BCNC hosts 28th annual Chinese New Year Banquet

BY ARICK WONG

The Boston Chinatown Neighborhood Center (BCNC) hosted its 28th annual Chinese New Year Banquet on March 4 to rejoice in the Year of the Monkey. About 550 guests attended this community event at Hei La Moon on Beach Street — this event being one of the largest community celebrations in Chinatown.

The annual celebration set a fund-raising record of $307,000, providing economic and social support to roughly 2,000 people each year. Many of those receiving aid from the BCNC include Chinese immigrants, particularly with low family incomes and limited English proficiency.

BCNC executive director Giles Li welcomed guests to the dinner. Following the opening remarks, BCNC board president Selina Chow presented awards on behalf of numerous organizations in the Chinatown area.

Chi Wan Chow received the Tufts Medical Center Strong Family award, and the South Cove Community Health Center Adult Student Award was presented to ShaoLong Zhang. Felix Li was the recipient of the Harvard Pilgrim Health Care Youth Leader Award. The Bank of America Mentor Award was given to Ellen Tang.

In addition to award presentations, the banquet included two cultural performances, one by Yang Su Won, a face-changing artist, and another by Vivian Luo, a contemporary violinist. A live auction closed the banquet, as attendees bid to have a photo shoot with Boston Mayor Marty Walsh and vacation packages to Orlando, Europe and Asia.

The success and turnout of the Boston Chinatown Neighborhood Center’s 28th Annual Chinese New Year Banquet heralded a prosperous new year for the Chinatown community.

Local bank opens Chinatown branch

BY THE SAMPAN EDITORIAL TEAM

East Boston Savings Bank (EBSB) opened its 30th banking office in Chinatown on March 7. The new branch is at 95 Kennard Street, on the ground floor of One Greenway.

Guests included Boston City Council president Michelle Wu and state Rep. Aaron Michlewitz.

Founded in 1848, EBSB is a proven community bank that offers products and services that meet the deposit and financing needs of both consumers and businesses.

EBSB currently operates 30 full-service branches in the greater Boston metropolitan area. Customers can rest easy knowing that their deposits are fully insured by both the FDIC and Depositors Insurance Fund (DIF).

HIGHLIGHTS

Quincy Mayor Koch launches energy program to help residents save $150,000

What is new in breast conservation surgery?

頭條新聞

昆士市長狄奇宣布能源項目

乳房保留手術的新發展
**March 11, 2016**

**Sampan EVENTS**

**March 11, 2016**

**Sampan**

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**COMIC**

**EMPTYBAMBOOGIRL**

**THE MUNDANE & SLIMELIKE ADVENTURES OF A 30-SOMETHING GIRL NAILED-LINN! BY LILLIAN CHAN**

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### Event Calendar

**Fuel assistance program**

*Monday, March 21*

3:30 p.m. to 7:30 p.m.

38 Ash Street

Boston, MA 02111

**Come learn about the basics of financial aid — with a focus on options for adult students — at this free workshop by Boston Chinatown Neighborhood Center in English and Mandarin. Free and open to all. Sign up with Shirley Doan at (617) 635-5129 x 1088 or shirley.doan@bcnc.net.**

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**Chinatown/South Cove Neighborhood Committee meeting**

*Tuesday, March 21*

6 p.m.

90 Tyler Street

Boston, MA 02111

**The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCCBC@gmail.com.**

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**Imagine Boston workshop**

*Tuesday, March 22*

6 p.m. to 8 p.m.

885 Washington Street

Boston, MA 02111

**An Imagine Boston workshop will take place at the Josiah Quincy School. For more information, visit www.imagineboston.org.**

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**Chinatown air pollution workshop**

*Wednesday, March 23*

6 p.m. to 8 p.m.

885 Washington Street

Boston, MA 02111

**A workshop on Chinatown air pollution will take place at the Josiah Quincy School cafeteria. Light dinner will be served.**

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**Parent digital project workshop**

*March 23 to April 11*

1 p.m. to 3 p.m.

58 Ash Street

Boston, MA 02111

**Join the six-session parent digital project workshop on Fridays to learn basic video recording skills, basic video editing skills and how to upload your videos online. To register by March 23, please contact BCNC Family Services Shixin Su at (617) 635-5129 x 1039, email shixin.su@bcnc.net, or come by BCNC.**

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**Naturalization workshop**

*Monday, March 28*

1 p.m. to 4:30 p.m.

87 Tyler Street

Boston, MA 02111

**The Asian American Civic Association naturalization workshop provides free instruction on filing naturalization applications, translated study material and much more. Please register with Melody Tsang at (617) 426-9492 x 0 or melody@aaco-boston.org.**

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**Free legal clinic**

*Monday, March 28*

6 a.m. to 6 p.m.

1509 Hancock Street, Suite 209

Quincy, MA 02169

**Quincy Asian Resources, Inc. will host a free mobile legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal issues. Please contact QARI at (617) 472-2200 or e-mail info@quincyasianresources.org.**

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**Get Konnected!**

*8th anniversary*

*Tuesday, March 29*

5:30 p.m. to 8 p.m.

210 Essex Street

Boston, MA 02111

**Get Konnected!, Boston’s premier urban professional and social multi-cultural networking event, will celebrate its eighth anniversary by honoring Boston’s Top 100 Most Influential People of Color. RSVP at http://conca.cc/1PS9EH.**

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**Parenting journey workshop**

*March 30 to June 3*

9:30 a.m. to 11:30 a.m. or 5:30 p.m. to 7:30 p.m.

275 Hancock Street, 2nd Suite 200

Quincy, MA 02171

**This 10-week program on Wednesdays provides parents with an opportunity to develop themselves through reflecting on their own journey growing up. Breakfast or dinner included, along with child care. Register by March 25 with Shixin Su at (617) 635-5129 x 1039 or email shixin.su@bcnc.net.**

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**North Shore Jazz Project All Stars debut**

*Saturday, April 2*

2 p.m. to 4 p.m.

210 Essex Street

Boston, MA 02110

**The North Shore Jazz Project established an all-star high-school student ensemble led by internationally recognized tenor saxophonist and Berklee School of Music professor Mike Tucker. They will perform at the Salem Five Community Room. For more information, visit www.salemjazzcoal.org/.**

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**Massachusetts conservation meeting**

*Tuesday, March 22*

6 p.m. to 8 p.m.

885 Washington Street

Boston, MA 02111

**An Imagine Boston workshop will take place at the Josiah Quincy School. For more information, visit www.imagineboston.org.**

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**China Education Symposium Annual Conference**

*Thursday, April 14*

3:30 p.m. to 9:30 p.m.

465 Huntington Avenue

Boston, MA 02115

**A class to help learn English and workplace skills to work in the customer service field will be held at the Chinese Progressive Association (CPA) on Mondays to Fridays. Applicants must be Boston residents, know intermediate English and in come qualify for the class. Sign up at CPA or call (617) 357-4499.**

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**Chinese New Year Spring Banquet**

*Friday, April 8*

6:30 p.m. to 9:30 p.m.

88 Beach Street

Boston, MA 02111

**The Chinese New Year Spring Banquet will take place at Hei La Moon. For more information, email chinatownresidents@gmail.com.**

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**Hepatitis B screening**

*April 8 to April 9*

8 a.m. to 8 p.m.

210 Essex Street

Boston, MA 02110

**Three free hepatitis B screenings will take place at the Boston Chinese Evangelical Church. A presentation on hepatitis will be given in Cantonese. Test results will be mailed to patients. For more information, email harvard@teambhv.org.**

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**Customer service English class**

*April 11 to June 17*

9:30 a.m. to noon

28 Ash Street

Boston, MA 02111

**A class to help learn English and workplace skills to work in the customer service field will be held at the Chinese Progressive Association (CPA) on Mondays to Fridays. Applicants must be Boston residents, know intermediate English and in come qualify for the class. Sign up at CPA or call (617) 357-4499.**

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**China Education Symposium Annual Conference**

*April 23 to April 24*

8 a.m. to 8 p.m.

Appian Way

Cambridge, MA 02138

**China Education Symposium will host its 2016 Annual Conference, “China’s Education in the 21st Century.” To RSVP, please visit http://on.fb/I/XNG7E.**

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**NEWTON, “T” stop to work at Arboretum at Woodland Station & save $$$$**

**New contemporary apt with condo quality finishes and amenities. Single level town homes, Easy access to Rts 128, 93 & Mass Pike. Income guidelines may apply.**

**866-365-6578 TTY:711 Arboretum.com**

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**Editorial Note:**

**The fuel assistance program is a federally-funded program that helps low-income households with their home heating bills in winter season.**

**All eligible fuel assistance applicants will receive discounted gas, electric and telephone rates.**

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**Contact:**

**ads@sampan.org**

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**Website:** www.sampan.org

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**SAMPAN is New England’s only bilingual Chinese-English newspaper. It is nonprofit and nonpartisan. Founded in 1972, SAMPAN is published by the Asian-American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible. Subscription: $65/ year (1st class mail); $85/ year (3rd class mail).**

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**SUBSCRIPTIONS:**

**Sampan is published annually by the Greater Boston Chinese Progressive Association, in cooperation with the Chinese Consolidated Benevolent Association.**
Quincy Mayor Thomas Koch announced that National Grid has selected the City of Quincy to participate in its 2016 Energy Efficiency Community Initiative to improve home energy efficiency. The City’s new Quincy Saves program encourages residents to take measures to reduce energy used in their homes, while reducing drafts, energy bills and the possibility of ice dams. National Grid has challenged Quincy residents to reduce their energy bills by 20% through the end of 2016. In addition to checking the safety and efficiency of your heating and hot water system, residents are encouraged to use LED and CFL light bulbs and water saving showerheads at no cost, and a personalized report specific to your home. If the measures are recommended, residents are eligible for a 75 percent discount of up to $2,000 in insulation, between $300 to $1,600 for an energy efficient heating/hot water system, as well as other discounts and rebates, including 10 percent loans. Home energy assessments typically take two to three hours. National Grid will track the number of households that have roof or wall insulation installed, replace old inefficient heating systems, and install Wi-Fi thermostats. The City stands to earn more than $40,000 from National Grid if City residents achieve all of the initiative’s goals; the funds will be used to pay for energy saving measures in Quincy public buildings.

To improve the efficiency of Quincy homes, Koch announced the creation of the Quincy Saves program to help residents save energy and money.

“Energy Efficiency Charge” that National Grid uses to reduce the cost of energy saving measures. Since you’ve already paid for it, you should use it. The home assessment will tell you the most efficient way to reduce your electricity and heating bills and make your house less drafty, while reducing the chance of ice dams,” Koch said.

Quincy Saves is a partnership between the City, the nonprofit Home Energy Efficiency Services (HomeWorks Energy), and two Mass Save contractors, Next Step Living (NSL) and HomeWorks Energy (HWE). Quincy Saves will provide outreach and easy accessibility to energy savings services offered by National Grid through Mass Save.

“Saving Quincy residents energy is not only good for your own household, but good for the City. Residents will have lower energy bills, have more money to save or spend as they want, and will reduce the emissions and other harmful environmental impacts associated with natural gas and electricity use,” said Shelly Dein, Quincy’s energy and sustainability director.

If residents meet the goals outlined in National Grid’s initiative, their collective savings is estimated to exceed $150,000 per year. Residents can use either Mass Save approved contractor to participate in Quincy Saves. To sign up, visit www.HomeWorksEnergy.com/Quincy-Saves/, call HWE at (617) 855-9898, visit www.NextStepLiving.com/Quincy or call NSL at (855) 704-2992.

Other communities selected for the 2016 Energy Efficiency Community Initiative are Lowell, Swampscott, Melrose, Somerville, Newton and Winchester.

45 Marion Street
Affordable Housing Lottery
Brookline, MA

Two Studios @ $765*, Ten 1BRs @ $805*, One 2BR @ $958*
* Rents subject to change in 2016. No utilities include except Water and Sewer. Tenants will pay own Gas Heat, Gas Hot Water, Electricity and cooking fuel (electric). No parking spot included.

MAXIMUM Household Income Limits:
$34,500 (1 person), $39,400 (2 people), $44,350 (3 people), $49,250 (4 people)

45 Marion Street is a 64 unit rental apartment located in Brookline. 13 of these apartments will be available through this application process and rented to households with incomes at or below 50% of the Area Median Income. Units will first be available July/August 2016.

Completed Applications and Required Documentation must be received, not postmarked, by April 19th, 2016

A Public Info Session will be held at 6 pm on March 7th, 2016 in Room 103 in Brookline Town Hall (333 Washington Street). The Lottery for eligible households will be held on May 11th, 2016 at 6 pm at the same location as the info session.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-a-e-b.com/lottery or call (617) 782-6900 (x1 for rental then x4) and leave a message. For TTY Services dial 711. Free translation available.

Applications also available at Brookline Public Library on 361 Washington Street (Library hours: M-Th 10-9, F-Sa, Fri-Sat 10-5, Su 1-5)
Chinatown crime blotter for Feb. 29 to March 11

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Feb. 29 to March 11 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Landlord tenant
Feb. 29, 4:53 p.m.: The officers responded to Johnny Court on a report of landlord tenant dispute. Upon arrival the landlord tenant dispute. Upon arrival the officers met and spoke with the victim. The victim reports he does not own the property, he is a tenant, and the landlord evicted him from the apartment without permission. The landlord told the officers he is a tenant and the landlord rented the apartment to the victim.

Aggravated assault and battery
March 5, 5:12 a.m.: The suspect was arrested by Tufts Police on Washington Street for assault one of their officers.

Larceny
March 6, 5:06 p.m.: The victim reports unknown person stole his iPhone from the YMCA locker room on Oak Street West.

Violations of auto laws
March 7, 5:50 p.m.: The suspect was observed by the officers failing to stop for a red light at the intersection of Washington Street and Essex Street. Upon further investigation the officers discovered the operator’s registration was revoked.

Robbery
March 9, 5:22 p.m.: The suspect was arrested on Hudson Street by the officers. The victim reports unknown person stole his iPhone from the operator’s cell phone and ran down Hudson Street. He was stopped by an off duty police officer that happened to be in the area when the crime was committed.

Learn Chinese
May all your dreams come true

By Sara Brown

Chinatown meetings: CSC, CRA, TCC

The Chinatown Safety Committee held its monthly meeting March 2 at the DoubleTree Hotel.

CRA
The Chinatown Resident Association meeting on March 10 held at BCNC. (Image courtesy of Sara Brown.)

BY SARA BROWN

The Chinatown Safety Committee met on March 2 at the DoubleTree Hotel.

The Chinatown Safety Committee is sponsoring a candidate’s forum event for the First Suffolk and Middlesex state senate primary election on March 16 at 6 p.m. at the Josiah Quincy Elementary School.

The Chinatown Coalition met on March 10 at the Boston Chinatown Neighborhood Center (BCNC).

The coalition learned about the Asian Pacific Islanders Civic Action Network. He said the group’s mission is to increase voter registration and voter turnout in the Asian community.

We really want to make a difference,” he said.

The Chinatown Safety Committee met on March 2 at the DoubleTree Hotel, with a report from Boston Police Department District A-1 Capt. Ken Fong. (Image courtesy of Sara Brown.)
Tips to efficiently prepare and file taxes

BY STATEPOINT

Be prepared and organized for tax season. (Image courtesy of Mariusz Blach for Fotolia.com.)

Why drag out the stress? Here are some great ways to streamline the process of preparing and filing taxes:

Review forms
As you receive your W-2, 1099s and other tax forms, review each document right away to ensure it’s accurate. File these forms in one place so they will be ready for you when you’re ready to file.

E-file
Consider filing taxes online. The IRS provides a free database of e-file providers, as well as information on free tax preparation for qualifying individuals and families. More information and resources can be found at www.irs.gov.

Get ready
For business owners, it may make sense to turn to professionals for tax filing services, but many individuals have relatively uncomplicated financial situations and can save a lot of money by preparing taxes on their own.

However, the right tools will make the process go more smoothly. For quick calculations, make sure that you’re equipped with tools like a desktop calculator with tax calculation functionality.

You can reduce your margin of error by keeping better documentation of your tax paperwork and better notations throughout the filing process.

Don’t wait
When it comes to filing your taxes, don’t procrastinate. Not only will the task loom over your head until you take care of it, but you may encounter filing issues that delay the process and cause you to miss the deadline and incur a hefty penalty fee.

If you’re due for a refund, you’ll especially want to file early so you can put that refund to good use right away, such as paying down debt, investing it in a retirement fund or college savings account.

Consider filing your taxes as soon as you have all your forms in hand and opting for direct deposit for an even faster refund. Keep in mind you will need your bank information on hand to do so.

While tax season is only an annual headache, it can be a major headache if you are not prepared and organized. Take steps to reduce the stress.

INCOME RESTRICTED RENTAL HOUSING

One Canal
One Canal Street, Boston MA 02114

Applications may be picked up during the following dates and times:

Reasonable accommodations made
Community Work Services
174 Portland Street, Boston, MA 02114

Weekdays 3/31/16 - 4/8/16 9:00 a.m. to 3:00 p.m.
Saturday 4/2/16 9:00 a.m. - 1:00 p.m. and Wednesday 4/6/16 1:00 p.m.-7:00 p.m.

Deadline for completed applications to be in lottery:
In person at Community Work Services, 174 Portland Street, Boston, MA 02114 by 4/8/16 at 5:00 p.m. or by mail, postmarked by 4/15/16.

SELECTION BY LOTTERY

Use and Occupancy Restrictions Apply
Total household Income cannot exceed 70% of AMI. See amounts below

For more information or an application to be sent by mail or alternate means, call Trinity Management, LLC
Phone # 857-239-1490 or via e-mail: OneCanal@trinitymanagementcompany.com

Informational Sessions will be held at:
Community Work Services
174 Portland Street
Boston, MA 02114
on: Wednesday, 4/6/16, at 6:00 PM

For business owners, it may make sense to turn to professionals for tax filing services, but many individuals have relatively uncomplicated financial situations and can save a lot of money by preparing taxes on their own.
Breast cancer: What is new in breast conservation surgery?

BY DR. ABHISHEK CHATTERJEE

What are newer options when it comes to breast conservation surgery? What is oncoplastic breast surgery?

When a woman has breast cancer, surgery has to be done to remove the cancer. If the cancer is small, most of the time breast conservation can be done and the patient does not need to have her entire breast removed, which is known as a mastectomy. In this circumstance, a "partial mastectomy" or "lumpectomy" is done which means removing only the section of the breast that has the cancer. This is less traumatic and preferred for the patient.

The standard lumpectomy is often re-paired by simply suturing the skin over, from where tissue including the cancer cells has been removed. This can often leave a cosmetic defect, as the skin can collapse after a while when scarring occurs. Also, this may lead to the nipple being inverted, especially if subsequent radiation treatment is needed.

Newer breast surgery techniques offered at Tufts Medical Center include oncoplastic breast surgery. This type of breast conservation in the appropriate patient allows the breast surgeon to remove a larger lumpectomy specimen to better ensure that all the cancer is removed. It is followed by maneuvering the local breast tissue so as to fill any defect present without leaving a hole underneath the skin that is sutured closed. This decreases the likelihood of nipple inversion, even if radiation is subsequently needed. Also, this technique decreases the likelihood of leaving cancer behind, compared to the standard lumpectomy technique.

An oncoplastic breast surgery often leaves the patient with an excellent cosmetic result, especially if she is large breasted to begin with. Often, a breast lift is needed on the patient’s other breast to create symmetry of both breasts. The oncoplastic technique is a same-day operation with quick recovery especially compared to a mastectomy, if one were to remove the entire breast. It does not involve any implant or muscle flap operation that a mastectomy would need.

What type of patients are candidates for oncoplastic breast surgery?

Breast cancer patients with moderate- or large-sized breasts with cancer in one region of the breast are ideal candidates for oncoplastic breast surgery. Patients with smaller breasts may also be candidates, depending on where the breast cancer lies in the breast. Also, patients with breasts that droop may also be candidates. Typically, the oncoplastic technique elevates the nipple in a breast-lifting fashion and patients tend to be very pleased with the post-operative cosmetic results.

Obviously, the most important reason for doing the surgery is to remove the cancer which this technique tends to do even better than the standard lumpectomy technique. This institution is an equal opportunity provider and employer.

Who should perform oncoplastic surgery?

Breast cancer surgeons with the assistance of plastic surgeons can perform oncoplastic surgery safely and effectively. There are also a few breast cancer surgeons who have trained in plastic surgery and these surgeons can perform oncoplastic surgery safely and effectively themselves. It is important for breast cancer patients to advocate for themselves and researching the qualifications of anyone providing care to them is essential.

At Tufts Medical Center, we have an oncoplastic breast cancer surgical team with breast surgeons that have easy access to plastic surgeons, in addition to breast surgeons who are themselves trained in plastic surgery. This allows easy and safe access to options in oncoplastic breast surgery.

About the author

Dr. Abhishek Chatterjee is a breast surgical oncologist and a plastic and reconstructive surgeon at Tufts Medical Center. He finished his breast surgical oncology fellowship at the University of Pennsylvania after completing a plastic surgery residency at Dartmouth Hitchcock Medical Center. His surgical specialty interests include the treatment of breast cancer and oncoplastic surgery.
March 11, 2016

Sampan

**How saunas can benefit your health**

BY L.I.F.E. HEALTH & FITNESS OWNER DWAYNE ANDERSON

As long demonstrated different cultures all over the world, saunas can be a regular part of our health regime, providing benefits beyond relaxation and an enhanced feeling of well-being. Saunas are also more accessible than they once were and, in many places, can be found as close as your local gym.

Doctors believe that use of sauna therapy stimulates your circulatory system and increases production of norepinephrine in your body.

There are other chemical indicators that benefit from saunas, such as increased adrenocorticotropic hormone production, which has more to do with enhancing good health in general.

A talk on Alzheimer’s disease was given by Eugenia Yaupoon, a registered nurse at Tufts Medical Center. Yaupoon began the talk by asking what is Alzheimer’s. Alzheimer’s is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life.

Dementia is a term for a decline in mental ability severe enough to interfere with daily life. About 10 percent of seniors over 65 years old and 50 percent of seniors over 85 years old are affected by Alzheimer’s and dementia.

The most common early symptom of Alzheimer’s is difficulty remembering newly learned information because Alzheimer’s changes typically begin in the part of the brain that affects learning. As Alzheimer’s advances through the brain, it leads to increasingly severe symptoms, including disorientation, mood and behavior changes, deepening confusion about events, unfounded suspicions about family, friends and professional caregivers, more serious memory loss and behavior changes and difficulty speaking, swallowing and walking.

Alzheimer’s is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer’s are 65 and older. Alzheimer’s is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer’s (also known as younger-onset), which often appears when someone is in their 40s or 50s, even 30s.

Alzheimer’s has no current cure, but treatments for symptoms are available and research continues.

Although current Alzheimer’s treatments cannot stop Alzheimer’s from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer’s and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

A breakfast seminar on Alzheimer’s was held Feb. 25 at Mass Pike Towers about Alzheimer’s, hosted by South Cove Manor. About 25 seniors attended the talk. The speaker was Eugenia Yaupoon, a registered nurse at Tufts Medical Center. Yaupoon began the talk by asking what is Alzheimer’s. Alzheimer’s is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Dementia is a term for a decline in mental ability severe enough to interfere with daily life. About 10 percent of seniors over 65 years old and 50 percent of seniors over 85 years old are affected by Alzheimer’s and dementia.

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A food aficionado:
Ganko Ittetsu Ramen

BY ANNA ING

The Boston ramen landscape has changed drastically for the better in the past five years. One newer entry is Ganko Ittetsu Ramen, located in an unassuming arcade at Coolidge Corner, on 318 Harvard Street. Blink and you might miss this cozy space, with a small bar and several tables. Ganko Ittetsu Ramen’s hours are from 11:30 a.m. to 9 p.m. for dine-in meals only and no reservations. Seating is limited, so be prepared to wait on the weekends. Fortunately, the arcade is indoors, limiting exposure to the elements.

Reminiscent of a ramen-ya or casual noodle shop in Japan, Ganko Ittetsu Ramen’s menu has one appetizer ($5 pickled cucumber) and three types of ramen: shoyu, tan tan and miso. Beverage options are cold green tea, soda and water. The restaurant is in the process of applying for a liquor license for harder beverages.

The cucumber appetizer is a bit small for the price. However, the pickled cucumbers were refreshing, tossed in soy sauce, sesame oil and koji, which added umami to this homey dish.

The miso ramen ($13) is a reasonable size, using noodles from Sapporo’s Nishiyama Seimen noodle company. With noodle-making experience since 1953, the amazing noodles had plenty of springy mouth feel, customized to meld with Ganko Ittetsu’s flavors. Chef Ken Iwaoka prepares northern-style ramen, hailing from the city of Sapporo in Hokkaido, which has a climate similar to Boston’s. A wok is used to combine the ingredients, broth and sauces, imbuing more flavor over high heat. Ganko Ittetsu Ramen’s soy sauce and miso are sourced from Japan like the noodles, providing an authentic Japanese ramen experience.

The broth is made by simmering chicken, pork bones and pork belly, hailing from the city of Sapporo in Hokkaido, which has a climate similar to Boston’s. A wok is used to combine the ingredients, broth and sauces, imbuing more flavor over high heat. Ganko Ittetsu Ramen’s soy sauce and miso are sourced from Japan like the noodles, providing an authentic Japanese ramen experience. The broth is made by simmering chicken, pork bones and pork belly, yielding a delightful creamy broth that doesn’t taste overly greasy or salty. My miso ramen was topped with a decent-sized slice of pork belly, thin ginger slices, two sheets of seaweed, corn kernels, grated fresh ginger, scallions, bean sprouts and an unctuous runny boiled egg. The richness of the broth and the chewy noodles were offset by the ginger’s spicy kick, for a flavorful bowl of goodness.

Extra noodles can be added for $2, along with another egg for $2. I found the portion to be just right, although I wouldn’t have minded a second slice of the juicy pork belly. The pork belly was rich without being overly fatty. I can’t wait to try the tan tan ramen, which looks spicier than the miso version.

Ganko Ittetsu Ramen is right off the Coolidge Corner stop on the Green C line, with plenty of street parking nearby. The restaurant accepts credit card for payment. While lingering is not an option in this busy noodle shop, the aromas and flavors will stay with you long after you’ve left.

The Ganko Ittetsu Ramen. (Image courtesy of Mayumi Iwaoka.)

The First performance of the day was the Lion Dance by the Boston Chinese Freemasons Athletic Club. The lion danced around the auditorium, presenting surprises to special guests and showered audience members with lucky candies.

Keynote speaker Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center, followed the Lion Dance with a few personal and professional sentiments.

Liz Cheng, general manager for television at WGBH and a member of BIDMC’s Board of Overseers, at the Lunar New Year celebration on Feb. 23. (Image courtesy of BIDMC.)

Beth Israel Deaconess Medical Center celebrates Lunar New Year

BY BETH ISRAEL DEACONESS MEDICAL CENTER

Bright red lanterns, paper umbrellas and traditional Chinese music helped usher in the year of the monkey at Beth Israel Deaconess Medical Center’s (BIDMC) annual Lunar New Year celebration on Feb. 23. (Image courtesy of BIDMC.)

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Bright red lanterns, paper umbrellas and traditional Chinese music helped usher in the year of the monkey at Beth Israel Deaconess Medical Center’s (BIDMC) annual Lunar New Year celebration on Feb. 23. According to legend, the Asian Lunar New Year began with a fight against the mythical beast, Nien. To prevent Nien from attacking villagers, people put food outside their doors and hung red lanterns on their homes to frighten him away. Today, the holiday is customarily marked by visiting with family and friends, the exchange of small gifts in red envelopes, firecracker displays and wearing red clothing.

“This event, as well as many others we hold throughout the year, celebrates our diverse BIDMC family,” said Kevin Tabb, MD, president and CEO of BIDMC, as he welcomed guests. “Today we honor not only our workforce, but our patient population as well.”

Tabb introduced Master of Ceremonies, Liz Cheng, general manager for television at WGBH and a member of BIDMC’s Board of Overseers.

“I think it’s very auspicious that I should be here today, because not only was I born in the Year of the Monkey, but my son was as well,” Cheng said. Cheng spoke about Lunar New Year traditions, such as eating 12-course meals with family, watching lion dances, receiving lucky red envelopes and making New Year’s resolutions.

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Hasan Ortikbaev (left), manager of Bank of America’s new Chinatown financial center, presents a $15,000 check to Giles Li (right), executive director of the Boston Chinatown Neighborhood Center, to support efforts to preserve the neighborhood’s rich heritage on March 5. The financial center is located at 630 Washington Street, directly adjacent to the Chinatown T station. The new location replaces the financial center previously located at 710 Washington Street. (Image courtesy of Bank of America.)