



March 2020

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Public Education Forum presented by CAPI:
Aging & Medicare Basics



MEDICARE & AGING

Tools & Planning for Elders and Caregivers

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Saturday, March 7, 2020

10:00 AM - 11:30 AM

100 6th Street, Ames, Iowa 50010

Light refreshments will be served

Meeting location is compliant with the Americans with Disabilities Act

This public informational meeting will assist elders and caregivers
seeking **resources, services and tools**
to make the best planning decisions and maximize benefits.

Please contact [DHR - Office of Asian & Pacific Islander Affairs](#) for additional information:
tina.shaw@iowa.gov or 515-281-4219

AGING: Social Isolation

New report explores how social isolation and loneliness affect health care access and utilization

"Seniors who are experiencing social isolation or loneliness may face a higher risk of mortality, heart disease, and depression, says a new [report](#) from the National Academies of Sciences, Engineering, and Medicine. Despite the profound health consequences — and the associated costs — the health care system remains an underused partner in preventing, identifying, and intervening for social isolation and loneliness among adults over age 50."

"The report outlines five goals that the health care system should adopt to help address the health impacts of social isolation and loneliness. It also offers recommendations for strengthening health workforce education and training, leveraging digital health and health technology, improving community partnerships, and funding research in understudied areas."

Consensus Study Report (paywall): [Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System \(2020\)](#), [National Academies of Sciences, Engineering, and Medicine](#)

US Census 2020

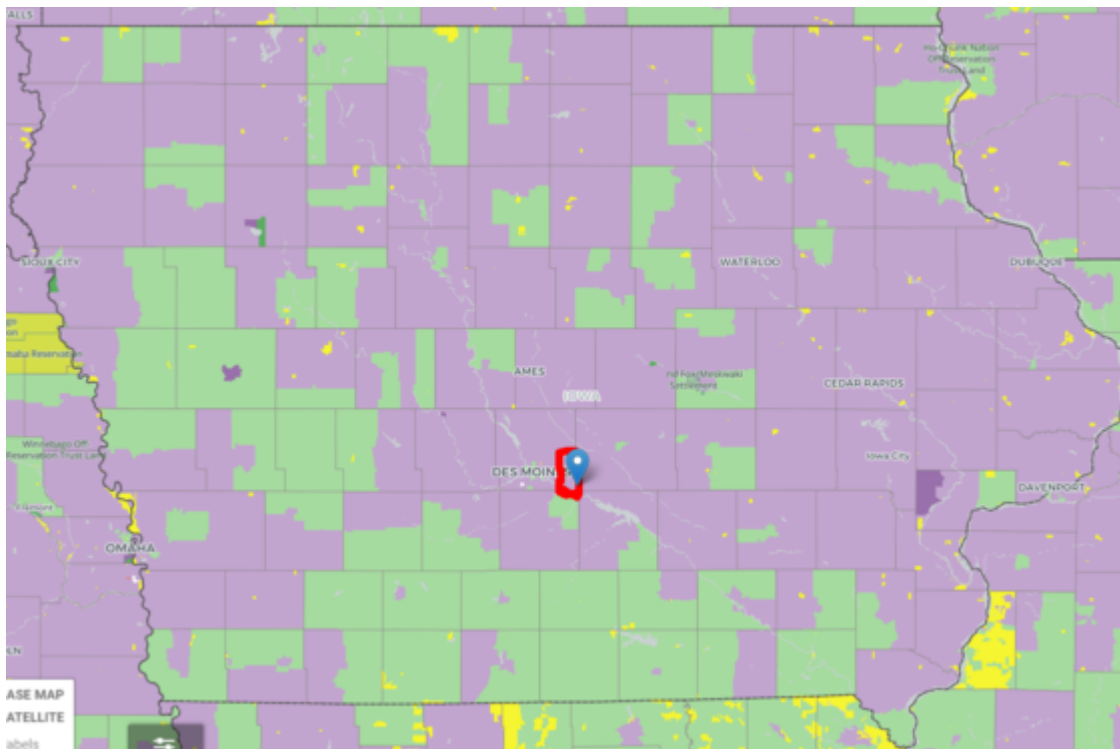
2020 Census Non-English Support Overview of Non-English Language Support

Internet Self-Response	Census Questionnaire Assistance	Language Guides (Video and Print) Language Glossaries Language Identification Card					Paper Questionnaire & Mailing Materials																																																													
12 Non-English Languages Respondents will be able to toggle between the languages within the instrument. Spanish Chinese Vietnamese Korean Russian Arabic Tagalog Polish French Haitian Creole Portuguese Japanese	12 Non-English Languages There is a separate phone number for each language. This information is included in the mailing materials. Spanish Chinese (Mandarin and Cantonese) Vietnamese Korean Russian Arabic Tagalog Polish French Haitian Creole Portuguese Japanese	59 Non-English Languages Video and print language guides will be available online. Glossaries provide key terminology to bilingual staff. Language Identification Card expanded to 59 languages (50 in 2010). Language listed below are in order of need (top to bottom, left to right). <table><tr><td>Spanish</td><td>Italian</td><td>Khmer</td><td>Tamil</td><td>Croatian</td></tr><tr><td>Chinese</td><td>Farsi</td><td>Nepali</td><td>Navajo</td><td>Bulgarian</td></tr><tr><td>Vietnamese</td><td>German</td><td>Urdu</td><td>Hungarian</td><td>Twi</td></tr><tr><td>Korean</td><td>Armenian</td><td>Romanian</td><td>Hebrew</td><td>Lithuanian</td></tr><tr><td>Russian</td><td>Hindi</td><td>Telugu</td><td>Malayalam</td><td>Yoruba</td></tr><tr><td>Arabic</td><td>Ukrainian</td><td>Burmese</td><td>Swahili</td><td>Czech</td></tr><tr><td>Tagalog</td><td>Bengali</td><td>Punjabi</td><td>Yiddish</td><td>Igbo</td></tr><tr><td>Polish</td><td>Greek</td><td>Lao</td><td>Indonesian</td><td>Marathi</td></tr><tr><td>French</td><td>Amharic</td><td>Hmong</td><td>Serbian</td><td>Sinhala</td></tr><tr><td>Haitian Creole</td><td>Somali</td><td>Albanian</td><td>Tigrinya</td><td>Slovak</td></tr><tr><td>Portuguese</td><td>Thai</td><td>Turkish</td><td>Ilocano</td><td>American</td></tr><tr><td>Japanese</td><td>Gujarati</td><td>Bosnian</td><td>Dutch</td><td>Sign Language</td></tr></table>					Spanish	Italian	Khmer	Tamil	Croatian	Chinese	Farsi	Nepali	Navajo	Bulgarian	Vietnamese	German	Urdu	Hungarian	Twi	Korean	Armenian	Romanian	Hebrew	Lithuanian	Russian	Hindi	Telugu	Malayalam	Yoruba	Arabic	Ukrainian	Burmese	Swahili	Czech	Tagalog	Bengali	Punjabi	Yiddish	Igbo	Polish	Greek	Lao	Indonesian	Marathi	French	Amharic	Hmong	Serbian	Sinhala	Haitian Creole	Somali	Albanian	Tigrinya	Slovak	Portuguese	Thai	Turkish	Ilocano	American	Japanese	Gujarati	Bosnian	Dutch	Sign Language	Spanish Bilingual mailing materials and questionnaires will be sent to addresses in bilingual tracts. Mailings will include instructions on responding via Internet or phone in 12 non-English languages. During Nonresponse Followup enumerators use: <ul style="list-style-type: none">• A bilingual handheld instrument (English/Spanish)• Bilingual materials (English/Spanish)• Instructions to respond online or by phone in 12 non-English languages• Language Identification Card	
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Source: [US Census 2020 Presentation Online](#) (slide 5)

CENSUS: Hard to Count Map

A nationwide map created by the City University of New York (CUNY) visualizes how neighborhoods will be counted. CUNY's Center for Urban Research first created the maps for the 2010 census to help philanthropic foundations and civil rights organizations target census awareness campaigns in hard-to-count areas.



Source: [CUNY Center for Urban Research](#) [Hard to Count Map](#)

Resource: [US Census Survey Assistance by Phone - languages available](#)

CENSUS: API Mapping Tool

[AAPI Data](#) and [Asian Americans and Pacific Islanders in Philanthropy \(AAPIP\)](#) released a mapping tool to better educate and help the public understand the diversity and geographic settlement patterns of Asian Americans and Pacific Islanders. The online tool (<http://aapidata.com/censusmaps/>) provides detailed census-tract level maps for the 20 largest metropolitan areas for Asian Americans in the United States. For each tract, the largest Asian American or Pacific Islander resident group is noted, as well as the population size and share of 21 Asian American and 6 Pacific Islander detailed origin groups.

Source: [AAPI Data: Census & Beyond - Mapping the AAPI Community](#).

EDUCATION: Leadership Academy

The [APAICS Youth Leadership Academy program](#), in partnership with the [Close Up Foundation](#), is a week-long leadership development and enrichment program geared towards high school students. The purpose of the program is to provide students of Asian American and Pacific Islander (AAPI) heritage the unique opportunity to learn more about government and public policy issues impacting the AAPI community and how they can be more involved in the political process. The program will include interactive leadership development sessions, guest speakers, and networking opportunities to meet with other successful Asian American and Pacific Islander leaders and a visit to Capitol Hill.

PROGRAM DATES: June 14 – 19, 2020

LOCATION: Washington, D.C.

DEADLINE TO APPLY: April 2, 2020

NOTIFICATION OF ACCEPTANCE: April 30, 2020

Source: [Asian Pacific American Institute for Congressional Studies \(APAICS\)](#)

ENGLISH LEARNERS: Des Moines Classes

Lutheran Services of Iowa's (LSI) **Community-Based ESL Program** is enrolling new students for the upcoming term (Spring Session #2: March 23 – May 17). Course listing and locations, below. Classes are free, and registration is required. Registration and placement testing usually take about 45 minutes. New students accepted until April 30.

Weekly walk-in registration hours at LSI - no appointment necessary:

Mondays and Wednesday: 12:00 PM - 2:00 PM

Tuesdays and Thursdays: 10:00 AM- 12:00 PM

If these hours do not work for potential students, please call LSI's Masoka Mkombozi at 515-271-7418 to make an appointment.

LSI REFUGEE COMMUNITY SERVICES: Refugee Education Programs

Academic Year: 2019-2020

Spring Session #2

Start: March 23rd, 2020

End: May 17th, 2020

New Students Accepted Until April 30th



Class	Description	Childcare Provided	Days	Time	Classroom
Classes held at LSI: Refugee Services Center, 3200 University, Des Moines, IA					
<i>Welcome English</i>	FOCUS: English and cultural information for newly arrived refugees. ENGLISH LEVEL: Pre-beginner-Beginner START DATE: Monday, March 23	Yes	Mon., Tues., Wed., Thurs.	1:00-3:00 PM	LSI Conference Room
<i>Beginning English</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Beginner START DATE: Monday, March 23	Yes	Mon., Tues., Wed., Thurs.	6:00-8:00 PM	LSI Room 1
<i>Intermediate English</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Intermediate START DATE: Tuesday, March 24	Yes	Tues., Thurs.	6:00-8:00 PM	LSI Conference Room
<i>Afternoon Intermediate</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Intermediate START DATE: Monday, March 23	Yes	Mon., Tues., Wed., Thurs.	1:00-3:00 PM	LSI Room 1
<i>Weekend English</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Pre-Beginner-Beginner-Intermediate START DATE: Saturday, March 28	No	Sat., Sun.	2:00-4:00	LSI Conference Room
<i>Citizenship</i>	FOCUS: Prepare for the citizenship exam while developing English reading and writing skills. Students must have lived in the U.S. for at least 4 years. ENGLISH LEVEL: Beginner-Intermediate START DATE: Wednesday, March 25	No	Wed.	6:00-8:00 PM	LSI Conference Room
Classes held at satellite locations:					
<i>U.S. Committee for Refugees and Immigrants</i>	FOCUS: English and cultural information for newly arrived refugees. ENGLISH LEVEL: Pre-beginner-Beginner START DATE: Monday, March 23 NEW STUDENTS ACCEPTED: Through USCRI & Catholic Charities Only	Yes	Mon., Wed.	10:00 AM-12:00 PM	1200 University Ave. Suite 205, Des Moines, IA
<i>Capitol Hill Lutheran Church</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Beginner-Intermediate START DATE: Monday, March 23	No	Mon., Thurs.	9:00-11:00 AM	511 Des Moines St., Des Moines, IA
<i>Goodwill of Central Iowa (Nepali Majority*)</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Pre-Beginner-Beginner START DATE: Tuesday, March 24	No	Tues., Thurs.	6:00-8:00 PM	Stoney Point Plaza 5921 SE 14th St., Des Moines, IA

MORE CLASSES and INFORMATION ON BACK

LSI REFUGEE COMMUNITY SERVICES: Refugee Education Programs

Academic Year: 2019-2020

Spring Session #2

Start: March 23rd, 2020

End: May 17th, 2020

Class	Description	Childcare Provided	Days	Time	Classroom:
Classes held at satellite locations:					
<i>EMBARC at Vineyard Church (Karen Majority*)</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Pre-Beginner-Beginner START DATE: Tuesday, March 24	Yes	Tues., Thurs.	5:30-7:30 PM	Vineyard Community Church 2332 Euclid Ave Des Moines, IA
<i>EMBARC at Zion Lutheran Church (Karenni Majority*)</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Pre-Beginner-Beginner START DATE: Tuesday, March 24	Yes	Tues., Thurs.	5:00-7:00 PM	Zion Lutheran Church 4300 Beaver Ave, Des Moines 50310
<i>EMBARC at Creekside Church (Chin Majority*)</i>	FOCUS: Speaking, listening, reading, and writing practice ENGLISH LEVEL: Pre-Beginner-Beginner-Intermediate START DATE: Tuesday, March 24	Yes	Tues., Thurs.	6:00-8:00 PM	Creekside Church 2743 82nd Place Urbandale, IA 50322

For More Information:

Masoka Mkombozi at (515)271-7418 or masoka.mkombozi@LSIowa.org

John Windheuser (515) 271-7322 or john.windheuser@LSIowa.org

ALL STUDENTS MUST REGISTER AND TEST BEFORE THEY ATTEND CLASS

WALK-IN REGISTRATION HOURS

Visit us at **3200 University Ave., Des Moines, 50311** to register for classes:

Mondays and Wednesdays 12:00PM-2:00PM

Tuesdays and Thursdays 10:00AM-12:00PM

Citizenship Class Registration: Mondays 12PM-5PM or call for appointment

English Class Questions: Call (515)271-7418 and leave a message for an appointment.

Citizenship Class Questions: Call (515)271-7473 and leave a message for an appointment.

* All LSI classes accept students from all backgrounds without exception. The classes marked were originally formed by ethnic groups; so while one ethnic group may make up the majority of students, any student is welcomed and encouraged to attend.



HEALTH: Addiction & Suicide Your Life Iowa (IDPH) Resource Portal

Challenges in seeking treatment for addiction, mental health or wellness within the Asian & Pacific Islander Community include: spiritual & cultural beliefs; personal & family reputations; shame; language; financial challenges; lack of culturally knowledgeable medical professionals and counselors; and skepticism of Western medical norms. Less discussed within API circles is the topic of suicide.

The Iowa Department of Public Health (IDPH) has created YourLifeIowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find

nearby help.

We are your everyday life support.

Alcohol

Whether you are an individual concerned with your own use of alcohol, or a concerned family member or friend, we can get you in touch with experts that can help!

[Learn More](#)

Drugs

Whether it is marijuana, methamphetamine, nicotine, prescription medications or use of another drug, we can get you in touch with experts that can help!

[Learn More](#)

Gambling

Whether you are an individual concerned with your own gambling, or a concerned family member or friend, we can get you in touch with experts that can help!

[Learn More](#)

Suicide

If you or someone you know has thoughts of suicide we can help through resources and connections to support. Connecting with help is the first step to changing your life!

[Learn More](#)

Mental Health

If you or someone you know has questions about mental health we can help through resources and connections to support. Connecting with help is the first step to changing your life!

[Learn More](#)

Vaping & E-Cigarettes

If you or someone you know has questions about vaping and e-cigarettes we can help through resources and connections to support. Connecting with help is the first step to changing your life!

[Learn More](#)

Suicide Prevention Resources

Every 20 hours, a person dies by suicide in Iowa. Suicide is the second leading cause of death for 25- to 44-year-olds exceeded only by unintentional injury. Iowa has taken steps to implement effective suicide prevention strategies through existing partnerships like the Iowa Suicide Prevention Planning Group.

Suicidal thoughts, attempts and completion affect many Iowans. Suicide does not discriminate and can affect anyone. When someone says he or she is thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should take talk of suicide seriously, or if your intervention might make the situation worse.

Taking action is always the best choice. Get help from a trained professional as quickly as possible.

Support and assistance is available through [Live Chat](#), by calling **(855) 581-8111**, or by texting **(855) 895-8398**.

Find help now: <https://yourlifeiowa.org/suicide/find-help-now>

The National Suicide Prevention Lifeline provides the Tele-Interpreters service to its crisis centers which supports over 150 languages. Call 1-800-273-8255 - all hours, everyday.

National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

Patient Health Screen

Click here to take the Depression Screening Quiz.

Suicide Warning Signs

Learn what to watch for.

Help for Family and Friends

Click here for help for family and friends.

HEALTH: API Access to Mental Health Services

Disparities in mental health care access between Asian American and white patients are not completely accounted for by lower rates of perceived need among Asian American patients, according to results published in *Psychiatry Services*.

The research objective was to examine mental health treatment access disparities between Asians and whites in the United States, as well as the role of perceived and objective need and barriers to treatment in these disparities. The findings demonstrate significant disparities in mental health care between Asian and white patients, even when adjusting for lower rates of self-perceived need for care among Asian respondents.

Related Article: [Psychiatry Advisor](#)

Research Abstract: Yang KG, Rodgers CRR, Lee E, Lê Cook B. Disparities in mental health care utilization and perceived need among Asian Americans: 2012-2016. *Psychiatr Serv.* 2020;71(1):21-27 (paywall)

HEALTHCARE DATA: New Disaggregated Study

Asian Americans may have health conditions that are hidden by the way data is collected, researchers at UCLA and Brown University found. Researchers from both universities analyzed data of the Filipino, Vietnamese, Chinese, Japanese and Korean subgroups of the Asian American population - groups with highest survey response rates.

The resulting study, published in the *American Journal of Public Health* on Feb. 20, found that Asian American subgroups may have disproportionately more health problems and less access to care when compared to non-Hispanic white adults. These conditions otherwise would be masked when health data is aggregated, according to the study.

Study (paywall): [Health Conditions, Outcomes, and Service Access Among Filipino, Vietnamese, Chinese, Japanese, and Korean Adults in California \(2011–2017\)](#)

Source: [Brown University and UCLA](#)

Related Article: [NBC News](#)

"Notable & Quotable"



From Vietnam to the United States

About seven years ago, Ryan Nguyen moved to the United States from Vietnam. While oceans apart, Ryan had deep roots in America. His grandfather had been a US-allied

South Vietnamese soldier who was captured during the war, "...and it was the United States who helped free him. They brought him to the U.S., and he has lived here ever since," says Nguyen. Ryan and the rest of his family were able to join his grandfather in the U.S. after going through a 12-year process.

Since Ryan's move right after high school, he has learned English, become a U.S. citizen, graduated college and has worked at Bankers Trust for nearly two years. Ryan is excited to teach his colleagues about his culture and is also eager to learn about others. Ryan has done this by being a member of the bank's Next Gen Committee and by forming many relationships at Bankers Trust. Ryan and a colleague go out to lunch regularly, choosing a new restaurant each time so they can learn about other cultures because Ryan says, "We do not only like to think outside of the box, but also like to eat outside of the box."

In addition to teaching others about his culture, respect, gratitude and family are Vietnamese values Ryan still appreciates. Ryan says, "Gratitude is a big part of the Vietnamese culture. I have deep gratitude for those who have supported me along the way. I still get together regularly with mentors and friends who helped me get to where I am today." A few of those mentors and friends to note are Bankers Trust leaders Randy Bergman, Travis Etchison and Mary Simon.

One way Ryan carries out these values is by annually celebrating Lunar New Year. His celebration starts by visiting extended families to wish them a happy new year, always starting with the elders first. While visiting family, the children receive lucky money – which must be new money – and Ryan says, "It's not about the amount of money received, it's about the well wishes that go along with it." Traditional Lunar New Year celebrations also include going to church or temple and, of course, food. Ryan's family celebrates with square sticky rice cakes filled with mung beans and pork. Eating this at the beginning of the year is believed to bring families health, luck and happiness.

One thing that stands out to Ryan about his workplace is its inclusive culture. He sees first-hand how Bankers Trust embraces people and other cultures through the East Branch cultural celebrations. Ryan also enjoys serving a diverse customer base; he's happy to be able to talk about and celebrate some of his traditions, such as Lunar New Year, with customers, colleagues and friends.

WORKFORCE: Career Fair - Des Moines



CAREER & TECHNICAL FAIR

THURSDAY, MARCH 12, 2020
8:00 AM - 3:00 PM
sonya.smith@dmschools.org

CENTRAL CAMPUS | 1800 GRAND AVENUE | DES MOINES, IOWA 515.242.8119



[Tina Shaw](#) | Executive Officer

Office of Asian & Pacific Islander Affairs | Iowa Department of Human Rights

Lucas State Office Building 321 E 12th Street | Des Moines, IA 50319

Work 515-281-4219 | Toll Free 800-922-8917 | Fax 515-242-6119

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

Archive of past newsletters: <http://bit.ly/2Ilyo1Y>