

SPOTLIGHT

News and events from OCA Westchester-Hudson Valley



Books, Balance, & Belonging: 7 Tips for Parenting Your Stressed Teen

Presented by **Dr. Teresa Hsu**, Executive Director and Founder of S.P.E.A.K., a Supportive Place for Empowering Asian Americans and Kin. A workshop for parents to learn ways to de-stress teens in times of high pressure and identity development.
REGISTER HERE: <https://tr.ee/q4lila>

NEW DATE

MAY

13

2025

7-8:30PM ET



Suicide Prevention Training: Question, Persuade, Refer (QPR)

Presented by **Wendy Chin**, Co-President of OCA-NJ. Just like CPR, QPR is an emergency response to someone in a mental health crisis and can save lives. QPR is a universal intervention for anyone experiencing emotional distress. Talking about suicide is difficult but life saving. By learning QPR, you will come to recognize the warning signs and gain skills to prevent suicide.
REGISTER HERE: <https://tr.ee/LUKzrQ>

MAY

14

2025

7-9PM ET



Breaking the Silence Around Mental Health: It's Biology, not a Moral Failing

Presented by **Dr. Nikita Krishnan**, Clinical Assistant Professor at Pace University. This workshop explores mental health through neuroscience, challenging the stigma prevalent in communities where silence is mistaken for strength.
REGISTER HERE: <https://tr.ee/BVfDsw>

MAY

27

2025

7-8:30PM ET



Exploring Early Attachment in Adoption: An ARC- Informed Lecture

Presented by **Carolyn Brazil**, master's-level clinician in counseling and art therapy. Join us for a thought-provoking workshop examining early attachment wounds in adoption through the lens of the Attachment, Regulation, and Competency (ARC) framework.
REGISTER HERE: <https://tr.ee/pqkGns>

MAY

31

2025

10-11AM ET

Asian Heritage Month is also Mental Health Awareness Month

Mental health was found to be a top need in the 2022 Westchester County Asian American Advisory Board Community Needs Assessment. In honor of May being both Mental Health Awareness month and Asian American Pacific Islander Heritage month, the OCA Chapters (OCA-LI, OCA-NJ, OCA-NY, OCA-WHV) and the Chinese Adoptee Alliance (CAA) are hosting a series of workshops presented by four mental health experts, to discuss mental health and our identities. Receive the Zoom link via email by writing to programs@oca-ny.org or registering via the links above.

OCA: Who We Are

The Westchester-Hudson Valley chapter of OCA - Asian Pacific American Advocates (OCA-WHV) is one of the oldest ethnic advocacy organizations of the tristate region. Our core mission is social advocacy on behalf of all Asian American and Pacific Islanders (AAPI), local and nationwide.

We work tirelessly to eliminate hate and promote caring, to lobby for safety, immigration and criminal justice reform, and advocate for recognition of AAPI history and contributions.

We are constantly at work to develop new outreach programs in the large and growing Asian immigrant population in the region. Our thriving youth program (Young OCA) supports gifted student leaders as well as talented youth facing hardship or need. We continue to build strong coalitions with sister organizations.

GET INVOLVED!
JOIN OCA!

SCAN HERE
TO LEARN
MORE AT
OCA-WHV.ORG



OCAWHV



OCA-WHV



Calendar of Upcoming Asian-American Events

May 31, 12:30 PM - 4:30 PM: Asian Heritage Festival

June 1, 12:00 PM - 3:00 PM: March with 4 OCA Chapters, CAA and New Bridges Coalition at the AAPI Parade in NYC!

June 8: Harrison Japanese Festival 2025

June 21, 2:00pm - 4:00pm: Chinese Movie Matinee - Ne Zha

June 22: Dedication of Corky Lee/Frank Mosco Plaque

July 24: OCA National Convention

Early fall (date TBA): Student Leadership Award applications due

November 9, 4:00 PM - 9:00 PM: 2024 Annual OCA-WHV Dynamic Achievers Award Gala

Scan the QR code on this page to visit our website oca-whv.org for more details, to RSVP, and sign up for our email newsletter.



**Thank you
to our sponsors!**



PEPSICO



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2025 OCA-WHV Board of Directors

President: Jane Li

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Bhavana Pahwa

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Jeanhee Chung

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Project Committee Chairs

Asian Heritage Festival: Vincent Young, Trish Young
Board member nomination: Jaclyn Liu
DAA nomination: Paul Yuan
Endowment: Howard Chen
Gala: Li Lin, Paul Yuan
Meet the Candidates: Trish Young
Mental Health Access Project: Dan Lewis
Mid-Autumn Festival: Jaclyn Liu, Li Lin
New Bridges Coalition: Jeanhee Chung
Retreat: Meow Yee
Youth Leadership Awards: Eric Cheng

Interns: Allegra Kong, Jason Dang, Osborne Ringstad, Griffin Kong



ADVOCACY

New York State AAPI Summit

You are invited to participate in “Margins to Mainstream”, the 2025 New York State AAPI Summit. This is an annual landmark legislative event uniting Asian American and Pacific Islander (AAPI) legislators, community organizations, advocates, and activists from across New York.

Join us on May 29 · 5pm to May 30 · 4pm EDT for a day of community building, learning, and celebration at the inaugural NYS AAPI Summit. SPACE IS LIMITED. Complimentary buses from Manhattan, Brooklyn, and Queens are provided on May 30. <https://www.eventbrite.com/e/nys-aapi-summit-2025-tickets-1308591034009>



Baseball Behind Barbed Wire

On May 3, at the White Plains library, over 40 people viewed this compelling documentary which revealed how baseball provided hope when 125,000 Japanese Americans, two-thirds of whom were US Citizens, were unjustly incarcerated and stripped of their rights, homes and dignity during WWII. It was followed by a live panel discussion including camp survivor **Tak Furumoto** and Suki Terada Ports via pre-recorded interview. Cosponsored by Young OCA/ Westchester Asian Film alliance, Japanese American Association of New York, Japanese American Citizens League NY Chapter, Westchester Human Rights Commission, and the White Plains Library.

OCA/JACL Leadership Summit

YOCA member Max Wang, a Junior at Edgemont High School, attended the Leadership Summit in Washington D.C. on March 19. He was able to speak and connect with OCA representatives from around the country as well as staff working with OCA National. Particularly, working with representatives from OCA New York, Long Island, and Detroit, they were able to lobby for the Neighbors Not Enemies Act, Fred Korematsu Congressional Gold Medal Act, and Alleviating Barriers for Caregivers Act in both Senator Gillibrand and Representative Suozzi's offices. Well done, Max!



OCA National's AANHPI Tracker

How will the President's executive orders affect Asian Americans? Visit OCA National's AANHPI Tracker to find out! <https://www.ocanational.org/policy-platform>

How to report Anti Asian Hate

2024 saw a rise in anti-Asian hate in person and online, especially South Asians. If you experience or witness a hate incident, even if it is not a crime, please fill out the Westchester Human Rights Commission form. The data may be helpful in identifying and preventing hate crimes. <https://humanrights.westchestergov.com/report-a-hate-incident>

Know Your Rights When Traveling Know Your Rights as a US Resident

3 in 5 Asian Americans and 1 in 4 Pacific Islanders were born outside of the United States. We are newly concerned with protecting our family and friends' rights as US residents and citizens when traveling and as visiting scholars or workers.

Visit our website at <https://www.oa-whv.org/know-your-rights> for links to helpful resources.

Ongoing and Upcoming Programs

Chinese Movie Matinee - Ne Zha



OCA-WHV is sponsoring a Chinese Movie Matinee on Saturday, June 21, from 2:00pm - 4:00pm. Join us in the Scott Room to watch Ne Zha, a family friendly Chinese language film. This program works to provide Chinese families with an environment where their culture is celebrated and appreciated through films. This monthly event is completely free, and refreshments will be provided!

OCA-WHV Student Awards



Every year at our autumn gala, OCA-WHV gives merit awards to high school seniors who are of Asian descent or non-Asians who demonstrate a keen interest in Asian language and culture, as well as fulfill varying criteria, such as need, service, academic excellence, or leadership. Learn more at oca-whv.org/student-awards! Applications and details for 2025 will be released soon.



Presidential Volunteer Service Awards

OCA-WHV is now a Certifying Organization for President's Volunteer Service Awards (PVSA), signed by the President of United States. Volunteers as young as ages 5 and up to adults 26+ may participate in the program which offers recognition for dedicated service. To apply, visit oca-whv.org/presidential-volunteer-service-awards.

Sign up now for New Bridges Coalition events

New Bridges finished off 2024 with several great events including the launch of NBC-Z, the New Bridges youth group. NBC-Z teamed up in an escape room, organized a successful toy drive with our partner The Urban League for the Lois Bronz Center in White Plains, volunteered to sort toys for Toys for Tots, and more senior knitting circles at the Sunnybrook/Intown Towers in Mt Vernon.

Many thanks to the NBC Steering Committee including OCA-WHV board members Jeanhee Chung, Dan Lewis, working in conjunction with Sorraya Sampson, Mayo Bartlett, and Bernie Thombs of the Urban League and AAMW, Koji Sato of JAANY, Siddhartha Basu of the India Center of Westchester, and Tejash Sanchala of the Westchester Human Rights Commission. The events were made possible through a grant by UPS and the generosity of Ann Chao.

Upcoming events for 2025 include: Marching with the 4 OCA Chapters and CAA in the 2025 AAPI Parade in Manhattan on June 1, Know Your Rights webinar, Bowling night, Days of Service, and Days of Advocacy.

Please sign up at newbridgescoalition.org/join to receive event alerts and find service, advocacy, leadership, fun, and friendship with a new communities. We want YOU!



AAPI Events in the Hudson Valley

2024 Dynamic Achiever Awards Gala

This elegant event, held at the luxurious Surf Club on the Sound of New Rochelle, was thronged with friends old and new, who joined to celebrate our illustrious Dynamic Achiever Award winners, **Dapeng Hu** and **Yun-Yi Diana Pan**, and our talented and virtuous **youth award winners**. Prominent leaders such as New York Senate Majority Leader Andrea Stewart-Cousins, Connecticut Attorney General William Tong, Westchester County Deputy County Executive Ken Jenkins, and David T. Imamura, Westchester County Legislator - District 12, honored us with their presence and words. A buzz of happy conversation filled the halls as we enjoyed delicious food from many cultures, music, and dancing.

We thank all who attended to see our honorees receive their awards, as we do our gala committee co-chaired by **Eric Cheng** and **Li Lin**, our emcee Tania Rahman, our speakers and our sponsors. With gratitude, we acknowledge the hard work of the board members and YOCA volunteers who brought this well-organized event together.



Hudson River Museum Lunar New Year

This very popular annual celebration organized by **Rose Kaung** and the Hudson River Museum returned on February 1. OCA-WHV Director at Large **Jenny Kho** and **Helen Kho** ran the children's craft table making paper snakes. Guest speakers included Assemblyman Ron Kim of Queens (who brought his young daughters as pictured), Westchester County Legislator David Imamura, and our VP of Advocacy **Meow Yee**. The crowds of visitors enjoyed many beautiful dance performances from the Greenburgh Evergreen Club, including the sword dance!

New Rochelle Lunar New Year

For the second year in a row, we collaborated with the City of New Rochelle on a wonderful Lunar New Year celebration! We introduced joyful traditions such as the lion dance, Chinese dance, bubble tea, dumplings, brush and ink calligraphy, and other crafts, to the people of New Rochelle. OCA-WHV President **Jane Li** presented the performers, while **Jeanhee Chung** showed the children how to make toy Korean drums.



AAPI Spring Festivals: Jan-Feb 2025

ECA Spring Festival

OCA-WHV was honored to work with Edgemont Chinese Association (ECA) for their 2025 Spring Festival! The event took place on Sun. Feb 2nd and was at Edgemont Jr Sr High School. We were so excited to meet people of all backgrounds and come together to do a variety of activities ranging from balloon-making, artistic dancing, and so much more! We would like to give a special thanks to OCA youth board members **Emily Xie**, **Sophie Xie**, and **James Qian** for helping with the OCA stand!



WACA Chinese New Year Festival

The OCA and Westchester Association of Chinese Americans (WACA) Chinese New Year Festival was on Sat. Feb. 8th at the Performance Art Center at SUNY Purchase. The event was a great success with attendees from all around Westchester county. Thank you everyone for choosing to celebrate the advent of the year of the snake with us! There were delicious Chinese food samples, fun games, and we truly enjoyed the beautiful and festive performances!

Thank you for the board of directors at WACA for helping organize this event! Furthermore, shoutout to OCA youth board members **Jayden Cao** and **James Qian** for running the OCA-WHV stand. We look forward to next year's celebrations!

SPL Lunar New Year Celebration

OCA-WHV partnered with the Scarsdale Public Library to celebrate Lunar New Year on Sat. Feb. 8th! The cultural fair was filled with a multitude of activities including calligraphy, paper folding, and Chinese bamboo painting. Furthermore, there were traditional Chinese dance performances and a Lion Dance!

OCA-WHV had a great time at the celebration and we want to thank Scarsdale Public Library for making this amazing event possible.





YOUNG OCA Leadership and Innovation



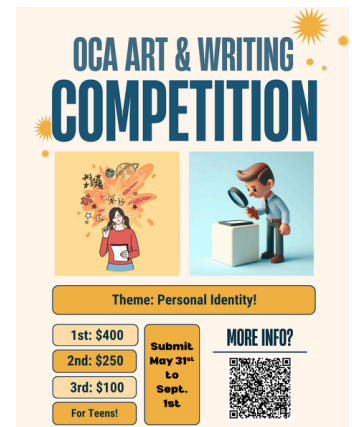
Monthly WAFA/OCA-WHV Screenings

The Westchester Asian Film Alliance (WAFA), founded by **Jayden Cao** (current YOCA President) and collaborating with OCA-WHV, employs the creative medium of film to promote awareness of Asian culture. Every month, films that reflect Asian traditions and cultural elements are screened in a growing network of Westchester public libraries.

Recently screening *Baseball: Behind Barbed Wire* at White Plains Library in May to celebrate AAPI month, WAFA/OCA-WHV has continued its mission of cultural exchange and engaging learning.



Upcoming Events!



OCA-WHV Summer Reading

The annual OCA-WHV Summer Reading will be running this year at Greenburgh Public Library, led by current YOCA Vice President **Sophie Xie**. Registration for participants will open on July 9th! The Summer Reading program is a wonderful opportunity for passionate teens to lead younger children in their road to inclusivity and acceptance.

OCA-WHV Podcasting Program

OCA-WHV will continue the Podcasting program, with themes of mental health in the AAPI community continuing this year. Check out the 2024 season at <https://www.oca-whv.org/podcast>

PepsiCo PAN and OCA-WHV

The collaboration with PepsiCo PAN and OCA-WHV will continue this year! Youth will have the opportunity to learn about PepsiCo, careers, and various other topics on Youth Career Day. More details to come, so stay tuned!

OCA Art & Writing Competition

OCA is hosting an arts and writing competition that runs from May 31st to September 1st for 13-18 year olds in Westchester County and Hudson Valley! This year, participants are invited to write or create art surrounding personal identity. Winners of this contest will receive cash prizes and all participants will be featured in a booklet! Happy creating!

Member spotlight: Jaclyn Liu



Congratulations to our past OCA-WHV President, **Jaclyn Liu**, who was honored for her service to the County of Westchester!

Legislator David T. Imamura said, "I am thrilled to recognize my constituent Jaclyn Liu for her service to Westchester County. When I was elected as the first Asian American County Legislator in Westchester's history, Jaclyn was head of OCA, the largest Asian American organization in the County. I was honored to work with her on countless issues affecting our community. Her leadership and drive will be missed."

For the past decade, Jaclyn Liu has been dedicated to strengthening the AAPI community, serving both as the head of OCA and co-founder of the Chinese Academy of Greater New York. She has worked to create cultural programming, build youth development initiatives, and cultivate community advocacy. Her impact can be felt all throughout Westchester county.



Join OCA-WHV.
The organization that advOCates
for all AAPIs.

Family Membership:	\$50 for one year, \$90 for 2 years, or \$180 for 5 years
Individual Membership:	\$40 for one year, \$70 for 2 years, or \$140 for 5 years
Senior Membership (age 65+):	\$20 for one year, \$30 for 2 years, or \$60 for 5 years
Youth/Student Membership:	\$10 per year
Lifetime Membership:	\$1000 (individual) or \$1500 (family)

Scan the QR code above or go to our website <http://oca-whv.org> to find our membership application form, or contact us by mail at:

OCA-WHV, P.O. Box 541, White Plains, NY 1060

or, contact us by email at: info@oca-whv.org

Donate now to help OCA to continue our programs and advocacy!

- o Mail a check payable to OCA-WHV and send it to us at P.O. Box 541, White Plains, NY 10602
- o Pay via paypal@oca-whv.org or [PayPal.me/ocawhv](https://www.paypal.com/paypalme/ocawhv)
- o or Zelle us at ZelleCiti@oca-whv.org

Please consider a donation to the **President's Circle Initiative**: a \$1000 donation (by an individual or by a team) would make our chapter eligible for additional funding from OCA National. See our website under Programs for details. OCA-WHV is a state chapter of OCA National, a 501(c)(3) organization and donations are tax deductible to the extent allowed by law.