

Winter 07-08

**FEATURED STORIES:**

- Aetna Foundation Grant (cover story)
- Jay Goyal Meet'n'Greet (page 2)
- Featured local Asian businesses: Sun Tong Luck Asian Cuisine and Arirang Korean Grocery (page 3)

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Asian American Community Services  
4100 North High St  
Third Floor  
Columbus, OH 43214

## End-of-Life Care Program

In 2005, OhioHealth received a 32 month grant from the Aetna Foundation to provide outreach and education to local immigrant and refugee communities with an emphasis on developing relationships and partnerships with three service organizations: Asian, Latino, and Somali. AACS accepted an invitation to serve as an outreach partner. Valerie Huang, AACS Program Manager and Liaison along with Betty Tom-Denzer, OhioHealth-HomeReach Hospice Project Coordinator and Lea Blackburn, Project Administrative Director serve as a team to provide support on end-of-life issues. An initial focus was placed on the Mandarin speaking population to use these efforts to serve

as an initial prototype for other Asian populations.

The goals of the *Link, Learn, and Support End-of-Life Project* were to develop



*Residents learn about Living Will*

partnerships, translate and distribute culturally appropriate resources materials about services for individuals diagnosed with a terminal illness, learn first-hand about specific cultural practices and share this information with the larger health care system, conduct a needs assessment, and identify traditional healers to

work together with traditional care providers.

It became very apparent how culture and language define the meaning of illness and dying, playing a large part in how patients and families choose to use medical services at the end-of-life. A community needs assessment was conducted over 2 1/2 years; a HomeReach Hospice brochure has been translated into Mandarin and a link has been added to the AACS website, which contains information on advance care planning and instructions on completing a Living Will and Health Care Power of attorney, myths and facts about hospice, and a host of other informative materials and tools are now available for community

...see End-Life Care, pg. 2

## Asian American Domestic Violence

AACS's Family Support Program is addressing serious impacts of domestic violence, sexual assault, human trafficking and hate crimes on the immigrant victims. These issues might be not so obvious but they do exist!

In a study conducted by the Asian Task Force Against Domestic Violence in Boston, 44-47% of Cam-

bodians knew a women who experienced domestic violence. Another study showed that 42% of Korean women in San Francisco Bay Area knew a Korean woman who experienced physical violence from a husband or boyfriend. Additionally, 61% of Japanese immigrant/Japanese American women in Los Angeles County reported their experi-

ences as some form of physical, emotional, or sexual partner violence.

These issues might be closer to you than you may think. If you know someone who would benefit from this program, or if you are interested in this program, please contact Ayako for further information at:

614-220-4023 ext. 235 or  
akaino@aacsohio.org

# Meet'n'Greet with Jay Goyal



*Rep. Jay Goyal at a Meet and Greet session December 19th in the Clarion Hotel on Dublin-Granville Rd*

On December 19<sup>th</sup>, 2007 Jay Goyal, State Representative from the 73<sup>rd</sup> District to the Ohio House of Representatives, spoke to our community's youth and parents during a "Meet and Greet" session. The event was a collaborative effort by Asian American Community Services and Asian American Youth Against Tobacco (AAYAT). Participants included those from the community, Ohio Tobacco Prevention Foundation, AAYAT and AACS.

Rep. Goyal discussed his experience growing up as an Asian American and becoming a widely acknowledged political figure. He also spoke to the youth about overcoming obstacles while running for office, which were many as he was a minority and a liberal in a predominately white and conservative town. Both youth and parents participated in a Q&A session with Rep. Goyal.

AAYAT youth participated in a panel discussion

explaining their involvement with the program, as well as their strong advocacy work in anti-smoking. ACT youth also provided a testimonial on how the TNT program has benefited them and their experience in participating in the 5-session course.

The event drew an audience of 40 youth and parents from area communities and was held at the Clarion Hotel on Dublin-Granville Road in Columbus.

## End-of-Life Care (continued from page 1)

use.

A Community Center with a library has also been created within the agency where individuals can have access to a computer to do further research.

Efforts have been made to strengthen the knowledge base of AACS Interpreters and Asian community religious leaders on end-of-life care options. These two organizations participated as "pilot" groups for many of the education materials that were developed and now translated into Mandarin. Community outreach efforts have taken place at health fairs and education workshops on hospice and advance care planning have been offered at local Chinese churches and tem-

ples.

From the health care provider perspective, the outreach team has been involved with the OhioHealth organization in educating clinical staff about cultural considerations within the Asian population. Both Valerie and Betty have presented to hospital wide employees as well as hospice staff, attended HomeReach Ethics Committee meetings, participated in hospice Case Debriefings, and served as consultants to hospice staff on Asian specific patient/family needs and issues.

The accomplishments of the work done with the Chinese community has been recognized by the National Hospice and Palliative Care Organization (NHPCO) in the June 2007 issue of *NewsLine Insights* highlight-

ing the "Chinese Outreach Guide" developed by NHPCO in collaboration with AACS/HomeReach Hospice on the outreach efforts made as a result of the Aetna Grant.

As the project comes to an end in March 2008, we have made great progress in understanding the health care needs and issues of the Chinese community, provided outreach and support to the community, as well as educated providers on the cultural sensitivity and health care considerations in caring at end-of-life. AACS plans to continue making resources available to the community, which can be found on at [www.aacsohio.org](http://www.aacsohio.org) or agency Community Center. Contact Valerie Huang for more information, 614 220-4023 ext 229.



*Dr. David Dehui Wang speaks to OhioHealth members about acupuncture*

# It's Your Community: Highlights by Emily Blackie

## Healthy Asian Cuisine

For at least the past 10 years, Helena and Frank Louie, owners of Sun Tong Luck Asian Cuisine, have advocated for restaurants and consumers to avoid using or consuming hydrogenated oil and high-fructose corn syrup.

These ingredients, they say, are artificial ingredients that do not hold any nutritional value and therefore are not part of our natural diet.

Helena started avoiding hydrogenated oil when she noticed the dark film that was left on the exhaust after a

day of cooking. After that, they switched to pure soybean oil and the exhausts stayed clean after cooking.

Although hydrogenated oil use helps cut costs due to its slower boiling point, Sun Tong Luck considers the switch to soybean oil as a profitable investment. "We want to have healthier customers who we serve for a long time," said Helena.

Their investment has clearly paid off; their customers are interested in learning more about healthy eating and know Helena and Frank

on a first-name basis. The atmosphere in the restaurant reflects this positive relationship—friendly and casual.

Sun Tong Luck is open Tuesday through Sunday, 11:30am to 9:30pm, closed Mondays. To learn more, visit [www.suntongluck.com](http://www.suntongluck.com)

*"We want to have healthier customers whom we serve for a long time,"*

Frank and Helena Louie  
Sun Tong Luck Asian Cuisine  
2500 Bethel Rd.  
Columbus, Ohio  
614-442-3375

## Arirang Korean Grocery

Less than two months ago, on December 26th 2007, Arirang Korean Grocery officially opened at 1527 Bethel Road. The owner, Yeumi Wata is also the owner of Genji Japanese Steakhouse on Sawmill Road. Ms. Wata has lived in Columbus for the past 18 years.

To those unaccustomed to traditional Korean food, it is usually more salty and spicy than Chinese food or Japanese food.

Sang Ho, Arirang's manager, said that the store prides itself on providing fresh vegetables, fruits and other Korean delicacies to the larger community. 95% of the store's products comes from Korea.

Additionally, Mr. Ho said that they strive to keep the store clean and inviting for all customers.

For weary shoppers, there is a restaurant near the back of the expansive store. The restaurant offers a choice of 14 different tradi-

tional Korean entrees for customers looking for a meal.

As Arirang is already flourishing in its third month of operation, this addition to the varieties of Asian groceries will be sure to be a positive investment for the greater Columbus community.

Arirang Korean Grocery  
1527 Bethel Road  
Columbus, Ohio 43220

# HAY Program Looking for Volunteers



After school can be a precarious time for school-aged children due to the fact that parents are most likely still at work and children have time to do as they please.

AACS offers an after-school program for school-aged children. HAY Program,

as it is mostly commonly known, or Healthy Asian Youth Program is a tutoring and mentoring program that includes: mentoring, math tutoring, reading tutoring, enrichment activities, leadership and team-building, and ESL classes (English as a Second Language).

HAY Program is for children ages 6-18 and is free for low-income families. Non

low-income families only pay \$30 per quarter.

The Winter quarter begins January 16th, 2008. Enrollment is on a first-come, first-serve basis. If you would like to register your child for this program, contact Youth and Family Services Department, 614-220-4023 x230 or HAY@AACSOhio.org.

The program is Wednesdays, Thursdays and Fridays from 4:30-7pm and ESL classes Saturdays from 2-4pm.

HAY program is also looking for volunteers to be tutors and mentors for the children in the program.

Why Volunteer?

- Make New Friends
- Explore Career and Personal Interests
- Earn great recommendations for future

employment or college applications

- Develop marketable job skills
- Build your resume
- Enrich your education
- Uncover hidden skills and talents
- Increase your self-confidence
- Most importantly, YOU are making a difference is someone else's life!

The next volunteer training class will be held at Asian American Community Services (4100 N. High St, 3rd Floor, Columbus, 43214) on Saturday, February 16 from 10am to 1pm. This training is required for all those who would like to volunteer with the HAY program. To volunteer or for more information, contact A-T Nguyen at: ANguyen@aacsohio.org or 614-220-4023 x231.

## Health Tip: Acupuncture 101

Most westerners are not sure what to make of a branch of medicine that is based on herbal remedies and an invisible energy form, known as *Chi*. However, to acupuncturists and much of the eastern world, *Chi* is supremely real.

Acupuncture-like practices have existed for over 5000 years. It is one of three branches of Traditional Chinese Medicine, along with Herbal Medicine and Chi Gong. Chi Gong is based on physical movement, which gathers *Chi* and directs it to certain parts of the body.

To acupuncturists, pain and discomfort come from a misalignment of the body's *Chi*. Therefore, redirecting the body's *Chi* will help absolve pain and discomfort. A healthy balance and flow of *Chi* in the body is necessary for the body to be able to repair itself and maintain its own health.

Acupuncture is used to treat a variety of ailments, although to the Chinese, most ailments result from an imbalance of the body's *Chi*.

Listed to the right are ailments that may be successfully treated by acupuncture treatment:

Pain Relief: Musculoskeletal (neck, shoulder, back and leg), Headaches, Migraines, Nerve pain: Facial, Sciatica, Arthritic joint and muscle pain and fibromyalgia, Internal organ: Stomach, abdominal, chest, etc.  
Sports and Auto Injuries  
Stress, Depression  
Sleeping and Nervous Disorders  
Gynecologic Disorders: PMS, Menopause  
Sexual Dysfunction (Male and Female)  
Infertility (Male and Female)  
Functional Bowel and Bladder problems: IBS, Constipation, Diarrhea  
Allergies: Rhinitis, Sinusitis, Urticaria  
Cough and Asthma  
Bell's Palsy and Stroke  
Addiction  
Obesity  
Energy deficiency and Immune deficiency  
Skin Disease  
Side-effects of Chemo and Radiation  
Basic Health Maintenance

# save the date

## January:

14 Volunteer Orientation for Family Services Program

21 Health Prevention and Asthma Awareness Workshop, Sun Tong Luck Asian Restaurant

24 Breast Cancer Prevention Workshop, residence in Dublin

25 Breast Cancer Prevention Workshop, Columbus Chinese Christian Church, 8pm

26 Asthma Education Workshop, Math Whiz Center

29 Volunteer Orientation for Family Services Program

## February:

2 Asians Choose Tobacco Free workshop, Columbus Chinese Academy

2 Breast Cancer Prevention Workshop, Japanese Community

3 Mentoring Fun Day, OSU Recreation and Physical Activities Center, 337 W. 17th Ave, 1:15-5pm

9 Breast Cancer Prevention and Asthma Prevention Workshop, Briggs Rd. Baptist Church, 3pm-5pm

## February Cont.

15 Senior Driver Workshop, Safe Asian Community, Imperial Garden Restaurant

16 HAY Program Volunteer training, Asian American Community Services, 10am-1pm

29 Senior Driver Workshop, Safe Asian Community, Imperial Garden Restaurant

## March

1, 2, 3, 4 TNT-ACT workshop with HAY Program, residence in Powell

2 Life Bliss Foundation and Asthma Prevention Meditation workshop, Whetstone Library

17 Breast Cancer Prevention Workshop, Groveport Mosque

## April

12 Columbus Public Health, 10am-2pm, 240 Parsons Ave, Columbus Ohio 43215



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