

# AANHPI @ OPM



*Asian American, Native Hawaiian,  
and Pacific Islanders at the Office of  
Personnel Management*

To connect and engage; support and  
help; and be seen and heard inside  
and outside of OPM

Issue 1 | October 2021

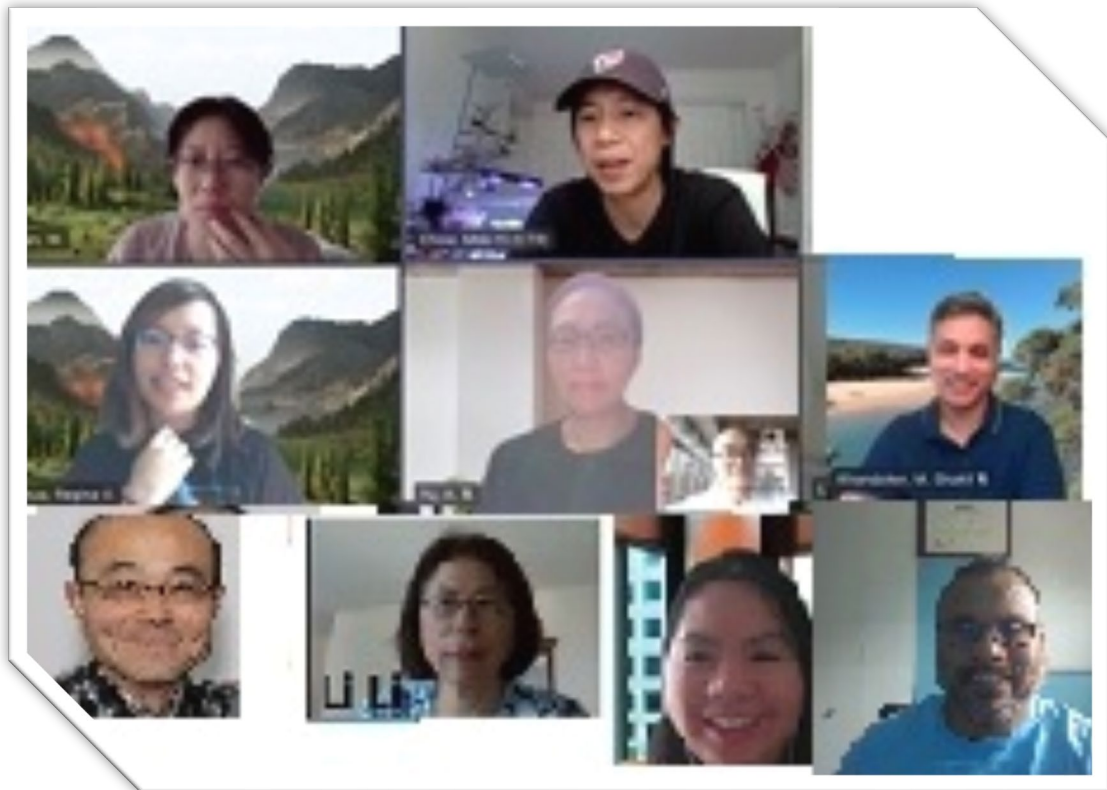
## Message from the Director (Kiran Ahuja)

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Connect with AANHPI at OPM **every Friday** Teams meetings from 12:15pm to 12:45pm

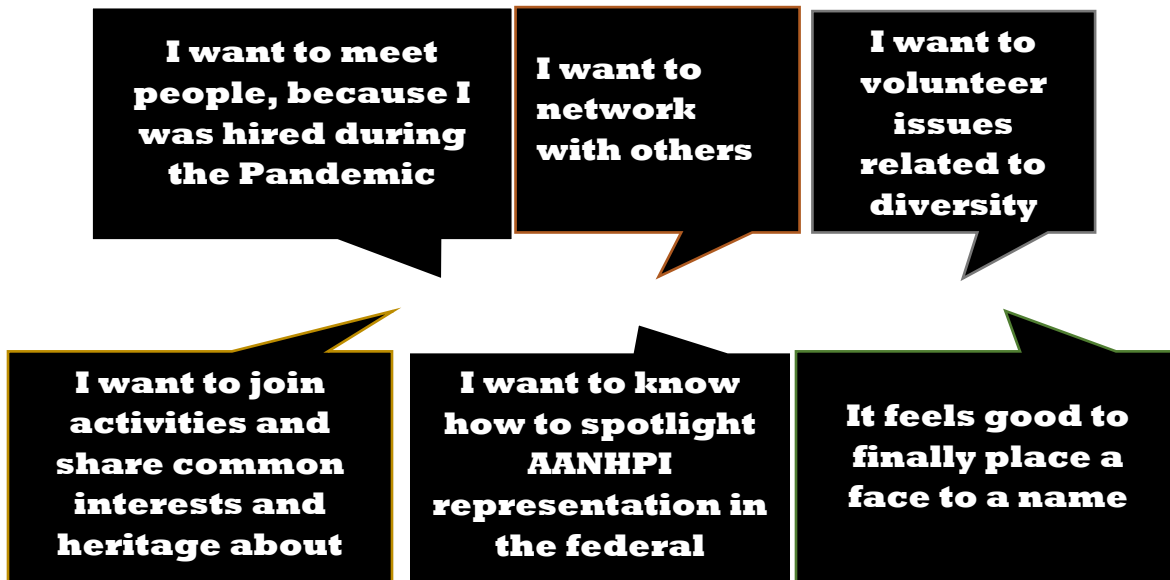


*A collage of screenshots from the first few weekly meetings of AANHPI @ OPM*

## Statement from the Chief Editor (Steve Niu)

Why the *new* AANHPI @ OPM issue? The 100% remote telework due to the COVID-19 pandemic easily made this issue a top priority for colleagues – employees and contractors who share the same workplace: the Theodore Roosevelt building – to reach out when work demands teamwork and collaboration.

Those who joined our weekly Friday lunch meetings in Teams shared the following:



The list goes on, so we like to capture the discussions and leave a mark about our heritage, our collective wisdoms, and efforts within OPM to help OPM, and our fellow colleagues. My personal wish is that we can have a team to compete in future DC dragon boat races every year in May on the beautiful Potomac River where you can see the great 555 feet tall Washington Monument, Lincoln Memorial, JFK music center, Watergate Complex, and Georgetown waterfront park, the famous 270 feet tall 3-spires of Air Force Memorial, last but not least, the beautiful blossomed cherry trees at the Tidal Basin every April and along the Ohio drive which parallels to the Potomac River between the Memorial bridge to Arlington Memorial and the I-395.

This publication is started for, created by, and shared by *you* for both employees and contractors whether you identify as AANHPI or as an AANHPI ally.

We have a small editorial team, but we welcome your submissions. Feel free to send your pictures, ideas, and stories to us. We look forward to publishing future issues of AANHPI @ OPM.

# Who are we at OPM

*a fun fact about us*

**Theo Chang**



Special Assistant to the Director  
Office of the Director  
I've been riding horses  
(eventing/dressage) since I was  
8 years old.

**Jim Cho**



*Deputy Director  
Congressional, Legislative, and  
Intergovernmental Affairs*

I am a second-degree black belt in Tae  
Kwon Do.

**Mok-Yi Chow**



**Web Designer**  
**Office of the Chief Information Officer**

**I perform Lion Dance, practiced  
Chinese Opera, and keep a coral reef  
aquarium.**

**Steve Cho**



**Web Team Developer**  
**Office of the Chief Information Officer**

I enjoy fishing and golfing.

# Who are we at OPM

*a fun fact about us*

**Regina Chua**



*Economist  
Healthcare and Insurance*

I am an illustrator who enjoys video games and fantasy novels.

**Joseph Gee**



*Senior IT Specialist  
Office of the Chief Information Officer*

I enjoy playing video games and board games with my grandchildren.

**Grace Hsu**



*Program Analyst  
Office of the Chief Financial Officer*

I love traveling and learning new cultures.

**Shakil Khandoker**



*Survey Program Analyst  
Retirement Services*

I enjoy playing badminton.

# Who are we at OPM

*a fun fact about us*

**Li Li**



***SBM Administrator  
Office of the Chief Information Officer***

**I love food, art and gardening.**

**Lance Harris**



***Manager  
Data Support and Analysis, HCDMM***

**I enjoy travel, time with family, and my dog.**

**Sean Hershey**



***Diversity Program Manager  
Equal Employment Opportunity Office***

**I am coaching youth baseball.**

**Steve Niu**



***Chief Actuary  
Healthcare and Insurance***

**I am a US. Coast Guard licensed boat captain.**

# Who are we at OPM

*a fun fact about us*

**Padma Shah**



*Senior Policy Analyst  
Healthcare and Insurance*

**I enjoy dining out at different restaurants with my family.**

**Joshua Sheng**



*Project Manager  
Healthcare and Insurance*

**I love eating, love traveling, and am a certified Rescue Diver.**

**Jason Tengco**



*White House Liaison  
Office of the Director*

**I enjoy running and have done two marathons and multiple half marathons.**

**Sharon Tu**



*Program Analyst  
Office of Actuaries/Healthcare and  
Insurance*

**I enjoy gardening and cooking.**



## Who are we at OPM

*a fun fact about us*

**Anchy Wei**



***Designer  
USAStaffing***

**I am from Taiwan. I enjoy fashion styling and photography and am the first Asian Mrs. DC America in over 20 years.**

**Marilyn Wiley**



***Program Analyst  
Human Resources Solutions***

**I love engaging with people and sharing new ideas.**

**Tiffany Worthy**



***Senior Advisor  
Office of the Director***

**I went to cooking school, and externed at Mister Jiu's in San Francisco, which is a Michelin-starred restaurant serving Chinese food in the heart of Chinatown.**

## What we do at OPM



### **Jim Cho**

As the Deputy Director of CLIA, I help oversee the department and its employees. We are the chief liaisons to Congress along with state and local governments, and Native American tribes. My main projects include working on OPM's Congressional appropriation for Fiscal Year 2023 and tracking bills that impact FEHB and Retirement Services.



### **Mok-Yi Chow**

I am on the CIO Web Team, creating and maintaining OPM's external and internal web sites with the rest of the Web Team and the various departments within the agency.



### **Regina Chua**

I perform economics research and data science to assess the significance of current and future health economics developments. I'm presently assisting in data processing, automation, and dashboard development for the FEHB.



### **Grace Hsu**

I perform correspondence reviews recommendations for financial policies and memorandums. I provide direct support to high-profile initiative projects including American Rescue Plan Act Emergency Paid Leave and Credit Monitoring. I am representing OPM in JFMIP initiative on to conduct research on identity verification control activities in efforts to reduce improper payments.



**Sean Hershey**

I help to drive diversity, equity, inclusion and accessibility for OPM employees.



**Lance Harris**

I oversee the Data Analysis group here at OPM, utilizing the government-wide personnel database, EHRI, for reporting, publications, modeling, and other statistical analyses. I also serve as the OPM Statistical Official under the Evidence Act and serve on a variety of steering committees for the agency. My team and I interact with a wide array of customers, both internally and externally.



**Steve Niu**

As the Chief Actuary at OPM, I help OPM to quantify and minimize risk, and our employees to beat the average life expectancy (to live longer than 80), and to live healthier to reduce our healthcare costs and premiums. We are in the process of finishing the actuarial liability calculations for the FY2021 OPM financial statements and preparing for the 2022 FEHBP and FEDVIP Open Season. As an actuary for my profession, I volunteer in actuarial communities to grade, and proctor actuarial exams, participate in actuarial organization subcommittees and workgroups, take on pro-bono cases to help US citizens to resolve their QDROs in divorce settlement, pension annuity, life insurance, social security, healthcare and investment issues. As a good OPM corporate citizen, I am also devoting my time to advocate Financial Literacy and Wellness that cover both retirement and healthcare. Last but not least, promote AANHPI interests.



**Joshua Sheng**

While project manager is my title, you will find me wearing many hats. I am heavily involved in supporting the Annual Open Season Benefits cycle, ensuring that all benefits, rates, and reference information is available to the federal workforce. Systems and technology are my forte, as I serve as the product owner of Benefits Plus (a system used by insurance carriers to manage contracted benefit details). Another project I am currently working on, is an enhancement to the FEHB Enrollment Experience in Employee Express.



**Anchy Wei**

I am a visual designer specializing in improving the aesthetic and user experience of USAStaffing's web products by conducting user research, interviews, testing, and design full-scale interactive prototypes. The latest project I'm working on is designing a web portal for USAStaffing's Developer site.



**Marilyn Wiley**

I work with the Human Resources Solution, Federal Executive Institute, Center for Leadership Development. I support the Presidential Management Fellows (PMF) Program, OPM's flagship leadership program for graduate students. My primary responsibility is to work with agency representatives in their recruitment efforts and provide them with the tools and resources they need to manage their programs.

I am currently evaluating a pilot mentoring program for Agency PMF Coordinators and the recent webinar sessions offered during our Virtual Training Conference this fiscal year.



**Tiffany Worthy**

I coordinate with the White House Presidential Personnel Office and advise the OPM Director on leadership development for Biden-Harris appointees.

## Fun Facts about the AANHPI community

1. Did you know one of us won the pageant of Mrs. DC America in June 2021?



Please join me to congratulate Mrs. DC America – **Anchy Wei**.

We are so proud of her.

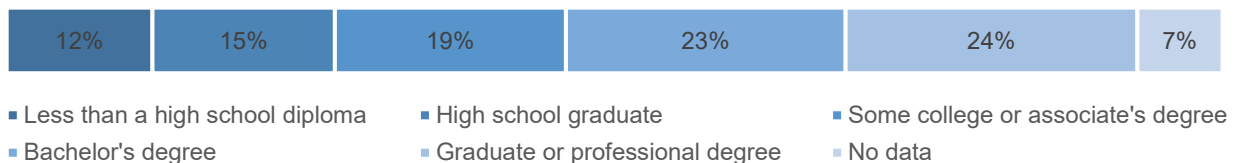
Let's cheer for her as she represents DC to compete in November 2021 for the 2022 USA Mrs. America and possibly move on to compete for World Mrs. America.

Recently, Anchy joined our weekly Friday's Teams meeting, and we had the opportunity to ask her the \$64K question: "What caused you to join the DC pageant competition?" Anchy replied, "Over the years, friends have encouraged me to compete, but I never paid much attention to it. In early 2021, there was a lot of hate crimes against AANHPI community, so I was very upset. I wanted to make a statement that us as Asian Americans, we are also a part of the community."

You can read more about her competition here:

<https://www.pageantplanet.com/event/2021-miss-dc-for-america-strong-mrs-dc-american-and-mrs-dc-america-2021>

2. In celebration of Asian American and Pacific Islander Heritage month in April 2021, the Census Bureau compiled data about the population.



Of Asians 25 years and older, approximately:

- About 1 out of 10 (12%) have less than a high school diploma.
- About 2 out of 10 (15%) are high school graduates (includes equivalency).
- About 2 out of 10 (19%) have some college or associate's degree.
- About 3 out of 10 (23%) have a bachelor's degree.
- About 2 out of 10 (24%) have a graduate or professional degree.

3. Did you know? There are **6%** AANHPI employees within the federal government, but only **3%** in the SES (Senior Executive Service) rank.

## Good eats



### Homemade ice cream

by Steve Niu

*Ingredients:* 3 cups heavy cream, condensed milk (14 oz can), 4 teaspoons green tea powder (or instant coffee powder).

*Instructions:* Stir heavy cream until it is half solid for 10 minutes. Pour condensed milk and green tea powder then stir again. Cool in the refrigerator for 4 hours.

## Tips

**Tip #1** - 5-fingers-money-management by Steve Niu. Did you know you can master your financial wealth if you learn this tip? Thumb – how to make money, Index finger – how to save money, Middle finger – how to grow/invest our money, Ring finger – how to protect our money, Pinky – how to give money? Did you know if you lose your pinky, then you would lose 50% instead of 20% of your gripping strength? If you lose your little toe, you will not stand up in balance. They may be small but they are extremely important. There are many benefits and wisdom in how to give away our money.



Opportunity to practice giving:

1. Federal Feeds Family (virtual until 12/31/2021) - <https://fedsfeedfamilies.ocio.usda.gov>
2. The 60<sup>th</sup> annual Combined Federal Campaign (virtual until 1/15/2022) - <https://cfcgiving.opm.gov/welcome>

## Tips #2 Wellness goals by Steve Niu

As an actuary, I like to talk about how to beat average life expectancy and save our medical premiums. One of those is about the wellness benefits in the FEHBP medical program.

I was invited to join pre-diabetes wellness program in FEHBP, because I have a family history of diabetes. I had no goals or discipline; I just eat and drink when I need to. But after joining the wellness program, I was totally impressed with the new things I learned in the program with the registered dietician (also a nurse).

What are the wellness goals that we can all work on to beat the average life expectancy? I don't smoke, I am not overweight, and I don't have chronic conditions, but what can I do (to earn my wellness money) to stay FIT and live healthier and longer???

There are at least **six things** we can do **EVERYDAY** for winning the wellness money and beating the odds to live longer until the FDA approves a live-forever pill:

1. Sleep at least **7 hours** every day per CDC. This is **the most important thing** to do of ALL the goals. You can use a smart watch or FITBIT watch to monitor this, and they give a daily score of your sleep.
  - Lack of sleep, especially if chronic, can cause all kinds of diseases due to a lower immune system and lack of focus. This can affect your productivity.
  - Dreams are one of the sleep stages, and some people avoid sleeping longer because they're afraid of bad dreams or some feel tired after having dreams. However, dreams help our brain and body reset and coordinate. For most, dreams separate our minds from body. It is a good and natural way to help our body and brain reset.

2. Drink at least **50% (in oz) water** of our weight (in pounds) everyday – 2<sup>nd</sup> most important thing. So, drink water at least 80 oz if weigh 160 pounds. A medium size coffee cup is 16 oz, so you need at least 5 cups of water everyday. High blood pressure is often caused by lack of water, and so are many other health issues are resulting from lack of water intake.
3. Eat a Mediterranean (more beans and vegetables) diet style and balanced food (**50% vegetable** instead of fat, **25% carbohydrates**, **25% protein**).
4. Walk **10,000** steps (about 4 miles) everyday. You can use a smart watch or FITBIT watch to help monitor this or the native pedometer on your mobile device.
5. Learn a new thing everyday. This goal helps us to remain sharp in our minds to fend off Alzheimer's and Dementia. Did you know that **10%** of Americans age 65 and over have Alzheimer's disease per CDC?
6. Meditate and take deep breaths to de-stress every day.



## Upcoming Events

1. Please join our weekly Teams meeting **every Friday 12:15pm to 12:45pm** to meet others virtually and talk about what's happening at AANHPI community and OPM and opportunities to volunteer within OPM. Contact Steve Niu for details.
2. Q&A with **OPM AANHPI appointees**

First name	Last name	Title
Jason	Tengco	White House liaison
Theo	Chang	Special Assistant to the Director
Jim	Cho	Deputy Director, Congressional, Legislative, and Intergovernmental Affairs
Jane	Lee	Senior Advisor to the Director
Tanya	Sehgal	Special Counsel and Senior Advisor
Tiffany	Worthy	Senior Advisor for Appointee Leadership Development

3. One-on-One mentoring program starts October 2021.
4. Q&A with Steve Niu about choosing the best medical plan and dental plan during Open Season in November, 2021 to meet your needs
5. We plan to have in-person activities soon as soon as we return to the office to work.