

2012 CBG Program Report

I. 2012 English As A Second Language (ESL) Workshop

Program Description:

Asian Center – Southeast Michigan (AC-SE) offered an ESL workshop to new and senior Asian immigrants to help them to learn some practical words and simple sentences so they can manage their daily life, reduce anxiety and fear, and feel comfortable to enjoy their life in the U.S. This ESL workshop is different from other ESL classes offered to general public, and is acculturated to Asians as simple as possible and taught by bilingual teachers .

The workshop is 8 weeks long. Students are expected to meet 2 hours a week for 8 weeks. The workshop can also be divided into two series ESL I and ESL II to make two 4-week sessions.

Goals:

1. Keep the new and senior Asian immigrants semi- or totally independent in USA
2. Minimize immigrants' need of language help
3. Feel unthreatened due to lack of language capability
4. Avoid intimidation because of their language barrier

Event Records:

Five ESL workshops were taught by AC-SE's partners during year 2012. The details are as follows:

- Michigan Chinese Women Association (MCWA)

Place: Madison Heights Senior Apartment at 500 E Irving Ave., Madison Heights, MI

Time: Every Tuesday from 3:30pm to 5:00pm

Course Name	Starting Date	Ending Date	# of Participants Enrolled	# of Participants Completed	# of Volunteer Teachers
ESL I	3/27/2012	4/17/2012	34	23	2
ESL II	5/1/2012	5/22/2012	27	27	2

- Korean Amer Cultural Center of MI (KACCM)

Place: Tae Guek Village at 3712 Williams Street, Wayne, MI

Time: Every Tuesday from 10:00am to 12:00pm

Course Name	Starting Date	Ending Date	# of Participants	# of Participants	# of Volunteer Teacher
-------------	---------------	-------------	-------------------	-------------------	------------------------

			Enrolled	Completed	
ESL I	4/24/2012	5/15/2012	21	19	1
ESL II	5/22/2012	6/19/2012	16	15	1

- Asian-Indian Women's Association (AIWA)

Place: Canton Public Library on Canton Center Road

Time: Every Saturday afternoon from 2 to 4

Course Name	Starting Date	Ending Date	# of Participants Enrolled	# of Participants Completed	# of Volunteers
ESL I	7/14/2012	8/4/2012	12	6	2

Results/Comments of the program

The evaluation was given at the last week of each workshop. The averages scores by partners by courses are as follow:

Responsible Partners	Course Name	Average Score	Example of Comments
MCWA	ESL I	4.5 (out of 5)	The content is very useful and helpful.
MCWA	ESL II	4.6 (out of 5)	Learned a lot. Please continue.
KACCM	ESL I	4.0 (out of 5)	Want to continue. A few people need basic.
KACCM	ESL II	4.5 (out of 5)	Need to modify the materials.
AIWA	ESL I	4.2 (out of 5)	Want to continue with more advanced English materials.

Over 90% of participants left with positive feedback. All the materials received positive feedback as well; among them Unit 7(Telephone), Unit 5(Banking), and Unit 8(Emergency) were the most liked. The participants would like to have more future ESL classes with more advanced English materials. In addition, the participants positively commented on the teaching staff, our volunteer teachers.

Zili Sheng, Project Manager

II. 2012 Computer Workshop Program

Program Description:

Asian Center – Southeast Michigan offered a computer workshop program to seniors. This is a 4-week computer course. Students are expected to meet 2 hours a week for 4 weeks to learn the basic knowledge of computer and very simple and commonly used computer skills. It is not intended to be a comprehensive computer class, nor for advanced students.

Goals:

Computer Workshop Level I is to provide basic concepts in:

5. Computer hardware and operating systems that support software applications
6. Software using a Windows-based professional suite, which includes Internet, e-mails, word processing, and spreadsheet applications
7. Additional concepts and applications dealing with software integration and information about future technology trends

Program Records:

Total have five community partners participated in this program.

Responsible Partner: AIWA - Daksha Pandit

Address: 223 S. Main Street, Plymouth, MI 48170

Time: Starts 6/3/2012 Sunday at 2pm to 4pm ends 6/23/2012 on the dates shown in the table below

Participants: There are 14 participants enrolled and 10 participants completed program

Dates	# of participants	# of instructors	topic
6/3/12	10	2	Window & Operating System
6/10/12	10	2	Window & Operating System
6/17/12	9	2	e-mail
6/23/12	10	2	Internet

Responsible Partner: KACCM – Querag Cho

Address: 3800 Crooks road, Troy, MI 48084

Time: Starts 4/23/2012 Monday at 8pm to 10pm ends 5/14/2012 on the dates shown in the table below

Participants: There are 8 participants enrolled and 8 participants completed

Dates	# of participants	# of instructors	topic
4/23/12	8	2	Window & Operating System
4/30/12	8	2	Window & Operating System

5/7/12	8	2	e-mail
5/14/12	8	2	Internet

Responsible Partner: MCWA – Lisa Hou

Address: 7600 Nankin Blvd, Westland, MI 48185

Time: Starts 3/19/2012 Monday at 10am to 12pm ends 4/10/2012 on the dates shown in the table below

Participants: There are 12 participants enrolled and 11 participants completed program

Dates	# of participants	# of instructors	topic
3/19/12	12	2	Window & Operating System
3/26/12	12	2	Window & Operating System
4/3/12	11	2	e-mail
4/10/12	11	2	Internet

Responsible Partner: PNAM – Emma de Leon-Pacris

Address: Philippine Community Center, Southfield, MI

Time: Starts 3/10/2012 Saturday ends 4/14/2012 on the dates shown in the table below

Participants: There are 9 participants enrolled and 9 participants completed

Dates	# of participants	# of instructors	topic
3/10/12	9	2	Window & Operating System
3/17/12	9	2	Window & Operating System
4/7/12	9	2	e-mail
4/14/12	9	2	Internet

Responsible Partner: VAAM – Hai Truong

Address: 23945 Warner Ave. Warren, MI 48091

Time: Starts 3/13/2012 Saturday ends 4/3/2012 on the dates shown in the table below

Participants: There are 14 participants enrolled and 14 participants completed

Dates	# of participants	# of instructors	topic
3/13/12	14	2	Window & Operating System
3/20/12	14	2	e-mail
3/27/12	14	2	Internet
4/3/12	14	2	Internet

Learning Objectives for Window & Operating System:

- Describe the Windows user interface.
- Identify the objects on the Windows desktop.
- Perform basic mouse operations.
- Perform basic window manipulations.
- Perform correct file management techniques using Windows Explorer.

Learning Objectives for E-mail:

- Identify components of an e-mail address
- Register for a free email account.
- Compose, send, and reply to messages.
- Sign in and out of the email account

Learning Objectives for Internet:

- Understand internet basic terms
- Learn how to go to website
- Learn how to use search box
- Learn how to use a site map
- Difference Between http & https

Results/Comments of the program

2012 Education Workshop Evaluation Report:

Organization	Average Score	Examples of Comments
AIWA	36.1(out of 40)	Liked the Small Class, hand-on experience and teach by mother language
KACCM	33 (out of 40)	Small class get best attention
MCWA	39 (out of 40)	Very satisfied instructors teaching experience
PNAM	37.78 (out of 40)	Love hands-on practice

	40)	
VAAM	35.14 (out of 40)	Needs more assistants

Grace Keng Program Manager

III. HEALTHY ASIAN FOOD EXPO

The first Healthy Asian Food Expo held on August 11, 2012 was a great success. Sponsored by the Michigan Department of Community Health and HAP, the event was held at the Henry Ford West Bloomfield Hospital. The Expo was attended by about 500 people. We had a total of 39 exhibitors with 5 nonprofit organizations, 16 businesses, 4 departments from Henry Ford Hospital, 9 ethnic restaurants, 5 community partner organizations with ethnic groceries and 20 recipe contest finalists.

A major highlight of the Expo was the recipe contest. Nutrition seminars had been conducted by the 5 community organizations to educate the community and help them to submit healthy recipes. 20 finalists were selected by a jury panel consisting of nutritionists from the community, the chef from Henry Ford and were led by Dr. Cathy Jen, head of the nutrition department at Wayne State University. 20 finalists were selected by the jury based on the nutrition value, ease of preparation and availability of ingredients and presentation. These 20 finalists brought their dish to the Expo and attendees voted for the tastiest dishes. 3 finalists were chosen based on the final scores that included the taste and were awarded \$500, \$300 and \$200 for 1st, 2nd and 3rd prize. A recipe book with all 20 recipes from the finalists was also published and sold at the Expo. The booklet is still available for sale.

The goal of the Expo was to educate the community on Healthy Eating and Good Nutrition. The enthusiasm generated by the recipe contest along with healthier dishes offered by the ethnic restaurants conveyed this message to the attendees. Displays by University of Michigan Students featuring healthy lunch boxes, posters and nutrition models, games and quizzes, healthy granola bars and fruits for sale, free massages, books on yoga, clinic on wellbeing, all conveyed the message of Healthy Living and Good Nutrition.

All in all, the EXPO was a resounding success and we all learned a great deal about our community's needs and requirements.

Meera Vijan

List of Vendor Participants

Nova Nordisk, Inc
NY Life

Pratik Shah - Prudential
Salad Master
Vegmichigan
Costco - Tentative
Hillers Market
Sam's Club-Farmington Hills
Irenes Myomassology Institute
Be Well
Live Smart Health Bars
American Senior Gazette
Y is for Yoga
National Kidney Foundation of Michigan
UM-PMCH
UM-Med School
UM- Public Health
UM- Psychology
MAI Family Services
Edible Arrangement - Tentative
American Cancer Society
Restaurants
Shangrila
Fuji Buffet
Earthen Jar
Hut K Nutritious Indian food
Shilla
Bangkok 96 Restaurant

IV. Recipe Contests – 20 Finalists (in the Food Expo Show)

Name of Recipe	Author	Origin
Fresh Lumpia	Alair, Trinie	Filipino
Stuff Me Baby	Desai, Bindu	Indian
Vietnamese Spring Salad	Duong, Linh	Vietnamese
Stir Fried Watermelon Rind	Fu, Jessa	Chinese
Lentil Soup with Vegetables	Gudeti, Vani	Indian
Fried Chicken Tango	Hwang, Julius	Korean
Thai Fried Noodles	Jakes, Robert	Thai
Pochero	Leon-Pacris, Emma de	Filipino
Spinach Lentil Vegetable	Marwah, Vimal	Indian
Lentil Soup	Merchant, Kunjlata	Indian
Stuffed Cabbage Paratha	Merchant, Vaidehi	Indian
Seafood Burger	Nguyen, Kim	Vietnamese
Raw Vegan Pad Thai	Pagsaligan, Aubrey	Thai

Spicy Chicken Kalbi	Park, Bruce	Korean
Veggie Burger	Pinjarkar, Sushila	Indian
Sauteed Vegetables with Quinoa and Tofu	Sachdev, Kamlesh	Indian
Chick Peas & Kidney Bean Salad	Sakpal, Vasandhara T.	Indian
Tofu with Vegetables	Sood, Usha	Indian
Lentil, Corn & Tomato Salad	Valsangkar, Pradyna	Indian
Chinese Cheeze Bread	Wang, Chang Qing	Chinese

Awardees:

1. First place: Vimal Marwah - Spinach Lentil Vegetable
2. Second place: Bindu Desai - Stuff Me Baby
3. Third place: Vani Gudeti - South Indian Sāmbhar or Lentil soup with Vegetables

Asian Center – Project Team