

ASIAN PACIFIC AMERICAN OFFICERS COMMITTEE

of the

United States Public Health Service Commissioned Corps

NEWSLETTER

Summer 2018

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LCDR Oliver Ou & Lcdr Nancy Tian

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CDR Jerry Zee

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APAOC Chair's Corner

Dear APAOC members,

First of all, I would like to congratulate all APAOC officers who are promoted this year. I am sure all of you are exemplified officers to be promoted under this very competitive process, especially with our promotion rate as low as 13%. I am very proud of your achievement. On the flip side, officers

who are not promoted in this cycle, please do not get frustrated and discouraged. I strongly encourage you to reach out to your mentors to discuss your career path and to identify areas of improvement. We must support each other to **strive for excellence**. Utilize your resources such as the APAOC Mentoring Program, and our APAOC Promotion Resource Guide. To our senior officers, especially the recently-promoted ones, I sincerely request you to share your knowledge and experience to support your fellow officers by being a mentor or contributing to our APAOC promotion resources.

During the Asian American and Pacific Islanders (AAPI) Heritage Month this May, I am very grateful to see many APAOC officers actively led or engaged in activities to celebrate AAPI month. Among them, Lcdr Xinzhi



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Interested in submitting an article or volunteering?

Please forward your submissions to Lcdr Eric Wong Eric.Wong@ice.dhs.gov or CDR Su-Lin Sun, Su-Lin.Sun@fda.hhs.gov



APAOC Chair's Corner

Continued

Zhang, President of the Federal Asian Pacific American Council (FAPAC)/NIH Charter, organized the 2018 HHS Asian American/Pacific Islander Heritage Month Observance at NIH main campus in Bethesda, MD. CDRs Ruiqing Pamboukian, Dipti Kalra, and LCDR Kelly Leong participated in various roles at the 33th FAPAC National Leadership Pre-Training Program at FDA Wiley Building in College Park, MD. LCDR Helen Zhou led six APOAC members to join the 46th Annual Asian American Heritage Celebration at the National Institutes of Health, Bethesda, MD. It is a great tradition for APAOC members to promote and support our own AAPI communities at this national event.

At the 2018 USPHS Scientific & Training Symposium in Dallas, TX, LCDRs Oliver Ou and Nancy Tian, Chairs of the Minority Officers Liaison Council (MOLC), successfully co-led the 28th MOLC Award Ceremony on June 5, 2018. Special congratulations go to CDR Yoon Kong, LCDR Long Pham, and CDR Curi Kim who are the recipients of the 2018 CAPT Allan Lock Award, the 2018 RADM Samul Lin Award, and the 2018 RADM Samul Lin Senior Officer Award respectively. Despite the busy schedule during the conference, the APAOC COF Social Luncheon were attended by thirteen APAOC members. It was a great way for APAOC members across the country to network.

As previously introduced in our newsletter, our new Healthy Mind Initiative aims to address the alarming high rate of suicide rate in AAPI community due to psychological illness, opioid and drug use, disability, and long-term illness by increasing community's awareness on the importance of mental health. Partnered with the Substance Abuse

and Mental Health Service Administration (SAMHSA), and Asian American Health Initiative, Montgomery County, MD, the initiative has gained high level of visibility in PHS, federal agencies, and communities. CAPT Jeanean Willis-Marsh, the Chief Professional Officer for the Health Services Officer, is the senior advisor for this initiative. So far, the initiative has ten collaborators including the Psychology Professional Advisory Group (PsyPAG) from SciPAC, the Social Work Professional Advisory Group (SWPAG) from the HSPAC, National Institute on Minority Health and Health Disparities of the National Institutes of Health, various community organizations and private foundations. SAMHSA just completed two Train-the-Trainer sessions for PHS officers and community leaders this June to prepare officers for community

engagement in AAPI communities this fall. Under the extraordinary leadership of LCDR Xinzhi Zhang, CDR Ranjodh Gill, and CDR Karen Chaves, the Community Engagement Workgroup is preparing a briefing document for **ADM Brett P. Giroir**, the Assistant Secretary for Health of the Department of Human Health and Services, per his request at the 2018 USPHS Symposium in Dallas, TX. Due to the rapid operational expansion of the initiative, APAOC Executive Committee has decided to publish a special edition of APAOC Newsletter later this year to report on the progress of the initiative to our members.

I am truly impressed by all APAOC members' leadership, commitment, and contributions, and greatly appreciate all your support.

I wish everyone have a happy, healthy, and fun summer!



CPO Remarks



CAPT Jeanean Willis Marsh
Chief Health Services Officer

Dear APAOC Members,

I was very honored to join your meeting in May! I cannot believe it was just last year that CDR Zhou and I had a conversation about this initiative when it was a mere concept. I'm very pleased to see the great progress your organization has made to forward the Healthy Minds Initiative! As you know, addressing the many mental and behavioral health issues that are prominent in our society is a priority for the administration and the leadership in HHS. I applaud the APAOC in raising awareness and developing strategies to address this important issue of suicide among Asian American and Pacific Islander youth. This initiative is an outstanding example of public health partnership and leadership. As we move forward in reimagining a new commissioned corps, it is this type of initiative, designed to demonstrate impact utilizing data and evidenced-based approaches, that will further assist us in establishing the added value of the Corps.

I am personally honored to support your efforts and as the CPO for the Health Services category, my PAC and I are committed to joining you to champion this public health crisis.

I look forward to your success!

Senior Officer Highlight CAPT Josef Rivero



CAPT Josef Rivero is a health service officer serving as a senior advanced practitioner and associate investigator with the Federal Bureau of Prisons. CAPT Rivero was selected to be highlighted in this issue of the APAOC Newsletter due to his history of excellence and devotion to the Corps. We had the opportunity to ask him a few questions. Here are his thoughts!

1. What advice do you want to give to junior officers regarding leadership and career planning?

Follow your passion and inspire your colleagues through your work in your agency and your actions outside of work.

2. What have been the biggest challenges you have encountered related to career planning and development? What wisdom can you share based on addressing those challenges?

Identifying leaders with the right skill set is a critical ingredient for success. Sometimes, as leaders, we make decisions that are not favorable to all, however, knowing the rationale that is bigger than yourself is worth

staying on path.

3. Who is the most influential person in your life?

The most influential people in my life are my children as they remind me everyday about the priority in life.

4. What is the best piece of advice you have been given?

Be yourself and do not let anyone compromise your talents, integrity, and belief.

5. What characteristics do you most admire in others?

Integrity and loyalty.

6. What has been your most memorable Corps experience?

Being a part of the Monrovia Medical Unit Team One in response to the Ebola crisis was my most memorable experience in the Corps thus far.

7. Has APAOC influenced your career and if so, how?

I met outstanding leaders in the APAOC and everyone is an agent of change for me for the better.



Officer Highlights

APAOC Engineer Officer Receives Category Award



LT Chaolong Qi, CAPT Alan Echt, and CAPT (ret.) Michael G. Gressel won the 2018 RADM Robert C Williams Engineering Literary Award (Peer Reviewed Category), which recognizes outstanding written works of engineers and architects within the U.S. Public Health Service and to promote the literary achievements of the authors of written works. This award recognizes the team's work related to the article titled "The Generation Rate of Respirable Dust from Cutting Fiber Cement Siding Using Different Tools", as well as the service to public health. RADM Edward Dieser, the 14th Chief Engineer Officer of the U.S. Public Health Service, presented the award to LT Qi during the category day of the USPHS Scientific and Training Symposium on June 6th, 2018.

APAOC Officer Receives Public Health Service Award

LT Teresa Wang was recently awarded the PHS Achievement Medal in recognition of exemplary contributions to tobacco prevention and control and an Epidemic Intelligence Service Officer in the Office on Smoking and Health from July 2015 through June 2017.

APAOC Officer Selected as JOAG Junior Office of the Year

LCDR Nancy Tian was selected by JOAG as Junior Officer of the Year.

Onward and Upward!

Congratulations are extended to recently promoted officers. Promotion in recent years have been more and more competitive and your achievement highlights your value to the Corps and to APAOC.



To Captain (O-6)

Medical Officer

Douglas Chin-Lu Chang
Health Services Officer
Ulgen Semaye Fideli

Nurse

Thuy Thanh Nguyen

Pharmacist

Yon Chu Yu

Health Services Officer

Maria Victoria Tagal Fields

To Commander (O-5)

Medical Officer

Alice Yung-Ti Guh

Dental Officer

Carol Joan Marie Wong

Health Services Officer

Karen Ho Chaves

Nurse

Ranjodh Sunny Gill

Ashleigh Alvarez Sun

Pharmacist

Sadhna Khatri

Song Yee Lavalais

Amy C. Nguyen

Scientist

Geoffrey K. Wu

Therapist

Ivy Fondy Chan

To Lieutenant Commander (O-4)

Engineer

Jeffrey Douglass Meng

Pharmacist

Navdeep Bhandari

Fiona Chao

Pariban Dhanormchitphong

Gina Sutedja

Quynh Anh Hong Tran

Dan Quoc Vu

Nurse

Elizabeth Aran Kim

Ali Atega Patino Jr.

Stacy Yung



APAOC Healthy Mind Initiative: How the Real “SAT” (Stigma, Alienation, and Trauma) May Impact Your Child’s Mental Health

By Victoria Chau, PhD, MPH, CPH



Victoria Chau, PhD, MPH, CPH

It is all too common to hear about the rigorous academic and extracurricular schedules, as well as the intensive studying for the SAT that some Asian American teenagers experience. Too often, the pressures of performing well academically and fulfilling cultural roles and expectations of one’s family, play heavily into the mental health of Asian American youth. Understanding one’s own self and beginning to explore one’s ethnic identity often occurs during adolescence. Because of this, Asian American youth, parents, and the community should be aware of the importance of family and social support during this time period. Thus, knowing how the real “SAT”—Stigma, Alienation, and Trauma—can affect your own teenager, or one you know, is essential to guiding them towards healthy development.

Navigating Two Cultures: The Real “SAT”

Nearly 3 out of every 5 Asian Americans in the U.S. are foreign-

born.¹ As a result, mixed nativity (foreign-born and U.S.-born) households are common. Asian American youth, particularly those born in the U.S. whose parents immigrated to the U.S., may experience the challenging task of straddling two separate cultures—an “Asian” culture and a typical “American” culture—with their contrasting values, priorities and cultural practices. During this critical developmental period of adolescence, like other racial and ethnic groups, Asian American youth experience the regular struggles and pressures of adolescence but with the additional task of fitting into a peer culture, meeting family expectations, and establishing a bicultural identity.

Stigma

Mental health is not a widely discussed topic in Asian American families and communities and utilization of mental health services among Asian Americans is consistently the lowest compared to other racial and ethnic groups. The stigma associated with mental health and the sense of “shame” or “loss of face” may prevent Asian American youth with social or emotional problems—and their families—from seeking help. Additionally, polarizing concepts associated with Asian or American culture may create internal conflict and stress that can result in youth feeling misunderstood by their first generation immigrant parents. Several of these polarizing concepts include Asian traditions of collectivism versus American traditions of individualism. During adolescence, youth begin to experiment with independence, making the push and pull of collectivism versus individualism particularly stressful for Asian American youth. Asian American youth can struggle with meeting the collectivistic

approach of their family and culture, where every life decision requires family input, especially the elders, and where each decision carries the weight of one’s family image and status. Because of this, stigma manifests in the form of individual shame and family shame brought upon the youth when they do not meet and uphold the expectations of their family. In contrast, Caucasian American friends of Asian American youth may exhibit greater freedoms such as choice in social and academic activities that some Asian American youth do not get, yet desire, and without the burden of family shame. Thus, the social comparison by Asian American youth to their non-Asian American peers can at times be mentally detrimental and can highlight the internal conflict between Eastern and Western traditions that they experience. Due to stigma, Asian American youth who are experiencing social or emotional issues may want to seek help, but may not for fear of bringing shame to their family. Understanding how to reduce stigma associated with mental health and family shame is essential to providing an environment where Asian American youth can even consider seeking help when needed.

Alienation

Navigating a bicultural world, Asian American youth may experience alienation due to the opposing values of two cultures. For example, the deference to elders as commonly upheld in Asian cultures coupled with the notion of youth only speaking up when asked to or when it is culturally appropriate to do so, directly opposes the American culture where speaking one’s mind is often encouraged, especially while at school. These



concepts are intertwined with many teenagers' natural desire to socialize, date, and make their own choices. Asian American youth may be unable to date or participate in social activities because it does not align with their family's wishes and may result in feelings of alienation from their peers. Additionally, feeling unable to speak up or voice one's opinion to one's parents or elders among Asian American youth can amplify the feeling of alienation from their non-Asian American friends. Instead of socializing or dating, many Asian American teenagers are expected to spend their time getting good grades, acing the SAT, and excelling at violin, piano and tennis to ensure they get into a top-tier college; or working to help their family financially. Furthermore, some Asian American teenagers are expected to take care of their parents when older and experience this pressure during their adolescence creating stress that non-Asian peers may not be experiencing. The inability to play, socialize, date and be a teenager in American standards may compound the stress that any typical teenager

experiences. Similarly, alienation also occurs as experiences of discrimination due to one's race or culture—many times related to stereotypes—from both Asian and non-Asian peers or others and has been shown to be associated with stress and negative mental health outcomes among Asian American youth. These are but a few of the common issues experienced among Asian American youth which may in turn impact their mental health.

Trauma

Emotional trauma due to shaming, loss of face, and social experiences such as bullying, rejection or discrimination experienced by teenagers is often associated with problems such as depression and anxiety. These experiences in conjunction with parenting styles that are typically demanding and less demonstrative of emotion and affection often leave these youth lacking critical family and social support. In these family environments, teenagers may withhold their inner feelings and may not feel comfortable confiding in their parents. Without open communication between parent and child, Asian American youth

who are experiencing social or emotional problems are unlikely to share with their parents the pain they may be experiencing. The stigma of mental health in most cultures, but especially in Asian American culture, exacerbates the situation.

Thus, for parents, ensuring your Asian American teenager is emotionally and mentally supported is key to reducing the additional stress that they may be experiencing due to the challenges of navigating two cultures. Assessing your own relationship with your child and making efforts to open the communication between you and your child could place them on a positive trajectory in life. Thus, understanding the real "SAT" may be more beneficial to any Asian American teenager and parent than how to score a 1600.

¹López, G., Ruiz, N. G., & Patten, E. (2017). *Key facts about Asian Americans, a diverse and growing population*. Pew Research Center. Retrieved from <http://www.pewresearch.org/fact-tank/2017/09/08/key-facts-about-asian-americans/>



Substance Abuse and Mental Health Services Administration provided the first Train-the-Trainer session to PHS officers, collaborators and partners of APAOC's Health Mind Initiative in Rockville, MD on June 15, 2018.



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DO YOU KNOW?

The purpose of this newly-created section is to share some valuable information among officers. The success of this section depends on officers' support to share. Please submit such information to the Newsletter Working Group to share with our members.

Used Uniforms

Used uniforms can be purchased at great prices at 28 Thrift Shops around the world (<http://www.nmcrs.org/pages/thrift-shops1>). For officers in the DC area, you may contact the following shop for details. Military ID is required for any purchase. It is advisable to call the shop before you go.

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Dr. Matthew Lin, Deputy Assistant Secretary of DHHS, and APAOC Members at the 2018 FAPAC National Leadership Training Program. From Left to Right, CDR Eric Zhou, LCDR Kelly Leong, Dr. Matthew Lin, CDR Ruiqing Pamboukian, CDR Dipti Kalra, LCDR Nancy Tian, and Mr. George Chang

Celebrate Asian Pacific American Heritage Month at FDA

By CDR Ruiqing Pamboukian and LCDR Kelly Leong

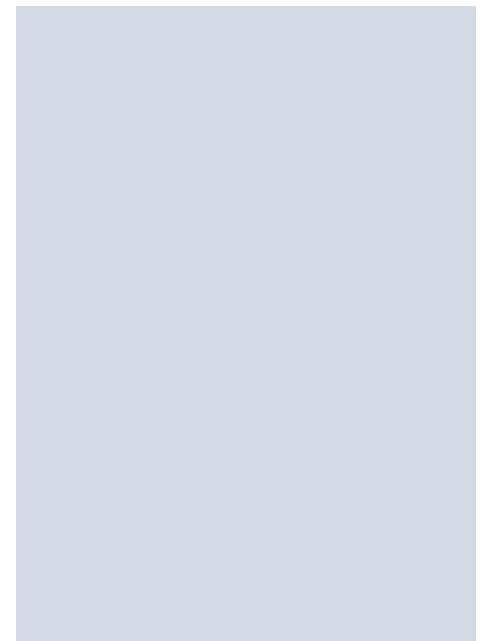
The month of May is the official Asian-Pacific American Heritage Month. To celebrate the diverse culture, traditions, and history of Asian Americans and Pacific Islanders (AAPI), the Center for Food Safety and Applied Nutrition (CFSAN) Asian American Network (CAAN), and Federal Asian Pacific American Council (FAPAC) co-organized the pre-conference training on May 14, 2018 for the 33rd FAPAC National Leadership Training Program (NLTP) at the FDA Wiley Building Auditorium in College Park, MD. This year's theme is "United Our Vision by Working Together".

The event was very informative, and offered a very diverse group of speakers to share their expertise and experiences with the attendees on AAPI data, diversity & inclusion, and strategies on AAPI's challenges at workplace. The Director of CFSAN, Dr. Susan Mayne; the Director of Diversity & Inclusion Division at Department of Health and Human Services (DHHS), Dr.

Bonita White; and FDA Staff and DHHS AAPI Employee Resource Group lead, Dr. Vanee Komolprasert, gave their opening remarks for the one-day event. APAOC members participated this event in various capacities. CDR Dipti Kalra was the moderator for the panel discussion where our APAOC Chair CDR Eric Zhou was one of the panelists. CDR Ruiqing Pamboukian was in the planning committee, and LCDR Kelly Leong was the Master of Ceremony.

The event's keynote speaker was Dr. Matthew Lin, the appointed Deputy Assistant Secretary for Minority Health and the Director of the Office of Minority Health in DHHS. He shared the highlights of his career including his extensive effort on domestic and international disasters relief from Hurricane Katrina in 2005, to earthquake at Nepal in 2015. The event also featured diversity and inclusion office directors from multiple Federal agencies, and AAPI

Senior Executive Service) members sharing their experiences on how to overcome AAPI challenges at workplace, breaking the "bamboo ceiling". The event more than 100 attendees, including in-person and online. It was a valuable opportunity for APAOC officers to better understand our own workplace challenges, and to get more involved in our local FAPAC Chapters and communities.





LT Zavera Brandon speaking to visitors about healthy eating.

PACE Officers at University of Maryland's 20th Annual Maryland Day

By LTs Zavera Brandon and Theresa Yu

Each year, the University of Maryland at College Park welcomes thousands of visitors to celebrate learning and discovery. The event offers free family-friendly exhibits, presentations, and demonstrations throughout their entire campus. This year was its 20th annual celebration and it is the fifth year that the Prevention through Active Community Engagement (PACE) has participated in this wonderful community event. The mission of PACE is to engage the community through education to create a healthier nation. LCDR Leshin and 13 officers interacted with approximately 600 visitors at the USPHS Commissioned Corps booth this year.

As newly commissioned junior officers, this event gave us an excellent opportunity to use our expertise to provide education to hundreds of people. We met other officers from different agencies and categories and learned how officers were making contributions at community events such as Maryland Day. We were able to engage with adults as well as children while providing them with information on the opioid epidemic, fitness, healthy eating, and nutrition.



Plank challenge.

The booth had age appropriate games, stickers, and coloring worksheets which attracted young children to get involved in health promotion. Older children had the opportunity to participate in exercise challenges with officers, such as timed planks and maximum squats able to complete in 30 seconds, which was



exciting for everyone involved (with officers occasionally losing to some very active kids). Teens and adults were interested in the opioid information and received an abundant amount of education on the opioid epidemic and preventing opioid overdose. In collaboration with the Drug Enforcement Administration (DEA), a DEA educator discussed the importance of keeping naloxone on hand, which is one of the U.S. Surgeon General's initiatives. This year's event was a huge success. We are looking forward to next year's event and future events with PACE.



LTs Theresa Yu (left) and Zavera Brandon (right) at the USPHS booth.



The USPHS booth attracted close to 600 visitors this year at Maryland Day event.

APAOC at OBC 103



APAOC was present at OBC 103's graduation ceremony to welcome the newly minted officers to both the Corps and to APAOC. Congratulations!





Multi-uniform servicemen and servicewomen participated in the 2018 Spring Talon Honor Flight for US Veterans at the US Navy Memorial in Washington, DC.

APAOC Members Volunteered at the 2018 Spring Talon Out Honor Flight for U.S. Veterans

By LCDR Helen Zhou



U.S. Navy Memorial in Washington, D. C.

Approximately 40 Active Duty Servicemembers from the Air Force, Army, Navy, Marine, Coast Guard, and USPHS welcomed about 60 World War II veterans from Michigan at the U.S. Navy Memorial. The U.S. Navy Performance Team conducted the formation performance for the veterans. The Active Duty Servicemembers in return, had the valuable opportunity to listen to Veterans' experience in Wars.

The event has an enormous impact on World War II Veterans' lives. As one Veteran said, "This is the best day I have in my life!" Veterans greatly appreciated the honor received by Active Duty Servicemembers. For some, it may be their last time to be able to come to Washington D. C. to pay respect to the Memorial.

APAOC members with the Navy Formation Performance Team. (Front from Left to Right, CAPT Josef Rivero, LCDR Helen Zhou, and CDR Eric Zhou)

Talons Out Honor Flight is the Southwest Michigan hub for the national Honor Flight Network, a non-profit organization, which honors World War II veterans by flying them to Washington, D.C. to visit their WWII memorial.

On April 21, 2018, CAPT Josef Rivero (2017 HSO PAC Chair), CDR Eric Zhou, LCDR Nathan Hamil, and LCDR Helen Zhou represented the United States Public Health Service by greeting the Talon Out Honor Flight World War II veterans at the





Recipients of MOLC Awards at the 28th MOLC Awards Ceremony. Photographed by CDR Michelle Tsai.

MOLC Breakfast Awards Ceremony at the 2018 USPHS Symposium

By LCDR Oliver Ou, LCDR Nancy Tian, LT Chaolong Qi, and LCDR Xinzhi Zhang

Minority Officers Liaison Council (MOLC) was founded in 1990 to serve as a liaison to the Surgeon General representing PHS racial and ethnic minority officer groups. Each year, MOLC hosts an award ceremony at the Commissioned Officers Foundation's Scientific and Training Symposium (the Symposium) to include officers nationwide to celebrate the achievements of minority officers. This tradition started in 1990 continues to grow and thrive.

On June 5th 2018, at our annual Symposium in Dallas, Texas, more than 120 officers participated in the 28th MOLC Awards Ceremony. Distinguished guests included the United States Surgeon General, VADM Jerome Adams, Deputy Surgeon General, RADM Sylvia Trent-Adams, RADM Nicholas Makrides, RADM Kevin Meeks, RADM Michael Weahkee, RADM Kelly Taylor, RADM Michael Toedt, RADM (ret.) Helena Mishoe, Col (ret.) James Currie, and the MOLC senior advisor, CAPT Brandon Taylor.

The celebration started with a few noteworthy highlights of the morning: (1) an honorable song sung by Comanche Nation tribal artist, Mr. Anthony Nauni, (2) a brief speech from VADM Jerome Adams encouraging all minority officers to strive for excellence because "excellence is not an option, it is a requirement for minority officers.", and (3) followed by a keynote address by RADM Kevin Meeks, the Deputy Director of Field Operations for the Indian Health Service (IHS). Fourteen minority officers from the four Chartered Minority Advisory Groups (CMAG) were recognized during the ceremony, including the recipients for three APAOC Awards. CAPT Taylor presented a shadow box containing coins from each CMAG to VADM Jerome Adams and RADM Kevin Meeks to express our appreciation for their participation.

LCDR Oliver Ou and LCDR Nancy Tian served as both the APAOC MOLC Representatives and the MOLC Chairs in 2018. The Planning

Committee for this year's MOLC Awards Ceremony was chaired by LCDR Janet Hayes and LCDR Melissa Schossow from the American Indian/Alaska Native Commissioned Officers Advisory Committee (AIANCOAC). APAOC volunteers for the ceremony were: CAPT David Lau, CDR Maria Fields, CDR Johannes Hutaurok, CDR Jodi Nakai, CDR Michelle Tsai, CDR Eric Zhou, LCDR Evelyn Hong, LCDR Burt Tamashiro, LT Zavera Brandon, LT Fiona Chao, LT Daan Chen, LT Chaolong Qi, LT Theresa Yu and LT Peng (Jeff) Zhou. Last but not least, we want to extend our appreciation and give a shout out to the COF for providing breakfast for the event!

Congratulations to the 2018 APAOC Awards Recipients

2018 RADM Samul Lin Senior Officer Award: CDR Curi Kim

CDR Kim is a medical officer dedicating her 11-years Commissioned Corps career towards mobile and vulnerable populations.





Since 2014, she has been the Director for the Division of Refugee Health at the Office of Refugee Resettlement (ORR) within the Department of Health and Human Services (DHHS), Administration for Children and Families in Washington DC. She had worked tirelessly towards the implementation of the integrated Unaccompanied Alien Children (UAC) health system. During the Presidentially-declared humanitarian crisis in 2014 when more than 57,000 UAC arrived the US, she worked 7 days a week as the HHS lead agency's Chief Medical Officer for the mission. In addition, CDR Kim implement medical screening standards for UAC entering ORR custody to include testing for HIV, lead levels, and sexually transmitted diseases based on national guidelines. She was previously assigned to the Division of Global Migration and Quarantine at the Centers for Disease Control and Prevention (CDC) as Medical Epidemiologist and Quarantine Medical Officer. During her tenure in CDC, she served as a subject matter expert on airline contact investigations on communicable disease of public health significance and public health travel restrictions, medical consultant to state and local health departments within the Detroit Quarantine Station jurisdiction, and oversee activities on

Quarantine Epidemiology and Surveillance Team. In addition, she volunteers twice a week to care for uninsured patients at a free clinic in Arlington, Virginia.

*2018 CAPT Allan Lock Service Award:
CDR Yoon Kong*



CDR Kong is an Interdisciplinary Scientist in the Food and Drug Administration (FDA), Center for Drug Evaluation and Research (CDER), Office of Drug Evaluation IV, Division of Nonprescription Drug Products. She serves as a senior reviewer and subject matter expert on nicotine replacement therapy over-the-counter (OTC) drug products including labeling reviewing on the OTC new drug applications. She mentors pharmacy students, Oak Ridge Institute for Scientific and Education fellow, and new staff. CDR Kong has been continuously and consistently involved in APAOC as a general member since 2010, and has served in multiple roles including alternate voting members and voting members. She supported multiple local outreach events and has been an APAOC voting member since 2016. After that, she served as Co-chair and Chair of the Public Relations & Merchandise

subcommittee. Currently, CDR Kong serves as the Corresponding Secretary.

2018 RADM Kenneth Moritsugu Junior Officer Award: LCDR Long Pham



LCDR Pham is a pharmacist who currently serves as a team lead in the Office of Management, Technology and Operations, Division of Technology Management in the Substance Abuse mental health Services Administration (SAMHSA). His team provides advice to SAMHSA staff on the Information Technology (IT) components of the contracts to ensure efficiency and cost savings. He is the Contracting Officer's Representative (COR) for multiple IT infrastructure contracts at SAMHSA, and a project manager for an IT Health project. LCDR Pham began his Corps career with the IHS at Chinle Hospital in Arizona as a clinical pharmacist where he was exposed to the Indian health Service Electronic Health Record and assisted in multiple projects to improve their system. LCDR Pham has provided leadership on several IT healthcare projects that have allowed him to develop lasting partnership that ultimately improved IT Healthcare and national disaster response.



3rd Annual APAOC Lunch Social at the 2018 USPHS Scientific and Training Symposium

By LT Sally Doan and LCDR Rebecca Wong



APAOC Social on June 4, 2018 during the USPHS Scientific and Training Symposium in Dallas, TX
From left to right: LT Jeff Zhou, LCDR Rebecca Wang, LCDR Kelly Leong, CAPT Paul Jung, LT Sally Doan, LCDR Xinzhi Zhang, LCDR Oliver Ou, CDR Bobo Qiao, CDR Minglei Cui, LT Chaolong Qi, LCDR Mandy

On the first day of the 2018 USPHS Scientific and Training Symposium, fourteen APAOC Officers gathered together at *Ida Claire*, a popular local restaurant serving up southern comfort food, to kick off the Symposium in Dallas, TX. The lunch social was a warm gathering of officers stationed at various federal agencies across the country, including the FDA, NIH, CDC, and IHS. Several group photos were taken as APAOC members chatted in a relaxed atmosphere. Additionally, a round of introductions were made over a few shared plates of fried oysters and biscuit appetizers as most officers waited for the popular shrimp and grits dish.

The lunch social was a great opportunity to reconnect and forge new relationships with officers from the Medical, Pharmacist, Engineer, Scientist, and Health Science categories. We look forward to seeing fellow APAOC members at next year's social during next year's USPHS Symposium in Minneapolis, MN.

Summer Fitness: APAOC Participates in the Surgeon General's 5k Run/Walk

By LCDR Rebecca Wong



On Thursday June 7, 2018, approximately 300 Commissioned Corps officers, family, and friends completed the Annual Surgeon General's 5K Run/Walk, an event raising awareness for Addiction, Mental Health, and Obesity. The 5K was held on a scenic trail at Brookhaven College in Dallas, Texas. The Surgeon General, VADM Jerome Adams, kicked off the 5K with a cheerful spirit and a friendly invitation for those under the age of 18 to complete a set of push-ups with him and take a group photo. Overall, this event was a great time of fitness amongst many APAOC officers and it was encouraging to see APAOC officers cheer one another on to conquer the hills and brutal heat.

Additionally, as we move into the summer months, we are reminded to take care of our own personal health and to stay physically active. With the new height and weight standards going into effect October 1, 2018, it is important for all APAOC officers to challenge themselves with their fitness level and readiness.



Support your APAOC!

Donations

Make a tax-deductible donation to the Commissioned Officers Foundation (memo: APAOC), and keep a copy of your donation check and notify CDR Khang Ngo (khang.ngo.usphs@hotmail.com).

Please send your check to:

Commissioned Officers Foundation (COF)

Attn: Erica Robinson

8201 Corporate Drive, Suite 1170

Landover, MD 20785

Merchandise

To purchase APAOC Merchandise, please contact CDR Hai Lien Phung (vvt3@cdc.gov).

Please note that APAOC merchandise will be available for purchase at the both PHS Awareness Day Event @ FDA and also MOLC booth during the COA Exhibit Hall.

For MOLC booth @ COA Symposium Event, we highly encourage you to pre-order with CDR Phung to ascertain that we have your items and sizes available for pickup at the event.

**Window Cling
(5" x 5") with PHS
logo: \$5**



Coin (1.75"): \$10

