

PRESS RELEASE

## **NANAY OPENS SERVICES TO ASIAN ELDERLY**

Feb 29, 2000

MIAMI, FLORIDA - - Following its official debut as the Asian Pacific American Community Center, NANAY continues to provide support services for the Asian American elders in Miami Dade. Elders who did not have insurance were able to get free medications and medical care through NANAY's intervention. Last month, elders who range in age from 60 to 89 received 348 units of counseling, which provided a venue for self-expression -- opening communications and stimulating discussion on important issues about health and finances. The topics included ways of improving self-image in the community, discrimination and housing, resolving conflicts, choosing a nursing home, types of investments, arthritis, hypertension, warning signs of cancer, living facilities for elders, risk factors and prevention of heart disease, and the living will.

The elders also learned how to make flower arrangements, jewelry boxes from cardboard paper, glass painting, paper folding for Origami, and toilet accessories. During the health session, eight elders were found to have hypertension and advised about the importance of diet and exercise. Two of the elders who did not have insurance were referred to Jackson Memorial Hospital and were given free medical checkups and medications.



“I don’t mind driving 100 miles everyday because we learn a lot of things and are able to socialize”, says Ely Segui from Homestead, who attends counseling on a regular basis. Between 8 and 15 seniors participate in daily counseling.

Computer session is one of their favorite activities, where they learn the basics of turning on computer programs, play solitaire and access some of the common internet services for shopping and information.

Our goal is to be able to extend as much social, psychological and emotional support to our elders,” says Dr. Joy Bruce, president and chief executive officer of NANAY. “ The Asian Pacific American Community Center provides them with the unique opportunity to socialize, learn and enjoy a healthier and more productive life”. Additional services include aerobics exercises and ballroom dancing. While a majority of the active participants are Filipinos 60 years or older, other Asian and non-Asian elders have also started coming to the Center. Once the seniors have been properly registered into the system, all services are free.

The project is partially funded by the Older Americans Act, through Alliance for Aging, the area agency for aging in Miami-Dade and Monroe counties. NANAY’s Mother’s Day Dinner-Dance and Awarding Ceremony, a major fundraising activity, will be held at the Premier Banquet Hall on May 14. Donations are welcome.

NANAY- the Asian Pacific American Community Center is located at 659 NE 125 Street, North Miami, Florida. It is open from 1:00 – 8:00 pm Monday through Friday, and 10:00 am to 6:00 pm on Saturdays. Plans are now underway to extend the services and social activities through Sunday. For more information, call (305) 981-3232.