



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

In This Issue

Staff Profile: Loreta
Trinidad

Dedication to Charauporn
(Charlie) Issranggura,
Asian Pacific Health Care
Venture, Inc. Board
Member

APHCV in Action: Cherry
Blossom Festival

How to help: Workplace
Giving Campaigns

John Marshall School
Based Health Center
Grand Re-opening

Monthly health topic:
Breast Cancer

The Bonsai News -July 2009-

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 Nursing Department Manager, Loreta Trinidad, our grand re-opening of the John Marshall High School School Based Health Center, dedication to Charlie Issranggura and more.

Staff Profile: Loreta Trinidad

Loreta Trinidad is currently Asian Pacific Health Care Venture's (APHCV) Associate Nursing Department Manager and has been a part of APHCV for almost six years. However, her nursing story began long before that. Actually, it almost never began at all. As a young girl in the Philippines, she dreamed to be a writer and one day to become a columnist for the Free Press Magazine, then a national weekly publication. So how did she end up being a nurse? "Being a nurse was my sister's dream," Loreta says, "when it turned out she couldn't achieve it, she asked me to become a nurse. Being the youngest of 5 girls, I was the last chance to fulfill that dream."



May 9, 2009 - Loreta Trinidad celebrates another successful run/walk.

APHCV acknowledges the following organizations for their recent grant support:

Health Net

HRSA - American
Recovery Reinvestment
Act

Komen Foundation

Taproot Foundation

Weinberg Foundation

Continued on page 4.

Dedication to Charauporn (Charlie) Issrangura, Asian Pacific Health Care Venture, Inc. Board Member from 2002 - 2005



In this newsletter we remember Charlie Issrangura, February 24, 1924 to May 3, 2009. Serving from 2002 - 2005, she was a dependable and giving Board Member, dedicating her time and resources to working with APHCV and making a difference in the lives of the less fortunate. In the last year of her life many illnesses took away her strength but they did not touch her courage or dignity. APHCV staff remember Charlie as "very generous," and "always willing to give." Her generous spirit is exemplified by her nursing career and the thoughtful Thai snacks she would bring to share with our staff. APHCV will always remember Charlie as a woman of strong spirit and energy. Her desire to help others will continue to inspire us all and her charitable nature will surely be missed by her family, friends, and the APHCV community.

APHCV in Action: Cherry Blossom Festival



April 4, 2009 - Sokunthea Nget, Cambodian Outreach Worker, prepares for a day of outreach at the Cherry Blossom Festival in Little Tokyo, Los Angeles.

How to help: Workplace Giving Campaigns

Support Asian and Pacific Islander communities through Workplace Giving Campaigns

Do you work for the City of Los Angeles, County of Los Angeles, State of California, Federal Government or Kaiser Permanente? Do you know someone who does? The Workplace Giving Campaigns for these organizations will occur this fall and Asian Pacific Health Care Venture hopes you will consider a payroll deduction donation to the Asian Pacific Community Fund (APCF). Every little bit helps and whatever amount you can give will be greatly appreciated.

John Marshall School Based Health Center Grand Re-opening



Asian Pacific Health Care Venture, Inc. (APHCV) is pleased to announce the official grand re-opening of the school-based health center at John Marshall High School on June 12, 2009. On this day, various supporters and community partners from John Marshall High School, LAUSD, and county offices participated in the ribbon cutting ceremony. Afterwards, guests were offered refreshments and a tour of the facilities. This expansion was made possible by a partnership with John Marshall High School and the Los Angeles Unified School District Joint Use Fund, which provided \$1.5 million to complete the project. For medical appointments, please call (323) 665-1129.

June 12, 2009 - Yolie Flores Aguilar (LAUSD School Board Member), Daniel Harrison (John Marshall High School Principal), and Dr. Thomas Yoshikawa (APHCV Board President) prepare to cut the ribbon as health center staff Dominic Koh, Antoinette Reyes, Veronica Castillo, Linda Lam, Alex Perez, and Rebeca Perez look on.

Acknowledgements

APHCV would like to thank those who worked hard on the relocation project and who have given us continued support throughout the years for the JMHS Health Center.

Marshall Administration and faculty:

Daniel Harrison, Marshall Principal
 Erick Juarez, Marshall Assistant Principal
 County Supervisor Zev Yaroslavsky
 Carol Kim, Health Deputy of the Office of Supervisor Zev Yaroslavsky
 Councilman Tom LaBonge
 Jeanne Min, Deputy of the Office of Councilman LaBonge



Reception area of the new JMHS Health Center.

John Marshall School Based Health Center Grand Re-opening



One of the exam rooms in the new JMHS Health Center.

Acknowledgements continued:

APHCV would like to thank those who worked hard on the relocation project and who have given us continued support throughout the years for the JMHS Health Center.

Kaiser Permanente
 California School Health Centers Association
 Sang Leng Trieu
 Health Net
 LA Care
 Pam Wagner, LA Trust for Children's Health
 LAUSD Board of Education
 Yolie Flores Aguilar, School Board Member
 Steve Zimmer and all the staff and community partners of the Marshall IMPACT office and CSSC

APHCV staff involved in relocation project:

Kazue Shibata, CEO
 Andrew Ma, Associate Director of Services
 Antoinette Reyes, School Based Health Program Coordinator II
 Mika Aoki, Director of Services
 Jeanne Aguinaldo, Youth Services Manager
 Alex Ramirez, Facilities and Safety Coordinator I
 San Kim, IT/IM Manager
 Dominic Koh, Nurse Practitioner
 Linda Lam, Youth Activities Coordinator
 Ambar Osorio, Medical Assistant
 Alex Perez, Youth Clinical Services Outreach Program Assistant
 Rebeca Perez, Youth Clinical Services Program Assistant
 Elizabeth Quintas, Medical Assistant

Staff of LAUSD Joint Use Development Program and Facilities Division including:

Juan De La Cruz
 Anna Lasso
 Sean Morrow
 Luis Ramos
 Leonard De Leon
 Keith Reynolds
 Jared Cascadden
 Brent Gesell
 Margaret Lee, County DHS
 John DiCecco, LAUSD
 Lori Vollandt, LAUSD
 Kim Uyeda, LAUSD

Staff profile: Loreta Trinidad continued:

When a nursing school opened closer to her home, a nursing career made too much sense to not do it. She does not regret her decision. When asked if she likes being a nurse, Loreta responds, "It's a rewarding profession and it feels good knowing that you are always helping someone". Loreta's desire to help others extends beyond her patients to her community. Two years ago she founded a community library in her hometown. There, the schoolchildren comes everyday to read, do homework, and use the computer ("It's not connected to the Internet," she assures me). However, Loreta's passion to help others is best shown through her work with APHCV's breast cancer support group.

In addition to her role as Nursing Department Manager, Loreta facilitates a Pilipino breast cancer support group with Cecile Sebrio, a program coordinator in the Adult and Senior Services Department while Marilyn Johns, community outreach worker, assisted in recruiting the participants. A few years ago she wanted to form a Pilipino cancer support group because she knew the impact of cancer on the individual and the family from her experience...

Continued on page 5.

Staff profile: Loreta Trinidad continued:

...as a nurse in the oncology department at Kaiser Hospital-Los Angeles. Her passion for the topic also stems from personal experiences. 13 years ago, Loreta was diagnosed with cancer of the uterus. "The only person who had cancer that I could talk to was a friend who lived in New Jersey." She was afraid - "I come from a family with cancer, two of my sisters already died from the same cancer that I got and my youngest son was only 6 years old at that time". In spite of all this, she eventually prevailed against cancer and now uses her experience to help other survivors.

In conjunction with UCLA Professor Dr. Marjorie Kagawa-Singer's project, "Evaluating Support Groups for Asian American and Pacific Islander Cancer Survivor Project", Loreta leads a support group every third Saturday of the month. Each session covers different topics, such as care and support, diagnosis, treatment, and post treatment, body image, and survivorship. The support groups are conducted in English and Tagalog. Participants have been recruited from APHCV and from outreach into the general community. Participation is free; please contact Cecile Sebrio at 323-644-3880 extension 222 for more information. This research project is supported by a grant from the Susan G. Komen Breast Cancer Foundation.

This month's health topic: Breast Cancer

Did you know breast cancer is the second most frequently diagnosed cancer in women? During 2009, it is estimated 192,370 women and 1,910 men in the US will be diagnosed with breast cancer. Breast cancer is the second most frequently diagnosed cancer in women. An estimated 40,610 breast cancer deaths (40,170 women, 440 men) are expected in 2009. From 2001-2005, the incidence rate for breast cancer in Asian American and Pacific Islanders was 89.6 per 100,000, the mortality rate was 12.6 per 100,000 for breast cancer (female). From 2001-2005, the incidence rate for breast cancer in Hispanic/Latinos was 90.1 per 100,000, and the mortality rate was 15.8 per 100,000 for breast cancer (female).

The earliest sign of breast cancer is usually an abnormality detected on a mammogram, before it can be felt by the woman or a health care professional. Larger tumors may become evident as a painless mass. Other less common symptoms include persistent changes to the breast, such as thickening, swelling, distortion, tenderness, skin irritation, redness, or scaliness, or nipple abnormalities, such as ulceration, retraction, or spontaneous discharge. Typically, breast pain results from benign conditions and is not an early symptom of breast cancer. Women age 40 and older should have a screening mammogram every year and should continue to do so for as long as they are in good health. Women in their 20s and 30s should have a clinical breast exam at least every 3 years as part of a regular exam by a health expert. After age 40, women should have a breast exam by a health expert every year. It is always recommended for women to do a monthly breast self-exam to track any changes in how their breasts look or feel and to report abnormalities to their health professional right away.

Asian Pacific Health Care Venture, Inc. provides breast and cervical cancer screening, including clinical breast exams, mammograms, and pap smears. We also provide a support group for breast cancer, free pregnancy testing, and other OB/GYN services. For more information on these services, please call the clinic line at (323) 644-3888.

Reference: American Cancer Society. Cancer Facts & Figures 2009. Atlanta: American Cancer Society; 2009.

Available at <http://www.cancer.org/docroot/home/index.asp>

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.

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