

ACA

Asian Community Alliance, Inc.
asiancommunityalliance.org



2017 Annual Report



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LETTER FROM THE CHAIR

Dear community leaders, community members, donors and supporters,

What a year 2017 has been for Asian Community Alliance! We made great strides in creating and expanding our programs and services to meet the needs of the Greater Cincinnati Area's diverse Asian communities. This year, we were excited to introduce two successful programs created in response to community needs.

In April, we presented our very first mMental Health Symposium discussing cross-generational mental health issues. The symposium strived to raise mental health awareness, work to lessen the taboo of mental health within Asian communities, and to provide practical learning and access to local resources. Our keynote speaker, Mr. Aftab Pureval of the Hamilton County Clerk of Courts, shared his personal experience of being bullied in school as an Asian American. He explained how he overcame his bullies and why it actually elevated his self-confidence to eventually run for public office. We were thrilled that 110 individuals attended the symposium and event feedback was overwhelmingly positive. Furthering our efforts to address Asian American mental health, we collaborated with NAMI (National Alliance on Mental Illness) and founded a monthly mental health support group geared specifically to our community. Ms. Julia Saldanha, a NAMI-trained facilitator and ACA board member, leads the monthly discussion groups. We are pleased that people are gradually using this service to provide free-of-charge support and resources.

The second new and exciting program is our Youth Leadership Workshop serving high school students (9th to 12th grade). The workshop was created to address the concerns of and issues faced by high school students, and to provide them with skills critical to their transitions to college. The two-day summer event covered career goals, effective communication skills with peers and parents, and how to manage daily stress. Feedback from the participants was extremely positive and encouraging and we hope to make this program an annual offering.

We are proud and excited to announce an innovative job training program for in-home, non-medical health care aides, supported by a grant from the Health Path Foundation. The objective of this program is to build a local immigrant and minority labor force providing quality, culturally-competent in-home senior care. ACA will design the training manual written by local leading medical and health professionals. Participants will be trained comprehensively by a home care health professional and upon completion of the program, will find employment through local home care agencies. The project is expected to be completed in 2018.

In alignment with our organization's goal to "create happy and health Asian families," we continued to expand our multi-generational programs and services to address family issues. ACA believes that one of the most effective ways to achieve this is through open dialogue and increased understanding between generations. Our parenting sessions on healthy family relationships continue to be in demand across communities. In the Fall, a discussion led by clinical psychologists, Dr. Debjani Sinha and Dr. Meera Murthi, addressed the stress and challenges of raising children in a dual-culture environment. Our monthly Indian seniors program, Apna Sapna Club, is growing more than ever. The structured monthly programs are comprised of lectures, games, singing, celebrations and— of course— great food. The success of this program is attributed to our board member, Ms. Geeta Mehan, and her group of passionate volunteers. We hope to use Apna Sapna as a model for seniors programming in other Asian communities.

Project HOPE (Helping Our People through Empowerment)—one of ACA's signature programs— addresses domestic violence, human trafficking, and sexual assault in the Greater Cincinnati Area's Asian communities and continued in 2017 to make great progress. This year we reached out to many communities in an effort to combat what is, perhaps, the most challenging aspect of this topic: stigma. We continue to develop new approaches and outreach strategies to connect with those most in need of help. We are encouraged by the gradual increase in the number of survivors ACA is able to serve.

Our 3rd Annual Dorothy O'Brien Scholarships for graduating high school seniors were announced during the annual Asian Food Festival in May. The winners, Ms. Hoa Pham of Lakota West and Mr. Adam Shim of Seven Hills, each received a scholarship of \$2,500 for their excellence in academics and contributions to their communities.

We held our 3rd Annual Taste of Asia Gala and Fundraiser at Journey Church on September 28th. The event's theme was "empowering immigrant youths to achieve their full potential" and we showcased our youth leadership program and its impact upon those who have participated.

This year, one of our primary goals was to increase our profile in the Greater Cincinnati Area and be sure that individuals and organizations are aware of ACA's work. We regularly connected with many local organizations through our outreach programs and services, including: social services agencies (Women helping Women and YWCA); local business chambers (Cincinnati Chamber); law enforcement persons and agencies (Blue Ash Police Dept.); educational institutes/professionals; and immigrant coalitions and other minority groups (Immigrant Dignity Coalition/ Intercommunity Justice and Peace Center). ACA benefitted greatly from these collaborations because we were able to bring the expertise of these providers to our programs (e.g. educational/learning seminars, workshops) and our partners were grateful for the chance to connect with communities they wouldn't otherwise have access to. These joint efforts raised ACA's status as both a community leader and a collaborator. And while it is rewarding to see the impacts of our effort, our work has just begun.

We appreciate your support of our programs and services in the past year and hope to continue to deliver empowering programs and quality services to you and the Greater Cincinnati Area Asian communities.

ACA would like to thank Ms. Arlene de Silva, Executive Director, for her leadership in developing programs and services that benefitted Asian communities. A special thanks, too, to Ms. Mala Patel, a former board member, who sponsored a consultant who worked with ACA's board to refine the organization's mission, vision, purpose,

and strategic goals. We are extremely grateful to our dedicated board members, independent contractors, donors, and community leaders for their commitment to our mission and goals and their support in helping us to build programming for the benefit of our community.

Yen Hsieh

ACA Board Chair



OUR SCOPE

KEY AUDIENCES

ACA reaches multiple audiences. Since its inception, the organization has served as a bridge between the majority community and Asian American populations. ACA provides a neutral platform where different communities can engage in discussion with experts and professionals, seek solutions, and find resources relevant to issues of specific interest to Asian communities.

PRIMARY FOCUS AREAS

In 2017, ACA's programs, services, and efforts focused on:

- youth leadership and scholarships
- health and wellness
- building capacity in refugee communities
- domestic violence, sexual assault, and human trafficking awareness
- healthcare access
- aging and caregiving
- voter registration



OUR MISSION, VISION, PURPOSE & VALUES

Asian Community Alliance has a new mission statement!

In March 2017, Sue Baggot, President of Power Within Consultancy, facilitated a strategic planning session with board members in order to refine ACA's mission, vision, and purpose statement to better reflect ACA's current work in the community.

The Board is very grateful to former ACA Board Member, Ms. Mala Patel, who kindly sponsored the consultancy services.

MISSION

To educate, empower, inspire and create healthy Asian families and communities.

VISION

To achieve a thriving community through education, collaboration, mutual respect and support.

PURPOSE

Build a productive family and community with our strong cultural values.

- **Educate, empower and promote self-advocacy** by fostering self-reliance, independence and financial stability through continuing education and job training.
- **Promote healthy lifestyles** by providing multigenerational educational programs aimed at achieving a healthy lifestyle.

- **Strengthen family relationships** by advocating for open dialogue among generations in order to promote mutual respect, family values and emotional support.
- **Create awareness of Asian Community Alliance** by promoting our programs/services through collaboration with local social service agencies and communities

VALUES

Our work is executed by individuals who share the following core values of ACA. Each of these values is critical to ensuring that the work of ACA is successful and advances Asian Americans. These values reflect the nature of our organization and our belief that by working together, we can build stronger families and communities.

1. Respect, share and celebrate individual and cultural differences.
2. Embrace diverse cultures to make ours richer
3. Build a positive family environment and community to promote growth and learning.
4. Share our knowledge and resources through community engagement and volunteering
5. Help those who are in need.
6. Build a strong community of diverse cultures and organizations in support of common goals

PROGRAM ACHIEVEMENTS

Our programs span 3 generations – youth, parents, and seniors– and were attended by approximately 825 individuals in 2017.

MENTAL HEALTH SYMPOSIUM

In April, ACA presented the *Understanding Mental Health: Impact on Asian Families* symposium, which addressed mental health issues across generations. Statistics show that amongst American minority groups, Asians are the least likely to seek or receive treatment for mental health due in part to negative cultural perceptions of mental health and fear of social stigma. One of the symposium's goals was to bring attention to and encourage dialogue around mental health. Mr. Aftab Pureval of the Hamilton County Clerk of Courts was the event's keynote speaker and shared with attendees his personal experience of childhood bullying and its impact upon his mental health in his youth. He encouraged Asian Americans to be more involved in discussions of mental health, citing personal examples of other Asian Americans in his life hesitating to seek help or treatment. Openness and a lifting of taboos, he stressed, will help to build culturally rich and inclusive communities.



In addition to Mr. Pureval,

Mr. Aftab Pureval with ACA Board Members and Executive Director at the *Understanding Mental Health* symposium.

several psychologists and mental health experts gave culturally-specific presentations on a variety of topics, including:

"Understanding the Signs and Symptoms of Mental Illness," "Work Stress," "Family Involvement: A Holistic Approach to Mental Health," and "Aging and Mental Health." The symposium included two interactive breakout sessions: one

about understanding mental health in the context of parent-child relationships, and the second about the mental health care needs of seniors and caregivers. Smrithi Ram, a junior at University of Cincinnati and a TEDxUCincinnati winner, spoke of her experience growing up in two cultures and the coping mechanisms she developed.

Approximately 110 individuals attended the symposium, and ACA is pleased that a conversation on this sensitive issue has begun in the Cincinnati Asian American community. To continue this effort, ACA collaborated with NAMI (National Alliance on Mental Illness) this fall to begin hosting **a monthly support group** for individuals in the community who are dealing with or supporting a loved one with mental health challenges. The meetings are facilitated by NAMI-trained ACA Board Member, Ms. Julia Saldanha.

PARENTING SESSION ON ACCULTURATION

In November, ACA organized a session on parenting and acculturation at the Sri SaiBaba Temple of Greater Cincinnati. Acculturation – cultural modification of an



individual, group, or people by adapting to or borrowing traits from another culture – is a significant cause of anxiety and depression in immigrants.

Psychologists Dr. Meera Murthi and Dr. Debjani Sinha, University of Cincinnati Student Counselor, Sue Strakowski, and University of Cincinnati psychology student, Smrithi Ram, facilitated a discussion with 30 students, parents, and seniors, concerning the sensitive issue of bicultural identity in youth and its effects on their well-being.

The open dialogue was very effective in highlighting the unique pressures and stress bicultural youths face and the need for more understanding of the effects of acculturation on a child's mental health and her/his feelings of self confidence and self worth. The session underscored the importance of open communication between parents and children in order for children to cultivate resilience and pride in both of her/his cultures.

ACA is encouraged by the feedback of the participants and will use this session as a model to be replicated in other communities.



YOUTH LEADERSHIP WORKSHOP

ACA developed this pilot program to address Asian American high school students' questions and concerns surrounding career goals, stress management, parent and peer relationships, and leadership-building. The 2-day workshop was attended by 18



students from grades 9-12 and kicked off with a keynote talk by Director at Procter and Gamble, Mr. Uday Sheth, who spoke about his professional experiences as an Asian American and as the father of children attending college.

The first panel was composed of professionals from various fields— medicine, performing arts, business, administration, and writing— who discussed the importance of choosing a career that one is passionate about and comfortable with, rather than one that seems glamorous or is highly-respected. Hard work and dedication, they underscored, is necessary to achieve success in any chosen field.

A second panel of college freshmen and sophomores, a university counselor, and recent high school graduates provided valuable insights into adjusting to college life and how to navigate the transition. Also discussed was parent-child communication,

navigating parental expectations, and how to have an open dialogue with parents about one's career or college choices.

Students participated in a fun team building exercise at the beginning of the workshop and ended with a role-playing exercise about managing good mental health. As a result of to the workshop's positive feedback, ACA plans to make this an annual event.

WORKFORCE TRAINING INNOVATION

ACA is proud to announce it is innovating a non-medical in-home care training program for immigrants in order to address the rising number of seniors with in-home care needs. The comprehensive 80-hour training program will build a qualified and quality labor force of immigrants. The project is funded by a grant from HealthPath Foundation and will be completed in 2018 .

DOROTHY O'BRIEN SCHOLARSHIPS



Dorothy O'Brien Scholarship winners

The winners of the 3rd Annual Dorothy O'Brien scholarships for graduating high school seniors were announced during the annual Cincinnati Asian Food Festival held in May. Ms. Hoa Pham of Lakota West High School and Mr. Adam Shim of Seven Hills High School, each received a scholarship of \$2,500 in recognition of their academic achievements, leadership, and commitment to serving their communities.

PROJECT HOPE

Project HOPE (Helping Our People Through Empowerment) is dedicated to improving the quality of life for victims and survivors of domestic violence, sexual assault, elder abuse, and human trafficking and educating Asian Americans about prevention. Throughout the year, we worked to strengthen our relationships with

various Asian communities, schools, and social service organizations in Greater Cincinnati, to ensure that victims and survivors are aware of resources available to them, and to make the appropriate referrals for survivors. We held 15 outreach events in Asian American communities and facilitated 3 trainings for community leaders conducted by psychologist, researchers, and counselors. We continue to operate a 24/7 HOPE helpline (513-535-4976) where callers (survivors, victims, or their friends and family) can be connected to resources and professional assistance from ACA's HOPE Coordinator. This year, 4 persons called the helpline and received assistance from Project HOPE.

Project HOPE is funded by a grant from the Ohio Department of Health, of which Asian Services in Action (ASIA) of Cleveland is a partner. The helpline is supported by the Spaulding Foundation.

APNA SAPNA CLUB

Apna Sapna Club is a once-a-month group serving Indian seniors and supported by ACA. The club is now 3 years old and has over 100 members in its mailing list. ACA Board Member, Ms. Geeta Mehan, and her group of dedicated volunteers oversee the monthly sessions. Each meeting is planned to be both informative and fun for all members. In addition to taking in presentations on topics such as chair yoga, acuthery, and avoiding fraud and identity theft, members celebrate many Indian Festivals, Mother's Day, Father's day and milestone birthdays. Members are encouraged to share their hobbies and expertise in order to learn from each other. Apna Sapna underscores the importance of keeping seniors happy, connected, and thriving.



'TASTE OF ASIA' FUNDRAISER & GALA

ACA's 3rd Annual Taste of Asia Fundraiser and Gala was held in September at Journey Church in Westchester. This year's theme was "empowering immigrant youth to achieve their full potential." We showcased the accomplishments of our youth leadership program and the impact it has had in our communities. Guests sampled dishes from cuisines across Asia and enjoyed a silent auction and several dance and music performances. ACA Board member, Ms. Phetmany Brower, took the lead in organizing this event and her efforts were greatly appreciated by ACA and the 80+ guests who attended to support ACA's work in the community.



CIVIC ENGAGEMENT

Through our civic engagement initiatives, we encourage Asian Americans to actively participate in the civic processes that affect the rights and opportunities of all Ohioans. We believe in exercising our civic rights and responsibilities, so in 2017, we conducted 4 voter registration events, held 2 'get out the vote' phone-banking events, and encouraged community members to attend the Annual Legislative Day sponsored by the Ohio Asian American Health Coalition.



This year's Ohio Asian American and Pacific Islander (AAPI) Legislative Day, held in October, provided Ohio Asian Americans an opportunity to visit the Ohio Statehouse in Columbus and attend panels on statewide issues affecting AAPI citizens. Several Asian organizations from Columbus,

Cleveland, Cincinnati, Dayton, and Toledo participated in this event, including 22 individuals representing Asian Community Alliance. This year's panels discussed: health disparities in AAPI communities; preserving the rights of DACA recipients and other immigrants; hate crimes and the safety concerns of immigrants. After the panels, attendees were given the chance to visit with state representative and senators to discuss and advocate for policies and legislation addressing these issues.

ACA representatives in Columbus



HEALTHCARE COVERAGE THROUGH THE AFFORDABLE CARE ACT

ACA engaged a part-time health navigator in Dayton, Ohio to assist consumers with general questions about health coverage, navigating marketplace health insurance, applying for Medicaid, and insurance enrollment. We served 157 consumers whose primary language is not English.

MULTI-GENERATIONAL HEALTH PROGRAM

ACA's multi-generational health program offered individuals the opportunity to learn about health and wellness while still having fun. With the generous support of the P&G Fund, ACA was able to execute 5 events attended by approximately 130 persons, including: Back to School: Drum Out Your Stress; Yoga and Meditation for Beginners; Japanese Drumming and Stress Management; Healthy Eating Cooking Class; and a International Holiday Market.

FINANCIAL HIGHLIGHTS

Asian Community Alliance continues to grow stronger in its financial capacity. We are thankful for support from: HealthPath Foundation; ASIA (Asian Services in Action); Ohio Department of Health; P&G Fund; P&G Alumni Foundation; Spaulding Foundation; Cincinnati International Wine Festival; and many other sponsors and individual donors. We thank ACA Founder, Dorothy O'Brien, for her continued support of ACA through her donation to the Greater Cincinnati Foundation. Because of the dedication and financial commitments of these sponsors, we were able to provide many key services to the Asian Communities of Greater Cincinnati.

ACA's financial statements have been prepared in accordance with GAAP standards for non-profit organizations. Proper financial oversight and controls are maintained within the organization and monthly financial statements are reviewed and approved by the Board of Directors.

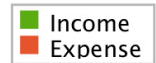
ACA engages the accounting firm of Barnes Dennig & Co. Ltd. to annually file a Form 990 with the Internal Revenue Service.

The following figures reflect ACA's financial growth in the past 4 years:

2014:	\$94,788
2015:	\$116,283
2016:	\$149,053
2017:	\$204,500

Arlene de Silva
Executive Director

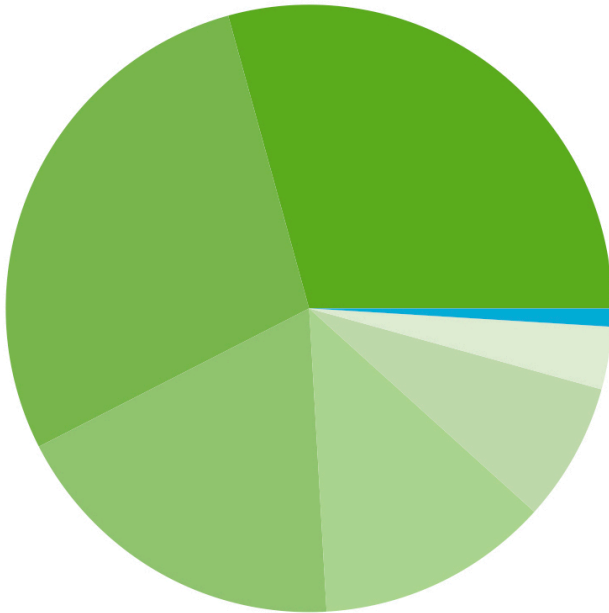
Income and Expense by Month
Jan - Dec '17



Balance Sheet - comparison of 2017 vs 2016

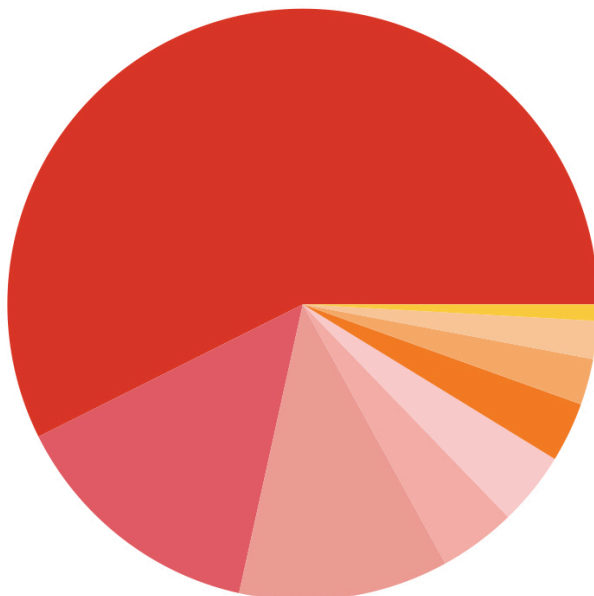
	Dec 31, '17	Dec 31, '16	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
Fifth Third Banking **2...	140,545.36	80,597.41	59,947.95	74.4%
Total Checking/Savings	140,545.36	80,597.41	59,947.95	74.4%
Other Current Assets				
5/3 Certificate of Depo...	20,000.00	20,000.00	0.00	0.0%
Total Other Current Ass...	20,000.00	20,000.00	0.00	0.0%
Total Current Assets	160,545.36	100,597.41	59,947.95	59.6%
TOTAL ASSETS	<u>160,545.36</u>	<u>100,597.41</u>	<u>59,947.95</u>	<u>59.6%</u>
LIABILITIES & EQUITY				
Equity				
Opening Balance Equity	74,650.79	74,650.79	0.00	0.0%
Retained Earnings	25,946.62	15,362.42	10,584.20	68.9%
Net Income	59,947.95	10,584.20	49,363.75	466.4%
Total Equity	160,545.36	100,597.41	59,947.95	59.6%
TOTAL LIABILITIES & EQUI...	<u>160,545.36</u>	<u>100,597.41</u>	<u>59,947.95</u>	<u>59.6%</u>

Income Summary
Jan - Dec '17



18000 HealthPath Foundation	%29.34
15000 ASIA	28.44
17000 ACA A&G Revenue	18.42
12000 P&G Fund	12.48
10000 Spaulding Foundation	7.33
17400 Wine Festival	3.42
11000 OAAHC	0.56
Total	\$204,499.74

Expense Summary
Jan - Dec '17



62000 ACA A&G	%57.57
55000 Project HOPE	14.21
69000 Multi-Generational Health	11.59
65000 Annual Fundraiser	4.19
60000 Voter Registration	4.02
71000 Home Care Trn Program	3.46
56000 Health Navigator	2.50
70000 Symposium	2.07
64000 Youth Wellness	0.39
Total	\$144,551.79

GET INVOLVED

VOLUNTEERS

Volunteers have the opportunity to participate in many of ACA's programs and services, ranging from assisting with program execution to mentoring high school students, planning activities for seniors, or taking part in fundraising and outreach events.

COMMUNITY PARTNERS

ACA has long-standing partnerships with many local social service and community organizations. Through these collaborations, ACA plans many events and participates in cultural festivals.

COMMITTEE MEMBERS

Many of our steering committees are comprised of professionally and ethnically diverse individuals from across the Greater Cincinnati Area who provide a wealth of information and expertise. These committees advise, assist, and advocate for ACA.

*If you are interested in volunteering, partnering or becoming a committee member, please contact us at either **info@asiancommunityalliance.org** or **513-318-9223**.*

BOARD OF DIRECTORS

ACA is governed by an elected Board of Directors who dedicated over 14,000 hours of their time between 2004 and 2016. In 2017, the Board collectively volunteered over 2,900 hours. They are instrumental in researching current issues of significance to local communities and in implementing the programs and services aligned with ACA's strategic plan.

Multiple Asian communities are represented on our board, lending ACA varying perspectives and expertises. Our board's collective efforts enable organizational improvements in work, efficiency, consistency, and cohesiveness of response to community issues.

ACA represents the collective interests of Asian Americans. We do not speak on behalf of individual Asian American community members or other Asian American organizations.

BOARD MEMBERS

Yen Hsieh, Chair

Chandra Prasad, Vice Chair

Phetmany Brower

Geeta Mehan

Julia Saldanha

Ruiying Tang (Sept. - Dec.)

Tessa Xuan

INDEPENDENT CONTRACTORS

Arlene de Silva, Executive Director

Binh Dinh, Health Navigator

Cara Dyne Gores, Multigenerational Health Coordinator

Mae Harman, Voter Registration

Aparna Kad, Project HOPE Case Manager

Sherri Peak, Program Assistant

Smrithi Ram, Project HOPE Outreach Coordinator (Jan. - Sept.) and Project HOPE Coordinator (Sept. - Dec.)

Mary Joan Reutter, Project HOPE Coordinator (Feb. - June)



Asian Community Alliance, Inc.

OFFICE & CONTACT

7577 Central Parke Boulevard, Suite 222

Mason, OH 45040

513.318.9223

asiancommunityalliance.org

info@asiancommunityalliance.org

MEETINGS OF THE BOARD

Check asiancommunityalliance.org for schedule

BANK

Fifth Third Bank

ACCOUNTANT

Barnes Dennig & Co., Ltd.

150 East 4th Street

Cincinnati, OH 45202

DONATIONS

ACA is actively seeking donations to ensure the long-term viability of our programs and services. All donations received will be tax-deductible. To make a donation, interested parties should please

contact Yen Hsieh, the ACA Board Chair –

yenhsieh@asiancommunityalliance.org