



2024 Annual General Meeting

Executive Director Report

Lan Deng

Friday, September 27, 2024

Executive Summary

In 2024, CAPA strengthened its role as a leading advocacy and service organization for the Chinese American and broader immigrant communities in Howard County. This year's efforts focused on expanding key programs—**Achieve Success Together (AST)** and the **Civic Internship Program**, along with new initiatives like **SEEDS for Special Education** and **ARISE for Older Adults**—while deepening our commitment to racial equity and community empowerment.

Through **AST**, we supported over 130 youth with academic help and leadership development. Over 18 AAPI students gained civic and leadership skills through the **Civic Internship Program**, mentored by 13 elected officials. **SEEDS** provided free physical and academic activities for children with special needs, while **ARISE** connected elderly immigrants with vital resources, breaking cultural barriers to health and independence.

Advocacy remained central. We successfully fought for the reinstatement of elementary school GT and music programs, advocated for language translation for elderly and ESOL students, supported local businesses, and addressed issues affecting special education students.

With over **3,000 members** and a strong volunteer base, CAPA continues to build leadership and community ties, advocating for equitable access to education, resources, and services. Looking ahead, CAPA remains committed to expanding youth programs, increasing outreach, and championing cultural diversity and advocacy in Howard County.

Mission

- Empowering Chinese Americans to ensure equitable access to information, services, and resources
 - Inspiring active participation and contribution of New Americans in the greater community
 - Driving positive change through grassroots advocacy
 - Fostering strong leaders who can shape a better future for all

Who We Serve

CAPA serves a diverse cross-section of Howard County, focusing on historically underserved communities, including immigrants, low-income families, individuals with limited English proficiency, and special education students.



Services

EDUCATION

- AST (Achieve Success Together)
- Educational Talks
- SEEDS
- Youth Sports

COMMUNITY OUTREACH

- ARISE
- CAPA Bridge
- CAPA Green
- Holiday Donation Drive

CIVIC ENGAGEMENT

- Annual State House Tour
- AAPI Youth Civic Internship Program
- Advocacy Activities

CULTURE CELEBRATION

- Lunar New Year
- AAPI Heritage Month
- Dragon Boat Festival

Highlights of the Year



ARISE (Access, Resources, and Integration for Senior Empowerment)

- Partnering with OAI and AARP, ARISE offers seminars on senior services

AGING CARE EDUCATIONAL SERIES

TOPICS:

- ✓ Navigating Aging Services
- ✓ Independent Housing Options as you Age
- ✓ Tax Credits: What do you qualify for
- ✓ 10 Things You Should Know about Aging

**EVERY WEDNESDAY 8 :00 - 9:00PM
FROM JAN 17 TO FEB 7**

Howard County
MARYLAND ACCESS POINT
CAPA·HC

AGING CARE EDUCATIONAL SERIES

TOPICS:

- ✓ Fraud and Identity Theft Preventions by AARP
- ✓ 10 Things to Discuss with Your Doctor
Making the Most of a Discharge Plan
- ✓ Understand In-home Care vs. Home Health Care
- ✓ Prepare to Care

**EVERY WEDNESDAY 8 :00 - 9:00PM
FROM MAY 8 TO MAY 29**

Howard County
MARYLAND ACCESS POINT
AARP
CAPA·HC
Scan to register

Highlights of the Year

- OAI/CAPA Listening Session



OAI/CAPA 华人社区聆听会

您家有老人或您自己50+并在考虑养老问题吗? 您对政府提供的资源有需求吗? 请来参加哈维郡老年与独立办公室 (OAI) 和 CAPA-HC 联合举办的华人社区聆听会, 全场使用中文讨论。

OAI专为老人及其子女或其他看护者提供各项服务, 包括但不限于:

- 经费支持
- 家人和护理人员支持
- 提供活动场地
- 提供相关法律支持
- 制定哈维郡老年服务十年计划。

请注册参加聆听会, 使我们的需求被看到, 我们的呼声被听到, 共建美好家园!

时间: 8月21号 7 - 8: 30 PM
地点: East Columbia 50+ Senior Center
6610 Cradlerock Way, Columbia, MD 21045

Howard County Office on Aging & Independence CAPA-HC MARYLAND

扫码注册



ARISE is committed to empowering seniors by providing access to essential resources, promoting integration within the community, and fostering a sense of independence and empowerment.

Highlights of the Year



SEEDS (Special Education Equal Development Society)

SEEDS supports more than 50 families with special education students through extracurricular activities and community resources. By partnering with peers and volunteers, the program advocates for inclusion and cultural sensitivity for special education students in community events.



CAPA SEEDS PROGRAM

Mission:

- *Deliver services that address the social and educational needs of special needs who are currently unmet.
- *Champion the rights of special needs to have equal opportunities for development.
- *Create a platform for special needs to engage with and participate in community activities.
- *Offer unique opportunities for student volunteers to make a positive impact in the community by learning to be kind, patient, considerate, and caring with love.

Impact:

- *Supporting over 50 families with special needs.
- *Offering training opportunities for volunteers, working collaboratively with more than 130 families.
- *Hosting weekly family days to strengthen connections among families with special needs.
- *Participating as a team in 2024 Inspiration walk of Special Olympics Howard County.

WWW.CAPA-HC.ORG

Contact us: seeds@capa-hc.org

The Special Education Equal Development Society (SEEDS) is dedicated to supporting children with special needs. Our primary goal is to provide a supportive network for these children and their families, and to expand the array of activities accessible to them.



Sign up and Volunteer with us



Highlights of the Year



Lunar New Year Celebration at Miller Branch Library

The event drew nearly 400 attendees, exceeding expectations and marking a successful collaboration between the Howard County Public Library System and CAPA-HC. In America's diverse society, the Chinese community has continued to thrive, showcasing strength and a positive presence.



Other Key Programs and Events



Youth Programs

- Achieve Success Together (AST)
 - AST Shine
 - TechGirls
 - AST Enrich
- CAPA Cares
- CAPA Green
- Civic Internship Program
- HoCo Volleyball Club

Other Key Programs and Events



Educational Talks – Host: Tina Zhu

CAPA Educational Talk Series #69
Hosted by Tina Zhu

THE DEEP-FIT ADMISSIONS ADVANTAGE FOR CS- AND ENGINEERING-INTERESTED STUDENTS:
-INSIGHT FROM A DEAN OF ENGINEERING-

If you're aiming to target highly selective schools and/or competitive, saturated majors such as computer science (CS) and engineering, knowing a deep-fit is a school can boost a student's chances of admission.

A deep-fit college is a good fit to large where a student will have the opportunity of more seminars, internships, and other specific academic and personal goals, drive, and lay the foundation for a successful future career path.

DATE **TIME**
Friday, Sept. 8, 2023 8:00 - 9:30 PM

Dr. Jennifer Stephan
Dean of the Department of Computer Science, School of Engineering at Johns Hopkins University
Associate Director of the Center for Data Science
Associate Director of the Center for Data Science
Ph.D. in Computer Science, Johns Hopkins University

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CAPA Educational Talk Series #65
Hosted by Tina Zhu

美化家居，打造给维美好生活
-听陈博士谈房产-

您知道什么是Full Real Estate Service吗?
您知道让侍应生和帮手们住的秘诀吗?
您了解家居装饰设计和布置。庭院绿化设计的重要性吗?

听给维房地产专家陈博士娓娓道来，给我们解开谜题。

DATE **TIME**
Friday, Nov 17, 2023 8:00 - 9:00 PM

陈博
在加拿大从事房地产行业，曾担任地产经纪人，负责多个大型商业地产项目，有丰富的行业经验，为您提供专业的地产投资建议。

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CAPA Educational Talk Series #64
Hosted by Tina Zhu

手把手教您打造和谐亲子关系

现代生活，节奏飞快，大人工作忙，孩子的学业，压力巨大，代际沟通的障碍，要如何打破?
正能量的快读听了就学，为向积极生活迈进!

Life Coaching Online Workshop

人生教练手把手教您深入了解孩子所在，探讨解决之道，这世界上还有什么比家庭和谐，亲子关系更重要呢?

DATE **TIME**
Friday, Oct 20, 2023 8:00 - 9:00 PM

Cong Xu
Founder of CXC Consulting
首席心理咨询师，注册教练
ICF 认证人生教练

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CAPA Educational Talk Series #68
Hosted by Tina Zhu

FTC Team Cryptic: The Road to World Championship

Join us on March 9th to gain insights from FTC team Cryptic!

- This student-led team from Centennial High School will share how they self-fund, self-manage, and excel in robotics.
- Discover their journey to earning third place in the Inspire Award of the FIRST Chesapeake District Championship, securing a spot in the World Championship.
- Coaches will discuss strategies for connecting FHS and FTC projects to foster student growth. Don't miss this opportunity for parents and students to engage directly with the team and coaches!

DATE **TIME**
Saturday, March 9, 2024 10:30 PM - 9:30 PM

Miller Branch Library
1487 Inwood Dr
Mount Airy, NC 27030

CAPA Educational Talk Series #66
Host: Tina Zhu, Yanling Ding

HIGH SCHOOL COURSE SELECTION

Friday, December 8, 2023
8:00 - 9:30 PM ET

Nicole and David will go over their own class schedules, extracurricular activities, internship experiences, and general advice for acclimating to high school.

Wende Jiang
Freshman at Yale University
River Hill High School
Class of 2023

David Liu
Freshman at Whitman School
University of Pennsylvania
Clermont High School
Class of 2023

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CAPA Educational Talk Series #63

Financial Service Career Path in the AI Era

Friday, September 15, 2023
8:00 PM - 9:30 PM ET

Mike Nie

恭喜Mike Nie 在金融行业专业从事工作多年，其中多年在联邦政府高级管理职位任职，他持有若干执照，包括 CPA, CFA, CFP, PFS 注册理财代理人，PFSM，以及 MBA 学位。

Mike Nie 致力于帮助勤奋工作的广大家庭。他在过去12个月中，为摩根大通和普华永道以及准备举行过40个话题的讲座，具体详见 t.me/miknie1040

Topics:

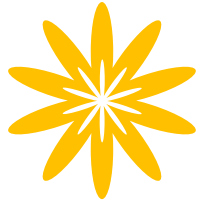
- What areas in financial services are affected by AI?
- What is the financial service job market for next 30 years?
- What skillsets do we need to acquire from now to then?

Scan to register

Zoom ID: 919 2488 9283
Passcode: 094888

Since April 2020, this program has expanded to cover a wide range of topics, catering to a broader audience. These talks aim to inform, educate, and engage the community on various subjects, fostering continuous learning and connection.

Other Key Programs and Events



Dragon Boat Festival

端午节快乐

the Y

**DRAGON
FESTIVAL
BOAT**

Sunday, June 16th, 2024
4:00 PM – 8:00 PM
The Dancel Y
4331 Montgomery Rd.
Ellicott City, MD 21043

Chatime

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RICE AROUND THE WORLD

**DRAGON
FESTIVAL
BOAT**

the Y

Sunday, June 16th, 2024
4:00 PM – 8:00 PM
The Dancel Y

Advocacy and Civic Engagement

CAPA has a strong track record of advocacy, empowering the AAPI community to develop a sense of belonging and stand up for civil rights, equity, and inclusion.

- Over 40 CAPA members have served on various government committees, commissions, and boards in the past years.
- In OBRC Committee, we successfully fought for the reinstatement of elementary school GT and music programs.
- We advocated for language translation for elderly and ESOL students, supported local businesses, and addressed issues affecting special education students.

Advocacy and Civic Engagement

Candidate Forums:


★ 2024 ★


HOWARD COUNTY BOARD OF EDUCATION

CANDIDATE FORUM

Thursday, April 4th 6PM - 8PM
Clarksville Middle School Cafeteria
6535 S Trotter Rd, Clarksville, MD 21029

Meet Board of Education candidates in your district in a speed-dating-style forum. Ask questions, learn about the issues, and get ready to vote in the May 14th Primary Election!




Scan to register 

★ ★ 2024 ★ ★

**CONGRESSIONAL
CANDIDATE FORUM**

Friday, April 26th 7 PM - 9 PM
Centennial High School Cafeteria
4300 Centennial Ln, Ellicott City, MD 21042

Meet congressional candidates for MD district 3 in a speed-dating-style forum. Ask questions, learn about the issues, and get ready to vote in the May 14th primary election!



<https://www.capa-hc.org>

Community Collaborations

- Collaboration with Howard County Public School System (HCPSS), local government agencies, nonprofits (e.g., YMCA, AARP etc.), private foundation and ethnic community groups.
- These collaborations have amplified CAPA's reach and impact.



Volunteers and Sponsors

Volunteer Contributions – youth programs, event management, community service etc.

2024 PRESIDENT'S VOLUNTEER SERVICE AWARD WINNERS



Congratulations to all the CAPA members who earned the 2024 President's Volunteer Service Award (PVSA)!

The PVSA honors U.S. citizens and permanent residents dedicated to making a positive impact in their communities through volunteer work. Volunteers need a certifying organization to verify their hours, and CAPA is pleased to fulfill this role for our members.

Each year, through the PVSA, CAPA recognizes numerous exceptional volunteers who have significantly contributed to our community. We proudly celebrate our medalists and their remarkable achievements. Congratulations to each of you and your families for your incredible support!

Our 2024 PVSA recipients are:

Name	Age Group	PVSA Level	Name	Age Group	PVSA Level
Amy Liu	Teens	Gold	Matthew Yang	Teens	Gold
Annie Yuan	Teens	Gold	Matthew Zhao	Teens	Gold
Benjamin Wan	Teens	Gold	Max Chen	Teens	Gold
Brandon Yu	Teens	Gold	Michelle Wang	Teens	Gold
Bryan Li	Teens	Gold	Sophia Luo	Teens	Gold
Chelsea Sun	Teens	Bronze	Steven Wang	Teens	Bronze
Cindy Yu	Teens	Gold	Steven Zhong	Teens	Gold
Cynthia Sun	Teens	Gold	Wendy Lin	Teens	Silver
Daniel Gao	Teens	Bronze	Albert Cao	Young Adults	Bronze
Domink Ye	Teens	Gold	Andrew Mei	Young Adults	Bronze
Emily Dong	Teens	Gold	Benjamin Li	Young Adults	Bronze
Emily Mei	Teens	Bronze	Brad Cao	Young Adults	Bronze
Emma Liu	Teens	Gold	Emma Lu	Young Adults	Bronze
Ethan Gao	Teens	Gold	Eric Daan	Young Adults	Gold
Evan Liu	Teens	Gold	Jessica Li	Young Adults	Bronze
Grace Lei	Teens	Gold	Jessie Cai	Young Adults	Gold
Isabelle Mei	Teens	Gold	Justin Wu	Young Adults	Bronze
Jasmine Dong	Teens	Gold	Lucy Qian	Young Adults	Gold
Jayson Liu	Teens	Gold	Luke Shi	Young Adults	Bronze
Jonathan Ye	Teens	Gold	Martin Meister	Young Adults	Gold
Joshua Ma	Teens	Gold	Weiyang Li	Young Adults	Bronze
Keira Sanner	Teens	Bronze	Sherry Li	Adults	Bronze
Kunhao Situ	Teens	Bronze			

*Service time frame: 4/15/2023 - 4/14/2024.

The CAPA PVSA Review Committee

Volunteers and Sponsors

Lion Sponsors:



Asian American
Center of Frederick
Enhance. Empower. Enrich.

Howard County
Community Resources and Services

Tiger Sponsors:

Shun Lu
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C: 410.440.7738
www.ShunLuTeam.com
Keller Williams Realty Centre

乐康 居家护理服务
Loving Care Home Services
创始人: 潘虹 Sunny
443-538-1082

全职房地产经纪专家
郭鸣 陈晨
443-89-1398

GL CAPITAL

壹袋天椒
Pepper House

Panda Sponsors:

M&T Bank

AARP
Maryland

MARYLAND HUMANITIES

COMMUNITY HEALTH INITIATIVE
社区健康倡议

Financial Services

Swan Peng, M.D.
202-843-2800 (toll-free)
800-268-6736 (toll-free)

Peter Chang

GW大中华
GREAT WALL SUPERMARKET

COMMUNITY CLINIC

Meadowridge Pediatrics

CODERPIE

Goals and Future Plans

- **Capacity Building:** Strengthening organizational capabilities to better serve our community and sustain long-term growth.
- **Program Expansion:** Growing our existing programs to reach a wider audience and address evolving community needs.
- **Advocacy Enhancement:** Amplifying our efforts to influence policies and initiatives that benefit underrepresented populations.
- **Volunteer & Member Engagement:** Increasing involvement and leadership opportunities for volunteers and members, fostering a more empowered community network.

Thank you for your support!

Executive Team 2022-2024

Executive Director: Lan Deng (邓岚)

Chief Administrative Director: Xia Chen (陈霞)

Chief Finance Director: Jessie Zheng (郑俐)

Director of Development and External Affairs: Jean Xu (徐菁)

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Facebook: @capahoco

Instagram: @capa_hc

