



ASIAN AMERICAN WOMEN'S COALITION (AAWC)

301-05 N. 9th Street, Philadelphia, PA 19107 / Tel: 215 922 0654 / www.aawc.us

The Asian American Women's Coalition (AAWC) is a multicultural group dedicated to the concerns of all Asian American women. The AAWC mission is to promote the advancement of Asian American women through leadership and mutual support.

"Phoenix" artwork by Sabrina Soong

The Asian American Women's Coalition

Quarterly NEWSLETTER

July-September 2009

Volume 3, Number 3

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AAWC HOSTS 3RD "SMARTIES" SEMINAR: SURVIVAL GUIDE TO GOOD HEALTH

A multi-ethnic group of about 200 participants attended the free seminar, "Survival Guide to Good Health for Smarties", organized by the Asian American Women's Coalition (AAWC) at the Geary Hall of Drexel University on October 10.



Photo from L-R: AAWC co-founders Judge Ida Chen and Cecilia Moy Yep, Dr. Timothy Fong, Dean Marla Gold of Drexel University's School of Public Health, Dr. Arthur Evans, and AAWC President Margaret Chin

Participants, mostly Asians from the Cambodian, Chinese, Filipino, Indonesian, Korean, and Vietnamese communities, benefited from health information provided by a distinguished panel of speakers.

At the plenary session, **Dr. Timothy Fong** (who heads a gambling research program in California) gave a compelling presentation on gambling addiction. **Dr. Arthur Evans** talked about services available at the City of Philadelphia to address gambling addiction and other mental health concerns.

Dr. Fong said that gambling addiction can destroy families. As an example, he related the story of a Korean immigrant who accumulated \$200,000 in gambling debts and ended up killing his 5-year old daughter and committing suicide. While gambling addiction can be debilitating, Dr. Fong said that it can be treated with medical help, as well as support from family, friends and the community.

The following topics were also covered during the breakout sessions:

- "Introduction to Asian and Mental Health" by **Helen Luu** of the Southeast Mental Health Program at Hall Mercer Community Mental Health Center;
- "Are Asians More Likely to Have Strokes?" by **Dr. Carissa Pineda** of Jefferson Hospital and **Toby Mazer** of the Delaware Valley Stroke Council;
- "Helping Our Seniors With Home Health Care" by **Im Ja Choi** of the Penn Asian Senior Services; and
- "Helping Children with Special Needs" by **Ray-Ling Hou** of Hall Mercer, **Paul Michele** of the Variety Club of Philadelphia and **Sonja McNeal** of the Shriners Hospital for Children.



The health seminar is the 3rd of the "smarties" series organized by AAWC for the community. The event was funded by The Powell Family Foundation and co-sponsored by Drexel University School of Public Health. Interpretation and translation services were provided by Quantum Translation Inc. AAWC board members and officers, led by **Margaret Chin**, AAWC president, and **Dr. Marla Gold**, dean of Drexel University's School of Public Health, helped welcome the seminar participants.

SAVE THE DATE: Saturday, DECEMBER 5 is AAWC's annual *Children's Holiday Party* at Methodist Hospital (2301 South Broad Street, Philadelphia). Party time is from 11:30 AM to 1:30 PM.

SPEAKERS AT THE SURVIVAL GUIDE TO GOOD HEALTH SEMINAR

TIMOTHY FONG, MD, is Assistant Clinical Professor of Psychiatry at the UCLA Neuropsychiatric Institute and Hospital. He completed his undergraduate and medical schoolwork at Northwestern University in Chicago. Dr. Fong was the first accredited addiction psychiatry fellow at the UCLA Neuropsychiatric Institute (2002-2004). Currently, he is co-director of the UCLA Gambling Studies Program and director of the UCLA Impulse Control Disorders Clinic and supervises trainees in the UCLA Addiction Medicine Clinic.

ARTHUR EVANS, PhD is Director of Philadelphia's Department of Behavioral Health and Mental Retardation Services (DBH/MRS), a \$1 billion health agency. In this capacity, he leads a major initiative to transform delivery of behavioral health care and mental retardation services in the city. Dr. Evans is a clinical and community psychologist. He holds faculty appointment at the University of Pennsylvania, School of Medicine. He held faculty appointments at Yale University School of Medicine and Quinnipiac University.

HELEN LUU is Resource Coordinator/Supervisor for the Southeast Mental Health Program at the Hall Mercer Community Mental Health Center. Ms. Luu is a licensed social worker and has a Master's degree in Social Work from Temple University. Ms. Luu is a member of the Board of Directors of the Multicultural Training and Research Institute, School of Social Administration.

CARISSA PINEDA, MD is Assistant Professor of Neurology at Thomas Jefferson Hospital in Philadelphia. She is a Diplomate of the American Board of Psychiatry and Neurology, and is board certified in both Neurology and Vascular Neurology. Dr. Pineda's area of interest is in secondary stroke prevention and stroke in young adults. She is a member of the National Stroke Association, Delaware Valley Stroke Council, American Academy of Neurology, and American Stroke Association.

TOBY MAZER is Founder and Executive Director of the Delaware Valley Stroke Council. She is the administrative director of Thomas Jefferson University Hospital Stroke Center and sits on the board of the National Stroke Association. She is involved in lobbying for stroke in Washington, Harrisburg and Trenton to change the way stroke is treated in the Delaware Valley.

IM JA CHOI is Founder and Executive Director of Penn Asian Senior Services (PASSi), a non-profit agency providing home care support to Asian American seniors and training in healthcare for immigrant populations, specifically as home health aide and nurse aide. Ms. Choi received her MS degree in Organizational Dynamics from the University of Pennsylvania.

RAY-LING HOU is Program Coordinator/Clinical Liaison of the Asian Child and Family Program at Hall-Mercer of Pennsylvania Hospital. In this position, she provides psychotherapy, clinical supervision and community outreach for recent immigrants and refugees. Ms. Hou is an approved supervisor of the American Marriage and Family Therapy and has over 15 years of clinical experience with children, adolescents, adults and families.

PAUL MICHELE is Vice President and Board Member of Variety Club-The Children's Charity of Greater Philadelphia, a non-profit organization serving special needs children since 1935. Mr. Michele is actively involved in children's charities and is in the Boards of the March of Dimes, Boys & Girls Club USA, Children Hospital NY, Ronald McDonald House NY, Grey Nun Academy-Newtown, and Half The Shy (China).

SONJA MCNEAL, RN is Director of Inpatient Services at the Shriners Hospital for Children in Philadelphia. In this capacity, Ms. McNeal provides leadership in ensuring the clinical and safety needs of patients from infant to age 21. She has a Master's degree in International Relations from Boston University and Bachelor's degree in Nursing from the University of Texas.

CAROL WONG RECOGNIZED FOR COMMUNITY SERVICE



Carol Wong, AAWC Board member, received the 181 Points of Light award in recognition of her charitable service and community leadership in the 181st Legislative District. Carol was among those honored at the awards ceremony on October 3 at the Local 22 Firefighters' Hall in Philadelphia. The award program was founded by PA State Representative W. Curtis Thomas.