



20th Anniversary
ASIAN PACIFIC
HEALTH CARE VENTURE, INC.
"Celebrating 20 Years of Caring, Service and Advocacy"

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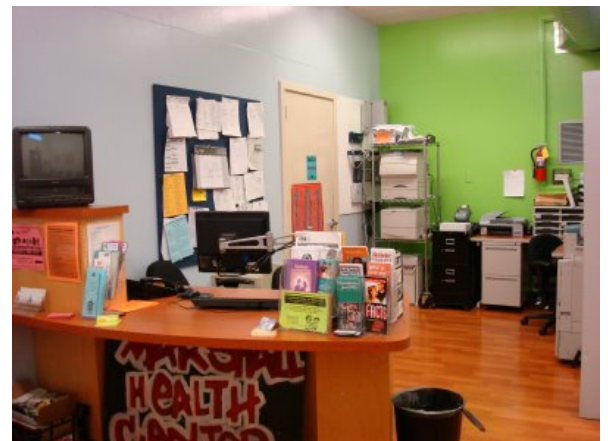
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The Bonsai News - September 2008 -

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 1.5 million dollar partnership with Los Angeles Unified School District, the success of our diabetes control program, VIP visits including Congresswoman Diane Watson, the ASEAN Ladies Circle of Los Angeles, 5th District Health Deputy Philip Chen, and much more.

Asian Pacific Health Care Venture partners with LAUSD to expand services to high school students

Asian Pacific Health Care Venture, Inc. (APHCV) is pleased to announce the receipt of \$1.5 million from the Los Angeles Unified School District (LAUSD) Joint Use Fund. This partnership with LAUSD will allow APHCV's existing school-based health center (SBHC) at John Marshall High School (JMHS) to be relocated and expanded on another part of campus. This relocation is necessary due to the expansion of JHMS' track and athletic facilities. The relocation is expected to be completed by February of 2009.



[Read more about the services we offer at John Marshall High School...](#)

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Join Our Mailing List!

Congresswoman Diane Watson visits APHCV to kick-off National Community Health Centers Week and to highlight the Reach Out and Read Program

APHCV acknowledges the following organizations for their recent grant support:

Asian Pacific Community Fund
Blue Shield of California
Dwight Stuart Youth Foundation
L.A. Care Health Plan
Lon V. Smith Foundation
RTI International
Tides Foundation (Integrated Behavioral Health Learning Collaborative)
Tides Foundation (i2itracks)

How you can help

Donate Online

[Click here to donate](#)



August 7, 2008 - Dr. Raymond Ho, pediatrician at Asian Pacific Health Care Venture, Inc. (APHCV) shares with Congresswoman Diane Watson his concerns about the growing number of children he sees who are overweight. Congresswoman Watson's visit was a part of National Community Health Centers Week recognizing the contributions of health centers such as APHCV in providing accessible, affordable and high quality health care to people in need.



August 7, 2008 - Congresswoman Diane Watson captivates an audience of children as she reads a book at Asian Pacific Health Care Venture, Inc. (APHCV) in Hollywood. Congresswoman Watson's visit highlighted "Reach Out and Read" a nationwide non-profit early literacy program where pediatricians distribute books during check-up exams and guide parents to read aloud to their young children. APHCV has distributed 1,000 books since the program began at the clinic in 2004.

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Asian Pacific Health Care Venture, Inc. partners with patients to successfully treat diabetes

"For a long time he didn't pay attention to the disease..."

Diabetes is a chronic disease where the body's blood glucose levels are above normal. Complications from diabetes include heart disease, blindness, kidney failure, and lower-extremity amputations. [1] It is the sixth leading cause of death in the United States. 23.6 million people, or 7.8% of the U. S. population have diabetes. [2] Diabetes among Asians and Pacific Islanders averages about 10% for the various subgroups. Studies show that Asian Americans are twice as likely to develop the disease than the general population. [2] The disease costs the health care system \$174 billion dollars annually, yet it is preventable and controllable.



[1] [CDC diabetes reference](#)

[2] [APIAHF diabetes reference](#)

[Read more to find out how APHCV treats diabetes...](#)

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ASEAN Ladies Circle of Los Angeles tours Asian Pacific Health Care Venture



June 5, 2008 - Members of the Executive Committee of the Association of Southeast Asian Nations (ASEAN) Ladies Circle of Los Angeles visit Asian Pacific Health Care Venture. Consul General Mary Jo Bernardo-Aragon, ALCLA president (front row, third from left)

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This month's health topic: Immunizations

Is your child ready for school?

California law requires all students to get their immunization before school starts. Get ready in time by contacting your doctor or provider for the most recent vaccinations. If you are not sure what immunizations your child needs, check the Center for Disease Control and Prevention's website for vaccine schedules:

[CDC vaccine schedule](#)

[CDC vaccine schedule \(Spanish\)](#)

Schedule your appointment early because school is starting soon! If your usual doctor or provider is busy, Asian Pacific Health Care Venture, Inc. (APHCV) offers vaccinations as well. Please call (323) 644-3888 for an appointment.

Adults can also use this as an opportunity to vaccinate themselves. For Asian and Pacific Islander Americans, hepatitis B is a particular problem. As many as 1 in 10 Asian and Pacific Islander Americans can be infected by this "silent killer" and not know it because symptoms may take years to appear. There is no cure for the disease, so vaccination is the best protection. APHCV encourages all Asian Pacific Islanders to be tested and vaccinated for hepatitis B, particularly if they were born in another country.

Please call (323) 644-3888 for an appointment. For more information, please visit the CDC's website on [hepatitis B](#)

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5th District Health Deputy visits APHCV



August 6, 2008 - Interim Board President, Miya Iwataki, and CEO Kazue Shibata give Phillip Chen, Health Deputy for Supervisor Michael Antonovich (Fifth District), a tour of APHCV.

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Wells Fargo sponsors APHCV's first community raffle



August 27, 2008 - Jack Keleshian, Senior Vice President, Wells Fargo Investments, draws the winning ticket for Asian Pacific Health Care Venture, Inc.'s first ever community raffle. The \$1,000 grand prize was sponsored by Wells Fargo and the raffle raised more than \$11,000 for the clinic.



CEO Kazue Shibata presents Ms. Sirikamol Pruekchuaytap and her son Andrew the \$1,000 grand prize check.

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APHCV's REALYouth Center in action



June 6, 2008 - RYC hip-hop performs at Asian Pacific Health Care Venture, Inc.'s annual Youth & Identity event.



August 17, 2008 - The annual REAL Youth Center camping trip was held at Jackson Flats at Angeles National Forest from August 15 to August 17, 2008. The youth participated in hiking, campfires, and learned basic fundamentals about camping. Participants also learned about snakes at the Grassy Hollow visitor center and visited Jackson Lake.

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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.

APHCV is one of APCF's 29 member agencies that collectively serve hundreds of thousands of clients each year, the majority of whom live in low-income and immigrant Asian and Pacific Islander communities. Programs and services include after-school programs, child care, disabled assistance, health care, legal services, low income housing, senior services, violence prevention and much more. For more information on APCF and its affiliate agencies, please visit www.apcf.org.

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APHCV partners with LAUSD continued:

APHCV opened the SBHC in April of 2001, which has gradually increased its hours to 24 hours per week. The SBHC has been licensed to operate as a full time clinic since 2005. The SBHC provides students with comprehensive primary care service, screening and treatment, diagnosis, mental health/counseling services, and dispenses necessary medication. Currently, APHCV SBHC is a Federally Qualified Health Center and is supported by a federal grant called Section 330 Community Health Center. SBHC has also received financial support in the past from County Supervisor Zev Yaroslavsky and Kaiser Permanente. In addition, Kaiser Permanente and APHCV SBHC have recently established a partnership to bring Kaiser's residency program at the site as well.

As a result of the partnership with LAUSD, the SBHC is expected to expand its capacity to serve the students at JMHS. Patient visits are

expected to increase 5-10%, bringing the yearly number to 2,600 - 2,750. Expansion will also allow more patients to receive more counseling in areas such as nutrition, mental health, and reproductive health. APHCV SBHC has already shown to make difference for the lives of students. Immunization rate among the student patients there was rated as excellent by the County. There has also been an increase of 28% in male users from 2006 - 2007 to 2007 - 2008. This increase in utilization is contrary to the nationally low rate of utilization and access rate among male youth for health care. New services such as health insurance enrollment workshops will also be held. Finally, additional after-school activities such as youth internship trainings, yoga activities, and a Student Advisory Board can all utilize the expanded space of the new SBHC. With this partnership, APHCV and LAUSD aim to improve the comprehensive well-being of John Marshall's student body.

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Asian Pacific Health Care partners with patients to successfully treat diabetes continued:

Nittaya Gibson is the Thai diabetes case manager for Asian Pacific Health Care Venture, Inc.

(APHCV). She conducts a two-hour diabetes education and self-management class in Thai. Since 2005, clinicians refer all patients with a diabetes diagnosis to her class. Even though she has helped over 600 patients, Nittaya still clearly remembers one of her first class participants.



When asked about the 45 year-old Thai man, she recalls, "For a long time he didn't pay attention to the disease, he didn't know why he got diabetes or what type he has. His doctor told him he had Type-2 [diabetes] but he still had no idea what it means so he didn't give attention to it." However, as Nittaya passed the clinic's dispensary six-months later, a familiar voice called her name. "He recognized me! He was so happy to see me and tell me his results and his progress. He was so glad that he doesn't need to take as much medications as before and his doctor was also happy! His HbA1c level was less than 7%" (HbA1c is a standard indicator to determine blood sugar control for diabetic patients with the standard goal being less than 7.0%) When asked why the class was so successful for him, Nittaya responds, "When he has the class he feels it is important for him to learn about the diabetes. He realized he can control the disease and it is not just his genes. Now he knows he can take care of himself and prevent problems better than before."

Nittaya's classes are held monthly at APHCV, with English and Spanish

versions also available. In the classes, patients are given a glucometer and training by a nurse to monitor their glucose at home. They are also taught the six steps to controlling diabetes: maintain a healthy diet, get regular exercise, take medication properly, visit the doctor regularly, check blood sugar regularly, and check feet daily. To help patients complete these steps, APHCV also has an in-house Licensed Clinical Social Worker who provides mental health services while an in-house dietician provides nutritional services. Exercise classes are also offered via Tai Chi and dancing classes.

Jocelyn Estiandan, Adult & Senior Services Manager at APHCV, attributes the success of the diabetes program to APHCV's Diabetes Collaborative, which was started in 2002. The Collaborative involves the evidence-based Chronic Care Model that takes an organizational approach to caring for people with chronic illness. As a result, APHCV began registering diabetic patients into a registry to better track their health outcomes. The approach has been successful, as over 85% of diabetic patients have been entered into the registry. With the registry, APHCV was able to employ a client-centered approach with a team of clinicians, clinic support staff, health educators, and managers to improve the health outcome of patients. Currently, 73% of diabetic patients have a self-management goal and the average HbA1c level is 7.6%. The registry provides a flow of information between the members of a patient's health team and promotes internal referrals. With the support and commitment from the Diabetes Collaborative, APHCV continues its mission to provide quality health care services to all persons in a culturally competent manner.

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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 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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