to the conference date, the coalition broke through challenges by moving the venue from the Wilshire Grand Los Angeles, due to the impending strike of the hotel union workers, to the Los Angeles Airport Marriott. Over 380 participants attended the statewide conference.

The conference began with a roar of the drums performed by UCLA Kyodo Taiko Drummers and Forest Fykes (African Drums) in a rich and harmonious thunder and a call to action. The opening plenary was presented by Leandris Liburd, MA, MPH, Branch Chief, CDC (Day 1), Vanessa Baird MPPA, Chief, Office of Multicultural Affairs of California, and Brian K. Gibbs, Ph.D., MPA, OTR/L, Director, Program to Eliminate Health Disparities, Instructor, Public Health Practice Harvard School of Public Health, Division of Public Health Practice (Day 2). The conference concluded on Day 2 with a policy panel comprised of Judy Chu, Ph.D. Assembly 49th District, Vanessa Baird, CA. DHS OMA, Paul Simon MD, MPH, Director of the Office of Health Assessment and Epidemiology LA DHS, and Alan Edwards, MD, Medical Director OC Health Care Agency, Behavioral Health Services. The conference closing remarks were provided by our very own Herbert Hatanaka with an energetic send-off by exercise session facilitated by Forrest Fykes, CHC.



Occupational Therapy Training Program-LA

The **Occupational Therapy Training Program** will be celebrating our 30th Anniversary with a **golf tournament** at Trump National Golf Club, located in Palos Verdes. This is a major fund-raising event that includes a daytime golf event, evening dinner program, plus a silent and a live auction. You do not need to be an avid golfer to participate. OTTP's goal is to raise \$100,000 so that we can serve low income, at-risk, minority youth who are currently overlooked and "ineligible" for services based on existing contract guidelines.

If you, or someone you know, is interested in participating or volunteering for this event, contact Sarah Bream (310) 323-6887 x238, at your earliest convenience and they will be included on the mailing list.

OTTP-LA is also proud to announce the approval of **SAMHSA** funding for their **Youth Violence Prevention Program**. The program will provide individual & family interventions coupled with community coalition building to address the need for prevention among youth who are at-risk of entering the juvenile or criminal justice system. The funding began 9/30/04 and is for two years.

New SAMHSA Service Grant Awarded to HOP

Congratulations to **HOP** and the **SSG Development Team** for their recent award from SAMHSA to fund a 5-year Service Grant for the development of comprehensive drug/alcohol and mental health treatment systems for persons who are homeless. SSG proposed The Homeless Interventions-Treatment Options Program (HI-TOP), which will provide intensive integrated shelter, substance abuse and mental health treatment services to homeless individuals with co-occurring disorders living in Los Angeles. The program hopes to result in expanded and integrated treatment and shelter options for those served by the program. Congratulations to all and a **big thank you** to everyone at HOP and the SSG Development Team!!!

Faith In Communities

The **2004 Los Angeles AL-IMPICS** was a **huge success**. The event took place September 18th, 2004 at Los Angeles Southwest College. There were more than 50 agencies represented by 5500+ people participating in events ranging from organized sports such as basketball to simple social games like spades and backgammon. The staff of **FIC** would like to give *thanks* to all that participated or helped in any way.

Hurting and Hungry Project

H&H accepts a wide range of donations for their high-risk/high-need clients. Please call Rosie Mae Jackson at (323) 231-7026 for more info.

Asian Pacific Counseling and Treatment Centers

We had some *students from Korea who visited* our program last week. The students received a university grant to visit mental health agencies in Los Angeles and learn about the differences and similarities between Korean and US agencies. Here's the email from the professor, Sung-Woo Bae. He was an employee at APCTC.

Dear Dr. Wu, I spoke with my students the other day and they were very much impressed by the programs at APCTC. They also expressed sincere appreciation toward Miki for spending a long time for them and explaining the details. I want to express my appreciation for your hospitality. Thank you allowing my students to visit your agency. I am sure they had an excellent experience. Please let me know if I can be any help for you and your agency. I wish you well.

Sincerely, Sung-Woo Bae, M.S.S.W., Ph.D., Kyungpook National University, Dept. of Social Welfare Korea

PNYP Staff Celebrate Worldwide Day of Play

The **Parent Neighborhood Youth Program's** children celebrated play by participating Tuesday, September 28, in the "World Wide Day of Play" sponsored by Nickelodeon. The purpose of the day is to celebrate active, physical play; advocate the basic benefits and fundamental joys of play; and alleviate the pressures and expectations put on today's youth when it comes to their participation in sports and games. The day consisted of a trip to the Science Center, where the children enjoyed physical and educational activities, lunch and a nice walk through Exposition Park's Rose Garden. During lunch, the children had an opportunity to play on the swings and slides, and feed the birds. The kids had a wonderful time just being able to be kids and play.



PNYP children enjoying their time at the California Science Center located adjacent to U SC.

PALS for Health

PALS for Health has been presented with the **Community Partner Award by the Asian Pacific American Legal Center (APALC)**, in recognition of PALS for Health's work in eliminating the cultural and language barriers faced by immigrants in obtaining quality health care in Los Angeles and Orange County. APALC has worked with PALS for Health for many years, advocating together for improved health care access for the county's immigrant and refugee communities that rely on the county's vast network of public hospitals and clinics as well as private health facilities. The award will be presented at APALC's 21st Anniversary Awards Dinner on October 28, 2004, at the Empress Pavilion Restaurant.

Save the Date...

Asian Pacific AIDS Intervention Team (APAIT) is hosting the 2004 **Quest for the Cover** event on November 13th at the El Rey Theatre in Los Angeles. "A pageant with a mission and a heart," the event seeks to educate the mainstream community about the often marginalized transgender community, to raise awareness about the transgender population through positive representation and advocacy, and to increase the self-esteem of individuals living as transgenders. Doors open at 6 pm and show begins at 7 pm. Tickets: APAIT (213) 553-1834 or www.apaitonline.org and El Rey Theater (323) 936-6400 or www.theelrey.com For more info: Contact APAIT at (213) 895-7706 or quest@apaitonline.org

APAIT is also hosting an event to commemorate World AIDS Day, entitled **Womyn Warriors - Honoring Contributions of Women in the HIV Field**, Sunday, December 5, 2004, at 1:00 PM, at the Pacific Asia Museum (46 Los Robles Avenue, Pasadena, CA). There is a \$10 suggested donation. RSVP to (213) 553-1844 or www.apaitonline.org.

On October 29 the **Tongan Community Service Center** will be holding a **Halloween Event** for the youth and adults served by the center's Promoting Healthy Active Tongan Tots (PHATT) Program. The event seeks to educate the community about Halloween while also providing more information about obesity and nutrition through games, projects, and activities. The Halloween event will take place at the Lennox Tongon United Methodist Church. For more information about the event please contact Tongan Center Acting Project Director Nellie Skeen at (310) 327-7501.

The children of **PNYP** along with staff are planning their yearly **Halloween party**. This year Ms. Virginia Mata, site coordinator, is planning a day of pumpkin painting, arts and crafts, and trick-o-treating along makeshift on-site candy stations. SSG wishes the staff and children of PNYP a happy, not-so-scary Halloween party.



Continued from page 1 - Employee of the Year Runner-ups

Alex Quiroz (HOP/ICS) single-handedly started the Milagro program while earning the respect of clients and peers. His positive energy has brought a new sense of peace to the organization. He is known for his humility & work ethic.

Dani Mejia (APAIT) was recognized for community activism & providing a visible face of APAIT. His openness & honesty has a significant impact on the lives of his clients, most importantly providing a sense of tangible hope. His hard work, encouragement & dedication are recognized by all.

Suzanne Afuso Sugano (OTTP-LA) was recognized for her positive attitude, commitment to clients, for being fair, and her excellent managerial skills. She is always going the extra mile to help staff improve their skills.