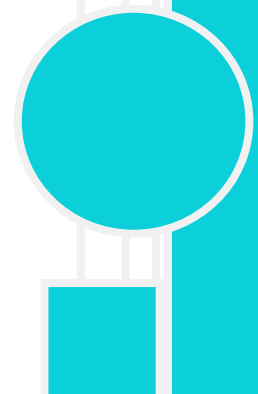


# 2019 ANNUAL REPORT

***Asian Center – Southeast Michigan***



**Hepatitis B Program**

- After more than 10 years offering the conventional seminar to teach hepatitis B in our community, we realized that it is not an effective educational tool. Many people still have no idea what hepatitis B is, or how it affects Asian Americans. For our 2019 HBV education program, we took a different approach. The format was to have an in-depth conversation with a CHW (Community Health Worker) in a small group. A trained CHW would schedule a lunch meeting with 8-10 people. They would view a fun video of the disease (introduced by a skit, performed by theatrical students at University of Michigan) and learn how it affects Asian Americans. Lunch would be served afterwards. This approach provided a pleasant, upbeat atmosphere leading them to learn a difficult disease in a friendly and pleasant environment. The result showed that attendees understood and remembered the seriousness of this disease and how it affects Asian Americans.
- We also started to offer HBV screening again. It took a while to reconnect with Quest Diagnostics and re-instate our client status. We contracted Quest on all clinical needs to reduce our own workload. We still manage all the test results and response letters.
- Since we did not receive any free HBV vaccines in 2019, we could not afford to offer free vaccination. We could only recommend people to go to Michigan County Health Department to get this service.

**Evidence-Based Health Education Workshop**

The only evidence-based health education workshop we offered in 2019 was “Tai-Chi for Arthritis and Fall Prevention”. It became so popular in Ortonville that we were asked to create an advanced class, so those who took the basic one could still come in weekly to exercise:

#	Workshop	Location	Period	Ethnic Group	# of certificates
1	Tai-chi A	Brandon Lib	4/13/19 - 6/13/19	All	21
2	Tai-chi B	Brandon Lib	4/13/19 - 6/13/19	All	10
3	Tai-chi A	Turner Center	4/4/19 – 5/30/19	All	5
4	Tai-chi A	Brandon Lib	10/10/19 – 11/21/19	All	20
5	Tai-chi B	Brandon Lib	10/10/19 – 11/21/19	All	14
				<b>Total</b>	<b>70</b>



Beginner Class at Brandon Library



Advance Class at Brandon Library

### **Health Fairs, Flu Shots and Dental Health**

- With the Affordable Care Act in place for 10 years, the need for health fair (as their annual check-up) within Asian American community has been reduced tremendously. Many low-income residents and seniors can schedule their own annual check-up with their family doctor. We used to host 4-6 health fairs in a year; but in 2019 we only co-hosted one with Vietnamese American Association of Michigan and its attendance was low. Our efforts now have been shifted to other healthcare needs.
- In the past 5 years, we have worked with Walgreen to help seniors who don't speak English and/or have no transportation, to get flu shots by scheduling flu shot clinics at different Asian community centers, churches and temples. This year, we only scheduled 2 such flu clinics, since many organizations now can contact their own Walgreen pharmacists directly. We built up this model in our community exactly for the purpose that they can work with their own local Walgreen pharmacists. Since there are always bilingual people at Asian gathering locations that can help people who speak limited English. It looks like this is a good model to continue.
- We scheduled two dental health events in 2019 at a church and a community center respectively. This event is usually offered by the Asian American students at the Dental School, University of Michigan. These students really want to start their community service early when they are still learning. Their service has been well received by communities.

### **Michigan Residents Statewide Health Assessment Task**

Every 10 years, the State of Michigan Health Department will conduct a statewide health and healthcare system assessment. AC-SE MI was invited as one of the assessing organizations to work with the State Health Department to provide input from the community. We have always participated in such worthy activities to make sure the voices from Asian Americans are heard. We have invited MAPAAC (MI APA American Commissioners) joining this task; and asked them to send notes to all Asian community organizations sending representatives to this task. It is an opportunity for us to put in our needs in the health and healthcare system in Michigan.

### **Ann Arbor (A2) Cancer Support for Asian Americans**

Asian Center – SE MI has been a partner of Ann Arbor Cancer Support Group. We agreed to bridge the language barrier when they have Asian patients that need support. Ms Lisa Hou had been our representative to their monthly partner meetings. Since there has been no Asian patient in their support request in the past year or so, we decided not to continue attending their monthly meetings. But our support will always be available if there is any need. Our mission is always to improve health for Asian Americans.

### **Savvy Caregiver for Dementia Patients (funded by MDHHS)**

- AC-SE MI received a grant from MDHHS to train caregivers of dementia patients. This program started in July of 2019 and it would include focus group studies and train 4 groups of Asian American caregivers of dementia patients. The program focused on caregivers' mental status and self-care. The group was small, limiting to 5 participants in each workshop, so each caregiver could share their concerns and experiences. In September and October, we finished 2 Chinese

workshops and obtained valuable and positive feedback. There would be 2 more such groups to be trained in 2020.



Workshop 1



Workshop 2

- With great feedback from the two caregiver training workshops in 2019 plus focus group study results, MDHHS decided to give us another grant in 2020 for 2 more workshops in addition to the 2 from 2019 grant. Beyond that, they asked us to start a “Brain Health” education program among Asian American seniors. A new proposal and workplan were submitted for the 2020 program.

### **Asian American Mental Health (funded by UM MICHHR)**

Our Center Director, Dr. Lee, collaborating with Dr. Zhang of the School of Social Work at University of Michigan, received a grant from the MICHHR (Michigan Institute of Clinical and Health Research) program at University of Michigan to study Asian American mental health needs. It was a small seeding grant for a year (6/1/19 to 5/31/20) to assess Asian American mental status and their needs. With limited funding, there were only 2 largest Asian ethnic groups could be included: Asian Indians and Chinese. Thus far we had completed 3 Chinese focus group studies. Three more focus group studies will take place among Asian Indians in the first quarter of 2020. Then a large study to include other Asian ethnic groups will be proposed. There would be more mental health studies among Asian Americans in the near future.

### **A2 Caregiver Support Program (funded by AAA1B)**

We were approached by AAA1B (Area Agency on Aging) to initiate a caregiver support program among Chinese seniors in Ann Arbor. Since there are 3 large senior housings in Ann Arbor, we proposed to form such a support group at each senior housing to avoid the need of transportation. The participating senior housings are: Parkway Meadow, Cranbrook and Carpenter Place. The program will start on 1/1/2020, and will last for one year.

Asian Center – SE MI  
01/15/2020