ACRS NEWS

Empowering Voices in Our Communities
Dear Friends,

Every five years the ACRS Board of Directors conducts a planning process resulting in a broadly directional strategic plan to provide a compass for the next five years. These past five years have seen many accomplishments, for example:

Our Behavioral Health Program created Wellness for Asian Pacific Americans (WAPA), taking a culturally competent whole health approach to wellness by integrating our mental health services with on-site primary and dental care services provided by International Community Health Services and Medical Teams International. WAPA goes beyond treatment to building healthy communities through good nutrition, cooking classes, exercise, tai chi, yoga, meditation, walking, art therapy and gardening groups. It has won national attention and accolades for its innovation and effectiveness. Clients say they are happier and healthier, and objective indicators like blood pressure, cholesterol levels, and body mass index prove it. WAPA has literally saved lives.

The Behavioral Health Program also began ACRS Therapy Associates in Bellevue and Seattle, to provide culturally competent therapy services for community members who can afford to pay or have insurance coverage to pay for therapy. There, our therapists’ strength is in understanding and supporting clients through the life experiences that many Asian Americans and Pacific Islanders (AAPI) face.

Our Recovery Services Program partnered with Neighborcare Health, Southwest Youth and Family Services and West Seattle High School to provide students with integrated care. The Recovery Services Program also received certification from the National Association for Addiction Professionals to provide training and continuing education units for licensed and certified clinicians throughout the country.

The Children, Youth and Families (CYF) Program partnered with Lutheran Community Services Northwest, Public Health - Seattle & King County and Dr. Michael Hollifield to develop RHS-15, the Refugee Health Screener. In partnership, CYF developed training manuals, curriculum, and videos, and validated the refugee mental health screening tool. Now translated into 15 languages and incorporated into mandated physical health screening in King County for all refugees. It has been used in over 40 sites in the U.S., Canada, Hong Kong/China and Australia.

CYF also began the Youth Job Readiness Training Program, which focuses on academic success, career exploration and self-sufficiency for immigrant and refugee youth who are still learning English. In 2013, its first year, 100% of the seniors graduated from high school, 60% enrolled in college and 40% had full-time jobs. CYF also began programs focused on emerging needs facing Bhutanese and Pacific Islander youth, and expanded programs serving Southeast Asian youth. They have supported young men who made award-winning videos on difficult issues, developed

<table>
<thead>
<tr>
<th>Inside This Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director’s Letter ........................................ 2</td>
</tr>
<tr>
<td>Client Spotlight ....................................................... 3</td>
</tr>
<tr>
<td>Civic Engagement ..................................................... 4</td>
</tr>
<tr>
<td>A Culinary Journey ..................................................... 6</td>
</tr>
<tr>
<td>Programs .............................. 8, 12</td>
</tr>
<tr>
<td>Walk for Rice ......................... 10</td>
</tr>
<tr>
<td>Therapy Associates .................. 13</td>
</tr>
<tr>
<td>Donor Recognition ..................... 14</td>
</tr>
</tbody>
</table>

[Continues on page 18]
In Her Own Words... Marly’s Story

“My name is Marly. In December I’ll be twenty years old. I am a recovering crack cocaine and alcohol addict. I am also a survivor of sexual abuse and human trafficking. This is my story.”

Marly first came to ACRS following a referral to our Children, Youth and Families Program. When she was in high school, she didn’t have a stable or supportive family. “I’ve witnessed everything from my parents driving drunk, to my dad beating my mom, to her attacking him and us with knives.”

When Marly arrived at ACRS, she was struggling, depressed and starting to get in trouble more and more. At 16, she dropped out of school and by 17, was charged with a DUI. She entered treatment with ACRS’ Recovery Services for alcohol abuse. Like many kids with challenging lives and history, her treatment required persistence from Marly and her counselors. But those supportive relationships planted a seed of hope.

At 18, she escalated to using cocaine and began working at a gentleman’s club. A man she met there promised he would take her away from all of that.

He did. He plied Marly with more drugs and alcohol and forced her into prostitution. They were both arrested in another city. When she was released, Marly made her way back to Seattle. “I went straight to ACRS seeking help for my addictions and the trauma I went through. I was a prisoner of my mind. I was suicidal.”

Marly says of her experience, “I have been through so much hurt and pain, I wasn’t sure if I could even find the real Marly anymore. I know all about being down and out. I know about being depressed and wanting to give up. At ACRS, I met the most amazing people in my life, people who never gave up on me when I had given up on myself. The people of ACRS gave me hope and the strength and skills to keep pushing.”

Marly is currently sober from all drugs and alcohol. Someday she wants to advocate for others facing similar struggles. She’s enrolled in school to get her GED. She has dreams of going to community college, transferring to a university and going to law school. Marly is truly an inspiring, brave young woman with a bright future ahead of her.
Asian American and Pacific Islander Civic Engagement Deepens Across the State

Civic engagement has always been at the core of ACRS’ mission and commitment to social justice. Ninety three percent of the people we serve identify as Asian American or Pacific Islander. They include immigrants, refugees, first generation Americans, and families that have been in the U.S. for generations. Central to their well-being and empowerment is the ability to advocate for themselves, and to be seen and heard on the issues that matter most to them – not just at election time, but all year long.

At ACRS, clients participate in civic engagement opportunities year-round through our citizenship assistance and education classes, voter registration, and discussion and advocacy on the issues disproportionately affecting our communities. Listening sessions organized by the Asian Pacific Islander Coalition of Washington State (APIC) have been an ongoing opportunity for ACRS clients and other community members to discuss and set priorities for their Asian Pacific American Legislative Days.

But voting, in particular, can be difficult for anyone. Time, knowledge, access to information, and the multi-step voting procedure can all deter people from participating. Add to that the language and cultural obstacles facing our clients and the fact that those new to this country may be unfamiliar with the ballot format and voting process. Others may be from countries without the right to vote, and still others may have a profound mistrust of government. We can help explain and demystify the voting process, provide direct interpretation of the ballot, and make it easier for these citizens to exercise their right to vote. For this past election, the APIC chapters spanning five counties did just that.

APIC is a statewide network of community organizations dedicated to promoting equitable access to culturally competent and linguistically accessible health and human services, economic development for small businesses, civil and human rights, equal access to education, and other
Civic Engagement

Concerns of AAPIs in Washington. In the final three weeks before Election Day, APIC’s King, Pierce, Snohomish, Spokane, and Yakima chapters worked to reach nearly 4,000 people, over 1,200 of whom were registered voters. Through door-knocking, phone-banking, and 42 faith and community based events—including meetings, senior meals and other social service programs—APIC reached 24 ethnic and racial groups in 27 AAPI and other languages. APIC also worked with ethnic media to reach over 100,000 people to help inspire voter turnout. They connected with twelve radio, online, TV and print outlets serving Korean, Vietnamese, Chinese, Filipino and pan-Asian American and Pacific Islander audiences.

While ACRS played a role as a coordinating hub for APIC statewide, APIC Pierce County, through the Asian Pacific Cultural Center, led the way on direct contact with voters. Through many bilingual organizers, they organized door-knocking days, phone banks and community events. APIC Spokane, through the Spokane Hmong Association, called Hmong families to remind them to look for and cast their ballots. APIC Yakima, through the Filipino American Community of the Yakima Valley reached out to Filipinos in Central Washington through ballot parties, media and an event. The Snohomish APIC leaders, through Refugee and Immigrant Services Northwest, focused on door-knocking and one-on-one translation assistance and information.

Through APIC King County, the Korean American Coalition-WA led Korean media outreach, and through its programs, ACRS led senior and other group ballot parties in several languages. ACRS also produced flyers used statewide with translations by International Community Health Services. Other APIC members like Asian Pacific Islander Americans for Civic Empowerment also reached thousands of community members through a variety of means.

This is just a snapshot of the many organizations and ways AAPIs across the state and country are becoming more informed and more engaged in the voting process. While AAPIs are widely diverse and may cast their votes in different ways, for ACRS and our clients, one thing is true: acts of advocacy and voting are essential practices promoting health, wellness and social justice within and across our communities.

Immigration Policy Update:

PRESIDENT OBAMA’S EXECUTIVE ACTION

On November 20th, President Obama laid out his plans for executive action on immigration. Many families in the Asian American and Pacific Islander communities will be affected by this news. Some new policy implications include:

- Immigrants who arrived in the U.S. before January 1, 2010 will be eligible to receive work permits and protection from deportation for three-year terms, with the possibility of renewal.
- A deferred action program for parents of U.S. citizen children or legal permanent residents is also available if they have lived in the U.S. for at least five years.
- The upper-level age cap put in place by the Deferred Action for Childhood Arrivals (DACA) program—previously capped at below 31 years old—is now eliminated.
- Immigrants with certain types of criminal convictions will not be eligible for this deferred action or to receive work permits.
- An interagency group has been created to look into “visa modernization” and prepare recommendations within 120 days.

Source: Asian Americans Advancing Justice - AAJC and Administrative Relief Resource Center
ACRS Annual Gala Inspires All

The ACRS 2014 Annual Benefit Gala: A Culinary Journey was held on Saturday, October 4th, 2014 at The Westin Bellevue. Over 400 community leaders, elected officials and ACRS supporters participated in this opportunity to honor the diversity of the communities ACRS serves through food, music and dance. The evening featured a special appearance and cooking demonstration of our custom-designed main dish by Chef Kristen Kish, Winner of Top Chef Season 10.

The gala also featured custom recipes donated by three local celebrity chefs beginning with an appetizer course designed by Chef Mutsuko Soma of Miyabi 45th. Chef Geo Quibuyen—of Blues Scholars fame—and his partner Chef Chera Amlag designed the starter course based on their popular pop-up menu at FOOD & SH*T. The evening concluded with dessert by local Chef Edward Villacorta of The Westin Seattle.

ACRS Executive Director Diane Narasaki spoke of the importance of ACRS programs to our community and introduced Marly, a client who shared how the help she received from ACRS made a difference in her life. “Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by,” Marly recounted to an engaged audience. “They’ve helped me find happiness and my smile.”

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.

ACRS Annual Gala Inspires All

The gala also featured custom recipes donated by three local celebrity chefs beginning with an appetizer course designed by Chef Mutsuko Soma of Miyabi 45th. Chef Geo Quibuyen—of Blues Scholars fame—and his partner Chef Chera Amlag designed the starter course based on their popular pop-up menu at FOOD & SH*T. The evening concluded with dessert by local Chef Edward Villacorta of The Westin Seattle.

ACRS Executive Director Diane Narasaki spoke of the importance of ACRS programs to our community and introduced Marly, a client who shared how the help she received from ACRS made a difference in her life. “Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by,” Marly recounted to an engaged audience. “They’ve helped me find happiness and my smile.”

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.

ACRS Annual Gala Inspires All

The gala also featured custom recipes donated by three local celebrity chefs beginning with an appetizer course designed by Chef Mutsuko Soma of Miyabi 45th. Chef Geo Quibuyen—of Blues Scholars fame—and his partner Chef Chera Amlag designed the starter course based on their popular pop-up menu at FOOD & SH*T. The evening concluded with dessert by local Chef Edward Villacorta of The Westin Seattle.

ACRS Executive Director Diane Narasaki spoke of the importance of ACRS programs to our community and introduced Marly, a client who shared how the help she received from ACRS made a difference in her life. “Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by,” Marly recounted to an engaged audience. “They’ve helped me find happiness and my smile.”

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.

"Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by," Marly recounted to an engaged audience. "They’ve helped me find happiness and my smile."

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.

"Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by," Marly recounted to an engaged audience. "They’ve helped me find happiness and my smile."

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.

"Because of the counselors at ACRS, I’ve gotten a different approach to life and dealing with my hardships as well as other obstacles that I may come by," Marly recounted to an engaged audience. "They’ve helped me find happiness and my smile."

Marly’s story moved the audience and added to a successful event. We raised $204,768.00 with proceeds supporting ACRS’ programs, which serve nearly 28,000 youth, families and seniors annually.

Former King 5 reporter Owen Lei was the emcee. Entertainment included guitarist Angelo Pizarro along with a performance by ACRS’ Pacific Islander youth group Oceanic Communities Educate Across Neighborhoods (aka OCEAN). In a rare appearance, works of local photographer and journalist Dean Wong were also on display and available by silent auction.
A Culinary Journey Sponsors

LEGACY

PARTNER

ADVOCATE

Equity Funding
Larrabee Center
Marguerite Casey
Foundation
KeyBank

Printing Sponsor:
SEIU Healthcare 775NW

Special Thanks to:

United Way
United Way of King County
ACRS Provides a Road to Citizenship

What is the supreme law of the land? ¹
How many amendments does the Constitution have? ²
Name one war fought by the U.S. in the 1800s. ³
Who was the President during World War I? ⁴

(Answer key below)

These are some examples of the “100 Questions” on the naturalization test given by the United States Citizenship and Immigration Services (USCIS). Imagine if you had to take this test to become a U.S. citizen and your family’s future depended on success.

Every day, ACRS’ Citizenship Services helps those on the road to citizenship. We offer classes and assistance to all communities with an emphasis on assisting low-income, low literacy, limited English, disabled, and elderly Asian Americans and Pacific Islanders. Each year, we help approximately 500 people prepare to become citizens through ten different citizenship classes. They are taught in six languages at the level of English appropriate for participants.

For USCIS, the first step in successfully becoming a citizen is language proficiency. ACRS offers a range of English as a Second Language citizenship classes taught by staff and volunteers. As students improve their English, they prepare for the citizenship test by studying American government, history and civics in accordance with the 100 Questions.

Students also learn about the application process and what to expect. They work with our case managers to submit an application and practice for their interview. We also help low-income clients obtain a waiver for USCIS’ $680 application fee.

On the big day of the citizenship interview, clients must correctly answer six of ten of the 100 Questions asked by a USCIS officer. They also respond to questions about their application and are tested on reading and writing in English. When they pass, students attend a naturalization ceremony where they take the oath to become a citizen.

Last year, over 75% of ACRS clients became U.S. citizens! They can now vote, run for office, receive benefits, and apply for family members to join them in the U.S. New citizens find a new sense of security and lose the fear of deportation or exploitation. We’d like to thank all those who support these efforts as we help people fulfill their dreams of becoming U.S. citizens.

¹ The Constitution.
² Twenty-Seven.
³ War of 1812, Mexican-American War, Civil War or Spanish-American War.
⁴ Woodrow Wilson.
Our Elders at Risk
Connecting Seniors to Services

Many Asian American and Pacific Islander immigrant and refugee elders live in poverty and are unemployed. They face cultural and linguistic challenges associated with their experience and minority status within the larger community. These elders need help.

The 2010 Census data for Seattle revealed that AAPI residents are the largest minority group in Seattle, currently around 14%. According to the City of Seattle, AAPI seniors experience poverty at a staggering 23%. Compared to other minority elders age 60 and above, AAPI seniors are the second most likely racial group to be poor. (See graph below.)

Additionally, 87% of the AAPI elders are foreign born, approximately 85% speak a language other than English as their primary language at home, and 43% indicate that they speak English “less than well”. These older immigrants—who often came to the U.S. to reunite with their families—are particularly impacted by the difficulty of finding citizenship classes in their native language. Language barriers also create obstacles to accessing public assistance, and is further compounded by eligibility limitations based on their citizenship status.

Even though 74% of Seattle AAPI elders hold a high school degree or higher, they have been unable to practice their chosen professions in the U.S. due in part to discrepancies in credentialing systems between the U.S. and their country of origin.

Poverty added to a disconnect from the mainstream culture often leads to social isolation and exacerbates the cycle of poverty. ACRS combats this problem by connecting seniors with cultural navigators who are caring bilingual professionals that provide information on available resources. Club Bamboo at ACRS as well as our five other ethnic senior meal sites in King County are often recommended. These sites provide the opportunity to gather for nutritious, hot, ethnic meals, as well as access to a range of ability-appropriate activities and services to improve the health and quality of life for seniors.

ACRS’ Aging and Adult Services addresses the challenges low-income AAPI seniors face by providing easy access to culturally and linguistically appropriate information and services. Last year, we helped 6,769 AAPI elders remain independent and healthy. Through these programs, seniors improved their physical, social and emotional well-being.

AAPI Seniors in Seattle:

<table>
<thead>
<tr>
<th>Language and Background</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Speak English &quot;less than well&quot;</td>
<td>43%</td>
</tr>
<tr>
<td>Primary language other than English</td>
<td>85%</td>
</tr>
<tr>
<td>Foreign Born</td>
<td>87%</td>
</tr>
</tbody>
</table>

Senior Poverty Levels by Ethnicity in Seattle:

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>7%</td>
</tr>
<tr>
<td>Alaskan Indian/Native American</td>
<td>19%</td>
</tr>
<tr>
<td>African American</td>
<td>20%</td>
</tr>
<tr>
<td>Asian American &amp; Pacific Islander</td>
<td>23%</td>
</tr>
<tr>
<td>Latino</td>
<td>24%</td>
</tr>
</tbody>
</table>

Source: City of Seattle 2013 Aging and Disabilities Services Report
The threat of hunger in our communities is real as immigrant children in the area rank among the highest at-risk. In 2013, more than 5,400 people relied on the ACRS Food Bank to get enough to eat on a daily basis; most were children under 18 or seniors over 65. As one of the most visited food banks in King County, we provide food and produce that regularly meet Asian American and Pacific Islander ethnic dietary needs.

This past June, more than 1,000 people gathered in Seattle’s Seward Park and joined the fight against hunger. Thanks to friends, family, churches, temples, businesses, sponsors, and community leaders, *Walk for Rice* raised $271,848.45.

In our second year of partnership with CenturyLink’s national food drive match program, ACRS was selected to receive a portion of one million dollars shared with food banks throughout the country. Over a two week match period, which included online marketing and a series of CenturyLink “Match Days” fundraisers organized by community members, we earned a CenturyLink match donation of $79,240.45 for funds raised and 2,850 pounds of food donated.

It is truly the teamwork of all *Walk* participants, donors and volunteers that keeps our food bank running. No matter how participants choose to take part, their gifts directly benefit more than 5,400 individuals who make more than 120,000 total visits each year. This support is vital to our ability to provide nutritious and culturally familiar food and produce.

Plan ahead for the 25th Annual *Walk for Rice* in June, 2015, so more families can be served by the ACRS Food Bank. Consider making a special 25th anniversary effort in honor of Herb Tsuchiya and Sam Mitsui, the *Walk for Rice* founders who have helped organize this event every year for the last 24 years. You can form a team and then challenge others to a friendly fundraising competition. Another great way to support the next *Walk* is to ask your company to start a team and become a sponsor. Together, we can reduce hunger in our community.
Walk for Rice Sponsors

SPECIAL THANKS TO EMCEES: KIM HOLCOMB, KING-TV & DEREK WING, BASTyr UNIVERSITY
CHINN CONSTRUCTION, LLC | DORSEY & WHITNEY LLP
PEPSI | PERKINS COIE LLP | SWEDISH MEDICAL CENTER

Sponsors:

1. Chinn Construction, LLC
2. Dorsey & Whitney LLP
3. Perdise Coie LLP
4. Swedish Medical Center
Healthy Food Movement

Thanks to all the participants, sponsors, and volunteers at Walk for Rice this year, the nearly $272,000 raised has allowed for a few upgrades in the food bank and nutrition programs. The increased funding has allowed ACRS to join the “Healthy Food Movement” and distribute more wholesome foods to the communities we serve. In 2014, the food bank has seen an increase in clients and has thus far served over 6,000 individuals!

We regularly supply culturally appropriate foods as well as provide an average of two pounds of rice per family each Wednesday and Friday. Now, our food bank is able to buy and serve non-genetically modified, pesticide free, organic vegetables. We are happy to purchase these vegetables from Lee’s Fresh Produce, a longtime partner of ACRS. This Asian-owned family business is located in Kent, Washington, just 20 minutes away. They offer bok choy, cabbage, pea vines and other familiar vegetables that our consumers enjoy.

Food bank clients have consistently asked for more high-protein choices, which can be expensive. Because of the increased support, however, we are proud to say that we can now provide an assortment of nutritious and delicious canned fish, including mackerel, salmon, and tuna. We are able to provide tofu, eggs and healthy peanut butter as well.

Last but not least, 25% of the rice distributed is now brown rice, which is also more expensive but has been proven to be more nutritious. Club Bamboo has also started serving a white/brown rice mix during its meals. These new options have been well received by both food bank clients and Club Bamboo members.

The Healthy Food Movement at ACRS is a direct result of the increased funding raised through the Walk for Rice. On behalf of all those we serve through the food bank and nutrition programs, thank you for your support.
Creating a Healthy Dialogue in the Community by Ling Chua, LMFT

Beyond the often composed outward appearances in our communities, there sometimes lurk stories of distress and despair that even seemingly privileged families hesitate to acknowledge. Among these are the stories of a rapidly growing population of Asian and Pacific Islander immigrants, many of whom are stereotypically seen as stoic high-achievers.

The model minority stereotype is still very much alive. We live in a society where work and school accomplishments indicate a well-adjusted life, where “keeping up with the Joneses” takes precedence over emotional well-being. As a result, individuals and families who experience psychological issues such as depression, anxiety, trauma and relationship difficulties may not have the awareness or language to talk about them. Add to that the cultural stigma of mental illnesses, and many issues go unaddressed or undetected until they become severe. In some tragic cases, it becomes too late to intervene, such as when undiagnosed depression ends in suicide.

How do people who epitomize success by western society’s measures overcome cultural stigma and acknowledge the psychological distress they experience? Here are two real stories that illustrate the opportunity for assistance.

• Shun emigrated from China in 2012 for a job in the greater Seattle area. Despite having a doctorate and a highly successful career that was the envy of her peers, Shun felt socially isolated and suffered from panic attacks. When thoughts of suicide finally drove her to seek medical help, a doctor referred her to a mental health counselor. For the first time, she learned about depression. Until then she had not thought much about her psychological well-being aside from the occasional stress she experienced from school and work. It had not occurred to her that lifelong pressure to perform, a change in environment and cultural expectations of her as a single 32-year-old woman could converge to create an identity crisis that pushed her to the brink of a mental collapse.

• Kai is a high school senior in a prestigious school on the Eastside. As a first generation Asian American, he faces tremendous pressure to keep up his grades so he can get into medical school. His middle-class immigrant family has given him all they could in the hope that he will one day make them proud with a highly reputable profession. Kai became severely depressed and eventually told his counselor, “I can’t make my parents understand that all I ever want to do is teach history. They say they love me but they just don’t listen to what I want.”

Stories like Kai’s and Shun’s are not uncommon today. Like many immigrants, their families came to the U.S. for better opportunities. However, their successes often mask untold struggles and pain.

Although insurance companies now standardly cover mental health services, these benefits alone cannot connect people like Shun and Kai to therapy services they need if we ignore their needs or allow cultural stigma to shame them into silence. It is up to all of us to actively participate in promoting mental and emotional well-being by creating a healthy dialogue about issues such as depression, anxiety, and trauma.

ACRS Therapy Associates [TA] is safe place to talk with culturally and linguistically competent licensed mental health counselors and therapists familiar with the therapeutic and wellness needs of our Asian American and Pacific Islander communities. With offices in both Seattle and Bellevue, most insurance plans are accepted along with a sliding scale fee structure for clients who would like to pay on their own.

TA promotes mental health through therapy that respects differences and values diversity, and offers a combination of Eastern and Western approaches sensitive to the unique needs of each individual, couple and family. The more we can support the importance of mental and emotional health, the easier it will be for our communities to talk about their needs and lead happier, more fulfilling lives.

Community workshops and individual or family counseling appointments are available. For more information or to schedule a consultation, please call ACRS’ Therapy Associates at (206) 695-7511.

Much of this article was excerpted from an op-ed column of the International Examiner found at www.iexaminer.org.
Thank You 2014 Donors!

Corporate and Philanthropic Supporters
We gratefully acknowledge the following gifts received as of November 5, 2014.

AMC Cares Charitable Fund • Argosy Cruises • The Arthur J. Gallagher Foundation • The Benevity Community Impact Fund • CenturyLink Clarke M. Williams Foundation • Chateau Ste. Michelle • Chihuly Garden and Glass • Comcast Foundation • The Comedy Underground • Dimitriou’s Jazz Alley • Failes Foundation Trust • Flo Japanese Restaurant • First Student Inc. • Fran’s chocolates • Frey Buck, P.S. • FSI Consulting Engineers • Gary Community Investment Company Employee Fund • Gerrard Beattie & Knapp LLC • Gina Hasson LLC • Give With Liberty Employee Donations • International Examiner • Ivar’s and Kidd Valley Restaurants • John Howie Restaurant Group • Kawabe Memorial Fund • KeyBank Foundation • Korean Senior Club of Seattle • Ling & Liang, PLLC • Ling Shen Ching Tze Temple • Marguerite Casey Foundation • MAZON: A Jewish Response to Hunger • McMenamins Pubs and Breweries • Microsoft • Molly Moon’s Homemade Ice Cream • Morgan Stanley • Nomiku • OCA – Greater Seattle • Odyssey Enterprises, Inc. • Oki Golf • Palm-Tours and Travel • Personalized Nutrition Center of Bellevue • Pier 39 • Puget Sound Academy of Karate • Rapport Benefits Group • Safeco Insurance Fund • Seattle Chinese Community Girls Drill Team • The Seattle Foundation • Seattle Institute of Oriental Medicine • Seattle Kokon Taiko • Seattle Mariners • Seattle Open Door Church • Seattle Seahawks • Seattle Sounders FC • Seattle Theatre Group • Seattle St. Clouds-Hockey Club • Seattle Times Fund For The Needy • The Seneca Real Estate Group • Sheraton Boston Hotel • Sheraton Seattle Hotel • Seattle International Film Festival • Southwest Airlines • Spic n’ Span Cleaners • T.D. Wang Advertising Group • Tuesday Ladies Blaine Memorial • UMC Union Bank • United Technologies • UnitedHealthcare Medicare Solutions • U.S. Xbox Marketing Team at Microsoft • W Seattle • The Westin Bellevue • The Westin Portland • Wing Luke Museum • The You Family Charitable Fund.

Community Supporters
We thank the individuals listed below for donations received as of November 5, 2014.

Bernard Abiola • Terry Acena • Dennis Adams • Joan Adams • Kerri Adams • Sylvia Adams • Joseph Adriano • Randon K. Aea • Jenifer Afall • Flo Afalla • Geraldine Afalla • Liza Afalla • Jennifer Agustin • Vivian Ahlers • Hye Ja Ahn • Anapuli Aho • Mele & Maloni Aho • Fusako Akimoto • Kim Akimoto • Andrea Akita • Bill & Bess Albert • Tugi Aldar • Nathan & Ruby Hou Alexander • Raul Alidcan • Dan Allen • Patti Allen • Jamalah Allistot • Mary Gladys Almeida • Sara Alvarado • Pam Amado-Demagajes • Leslie Ambrose • John Amnell • Janet St. Clair • Brian Andersen • Brenda Anderson • Jacqueline Anderson • Monica Anderson • Graydon Andrus • Santa Anigo • Donald & Sharon Ankey • Janna Annest • Russell Aoki • Ritchie & Salome Apellanes • Brian Appleget • Lisa Apsy • A.J. Aquino • Joey Aquino • Serafin Aquino • Wendy & Bernie Aquino • Archit Archit • Yolanda Ardenia • Marie-Renee Arned • Charyl Arnhold • Helen Arrowsmith • Ricardo Arruyo • Ron & Barbara Asahara • Yumi Asahara-Vicki Asakura • Bruce Asamoto • David Asamoto • Toni Asamoto • Joey Ashton • Vanessa & Kevin Au Tamura • Jason Auten • Nathaniel Avery • Lani Aviado • Pete Baird • Jon Baker • Shelley Baker • Denise Bakken • Kristi Bala • Shelly Balch • Linda Bann • Micheline Barai • Dan Baraiuot • Evan Baraiuot • David Barnes & Alice McLean Barnes • Candace Barron • Carol Ann Barrows • Julie Bartholomew • Colin Bartz-Overman • Kumi Baruffi • Billy Batalon • Christopher Batalon • Teresita Batayola • Sonia Bauduy • Clara Beard • Eva Bauduy • James Becker • John Chen Beckwith • Beverly & Jim Beer • David Tetsuo Beer • Justine Beer • Keiko Beer • Larry & Melissa Beer • Sambot Bebera • Barbara Bell • Brian Bennett • Nancy Bennett Evans • Chris Bentley • Ruth Berge • Amy Bergstrom • Brian Bergstrom • Kathy Bergstrom • Mike Bergstrom • Virginia Berninger • Greg Beroth • Aiko Betheia • Gilleline Beyer • Hazel Bhang Barnett • Maura Bibit • Chuck Blow • Daniel Bintov • Charles & Daphne Blair • Walter Blassan • John Blatchford & Mun Hee Han • In honor of Cornell Cebrian • Marlene Blessing • Gerald & Elsa Bloedow • Otto Bloedow • Mali Bodi • Robert Bohner • Michael Bolasina • Constance Bollen • Valerie & David Bone • Mr. & Mrs. Charles Bookman • Jonathan Boone • Irene Botero • Sandie Bowers • Marilyn Breiding • Thomas L.G. Brier • Linda Briggs • Kathryn Brischle • Etchika Broberg • Stephanie Brommer • Leon Bronfin • Marissa Brooks • Michael & Linda Bross • Patti Brown • Ray Brown • Sherman Brown & Susan Scott • Thelma Brown • Joel Brust • Keely Bryant • T.A. Buck • Richard Bueno • Venice Buhain • Britton Bui • Khanh Bui • Bernadette Bulanac • Liza, Chris & Desmond Burell-Mack • Judy Burke • Dave Burns • Lindsay Burrows • Roger Bush • Anna Butler • Jerry Butler • Michael Byun & Mike Johnson • Riza Caasim • Jennifer Cabiao • Lindsay Cael • Emilina & Carlos Cagaanan • Gumercinda Calacat • Nellie & Nat Calacat • Susan & Samuel Calacat • Carlo Caldirola-Davis • BiHoa Caldwell • John Campbell • Brenda Campbell • Mr. & Mrs. Campbell • Ben Cantrell • Michael Carley • Tracey Carnate • Nikki Carsley • Jeraldine Carwile • Tom Cary • Matt Case • Epifanio & Ma. Consolacion Pita Casio • Chris Casquejo • Debbie Castillo • Maricres Castro • Salvador B. Castro • Emma Catague • Mario Cava • Coral Cebrian • Joe Cha • Katherine Cha • Tae Hyun Cha • Aaron Chan • Edward Chan • Elizabeth Chan • Gloria Chan • Justin Chan • Rebecca Chan • Sharon Chan • Walt Chan • Anders & Stephanie Chan-Tideman • David Chang • Korey Chang • Steven Chang • Diana Chao • Erica Chao • Kevin Chao • Isabella Chappell • Christine Chau • Benson Che • Sieu Che • Phala Chea • Alan Chen • Allen Chen • Connie Chen • Harley Chen • K.C. & Sue Chen • Lisa Chen • Xiangping Chen • Alexis Cheng • Tony Cheng • Gye Woon Cheon • Norman Cheuk & Mito Alfieri • Karman & Rani Cheung • Mei Cheung • Ben Chew • Donna Chow • Joyce Chew • Ron Chew • Jerry Chiang • Marjorie Chick • R. Bobby Chien • Alec Chiu • Amanda Chin • Melinda Chin • Roger & Becky Chin • Stuart Chin • Warren Chin • Mark Chinen • Allan Chinn • Ling Chinn • Rick & Betty Chinn • Wally & Deanna Chinn • Eun Soon Cho • Fred Choi • Joseph Choi • Yongbai Choi • Yooi Choi • Yong Chon • Angelie Chong • Keith Chong • State Representative Frank Chopp • Douglass & Sharon Chow • Mark Chow • Vivian Chow • Leslie Christen • Jeffrey Christianson • Ling Chua • Alan Chun • Alexandra Chun • Daniel & Sarah Chun • Wuhye Chun • Angela Chung • Anne Xuang Clark • Alfredo Claro • Vergel Clavel • Amy Cleger • Karen Cobb • Francois Coffinieres • Allison Cole • David Collett • Cathy Collins • Susan Collins •
Kroon • Thanh Ksr • Nathan Kuik • Richard Kuipers • Ajay Kumar • Therese Kumasaka • Carolyn Kunihito • Ken Kurata • Fumiko Kurose-Bretzke • Sachiko Kusachi • Michaela Kusumi • Ruth Kverndal • Chung Kwan Yau • Imelda & Julius Labrador • Katie Lac • Phan Lac • Susan LaGreca • Hanh Lai • Tracy A. Lai • Scott Laing • Lawrence Lam • Judy Lam Maxwell • Jim Lamourea • Christopher Lanterman • Wayne Larrabee • Fai Lau • Harvey Lau • JoAnn Lau • Grant Laughlin • Sumi Lavin • Barbara Lay • Fred Le • James Le • Johnny Le • Minh Le • Nancy Le • Phi-Du Le • Phong Le • Phuong Le • Trang Le • Adam Ledyard • Benjamin Lee • Bo Lee • Che Won Lee • Cheryl Lee • Conwin Lee • David Lee • Don Lee • Eleanor Lee • Gwen Lee • Helen Lee • Hyun Joo Lee • J. Lee • Jae Lee • Jerome Lee • Joyce & Timothy Lee • Judd Lee • Justin Lee • King-Hwa Lee • Linda Lee • Mai Lee • May Lee • Michelle Lee • Naruyung Lee • Neva Lee • R. Lee • Stephen G. Lee • Steve & Joanne Lee • Susan & Seung Shik Lee • Tom & Helen Lee • Vanessa Lee • Yung Lee • Susan Lee-Anderson • Brad Lefton • Charles Lei • Joy Lei • Owen Lei • Henry Leong • Harry Lerner • Valerie Lessniak • Yin Ling Leung & Shaibai Roy • Arthur Lew • Sylvia Lew • Wing Lew • Clinton Lewe-Song • Philip Lewis • Annie Li • Daisy Li • Gail Li • Julia Li • Nicole Li • Shuk Ng Li • Yingyi Li • Alice Liang & Greg Leung • Jeffrey Liang & Helen Ling • Yunwei Liang • Courtney Lilly • Jung Lim • Nolan Lim • Charlotte Lin & Robert Porter • Dr. Kristine Lin • James Lin • Jane Lin • Jefferson Lin • Tana Lin • Linda Lindley • Helen Ling • Leroy Lirswan & Megan Smith • Timothy & Loretta Little • Charles Liu • Dr. & Mrs. Steven Liu • Tony Liu • Youzi Liu • Betty Lo • Lynn Loacker • Dennis & Carrie Lock • Marvin Lock • Stephenie Lock • Terri Lock • Kristina Logsdon • Heathere Lojero • David Buon Long Tran • Christine Loredo • Andrew Lorenz • Linda Lorentz • Yuyan Lou • Dana & J. J. Loui • Andrea Louie • Linda Louie • Serena Lowe • Sarina Lowe • John Lowrance & Adele Maruo • Fo-Ching Lu • Wilson Lu • Angelita Lubag • Tuya Luehr • Eva & Rogers Lui • Jocelyn Lui & Carter Belleau • John Lui • Kin-Hung Luk • Bettie Luke • Jackson Lum • Karen Donna Lum • Rowena Lum • Meredith Luna • Kim Lundgreen • Les & Linda Lung • Huey Luu • Ahn Ly • Diem Ly • Syuymeng Ly • Lyndsey Lynch • Margaret Lynch • Ken Lyons • Anita Lyter • Ryan Mackey • Matt MacLean • Sharon Maeda • Don Maekawa • Neel & Sasmita Mahapatra • Claire Makins • Cyrus Malapajo • John Malcomson • William & Laurel Malcomson • Renee Malkey • Cheryl Malone • Harry Mamallo • Carlo Manaigos • Pamela Mancano • Robin Mar • Sue Mar • Susan Mar • Frankie Marazzi • Jocelyn March • Raidy Mariano • Genjo Marinello • Kate Marler • Carl Marquardt • Todd Martin • Teresa Martinez • Shaney Marvin • Lynda Mathews • Michael Mathewson • Nasiroh Mathno • Tagoipah Mathno • Kathy Matsuda • Lori Matsukawa • Akemi Matsumoto • Denise Matsumoto • Patti Mau • Chuck Maurer • Jim Mauro • Larry Mayer • Chris Mayo • Charlie McAtee • Arlene McBride • Carole McCloskey • Vincent McDonough • Thomas McFarland • Frances McGold • Roberta McGillivray • Laurie McGlothlin • James McGuire • John McKibbin • Paula McMillan • Victoria McMann • Neil McNight • Deanne McQuarrie • Sierra McWilliams • Kara Mealy • Melissa Mecham • Cheryl Meckley • Stacey Kobayashi • Christopher Melchior • Erica Mendoza • Krishnan Menon • Ravi Menon • Amy Merten • Michele Metivier • Collin Meyer • Gabe Meyer • Pamela Meyer • Mien WAPA Group • Mary Mihara • Ayako Miki • Steve Millard • In memory of Cornell Cebrian • Anita Miller • Kenneth Miller • Nadya Miller • Jessica Mills • Emily Min • Patrick Minkin • Douglas Minsker • Sam Mitsui • Nancy Mitsui Frederick • Nadine Miyahara • Paul & Seiko Miyahara • Don & Lynn Mizokawa • Roger Kenichi & Carole Lynn Mizumori • Roger Mizumori • Sheri Mizumori • Victor Mizumori • Don & Chris Mochel • Tutonu Moe • Annamaria Molinaro • Ken Molsberry • DiAnn Monterminay • William Monto • Ryan Morales • Naramon Moraras • Kenzo & Carol Moriguchi • Kevin Moriguchi • Thomas Morio • Leslie Morishita • Jilan Morris • Jennie Morrison • Akson Mountlany • Lily Mountlany • Eva Moy • Ramesh Muddaraj • Matthew Mulder • Bente Mulltally • Pamela Mullins • Josephine & Joy Mumpar • Ramelo Munoz • Mark Murgittroyd • Emily Murphy • Irawaty Muturi • Patrick Muturi • Nicholas Muy • Arlene Nagawan & Annie Atherton • Shirley Nagawan • Barbara & Dick Nagaoka • Mark & Debbie Nagasawa • Allen Nakamoto • JoAnn Nakamoto • June Nakamoto • Marci Nakano • Sachiko Nakano • Robin Nakashima • Harvey Nakay • Frank Namb • Alan Nance • Jennifer Nance • Manoj Nanda • Sukanta Nanda • Carol Narasaki • Karol Narasaki • Satyajit Nath • Yinod & Christy Nazareth • Kristin Nelson • Ramsey Ness • Andy Nesse • Monica Ng • Sharon Ng • Lydia Ngi • George Ngiam • Muoi Ngo • Binh Nguyen • Deidra Nguyen • Jeanne Nguyen • Kathy Nguyen • My-Linkh Nguyen • Pei Chin Nguyen • San Nguyen • Thanh Nguyen • Thu-Van Nguyen • Toan Nguyen • Truong Nguyen • Truyen Nguyen • Vi Nguyen • Vivian Nguyen • Wendy Nguyen • Tim Nickell • Eliot Nighbur • Jili Nishi & Howard Nakase • Garfield & Michele Nishiohka • Jane Nishita • L.K. Nishi-Wong • Mabel & Akio Nishizaki • Sandy Nisperos • Donna Nobuyama • Stacey Norasinh • Charyl Norwood • Tom Nuss • Andy Nystrom • David O. • Mike O’Brien • Rebecca Ocampo • OCEAN and NIU Groups • Jody Oden • Papen O’Farrell • Cindy Ogasawara • Candas Od • Patrick Oishi • Sokunthea Oh • Richard Okabe • Carol Okano • Janie Okawa • Nancy Okawa • Matthew Okazaki • Scott Oki • David Okimoto • Alexandra Olins • Steven Olswang • Michael O’Neill • Rev. Sam Osborne • Yong & James Oshtie • Mie Otake • Frederica Overstreet & Gordon Hicks • Sunkie Oye • Kathryn Paananen • Pilar A. Pacheco • Denise Page • Joel Pajet • Esterlita Pahang • Joy Pahang • Alan Painter • Bonna Pak • Samantha Pak • Bill Palmer • Densley & Joyce Palmer • Teresa Pan • Alice Pang • June Pang • Susan Papanikolas • Andrew & Carin Parcel • Bo Park • Daniel Park • Heyong Park • Jang Soo Park • Sue Park • Jeb Parr • Elaine Pascau • Ernest Pascau Jr. • Janet Payton • Amy Pearson • Joelene Peebles • Alison & Roger Pense • May Peria • Dustin Peskurki • Robin Plohm • Hong Pham • Jonathan Pham • Michelle Pham • Quyen & Anh-Ngoc Thi Pham • Shannon Pham • Trong Pham • Kenneth D. Phan • Linh Phan • Tuyet Phan • Jennifer Phang • Hugh Phillips • Tim Phillips • Jerry Phommarath • Tong Phum • Thongchai Phutakitan • Emerald Piedad • Gertrude Pierick • Elizabeth Pierluissi • Daphne Piggee • Jayadev Pillai • Eric Pingolt • Carla Pizzaro • Marc Platt & Esther Wong Platt • Joshua Pluger • Odette Polintan & David Della • Keri & Tom Pollock • Lauren Pope • Leah Pope • Claudia Potter • Lucy Potts • Jamie Powers • Linda K. Powers • Elizabeth Prather • Eric Premo • Jamie Price • Kathy Price • Marlene Price • Cartlene Pride • Luan Pritchard • Mary Pugh • Mei Puloka • Seini Puloka • Kathleen Purcell • Donna Quach • Luan Quach • Karen Queen • Chefs Geo Qubuyen & Chera Amlag • Therese Quig • Lisa Quinn • Kamini Raghavan • Debra Ramsey • Marcia Randolph • Jarrid Ranes • Birgit Ratchford • Conrad Ravena • Dennis Raymond •
Joanne Hjort • Jillian Redenso • Rita Reed • Cameron Reith • Christine Ren • Dawna Rhodes • Steven Ringold • Cristina Roark • Amado Robano • Spafford Robbins • Starling Reaves • John Robertson • Frederick M. Robinson • Anita Rodgers • Celia Rodriguez • Liliana Rogers • Ronald Rollette • Robin Rolstad • Lila Ropeta • Amy Rosine • Anita Ross • Jan Runguangkonkit • Thomas Cary • Cindy Ryu • Chan Saelee • Sandra Sakai • Tom & Bev Sakamoto • Nualiach Sakchalathorn • Nui Sakchalathorn • Lilian Sako • Miguel Saldin • Angelo Salgado • Howard Salisbury • Lucas Salle • Samoan Wellness Group • Abdohamid Samoun • Daniel Sams • Kiko Sanders • Trudy Sano • Bob Santos & Sharon Tomiko Santos • Jerome Santos • Lisa Sargent • Mathew Sargent • Robert James Sargent • Christopher Sasaki • Lucy Sato • Ray & Traci Sato • Robert Sato • Jeffrey Saul • Vorada Savangseuksa • Tautia & Sili Savini • Sabine Saway • Anubhuti Saxena • Craig Schiefer • Cambria Schmidt • James Schmidt • Sachi Schmidt-Hori • Daphne Schneider • Jeffrey Schoening • Jacob Scholl • Jeffrey Schroeder • Bill Scott • Phillip Scott • Anthony Scribner • Seattle Korean Elder Association • Che Sehyun • Joen Selvig • Raj Seshasankaran • Rachel Sessum • Susan Seymour • Ketu Shah • Nicolette & Drew Sharp • Jeff Shaw • Kindle Shaw • Brian Shea • Dr. Peter Shelley • Roxanne Shepherd • Craig & Umi Sherman • Susan Brown & Scott Sherman • Suraj Shetty • Dennis Shibata • Karl Shibayama • Stanley Shikuma & Tracy Lai • Bob Shimabukuro & Alice Ito • Shirley Shimada • Jung-Ah Shinn • Fran Shintaku • Rie Shintani • Mary Shaw • Debbie Siah • Monica M. Sillan • Kelly Sim • Kyle Sims • Prassanee Sirisopana • Phillip Sil • Polly Sla • Adam Smith • Congressman Adam Smith • Bruce Smith • John & Cathy Smith • Sharon Smith • Chin Wan Soo • Connie Soo • Rich Sohn • Vivian Sohn • Chef Mitsuko Soma • Crystal Song • J.L. Song • Shari Song • Janet Soo Hoo & Rea Ah Bloedow • Laurie Sorensen • Mary Souriyavongsa • Jonah & Lisa Spangenthal-Lee • Margaret Spearman • Hiroko Spees • Bessie Spencer • Alisha Standeford • Cara Stanfield • Tara Staten • Brooke Stegmeier • Eileen Stenhoff • Judy Stenhouse • John Stentz • Charlie Stock • Kamala Stokes • Donna Stoltz • Kim Storms • Prestina Stull • Richard & Rowena Styles • Richard Styles • Amina Ghadhar Suchoski • Stefani Sugihara • Anellise Sullivan • Collin Sullivan • Sherrill Sullivan • Harry & Eunhee Sumner • Vivian Sun • Anjana Sundaram • Ken Sunoo • Ramamurthy Suress • Dan Sutherland • Paula Suy • Linda Syamaya • Michael Wanderer & Janice Suyehira • Sonya Szwoboda • Joanne Swanson • Donald Swartz • Aggie Sweeney • Lois Svenson-Grundt • Kwang Synn • Ann Tabasinske • Randy & Cheryl Tada • Rich Tada • Wendy Tada • Sitiveni Taimi • Emiko Tajima • Kosuke Takahashi • Y. Takahashi • Veil Takai • Thomas & Akari Takayama • Stacy Takea • Jiro Takisaki • Vicky Tam • Wing Lam Tam • Josephine Tamayo Murray • Dennis Tran & Paul Tamura • Glenn & John Tamura • John C. Tamura • Ken Tan • Li Tan • Charles Wu • Wendy Tan • Ellen Tanaka • Peggy Tanemura • Gary Tang • Lorinda Tang • Manh Tang • Nguyen Th - Thu Tang • Taniguchi • Terrie Tanino • Myra Tanita & Peter Young • Yolan Tanner • Kenneth & Kinoh Tan • David Tashima • Paul Tashima • William Tashima • Dennis Tat • Rose Taylor • Samuel Taylor • Laurie Tazuma • Jenny & Ward TeGrotenhuis • Sister Emerita Tejano • Suzuko Terada • Victoria Terao • Laura Thai • Tran Thai • Soussad Thavongsa • Michael Theisen • Alka Thi • Allen Thi • Andy Thien • Erin Thompson • Marshall Thompson • Joy Thomson • Kathleen Tiberio • Margaret Tilden • Benjamin To • Tosh & Dolly Tokunaga • William Tom • Annette Tomkins • Hai Ton • Jonathan Tong • Alex Torres • Alula Torres • Candace Toth • John Totura • Dori Towler • Edward Toyoji • Mariko Toyoji • David Tracy • Annette Tran • B.T. Tran • Hai Tran & Anh Vo • Jody Tran • Kim Tran • Kim-Ngan Tran • Linh Tran • Nhat Tran • Peter Tran • Tran-Giang Tran • Ty Tran • Lisa Treder • Olympia Trumbower • Kia Truong • Nancy Truong • Joyce & Peter Tsai • Karen Tsang • Sherwin Tsao • Joyce Tseng • Herb Tsuchiha • Christine Tsui • I-Chang T.U. • I-Chin Tu • Mandy Tu • Trang • Gregory Tuai • Rachita Tulysan • Ming-Ming Tung-Edelman • Erick Turner • Patricia Twomey • Christina Twu • Toby Tyer • L. David Tyner • Joel Uchiyama • Annabelle Udom • Eddy Uehara • Dr. Edwina S. Uehara & Michael Smukler • Susanne Umeda • Janet Ung • Wilson Ung • Yvone Ung • Samuel & Alice Uyeda • Todd & Thuy Uyeda • Tanya Vail • Christian Valencia • Fernando Van • Beth Van Fossan • Vuk Vang • Fakakla Vao • Maka Vao • Marty Vaughan • Fernando Vega & Martina Koller • Joseph Veth • Shirin Velji • Sid Venkatesh • Claudia Vernia • Marissa Vichayapa • Huyinh Vich • Chef Edward Villacorta • Heather Villanueva • Kali Mitho Vinayagamoorthy • Terri Vispo-Cuba • David Vo • Phung Vo • Thanh-Van Vo • Tony Vo • David Von Gehr • David Vong • Sergei Vorobev • Cuc Vu • Lee Vuongenes • Pran & Santosh Wahl • Philip Wahl • Gloria Wakayama • Lisa Wakida • Amanda Walden • Rachel Walker • Beatriz Wallace • Gregory Wallace • Laura Watson • Michael J. Wanderer • Cha-Chi Bonnie Wang • George Wang • Grace Wang • Linda Wang • Su-Ching Wang • Margaret Warnick • Louis Watanabe • Shizue Watanabe • Kimberly Waters • Mike Waterson • Wedgwood Elementary School • Carol Weisbecker • Kathleen Weiser • Susan Wells • Misha Werschuk • Isabel Wersen • Keaton Wersen • Mattey Wilcher • Debra Wilcox • Marian Wilcox • Stephen Willey • Dawn Williams • Maria Williams • Monica Williams • Amy Williams-Derry • Laura Williams-Nez • Demetrious Wilson • Shelli Wilson • Jennifer Winchester • Alvin Wing • Eun-Young Won • Amber Wong • Allyson Wong • Amelia Wong • Barb Wong • Benson Wong • Brian Wong & Cindy Gok • Darryl Wong • Dean Wong • Dorothy Wong • Ed Wong • Faye Wong • Fely Wong • Francis & Beverly Wong • Jean Wong • Juliana & Bill Wong • Linda Wong • Patrick Wong • Wilfred Wong • Winnie Wong • Xavier Wong • Ae Wongkaew • Risa Woo • Kuini Woo-Ching • Jennifer Wood • Mimi & Ken Worzel • Howard Wong • Jacqueline Wu • Jane Wu • Jon Wu • Wendy Wu • Jo Ann Wuitschick • Dave Wyland • Amy Wyman • Dennis Yabes • Surna Yagi • Patrick Yaguchi • Shizue Yahata • Keith Yamaguchi • M. Jim Yamaguchi • Bruce Yamamoto • Pearl Yamamoto • Junko Yamazaki-Sangeslet • Jena Yang • Sung Yang • Pam Yates • Christine Ybarra • Christopher Yee • Diane Yee • Jeannie Yee • Wes Yee • Ruth Yeomans • Dean Yip • Linda Yeung • Jin Yi • Joseph Yi • Sun Yi • Sung Yi • Serena Yin • Amy Yip • Gordon Yip • Joyce Yip • Wing Yi Yip • Yuen Ching Yip • Larry Yok • Teresa Yoneyama • Ilsop Yoon • Annabelle Yoshikawa • Kashi Yoshikawa & Anabel Udom • Kentaro Yoshikawa • Keri Yoshimura • Kris Yoshizawa • Anni Yoshizumi • Diana Young • Jennifer Young • Parastou Youssefi • Annie Yu • Arty Yu • Dae Yu • Marco Yu • Mary Yu & Susan Secker • Tileala X. • De & Arty Yu • Michael Yu • Lillian Yuen • Gensho Yukawa • Vivian Yun • M. Zaboukos • Maria Zazycki • Julia Zee • Jiamin Zeng • Joey Zhang • Katie Zhao • Lei Zhao • Joyce Zhou • Li Zhou • Tracy Zierra • Steven Zona.
young women who train others on the prevention of dating and domestic violence, and provided parenting support and youth mental health services.

Our Aging and Adult Services (AAS) Program served over 4,000 older adults in 2013 and expanded its culturally competent home care aide training to encompass King, Pierce, Snohomish, Thurston, and Kitsap Counties. With partnership and support from SEIU 775 Healthcare NW, AAS also began a navigator program to help King County independent home care providers complete their state mandated training and certification requirements. This is critically important because many of our AAPI seniors are cared for by independent providers who are family members who speak their language and understand their culture.

AAS also encompasses our food bank, emergency feeding, and group senior meals programs in several languages in different locations in the area. Our food bank and Club Bamboo senior meals program at ACRS now get locally grown, farm fresh, organic produce for the healthy ethnic foods they provide. The seniors also enjoy exercise, dance and art activities. The food bank served over 5,000 immigrants, refugees, and other vulnerable families.

Our Employment Program built strong partnerships with the International Rescue Committee, Neighborhood House, Jewish Family Services, Lutheran Community Services Northwest, Seattle Central College and Highline College. We helped over 1,000 clients find employment and nearly 700 get vocational training. While continuing the focus on our more established communities, we significantly increased services to the Bhutanese and East African communities as well as to mainstream clients and native English speakers. It also partnered with our Behavioral Health Program to begin the Supported Employment program for job seekers with mental illness, and partnered with our Children, Youth and Families Program as it began its Youth Job Training program.

Our Citizenship Program, which has Bureau of Immigration Assistance accredited staff, helped over 1,400 people become citizens through ten classes in six languages, and served new communities, such as Pacific Islanders. Over 75% of our students became citizens. We also help new citizens learn Western civics and register to vote.

Other civic engagement activities included annual organizing with our community partners of the statewide Asian Pacific American Legislative Day events led by the Asian Pacific Islander Coalition (APIC). These included rallies, leadership meetings with the Governor and key legislators, as well as legislative visits by participating community members. ACRS also joined with APIC partners to organize the 2012 statewide Asian Pacific American Summit, which included a gubernatorial candidate forum in 25 languages, voter registration and education. This year, ACRS joined APIC partners in a coordinated Get Out The Vote effort statewide. We are grateful to our many AAPI community organizations and coalitions for their shared leadership and organizing on all these issues.

Last, but certainly not least, ACRS transitioned to an electronic health records system. The scale of the implementation project was the electronic equivalent to our design, construction and move into our new building during a previous 5-year plan. The centralized database allows ACRS to better analyze and meet our clients’ needs as they move seamlessly through the spectrum of supportive services we offer.

As AAPI communities continue to be the fastest growing racial minority group in the nation as well as the fastest growing here in Seattle and King County, ACRS served nearly 28,000 people last year in approximately 40 languages and dialects, with lives touched across 19 counties in Washington. Just as ACRS has done throughout its history, we are looking ahead—while building on what came before—to meet the changing needs of our community. Thank you for all that you do to make our work possible.

With deepest appreciation and warm holiday greetings,

Diane Narasaki
Executive Director
Celebrate 25 Years

COMING JUNE 2015

For sponsorship information, please contact Candace Inagi at: candacei@acrs.org | 206.774.2404

To become a team captain or volunteer please contact Stephenie Lock at: stepheniel@acrs.org | 206.695.7551

Become our 25th Anniversary Title Sponsor today!
If you would no longer like to receive ACRS News or if you have an address correction, please email events@acrs.org with your name, mailing address and request.