

Korean-American Seniors

CENTRAL SENIOR CENTER NEWS

Winter 2017 (Vol.4)



Retirement Doesn't Have to be Dull!

For many, retirement means sitting on a rocking chair on the porch and watching the world go by. But, the seniors at the Central Senior Center (CSC) do not buy into this old cliché. We are determined to be active and maintain the quality of life in our golden years. To this end, we actively search out and engage in a variety of activities that enhance our physical, emotional and spiritual well-being. The CSC programs meet the needs of seniors by offering a variety

of programs of educational/recreational activities, worship services, special seminars, and congregational meals.

Every Spring and Fall, the CSC's seniors meet on Tuesdays and Fridays to learn something new, realize their artistic dreams, try out musical talents and rejuvenate our bodies. Most importantly, we have lots of fun in the process. The CSC offers more than 40 classes in a variety of subjects, including arts and literature, Bible

studies, chorus, citizenship, computers, English language, golf, guitar, healing exercises, I-phone, line dancing, music, saxophone, Spanish, and Taekwondo. More than 450 students participate in these activities.

In addition to these classes, CSC offers weekly worship services and knowledge-based seminars. Each week, a pastor from the Korean Central Presbyterian Church (KCPC) is invited to conduct the service, addressing the spiritual needs of the

(Continue to p.2)

Table of Contents

Cover Page	1
The Editor's Note	2
Keynote Speaker on North Korea.....	3
Fund Raising Event.....	4
Annual Caregivers Conference.....	5
Pros and Cons of Annuities.....	5
Medicare Part D.....	7
Dental Care for Seniors	7
Top 5 Scams Targeting Seniors.....	8
Adult Protection Services.....	10
New Technology for Seniors	10
Flowers	11
AAPI Summit	12
The Korean-American Pioneer	12
Line Dancing Class	13
Bone Building Exercises.....	14
Saxophone for Seniors.....	14
Fall Picnic	15
Trip to Jim Thorpe, PA.....	16
Celebrating Retirement	17
Special Thanksgiving Lunch.....	17
Fragrance of Calligraphy.....	17
The Editorial	18
Advertising.....	19
Looking Ahead	20

seniors. The weekly seminars are offered on a variety of topics such as socio-economics, finance, health and science, and technology that have useful values to the seniors. Experts within and outside of the CSC are invited to lead the seminars. Recent seminar topics include saving the earth for future generations, financial scams targeting seniors, and the importance of dental care for seniors.

CSC's meal program provides seniors the opportunities to enjoy delicious Korean foods in a culturally friendly environment. These seniors share their life stories and socialize with their peers. This meal program is partially supported by the Fairfax County Agency of Aging. The CSC also organizes outdoor picnics and tours in Spring and Fall to provide extra opportunities for social interactions.

We believe that seniors who regularly participate in these activities are physically and emotionally healthier than non-participants. As a result, they can enjoy active and independent living well into twilight years.

The Editor's Note:

The 4th volume of KAS is here. In this volume, we present some major issues that our KAS seniors are concerned with (e.g., North Korea's nuclear threat, retirement savings, dental cares, and scams targeting seniors). We also express our sadness brought upon by the increasing gun violence engulfing the nation. Only way we can reduce mass killings, we believe, is by restricting the possession of assault weapons in the hands of criminals and ordinary individuals. Note that criminals were treated as ordinary people before they commit a crime.

The Challenge of North Korea*

John C. Harvey, Jr. Admiral, U.S. Navy (Retired)



The situation in the Korean peninsula is extremely precarious and its danger grows with each passing day. For more than 30 years, the world's response to North Korea's nuclear program has been that of combined condemnation and procrastination. Although North Korea was warned that its development of a nuclear weapon would prove to be unacceptable, its nuclear program has only accelerated.

The resolution unanimously passed by the UN Security Council on August 5, 2017 marked a major step toward the denuclearization of North Korea. Still, an agreed objective and its modus operandi remain to be established and carried out. North Korea thus far has been defiant of previous UN sanctions and maintains its nuclear program in opposition to the U.S., China and other involved parties. If North Korea continues to ignore the UN sanctions, their ongoing efforts to develop full-scale nuclear capability will more than likely lead a military conflict with unimaginable consequences.

While the situation is perilous, it is not entirely hopeless. I believe there is a way-out of the current predicament without war and without sacrificing the security of South Korea. This way-out is difficult to achieve, but we currently have no credible options other than to pursue a new path. This new approach involves a full cooperation of China, which has a major economic and political influence on North Korea. Complete and close cooperation between China, the US, South Korea and Japan is essential prerequisite for the North Korea's denuclearization.

Although China is a principal signatory to the UN resolutions, it has been reluctant to enforce the UN sanctions because its fear of North Korea's collapse, which will bring millions of refugees into China and that of facing the US forces on its border. However, if North Korea remains as a nuclear nation, it will undoubtedly stimulate the nuclear proliferation of its surrounding nations including South Korea, Japan and potentially Taiwan and others, which will become a major threat to China's security. Beijing also runs a risk of deteriorating relations with America if it gets blamed for insufficient pressure on Pyongyang. China at this point has a greater interest than the US in the NK's denuclearization.

Achieving the goal of North Korea's denuclearization requires a close and sustained cooperation between China, the US, South Korea and Japan not only during the enforcement period of the UN sanctions but also the aftermath. It requires a corollary U.S.-Chinese understanding especially on the aftermath about the North Korea's political evolution and military deployment restraints on its territory without altering the existing alliance relationships.

As strange it may seem in the light of a half-century of less than congenial relationship between China and the U.S., such an understanding is not only the best way to break the Korean deadlock, but also establish an emulative precedent of resolving other potential conflicts in East Asia. As a start, a joint US-Chinese statement of objectives and implicit actions related to North Korea would bring home to Pyongyang its isolation and provide a basis for the international guarantee that is essential to safeguard its outcomes.

Seoul and Tokyo must play a key role in this process. No country is more organically involved than South Korea. It is directly affected by a diplomatic solution and mostly menaced by military consequences. Thus, it should have a crucial voice in the political outcome. To this end, South Korea will certainly insist on a more embracing and formal

concept. Similarly, Japan's history has been linked with Korea's for millennia. As such, Japan's view of its security will not tolerate a nuclear Korea without a nuclear capability of its own. Its evaluation of the American alliance will be judged by the degree to which the U.S. manages the nuclear crisis in the Korean peninsula by taking Japanese concerns into account.

Meantime, North Korea should not be left with the impression that it can trade time for procedure and envelop purpose in tactics to stall and thus fulfill its long-held aspirations. A staged process may be worth considering, but only if it substantially reduces the North Korea's nuclear capacity and research program in the short term.

The situation we have today in Northeast Asia is fraught with peril and the risk of a devastating conflict. But, if the U.S. sustains and honors its long-standing partnership with South Korea, takes Japan's security concerns seriously, and recognizes China as an equal partner in resolving the North Korea nuclear crisis, surely then, with God's help, a way-out of the current dilemma can be found.

*This is a summary of the keynote speech delivered by Admiral John C. Harvey, Jr. at the Annual Appreciation Event of the Central Senior Center in the Fall of 2017.

Biennial Appreciation and Fundraising Banquet



The Central Senior Center (CSC) held its 7th Biennial Appreciation and Fundraising Banquet on September 23, 2017 at Springfield Golf & Country Club. The funds raised this year will be used to purchase a new van to provide transportation services to seniors.

More than 150 guests, including several Korean and American VIPs, Mr. Ralph Northam, Virginia Lt. Governor, and Mr. Dong Ki Kim, Korean Consul attended the banquet. Pastor Eung-Yul Ryoo, chairman of the board, through the pre-recorded video message,

praised the CSC for providing a variety of elderly services to the Korean-American community. Admiral John C. Harvey, Jr. US Navy, served as the Keynote Speaker. Later, Mrs. June Baek mainly recounted her experience with a CSC-trained personal care aide, who tended to her husband. After dinner, Mrs. Min-Wha Chun, Assistant Director, presented an overview of the CSC programs during the past two years and highlighted a significant increase in the number of participants over the years.

During the awards ceremony, Mr. Pil Won Kang, Mr. Jae Hang Yoo, and Mr. Jae Woo Jun, were recognized for their generous financial supports to the CSC over the over the years. The 20-Year-Volunteer Awards were given to Mr. Oh, Chang Hyuk, who has helped CSC

program, and Mrs. Kyung Lee, who has taught the seniors in knitting classes. The CSC also recognized two of the Center's recent retirees Mr. Kyung Joo Lee, who taught literature class for 20 years and Mr. Dae Sung Kim, who taught Oriental Art class for 17 years.

Dr. Heisung Lee, Director of the CSC, thanked all the volunteers who make it possible to offer successful programs for the seniors. She also acknowledged many volunteers who made the event success. Stepping Stones Chamber Ensemble, made up of a talented group of high school musicians, played hymns, Korean traditional songs, old pop songs at the reception and during the dinner time. The guests also enjoyed the saxophone music played by Mr. Kongsurk Park.

31st Annual Caregivers Conference

Heisung Lee Director, CSC



The Northern Virginia Dementia Consortium hosted its 31st Annual Caregivers Conference on November 11, 2017 at the Korean Central Presbyterian Church, Centreville, VA. The main theme of the conference was “Creating Moments of Joy.” It was well attended with nearly 350 participants. The conference speakers include:

Jolene Brackey, Founder, Enhanced Moments, specializes in creating positive outcomes and moments of joy for individuals with dementia, their loved ones and professional caregivers. Her message of hope and encouragement,

combined with humorous helpful tips are well received by the family members as well as professional caregivers.

Melanie Chadwick, RN, MS, NP is a certified Adult and Gerontological Nurse Practitioner at the Georgetown University Medical Center’s Memory Disorder Program. Melanie specializes in evaluating and treating patients with memory problems. She also works as a clinician in the Georgetown’s research program.

Ron Culberson, MSW, CSP, CPAE spent the first part of his career working in a large hospice organization as a clinical social worker, middle manager, and senior leader. As a speaker and humorist, and the author of a book, *Do it Well, Make it Fun: The Key to Success in life, death and Almost Everything in Between*, he has delivered more than

1,000 presentations to associations, government agencies, non-profit organizations, and corporations.

Ann Morrison, PhD, RN is a well-recognized expert on Alzheimer’s disease. She served as a staff and later as a faculty member at the Johns Hopkins University School of Medicine, where she conducted clinical drug trials, risk factor identification trials, behavioral management trials, and caregiving research trials.

Paula Kyle is a professional dance instructor in The Dance for Parkinson’s Disease Program. Her 17 years of dance training and performance experience earlier in life were the key factor for her to becoming a successful dancer. After completing an online course and the training at the Mark Morris Studio in Brooklyn, N.Y., Paula is now qualified to teach Dance for Parkinson’s.

Pros and Cons of Annuities

Kae H. Chung Professor Emeritus (VA)

Most retirees need a steady flow of incomes in retirement. Social security benefits are a part of such incomes, but these benefits are inadequate to maintain the standard of living that we are accustomed to before retirement. One

way to supplement social security benefits is to buy an annuity. An annuity is an insurance product, which typically involves a payment of a significant sum of money or a series of installments to an insurance or investment company. In

return, the retiree receives a series of benefits over time. Annuities come in a variety of forms, including immediate vs. deferred, fixed vs. variable, and lifetime vs. fixed period.

Immediate vs. Deferred:

Immediate annuity pays out the benefits starting the year in which the initial installment is made to the insurance company. Because it usually involves a large sum of initial installment of money, it is mostly purchased by self-employed business people. Deferred annuity starts the payment of benefits at a late date—usually upon retirement when the benefits are needed. Because it usually involves a series of small installments that can be invested by the insurance company during its accumulation, deferred annuity costs lesser than immediate annuity.

Fixed vs. Variable: Fixed annuity pays a predetermined amount of benefits monthly as if they were interest payments on a certificate of deposit. In contrast, the amount of a variable annuity varies from year to year, reflecting the performance of the annuity's investments—stocks, bonds, and others. As variable annuity is tied to the performance of financial and/or stock markets, which tends to increase over time, so are its benefits. Retirees who want a predictable flow of incomes may choose a fixed income annuity.

Lifetime vs. Fixed Period: Lifetime annuity pays benefits for the rest of one's life and that of his or her spouse if it is a joint account, whereas fixed annuity pays benefits for a fixed duration. Since the main reason for purchasing an annuity is to ensure a steady flow of incomes

in retirement, most retirees are likely to purchase a lifetime annuity unless there is any specific reason why such benefits are not needed.

Pros of Annuities: As noted above, the main reason for buying an annuity is to ensure the steady flow of incomes usually for the rest of the retiree's life as well as his or her spouse. If one of them lives



longer than the average retiree life expectancy, an annuity is a good deal. The majority of retirees worry that they might outlive their retirement savings. The guarantee that they will receive a series of predictable incomes for the rest of their life regardless of any volatility in the financial and stock markets will give them peace of mind. Managing retirement savings in old ages in an uncertain time can be a nerve wracking experience for anyone.

Cons of Annuities: Unfortunately, relying on annuities for retirement incomes is an expensive proposition. First, annuities are usually sold by brokers or sales people who earn commissions that can be as high as 10 percent. Second, management fees run around 3 percent per

year. Third, if you cancel an annuity contract, you need to pay "surrender charge," which usually starts at around 7 percent of your investment and gradually declines to zero after 7 years. Fourth, if you want to protect a part of your principal, you need to pay additional fees, or your benefits can be reduced. Lastly, if the insurance company is poorly managed (or goes to bankruptcy), there is no way it can honor its promise of guaranteed benefit payouts. There is no such thing as FDIC payouts.

Recommended Actions: Annuities promise a steady flow of incomes for a fixed duration or the rest of one's life, which creates a sense of financial and psychological security. But, when you add up all the expenses, you may not be economically better off as compared to investing your retirement savings yourself. So, if having a peace of mind is important, I suggest that you buy an annuity with a portion of your retirement savings. But, if you want to maximize your potential incomes, put another portion of your savings in high quality dividend-paying stocks of reputable companies (e.g., McDonald's, Johnson and Johnsons, Microsoft and Walmart), and another small portion of your savings in FANG stocks (i.e., Facebook, Amazon, NFLX, VNDIA, and Google) for high economic returns. If uncomfortable with investing in individual stocks, you may put your savings into mutual funds and/or ETFs.

Checking on Your Medicare Part D



Medicare Part D Plan changes every year. As such, unless you check on your Part D Plan yearly, you may financially lose out because insurance companies change the costs of prescription drugs and benefit plans annually. Since there are so many different plans, you need to go to the Medicare website and check which one is best for your circumstances related to the prescriptions drugs that you need.

People often ask, "Do I have to check and change my Medicare Part

D Plan?" The answer is, "Yes and No." Yes, you need to check to see if your current plan is the best one for you next year. If the answer is yes, you do not have to change your plan. But, if the answer is no, it makes sense to change the plan. To check, compare or make a change, you need to go to the website: www.medicare.gov/find-a-plan and fill out your personal information including the prescription drugs you are currently taking. The results on the website will show you the plans that are suitable for you. If you have any questions or concerns, you can go to the Medicare website www.Medicare.gov or call the Medicare office at 1-800-772-4227 (1-800-medicare).

The Central Senior Center (CSC) also can help you to navigate the website to find a best plan for you.

You may come to the Central Senior Center (CSC) office or call 1-703-919-7701 with your questions. The consultation is available from 10:00 am to 2:00 pm on Tuesdays and Fridays, from October 15th to December 7th (open enrollment period) each year.

One useful piece of information is when you compare drug costs on a monthly basis, remember that generic drugs are excluded from the deductible amount. Before you go to the Medicare website to find a plan, have the following information handy: Your name, Date of Birth, Medicare Number, Zip code, Effective Date for your plan and prescription drugs you are currently taking. CSC recommends that you invest a little time to save big. (SR)

Dental Care for Seniors

Dental care is important for all ages but more so for seniors as they face many dental problems affecting the overall quality of their health. As seniors get older, they are more susceptible to cavities, dry mouth, gum disease, oral cancer, and tooth decay and loss. Taking care of these dental issues can be a major challenge for many seniors.

They often find it difficult to keep up with daily oral hygiene practices and regular dental checkups. In this column, we have compiled a list of common dental issues that come with aging and the related oral hygiene practices recommended by American Dental Association.

Cavities and Dry Mouth: The incidences of cavities increase with

aging. A common cause of cavities in old age is dry mouth, which is associated with medications that many seniors take as remedies for common geriatric ailments. To relieve dry mouth symptoms and prevent cavities, doctors recommend seniors to drink more water. One can use oral moisturizers, take sugar-free gum to stimulate saliva

production, avoid foods that cause dry mouth, change the medication, apply fluoride gel to protect teeth from cavities.

Gum Disease: Periodontal disease, commonly known as gum disease, is caused by bacteria in plaque (a sticky and colorless film) that builds between the gums and teeth. When the bacteria begin to grow, the gums surrounding the tooth can become inflamed and irritated. If left untreated, the gums and surrounding bone structure can deteriorate, causing gum recession and tooth loss. To prevent gum disease, dentists recommend seniors to brush their teeth at least twice a day with a fluoride toothpaste, floss at least once a day, rinse mouth with an anti-bacterial mouthwash, and visit a dental office on a regular basis.

Mouth Cancer: During a dental office visit, the dentist will check for signs of oral cancer. Since oral cancer does not cause any pain in its early stage, it is important to have an oral exam and look for



any visible symptoms such as open sores, white or reddish patches, or any changes on the lip, tongue and lining of the mouth that last more than two weeks for an early detection of cancer. Thus, an early detection can save life.

Dentures: Dentures serve as surrogates for missing teeth. As such, they need to be taken care of as if they are part of natural teeth. Since removable and partial dentures are relatively expensive, they need to be properly maintained to ensure they work as intended. Remove and clean the dentures after meals. Use soft toothbrush with nonabrasive denture cleaner to clean dentures and keep them in moist over night to maintain their shape and strength. Finally, clea

dentures and gum areas before fitting the dentures to your gums.

Implants: Caring for dental implants is like caring for natural teeth. As in the case of natural teeth, they should be brushed, flossed, and kept free of plaque. Cleaning is especially important after meals. Gentle brushing and special attention to all sides of the implants are required. Although implanted teeth cannot get cavities, they are subject to the same wear and tear as natural teeth. Proper care for dental implants ensures their longevity.

Oral health is essential in maintaining the overall health of our bodies especially in old age. It is not only related to the intake of nutrition that sustains our body but it also affects our self-esteem, social interactions, and general wellbeing. It also has a direct impact on disease. Bacteria from the mouth can cause infections in other parts of the body. As such, paying attention to dental care is critical for maintaining our quality of life in old age.

Top 5 Scams Targeting Seniors

There are many financial scams targeting seniors—ranging from a threatening phone call from an imposter IRS agent to a fraudulent gift scam. Why are seniors the

prime targets for scam artists? It is because seniors have retirement savings that these scammers can steal from, tend to be more gullible in believing the goodness of

people and less savvy about using internet and I-phones than younger generation. We often hear horror stories of how seniors are financially scammed by defrauders and their

(Continue to p.9)

ID have been stolen and abused. Of these scam stories, we have selected top 5 popular scams.

IRS Phone Scams: IRS phone schemes have been around for many years. But, in a new version of the IRS scam, a caller posing as an IRS agent tells the victim that there is a problem with the victim's tax filing—usually an underpaid tax obligation—and that a letter was sent out but returned. The caller then threatens the victim that unless the payment is made immediately by a prepaid debit card, which is linked to the Electronic Federal Tax Payment System (EFTPS), he or she will be arrested. If you receive this kind of threat, please hang up and call the IRS directly (1-800-829-1040) for verification.

SSA Phone Scams: As in the case of IRS scams, a caller posing as a SSA agent tells the victim that there will be a cost-of-living adjustment (COLA) increase in their Social Security Benefits. To receive the increases, the victim is asked to verify his/her name, date of birth, and Social Security Number. In another version of the scam, the caller may say that the SSA benefits adjuster has made an error and the victim is entitled to receive adjusted benefits. To get the added benefits, the caller asks the victim to verify his/her ID and pay the processing fees.

If it happens to you, please call the SSA directly (1-800-772-1213) for verification.

Medicare Scams: With these scams, the caller may pose as a Medicare representative to get a senior's personal information such as Medicare ID or Social Security Number, provide bogus services and bill the Medicare to get paid. In other cases, a legitimate health provider may overbill the Medicare/insurance company or manipulate the billing codes for defrauding. To

number shown on the screen for repairing. Usually a claim is made that the company is a Microsoft-approved security service provider. Lately, phone calls seem to replace the pop-ups to add a personal touch. The main purpose of this scam is to have access to your computer to plant malwares to steal your personal information.

Anti-aging Product Scams: You may see an advertisement on Internet showing a beautiful lady using an anti-aging cream or wrinkle removing cream. It promises you to send a free sample if you pay the nominal shipping cost. It sounds like a good deal. So, you give them your credit card number. Yes, you will receive a sample but also see unexpected additional charges on your monthly credit card statements. Dealing with

this fraudulent business practice will take many months to fix and a lot of headaches.

The above scams are just a few examples. There are many other scams--such as counterfeit drugs, lottery & sweepstakes, grandparent, internet romance and investment scams. When something sounds fish, you can be sure that it is a scam. Since these scams sound reasonable and in some cases enticing, we can be easily deceived. Only defense we have is to be vigilant.

**PROTECT
YOURSELF**

FROM SCAMS

prevent these kinds of scams, one should not divulge his/her personal information to anyone other than reputable healthcare providers and check on the medical bills for accuracy.

Tech Support Scams: While using the Internet, you may see pop-up browser windows warning that your computer is loaded with malwares and viruses that need to be removed. Unless the computer is repaired, it will crash. And then the caller ask you the 800-phone

Adult Protection and Caregiving Seminar



The Central Senior Center (CSC) hosted a caregiver seminar, sponsored by the Overseas Korean Foundation on August 26, 2017. The panel members who led the seminar were: Jennifer Lee, MSW, Adult Services, Fairfax County DFS; Julie Seo, MSW, LCSW, Adult Protective Services, Fairfax County DFS; Jina Kim, MSW, Northern Virginia Long-term Care Ombudsman Program; and Aesook Chung, RN, Nurse Director, CSC Home. This year the focus was on adult protection services. As a social worker at the

Fairfax County, Julie Seo introduced the Adult Protective Services (APS) by the County for the seniors' safety and wellbeing.

Throughout the Commonwealth, including Fairfax County, APS investigates the incidences of abuse, neglect, and exploitation of adults 60 years of age or older and those incapacitated adults age 18 or older. Adult abuse is identified as a major problem in the Commonwealth with the increase of its aging population. According to the State report on APS, in the fiscal year 2016, there were 23,432 calls reported for adult abuse, neglect, and /or exploitation. Of which, 55% of reports were substantiated. There were 6,154 cases related to self-neglect, 1,964 cases for neglect, 1,158 cases for financial exploitation, 698 cases for physical abuse, 584 cases for mental abuse, 279 cases for other

exploitation and 87 cases for sexual abuse.

If protective services are needed and accepted by the individual, local Adult Protective Services' social workers may arrange for a wide variety of health, housing, social and legal services to stop the mistreatment or prevent further abuses. Protective services offered may include home-based care, transportation, adult day services, adult foster care, nutrition services and legal intervention to protect the adult. Services may also be arranged for individuals in emergency situations who lack the capacity to utilize the available services.

To report suspected adult abuse, neglect or exploitation, call Fairfax County Department of Social Services at 703 324-7500 or the 24-hour toll-free Adult Protective Services hotline at: (888) 832-3858.

Learning New Technology At CSC

James Y. Koh English Language Instructor



More than 450 seniors are flocking to the Central Senior Center (CSC) to learn new technologies that are helpful to their successful aging. CSC offers many technology-oriented classes including computers,

power point, movie maker, iPad and provide basic instructions related to the use of smartphones (i.e., Apple iPhone and Samsung Galaxy). Each semester, nearly 60% of all registered students take one or more of

these courses for 15 weeks.

These courses help seniors improve their communication, mobility, safety, personal care and allow them to enjoy “independent living” in their own homes. These skills they learn enable them to function effectively in dealing with many challenges of living in a digital age. For example, smartphones are excellent tools for seniors to communicate with family and friends near and far. With smart home technology, seniors can remotely control their appliances, lighting, thermostat, and even lock and unlock their doors. Smartphones also help seniors to shop and have items delivered right to the door. In health care technology, smartphones can assist simple tasks such as reminding a doctor’s appointment, taking medications as prescribed or getting help immediately in emergency.

Smartphones have countless apps, gadgets and programs. Among them, Kakao Talk is one of the most popular apps used by

Korean-American seniors in the United States and in South Korea. Its countless apps allow free instant messaging with free text, free calls, chatting, voice talk, photos, videos, music, navigation, shopping, banking, and many other features. Kakao Talk was launched on March 18, 2010 in South Korea and is currently available in 15 languages. As of May 2017, Kakao Talk had 220 million registered and 49 million monthly active users. When Koreans buy smartphones, they almost always start using Kakao Talk since it is convenient to use, easy to learn and enjoyable connecting to people and businesses anytime and anywhere in the world.

As the aging population and their life expectancy grow, their health and personal care problems will increase. At the same time, technology for improving the health of seniors will also be improved. As the technology changes, so does the way we live. It affects how we age and how we use the technology to meet the changing needs of our

activities of daily living.

Telemedicine is here. We should be able to talk to the doctors online or video calls instead of visiting them in office. Long distance care is possible using smartphones and smart-home technology. Smart technology system, including smart ring, smart watch, smart clothes, smart cars and other apps can be utilized to help seniors track weight, calories, medication, mobility and heart conditions. These new technologies require the proper knowledge and skills to use the smart devices effectively.

Technology classes at CSC will continuously attract many seniors to learn new technology and apply it for dealing with daily challenges in this digital age. But technology alone cannot solve all the problems of aging. If seniors lose their cognitive health, cannot answer the phone, fall frequently, miss medications or wander off regularly, they may need someone to care for them or find senior housing for a safe and satisfying life in old age.

Flowers Hwang An

All the flowers in my monitor
 Flowers bloom when I was lonely after my children left the nest.
 Flowers bloom when I was guilty not to be any better for my parents.
 Flowers bloom when I was not able to help the weak for justice-as-fairness.
 Now, I send all the flowers to the river flowing timelessly.



AAPI Summit

Heisung Lee, Director of CSC, participated in the Asian American & Pacific Islander (AAPI) Summit on September 29, 2017. This event was sponsored by the Virginia Asian Advisory Board (VAAB) and held at Founders Hall of the George Mason University. The VAAB was created to recognize the contributions that the Asian Community is making in the Commonwealth of Virginia and to advise and inform the Governor on issues related Asian-Americans

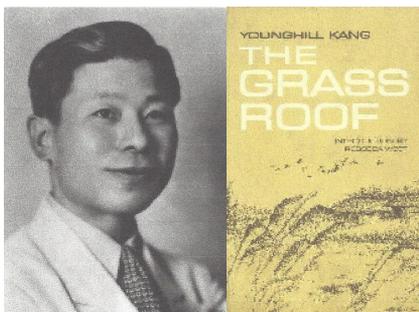
and to advocate the interests of the Asian community. The Summit was for networking and sharing relevant information within the AAPI community and aimed at fostering inclusiveness among the diverse communities within the Commonwealth. It also highlighted the work of Virginia Asian Advisor Board under the McAuliffe Administration. Heisung Lee spoke at the event about how the Korean Central Senior Center was created and the roles it played in



enhancing the general wellbeing of Korean-American seniors in the community since 1994.

The Pioneer of Korean-American Literature

Whaja Kim-Yun KAS Editorial Member



I read an article about Mr. Younghill Kang, who is known as the pioneer of Korean-American literature in the United States. This article is written by Soojin Chung, as part of Boston Korean Diaspora Project, Boston University. Impressed with Mr. Kang's accomplishments, I

wanted to share his stories with the readers of Korean-American Seniors in a summarized form.

Mr. Kang came to the United States in 1921 with the help of a missionary friend. Landing in New York City with only four dollars in his pocket, he had to struggle to support himself and to pay for his education. He received his Bachelor Degree of Science at Boston University in 1925 to become a physician, but he was unhappy in the laboratory. He decided to pursue a writing career fulltime. To this end, he obtained his Master's Degree in English

Literature at Harvard University in 1927. In 1929, he married Frances Stacy Keely, a Wellesley graduate and an American poet who encouraged him to write in English.

In time, he became an editor for Encyclopedia Britannica and taught English literature at New York University. Kang published, his first book, *The Grass Roof*, in 1931, with the help of his coworker, Thomas Wolfe. The first part of this book consists of his childhood and a vivid depiction of the Japanese annexation. The second part describes his experiences of being an immigrant

(Continue to p.13)

and the related issues concerning his identity. The book was translated into more than ten languages and received international approbation including his contemporaries such as Pearl Buck and Herbert Wells.

In 1937, Kang wrote his autobiography, *East Goes West*, considered to be his second most distinguished work that dealt with the intersection between the two cultures and

how the disparate elements are viewed through his lens. The book offers how urban American life was experienced by an Asian immigrant. *East Goes West* is a unique work that both criticizes and explains American racism and alienation. At the same time, through his marriage to an American woman and his eventual acceptance of his new life in America, he has learned

to reconcile his identity as both American and Korean.

Kang received numerous awards: two Guggenheim Fellowships, an honorary doctorate in literature from Korea University, the New School's Louis S. Memorial Prize, and Le Prix Halperine Kaminsky Award. He died in 1972 from a massive stroke.

Line Dancing Class at CSC

Youngshin "Hope" Chung Citizenship Class Instructor

It's no secret that line dancing brings many health benefits to seniors. It can strengthen your bones and muscle tones, reduce the risk of heart diseases and diabetes. It also improves your brain power as it demands physical and mental exertion. Added to these physical benefits is the social aspect of line dancing that provides an opportunity to socialize with other people. More than anything else, it is simply fun to dance with the rhythm of lively music. Line dancing certainly is doing a huge favor to our overall physical, mental and social wellbeing.

Line dancing is one of the most popular classes at the Central Senior Center (CSC). Usually, on Tuesdays and Fridays each week, about 40-50 seniors line up in rows like well-arranged potted plants, waiting for



the music to start. The class, under the direction of our instructor Ms. Moon Ja Ahn, starts with a warmup exercise to limber up our stiffened joints. Then, the lively music of ever popular "Electric Slide" leads us to get into action. Suddenly, everyone comes alive, stepping away the repeated sequence of steps to the same direction as if we are all pulled by one giant string.

Instructor Ahn doesn't forget to show us new steps to learn, keep assuring us not to fret over making mistakes. Her sharp voice yells out

"Step turn Cha, Cha, Cha," and her rhythmic movement shows off her sequined outfit that is swaying and sparkling in the dimly lighted place. During the semester, we learned many different steps including Mambo, Rumba, Waltz and Cha, Cha, Cha.

It is exhilarating to be in the class and I am enjoying it very much. As it turns out, it has become an effective way of reducing my stress. Furthermore, it has become the best time to reclaim my short-changed teenage years. I was 15 when the Korean war broke out. I spent the rest of my teenage years none other than oppression, fear and uncertainty. Now, dancing in my advanced age is like compensating my lost teenage years. Many thanks to the CSC and Bravo to my line dancing class!

Bone Building Exercises

Doo Hi Yang Class Instructor

I was diagnosed of having osteoporosis in my 40s when we lived in a small town in the State of New York. What brought me to the doctor's office was that my bone structure seemed relatively thinner than my contemporaries. Following the doctor's suggestion, I signed up for a bone builder class to do the bone strengthening exercises twice a week for 4 years. The result was remarkable in a sense that the exercises not only strengthened my bone structure but also muscle tones.

Upon the retirement of my husband, we moved to Northern Virginia about 2 years ago and joined the Central Senior Center (CSC). Knowing that there is no bone building class at CSC, I decided to spread the benefits of bone building exercises for those who might be experiencing the symptom of osteoporosis or suffering from it. As of now, we meet twice a



week—Tuesdays and Fridays.

The bone builders program consists of exercising most of our major muscles and joints without exerting much force. We use 2 dumbbells—usually 3 pounds for women and 5 pounds for men—for the arms and 5 pounds ankle weight rolled up with bath towel for the legs. Most of these movements are performed either in sitting position or leaning on the chair. The main goals of these exercises are to build healthy bones, strong muscles and joint flexibility and to improve our body's sense of balance.

According to recent medical

journal reports (AMA and NEJM), one out of 5 elderly men and one out of 2 elderly females experience osteoporosis. These reports show that seniors who were older than 55 years of age tended to lose bone density by 1-2 percent annually. But, those who had bone building exercises regularly twice a week showed 1 percent increase in their bone density, while non-exercisers have lost 1 to 2% at the end of the 1st year.

I am continuously benefiting from the bone building exercises. When we were preparing for the move to Northern Virginia, I fell from stairs but that did not cause any harm to my body. I attribute it to my regular bone building exercises. There are also many participants who gave me their own personal testimonies regarding the benefits of the class.

Saxophone Class for Seniors

Why do some seniors at the Central Senior Center (CSC) take the saxophone class? It looks and sounds romantic when an old gentleman with white and gray hair blows the horn to make deep and

sensuous music. But, many seniors hesitate to take up the class because they think it is too difficult to learn and play the complicated instrument. Nevertheless, some seniors mostly males take up the challenge

and make a go at it. Frankly speaking, the noises coming out of the beginner class are not well synchronized and prattling. However, as the semester progresses, so does the sound of music. Currently, about a

(Continue to p.15)



half-dozen students are taking the class and the number is expected to grow in coming semesters.

The reasons for taking the class are diverse. But, there are some common themes. First of all, playing musical instruments especially saxophone is sort of fulfilling an unfulfilled dream. When we were young, we all seemed to have some level of desire to possess an artistic

and/or musical talents to make our life more pleasant. For whatever reason, including time, resources and talents, we could not pursue such desire. Now that, we have time and resources in our hands, some of us are venturing out to fulfill such unfulfilled dream by learning and mastering a saxophone. Beside, playing saxophone looks cool especially for seniors; it sounds great and

awesome; it creates great ambiance; and it makes you feel good.

The class was started and taught by Mr. Bok Ki Lee, who used to play drums in the Republic of Korea (ROK) military band before he emigrated to the United States 27 years ago. He was fascinated with saxophones since he was a toddler, but was unable to play the instrument until recently. Five years ago, he finally picked up a saxophone and started to teach himself to play it. While he is still mastering the instrument, he decided to share the saxophone playing experiences with other seniors. He is currently on a leave of absence. Mr. Moon S. Kim and Mr. Whang S. Chung are now conducting the saxophone classes at CSC.

Fall Picnic 2017

Over two hundred seniors, staff and volunteers gathered at the Bull Run Regional Park for the annual CSC fall picnic on October 3, 2017. It was a beautiful sunny day for the seniors to enjoy the outdoor activities at the Park with the autumn foliage in the background. It was a time of prayers and celebration



for the seniors to praise God for making such a beautiful nature. After the service, we had a talent show and played games such as

hanging cookie-eating and piñata contest. Lunch was served by volunteers who prepared delicious foods. After the lunch, many seniors combed throughout the picnic area to play a treasure hunt game. Other seniors just enjoyed the opportunity to socialize with friends.



Trip to Jim Thorpe, PA

Ae Sook Park

The seniors at Central Senior Centers (CSC) made a memorable trip to Jim Thorpe, PA, a beautiful small town, located in the eastern part of Pennsylvania. The town is known as the “Switzerland of America” because of its picturesque mountainous scenery.

We got on the bus in the dark and left the CSC parking lot around 6:30 am and headed toward Pennsylvania. Within an hour or so of drive, we were already on the hilly and winding Lehigh Mountain roads. We had the prepackaged breakfasts on the bus, were showered with gifts from the CSC and enjoyed listening the sweet melodies by the C'est si bon musical group of Korea.

As our bus glided down the mountain roads parallel to the Delaware River, the hill tops and valleys covered with crimson-tinted

autumn leaves were parading in front of our eyes. At the bottom of the hills, we noticed trees loaded with bountiful fruits, enticing our appetites. After about 5 hours



of drive, we finally arrived at Jim Thorpe, where we had the delicious lunch at a local restaurant.

After lunch, we got on the tour train to see the tourist attractions, including Asa Parker mansions, Asa Parker Museum, Lehigh Gorge Scenic Railway, Mauch Chunk Opera House, the railroad station,

Jim Thorpe’s grave and others. They were all delightful sites pleasing our eyes as well as camera lenses. Especially, my brother’s family, who came from Korea, were struck by the awesome sights and could not contain themselves. They were taking pictures for the memory. We also visited the historical Crystal Cave, located in the heart of Dutch County, PA. It is an underground park with mineral formations, displaying the nature’s wonder.

On our way back, we were able to relax on the bus and take much-needed naps. It was indeed a memorable trip to Jim Thorpe. We appreciate the CSC and its staff for arranging the trip. And, a special “thank you” note goes to the tour guide who was witty and resourceful.

Update on Hanmi CNA Education

The total of 15 students finished their requirement and graduated successfully in June 17, 2017. The 3rd class of 6 students is almost finishing its class and will be graduated in December 9, 2017.

Retirement of Mr. Kyung Joo Lee and Mr. Dae Sung Kim

Mr. Lee taught a literature class for 20 years and Mr. Kim taught Oriental Art for 17 years at our senior center. Their retirement celebration was held on

December 1, 2017. We appreciate their dedication to CSC and wish their enduring health and happiness.



Mr. Sang W. Kim Did It Again



During the 2016 Thanksgiving Holiday week, Mr. Sang W. Kim treated the CSC's seniors with a special lunch—steak. He did it again in the 2017 Thanksgiving week. This time, the seniors were served with a delicious Korean traditional "sollongtang," loaded

with lean beef and vegetable. Mr. Kim has demonstrated the real spirit of Thanksgiving by sharing what God has blessed him with others. We thank him for his generosity and those who toiled to prepare the special meals.

Fragrance of Calligraphy Kang Kum-seng

Grinding the stone ink stand with a few drops of water
To produce the black and white ink
Is the first step to calligraphy, peace of mind.

My brush on white rice paper generates fragrance of calligraphy.
Words such as love, virtues, patience, wisdom and courage
At the end of my brush has been dominating my life over seventies.

My brush made of deer fur with black and white ink
Is making an art of words on the white rice paper.
Fragrance spreads out to my life and meditation.



HEALTHY & FRESH BREAD

- European Style Pastries
- Japanese Style Bread
- Croquette
- Mousse Cake
- Wedding
- Birthday Cake

illy Italian Coffee
snow Fluff, BoBA
Shilla Shaved Ice Bingsoo

SB 신라제과

VA 애난데일 본점 (703) 333-2001
VA 센터빌점 (703) 266-6001
VA VODIVORTMWIA (703) 691-1171
MD 락빌점 (301) 217-0003
MD 델리록시티점 (410) 418-8811

The Editorial

Guns are Made to Kill People

Las Vegas 58, Orlando 49, Virginia Tech 32, Sandy Hook 27, Sutherland 26, San Bernardino 22 and so forth are the number of people, including children, who were killed by lone gunmen. When such gun violence erupts, people are outraged and demand strong gun laws. But, as time goes by, the outrage gradually fades away and the carnage reoccurs. In contrast, the gun-rights activists double down their opposition to any gun-control legislation and they usually succeed. Not only are they able to stop gun-control legislation but promote their pro-gun interests--legalizing semi-automatic weapons, silencers, high-capacity magazines, lobbying activities, and limiting gun-manufacturers liability.

The gun-rights advocates rely on the 2nd Amendment of the Constitution to defend their position in the face of increasing demand for gun control laws. The 2nd Amendment grants a well-regulated militia and the people their rights to bear arms. The militia (military and law enforcers) obviously need automatic rifles and machine guns for military duty and collective security. But why do ordinary citizens need military-style weapons for self-defense?

The gun-rights activists make

three points in their defense. First, "People, not guns, kill people." Yes, people kill people, but they cannot commit mass killings without powerful weapons. The Las Vegas gunman killed 58 people and injured more than 500 people in 10 minutes of time. Without such guns, he could not have



killed that many people. Second, "The only way we can reduce gun violence is by putting more guns in the hands of ordinary people." Yes, we can fight intruder(s) with guns. But, here again Las Vegas could have not avoided the mass killings even if all the victims had guns. Lastly, "Gun violence cannot be stopped by legislation." Yes, legislation cannot stop people who commit mass killings. However, the frequency of such gun violence can be substantially reduced by restricting or better yet banning assault rifles.

More than 90% of Americans want restricted gun ownership. Yes, their wishes are not reflected in the legislative processes. The

reason is that ordinary people are not well organized to pursue their wishes collectively, whereas the gun-rights activists are well organized, financed and aggressively pursue their legislative goals. The gun industry association is the most powerful lobbying group in Washington, DC, whose main interest lies in putting as many guns as possible in the hands of people. Gun violence stimulates increased gun sales, which is good for the gun industry. To this end, it supports politicians who favor lenient gun laws.

The only way ordinary Americans can stop the vicious political dynamics is to, individually as well as collectively, seek out and vote for politicians who favor sensible gun laws. We do not advocate the abolishment of the 2nd Amendment. Rather, we favor an enactment of sensible gun laws supporting, what we believe to be, the intent of the constitutional framers who wanted to see powerful weapons in the hands of law enforcement for collective security and protective hand guns in the hands of ordinary citizens for self-defense. Unless gun ownership, especially assault rifles, is restricted, mass killings will sadly continue. God forbid! We and our children deserve better.

**Korean-American
Seniors**

Publisher:

Eung Yul Ryoo

CSC Director:

Heisung Lee

Editor:

Kae H. Chung

Editorial Committee:

In Sook Jang
Minwha Chun
Hope Chung
Heisung Lee
Se Woong Ro
Whaja Yun
Lisa Vinson

Photographer:

Sandy Im
Sang H. Lee

Designer:

Hyun-Jun Kim

Printer:

Four Star Printing

JONG JOON CHUN Attorney at Law

Immigration Law and Human Rights • Author of a book on US Immigration Law

Former Legal Advisor to Korean Consulate General in Washington D.C.

Legal Advisor to KBS World Radio

Tel. 703-914-1155

4601-B Pinecrest Office Park Dr. • Alexandria, VA 22312 • myusvisa.com

Please Donate to Central Senior Center

United Way 나 연방공무원일 경우는 CFC를 통하여 후원하실 수 있습니다.



United Way
of the National Capital Area

United Way
Code # 9046



Combined Federal Campaign
Code # 99895



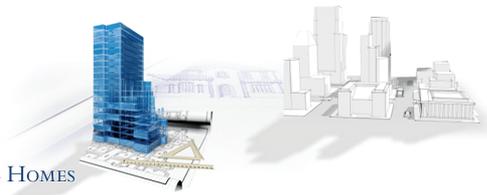
Kwang Lee Construction, Inc.

11900 Tac Court, Manassas, VA 20109

Office: (703)-494-1373

Fax: (703)-494-1374

- > NEW CONSTRUCTIONS
- > CORPORATE INTERIOR
- > TENANT LAYOUT & DESIGN
- > OFFICE BUILDINGS
- > WAREHOUSE
- > RELIGIOUS ORGANIZATION
- > MEDICAL OFFICES & NURSING HOMES
- > RETAIL BUILDINGS & OFFICES



<http://www.kwangleeconstruction.com>



CSC Home Care

6214 Old Keene Mill Ct.

Springfield, VA 22152

TEL: 703-303-0988

Fax: 703-569-0600

www.CSCHomeCare.org

Central Senior Center Home Care

We put importance on trust and individualized care for frail elderly.

Do you need a Home Care or Personal Care Aide at your home?
We have been training and certifying Personal Care Aides for the last 8 years. We provide Korean-speaking and Chinese-speaking Aides who are ready to serve you!

Call us at: **703-303-0988, 703-517-0283**

Looking Ahead

• Classes Offered in Spring 2018

Tuesdays: Bible, English, English Conversation, Calligraph, Computer, Power Point, iPhone/Ipad, Citizenship, Guitar, Literature, Keyboard, Line Dance, Healing Exercise, Origami, Water Painting, Fork Art, Knitting, Citizenship Interview, CSC Choir, PhotoShop, Chromaharp, Hand Acupuncture, Singing, Bone-strengthening Exercise, Go, Cross Stitch, Chinese Tai Chi and more.

Fridays: Computer, English Bible, English, English Conversation, English in Movie, iPhone/Ipad, Movie Maker, Citizenship, Guitar, Keyboard, Line Dance, Art, Korean Dance, Korean painting, Go, Tae-Kwon-Do, Knitting, Citizenship Interview, Galaxy Phone, Harmonica, Saxophone, Spanish, Bone-strengthening Exercise, Chorus, Drawing, English book club



Korean-American Seniors

15451 Lee Highway, Centreville, VA 20121

Contacts: CSC Director, Heisung Lee (703-517-0283)
Editor, Kae H. Chung (571-284-7990)

www.central seniorcenter.com