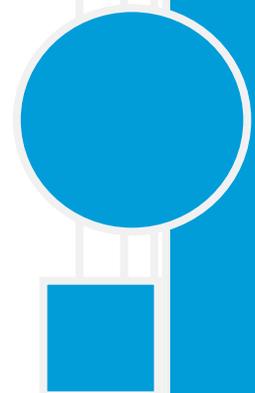


# 2020 ANNUAL REPORT

***Asian Center – Southeast Michigan***



## **Our New Website**

Ten years since our founding, we finally did a makeover of our website. We have worked on a new home page and added some missing program information and reports with a talented web-master. Please visit us at: [www.asiancentersemi.org](http://www.asiancentersemi.org) to see our new website.

We also created a Facebook account in 2020. We will post our upcoming events and showcase our activity pictures on Facebook. When you get a chance, please check us out on FB.

## **Hepatitis B (HBV) Program**

We focused our HBV program in 2020 mainly on education. The plan was to offer group discussion on HBV key facts/cases during a lunch or afternoon tea gathering in a small group setting (10-12 people). When COVID-19 hit home in early March, we followed the Michigan Department of Health and Human Services (MDHHS) epidemic order to avoid community gatherings. After the lock-down took place, we canceled all person-to-person education programs.

By September, Zoom became an effective and popular business tool. The Asian Pacific American Medical Students Association (APAMSA) at Wayne State University contacted us for special education on HBV, including patient case studies, via Zoom. We offered two sessions and 60+ medical students attended. That turned out to be the only education program we offered on HBV in 2020, but a very effective one.

In early December, we participated in the National HBV Summit for 3 days (Dec 2-4) via EventMobi. Key subjects were: HBV cures panel discussion, patients' voices and storytelling, racism and healthcare disparity, adult HBV vaccination, elimination of HBV to be incorporated in the state health plan, etc. There were close to 200 participants, almost twice as many as the in-person summits in the past.

## **COVID-19 Frontline Workers Appreciation Luncheon Program**

In May, with our limited funds and some community support, we initiated a program to honor our frontline workers for the COVID-19 patients in local hospitals. We offered appreciation luncheons to 3 hospitals in our neighborhood: Beaumont Hospital, Henry Ford West Bloomfield Hospital and Henry Ford Hospital Downtown. It was a spontaneous effort from us during an almost stagnant business environment. We were lucky to have contracted a local Chinese restaurant, Hong

Hua, to make 500 hot lunch boxes for each hospital. We invited the Asian community to write appreciation notes on heart-shaped sticky notes. They were placed on each lunch box (see the pictures below).



Hand written notes



Warm Lunch boxes with Thank You notes



Medical Staff at Henry Ford Hospital

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

This program started in 2019, with the intention to continue in 2020. Due to the lock-down, it was suspended in early March. The program was later canceled after we decided it was not feasible under the current conditions. In the 2019 annual report, we shared 2 pictures of the “Savvy Caregiver Training” workshops, but did not include participant feedback. We also finished 3 focus group studies prior to the training. To close this program properly, we would like to share with you some of the comments from the focus group study and training workshops:

From the focus group study, here is the summary:

#### Summary of Caregiver Experiences:

- Emotional strain (e.g., anxiety, worry & guilt)
- Challenging caregiving tasks
- Lack of informal help and culturally competent home care workers
- Lack of information on available formal support or services

#### Caregiver Needs:

- Respite care
- Affordable and adequately-paid helpers
- Caregiving information and skills training
- Places that offer good quality and culturally sensitive long term care

For the Savvy Caregiver Training, we were rated almost 5 out of 5 (using a 1 to 5 scale) on every question in the evaluation. Written comments were all positive. Here are a few examples:

- This class has given me a lot of help, now I feel more confident when I take care of my father. I also understand my father’s behaviors now.
- A great instructor, made the classes informative and enjoyable. A wonderful group of participants that made the sessions lively and supportive.
- I loved to come to the classes to learn this knowledge. Thank you so much for providing the class. Wonderful teacher and assistant. Amazing!

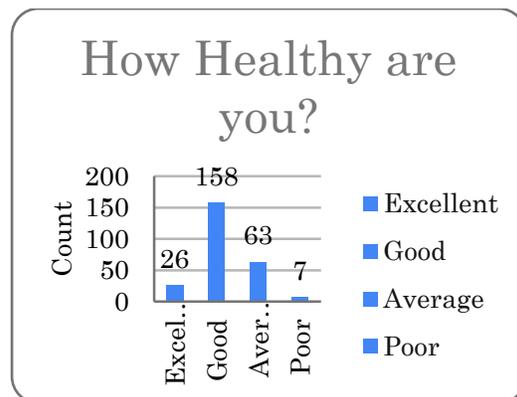
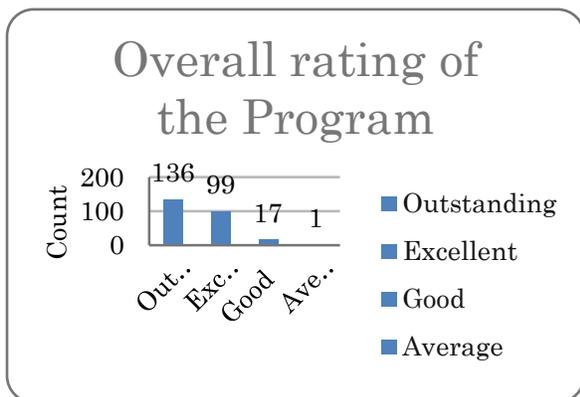
### Dementia and Brain Health (funded by MDHHS)

The Brain Health program was initially scheduled to start in early 2020, following the completion of the Savvy Caregiver Training. Since the latter was canceled in June, all efforts moved to the Brain Health program. The program was enhanced with “How to recognize dementia”. It consisted of 2 one-hour seminars:

1. The first seminar included:
  - a. What is normal aging forgetfulness?
  - b. What is dementia?
  - c. What are some differences between normal aging and dementia, and how can we distinguish them?
2. The second seminar focused on how to keep our brain healthy.

The two seminars were to be set one week apart, so participants would have time to observe their own cases, whether behaviors of a person and/or they themselves indicated dementia or was just part of normal aging.

We also opened up the seminar to the community at large. Almost everyone attending found the seminars very helpful, as most of the attendees commented that they all had experienced forgetfulness and wondered if that was an indicator of dementia. We taught a total of 22 classes for a total of 353 people. Many wrote in the evaluation that they would love to have more of such useful seminars. Charts below show the rating from 253 participants who did the evaluation and participants’ self-health assessment information.



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

Asian Center-SE MI was commissioned to offer Ann Arbor Chinese caregivers a support program in 2020. In February, we set up 2 out of the 3 intended groups and had their first support meeting. Then we had to suspend it when the pandemic hit. In early July we modified the program to conduct meetings through audio or video media. In August we were able to start the program offering virtual gatherings.

Content of the program shifted more toward COVID-19 as all caregivers were extremely concerned. But most of them could not speak English fluently, nor read and understand it. The language barrier added more anxiety. Our bilingual Community Health Workers leading the support groups searched for the most updated info and communicated to them every time there was a meeting. The feedback was positive. The average overall evaluation was 4.5 out of 5. Following are some of their comments:

- During the pandemic, this program via Zoom provided a virtual “social” gathering. We were more interested in attending in part because we could see some friends.
- Thanks to Asian Center for providing this program. It allowed us to discuss COVID-19 and learned a lot. It really helped to alleviate some of our anxiety due to the lock-down.
- It was a great opportunity during the pandemic to mingle with other residents virtually through Zoom. Thanks to Asian Center for providing this opportunity.
- Thank you for taking care of us in the senior housing during the pandemic. We hope there will be more such programs in the near future. We really welcome such programs.

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

Our Center Director, Dr. Lee, collaborating with Dr. Zhang of the School of Social Work at University of Michigan, received a grant from the Michigan Institute of Clinical and Health Research program at the 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, only the two largest Asian ethnic groups could be included: Asian Indians and Chinese. Thus far we have completed 3 Chinese focus groups and one Asian Indian group; need one more Asian Indian group. It would be completed in 2021.

Asian Center – SE MI  
01/10/2021