

# ASIAN COUNSELING and REFERRAL SERVICE



Hope and Opportunity in over 40 Languages

## **Programs & Services**

- Behavioral Health and Wellness
- Successful and Sustainable Recovery
- Services for Healthy Aging and Long-Term Support
- ACRS Food Bank and Community Farm
- Citizenship and Immigration Assistance
- Career Help for Job Seekers
- Youth Leadership Development
- Civic Engagement
- Legal Clinic



# **Aging, Long-Term Support & Nutrition Programs**

- Case Management for In-Home Care
  - o 3,891 clients
- Health Home and Care Transitions
  - o 323 clients
- Club Bamboo Senior Center
  - o 314 clients
- Community Living Connections
  - 1,431 clients
- Senior Congregate Meals
  - 1,200 clients across 8 partner sites
- ACRS Food Bank
  - 3,800 clients over 60 years old



## **Innovations in Serving Seniors**

At the height of the pandemic, ACRS and King County METRO were delivering over 2,100 bags of food supplies and 2,200 meals each week to individuals, most of whom were seniors, throughout King County.





# **Innovations in Serving Seniors**

#### Delivery bags included:

- Exercise Instructions
- Covid Testing and Vaccine
- Personal Safety
- Recipes of nutritious meals
- Nutrition Education
- Census and Voter Information
- Public Health Notices
- Masks, soap, hand sanitizers
- "Well Wish" Cards
- Produce from Farm





## **Innovations in Serving Seniors**

In Spring 2021, ACRS Club Bamboo Senior Center launches "Cloud Bamboo" to offer Remote EnhanceFitness with support from Sound Generations and UW Health Promotion Research Center. Other virtual offerings include meditation, yoga and social time with peers.





## **Collaborations With Community Partners**

- International Community Health Services (ICHS),
  Neighborhood House, Pliable Health and Genoa Healthcare
  - ACRS serves as a vaccination site for the community
- Seattle Chinatown International District Preservation and Development Authority (SCIDPDA) and Interim Community Development Association (InterimCDA)
  - Distribution of food supplies and meals to residents of 18 buildings in the Seattle Chinatown International District
- United Way of King County, Door Dash and The National Guard
  - Support in preparing and delivering food supplies and meals
- Hub for Asian American Pacific Islander Seniors (HAAPI Seniors)
  - Chinese Information and Service Center (CISC), South Park Senior Center and IDIC Filipino Senior & Family Services (IDIC)



## Supportive Resources

- Thousands of volunteer hours by the community
- Contributions and grants from individuals, private foundations and government agencies





City of Seattle



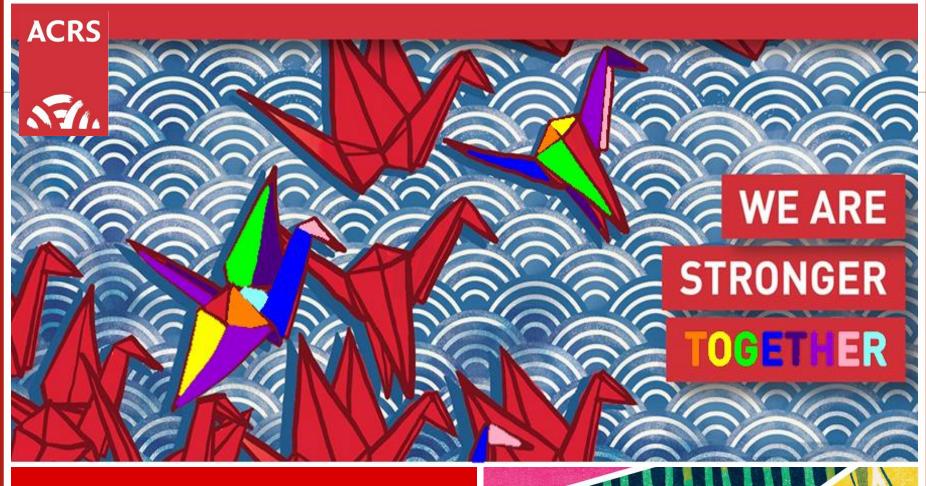
King County



# The "BAYANIHAN" Spirit







acrs.org

