



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

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APHCV acknowledges the following organizations for their recent grant support:

Bristol-Myers Squibb

California Community Foundation

California Family Health Council

Employees Community Fund of Boeing California

Gilead Foundation  
PacifiCare/United Health Care

Sempra Energy

UCLA Net Impact Consulting Challenge

# The Bonsai News -March 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 find out more about our \$250,000 grant to expand women's health care, our new administrative building, and how APHCV helps patients develop healthier eating habits.

## Asian Pacific Health Care Venture awarded \$250,000 to expand women and family health services

The Ahmanson Foundation has awarded Asian Pacific Health Care Venture, Inc. (APHCV) \$250,000 in capital funds to expand women and family health services. APHCV will use this funding on the Women's Health Expansion Project. This project was undertaken to address the growing needs of female patients in APHCV's patient population. Internal studies have shown a growth in the number of female users and visits. Most of this growth was seen in breast and cervical cancer screening, hypertension, and mental health services related to depression, post traumatic stress, and pregnancy issues. These issues go beyond APHCV's traditional focus on family planning and prenatal care services, therefore the Women's Health Expansion Project was created to respond to these demands.

It is anticipated that this expansion will provide services to an additional 2,467 new patient users and 10,800 patient visits over the course of two years. The health status and needs of the target populations will be improved through two means. First, the expansion will increase access to care and reduce appointment wait time for women's services. Second, the expansion will provide services that address the breast and cervical cancer disparities among low-income API and Latina women. Funding will specifically be used to increase capacity by renovating administrative offices into medical exam rooms and provider offices dedicated to providing women's and family health services.

## APHCV thanks Direct Relief International

Asian Pacific Health Care Venture, Inc. (APHCV) would like to thank Direct Relief International for their help in providing free medication to APHCV's patients. Direct Relief International has been providing assistance to indigenously run healthcare facilities and projects since 1948 and APHCV is grateful to be a part of that process. Sixty-six percent of APHCV's patients are at or below the federal poverty level (FPL). Additionally, 21% of patients had incomes between 101% and 200% of FPL. Through the current economic environment, Direct Relief International assists many patients who have difficulties obtaining their medications.

## APHCV obtains new administrative building

Asian Pacific Health Care Venture, Inc. (APHCV) is proud to announce the purchase of a new administrative building located on 4216 Fountain Avenue. Administrative staff such as the Chief Executive Officer, Human Resources, Fiscal, and Fund Development departments will be moved from the main Hillhurst site. The move is expected to begin in mid-April.



March 26, 2009 - APHCV's new building prior to renovations

## Asian Pacific Health Care recognizes staff kindness

Asian Pacific Health Care Venture, Inc. (APHCV) thanks Dr. Thomas Yoshikawa and Dr. John Hoh for their generosity this past holiday season. Dr. Yoshikawa, APHCV's Board President, donated \$1,000 in door prizes for the agency's Holiday Party. Dr. Hoh, APHCV's Medical Director, donated \$1,000 to the agency's indigent fund to help patients who have no other means to purchase medication. APHCV truly appreciates the generosity of Dr. Yoshikawa and Dr. Hoh, who continue to exemplify the values which represent APHCV.

## 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.

## This month's health topic: Nutrition



Photo courtesy of Public Domain Pictures  
(<http://www.publicdomainpictures.net>)

Have you maintained your resolution to have a better diet?

March is National Nutrition Month® and Asian Pacific Health Care Venture, Inc. (APHCV) would like to remind you of the benefits of healthy eating habits and physical activities. The American Dietetic Association (ADA) founded National Nutrition Month® in 1980 to raise public awareness regarding proper nutrition. According to the ADA website, "a healthy eating plan: emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products; includes lean meats, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars."

For more information, please visit the [ADA website](#).

Asian Pacific Health Care Venture, Inc. (APHCV) offers nutrition and physical activity counseling through its Registered Dietitian, Jenous Manesh. Jenous is often referred diabetic and hypertensive patients by APHCV's providers in order to control their conditions. The top three conditions she sees are diabetes, hyperlipidemia, and hypertension. Many of the patients have never had nutrition education and often do not make the link between diet and their condition. Jenous explains how improving their diet can improve their health and condition. However, changing one's diet is not easy. When asked how she communicates with patients, Jenous says, "You have to be careful with the words you choose...words like 'diet' or 'don't' give patients negative feelings associated with food or a sense of restriction. Instead, I use words like 'limit' or 'it is better to choose this kind of food more often.'" This sensitivity combined with education can lead to positive results. Jenous recalls one particular patient she saw last October who weighed more than 200 lbs. The patient's goal was to lose weight but she had little success with previous diets. Jenous assessed her current diet and lifestyle and helped the patient become aware of what actually worked or did not work. Together they set achievable goals and since seeing Jenous, the patient has lost 15 lbs.

Jenous continues her efforts to improve patients' lifestyle and diet at APHCV. She is currently working with staff to develop a low fat diet tailored for the Pilipino and Thai communities. With the hard work of Jenous and other staff, APHCV continues to provide high quality care to its patients.

APHCV, 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 11,000 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 can be reached at (323) 644-3880. Medical appointments can be made by calling (323) 644-3888.

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