



The Asian American Center of Frederick



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Introduction

Over the summer, I interned at the Asian American Center of Frederick (AACF), which is a public health organization that provides health services, ESL classes, and immigration classes to minorities, immigrants, or low-income families. They also have a community health worker training program and retired senior volunteer program, so anyone can contribute to their cause. Every year, the AACF hosts the annual Frederick Health Fair where members of the community can receive disease screenings, blood tests, and consultations with doctors for free, as well as learn about the various health services and treatments offered in their area.

What I Learned

After working with the AACF, I learned a lot about the different level and methods of public health. There is a variety of resources that health workers can use to help individuals, families, and communities improve their lifestyle and wellbeing. I was also able to develop my communication skills and learned what it was like to plan large scale projects and work in an office setting.

Health Fair Photo



Why I Picked the AACF

My mother collaborated with the executive director of the AACF in the past to spread awareness about Hepatitis B among the Asian community, focusing on the Burmese population. I volunteered with them to help her out and discovered my passion for public health. After volunteering, I decided to come back and apply for an internship. I have worked with the AACF every summer for two years since then.

Daily Activities

Preparing for the health fair was very hands on and involved a lot of communication. My job was to contact sponsors from previous years and make a spreadsheet of companies and organizations that were available to provide their services for the upcoming event. I also updated the volunteer list, poster, and paperwork and sent it out to everyone involved. During the fair, I went around to every organization to see what services they provided so the AACF could refer newcomers to the correct company for assistance.



Future Work

Working with the AACF has greatly impacted my career choice. This organization is what inspired me to major in public health science and helped me discover how much I enjoy working with and assisting people in need. Because of this discovery, I have begun volunteering at similar places and decided that I want to be involved in hands on public health in the future.