

# The UPAC Update

## Union of Pan Asian Communities

### Newsletter

WINTER, 2005



## 2005 UPAC Gala and Golf Classic Net \$210,000

The 2005 UPAC Gala Dinner and Golf Classic, *Celebrating Leadership*, led by Executive Chair **Art Rivera** of Washing-



*Executive Chair Art Rivera of Washington Mutual and Jerry Sanders*

ton Mutual, benefited services for adult and child mental health, family violence, physical health and wellness, substance abuse, children and youth development, aging and senior independence, economic self-sufficiency, and community and corporate services.

The May (Asian Heritage Month) Gala was chaired by former Board member **Anita Crandall** of Nordstrom. **Tom Fat** led the *Taste of Asia*

reception featuring San Diego's best Asian restaurants. **Marcella Lee** of Local 8 News served as emcee. Mayor **Jerry Sanders** served as auctioneer extraordinaire for the second year in a row.



*Honoree Steve Baum, Development Circle Chair Susan Lew, and Brenda Baker*

Over 650 attendees enjoyed the celebration honoring **Steve Baum** of Sempra Energy, with the *UPAC Leadership Award* for his exceptional personal and corporate leadership in our community.

Adding to the evening's excitement were unique Asia Pacific arts in the silent and live auctions chaired by Board

member **Mitsuo Tomita** and Tahitian dances performed by children in Heali's Polynesian Revue.

The Golf Classic at The Santaluz Club was chaired by Board member **Ron Cho** of Oakville Grocery. Avid golfers enjoyed the beautiful course with a hole-in-one competition and the private reception featuring auction items, tournament prizes and an amazing LCD-TV raffle prize.



*Board Member Tony Yip relaxes at the Golf Classic reception with wife, Margaret, and Edward and Angela Poon*

(See page 3 for a list of Gala & Golf Classic sponsors)

### Board of Directors

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President & CEO,  
UPAC

## Bill Geppert of Cox Communications to Receive 2006 Leadership Award

### SAVE THE DATE!

The **May 1, 2006 Golf Classic** chaired by Board member **Ron Cho** will be held at The Santaluz Club!

### TO BE ANNOUNCED:

The May date for the **2006 Gala Dinner** chaired by **Anita Crandall** of Nordstrom.

**Bill Geppert** of Cox Communications will be honored for his compassion, courage and vision as a leader in our community.

Please contact UPAC Development Office at (619) 446-0805 for sponsorship information.



*Bill and Amy Geppert*

### Message from the President & CEO

UPAC's mission is to improve the general well being and education of the Asian, Pacific Islander and other ethnic communities in San Diego County. UPAC recognizes the diverse ethnic and cultural identities and strengths of these communities and their need for self-sufficiency. Over 18,000 members of this growing population receive services through UPAC programs annually.

Your support of UPAC allows us to continue fulfilling our mission and provide leadership in multicultural community self-sufficiency.

We hope that you will keep us in mind as you plan for 2006! We look forward to partnering with you to support our diverse communities.



Margaret Imanaga-Penrose

### Thank You to UPAC's Development Circle

- Susan Lew, Chair
- Brenda Baker
- Tom Fat
- Motoharu Iue
- Cheryl & Ron Kendrick
- Jack McGrory
- Sandra & Michael Murphy
- Charlie Robins
- Bob Tjosvold
- Dolly & Victor Woo

### Celebrating Leadership 2005 Corporate Committee

- Robert Armstrong
- Javade Chaudhri
- Ron Cho
- Anita Crandall
- Roi Ewell
- Don Felsing
- Bill Geppert
- Chuck Hansen
- Susan Lew
- Jack McGrory
- Patricia Potter
- Bobby Saito
- Jerry Sanders
- Chi Tran
- Victor Woo, M.D.

### Gala Dinner Attendees



Mitsuo Tomita

Chuck Hansen

James & Anita Crandall

Kris & Ron Cho



Tom & Jenny Fat

Janice, Phil, Cindy and Keith Yip

Chi Tran



Helen & Harry Miyahira

Supervisor Greg Cox

Supervisor Ron Roberts

Supervisor Pam Slater

Chancellor Constance Carroll

Thank you for your support

*Dear Friends,*

*As an immigrant Chinese-American and business owner, I embrace UPAC's value of recognizing the importance of culturally sensitive, linguistically appropriate, and professionally competent services to increase the health, social and economic self sufficiency of diverse families and communities. It is important for San Diego's public and private sectors to partner with and support UPAC to strengthen the Asian, Pacific Islander and other ethnic communities.*

*Congratulations to UPAC for 31 years of fulfilling its commitment to excellence in service. Please join me in showing our appreciation and commitment to UPAC for serving the most vulnerable in our communities. Together our gifts will enable UPAC's programs to continue providing much needed assistance. Please fill out the enclosed pledge envelope, give on-line, or contact UPAC to discuss other opportunities for giving. I wish each of you a joyful holiday season!*



**Susan Lew, Development Circle Chair**

## 2005 UPAC Gala Dinner & Golf Classic Sponsors

**Thank you to our Gala Dinner & Golf Classic Sponsors for their generous support!**

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Cheryl  
Kendrick,  
Union  
Bank of  
California**



**Javade and Gail Chaudhri,  
Sempra Energy**

## Mental Health Services

### UPAC Hosts Domestic Violence Summit

UPAC led an effort to gather input from over 50 domestic violence professionals to improve policies and service delivery for battered refugee and immigrant women.

The June 17th, 2005 Quilting Patterns of Non-Violence Summit was a collaborative effort with License to Freedom, Jewish Family Service, Center for Community Solutions and YWCA San Diego, with funding support from the US Department of Health & Human Services, Administration for Children and Families.

Discussions centered on cultural and linguistic barriers faced by the women obtaining restraining orders, emergency shelters, crisis intervention services, and divorce and child custody. Showcased were findings from focus groups conducted with battered women and their arts from the Vietnamese, Cambodian, Russian, Latina, Somali and Arabic-speaking communities.



### Staff Work Recognized

June, 2005: Asian Family Advocate **Patricia Capacio** received the **Community Partner Award** for her work with victims of domestic violence.



August, 2005: Adult Mental Health Program Director **Dr. Dixie Galapon** was featured in a **San Diego Union Tribune** article, *Cambodians in U.S. Still Traumatized by Civil War*, and addressed the mental health challenges among San Diego's Cambodians due to the severity of war trauma.



October, 2005: Vietnamese Bilingual Victim Advocate **Charlene Tran** received the **Andrea O'Donnell Award** given by the San Diego Domestic Violence Council.

### East Wind Program Celebrates 20th Anniversary

Over 100 celebrants commemorated East Wind program's 20 years of service and achievements

**1985: First in the nation**, UPAC's East Wind Socialization and Rehabilitation Center assists monolingual and limited English-speaking Southeast Asian immigrants and refugees suffering from depression, post-traumatic stress disorder and other mental illnesses.

Barriers to accessing mental health, health and social services are overcome as UPAC's culturally competent professionals assist clients in reducing social isolation and emotional distress, increasing English proficiency and independent functioning, and reducing inpatient admissions.

**2003: Club House model** brings focus on literacy and English proficiency, prevocational training and employment, and consumer-led activities. Cambodian, Hmong, Laotian, Vietnamese and Chinese-Vietnamese clients explore individual self-expression of their unique cultures as they learn to successfully balance traditional beliefs and practices and pressures of assimilation into American society.

Guest speaker San Diego County Mental Health Director **Alfred Aguirre** was joined by Regional Program Coordinator **Virginia West** and Clinical Director **Jeffrey Rowe**



## Health Services

### Exercise Your Way to Health



**Tai Chi Classes** at the 1031 25th Street location on Mondays and Fridays from 4:00 PM to 5:00 PM, at Adult Mental Health site on Fridays from 11:00 AM to 12:00 PM, and East Wind on Thursdays from 4:00 PM to 5:00.

### Cooking Demonstration



UPAC's Health Promotion Division hosted a brown bag luncheon featuring a healthy and delicious cooking demonstration (Vietnamese Bo Loc Lac recipe). Dr. Naresh Rao, Medical Director of the Life Wellness Institute, spoke on "Exercise and Feeling Fit."

## Substance Abuse Services



### Sampaguita Fil-Am Association Holds a Benefit Dance

Members of the Association, COPAO, Filipino dance groups and friends gathered for an evening of dance to benefit UPAC's Adolescent Alcohol & Drug Treatment Program. This intensive outpatient treatment program targets youth ages 12 to 17 battling substance abuse and

dependency issues. The program has proven effective in discouraging youth gang involvement, reducing illegal behaviors, and increasing school attendance.

### UPAC Co-Sponsors Forum on API Health

In collaboration with the Asian & Pacific Islander American Health Forum (APIAHF), UPAC convened a meeting of leaders to discuss health and wellness issues in San Diego's API communities, and share strategies in which coalitions can be built to encourage stronger national action to improve the health status of Asian and Pacific Islanders.

The forum informed participants on the status of federal initiatives including Medicare drug plan, Medicaid restructure, language and cultural access, women's health and data research. Discussions focused on the impact of these federal initiatives on San Diego's API community, and ways in which the San Diego community can contribute to a stronger API voice on health advocacy.



Organized by UPAC Health Promotion Program Director Christy Miyagishima, panelists included San Francisco-based APIAHF President and CEO Dr. Ho Tran, policy consultant and former US Civil Rights Commission member Yvonne Y. Lee, and UPAC President and CEO Margaret Iwanaga-Penrose.

(See September 2, 2005 article in *Asia: The Journal of Culture & Commerce Community Health: A Life & Death Issue*)

## Children & Youth Services

### East African Youth Organization

Over the past three years UPAC has partnered with the law enforcement community to offer peer support, youth leadership development, conflict resolution, crime prevention and educational support to 270 youth. A strong focus was placed on cultural celebrations, educational field trips and community engagement such as graffiti abatement and neighborhood clean ups.



*EAYO program youth attend a fieldtrip to Disneyland*

### Child Mental Health

UPAC's outpatient, clinic-based mental health professionals assist children and their families from all over the San Diego County. In addition, school-based mental health services are available through 13 schools in Central and North County regions.

The Community Services for Families (CSF) program works with families in the Child Welfare Services system. Twelve teen pregnancy prevention groups assist at risk youth. Parallel groups for guardians enhance program effectiveness.

Language capabilities of UPAC child mental health staff include English, Spanish, Vietnamese, Tagalog, Japanese, French, Cambodian, Russian, Dutch and Indonesian.

Child Mental Health Program Director Dr. Sterling Alexander chairs two committees of the San Diego County Commission on Children, Youth and Families (CCYF): the Child Abuse Prevention Committee and the Cultural Competency Workgroup responsible for the Diversity Schoolhouse training series.

### A Model After School Program



*Island Fever Day*

UPAC's Six to Six Program at Mason Elementary School has been praised by funders, educators, and parents for its unique involvement of children and parents in developing and implementing program activities. An example of this collaboration is the Astronomy Club. One of the parents who had a passion for astronomy volunteered to share his time, telescopes and knowledge of the solar system during special nights of stargazing with students and their families.

According to site coordinator Gles Valero, "Our program is unique because our kids and parents get involved in developing and implementing our projects. Parents know how tight funding can be. They offer to help with projects and special celebrations knowing they're not only helping the program, but their own children and their children's friends, as well." Most of all it provides a safe nurturing place for the children as so eloquently stated by a 5th grade student attending the program, "The Mason 6 to 6 program means that my Mom and Dad can go to work without having to worry about where I'm going to be and what I am doing!"

### Economic Development Services

UPAC's business counselors provide technical assistance to 580 monolingual and limited-English speaking Vietnamese, Tagalog, Somalia and Arabic speaking entrepreneurs to establish and expand their businesses, and create job opportunities for low-income individuals. Training sessions are conducted on a wide range of topics including market analysis, accessing capital, financial management, site selection and regulatory compliance.



*Economic Development Staff*

### United Way Funded Youth Mentorship Program

This program offers culturally competent mentorship opportunities and community service in order to promote leadership in high risk youth. Creative activities improve self-esteem, help avoid gang violence, reduce substance abuse and suicidal ideation, and increase academic success.



*Piñata Making*

## Senior Nutrition



“Without the Senior Nutrition Program, many of our seniors have told me they would have already died,” says Sons and Daughters of Guam board member and Senior Nutrition program cook **Julita Santos**. “They come

here to eat delicious, nutritious food like tilapia or tinatik with rice, soup and green salad. They come here to participate in UPAC sponsored health and exercise classes. But most of all, they come here for the company – to see their old friends and meet new ones. For many of our seniors, the nutrition program is what they look forward to. It’s their lifeline.”

“Funding has been extremely tight. We’ve been operating on less than a shoestring budget. There are times you wonder if all the worrying about funding is worth it,” shares program coordinator **Teresa Lucas**. “Then you find out that

this is the only nutritious meal that some of our seniors eat. For some, this is the only complete meal they have – and yes, it’s more than worth it.”

Thank you to the **extraordinary individuals who started their involvement in 1975** and still work or volunteer with the program for their remarkable dedication:

- **Pacita Cruz**, Sons and Daughters of Guam Club
- **Shinobu Yoshioka**, Japanese Christian Church
- **Phu Luong**, Chinese Elderly Association of San Diego
- **Loi Huynh**, Chinese Elderly Association of San Diego

For the past 30 years the program has provided healthy and ethnically appropriate meals to thousands of seniors from the Vietnamese, Chamorro (Guam), Chinese, Japanese, Korean, Filipino, and Samoan communities.

## Thank You For Your Help!

### Thanksgiving Turkey Donations

Many thanks go to Lieutenant Governor **Cruz Bustamante** for 32 turkeys donated through by **Operation Gobble**.

UPAC also thanks the following donors for their very generous contributions towards providing turkeys for 134 additional families this holiday season:

**Tony Aguayo**  
**Ludy Baclig-Passons**  
**Tom & Gerri Charlebois**  
**Fire & Ice**  
**Japanese Buddhist Church**  
**Casey McGregor**  
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**Bill Sigurdson**  
**Kelly Strom**  
**Tu's Printing**  
**LaDonna Wheeler**

### Toys

Thanks to the **US Navy & Marine Corps Reserves** and all participating Toys for Tots donors UPAC was able to provide toys to 120 children this holiday season.



### Thank you SBC!

**SBC's employee group Asians for Corporate Community Action** donated toys and food items for our children, youth, seniors, and families for the holidays.

### Furniture Donations

UPAC thanks **Little Mendelson, P.C.** for its substantial donation of furniture items including a new conference table, desks, and computer chairs for our Mental Health, Economic Development, and Alcohol and Drug Treatment sites.

### Speaking Opportunities

Thank you very much to **NCR's Asian Pacific/American Association for Advancement, Inc.** members for contacting UPAC to present information at their recent holiday party about UPAC's services and how volunteers and donors can help.

### Christmas Trees

UPAC thanks **Target** for donating a fully decorated Christmas tree to brighten the holidays for one of our client families.

# UPAC Strengthens Communities

**We are UPAC.**

*To the immigrant who cannot understand his doctor's medication instructions ...*

**We are translators.**

*To the parent who cannot afford to feed her children ...*

**We are a helping hand.**

*To the senior citizen unable to leave his home ...*

**We are a connection to the world.**

*To the teenager drawn to gangs or illegal activity ...*

**We are a better alternative.**

*To the frightened child who is being abused or neglected ...*

**We are a guide to safety.**

*To the struggling entrepreneur ...*

**We are a path to self-sufficiency.**



VISIT OUR WEBSITE AND  
GIVE ON-LINE  
[WWW.UPACSD.COM](http://WWW.UPACSD.COM)

**As we approach the end of the year, please remember UPAC  
when making your tax deductible contributions.**

In addition to cash, UPAC accepts donations via Visa, Mastercard, or American Express and gifts of stock. To give securities or to discuss additional giving opportunities please contact your investment advisor or UPAC's Development Office at (619) 446-0805.



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