



Association of Chinese Americans, Inc.

Detroit Chapter of the OCA-Asian Pacific American Advocates



ACA Annual Report of Achievement

October 2019 - September 2020

2020 Highlights

October 2019 – September 2020

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 2020 Chapter Excellence Awards presented by OCA-Asian Pacific American Advocates at 2020 OCA National Convention:

- Innovation: Second Place
- Programs & Projects: Second Place
- Chapter of the Year: Second Place
- Unsung Hero: Chue Hom



Daily On-Site Services

ACA holds the following Daily 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

Weekly Group Activities

ACA holds the following Weekly Group Activities across four service centers:

- Tai Chi
- EnhanceFitness
- Computer Class
- ESL Class (Medical & Citizenship)
- Ballroom & Line Dance
- Medical students from APAMSA of Wayne State University School of Medicine conduct monthly health screenings.

Programs and Services Data

- Total Health Preventive Services: 1,312 cases; 1,126 people
- Total Nutritional Hot Lunches: 1,564 meals; 241 people
- Total Community Outreach Programs & Classes: 450 programs & classes; 3,555 participants
- Total Recreation & Wellness Activities: 465 activities; 1,935 participants

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

Chinese Community Center

Health Preventive Services: 924 total cases; 703 total people

- Social services: 464 cases; 233 individuals; 127 seniors
 - Unemployment: 67 services; 16 individuals; 5 seniors
 - Covid-19 CARES: 52 services; 24 individuals/families; 13 seniors/families
- MMAP services: 282 cases; 127 individuals; 107 seniors
- Affordable Care Act services: 59 consultation cases; 37 individuals/families; 14 seniors

Nutritional Hot Lunch Program: 712 total meals; 95 total people

Community Outreach Programs: 29 total programs; over 500 participants

- Health Lectures: 29 classes; 580 participants



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Classes: 421 total classes; 609 total students

- Comcast Digital Inclusion program: 7 years; 91 middle & high school graduates
- ESL classes: 168 classes; 50 students
- Keyboard/Music class: 24 classes; 24 students
- Python Programming class: 28 classes; 52 students
- Citizenship 100 questions and N400: 21 classes; 44 students
- Food 101: 12 classes; 15 students
- Choir Classes: 36 classes; 65 students
- Poetry Reading Classes: 36 classes; 70 students
- Fitness Dance Classes: 36 classes; 55 students
- Aerobic Fitness Classes: 36 classes; 52 students

Detroit Center

Health Preventive Services: 288 total cases; 75 total people

- Mental Health Preventive services: 5 case; 3 people
- Social services: 226 cases; 55 people
- MMAP services: 57 cases; 18 people

Nutritional Hot Lunch Program: 850 total meals; 34 total people

Community Outreach Programs: 439 total participants

- DAAA 1A Senior Outreach: 282 participants
- DAAA 1A Senior Caregiver: 155 participants
- CDC EMU REACH: 2 participants

Classes: 19 total classes; 45 total students

- ESL class: 19 classes; 45 students

Recreation & Wellness Activities: 15 total activities; 45 total participants

- EnhanceFitness: 15 sessions; 45 participants

Canton Center

Community Outreach Programs: 36 total programs; 1,284 participants

- Health Lectures: 10 times; 314 participants
- Daily Lifestyle, culture and art Workshops: 20 times; 621 participants
- Special Events: Holiday Celebrations: 5 times, 349 participants
- Youth Cultural Summer Camp: over 50 participants, 20 counselors

Nutritional Hot Lunch : 2 total meals; 71 people (Refer to the lunch provided after program)

Recreation & Wellness exercise: 35 total activities; 1,281 total participants

- Before each program, we have exercise for the participants, like Taiji, Dance etc.

Classes: 51 total classes; 1,891 total students.

- Medical ESL class: 29 classes; 1,697 students



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- Mai Family ESL class: 22 classes; 194 students;

Macomb Senior Center

Health Preventive Services: 64 total cases; 34 total people

- Social services: 25 cases; 19 seniors
- MMAP services: 38 cases; 14 people
- Home injury control program: 1 cases

Community Outreach Programs: 1 total programs; 15 total participants

- Lectures: 1 classes; 15 participants

Volunteers served this year

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

President's Volunteer Service Award Recipients:

- Bronze: 5
- Silver: 1
- Gold: 3

Advocacy

- Voter Registration
- Voter Education
- 2020 Census

COVID-19 Relief Efforts

As a community nonprofit and direct service provider, ACA is committed to serving the local community and prioritizes caring for those in need.

- During the pandemic, ACA staff worked remotely to continue providing assistance for the community. (Census, Unemployment, Non-filer, Senior care)
- Reached more than 300 seniors through phone calls to better understand their current needs.
- Established the COVID-19 Relief Community Education Committee to better serve the special needs of the local Chinese community during the COVID-19 outbreak/development. (The committee members consist of ACA's board and staff, experienced local medical professionals such as family doctors, counselors, nutritionists, pharmacists)
- Provided bilingual COVID-19 related resources from CDC, federal and state governments, community organizations, in addition to ACA-translated resources.
- Provided remote learning educational resources/Infographics for kids stuck at home during COVID-19.
- Donated PPE to over 50 local hospitals, nursing homes, hospices, police stations, fire departments, and shelters.



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- There were over 40 online Workshops/Seminars/Events/Classes provided for the community.
- Delivered more than 1,400 Care Packages to families in need, benefiting both Asian and Non-Asian communities in Oakland County, Wayne County, Macomb County, Washtenaw County, and Lansing. 700 were distributed between individual families and Chinese seniors across 5 senior apartment buildings, 300 to 8 different Asian groups, and 400 to non-Asian communities.
- 1,000 Power-up Packs have been sent to our frontline workers in eight different cities and across different organizations to show appreciation for their hard work and commitment.
- Provided the Virtual Parent-Child Education and Care Program to address family and young child education needs which were exacerbated by the pandemic. The program consists of three components: Parent Education, Children's Activity, Reading Program.
- Provided Netbook Rental for Senior/low-income families.

Fiscal Year 2019-2020 Community Partnership Events

- Beijing Guitar Duo Concert
- 2020 Census Online Presentation
- Your Voice Matters! Virtual Town Hall
- Workplace health and Safety during COVID-19
- Boost Your Budget - Find Your Benefits to Age Well
- Voter Registration Week Events
- Back-To-School Essential Townhall
- Voter Education Seminar

Major Events and Activities

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

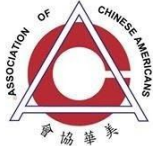
2019

October 7: Meal Planning and Shopping on a Budget

On October 7, Mrs. Rachel Bessire and Dr. Alice Jo Rainville from the EMU REACH program brought a topic on meal planning and shopping on a budget for the ACA Women's Culture Club at Canton Summit Center. Ms. Rachel talked about how to choose and prepare healthy meals daily, how to use budgets wisely to buy healthy ingredients, and types of foods and how to eat for brain health, diabetes prevention, and mental health. Twenty-three women attended the lecture.

October 9: Female Menopause and Related Disease Prevention and Care

On October 9, Dr. Zhang Kun gave a presentation to the ACA Women's Culture Club that was attended by 17 women about female menopause and related disease prevention and care. Dr. Zhang gave us a humorous and practical explanation from the perspective of menopause, symptoms, and treatment. He encouraged everyone to



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eat healthy food, practice moderate exercises, do more outdoor and social activities, such as our women's club, and add a little vitamin as needed to get through menopause smoothly.

October 21: Calligraphy Presentation

Mr. Peng Zhangnian gave a presentation to 21 participants on one of the treasures of Chinese culture—the art of calligraphy. He shared about Chinese calligraphy in detail, from the historical evolution of Chinese characters, to its writing materials, writing postures, and different calligraphy styles and arts. He also performed a live demonstration, after which participants made their own calligraphy creations.

October 23: Medicare 101 workshop

ACA's Canton Senior Club and Canton Women's Club hosted a combined Medicare and Medicaid workshop to educate community members about the open enrollment period (October 15--December 7). Xiaoling Wang, ACA's community health staff member, led the seminar and 58 people attended.

October 25: ACA's 47th Anniversary Banquet

ACA held its 47th Anniversary Banquet at Glen Oaks Country Club in Farmington Hills, Michigan. A capacity crowd of nearly 300 filled the banquet room. The theme, titled "Going the Distance: A Collective Vision on Hope, Unity, and Progress," was a celebration of 47 years of service and advocacy by ACA, and highlighted the 150th Anniversary of the Transcontinental Railroad and the recent signing of the Chinese American WWII Veterans Congressional Gold Medal Act.

October 28: Autumn and Winter Health Care Workshop

ACA held a workshop at the Chinese Community Center that was attended by 61 people on the topic of autumn and winter health care. Attendees learned how to adjust their body to avoid diseases and prevent recurrence of chronic diseases.

November 4: Choir Basic Workshop

Jie Wang, a professional singer, led a choir and singing workshop for 29 people. Mrs. Wang taught singing methods, like how to make the voice use your body as an instrument, as well as how to sing with your heart and emotion. The workshop featured two songs: *Hong Yan* and *Hong He Gu*.

November 6: Family Financial Planning Overview Workshop

Mrs. Deng Hong gave the community a presentation on financial planning for families. She shared the differences between various financial plans and encouraged people to choose the right plan or plan ahead according to their family's own situation. Twenty-six people attended this event.

November 15: How to Prevent Diabetes Workshop

The How to Prevent Diabetes Workshop was held at the Chinese Community Center with 59 attendees. Dr. Kequan Zhou led the workshop, sharing related knowledge and his own experience to prevent diabetes.

November 16: Volunteer Appreciation Lunch



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More than 120 volunteers (including ACA board members and staff) attended the annual Volunteer Appreciation Lunch on Saturday, November 16. The warm and festive event was a celebration of the many volunteers - spanning professions, ages, backgrounds, and ethnicities - who make ACA's events and services possible.

November 18: Thanksgiving Special Event in Canton Center

ACA's Canton Center held a special Thanksgiving potluck gathering for 54 people at the Summit Center. Angel, a local American community member, gave a short presentation on American Thanksgiving traditions, history, and customs. She also brought homemade traditional Thanksgiving food for participants to try. David, another American community member, performed Taiji and brought homemade pumpkin pies for participants to eat.

November 20: Photography Lecture

Mr. Le Tian gave a lecture to 24 people on mobile phone photography skills. Mr. Le Tian used many of his own pictures as examples, combining theory with practice, to explain how to use the different functions of mobile phone photography, like light, light skills, composition skills, and photo post processing. He also conducted a case analysis using pictures collected by the attendees. Mr. Le Tian encouraged all who were interested in photography to take more pictures and to find and enjoy more of the beauty of life.

December 4: Skin Care Workshop

Mrs. Zhang Lingling gave a lecture about skin care to 16 people. She shared methods for washing the face, general skin care, and application of beauty products. She also gave an exciting live demonstration, using one of the female participants as a model for makeup application.

December 7: Program Recital and Donor Appreciation Reception

ACA hosted a Donor Appreciation Dinner with over 150 attendees on Saturday, December 7, 2019 at the Chinese Community Center. This year's event featured a special pre-dinner recital with 12 performances, including performances by the Senior Club Choir, Detroit Youth Choir, Ballroom Dance Group, Line Dance Group, Chinese Kung Fu, Keyboard Accompaniment Music Class, and Senior Club Qipao show.

December 8: Census Presentation

ACA held a meeting at the Chinese Community Center to prepare the Chinese American community to get ready for the US 2020 Census in Chinese Community Center. Dr. Hayg Oshagan led the presentation. He is the founder and director of New Michigan Media and Associate Professor of Media Studies at Wayne State University's Department of Communication. Twenty community leaders attended and participated in the event.

December 8: General Membership Meeting

On December 8, ACA held its Annual General Membership Meeting. The meeting attracted ACA members' participation and included the 2019 ACA program review, treasurer's report, introduction of board nominees, and election of new board members.

December 10: ACA Frankenmuth One-day Outing



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ACA took a group of 80 seniors from Canton, Ann Arbor, and Madison Heights on a wonderful outing to Frankenmuth. Participants enjoyed shopping in the historic German Town area, ate lunch at the Bavarian Inn, and visited Bronner's Christmas Wonderland.

December 16: Financial Aid and Retirement Planning Workshop in Canton

Mrs. Pan Hongyan shared a presentation on retirement planning to a group of 12 people. The workshop was very helpful, with information on education funds, retirement insurance strategy, and financial management.

December 18: Christmas Special Event in Canton

ACA's Canton Center welcomed new and old friends to its 2020 Christmas and New Year celebrations. More than 90 people of all ages attended. Two ACA clubs - the Evergreen Senior Club and Canton Elegant Women's Cultural Club - hosted and participated in the event, with help and engagement from local mainstream American community friends Angel, David, Shannon, Maya, and Daisy. ACA Board Vice President Sharon Dow and Treasure Gloria Zhao also attended.

2020

January 16: How to Prevent HBV Workshop

The How to Prevent HBV Workshop was held at the ACA Detroit Center for 12 seniors on January 16. Whei-Li Chiang led the workshop, sharing related knowledge about how to prevent HBV.

January 24: Canton Lunar New Year Celebration

The ACA 2020 Lunar New Year Celebration at the Canton center was successfully held on January 24. Traditional Chinese food, performances, and arts and crafts attracted more than 180 Chinese American and mainstream American participants for a time of cultural sharing, celebration, and friendship.

January 27: ACA Detroit Service Center- Lunar New year Open House (canceled)

February 1: Lunar New Year Banquet (canceled)

February 8: Lunar New Year Lantern Festival Event (canceled)

Due to concerns from the COVID-19 pandemic and to reduce the risk of infection from large public gatherings, ACA cancelled all remaining Lunar New Year Celebration events from January 27 on.

February 14: Beijing Guitar Duo Concert

The Beijing Duo, two guitarists from Beijing, performed at the Cube at Orchestra Hall in Detroit on Friday, February 14. The event was sponsored by Pro Musical, with cosponsorship by ACA. The Duo, composed of Meng Su and Yameng Wang, performed works by classical Western composers as well as prominent Chinese composers Chen Yi and Tan Dun, and garnered standing ovations from attendees.

February Canton Center Event Summary

Women Culture Club: 2/3 Domestic Violence Workshop; 2/12 Archaeological Discovery; 2/19 Michigan Food Introduction and Tasting; 2/26 Presentation by Canton Mayor; Evergreen Senior Club: 2/7 Hand Craft; 2/14 Domestic Violence Workshop; 2/21 Reading the Chinese Four Books; 2/28 The Story of Your Hometown.



February 3 and February 14: Domestic Violence Workshop

Dr. Maechi Chue, LPC, provided two domestic violence workshops to 20 participants from the Canton Women's Culture Club and Evergreen Senior Club. Through the workshop, Dr. Marchi Chue helped people to understand better communication methods to lower the risk of domestic violence.

March 6: COVID-19 Panel Discussion with MDHHS

On Friday, March 6th, a panel discussion with the Michigan Department of Health and Human Services was held at the Chinese Community Center. The discussion was made available through Zoom for the public, and community leaders were invited to join on-site. Epidemiologists Joyce Lai and Nicole Parker-Strobe presented an overview of the basics of COVID-19, a situation summary, and clarifications on misinformation and misconceptions.

March 21: Census 2020 Online Presentation

Together with Asia & Pacific islanders American Vote Michigan (APIAVote-MI), ACA co-hosted a census promotion online meeting on March 21, 2020 through Zoom. The meeting was also supported by the Michigan Asian Pacific American Affairs Commission (MAPPAAC). The meeting invited leaders from the Chinese community, Chinese organizations, schools, churches, and university clubs in order to increase the number of Chinese people participating in the census. Dr. Hayg Oshagan also spoke at the meeting.

March 31: "About COVID-19" Chinese Presentation

On March 31, ACA COVID-19 Relief Community Education Committee member Kun Zhong, M.D., Ph.D. provided a COVID-19 related Chinese-language online workshop. Kun Zhong's presentation consisted of information about the pandemic in the US and Michigan, COVID-19 testing, protection, and medicines and treatments. Around 100 people attended the event.

April 6: 1000 Gowns, 1000 Messages Events for Frontline Fighters

ACA collected 228 "Appreciation and Encouragement" messages from the community to send to frontline health workers. ACA also donated 1000 hospital gowns to medical facilities with messages included to express the gratitude and admiration we feel for our heroes.

April 7 and April 9: US Small Business Administration Covid-19 Relief Options English and Chinese Online Workshop

ACA provided the U.S. Small Business Administration Covid-19 Relief Options online workshop in Chinese and English on April 7 and 9. ACA board members Elinor Ho (CPWA, ChFC, CHSNC), Gloria Zhao (CPA, CFE, Principal), and President & Owner of Future Finance Solutions Wayne Chan presented. They gave an introduction to COVID-19 small business relief options and answered questions. Forty-six people attended the Chinese workshop and 28 people attended the English workshop.

April 21: "About COVID-19" Chinese Presentation II

ACA COVID-19 Relief Community Education Committee member Kun Zhong, M.D., Ph.D. provided a second Chinese-language online workshop to provide guidance on common questions of concern in the community, such as the "stay home" order, COVID-19 recovery time, and complications and secondary symptoms. A total of 82 people attended the event.



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May 12 and May 19: Stay Home Tips for Your Family

On May 12 and 19, ACA invited Ms. Fanghua Jiang, Founder of the Children's Cooperation Center to share the tips for families struggling with the challenges of supervising children during the pandemic. The May 12th workshop topic was "Parenting in Social Isolation" and the May 19th workshop topic was "Does the Pandemic Bring Spouses Closer?" A total of 45 community participants joined the workshops and discussions.

June 9: Mental Health Workshop: You are Not Alone

To address the challenges of mental health awareness for Asian Americans during the pandemic, ACA hosted an online mental health workshop, titled, "You are Not Alone." The event benefited from a diverse mix of professional psychologists: Joyce Zhang of Alariss Global, Fran Brown of the Michigan School of Psychology, May Chen of National Central University in Taiwan, and Pearl Stewart, a licensed professional counselor from Troy, Michigan.

June 13: "Your Voice Matters!" Virtual Town Hall

ACA hosted a virtual town hall to bring Asian community partners together to discuss the COVID-19 impact on racism towards Asian Americans, the economy, and mental health. The EMU-Center for Health Disparities Innovation and Studies (CHDIS) and Asian Communities toward Innovative Environment (ACTIVE) state-wide coalition partnered with ACA to host the event.

June 16: Workplace Health and Safety during COVID-19

ACA collaborated with the Michigan Immigrant Rights Center to provide an online workshop on workplace health and safety during the COVID-19 pandemic. The workshop was presented in English and Chinese, and included information on the latest executive orders, protections from retaliation, and making complaints about unsafe working conditions. ACA Program Specialist Dr. Maechi Chue helped to interpret the workshop in Chinese. There were a total of 33 participants.

June 30: Garden 123 Online Workshop

ACA's Canton Center held a seasonal presentation called Gardening 123. Six local gardening enthusiasts shared their experience of seeding, planting, pruning and harvesting, and also offered tips of caring for some specific plants. More than 75 people participated over Zoom.

July 6: Fitness Dance Workshop

ACA's Canton Center was happy to invite Instructor Yuk Fan Pan to lead a fitness dance workshop. Over 30 people participated in the exercise workshop.

July 16 and July 23: B3 Leadership Summit

ACA held its fifth annual B3 Leadership Summit with the theme: "Crisis, Challenges, and Change – Creating A Path to a New Normal." The two-night program included a thought-starter presentation and panel discussion on July 16, followed by a career planning presentation, one-on-one private resume coaching sessions, and one-on-one career advisory chat sessions on July 23. Following both programs, the many professionals who attended were invited to networking sessions.

July 21: Chinese Medicine Workshop: "Winter Disease Can be Treated in Summer"



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Dr. Songfang Shuai and Dr. Kuojian Zheng presented this workshop, which gave information based on Chinese medicine for how to prevent winter diseases by taking preventative actions during the summer. In total, 98 people attended the workshop.

July 27: Conversation with Canton Supervisor

About 50 people attended this ACA Canton Center event, a conversation with Canton Supervisor Patrick Williams. Canton Police Chief Chad Baugh and Canton Emergency Manager Will Hayes also spoke. The speakers presented on the current COVID-19 situation, the reopening process, supporting local businesses, the 2020 Census, and other local topics.

August 10: Chinese Medicine Workshop - Autumn Health Care and Disease Prevention

Professor Zhang Zhenghao gave a lecture on autumn health care and disease prevention from the perspective of Chinese medicine, which was enjoyed by 52 participants. Professor Zhang explained in simple terms the characteristics of autumn weather, common diseases, dietary treatment methods for health and disease prevention, exercise therapy, and adjustments to physical and mental health.

August 18-20: Boost Your Budget - Find Your Key Benefits to Age Well (cohosted event)

ACA cooperated with the Senior Regional Collaborative Benefits Access Committee to hold three webinars via Zoom with the theme "Boost Your Budget." Each webinar targeted one of the three counties in the tri-county area. Topics covered included budgeting, medical insurance, car insurance, theft, and more. About 80 seniors attended the webinars.

August 24: Canton Senior Party

In order to boost social connectedness, encourage the older community, and grow tech skills, the ACA Canton Center held an online celebration party for seniors. In total, 81 older adults participated, with more than 20 seniors sharing performances, including singing, dancing, poetry recitation, sharing, games, and calligraphy.

August 25: MMAP Workshop - Medicare and Medicaid

ACA held a two-hour online Medicare and Medicaid informational workshop, with over 80 people in attendance. The workshop focused on what Medicare is, options available under different scenarios, and an explanation of age cut offs. The workshop also featured a robust Q&A segment.

September 1: Take Care of Your Kidneys - Nutrition Workshop

ACA invited Dr. Kequan Zhou to give a nutrition workshop. Kidney health, a new topic for ACA, struck a chord with the community, drawing over 120 online participants. In his presentation, Dr. Zhou stressed daily health care to promote good kidney health and gave instructions on healthy eating habits.

September 8: A Bite of the World

ACA board member Jie Wang delivered a popular gourmet food online lecture for the ACA Canton Center community. Over 120 people attended. Mrs. Wang shared and compared the types of food in the world, ingredients, and her own healthy eating principles. She covered ingredient selection, flavor coordination, and cooking skills. She also performed a live lunch cooking demonstration.



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September 21: Cancer Knowledge and Treatment Development (US, China and Japan)

At the invitation of ACA's Canton Center, Professor Sun Youping delivered a lecture on cancer knowledge and treatment overview from China, the United States, and Japan. Comparing the three countries' treatment strategies and medical systems, Professor Sun stressed the importance of prevention and healthy lifestyles. Around 125 people attended the online workshop.

September 16-22: Voter Registration Week

For National Voter Registration Week, ACA collaborated with APIAVote-MI to host a series of events such as text banking, senior care package drop offs, and National Voter Registration Day (NVRD) workshops. For NVRD, ACA partnered with the Asian Pacific American Student Organization at Michigan State University and United Asian American Organizations at University of Michigan, engaging members of all ages and backgrounds in getting out the vote. More than 100 people joined us throughout the week.

September 26: Back-To-School Essentials Townhall

ACA cooperated with EMU-Reach, APIAvote-MI, the Council of Asian Pacific Americans, and MAPAAC to hold the Back-To-School Essentials townhall meeting online. Over 50 participants joined the virtual session to learn about how to address anti-Asian rhetoric due to the COVID-19 outbreak, and were provided with strategies to address racism and hate incidents. In addition, mental health clinicians provided information on signs of mental illness, mental health First Aid, and how adults can help.