

NANAY, Inc.
(National Alliance to Nurture the Aged and the Youth)

President's Annual Report

October 23, 2000

The new millennium has brought exciting and positive changes for NANAY, Inc., a 501(c)(3) community-based organization that caters to the needs of our elders and youth. From its humble beginning in November 1994 when it was first founded, it has emerged into a full-scale service organization that now provides a wide-range of activities to support the psychological, emotional and social needs of our largely underserved Asian Pacific American elders, while also opening its door to other non-Asian population.

The big break came after NANAY received its first major grant funding from the Alliance for Aging in



Miami-Dade and Monroe counties, through the Older Americans Act (OAA). This \$50,000 annual funding encouraged NANAY's executive officers to look for a permanent Center, now located at 659 NE 125 Street in downtown, North Miami. The Center was finally acquired in October 1999 through the benevolent help of *John Gaudiosi, Esq.* and *Ric Garcia*, who provided the initial funds that were used to buy the property. Much needed renovations and improvements to the building were done through volunteer efforts from the community, with special thanks to *Sony and Bennie Trinidad, Ted Ravelo and Family, Mike Gozon and Family, Bening Forneste, David Salud, Lila Lee, Pilar Hacha, Mona Gaas* and *University of Miami's Filipino Student Association*. Most of the Center furnitures were acquired through the generosity of *Ofie and Joe Grajo*; the Gift Shop shelves, cabinets and accessories were provided by *Roger Stetzer*; computers were donated by *Ric Garcia*; and other miscellaneous items came from numerous donors. Initial funding to start the Center operations came from the *Bruce Family* who were the original founders of NANAY.

NANAY, the Asian Pacific American Community Center, began providing counseling, recreational activities and arts and crafts lessons in November 1999 following a Thanksgiving reception that was attended by community residents, including 30 elders who later registered for services. On Thanksgiving Day, 1999, NANAY partnered with the Asian American Federation of Florida in the Winternational Festival in North Miami, and won the Best Theme Award for its colorful float that featured its theme "Unity in Diversity".

A formal Open House Reception was later held on January 8, 2000 and was attended by more than 100 guests, including North Miami Mayor Wolland, Councilmen Scott Galvin and Michael Blynn, City Manager Lee Feldman, Chief of Police Tom Hood, State Representative Willie Logan, Joseph Cook (Commission Aide for Betty Ferguson), Ernesto Ramos (Congressional Aide for Carrie Meek), Hon. Hiroshi Yamaguchi (Deputy Consul of Japan), a representative from Taipeh Consulate, 5 representatives from Alliance for Aging, Census 2000 Program director Jack Curtis, and other Chinese, Korean, Laotian and Filipino constituents. Two proclamations were received (from North Miami Mayor Wolland and Miami Dade County Mayor Penelas) designating January 8 as NANAY Day. The opening of the Center was featured in the community section of Miami Herald.

As stipulated in NANAY's service contract with the Alliance for Aging, whose funding was only geared towards counseling and transport services, individual and group counseling sessions were held on a daily basis, beginning in January 2000. Through these services, elders were able to discuss practical issues including problems at home; conflict resolution; ways of improving self-image in the community; investment options and financial management; Medicare/ Medicaid; various health issues; types of elder care facilities; living alternatives and the concept of living will. Formal counseling sessions were given once a week on the nutritional value of different food groups, better eating habits, buying and preparing nutritionally balanced meals, physical fitness information and health-related nutritional needs. The committed and enduring efforts of volunteer counselors *Perry Camagong, Suzette Clemente-Woodward, Pilar Hacha, Lila S. Lee, Nida Recabo, M.S.W., Frances Simpaio, R.N., Bennie Trinidad, Joanne Thomas (Alzheimer's Association), and Badette Bryant* helped enhance the self-image, increase the self-esteem, and improve the interpersonal relationships of participating elders, while also providing them with better health alternatives.



In April, 2000, NANAY volunteers *Nena Forte, Tom Kranzel, Helen Kranzel, John Gaudiosi, and Perry Camagong* attended the SHINE program training at the Alliance for Aging, to provide informational counseling for elders regarding issues about Medicare and Medicaid. In May, 2000, NANAY's Center became an official site for the SHINE program.



Transport services were initially provided by volunteers *Pol Segui, Dolores Villamar, Nida Recabo and Jessie Blancada* who used their own cars to pick up elders. Recognizing the urgent need for providing a full-service transport vehicle, NANAY solicited the help of *Lulu Mendoza*, and was finally able to acquire a 15-seater passenger

Transport Van in May, 2000, which is now being used for regular pickups. The transport service also takes the elders to various community resources, physician's offices, field trips, shopping centers and medical facilities. To avail of the transport service, elders only need to call the Center one day prior to planned trip. Additional drivers now include *Nilo Lobrio, Teresa Liu and Melody Ching Quee*.

Although NANAY receives funding from the Alliance for Aging only for counseling and transport services, it also provides many other activities to support the psychological, emotional and social needs of the elders. Preventive health sessions are now available on weekends and consist of blood pressure checkup and blood glucose tests. Individuals discovered to have abnormal values are referred to appropriate physicians or clinics. These services are provided by licensed volunteer nurses or nurse practitioners, such as *Badette Bryant, R.N., Nena Forte, R.N., Helen Kranzel, ARNPCS, MBA, Gigi Moneda, R.N., Vicky Lazo, R.N., and Bing Valde, R.N.*, in partnership with the *Philippine Nurses Association*. *Dr. Jerry Ciocon*, Cleveland Clinic Geriatrics Department Chairman, now also provides free medical consultation service once a month to needy elders who do not have medical insurance. Free hearing tests and basic hearing aids were also given by *Gary Friedman* from *Hearing and Speech Center of Florida*.



Soft aerobics, stretching exercises, and/or yoga exercises are provided by volunteers *Aisha Bhandarkar, Charing Estoque and Denise Gomez* two or three times a week. Through these regular exercises, elders are able to improve their breathing, relax and stretch their muscles, enhance their circulation, and increase their mobility.

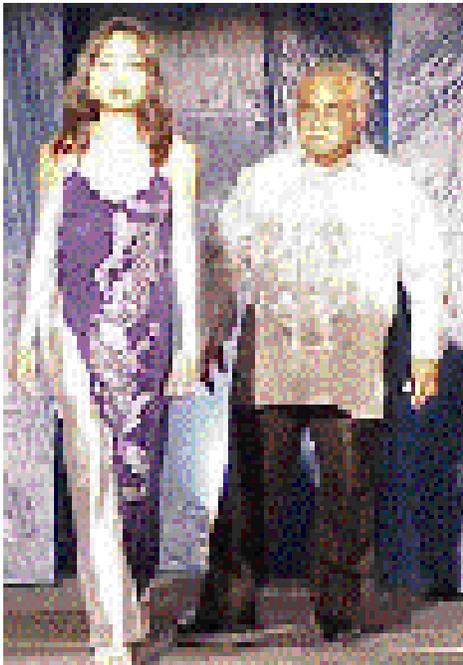


Through the Arts and Crafts sessions given mostly by *Sony Trinidad*, and aided by *Nini Balauat and Leslie Lowe*, elders learn how to make flower arrangements, jewelry boxes, glass painting, Ikebana, Bonzai, Origami, clothing and toilet accessories. While some of these handicrafts now adorn NANAY's Gift Shop, flower arrangements made by elders were also used as centerpieces for one of the official functions of the Alliance for Aging, and during the Grantmakers' Conference Reception hosted by the Human Services Coalition of Dade County.



Most of the elders are intimidated by rapidly advancing computer technology, and many are afraid to even touch a computer. To address the digital divide, computer sessions are now provided at the Center by volunteer *Stephanie Santos*, so that elders will feel comfortable with the basic operation and use of the computer, working with the mouse and keyboard, typing simple letters, accessing programs, sending out e-mails, and surfing websites.

NANAY offers free folk dancing and ballroom dancing lessons for the elders twice a week. Elders are encouraged to showcase themselves through participation in local community events and public appearances. In addition, outdoor activities and periodic field trips are scheduled to decrease their feeling of isolation, and to enhance their knowledge about their surroundings and their community. Key benefits include improved agility, greater social interaction and increased participation in community affairs. *Tom Kranzel*, *Stephanie Santos*, *Tessie Santos* and *Charing Estoque* volunteer their time to provide these services. In February, 2000 a Satellite Cable was installed at the Center so that elders can enjoy local programs from their own country and keep themselves abreast of local events that are happening in the Philippines.



As an offshoot of NANAY's participation during the celebration of International Year of Older Persons in November 1999 at the Biscayne Bay Marriott, which was co-hosted by the Alliance for Aging, Gray Panthers and other civic organizations, NANAY held its First Intergenerational Fashion Show on July 1, 2000 at the Graham Center Ballroom, Florida International University South Campus, which was attended by close to 200 guests. The event featured dance and song performances as well as a youth-choreographed presentation of traditional clothing, casual wear, club wear, lingerie/ sleep wear, formal wear, business wear and beach wear by elders and youth. "It was a true and powerful blending of two, perhaps even three generations," claimed *Nida Winnett*, NANAY Youth Director, who coordinated the activity with *Nam Trinh*, Vice-President of the Florida International University Asian Student Union and *Cherry Coletto*

from Couples for Christ.

NANAY was also instrumental in getting a Gates Millennium Scholarship for Faith Laciste, a young talented student from North Miami, who wanted to become a lawyer. As part of its intergenerational project, NANAY is now instituting a Grandparent Matching Program that combines mentorship for the youth and living assistance for the elders, with the help of the newly approved \$80,000 grant funding from the Miami-Dade County Alliance for Human Services. Through the intervention of *Ramona Frischman* from Alliance for Aging, NANAY received two sensitivity kits worth \$700 for youth to personally experience the physical limitations that come with aging. As part of NANAY's intergenerational program, plans are now being coordinated with *Ramona Frischman* and *Lynn Kaplan* from the Miami Dade County Public Schools to involve NANAY's elders in an intergenerational choir, together with students from the Middle Schools.

Because of NANAY, the elders were made aware of civic and legislative issues that could affect them, and the need for them to get involved in the political process. In cooperation with *Winnie Tang*, the Organization of Chinese Americans and NANAY co-hosted the Census 2000 Pre-Summit Forum at Keiser College on 1/14/00 (thanks to the hospitality of *Belinda Keiser*), the Asian Census 2000 Summit at FIU North Campus on 1/15/00, and a Census 2000 Town Hall Meeting at NANAY's Center in February. NANAY's elders also attended the Census 2000 Townhall meeting that was sponsored by *Congresswoman Carrie Meek* in February. During the Asian Arts Festival at Bayfront Park in May, NANAY's elders walked down the streets with their Census 2000 T-Shirts and Census 2000 umbrellas to show how important it was to be counted.

On September 10, 2000, a Voter's Education Seminar was also held at the NANAY – The Asian Pacific American Community Center in cooperation with the Philippine American Federation of South Florida. *Gloria Caoile* and *Kathleen Topacio-Flores* from the Asian Pacific American Labor Alliance (APALA) and the American Federation of State, County and Municipal Employees, AFL-CIO (AFSCME) flew down from



Washington to help NANAY launch a grassroots, non-partisan voter registration, voter education, and get-out-the-vote program for our local community, and later received the Key to North Miami from NANAY through the help of *Ted Ravelo*.

The involvement of NANAY's elders with the community has certainly extended outside of the four walls of the Asian Pacific Community Center. On April 1, 2000 NANAY's elders attended and performed at the Archdiocese Great Festival of Jubilee 2000 that was held at the Miami Beach Convention Center. A photo of their performance was later published in the Miami Herald. The elders danced with the youth as part of the Filipino Student Association's participation in the

International Show that was held at the University of Miami on April 7, 2000. On August 5, 2000, the elders again showcased their “talent” as part of the intermission during the Piano Concert by Dimas Caraballo at Guzman Hall in University of Miami, co-hosted by NANAY, the *Philippine Nurses Association*, and the *Filipino American Association of Florida*. NANAY’s dances were also shown during the Senior Festival at Aventura Mall that was sponsored by the Alliance for Aging.



Through the invitation of *Dennis Murasaki*, lively Philippine folk dance performances by the elders of NANAY marked the conclusion of a four-day World of Non-Profit Seminar that was held at Hilton Airport Hotel on September 13-16, 2000. The seminar was attended by leaders of *RENGO*, a Japanese Labor Union, who were interested in learning about the mechanics of running 501(c)(3) nonprofit organizations in the U.S. The Japanese government recently passed a law that allows the operation of non-profit organizations in Japan, and *RENGO* is helping the few existing Japan-based nonprofit organizations to obtain (501)(c)(3) status in their country.

The elders’ latest major performance was on September 29, 2000, coinciding with NANAY’s Anniversary, when the Himig Singers, an award-winning choral ensemble from Davao, Philippines performed at the North Miami Beach Center for Performing Arts. “*The Himig Singers in Concert*”, which was co-hosted by NANAY, the *Filipino American Ministries* and the *Filipino Community Association of Florida*, became a memorable night for more than 500 guests who were awed by the choir’s excellent rendition of the National Anthem, Philippine folk songs and contemporary music.



Tragedy sometimes also happen. In February, 2000, NANAY was saddened by the loss of one of its elders. *Teodoro Vila*, 60-year old and homeless, was given a place to live by the family of *Fely Baldonado*, one of NANAY’s senior members. He died suddenly of a heart attack shortly after participating in NANAY’s service activities. After an unsuccessful attempt to search for his family, NANAY took the initiative to take care of his cremation with the support of *Einez Yap*, one of NANAY’s

officers. On the dawn of Easter Sunday, NANAY held a memorial service for him and buried his ashes

at sea, attended by the other NANAY elders who had already become like family to him. The solemnity of the service so touched the life of Nancy Davis, an 89 year old retired teacher and senior member of NANAY, who later changed her living will and specified her wish to be taken care of by NANAY after her death. She died of a car accident in September. Her ashes are now at the Center, and will be buried at sea this month, in accordance with her wishes.

The services that NANAY renders to the elders have been published at the *Basta Pinoy News*, the *Asiana Post*, the *Miami Herald*, the *Chinese Newspaper*, *Filipinas Magazine*, and the *Philippine News*. NANAY's services have also been featured in the internet at www.yimby.com through the courtesy of



Bobby Reyes from the Breakfast Media Club in Los Angeles. NANAY was featured on ASIAN FOCUS, Channel 17, WLRN in February and then in August, 2000, through the courtesy of *Muhammad Shakir*. On October 9, 2000, NANAY's services were featured on Channel 10 Eyewitness News, through the intervention of *Christine Gaudiosi*. She was also instrumental in finally enriching the life of *Nicolas Tablizo*, who celebrated his 90th birthday on September 10, and whose birthday wish was to see a real basketball player in person. *Pat Riley*, the Miami Heat Coach, graciously agreed for Mr. Tablizo to watch the basketball team in practice. On October 23, Mr. Tablizo finally realized his wish. He had the chance to brush elbows with his favorite players, including Alonzo Mourning, and went home with a Heat T-Shirt bearing the autographs of the Miami Heat coach, players and management team. His memorable experience was featured in Channel 10

Eyewitness News that same day.

In September, 2000 NANAY launched its own website at <http://www.nanay.com>. In addition to updating the internet community about its activities and services at the Center, NANAY's website also provides medical information derived from recent scientific journal articles and written in layman's terms. Periodic immigration issue updates are provided by *Valory Greenfield, Esq.*, from the Florida Legal Services, Inc. Internet informational sites for children have been linked to NANAY's website, including: Food and Drug Homepage for Kids, Environmental Health Sciences for Kids, Social Security for the Young, CancerNet Homepage for Kids, Food Safety Coloring Book for Kids, FBI Information for Kids, Miami-Dade County Public School System Information, National Science Foundation and Florida Information Resource Network .

Without a doubt, NANAY's has touched the lives of many elders in South Florida. Its commitment and services to the elders had become a model that is now being replicated, even in other States. NANAY's projects were presented to more than 250 delegates at the Filipino American Women's Network that was held in San Francisco on March 2, 2000. This resulted in the creation of the San Francisco Bay Area Regional Chapter of NANAY to provide similar supportive services to the elders in

California. NANAY's projects were also presented during the Regional Convention of the National Federation of Filipino American Associations in Little Rock, Arkansas on March 11, 2000 and later was officially adopted as a national model of community service.



NANAY- San Francisco Bay Area Chapter's community debut was aptly held on Mother's Day 2000 and was attended by more than 150 guests, including beaming veterans who enjoyed dancing with the youth. A Strategic Planning Meeting of the Regional Officers was then held on August 19 at the San Francisco Public Library where plans for the upcoming year were solidified. The new regional chapter held its first official service activity by hosting a picnic for the elders and youth at the Chevron Rod and Gun Club in San Francisco on September 16, 2000. On October 15, three enthusiastic members of NANAY SF-Bay Area Youth Advisory Council brought along three other young friends to dance with the seniors at the Roccapulco, located in South San Francisco. On November 17, the officers of NANAY SF-Bay Area are planning to host a Thanksgiving lunch reception for both elders and youth. The Grandparent Matching Program, "Adopt a Ward", and intergenerational Christmas Caroling at senior facilities are among the exciting programs that will soon be launched in San Francisco.

To help raise funds for its projects, the officers of NANAY in Miami have participated at the Gulfstream Park and Miami Heat concessions. Thanks to the ingenuity and hard work of *Sony Trinidad*, the proceeds from NANAY's gift shop has become a constant source of additional financial support for the daily needs of the Center. The \$5,000 CDBG grant from the *North Miami City Council* has helped pay for the Arts and Crafts supplies and recreational activities of the elders. Donations from the community, either directly or through the *United Way*, have been very helpful (to date, NANAY has received close to \$1,500 from United Way in Miami-Dade and Lexington, Kentucky). Thus far, NANAY's major annual source of fundraising has always been the Mother's Day Event, which was last held at Premier Banquet Hall, Weschester Mall in Miami on May 14, 2000. NANAY has now

established a partnership with the North Miami Jaycees and will be co-hosting the 4-day Winternational Festival in North Miami on Thanksgiving weekend to in order to raise money through sponsorships and advertising in its souvenir program.

Last year, NANAY hosted a building fund raiser at the Miami Shores Country Club. The \$5,500 that was raised for the Building Trust Fund has been transferred to CD, and still is waiting for the time when NANAY will finally become successful in obtaining a HUD grant to provide supportive housing for the elders.

The \$80,000 funding from the Miami Dade Alliance for Human Services that was granted to NANAY in July 2000 has helped ease its financial burden, and allowed it to expand its services to the second floor of the Asian Pacific American Community Center. The Grandparent Matching program has finally been launched, to provide mentoring for the youth and living assistance to the elders. Frail and in-bound elders are now being visited and counseled by *Nida Recabo*, NANAY's social worker. Since language problem constitutes a major impediment for most of the Asian American elders, daily classes on Conversational English are now being given on the second floor by *Pearl Gordon* and *Tessie Santos*, to improve the communicative skills of the elders with language barrier, and allow them to better integrate with the community.

Free legal counseling is now provided by *Vanessa Barcelona, Esq.*, *John Gaudiosi, Esq.*, *Barry Snyder, Esq.*, and *Shahrukh Dhanji, J.D.*, to protect the elders against the loss of their basic civil rights, particularly on issues related to immigration, income, health care, long term care, nutrition, housing, utilities, protective services, representation of wards or older individuals seeking guardianship for allegedly incapacitated persons, abuse, neglect, and age discrimination. A Legal Officer provides assistance to assure that elders are receiving appropriate benefits including Social Security, Supplemental Security Income, Railroad Retirement benefits, Veterans Assistance benefits, Food stamps, and Unemployment Compensation. Health care may include matters concerning Medicare, Medicaid, Health Care Advance Directives and HMO's. Housing may include matters concerning landlord/tenant disputes, foreclosure and eviction defense, public housing issues, liens against homestead, and denial of access to shelter.

An after-school computer access and computer training program is now also being planned on the second floor to address the technological needs, not only of the disadvantaged elders but also of the underprivileged youth in North Miami. The primary goal of the program is to provide free access to modern, multimedia personal desktop computer and appropriate software applications outside of home, classrooms and school environment. The program will allow and enable underprivileged students who have no home computers to harness their talents and acquire computers skills that will help them attain their maximum academic and learning potential, while also encouraging them to interact with and provide computer assistance to the elders.

Depending on NANAY's ability to secure more grants and raise additional funds through donations from the community, computer programs and accessories will be made available at NANAY- The Asian Pacific American Community Center, to help disadvantaged students master and test their knowledge of **Windows Operating Systems, Microsoft Office, Netscape and Microsoft Explorer** outside of their school environment. Both youth and elders can learn to apply the fundamentals of

the Internet and intranets, search the web, send e-mail, and use educational software from Adobe, Citadel Technology, Microsoft, Symantec, and Filemaker. The following software will be installed: Claris, Educational Resources, Microsoft Office (Publisher, Access, Word, FrontPage, Excel), McAfee Anti-Virus, Adobe Illustrator, Adobe Photoshop, CAD, QuickBooks and Interactive Video and Multimedia presentation applications.

NANAY has certainly accomplished a lot in just one year since the Asian Pacific American Community Center was born. This was largely through the hard work, commitment and dedication of NANAY's administrator, *Bennie Trinidad*, who has gone beyond the call of duty and continues to spend innumerable hours at the Center in order to make sure that NANAY is living up to its mission and goal of serving the elders. The loyalty and dedicated services of his administrative assistant, *Teresa Liu*, is beyond question. With the help of committed volunteers, and donations from concerned members of the community, there is no doubt that NANAY will continue to grow and provide supportive services to our elders who would otherwise have been deprived of the chance to be happy and productive in their aging years. My sincerest thanks to all of you....

But none of the above accomplishments would have been possible without *George Yap*, who was responsible for introducing NANAY to the Alliance for Aging. The initial funding that was generously granted by the Alliance for Aging in January 2000 gave NANAY the much needed break and the chance to develop its programs. The seed that was planted is now just beginning to bear fruit. Like a budding tree, NANAY is still in its growing phase and still needs to be nurtured in order to reach its full potential. We still need the continued support of our community in order to fulfill our mission of providing supportive services to our elders and youth. There is no doubt that **TOGETHER, WE CAN MAKE IT HAPPEN!**

Joy Bruce

President, NANAY Inc.