

Executive Director's Message: *Reflections and Resolutions*



Herbert Hatanaka

Happy Holidays to all. Thank you for all your hard work and dedication throughout the year. At this time each year I reflect upon the past 12 months and this year in particular I am amazed and humbled by the accomplishments across the breadth of our organization. When I became the Executive Director thirty years ago I was very proud to tell others that we had 50 employees and 6 programs that served 500

individuals and families. Today the SSG story includes 600 active staff, over 250 volunteers, an amazing pool of consultants and agency partners, 24 divisions and programs, and most importantly, 12,000 individuals and families served over the course of one year. Quite a story that each of you have contributed to don't you think?

Over the past two months I was very pleased to personally meet with all of you regarding changes to the agency pension plan. Both during and after those meetings I was very moved by the pride and commitment of all SSG employees towards their work and the consumers that they serve. I could see it in your eyes and in your comments. It was just another reminder to me that what drives a successful organization like SSG is the dedication and competence of its employees. I say "thank you" to the SSG Board of Directors for acknowledging that as well and maintaining a generous retirement benefit contribution for everyone.

No matter what title or degree - you are a vital part of the front line in addressing community needs in all areas of service among all walks of life - an enormous responsibility. Our consumers often have no other means of support. Collectively, our resolve for the agency in the coming year is to expand our efforts to address poverty, homelessness, joblessness, mental illness, hunger, substance abuse and more through two tiered programs that build the community's capacity to address such problems as well as treatment interventions that strengthen families and individuals. I am confident that we will continue to be successful.

Finally, given a changing social and economic horizon of challenges and opportunities in 2013 and beyond we have continued to focus on agency-wide strategic planning efforts. In particular SSG has been at the forefront of nonprofit providers ramping up to take advantage of opportunities under the President's Healthcare Reform Initiative as well as other social and economic development initiatives. Public-private partnerships continue to be a priority for SSG and I am happy to report that we will be posting highlights of these efforts in the updated SSG website (www.ssg.org). Stay tuned.

I am grateful to be a part of SSG and honored to be your Executive Director. I wish you and yours a wonderful holiday season and all the best for 2013.



Winners of SSG's 2012 Staff Appreciation Raffle

- Grand Prize Samsung Tablet - Michelle Wong (OAP)
- Three (3) iPads - Cindy Kim (APCTC), Olive Enriquez (SSG Core) and Tina Vasinamakin (PALS)
- Two (2) \$100 gift cards (American Express) - Amy Mc Namara (OTTP) and Mary Dang (AP Res.)
- Three (3) \$50 gift cards (American Express, Visa and MasterCard) - Colby Earl Gray (P180), Ernesto Vasquez (Weber) and Romina Papa-Peralta (OCAPICA)

OCCUPATIONAL THERAPY TRAINING PROGRAM - LOS ANGELES

Halloween Party and Haunted House



Spooky fun was enjoyed by all at the 7th annual OTTP Halloween Party and Haunted House, held on Friday, October 26, 2012. The clients enjoyed the "OTTP Hotel Of Horrors", where you can check in but never check out! Past themes have included a cemetery, a hospital, a school, and an abandoned toy factory. Each year a dedicated team of OTTP staff, occupational therapy students and volunteers determines the theme and carefully plans and constructs the Haunted House at the OTTP Youth Center using everyday materials and donated items. The entire OTTP Youth Center is transformed to give high school aged clients a fun scare for free. Clients come from all different schools and areas and the event is always very popular with as many as 30 to 40 clients eager to participate. Thank you to all of the dedicated OTTP staff, students and volunteers for providing a positive environment for the clients to enjoy Halloween!

GREATER WEST HOLLYWOOD FOOD

Friends of the Food Coalition hosted its inaugural fundraising event on October 23, 2012, at CBS Studios. The reception celebrated the 25th Anniversary of Greater West Hollywood Food Coalition and honored founding volunteers Doris Presley, Ted Landreth, and Penny Landreth.



I-r: Ted Landreth, Doris Presley, Penny Landreth

WEBER COMMUNITY CENTER

Harvest Festival

On Tuesday October 30, 2012 Weber Community Center hosted its annual Harvest Festival. Harvest Festival is an annual tradition for families to celebrate a safe and fun-filled holiday at no cost to the community. Staff members, clients and their families are invited to dress-up as their favorite character and enjoy free food and treats. The event was held in Weber Community Center's large conference room and the event strengthened the bond between the agency and its community. The event was a huge success and Weber Community Center's clients had a great time.



Veterans Day Observed

On Thursday November 8, 2012 Weber Community Center hosted a dinner and Flag presentation for their invited United States Veterans. Weber Community Center's Jess Mendoza and his amazing staff put together the event that honored our service men and women. Los Angeles City Councilwoman Jan Perry was among the invited guests. Also in attendance were the 82nd Airborne Association Honor Guard, and the Fremont High School's Marching Band as well as Flag Squad. Weber Community Center's clients and families were invited to attend the event and help honor our heroes in the military. The event helped draw attention to local heroes within the community.



SSG NEWS & HIGHLIGHTS

ASIAN PACIFIC COUNSELING AND TREATMENT CENTERS

Thank You for Your Dedication and Service & Wishing You a Wonderful Retirement



Soyphet Sayakhot

APCTC Metro would like to announce the retirement of **Soyphet Sayakhot**, our Mental Health Rehabilitation Specialist to the Laos, Cambodian and Thai communities. Soyphet or, "Uncle Soyphet", as he is known to some of his colleagues, will retire on December 31, 2012 after almost 33 years of service.

Soyphet came to APCTC on January 2, 1980 to assist clients who left Laos due to civil war and who sought refuge in America. He was well trained in every way to support his community.

Soyphet may well hold the title for the CM/MHRS with the most illustrious training. Earlier in his life, he started his training as a UNESCO scholar studying architecture in Belgium. He transitioned to Educational Planning in what was known then as Czechoslovakia, studying with students from all over the world. After a stint in Japan learning community development, he returned to Laos and worked as Director of Development and Director of Training for the Minister of Rural Areas. The work involved developing programs to help people to transition

successfully, including villagers who arrive in the cities, to monks who support the migrants from the villages. He also helped communities live better by building reservoirs and wells and by having training programs such as business, blacksmithing, and furniture making. A life long learner, Soyphet studied Southeast Asian Mental Health upon his arrival in Los Angeles.

Soyphet emphasized that his life is to help people. "I love helping people who need it. I want them to be somebody, to feel like they are somebody." Soyphet is truly someone who is globally trained with a broad and humanitarian perspective in his approach to working with others. He knows the role of resources and the importance of accessing resources in making people's lives qualitatively better. He is trained by his experiences to work diligently with clients to access resources, to help clients believe that they can help themselves to reach a better, more peaceful and stable life.

Soyphet brought all these skills in his interactions with clients and staff. We all knew that we can ask him for assistance and that afterwards we will somehow feel that we are better people. He has worked with many teams and leaders beginning with Dr. Daniel Le, Dr. Chong Suh, and Sang Do, MSW. He recalls the formation of Indochinese Counseling Center in 1982 to address the needs of the Laotians, Vietnamese, and Cambodian refugee populations in Los Angeles, an effort supported by Special Service for Groups and Dr. Herbert Hatanaka. Soyphet recalls participating in the community group advocating for the needs of the community before the Board of Supervisors. Soyphet noted support by Special Service for Groups and Dr. Herb Hatanaka not only in making Indochinese Counseling Center a reality, but also in the development of the Laos Californian Association, which benefited the general Laotian community. Indochinese Counseling Center is today APCTC Metro. Ever a gracious generous individual, Soyphet wants to thank APCTC and SSG for the opportunities to do meaningful work that enriched his life and supported his family.

APCTC would like to celebrate and salute a true community leader, Soyphet Sayakot. We thank you for your 33 years of service to the API community and for being a superb team member and leader. We will miss you but will always remember that you inspire us with your commitment to the community.

OLDER ADULTS PROGRAM

Honored at South Asian Network Event

On November 4th, 2012, SSG/OAP was recognized at the South Asian Network's 22nd Anniversary Gala with the *Community Solidarity Award* for our commitment to the mental health of the South Asian American Community. In addition, SSG/OAP was presented with a Certificate of Recognition by Senator Ted Lieu of the 28th district. The awards were presented by Manjusha P. Kulkarni, the Executive Director of South Asian Network. In attendance were Saki Fujita, Program Coordinator, Janine Evans, Community Outreach Coordinator, and Yvonne Sun, Division Manager.



I-r: Vimmi Jaggi, Saki Fujita, Janine Evans, Yvonne Sun, Neha Shapatel

SSG All-Staff Pension Plan Meetings 2012 With Mutual of America

All-staff pension plan meetings were held throughout October 2012 to inform staff about changes to the SSG Retirement Plan. The SSG Board of Directors voted to approve a switch to a defined contribution plan for eligible SSG employees as of January 1, 2013. These plans are portable and employee-driven (i.e. investments are under the control of the employee). SSG will continue to provide a 7.5% retirement contribution for all eligible staff.



Presenters (l-r): Todd Dixon (MOA), SSG Board President John Eckman, SSG Executive Director Herbert Hatanaka and Scot McMorris (MOA)

SSG WEBSITE FYI & REMINDERS

CAREERS

If you have job postings you would like to post on the Careers page on the SSG website, please email them to the SSG HR Department at: hr@ssgmain.org. Be sure to limit posts to one page in a Word document and to include "Post and End dates", what applicants should submit, where items should be sent to, and contact information. If you have any questions, contact the H.R. Dept. at 213-553-1892.

PUBLICATIONS

In an effort to provide a comprehensive list of the variety of valuable publications SSG programs produce to the community on the SSG website, please forward your publication information to: Wendy Chiu, Development and Operations Analyst II at: wchiu@ssgmain.org. Include a 2-3 sentence description of the publication, date published, and weblink or reference to the full article. To view the Publications page on the SSG website, visit: www.ssg.org/publications.

DONATIONS

The SSG website is now able to receive donations via credit card payments processed by Network for Good. Donors will be able to choose to donate to a specific SSG division or to a SSG general fund. If you would like to incorporate this new resource into your own division website or emailing campaign, contact Wendy Chiu, Development and Operations Analyst II at: wchiu@ssgmain.org. To view the SSG Donate page, visit: www.ssg.org/donate.

RESEARCH & EVALUATION

Research & Evaluation Team Launches Website!

- Learn about the wide-ranging work of the R&E team.
- See how we can support your SSG program as well as partner organizations throughout Greater LA & OC.
- Learn about how we engage program participants and communities using innovative research tools and methods, like Photovoice and asset mapping.

Visit: www.ssgresearch.org

HOMELESS OUTREACH PROGRAM INTEGRATED CARE SYSTEM -

United Way's Sixth Annual Homewalk

On Saturday November 17, 2012 the HOPICS Homeless Women and Children Program (HWCP) participated in the United Way's Sixth Annual Homewalk. Homewalk is a 5k walk/run, designed to raise money to end homelessness. The event was held at Exposition Park in front of Los Angeles Coliseum and included 10,000 participants. We are pleased to report that 12 HWCP families and 10 HOPICS staff joined in solidarity with superstar Kobe Bryant to walk for the cause. HOPICS would like to thank all of those who supported our homeless families.

Wishing You a Happy Retirement, Stan



Webber Stan Dowells retired from SSG on October 22, 2012 after 14 years of dedicated service to the HOPICS Division. Stan has worked in a variety of capacities within the agency and is well-known in the community for his in-depth understanding of the compounding issues faced by the people we serve. He has tirelessly worked

in the community and in the fields of substance abuse, homeless services, and HIV prevention for more than 25 years. Stan has been integral in the startup and implementation of more than seven programs at HOPICS. We will miss his wisdom, witty candor, and distinguished attire. We wish him well.

SSG NEWS & HIGHLIGHTS

APAIT HEALTH CENTER

Fab Fashion, Food and Fun To Celebrate APAIT Health Center's 25th Anniversary Fundraiser

APAIT Health Center, established in 2011 after operating as the Asian Pacific AIDS Intervention Team under the leadership of Special Service for Groups, celebrated 25 years of providing HIV/AIDS intervention and other services to diverse communities in Southern California. SSG continues to be APAIT Health Center's fiscal partner. This year's fundraiser marked a major milestone as the organization celebrated its efforts to provide an array of primary care health services to multicultural and underserved residents of Los Angeles.

CBS News Reporter **Juan Fernandez** and Actress **Tamlyn Tomita** (Glee, the Joy Luck Club) hosted this year's gala at the glamorous and historic Vibiana in the heart of downtown Los Angeles. Serving as Honorary Host Co-Chairs for the event were **Congresswoman Dr. Judy Chu** (27th Congressional District) and popular Korean-American actor **John Cho** of Harold and Kumar and Star Trek movie fame. Filipino-American actor **Alec Mapa**, **Congresswoman Lucille Roybal-Allard** and **Johnson & Johnson** were honored.

The evening featured food from some of LA's best chefs. Scrumptious meals and mouthwatering desserts were catered by **Maison Akira**, **Crepes Sans Frontieres**, **Starry Kitchen** and **Big Man Bakes**. Drinks were provided by **Rosalynd Winery**, **Angel City Brewery** and **Midsummer Cellars**. Musical entertainment was provided by Grammy award-winning local band **Ozomatli**.

A fashion show was part of the evening with collections from emerging and established designers **Seng**, **Cody Sai**, **Madisonpark Collective**, **Sharlenne Chen**, **Songthai Gi** and **Andrew Christian**.

All funds raised directly benefit APAIT Health Center and its historic and expanding vision to advocate, educate, and achieve optimal health and wellbeing for medically underserved communities. The vision of APAIT Health Center takes on more significance as it transitions into an entity it's always wanted to be: a center for primary medical care, including pediatric and women's health services. Upcoming changes to federal health laws will place the health center on the front lines of delivering



I-r: Congresswoman Judy Chu,
CEO Jury Candelario,
Congresswoman Lucille Roybal-Allard

OCCUPATIONAL THERAPY TRAINING PROGRAM - SAN FRANCISCO

Client Success Story - Students Create Personalized Jobs in VTEP Program

Eight OTTP-SF students are currently participating in the "VTEP" (Vocational Training and Employment Program) job program, a unique collaboration between OTTP and New Ways Youth Workers, in which OT's develop work sites based on our youths strengths, needs and interests. The program is a client-centered approach that enables youth to explore their passions, and take on a 'just right' challenge. Employment is an integral part of each youth's care plan goals.

High school sophomore **Marisol** began working at the Bay View YMCA last summer, as an assistant in their camp program. The job was close to her home and summer school, provided a commute-free work experience, and the opportunity to build confidence and a work/school routine. **Marisol** won the trust of the young campers, and praise from the camp supervisor.

This fall, **Marisol** transitioned to a new school across town, and discovered the African American Arts and Culture Complex nearby. She became the make-up and hair stylist for several after-school programs there, including a modeling club and a rap club. **Marisol** initiated the idea of certifying this as a VTEP job site, and she and her OT collaborated with the AAACC manager to make it happen.

Marisol is a valuable member of the AAACC program. She is balancing school and work, and earning income doing something she loves to do. **Marisol** may want to pursue a career in cosmetology, but has her eye on several other careers she wants to explore. Thank you **Marisol** for sharing your gifts with the community. You are making a difference.

Benefits Assistance Clients' Urban Project/ LIFE Center

Bringin' In The New Year and Martin Luther King Jr. Birthday Celebration

BACUP continues its tradition of celebrating the New Year and MLK Jr. Birthday. Please join us for good food and fellowship. Art students will be displaying their work!

Date: January 18, 2013

Time: 11:00 AM - 2:00 PM

Where: BACUP

2120 W. 8th St. Ste. 210
Los Angeles, CA 90057

Contact: Andrew Posner

213 368 1888 ext. 12

Email aposner@bacup.net

Live Well, Work Well

Does your doctor know something you don't?

A doctor visit has two benefits:

- It gives your doctor a chance to ask questions about your health. This always happens.
- It gives you a chance to ask questions of your own. This may not happen enough.

The average office visit lasts about 15 minutes. If you don't ask about your health, the visit could be a wasted opportunity.

A few minutes of solid Q&A with your doctor can prevent some real problems. Don't be afraid to ask the tough questions.

10 questions to ask your doctor

1. What's my blood sugar level and what does it mean?
2. What's my blood pressure and how can I control it?
3. What do my cholesterol numbers mean?
4. Are my Body Mass Index (BMI), waist measurements and weight at healthy levels?
5. Can you recommend a check-up and screening schedule for my age?
6. Which exercise or diet options would be especially good for me?
7. If you recommend a test or treatment, what is it for and are there other options?
8. Knowing my family history and risk factors, how can I lower my disease risk?
9. Have any tips for reducing stress?
10. What are the interactions, side effects and dose schedule for this medication?

New Mileage Reimbursement Rate



Effective January 1, 2013, any mileage incurred on SSG business will be reimbursed at the 56.5 cents rate.

The Agency shall pay the employee car mileage for use of the employee's personal

car in Agency work. Employee must have currently in force the minimum auto insurance required by the state for vehicle used in rendering Agency service.

Proof of current insurance and California driver license must be submitted to the Human Resources Department before an employee may receive a mileage and/or parking costs reimbursement. Mileage reimbursement request will be placed on hold if current information is not on file with the HR Department. To ensure that mileage expenses are not disallowed by SSG's funding sources, reimbursement requests must be submitted to the Fiscal Department within 60 days after the end of the month.



CRASH COUNTERMEASURES

DRIVING TOO FAST FOR CONDITIONS

We used to call it speeding, but the word is ambiguous as it related to how fast we drive.

As we drive, we all make ongoing judgements about safe speed. Important factors all safe drivers consider are:

1. Visibility (low light, rain, fog, snow, etc.)
2. Traffic Congestion
3. Vehicle Considerations (load, weight, tire and brake conditions, etc.)
4. Driver Mental and Physical Alertness
5. Road Conditions

You are driving on a rural interstate in daylight hours with a posted speed limit of 70mph. You cross a bridge and notice a small glaze of ice on the road surface. Common sense tells us that going 70mph is driving too fast for conditions.

One of the most important considerations when, "How fast is too fast?" for conditions is stopping distance.

STOPPING DISTANCE = REACTION TIME + BRAKING DISTANCE

Always consider how long it will take you to stop in an emergency, given the highway conditions and your speed. The safe driving goal we all share is universal "crash avoidance."

Sometimes driving too slowly for conditions is just as unsafe a behavior as driving too fast. We have all experienced the proverbial "little old lady" in the passing lane on the interstate going 45mph when the flow of traffic is moving at 65mph. But remember, the "little old lady" got old by driving too slowly, not too fast for conditions.

What can we all do to operate our vehicles at a speed that is appropriate for conditions? What factors influence us to go too fast?

1. Take a few moments before you get behind the wheel to do some pre-trip planning. Assess your appointment/delivery schedule and allow extra time. Consider rush hour travel times.
2. If traffic or a crash delays you, call ahead and explain. Customers appreciate your thoughtfulness and understand situations out of your control. They will value your time, as you value theirs.
3. Advise your supervisor if your daily schedule is unrealistic given the time, distance and traffic conditions. Everyone wants you to drive with a safety-first attitude all the time.