



UPDATES FROM CEO & PRESIDENT



In January of 2022, there have been historic leadership changes at AHS. Our longtime CEO, Sherry Hirota, who has served AHS for 46 years has stepped down, to become our Chief Strategy Officer and wise advisor. After many years of working under Sherry, we are honored to assume new leadership roles, with Julia Liou being the CEO and Thu Quach being the President.

From left to right: Julia Liou, CEO of AHS and Dr. Thu Quach, President of AHS

For Julia: I was drawn to AHS' dual mission of advocacy and services when I came here to work here nearly 22 years ago. As the daughter of immigrants from Taiwan and Hong Kong, I saw how my own immigrant grandfather who didn't speak English greatly benefitted from language accessible health care. I wanted to carry the positive impacts he experienced in my own work. I wanted to be a part of this wonderful organization so that together with our staff, we can work with you to create a place of positive impacts in the lives of our patients. It is such an honor for me to be able to work at AHS to serve and advocate for our patients.

For Thu: As a refugee from Vietnam who came here with my family when I was almost five years old, I see a lot of similarities between my family and our AHS patients. My parents did not speak English, and we struggled financially. I started working at AHS when I was in college in 1996 because I was so drawn to the idea of having in-language health care services. As a young child, I often served as my parents' interpreter, and I knew how difficult that burden is on the entire family. I rejoined AHS in 2011, and have been so honored to work here with such a wonderful staff who care deeply about our patients. I wish my family had a place like AHS to care for them. That is why I am so committed to AHS' mission of service and advocacy.

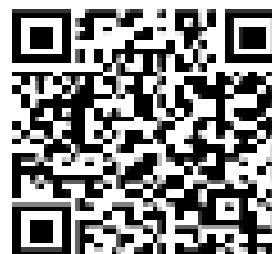
Together, we are committed to carrying on this important work to serve and advocate for our patients, especially as we faced new opportunities and challenges with our health care system, the ongoing pandemic, and a changing economy. Regardless of the unpredictable times, AHS will continue to be here for our patients.

Digital Innovations: New Ways to Receive Health Care and Stay Healthy

We hope you know that we have telehealth visits available for anyone who wants to see their provider from home -- no need to travel or wait in the waiting room! We want to use technology to improve our communications with you and help you stay healthy! We have started a new innovative program for our patients with high blood pressure. We provide a blood pressure machine that can be linked to your smartphone. Your phone can then send us your results so your provider can see them easily.

Please let your provider know if you are interested in participating! Scan this QR code for more details on our remote blood pressure monitoring program.

(Instructions: If you have a smart phone, open your camera and point it at the code. Then press on the link that pops up to see the video on YouTube)



What We Need to Know about Monkeypox

Facts about the risk of Monkeypox

- Monkeypox remains very rare
 - As of the end of August, there are currently less than 150 known cases among Alameda County's 1.7 million residents.
- The risk of catching monkeypox for the general public is very low
 - Casual interactions with a person with monkeypox, like holding a conversation or crossing paths in a public place, do not pose an infection risk.
- Individuals can become infected with monkeypox through:
 - Touching an infected person's skin lesions
 - Contacting bodily fluids, for example during kissing or sexual activity
 - Sharing contaminated bedsheets/towels
 - Absorbing respiratory secretions through
- Although anybody can get monkeypox, at this time, monkeypox has had a greater impact on social network/community of men who have sex with men (MSM). As a result, individuals in this community have a high exposure risk.

Ways to prevent monkeypox:

- Avoid close contact like hugging, kissing, touching, and sexual activity with people with sores or rashes
- Do not share materials (for example, utensils, cups, clothing, towels, bedding) with someone with symptoms

- Wash your hands with soap and water or an alcohol-based hand sanitizer if you suspect you have been exposed
- Use a mask, gown, and gloves when caring for others with symptoms

Symptoms of monkeypox:

- Feeling sick with fever, swollen lymph node, body aches, cough, exhaustion
- A rash that changes from bumps to blister to scabs in the following sequence:



If you think you might have monkeypox:

- Do not leave home and isolate in a private room
- Contact your medical care provider

Individuals who have come in contact with a person with monkeypox or who are in the high exposure risk social network/community:

JYNNEOS vaccine to prevent becoming infected
The monkeypox vaccine is currently in extremely limited supply. It is only given to health care workers with high exposure, individuals who have been exposed to monkeypox, or high-risk MSM and transgender individuals living with HIV

2022 General Election

Are you ready to make a difference on November 8, 2022? It is time to vote again. There's a lot at stake for our communities, including deciding who will lead our city, county, and state governments.

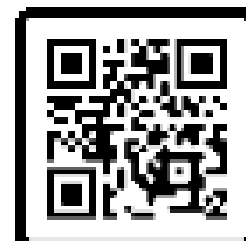
What can midterms elections affect? When voting for state and local officials like the mayor or governor, you are making a decision on issues like school funding, affordable housing, and health coverage.

Asian Americans have grown significantly, and we have voting power. In 2020, during the presidential election, Asian Americans had the biggest increase in voter turn-out, going from 49.3 % in 2014 to 59.5% in 2020. This means we can really influence the election when we come out to vote.

If you are a citizen and at least 18 years old, make sure that you are registered to vote.

All California registered voters will receive a vote-by-mail ballot for the November 8 General Election. Your county elections office will mail ballots no later than October 10, 2022. You can submit ballots at AHS.

The last day to register to vote for this General Election is October 24, 2022. Register or check your registration here.



Membership Update

Older Adult Expansion for Undocumented individuals

- Effective 05/01/2022, individuals over 50 years of age or older regardless of immigration status may qualify for full-scope Medi-Cal services.

Asset Limit Changes for Non-MAGI Medi-Cal Programs

- Effective 07/01/2022, the asset limit **has increased from \$2000 to \$130,000** per individual and additional \$65,000 for each additional family member.
- These new asset limits apply to the following program:

Medi-Cal Program with Asset Limits	
Program Name	Program Description
Aged, Blind, and Disabled Federal Poverty level Program	For people who are over 65 years old, disabled, and/or blind. This program is free
250% Working Disabled Program	For people who are disabled and also working.
Long-Term Care	For people who are living in a long-term care facility.
Medically Needy with a Share of Cost	For people who are over 65 years old, disabled, and/or blind. This program has a monthly cost.
Medical Savings Programs	For people who get Medicare. These programs help pay for Medicare costs, like copay and premiums.

COVERED CALIFORNIA is your alternative option if you are not eligible for Medi-Cal. It is the health insurance marketplace that enables eligible individuals and small businesses to purchase private health insurance coverage at federally subsidized rates. It offers 4 different metal tiers; Bronze, Silver, Gold and Platinum.

For more details of becoming our patients or interested in applying for health coverage and Calfresh,

Call us at 510-986-6880 | Walk in: 818 Webster St, Oakland CA 94607 | email : membersvcgrp@ahschc.org
Monday – Friday: 9am – 5pm (closed for lunch from 12pm-1pm)

COVID UPDATE

COVID-19 Vaccine - Any vaccine for all eligible individuals age 6 months and older To Make An Appointment, call 510-735-3222

COVID-19 Test - Call 510-735-3222 or scan the QR code



Vaccine Schedule

Monday	Clinton Park I 1-4PM 655 International Blvd. Oakland, CA
Tuesday	AHS Clinic I 9:15AM – 4PM 416 8 th St. Oakland, CA
Wednesday	AHS Clinic I 1:30PM – 4PM 416 8 th St. Oakland, CA
Friday	AHS Clinic I 9:15AM – 4PM 416 8 th St. Oakland, CA

Test Schedule

Monday	Clinton Park I 1-4PM 655 International Blvd. Oakland, CA
Tuesday	Wilma Chan Park I 8:30AM – 4PM 810 Jackson St. Oakland, CA
Wednesday	Wilma Chan Park I 1PM – 4PM 810 Jackson St. Oakland, CA
Thursday	Wilma Chan Park I 8:30AM – 4PM 810 Jackson St. Oakland, CA

Common testing FAQ - When should I use PCR vs. antigen test?

PCR stands for Polymerase Chain Reaction and detects small traces of viral genetic information.

Best time to use when: asymptomatic, suspected or known exposure, early infection or required for documentation (travel, school, doctor's visit, work).

Antigen testing detects coronavirus protein and requires larger amount of virus to detect. Best time to use when: symptomatic, testing after positive result to end isolation period on Day 6



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Flu Season is Here!

The influenza (“flu”) viruses typically spread widely from the late fall through early spring. Those most at risk for developing serious illness or even death are very young children, pregnant women, older adults and those with chronic medical conditions.

How can you protect yourself?

- Get immunized with the flu vaccine. Everyone over 6 months should get the flu vaccine. **Call AHS for an appointment at one of their upcoming Flu Clinics in October: (510) 735-3222.**

Community Healing Initiative

In 2021, Asian Health Services formed the Community Healing Initiatives (CHI) program in response to crime and hate incidents affecting AHS patients, staff, and community members. The program’s goal is to reduce violence and promote healing through a health-focused lens. CHI’s approach to holistic healing is to provide immediate trauma-informed services and ongoing cultural healing support. The most recent collaboration is with Cantonese yoga instructor Sasanna Yee, who offers free weekly virtual yoga lessons over Zoom. CHI takes a unique and comprehensive approach to healing and recovery that is tailored to meet the needs of our Asian community members.

Our services are only one part of the healing process; everyone can support crime survivors through small and meaningful interactions. You can support survivors by:

- Calling them and checking in to see how they are doing
- Making sure they are not isolating themselves
- Supporting their healing process by connecting them with appropriate and professional help.

Call us at 510-735-3940 for more information