

The Cambodian Family News

Year-End Excitement for Our Youth Program

The students of the Cambodian Family ended the year with a bang that included a graduation party and camping trip to San Luis Obispo.

The end of the year festivities began on June 18th when our multipurpose room was transformed into a starlit dining hall. Highlights of the evening included a performance of the White Stripe's "Seven Nation Army", mentors receiving tokens of appreciation from their students, traditional Cambodian dance, the funky fresh moves of C2K2, and delicious entrees that this writer has dubbed "Mexi-Cam" cuisine, the latest wave in culinary fusion.



Cambodian New Year is celebrated at the Community Culture Day event held at Century High School.

Many of our students this year were promoted from elementary to middle, and middle to high school and were awarded gifts in honor of these milestones. Moreover two of our graduating

seniors, Rathana Yim and Daniel Huelitl were awarded scholarships to help them in their pursuits of higher education.

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Upcoming Events Promote "Healthy Changes"

On Tuesday, August 5th our Healthy Changes Program will staff a booth at the Minnie Street National Night Out event, to be held from 4:00 pm to 7:00 pm on Minnie Street, north of McFadden Ave. The event's focus is to strengthen the community and the aim of our efforts is to raise awareness about environmental health on Minnie Street, especially among

the youth, through our collaboration with Jamboree Housing, Orange Housing Development, the City of Santa Ana, Earth Resource Foundation, and other community agencies.

On Wednesday, August 6th we will be providing cardiovascular health screenings, free of charge, to women over 35 years old and men over 55. Also, there will be free blood pressure checks, free

cholesterol testing, and free glucose testing. (Screening participants must abstain from food or



SAUSD nurses provide health services at Community Culture Day.

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Did you know?

- The Cambodian Family has provided services at the same location for the past 25 years.
- Every week we distribute over 1000 lbs. of food donated through the Community Action Partnership of Orange County.
- Every year we help over 100 people file Federal tax returns, and receive over \$1 million in refunds.

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Staying Fit: The Walking Club

A recent addition to Health Program activities at The Cambodian Family is our Walking Club, which is supported through a grant from the Federal Office of Minority Health.

Walking Club activities began in February of this year. The program started small, with four participants, and has now grown to 21. Participants are mostly Cambodian refugee women; 30% are over age 65, 50% are between 45 and 64. Most suffer from a variety of conditions dating from their traumatic experiences in Cambodia and the process of resettlement. Headaches, diabetes, and high blood pressure are common ailments.

The club meets every Monday from 9 am to 10:45 am. Members drive to Hart Park in Orange where they walk along a bike trail for about 45 minutes. Each walker monitors

her blood pressure before and after the walk using a Blood Pressure Monitor. Our participants are pleased when they are able to maintain their blood pressure within normal range. Health issues are discussed during and after the walk.

The club encourages camaraderie. Participants have had two lunches so far and may establish regular get-togethers once a month.

The Walking Club was organized by Chea Lim, a Change Facilitator in the Health Program. Chea notes that the main objective of the Club is to change health habits. Chea points out that while much progress needs to be made, “we’re getting there.”

Our efforts to serve the Latino community through our Healthy Changes Program in-

clude a new Exercise Class. Come and be fit with our Family Coach—Alicia Tapia. This class is held on Mondays at our center at 10:15am throughout the month of August.



Local residents enjoy the opportunity to get regular exercise at Hart Park as members of the Walking Club.



Our Pre-K teachers, Sami and Veronica... Inquisitiveness develops in our child care kids... Teens get some exercise on a field trip.

Our Cambodian Community in Orange County

The Cambodian community in Orange County is struggling economically, yet tends to be better off than Cambodian groups on other parts of the state. The picture emerges from data presented by the Asian Pacific American Legal Center in *The Diverse Face of Asians and Pacific Islanders in Orange County*.

Based on U.S. Census data, results show that Orange County Cambodians lag behind other Asian groups and the population as a whole

on many indicators. Poverty is high: 18% below the poverty line, vs. 11% for all Asians, and 10% for the whole county; education is low: 38% lack a high school diploma, vs. 19% for all Asians and 21% for the whole county; many rely on public aid: 11% vs. 6% for all Asians, 3% for the whole county.

.But OC Cambodians are still better

off economically than Cambodians elsewhere in the state. In LA County, the poverty rate for Cambodians is 38%. In the Central Valley, 55% live below the poverty line. Public Assistance supports 39% of Cambodians in LA County, about the same as for Cambodians in all of California (37%). A majority of Cambodians lack a high school diploma in both LA County (56%) and the Central Valley (66%).



Our Cambodian Community in Orange County (continued from page 2)

On almost every measure, Orange County Cambodians are better off than Cambodians in the U.S. as a whole. Cambodian Americans have a high poverty rate (29%), a high rate of public assistance (22%), and low education (53% lack a high school diploma).

The data reveal some surprises: the median household income of OC Cambodians in 2000 was \$48,274, higher than the median for the whole state of California - \$47,493. What accounts for this? In part, the high household income reflects large household

size. The average Cambodian household size was 4.4, vs. 3.0 for the County as a whole. The per capital Cambodian income in the County was only \$13,160—quite a bit less than the State average of \$22,711.

Overall, the picture emerges of a community that struggles relative to most Asian and other groups in America. But while progress may be slow, Cambodians are, like other groups, steadily taking their place alongside other groups in America.



Minnie Street is the heart of the Cambodian community in Orange County

Upcoming Events Promote “Healthy Changes” (continued from page 1)

drink—except water— after 8:00 pm the night before.) This event will take place from 8:00 am - 12:00 noon at The Cambodian Family center, 1111 E. Wakeham Ave. in Santa Ana.

Our next health screening will be August 27th on Minnie Street.

Our first community clean up will be held on September 20th. We hope that you all will come out to help beautify and improve the quality of life and health on Minnie Street.

Our Healthy Changes Program is part of a

collaborative that includes St. Joseph Hospital’s Women’s Heart Center, Puente a la Salud Mobile Clinics, and Jamboree Housing’s Housing with a Heart program. The goal of this program and partnership is to improve the health and quality of life of the Cambodian and Latino families in our community. We have experienced Cambodian and Spanish bilingual health accessing staff who provide assistance in making doctors appointments, provide translation and interpretation, and transportation to medical

appointments, follow-up and supportive services. We also provide activities to promote healthy behavioral and lifestyle changes, including stress reduction coaching, exercise, and diet.

For more information contact (Cambodian) Louan (714) 973-7188 or Kieng (714) 564-3402; (Spanish) Alicia (714) 564-3405.

(A program funded by the Federal Office of Minority Health.)

Year-End Excitement (continued from page 1)

Our whirlwind weekend continued immediately on Friday when students and staff embarked on a camping trip to San Luis Obispo’s Lake Lopez. Students spent 4 days fishing, hiking, swimming, and relaxing at this beautiful lakeside campground.

This was a wonderful opportunity that allowed students an opportunity to get out of

the city and exercise independence while forming and strengthening friendships with other students and staff. This time spent observing deer, telling ghost stories by the campfire, and keeping lookout for scurrying skunks was a fitting ending for a great year.

If you’re interested in joining our youth program as a volunteer mentor please call Jonathan Gibson at (714) 571-1973 or Jonathan-Gibson7@gmail.com.



A camping trip is a great opportunity to enjoy fresh air and relax at the end of the school year.

Become a Friend of The Cambodian Family

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Phone: 714-571-1966
Fax: 714-571-1974



***A Multiethnic Human Services
Agency Promoting Social Health***



The Cambodian Family is a nonprofit organization, founded in 1980 by Cambodian refugees to serve newly-arriving refugees in Santa Ana's Minnie Street neighborhood. Over the years, in response to critical needs of other uprooted peoples, we evolved into a multi-ethnic organization offering a comprehensive set of human services to immigrants and refugees from all over the world.

The **mission of The Cambodian Family** is to promote social health. We do this by providing opportunities for refugee and immigrant families to develop the knowledge, skills, and desires for creating health and well-being in their lives.

We currently offer an after school Youth Program, services in community health, employment, school readiness for young children, tax preparation assistance, a training program to help refugees and immigrants open their own family childcare businesses, and a marriage education program for refugees. Our clients come from many countries, including Cambodia, Vietnam, Mexico, Iran, Afghanistan, Russia, Ethiopia and Somalia.



Thank you! to Our Recent Donors

As we begin fiscal year 2008-2009, we acknowledge and thank our major donors over the past year.

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Our graduates and their parents also thank our donors.

