

# **Social Engagement Among Asian American and Pacific Islander Older Adults: Successful Programs and Activities**



Leaders in Aging Well at Home

March 16, 2023

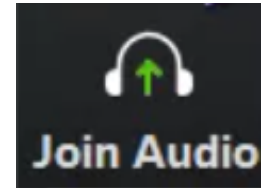


DIVERSE  
ELDERS  
COALITION

# Webinar Instructions

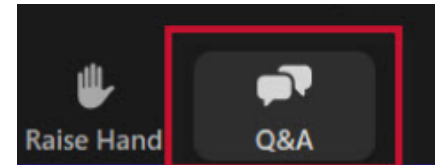
## Audio Options

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- All participants are muted.



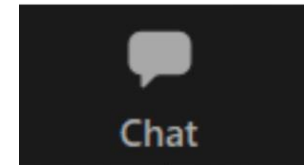
## Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.



## Chat Feature

- The Chat feature allows webinar attendees, the host, co-hosts and panelists to communicate for the duration of the webinar.



CLICK HERE TO START CHAT

# Accessibility and Support

- **Screen Reader Users: Reduce unwanted chatter**
  - Request speech on demand: Insert, Spacebar, “S”
- **Webinar participants can view closed caption subtitles, watch a live transcript of the meeting or adjust the size of subtitle text**
  - To control closed captions, click on the CC Live Transcript button in the control bar at the bottom of the Zoom window
- **To get our attention if you need tech assistance:**
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# USAging

- USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.
- [www.usaging.org](http://www.usaging.org)

# Overview of engAGED

- National effort to increase social engagement among older adults, people with disabilities and their caregivers
- Administered by USAging
- Funded by the U.S. Administration on Aging, which is part of the Administration for Community Living
- Broad-based Project Advisory Committee
- [www.engagingolderadults.org](http://www.engagingolderadults.org)

# Presenters



**Irene Jisun Sohn, MSW**

Executive Director, Hanul Family Alliance

**Preeti Singh**

Chairperson of SASA, Ektaa Center's  
South Asian Senior Association



**Tamamalie "Malie" Tiare Chanel**

Elder Services Manager, Pacific Islander  
Community Association of WA



**한울 종합 복지관**  
Hanul Family Alliance



**Irene Jisun Sohn, MSW**  
Executive Director

# AGENCY OVERVIEW



## Hanul Family Alliance: 501(c)(3) Nonprofit Social Service Organization

The **MISSION** of Hanul is to provide comprehensive care and direct services to older adults and immigrant families throughout Chicagoland.

The **VISION** of Hanul is to be a leading organization by becoming an efficient, effective, and supportive provider of social services to an ever-changing Korean American community.





# "한울"

## ABOUT HANUL

Promoting Healthy Aging,  
Family Wellness, and Community  
Engagement.

Hanul is a Korean word that is made up of "Han", which means one large, and "ul" which means us or family.

Hanul represents one large family that empowers each other.



# FOUNDING VISION

Founded as Korean American Senior Center in  
1987



- **Dr. Thomas Kim**, our founder, was an immigrant physician who witnessed Korean older adult patients suffering from social isolation
- One of his older adult patients was found dead in his apartment and took days until someone found him in his apartment
- Dr. Kim was 71 years old when he founded the organization to help Korean older adults obtain and sustain a sense of dignity and improved quality of life

# Hanul Family Alliance CORE PROGRAMS



## Home Care

Medicaid Home Care  
Private Home Care



## Healthy Aging

Nutrition Program  
Benefit Assistance  
Prevention Education  
Victims Assistance



## Behavioral Health

Screening and Prevention  
Individualized Care Plan  
Family/Couples Counseling  
Support Groups



## Community Engagement

Immigration Service  
Adult Education  
Project Youth Connect

# HEALTHY AGING

- NUTRITION SERVICE
  - DINE-IN
  - HDM
- BENEFIT ASSISTANCE
- VICTIMS COUNSELING
- ACTIVE CHOICE
- MEMORY CAFÉ



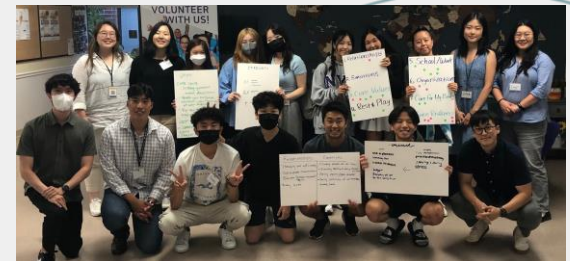
# COMMUNITY CARE

- IN-HOME ASSISTANCE
  - HOME CARE
  - PRIVATE DUTIES
- ADULT DAY CARE
  - TO BE LAUNCHED



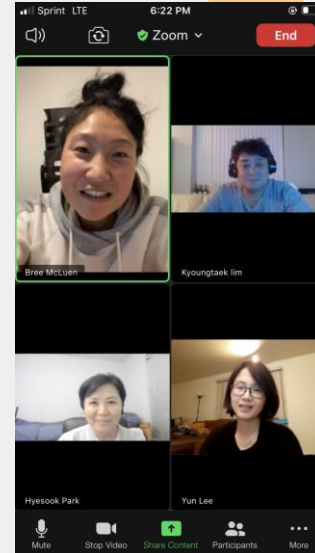
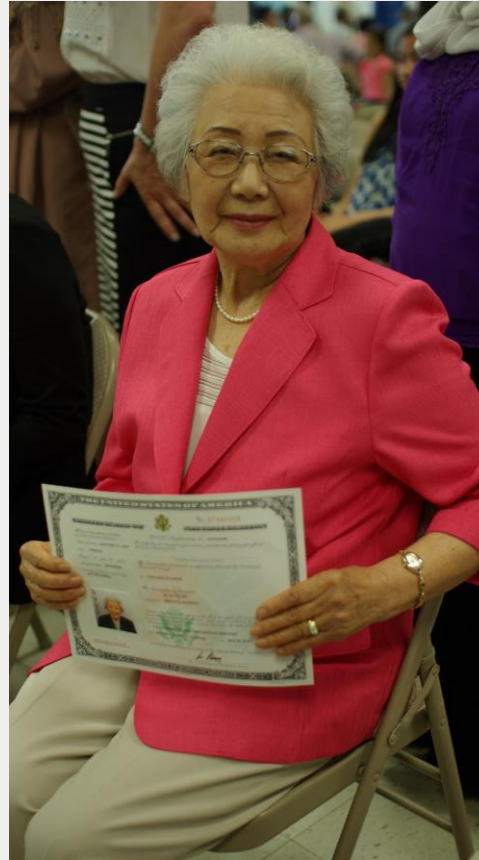
# BEHAVIORAL HEALTH

- COUNSELING SERVICE
  - INDIVIDUAL
  - COUPLES
  - FAMILY
- ASSESSMENT
  - SUBSTANCE ABUSE
- SUPPORT GROUPS
- EDUCATION



# COMMUNITY ENGAGEMENT

- ADULT EDUCATION
  - ESL
  - TECH LITERACY
- LEGAL/IMMIGRATION
  - CITIZENSHIP
  - IMMIGRATION
  - LEGAL CLINIC
- PROJECT YOUTH CONNECT
- COMMUNITY EVENTS



# SOCIAL ISOLATION AMONG LEP OLDER ADULTS



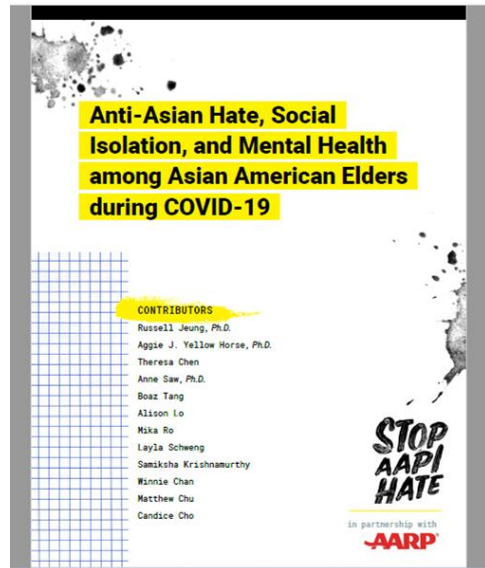
Higher risk of social isolation for immigrant and refugee older adults

- **Unique risk factors:**
  - Racism
  - Discrimination
  - Language barriers
  - Weak social networks
  - Separation from friends and family
  - COVID Pandemic
  - Asian Hate Crime

COMPETING CHALLENGES FOR IMMIGRANT SENIORS: SOCIAL ISOLATION AND THE PANDEMIC  
SHANTHI JOHNSON, PHD, RD, FDC, FGSA1, JUANITA BACSU, PHD2, TOM MCINTOSH, PHD3,  
BONNIE JEFFERY, PHD4, NUELLE NOVIK, PHD4



# ASIAN HATE CRIME AMONG ASIAN OLDER ADULTS



- The Federal Bureau of Investigation (FBI) has documented a 77 percent increase from 2019 to 2020 in hate crimes against Asian people living in the US.
- The Stop AAPI Hate coalition received 10,905 reports of hate incidents against Asian American and Pacific Islander persons from March 2020 to December 2021.
- Of those 824 cases were targeting older adults age 60 and older.
- Asian American elders aged 60 and up who reported hate incidents experienced more stress (65.5%) from social isolation than those who did not (43.4%)

COVID-19 Has Driven Racism And Violence Against Asian Americans: Perspectives From 12 National Polls Health Affairs (April 12, 2022)

Anti-Asian Hate, Social Isolation, and Mental Health among Asian American Elders during COVID-19 Stop AAPI Hate in Partnership with AARP

## KOREAN – TOP FIVE RISKS INDICATED

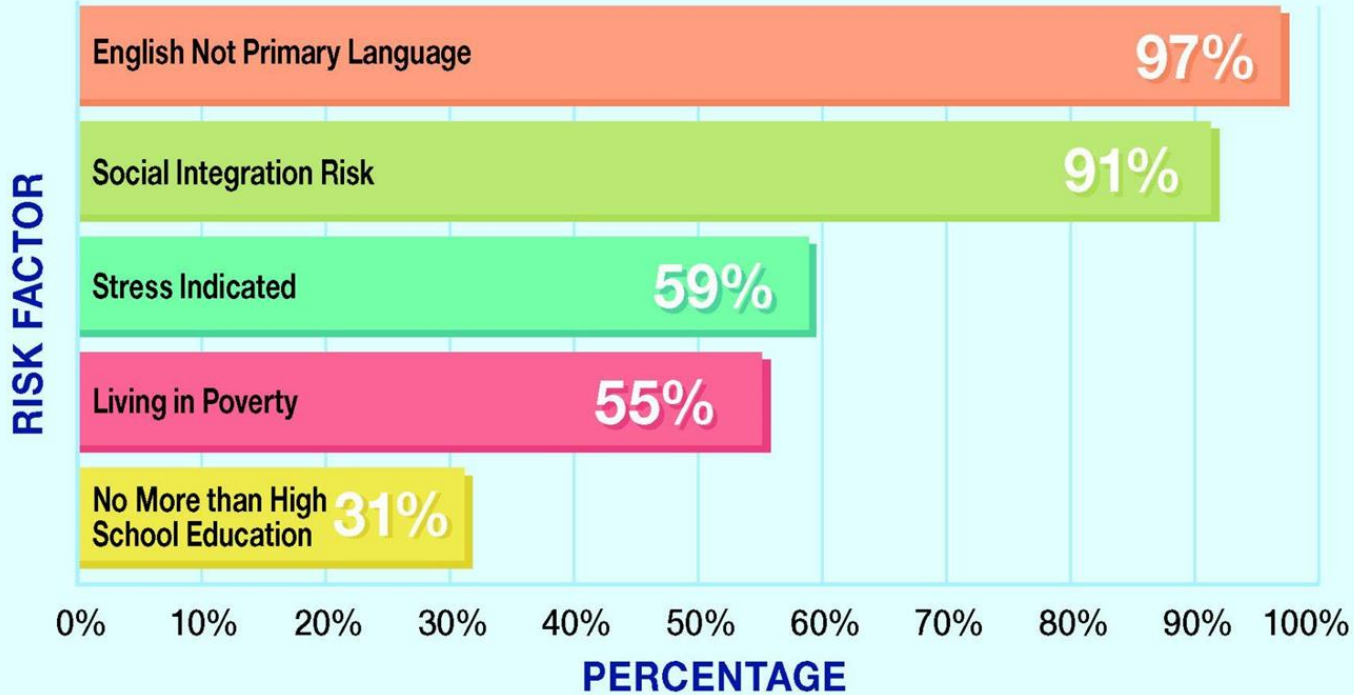


Figure 16: Top Five Risks for Korean Change InSight participants

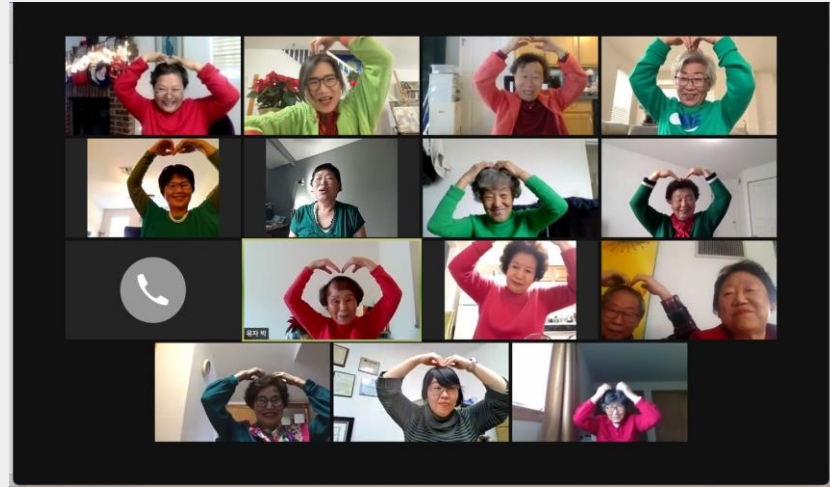
Change Insight Website: [www.changeinsight.org](http://www.changeinsight.org)

The background features decorative geometric patterns in the corners. The top-left corner has a series of thin, parallel lines radiating from a point. The top-right corner contains a cluster of overlapping semi-circles in teal, yellow, and red. The bottom-left corner features a cluster of overlapping semi-circles in red, teal, and dark blue. The bottom-right corner has a series of thin, parallel lines radiating from a point, mirroring the top-left pattern.

# **INNOVATION THROUGH COLLABORATION**

# HYBRID MODEL PROGRAMS

- ESL Class
- Tech Literacy Class
- Counseling Service
- Book Clubs
- Conferences and Workshops



# MEMORY CAFE

- First and only Korean Memory Cafe in Illinois (started in March 2019)
- Virtual Memory Cafe held between 2021 and 2022
- Back to In-Person Session in 2023



# ACTIVE CHOICE

- Launched in 2023 (in-person)
- Home Exercise Tools distributed
- Line Dancing
- Senior Stretching
- Walking Club



# CULTURAL CELEBRATIONS

- Thanksgiving Luncheon
- Lunar New Year's Day Family Celebration
- Korean Senior's Day Celebration



# FINDING BEST WAYS TO CONNECT

- In-Person
- Telephone Call
- Email/Text Messaging
- Through Family Members
- Local Media
- Outreach





Be Creative  
Know your Constituents  
Keep Encouraging





# THANK YOU

Contact me if you have any questions!

**Irene Jisun Sohn, MSW**  
**Executive Director**

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**Tel: 773-478-8851 ext.103**

**Website: [hanulusa.org](http://hanulusa.org)**



**Preeti Singh**

Chairperson of SASA

Ektaa Center's South Asian

Senior Association

[Website: https://ektaacenter.org/](https://ektaacenter.org/)

[Facebook: https://www.facebook.com/sasa.irvine](https://www.facebook.com/sasa.irvine)



# Cultural Weavers Program

Samoan proverb:

*ʻE Afua mai mauga manuia o nu'u.*

English:

*Prosperity and opulence flow from the mountain.*

## Tamamalie “Malie” Tiare Chanel

(All pronouns)

### Elders Service Manager

- Provide a day-to-day service and resources for our PI aging and adults.
- Monitors 150 registered elders for the Cultural Weavers program who continue to seek assistance daily.
- 80 active members for the Cultural Weavers Program every Friday in which I facilitate.
- Collaborate with other organizations for program support
- Continuous networking with Pacific islanders who are entrepreneurs or with professional career for outreach presentations and resources that will benefit and meet the needs of our elders.
- Assist clients with finding affordable housing and rental assistance.
- Conduct wellness information and activities for their Friday programs.





## Cultural Weavers Story Time

It became evident that during the COVID-19 pandemic. Our elders were left vulnerable and isolated. Their families who usually had fulltime working schedules did not know how to accommodate their needs 24/7. However, due to the fact that not only their families were trying their best to provide support at that time. They as Pacific Islanders were able to switch on their surviving mode. It was an awakening on basic living and how they lived through many cultural events and circumstances. But it was evident that they being under the care of their children, had succumbed to being kept in their homes as babysitters, assist daily chores or being isolated in their rooms.

# CULTURAL *weavers*

Cultural Weavers is PICA-WA's Pasifika elderly engagement program that focuses on providing our treasured elders with a space to engage in thoughtful programming in an environment that provides love, dignity and safety, every Friday.

*Elders will engage in:*

- **Cultural Arts Activities**
- **Hot Pasifika Lunch**
- **Fun Interactive Games + Prizes**



# engAGED Resources

- New! A manual on Implementing Hybrid Programs
- Updated! A re-launched and updated Community Awareness Toolkit
- Other resources:
  - Social Engagement Innovations Hub
  - Tips for holding Virtual Events manual
  - Videos
  - Consumer brochures
- Monthly newsletter and blog
- [www.engagingolderadults.org](http://www.engagingolderadults.org)





# Commit to Connect

- Aim is to connect people living with isolation with programs and resources to build the social connections they need to thrive
- Fostering a nationwide network of champions who are committed to addressing social isolation and loneliness
  - Online discussions
  - Communities of Practice
  - Community of Interest webinars
  - Peer Networking opportunities
  - Newsletter and resources
- Funded by ACL
- USAging serves as the Coordinating Center
- [committoconnect.org](http://committoconnect.org)



# Community of Practice

- The Commit to Connect “Understanding the Impact of Social Isolation and Loneliness Programs Community of Practice” will bring together a cohort of three to four agencies or network organizations already delivering a program or intervention that addresses social isolation and/or loneliness who will all utilize the U-SIRS Tool to collect data and better understand their program or intervention’s impact on addressing social isolation and or loneliness.
- Application deadline: March 29, 2023 by 11:59pm ET.
- An information session will be held TODAY from 2:00-2:30pm ET.





COMMIT TO  
Connect

# Register Now: engAGED and Commit to Connect Social Engagement Virtual Summit

- This two-day virtual event will be held May 9 and 10, from 1:00-4:00 pm ET.
- More information on the event and how to register can be found on the engAGED website.

# Questions and Discussion

Please submit your questions or comments  
through the Q&A.

# Thank You!

- Please complete the survey which will be displayed in your browser after Zoom closes. There is also a brief 3-month survey.
- The recording will be available on [www.engagingolderadults.org](http://www.engagingolderadults.org).

# Connect With Us!

- [www.engagingolderadults.org](http://www.engagingolderadults.org)
- Facebook: @engAGEDCenter
- Twitter: @engAGEDCenter
- [info@engagingolderadults.org](mailto:info@engagingolderadults.org)