

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.



OAPIA Update Newsletter

Biweekly News Updates from the DC Mayor's Office on Asian and Pacific Islander Affairs (OAPIA)

A Message from the Director

Dear Community Members:

It was a pleasure meeting some of you at our OAPIA open house a couple of weeks ago. I hope everyone had a safe, happy, and healthy Lunar New Year celebration.

Recently at OAPIA, we have launched [Healthy Asian Americans and Pacific Islanders in DC \(HAAPIDC\)](#), an initiative aimed at improving the quality of life of DC's Asian American and Pacific Islander (AAPI) residents. HAAPIDC will increase the availability of culturally and linguistically appropriate information on healthy living to DC's AAPI residents. The information provided is on health conditions and risk factors that disproportionately affect AAPIs as a whole, and specific AAPI ethnic groups.

Additionally, look for me in your neighborhood, as I have been holding community office hours. These sessions allow me to stay connected you and the rest of the community, and to provide folks with easy access to District government so that they may share their concerns and issues. This evening, I'll be in Chinatown in Ward 2 at Joy Luck House, 746 6th St NW from 5:00 pm to 7:00 pm. Please come with your questions or concerns or just come to say hi!



Warm regards,

David Do
Director, DC Mayor's Office on Asian and Pacific Islander Affairs

OAPIA in the Community

Mayor Muriel Bowser and OAPIA Host Open House and Lunar New Year Celebration



OAPIA staff pose with Mayor Bowser at the OAPIA open house.

Mayor Muriel Bowser and OAPIA Director David Do welcomed community members and District government employees for a fresh start as OAPIA celebrated the Lunar New Year on February 11, 2015. The open house allowed the public to meet Mayor Bowser, OAPIA Director Do, and the OAPIA staff.

For more [photos](#), please visit [here](#).

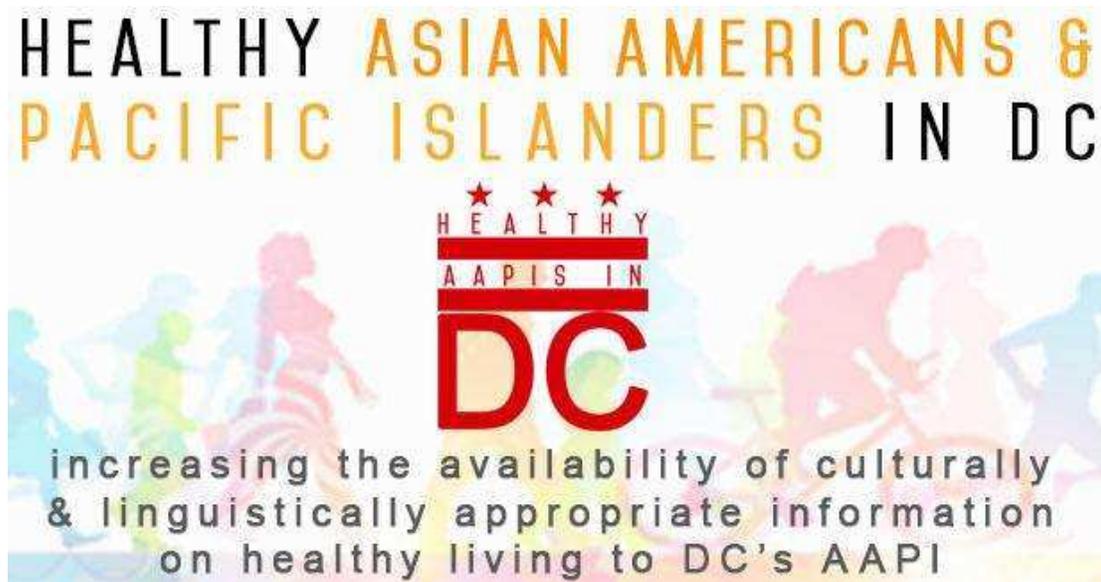
OAPIA Meets with Local Community Based Organizations and Small Business Owners



OAPIA staff and interns celebrate the anniversary of the Asian Senior Center with local seniors.

On February 13, 2015 and February 20, 2015, OAPIA Director Do, OAPIA staff, and OAPIA interns met with local Asian American and Pacific Islander community based organizations and small businesses one-on-one in order to remind them about OAPIA agency services and to address any concerns they may have. OAPIA has been visiting small business owners as part of continued outreach and engagement efforts.

OAPIA Launches Healthy Living Initiative



(WASHINGTON, DC) - The DC Mayor's Office on Asian and Pacific Islander Affairs (OAPIA) has launched Healthy Asian Americans and Pacific Islanders in DC (HAAPIDC) - a healthy living promotion targeting the District community.

"This initiative fits in line with Mayor Bowser's vision of ensuring residents in all eight wards have access to the tools they need to live quality and productive lives. Growing up with limited English proficient (LEP) parents and being an English language learner (ELL) myself, I have a keen understanding of the benefits that HAAPIDC will afford our residents by increasing access to translated materials in their language," said David Do, OAPIA Director.

For the entire [press release](#), please visit [here](#). For more information on [HAAPIDC](#), please visit [here](#).

OAPIA Director Do's Office Hours in the Community



OAPIA Director Do meets with community members in Ward 1.

OAPIA Director Do held public office hours in Columbia Heights in Ward 1 at Samuel Kelsey Apartments on Thursday, February 19, 2015. OAPIA Director Do is holding office hours in all eight wards across the District to stay connected with the community and to provide constituents with easy access to District government to share concerns and issues.

Mayor Muriel Bowser and OAPIA Attend the Chinese Consolidated Benevolent Association (CCBA) Chinese Lunar New Year Parade



OAPIA Director Do waving to the audience.



Mayor Bowser lighting the firecrackers.

Mayor Muriel Bowser and OAPIA Director David Do celebrated the beginning of Lunar Year 4713, the Year of the Sheep, at the annual Chinese Consolidated Benevolent Association (CCBA)

Chinese Lunar New Year parade in Chinatown on February 22, 2015. Chinese folk dancers, kungfu performers, traditional lion and dragon dancers, community organizations, and other performers and groups marched in the parade.

Mayor Bowser made keynote remarks during the program and presented a proclamation wishing all the residents of the District of Columbia a happy and prosperous New Year. Following her remarks, Mayor Bowser fed the lion dancers red envelopes for good luck. Mayor Bowser helped lit the traditional Chinese firecrackers that concluded the celebration.

For more [photos](#), please visit [here](#).

Spotlight: Fujian Resident Association of the United States

The Fujian Resident Association of the United States not only serves Fujianese compatriots in the United States, but also supports the development of their native Fujian Province in China and works to enhance US-China relations. The newly elected president of the Fujian Resident Association of the United States is Mr. Ming Wah Chan. The Fujian Resident Association is a member of the Coordination Council of Chinese American Associations (CCCCAA).

For more information about the [CCCCAA](#) or ways to get involved, please visit [here](#).

February is Heart Month



February is Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. Physical changes related to aging occur irrespective of other factors that can increase your risk for heart disease, such as family history, diabetes, high blood pressure, high cholesterol, and lifestyle choices. To help combat heart related diseases, in 2011 the United States Department of Health and Human Services (HHS) launched Million Hearts, a national initiative that aims to prevent 1 million heart attacks and strokes in the United States by 2017.

This month encourages Americans to control their blood pressure by means of heart-healthy choices. Heart disease is a leading cause of death in the Asian American and Pacific Islander community. Having your blood pressure regularly checked, by the doctor or by using a home blood pressure monitor, is important because high blood pressure often shows no signs or symptoms.

For more information on Heart Month or related resources, please visit:

- [DC Department of Health \(DOH\): Heart Disease and Stroke Prevention and Care](#)
- [DC Mayor's Office on Asian and Pacific Islander Affairs \(OAPIA\): Healthy Asian Americans and Pacific Islanders in DC \(HAAPIDC\)](#)

- [US Department of Health and Human Services \(HHS\) Million Hearts](#)
- [American Heart Association](#)

oapia@dc.gov | www.apia.dc.gov | Phone: (202) 727-3120 | Fax: (202) 727-9655



[Forward email](#)



This email was sent to oapia@dc.gov by oapia@dc.gov | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



OAPIA | 441 4th St NW | Suite 721 North | Washington | DC | 20001