AACA celebrates success and community leaders

BY LING-MEI WONG

The Asian American Civic Association (AACA) recognized outstanding students and community leaders at its annual gala “Their Courage to be New” on June 4 at the Park Plaza.

AACA provides English courses and job training. English student Pei Xia “Peggie” Kuang, received the Richard & Susan Smith Family Foundation College Achievement Award. The Chinese immigrant completed two years of English classes and will study accounting in September. She aspires to be a teacher after she has earned her degree.

“Before I came to this program, I was confused and depressed because I had an accident after separating with my husband,” Kuang said. “I am so lucky to have excellent teachers, advisors and supporters at AACA to support me.”

Building Energy Efficient Maintenance Skills (BEEMS) program graduate Robert Brown received the George A. Russell Jr. Career Advancement Award. The Mattapan resident did jail time, but turned his life around with his newly acquired maintenance skills.

“My life had strayed and I was ready to put in back together and work hard to provide for my wife and three children and have some personal pride,” Brown said. “From the first moment I met the staff at AACA, I knew that I had come to a place that saw my future and would not dwell on my past.”

Community Service Awards were presented to Ron Drucker, president of The Drucker Company and Paul Lee, of counsel at Goodwin Procter. The gala was hosted by WCVB anchor Susan Wornick, with a dance by the Wahu Lum Kung Fu Athletic Association and Tai Chi Academy and live musical performances from Moroccan and South African artists. A film “AACA Faces” by director Mandy Chen was screened, featuring AACA staff, students and clients.

The AACA provides all immigrants and economically disadvantaged individuals with education, occupational training, and social services, enabling them to realize lasting economic self-sufficiency.

Tufa 754 receives approval to operate medical research laboratory to focus on tuberculosis

BY TUFTS UNIVERSITY

Tufa 754 University has received a permit from the Boston Public Health Commission to operate the Amold S Bio Safety Laboratory, a new research laboratory that will focus on finding innovative ways to detect, prevent and treat tuberculosis. The 1,700-square-foot Biosafety Level 3 laboratory is located within Tufa 754 School of Medicine’s existing Biomedical Research and Public Health Building at 136 Harrison Avenue.

Tuberculosis, the primary focus of the laboratory’s research, is a serious concern in Boston and worldwide. The World Health Organization estimates that the disease infects as many as one in three people globally. Each year, approximately 10 million people develop symptoms that require months of treatment with multiple drugs.

“The completion of the laboratory is a landmark event for Tufa 754 University School of Medicine. This facility will make possible innovative, potentially life-saving research. It will be an important addition not only to Tufa 754 but also to Boston’s health science research capacity,” said Tufa 754 University School of Medicine Dean Harris Berman, MD. “We are very pleased with Boston Public Health Commission’s decision following a comprehensive review of our project.”

The laboratory will be home to leading edge scientists such as Bree Aldridge, Ph.D., who is combining microbiology and engineering to uncover the survival strategies of the bacterium that causes tuberculosis in an effort to shorten and simplify treatment.

Tufa 754 has worked closely with the local community throughout the development of our project, which began in the spring of 2012.” We greatly appreciate the time and thoughtful input provided by our Community Advisory Committee and other members of the community, particularly our neighbors in Chinatown. We’re committed to continuing that relationship,” said John Leong, MD, Ph.D., chair of the Department of Molecular Bio- logy and Microbiology at TUSM.

Tufa 754’s laboratories operate at major hospitals and academic institutions throughout Boston.
13 state office hopefuls attend town hall in Chinatown

BY ANNA TSE

A total of 13 state office candidates gathered at China Pearl in Chinatown for a “speed dating” town hall with the Asian American community on May 29. The event attracted many residents and community leaders to hear from the 13 hopefuls — candidates for governor, lieutenant governor, state treasurer and attorney general.

Each candidate first had a 10-minute introduction and then a recorded interview where they were asked a few questions. Topics ranged from mitigating high rates of Asian American gambling addiction, construction of new casinos in Massachusetts, helping immigrant businesses and promoting diversity in state government.

The recorded interviews will be posted online before the mass. Democratic State Convention June 13 to 14. This will also be before the primary election Sept. 9 and the general election Nov. 4.

The Asian American delegates and statewide candidates meet and greet was hosted by Leverett Wing who partnered with 25 organizations for the non-partisan gubernatorial forums. Wing said, “I think it’s vital for our community to stay civically engaged.”

Asian Americans are the fastest growing minority population in the United States, and the fastest growing racial group in Boston, matching Latins at 27 percent, according to the 2010 census. Asian Americans now make up 10 percent of the city’s population.

“When elected officials and candidates know that our community holds accountable, they’re more likely to listen to our concerns and pay attention to issue which are important to us,” Wing said. “In the past, our community has suffered a great deal when decision-making officials haven’t taken our concerns into account. We can’t ever let that happen again.”

Wing said there would be more state candidate events in Chinatown over the summer and hoped more voters will attend to make sure people know that if their faces are seen, and if their voices are heard, it will benefit the community and themselves,” he said.

The candidates at the event included:

- Five governor candidates: Joe Avellone, Don Berwick, Attorney General Martha Coakley, State Treasurer Steve Grossman, Juliette Kayyem
- Three lieutenant governor candidates: Leland Cheung, James Arena derosa, Steve Kerrigan
- Three state treasurer candidates: Tom Conroy, Barry Finegold, Deb Goldberg
- Two attorney general candidates: Maura Healey, Warren Tolman

MIRA Coalition recognizes immigrants at gala

BY QIONG YANG

The MIRA Coalition held its annual gala at the Fairmont Copley Plaza on May 29. (Image courtesy of Qiong Yang.)

The Massachusetts Immigrant and Refugee Advocacy (MIRA) Coalition held its annual event, Give Liberty a Hand 2014 at the Fairmont Copley Plaza on May 29. It honored individuals who improve the lives of immigrants and refugees and who serve as exemplary Americans. Michelle Wu, Boston city councilor at large and Josh Zakim, Boston city councilor for District 8, were emcees for the gala. More than 250 supporters gathered for the event.

Awards were presented to four individuals who have made a difference in the lives of immigrants and refugees living in the Bay State — Congresswoman Niki Tsongas, Massachusetts Speaker of the House Robert DeLeo, Boston Marathon hero Carlos Arredondo, and domestic violence survivor advocate Gladys Ortiz.

“The range of honorees this year shows the range of ways that our members and allies make a difference,” said Eva Millona, executive director of the MIRA Coalition. “As a U.S. Congresswoman, Niki Tsongas has always supported the full integration of immigrants, as did her late husband before her. Speaker DeLeo has helped Massachusetts one of the most welcoming states in the nation with his leadership at the State House. Costa Rican-born Carlos Arredondo demonstrated the brotherhood of all peoples with his courageous actions at the 2013 Boston Marathon. And Colombian-born Gladys Ortiz has shown how much difference a grassroots advocate can make in the lives of some of our most vulnerable residents. We’re delighted to have the opportunity to thank them.”

MIRA is a statewide coalition of 130 organizations working to promote the rights and opportunities of immigrants and refugees. MIRA advances this mission through education and training, leadership development, organizing, strategic communications, policy analysis and advocacy. It is the only organization in Massachusetts that brings together groups serving immigrants and refugees from many parts of the world, of various nationalities, races and ethnicities.

WGBH celebrates Asian American Heritage month

BY CANDICE CHEN

WGBH hosted an Asian American Heritage Month celebration on May 22. (Image courtesy of the Sampan editorial team.)

WGBH TV/Radio hosted its annual Asian American & Pacific Islander Heritage celebration on May 22, which featured an excerpt from the documentary “The Grace Lee Project,” followed by a panel discussion. “The Grace Lee Project” was directed by award-winning Korean-American filmmaker Grace Lee. Lee grew up in Missouri and found other Asian-American women who shared her name. By filming these women and recording the stereotypes they faced, Lee did an unscientific but clever investigation on the “Grace Lee” persona.

The documentary challenges cultural categorizations. Liz Cheng, general manager of WGBH and event moderator, said the documentary was impressive. “The Grace Lee Project” will be aired in late June and early July.

WGBH also invited Karen Young, founder and director of Genki Spark, and Allistair Mallilin, executive director of Asian American Resource workshop, to be panelists on their Asian American experiences.

Young grew up in California. She said it wasn’t until college that she realized there were differences as an Asian. “I struggled to be Asian American,” Young said. As it is difficult for people forget ethnicity, she believed Asian Americans should know themselves first.

In 2010, Young founded Genki Spark, a pan-Asian women’s arts and advocacy troupe which practices taiko drumming.

Young said she wants to change people’s perception of Asian and Asian women. “I think it’s cool that I went through a cultural identity experience similar to Young’s in his college years. Mallilin is a Filipino-American raised in Baltimore, Maryland. He said he went to Chinatown for a meeting once and found all the people around him were Asian. Growing up in a white neighborhood and seeing so many people who looked the same as him, he felt uncomfortable but empowered.

After graduating from college, Mallilin devoted himself to community service. Now, he and his wife help empower Asians in American society. “We need to build our own voice in the community,” Mallilin said.

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COMIC

EMPTYBAMBOOGL
THE TENDING & SHARING ADVENTURES OF A GIANT MONSTER

TASHION CONVERSATIONS
FORM & FUNCTION OVER STYLE

BY LILLION CHAN

The beauty that is the tee shirt dress... or what I'd like to wear to the modern day mumu...

Is the fact that I can eat as much food as I physically able to.

I need my clothes to expand as well.

Event Calendar

Sifu Huan Zhang, supported by Community Arts Advocates. Class is in both English and Chinese.

Let's talk breast health Saturday, June 21 10 a.m.
Asian Community Development Corporation 35 Oak Street, Boston, MA 02111
Asian Women for Health will present breast cancer screening information and health tips for Asian American women. Refreshments and Chinese interpretation will be available. To sign up, please contact May Lui at (617) 428-2380 x 212.

Good Neighbor Community Day 2014 Saturday, June 21 1:30 to 4 p.m.
308 West Squantum Street North Quincy, MA 02171
Bouncy house, face painting and games for all ages. Social services offered at this free event. All are welcome. Please call (617) 653-3693 for details.

Celebrate Dad — A Day of Health, Fitness and Fun for Men and Their Families Saturday, June 22 10 a.m. to 1 p.m.
Quincy Medical Center 114 Whitwell Street Quincy, MA 02169
This free community event will feature an array of health screenings, including blood pressure, blood glucose, body mass index, pulmonary function testing, memory screening, carpal tunnel syndrome/ elbow tendinitis screening, and more. For more information or to register, call 1-800-488-5959 or go to www.quincymedical.org.

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Lottery Application Process Now Open for 1 Bedroom Apartment Community Development Partnership is holding a lottery for a 1 bedroom unit at Brackett Landing. This unit is energy efficient and consists of a large living area, fully applianced kitchen, washer/dryer, central air condition and a one car garage. The units are over 800 square feet. These apartments are available to those persons who qualify in accordance with established income limits for Barnstable County. The rent will be $767 monthly and a one year lease is required.

Come to our information session: Wednesday, June 26, 10:30-11:30 am at the Community Development Partnership Conference room

There are income restrictions for each family size. The following is an example of maximum income limits by family size. Your income needs to be below this limit when applying for housing.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Income Limits</th>
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<tr>
<td>1 person</td>
<td>$44,750</td>
</tr>
<tr>
<td>2 persons</td>
<td>$65,000</td>
</tr>
<tr>
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<td>$79,100</td>
</tr>
<tr>
<td>4 persons</td>
<td>$97,500</td>
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For additional information, visit www.capecdp.org or call us. Application deadline: July 1, 2014.

Community Development Partnership

3 Main Street Mercantile, Unit 7
Eastham, MA 02642
508-240-7873, extension 17

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To learn more, visit one of these upcoming Information Sessions:
- 9-11am, Thursday, June 12 St. Chrysostom’s Church, 1 Linden St., Quincy (MRTA - Wollaston)
- 2-7pm, Friday, June 13 Marriott Quincy Hotel, 1000 Marriott Dr., Quincy (MFTA - Quincy Adams)
- 12-5pm, Friday, June 20 Four Points Sheraton, 407 Squire Rd., Revere

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Being the following documents with you:
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www.GCC.edu

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QCC is an Equal Opportunity Affirmative Action College supporting diversity.

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Express ASLANS Saturday, June 7 3 to 6 p.m.
Boston Medical Center 840 Harrison Avenue, Boston, MA 02118
This uplifting evening will feature Asian cancer survivors and care givers, while raising funds for Asian Women for Health. For more information, please go to http://2014.ExpressASLANS.tickethub.com, email echihc@asiawomenforhealth.org or call (617) 767-1071.

Chinatown Main Street dance Saturday, June 7 6 to 11 p.m.
Hei La Moon Restaurant 88 Beach Street Boston, MA 02111
Buffet dinner and dancing with ch a cha, foxtrot, disco music, ballroom and the Chitter Bug! Tickets are $35 per person. All proceeds to benefit Chinatown Main Street. For tickets, please contact (617) 350-6300.

GBCCA Chinese Music Ensemble 30th Anniversary Concert Saturday, June 7 8 p.m.
Jordon Hall, New England Conservatory 30 Gainsborough Street, Boston MA 02114
For the GBCCA 30th Anniversary Concert tickets, please contact Mr. Chi-Sun Chan at cschan2000@gmail.com or call (617) 767-1071.

“Strategies & Assistance for Asian Import & Exporting” workshop Tuesday, June 10 8:30 to 11 a.m.
87 Tyler Street Boston MA 02111
This workshop hosted by the Small Business Administration takes place during “World Trade Month” in June. The workshop will be conducted by six experts with expertise in importing and exporting to/from Asian manufacturing, supply chain management, technology, finance and legal issues.

Boston Dragon Boat Festival June 14 to June 15 Charles River The 35th Boston Dragon Boat Festival will have 62 teams racing, along with Asian food, arts and crafts, and cultural performances. For more information, please visit www.boston-dragonboat.org.

Free tai chi class Tuesdays, June 17 to July 22 10 to 11 a.m.
Symphony Park, corner of Edgerly Road and Nor- way Street. In event of rain, classes will be held indoors at 100 Norway Street
The Friends of Symphony Park present Tai Chi Summer 2014 with

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SAMPA N is New Eng- land’s only bilingual biling- ual English-Chinese newspa- per. It is nonprofit and gual English-Chinese news-

land’s only biweekly bilin -
Women find empowerment at Found In Translation

BY JULIA L. WONG

Graduates of Found In Translation (fIT) celebrated their completion of a 12-week medical interpreter program at the Citywide Senior Center in Cambridge on May 24. This program is offered, free of charge, every year to low-income and/or homeless women in order to prepare them for future jobs and careers in the medical interpreting and related fields.

According to FIT Development Director Paula Gomez Stordy, the nonprofit organization “help[s] homeless and low-income multilingual women achieve economic security through the use of their language skills” while addressing “ethnic, racial and linguistic disparities in health care.”

Julia Korier, FIT program director, highlighted the competitiveness of the medical interpreter program in her speech. The last training session selected 37 out of 235 applicants, of which 34 graduated. FIT offers strong support for more information about fIT and for students, which consists of language coaches, clinicians and mentors. Interpreter training is also provided in numerous languages.

Two elected class speakers, Elsa Teixeira and Krystic Bellabe, spoke of how this program has empowered them to take charge of their futures. Teixeira noted the incredible support system not only from the organization but also from her fellow students. Bellabe shared her own inspiring story of juggling her family and education as well as finding strength to build a future for herself and her son. Even before graduation, her efforts were rewarded by an employment offer as an interpreter.

Both women represent FIT Founder and Executive Director Maria Vertkin’s vision of the program as a system for women to reinvent themselves and as an opportunity for personal growth. “As a multicultural group, the students learned to respect each other in spite of cultural and religious differences” Vertkin said, encouraging the women to serve as ambassadors for change in all their future endeavors.

For more information about FIT and the medical interpreter program, please visit www.found-in-translation.org.

Preschool celebrates Chinese culture

BY THE GODDARD SCHOOL OF AUBURN

The Goddard School of Auburn hosted the first China’s Day of the Child on May 30. Children were exposed to all aspects of Chinese culture, ranging from food, music and entertainment.

The Goddard School works on incorporating diversity and world cultures into its everyday curriculum. Teachers bring in dishes and music to represent their cultures on a daily basis. “Our goal is to expose the children to the different cultures of the world, in hopes of acceptance and even to spark interest in their way of life,” said Maria Ravelli, a preschool teacher at Goddard.

Volunteers from Leaders Way Kung Fu Academy in Worcester shared their talents in kung fu and demonstrated a traditional lion dance. Miss Thao, an assistant teacher, brought in traditional dishes such as vegetable rice, lo mein and beautiful fruit jelly desserts.

The children participated in arts and crafts, making kites and learning about the Chinese zodiac. The sounds of children running around exclaiming “I’m a lion! I’m a rat!” filled the Goddard School playground as the children learned about a new culture.

QARI recognizes community leaders at banquet

The 7th Annual Quincy Asian Resources, Inc. Community Banquet was held at the China Pearl Restaurant in Quincy on May 30. About 600 guests attended the banquet. The Community Partner Award went to the Quincy Public Schools. The Scholarship recipients were Henry Fong, Amanda Lee, Dinghang Liu, Yuyao Zheng, Yuling Chen, Simon Quach and Wilson Chen, pictured with Quincy Mayor Tom Koch (third from right). (Image courtesy of QARI.)
**Boston Centers For Youth and Families Quincy Community Center swim team will swim and run to prevent breast cancer on June 21**

BY THE MASSACHUSETTS BREAST CANCER COALITION

The Boston Centers for Youth and Families (BCYF) Quincy Community Center (QCC) swim team will be participating in the Massachusetts Breast Cancer Coalition’s (MBCC) swim, walk, run, and/or kayak Against the Tide event in Hopkinton, Mass., on June 21. The swim team, which consists of girls and boys ages 5 to 15, will be swimming and running for breast cancer prevention in the Against the Tide event.

The QCC Ducks Swim Team home pool is in Boston’s Chinatown neighborhood, but draws more than 35 young athletes from several of the city’s neighborhoods. The swimmers participate in the BCYF non-competitive swim leagues as well as other events like youth triathlons. The swim team began in 1996 in the BCYF swim league and has run continuously ever since. As the team has grown, several members come back to coach and mentor younger swimmers.

“The swimmers and coaches are excited to participate in the upcoming MBCC Against the Tide event at Hopkinton State Park. The young athletes will enjoy the challenge of the event and the feeling of helping to support MBCC’s mission of preventing breast cancer,” said assistant swim coach Andy Murray. “We will be mixing workouts of swimming at the BCYF QCC pool and running throughout the Chinatown neighborhood to prepare for this challenge. After all their hard work in the city, the Against the Tide events course in scenic Hopkinton State Park will be a rewarding change in scenery for the team. As a past participant in the Against the Tide event, and having family members touched by this terrible disease, I am especially proud that our team will now be supporting this great event.”

“The dedication and support from Coach Andy Murray, these young athletes and their families is truly inspirational,” said Cheryl Osimo, executive director of MBCC. “We are honored that the BCYF Quincy Community Center swim team is attending the June 21 Against the Tide event in Hopkinton. The support they are providing to MBCC toward our goal of breast cancer prevention is admired and appreciated.”

To join the BCYF Quincy Ducks Swim Team, or to make a pledge toward MBCC Against the Tide event, and having family members touched by this terrible disease, I am especially proud that our team will now be supporting this great event. Observers were not told what changes had been made in the pictures. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate income households. We bring your retirement plans to life!

All Dimensions Are Approximate - NOT FOR CONSTRUCTION - For Information Only

Move to Linden Ponds on the South Shore and spend your days enjoying life, not worrying about home maintenance.

**Chatime brews authentic boba tea**

Tieguanyin latte with boba. (Image courtesy of Ling-Mei Wong.)

BY LING-MEI WONG

Taiwanese franchise Chatime opened shop in Boston this April. The Chinatown space is cozy, with dozens of beverages ranging from black teas, green teas, fruity smoothies and exotic milk averages ranging from black teas, green teas, fruity smoothies and exotic milk...
EPA recognizes Tufts Medical Center for asthma program

Tufts Medical Center’s Asthma Prevention and Management Initiative (APMI) program was recognized by the Environmental Protection Agency (EPA) on May 29 at the national Healthy AP Mini Awards 2014 hosted by the Prevention and Management Initiative givers, and provide the vital asthma edu reach as many families, youth and care-

 Tufts Medical Center (Tufts MC) was selected to be part of their comprehensive asthma care environment of asthma management as people with asthma by delivering strong leadership award in asthma manage -

 Tufts MC celebrated with two asthma health fairs on May 13 and May 17. Parents and kids learned more about asthma, as well as common allergies in the home that may exacerbate asthma, such as dust mites, cats and dogs, and cockroaches.

Tufts Medical Center established the APMI in 2006, in partnership with the Josiah Quincy Elementary School and the Josiah Quincy Upper School. Asthma prevalence had increased from 15 to 20 percent at the elementary school and Tufts MC’s bilingual pediatric providers saw a spike in asthma-related urgent care visits. In re -

response, the CHIP team set out to inform the community in places where people live, work, and gather. The initiative aims to improve the functional outcomes of school-age children with asthma and decrease overall utilization of acute care services for asthma-related problems. APMI offers community education programs and intro -

duced a home visiting program several years ago. APMI currently serves more than 100 families per year through its home visiting program, which includes environmental assessments, medication review, review of asthma action plans and disease education for children and their families.

Max Allowable Household Income

<table>
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<tr>
<th>Household Size</th>
<th>Max Allowable Income</th>
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<tr>
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<td>$73,200</td>
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<tr>
<td>5 person</td>
<td>$86,520</td>
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By Tufts Medical Center

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PUBLIC INFORMATION MEETING

6:30, Tuesday, June 10, 2014

Salisbury Senior Center

41 Lafayette

For Application and Information

Email: lotteryinfo@mcohousingservices.com

Understand Hepatitis B risks

BY KATHLEEN COLEMAN, NP, TUFTS MEDICAL CENTER

Are you or your parents from one of the following countries: Korea, Marian, Philippines, Cambodia, Thailand, Laos, China, Malaysia, Indonesia, Tai -

wan, Vietnam or any country in Africa or the Caribbean? You may be at risk for hepatitis B and not even know it. One in 10 Asian Americans has hepatitis B. The World Health Organization estimates 2 billion people worldwide carry the hepa -

titis B virus and more than 360 million have chronic liver infections

Hepatitis B is a common infection of the liver around the world that can lead to chronic liver disease (fibrosis), advanced scarring (cirrhosis), liver cancer and liver failure. You may have this infection for decades without knowing it or having any symp -

toms. In young children the virus can be quite active with very high viral loads (number of virus particle in the blood) but they are rarely ill because of this.

However as we age the infection is slowly -

ly influencing the liver leading to more and more scarring. This process can ulti -

mately lead to cirrhosis, liver cancer and liver failure.

Hepatitis B virus is highly con -

tagious. It is transmitted through contact with the blood or other body fluids of an infected person. A common way hepatitis B is transmitted is from mom to baby at birth. It is also an important occupa -

tional hazard for health workers or any other individual who may come in con -

tacted with an infected persons blood.

There is a simple screening test that can check for exposure to hepatitis B and to determine who has active hepatitis B virus. There is a very effective vacc -

ine that has been available since 1982 that can prevent the spread of hepatitis B infection. In the U.S. this vaccination is given as a series of three shots during early childhood. In babies born to moth -

ers known to have hepatitis B this vac -

cination series starts at birth and is very effective.

But what if you already have the hep -

atitis B virus in your body? First there are simple blood tests that will help your health care provider deter -

mine how active the virus is and if you have any changes in your blood work that may indicate evidence of scarring.

Second, there is ultrasound (a test that uses sound waves) of your abdomen that can tell us about the size and shape of your liver (on the right) and your spleen (on the left). If there are signifi -

cant changes you may have cirrhosis and not even know it.

Third, there are simple well tolerated medications that are taken once a day that can suppress the virus therefore reducing your chances of advancing to more scar -

ring and cirrhosis. Unfortunately at this point there is no cure for people with ac -

tive hepatitis B infection. However these medicines are helpful in reducing your risk of complications over time.

Lastly there are some people that may be at higher risk for hepatitis B compli -

cations who should get extra attention. These are pregnant women. People who have cancer may be getting chemother -

apy or radiation. Or people who have auto-immune diseases (diseases where the body attacks its self) such as Crohn’s disease, rheumatoid arthritis or multiple sclerosis. These people might need spe -

cial medications to control their disease that can make hepatitis B worse. Preg -

nant women may need hepatitis B medi -

cation during their last trimester if they have very high viral loads. This will be in addition to vaccinating the baby at birth.

What about the future? There are several clinical trials un -

derway here in the city of Boston and around the world that are looking at new medications to help cure the disease in people who already have the virus. Your health care provider may want you to want to participate in one of these trials. There are several websites where you can check on ongoing hepatitis B clinical tri -

als.

So what should I do?

First get tested. This is a simple blood test that could save your life.

If the test is negative, you do not have the virus. But get vaccinated right away. Your health care provider, Tufts Medical Center as well as the Department of Public Health and many of Boston’s hospitals and clinics can help you get started.

If the test is positive, you have the virus. You should ask your health care provider for a referral to a hepatologist, a doctor who is a liver specialist. They will make arrangements for additional tests that you may need including a possible liver biopsy. In addition there are medications available that can help keep you healthy and active.

Kathleen Coleman is a MSN/P in gastroenterology and hepatology at Tufts Medical Center.
Chinese seniors build bodies and connections at Wang YMCA

BY LING-MEI WONG

Irene Deng, 68, did not like going out. A car accident in 2010 broke her back and arms, forcing her to use a cane for walking. With pain keeping her indoors, her physical therapist recommended she try hydrotherapy. A friend directed her to the Wang YMCA of Chinatown, which has its own swimming pool.

Today, Deng walks confidently without a cane thanks to a six-month Senior Strength and Movement (SSAM) Program. Designed for individuals over 60, it introduces resistance training to help improve bone density and combat their risk for falls. The program is free through an Asian Health Initiative grant from Tufts Medical Center, with participants required to exercise at least three times a week.

“I saw improvement in my body with more strength,” said Shuying Chan, 66. “While it started out as mandatory exercise, once you start working out regularly you get into it and really enjoy it.”

Chan and Deng began with individual instruction on weight machines from Cantonese-speaking trainer Kit Ho. The seniors also learned how to stretch, got into the swimming pool and attended heart-healthy workshops each Friday. A total of 47 Chinese seniors will graduate from the SSAM program on June 27.

“Our trainer is so good and patient with us old folks,” Deng said. Both she and Chan will continue their Y membership after graduation and even recruited five friends to join.

Chan saw such marked improvement that he inspired his son to work out every day. “I want my family to lead a healthy lifestyle,” he said. “Now I can eat anything and feel good.”

Exercising had other unexpected benefits for Chan. “Before I started working out, I was allergic to soy and beansprouts,” he said. “Now I can eat anything and don’t have allergies, as my body improved.”

The Chinatown location of the Wang YMCA makes it a welcoming place for Chinese seniors to make new friends.

“We are old people with our kids all grown up,” Chan said. “If we didn’t work out, we’d just sit at home all day. Now that we get more physical activity, we get out, move and feel better.”

Deng was grateful to find other seniors like her. “I belong here,” she said. “Elsewhere, I don’t know anyone. … It’s so good to get out.”

To sign up for the next six-month SSAM cycle starting July 1, interested individuals can call the Wang YMCA program coordinator Kit Wong at (617) 426-2237 x 231 or stop by the front desk before June 25.

What you should know about acute heart failure

BY STATEPOINT

It’s so easy to be misled by the many misconceptions about heart disease — for example — that it only affects the elderly or those with unhealthy diets.

But in reality, every 40 seconds someone in America dies from heart disease, making it a leading cause of death in the United States.

One of the most impactful heart diseases affecting millions of Americans is acute heart failure (AHF), which significantly reduces life expectancy and impacts quality of life.

Although heart failure (HF) sounds final, it’s does not mean the heart is actually “failed” or stopped. Rather, it occurs when the heart is unable or “fails” to pump through oxygen-rich blood through the body.

AHF can occur in people who have never had HF before or when people with chronic HF suffer critical episodes where symptoms become worse and urgent hospital treatment is required.

AHF is not the same as a heart attack, cardiac arrest or a heart rhythm abnormality, although those conditions and others may contribute to the AHF episode.

The most common symptoms of AHF include shortness of breath, known as dyspnea, which can substantially incapacitate a person. Fluid build-up in the lungs and throughout the body is another common symptom and is often described by patients as a sensation that feels close to drowning.

“Every episode of AHF results in a downward spiral of worsening health and damage to vital organs such as the heart and kidneys which decreases the patient’s chance of surviving another episode,” said Hal Skopicki, a cardiothoracic surgeon at Stony Brook Medical Center in New York. “Anyone experiencing AHF symptoms should seek immediate medical attention.”

Patients at-risk of AHF should understand that seeking prompt, accurate diagnosis and treatment is critical to long-term survival. Then, once discharged from the hospital, education and support are keys to making the necessary lifestyle changes that can help avoid another episode.

The American College of Cardiology has more information about AHF at www.cardiosmart.org.

Tips to eat right and enjoy it

BY STATEPOINT

If eating right is a challenge, it may be because you are trying things you simply don’t like. The key is finding options that satisfy your taste buds, experts say.

“Taste is a major influential factor driving what you eat and feed your family, so it’s important to strike a balance between foods you like and those that provide the nutrients you need,” said Glenna McCollum, registered diettian nutritionist and president of the Academy of Nutrition and Dietetics.

“Taste and nutrition are not mutually exclusive.”

Every so often, it’s a good idea to take the time to evaluate your diet and make positive changes you can sustain long-term. McCollum encourages Americans to return to the basics of healthful eating by combining taste and nutrition to create meals that follow the recommendations of the “2010 Dietary Guidelines for Americans.”

With that in mind, McCollum provided some expert tips on how to enjoy the taste of eating right:

• Love sandwiches? Swap out white bread for whole grain to up your fiber intake. Instead of mayo, use avocado as a rich addition to your sandwich. It’s more flavorful, and it’s also full of fiber, potassium, vitamin C, vitamin B6, as well as other nutrients. To stay fuller longer, include fiber-rich veggies like tomatoes and cucumbers.

• Balance. While there’s always room to indulge, be sure that the majority of your calories are sourced from vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds. You’ll be filling up on all the nutrients your body needs without all the extra calories. And don’t forget to limit added sugars, salt

Don’t just eat for your health, eat for your happiness.
Jasmine Wong, a 10-year-old fifth grader at the Josiah Quincy Elementary School, won the he level 7 all-around title, as well as the ball, ribbon and floor exercise titles at the Region 4 Rhythmic Gymnastics Championships 2014 on May 24 to 25 at Lake Placid, New York. The competition was for gymnasts from Connecticut, Maine, Massachusetts, New York, Rhode Island and Vermont.

Wong placed second in hoop and will share the ribbon and floor titles, as well as the ball, ribbon and floor exercise titles at the National Championships in July at Louisville, Kentucky.

Jasmine Wong has been training in gymnastics since she was 6.

Their coach Ionela Bobrischew said, “I’ve been in rhythmic gymnastics for 25 years, during this time I learned a lot about children and how to help them achieve their maximum potential. Jasmine and Amanda are both hard working and talented girls; however, perfect talent doesn’t exist. We have to keep working to develop their potential, to learn more and get stronger mentally to deal with the incredible amount of pressure of the sport. What we have achieved so far only tells us we have to work more because every day the demands of the sport are raised and the competition gets stronger. However we do it all with love and enjoy every moment of it.”

Jasmine Wong has been training in gymnastics since she was 6.

The benefits of college

BY CHAHANA PATEL

Although going to college is a controversial topic among many Americans, having a college degree pays for itself. Nowadays, with more individuals acquiring at least a bachelor’s degree, finding jobs is becoming competitive. In order to have higher chances of employment, one should go to college. When students experience a college education, they get to interact with top experts in their field, giving them more opportunities. Their critical skills such as asking questions, and exploring new ideas, and gaining skills necessary for their field provides college graduates with an edge compared to those who have not attended college. With college becoming more expensive, it can be hard to find the money to attend. To counteract, there are local, federal and merit based options for individuals to fund their way into college. Colleges also give private scholarships and grants to low income students. If money is an issue, there are always alternative colleges and funding methods that can help open doors for college.

Education is one way of gaining respect because our society gives credibility to those who have college degrees. Job promotions and job security is another reason to attend college because a college degree often means a higher salary. It opens doors and allows you to choose your career path. A college degree also helps expose an individual to new experiences and diverse people, which is necessary for America’s melting pot culture. A person can gain more knowledge about the world, which they would not easily without going to college. This can impact a community as well because college aids in teaching how to make a difference in the community. Lastly, by allowing an individual to expand their mind through a college education, they can have a flexible lifestyle by being able to choose the type of car, kind of house, where to take vacations and more.

College Corner: Picking the right college

BY LEONARDO RADOMILE, CAMBRIDGE LEARNING CENTER

When I meet parents for the first time, one of the questions I hear most often is, “How do I get my son (daughter) into Harvard?” I can understand why they ask since I went to Harvard, sat on an admissions committee there, and taught in the Co-curricular Program. They are often surprised at my answer. To quote a colleague, Andrew Magiazi, “Don’t think about getting into Harvard. Think about getting into your Harvard.” It’s a powerful statement and really worth thinking about.

One of the biggest mistakes parents and students make is shopping for schools the way an average person shop for clothes. They will buy an Hermes scarf, Gucci loafers and a Chanel bag. Their focus is on the product name rather than what they really need and what fits them best. They buy these because they think they are the “best.” The same thing is often true in picking schools. Parents and students often pick what they think is “best” rather than what is “best for them.” That’s why parents and students often think about going to Harvard, rather than trying to find their Harvard, the school or schools that will bring out the best in them.

We all want our children to have successful, happy lives, and college can play a big role in that. In order for a student to find the right college, the one that will bring out the very best in her and put her on track to a successful career, you have to begin with the student and not the school. It all starts with a careful assessment of a students interests, skills, and personalities.

For example, one of our students was very gifted in math, science and robotics. He is a co-tribed in a close community environment where he could work close-ly with professors and wanted to be in non-urban environment and participate in athletic programs. He ended up choosing Swarthmore College over MIT. They are equally prestigious, but very different. Swarthmore has a very small, but world-class engineering program. They are often thought of as some of the world’s greatest engineers. They also have competitive athletic teams and a real sense of community. Being in a smaller environment and being able to participate in competitive sports helped this student to thrive, in addition to Swarthmore’s excellent academic program. He got things there that he would not have gotten at MIT, and those things brought out the very best in him.

We all want our students to go to top schools, but the most important thing is that students go to the best school that is best for them. They will get pretty much the same education in any one of these schools. But they will be more successful in the long run going to the school most suited to their personal needs, talents and interests, because that is where they will get the particular type of support they need to bring out the best in them. Students need to find their Harvard.

Radomile has served on a Harvard admissions committee and taught in the co-curricular program at the Harvard Kennedy School. He is the winner of multiple teaching awards including a Harvard Club Award. He serves as the managing director of the Cambridge Learning Center which specializes in elite college admissions. He can be contacted at info@cambridgelearningcenter.org.
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Maximum Income per Household Size (HUD 2013 limits)

Household Size

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Applications may be obtained in person as follows:
WinnResidential Management Office
200 Columbia Road
Dorchester, MA 02121
June 2, 2014 – June 23, 2014 from 9 a.m. – 4 p.m.
Extended and Weekend hours:
Tuesday, June 3, 2014 from 4 p.m. – 9 p.m.
Thursday, June 5, 2014 from 6 p.m. – 8 p.m.
Saturday, June 7, 2014 10 a.m. – 1 p.m.

Applications will also be available at the Grove Hall Branch of the Boston Public Library,
41 Geneva Avenue, Dorchester, MA 02121

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