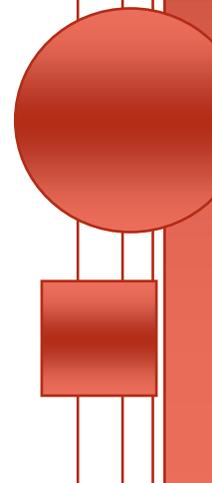


# 2021 ANNUAL REPORT

## *Asian Center – Southeast Michigan*



December 31, 2021



Due to the pandemic, we only have a few screen shots for our pictures, no real-life ones.

**Health Seminars for the 2021 Asian American Health Expo Through Zoom**

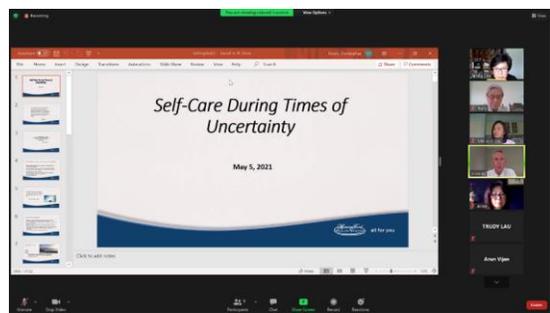
Once every two years, Asian Center – Southeast Michigan will team up with Henry Ford West Bloomfield Hospital to offer an Asian American Health Expo Program. Due to the pandemic, this year the program offered a series of seminars over Zoom. The following table shows the subjects and speakers for all the seminars. The program was completed in May during the Asian Heritage Month.

#	Topics	Speakers (Henry Ford Health S)
1	Cancer Screenings at Various Ages	Donna Long, Manager, Cancer Screenings, HFCI
2	Mental Health	Chris Nixon, Administrative Director, Maplegrove
3	Osteoporosis	Dr. Dhanwada Rao, Endocrinologist
4	Incontinence	Dr. M. Victoria Estanol, Urogynecologist
5	High Blood Pressure & Atrial Fibrillation	Dr. Ananthasubramaniam, Cardiologist
6	COVID-19 Vaccine Info and Q&A	Dr. Anne Chen, Chief of Medicine in Infectious Disease

The attendance was about 34±10. The feedback was outstanding even though only half of the attendees provided feedback.



Welcome from Dr. Manu Malhotra, HFWB Director



Mental Health Seminar

The seminars were recorded and uploaded to our YouTube account. Anyone interested in watching them can get from our website: [asiancentersemi.org](http://asiancentersemi.org). The presentation slides were obtained from the speakers, and we used them as health information feeders for our Caregiver Support program after adding Chinese annotations to these files. They were delivered by our Chinese Public Health speakers. It was evaluated as the best resource for

our Caregiver Support program. These caregivers anxiously wanted to learn more about common chronic diseases and any health-related knowledge to help them make better decisions for their patients.

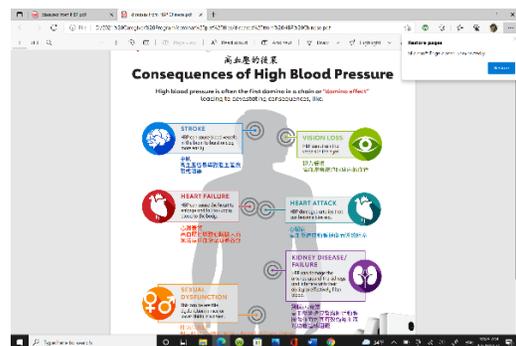
### Ann Arbor Caregiver Support Program for 2021

Our “Chinese Caregiver Support” program started in the beginning of 2020, but was suspended in March when the pandemic lock-down started. Then re-opened in late summer, ran through the year. The program was well received as it was the only “life line” for the non-English speaking Chinese caregivers. Hence when the program was reinstated this year, more people were interested in participating. And the key interest was still the translation of the local, state and national COVID status in Chinese every other week for them.

The caregiver support program met twice in a month. The first meeting was for health education and the 2<sup>nd</sup> was for their general discussion about their concerns. We usually collected all questions during the meeting and got responses back to them through WeChat or phone call. From their program final evaluation, they expressed strong appreciation for all health education seminars. They seemed to want to learn more about health as that would help them to make better choices for their own health as well as their cared patient’s health. All participated caregivers were very grateful for the program, and asked to continue if possible.



December Celebration Gathering



Learning on Hypertension

*From our own program team, we were very proud of these seniors in their 70s, 80s and 90s still learning the new technology of Zoom and WeChat apps to navigate through this program. From our “Brain Health” seminar in 2019, we know we provided the best platform (learning) to keep their brain healthy. It was a side benefit of the program. Thanks to a lot of our persevere workers insisting to teach them the technology. We had to spend extra efforts to make it feasible. It worked.*

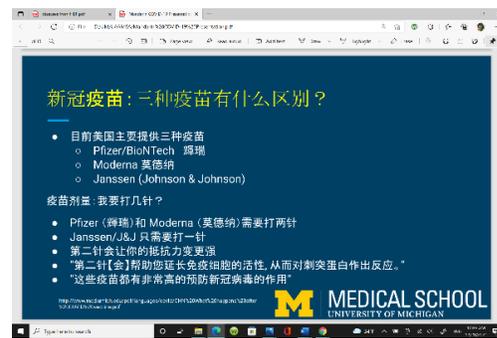
## COVID 19 Vaccines Seminar in Chinese Given by UAAMSA Students

Early this year, we worked with a handful of Asian American medical students of the United Asian American Medical Student Association (UAAMSA) at University of Michigan (UM) on COVID vaccine presentation for our Chinese Caregiver Support program. These medical students, led by Ms. Jenny Wang, all took the “Medicine in Mandarin” class and could speak Mandarin. In late April they delivered the seminar in Chinese to our senior Chinese caregivers, and received great appreciation.

The students further expanded the project by creating a 1-hour educational module including key terminology and commonly asked questions, and pre- and post-surveys. The module was tested with 59 Mandarin-speaking medical students from 31 U.S. academic medical centers and found it significantly improved students’ subjective comfort level in discussing the COVID-19 vaccine in both English and Mandarin. Their process was captured into a paper, to be published at [MedEd Portal](#).



All Speakers



3 different vaccines

## Incorporation of HBV into “Medicine in Mandarin” Class at UM Medical School

After the medical students of UAAMSA finished their COVID vaccine seminar in Chinese, they also agreed to work on hepatitis B (HBV) education materials in Chinese at the request of Asian Center – SE MI. The plan was to add the HBV information to the “Medicine in Mandarin” class as part of its curriculum. A 3<sup>rd</sup> year medical student, Ms. Minna Wybrecht, worked out details of what to incorporate into the class references. The class instructor, Ms. Jane Miller, scheduled one class to have Dr. Lok, a world renowned hepatologist at Michigan Medicine, delivered a lecture on HBV in the class. The goal is to have more medical students understand the high prevalence of HBV among Asian Americans and bring the awareness of this disease to their attention.

## HBV Seminar to Southeast Michigan APAMSA Students

Our CEO/Executive Director at Asian Center – SE MI, Dr. Janilla Lee, has been giving seminars about the prevalence of HBV among Asian Americans to local medical

students, especially Asian American medical students, at UM, Michigan State University and Wayne State University (WSU). The goal is to bring the awareness of this disease, which disproportionately affects Asian Americans, to future physicians as much as possible. When these students become physicians, they would keep it in mind and alert their Asian patients. During the pandemic, Dr. Lee still offered APAMSA students this seminar through Zoom. In February of 2021, she again gave a Zoom seminar to WSU Asian American medical students with a few case studies to keep it interesting.

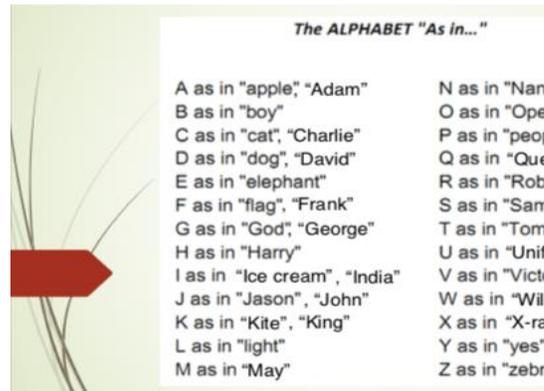
### English as a Second Language Class for Chinese Seniors

With the request from our caregivers at the Caregiver Support meetings, we offered English as a Second Language (ESL) program for 4 months from September to December in 2021. We obtained funding from AAA1B. AC-SE MI quickly recruited 2 volunteer Community Health Workers (CHWs) who were willing to teach this program. AC-SE MI developed an ESL curriculum in 2010 as part of a Capacity Building Grant to teach Asian Americans who spoke limited or no English. From our health assessment study, we learned language was the #1 social determinant for the health disparity among Asian Americans.

Since many changes happened in the past 10 years that greatly influenced our current life, the curriculum had to be updated to reflect life in 2021. Our staff updated the curriculum in early September, and by mid-September the class was ready to start. It turned out to be a well-liked program for our seniors. With 2 pleasant teachers, Ms Anne and Ms Teresa, the class was rated outstanding by almost all participants. The class ended with a high note and was requested to continue next year. AS-SE MI is currently working to get more funding from different community available grants to continue this program.



Cover Page for the Class Handout



Alphabets

WISHING EVERY ONE A HAPPY NEW YEAR