



MEDITATION

The World Health Organization (WHO) recommends meditation as a way to reduce stress. Meditation is a practice that involves focusing the mind on the present moment. There are many different forms of meditation, but they all share the goal of cultivating awareness and concentration.

Meditation can help reduce stress by:

- Calming the mind and body
- Reducing the production of stress hormones
- Improving sleep quality
- Boosting mood and emotional regulation
- Increasing self-awareness and compassion

Try starting with just a few minutes of meditation each day, then gradually increase this amount of time as you feel more comfortable. Here are some suggested steps from the WHO to help you begin your meditation practice:

1. Find a quiet place where you won't be disturbed.
2. Sit in a comfortable position, either on the floor or in a chair.
3. Close your eyes and take a few deep breaths.
4. Focus your attention on your breath. Notice the rise and fall of your chest as you breathe in and out.
5. If your mind wanders, gently bring it back to your breath.
6. Continue meditating for as long as you like. When you're ready to finish, take a few deep breaths and open your eyes.

You can also follow along with guided meditations that are available online and on meditation apps.

Here are some free guided meditations in various languages:

- [Health Minds Program App](#): Always free. Meditation and mindfulness skills.
- [Stop, Breathe & Think](#): Always free, and for kids too.
- [Insight Timer](#): Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- [UCLA Mindful App](#): Free. Meditation by Diana Winston.
- <https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations>: free meditation exercises in various languages.

Reference: WHO World Health Organization



SPECIALTY MENTAL HEALTH VIDEO

In collaboration with Skylink TV San Francisco, the Asian Health Services Specialty Mental Health Division developed four short videos on mental health. The videos are culturally crafted and drawn from direct clinical care experiences and the expertise of our Asian Health Services providers.

(1) "How to Spot the Seven Early Signs of Depression,"

<https://youtu.be/lufVMxoj7I?si=W5gZKpmHwRBYAI7U>

(2) "Spotting the Four Signs of Teenage Depression: A Guide for Parents and Teachers,"

<https://youtu.be/46tzR3DIYic?si=dwhytnp6tbf0TbFW>

(3) "Understanding Social Anxiety: Decoding Its Six Key Symptoms,"

https://youtu.be/7_FPiKqEIQ?si=WJIN8MTPA0FwukaM

(4) "Feeling Overwhelmed? Spot the Eight Signs of Stress."

<https://youtu.be/SGvgcGGpwrE?si=81Ahj1-lbE4EGSgz>



(1)



(2)



(3)



(4)

Since the inception of these videos, we have received a growing interest and appreciation for utilizing the use of a culturally relevant lens on mental health. We hope that the viewers in the community will continue to gain and deepen their knowledge and awareness about mental health.

COVID-19 VACCINE

COVID-19 cases and hospitalizations have been surging recently and are expected to keep rising through the winter. Protect yourself this season with the updated COVID-19 and flu vaccines. It is safe and recommended to receive both vaccines at the same visit.

Find a vaccine near you by visiting [Vaccines.gov](https://www.vaccines.gov) or by calling 1-800-232-0233.

Who is eligible for the new vaccine?

- Updated Pfizer and Moderna vaccines for Fall 2023- 2024 are recommended for everyone 6 months and older.
- Everyone 5 years and older is recommended for a single updated dose.
- Those under 5 years should get 1-3 updated doses, depending on vaccine history.

What are some ways to stay protected from COVID-19?

- Wear a high-quality, well-fitting mask
- If you are experiencing any cold-like symptoms, stay home and get tested to prevent spreading viruses like COVID-19, flu, and RSV

What do I do if I test positive?

- Stay home and away from other people for at least 5 full days, to prevent the spreading of disease to others.
 - 1.If you have symptoms, Day 0 begins the day you begin feeling sick.
 - 2.If you have no symptoms, Day 0 is the day you took your positive test.
 - 3.You may end isolation AFTER Day 5 if you no longer have symptoms --or your symptoms are mild and improving -- AND you have not had a fever for 24 hours without taking medicine that lowers fevers.
- There are safe, effective, and no-cost medications that treat COVID-19 for individuals 12 years and older if taken within the first 5 days of feeling sick. Contact your healthcare provider or Sesame Care for more information



2023 Flu Shot Clinics

at Asian Health Services

Adult Flu Shot Clinic Location & Times*

Call 510-735-3222 to make an appointment or for any questions.

Open to any adult at least 19 years old (who is not pregnant). If you are a member of Asian Health Services, please bring your membership card and photo ID.

Chenming & Margaret Hu Medical Center

818 Webster Street, 3rd floor

December 2

Saturday: 9:00 am – 1:00 pm

Main Vaccination Clinic – 416 8th Street

November 15 & December 20 | Wednesday | 9:15am - 12pm

Pediatric Flu Shot Clinic Location & Times*

Call 510-735-3222 to make an appointment or for any questions.

ONLY open to current Asian Health Services patients who are 6 months - 18 years old. The patient must be accompanied by a parent/legal guardian.

Please bring your child's AHS membership card and insurance card.

Chenming & Margaret Hu Medical Center: 818 Webster Street, 3rd Floor

December 2

Saturdays: 9:00 AM – 1:00 PM

*Patients with any of the following symptoms are asked to consult their medical provider BEFORE getting the flu vaccine:

•Fever/Chills

•Cough

•Sore Throat

•Difficulty Breathing

•New Muscle Pain all over your body

•New Loss of Taste/Smell

•Congestion or Runny Nose

•Nausea/Vomiting

•Diarrhea



INDIVIDUAL TAXPAYER IDENTIFICATION NUMBER (ITIN)

What is an Individual Taxpayer Identification Number (ITIN)?

An ITIN is a tax processing number issued by the Internal Revenue Service (IRS). It is a nine-digit number beginning with the number "9" used for tax purposes only. ITINs are issued regardless of immigration status and are available for nonresident/ resident alien individuals who are not eligible for a Social Security Number to be able to file taxes and obtain tax benefits and credits.

How to file in 1 easy step

File Form W-7 with your federal income tax return. You can file by mail or by dropping it off at a designated IRS Taxpayer Assistance Center.

Important information to know

- The IRS does not share your information with Immigration Authorities and an ITIN does not change your immigration status
- There is no fee to apply for an ITIN.
- Your ITIN can expire if you haven't used it in the last 3 years

What are the benefits?

An ITIN establishes a public record of your earning income and gives you access to other resources such as:

- Getting your driver's license
- Apply for a mortgage to purchase a home
- Securing financial aid for college
- Eligible for Tax Credits such as California Earned Income Tax Credit (CalEITC), Young Child Tax Credit (YCTC), Education Credit, Child and Dependent Care Credit and Retirement Credit

TAKE 5 EASY STEPS TO PREPARE FOR ANY DISASTER

Taking these small steps today can ensure that you and your loved ones are safe and cared for when disaster strikes.

Step 1 – Sign up for alerts to know what to do. Sign up to get your county alerts at CalAlerts.org. You can also sign up for the MyShake earthquake warning app. Dial 211 for evacuation routes and shelters. Try texting if local phone calls can't get through during a disaster.

Step 2 – Make a plan to protect your people. Think about who you want to connect with during an emergency. Write down their names and contact information. Share copies with everyone on your list. Pick one person outside the area where you live who won't be affected by your local disaster. Create a local disaster resource directory (fire, police, power, gas) and plan an evacuation route.

Step 3 – Pack a GO BAG with things you need. Important items include Documents, cash, a map, a medications list, a portable radio, a flashlight, first aid supplies, a portable computer, and a LISTOS disaster guide: ListosCalifornia.org.

Step 4 – Make a STAY BOX for when you can't leave such as 3 gallons of water per person, nonperishable food, and trash bags.

Step 5 – Help others get ready. Think about who might be the first on the scene to help in your neighborhood during a disaster. Thinking through these things will help you to prepare and start conversations with your neighbors.

Go to ListosCalifornia.org/resources for more tips to help you and your loved ones prepare for and stay safe in any disaster.

Scan this QR code to sign up for emergency alerts:



Download your emergency disaster guide checklist here:

<https://asianhealthservices.org/emergency-preparedness-resources/>

INTRODUCING OCHIN MYCHART YOUR GATEWAY TO BETTER HEALTHCARE

Asian Health Services is thrilled to introduce an exciting addition to your healthcare journey: the OCHIN MyChart patient portal, launching this November 2023. At Asian Health Services, we are committed to providing you with the best possible care, and MyChart is designed with your convenience and well-being in mind.

What is OCHIN MyChart?

POCHIN MyChart is a personalized portal that empowers your patient experience by giving you direct access to your health information and clinic services.

Key Features of OCHIN MyChart

- 1. Access your Medical History:** With a few clicks, you can review your medical history, including diagnoses, medications, allergies, and immunizations. Keeping track of your health has never been easier.
- 2. Request Non-Urgent Appointments:** Need to see your healthcare provider? No more phone calls or waiting on hold. Use MyChart to request non-urgent appointments and our staff will get back to you with availabilities
- 3. View Lab Test Results:** Quickly access your lab test results as soon as they are available, helping you stay informed about your health in real-time.
- 4. Communicate Non-Medical Questions:** Have questions about billing/accounting, insurance claims, or other non-medical concerns? MyChart makes it simple to send secure messages to our staff, ensuring you get the answers you need.
- 5. View Upcoming Appointments and Address Details:** Stay organized with a clear view of your upcoming appointments, along with essential address details to help you reach us easily.

How to Get Started:

- 1. Sign up:** During your next clinic visit, find the MyChart flyers for detailed information on how to sign up through text or email. Then, follow the step-by-step instructions to start setting up your account. If you need further assistance, come to our technology hub at 416 8th Street, Oakland to get your questions answered (Open Monday-Friday from 9 AM-12:30, and 1:30-4 PM)
- 2. Verify your identity:** To ensure the security of your health information, you will be asked to verify your identity during the registration process.
- 3. Access Your Health Information:** Once you're in, explore the features and start enjoying the benefits of MyChart.

At Asian Health Services, we are committed to delivering patient-centered care, and MyChart is a significant step towards enhancing your healthcare experience. We can't wait for you to experience the benefits of this innovative platform.



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MESSAGE FROM THE CEO & PRESIDENT



Julia Liou,
CEO



Thu Quach,
President

As we near the end of the year, we want to take a moment to wish our patients great health and well-being. 2024 will mark our 50th year of service to our community. For five decades, regardless of the challenging times we have faced, Asian Health Services (AHS) has remained steadfast in providing and expanding services for our patients.

Recently, AHS reached a historic three-year contract with the Service Employees International Union (SEIU) Local 1021, which is the labor union representing our employees who are not in management. At AHS, our employees have been part of a labor union since 1997. Since then, we have had many successful labor contracts that show our longstanding commitment to workers' rights. Over the decades, each time we negotiate a new contract, we have provided significant increases in wage and benefits to our employees.

For this recent contract, we have provided historic wage increases, significant workforce investments, and enhanced benefits.

The new contract includes an average increase of 22% for union staff salaries, and up to a maximum of 40% for some positions over three years. The contract also recognizes the Juneteenth holiday and includes increased health, parking, holiday, and bereavement benefits.

This historic agreement signifies AHS' commitment to meaningful support of our staff, and AHS continuing its long record of supporting workers' rights and unions. . As always, we appreciate our staff's dedication, hard work, and commitment to serving our patients, families and communities.