

## Lunch & Learn:

# Seeing the Whole Person: A Glimpse Into Chinese Culture, History and Health

*Join us for lunch and meaningful conversation!*



### Overview

This training offers health care providers and community partners an introductory look at the Chinese community, one of the most diverse and nuanced populations within CalOptima Health's membership. Participants will explore key cultural values, historical experiences and community dynamics that shape how Chinese individuals and families engage with the health care system, as well as the barriers to care that persist today. The session closes with practical, culturally responsive strategies for building trust and delivering more effective care. The presenter will be Dr. Luna Lu, Psy.D., Clinical Director at the Asian American Senior Citizens Service Center (AASCSC), a nonprofit organization founded in 1989 that serves, protects and celebrates vulnerable elders, youth and families across diverse communities in Orange County through direct services, advocacy and capacity building.

**Don't miss this opportunity to learn, connect and grow over a shared culture meal!**

### At the end of the program, attendees should be able to:

- Identify key cultural values, health beliefs and family dynamics within Chinese communities that influence health care decision-making and recognize how implicit bias can affect the quality of care delivered to Chinese patients.
- Describe subgroup diversity within the Chinese community — including generational, dialect and Southeast Asian diaspora differences — and demonstrate the ability to avoid assumptions based on a single cultural label.
- Explain how historical discrimination, COVID-era xenophobia and the current sociopolitical climate have shaped — and continue to shape — Chinese community members' trust in health care systems.
- Identify structural and cultural barriers Chinese Medi-Cal members face in accessing care, including language gaps, health care system differences and fear tied to immigration status and discrimination.
- Apply culturally responsive and trauma-informed communication strategies when working with Chinese patients and community members.

### EVENT INFORMATION

#### Date:

Thursday,  
May 14, 2026

#### Time:

11:30 a.m.–1:30 p.m.

#### Location:

CalOptima Health  
Room 109N (First floor)  
505 City Parkway West  
Orange, CA 92868

*Lunch will be provided  
at 11:30 a.m.*

For questions,  
please email:  
[continuingeducation@  
caloptima.org](mailto:continuingeducation@caloptima.org).

Space is limited! Please  
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QR code below:

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any special requests, please email  
[continuingeducation@caloptima.org](mailto:continuingeducation@caloptima.org)  
two weeks before the training date.*

# Agenda:

11:30 a.m.: Lunch Served

Noon: Welcome/Introduction — Rocio Valencia, LCSW, Senior Director, Equity and Community Health, CalOptima Health

12:05 p.m.: Guest Speaker — Luna Lu, Psy.D., Clinical Director, Asian American Senior Citizen Service Center, Orange County

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

## 1.5 CE Credits Offered

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

**CE Accreditation Statements:**

**BRN** — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

**CAMFT** — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. The course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350. To file a grievance, please email: [continuingeducation@caloptima.org](mailto:continuingeducation@caloptima.org).

**NCHEC** — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.



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