Chinatown meeting roundup: CCBA, CSC, CRA

BY LING-MEI WONG

The Chinatown/South Cove Safety Committee meeting took place April 1 at the Doubletree Hotel. A proposed ad space on 72 Kneeland Street facing South Station was discussed. The Best Buy ad was used as an example. (Image courtesy of Ling-Mei Wong.)

The Chinese Consolidated Benevolent Association (CCBA) held its bi-monthly board meeting on March 31. The Chinatown-South Cove Safety Committee (CSC) and Chinatown Resident Association (CRA) had their monthly meetings on April 1.

CCBA
The CCBA meeting took place at its 90 Tyler Street headquarters. President Hung Goon reported the CCBA banquet at Empire Garden was a success on Feb. 20 and the Chinatown Chinese New Year celebration took place without weather disruptions on March 1.

Proposed updates to the election bylaws were presented by director Kee S. Lee, which will be voted on at the next May 26 meeting. Suggested changes would change how the CCBA’s five executive positions of president, treasurer, auditor, English secretary and Chinese secretary are elected, with no more than two individuals with the same surname allowed to run for any of the five positions for that election. Another proposal is reducing the president’s term to a year from two years. A vice president will succeed as president the second year, as long as they have attended all six meetings and understand CCBA operations.

CSC
The CSC met at the DoubleTree Hotel and heard a presentation on a proposed silk screen signage location at 72 Kneeland Street, an eight-story building owned by Eddie Lau housing the Clay Pot Cafe. The silk-screened sign would be 18.5 feet wide and 50 feet tall, facing South Station, and would not run any ads deemed controversial, such as tobacco, alcohol or suggestive content. The presentation will go before the Chinatown/South Cove Neighborhood Council on April 21.

Boston Police District A-1 Capt. Ken Fong said, “It’s relatively quiet on crime. Transit police allowed homeless individuals to stay in South Station and North Station for the winter, but now the T is asking them to leave, so we’ll see an influx of homeless at night.” A shelter is closing, so Fong estimated about 100 homeless would be on the streets.

CONTINUED ON PAGE 5

Eye researcher honored at 11th ‘Taste of Ginger’ gala

BY ARICK WONG

The eleventh annual “A Taste of Ginger” took place at the Museum of Fine Arts on March 23. This year, the event raised more than $300,000 toward research and development of new methods to prevent and treat diabetes in all Asian communities.

The honoree for this year’s “A Taste of Ginger” was Dr. Jennifer Sun, an investigator in the Joslin research division and an assistant professor of ophthalmology at Harvard Medical School. Sun led the clinical research program at Joslin’s Beetham Eye Institute, which executes roughly 25 ongoing clinical research protocols. Her team identifies novel biomarkers to predict disease progression and the visual outcomes associated with diabetes. The event committee thanked Sun for her efforts in diabetic eye complications.

Dr. George King attended the Taste of Ginger fundraiser on March 23 at the Museum of Fine Arts. (Image courtesy of Jules Ko Photography.)

Asian Americans, despite having a lower body weight, are twice as likely to develop diabetes compared to Caucasians. Diabetes is the fifth leading cause of death among Asian Americans and Pacific Islanders, with 90-95 percent of diabetic Asians having type 2 diabetes, according to a 2010 report from the Centers for Disease Control and Prevention.

“Taste of Ginger” organizer and committee member Dr. George King, a professor of ophthalmology and director of the ophthalmology residency program at the Harvard Medical School, led the event. King’s research on early onset diabetes has been recognized by the American Diabetes Association and the American Ophthalmology Association.

“Taste of Ginger” is the only bilingual Chinese-English newspaper in New England.
Event Calendar

One Greenway

information session
Saturday, April 4
9:30 a.m. - 10:30 a.m.
38 Astley Street
Boston, MA 02111

One Greenway at 66
Hudson will have 95 af-
fordable housing units,
with applications avail-
able March 30 and due
April 25 by 7 p.m. For
more information, visit
www.onegreenwayafford-
able.com.

Bread of Life Easter
Dinner
Sunday, April 5
Noon to 2 p.m.
26 Washington Street
Malden, MA 02148

Bread of Life will host
its annual Easter Dinner
at St. Paul’s Parish. The
dinner is free and open to
anyone in need or alone
for the holiday, including
families and senior citi-
zens. For more informa-
tion, please contact Bread
of Life at (781) 397-0404.

Free health care service
Every Tuesday
6 to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148

The Sharewood Project
offers free, unscheduled
health care to the medi-
cally underserved popula-
tions of the greater Boston
area. For more informa-
tion please call (781)
324-8991 or e-mail share-
wood.director@gmail.
com.

The Chinatown
Coalition meeting
Thursday, April 9
9:30 a.m. - 10:30 a.m.
38 Astley Street
Boston, MA 02111

The Chinatown Coloni-
tion meeting will take
place at the Boston Chi-
atown Neighborhood
Center, 4Fl. The public is
welcome to attend. For
more information, visit:
tco.org.

Race to the Finish Line
Thursday, April 9
6 p.m.
980 Boylston Street
Boston, MA 02115

Race to the Finish Line,
a fundraiser for St. Fran-
cis House marathon run-
ners, will take place at 6 p.m.
Tickets are $30 or donate at
www.stfrancishouse.org.

CRA banquet
Friday, April 10
6 p.m.
9 Tyler Street
Boston, MA 02111

The Chinatown Resi-
dent Association Chinese
New Year’s banquet will take
place at the China Pearl.
For more information,
call (617) 851-1701.

Introduction to Herbal-
ism workshop
Saturday, April 11
10 a.m. to noon
63 Melcher Street
Boston, MA 02210

Learn different ways to
prepare herbs with Ruby
Zheng at 63 Factory.
Free for Asian Women
for Health members and
sugges-
tioned donation of $10
for nonmembers. RSVP
by April 3 to ccbh@asian-
womenforhealth.org.

ATASK benefit

performance of ‘Vagina
Monologues’
11 a.m.
38 Astley Street
Boston, MA 02111

Actors Refuge Reper-
tory Theatre presents “Va-
gina Monologues 2015
Out of a Cocoon.” All
proceeds benefit Asian
Task Force Against Do-
mestic Violence. Advance
tickets are $20 and $25 at
the door. Tickets available
online at tinyurl.com/jb-
vqdao.

Clean Up Chinatown
Committee meeting
Tuesday, April 14
10:30 a.m.
87 Tyler Street
Boston, MA 02111

The Clean Up Chinona-
town Resources commit-
tee meeting will take place
at the Asian American Civic
Association, 5Fl. The public
is welcome to attend.

Wage action rally
Thursday, April 14
4 p.m. to 6 p.m.
Forsyth Park

Stand with workers for
economic justice and join
the fight for $15 an hour
in 2015. The rally will stop
at Chinatown Gate around
6 p.m. For more informa-
tion, visit wageaction.org.

Chinatown/South Cove
Neighborhood Committee
meeting
Monday, April 20
9 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.

Harvard China Forum
April 24-26
Harvard University

The Harvard China Forum
gathers more than 60 busi-
dness leaders to address
1,000 students. For more
information, please visit
www.harvardchina.org.

Free legal clinic
Monday, April 27
6 to 8 p.m.
1369 Hancock Street,
Suite 209
Quincy, MA 02169

Asian Quincy Re-
source Councils, Inc. will host
a free monthly legal clinic.
Please contact QARI at
(617) 472-2200 or e-mail
info@quincyasianres-
ources.org.

South Cove Manor
breakfast seminar
Thursday, April 30
9 a.m.
324 Tremont Street
Boston, MA 02116

All are welcome to attend
at Mass Pike Towers Com-
munity Room. Food and fresh-
ments provided. For more infor-
ma-
tion, call Terry Yin at
(203) 893-7963.

APpreciASIANS
award ceremony
Thursday, April 30
5:30 p.m.
225 Franklin Street, 3Fl
Boston, MA 02110

The 2015 APpreciASI-
ANS award ceremony for
Asian Women for Health
will take place at the U/Mass Club of Bos-
ton. Tickets start at $75.
For more information,
contact Chien-Chi Huang
at cch@asianwomenfor-
health.org or call (617)
767-1071.

ADCC Heart of the
Community
Friday, May 1
7:30 a.m.
9 Tyler Street
Boston MA 02110

The Asian Community
Development Corporation
will host its third annual
Heart of the Community
dim sum breakfast at Chi-
na Pearl. Buy tickets at
asiancdc.org.

Boston Shines
Saturday, May 2
8:30 a.m. to 4:30 p.m.
Chinatown

Come out to clean up

Village Park Apartments

Now accepting applications for
1, 2, and 3 Bedroom Apartments/Townhomes

2 Bedroom Apartments Now Available for Moderate Income Households (must meet income limits)

Section 8 Voucher Holders Welcomed

Current Rent at $908 per month

Affordable Housing
Heat, Hot Water and Cooking Gas Included

Laundry on Site

Professional On-Site Management Team

Near Public Transportation

Stop In or Call for Rental Applications at:
201 Village Park Road, Amherst, MA 01002
(413)549-0099 ** TTY (800)439-0183

Help Us Learn More About Sleep!
If you are:
• 55-70 years old
• Non-smoker
• Healthy and taking no medication
You may be eligible for a 37-day sleep research study at Brigham & Women’s Hospital. There will be a 4-6 week screening period. Must be willing to spend 37 day con-
ductive days and nights in our facility.

Receive up to $7,775
Call 617-525-8719 or email sleepstudy@partners.org

CORRECTION
The Sampan March 20 Event Calendar item “The Chi-
town Coalition meeting” was incorrectly listed for April 16,
when it should have been for April 9 or the second Thursday
of the month. The Sampan sincerely regrets the error.
Seniors learn health tips at South Cove Manor seminar

BY SOUTH COVE MANOR

The March South Cove Manor breakfast seminar took place at the Mass Pike Towers community room on March 26. More than 40 seniors participated in this monthly meeting. The presentation was in Mandarin and Cantonese.

Dr. Cheng-Chieh Chuang made a presentation called “Make your life bloom: Easy things that you can do for happiness and health.”

He gave each participant a picture of a blooming flower to draw their healthy lifestyle. Each circle represented body (exercise), connection (networking and friends), means (money to keep healthy and buy healthy food), spirits (traditional holidays, beliefs). Many seniors actively engaged with Dr. Chuang and asked questions.

Dr. Chuang advised the participants to exercise at least 15 minutes every day to maintain their body muscle and joint health. Sunlight can help the body generate vitamin D to maintain the calcium level in their bones. He recommended seniors to go out more often, as the weather is getting warmer. If they did not feel comfortable getting out too often, Dr. Chuang said it would be beneficial for elders to sit at the south-facing side of their homes to absorb extra sunlight.

Dr. Chuang is a board-certified family physician at South Cove Manor Nursing and Rehabilitation Center, who studied at the Yale University School of Medicine and Brown Medical School.

The breakfast seminar was organized by South Cove Manor and funded by the Asian Health Initiative of Tufts Medical Center. The next seminar will take place April 30 at 9:30 a.m. at Mass Pike Towers.

The Turn at River Bend

Housing Lottery

Brand New 1 & 2 Bedroom Apartments

QA Information Workshop
March 25th at 6pm

Lottery Drawing
May 13th at 6pm

Both events at W. Bridgewater Town Hall

ALL APPLICANTS ARE ENCOURAGED TO ATTEND!

Applications available for pick up at W. Bridgewater Town Hall and W. Bridgewater Public Library or online at: www.DelphicAssociates.com www.massaccesshousingregistry.com

Applications must be received by May 4, 2015
Call Delphic Associates for more information at 508-994-4100

ABCd celebrates Chinese New Year

BY ABCD

Action for Boston Community Development hosted a Chinese New Year Party celebrating hopes and aspirations for the New Year on March 19 at its headquarters. This year marked the Year of the Goat, viewed as promising and auspicious in Chinese culture. The celebration promoted the theme of a prosperous New Year and included musical numbers, lucky money, tai chi performances, trivia, and more. The ABCD Elder Services programs are dedicated to making sure elders live happy and fulfilled lifestyles. Along with the Chinese New Year celebration ABCD Elder Services also runs the successful Foster Grandparents program that celebrates its 50th year and the Food Dollars program for healthy living. (Image courtesy of Don West for ABCD.)

Boston city councilors file paid parental leave ordinance

BY THE WU COMMITTEE

Boston City Councilors Michelle Wu (at-large), Tim McCarthy (District 5), and Tito Jackson (District 7) introduced an ordinance relative to paid parental leave at the Boston City Council Meeting on March 25. This ordinance has the full support of Mayor Martin Walsh, who collaborated with the council on this policy.

“The actions taken by the City of Boston should reflect the values of our community and our residents,” Wu said.

“As a new working mom, I am especially proud to partner with Mayor Walsh and my colleagues to ensure that Boston continues to lead on access to economic opportunity for working families. This ordinance will help alleviate some pressure on working parents who have to make tough choices every day to do the best they can for their families. Access to parental leave will be good for the City, for parents, and most of all, for children.”

The ordinance would require Boston to offer six weeks of paid leave for both mothers and fathers, with compensation at 100 percent of salary for the first two weeks, 75 percent of salary for the next two weeks, and 50 percent of salary for two additional weeks. Unlike the state law, which requires parents working for the same employer to share one leave period, Boston would give parents who are both city employees individual leave periods to take concurrently or in any combination.

“When we work together, there aren’t many limitations on what we can do to make improvements in local government,” Walsh said. “It is important for parents to be engaged in a child’s early life.”

Approximately 178 countries worldwide offer some form of paid maternity leave, and over 50 offer paid paternity leave. The United States is one of only three countries that lacks a law requiring employers to fund parental pay, with the others being Oman and Papua New Guinea.

Wu gave birth to her first child in December. McCarthy is the father of two sons.

Restoration Housing

747 Huntington Ave
Boston, MA 02115

T: 617-232-5819 F: 617-734-5853
TDD: 1-800-439-2370

Please take notice that the Waiting List for Restoration Housing will be closed as of April 17, 2015 for the one, two, and three bedroom apartments.

We are closing the wait lists as the average waiting time for an apartment exceeds more than five years.

An advertisement will be placed in the newspaper when the list re-opens.

Thank you for your interests in joining our community.

Managed by: Wingate Management Company
Dietitian Ming Cheung to run in eighth Boston Marathon

BY BETH ISRAEL DEACONESS HOSPITAL—NEEDHAM AND THE SAMPan EDITORIAL TEAM

Cheung said, “I want to show people we’re not just good at as table tennis or kung fu, but we’re good at all sports.”

Cheung began working at BIDN in October of 2014 after completing his master’s degree in nutrition at Bos-ton University’s Sargent College. The struggle to get fit and lose weight is one Cheung understands — as a senior at Framingham High School and a center on the football team at 5’6″, Cheung stopped weighing himself at 250 pounds. The summer before his freshman year of college, he started running and eating healthier and quickly dropped more than 50 pounds. Now at 29, Ming has been able to maintain his weight under 190 pounds, thanks to his healthy diet and exercise regime.

Working at BIDN as an employee of Sodexo, Cheung applied his real-life weight-loss experience and offers his pa-tients a new look at their diet and healthy eating choices without focusing on re-strictions. His influence extends to the cuisine at his parent’s restaurant, Uncle Cheung’s in Framingham, where he can still be found waiting tables on the week-ends. With a dietician on staff, Uncle Cheung’s offers fresh, made-to-order Chinese food that can be modified ac-cording to your dietary lifestyle, such as low-sodium, vegetarian or gluten-free.

Cheung loves working at BIDN and said, “Everyone is so nice and support-ive of the community, I couldn’t think of a better way to give back than to run to benefit this hospital’s great work.”

CONTINUED ON PAGE 5

Chinese Progressive Association celebrates local heroes

BY LING-MEI WONG

The Chinese Progressive Association (CPA) held its Year of the Sheep New Year Celebration on March 20 at the China Pearl in Chinatown.

The Unsung Hero award was present-ed to De Sheng Liang. Liang is a retired restaurant worker who first came to CPA for help in 2006, when he was fired from his job for no reason. Today he is one of CPA’s most active volunteers, partici-pating in protests, attending community meetings and cooking for events.

The Good Neighbor Award was pre-sented to Roche Bros. Supermarket and Whole Foods Market for creating eco-nomic opportunities for the community as Chinatown neighbors. Both supermar-kets agreed to hire local residents from Chinatown and the South End before public hiring from a coalition of community organizations. Roche Bros. hired 25 applicants ahead of its opening this spring. For Whole Foods, 26 percent of its new hires were Asian American and 19 percent were residents of Chinatown and the South End.

The Worker Justice Award was pre-sented to Medical Resources Home Care Workers. The home care workers nego-tiated with Medical Resources for a pay increase of $9.75 from $9 an hour.

The Social Justice Award was pre-sented to former Boston elections com-missioner Geraldine Cuddyer for her involvement with bilingual ballots in Chinese and Vietnamese. Cuddyer re-tired this year.

Wah Lum Kung Fu and Tai Chi Acad-emy performed the lion dance and the Cambridge Center for Chinese Culture Drumming Group performed. Represen-tatives from the Chinese consulate and local government also spoke.

CPA is a grassroots community orga-nization which works for full equality and empowerment of the Chinese com-munity in the greater Boston area and beyond.

MBTA NOTICE TO BIDDERS

· Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline.

· No paper copies of bids will be accepted.

· Bidders must have a valid digital ID issued by the Authority in order to bid on projects.

· Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

· MBTA Contract No. C72CN03, WORCESTER COMMUTER RAIL IMPROVEMENT PROJ-ECT, RAIL REPLACEMENT, FRAMINGHAM TO WORCESTER, MA, (CLASS 1, GENERAL TRANSIT CONSTRUCTION, and CLASS 3, TRACK WORK, PROJECT VALUE - $5,500,000. |

· Submitted at www.bidx.com until two o’clock (2:00 p.m.) on April 23, 2015.

· Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work along the Worcester Line will consist of rail de-stressing operations at various locations on both Tracks 1 between Boston and Worcester. Work shall be performed during weekdays and weekends and shall be done segmentally within signal block limits as shown on the Contract drawings. Rail de-stressing shall include but not limited to cutting welded rail at selected intervals, removing rail an-chors and/or clips, heating rail to desired neutral temperature, providing means for the rail to expand, re-anchoring or clipping the rail at the desired temperature, and re-welding the rail.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
Solar and lunar events kick off Solarize Quincy program

By SOLARIZE QUINCY

"Not only haven’t I paid an electric bill, but I’ve already received $4,000 in payments because I’m generating clean solar electricity," said Shelly Dein, Quincy’s director of energy and sustainability, at the kickoff event for Solarize Quincy, a program that offers discounted solar panels to local residents and business owners. Dein, who has had panels on the roof of her house for the last three years, added that they will have paid for themselves in about another year, after which she will continue to pocket savings for the 20-year-plus expected life of the panels.

The Solar 101 event, held on March 3, attracted a crowd of 50 to Atlantic Middle School to hear Dein, Elizabeth Youngblood of the Massachusetts Clean Energy Center, along with the City and the state Department of Energy Resources, and Dan Barnett, sales manager of SolarFlair, which will design and install the solar arrays for Solarize Quincy customers.

The speakers detailed incentives for installing solar through Solarize, including discounted panels, state and federal tax credits, a free supply of clean electricity, and renewable energy certificates that can be sold to electric utilities.

A Q&A session at the end of the meeting drew questions on a wide range of issues, including system sizes, how to tell if your house will work for solar, financing options and how long a solar assessment takes.

A group of eight Solarize Quincy volunteers, 10 high school students and four SolarFlair representatives met with residents over the course of eight hours at the Quincy Lunar New Year event, distributing more than 100 program brochures on March 1. This event was a great success because of the Chinese brochures and the high school translators who shared about the benefits of solar power for residences and small businesses.

On April 7 at 7 p.m., the Solarize Quincy team and Solar Flair will conduct another session for Quincy residents to learn about solar electricity and the Solarize Program at Clifford Marshall Elementary School, 34 Coddington Street, Quincy. For more information or to sign up for a free solar assessment, go to solarizequincy.weebly.com.

MEETINGS: Community looks at crime

FROM PAGE 1

Fong reported three robberies took place. The first incident took place at 117 Beach Street, when the victim tried to buy drugs and was robbed by three black males. The other two incidents were at banks: Santander Bank at 42 Kneeland Street and Cathay Bank at 621 Washington Street, with police apprehending the suspects in both cases.

Three car break-ins occurred. One incident involved school materials being taken from a car. Another car break resulted in a cell phone and computer being taken from a car at the Pilgrim Garage, which does not have surveillance equipment. Finally, at 660 Washington Street, a handgun was grabbed out of car stopped in traffic, Fong said.

An attempted burglary took place at 17 Pine Street. Two suspects attempted to gain entry, with the 15-year-old victim holding the door shut, Fong said.

CRA

The CRA gala was held at the Josiah Quincy School. Residents were asked to share how they used the Boston Common and Public Garden with Friends of the Public Garden executive director Elizabeth Vizza. The CRA gala will take place April 10 at the China Pearl.

Gables University Station Affordable Housing Lottery

Westwood, MA

Six 1BRs $1,251*, Eight 2BRs $1,387* No Utilities included except water and sewer

Gables University Station is a 130 unit apartment building on 95 University Avenue. 14 of the units will be rented to households with annual incomes not exceeding 80% of AMI adjusted for family size as determined by HUD. Gables University Station shares community amenities with Gables II University Station (such as clubhouse area with a pool, lounge, conference room, and fitness center) however only the affordable units at Gables University Station are available through this lottery. The affordable units at Gables II University Station will be available through a separate and distinct lottery in the near future. Please see the Info Packet for more details.

Maximum Household Income Limits are: $48,800 (1 person), $55,800 (2 people), $62,750 (3 people), $69,700 (4 people)

A Public Information Session will be held at 6 pm on April 7th, 2015 at the Westwood Public Library Community Room (660 High Street).

Completed Applications and Required Income Documentation must be delivered, not postmarked, by 2:00 PM on May 12th, 2015.

The Lottery will be held on June 2nd at 6 PM in same location as the info session above.

For Details on Applications, the Lottery, and the Apartments, or for reasonable accommodations for persons with disabilities, call 617.782.6900 (press x1 then x 3) or go to: www.s-e-b.com/lottery

Applications and Info Packets also available at the Westwood Main Library on 660 High Street (Hours: M-W 10-9, Th 1-9, F 10-6, Sa 10-5, Su 2-5).

Investigate person

March 23, 7:11 p.m. The victim reported he was attempting to buy drugs from the suspect on Essex Street. The suspect took the victim’s money and refused to give him the drugs. The officers did not find any drugs on the suspect. They both were given a “field intelligence observation” (FIO) or frisked by police officers. The victim’s money was returned to him.

Warrant arrest

March 24, 3:35 p.m. The suspect was arrested on Hayward Place on an outstanding warrant issued out of Brockton District Court.

MEETINGS: Community looks at crime

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How to make an asthma action plan

BY DR. YUE ZHAO AND DR. JOHN LEUNG

A peak flow meter. (Image courtesy of Tufts Medical Center.)

Asthma is a chronic, remitting and relapsing airway disease commonly afflicting both adults and children alike. Airways in asthma patients are very sensitive to environmental irritants, such as tobacco smoke, dust mites, pet dander, and even cold air. When triggered by these unfriendly irritants, the fragile small airways in asthmatics can become inflamed and narrow, which manifests as wheezing, coughing, chest tightness, or as severe as respiratory failure. Currently, there is no cure for asthma. However, the severity of asthma may be prevented or managed very effectively if there is a consistent management strategy or “action plan.” This strategy relies heavily on patients’ strict compliance to medication regimen, trigger awareness, and as well as symptom awareness.

What is an asthma action plan?

An asthma action plan is a written worksheet that shows you the steps to take at home based on the severity of your asthma symptoms. It tells you the following:

1. What medication to take at home every day;
2. What medication to take if you symptom gets worse;
3. When to seek urgent care or call the ambulance.

Simply put, it is an algorithm which tells you step-by-step when and what medications to take based on your symptoms. It is an individualized self-management guide that is written in simple words and easy to use. The action plan describes how to control asthma in the long term and how to handle worsening asthma symptoms, or attacks. Learning to “feel” the early warnings of a pending asthma attack is very important and is not easy as it seems, especially when anxiety may become a confounding factor. Fortunately, we have a device called “peak flow meter” that enables you to recognize early warning symptoms in a relatively objective manner. Immediately action may be taken based on the severity, such as taking extra doses of quick-acting medications or seeking urgent care, to abort a devastating asthma attack.

What is a “peak flow meter” and how do I use it?

A peak flow meter for asthma is analogous to a thermometer for fever. By blowing hard into a mouthpiece, you will get a reading on the meter, which measures your ability to exhale air out of your lungs, as known as peak expiratory flow rate (PEFR). In a pending asthma attack, or during an attack, this flow rate decreases due to narrowing of the small airways, depending on the severity. This process should be repeated three times and you best reading should be recorded. You should keep a chart of these readings and bring it to your allergist.

How are asthma action plans designed?

For convenience, asthma action plans are often broken down into three zones: green, yellow, and red. It will give you instruction on how to handle each situation in each zone. For example:

1. Green zone: You are symptom-free. PEFR is 80-100 percent of your personal best. You should continue to take your controller medications.

2. Yellow zone: You are experiencing mild to moderate asthma symptoms. PEFR is 50-80 percent of your personal best. You should follow the steps on the action plan to use quick-relief medications.

3. Red zone: You are experiencing severe asthma symptoms or an asthma flare-up. PEFR is below 50 percent of your personal best. Urgent medical care is needed if your symptoms do not improve.

Who needs an asthma action plan?

There are many causes of asthma but the every individual with asthma should have an asthma action plan, especially if asthma symptoms are frequent and severe that require prior ER visits or hospitalizations. Your doctor will discuss with you about the medication regimen, treatment goal, how to use the action plan to reach your goal, and make an individualized plan that works best for you. If your child has asthma that needs closer home monitoring and better symptom control, then the Asthma Action Plan is a must for you to follow. All child caregivers (for example, babysitters, daycare center workers, etc.) should know about every child’s asthma action plan. During follow-up visits, your doctor will go over the action plan with you and may refine the plan if any part of it is confusing or unhelpful.

Find a template of an asthma action plan online: www.nhlbi.nih.gov/health/ resources/lung/asthma-action-plan.

The Authors

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Northfield Commons in Andover
Affordable Housing Lottery

www.s-e-b.com

| 3BR Duplex Units & 3BR Single-Family Homes for $199,800 |

Your Total Monthly Housing Costs are only $1,450 (approx.!!!)

*Total Monthly Housing Costs are the estimated sum of your mortgage payment (30 year, fixed rate), your monthly real-estate taxes, and insurance. HOA fees are $90/mo.

This is a lottery for the 14 affordable Homes being built at Northfield Commons. These 14 homes 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 early 2015. All affordable homes are at least 1,900 sqft and have 3 bedrooms, two bathrooms. Homes have 9’ ceilings, and a first floor that features a kitchen with generous cabinet space and a center island with breakfast bar, a formal dining room flows to an expansive living room with large windows & first-floor laundry. The second floor features two bedrooms, a second bathroom, and a spacious loft area.

The Maximum Income Limits for Households are as follows:

- $46,100 (1 person), $52,650 (2 people), $59,250 (3 people), $65,800 (4 people), $71,100 (5 people), $76,350 (6 people)

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

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit www.s-e-b.com/lottery or call 617.782.6900.

Applications and Required Income Documentation must be received, not postmarked, by 2 pm on May 26th, 2015

A Public Info Session will be held on April 22nd, 2015 at 6:00 pm at the Activity Room in Andover’s Memorial Hall Library (2 North Main St). The lottery will be on June 9th at 6 pm the same location.

Applications and Information also available at the Memorial Hall Library in Andover on 2 North Main St (M-Th 9-9, Fri-Sat 9-5, Sun 1-5)
Suffering in silence: Mental health and older Asian American immigrants

BY JENNY CHEN, NEW AMERICA MEDIA

In 1976, So Ying Chan and her husband came to the United States to help take care of their grandchildren. Her son, Michael Man, worked as the accounting manager at the National Education Association. Everything was going well. Then, in 1992, Chan’s husband passed away and her own health began deteriorating.

When Chan hit 83, she developed Alzheimer’s disease. During the day, when both Man and his wife were at work, Chan would wander onto the streets and get lost. Man would have to call the police to find her and bring her back home. Other days, Chan would be cooking and wander off forgetting that she had left the stove on.

Whether developing a brain disease like Alzheimer’s or an emotional decline like depression, older Asians in the United States, many who immigrated here, later in life, face a range of barriers to getting help. But programs are emerging around the country to address their need for culturally appropriate care.

New language, culture isolate Asian elders

According to a Washington Post analysis of the 2010 U.S. Census, the Washington, D.C. region’s Asian population rose 60 percent since 2000, making the region a hub for Asians on the East Coast. Unlike West Coast Asians, many in the East are first or second generation immigrants. It has also become customary for many of Asian Americans to bring their parents from abroad to take care of their grandparents. Often these grandparents don’t speak English and don’t easily adapt to a new language and culture. Most can’t drive and become confined to their adult child’s house. According to the State Department, 30,002 immigrants from Asia in 2014 were parent of current Asian U.S. citizens over the age of 21.

Researchers have shown that loneliness and social isolation are key predictors of depression and other mental health issues in elders. Social isolation intensifies for many seniors as they experience more limited mobility and their friends begin to die. “Because of their recent arrival, unfamiliar social environment, poverty, poor health and communication problems, it is difficult for them to participate effectively in the economic, social, political and cultural life,” said Abul Hossen of Shahjalal University of Science and Technology in Bangladesh.

He added, “As a result, they become alienated and isolated from the mainstream society.”

A 2011 University of California (UC) study of 20,712 Asian American elders in the Journal of General Internal Medicine found that Filipino, Korean and Vietnamese elders in the U.S. were more likely to report symptoms of mental distress compared to non-Hispanic whites, yet they were less likely to have seen a primary care provider.

The UC researchers found that about one in five older Filipinos in this country reported such signs, as well as one in six Koreans and one in seven Vietnamese Americans, compared to the less than one in 10 older non-Hispanic whites. They found that among six Asian subpopulations, older Asians at greater risk for mental distress are also those more likely to have immigrated to the U.S. and have low levels of English-language proficiency.

They also interviewed a sample of 647 seniors ages 55-plus in five languages and English. Among them, 90-100 percent in each Asian subgroup were born outside the U.S., except for the Japanese survey participants, two-thirds of whom were U.S. born. Groups with the lowest levels of English proficiency included 84 percent of Vietnamese elders, 70 percent of Koreans, and over half of Chinese seniors.

A ‘danger to herself’

Chan had fallen into a deep depression. She kept saying that her son had abandoned her. She had tried to escape the nursing home several times. Wong owns an assisted living home for Chinese elders in Gaithersburg, Md., called Lin’s House, named for her son, who died in childhood. Every day Wong and her staff help bathe, clothe and feed the home’s seven residents, and serve them homemade Asian meals. The staff talks to residents in Mandarin or Cantonese.

After a couple months at Lin’s House, Chan settled into a comfortable rhythm. She isn’t ecstatic to be in a facility, but she now jokes with the staff and sits down at her meals. And she doesn’t try to run away.

This article is adapted from Jenny Chen's story written partly through a fellowship from New America Media and The Gerontological Society, sponsored by AARP. The original piece for Asian Fortune includes two videos.
Boston spelling bee winners

A total of 24 Boston youth competed at the eighth Citywide Spelling Bee at the BCYF Mildred Avenue Community Center on March 21. (Left to right): Chris Byner of BCYF, second place Emily Sun, winner Christy Jestin and third place Isabella Baez-Giangreco. (Image courtesy of the City of Boston.)

Senior Chinese New Year party

A Chinese New Year party took place at the Cambridge Senior Center & Council on Aging on March 26. (Image courtesy of Victoria Zhou.)