

March is Health & Wellness month for the Ambassadors. On March 6, 2025, TOFA Ambassadors welcomes Taufa M. Lee. Ms. Taufa delivered a power point presentation on Emergency Medical Services (EMS). Currently, she is the Comprehensive Heart Attack Program Coordinator/Quality Improvement Nurse Analyst at UC Davis Health. She holds a Master of Science in Nursing, Registered Nurse and Critical Care Registered Nurse degrees.

In her presentation, Ms. Taufa covered EMS topics including heart attacks, strokes, and choking. The Ambassadors learned what the symptoms are associated with those kinds of emergencies. Taufa shared what steps they can take to get help for those in need.

TOFA thanks Ms. Taufa for educating us and sharing your years of experience with us. The information was invaluable.



Lawrence Whang, Fire Captain at Sacramento Fire Dept was invited by Taufa Lee to share about a career as an Emergency Medical Responder. The Sacramento Fire Youth Academy provides first-hand experience for high schoolers. Training is held weekly at McClellan Air Force Base for 9 months. Candidate selection is a competitive process.

The Ambassadors took the opportunity to ask about the different pathways towards becoming a Fire Service EMT or Paramedic. Captain Whang mentioned that education institutions like American River, Cosumnes River, and other colleges also offers EMS training and certification programs. For more information, go to <https://www.cityofsacramento.gov/fire/join-sacramento-fire/youth-programs/sfya>

On March 13, 2025, TOFA welcomes Dr. Elisa Tong, M.D., M.A.. She is the Director of Tobacco Cessation Policy Research Center and the Medical Director, Stop Tobacco Program & Assistant Director at UC Davis Comprehensive Cancer Center. This evening's program was a result of TOFA being a recipient of the SPARC Community Engagement Award 2025. The award was a grant funded by APPEAL (Asian Pacific Partners for Empowerment, Advocacy and Leadership). APPEAL is a national health justice organization working to achieve health equity for Asian Americans, Native Hawaiians, Pacific Islanders and other underserved communities.

Ms. Elisa delivered a presentation on tobacco cessation to the Ambassadors, Pacific Islander youths and adults. The topics discussed in-depth included tobacco industry and products sold, health risks, tobacco & the environment, tobacco behavior and tobacco treatment. Participants were actively engaged in this informative class.

TOFA wants to thank Ms. Elisa for sharing her knowledge and expertise with the attendees on the importance of not smoking or why its important to stop smoking.

