

Cultural News

Volume 14, Issue 4
April 2016

It's Songkran Lao New Year 2016

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You know you are Lao when you get buckets of water mixed with cumin and jasmine petals dumped on you and then doused with talcum powder. Its Songkran Lao New Year season; a festive time of year where Laotians congregate at their local Buddhist temples to celebrate the New Year whose Lao name is, " Pi Mai," or Songkran.

Songkran comes from a Sanskrit word that means astrological passage and represents all things new or transformed. It is a festively celebrated time for Laotians and Southeast Asians all over the world that occurs during the month of April; the warmest time of year and the start of the rainy season in Laos.

Americans can equate Lao New Year or Songkran with Thanksgiving and Easter week combined because in Laos, "FOOD," and family is at the center of the week long festivities.

Songkran in Laos is rich with symbolic traditions from merit making in to showing reverence to ones ancestors by bringing food, fruit and water to one's ancestors at the local temples. Homes are washed with all things that are old or tattered removed. Buddhist relics are taken to the temple to be cleaned in holy water. Homage is paid to the monks with aunties and grandmother making their most traditional and impressive family dishes.

Family is also invited to partake in the specialty dishes as the scent of flowers perfume the air throughout the week. There are daily morlam and lamvong dances with the festivities ending with a beauty pageant with a Songkran princess being crowned for the year .

Lao New Year is also a time when our local emergency rooms are inundated with chronic

disease patients from our Southeast Asian community who have, "cheated," a little and over indulged in some of the yummy goodies available for all at home or in the temples.

Our outpatient care departments often use this time to remind our patients to focus on heart healthy eating with disease management reminders and education. Heart healthy food exchange guides are passed out during health fairs and community outreach is at an all-time high.

Staff who are expert in Lao, Hmong, Vietnamese and Cambodian teach medication management as well as strict adherences to blood glucose or blood pressure diaries in order to assist our patients with enjoying the holiday without exacerbating their chronic illnesses.

During this festive period healthcare literacy is important tool that we use to ensure that our patients stay on track safely. Songkran is a festival of unity and respect and we at UC Davis Medical Center are honored to be able to participate in this year's festivities as we partner with our outpatient community to celebrate this time of renewal and Lao Songkran tradition.



APRIL 2016 CALENDAR

ARAB AMERICAN HERITAGE MONTH
AUTISM AWARENESS MONTH
JAZZ APPRECIATION MONTH

- 1-7- Medication Safety Week (US)
- 8-15- Ramayana (Hindu)
- 13- Thomas Jefferson Day (US)
- 13-16- Lao, Thai, Cambodian New Year (International)
- 14- Baisakhi (Sikh)
- 16- National Health Care Decisions Day (US)
- 17- International Haiku Poetry Day (International)
- 18- National Columnists' Day (US)
- 19- John Parker Day (US)
- 20- Chinese Language Day (Internantional)
- 21- First Day of Ridvan (Baha'i)
- 22- Hanuman Jayanti (Hindu)
- 22-23- Theravadin New Year (Buddhist)
- 23-30- Pesach (Jewish)
- 24- Palms Sunday (Orthodox Christian)
- 30- Mahavir Jayanti (Jain)

Federal and State Laws for LEP Individuals

(The right to an Interpreter)



Federal Laws:

- **Title VI of the Civil Rights Act of 1964**

- Title VI, 42 U.S.C. § 2000d et seq., was enacted as part of the landmark Civil Rights Act of 1964. It prohibits discrimination on the basis of race, color, and national origin in

programs and activities receiving federal financial assistance.

- **Executive Order 13166**

- On August 11, 2000, the President signed Executive Order 13166, "Improving Access to Services for Persons with Limited English Proficiency". The Executive Order requires Federal agencies to examine the services they provide, identify any need for services to those with limited English proficiency (LEP), and develop and implement a system to provide those services so LEP persons can have meaningful access to them.

- **CLAS Standards in Healthcare**

- The National Culturally and Linguistically Appropriate Services (CLAS) Standards in Health and Health Care are intended to advance health equity, improve quality and help eliminate health care disparities by establishing a blueprint for health and health care organizations.

- **Affordable Care Act**

- The Affordable Care Act puts consumers back in charge of their health care. Under the law, a new "Patient's Bill of Rights" gives the American people the stability and flexibility they need to make informed choices about their health.

State Laws:

- **California Health and Safety Code**

- California Law consists of 29 codes, covering various subject areas, the State Constitution and Statutes. The California Health and Safety Code is the code covering the subject areas of health and safety

- **The Dymally-Alatorre Bilingual Services Act**

- The Dymally-Alatorre Bilingual Services Act (Act) became law in 1973 to ensure that individuals seeking state government services whose primary language is not English are not precluded from receiving State of California Services because of language barriers.

- **California Senate Bill (SB) 853**

- SB853 is a statute enacted by the state of California that requires all California health plans and health insurers to provide language assistance services to their members with LEP at no cost.

The Korean Wave - Korean Culture

Written by Song Hahn, MIS Staff Interpreter

It is noteworthy to realize that the impetus of modern South Korean culture, known as the Korean Wave, has stimulated and affected diverse nations throughout the world. Those who have been influenced by the Korean Wave are teenagers and young adults in Commonwealth of Independent States, Latin America, Western Asia, North Africa, Southern Africa, Eastern Europe and immigrant enclaves of the Western world. The neology coined as the Korean Wave refers to the popularity of modern South Korean culture around the world. The Korean Wave, also ideographically and phonologically transliterated as Hallyu (한류 or 韓流 in Korean), is an embodiment of the significantly successful South Korean cultural industry, which is endeared by large numbers of viewers around the world. The Korean Wave is also regarded as a cultural product of globalization incorporated with the rise of capitalism in Asia.

In the 1990s emerging gigantic international media corporations contributed to the rapid development and circulation of media technology, which led to the international transactions of media images and texts. Accordingly, Asia actively developed competitive systems for the manufacturing and circulation of popular culture, which consequently led to the enormous circulation of the South Korean cultural industry in Asia. The sensational portrayal of modern lifestyles in the South Korean popular culture began to give powerful impetus to Asian countries, and exponentially the Korean Wave infiltrated the rising middle classes in Asia and, to a large extent, the world.

Since the year 2000, not only the dramas, songs, and movies of the South Korean popular culture, but also the Korean daily living necessities such as Kimchee, the inevitable Korean side dish, instant ramen, and Korean-made appliances that viewers had been exposed to through the Korean cultural industry were fervently purchased by the numerous Korean Wave admirers.

Ultimately this phenomenon has contributed to the further spread of the Korean Wave toward wider global markets. Surprisingly, even the Korean language was imported and learned by some countries.

Naturally, the expansion of the Korean Wave has served to boost Koreans' self-respect and self-esteem about their culture at home and abroad, simultaneously, eliminating their historical animosity toward Japan from the cultural viewpoints. Not only television dramas but also South Korean movies have been recognized in the world, especially in the United States. The courageous thriller-movie named, "Old Boy" earned the 2004 Grand Prix at the Cannes Film Festival.

Aboard the bandwagon of the Korean Wave, the Koreans have come to realize that they have opportunities to develop their national prestige, which ultimately has been supported at the national government level. The late president Noh Mu Hyun's administration designated the realization of a powerful cultural industry as one of its 12 core-national policy tasks. Emulating Hollywood, the Korean government has established plans to create a cluster of innovative nationwide digital entities composed of an Incheon Songdo Complex, a Korean Wave World, a Digital Media City (DMC), and a System City. Accordingly, Koreans in the media industry have proudly been making their utmost efforts to maintain the popularity of the Korean Wave throughout the world for years to come.

