



ASIAN PACIFIC HEALTH CARE VENTURE, INC.
"working together for community health"

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APHCV Recognizes November - January Donors:

Weingart Foundation
\$200,000

AVON \$50,000

Leonard and Laila Rose
Foundation \$20,000

Thomas Yoshikawa \$2,050

Donations under \$500

UCLA Net Impact
Consulting Challenge
Jason Peers

Eric Pelovello
Larchmont Dry Cleaners

Gifts In-Kind

Vrej

Green Kitchen Tools
Privileged Transportation
2010 APM Calendar
Michael Scola

Renature Skin Care, Inc.

House of Chan Dara

Shorty's Barber Shop

Willie's Shoe Repair

YMCA of Burbank

John Wells Productions

Audrey Magazine

Raymond Jeffrey Calyag

Tom Ameen

Gilbert Bustamante

A. Jade Smith

Dimas Vasquez

Sina Grace

Edward Gunawan

The Bonsai News -February 2010-

Asian Pacific Health Care Venture, Inc. (APHCV) welcomes you back to the "Bonsai News", our quarterly newsletter where you can learn the latest news about APHCV. Please read on to learn more about our health topic, heart disease, recent support from the Weingart Foundation, and more.

This month's health topic: Heart Disease

February is recognized as American Heart Month. This is an extremely important month to raise awareness because heart disease is the leading cause of death in the United States and is a major cause of disability. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. [1] The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. A few examples of diseases and conditions that put your heart at risk include: [1]

- high cholesterol
- high blood pressure
- obesity
- diabetes
- tobacco
- secondhand smoke



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This month's health topic: Heart Disease continued...

Heart disease among Asian/Pacific Islanders and Latinos

The leading causes of death for Asian/Pacific Islander men and women, in 2004, were diseases of the heart and stroke. The percent of total deaths for men were 32.95% and for women were 33.5%. Underlying conditions that contribute include high blood cholesterol, physical inactivity, overweight and obesity, and diabetes mellitus.[2]

Among Latinos the percent of total deaths in 2004 for males was 26.5% and for females was 30.4% for diseases of the heart and stroke. Other health factors include high blood pressure, high blood cholesterol, physical inactivity, overweight and obesity, and diabetes mellitus.[3]

Currently the Adult and Senior Services is working on a CDC funded grant through UCLA to address racial and health disparities among Latinos and APIs, including diabetes mellitus, a risk factor for coronary heart disease. Cecile Sebrio, Program Coordinator II, finds this project especially important for her community. As a Filipino-American she feels "Filipinos are at high risk for developing diabetes and hypertension" due to their diet and lack of exercise. She finds comfort in working with adults and seniors because she can build a relationship with the population. The project focuses on educating the community and asking staff to take action and set healthy examples for the community they serve. Asian Pacific Health Care Venture, Inc. has made a commitment to incorporate 10 minute physical activities in meetings over 1 hour and have fruits and vegetables as alternatives to pastries and salty snacks. Physical activity in your daily life is an important step to preventing heart disease. A healthy diet and lifestyle are the best weapons you have to fight heart disease.



Cecile Sebrio, Program Coordinator II, helps promote heart health at Asian Pacific Health Care Venture, Inc.

[1] Centers for Disease Control and Prevention. CDC Features: February is American Heart Month. Learn more information at <http://www.cdc.gov/features/heartmonth/>

[2] American Heart Association. Statistical Fact Sheet—Populations, 2010 Update: Asian/Pacific Islanders and Cardiovascular Diseases — Statistics. Learn more information at <http://www.americanheart.org/downloadable/heart/1260903101139FS03AS102.pdf>

[3] American Heart Association. Statistical Fact Sheet—Populations, 2010 Update: Hispanics/Latinos and Cardiovascular Diseases — Statistics. Learn more information at <http://www.americanheart.org/downloadable/heart/1260805083249FS05HIS10.pdf>

Weingart Foundation

Asian Pacific Health Care Venture, Inc. is pleased to announce the generous donation of \$200,000 from The Weingart Foundation for our Women's Health Expansion Project. In 2008, APHCV received an Expanded Medical Capacity grant from the Bureau of Primary Health Care to meet the needs of our growing women's health practice. With wait times in excess of 20 days for a medical appointment, it became evident that the need to increase APHCV's capacity to see more patients was important to serving our community. Through the Women's Health Expansion Project, five administrative offices were converted into medical exam rooms and additional providers were hired to see the growing number of women and their families. As a result, APHCV purchased a commercial property on Fountain Avenue, just a few blocks from the clinic, to serve as APHCV's new administrative offices. As APHCV expands the number of exam rooms to serve additional patients, funding from The Weingart Foundation will help address other capacity needs within the clinic such as remodeling the patient registration and administrative reception areas to accommodate the increased number of patients coming into the clinic. This funding will also be used to increase safety and efficiency by replacing the flooring in high traffic areas, installing a gate around the parking lot and upgrading our computer network infrastructure. Through this remodeling and expansion effort for the Women's Health Expansion Project, Asian Pacific Health Care Venture, Inc. will increase the number of available patient slots to see a medical provider, increasing access to quality and affordable health care for many low-income families.

Asian Pacific Health Care Venture, Inc. ♦ 1530 Hillhurst Ave., Los Angeles, CA 90027 ♦ (323) 644-3880

Men's Clinic - It's TYM - Test Your Man

February is the month of love. It's the TYM to get roses, not sores! APHCV Men's Unit is promoting HIV/STD testing and Family Planning Services for both men and women. Now is the TYM to remind your partner and friends about safe sexual behaviors. Men who come in during Men's Clinic and MYC (Men + Youth Clinic) until the end of February can receive a \$5 gift card for testing! During the month of February Men's Clinic will be Mondays from 5-7pm and MYC will be Wednesdays from 5-7pm. Examples of the services offered during these times include: HIV/STD Testing and Counseling, male performance evaluations, immunizations, etc. See the flyer below for more details.



APHCV Over the Holidays

Staff Thanksgiving Luncheon



Natashia Salcedo, Flordeliza Tabuga, Coleen Chung-former staff, Christina Figueroa-Chan, and Kazue Shibata CEO prepare to serve the Thanksgiving feast to fellow staff members.



APHCV staff celebrated the Thanksgiving holiday with a special meal on November 19, 2009.

APHCV Over the Holidays continued...

Reading with Santa



APHCV staff joined in the holiday spirit to promote reading and handed out free books to the community.



Children from the community take the opportunity to grab a photo with Santa before diving into the food and arts & crafts available!

Asian Pacific Health Care Venture, Inc. (website) located in Hollywood and serving the greater Los Angeles area, is a Federally Qualified Health Center that provides culturally competent health education and primary care services to 12,000 patients annually, more than 75% of whom are uninsured. APHCV provides its health education and health care services in ten Asian languages (Thai, Vietnamese, Tagalog, Khmer, Japanese, Bengali, Mandarin, Cantonese, Indonesian, and Korean), English and Spanish. APHCV administration can be reached at (323) 644-3880. Medical appointments can be made by calling (323) 644-3888.