

# IACS: Indian American Community Services

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Connect, Serve, Empower



# IACS: Vision & Mission

## **Vision**

Connect, Empower and Serve the Indian-American community.

## **Mission**

IACS serves the Indian American community through programs, services for all life stages, while fostering an environment of inclusion and diversity.

Connect, Serve, Empower

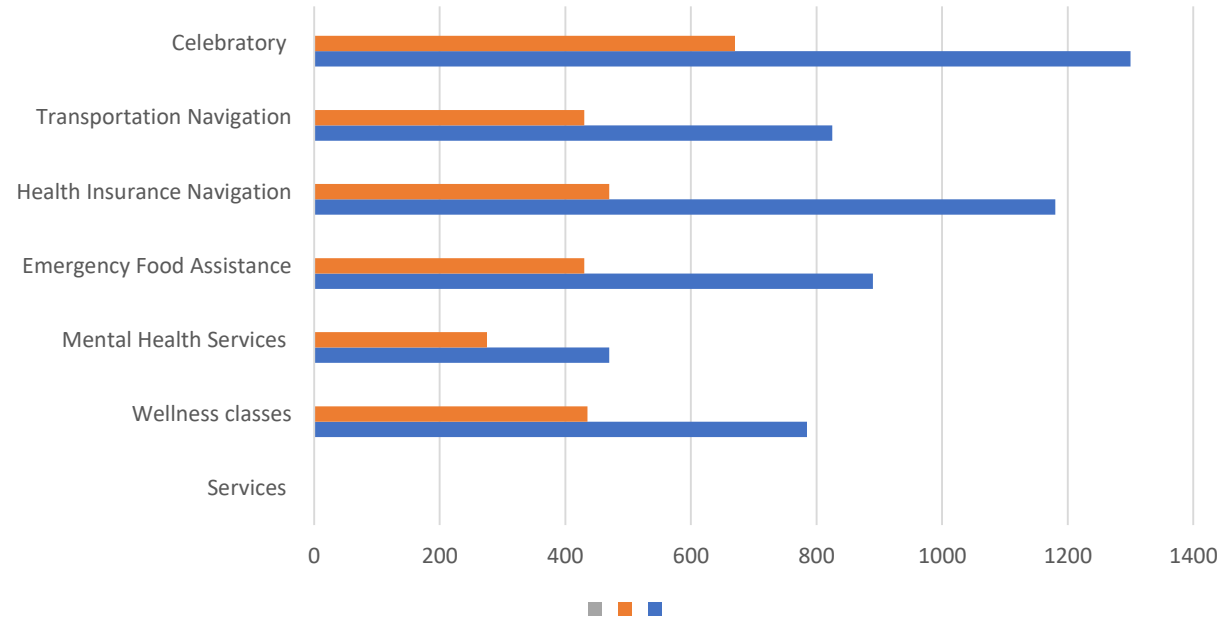
# IACS: Senior Support Services

Pillar	Services
Wellness	Wellness (Yoga, Movement Dance, Meditation, & Culturally nuanced Mental health support), evidence based diabetic program
Crises Services	Crises Services: Emergency Legal, Rent & Food Assistance
Bonding & Nutrition	Intergenerational Community Lunch, Bridge, Walking Club, Knitting Crochet Club,
Healthcare Navigation	Healthcare & Insurance, Vaccinations, Education & Awareness
Celebratory	Field Trips, Celebratory Events, Social-Emotional Wellness
Transportation	Transportation Assistance, ACCESS, DART, SG Pilot Rides & Smiles & Financial Planning
Caregiver Services	Caregiver Support Services – MITR (volunteer friends of seniors home visits), support groups
Mental Health & Wellness	Meditative Art, Horticulture Therapy, Community Conversations, Support Groups, One on One Counseling

# IACS Senior Services – Trends & Challenges

- Vocational training & employment opportunities
- Affordable mixed-use housing
- Companion care & caregiver services (senior parents caring for adult children)
- Increasing isolation – Need for social emotional wellness, support groups, culturally nuanced and embedded approaches to therapy
- Transportation challenges
- Multi-generational living: impactful and inclusive conversation with grandchildren
- Continued need for gathering spaces

# 2021 IACS Senior Services



# Indian American Community Services IACS





# IACS Senior-Youth Events





# IACS: Partners





# IACS Partners (continued)

- 4 Tomorrow (Latina Organization)
- Centro Cultural Mexicano
- Jewish Family Services
- Neighborhood House
- El Centro De La Raza
- WAPI (WA Physicians of Indian Origin)
- Evergreen Hospital
- HealthPoint Clinics
- ICHS (International Community Health Services)
- Somali Health Board
- Punjabi Health Board