

**Crest Award Nomination 2020 – Lifetime Achievement Award  
Susan Kwok, BSRN**

**1. How many years this person has volunteered in Cupertino and what which organizations, events or programs?**

My mother, Susan Kwok, has been a nurse for more than 40 years. She is a former recipient for the CREST Award in 2007 for her volunteer work in Cupertino. More than 10 years later, she continues using her public health and nursing background to help those in need in Cupertino. Her 20+ volunteer experience is as follows:

- Volunteered in the Memory Clinic, 2013-2015
- Volunteering at Kaiser Hospital taking blood pressure checking patients in at the front lobby, 2015-2019
- Visiting the sick and administering holy communion to patients every Sunday at Kaiser Hospital, 2007-2019
- Visiting the sick at Cupertino retirement homes, 2000 to 2019
- Volunteering for the American Cancer Society, helping in seminars and workshops to education seniors and new immigrants
- Volunteering work for Self Help for the Elderly once headquartered in Cupertino, now in Sunnyvale, giving public health advice and taking blood pressure. On several occasions, she drove members to the doctor when their blood pressure was high.
- Volunteering at the Asian American for Community Involvement, a non-profit health care organization, taking blood pressure and providing health advice to seniors.
- Through St. Joseph of Cupertino Church, volunteering on the Lunar New Year Celebration planning committee for 17 years promoting cultural diversity

**2.What contributions has this individual made to the community that are beyond the scope of normal civic responsibilities?**

Susan has provided important public health education and assistance to Cupertino residents, especially new immigrants, by advising them on their individual health issues, blood pressure testing, overall healthcare and medications. Using her multi-language skills (Cantonese, Mandarin, and Spanish), as well as English, she has been able to communicate and provide valuable answers to health-related questions and preventive health recommendations to those whose first language is not English. Our community benefits from her volunteering work and expertise in health.

She often goes above and beyond by providing other services beyond health care assistance. In several instances, she has driven residents directly to the hospital for care after a high blood pressure reading. At the Cupertino Health and Wellness Center,

in the past 19 years she has also developed lasting relationships with many of her patients whose families are not able to visit on a regular basis. She assists her patients with writing letters to their friends and families during the holidays including Christmas and Valentine's Day. Her companionship and consistent weekly visits are often more beneficial than her health advice.

**3. How has this person's activities made an impact on, or a difference in, the community?**

Susan utilizes her professional health skills to provide much needed assistance to Cupertino residents. Beyond her skills, she has volunteered endless hours going above and beyond to those that need assistance. In the past 14 years, she has spent more than 4 hours a day on Sundays at the hospital giving holy communion and praying with those that are not able to go to church. She has instilled volunteerism in her husband of more than 50-plus years, Patrick, a former elected official for over 16 years. Their 6 children and 14 grandchildren most of whom live in Cupertino and the surrounding area also do volunteer work side by side with her. Cupertino is a better community because of her. She has taken extra steps to improve the longevity, health and wellness as well as quality of life to many Cupertino residents.

Thank you for your consideration.