2017 OCA-WHV Community Service Award Recipient

Helen Sai-Kheng Tang (鄧細瓊), R.N.
Board Director, OCA Westchester & Hudson Valley Chapter

Born in Malaysia, Helen is the seventh of nine children. She attended the Anglo-Chinese School, then moved to Singapore to earn her R.N. diploma.   After receiving training in midwifery in Scotland, she practiced for a year in London as a midwife before moving to New York where she has enjoyed a long and distinguished nursing career in fields as varied as critical specialty areas to home care. She has served as the head nurse in the recovery room of Booth Memorial Hospital in Flushing, Queens, and as supervisor in various nursing homes in the Bronx. She holds a B.S. in Community Health from St. Joseph's College in Brooklyn.

A self-described "citizen of the world", Helen is the first in her family to earn a college degree and the first to live overseas.

Throughout her career in the health field, Helen has worked tirelessly as an advocate for nurses and patients. As head nurse in the recovery room at Booth Memorial Hospital, she worked to change protocols to ensure patient safely. She believes in a personal approach to patient care and has never stinted in offering patients a helping hand, once taking in the out-of-town mother of a patient into her home so she could more easily visit her son.

Throughout her long tenure on the Executive Board of OCA-WHV, Helen has worked to disseminate vital information on preventative health care throughout the local API community. She has served for many years as Vice President of Outreach, creating cultural programs that enrich the lives of nursing home residents. In addition to her work at OCA, she is a longtime volunteer for the Westchester chapter of the American Red Cross, serving in areas such as disaster relief, blood donation, fundraising and home safety.

Helen is the proud mother of Andrew Torelli, an Air Force Colonel, fond mother-in-law of Giannina and doting grandmother to Arianna and Bianca. While on assignment in Afghanistan in 2007, Andrew was instrumental in helping to free the 23 South Korean missionaries held hostage by the Taliban.