

Farewell, Thank You, and Best Wishes to Rosie Mae Jackson!



Rosie Mae Jackson, Founder and Director of Hurting & Hungry

Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love. - *Martin Luther King Jr.*

Please join us in a fond farewell and profound thank you to **Rosie Mae Jackson, Founder and Director of Hurting & Hungry Project**. Ms. Jackson founded Hurting & Hungry (H&H) in 1984 with a mission to feed the hungry, and H&H became a project of SSG in 1985. This project served meals and delivered food to extremely poor and very disenfranchised individuals and families throughout South Los Angeles for over 25 years.

Thanks to Ms. Jackson's dedication, tenacity, and creativity, H&H made a very big impact using very limited resources. Hurting & Hungry fed thousands of people - by delivering tens of thousands of meals - every year. While handing out food, the project also distributed donated goods and information about other community resources.

Over the years, H&H has garnered recognition and support from a number of public officials, City and County departments, and other community organizations. In fact, Ms. Jackson is a well-established community leader and advocate for those who are 'hurting and hungry,' with a reputation among Hurting & Hungry's funders and other stakeholders for consistently delivering on the mission of the project.

Thank you, Rosie, for your contributions to SSG and for your many years of service to those most in need. We wish you a wonderful and fulfilling future.

Additional announcement: With the departure of Ms. Jackson and in the face of repeated and significant funding cuts in recent years, SSG has made the difficult decision to close the Hurting & Hungry Project, effective December 31, 2012.

Special Thanks

SSG wishes to thank **Steve Lee of Steele Industries** for his generous donation, which resulted in over 2,400 children receiving toys through SSG programs.

SSG wishes to thank the **LA City Fire Department, Spark of Love program** which provided toys to the children of SSG programs (Pacific Asian Alcohol and Drug Program, Parents Neighborhood Youth Program and Homeless Outreach Program's: Homeless Women & Children's Project, Families in Transition and Family Dependency Drug Court Project). We thank you for your service throughout the year and your extra efforts during this holiday season.

Benefits Assistance Clients' Urban Project/ LIFE Center

Bringin' In the New Year Celebration



BACUP's annual tradition of "Bringin' in the Year" celebration on Martin Luther King Jr's birthday was held on January 18, 2013 from 11:00 AM - 2:00 PM at BACUP's LIFE Center (Wellness Center). Thirty individuals joined in for this year's event. Attendees enjoyed meeting new friends and desserts of all kinds. BACUP's Division Director, Andy Posner introduced the BACUP team and shared the meaning of having the annual celebration on MLK day as it relates to the essence of BACUP in bringing people together and celebrating diversity. Every year the community comes together and reconnects with old friends and to meet new ones. What a wonderful tradition!

SSG WEBSITE FYI & REMINDERS

CAREERS

Place your Job postings on the Careers page on the SSG website. Email to the SSG HR Dept. at: hr@ssgmain.org. Limit one page in a Word document; for content questions, contact the H.R. Dept. at 213-553-1892.

DONATIONS

The SSG website can receive donations via credit card payments; this resource can be incorporated into your website or email campaign, contact Wendy Chiu, Dev. and Operations at: wchiu@ssgmain.org.

PUBLICATIONS

Forward publication information to: Wendy Chiu, Dev. and Operations at: wchiu@ssgmain.org. Include 2-3 sentences description of the publication, date published, and weblink or reference to the full article.

GREATER WEST HOLLYWOOD FOOD COALITION

GWHFC Annual Christmas Party

Greater West Hollywood Food Coalition hosted its annual Christmas dinner at CBS Studios on December 25, 2012.



THE PAINTED BRAIN

The Painted Brain is excited to announce our upcoming art gallery show at the DAC gallery on Saturday, March 9th. This event will serve as the release party for our illustrious 9th issue of the Painted Brain and will feature live music, interactive and live art, poetry, and some of the incredible visual arts work of our members.

Painted Brain's Issue Nine Release Party/Art Show

Saturday, March 9th, 2013.

6:00 pm to 10:00 pm

DAC Gallery

828 S. Main Street

Los Angeles, CA 90014

Please visit our website (www.thepaintedbrain.org) for more details. We're also running four weekly art groups at our office and around town, as well as one biweekly and two monthly groups. We welcome SSG clinicians and consumers to attend our weekly art workshop on Friday afternoons at our fabulous space in the SSG headquarters building, every Friday from 3 to 5 pm in suite 650.

SSG NEWS & HIGHLIGHTS

SSG's New Headquarters - Breaking Ground

Work on SSG's new administrative headquarters began on 2/4/13. Executive Director Herb Hatanaka and Board President John Eckman arrived at 905 E. 8th St. in downtown LA to view the start of construction.



SSG Executive Director, Herb Hatanaka, with Board President John M. Eckman at the site for SSG's new headquarters.

ASIAN PACIFIC POLICY & PLANNING COUNCIL (A3PCON)

Asian Pacific Policy and Planning Council (A3PCON) has been holding meet-and-greet receptions with individual Los Angeles County Supervisors. On January 9th, APAIT Health Center CEO Jury Candelario and SSG Executive Director Herb Hatanaka met with Supervisor Mike Antonovich who discussed needs of Asian and Pacific Islander communities. Mr. Antonovich is no stranger to the community representing the Fifth District, serving the communities of San Gabriel Valley, an area densely populated with Asians. Supervisor Antonovich has been a leader in issues around child neglect and abuse, and improving the foster care system.



(L-R): APAIT Health Center CEO Jury Candelario, Supervisor. Mike Antonovich, Senior Health Policy Advisor Fred Lief, SSG Executive Director Herb Hatanaka



WEBER COMMUNITY CENTER

Holiday Door Decoration Contest

WCC held its first Holiday Door Decoration Contest. OTTP staff were asked to judge the competition, and awarded the top prize to the MIS Department with their "12 Days of Christmas" themed door. The competition was fun, friendly and promoted team building. WCC looks forward to making this an annual event.



Annual Holiday Party

WCC's annual Holiday Party was held on December 19, 2012. Clients and their families came to celebrate the holiday season with good food, entertainment, gifts, and pictures with Mr. and Mrs. Claus (Bilingual Therapist Gamaliel Beltran and Clinical Director Jennifer Schott). All of the staff participated in creating a great party. The LA City Fire Department donated hundreds of toys distributed to Weber's young clients and Steve Lee's generous donations added even more gifts to the occasion. This celebration not only provided needy families with gifts, it also strengthened the bonds with the community WCC serves.

OCCUPATIONAL THERAPY TRAINING PROGRAM - SAN FRANCISCO

OTTP-SF's Winter Showcase

On January 3, 2013, the teenagers of OTTP-SF participated in the first-ever Winter Showcase, in which they to "showcased" their interests, passions, and occupational choices. The youth not only shared their passions via performances and presentations during the event, but they also contributed their time and skills behind-the-scenes to make sure the event ran smoothly. They read original poetry, shared original website creations, played music and sang songs, baked red velvet cupcakes, fried up "better-than-Popeye's" chicken, decorated the event space beautifully, provided artistic advice for the event fliers, and celebrated each others' passions. We thank the youth for sharing their enthusiasm and creativity with us!

Client Success Story

OTTP-SF would like to congratulate Katy, one of our middle schoolers/ aspiring fashion designers, in the completion of her first design. With the mentorship of a local fashion expert and her OT, she was able to bring the dress to life. The process started when Katy told her OT about her vision for a graduation dress, and her recently-discovered interest in sewing. After several weeks of finicky sewing machines, trial and error, overcoming challenges and diving into the unknown, Katy has created a dress that she is proud to wear: yellow halter gown with asymmetrical hemline, black lace apron overlay and black lace capelet.



PARENTS NEIGHBORHOOD YOUTH PROJECT (PNYP)

PYNP's 2012 Holiday Celebration



ASIAN PACIFIC COUNSELING AND TREATMENT CENTERS

In Memoriam

APCTC would like to share the passing of Eliseo

Macatuno, a NAPCA staff who volunteered at APCTC Main and Metro for the past five years.



"Ely" passed away in December 2012 at 64 years of age. APCTC staff enjoyed working with Ely for his lovely giving spirit as well as for his unfailingly helpful and generous attitude. His sisters, Gerty and Flora, noted being giving was core to Ely's being.

He provided care to his parents until they passed away, both at

97 years old. He expressed the wisdom of his parents, who had worked as a doctor and a pharmacist, by always helping others in need. In Ely's words, "help others, because you have nothing to lose by doing it." We are grateful Ely provided support to APCTC staff and clients and we are inspired by his giving attitude. We send our sympathies to his family.

PALS FOR HEALTH

PALS Hosts Allied Health Career Conference

PALS for Health, with the support of the Office of Statewide Health Planning and Development (OSHPD), hosted its first allied health career conference on Friday, February 1st at The California Endowment. PALS developed the conference in order to highlight professional career opportunities for area residents possessing in-demand bicultural and bilingual skills.

The one-day conference, Paving the Road to Enter Professions in Allied Health (PREP Allied Health) featured employers, schools, and certification entities. They engaged in panel discussions and breakout sessions with participants interested in educational and training resources related to the allied health professional fields of Healthcare Interpretation, Patient Navigation, and Health Promotion (e.g. Promoter, Community Health Worker). More than 120 community members from Los Angeles County, Orange County, and the Inland Empire were in attendance.

EMPLOYEE RIGHTS AND RESPONSIBILITIES UNDER THE FAMILY AND MEDICAL LEAVE ACT

Basic Leave Entitlement

FMLA requires covered employers to provide up to 12 weeks of unpaid, job-protected leave to eligible employees for the following reasons:

- For incapacity due to pregnancy, prenatal medical care or child birth;
- To care for the employee's child after birth, or placement for adoption or foster care;
- To care for the employee's spouse, son or daughter, or parent, who has a serious health condition; or
- For a serious health condition that makes the employee unable to perform the employee's job.

Military Family Leave Entitlements

Eligible employees with a spouse, son, daughter, or parent on active duty or call to active duty status in the National Guard or Reserves in support of a contingency operation may use their 12-week leave entitlement to address certain qualifying exigencies. Qualifying exigencies may include attending certain military events, arranging for alternative childcare, addressing certain financial and legal arrangements, attending certain counseling sessions, and attending post-deployment reintegration briefings.

FMLA also includes a special leave entitlement that permits eligible employees to take up to 26 weeks of leave to care for a covered servicemember during a single 12-month period. A covered servicemember is a current member of the Armed Forces, including a member of the National Guard or Reserves, who has a serious injury or illness incurred in the line of duty on active duty that may render the servicemember medically unfit to perform his or her duties for which the servicemember is undergoing medical treatment, recuperation, or therapy; or is in outpatient status; or is on the temporary disability retired list.

Benefits and Protections

During FMLA leave, the employer must maintain the employee's health coverage under any "group health plan" on the same terms as if the employee had continued to work. Upon return from FMLA leave, most employees must be restored to their original or equivalent positions with equivalent pay, benefits, and other employment terms.

Use of FMLA leave cannot result in the loss of any employment benefit that accrued prior to the start of an employee's leave.

Eligibility Requirements

Employees are eligible if they have worked for a covered employer for at least one year, for 1,250 hours over the previous 12 months, and if at least 50 employees are employed by the employer within 75 miles.

Definition of Serious Health Condition

A serious health condition is an illness, injury, impairment, or physical or mental condition that involves either an overnight stay in a medical care facility, or continuing treatment by a health care provider for a condition that either prevents the employee from performing the functions of the employee's job, or prevents the qualified family member from participating in school or other daily activities.

Subject to certain conditions, the continuing treatment requirement may be met by a period of incapacity of more than 3 consecutive calendar days combined with at least two visits to a health care provider or one visit and a regimen of continuing treatment, or incapacity due to pregnancy, or incapacity due to a chronic condition. Other conditions may meet the definition of continuing treatment.

Use of Leave

An employee does not need to use this leave entitlement in one block. Leave can be taken intermittently or on a reduced leave schedule when medically necessary. Employees must make reasonable efforts to schedule leave for planned medical treatment so as not to unduly disrupt the employer's operations. Leave due to qualifying exigencies may also be taken on an intermittent basis.

Substitution of Paid Leave for Unpaid Leave

Employees may choose or employers may require use of accrued paid leave while taking FMLA leave. In order to use paid leave for FMLA leave, employees must comply with the employer's normal paid leave policies.

Employee Responsibilities

Employees must provide 30 days advance notice of the need to take FMLA leave when the need is foreseeable. When 30 days notice is not possible, the employee must provide notice as soon as practicable and generally must comply with an employer's normal call-in procedures.

Employees must provide sufficient information for the employer to determine if the leave may qualify for FMLA protection and the anticipated timing and duration of the leave. Sufficient information may include that the employee is unable to perform job functions, the family member is unable to perform daily activities, the need for hospitalization or continuing treatment by a health care provider, or circumstances supporting the need for military family leave. Employees also must inform the employer if the requested leave is for a reason for which FMLA leave was previously taken or certified. Employees also may be required to provide a certification and periodic recertification supporting the need for leave.

Employer Responsibilities

Covered employers must inform employees requesting leave whether they are eligible under FMLA. If they are, the notice must specify any additional information required as well as the employees' rights and responsibilities. If they are not eligible, the employer must provide a reason for the ineligibility.

Covered employers must inform employees if leave will be designated as FMLA-protected and the amount of leave counted against the employee's leave entitlement. If the employer determines that the leave is not FMLA-protected, the employer must notify the employee.

Unlawful Acts by Employers

FMLA makes it unlawful for any employer to:

- Interfere with, restrain, or deny the exercise of any right provided under FMLA;
- Discharge or discriminate against any person for opposing any practice made unlawful by FMLA or for involvement in any proceeding under or relating to FMLA.

Enforcement

An employee may file a complaint with the U.S. Department of Labor or may bring a private lawsuit against an employer.

FMLA does not affect any Federal or State law prohibiting discrimination, or supersede any State or local law or collective bargaining agreement which provides greater family or medical leave rights.

FMLA section 109 (29 U.S.C. § 2619) requires FMLA covered employers to post the text of this notice. Regulations 29 C.F.R. § 825.300(a) may require additional disclosures.



For additional information:
1-866-4US-WAGE (1-866-487-9243) TTY: 1-877-889-5627
WWW.WAGEHOUR.DOL.GOV



Live Well, Work Well

February is Heart Month

Love Your Heart – At Every Age

You're never too young or too old to take care of your heart. Make smart heart choices now to help keep your heart beating strong.

In your 20s:

- Find a provider and start heart screenings, including blood pressure, cholesterol and body mass index.
- Be physically active. If you start the exercise habit early, you're more likely to stick with it as you age.
- Don't smoke. Smoking may be the most physically damaging health habit of all.

In your 30s:

- Long-term stress can damage your arteries. Find time every day for relaxation.
- Identify any cardiovascular problems in close relatives, such as stroke, heart attack and diabetes.
- Take preventive steps to reduce your risks.

In your 40s:

- Lose the extra pounds. Midlife, your metabolism starts slowing down, often leading to weight gain. However, exercise burns calories and helps boost metabolism.
- Help your arteries with good nutrition: more fruits, vegetables, and whole grains and fewer sweets, saturated fats and trans fats.
- Have your blood sugar checked by age 45. Your provider may suggest it earlier or more frequently if you're overweight or at high risk.

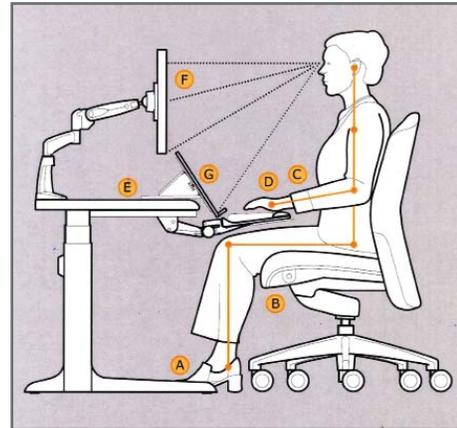
In your 50s and 60s:

- Don't skip your heart health screenings.
- Learn the warning signs of heart attack and stroke.
- Exercise at least 30 minutes, five days a week. Fit in two to three strength training workouts weekly.

Whatever your age, these strategies don't take much effort. Give your heart a few minutes every day to keep it strong.



Comfort Tips for Computer Users



Slouching, slumping or bending forward at the waist in a chair can lead to discomfort, fatigue and backache. Follow these guidelines to help prevent problems from occurring when sitting at your workstation.

- Adjust the height of your seat so that your feet are resting firmly on the floor. Use a footrest if you feel that your feet are not supported properly.
- The depth of your seat should allow the back of your knees to extend beyond the edge of your seat. Thighs should be approximately parallel to the floor.
- Your forearm should be open at least 90°-100° to your upper arm.
- Your wrists should not be angled up or down.
- Set the height of the work surface so you can work without straining or bending. Arrange commonly used items (stapler, phone etc.) so they are within reach.
- The top of your computer screen should be at or slightly below eye-level; the distance between your eyes and the monitor should be 18" or more — typically an arm's length.
- Document holder is in line with front of monitor. Height and angle adjustable for the comfort of the user.

SOME DATES TO REMEMBER FOR MARCH - APRIL

3/10	Daylight Saving Time begins
3/20	Spring begins
3/25	Passover begins at sundown
3/31	Easter
4/22	Earth Day
4/24	Administrative Professionals Day