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# OAPIA Bi-Weekly Newsletter

## News Updates from the DC Mayor's Office on Asian and Pacific Islander Affairs

### A Message from the Director

**Dear Community Members,**

The District of Columbia has witnessed an unusually long winter this year. Nevertheless, with the warm breeze quickly approaching, District residents are welcoming the spring season.



Meanwhile, OAPIA has been active in efforts throughout the past several months to promote [DC Health Link](#), the District's new online health care insurance marketplace, to the Asian American and Pacific Islander (AAPI) community, including limited English proficient (LEP) and non-English proficient (NEP) residents.

OAPIA and DC Health Link assisters and insurance brokers have also been present at community events and religious institutions that serve the AAPI community to answer questions and help enroll individuals in affordable health plans through DC Health Link.

DC Health Link offers new affordable health plan options for small businesses and residents in the District. Many residents and businesses can now shop for the specific plans that meet their needs.

Monday, March 31, 2014 is the deadline for eligible District residents to enroll in health insurance and to avoid a tax penalty. I encourage all eligible District residents who do not have health insurance coverage to not delay and register today for DC Health Link at [www.dchealthlink.com](http://www.dchealthlink.com).

Warm Wishes,

Soohyun "Julie" Koo  
Director, DC Mayor's Office on Asian and Pacific Islander Affairs

### OAPIA in the Community

## OAPIA Promotes DC Health Link at the Islamic Center of Washington, DC



On March 14, 2014, OAPIA continued its effort to inform District residents about DC Health Link at Islamic Center of Washington, DC on Embassy Row before the enrollment deadline of March 31st. DC Health Link insurance brokers and an assister were present to answer questions and help enroll 15 individuals in affordable health plans through DC Health Link.

For more information on [DC Health Link](#), please visit [here](#).

## OAPIA Participates in Georgetown University Chinese Student Alliance's Career Forum



*OAPIA Community Outreach Specialist Andrew Chang (center) sharing his background and work experience.*

OAPIA participated in a forum on career opportunities at Georgetown University on Saturday, March 22, 2014. The panel was organized by Georgetown University's Chinese Student Alliance

and allowed students to hear about the work experiences of the panelists, career advice, and learn of career opportunities available to them in the District of Columbia.

For information on [OAPIA internships and volunteering opportunities](#), please visit [here](#). For information on [career opportunities and resources](#) in the District, please visit [here](#).

## OAPIA News

### OAPIA Welcomes New Community Outreach Assistant KangEun Jeong



**KangEun Jeong**

KangEun Jeong recently joined OAPIA as a bilingual community outreach assistant. As a native of Seoul, South Korea, she was raised and educated there, and later moved to Washington DC in the fall of 2012. KangEun holds master's and bachelor's degrees in the area of international studies from Yonsei University. With her Korean language capabilities and cultural background, KangEun hopes to play a distinct role in bridging local government and the Korean community in the District of Columbia

Prior to joining OAPIA, KangEun worked at various organizations both in South Korea and the US, including the East Asia Institute, the Embassy of the Republic of Korea and the Korea Daily - Washington, DC branch. As a journalist, she covers Korean and Asian American community issues, as well as local politics. Through both experiences, KangEun has developed close relationships with the local Korean and Asian American communities.

## Spotlight: GABRIELA Washington, DC



GABRIELA Washington, DC was born out of the the Igniting Leadership and Action with Women (ILAW) Program for Survivor Empowerment. ILAW (which means "light" in Tagalog) was developed in the Washington, DC metro area when trafficked Filipino teachers started to come out of the darkness to seek support from each other as well as the broader Filipino community. The program, which still continues under GABRIELA Washington, DC, seeks to shed light on the systemic root problems that lead to forced migration that leaves many migrants vulnerable to trafficking and other forms of exploitation. Key components of ILAW are empowerment through unity, education, and information on legal and social services.

The founders of GABRIELA Washington, DC are made up of the ILAW women who broke their

chains of fear to fight for justice along with concerned Filipino American activists and advocates. GABRIELA Washington, DC is a member organization of GABRIELA USA, the first overseas chapter of the GABRIELA National Women's Alliance in the Philippines.

For more information on [GABRIELA Washington, DC](#), please visit [here](#). For more information on [GABRIELA USA](#), please visit [here](#).

## March is National Nutrition Month



National Nutrition Month is a healthy eating campaign led by the Academy of Nutrition and Dietetics. The campaign emphasizes promoting a healthy lifestyle that includes making informed food choices and developing sound eating and physical habits. This year is the 41st anniversary of National Nutrition Month and the theme is "Enjoy the Taste of Eating Right."

What constitutes proper nutrition is still something that people need to be more informed on. Diets high in saturated fat and low in fiber increase the likelihood of chronic disease, including diabetes, which the AAPI community is almost twice as likely to develop when compared to the general population. Recent consumer surveys reflect that taste is the number one reason why people choose one food item over another. That's why this year's theme will focus on utilizing techniques to create meals that are delicious while also following the US Department of Agriculture's dietary guidelines for Americans. As we celebrate this year's National Nutrition Month, some easy tips to keep in mind towards leading a healthier lifestyle include drinking more water, walking more, and practicing mindfulness.

For more information on National Nutrition Month or related resources in the District, please visit:

- [DC Department of Health: Food and Nutrition](#)
- [US Department of Agriculture's Center for Nutrition Policy and Promotion: Dietary Guidelines for Americans](#)
- [Academy of Nutrition and Dietetics: National Nutrition Month](#)

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