

ACRS NEWS

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OUR COMMUNITIES

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Asian Counseling and Referral Service is a 501(c)3 nonprofit organization providing behavioral health and social services to Asian American and Pacific Islanders in King County and throughout Washington state.

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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



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IN HER OWN WORDS... MARLY'S STORY



Recovery Services client Marly says that ACRS helped give her the strength and skills to overcome adversity.

Photo by Gabe Meyer

“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



ACRS staff member Timothy Kim explains voting at the Korean Senior Club along with Xuan-Trang Tran-Thien.

Photo by Gabe Meyer

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

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



Gala participant reads about the custom-designed main dish by Chef Kristen Kish.

Photo by Hyunchul Luke Jung

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. ■

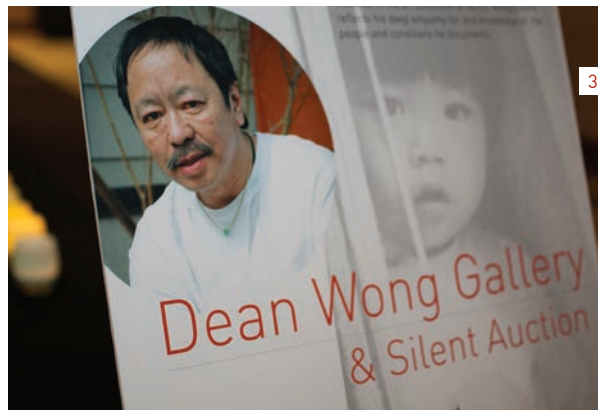
1 Gala emcee Owen Lei interviews Chef Kristen Kish on stage. 2 Fried Pancit Palabok designed by Chefs Geo Quibuyen and Chera Amlag 3 Dean Wong donated his photography for the silent auction. 4 A participant raises her paddle to support ACRS’ programs. 5 OCEAN performer Juney Nancy Maui starts the gala with song and dance. Photos by Hyunchul Luke Jung and Richard Wood.



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ACRS PROVIDES A ROAD TO CITIZENSHIP



A student in the Vietnamese citizenship class stands to answer a question on civics.

Photo by Hyunchul Luke Jung

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 UCSIS’ \$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 UCSIC 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. ■

OUR ELDERERS 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.)

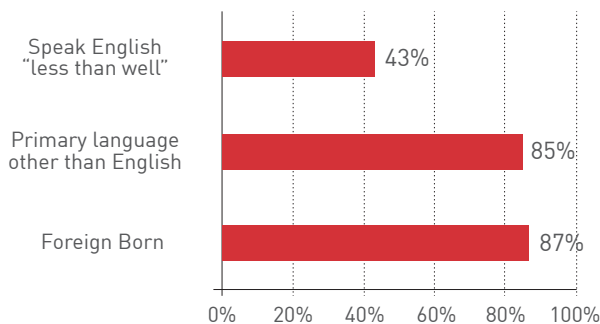
Additionally, 87% of the AAPI elders are foreign born, approximately 85% speak a language other than English as their primary language at home, and 43% indicate that they speak English “less than well”. These older immigrants—who often came to the U.S. to reunite with their families—are particularly 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.

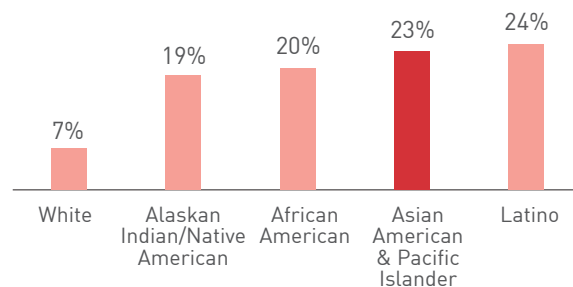
Poverty added to a disconnect from the mainstream culture often leads to social isolation and exacerbates the cycle of poverty. ACRS combats this problem by connecting seniors with cultural navigators who are caring bilingual professionals that provide information on available resources. Club Bamboo 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:



SENIOR POVERTY LEVELS BY ETHNICITY IN SEATTLE:



Source: City of Seattle 2013 Aging and Disabilities Services Report

THE 24TH ANNUAL WALK FOR RICE CONTINUES TO BREAK RECORDS TO FIGHT HUNGER



Participants enjoy the live entertainment before the *Walk* begins.

Photo by Hyunchul Luke Jung

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. ■

1 More than 1000 participants took part in this year's *Walk for Rice*. 2 ACRS' Sokunthea Ok warms up through Zumba. 3 *Walk for Rice* Organizing Committee member Kim Akimoto and Committee Chair Jeff Liang. 4 A participant gets a massage thanks to the Seattle Institute of Oriental Medicine. 5 All generations of participants are welcome! Photos by Hyunchul Luke Jung and Amanda Roth.



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HEALTHY FOOD MOVEMENT



Xiong and Christy Lee showcase their organic produce served at ACRS.

Photo courtesy of Lee's Fresh Produce

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



THERAPY ASSOCIATES

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!

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We gratefully acknowledge the following gifts received as of November 5, 2014.

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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

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