

# aacscoop

a news bulletin for the central Ohio Asian Community

Spring 2008

**FEATURED STORIES:**

- Event Spotlight: Asian Health Fair (cover story)
- Policy Matters: Why Tobacco Prevention Funding is Important to the Asian Community (p. 2)
- Local Asian Business Highlight: Indian Palace Restaurant (p. 4)

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

*Event Spotlight*

## Asian Health Fair 2008

Asian American Community Services is pleased to announce that this year's Asian Health Fair was well received by the Columbus Asian community. The increasing number of people who have little or no health insurance makes this annual event particularly important for the Asian community.

The Asian Health Fair was co-sponsored this year by the Ohio Commission on Minority Health and Asian American Community Services and held at Columbus Public Health [240 Parsons Ave, Columbus, OH 43215] on April 12th from 10am-2pm.

There were over 140 participants at the health fair from the Columbus Asian community. The large, second-floor auditorium was packed with over 34 Columbus health-related organizations to inform the community about their various services. Additionally,

various screenings were provided, including: acupuncture, blood pressure, cholesterol, dental, diabetes, HIV, inner ear, mammogram, and massage therapy. Free interpretation services in Manda-



*Participants have their blood tested for levels of glucose by Ohio State University medical student volunteers*

rin, Cantonese, Japanese, Korean, and Bengali were also available for number of participants who were of limited English proficiency, as well as health resources in many other Asian languages.

Many participants were eager to take advantage of the offering of screenings as a lot of them had not been to

the doctor for a general exam in many years.

One participant said, "Most helpful to me was the diabetes screening and the high blood pressure testing because there is a history of both hypertension and diabetes in my family."

AACS was pleased to be working again with Columbus Public Health. Several staff members from the health department also provided HIV and blood pressure screenings. Health Fair participants were able to learn about the wide variety of services offered by both agencies.

For additional information about community health fairs and screenings taking place within the community, please visit our website at [www.aacsohio.org](http://www.aacsohio.org) or call 614-220-4023.

*The event was organized by the Asian Asthma Prevention Program, which aims to raise awareness and reduce asthma rates in the Asian community.*

## Voices from Your Community

"...The day of the biopsy, AACS sent a translator to accompany my mother during her procedure. The presence of the translator was very comforting and ensured that my mother understood everything the doctor had explained. If not for AACS, my mother would never have thought to have a mammogram, nor would she have known where or how to obtain medical attention. She cur-

rently has very limited medical insurance and due to increasing health care costs, it is difficult for her to obtain health care.

Thanks to the assistance provided by AACS, my mother was able to afford the necessary medical procedures and Gothai at AACS offered valuable assistance by scheduling all of her appointments, which she could not have done on her own. I would highly recommend

the services and programs of AACS and am truly grateful to have this organization in our community."  
*-Daughter speaking about her mother who had been a client of the Asian Women Think Pink Program.*

*AWTP is dedicated to promoting and providing breast health education, clinical breast exams and mammogram screenings, and teaching self-examination techniques with language specific materials to the Asian Community of Franklin County.*

# Meet the Team at AACCS

*President of the Board*

Born in China and raised in Taiwan, Yung-Hsien Chung decided to come to the U.S. in order to pursue a graduate degree after receiving his undergraduate degree 30 years ago. Upon his arrival in the U.S., Mr. Chung worked in Cleveland, Ohio at the Austin Powder Company. As a chemist for the company, he took on the specialty of energetic materials for mining.

After eight years of this work, he then spent two years teaching at Ohio State University.

This work ended when he took up a position working in Chemical Abstracts nearly 20 years ago.

Currently, Mr. Chung lives in Worthington with his wife. His two children are currently working in the fields of computer engineering and banking.

With his first-hand experience as an Asian immigrant, Yung-Hsien Chung realizes the obstacles and strengths of the Central Ohio Asian community and is able to provide valuable advocacy and direction to Asian American Community Services.



## Our new Interactive 911 Simulator!

This machine was donated to AACCS by State Farm. With this machine, those with limited English proficiency and new immigrants can practice calling 911 in case of Emergencies.

Thank you State Farm!

## Policy Matters

# ACT Program Advocacy

### **Proposed Bill to Divert \$230 Million from the OTPF to Economic Stimulus Plan**

Earlier this month, in just over four hours, S.B. 192 was passed and signed which, if implemented, would divert \$230 million from the Ohio Tobacco Prevention Foundation (OTPF) to a proposed economic stimulus plan fund.

On April 10, a judge in Franklin County temporarily blocked any transferring of funds to grantees until the scheduled hearing in mid-May. Not only as a grantee of OTPF, but as community members, it's imperative that we voice our concerns to the media as well as legislatures. These funds cannot continue to be "easy access" to state governments. It seems that people don't understand what would happen if tobacco prevention and cessation funds ceased to exist. The next time someone asks you what's go-

ing on with Ohio's tobacco funds, here are some good sound bytes to share:

#### **Tobacco's Toll in Ohio**

- 1) Approximately **19,000 Ohio adults die each year** as a result of smoking-related illnesses. *Source: U.S. Centers for Disease Control and Prevention*
- 2) Annually, tobacco costs Ohio more than **\$4 billion in health care costs** and another **\$4 billion in smoking-related productivity loss**. *Source: U.S. Centers for Disease Control and Prevention*
- 3) Tobacco companies spend more than **\$724 million** annually marketing to Ohioans. *Source: U.S. Federal Trade Commission*
- 4) Tobacco use disproportionately affects Ohio's low-income population, with a tobacco usage rate **double** those in the middle-to-upper class. *Source: Ohio Department of Health and Ohio Tobacco Prevention Foundation*

Now is an opportunity for us to demonstrate the importance of continued tobacco prevention activities. OTPF needs our help in communicating the vital importance of tobacco prevention and cessation programs and the impact in terms of the number of lives that have been touched by the program. As you meet with community leaders and coalition members, keep in mind that we need their continued support. Our community needs, wants and deserves services to assist adults with quitting and prevent youth from starting a deadly tobacco addiction.

*The objective of Asians Choose Tobacco-Free (ACT) is to promote, support and protect the health, traditions, and cultural values of Asians as well as to safeguard them from tobacco and other smokeless tobacco use. The goal of the project is to reduce tobacco use among Asian Americans in Central Ohio.*

# Your Rights: Title VI

## English

### It's the Law: Right to Interpreter

Title VI ensures that anyone who is limited in English proficiency is entitled to an interpreter when he or she comes into contact with any federally assisted and federally conducted program or activity.

It is **not** acceptable for agencies or recipients to rely upon that person's family members or friends to provide the interpreter services. The agency must supply competent language services **free of cost**.

Additionally, all vital documents should be translated into the appropriate language. **Vital documents** include:

1. Applications
2. Consent and complaint forms
3. Notices of rights and disciplinary action
4. Notices advising persons of limited English proficiency of the availability of free languages assistance
5. Prison rule books
6. Written tests that assess competency for a particular license, job or skill for which English proficiency is not required
7. Letters or notices that require a response from the client.

For more information, call 1-888-TITLE-06 (1-888-848-5306) or visit: <http://www.usdoj.gov/crt/cor/>

## Vietnamese

### Chứng Thư VI: Đạo Luật Về Quyền Công Dân

Chứng Thư VI bảo đảm rằng những ai không thông thạo Anh ngữ sẽ có thông dịch viên để giúp khi họ tiếp xúc với những cơ quan làm việc hoặc bảo trợ bởi chính phủ liên bang.

Cái đó không thể chấp nhận được cho những cơ quan hoặc người nhận dùng thân nhân trong gia đình hoặc bạn bè để giúp thông dịch. Cơ quan này phải cung cấp phục vụ thông dịch **miễn phí**.

Thêm vào đó, tất cả những văn kiện quan trọng phải được dịch ra bằng những ngôn ngữ thích hợp. Những văn kiện quan trọng bao gồm:

1. Những đơn xin.
2. Những mẫu đơn đồng ý hoặc than phiền.
3. Giấy báo về quyền hạn hoặc hành động trừng phạt.
4. Giấy báo để cố vấn những người không thông thạo Anh ngữ về việc giúp đỡ sinh ngữ miễn phí.
5. Những văn kiện về luật lệ trong tù.
6. Những bài thi viết để ước định sự hiểu biết để cấp giấy phép, việc làm hoặc năng khiếu nào đó mà việc đó không đòi hỏi phải thông thạo Anh ngữ.

Những thư từ hoặc giấy báo mà nó đòi hỏi sự trả lời từ khách hàng.

Muốn biết thêm chi tiết, gọi văn phòng Phối Hợp và Duyệt Xét số điện thoại số

1-888-TITLE-06 (1-888-848-5306) hoặc vào mạng điện tử của cơ quan này: [www.usdoj.gov/crt/cor/](http://www.usdoj.gov/crt/cor/)

## Chinese

### 美國民權法案第六條款

第六條款是爲了確保英文能力有限者在參與聯邦政府支持或實施的方案及活動時, 可享有口譯者提供之口譯服務。

機關或接受服務者依賴其家庭成員或朋友提供口譯服務是**不被接受的**。機關必需提供**免費**完整的口譯服務。

此外, 所有**重要文件**必須被翻譯成合適的語言。

重要文件包括:

1. 申請表
  2. 同意書或申訴文件
  3. 權利或懲戒規則公告
  4. 通知英文能力有限者有免費語言協助的公告
  5. 監獄規則手冊
  6. 特定執照, 職業, 或技能之能力測試
- 其鷹文能力爲非必須條件的筆試  
要求案主回應之信件或通知

更多的相關訊息請電協調和檢閱部門 (Coordination and Review Section) 於 1-888-TITLE-06 (1-888-848-5306) 或參閱其網頁

<http://www.usdoj.gov/crt/cor/>

Save the Date:

## August 16, 2008

The *GenerAsian neXt Youth Leadership Conference* is designed to empower Asian youth in Ohio. We invite all Asian youth, their parents and friends to come join the fun activities, learn about new cultures and get to know others!

**Where:** OSU Agricultural Administration Building

**What Time:** 9am-7:30pm

**Contact:** Eve at 220-4023 x233 for more information!

## It's Our Community

After agreeing to help a neighbor temporarily with his restaurant business, Tejinder Sangh now finds himself the owner of Indian Palace on Franz road in Dublin.

When his neighbor left the business, Mr. Sangh and his wife Amrit decided to take over and opened an authentic Northern Indian, buffet-style restaurant on January 26<sup>th</sup>, 2008. Mr. Sangh took this opportunity to combine his business sense with that of his wife who had been working in the restaurant business in New Delhi.

The Sanghs moved to Columbus three years ago from New Delhi, India. Although they were well off in India (Mr. Sangh is a consultant engineer), he describes the U.S. as a

country that has "the best sense of law and order in the entire world". So far, the move has been very smooth and both Sanghs are able to be closer to relatives.

Currently, the atmosphere in the restaurant is casual dining due to the buffet-style dining. However, in the coming months, Mr. Sangh hopes to improve the décor of the restaurant to create a more exclusive environment. "Next time you come here", he smiles, "there may be chandeliers and more tables with more privacy."

Indian Palace is a great place for a casual or business meeting and offers a very hospitable environment.

## Indian Palace Restaurant

**Indian Palace Restaurant**  
5726 Frantz Rd.  
Dublin, Ohio 43016  
Telephone: 614-889-6654  
www.theindianpalace.com

### Lunch

Monday - Friday: 11:00 a.m. - 2:00 p.m.  
Saturday - Sunday: 11:30 a.m. - 2:30 p.m.

### Dinner

Monday - Thursday: 5:30 p.m. - 10:00 p.m.  
Friday - Saturday: 5:30 p.m. - 10:30 p.m.  
Sunday: 5:30 p.m. - 9:30 p.m.

*Each quarter we will highlight a particular Asian group from Columbus. This quarter, we are focusing on the Indian community. If you have a business, organization, or recipe that you would like featured, please contact us at 614-220-4023 x223.*

## Asian Recipe Corner: Gothai's Kitchen

### Chickpea Masala

North Indian cuisine can be distinguished from other varieties of Indian cuisine by its frequent use of dairy products, including: milk, paneer, gee, and yoghurt. Other common ingredients include chilies, saffron and nuts.

For baking flat breads, northern India cooking uses a *tawa*, which is a griddle. To bake naan and kulcha, northern Indians use a *tan-door*—a large, cylindrical coal-fired oven.

Goat and lamb meat are favored ingredients in many northern India recipes. The samosa originated in Northern India and is now found in many other areas of India. Lentils, vegetables and roti (a type of wheat-based bread) constitute the base of most Northern Indian cuisine. As a result of its proximity and shared history with northern India, Pakistani cuisine is very similar to northern India cuisine.

#### Ingredients :

1 cup or can of Gorbanzo Beans  
Salt, to taste  
1/2 cup of Yogurt  
1/4 cup Tamarind juice (optional)  
1 tbsp Garam masala  
2 Bay leaves  
1 Tbsp. Oil  
1 Tbsp of Lemon juice, to taste

#### Blend to Paste :

1 Onions  
2 Tomatoes  
1 inch piece of Ginger  
1 clove of Garlic  
1 tbsp Cumin  
Chilli powder, to taste

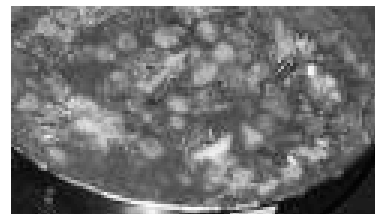
#### Garnish:

1/4 tbsp Cilantro, finely chopped  
1 Small onion, cut into wedges

#### Instructions:

Heat oil in a pan & add bay leaf & the paste. Allow it to cook for few minutes. Add Yogurt & tamarind extract & let it cook till the oil floats on top. Add the Chickpeas & 1/2 Cup of water & let it cook till it reaches the boiling point. Add the garam masala & switch off the stove.

Mix in lemon juice . Discard the Bay leaf. Garnish with Cilantro, Tomato & Onion wedges before Serving. It can be served with Indian Bread or regular bread.



# Opportunities at AACCS

## Healthy Asian Youth Program Supervisor Youth and Family Services Department

### Job Description:

Coordinate HAY mentoring/tutoring program for K-12 graders and supervise the site in order to run the program smoothly and safely. Recruit and retain volunteers in the program.

### Desired Qualifications:

-Bachelor's degree in education or related field required. Master's degree preferred.  
-Five years experience working with children and youth of various ages and economic background required.  
-Experience working within a culturally and linguistically diverse environment highly de-

sirable. Knowledge of A/PI cultures required.  
-Strong leadership skills required.  
-Bi-lingual in an Asian language strongly preferred.

-Strong communication skills in English (oral/written) required.

Must be flexible in order to work on a variety of projects simultaneously and maintain good relationships with staff and volunteers.

### Please send resume to:

ATTN: Valerie Huang, Office Manager  
Asian American Community Services  
4100 N. High St. Third Floor  
Columbus, OH 43214  
Ph: (614)220-4023 ext. 229  
Fax: (614)220-4024

## Use Your Refund Wisely by Amie Kim, State Farm®

So your 1040 is filed and you are now anxiously waiting for your refund. What do you plan on doing with it? Go on that long-awaited cruise, get a new set of golf clubs or buy that wide-screen TV you've had your eye on? There are many ways you could spend your refund, but there may be better alternatives to consider.

According to the Internal Revenue Service, over 75 percent of American taxpayers received a federal tax refund, with the average around \$2,500. It's what you do with your refund now that may create a better financial future for you and your family later on.

Instead of spending your refund this year, consider funding an Individual Retirement Arrangement (IRA), setting up a college savings fund for a child, or paying down credit card debt. These options will help to improve your financial situation.

First on your list of priorities should be paying down any high-interest credit card debts you have incurred. Paying down the debt can free up additional money for other important financial needs.

If debt is not a problem, your tax refund could provide you an excellent opportunity to fund an existing IRA or establish a new one. Making a tax-deductible contribution to a Traditional IRA is an option if you are not participating in an employer-sponsored retirement

plan or, if you are participating, your Adjusted Gross Income falls within eligibility guidelines.

A Roth IRA may be a more appropriate choice, depending on your eligibility. Contributions to a Roth IRA are not tax deductible. However, qualified distributions are received free from federal income tax.

Your refund could also be used to fund a Coverdell Education Savings Account (ESA) or 529 Plan for your child. Contributions are not deductible, but withdrawals to pay qualified educational expenses are free from federal income tax.

Take some time to consider your options before making the down payment on that cabin cruiser. The earlier you start saving for your future, the more you may have during your retirement.

If you have questions about these options and others, you owe it to yourself to contact a financial services professional that you know and trust. Your financial future may depend on it.

State Farm® is a long time supporter of Asian American Community Services, and currently sponsors the Safe Asian Communities Program, which aims to provide culturally and linguistically appropriate safety education and prevention workshops to Asian communities within Central Ohio. The SAC works to reduce the number of traffic-related crashes, fatalities, injuries and property damage through safety service programs.

## Thanks to our Funders:

City of Columbus

Columbus Affiliate of the Susan G. Komen for the Cure

Franklin County Department of Job and Family Services

Franklin County Homeland Security and Justice Planning Unit

Limited (In Kind)

Office of Victims of Crime, Offices of Justice Programs, U.S. Department of Justice; Maryland Crime Victims' Resources Center, Inc.

Ohio Association of Free Clinics

Ohio Commission on Minority Health

Ohio Department of Highway Safety

Ohio Development Disabilities Council

OhioHealth

Ohio State University Health System

Ohio Tobacco Prevention Foundation

State Farm Insurance

The Columbus Foundation

United Way of Central Ohio

# Save The Date: Community Calendar

## Ongoing:

*Healthy Asian Youth After School and Summer Program*  
Wednesdays, Thursdays & Fridays, 4:30pm-7pm (kids 6-12 years old)  
Thursdays 3:30-7pm (kids 13-18)  
Saturdays 2pm-4pm (ESL Only: Kids 6-18)  
*Asian Health Initiative Free Clinic*  
Wednesdays, Thursdays & Fridays, 4:30pm-7pm (kids 6-12 years old)  
Thursdays 3:30-7pm (kids 13-18)

## April:

- 3 Senior Safety Workshop at Stoneridge Court Senior Apartments
- 5 Asthma Prevention Workshop at Columbus Chinese Academy
- 5 Breast Cancer Prevention Workshop, Asthma Prevention workshop for Cambodian Community
- 11 Domestic Violence Volunteer Training at AACCS
- 12 Car Seat Check-up training at Columbus Chinese Christian Church
- 12 Asian Health Fair at Columbus Public Health
- 16 Domestic Violence Volunteer Training, AACCS
- 19 Family Support Program Volunteer Training
- 19 Family Health Day at Buckeye Village
- 19 Asthma Prevention Workshop at Ahmadiyya Mosque
- 19 Asians Choose Tobacco Free, Chinese Buddhist Temple
- 23 Senior Safety Workshop at St. George on the Commons Senior Apartments
- 25 Senior Safety Workshop at the Taiwanese Christian Church in Columbus

## May:

- 7-10 Car Seat Technician Training Class, Washington Township Fire Department
- 31 Senior Drivers and Pedestrians Workshop, Seton Square North Apartment



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