

2025 俄勒冈华人

Oregon Chinese American Community

健康博览会

Health Fair



Embassy Suites by Hilton

9000 SW Washington Square Rd, Tigard, OR 97223

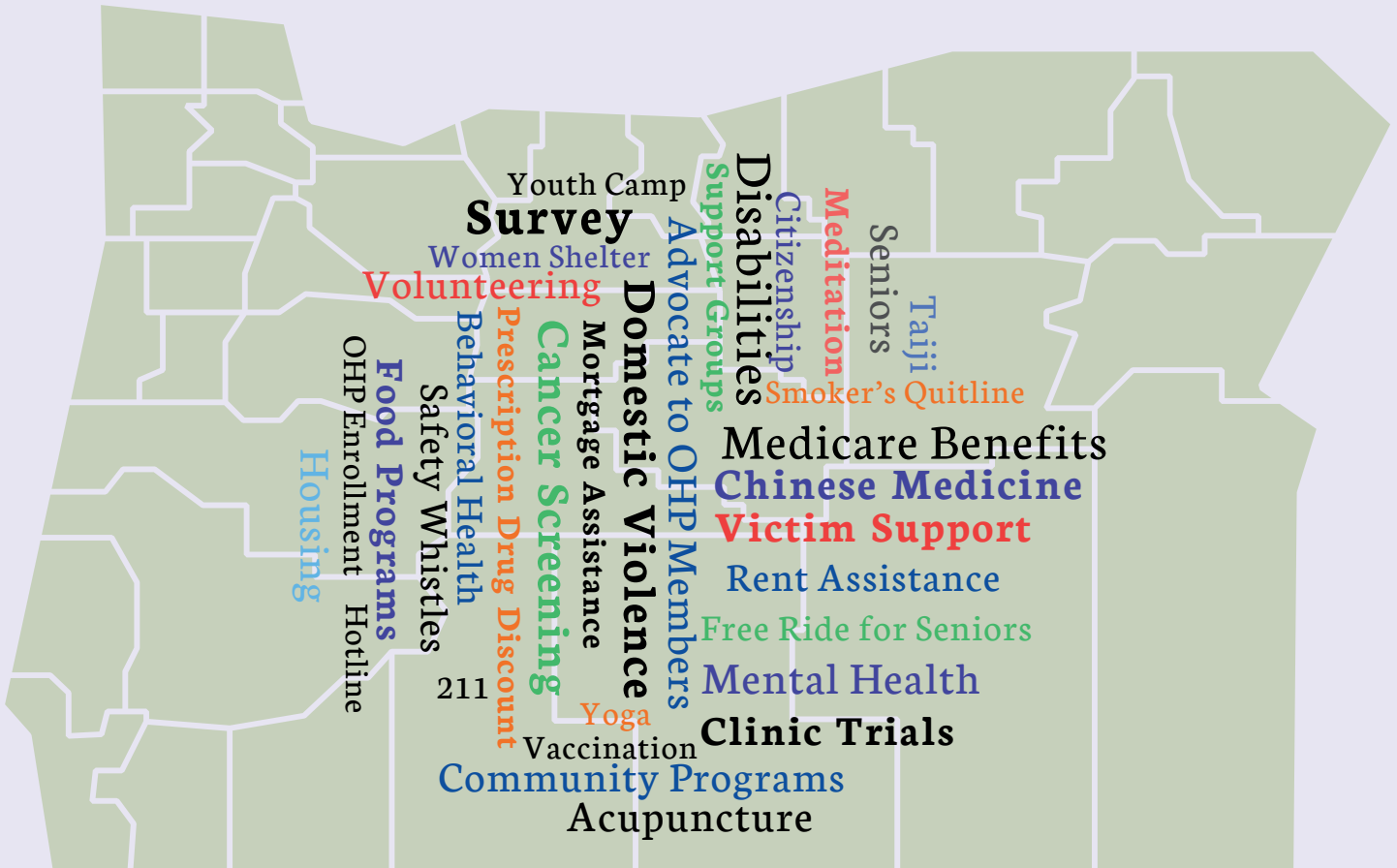


11 AM - 3 PM

MAR 15 2025

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俄勒冈华人联盟 Oregon Chinese Coalition

俄勒冈华人联盟 (Oregon Chinese Coalition, OCC) 是一个致力于推广华人文化、服务华人社区，并通过倡导、教育和参与促进社会融合的非营利组织 (IRS 501c(3), TAX ID: 82-1027620)。

Oregon Chinese Coalition (OCC) is a nonprofit organization (IRS 501c(3), TAX ID: 82-1027620) dedicated to promoting Chinese culture, serving the Chinese American community, and fostering social integration through advocacy, education, and engagement.

健康是每个人的基本权利，无论是成长于双文化环境的青少年，肩负家庭责任的父母，还是追求健康老龄化的长者。OCC 健康博览会超越了传统的健康教育和筛查，搭建了一个连接社区与重要健康和社会服务资源的平台。我们相信，赋予个人知识和资源是提升公共健康的最有效途径。

Health is a fundamental right for everyone—whether it's young people growing up in a bicultural environment, parents juggling family responsibilities, or seniors striving for graceful aging. The OCC Health Fair goes beyond traditional health education and screenings by creating a platform that connects the community with vital health and social service resources. We believe that empowering individuals with knowledge and resources is the most effective way to improve public health.

本次博览会不仅关注身体健康，更重视心理健康及影响健康的社会因素。OCC 作为社区组织，携手医疗机构、健康服务组织及社会服务机构，共同为社区提供全面的健康支持，确保每位成员都能获得所需的资源，不被落下。

This health fair not only focuses on physical well-being but also emphasizes mental health and the social determinants of health. As a community-based organization, OCC collaborates with medical institutions, health service providers, and social service agencies to offer comprehensive support to the community, ensuring that no one is left behind.

俄勒冈华人联盟服务团队/OCC Service Teams 展台7 - 展台 10 Table 7 to Table 10

短期房租救助团队/Rent Assistance

公益法律咨询/Legal Assistance

戒烟宣传/Tobacco Prevention and Cessation

自然灾害应急准备/Emergency Preparedness

俄勒冈华人联盟文化演出团体/OCC Cultural/Performance Teams

展台20 - 展台23 Table 20 to Table 23 及A,B,C展台

青玉青少年舞蹈队/Jade Dance Team

凤凰汉服社/Phoenix Hanfu Society

木兰大鼓队/Mulan Drum Team

蜻蜓空竹队/Dragonfly Diabolo Team

波特兰和声小组/Portland Harmonics Singing Group

舞友会/Social Dancing Group

西北歌友会/NW Singing Group

吉他班/Guitar Classes



赞助商 Our Proud Sponsor



俄勒冈健康与科学大学 (OHSU) 奈特癌症研究所

OHSU Knight Cancer Institute

展台1 - 6 Table 1 - 6

俄勒冈健康与科学大学是俄勒冈州领先的医学与科研机构，提供最先进的医疗服务、医学教育和创新研究，致力于提升社区健康和福祉。作为 OHSU 旗下的知名癌症研究中心，奈特癌症研究所提供世界一流的医疗资源和创新疗法，专注于癌症的研究、预防和治疗，并为社区提供专业的健康咨询和教育。

在本次展会上，研究所的专家将为大家解答关于结肠癌及结肠镜检查的问题，帮助公众了解筛查的重要性和适用人群。此外，团队还将提供人乳头状瘤病毒疫苗及接种的相关信息，讲解如何通过疫苗预防 HPV 相关癌症。对于有睡眠问题的人士，研究所还将介绍睡眠呼吸暂停综合症及呼吸机的管理和使用，帮助改善睡眠质量。

Oregon Health & Science University (OHSU) is Oregon's leading medical and research institution, providing state-of-the-art medical services, medical education, and innovative research, all dedicated to improving community health and well-being. As a renowned cancer research center under OHSU, the Knight Cancer Institute offers world-class medical resources and pioneering treatments, focusing on cancer research, prevention, and care while providing expert health education and community outreach.

At this event, experts from the institute will offer consultations on colon cancer and colonoscopy, helping attendees understand the importance of screening and eligibility. Additionally, the team will provide guidance on the HPV vaccine and immunization, explaining how vaccination can prevent HPV-related cancers. For those experiencing sleep issues, the team will also share insights on sleep apnea and CPAP machines, offering advice on managing the condition and improving sleep quality.

TRIMET 展台15 Table 15

TriMet 是俄勒冈州波特兰都会区的公共交通系统，提供公交、轻轨 (MAX) 和通勤铁路 (WES) 服务，致力于为社区提供便捷、安全、环保的出行选择。

TriMet is the public transportation system serving the Portland metropolitan area in Oregon, offering bus, MAX light rail, and WES commuter rail services, committed to providing convenient, safe, and sustainable travel options for the community.

工作人员将在展会中提供有关 TriMet 的各类信息，并分享资源，如如何申请优惠票价计划、规划出行路线以及为 Hop 卡充值。我们的目标是与社区建立联系，并解答大家的问题。

Staff will be providing information about all things TriMet, including resources on how to apply for the Reduced Fare program, plan trips, and load fare onto Hop cards. Our goal is to connect with the community and answer people's questions.



CareOregon®

展台13-14 Table 13 - 14

CareOregon 是俄勒冈州领先的医疗保险组织，专注于为低收入个人和家庭提供高质量的医疗、牙科和心理健康服务，致力于改善社区健康公平性。

CareOregon is a leading healthcare organization in Oregon, dedicated to providing high-quality medical, dental, and behavioral health services to low-income individuals and families, striving to improve health equity in the community.

CareOregon 将在展会上提供医疗保险相关咨询，协助居民寻找合适的医生，并解答关于保险覆盖范围的各种复杂问题。此外，他们还将为有需要的人提供前往就诊的交通支持 (Ride to Care)，帮助社区成员更便捷地获得医疗服务。

CareOregon will provide health insurance consultations at the exhibition, assisting residents in finding suitable doctors and answering various complex questions about insurance coverage. Additionally, they will offer transportation support through the Ride to Care program for those in need, ensuring easier access to medical services for the community.



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参展单位Exhibitors 按展台顺序排名 By table order

展台11 - 12 Table 11 to 12 TeaChat

Teachat 将在展会上提供六大茶类的保健知识介绍，现场冲泡品鉴，以及现煮养生茶，帮助大家了解茶文化与健康养生的结合。
Teachat will provide an introduction to the health benefits of six major types of tea, live tea brewing and tasting, as well as freshly brewed wellness teas, helping attendees explore the connection between tea culture and healthy living.

展台16 Table 16 州政府老年人和残疾人服务团队/Aging and People with Disabilities Team

州政府老年人和残疾人服务团队是俄勒冈州公共服务部门的一部分，致力于为老年人和有残疾的个人提供支持和服务，以帮助他们保持独立生活并获得必要的护理和资源。

The ODHS Aging and People with Disabilities (APD) Team is part of the Oregon Department of Human Services, dedicated to providing support and services to seniors and individuals with disabilities, helping them maintain independence and access necessary care and resources.

州政府老年人和残疾人服务团队将在展会上提供社区基础护理（CBC）长期护理咨询、政府福利和资源介绍（如 SNAP 和医疗补助）、家庭照护者支持、老年人及残疾人保护服务，以及申请指导。如果您的家中有老年人或残疾人正在接受或即将需要长期护理服务，或者您有意申请成为居家护理护工，欢迎前往展台咨询，获取相关信息。

The ODHS Aging and People with Disabilities (APD) Team will provide Community-Based Care (CBC) long-term care consultation, information on government benefits and resources (such as SNAP and Medicaid), family caregiver support, elder and disability protection services, and application assistance at the event. If you have a senior or individual with disabilities in your household who is currently receiving or about to need long-term care services, or if you are interested in applying to become a home care worker, please visit the booth for relevant information.

展台17 Table 17 俄勒冈州处方药计划/ArrayRx

俄勒冈州处方药计划是一个由俄勒冈州卫生局（OHA）管理的处方药折扣计划，旨在帮助居民降低药品成本。该计划为符合条件的人提供折扣处方药服务，无需保险即可申请，帮助民众更轻松地获取所需药物。

OHA Oregon Prescription Drug Program (ArrayRx) is a prescription drug discount program managed by the Oregon Health Authority (OHA) to help residents lower their medication costs. This program provides discounted prescription medications for eligible individuals, and no insurance is required to apply, making it easier for people to access the medications they need.

您可以前往该展台，提供您的处方药名称，工作人员将帮助您查询在 ArrayRx 是否能获得更优惠的价格。

You can visit the booth and provide the name of your prescription medication, and the staff will assist you in checking if a better price is available through ArrayRx.

展台18 Table 18 俄勒冈州健康保险市场团队 / OHA Marketplace Team

俄勒冈州健康保险市场（OHA Marketplace）致力于帮助居民了解并选择适合自己的健康保险计划。在本次展会上，团队将提供健康保险计划咨询，帮助您了解不同保险选项，并提供关于如何申请补贴和财务援助的信息，确保您能够获得负担得起的医疗保险覆盖。

OHA Marketplace Team

The Oregon Health Insurance Marketplace is dedicated to helping residents understand and select the right health insurance plan. At this event, the team will provide health insurance plan consultations, guiding attendees through different coverage options and offering information on how to apply for subsidies and financial assistance, ensuring access to affordable healthcare coverage.

展台19 Table 19 俄勒冈州健康保险监督团队 / OHA Ombuds Team

OHA 监督团队（Ombuds Team）专注于为低收入健康保险（OHP）持有者提供支持和协助。在本次展会上，团队将解答有关 OHP 资格、申请流程、医疗服务覆盖范围等问题，并帮助解决保险使用过程中遇到的困难，确保持有者能够顺利获得所需的医疗服务。

OHA Ombuds Team

The OHA Ombuds Team is dedicated to supporting Oregon Health Plan (OHP) members by providing assistance and guidance. At this event, the team will answer questions regarding OHP eligibility, application processes, and coverage options while helping resolve any issues members may encounter in accessing healthcare services.



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展台20 Table 20 Housecall Providers

Housecall Providers 是一家提供居家医疗服务的医疗机构，专注于为行动不便的患者提供初级保健、姑息治疗和临终关怀服务。在展会上，工作人员将介绍他们的居家医疗服务，包括如何为长期疾病患者或无法轻松出行的个人安排医生上门诊疗，以及如何获得姑息治疗和临终关怀支持。

Housecall Providers is a healthcare organization specializing in home-based medical care, focusing on primary care, palliative care, and hospice services for patients with mobility challenges. At the event, their team will provide information on their home-based medical services, how to arrange in-home visits for individuals with chronic illnesses or limited mobility, and available palliative and hospice care support.

展台21 Table 21 普罗维登斯安康长者中心/Providence ElderPlace Oregon

普罗维登斯安康长者中心是一项综合性的老年护理计划，专为年龄在 55 岁及以上、有长期护理需求的长者提供全面的医疗护理和社交支持。该计划涵盖初级保健、专科护理、药物管理、康复治疗、成人日托、社交活动及交通服务，帮助长者在家中或社区中安全、健康地生活。在本次展会上，普罗维登斯安康长者中心的代表将介绍服务详情，并解答相关问题。

Providence ElderPlace is a comprehensive care program designed for individuals aged 55 and older who require long-term care. The program offers primary and specialty care, medication management, rehabilitation therapy, adult day services, social activities, and transportation assistance, ensuring seniors can live safely and healthily in their homes or communities. At this event, Providence ElderPlace representatives will provide information about their services and answer any related questions.

展台24 Table 24 王医生 移民体检，内科主治 Xin Wang, MD

王医生目前是位于科瓦利斯的Samaritan Health Care内科主治医生，同时也是唯美皮肤中心（Willamette Skin Care Center）的医疗主管。她毕业于北京大学医学部临床专业，并在耶鲁大学附属医院完成住院医师训练。王医生在俄勒冈州医院担任内科医生十余年，且是目前美国移民局授权的俄勒冈州唯一一名中英文双语移民体检医生。在本次展会上，王医生将提供免费血糖检测，肠胃科与体重管理健康宣传，并解答有关移民体检表格（I-693）或移民体检的相关问题。

Dr. Wang is currently the attending physician at Samaritan Health Care in Corvallis and the medical director at Willamette Skin Care Center. She graduated from Peking University Health Science Center with a degree in clinical medicine and completed her residency training at a Yale University-affiliated hospital. Dr. Wang has over ten years of experience working in internal medicine in Oregon and is currently the only bilingual (Chinese-English) immigration examination doctor authorized by the U.S. Immigration Services in Oregon. At this event, Dr. Wang will offer free blood sugar testing, gastroenterology and weight management consultations, and answer any questions related to the immigration medical examination form (I-693) or immigration physical exams.

展台25 Table 25 西北针灸中心/NW Acupuncture Center

西北针灸中心是一家致力于提供中医针灸、草药调理及自然疗法的医疗机构，帮助患者缓解疼痛、改善慢性疾病并促进身心健康。在展会上，工作人员将介绍中医针灸的相关知识，并提供免费的耳穴压豆体验，让您亲身感受中医自然疗法的益处。

NW Acupuncture Center is a healthcare clinic dedicated to providing acupuncture, herbal medicine, and natural therapy to help patients manage pain, improve chronic conditions, and enhance overall well-being. At the event, their team will share knowledge about acupuncture and offer a free auricular acupressure bead experience, allowing attendees to experience the benefits of traditional Chinese medicine firsthand.

展台26 Table 26 美国国家自然医学大学/National University of Natural Medicine

NUNM（俄勒冈州自然医学大学）是一所致力于通过自然医学和整体健康方法为患者提供护理的教育机构，提供自然医学、针灸、营养学等专业课程，培养下一代自然医学专业人员，推动健康和预防医学的理念。如果您对学习中医、营养学等感兴趣，或有相关问题，工作人员将为您提供解答。

NUNM (National University of Natural Medicine) is an educational institution dedicated to providing care to patients through naturopathic medicine and holistic health approaches. It offers degree programs in naturopathic medicine, acupuncture, nutrition, and other disciplines, training the next generation of naturopathic professionals and advancing the principles of health and preventive medicine. If you are interested in studying acupuncture, nutrition, or have related questions, the staff will be available to provide answers.



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展台27 Table 27 积极老龄化社区(好莱坞老人中心)/Community for Positive Aging

积极老龄化社区（好莱坞老人中心）是一个致力于支持老年人群体的非营利组织，提供各种资源和服务，帮助提升老年人的生活质量。在展会上，工作人员将介绍他们的核心服务，包括每月为低收入老年人提供的食物发放活动、交通补贴（免费公交车卡）、水电气补贴、协助申请低收入医疗保险（OHP）、以及低收入食物保障计划等。此外，他们也欢迎有兴趣的社区成员加入志愿者团队，为长者提供更多支持。

Community for Positive Aging (Hollywood Senior Center) is a nonprofit organization dedicated to supporting older adults by providing essential resources and services to improve their quality of life. At the event, their team will introduce key services, including monthly food distribution for low-income seniors, transportation assistance (free transit passes), utility bill assistance, help with applying for the Oregon Health Plan (OHP), and food security programs for low-income individuals. They also welcome community members interested in volunteering to support seniors.

展台28 Table 28 Meals on Wheels

Meals on Wheels 是一个致力于为老年人和有行动不便的个体提供营养餐食的服务项目。该项目通过送餐服务，确保那些无法自己准备餐食的居民能够获得健康的、营养丰富的饮食。工作人员将在展台提供关于如何申请餐食服务、符合资格条件的信息，以及如何成为志愿者支持该计划的相关咨询。

Meals on Wheels is a service program dedicated to providing nutritious meals for seniors and individuals with mobility challenges. Through meal delivery, the program ensures that residents who are unable to prepare meals for themselves receive healthy, well-balanced food. Staff at the booth will offer information on how to apply for meal services, eligibility requirements, and how to volunteer to support the program.

展台29 Table 29 出行无忧/Ride Connection

Ride Connection 是一个为俄勒冈州居民提供交通服务的项目，旨在帮助老年人、残疾人以及有特殊需求的个人获取方便、安全的交通选择。该服务提供门到门的交通工具，帮助用户前往医疗预约、购物、社会活动等地方。工作人员将在展台提供有关如何申请乘车服务、服务范围、费用及使用方法的相关信息。

Ride Connection is a program that provides transportation services to residents of Oregon, particularly focusing on helping seniors, individuals with disabilities, and those with special needs access convenient and safe transportation options. The service offers door-to-door transportation to assist users with trips to medical appointments, shopping, social activities, and more. Staff at the booth will provide information on how to apply for transportation services, service coverage, costs, and usage.

展台30 Table 30 华人服务中心/Asian Health & Service Center

华人服务中心 / Asian Health & Service Center 旨在为亚裔社区提供全面的健康与社会服务，促进身心健康和文化交流。在展会上，工作人员将介绍该中心提供的各类医疗相关服务（如帮助有语言障碍的居民申请医疗保险）、免费老年人活动、心理健康咨询、社区健康和保健服务、行为健康预防计划，以及亚裔癌症资源和支持服务，帮助社区成员获取必要的健康和社会支持。

Asian Health & Service Center is dedicated to providing comprehensive health and social services to the Asian community, promoting physical and mental well-being and cultural connections. At the event, their team will introduce various healthcare-related services, such as assisting residents with language barriers in applying for health insurance, free senior activities, mental health counseling, community health and wellness services, behavioral health prevention programs, and Asian cancer resources and support services, ensuring that community members can access essential health and social support.

展台31 Table 31 美国华裔心理健康联盟/Mental Health Association for Chinese Communities (MHACC)

美国华裔心理健康联盟 是一个致力于为华裔社区提供心理健康支持和服务的组织。该联盟提供心理暖线、支持小组、AI手机教育讲座与工作坊，旨在消除心理健康污名，促进康复与希望。本次活动将重点推广心理常识介绍、邀请参与读书会或小组活动、介绍心理平台求助途径，并进行符合伦理保障隐私的案例宣讲等。

The Chinese American Mental Health Alliance is an organization dedicated to providing mental health support and services to the Chinese community. The alliance offers mental health hotlines, support groups, AI mobile education lectures and workshops, aimed at eliminating the stigma around mental health and promoting recovery and hope. This event will focus on introducing mental health basics, inviting participation in book clubs or group activities, introducing ways to seek help through mental health platforms, and presenting ethically protected case studies.



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展台32 Table 32 西北天主教心理咨询中心/The Northwest Catholic Counseling Center

西北天主教心理咨询中心 / The Northwest Catholic Counseling Center 致力于为个人、家庭和社区提供专业的心理健康支持服务。其持证中英文双语心理咨询师璐璐将在展会上提供心理健康咨询，包括焦虑、抑郁、压力管理、创伤恢复、婚姻治疗等相关信息和资源，帮助有需要的人找到合适的心理支持和治疗方案。

The Northwest Catholic Counseling Center is committed to providing professional mental health support for individuals, families, and communities. At the event, their licensed bilingual (Chinese-English) counselors, Lu lu, will offer information and resources on mental health topics, including anxiety, depression, stress management, trauma recovery, and marriage counseling, helping those in need find appropriate mental health support and treatment options.

展台33 Table 33 克拉克默斯县调解服务/Clackamas County Resolution Services

克拉克默斯县调解服务致力于为社区提供高效、公正的冲突解决方案，帮助个人、家庭和组织通过调解方式达成共识，减少争端。在本次展会上，该团队将提供家庭矛盾调解的相关信息，并介绍调解员认证培训，为有意成为专业调解员的人士提供指导和支持。

Clackamas County Resolution Services

Clackamas County Resolution Services is committed to providing effective and fair conflict resolution for individuals, families, and organizations through mediation. At this event, the team will offer information on family conflict mediation and details about their mediator certification training, supporting those interested in becoming professional mediators.

展台34 Table 34 俄勒冈州失业保险部门/Oregon Employment Department-EAUI Unit

俄勒冈州失业保险部门 (Oregon Employment Department - EAUI Unit) 负责管理全州的失业保险计划，并为求职者提供支持和资源，帮助他们顺利重返工作岗位。在展会上，工作人员将解答有关失业保险 (UI) 申请流程、资格要求、福利领取，以及求职者如何获得就业培训和职业发展支持等问题。

Oregon Employment Department - EAUI Unit administers the state's Unemployment Insurance (UI) program and provides resources to support job seekers in returning to work. At the event, their representatives will answer questions about UI application processes, eligibility requirements, benefit claims, and available job training and career development support.

展台35 Table 35 社区华人医生健康宣传 / Chinese Doctor Health Awareness

Jie Wang, MD - 家庭医生 / Family Medicine (11:00 AM - 12:00 PM)

Mini Zhang, MD - 儿童、青少年及成人精神科医生 / Child, Adolescent & Adult Psychiatrist (12:00 PM - 3:00 PM)

专长于 ADHD (注意力缺陷多动症)、躁郁症、抑郁症、强迫症、创伤后应激障碍 (PTSD)、焦虑/恐惧/恐慌症，提供认知行为疗法及药物管理。

Specializing in ADHD, bipolar disorder, depression, OCD, PTSD, anxiety/phobias/panic disorders, with expertise in cognitive behavioral therapy and medication management.

Xi Zheng, MD, PhD - 内科及预防医学 / Internal Medicine & Preventive Medicine (1:30 PM - 3:00 PM)



11 AM - 3 PM
MAR 15 2025



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Free Admission Open to Public
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中场休息演出

Halftime Break Performance (12:45pm-1:15pm)

小提琴独奏 - 《传说》

(Violin Solo, The Legende) by Erin Qiu

中国鼓乐 -

(Chinese Drumming) by Mulan Drum Team

中国汉服秀 -

(Chinese Hanfu Show) by Phoenix Hanfu Society

空竹表演 -

(Chinese Diabolo Performance) by Dragonfly Diabolo Team

扬琴演奏 -

(Chinese Dulcimer) by Seline Dai

中国舞蹈 -

(Chinese Dance) by Jade Dance Team

《友谊地久天长》合唱 -

(Auld Lang Syne) by Portland Harmonics

