

STORY 3: LIN - Asian-American, Age 55

Multiple issues for underserved population: Poverty, Healthcare, Drug Addiction, Violence, Community Empowerment,

LIN:

My name is Lin and I live in San Francisco in housing projects. I have Type 2 diabetes and for a long time, I didn't see the doctor very much. Public transportation is far from where I live and the clinics are crowded. You have to wait many hours.

But now I get help in my own neighborhood. The YMCA has a mobile clinic on a bus. It parks one block away and I go there to test my insulin. They talk to me about my medication. They help me with the nerve damage in my hands. They always ask me about my diet and give me exercises to keep my weight down.

This clinic is part of the YMCA's Peer Health Leadership Program. It brings healthcare services into places that really need help. And they also train people to work there. People from my neighborhood. My wife's friend learned to be a nursing assistant. I really like seeing people I know when I go to get treated. I know you can trust them.

The place I live is poor and very dangerous. There are gangs and drugs. My son is 19 and he started using drugs. He got beat up twice. One time he was stabbed in the arm. There were nights when he couldn't sleep because of nightmares.

But the Y helped him too. He went to see a counselor for the drugs and then a counselor for trauma. They helped him get clean and with anxiety. Now... he's becoming a Youth Ambassador... they are teaching him... so he can help other kids. I think Peer Leadership Program save my son's life. Maybe it is saving my life too. So thank you YMCA for your help.