



ACA Event: Building the Transcontinental Exhibit

# ANNUAL REPORT OF ACHIEVEMENTS

October 2018 – September 2019

September 2019



**ASSOCIATION OF CHINESE AMERICANS, INC.**

Detroit Chapter of the OCA-Asian Pacific American Advocates



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# 2019 Highlights

October 2018 – September 2019

## About Us

The Association of Chinese Americans, Inc. (ACA) is dedicated to advancing the social, political and economic well-being of Asian Pacific Americans in the United States. ACA operates four service centers which provide services and programs on Language Education, Art and Culture, Preventive Mental Health Program, Senior Hot Lunch, Social and Immigration Services, Translation Services, Notary Public, Community Services, Senior Programs, Youth Programs, Adult Well-Being Programs, Facility Rental, Computer Training Classes, and Physical Fitness. The Service Centers are:

- Chinese Community Center
- Detroit Service Center
- Macomb County Center
- Canton Center

## Awards

ACA was honored to be approved as an Official Certifying Organization for the President's Volunteer Service Award (PVSA).

ACA was honored to receive 2019 Chapter Excellence Awards presented by OCA-Asian Pacific American Advocates at 2019 OCA National Convention:

- Innovation: First Place
- Membership: Second Place
- Programs & Projects: Third Place
- Chapter of the Year: Third Place
- Community Building: Third Place

## On-Site Services

ACA holds the following On-Site Services across four service centers:

- Chinese-English translation and interpretation
- Counseling service for personal problems
- Consultation service for social work and health-related questions
- Recreational activities such as games, computer lab hours, TV viewing, newspaper and magazine reading
- Serving senior congregate meals five days a week



## Programs and Services Data

- Total Health Preventive Services: 1,513 cases; 2,303 people
- Total Nutritional Hot Lunches: 7,797 meals; 1,357 people
- Total Community Outreach Programs & Classes: 447 programs & classes; 3,528 participants
- Total Recreation & Wellness Activities: 792 activities; 10,377 participants

ACA services cover Community Events, Professional Development, Preventive Care, Youth, Social Services, Classes, and Senior Living.

### Chinese Community Center

Health Preventive Services: 1,003 total cases; 463 total people

- Social services: 611 cases; 128 seniors
- MMAP services: 324 cases
- Affordable Care Act services: 68 enrollment cases; 146 individuals/families
- Health Screenings: 168 people
- Flu Shot: 21 people

Nutritional Hot Lunch Program: 2,866 total meals; 95 total people

Community Outreach Programs: 37 total programs; over 1,70 participants

- Health Lectures: 29 classes; 580 participants
- School Field Trips: 6 schools; 173 students (elementary, middle, and high school)
- Lantern Festival Celebration: over 700 participants
- Healthy Gardening Fair: over 250 participants

Classes: 225 total classes; 154 total students

- Comcast Digital Inclusion program: 7 years; 91 middle & high school graduates
- ESL classes: 168 classes; 50 students
- Childbirth Preparation class: 5 classes; 28 students
- Keyboard/Music class: 24 classes; 24 students
- Python Programming class: 28 classes; 52 students

Recreation & Wellness Activities: 702 total activities; 9,268 total participants

- Ping-Pong: 180 sessions; 2,250 total participants
- Chinese Kung-Fu for Health: 48 sessions; 400 total participants
- Taiji: 135 sessions; 675 total participants
- Senior Club Choir: 65 sessions; 1,400 total participants
- Senior Club Dance: 48 sessions; 400 total participants
- Cantonese Music Group (Onliang): 45 sessions; 900 total participants
- Line Dance: 90 sessions; 1,800 total participants



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- Ballroom Dance: 46 sessions; 768 total participants
- Senior Ballroom Dance: 45 sessions; 675 total participants

## Detroit Center

Health Preventive Services: 185 total cases; 125 total people

- Mental Health Preventive services: 125 people
- Social services: 125 cases
- MMAP services: 60 cases

Nutritional Hot Lunch Program: 4,773 total meals; 1,194 total people

Community Outreach Programs: 20 total programs; 404 total participants

- DAAA 1A Senior Outreach: 8 programs; 285 total participants
- CDC EMU REACH: 12 programs; 119 total participants

Classes:

- ESL class: 80 classes; 22 total students

Recreation & Wellness Activities: 34 total activities; 340 total participants

- Enhance Fitness: 34 sessions; 340 participants

## Canton Center

Nutritional Hot Lunch Program: 158 total meals; 68 people

Community Outreach Programs: 52 total programs; over 1,112 participants

- Health Lectures: 25 classes; 360 participants
- Daily Lifestyle Workshops: 25 classes; 302 participants
- Canton Family Fun Day: over 350 participants
- Youth Cultural Summer Camp: over 100 participants

Classes:

- ESL class: 45 classes; 10 total students

Recreation & Wellness Activities: 56 total activities; 769 total participants

- Fitness classes: 50 classes; 662 participants
- Women's Club: 6 gatherings; 107 participants

## Macomb Senior Center

Health Preventive Services: 325 total cases; 150 total people

- Social services: 50 cases; 27 seniors
- MMAP services: 275 cases; 123 people
- Home injury control program: 2 cases



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Community Outreach Programs: 4 total programs; 90 total participants

- Lectures: 4 classes; 90 participants

### Volunteers served this year

Over 200 volunteers with in-kind donations over 3000 hours.

President's Volunteer Service Award Recipients:

- Bronze: 3
- Silver: 4
- Gold: 9

### Fiscal Year 2018-2019 Community Partnership Events

- A Tribute to Caregivers - AARP
- Canton International Festival
- It Takes a Village Annual Event
- Community Conversations
- Think Tank dinner with AARP
- 16th Annual APACC East West Business Connection
- Canton Chinese Spring Festival
- ACCESS 48th Annual Dinner
- Multicultural Fair - Schoolcraft College
- Comcast Cares Day - Plymouth
- Comcast Cares Day - Sterling Heights
- Macomb Senior Fun Festival
- Asian Pacific American Heritage Month
- Madison Heights Memorial Parade
- Tobacco Town Hall Meeting
- Voter Registration Day - 100 registered voters

### Major Events and Activities

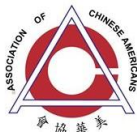
ACA holds the following events across four service centers throughout the year:

#### **2018**

##### **October 4: Mental Health Workshop - Detroit Service Center**

ACA collaborated with the Detroit Wayne County Mental Health Bureau to hold a mental health seminar. Local psychologists were invited to share their knowledge on mental health care.

##### **October 5: Open Enrollment Workshop - Canton Summit**



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ACA held an open enrollment workshop to help the community be informed with the new changes and policy updates during the open enrollment year of 2019.

### **October 10: Open Enrollment Workshop - Chinese Community Center**

ACA held an open enrollment workshop to help the community be informed with the new changes and policy updates during the open enrollment year of 2019.

### **October 11: Open Enrollment Workshop - Detroit Service Center**

ACA held an open enrollment workshop to help the Greater Detroit area community be informed with the new changes and policy updates during the open enrollment year of 2019.

### **October 12: Free Full Health Screening - Detroit Service Center**

ACA held three full health screenings which included: BP, Glucose, Lipid Panel, and A1C.

### **October 13: Free Flu Shot - Chinese Community Center**

ACA partnered with Walgreen to provide free flu shots for the community.

### **October 13: Free Full Health Screening - Chinese Community Center**

ACA held five full health screenings which included: BP, Glucose, Lipid Panel, and A1C.

### **October 26: 46<sup>th</sup> Anniversary Celebration Banquet - Glen Oaks Country Club**

Nearly 230 guests attended the event to celebrate another year of the Association of Chinese American's (ACA) service and dedication to the community. Hosted by Gerald Smith (GW Smith & Associates), chairman of Multimedia Communications, enjoying beautiful live music by Mr. Rennie Kaufmann and stunning Wushu performance by Brandon Liu, more than 20 VIPs gave highly acclaimed remarks. Madison Heights Mayor Brian Hartwell especially recognized the efforts and performance of ACA in community service and long-term goals and awarded the Madison Heights City Medal to ACA. Along with a keynote presentation from White House Initiative on Asian Americans and Pacific Islanders, Co-Chair of the Regional Network, Paul Chang, more than 60 organizations, whom ACA has collaborated with on many events and projects together, joined to celebrate ACA's another great anniversary.

### **October 28: Comcast Digital Inclusion program - Chinese Community Center**

Sponsored by Comcast, starting from 10/28/2018 till 05/2019, every Sunday from 1-4 pm, three-hour classes have been held for participating middle and high school students at ACA Chinese Community Center. Throughout the program, the students were educated in digital literacy and responsibility, entrepreneurship, and financial literacy.

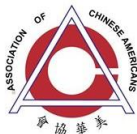
### **November 1: A Tribute to Caregivers - Shriners Silver Garden**

ACA collaborated with AARP to invite and arrange the caregivers to be onsite for this great tribute specially designed for the heroes.

### **November 1: Open Enrollment - Detroit Service Center**

To walk with the annual open enrollment open window from 11/1/2018 to 12/15/2018, Detroit Service center is open to provide Medicare assistance to the community and public.





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### **November 3: Canton International Festival**

ACA and Canton Chinese School jointly participated in Canton International Festival at Canton Village Theater, contributing to the spread of Chinese culture. In this event, there were representatives from different countries around the world to introduce songs, dances, customs, handicrafts, food culture, and snacks.

### **November 6: Exit Poll Volunteer Program**

Partnered with AALDEF, ACA helped to recruit Exit Poll volunteers to conduct the survey in order to defend against Asian Americans' voter suppression.

### **November 7 Canton Summit Open House**

Through this open house, the Association of Chinese Americans was introduced to the guests along with our senior group. The open house also provided the opportunity for ACA to illustrate how we approached other ethnic groups to promote Chinese culture.

### **November 8: It Takes A Village Annual Event**

As a partner, ACA was invited to participate in SRC annual conference-It Takes a Village. ACA joined by setting up an information booth and presented our organization to all the guests.

### **November 10: Community Conversations**

Emerging Careers-NAAAP Detroit's Inaugural Community Conversations event focusing on the why, how and what of the most in-demand careers and the skills required to be successful was supported by ACA. Leaders from various sectors led the discussion to provide valuable information and benefit people's career journeys.

### **November 11: High School Achievement Award Banquet - Chinese Community Center**

ACA's 35th annual High School Achievement Award Banquet at the Chinese Community Center recognized 39 local Chinese American high school senior students. A total of 15 students were awarded scholarships sponsored by ACA, John and Lilian Siak, Stephen Peng, Leon Zheng, Lisa Wong and Family, Tai Chan, Esther Chung, Cynthia Yin, 168 Group (Cindy Wang), and Page Toyota / Page Honda (Jue Wang). Scholarship winners were selected based mainly on their academic excellence, community contribution, and extracurricular ability. Roland Hwang, President of ACA, gave a keynote speech at the banquet to encourage those outstanding Chinese American students: choose wisely by listening to their own hearts, knowing that accepting any arrangements or merely chasing money will not give them any long-lasting careers. In the past 35 years, ACA has recognized nearly 700 local outstanding Chinese American high school students and awarded more than 200 scholarships to a total of \$160,000. All donations from sponsors were 100% distributed to the winning students.

### **November 16: Talk About Drugs - Canton Summit Center**

Presented by a doctor of pharmacy and free medication review, the health workshops helped participants learn more about the medications.

### **November 17: Volunteer Appreciation Banquet - Chinese Community Center**

More than 130 volunteers along with ACA's board members and staff gathered at the Chinese Community Center like one united family and joyfully enjoyed a special THANK YOU Luncheon for ACA to formally express



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gratitude to everyone who had volunteered with the organization throughout the last year. ACA received more than 3,000 hours of service from more than 300 volunteers last fiscal year. In total, ten volunteers were presented with the Presidential Volunteer Service Award.

### **November 18: Public Charge Legal Workshop**

The Healthy Asian American Program led by Dr. Tsu-Yin Wu from Eastern Michigan University and ACA jointly invited professional immigration lawyer Rona Lum to ACA Chinese Community Center to hold a public lecture. More than 50 individuals and representatives from various organizations attended the seminar and asked questions about new immigrants, the community, public charge, social welfare, etc. In the lecture, Lum lawyers cited: All green card holders can apply for the use of all eligible public projects with confidence. The only people who need to pay attention will be those who are preparing to apply for a green card and who are preparing to apply for overseas relatives.

### **December 7: A Lecture by Mr. Yin Changsong - Canton Summit Center**

Mr. Yin Changsong gave a wonderful lecture "Artificial Intelligence AI-Technology Development". The application of computer technology has been made remarkable achievements in the field of artificial intelligence, especially the application of driverless technology. Development of unmanned aircraft, driverless cars, water transport and other aspects of construction.

### **December 8: Fundraising Concert - Lamphere High School**

The Association of Chinese Americans fundraising concert headlined by Jie Wang and Jinsheng Zhang and dozens of community performers was a huge success. More than 130 VIP guests and an audience of 500 total came for an evening of Chinese classical and folk music and dance. The concert featured three generations of Chinese musicians and artists by embracing their cultural heritage through music in order to support the Chinese Community Center capital campaign and the programs of the ACA. The total fund raised by this particular concert is: \$ \$12,704.80, among which, ticket sale total is \$6,975.00, total donation is \$4,213.80, silent auction total is \$1,366.00 and advertisement \$150.00. Proceeds raised from this particular concert accomplished ACA's capital campaign phase one goal of total \$30,000.00.

### **December 13: Think Tank dinner with AARP**

ACA executive director, Joyce attended this Think Tank Dinner with AARP held at Habib's Cuisine. The main theme for this event was to brainstorm about age/aging and bring workable ideas for the questions such as: What age would you be if you didn't know how old you were? How do the labels "old" and "young" limit us? What are the best examples of age disrupting that you've seen, either professionally or personally? How might we go about challenging the dominant cultural narratives about age and aging? What are you most passionate about building solutions toward in your work next year? ACA as an active partner with AARP suggested lots of helpful hints.

### **December 14: Health Workshop Lecture - Canton Summit Center**

The topic of "Far away from chronic diseases, healthy years later" was presented by Jing Luo. The lecture was very helpful for the daily life of our seniors in our served community.

### **December 17: Health Workshop Lecture - Macomb Center**





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The presentation had 31 guests attended. Participants were very involved and raised their hands for any questions coming to their minds. Together with the wonderful food from Wing Wah Restaurant, the whole workshop lasted about 2 hours and concluded with a handmade Christmas ornament for each attendee a good wish for their Christmas holiday.

## **2019**

### **January 17: Fraud & Abuse Prevention Education - Detroit Service Center**

The Association of Chinese Americans held the first community education campaign to prevent domestic violence, prevent abuse, and prevent fraud at ACA Detroit Service Center. The activity summarized some common but easily overlooked acts of domestic violence, abuse and fraud along with some resources from which help can be found. Violent abuse is not only commonly regarded as physical violence but also defined by other types of violence such as, assault, insults, cold violence, abuse of new immigrants or elder credit, restrictions on personal or financial freedom, restrictions on basic social and so on.

### **February 1: Canton Center New Year Party**

ACA successfully held the second Canton Spring Festival celebration in Canton Summit Center. It was also the first time for ACA Lunar New Year celebration tradition open to the Greater Canton community. The ACA Canton New Year celebration was strongly supported by Canton Summit, the AtHome Pharmacy, 168 Group, La Finesse Collection, the Tai Ho Restaurant, and the Eastern Michigan University Healthy Asian American Project. In addition, the Canton Summit Center staff, Westland Senior Apartments Group, Canton and Westland art teams, Yuping Yan and the Kaufmann family have tremendously contributed to the success of the event. Sharon Dow, the new vice president of ACA, and Joyce Li, the ACA executive director, respectively delivered speeches, recalling the opening of the ACA Canton Center over the past 16 years and expressing the good wishes to the development of the City of Canton and the growing Chinese community in Canton. The celebration at ACA Canton Center received many compliments.

### **February 5: Detroit Center Lunar New Year Open House**

Lunar New Year Celebration Series #2, the Detroit Lunar New Year Open House Day was held at the Detroit Service Center and received a full house of congratulations! Displays arranged by ACA, the Chinese traditional clothing, the history and face of Peking Opera, the big four traditional Chinese cuisines and the Chinese zodiac origin had attracted many guests who were the first time to get to know Chinese culture, and the others with different cultural backgrounds. Lanterns, firecrackers and exquisite Chinese knots have turned the second floor of Hannan House, where the Detroit Service Center is located, into a miniature of Chinatown. ACA's senior volunteers delivered Chinese calligraphy bookmarks to all visitors to commemorate. Special lunch reserved for this open day was a great plus for all: dumplings, potstickers, sesame balls, noodles, pineapple cake, lucky candies, hawthorn sugar, etc. It was also a pleasant addition to the atmosphere of the festival.

### **February 5: ACA and Lake Orion Community Center New Year Celebration**

ACA Vice President, Sharon Dow and volunteers Yuping Yen and others organized a special community event at Lake Orion Community Center to celebrate the Lunar Chinese New Year of the Pig. The gathering was great and everyone was happy and enjoyed. With all of the New Year decorative items provided by ACA, the



whole site was well decorated to shout out the tradition. With the classical Chinese cuisine served, all of the guests appreciate this wonderful program, which was dedicatedly prepared and arranged.

### **February 9: Annual Lunar New Year Banquet - Golden Harvest Restaurant**

As the cold winter snow in Michigan just stopped and the sun shined throughout, ACA Lunar New Year Banquet was given the best timing and carried out with a big success. A total of 300 people from all walks of life gathered together at Golden Harvest Restaurant to celebrate the New Year, a whole house full of peace and warmth! Guests of Honor attending the banquet this year included State Senator, Stephanie Chang, Oakland County Treasurer, Andy Meisner, Macomb Deputy County Executive, Pamela Lavers, Oakland County Director of Management and Budget, Laurie Van Pelt, and Canton Township Supervisor, Patrick Williams. Sponsors to this signature event included 168 Group, Page Toyota & Page Honda, Delta Air Lines, Comerica Bank, DTE Energy, CTI & Associates, Inc., FCA-Chrysler Auto Company. Emcee, Mr. Bob Rothman, introduced the Lunar New Year's origins and fun allusions in a humorous and unique hosting style. Shenlin Chen, the newly appointed president of ACA this year, gave a welcoming speech, indicating the importance of the New Year in the Asian community: symbolizing reunion and the hope of renewal. She also expressed her gratitude to all the supporters and partners of ACA and hoped to deepen the cooperation relationships in the future and bring more and better services to the local community.

### **February 14: ACA Outreach to BASF to Celebrate the Lunar New Year of the Pig**

ACA staff and volunteers and the staff of BASF celebrated the Chinese Year together. The programs included: calligraphy performance by Benlin Chen and his wife, Mr. Jiang Weide and his wife; and Michael and Amy, the couple's wonderful fitness training through martial arts. Those special Chinese traditions gave all of the participants sweet memories and unique experiences to a different culture.

### **February 16: Lantern Festival - Chinese Community Center**

The Association of Chinese Americans, Inc. (ACA) held its Lunar New Year of the Pig, Lantern Festival at the Chinese Community Center in Madison Heights on Saturday, Feb. 16 from 11 AM to 3 PM. The event attracted crowds of people who flooded the center to enjoy Chinese snacks and food, cultural activities, and traditional performances. Guests proactively participated in all kinds of festival games, experienced Chinese calligraphy, lantern festival related crafts and face paintings, etc. Free health screenings set up by the medical school volunteers from Wayne State University provided guests with abundant convenience. During the whole event, the health screen room was crowded by visitors with gratitude. Together, all spent a weekend full of an authentic flavor of the New Year from China. The festival not only brought to local Chinese, a refreshing and tasty lunar new year but also to other nations, a wonderful experience of the unique Chinese culture in a diverse Michigan.

### **February 22: Lunar New Year Celebration – Macomb Center**

Associated with Macomb County, ACA Lunar New Year Celebration at Macomb Center was a success and thrilled all of its guests like all the past events ACA held, Lantern Festival, New Year Banquet etc. Guests enjoyed and interacted with various performances, tasted delicious Chinese food, observed Chinese culture display, and most conveniently, the free health screen service, once again, provided by the volunteer team of Asian Pacific Americans Medical Students Association from Wayne State University Medical School. During the event, Ernest Cawley, Director of Macomb Community Action, Mr. Joe Cooke, Head of Community Services, and Nicole Urban, Project Manager of the Office of Senior Services, gave remarks to the event and



wished the ACA Macomb Service Center provide Macomb Chinese community with greater and expanded services and go deeper in the future. They also wished a New Year greeting to the entire Chinese community in Michigan!

### **February 23: First Asian Anti-Violence Community Discussion Meeting**

ACA held the first Asian anti-violence community discussion meeting at Chinese Community Center. The event was supported by the Healthy Asian American Program at Eastern Michigan University. The main purpose of this community discussion meeting was to understand the domestic violence, abuse, etc. of the Asian community and conduct a certain degree of investigation. This will further benefit and develop the Asian community mental health services and humanities services. This seminar also welcomed enthusiastic volunteers who know or know that their friends are suffering from domestic violence.

### **February 24: Helen Zia's Book Talk and Signing-Last Boat out of Shanghai**

A packed room at the Chinese Community Center greeted Helen Zia for her Last Boat Out of Shanghai book signing. Helen Zia returned to the Detroit area on her book signing tour. Helen was interviewed by journalist Frances Kai-Hwa Wang, and then a question and answer section followed. Helen explained that it was a 12-year long project to complete the book. She interviewed more than 100 people and focused on 4 to chronicle the fear and decision making of so many people in Shanghai in 1949 about whether to stay or go as events unfolded during China's civil war. The book chronicles the events in China from the 1930's to 1949. The book draws parallels surrounding the exodus out of Shanghai with the events occurring today with many refugees making long treks to seek safety or a better, more stable life.

### **March 10, 17, and 24: Childbirth Preparation Classes – Chinese Community Center**

ACA's quarterly-held Childbirth Preparation Class- Session #2 was completed with a very good turnout of 5 couples attending. This course has been started since the last quarter of the year 2018 and has been assisting many parents-to-be and their families to welcome new babies in a relaxing way. Besides gaining childbirth knowledge, the participants also became lifelong friends to help each other.

### **March 27: The 8th Chinese Cooking Contest - International Institute of Metro Detroit**

ACA and the Wayne State University Confucius Institute successfully co-hosted the 8th Chinese Cuisine Cooking Contest at the International Institute of Metropolitan Detroit. ACA Line Dance won first place, Asian Normal Family won second place and Westland Seniors won third place. ACA has hosted the annual Cooking Contest in Detroit for many years. In this year's cooking contest, we invited four judges who reviewed dishes with scores based on taste, presentation, nutrition, and creativity. Those honored judges were: Nutrition-Ms. Rachel Bessire, a researcher at the CDC-Reach Nutrition Program at the Eastern Michigan University; Presentation-Ms. Phyllis Noda, President of the International Institute of Metropolitan Detroit; Taste- Shenlin Chen, president of ACA; and Creativity-Ms. Jie Xu, a passionate community activist. Through the cooking contests, ACA aims to promote for the community both Chinese culture and a healthier food culture.

### **April 7: ACA's Piano Class - Chinese Community Center**

Newly started piano classes for all ages were able to enhance amateur piano players' skills and help them to enjoy music more. The first trial session ended in March with 11 students attending. The second session is currently undergoing at 9:30 - 11:30 AM, for 8 Saturday mornings with 6 students attending. There are three main learning areas provided in this year-round piano class: music fundamentals – scales, rhythm, chords; accompaniment styles playing with popular songs; and team play practice with other instruments.



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### **April 27: Free Health Screening - Chinese Community Center**

Schedules for ACA Free Health Screening at CCC with REACH Team from April 2019 to January 2020 are 4/27, 5/18, 6/15, 7/13, 8/17, 9/21, 10/12, 11/9, 12/7, 1/18/2020. All sessions will be held at Chinese Community Center at Madison Heights on listed Saturdays from 9AM to Noon. We hold full health screenings (BP, Glucose, Lipid Panel, A1C).

### **April 27 / May 4: Comcast Cares Day - Sterling Heights and Plymouth**

On two Saturdays, April 27th and May 4th, partnering with Comcast NBC Universal, volunteers from the Association of Chinese Americans (ACA) participated in the 18th annual Comcast Cares Day, one of the largest coordinated volunteer service days worldwide. Comcast NBC Universal's long-standing company tradition has engaged more than one million volunteers to help strengthen communities around the world. This year was ACA's 8th year contributing to Comcast Cares Day. Comcast Care Day, a day of the world's largest volunteering service to care for the community for a difference, inspired ACA to better serve the community and those in need.

### **May 8: Mother's Day Outing One-day Trip - Holland and Grand Rapids**

ACA Mother's Day Outing was a thrilling experience to almost 100 mothers and their families. They took two tour buses to Holland, MI to see tulips, tour sea of flowers at Windmill Garden and visit the gorgeous masterpieces at Meijer Garden. Beautiful scenery and great sculptures provided unforgettable memories for all participants in Mother's Day this year.

### **May 13: Healthy Michigan Plan and Long-Term Care Medicaid Presentation**

Facilitated at Wing Wah Restaurant, ACA Macomb service center held a quarterly health workshop with 37 attendees and covered two major topics that benefited two specific interest groups of seniors. Seniors from ages 60 to 64 were interested in the Healthy Michigan plan. Long term care Medicaid captured the full attention by the seniors over 65. This presentation was successfully completed including plenty of Q&As to clarify misconceptions on healthy Michigan plan and long-term care Medicaid that Seniors normally had. Furthermore, social connections among these served seniors were built up strongly by similar interests and concerns so that further invitations to social events, such as Senior Fun Festival hosted by Macomb County, were able to be accepted willingly and pleasantly.

### **May 23: Medicare 101 Presentation – Detroit Service Center**

ACA held a presentation for Medicare 101 (i.e. Medicare Introduction) on May 23rd, 2019 from 2 pm to 4 pm at the ACA Detroit Center (Hanna house 3rd-floor conference room). This event was organized by the Detroit Area Agency on Aging, MMAP Team and was simultaneously held at different locations around Detroit city. ACA is one of the agents which participated in the event and offered the presentation to the Chinese community.

### **May 25: Madison Heights Memorial Day Parade**

ACA participated in the procession of the annual Memorial Day Parade to commemorate the sacrifice of American veterans. This year there were over 30 participants including 3 family members of AMVET (American Veterans) who served during WWII, many devoted ACA members and their families, On Leong Chinese Instrument Group and many ACA friends. Gold corporation sponsor to ACA, 168 Group, joined this year in the parade and provided a food /drink booth for all parade teams.



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### **June 11: Hepatitis B Seminar – Chinese Community Center**

28 People attended this 2-hour lunch seminar. Basic knowledge about HBV (Hepatitis B Virus) was introduced with test questions given before and after the seminar. Awareness of HBV has been thoroughly addressed and several misconceptions were clarified. Participants raised several important questions on what they had experienced and were satisfactorily answered.

### **June 11: Medical ESL Graduation – Chinese Community Center**

Twenty-two students attended the graduation luncheon at CCC on 6/11. This concluded our thirty-one sessions of Medical ESL Class from September 2018 to June 2019. Overall, we had around ninety people of various ages who came to this class. With mostly positive feedback from the survey collected, they also provided about fifteen new topics to be implemented into our future sessions starting September this year. This class focused on broad basic medical knowledge and serves as a bridge between new immigrants and doctors/hospitals. English grammar and conversation practice were also addressed as appropriate during the class.

### **June 17-21: Father's Day Outing Five Days and Four Nights - Canada**

In celebration of Father's Day, 54 participants went on a 5-days, 4-nights trip to Canada visiting Kingston, Montreal, Quebec, and Ottawa. Two nights were spent in Kingston in which the group was able to visit several attractions on the Kingston Trolley route such as Fort Henry and the Kingston Penitentiary along with enjoying the 1000 Islands Discovery cruise. Throughout the trip, the group was educated on the culture and history of each city and was able to visit the Montreal Notre-Dame Basilica, Bonsecours Market, Cathedral of the Holy Trinity, Fairmont Le Chateau Frontenac, and many more.

### **June 21: Matthaei Botanical Garden Outing**

Ten seniors from Canton Summit Center went to Matthaei Botanical Garden in Ann Arbor on June 21 to celebrate the upcoming Father's Day. Attendees enjoyed their lunch in a Chinese restaurant and celebrated an 87-year-old senior's birthday. This trip brought people lots of joy.

### **June 26: Macomb Senior Fun Festival**

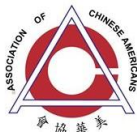
The event, which had 50 senior participants, began at 9:00 AM. ACA displayed booths with cultural information and event promotion for healthy gardening and youth summer camp. Seniors were interested in finding out more about ACA, its events, and its service locations.

### **July 13: Canton Family Fun Day - Heritage Park**

ACA Canton Family Fun was a huge success on July 13. Almost 500 attendees enjoyed the live music, games, authentic Chinese food a lot. Fortunately, the weather was great which attracted more people to attend. In addition to the food, the event also included games, info booths, performances, and activities. As an organization that cares about the health and interests of the community, ACA not only conducted activities but also brought a lot of important information about the 2020 census. AT&T Access also brought good news about special VoIP programs for low-income individuals. ACA is so grateful for always receiving strong support from all the friends in order to make the event so successful and so colorful.

### **July 18/25: Domestic Violence Workshop – Chinese Community Center**

On July 18 and July 25, the Domestic Violence workshop was successfully held at Chinese Community Center and Greenwood Villa. 65 people attended the workshop at Chinese Community Center. 36 people attended



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Greenwood Villa. Dr. Maechi Chue was invited to introduce the knowledge about domestic violence. Awareness of domestic violence has been thoroughly addressed. In addition, some knowledge about how to avoid domestic violence, how to protect self also was shared with the attendees.

### **July 15 – Aug. 2: Canton/Plymouth Youth Cultural Summer Camp**

The 3-week cultural education camp provides children in the metro Detroit area a quality, multi-cultural summertime education experience. Under the management of Director Chris Quiambao and ED Joyce Li, around 79 children participated this year. Through games, classes, hands on activities, and field trips, campers practiced Chinese calligraphy, made food, learned cultural dances, did Kung fu, learned Mandarin, and were exposed to a wealth of Chinese culture. The camp was supported by many volunteers and high school and youth counselors.

### **August 12 & September 16: Mental Health Promotion Workshop**

On August 12 and September 16, 2019, The Mental Health Promotion workshops were held at the Chinese Community Center and Canton Summit Center. There were 63 people who attended the workshops. Dr. Maechi Chue (Ph.D. LPC Licensed Professional Counselor) was invited to help to identify what is pressure, where the pressure comes from, and the expression of excessive anxiety. Dr. Maechi Chue also shared some efficient ways that can help people to reduce pressure and resolve anxiety in daily life.

### **August 16: Chinese Medicine Prevention of Heart Diseases and Stroke workshop**

It is very grateful that Professor Zhang Zhenghao for giving us a lecture on the prevention and treatment of cardiovascular and cerebrovascular diseases in Chinese Medicine. Prof. Zhang presented with a profound understanding of the classics, combined with his own observations, thinking, and clinical experience. He explained in detail the details, clinical symptoms, etiology, diagnosis, TCM syndrome treatment and prevention, so that everyone could have a comprehensive understanding of the prevention and treatment of vascular diseases in Chinese medicine. Many people took notes seriously and felt that the presentation was very beneficial and practical.

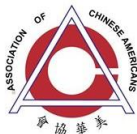
### **August 24: Healthy Gardening Fair – Chinese Community Center**

Association of Chinese Americans (ACA) held the Healthy Gardening Fair at ACA Madison Heights Chinese Community Center on Saturday, August 24. Madison Heights Mayor Brian Hartwell, EMU Professor Tsu-Yin Wu, President of the Association of Chinese Americans Shenlin Chen, and board members Charles Liu, Lily Van Laere, Sue Sung, Gloria Zhao and others attended this event. The event had a variety of booths such as home-made food, organic vegetables, health-related information, and professional health screening and consultation. The event is designed to promote healthy gardening and make health as the main theme, which aims to draw the community's attention to a healthier lifestyle.

### **September 7-15: ACA Fall 10-Days, 9-Night Outing – Alaska cruise**

For this year's fall outing, ACA took a group of 16 on a 10-days, 9-night Alaska cruise. During the cruise, the group was able to enjoy the scenic view of Glacier Bay and Inside Passage onboard. For their shore excursions, the participants were able to learn more about the history and culture of Haines, Juneau, and Ketchikan. In addition to the cruise, the group was able to spend a day to explore Seward and Anchorage along with half a day to explore Vancouver.





## Association of Chinese Americans, Inc.

Detroit Chapter of the OCA-Asian Pacific American Advocates  
Since 1972



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### **September 10-October 20: Association of Chinese Americans Celebrates Asian Pacific American Contributions Through Railroad Exhibit**

On September 11, ACA held a successful opening reception for the series of "The Chinese and the Iron Road: Building the Transcontinental" Exhibit at the Detroit Public Library. Between September and October 2019, the Association of Chinese Americans (ACA) will be hosting a traveling exhibit on the building of the Transcontinental Railroad and the role of Chinese laborers in its construction. This seven-panel exhibit is the result of a collaborative effort between the Chinese Historical Society of America and the Chinese Railroad Workers in North America Project by Stanford University. It was developed to commemorate the 150<sup>th</sup> anniversary of the completion of the first transcontinental railway in the U.S. and to bring to light the critical contribution of Chinese labor to this amazing engineering achievement.

### **September 11: Mid-Autumn Festival Tea Party**

ACA held a successful Mid-Autumn Festival Tea Party on September 11. There were 23 people who attended the event to celebrate this traditional Chinese festival. Moon cakes, Chinese tea, and traditional dessert were prepared for everyone who came.

### **September 18: Medicare 101 Presentation**

On Sept 18th, 2019, ACA MMAP certified staff had a Medicare 101 presentation at Chinese Community Center from 10 AM to 12 PM. This presentation mainly focused on the introduction of Medicare and Medicaid, and also give a brief introduction of navigator services. This event is organized by the Detroit Area Agency on Aging, MMAP Team and will simultaneously be held at different agents around Detroit city. ACA is one of the agents which participate in the events and the only one organization to offer the presentation to the Chinese community.



*Thank you* for supporting us!

We look forward to seeing you at our coming events as we come together for a greater year with a great cause.