

Autumn 2007

FEATURED STORIES:

- A New Face for AACS, letter from the Executive Director (cover story)
- Healthy Asian Youth upcoming events (page 2)
- Featured local Asian businesses: Westgate Import Market and Min-ga Korean Restaurant (page 3)

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

A New Face for AACS

Dear friends and community: Asian American Community Services was founded in November of 1976 and is thirty years old as of last year. Since that time, much attention has been focused on the growing needs of Asian women and children, domestic violence, health and language issues, cultural beliefs of second and third generation Asian Americans, and helping our community members with the transition to life in central Ohio.

By the beginning of the 21st century, AACS' staff and programs expanded rapidly, creating a need to finding a larger space to accommodate the growth. In September 1, 2001, with the help of countless volunteers, the AACS staff moved from 57 Jefferson Ave to the new agency building on 4100 N High Street. Since

then, AACS has been located in this area and added many programs to serve the Asian community's needs. AACS now occupies the whole third floor and added a van to transport elderly, seniors, and children.



Old AACS Logo

With board members' terms ending, AACS conducted two board retreats and extensive networking research in order to select qualified potential board members. On October 4, 2007, AACS had its first new Board of Directors meet-

ing. AACS currently has eight new board members as listed:

- President:** Yung-Hsien Chung, PhD
- Treasurer:** Nat Rammohan, CPA
- Members:** Paul Wu, PhD
Lucent Technologies
Susanna Yu
AIG
Betty Tom-Denzer, LPC
OhioHealth
Lea Blackburn, LISW, ACSW
OhioHealth
Julie Nemecek
Attorney
Jonathan Yu
State Farm
Sam Law
Attorney
Grace Chen
UBS
Umihiko Saito
New York Life

Continued on Page 2...New Face

Asthma Prevention 101

Respiratory therapist Barbara Johnson from the American Lung Association challenged recent workshop participants to place a straw in their mouths walk around, breathing only through the straw. The task was not easy. At the end of the demonstration, the participants were happy to take out the straw and breathe normally again. Ms. Johnson notes, "Asthma feels exactly like breathing through a straw. The only difference is that an asthmatic cannot take out the straw."

Asthma is a serious, life-long disease of the lungs that

causes a person to have difficulty breathing. Although it may not affect a person all the time, asthma attacks can be aggravated by "triggers," including pet dander, pollen, mold, cockroaches, tobacco smoke, dust mites, and strong perfumes. Asthma can change with the season. As the weather gets colder, for example, asthmatics may be experiencing more difficulty breathing as their asthma may be getting progressively worse.

The Asian Asthma Prevention Program can help! Our unique program, funded by

the Ohio Commission on Minority Health, helps Asian Americans who have asthma, *think* they have asthma, or know someone with asthma. Although over 4000 people in America die each year from asthma attacks, asthma is a completely PRENETABLE disease!

Our goal is to educate the Asian community about the signs and symptoms of asthma including how to prevent asthma attacks, the services available to asthmatics, and the affects of asthma on the community.



Healthy Asian Youth (HAY) participants enjoying Halloween festivities, October 2007

Healthy Asian Youth

The Children and Youth Services Department is kicking off the 2007 academic year **Healthy Asian Youth (HAY) After School Program** on Wednesday, Sept. 26, 2007. The program is provided on Wednesdays through Saturdays. We centralized our program location into the AACS building at 4100 N. High St., starting this Fall Quarter. HAY program is a year round program, which includes tutoring, mentoring, field trips, and various seasonal/cultural celebrations and events.

Schedule:

Wednesdays:
4:30pm – 7:30pm (with meal) - K-6th grades

Thursdays:
3:30pm – 7pm Teen program, 7:30pm (with meal) – K-6th grades & Teen program

Fridays:
4:30pm – 7:30pm (with meal) – K-6th grades

Saturday:
2:00pm – 5:00pm – ESL program

If you are interested in enrolling your children into our program, please contact Cherries Yu, HAY Program Manager at 220-4023 ext.235 or cyu@aacsohio.org.

We are also looking for volunteers who want to assist Asian youth in school work as a tutor as well as support them emotionally as a mentor. Please contact Anh-Thu Nguyen, HAY Program Outreach Worker at 220-4023 ext.231 or anguyen@aacsohio.org.



GenerAsian neXt conference organizers and participants show their spirit.

GenerAsian neXt

AACS Children and Youth Services successfully hosted the 7th annual

GenerAsian neXt Youth Conference on August 11, 2007 at Capital University. Many participants from mid-

dle school, high school, and local colleges, which comprised of about 120 students, participated in this program (a total of 150 people participated including speakers, volunteers, and staff members). The students were very enthusiastic about the various workshops that we provided. Some workshops included martial arts, yoga, bi-racial identity, Asian identity, an after-

conference networking dance, and more. The participants had an opportunity to learn more about themselves, their cultural identities, and obstacles that they have had to overcome. Please contact us if you are interested in becoming a Youth Committee member for the next youth conference in 2008.

“The Process of the logo change included weekly discussions and meetings with AACS Staff and the designer”

continued from page 1...*New Face for AACS*

Since August of 2007, AACS staff had a discussion to change AACS logo to accommodate the changes and expansion of the agency, while still exemplifying the mission of AACS. We hired an OSU Design student to undergo this project. The process of the logo change included weekly discussions and meetings

with AACS staff and the designer. The new logo is printed on this letterhead.

Finally, AACS website has taken new shape. We hired Kosada, a web designer company, to redo the AACS website which was completed at the end of October. The website is currently in the stages of updating and implementation.

Please visit our website at:

www.aacsohio.org

With these many changes, we are optimistic and excited about the upcoming year. Thank you very much,

Sincerely,
Lhakpa Tsering
Executive Director, AACS

It's Your Community: Highlights by Emily Blackie

Westgate Import Market

The Asian population in central Ohio is vibrant and diverse, but if you don't know what you're looking for, you might miss it. Columbus has no "Chinatown," but pockets of our community can be found throughout the city. The Cambodian-run Westgate Import Market is well-known among area residents. A visit to their store lets you peek into one of the many Asian cultures that are alive and well in Franklin County.

Upon emigrating to the U.S. in 1975 from Cambodia, Ely and Sypha Ham started from humble beginnings where they worked for a catering company in Washington D.C. earning minimum wage. After learning about the social network of Cambodians in Columbus and because Sypha's sister lived here, the Ham's

moved to Columbus in 1981. They also opened their store that same year, which was called "Ely's Store" at the time.

From 1981 to 2000, they became an important cultural resource for the Cambodian population in Columbus by providing people with the ingredients they need to make food that tasted like home.

They earned a prominent reputation by proving they were willing to go the extra mile when it came to creating a network of Asians in Columbus. "We used to drive food to people's houses when they didn't have cars," Sypha said. When they opened Ely's Store, they were one of very few stores in Columbus that provided foods that catered specifically to Cambodians and other Asian immigrants.

Their grand "re-opening" this summer has so far proved highly successful because of the network of Cambodians and Asian Americans they have been able to maintain over the past twenty years despite moving to Florida from 2000 to 2007. They maintain that it is important to not only provide a place where they can sell exotic, quality goods but also to provide a place that acts as a support network for the Asian population of Columbus.

"We used to drive food to people's houses when they didn't have cars," Sypha said.

Westgate Import Market

3201 Sullivant Ave.
Columbus, OH 43204
8:00 AM—9:00 PM Daily

Phone: 614-458-1165

Min-ga Korean Restaurant

Korean dining is as much about the food as it is about culture and creating a sense of community. Min-ga Korean Restaurant on Bethel Rd. is determined to demonstrate this intersection of culture and food. After talking with the owner, Mi An, and another employee Ana, Ana said, "We want Koreans and other Asians to be able to eat authentic Korean food but we also want Americans to feel comfortable eating here. We try to find that balance," said Ana. In addition to

authenticity, the restaurant focuses on healthy eating and well-being.

The family business, which began eight years ago has developed a following of customers and Ana mentioned that they know a lot of the customers personally. Also characteristic of many small, family-run businesses, Min-ga has thrived through word-of-mouth throughout the 8 years it has been open. Min-ga, which loosely translates to Korean Culture House, offers a very unique atmosphere were they some-

times show popular Korean films. If you are looking for dining that is authentic, clean, and personable, Min-ga will give you that experience.

Min-ga Korean Restaurant

800 Bethel Rd.
Columbus, OH 43214
11:30 AM– 10:00 PM Daily
614-457-7331

Family Support Program

AACS is excited to announce that we have starting a new program to further support Asian families.

The FAMILY SUPPORT PROGRAM was started to address issues of violence in the Asian community such as domestic violence, human trafficking, hate crimes and sexual assault.

Through the efforts of a Volunteer Coordinator and several volunteers, this program offers culturally sensitive crisis intervention, emotional support, linkage to

community resources, assistance in navigating through the American social systems, advocacy, empowerment and basic education about abuse.

The Family Support Program is currently in need of VOLUNTEERS to assist with the program by acting as case managers. By helping victims of violence, volunteers can have a significant impact in victims' lives, as well as their families and the larger community.

Volunteers of this program will assist victims with such things as: transportation,

shopping and daily errands, crisis intervention, assisting victims with accessing needed community services, emotional support, safety planning and/or basic education about abuse.

Volunteers will be trained, so experience is not necessary.

For more information or if you are interested in volunteering, please contact Eve Quine Slosser at
(614) 220-4023 ext. 235 or
eve@aacsohio.org.

Health Warning : Staph Infection

(see page 6 for English version)

什麼是耐甲氧西林金黃色葡萄球菌(MRSA)?

MRSA是一種對某些種類的抗生素具有耐藥性的細菌，在了解MRSA之前，學習一些關於金黃色葡萄球菌 (*Staphylococcus aureus*) 的知識是很有幫助的，我們常將金黃色葡萄球菌簡稱為葡萄球菌，而MRSA就是其中的一種。

葡萄球菌怎樣在人群中傳播?

葡萄球菌是透過人們的皮膚直接接觸傳播的，比如握手、角力或其他直接與他人皮膚接觸的活動。此外，接觸攜帶葡萄球菌的人使用過的東西也會造成其傳播，比如洗澡後共用毛巾，或使用體育館及操場上的公用運動器材等。當皮膚出現切傷、擦傷或其他破損時，葡萄球菌就會順著傷口進入體內而造成感染。已經患皮膚感染(如疼痛、腫脹的丘疹、癬子或疹病)的人要特別注意不要再感染他人。

葡萄球菌造成感染時會有哪些症狀?

當皮膚上出現丘疹、疹病和充滿膿液的癬子，尤其是有紅、腫、熱、痛的感覺時，你的皮膚很可能已經被葡萄球菌或MRSA感染。

葡萄球菌偶爾會造成更嚴重的感染，例如外科手術切口感染，血流感染和肺炎。患者會有發高燒、頭痛、乏力的症狀，並有切口周遭疼痛、腫脹、發熱等。

怎樣才能避免葡萄球菌的感染呢?

- 經常洗手是預防沾染和傳播葡萄球菌(包括MRSA)的最好方法。要經常用肥皂和熱水或者含酒精的消毒洗手液洗手來保持雙手清潔，在接觸了別人的皮膚後尤其要注意洗手。
- 皮膚有破損，如切傷或擦傷時，要用繃帶包紮直至痊愈。
- 避免接觸其他人的傷口或繃帶。
- 避免和其他人共用物品，比如毛巾、浴巾、牙刷和刮鬍刀。共用這些物品可能會造成葡萄球菌從一個人傳播到另一個人。
- 保持你的皮膚健康，在冬天時不要讓你的皮膚太乾燥，甚至皸裂。健康的皮膚可以將葡萄球菌抵擋在皮膚表面，而不會使其衝破皮膚屏障進入體內而造成感染。
- 如果你的皮膚感染後沒有好轉的趨勢，要及時聯絡醫生。

MRSA là gì?

MRSA là một loại vi trùng đề kháng một số loại thuốc trụ sinh. Để hiểu rõ về MRSA, chúng ta nên tìm hiểu thêm về loại vi trùng *Staphylococcus aureus*, thường gọi là “staph”, vì MRSA là một loại vi trùng staph.

Staph bị lây bằng cách nào?

Staph được truyền nhiễm qua sự va chạm ngoài da trực tiếp, thí dụ như là bắt tay, chơi đồ vật hoặc tiếp xúc trực tiếp với da của người khác. Staph còn có thể được truyền nhiễm qua sự tiếp xúc với những đồ vật đã được sử dụng bởi những người đang mang staph, như dùng khăn tắm chung sau khi tắm và lau mình, hoặc dùng những dụng cụ thể thao chung trong phòng thể dục hoặc trên sân vận động. Những con nhiễm trùng staph bắt đầu khi vi trùng staph nhập vào những vết đứt, trầy hoặc những nơi không còn nguyên vẹn trên da. Những người đang bị nhiễm trùng—thí dụ như có những mụn nhọt đau, đang sưng, hoặc ban—hãy rất cẩn thận để tránh không truyền nhiễm cho những người khác.

Nhiễm trùng do staph có những triệu chứng nào?

Mụn, nhọt, ban, mụn nước, mụn mủ, nhất là khi thấy ảm, đau, có màu đỏ hoặc sưng lên, có ngứa là bạn đang có nhiễm trùng staph hoặc MRSA. Thỉnh thoảng, staph còn có thể gây ra những vấn đề trầm trọng hơn như là nhiễm trùng vết thương giải phẫu, nhiễm trùng đường máu và viêm phổi. Các triệu chứng có thể bao gồm sốt cao, sưng, cảm giác nóng hoặc đau chung quanh vết thương, hay mệt mỏi và những triệu chứng khác.

Làm cách nào để phòng ngừa nhiễm trùng staph?

- Rửa tay thường xuyên là cách tốt nhất để tránh lây và truyền nhiễm staph, kể cả MRSA. Hãy giữ tay cho sạch bằng cách rửa với xà bông và nước ấm, hoặc dùng nước khử trùng an-côn, nhất là sau khi tiếp xúc trực tiếp với lớp da của một người khác.
- Giữ những vết đứt hoặc vết trầy sạch và được băng bó kín cho đến khi lành.
- Tránh va chạm với vết thương hay băng của những người khác.
- Tránh dùng chung những đồ dùng cá nhân như khăn tắm, khăn lau mặt, bàn chải đánh răng, và dao cạo râu. Dùng chung những đồ vật này có thể truyền staph từ người này đến người kia. Hãy giữ làn da lành mạnh, và tránh để da bị khô và nứt, nhất là vào mùa đông. Làn da lành mạnh không để staph trên mặt da tạo ra nhiễm trùng dưới mặt da. Hãy hỏi ý kiến của bác sĩ nếu bạn có một nơi nhiễm trùng ngoài da dai dẳng không lành.

save the date

September:

6, 16 Traffic Safety Class,
collaboration with OIA

11 National Preparedness
Month Kickoff Event

12 Child Passenger Safety
Training Class, Dublin Baptist
Church

15, 26, 28 Traffic Education
Workshop, New York Life
Insurance, Dublin, Dublin
Baptist Church, OSU

October:

6 Bharatiya Hindu Temple
Health Fair; TNT-ACT
Workshop

13 Asthma Education
Workshop, AACS office

20 Radio Talk Show with
Ms. Poongotai Jayaraj, Joy 108.1

7, 14, 21, 27, 28 TNT-ACT
workshop, Math Whiz Center,
Powell City Hall,
Chinese Christian Church of Columbus

October Continued

28 Breast Cancer Prevention Workshop, Chinese Christian Church of Columbus

24, 25, 26 HAY Program
Halloween Party

November

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

December

**HAY Program Christmas Party, TBA

6 Asthma Education Workshop, residence in Dublin

12 (Tentatively), Youth Meet'n'Greet with Jay Goyal, State Representative from 73rd District to Ohio House of Representatives, 7pm-8pm, 3SG Corporation, 344 Cramer Creek Court, Dublin

19 Community Forum Meeting, supported by ACT, 12pm, AACS office

Continued from Page 4...*Staph Infection Advisory*

What is MRSA?

MRSA is a kind of bacteria that is resistant to some kinds of antibiotics. To understand MRSA it is helpful to learn about *Staphylococcus aureus* bacteria, often called “staph,” because MRSA is a kind of staph.

How are staph spread?

Staph are spread by direct skin-to-skin contact, such as shaking hands, wrestling, or other direct contact with the skin of another person. Staph are also spread by contact with items that have been touched by people with staph, like towels shared after bathing and drying off, or shared athletic equipment in the gym or on the field.

Staph infections start when staph get into a cut, scrape or other break in the skin. People who have skin infections—painful, swollen pimples, boils, and rashes, for example—should be very careful to avoid spreading their infection to others.

What are the symptoms of an infection caused by staph?

Pimples, rashes, pus-filled boils, especially when warm, painful, red or swollen, can mean that you have a staph or MRSA skin infection. Occasionally, staph can also cause more serious problems such as surgical wound infections, bloodstream infections and pneumonia. The symptoms could include high fever, swelling, heat and pain around a wound,

headache, fatigue and others.

How can I prevent a staph infection?

- Regular handwashing is the best way to prevent getting and spreading staph, including MRSA. Keep your hands clean by washing them frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after direct contact with another person’s skin.
- Keep cuts and scrapes clean and covered with a bandage until they have healed.
- Avoid contact with other people’s wounds or bandages.
- Avoid sharing personal items such as towels, washcloths, toothbrushes and razors. Sharing these items may transfer staph from one person to another.
- Keep your skin healthy, and avoid getting dry, cracked skin, especially during the winter. Healthy skin helps to keep the staph on the surface of your skin from causing an infection underneath your skin.
- Contact your doctor if you have a skin infection that does not improve.



Asian American Community Services

4100 North High Street

Third Floor

Columbus, OH 43214

Phone: 614-220-4023

Fax: 614-220-4024

Web: www.aacsohio.org

Mailing address

1234 high street

5th floor

Columbus, NY 1679987