Sampan salutes first Chinese Americans for Asian American Heritage Month

BY LING-MEI WONG

Clockwise: Stanley Chen, Paul Lee, John Leung, Michelle Wu and Edward Leung

The Sampan is proud to celebrate Asian American Heritage Month in May. This issue is dedicated to members of the community who achieved some notable firsts.

Stanley Chen: The first senior public housing project in Boston’s Chinatown, Quincy Tower, was developed by Stanley Chen in 1978. He went on to work on South Cove Plaza East and West, adding more than 350 subsidized housing units to the neighborhood.

Michelle Wu: As the first Chinese American city councilor in Boston, Michelle Wu loves her career in public service. She kept her campaign promise to advocate for small businesses and remains active in community service.

Edward Leung: As a restaurant owner, Edward Leung was the first to bring live seafood to Chinese restaurants in Boston. Leung worked his way up from the kitchen to own eight restaurants, a food wholesale business and a transit coach service between Boston and New York City.

Paul Lee: As Of Counsel at law firm Goodwin Procter, Paul Lee could have spent his free time on the golf course. Instead, Lee made community service his passion, founding the Asian American Lawyers Association of Massachusetts and the Asian Community Development Corporation.

John Leung: John Leung may be the first triple board-certified doctor to specialize in internal medicine, gastroenterology and allergies in Boston. While many doctors have more than one board certification, Leung’s combination of specialties is unique.

Read more about these local heroes and heroines on pages 6, 7 and 8.

Chinatown meeting roundup: CSC, CRA and TCC

BY LING-MEI WONG

The Chinatown Safety Committee (CSC) met on May 7 at the Doubletree Hotel, while the Chinatown Resident Association (CRA) also gathered that evening at the Josiah Quincy School. The Chinatown Coalition (TCC) held its meeting on May 8 at the Boston Chinatown Neighborhood Center.

CSC: The Radian’s luxury condos at 120 Kingston Street are available for rent May 10. It has 240 units, including five affordable units, said Ori Ron, principal, Hudson North Group America. The building management is working with the Rose Kennedy Greenway to restore the Chinatown Park.

Hudson Group signed over property on Oxford Street to the Chinese Economic Development Council for 67 units of affordable housing, Ron said. The project groundbreaking is May 20.

Boston Police Department Capt. Ken Fong of District A-1 warned about con artists preying on older Chinese individuals. A 60-year-old Chinese woman reported missing $2,000 on April 30 outside the Bank of America on 710 Washington Street, after two other Chinese women waved at her face and she became uneasy on her feet.

“We haven’t had these scams in a while, so it’s starting up again,” Fong said.

CRA: The Chinese Progressive Association gave a presentation on affordable housing and the Chinatown Master Plan at the CRA meeting.

An update on affordable housing at Boylston Street was done by Lisa Alberghini of the Planning Office for Urban Affairs.

A proposal on community gardens was presented by Gerald Robbins, organizer of a gardening co-op.

TCC: The Small Business Administration talked about resources for small businesses at the TCC meeting.

The Boston Redevelopment Authority gave an update on development around Chinatown and American Chinese Christian Educational and Social Services presented on its adult education programs.
Max Allowable Income

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<td>1 &amp; 2 Bedroom Units</td>
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For Info and Application Availability:
- **Pick Up:** Townsend Town Hall, 74 Turnpike Road
- **Phone:** (978) 456-8388
- **Email:** lotteryinfo@mcohousingservices.com

**APPLICATION AVAILABLE ONLINE AT:** www.mcohousingservices.com

**Max Allowable Income**

1. **$47,450**
2. **$54,200**
3. **$61,000**
4. **$67,750**

One 1 bedroom accessible unit.
In unit laundry hook ups.

**Pet and Smoke Free Building**

**New Construction**

Central Air Conditioning
China Education Symposium looks at globalization

BY CANDICE CHEN

Former Australian Prime Minister Kevin Rudd gave a welcome speech at the China Education Symposium on May 2 at Harvard. (Image courtesy of Candice Chen.)

The 2014 China Education Symposium annual conference was held at the Harvard Graduate School of Education on May 2. This year’s theme is “Can China Lead? Education and Leadership in the Globalized World.”

In the opening ceremony, former Australian Prime Minister Kevin Rudd welcomed the audience with a speech addressing education, globalization and leadership.

Rudd said as Australia’s 26th prime minister from 2007 to 2010. He was named a senior fellow of the John F. Kennedy School of Government at Harvard this year and is fluent in Mandarin.

Rudd pointed out the importance of studying language, which is helpful in understanding the globalization. While more Chinese students learn English, there are fewer people overseas who know how to speak Chinese.

“To understand your culture, we need to understand some of your language,” Rudd said.

William Kirby, professor of China studies and business administration at Harvard, spoke on China’s education. He said China has education inequalities causing children in cities to have more opportunities than those in rural areas. As one of the authors of “Can China Lead? Reaching the Limits of Power and Growth,” Kirby believes education is important in China’s development.

“People who will lead China are the graduates like you,” Kirby said.

The China Education Symposium is a student organization at Harvard. It has more than 500 members made up by scholars, policy makers, business leaders and others who are interested in improving China’s education.

The two-day conference included keynote speeches by scholars from both the United States and China, and panel discussions about topics such as international higher education and innovation.

Job opportunity

As a family-centered organization, BCNC is committed to leveraging its resources to maximize its impact on families through strong coordination and alignment of services. BCNC offers holistic, strengths-based toddler-to-adult programming, including licensed child care, youth services, adult education, enrichment, and family supports.

Position Summary: Family Connector (Full-time, 37.5 hours/week, w/benefits)

The Family Connector (FC) plays an integral role in implementing BCNC’s family-centered approach across departments. The FC is primarily responsible for coordinating case management services for individual clients and families agency-wide, as well as for ensuring adequate cross-program resource provision. The FC also supports BCNC programs by providing classroom observation, consultation, and supports the creation of an intervention plan as needed. The Family Connector will also provide trainings for BCNC program staff. This position reports to the Director of Family & Community Engagement.

Skills and Experience Required:
- B.A. required; MSW/Master of psychology or counseling preferred and at least 1-3 years of related experience in case management. Bilingual in English/Cantonese and/or Mandarin.
- Strong interpersonal and communication skills & group facilitation skills
- Excellent organizational skills and ability to manage multiple tasks in a fast-paced environment
- Experience working with children, youth, adults and families with and without disabilities
- Cultural competence and exp. working w/ diverse communities, immigrant family’s issues & health care systems. Proficiency in Windows environment, MS Office and related applications.

BCNC is an equal opportunity employer. Resumes accepted until position filled.
**Event Calendar**

**The Asian-American Women’s Political Initiative (AAWPI) Annual Graduation**

May 21, 6 a.m. to 4 p.m.
Tufts University School of Medicine’s Sachsler Center
145 Harrison Avenue
Boston, MA 02111

This year’s conference will highlight the need for disaggregated data and identify health concerns for Asian women. For more information, contact (617) 767-1071 or email cch@asianwomen-forhealth.org.

**Small business workshop**

May 21, 2 p.m.
87 Tyler Street
Boston, MA 02111

A small business workshop will take place at the Asian American Civic Association. The public is welcome to attend.

**Free children’s dental clinic**

Wednesday, May 21
1 Knotweed Street
Boston, MA 02111

Tufts University School of Dental Medicine will open its doors and hearts to up to 100 children ages 12 and younger in need of dental care. To make a Dental Home Day appointment, contact the Tufts University Pediatric Dentistry Department at (617) 636-6971 or email amanda.alon@tufts.edu.

**Greater Boston Chinese Golden Age Center annual banquet**

Saturday, May 21
6 p.m.
China Pearl Restaurant
9 Tyler Street
Boston, MA 02111

The Greater Boston Chinese Golden Age Center annual banquet tickets are $100 and can be purchased at its sites. Proceeds from the banquet will fund programs and services that support Chinese-speaking seniors and their families. For more information, contact Man-Chung Cheung at (617) 357-0226 x 231 or email mcheung@gbcca.org.

**GBCCA Chinese Music Ensemble 30th Anniversary Concert**

Saturday, June 7
8 p.m.
Jordan Hall, New England Conservatory
30 Gainsborough Street
Boston, MA 02114

For the GBCCA 30th Anniversary Concert tickets, please contact Mr. Chi-Sun Chan at cch@asianwomen.org.

**Central Massachusetts Chinese Language School Asian Festival**

Sunday, June 29
9 p.m.
28 Mulberry Street
Worcester, MA 01605

Come for an exciting afternoon full of dance performances, colorful costumes, music and food from many Asian countries. You have any questions? Call (508) 791-4373 or email asianfestivalinc@gmail.com.

**Open House Melrose**

May 10
5/24, 5:00-8:00
5/10 Sat 11AM-1PM
5/11 Sun 10AM-12PM
9 Rm 2B, 3BR, w/in Law
Pond View Realty
781-665-6766

**WINTER VALLEYS RESIDENCES FOR THE ELDERLY, INC.**

Winter Valley Residences for the Elderly, Inc., a 160-unit complex financed by HUD for those 62 and older or physically disabled, is now accepting applications.

Winter Valley Residences has studios, one and two bedroom and barrier free units. They are owned and managed by Milton Residences for the Elderly, Inc., 600 Canton Avenue, Milton, MA 02186

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**Sudbury New Listing**

Colonial 4BR on 54 Balcom Rd, eat-in screened porch, organic garden and 1 acre by conservation land. Updated kitchen with new Jenn Air range in ctr island next to quest room & bath plus DR and LR. 4BR, sm. office & 2 full bath 2nd floor, basement playroom and workshop next to 2 car garage.

Contact Doreen Norley, 978-460-1729 Prudential

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**Is your child in need of dental care? Bring them to Dental Home Day!**

May 21, 2014 at the Department of Pediatric Dentistry at Tufts University School of Dental Medicine

Children age 12 and younger who register will receive a free examination and dental treatment.

Call 617-636-6971 to sign up. Appointments are filling up fast!

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**Tufts School of Dental Medicine**

Hosted by Tufts University School of Dental Medicine and sponsored by Sunstar Americas, Inc. with Healthy Smiles, Healthy Children Initiative and the Asian American Academy of Pediatric Dentistry.
Local businesses join Stand Against Racism Day

BY NEIGHBORHOOD HEALTH PLAN

Hundreds of employees from Neighbor-
hood Health Plan (NHP) and other local businesses took a symbolic stand against racism and inequality by staging
a peaceful rally on the Summer Street Bridge in Boston’s Fort Point Channel
on April 25.

For the fifth consecutive year, NHP participated in the annual event as part of theYWCA’s national Stand Against Rac-
ism™ movement. Locally, the event is
organized byYWCA Boston to draw atten-
tion to the importance of eliminating racism and inequality in our society. YW
Boston’s goal is to unite like-minded or-
ganizations and encourage open conver-
sation across diverse communities.

“At NHP, we strive to improve the di-
verse communities we serve,” said NHP
President and CEO Deborah Enos. “It is
an important part of our work and what
we stand for as an organization. We are
proud to stand together withYW Boston
and our neighbors to celebrate our differ-
ences.”

While Boston is ethnically diverse, its neighborhoods remain some of the most
segregated in the nation, according to a
2010 census. Among the nation’s big
cities, Boston is ranked fourth in His-
panic-White segregation, preceded only by Los Angeles, New York and New-
ark. The same data ranks Boston fifth in
Asian-White segregation among the 40
metropolitan areas with the largest Asian populations and 11th in Black-White
segregation among the top 50 metropoli-
tan areas with the largest Black popula-
tions.

“Diversity is an essential part of
building communities and we stand to-
gether to celebrate our differences,” said YW Boston President and CEO Sylvia Ferrell-Jones. “We need to celebrate the
richness that diversity adds to our city
and are delighted to have Neighborhood
Health Plan join us in that.”

In 2013, more than 260 organizations
across Boston and Cambridge participat-
ed Stand Against Racism.

Cleaning up Chinatown, block by block

BY SYLVANA CHAN

It has been more than two months since community members and city officials gathered as the Clean Up Chinatown Committee at the Asian American Civic Association to begin solutions to
one of Chinatown’s biggest problems: its
trash. Despite previous efforts to try and
clean up Chinatown, trash consistently
litters the streets and overflows in bins.

As a member of the Clean Up China-
town Committee, Boston’s Inspectional
Services Department started the “Block
by Block” project, which has proved
effective in tackling the problem. The
City has so far met with property owners
and businesses on two different blocks — Knapp and Harrison Streets as well as Harrison, Oxford, and Beach Streets
— to alert and educate them on their
respective trash policies. According to
John Meaney, director of environmental
services for the City of Boston, the team
plans to do this with all the businesses
and residential buildings in Chinatown —
block by block — until the neighbor-
hood is clean.

Meaney cites lack of awareness as a
big cause of Chinatown’s trash aware-
ness. Most of the time, people simply do
not know what the proper trash proce-
dures are. It comes as no surprise, then,
that the project’s efforts to communicate
with local community members have led
to results. A new gate has been con-
structed in the alleyway at Knapp and
Harrison, and is in the process of being
locked to prevent illegal activities. Code
Enforcement Officers have also reported
cleaner streets and alleyways since the
project began. In fact, trash violations among the businesses participating in the
first phase of the project have declined significantly.

For Block 2, the City is requiring property owners and businesses to pro-
duce and submit a plan of action for trash
collection and removal from their build-
ings. Abatement orders will be going out soon to the next block, summoning those property owners and businesses to a meeting to discuss what they should be doing.

“Although it is important to keep the streets clean anywhere, this is even more
true for Chinatown because of the neigh-
borhood’s historical importance to Bos-
ton,” said Meaney.

There are also economic benefits to the campaign. “A cleaner Chinatown means a
busier Chinatown, and a busier Chinatown
means more stores and busi-
nesses,” Meaney explained.

As Block by Block continues into its
next phase, Meaney vowed the campaign
will go on as long as it needs to. In fact,
efforts to clean up Chinatown will not stop
on the streets.

“Once we’re done with the streets, the
goal will be to go through the build-
ings and see what’s going on inside what
people can do differently there,” said
Meaney.
First Chinatown restaurateur with live seafood: Edward Leung

BY THE SAMPAN EDITORIAL TEAM

On Feb. 16, 1979, at 17 years old, Edward Leung arrived at Logan Airport with his family. He remembers how bone-chillingly cold it was and he wondered if they had made the right decision to come to America. Yet, he knew it was their one and only choice. He knew that America was a country of opportunities.

Born in Hong Kong, Leung had to quit school at the age of 15 to help his family. Being the third-generation successor of Hakka cuisine, Leung was interested in cooking and worked as a culinary apprentice at a restaurant. Seeing that his father had to work 12 hours a day, seven days a week, to sustain his family of five, Leung decided to work extra hard so he would not be a burden to his family.

Once in America, he continued to work even harder, working 16 to 18 hours a day in restaurants. Starting as a kitchen prep cook, Leung was promoted to a chef. He tried out different positions in the restaurant business to master the full operation. In 1987, Leung and his family opened their first eatery, East Ocean City. After a few years, they opened another restaurant with the same name, which is the first Chinese restaurant in Boston to serve live seafood.

Leung said, “I firmly believe that America offers opportunities for those who work hard and have great vision.”

During the 1990s and 2000s, Leung opened five more restaurants in Chinatown and three in the suburbs, and operated a seafood wholesale business. In 2006, he included transportation service operation between Boston and New York City, Lucky Star, in his growing business empire.

Now a well-known entrepreneur, Leung feels he has achieved his American dream and the cold no longer intimidates him.

First housing developer for Chinese seniors: Stanley Chen

BY THE SAMPAN EDITORIAL TEAM

As one of Boston Chinatown’s major developers, Stanley Chen started his engineering career in Southeast Asia. When the Communists took over China in 1949, Chen knew that he could not return to his home in Shanghai. He applied and was accepted to be a student trainee in Chicago, arriving in the United States in 1951.

In the 50s, Chinese immigrants were rare and discriminated against. As such, he had much difficulty finding a job and renting an apartment. After his training, Chen was offered a position with one of the biggest construction firms in the Midwest. In 1957, he moved to New York City to work for a national development and construction company and was hired as an East Coast Regional Manager. In 1967, Chen was recruited by the Ford Foundation to run a pioneer minority contractor program in San Francisco which aimed at helping minorities start their careers in the building trade and secure government contracts. Two years later, the Foundation transferred him to Boston to start a similar project.

In Boston, Chen saw that there was no housing for Chinese seniors. In 1974, Chen decided to start his own company, Stanchen Construction Company, to develop housing in Boston. Teaming up with Jung & Bremen Architecture Associates, he built the Quincy Tower in 1978, the first affordable housing for seniors in Boston Chinatown. He then continued to develop South Cove Plaza East and West in 1982. Combined together, the two projects have provided 393 subsidized housing units for seniors.

Chen believes that education is vital for all immigrants to succeed and achieve their American dreams. After retiring, he dedicates his time and financial resources to support the Asian American Civic Association, Boston Chinatown Neighborhood Center and University of Massachusetts, Boston, which all emphasize increasing access to higher education for new immigrants. Chen is committed to giving back to the community and requires his UMass Boston scholarship recipients to volunteer at numerous community organizations and agencies of their choice while in and/or after school.

Everly Apartments
14 Audubon Road, Wakefield, MA
www.s-e-b.com/lottery

(No utilities included except water and sewer)

Everly Apartments is a 186 unit rental apartment community. 33 of these apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

Apartments will feature 9-foot ceilings, walk-in closets, and full-size washers and dryers. Apartment finishes include vinyl wood-look flooring, granite countertops and stainless steel appliances in kitchens, cultured marble bath vanities, and oversized tubs with tile surrounds in master bathrooms. Complex amenities include a clubhouse with state-of-the-art fitness center, great room, cyber cafe, and an outdoor heated pool.

MAXIMUM Household Income Limits:

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<tr>
<th>Household Size</th>
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<tr>
<td>1 person</td>
<td>$47,450</td>
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<td>2 people</td>
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<td>4 people</td>
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Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on July 15th, 2014. There will be an Info Session on May 28th at 6 pm in the 1st floor conference room in Wakefield Town Hall (1 Lafayette St). The Lottery will be held on July 24th at the same location.

For details on Applications, the Lottery and the Apartments, for reasonable accommodations for persons with disabilities, call 617-782-6900 (press 1 for rental units and then press 1 again for Everly) or go to www.s-e-b.com/lottery

Applications and Information also available at the Wakefield Public Library on 345 Main Street (Hours: Mon-Th 9:9, F 9:6, Sa 9:5, Su 1-5).
Paul Lee is a proud son of Boston’s Chinatown. Born in 1950, he lived on Hudson Street, until highway construction tore down his home. The Lee family relocated to Ash Street — bought by Tufts Medical Center when Lee was 11 — and finally settled in Brookline.

Lee joined fellow Hudson Street neighbors Neil Chin and Tommie Lee and other community leaders to found the Asian Community Development Corporation 27 years ago. It developed Oak Terrace, the Metropolitan and One Greenway at Hudson Street, with at least 40 percent affordable housing designed into each project.

“My parents benefited from living in a community where they didn’t need to speak English to get the support of family and friends,” Lee said. “We need to preserve that kind of community.”

Lee was hired at Goodwin Proctor in 1980, and was elected a partner in 1984. Recently he has transitioned to Of Counsel. As one of the first Asian American lawyers to develop a mailing list of 35 individuals in 1983.

“I felt there were so few of us in law and public service,” Lee said. “We formed the Asian American Lawyers Association of Massachusetts (AALAM), and mentored and supported each other in our professional pursuits.”

Today, AALAM has 400 members.

“I’m proudest of helping younger people find their voice and succeed in their professions,” Lee said. “I try to spend as much time as I can mentoring, I really enjoy it.”

Lee’s wife Mary is a Tufts Medical Center doctor and former associate professor at Tufts University, specializing in global health. His daughter Samantha, 25, is studying law and public service, “We inspired her to pursue a career in human rights. Her son Gregory, 28, is an app developer in San Francisco and his global health. His son Gregory, 28, is an app developer in San Francisco and his global health.”

Lee is thankful to his mother, who came to America when she was 19.

“She gave us a safe and comfortable home, a nurturing one,” Lee said. “By doing community work, I hope I’m paying it forward.”

First triple-board certified doctor in allergy and GI: John Leung

BY LING-MEI WONG

John Leung may be the first triple-board-certified doctor to specialize in internal medicine, gastroenterology and allergies in Boston. While many doctors have more than one board certification, Leung’s combination of gastroenterology and allergies is distinctly unique.

After completing his medical degree in 2004, Leung did a three-year residency in internal medicine and was a gastroenterology (GI) fellow at Tufts Medical Center. During his fellowship, he found that many people had allergies in their gut.

“No one was experienced in both allergy and GI, so I studied allergies after my GI fellowship,” Leung said. “There’s a unique need for people who know both fields.”

As director of the Food Allergy Center at Tufts Medical Center, his expertise across disciplines gives him insight. The Food Allergy Center was opened by Leung in 2015 and has since welcomed at least 500 patients.

“There’s clearly a need,” Leung said. “I have students from Hong Kong. Raised by ‘lovely’ parents who didn’t have much, Leung learned firsthand about working hard to fulfill his dreams.

“I decided to become a doctor and come to America when I was a teenager,” Leung said. “I saw a lot of news in Hong Kong about advances in science, which inspired me to come to this country to be a scientist and medical doctor. It’s my love to interact with people and to do science.”

Between research and seeing patients, Leung also makes outreach a priority. “At Tufts, about a fifth of the patients are Chinese, so I can give back to the community,” he said. “That’s why I chose to work at Tufts, not other medical centers.”

Leung is careful to balance work and life with his wife Swetal and 18-month-old son Jay. He plays badminton twice a week at the Josiah Quincy Elementary School.

“It doesn’t matter where you come from,” Leung said. “If you decide to achieve something, you can do it.”

Walden Woods Affordable Housing Lottery www.waldenwoodsatsenbeck.com

2BR Townhomes for $172,600

This is a lottery for the 7 affordable Townhomes being built at Walden Woods that will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in the spring of 2014:

Walden Woods at Stenbeck Place is a private community featuring luxury townhomes in a wooded setting in Scituate. The beautiful new affordable homes feature 1,616 sqft of living space, open first floor plan, 1.5 bathrooms, full kitchens, rear deck and a one-car garage.

The Maximum Income Limits for Households are as follows:

$47,450 (1 person), $54,200 (2 people) 
$61,000 (3 people), $67,750 (4 people) 

Households cannot have more than $75,000 in assets.

For more information on the Development, the Units or the Lottery Application Process or for reasonable accommodations for persons with disabilities, please visit: www.w-a-b.com/lottery or call 617.782.6900 (press 1 for homeownership and then press 2 for Walden Woods). Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on June 12th, 2014

Applications and Information also available at the Scituate Town Library at 85 Branch Street

(see above for times) 0.5 mi from Walden Woods.

Applications Information available at the Scituate Town Library at 85 Branch Street. The Lottery for eligible households will be held on June 24th at 6 pm.
First Chinese-American city councilor in Boston: Michelle Wu

BY LING-MEI WONG

Michelle Wu, Boston’s first Chinese-American city councilor, has been hard at work since her inauguration Jan. 6. The energetic 29-year-old has filed an open data ordinance for greater transparency, supported nondiscrimination against transgender city employees and worked to streamline permits for small businesses.

“Two years will go by very fast,” Wu said. “Every day counts and we try to get as much done as we can.”

The daughter of Taiwanese immigrants, Wu grew up in Chicago. She came to Boston for her undergraduate studies at Harvard and spent her week-ends in Chinatown teaching citizenship classes. In that time, Wu became no stranger to Boston’s Chinatown.

“When it’s nice out, I like to just sit in the park by the Chinatown Gate,” Wu said. “Lately, we’ve been spending a lot of time at Tea Do to enjoy the many bubble tea options. And we almost always stop by the restaurants and bakeries.”

When her mother fell ill in 2007, Wu left a job in consulting to open a tea shop in Chicago. As she learned firsthand about city bureaucracy, she decided to attend Harvard Law School and moved her family back to Boston. Wu has made good on her commitment to reducing red tape for local businesses.

“We’ve been reaching out to small business owners to communicate with them,” Wu said. “I’ve been happy to give people a voice.”

Wu worked for Mayor Thomas Menino as a policy fellow. She met her mentor Sen. Elizabeth Warren at Harvard, worked on Warren’s campaign and was inspired to run for public office herself. “I love it,” Wu said. “I want to encourage young people in the Asian American community to run for office and work in government.”

Wu lives in the South End with her husband Conor and younger sisters She-relle and Victoria. She plans to celebrate Mother’s Day with her mom.

“She’s one of the hardest workers I know,” Wu said. “Every day I put into action everything she taught us growing up.”

This year, give Mom the gift of time

BY MASSACHUSETTS MUTUAL LIFE INSURANCE (MASSMUTUAL)

It’s May, and in schools all over the country children are putting into words and pictures, sometimes with the aid of glitter, poster paint, colored macaroni and the like, just how much their mothers mean to them. On the second Sunday in May, many mothers will be treated to breakfast in bed, dinner at a local restaurant, and all manner of handmade gifts and cards. Moms are clearly appreciated, but do children really understand how much their mothers do for them?

In 1920, less than a quarter of American women age 16 and over were gainfully employed. For most women during that period, “home housekeeper” was a full-time job. Today, on the other hand, over three-quarters of mothers of school-aged children are gainfully employed in addition to raising their kids and maintaining a home for them. Modern moms seem to “do it all”!

Some mothers work for personal reasons: they don’t want to give up their careers once they’ve started a family, or they want health now multiple the benefits of being in the majority — nearly three-quarters of full-time working moms — report doing so to provide a better future for their children.

Most children understand the concept of work: getting paid in exchange for providing certain services for an employer. They may know that Mom is a registered nurse, a florist, a teacher, or a clerk in a grocery store. They may understand that she has education, training, skills and experience which enable her to do this.

Children are often inspired to run for public office themselves. One such inspiration was Sen. Elizabeth Warren at Harvard, whom Wu met as a policy fellow. She met her mentor Sen. Elizabeth Warren at Harvard, worked on Warren’s campaign and was inspired to run for public office herself. “I love it,” Wu said. “I want to encourage young people in the Asian American community to run for office and work in government.”

Wu lives in the South End with her husband Conor and younger sisters She-relle and Victoria. She plans to celebrate Mother’s Day with her mom.

“She’s one of the hardest workers I know,” Wu said. “Every day I put into action everything she taught us growing up.”

This is a lottery for the 4 affordable Townhomes at Greendale Village sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in the summer of 2014. All affordable homes feature between 1,800 to 2,100 livable square feet and have 3 bedrooms, two and a half bathrooms, master bedroom with walk-in closet, central air conditioning. Andemos double-hung Low-E insulated Glass windows, laundry room (washer and dryer not included), and garage parking for one car.

The Maximum Income Limits for Households are as follows: $32,950 (1 person), $37,650 (2 people), $42,350 (3 people), $47,050 (4 people), $50,850 (5 people) and $54,600 (6 people)

**A Mortgage Pre-Approval of at least $160,000 is required with the application. As the condo fees for the affordable units are $350/mo and $410/mo (depending on the unit), the buying power of this is less than the one-third of the area median income.**

Applicants for this lottery must be at least 18 years old and have household income at or below 50% of the area median income. All interested applicants will receive an application, information packet, and a lottery entry form. Completed applications and required documentation must be received by the deadline date.

Applications and Information also available at the Watertown Public Library on 123 Main Street (Hours: M-Th 9-9, F 9-7, Sat 10-2)
Building physical activity into your life

BY KA HEI KAREN LAU, MS RD LDN CDE

Being physically active is important to everyone’s overall health and fitness. An adult should have 150 minutes (about 30 minutes, five days a week) of moderate-intensity exercise each week. Children and adolescents are recommended to have 60 minutes or more of physical activity each day. Staying physically active has many health benefits, including toning and strengthening muscles, improving blood flow, enhancing your heart and lung function and keeping your body flexible. You may also find yourself having more energy during the day, and feeling less stressed.

If you have diabetes, you will find additional benefits from staying active. Physical activities help lower the blood glucose level by improving your body’s ability to use the glucose. In addition, physical activities will also help lower your blood pressure and cholesterol, as well as the risk for heart disease, which are common diabetes complications. And if you are at risk of developing diabetes, having 150 minutes of moderate-intensity exercise each week can substantially reduce your chances of developing diabetes.

Fitting physical activities into your lifestyle might be easier than you imagined; it can be as simple as walking in the park or mall. You can start at a pace and duration that you are comfortable with. As you have built your stamina, you can walk for longer periods and with greater intensity. One way to help you keep track of your progress is by wearing a pedometer daily. A pedometer measures the number of steps that you take in a day. Aim for 10,000 steps each day. If you have not reached this goal when you start your walking routine, you can gradually increase the average daily steps by 500 steps every two weeks.

Invite your friends and family to walk with you to enjoy the company and the benefits of exercise together. The American Diabetes Association and Joslin’s Asian American Diabetes Walking Club in Boston have co-published a Walking Club Manual to provide tips for those who want to organize a group walking club. If you are interested, you can find more information at: http://aadi.joslin.org/clinical-guidelines/audiowalkclub manual-co-published-with-aadi. If you have difficulty in walking, you can try using an arm ergometer, which is a machine that can help you exercise your upper body.

You do not have to exercise at a gym to be physically active. Activities like walking your dog, cleaning your home or gardening are also great ways to get physical activities into your life. Below are listed some examples of home physical activities and exercise. Overall, the most important thing is to reduce sedentary time, like sitting in front of the computer or television.

### Home physical activities

<table>
<thead>
<tr>
<th>Exercise</th>
<th>2 minutes</th>
<th>4 minutes</th>
<th>6 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mowing the lawn</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Playing basketball</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Shoveling snow</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Swimming</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Sweeping and vacuuming</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Gardening</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Walking up and down stairs</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Washing cars or windows</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Walking your dog</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Doing tai-chi</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Carrying a small child</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
<tr>
<td>Dancing</td>
<td>$3.00</td>
<td>$6.00</td>
<td>$9.00</td>
</tr>
</tbody>
</table>

### South Cove Manor to open Quincy facility in May

BY LING-MEI WONG

South Cove Manor Nursing and Rehabilitation Center celebrated the completion of its Quincy facility on April 29. Residents are expected to move from the 120 Shawmut Avenue location to Quincy in late May.

“Our behalf of the City of Quincy, we want to welcome South Cove Manor,” said Quincy Mayor Thomas Koch. “Congratulations on a job well done and God bless everybody.

The Quincy facility at 288 Washington Street has capacity for 141 residents, up from 100 in Chinatown. Amenities at the 87,000 square-foot facility include a rehabilitation center, a hair salon with adjustable-height sinks and a learning center with reading materials.

“We have a large space compared to our current location, with neighborhoods for elders to meet around fireplaces and couches,” said Richard Lui, board chair of South Cove Manor. “We have space for rehabilitation services, so our short-term patients get home sooner.”

The 26-year-old facility on Shawmut Avenue was sold to the Boston Chinese Evangelical Church. South Cove Manor will keep an office in the building.

The Wong Keung Lion Dance Troupe performed at the ribbon-cutting ceremony.
Barrett’s esophagus is a potentially pre-cancerous change in the esophagus in which the esophageal lining changes and becomes more like small intestinal tissue (intestinal metaplasia) in response to chronic acid injury or acid reflux. The primary risk factor for the development of Barrett’s Esophagus is chronic acid reflux/gastro-esophageal reflux disease (GERD). GERD is a condition in which stomach contents flow back into the esophagus due to dysfunction of the valve or sphincter between the esophagus and stomach. The diagnosis of Barrett’s esophagus is done through upper endoscopy with biopsy. Many cases are asymptomatic, or have no noticeable signs.

Most patients with Barrett’s esophagus do not develop esophageal cancer. However, patients that have a pre-cancerous change called dysplasia on their biopsies are at increased risk of progressing to esophageal cancer (esophageal adenocarcinoma). Dysplasia can be classified as high-grade and low-grade. The presence of dysplasia can be an indication for treatment of Barrett’s esophagus.

What patients should be screened for Barrett’s esophagus?

Risk factors for Barrett’s esophagus include chronic GERD symptoms (heartburn, difficulty swallowing, throat clearing and more) for several years, male gender, Caucasian race and obesity. There is no consensus recommendation among experts regarding who should be screened. However if you have any of the above risk factors, it is reasonable to pursue upper endoscopic evaluation by a gastroenterologist, or a medical specialist in digestive diseases.

How is Barrett’s Esophagus treated and managed?

Treatment of Barrett’s esophagus initially focuses on good control of acid reflux with medical therapy with medications that suppress acid production in the stomach. These medications include proton pump inhibitors (Omeprazole/Prilosec, Pantoprazole/Protonix, Lansoprazole/Prevacid and more) or H2 blockers (Zantac, Tagamet and more). In the absence of dysplasia, periodic endoscopic surveillance every three years is recommended. If there is dysplasia, endoscopic therapy may be considered. Endoscopic therapy for dysplastic Barrett’s Esophagus includes ablative therapy using heat (radiofrequency ablation/SANNR procedure), closed energy (cryosablation), and endoscopic removal of nodular areas of tissue (endoscopic mucosal resection). In some cases, esophageal surgery is required.

Sanjay Hegde is a gastroenterologist at Tufts Medical Center.

**What is Barrett’s esophagus?**

BY SANJAY HEGDE, MD, TUFTS MEDICAL CENTER

Heartburn is a factor for Barrett’s esophagus. (Image courtesy of Flickr user photosteve101.)

**How to prevent constipation**

BY HARMONY ALLISON, MD, MPH, MS, TUFTS MEDICAL CENTER

Most people will encounter problems with constipation at some point in their lives. Constipation can mean moving your bowels less frequently, having difficulty with passing stool or not feeling completely evacuated. There is a range regarding normal frequency of passing stools. People can fall in the “normal” range if they have a bowel movement as little as three times a week or as often as three times a day.

There are a number of causes of constipation including diet, medications, decreased exercise, illness, pelvic floor dysfunction and rarely obstruction of the large bowel. A low fiber diet, not drinking enough water and little exercise can lead to constipation. A diet high in fiber will help to increase the frequency of stools as well as a sensation of improved evacuation. A reasonable amount of fiber in your diet is 25 to 30 grams per day. Five fruits or vegetables per day will provide 15 to 20 grams of fiber per serving. Certain high fiber cereals will provide about 3 grams of fiber per serving. Some medications such as calcium supplements, non-steroidal anti-inflammatory pain relievers (ibuprofen, naproxen), narcotics (oxycodone, codeine), beta blockers (metoprolol) and diuretics (“water pills” such as furosemide or hydrochlorothiazide). If you have recently started one of these medications and noted some constipation, then consider increasing your fiber and vegetable intake or taking a fiber supplement.

Occasionally you may require an additional laxative in order to move your bowels. There are two types of laxatives: stimulant laxatives and osmotic laxatives. Stimulant laxatives work directly on the bowel and promote contractions of the large intestine. Examples of these include bisacodyl and sennosides. These laxatives tend to work in 6-8 hours. Osmotic laxatives help to soften the stool and bring water into the GI tract. These laxatives take a little longer to work. Both types of laxatives can cause bloating, nausea, diarrhea and abdominal discomfort.

Constipation is a common problem and can often be a result of modest lifestyle changes (eating less fiber, walking less, starting a new medication). However, if you see blood in your stool (even less, starting a new medication). How to prevent constipation
Sweet potato dumplings at Mei Mei Street Kitchen’s restaurant. (Image courtesy of Anna Ing.)

A food aficionado: Mei Mei

BY ANNA ING

As a big fan of Mei Mei Street Kitchen, I was ecstatic about its brick and mortar location in Brookline after a successful Kickstarter campaign.

We started with the sweet potato dumplings ($9): four hearty, fried and hand-rolled sweet dumplings filled with feta cheese and sweet potato. They were served with homemade chunky apple-feta cheese and sweet potato. They were hand-rolled sweet dumplings filled with mortar location in Brookline after a successful Kickstarter campaign.

Next came the daily tacos ($14). The roasted mushrooms dish ($18) consisted of maitake, shiitake, blue and oyster mushrooms, and caramelized parsnip. They were topped with an herb salad and the roasted almonds added a great touch.

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