

CULTURE TO CULTURE
FOUNDATION



2012 COMMUNITY SERVICE AWARDS



5TH ANNUAL SENIOR VOLUNTEER AWARDS
&
MENTAL HEALTH VOLUNTEER "PUSHING HANDS" AWARDS



SHADELANDS ART CENTER
111 NORTH WIGET LANE
WALNUT CREEK

SEPTEMBER 23, 2012

The Culture To Culture Foundation

The Culture to Culture Foundation was founded in 2001 to promote peace and harmony while fostering a deeper understanding and appreciation for the great diversity in today's global community.

We are a nonprofit community-based organization dedicated to promoting mental health and emotional wellness within the San Francisco Bay Area's culturally diverse communities. During the last 11 years, with the continued support and generosity of our supporters, sponsors, donors and volunteers, C to C has been able to develop programs of the Chinese American Mental Health Network (CAMHN), the Chinese American Mental Health scholarship, Multi-Cultural Senior Center, and Senior Volunteer Award of Contra Costa. Through our various programs, projects and events, we reach out and bring the community closer together.

Founder: Chia-Chia Chien
Co-Founder: Shiao Chien Lee

2008 Awards Ceremony



2009 Awards Ceremony



2010 Awards Ceremony



2011 Awards Ceremony



Visit Our Website At: www.culturetoculture.org



TODAY'S PROGRAM

CALL TO START

MARY ANN CADORNA, M.C.

WELCOME REMARKS

CHIA CHIA CHIEN

APPRECIATION TO SPONSORS, DONORS & VOLUNTEERS

CHIA-CHIA CHIEN

Appreciation to Our Diamond Sponsors

Appreciation to our Gold Sponsors

Appreciation to Volunteers of Culture to Culture



Ray Zenoni



Liz Ren



Ann Cadorna

Appreciation of our Judges

SENIOR AWARD PRESENTATION

RAY ZENONI

"MENTAL HEALTH "PUSHING HANDS" AWARD PRESENTATION

LIZ REN



ENTERTAINMENT

RECEPTION



TODAY'S PROGRAM

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ENTERTAINMENT

"The Starr Steppers" of "The Rossmoor Rhythm Revue"

Dancers: Chris Horner, Judie Huse, Joan Juengert, Daryl Svoboda, Diana Starr, and Bev Tucker



We are the "Starr Steppers". We perform under the performance name of the Rossmoor Rhythm Review. Many of the dancers have been performing the Review for 8 to 10 years. I have been teaching, choreographing the dances, designing the costumes and making the costumes for 14 years. I was a member of the group before I started teaching. The group started out as the "Hot Flashers". We took 7 dancers from this group and formed the Starr Steppers. Both groups perform around the area and we do about 40 shows a year. Our average age is 74.

Diana Starr

Arlene K. Mose, CPA

Lights! Camera! Audit! Entertainment accountant and CPA – also known as the "Double Entry Diva" will host a discussion about CPA's in an Aging Society. With a Masters' Degree in Taxation and a knack for handling the larger-than-life characters who populate the real world, you will find that there is dash of craziness to the traditional tasks of taxes, auditing, and financial analysis.



Nicco Barretto – Jazz Singer

Bay Area Music Professional and Artist will provide some musical entertainment which focuses on senior favorites such as Frank Sinatra.

Melody Wang and Remona Ji

Mother and daughter singing one Chinese song and one American song

CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES

INDIVIDUAL NOMINEES - NOMINATION SUMMARIES



Nominees: Anna Acerbis and Nell Rossi

Nominated By: Ray Zenoni, Friends of Meals on Wheels

Both Nell and Anna have been volunteering for many years. They are currently volunteers at the Pleasant Hill Senior Center's C.C. Café. Nell and Anna have been serving meals for about 14 years and 5 years respectively. Prior to this Nell volunteered as a crossing guard and Anna was a volunteer at the Pleasant Hill Senior Center doing other assignments. Nell has served somewhere in the neighborhood of 112,000 meals and Anna has served around 40,000 meals. These are pretty impressive numbers by themselves but Nell and Anna do more than just serve the meals. The Senior Center opens at 10am and the food usually arrives 45 minutes later. They do all the table set up work and then plate the meals. After lunch they clean up the dishes and kitchen to leave it exactly as they found it. They are always cheerful and upbeat and play a large role in creating the warm

and welcoming environment one finds at the Pleasant Hill Senior Center. Their long-term dedication and service to their community is worthy of recognition.



Nominee: Dee Anderson

Nominated By: Shawnee Maxwell, San Ramon Community

My friend, Dee Anderson, is 82 years old and has volunteered seven days a week for several years at San Ramon Regional Hospital as the "hot towel lady". I met her a few years ago at a grief support group because we had both lost loved ones. She befriended me and took me under her wing at a time I truly needed it. She has treated me like a daughter and blessed my life. She brings cheer to the patients at the hospital and everyone she encounters. She is a true inspiration to us all and deserves recognition for the wonderful human being that she is.



Nominee: Patrick Campbell

Nominated By: Leo Vardas, Diablo Symphony Orchestra

Pat has served as board president for more than a decade generously giving of his time and treasure in support of the arts. We feel honored to follow one who gives so freely of his time to organize, lead, publish, and market on behalf of this organization. The Symphony and the community have been fortunate to benefit from his professional expertise and network. His home is a veritable production facility as he generates newsletters, designs and prints brochures with his computer and copy machine. He authors the bulk of the material that he frequently sends to more than 1500 recipients. He is the primary contact with many organizations that help contribute to the continuation of affordable music to the community. Pat is more than a leader for he undertakes many of the tasks that someone in that position might more likely prefer to delegate. He is an accommodating leader

willing to shoulder the heavy workload - a workload that is often a full-time job. Despite this enormous responsibility he takes time out to mentor at one of the local high schools and offer his business expertise and counsel to students. I am proud to nominate Pat Campbell - a man who is synonymous with the Diablo Symphony.



Nominee: Jeanne Dean

Nominated By: Linda Groobin, Caring Hands Volunteer Care Givers Program

Jeanne has had a weekly match with one senior for 6 years, is a Caring Hands congregational coordinator, provides transportation for Senior Helpline services, volunteers in her Summerset 2 Brentwood Community and volunteers with her church Resurrection Ministries in Brentwood. Jeanne joined the Caring Hands team on September 16, 2006 and has provided 964 hours of volunteer service. Jeanne has definitely embraced our mission statement of keeping a senior independent. The needs of her senior have increased over time but Jeanne never complains and has said she will stay with her as long as it's possible for her to safely do that. She literally goes the extra distance and drives almost 15 miles to visit her senior and occasionally drives her 45 miles to medical appointments. In addition, Jeanne provides transportation for Senior Helpline Services. She has provided over 50 rides in the last two years. She volunteers at her church Resurrection Ministries in

Brentwood. Jeanne does all of these things without fanfare and wants no recognition. She is the volunteer that other volunteers have said they would like to emulate!

CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES

INDIVIDUAL NOMINEES - NOMINATION SUMMARIES



Nominee: Angie Dometrovich

Nominated By: Sherri Yates, Hospice of the East Bay

Angie has volunteered with Hospice of the East Bay as a Walnut Creek Shoppe volunteer since 2003. Angie came to volunteer for Hospice of the East Bay as a result of moving closer to be near her family. Whether she is efficiently processing the donated items of clothing, house wares and seasonal items, Angie volunteers 60-70 hours a month. Having a strong work ethic and incredible people skills, Angie helps to build the business for the Walnut Creek Shoppe. By utilizing her amazing people skills, customers in our Shoppe have positive, lasting experiences. Never one to be idle for long, Angie is always looking for new experiences; She began training on the cash register to help the staff even more. At the Walnut Creek Hospice Shoppe, we are truly grateful for Angie's hard work and dedication!



Nominee: Janet Fairwell

Nominated By: Sharon Fitzgerald, Meals on Wheels and Senior Outreach Services

Janet began volunteering about four years ago and has been a fantastic volunteer driver for Meals on Wheels in Martinez ever since. She said she is very shy and she thought delivering meals would be perfect for her because it is one on one. Janet feels she has the perfect volunteer opportunity because she "just loves, loves older people". Her Thursday delivery day is the high point of her week. She says every senior is different and they are so thankful to see her and the meal she delivers. It seems to Janet that the people with the least are the most grateful and thankful for Meals on Wheels. She and her husband do the route together with Janet driving and delivering the meals to the door. Her husband is her navigator and honks if Janet is at a senior's home too long visiting so the meals get delivered on time. When I asked for a volunteer driver to nominate, three of the Meals on Wheels staff immediately said Janet Fairwell. The Outreach Worker for Martinez said the seniors on her route always say how

much they look forward to Janet's delivery each week. Meals on Wheels is more than delivering meals, it is the heartfelt companionship of the volunteer drivers as much as the meal they delivers. We at Meals on Wheels are very lucky to have volunteer drivers like Janet Fairwell.



Nominee: Marilyn Fowler

Nominated By: Barbara Proctor, Conflict Resolution Programs Center for Human Development

As a volunteer mediator, Marilyn is considered one of our master mediators. Our three-hour mediations demand professional, skilled, and experienced volunteers. She has been a regular mediator with our Guardianship Mediation Program, a court-connected program with Superior Court for over 10 years. Marilyn also mediates with our Community Mediation Program and has been active in that program since 1997. In both our Guardianship and Community Mediation Programs, Marilyn mentors new mediators. As a volunteer trainer and coach, Marilyn is a valued addition to our yearly mediation training class. The combination of her expertise and presentation skills enriches our mediation training as evidenced by the excellent student

evaluations. An estimation of Marilyn volunteer hours over the time she has been with the Center for Human Development is over 1,000 hours. Marilyn Fowler has shared her considerable talents, skills, vision and experience with the Conflict Resolution Programs at the Center for Human Development since 1997. A master mediator, mentor, coach, and trainer, Marilyn offers a model of excellence to all. She is a community speaker with the Child Abuse Prevention Council and is a Director at the Lindsay Museum.



Nominee: Martha Fuentes

Nominated By: Maria Reyes, La Clinica de La Raza

Over the last two years, Martha Fuentes has coordinated the Senior Promotores Program in East County. As part of the program she recruited and provides ongoing support to a group of 20 Senior community members, that participate in various La Clinica outreach and health education efforts in East County, as part of their role as Promotores. She is also a strong advocate for their well being, she translates mail for them when they don't understand something, and she translates for them when they have a housing challenge in the senior housing property. In La Clinica she provides a lively and comfortable environment every Wednesday for seniors to come to La Clinica and have a learning space, where they can learn about topics such as Alzheimers, Diabetes and other Chronic Illness. More recently, Martha has also begun a component of senior fitness where seniors can

dance, do stretching exercises and chair exercises to the rhythm of lively music. On a different aspect of her civic involvement during every election she volunteers her time at the voting polls to assist with the logistics as well as to make herself available when people have questions or need help navigating through the voting polls. Martha is also well known in the community through her ongoing involvement in ALANON and AA. She has been an active participant for over 15 years; she participates in fundraising events and annual ALANON conventions. She has held various leadership positions in the local ALANON groups as treasures and event chair. For her dedication to the community Health Education efforts and for her passion to serve the community, I strongly recommend Martha Fuentes as a Culture to Culture Community Service Award Recipient.

CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES

INDIVIDUAL NOMINEES - NOMINATION SUMMARIES



Nominee: Lois Holeman

Nominated By: Teri Mountford, San Ramon Community

Lois Holeman is one of the many dedicated volunteers at the Alcosta Senior Center. Lois has been a volunteer for the Senior Center since 1996 and has recorded over 5000 hours although we think there are many more that she hasn't recorded! Lois has been involved in many volunteer roles at the senior center since she began. She was a member of the Senior Advisory Committee and the San Ramon Senior Center Foundation, where she was President for 10 years and is still an active member. She has fought hard to get the Foundation to support the Meals on Wheels meal program in San Ramon. Lois also was in charge of the Foundation's Wish Tree Project which collects gifts for children in need during the holiday season. Lois has been the volunteer leader since the late 1990s of the Creative Writing Group which meets twice a month at the Senior Center. Lois

continues to assist at Bingo each week and helps at all special events held at the Senior Center. In addition to the Senior Center, Lois has volunteered her time with Forest Home Farms Historic Properties in San Ramon as well as the San Ramon Library. She has been a member of the Women's Club of San Ramon Valley since 1998 and currently holds the office of Treasurer. She also will help a senior in need by driving them to appointments, lending a listening ear or researching resources they may need. I am pleased to nominate Lois Holeman for the Culture to Culture Foundation Award as she is extremely deserving of this recognition.



Nominee: Robert Kelly

Nominated By: Mary Bruns, Lamorinda Spirit Van Program

Bob Kelly, is an outstanding volunteer driver for the Lamorinda Spirit Van Program. What makes Bob so special besides driving seniors to their appointments every week is his willingness to go the extra mile, to take on extra driving when a sub is needed and the work he put into becoming a Class B driver so he could drive our larger vehicle. Bob also has been a volunteer driver for Meals on Wheels where he has established a reputation for being "reliable and conscientious," having driven for them for six years. The Meals on Wheels Program Coordinator said, "I would strongly recommend that any organization fortunate enough to have access to him seize the opportunity!" Another person who has known Bob for nearly 30 years said, "I know him to be an upstanding human being who is by nature very caring of and helpful to others. During the time his two sons were in elementary and middle schools, he devoted countless hours as a school volunteer or teacher's aide when he could have earned more in a

better position...In the course of working for the company that manages a complex of townhouses in Martinez, he has helped many of the tenants and homeowners with small projects that didn't directly fall within his job description, but that were very beneficial and meaningful to them. I organize an annual cycling event in the Napa Valley for the American Diabetes Association, and every year I can count on Bob (and his wife) to play important day-of-event volunteer roles – sometimes taking on duties no one else will volunteer for. Bob is clearly a "lifelong volunteer" and contributes his valuable time, expertise, and service wherever he is needed.



Nominee: Ann Kelt

Nominated By: Jody Bunting, Pleasant Hill Community

I met Ann Kelt in 2007 when she transcribed my children's book into Braille. She recently received the 2012 Lifetime Achievement Award for transcriptions by the National Braille Association. Ann started learning Braille 44 years ago and signed up for a ten-month class learning to transcribe Braille. Once she was certified Ann needed a Braille typewriter costing \$100, so she organized friends to collect Betty Crocker coupons to pay for the machine. Now she is still going strong in her passion and is Pleasant Hill's Braille instructor. Since becoming certified in 1969, she has worked with the Richmond Unified School District in their visually impaired department and transcribed for the State of California in the Clearinghouse for Specialized Media and Translations. Additionally in the late 1990's she taught Braille to inmates at Folsom Prison. The role she plays is huge in not only transcribing text which others rely upon, but also to the teaching of others who will touch lives when they transcribe text to Braille.

She modestly admits to at least 28 to 35 hours a week on transcribing text on various projects but this does not include the classes that she teaches. She is a member of the BAMA Braille Authority of North America Committees for Braille Code Revision and in the past year has led workshops at the State Braille Conference in Southern California. She is a member of the Contra Costa Braille Transcribers who meet once a month. She has also traveled to Sacramento for meeting. She has a variety of projects as they become available; as an example presently is transcribing the Portuguese Bible and in the past has transcribed school text books. She is an amazing person who never thinks of herself but rather nurtures her passion of doing for others and being involved with Braille and all aspects of it.

CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES

INDIVIDUAL NOMINEES - NOMINATION SUMMARIES



Nominee: Robert (Bob) King

Nominated By: Carmen Siems, Hospice of the East Bay

Bob has volunteered with Hospice of the East Bay as a Walnut Creek Shoppe volunteer since 2005. He decided to volunteer with Hospice of the East Bay after receiving great care for his parents. A former business owner, Bob brings experience, dedication and creativity to the Walnut Creek Shoppe. His eye-catching floral arrangements are truly works of art, as well as Bob's merchandising abilities. Customers can always tell when Bob is in the Shoppe; his shining personality and willingness to assist customers with purchases to benefit Hospice of the East Bay. Depending on whether a special sale or event is scheduled, you will see Bob in our Shoppe 5 to 6 days a week, adding up to approximately 80 hours a month or more. In fact, when Bob isn't gardening, cooking or spending time with friends, he is at our Walnut Creek Shoppe! The impact and significance of Bob's efforts are directly reflected in our daily sales. By utilizing the donated silk flowers and miscellaneous containers, Bob is able to generate significant revenue for the Shoppe from the sales of his one-of-a-kind creations. Additionally, by merchandising

donated furniture and home décor items, Bob captures the attention of potential shoppers from outside windows. We are sincerely grateful for Bob's hard work, dedication and creativity!



Nominee: Shirley Krohn

Nominated By: Lori Larks, Area Agency on Aging

Shirley Krohn works 'full time' (40 hours a week) as a volunteer. She is often on the road to Sacramento or en route to a senior center. She is now serving a second four year term as a California Senior Legislature Senior Assembly member representing Contra Costa County. She has written several legislative proposals that have been signed into law by the Governor. She has served on the Contra Costa County Advisory Council on Aging for six years and is the current President and Co-chair and of the Legislative Work Group. Shirley served as a Board Chair for over 35 years for the Spectrum Federal Credit Union. In combating elder financial abuse, Shirley has served as Board member/Chair for four years for the Elder Financial Protection Network (EFPN) and continues as a volunteer providing training and making presentations on elder financial abuse prevention. She is the lead in Contra Costa County for Communities Against Senior Exploitation (CASE). She conducts educational seminars to groups of seniors on how to protect themselves from fraud, scams, and ID theft. Additionally, Shirley has served two one year

terms for the last two years as a member of the Board of Directors for the California Council on Gerontology & Geriatrics. She is a contributing author of a National Newsletter: Victimization of the Elderly and Disabled –since 200. She is also a Contributing Editor and has addressed issues pending on consumers using the new Consumer Financial Protection Bureau and Elder Abuse in LGBT Communities. In short her contribution is to educate and empower seniors to become their own advocates. In her own words she says, "I am a voice in the community constantly reminding people about aging and the impact this is/will have in coming years and what we must do to prepare."



Nominee: Ernie MacIntyre

Nominated By: Kermit Sveen, Summerset Volunteer Program

Ernie is the volunteer Music Director of the Summerset Singers in Brentwood. He also directs the Delta Strummers Ukulele Band of Brentwood and Discovery Bay. Prior to becoming the Singers Music Director, Ernie was a long time member of the Singers, and served on the Board of Directors in various capacities, all as a volunteer. Ernie coordinates all the music programs for the Singers, thru a music committee, which he chairs. He regularly meets with the Singers Board of Directors, providing guidance not only on music themes and programs, but also guidance on the "business" side of the Singers organization. He brings joy and enthusiasm to the Singers he directs, and to the audiences who attend the concerts. He spends an estimated 20 hours per week on Singers music/business. Ernie is very deserving of the Senior Volunteer Award.



Nominee: Sandy March

Nominated By: Susan Chen, San Ramon Community

I got to know Sandy March through the AARP 2010 tax aide program training. I am so lucky that they pick me as the tax preparer volunteer for tax year 2010 in San Ramon site. Sandy is the volunteer site coordinator and also my supervisor for San Ramon and as well as Danville. She has been an AARP tax volunteer for more than 10 years. Preparing Income tax is a very complicated job and she is very competent and knowledgeable. I was amazed with all the problems and questions she was able to handle and answer with no hesitation. Every year AARP was able to help hundreds to thousands of seniors and low income people prepare their income tax returns. They were able to save that money for something else. She teaches, she oversees, she prepares...she can do it all! She also volunteers at the crow canyon garden twice a week. We need someone like Sandy March because she is a role model for volunteering. Therefore, I recommended her for senior volunteer award.

CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES

INDIVIDUAL NOMINEES - NOMINATION SUMMARIES



Nominee: Ronald Ogg

Nominated By: Ruth Atkin, Health Insurance Counseling & Advocacy Program

In 2009 Ron brought Contra Costa HICAP, the Medicare counseling program, into the 21st Century by creating a website for the public to use about Medicare and the Contra Costa HICAP program. This website is among the strongest statewide of all the local HICAP programs and gives valuable information about where to go for our "Welcome to Medicare" presentations, where to go for individual appointments with volunteer HICAP counselors, and general information and links to other sources of information about Medicare's many complicated features. He is currently undergoing a Herculean effort to totally re-write the website and upload it with a new tool that makes it totally accessible for visually impaired people. He is diligent, of necessity detail-oriented, client-oriented, and passionate about serving Medicare beneficiaries. He is a dedicated volunteer HICAP counselor and has given the program crucial support it needs. He has greatly enhanced the public's ability to contact us, to get necessary information and to make sure only the most current information is available to the public. He has served Medicare beneficiaries in HICAP for 5 years. This past fiscal year he served 600 hours of service to HICAP, approx 480 in the upkeep of our website.



Nominee: Mearl Rose

Nominated By: Arcel Bulatao, Hillcrest Terrace Senior Housing

Mearl has served at Antioch Hillcrest Terrace as an ESP (Emergency Standby Person)/ROC (Resident on Call) for almost 9 years, since October of 2003. During the year long absence of the maintenance person, Mearl often helped staff members with maintenance tasks. He assists vendors, often after hours. In addition, since becoming a resident almost 13 years ago, he has assisted the maintenance man with many tasks. He greatly cares about our environment and resources by monitoring the recycle bins to make sure residents are properly disposing of items that can be recycled. He starts the day off for fellow staff members by unlocking the lobby door and provides assistance with items that need to be carried inside. When new residents move in he makes sure doors are unlocked to make moving in furniture easier and does whatever he can to make the move in pleasant for new residents. He has served his community as an election registrar for many years. He helps fellow residents that do not drive by taking them to doctor appointments or picking them up from the hospital. He is a dog sitter for fellow dog owners. In short, he is a most pleasant and valuable resident and employee for fellow staff members and fellow residents alike.



Nominee: Joyce Rosevear

Nominated By: Jennifer Railsback, Hospice of the East Bay

Joyce Rosevear has served since April 2009 as a Volunteer at Hospice of the East Bay, providing short-term end-of-life care or acute symptom management to patients in a private, peaceful, homelike environment. Joyce visits with patients, provides orientations for family members, manages the front desk in the absence of administrative employees, singlehandedly scans all patient charts, runs errands, and in addition to her regular weekly four-hour shift, responds affirmatively to almost every request that is made for additional Volunteer support. Joyce is also a skilled Mentor to incoming Volunteers – training them in the duties and responsibilities of being a Bruns Volunteer. Joyce has amassed approximately 820 hours during her tenure as a Volunteer at Hospice of the East Bay. She has also volunteered at STAND from 1997 until 2001. She served on their Annual Black Tie Fundraising Committee as well as on an executive steering group for that organization. She received their Volunteer Recognition award in 1998. Additionally Joyce volunteered with the Contra Costa Crisis Center, answering suicide and crisis calls, from 1998 until 2006. In 2001, she joined the CCCC Annual Gala event committee, on which she served for 10 years. Joyce's dedication to our hospice mission, along with her upbeat demeanor, are extremely valued assets in a facility that offers end of life care to patients and support to their families.



Nominee: Maria Winward

Nominated By: Ana Cardenas & Elaine Clark, Meals on Wheels and Senior Outreach Services

For over 23 years Mary Winward matched clients with caregivers. Mary worked for Meals on Wheels and Senior Outreach Services as the Outreach Coordinator for the Home Care Registry for 23 years. Mary's match-making led to 100's of matches. Earlier this year, at age 83, Mary retired. Her goals were to travel and win "Big" at Cache Creek. After four short weeks, Mary the Match-Maker succumbed to the call of her seniors. She returned to volunteer her time each week, again creating the perfect matches. Mary truly is a superb match maker, creating a bond among caregivers, clients, and family members. She has the power to put people at ease and make them feel comfortable with the aging process. Mary listens, advises, and comforts. For these reasons and because of her dedication to helping others, I nominate Mary Winward for the Culture to Culture Senior Volunteer Award.



CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES



GROUP NOMINEES - NOMINATION SUMMARIES

Nominee Group: Senior Peer Counseling Program Volunteers

Nominated By: Senior Peer Counseling Coordinators, Elizabeth Villafuerte-Jones, MFT; Anna Chang, MSW; Joyce Martin, PsyD



The 55 volunteers with the Senior Peer Counseling Program offer emotional support and counseling, in English, Mandarin, Cantonese, and Spanish, to seniors in Contra Costa County who need help resolving issues, sometimes seemingly insurmountable, in areas, such as grief and loss, loneliness, depression, anxiety, change in living accommodations, changes in health, family problems, financial problems, and elder court, or just managing the unique challenges of aging. The Senior Peer Counseling Program, through its trained volunteers and under the close supervision of mental health professionals, offers individual and group counseling at no cost to the client. Confidentiality is strictly observed. Most individual sessions take place in the client's home, making this service accessible to all seniors in the community. Beyond the work that the Contra Costa County Senior Peer Counselors do in the community, they continue to inspire and motivate each other to examine and improve their own lives... which, of course, makes them better counselors. We hope you agree that these outstanding Contra Costa County Senior Peer Counselor Volunteers are deserving of recognition by The Culture to Culture Committee for their continued hard work and dedication. If it were not for the Contra Costa County Senior Peer Counselors, many people would go un-served. These remarkable volunteers have made a significant difference in others' lives of others.

Nominee Group: St. Marks, Lutheran Church Social Ministry Committee, Pleasant Hill

Nominated By: Karen Klingelhafer

Members: Norma Beard, Jan Chilimidos, Connie Geranen, Sherris Howard, Ellen Stevahn, Ann Teeling, Karen Warren.

Each year these ladies look at many different deserving non-profits, and decide on twelve to highlight for the year. Each month the committee brings in a guest speaker from the organization to talk with the congregation between services and give a short presentation during our church services. They inspire us to learn more about and give to these different organizations. One of the organizations this year is Shelter, Inc. The Social Ministry committee is coordinating the providing of meals for the Mountainview Shelter for homeless families for a week. Our congregation prepares a meal, then they socialize with the residents. Through this experience in the past, many have come to realize that homeless people are just people who need a hand up at this time in their lives. Another organization that this group helps is the San Francisco Night Ministry. The social ministry group encourages donations of toiletries, socks, and used clothing items as well as to make scarves and mittens. These are just a couple of the many organizations that they serve.



*If you want happiness for an hour, take a nap.
If you want happiness for a day, go fishing.
If you want happiness for a year, inherit a fortune.
If you want happiness for a lifetime, help somebody.*



Chinese Proverb



CONGRATULATIONS TO THE CULTURE TO CULTURE VOLUNTEER OF THE YEAR NOMINEES



GROUP NOMINEES - NOMINATION SUMMARIES

Nominee Group: Sunnset Singers

Nominated By: Kermit Sveen, Sunnset Volunteer Program



It is a pleasure to nominate the Sunnset Singers as a team, for the 2012 Culture to Culture award. Created in 2000, the Sunnset Singers has grown to nearly 80 singers today, nearly double what it was 3 years ago. The Singers are all resident volunteers of the Sunnset communities, an age 55 and older development of single family homes. The Singers perform in concert during the Christmas season and again in the summer, each year. They bring their music primarily to the senior residents of the four Sunnset communities; and also to other venues where invited. They recently performed with grandchildren of the chorus members, in the new Brentwood Community Center, at the invitation of the Mayor. There were nearly 400 in the audience, which gave all the singers a standing ovation, demanding encores. Their season of rehearsals and concerts runs from Sept thru June/July, rehearsing every Monday during this time. The Sunnset Singers are very deserving of the Senior Volunteer Award.



Culture to Culture Foundation

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CONGRATULATIONS TO THE CULTURE TO CULTURE MENTAL HEALTH “PUSHING HANDS” VOLUNTEERS

MENTAL HEALTH “PUSHING HANDS” AWARDS



Chiao-Wen Chen

“Hello, my name is Chiao-Wen Chen, and I majored in Pharmacy and then received my doctor degree in Pharmaceutical toxicology. I started to explore the field of mental health and participated in NAMI trainings because my church friend was diagnosed with Bipolar disorder. At that time, my church sisters and I wanted to help her with her illness, but we didn't know how. As such, I enrolled myself into the NAMI family-to-family (F2F) education classes, and later was trained as a facilitator for NAMI family support group and as a teacher for the F2F classes. Afterwards, I started helping out individuals with mental illness and their family members. The experiences that I have gained by interacting with these people later became the core of my mental health ministry, which is sponsored by the church foundation. I have always had a strong passion to help those in need, no matter who they are and how difficult the situation is. My goal and mission are to break the stigma of mental illness by advocating education and awareness of mental illness in the Chinese community. Not only that, but I also wish to provide care,

love and hope to the affected families. I am willing to invest all the time I get to ensure that everything is alright for those who have problems or issues. All I want to do is serve those who need serving and help.”

Chih-Mei Jill Chen-Kuendig

I am a therapist in the state of California. My background in clinical psychology includes over tens years at Momentum for Mental Health, where I worked as a counselor and manager. Prior to this I worked in a variety of mental health settings.

I am a compassionate and sincere counselor and I want to help people accomplish their goals.

My experience includes work with children, adolescents, adults, and their families. I am also certified as a domestic violence counselor, a specialist of ADD/ADHD (Attention Deficit Disorder/Attention Deficit Hyperactive Disorder), and a group facilitator for National Association of Mental Illness (NAMI).

I speak English, Taiwanese, and Mandarin, and I understand Japanese conversationally. I am married to a wonderful husband and have two children, a dog and nine chickens.”

Miss Chih-Mei Jill Chen-Kuenig is also one of the founders of NAMI San Jose for Chinese families. To promote the awareness of mental health in the Chinese American community, Ms. Chen served as speaker for Bay Area workshops. She has a passion for helping the Chinese community obtain a better understanding of mental health and treatment options; for promoting mutual support and solidarity; and for removing the shame and stigma associated with mental illness. Her goal is to see patients and their family members have an accurate perception of their mental health, gain control over their life, and – finally- find self-acceptance, self-esteem, and fulfillment.



Katherine Fok

“I joined NAMI through Jen Hong. He invited me to join his support group. I wanted to share my recovery story with fellow consumers with hope that they too will place their faith in Christ and get the help I am getting by trusting in Him. Then Jen started to teach NAMI's Family to Family class. I thought that is a good way to educate the families and consumers about mental health. And, I wanted to do away with the stigma that goes with the illness. I want to let people know that we can live a normal life and work in spite of our illness. These I think can get across to the general public through NAMI's activities.

I was diagnosed with paranoid schizophrenia in October, 1970. In retrospect, I had shown symptoms of schizophrenia in the 1960s. I suspected people were constantly talking about me. Eventually, this cost me my chance to finish medical school.

However, I was able to obtain a M.A. in Microbiology. I barely worked in one of the U.C. campuses as a research technician for a year when schizophrenia overtook me, and I was hospitalized. My father came to the U.S. to be with me, and later took me back to Hong Kong. There, a psychiatrist found the right kind and the right dosage of medication for me. I then taught in a college in Hong Kong for three years. I came back to the Bay Area looking for jobs and had my first relapse as I stopped taking my medication. I came to believe in the healing power of Jesus Christ after this. I came and went between the Bay Area and Hong Kong for a few years. Finally I decided to come back to the Bay Area for good. Here, I had worked as a waitress, a real estate sales agent, and as clerk in a bank. Finally, I got a job as an entry level assistant in a Biotech Company. I got lay-off twice because the companies lost contracts. Through prayers of my church friends, I got jobs within three months with better pay and position. I worked for more than nine years in the last company as research associate before I retired.

I am still taking psychiatric medication as a “brain vitamin”. My relapses taught me that I should keep on taking medication to stay well. Medication gives side effects, which affected me when I had to work, but with prayers, I was able to overcome them after I yielded to Jesus' advice to forgive all the hurts of the past. Now, if I don't tell, nobody would know that I am a schizophrenic.”



CONGRATULATIONS TO THE CULTURE TO CULTURE MENTAL HEALTH “PUSHING HANDS” VOLUNTEERS



MENTAL HEALTH “PUSHING HANDS” AWARDS



Jen D. Hong

“My name is Jen D. Hong. I had worked in High-tech industry for 25 years and retired in 2002. My wife and I joined NAMI (National Alliance for Mental Illness) family support group as family members and completed the NAMI Family to Family Education Class (12 weeks) in 2003. Feeling the need of Chinese community on Mental Health, I completed the NAMI Family Support Group Facilitator training and started the Chinese Family Support Group at Mountain View Chinese Christian Church and also taught NAMI family to family education class in Mandarin in 2005.

From the beginning of California MHSA (Mental Health Service Act) in 2006, I also had been a member of Santa Clara County ECCAC (Ethnic and Cultural Communities Advisory Committee) continued advocating and educating Chinese Community on Mental Health. I became the ECCAC Chinese coordinator in 2009 and co-received the Asian-American Hero Award, Santa Clara, CA in 2009. From 2010-2011, we got funding from MHSA and led a group to translate the NAMI Family to Family Education Class into Chinese and completed in June 2011. Currently, I am the President of NAMI Santa Clara County and Member of Santa Clara County Mental Health Board.

My vision is to educate more Chinese family members to understand mental health, communicate better with their loved ones, form support teams, get proper treatment, and finally have a happy and fulfilling life for all people around.

Gena Hu

“Dr. Gena Hu is a psychiatrist practicing in Kaiser. She have voluntary involved in Culture to Culture Foundation for more than five years. With her highly enthusiastic passion towards mental health education in the Chinese community, she has made significant contribution to the field in raising the awareness and destigmatizing of mental illness in local Chinese community.

Dr. Hu, MD has spent her precious spare time during the weekend to give multiple seminars in promoting the awareness of mental illness in Chinese community. She performed artistic Chinese folk dance in the Mental Health Warrior Award ceremony and in the Senior Volunteer Award ceremony, sponsored by Culture to Culture Foundation. In addition, she has always made herself available for consultation of mental health education issues to the Culture to Culture Foundation, including professional input to the drama play, being contest award committee and giving talks in Chinese Radio Station regarding Chinese mental illness issues.

Dr. Hu, MD's biggest contribution to the mental health in Chinese community is that she exemplifies what a professional mental health provider can give back to the Chinese community with such passion and generosity. We are truly fortunate to have Dr. Hu, MD to be part of our Chinese community.” (Excerpt from Gena Hu's nomination letter)





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Xiu Lowe

“In the past 8 years, Dr. Lowe not only has dedicated herself to the cause of promoting mental health awareness in Chinese community, but also inspired other to be interested and involved in this meaningful cause. Dr. Lowe is a true trooper. She is the one of the volunteers first started in C to C. She has volunteered to give lectures on various mental illnesses to educate Chinese community about mental illness. She has given talks in work shops to promote awareness in recognizing the mental illness and reducing stigma of mental illness.

Influenced by her passion, I started to get involved as well. I am just one of the mental health professionals inspired by Dr. Lowe. She set a great example for others to follow.

Being her colleague for 5 years, I know Dr. Lowe as an outstanding psychiatrist well liked by her patients. She serves them with compassion and diligence. She has helped thousands of people to overcome mental illness and live a better life.” (Excerpt from Xiu Lowe’s nomination letter).”



Jeffery Pea

“Hello everyone, my name is Jeffrey Pea and I’m an 12th grader at Lynbrook High School. My entrance to the mental health field stemmed from my personal experiences, for I have been being highly involved with many people who have mental illnesses. At school, I am part of a club named Viking Buddies, in which students interact with the special education students. I have invested a lot of time with these kids and I have really tried my best to be friend and comfort them. Also, I occasionally babysit a family friend’s son who has severe autism. With these experiences, I wanted to really push forward and help those with mental illnesses. What influenced me to create a high school club on mental illness was my desire to allow people with these problems to be accepted into society, and not to be looked down upon.

I have always been intrigued mental illnesses, and I find that a lot of people don’t understand them as well as they should. I don’t think these problems as ones to be “mistreated” or “ignored”, but rather ones that should be “understood” and “addressed”. As such, I created Lynbrook NAMI, the high school chapter to NAMI (National Alliance on Mental Illness) program, which provides awareness for a multitude of different mental illnesses, helping others understand the realities of these problems and promoting methods to aid affected individuals. Also, the club teaches people the correct steps to engage with individuals suffering from mental illnesses, providing the consumers with a promise of recovery and gratitude. From Bipolar Disorder to Schizophrenia, Lynbrook NAMI club incorporate. Not only do I want students to learn high priority of mental illness awareness in society, but I also want them to help those who may develop or have symptoms of these mental disorders. By gaining the backing of local NAMI support groups and communities, I have really been motivated to make a difference at school.

But there is nothing to boast about my contribution, for I am just a person trying to help the society by advocating education and awareness of mental illness at his high school. My passion, love, vision and dedication towards the special-need students and mentally ill individuals are all thanks to the nurture of my family, the openness of my friends, and my desire to do what’s right.”



*Thank you all for your contributions
to our community!*

JUDGES



Dolores Fox Ciardelli, *Managing Editor, Danville Express, Senior Award Judge 2008 to 2012*

"Whew! Judging this year's Senior Volunteer Awards was a tough job. Luckily we had criteria to use, which included length and time of service and measurable outcome -- otherwise I think I'd still be reading over and over about these wonderful folks who give so much to their community. Also, the nominators wrote so eloquently, which made me appreciative of their efforts, too."



Stuart Hing, *Judge, Superior Court, Alameda County Senior Award Judge 2010 and 2012*

"I really enjoyed reading the remarkable stories about each nominee. This was especially difficult to judge."



Barbara Smith, *Senior Award Judge from 2008 to 2012*

"It is a challenge and an honor to help decide the winner among such a distinguished group of nominees."



Joyce Cram, *Judge, Superior Court, Contra Costa County*





ACKNOWLEDGEMENTS

THANK YOU, THANK YOU AND MORE THANK YOUS

We are very thankful to the following people who have made our Culture to Culture Foundation's mission possible in the last 11 years.

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- Mary Shu-Ping Cheng

*We are very grateful to Kobe Japan
for providing the wonderful food.*



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- Ann Cadorna - *For her help with the Event Planning, working on our Agenda and for being our Master of Ceremonies at today's event.*
- Our Fabulous Judges, who had the incredibly difficult task of choosing our winners from all of these impressive nominations.
 - Judge Hing - *Alameda County Superior Court, Senior Award Judge of 2010 and 2011*
 - Barbara Smith - *Senior Award Judge from 2008 to 2011*
 - Dolores Ciardelli - *Managing Editor of Danville Express; Senior Award Judge from 2008 to 2011*
 - Joyce Cram - *Contra Costa County Superior Judge*

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