In today’s fast-paced challenging world, so many relationships seem to be suffering. We connect more with technology, less with people, and even more sparingly with time to just be. Study after study has indicated that we are spending less time with our family members; are more stressed and impatient; and are busier than ever before. All of this puts tremendous strain on our emotions and our relationships. And it’s profoundly more burdensome for the working poor who juggle many jobs in order to provide even the bare necessities for their families. Yet immigrants fare even worse, as they also face a lack of social and family support – and a cultural conflict with child rearing customs in America.

This is precisely where our Interactive Parent-Child Workshops come in. Conducted in Cantonese, these workshops help Chinese families learn problem-solving techniques, communicate their feelings and concerns constructively, and develop healthy coping strategies for the difficulties they face.

At the outset, parents learn that coming to the workshop is not like taking a Tylenol for a quick fix. Parenting is a life-long experience; and frequently, we need to create new habits and ways of seeing, thinking, and acting to cope with our changing world. Through the love and understanding of Ming Quan Chang and Lisa Chow, our trained staff facilitators, these workshops promote that newness. The 8-week sessions are the beginning of a journey through which parents learn how to improve relationships, make better decisions, develop positive communication, and work through difficulties together. It creates a foundation that can be continually built upon: the awareness that change needs to come from within and that a healthier perspective of oneself and others leads to compassion.

Workshop topics range from parental emotional and conflict management to anger management for children. Every session begins with the instructional component for the parents, while the children are in a separate room, engaged in activities like computer and board games, diaphragmatic breathing, and games of attention or self-control. Later, the parents and their children come together for joint activities, such as sushi making or bowling. These activities create opportunities for them to use the skills they are learning (i.e., praising their children or respecting their parents). Each session builds on the prior one, which helps reinforce what has already been taught while also incorporating the newer lessons. For example, after the session in which the parents learn the importance of cooling off before addressing a problematic situation, they are taught active listening – listening with the heart.

Another unique component to our workshop is a real-time teaching tool for the parents via a one-way mirror. In one room, a parent and his/her child read or play a game. The room has a comfortable couch and chairs, toys and books, and a wall with a one-way mirror. Using principles from Parent-Child Interaction Therapy, the child plays while the parent observes, reflects, praises, and imitates, setting limits only if absolutely necessary. During this play time, the parent wears a discreet earphone to listen to the instructor. On the other side of the mirror, in an adjacent room, the instructor and other parents observe the parent and child interacting. As the reading or playtime continues, the instructor gives recommendations and guidance to the parent, who immediately implements it. The parents in the
May is Asian/Pacific American Heritage Month, a time when we celebrate and highlight the contributions that our Asian and Pacific Islander (API) brothers and sisters have made to our country. One such person is Wong Kim Ark, who brought a case before the US Supreme Court.

The legal exclusion of the Chinese began in the late 1800’s when White workers viewed immigrants to America to naturalize as Americans. This law included distributing identity cards for the Chinese. Those who traveled from the United States to China and back were often subjected to detention and extensive interviews upon their return at San Francisco’s Angel Island.

This brings us back to Wong Kim Ark, who was born in 1873, in San Francisco to immigrant parents with resident status in the U.S. Later, when his parents moved back to China, he visited them twice. In 1890, upon his second return to the U.S., he was denied entry based on the argument that he was not a US Citizen, even though he was born here. With support from the Chinese Six Companies, Wong Kim Ark fought his case all the way to the Supreme Court, which ruled that the 14th Amendment to the US Constitution granted birthright citizenship to all persons born in the United States regardless of race or nationality. The court ordered Wong Kim Ark to be discharged on the ground that he was, indeed, a citizen of the United States.

The legal exclusion of the Chinese lasted for 61 years and was not repealed until the Magnuson Act, on Dec. 17, 1943. The repeal, however, was still restrictive, limiting Chinese immigration to just 105 visas. It also prevented new Chinese immigration and did not allow existing Chinese immigrants to naturalize as Americans. This law included distributing identity cards for the Chinese. Those who traveled from the United States to China and back were often subjected to detention and extensive interviews upon their return at San Francisco’s Angel Island.

Today we are faced with history repeating itself. The Muslim ban is another example of legislation focusing on a group of people, based on their race and religion.

As a faith-based agency, the Cameron House mission is more important than ever. We have over 140 years of working with Chinese-American individuals and families AND recent immigrants to become full participants in, and contributors towards, a healthy society. We partner with other nonprofit agencies, as well as government and elected officials to help provide the services needed for both documented and undocumented people in need.

Having a healthy and strong community is integral to our work, and Cameron House will remain a safe space for those we serve. To learn more about the Chinese Exclusion Act, please visit The Chinese Historical Society of America, located at 965 Clay St. Their Chinese American Exclusion/Inclusion exhibit is fascinating. Consider a tour with family and friends after Church worship for the free program. More details can be found on their website: https://chsa.org/exhibits/chineseamerican/. Thank you for your efforts in helping to ensure that we continue to be a society that includes, not excludes, the Chinese and other immigrant families.

1. http://encyclopedia.densho.org/United_States_v._Wong_Kim_Ark/
IGNITE Senior Commission

“At our service trip in Orlando, Florida, we’ll be helping the community by packaging food, working with families with children with lifelong illness, and associating with the Grace Covenant Presbyterian Church. It was my first time at Soul & Elegance. I got to meet with the alumni and listen to how they got involved with Cameron House. Listening to them was really an eye-opening experience for me and a way to connect with the older generations of Cameron House as well as its history.” - Charlie Ruan

“Our commission is going to Orlando, Florida for our service trip. There, we will be giving to the Orlando community by packaging food for the homeless and working with children with life-threatening diseases and their families. At Soul & Elegance, I had the opportunity to talk to Cameron House alumni and hear about their stories. I also helped out with the donations and was amazed by the generosity of the Cameron House community.” - Susana Chen

Looking Back on GALA

Reflecting With Beverly Lee

What part of the night meant the most to you and your family? The videos with Jerry’s school pals, his UPS boss, Mayor Ed Lee, and the comments of Jerry’s friends from his different roles in life, as a friend, employee, and community caretaker.

Of the many facets of Jerry’s life, how would you like everyone to remember him? The kids and I knew Jerry as his most relaxed being. Like Kenny Lee said, he was a joker. He used to make me laugh, almost daily, until (like the time he reserved a rental car in Kuwait instead of Kauai for our vacation in Hawaii). Others knew Jerry as an active community partner. Through his work as the Community Affairs Manager for UPS, he was proactive in getting corporate sponsorships and grants to many nonprofits in Chinatown, San Francisco, the Bay Area, and Northern California that focused on health and human services. He also pledged our personal funds to many of these agencies. I would like to have Jerry remembered as the person who responded to the needs of many in our community.

Why did you decide to set up a College Textbook scholarship? I already make annual donations to some of the other agencies that Jerry supported in San Francisco. The funds donated went into their general funds and were not specific to a purpose. I tried to think of a way to give to Cameron House that would relate to the youth who are served. As many are high school students who will graduate and go on to college, it made sense to create an incentive for some of those kids to connect community service with a reward that will keep them going into their adult lives. I recalled the college expenses of my three children who all attended state universities. The tuition rose more and more for each child, but the most shocking expenses were the costs of the textbooks. With our youngest son, Bennett, at SF State, two times a year, we were stumped with book bills of $700-$800. You can imagine how this hits the pocketbook of many families.

IGNITE is $1,425 away from being fully funded for their service trip. Visit their GoFundMe page to learn more about their service projects and how your gift can help: www.gofundme.com/Ignite2orlando
The following year she enrolled in our Bilingual Afterschool Program and continued developing relationships with her peers. Her former summer Coordinator is now her afterschool teacher, and they share a strong bond, but Susan is more independent. She’s content working on her own or playing with kids her own age. She’s becoming more confident and thriving.

Susan is one of countless youth who have benefitted from our Summer programs. While other programs provide academic, curriculum-based activities and learning experiences, ours provide those same opportunities – built on a strong foundation of community and a four-square, Christian philosophy. All of our youth are treated with dignity, and they are expected to learn how to treat others the same way. Many students who first came to our Summer programs keep returning because of the deeply rooted sense of community.

Our Summer programs also have an advantageous ratio of one leader for every three youth (most programs have one leader for twelve youth). This enables leaders to work one-on-one with their youth and ensures that students who have more specialized needs are able to get those needs met.

Ultimately, our Summer programs provide youth a safe, caring, and structured environment where they can learn in a fun, hands-on manner; participate in new experiences (such as field trips, cook outs, camping, kayaking, hiking, and volunteering at other nonprofits); and contribute to the group and the larger community. Our Summer programs are also affordable, with financial assistance available so that any child who desires to attend is able.

Cameron House is a huge community – a family – that surrounds each person, whether young or old, with love, compassion, and encouragement. We want everyone who enters our ‘home’ to succeed, and we work on their success together. We provide support in the midst of challenges and opportunities for growth in a nurturing space. Our youth know that, their parents say we make miracles happen. We say that it is God’s grace working through our community, one person at a time.

Our Summer Registration forms are online! Go to cameronhouse.org, click on ‘Youth & Young Adults’ and then the grade level of your child.

*The name and identifying details have been changed to protect privacy.

Room with the instructor can hear her recommendations and see, in real-time, the effects they have on the child and parent’s interaction. This kind of coaching is wonderfully positive and helps parents learn different methods of communicating with their children. Many of our parents volunteer for this role to get the hands-on practice and coaching, and through it, they have better success and more confidence implementing these tools at home.

Our workshops not only help the parents build better relationships with their children, it also helps them build a support network where they cultivate friendships, encourage, and support one another long after the classes end. And through the 8 weeks, they gain an awareness that they are a part of the Cameron House community.

At the end of the workshops, the parents always express gratitude. Sometimes, if space allows, they enroll in the sessions again as a refresher course and increase their knowledge and skills. And these skills can be used in extended family relationship sessions, the workplace, and other social settings. Healthy relationships take work and time; they can be ‘messy,’ and it’s not always easy to get along. Changing patterns of thinking, seeing, and acting, is difficult, especially when those patterns are deeply ingrained. But through our workshops, parents gain the tools and confidence to be successful in their relationships;

and they realize that an entire community is walking this journey with them.

Workshops are open for parents, grand-parents, or guardians of children from Kindergarten through 4th grade. The sessions run for 8 weeks, with each class lasting about 3 hours. In order to provide the most focused help to participants, only 10 to 12 families are enrolled in each session. There is a fee of $20 for the entire workshop, but that is waived for families who can’t afford it. If you know someone who would like to attend, or for more information, contact Ming Quan Chang or Lisa Chow at 415.781.0401.
upcoming events

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday, May 6</td>
<td>11:00am – 7:00pm</td>
<td>Cameron Carnival at Cameron House! Don’t miss out! Games, Activities, Jumper, Balloon Making, Senior Play, Jewelry, Entertainment, Therapeutic Massage, Food, and more!</td>
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<tr>
<td>Saturday, Aug 5</td>
<td>1:30pm – 4:30pm</td>
<td>Ed Sue and the Cameron House Mural (see below)</td>
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<tr>
<td>Saturday, Aug 26</td>
<td>6:00pm</td>
<td>70’s Party - Cameron House Commission Reunion for Graduates of the 1970’s! Reconnect with old friends and learn what’s happening at Cameron House today! Save the date; more details to come!</td>
</tr>
<tr>
<td>Tues-Thu, Aug 29-31</td>
<td>6:00pm - 9:00pm</td>
<td>Phone-a-Thon</td>
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Ed Sue is Coming to Cameron House!
You’re invited to hear about Chinatown during the 1850’s through 1950’s, as seen through the eyes of Alumnus, Artist, and Architect Ed Sue. Discover how he was involved when our building was renovated after its return to the Presbytery of San Francisco. What’s the story behind the mural at the entrance to Culbertson Hall? What and who did the artist have in mind while depicting the activities and people in the painting? What was Ed’s role on Cameron House staff while he was going to Seminary? What helped him hear the call to be a minister? Join us on Saturday, August 5th, from 1:30pm to 4:30pm, and meet Ed Sue!

You Can Be a Legacy Philanthropist!
A charitable bequest is a gift made through a will that enables you to leave a legacy and make a significant contribution to the future of Cameron House. It costs nothing to make but can reduce your taxes and help benefit your family and Cameron House. Please call May Leong for more information (415.781.0401 x135). Thank you!