CHINESE AMERICAN COMMUNITY HEALTH SERVICES

2016 - 2026

A Decade of Caring. A Future of Impact.

十年关爱同行 · 共创健康未来

Chinese American Community Health Services (CACHS)

大华府社区健康服务中心

10th Anniversary Commemorative Booklet | 十周年纪念册

November 15, 2026 · Rockville, Maryland

WELCOME · 欢迎

Ten Years, One Shared Commitment

十年同行，初心不改

For ten years, CACHS has connected compassion with action. What began as a grassroots effort by healthcare professionals and volunteers has grown into a trusted source of health information, preventive services, and community support across the Greater Washington region.

This anniversary honors the people who built CACHS, the neighbors we serve, and the partners who make our work possible.

十年来，CACHS始终把关爱转化为行动。从医疗专业人士与社区义工发起的基层公益服务，到如今在大华府地区持续提供健康信息、预防保健和社区支持，我们一步步成长。

十周年不仅是机构发展的里程碑，更是向创办者、历届义工、服务对象和合作伙伴表达感谢的时刻。



Who We Are
关于CACHS

Chinese American Community Health Services (CACHS) is a nonprofit organization serving the Greater Washington, DC region, with a particular focus on Chinese-speaking residents and underserved communities. CACHS was incorporated in Maryland in 2016, building on community health screening efforts begun in Northern Virginia in 2011.

Our work seeks to reduce linguistic, cultural, financial, and practical barriers to healthcare and community resources.

大华府社区健康服务中心（CACHS）是一家服务于美国大华盛顿地区的非营利公益机构，重点关注华语居民及医疗资源不足的社区群体。CACHS于2016年在马里兰州正式注册成立，其公益服务源于2011年在北维州开展的社区健康检查活动。

我们致力于减少社区居民在获得医疗保健及社区资源时面临的语言、文化、经济和实际生活障碍。











2011

Community health screenings begin in Northern Virginia
北维州社区健康检查活动起步

2016

CACHS incorporated in Maryland
CACHS在马里兰州正式注册成立

Our Roots: From 2011 to 2016

公益初心：从2011走向2016

In 2011, a group of dedicated community members—including retired medical professor Yining Wang, Sabrina Hsu, and physician Benson Yu—began organizing free health screenings and consultations for uninsured residents in Northern Virginia.

In 2016, this volunteer initiative became a formally incorporated Maryland nonprofit: Chinese American Community Health Services. The founding spirit—professionals and neighbors serving neighbors—continues to guide us.

2011年，王一宁退休医学教授、雷晓春及余维新医生等热心社区人士，开始在北维州组织免费健康检查和医疗咨询，为没有医疗保险的居民提供服务。

2016年，这项由志愿者发起的公益行动在马里兰州正式注册为非营利机构——大华府社区健康服务中心（CACHS）。专业人士与社区居民携手服务邻里的创办精神，至今仍指引着我们的工作。







Professionals and neighbors, serving neighbors.

专业人士与社区居民，携手服务邻里

Our founders / 创办者：Yining Wang 王一宁 · Sabrina Hsu 雷晓春 · Benson Yu 余维新

MILESTONES · 十年足迹

A Decade of Milestones

十年重要足迹

2011 Volunteer-led free screenings begin in Northern Virginia.
北维州公益健康检查启动。

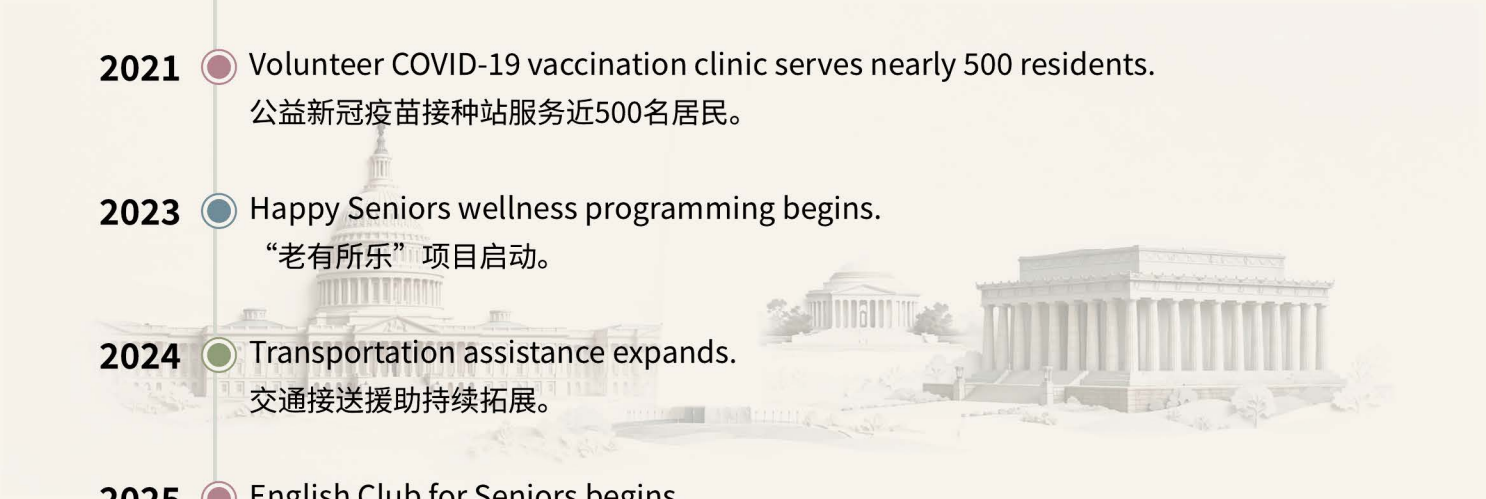
2016 CACHS incorporated in Maryland.
CACHS在马里兰州正式注册。

2017 Tax-exempt recognition; Montgomery County annual health fair begins.
获得免税资格；蒙郡年度健康服务日开始。

2020 Chinese-language helpline launches; services adapt during the pandemic.
中文帮助热线开通；疫情期间调整服务方式。

2021 Volunteer COVID-19 vaccination clinic serves nearly 500 residents.
公益新冠疫苗接种站服务近500名居民。

2023 Happy Seniors wellness programming begins.
“老有所乐”项目启动。



2024 Transportation assistance expands.
交通接送援助持续拓展。

2025 English Club for Seniors begins.
华裔老人快乐英语俱乐部启动。

2026 CACHS celebrates its 10th anniversary.
庆祝CACHS成立十周年。

COMMUNITY CARE · 社区关爱

Prevention and Care, Close to Home

公益健康检查：把关爱带到社区

Free community health screenings and health fairs are among CACHS's longest-running services. Across Northern Virginia and Maryland, volunteer clinicians and community teams have provided laboratory testing opportunities, health assessments, medical consultations, and flu vaccinations. During the COVID-19 disruption of in-person events, CACHS continued to coordinate laboratory tests and remote physician consultations.

Over the decade, **more than 1,400 residents** have received free screening services, according to CACHS historical records.

公益健康检查与健康服务日是CACHS历史最悠久的服务之一。北维州和马里兰州的医疗及社区义工携手提供抽血化验、健康检查、医生咨询和流感疫苗接种。2020—2022年线下活动受疫情影响期间，CACHS仍协调免费抽血和医生远程咨询。

根据机构历史资料，十年来累计有超过1,400名社区居民获得免费健康检查服务。












1,400+

residents received free screening services over the decade

十年来获得免费健康检查服务的社区居民

2 regions

Northern Virginia & Maryland — screenings, health fairs, consultations and flu vaccinations

北维州与马里兰州 — 健康检查、健康服务日、医生咨询与流感疫苗接种

Responding in a Time of Crisis

疫情中的责任与担当

In spring 2021, with support from the Fairfax County Health Department, CACHS mobilized more than 40 volunteers to operate a free COVID-19 vaccination clinic at Dr. Benson Yu's office. Led clinically by Dr. Yu, the team included nurses, pharmacists, and community volunteers.

Over nine consecutive weekends, the clinic administered **nearly 1,000 vaccine doses** to approximately **500 residents**—a remarkable demonstration of volunteer commitment and public health collaboration.

2021年春，在费郡卫生局支持下，CACHS组织40多位志愿者，在余维新医生诊所设立公益新冠疫苗接种站。余医生担任临床主任，护士、药剂师和社区义工共同参与。

连续9个周末，团队为近500位社区居民接种近1,000剂疫苗，充分展现了义工奉献精神和公共卫生合作的力量。











~1,000
vaccine doses administered
接种疫苗（剂）

~500
residents served
服务社区居民

40+
volunteers mobilized
参与志愿者

9
consecutive weekends, spring 2021
2021年春连续周末

HELPLINE · 中文热线

A Trusted Voice in Chinese

中文帮助热线：听得懂的支持

Launched in March 2020, the CACHS Chinese-language helpline provides assistance by telephone and text, helping residents navigate healthcare, public benefits, and community resources.

Historical records report an average of approximately **1,800 service contacts annually** and **more than 13,000 contacts since launch**. Behind each call is a person seeking understandable information and a trusted connection.

CACHS中文帮助热线于2020年3月开通，通过电话和短信帮助居民了解医疗、公共福利及社区资源。

据历史资料，热线年均服务约1,800人次，开通以来累计服务超过13,000人次。每一次咨询背后，都是一个希望获得清晰信息和可信赖帮助的家庭或个人。

13,000+

service contacts since March 2020
2020年3月开通以来累计服务人次

~1,800

service contacts a year, by phone and text
年均服务人次（电话与短信）

HEALTH EDUCATION · 健康教育

Knowledge Builds Health

健康教育：知识赋能健康

CACHS has delivered **more than 50 major online community health webinars**, reaching **more than 4,000 participants**. Topics have included COVID-19 prevention and vaccination, chronic disease prevention and management, and common health concerns among older adults.

By sharing evidence-informed information in accessible language, our healthcare speakers help residents make more confident health decisions.

CACHS累计举办大型线上社区健康讲座超过50场，参与人数超过4,000人次。讲座内容涵盖新冠疫情防护与疫苗知识、慢性病预防与管理，以及老年常见健康问题。

通过以社区居民熟悉的语言传播科学实用的健康知识，医疗专业人士帮助大家更有信心地作出健康决定。







50+
major online community health webinars
大型线上社区健康讲座（场）

4,000+
participants reached
累计参与人次

Healthy Aging, Connected Lives

老有所乐：健康与陪伴同行

Since 2023, the **Happy Seniors** program has delivered eight series comprising **88 sessions** and served **more than 300 older adults**. Activities combine wellness education, social interaction, and opportunities to stay active and engaged.

Since 2025, the **English Club for Seniors** has offered four series totaling **96 sessions**, reaching approximately **180 older adults**. These programs foster confidence, friendships, and belonging.

自2023年起，“老有所乐”项目连续开展四年，累计8期、88场活动，服务300多位老年朋友。项目把健康教育、社会交流和积极生活方式融为一体。

自2025年起，“华裔老人快乐英语俱乐部”累计举办4期、96次活动，约180位老年朋友参加。项目帮助长者建立自信、增进友谊、融入社区。











88

Happy Seniors sessions · 300+ older adults served
“老有所乐”活动场次 · 服务300多位长者

96

English Club sessions · ~180 older adults reached
老人英语俱乐部活动次数 · 约180位长者参加

Mental Health & Brain Health

心理健康与脑健康

CACHS has developed culturally responsive mental and behavioral health education, including youth mental health awareness workshops and Mental Health First Aid training. Program implementation materials report that these activities have reached **more than 900 Chinese parents**.

CACHS has also supported outreach and education on Alzheimer's disease and related dementias, helping families better understand brain health and available resources.

CACHS持续开展符合华裔社区语言文化特点的心理及行为健康教育，包括青少年心理健康讲座和心理健康急救培训。项目资料显示，相关活动已覆盖900多位华裔家长。

机构还开展阿尔茨海默病及相关失智症的社区教育和外展，帮助家庭了解脑健康知识及可利用的支持资源。







900+

Chinese parents reached by mental health education
心理健康教育覆盖华裔家长

2

focus areas: youth mental health & brain health
两大方向：青少年心理健康 · 阿尔茨海默病与脑健康

Removing Barriers & Our Impact
跨越障碍 · 十年成果

For some residents, getting to an appointment is itself a barrier to care. Since August 2024, CACHS has provided **more than 100 round trips** of transportation assistance to low-income residents and people with disabilities.

Together with resource navigation and community outreach, practical assistance helps connect residents to services they might otherwise struggle to access.

对部分居民而言，前往就诊地点本身就是获得医疗服务的一道障碍。自2024年8月以来，CACHS已为低收入或残障社区居民提供超过100次往返交通接送服务。

交通支持、资源导航和社区外展相互配合，帮助居民跨越日常生活中看似微小却十分现实的障碍。

OUR IMPACT / 数字见证十年成长

1,400+
residents received free health screening services
免费健康检查服务居民人数

13,000+
Chinese-language helpline service contacts
中文热线累计服务人次

4,000+
health webinar participations
大型线上健康讲座累计参与人次

~1,000
COVID-19 vaccine doses in the 2021 volunteer clinic
2021年公益新冠疫苗接种量（剂）

88 + 96
Happy Seniors sessions + English Club sessions
“老有所乐”活动场次 + 老人英语俱乐部活动次数

200+
individuals have volunteered over the decade; nearly 90 are currently active
十年来参与服务的志愿者；目前活跃志愿者近90人

Powered by Volunteers
志愿者：CACHS最宝贵的力量

CACHS is powered by people who give their expertise, time, and care. More than 200 volunteers have participated in its work over the past decade. Today, nearly 90 active volunteers include approximately 25 physicians, 10 nurses and other advanced healthcare professionals, and three pharmacists.

From registration tables to clinical consultations, every act of service reflects a shared commitment to community well-being.

CACHS最宝贵的力量，是愿意奉献专业知识、时间和关爱的志愿者。十年来，超过200名志愿者参与机构服务。目前活跃义工近90人，其中包括约25位医生、10位注册护士及其他高级医疗专业人员，以及3位药剂师。

从活动登记、现场协调到医疗咨询，每一份付出都体现了服务社区的共同信念。

200+
volunteers over the decade
十年来参与服务的志愿者

~90
active volunteers today
目前活跃义工

~25
physicians among them
其中医生约25位

Looking Ahead
展望未来

CACHS will continue to strengthen community health services, expand partnerships, and respond to emerging needs.

CACHS将继续加强社区健康服务、拓展合作网络，回应社区不断变化的需要。

Board of Directors & Operations Team

董事会与运营团队

BOARD OF DIRECTORS / 董事会

Chair / 董事长：Shuling Zhang, MD, PhD / 张书岭 博士

Directors / 董事：Wei Liao, MD, PhD / 廖伟 博士； Lixin Xu, MD, PhD / 徐砺新 博士

Jennifer Bouey, MD, PhD / 黄志环 教授； Chongfei Jin, MD, PhD / 金冲飞 医生

Qingyan Zhu, MD / 朱青燕 医生； Min Li, PhD / 李民 博士

EXECUTIVE LEADERSHIP / 执行领导团队

Co-Founder, Lifetime Honorary President / 创办人、终身荣誉主席：Yining Wang, MD / 王一宁 教授

Co-Founder, Executive Director / 创办人、执行长：Ningping Feng, MD, PhD / 冯宁平 博士

Deputy Executive Directors / 副执行长：Min Li, PhD / 李民 博士； Wei Liao, MD, PhD / 廖伟 博士

Co-Founder, Chief Financial Officer / 创办人、财务长：Sabrina Hsu / 雷晓春

PROGRAM & OPERATIONS LEADERSHIP / 项目与运营团队

Medical Advisors / 临床医学顾问：Benson Yu, MD / 余维新 医生； Chongfei Jin, MD, PhD / 金冲飞 医生

Medical Service Directors / 医疗服务主任：Qingyan Zhu, MD / 朱青燕 医生； Jenny Wang, MD, PhD / 王莉贞 博士

Senior Wellness Program Director / 老年健康项目主任：Chunmei Yue, PhD / 岳春梅 博士

Senior Service Managers / 老年服务经理：Wei Pan / 潘纬； Xiangyang Wei / 魏向阳

Mental Health Program Director / 精神健康项目主任：Lily Chai, MD / 柴延丰

Data Managers / 数据管理主任：Yang Sun / 孙旸； Wanli Liu, PhD / 刘万里 博士

IT Manager / 信息技术主任：Hanzhen Zheng / 郑汉振

Communications & Media Relations Director / 文宣及媒体关系主任：Lee Chiang, PhD / 强力 博士

CLARENCE K. LAM, M.D., M.P.H.
Legislative District 12
Anne Arundel and Howard Counties

Finance Committee

Chair
Executive Nominations Committee

Joint Audit and Evaluation Committee

Joint Committee on Ending Homelessness

Joint Committee on Fair Practices and State Personnel Oversight

Chair
Howard County Senate Delegation

Secretary
Asian-American & Pacific-Islander Caucus

THE SENATE OF MARYLAND
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November 15, 2026

Chinese American Community Health Services (CACHS)
9841 Washingtonian Blvd, Suite 200-1004
Gaithersburg, MD 20878

Dear Friends,

On behalf of the citizens of Maryland, it is my distinct honor and privilege to extend my heartfelt congratulations to the Chinese American Community Health Services (CACHS) on your 10th Anniversary. Celebrating a decade of unwavering service marks a profound milestone in our shared pursuit of health equity and community well-being across the Greater Washington region.

As both the only physician and the only Asian American currently serving in the Senate of Maryland, the vital mission of CACHS resonates with me on a deeply personal and professional level. Navigating our healthcare system presents steep hurdles for underserved and immigrant populations, who all too frequently face linguistic barriers, cultural disconnects, and systemic disparities in care. CACHS has served as an indispensable lifeline—meeting people where they are, delivering culturally competent health education, providing critical screenings, and bridging the divide between vulnerable residents and essential medical resources.

Your dedication over the past ten years exemplifies the best of Maryland's civic and caring spirit. Through the tireless efforts of your leadership, clinicians, community partners, and volunteers, you have not only improved health outcomes but also fostered dignity, empowerment, and trust across our Asian American communities.

Thank you to Dr. Ningping Feng, the Board of Directors, staff, and dedicated volunteers for ten remarkable years of advocacy and compassionate care. I commend your enduring contributions to public health and look forward to partnering with you for many more decades of impactful service.

With warm regards and continued best wishes,

Senator Clarence Lam, MD, MPH
Maryland General Assembly

With Gratitude: Our Partners & Supporters

感恩同行——合作伙伴与支持者

For ten years, CACHS has grown through the generosity and collaboration of our partners, grantors, donors, and volunteers. We sincerely thank all who have supported our mission of improving community health.

十年来，CACHS的发展离不开合作伙伴、资助机构、捐赠者及志愿者的鼎力支持。谨向所有关心和支持CACHS公益健康事业的朋友们致以衷心感谢！

LOCAL GOVERNMENT PARTNERS / 地方政府合作机构

Fairfax County Health Department; Jim Scott Community Center (Fairfax County NCS); Asian American Health Initiative (Montgomery County DHHS); Montgomery County Department of Transportation; Montgomery County Department of Environmental Protection.

NONPROFIT & COMMUNITY PARTNERS / 非营利与社区合作机构

Health Betterment Initiative (HBI); CCACC Health Center; Asian American Center of Frederick (AACF); American Diversity Group (ADG); Asian American Healthcare Center; So What Else; Coordination Council of Chinese American Associations (CCCAA); Capital Youth Outreach Club (CYOC); Howard County Chinese School; Hope Chinese School; American Chinese School; Korean Community Service Center of Greater Washington; Black Physicians & Healthcare Network (BPHN).

BUSINESS & PROFESSIONAL PARTNERS / 企业与专业服务合作伙伴

Quest Diagnostics; Walgreens Pharmacy; WorldShine Adult Medical Day Care Center; A Plus Adult Medical Day Care Center; Loving Care Home Services（乐康居家护理服务）; 彭刘畅（多州执照医保专家）; CareFirst BlueCross BlueShield; Care Rise Union（康瑞健保，王蔚）; 喆远律师事务所（周硕喆律师）.

LOCAL CHINESE-LANGUAGE MEDIA / 本地中文媒体

New World Times（新世界时报）; A&C Business News（美华商报）.

MAJOR GRANTORS & GRANTS / 主要资助机构及项目

Asian American Health Initiative (AAHI): Healthy Communities Fund (FY2023–FY2026); AACE Microgrants (FY2023–FY2026); COVID-19 Relief Fund (2022).

Maryland Department of Health: Community Outreach and Education for Alzheimer’ s Disease and Related Dementias (2024).

FOUNDATIONS & MAJOR DONORS / 基金会及主要捐赠者

The S. Lee Family Foundation: Three grants totaling $104,800.

Yuan Foundation（源基金会）: Generous support, including providing the venue for CACHS annual gatherings and the 10th Anniversary Celebration.

With heartfelt gratitude to all who have supported CACHS over the past decade. Together, we look forward to building a healthier community.

衷心感谢十年来所有关心、支持CACHS的朋友们！期待继续携手同行，共建健康社区！

CACHS | www.cachs.org | Chinese Helpline: 240-658-9228