

In the spirit of the season, the Filipino American Community Health Initiative of Chicago (FACHIC) wishes to help older adults in the Filipino community in need of holiday "T.L.C" (tender love and care). FACHIC's Parol Program, established in 2009, aims to spread holiday cheer through a Christmas card mailing with community health resources, well being calls, and for those most in need, home visits with gift baskets of necessity items/gift cards to local stores.

A "parol" is a traditional Filipino Christmas decoration and is a colorful five-pointed lantern resembling a star.

If you or someone you know is an older adult who would benefit from FACHIC's wellness and health assistance offerings, FACHIC would like to connect with you.

Interested parties may contact FACHIC's Parol Program by calling (312) 962-7748 or sending an e-mail to parol seniors@fachic.org. In addition to its holiday themed activities, FACHIC staff is also available to assist with concerns or questions about: housing, prescription medications, Medicare/Medicaid, Social Security/Public Aid, and community resources.

FACHIC will be conducting wellness calls and home visits within the duration of their Parol Program.

The objective of the Parol Program is to address the needs of seniors in the Filipino community during the holidays to help them live more safely and independently. This event, originally established with the support of the Filipino American Network (FAN), is an opportunity for younger generation Filipino Americans to honor and serve their elders in the community and connect with traditional Filipino celebrations of Christmas.

The Parol Program is also seeking volunteers to help decorate and send Christmas cards at its events on December 10 and 11, as well as for making well being calls and/or home visits to older adults. Interested volunteers may contact the Parol Program by calling (312) 962-7748 or sending an email to parolvolunteers@fachic.org for further details.

The Filipino American Community Health Initiative of Chicago (FACHIC) is a collaborative of community, health professional, and academic leaders united to address Filipino health issues in the Chicago area. The mission of FACHIC is to increase awareness of Filipino health disparities and to implement health interventions and educational programming to improve the health status of the Filipino community.

FACHIC is a 501(c)(3) Illinois nonprofit organization.

All

programs and services are free and available to all.

For more information, visit

<http://www.fachic.org>

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