



IOWA DEPARTMENT OF HUMAN RIGHTS

March/April Edition

Commission of Asian & Pacific Islander (CAPI) Affairs and Office of Asian & Pacific Islander Affairs

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CAPI - Medicare 101 Education

In partnership with [Mary J. Treglia Community House](#), a nonprofit providing resources and services to area immigrants and refugees, CAPI Commissioner Peggy La convened a

Medicare 101 education event in Siouxland for area API elders and caregivers. The event helped to bring a very confusing topic and process into focus. CAPI thanks Lisa & Jimmy Ung of World Financial Group for teaching us the ins & outs of Medicare, and sincere appreciation to our volunteer multi-lingual interpreters who donated their time and energy on a Sunday afternoon for the benefit of API senior citizens.



Please contact the Iowa Office of API Affairs for resources that were provided at this event. Medicare is a federal program administered by the US Department of Health & Human Services (HHS) - Center for Medicare & Medicaid Services. Additional resources may be found at www.medicare.gov

ELDERCARE: Webinar

When: Wed, Apr 10, 2019 2:00 PM – 3:00 PM (Central Time)

An upcoming webinar hosted by Center for Medicare Advocacy with Medicare Rights Center and Justice in Aging will examine several current issues facing Medicare beneficiaries. Presentations by Center for Medicare Advocacy Associate Director David Lipschutz with special guests Lindsey Copeland, Federal Policy Director of Medicare Rights Center and Justice in Aging Deputy Director Jennifer Goldberg.

REGISTER: <http://bit.ly/2KbWqmS>

ELDERCARE: New App.

New Medicare “What’s Covered” App

The new “What’s Covered” app lets people with Original Medicare, caregivers and others quickly see whether Medicare covers a specific medical item or service. Consumers can now use their mobile device to more easily get accurate, consistent Original Medicare

coverage information in the doctor's office, the hospital, or anywhere else they use their mobile device. In addition to the "What's Covered" app, through Blue Button 2.0, the agency is enabling beneficiaries to connect their claims data to applications and tools developed by innovative private-sector companies to help them understand, use, and share their health data.

SOURCE: [Centers for Medicare & Medicaid Services \(CMS\)](#)

ECONOMY - Minority Buying Power

Selig Center's Multicultural Economy Report shows minority groups have a combined buying power of \$3.9 trillion

The Multicultural Economy Report calculates the consumer buying power—or total income after taxes—for minority markets in the U.S.: African-Americans, Asian-Americans, Hispanics and Native Americans.

Asian Americans command an estimated 6.2 percent of the nation's total buying power, roughly \$1 trillion. The 267 percent increase since 2000 makes the Asian market the fastest-growing minority market in the country, with a buying power greater than the gross domestic product of Turkey.

SOURCE: [Multicultural Economy Report - Selig Center \(University of Georgia\)](#)

Related Article: [Atlanta Business Chronicle](#)

EDUCATION - School Discipline

Schools lack a clear view of Asian and Pacific Islander discipline disparities

The University of Washington and Lewis & Clark College in Oregon released findings showing that discipline outcomes varied considerably among Asian and Pacific Islander subgroups. Students from Southeast Asian countries, like Vietnam and Cambodia, had suspension and expulsion rates that were 2 to 3 times higher than those from China, Japan and other East Asian countries, according to the study.

SOURCE: [Ethnic Discipline Gap: Unseen Dimensions of Racial Disproportionality in School Discipline](#)

Related article: [Ed Source](#)

HEALTHCARE - Heart Disease

Filipino, Vietnamese heart disease death risk higher than other Asian-American groups; Asian-Indian, Filipino, and Vietnamese populations experience the greatest years of life lost from heart attacks and stroke.

Source: [American Heart Association](#)

Related Article: [UPI](#)

HEALTHCARE - Mental Health

Exploring Challenges in Conducting: E-Mental Health Research Among Asian American Women

Challenges of conducting e-mental health intervention research among Asian American women are explored. A proposed model for addressing these barriers included. Based on an extensive literature review, two main types of barriers to conducting e-mental health intervention research among Asian American women were identified: recruitment barriers and adherence barriers

Source: [University of Hawaii](#)

Discussion Paper: [API Nursing Journal](#)

HEALTHCARE - Intersectional Stress Study

Empirical research has largely ignored the potential links between immigration-related stress and disability as well as immigration-related stress and health service utilization despite increasing scholarship on the association between acculturative stress and health. This study examines the associations between acculturative stress, disability, and health treatment utilization among Asian and Latin American immigrants in the United States.

Data were from the National Latino and Asian American Study (NLAAS), a nationally representative survey of Asians and Latinos living in the United States. The analytic sample contained 2653 immigrants.

Study Conclusion: Acculturative stress may be an important yet overlooked correlate of disability among immigrants in the United States. Non-health care services may provide an effective pathway for intervening for these individuals.

SOURCE: [Social Psychiatry and Psychiatric Epidemiology](#)

Cultural Events & News

Cedar Rapids Independent Film Festival

Film: *Do We Belong?*

An Indian immigrant in Kansas is shot and killed in a senseless hate crime, leaving his wife to grapple with the question of whether America is truly her home. After this tragic event his widow, Sunayana Dumala, was faced with not only the loss of her husband, but complications that arose with her own immigration status now that he was gone. This film explores these events and the subsequent attempts to find healing. Following the screening, Sunayana along with a panel, including her husband's co-workers and local diversity consultants, will participate in a discussion about the film and efforts that are being made to address these issues. They will share their viewpoints on immigration, advancing diversity awareness, inclusion, and related educational training in trying to establish better relationships and increase understanding among the many populations that are interacting with each other in the workplace and everyday life.

The film screening and panel discussion is a part of the CRIFF Saturday Afternoon Session and included as part of a full-event pass that takes place on Saturday, April 13 at 2:30 p.m. More details at <https://www.crifm.org/>

35th Annual Women of Excellence

Hong Cuc Nguyen of Sioux City was awarded The Marilyn Murphy Lifetime Achievement at the 35th annual "Women of Excellence" ceremony hosted by Women Aware, a nonprofit that honors women working to improve the community.

SOURCE: [KMEG 14 News](#)

World of Cultures Celebration - Des Moines Public Schools



DMPS World of Cultures Celebration

Featuring cultural exhibits, entertainment and activities.
Students' essay displays.

Saturday, June 8, 2019
9:00 A.M. – 12:00 P.M.
EVERYBODY WELCOMED

Callanan Middle School
3010 Center Street
Des Moines, IA 50312
(Please use the rear entrance on the east side of the building)

For information, please contact John Nelson at (515) 242-8525
or email john.nelson@dmschools.org

Construction Trades Career Fair for High School Youth

Sponsors include Future Ready Iowa, Iowa Department of Education, Iowa Workforce Development, National Association of Home Builders and Skilled Labor Funds. A similar event was held in Missouri - [watch the video here](#).

SAVE THE DATE APRIL 17TH

Iowa State Fairgrounds Varied Industries Building • Grades 9-12th




LOOKING FOR EXHIBITORS, PARTNERS, VOLUNTEERS AND MORE!

Contact Melisa Cox mellisac@dsmhba.com or
Brandon Patterson brandon@dsmhba.com for more details.

"Build My Future" seeks to raise awareness of career and apprenticeship opportunities in the construction trades among high-school youth. **Event time: 9:00 AM - 7:00 PM with lunch provided.** Organizers ask that all registration forms be submitted no later than April 12.



2019 School & Student Group Registration Form

Thank you for participating in the FIRST Annual
Build My Future
 Construction Career Day & Industry Showcase
 April 17, 2019 from 9 am until 7 pm (Lunch Provided)
 at the Varied Industries Building/Iowa State Fairgrounds

SCHOOL: _____
 ADDRESS: _____
 CITY/STATE/ZIP: _____
 CONTACT NAME: _____ PHONE: _____
 EMAIL: _____
 NUMBER OF STUDENTS ATTENDING: _____

Please Specify Grades or Student Group Attending

FRESHMAN: _____ SOPHOMORE: _____ JUNIOR: _____ SENIOR: _____
 STUDENT GROUP: _____

Preferred Arrival Time (Event is from 9am until 2pm)

9 am _____ 9:30 am _____ 10 am _____ 10:30 am _____ 11 am _____ 11:30 am _____
 3 pm _____ 4pm _____ 4:30 pm _____ 5 pm _____ 5:30pm _____ 6pm _____

**Are you planning on staying until 2 pm?
 Yes _____ No _____ If No Specify a time _____

Please email registration form to mellisac@dsmhba.com or mail form to:
 HBA of Greater Des Moines
 Attn: Melisa Cox
 6751 Corporate Drive, Johnston, IA 50131

Here are some ways you can donate to help those affected by the flooding in Iowa.

If you have been impacted by flooding, please check here to see if you are eligible for flood assistance.

Link to public safety precautions and information provided by the Iowa Department of Public Health.

Global Human Rights Reviews

Countries have different priorities when they review each other's human rights records

Under a peer-to-peer evaluation process established in the late 2000s, every member state in the United Nations faces a periodic review of its human rights record by countries on the UN Human Rights Council. But the issues raised in these reviews can vary substantially depending on which countries are doing the reviewing, according to a Pew Research Center analysis.

SOURCE: [PEW Research Center](#)

DHR HUMAN RIGHTS YOUTH CHAPTERS



Become a Human Rights Youth Chapter!

As a Chapter, you get to:

Become an official Iowa Department of Human Rights partner
Participate in the Annual Statewide Human Rights Campaign
Highlight your chapter's activities statewide

Who can become a Chapter?

Iowa High School, College & local clubs/organizations/groups
Community organizations that work with High School and/or
College youth.

**TO SIGN UP TO BECOME AN IOWA HUMAN RIGHTS YOUTH
CHAPTER, CONTACT:**

Sonia Reyes-Snyder at 515-281-4080
Sonia.Reyes-Snyder@iowa.gov
<http://bit.ly/2PTB3Vx>

DHR YOUTH LEADERSHIP PROGRAMS

Iowa Youth Congress & State of Iowa Youth Advisory Council

We are now accepting applications



Iowa Youth Congress

Governor Kim Reynolds
Lt. Governor Adam Gregg
San Wong, Director

What is the Iowa Youth Congress (IYC)?
IYC is one of Department of Human Rights' youth programs. It is a year long term that provides youth of all backgrounds a unique opportunity for educational experiences in the subject areas of state government, democracy, advocacy, and civic engagement with the hope to enact future legislation in relation to youth issues. IYC was created due to the absence of minority representatives in the Iowa legislature. IYC provides civic education and actual experience to minority youth, empowering them to step into leadership roles. IYC members are high school aged.



2018 - 2019 IYC Issues

- Mental Health Curriculum
- Sexual Violence Curriculum
- Universal Background Checks
- Standard School Safety Drills

Are you interested in learning about Iowa's legislative process?

- Want to make a difference in your community through advocating for issues impacting Iowa youth?

For More Information or to apply to IYC please contact IYC Coordinator Claire Yocom:
Iowa Department of Human Rights
Claire Yocom
Iowa Youth Congress Coordinator
Claire.yocom@iowa.gov
P: (515)-725-2836
<https://humanrights.iowa.gov/iowa-youth-congress>

2019-2020 Events Include:

- Regional Meetings
- Annual Mock Congress
- Conference Calls
- Day on the Hill
- Service Projects

IYC Application (.pdf): <http://bit.ly/2KiM5FS>
IYC Google Forms Application: <http://bit.ly/2FY0wJX>

"When people are given an opportunity to participate in government, our democratic values are at their best."

— a 2017-2019 SIYAC Member



Make a Difference

Check out our website and application at:

<https://humanrights.iowa.gov/cas/siyac>

YOU CAN FIND US ON SOCIAL MEDIA UNDER:



@IowaDHR



@IowaDeptHumanRights

321 E 12th street
Des Moines, IA 50319
Lucas Building, 2nd Floor
Department of Human Rights



State of Iowa Youth
Advisory Council

LEADERSHIP | ADVOCACY | COMMUNITY

WHAT IS SIYAC?

The State of Iowa Youth Advisory Council (SIYAC) became a formal council in 2009 with the passage of Iowa Code 216A.140.8.

As a non-partisan advocacy council, SIYAC consists of 24 youth members, ages 14-20 from all around the State of Iowa who serve two-year terms.

WHAT DO THEY DO?

SIYAC members advocate for issues affecting Iowa youth.

They create position statements that are debated and voted on by the council. Members then advocate for these issues by working with peers, legislators, local and state agencies, and other policy makers.

Members also have the freedom to pursue other projects that improve the lives of Iowa's youth. Members are tasked with serving an individual and a group service project.

For service, members have partnered with Feed Iowa First on their organic farms, Colfax Parks and Recreation to plant trees, and created various food, clothing, school and art supply drives for those in need.



YOUTH VOICES IN ACTION

- In 2018, SIYAC advocated for a bill that was signed into Iowa law that requires school employees to receive training for suicide prevention, identification of adverse childhood experiences, and methods to lessen toxic stress response.

- Currently, SIYAC has four priority areas of interest:
 - Health
 - Human Rights
 - Education
 - Appropriations

- Under these committees, members have researched and advocated to improve environmental conditions, LGBTQ+ issues, sales tax for education, voter registration, and many more.

WHAT TO EXPECT

- Critical thinking skill building
- Creative thinking challenges
- Youth networking and advocacy
- Legislative networking
- Leadership opportunities
- Individual and group volunteerism

SIYAC Application: <http://bit.ly/2YXd6lp>

For more information regarding IYC and SIYAC or the application process, contact Claire Yocom at Claire.Yocom@iowa.gov or 515-725-2836, or go to <https://humanrights.iowa.gov/cas/siyac>

The Iowa Department of Human Rights offers more opportunities for youth engagement. For more information, please visit website <https://humanrights.iowa.gov/>



[Tina Shaw](#) | Executive Officer

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Website: <https://humanrights.iowa.gov/cas/capi>

Archive of past newsletters: <http://bit.ly/2llyo1Y>