Mayor Walsh celebrates grand opening of Oxford Ping On

BY BOSTON’S OFFICE OF THE MAYOR

Mayor Martin Walsh joined the Chinese Economic Development Council board chairman. (Image courtesy of Don Hanney for the Mayor’s Office.)

Mayor Marty Walsh celebrated the opening of the Oxford Ping On affordable housing development on Nov. 22. Walsh recognized Ed Chiang, Chinese Economic Development Council board chairman. (Image courtesy of Don Hanney for the Mayor’s Office.)

Mayor Martin Walsh joined the Chinese Economic Development Council, architect Chia-Ming Sze, Consigli Construction, Eastern Bank, local and state officials and Chinatown residents on Nov. 22 to celebrate the grand opening of Oxford Ping On, a 60,000-square-foot affordable rental housing development on Oxford Street in Chinatown. The $26.7 million project, developed by the Chinese Economic Development Council (CEDC), created 67 affordable rental apartments for Chinatown’s low-income population.

“I am proud that the City of Boston’s commitment to this project has helped create 67 new homes — homes that will help ensure that the people who help make Chinatown the thriving, vibrant neighborhood it is will be able to stay in their community,” Walsh said. “Boston is lucky to have this exemplary team of builders, designers, and partners who worked so closely with the Chinese Economic Development Council to create more affordable housing for working people in Chinatown.”

Located in the Boston Empowerment Zone, adjacent to the Midtown Cultural District on the site of a former parking lot, Oxford Ping On takes its name from the intersection of Oxford Street and Ping On Alley where it is located. The 11-story building features 48 studio apartments, 16 one-bedroom apartments and three two-bedroom apartments. The units are geared toward those earning no more than 30 to 60 percent of the area’s median income and will provide a vital housing resource in the neighborhood.

“This beautiful building is a great example of what affordable housing can be in the City of Boston,” said Matthew Consigli, president of Consigli Construction. “Because we believe in the efforts of Mayor Walsh to increase the amount of affordable, workforce development housing throughout Boston, and we’re honored to have built this new home for the Chinatown community.”

“I believe this sets a great example for this administration’s intent and goal to create more affordable housing for the City of Boston,” said Ed Chiang, CEDC board chairman. “And that has also been CEDC’s mission for the last 42 years — to assist the Asian-American community to become self-sufficient through affordable housing, economic development and job training.”

We are Boston celebrates immigrants

BY LING-MEI WONG

The 11th annual We Are Boston Gala took place Nov. 29 at the Park Plaza Hotel, gathering hundreds of Bostonians to celebrate the city’s immigrant communities. Mayor Marty Walsh offered proclamations for Giving Tuesday and Diane Guerrero Day, to celebrate the actress’s efforts with advocacy and philanthropy for comprehensive immigration reform, citizenship and voter registration.

“Boston is a city where we celebrate all kinds of people from different genders, backgrounds and religions,” Walsh said. “We will make sure we are a welcoming and open city for all people who come into our city.”

Awards were presented to Richard Holbrook, chairman and CEO of Eastern Bank (Leadership Award); John Cruz, president and CEO of Cruz Companies (Leadership Award); Clear Channel Outdoor (Community Champion); Melissa DePina (Youth Action Award); and Franchesca Tejeda (Youth Action Award).

“We are Boston because we face our challenges head on and never back down,” said Alejandra St. Guillian of the City of Boston.
Event Calendar

Tai Tung Village Christmas tree lighting Saturday, Dec. 3 2 p.m. to 5 p.m. 252 Harrison Avenue Boston, MA 02111

The second annual Tai Tung Village Christmas tree lighting event will decorate the common areas, performances by children and seniors, and refreshments. All are welcome.

Christmas tree sale, holiday bazaar Saturday, Dec. 3 11 a.m. to 4 p.m. 885 Washington Street Boston, MA 02111

The Josiah Quincy Orchestra Program will host a Christmas tree sale and holiday bazaar, with performances by students. For more information, visit www.jqop.org.

Free meditation class Sunday, Dec. 4 10 a.m. to 4:30 p.m. 101 Mystic Avenue Medford, MA 02155

Free meditation classes will take place Sundays and Thursdays (7 a.m. to 8:30 a.m., 10:30 a.m. to 12:30 p.m.) at Boston Bodhi Meditation. People with limited mobility are welcome to join. For more information, call (781) 874-1023.

Intermediate English information session Monday, Dec. 5 8:30 a.m. to 9:30 a.m. 885 Washington Street Boston, MA 02111

The Asian American Civic Association offers a free intermediate English program (Next STEP) for people who need to improve their English to attend college or training. Applicants must come on time to one of our scheduled information sessions and take the assessment, which lasts 2-2.5 hours. No one else will be admitted once the test starts. For more information, please visit www.aaac-boston.org/programs-services/english-language-classes.

Free information clinic Monday, Dec. 5 10 a.m. to 3 p.m. 275 Hancock Street 2F North Quincy, MA 02170

Chinese American Citizens Right Alliance will help clients at Quincy Asian Resources Inc. to provide information and referral services to Chinese Americans. For more information, call QARI at (617) 472-2200.

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

The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information, please call (617) 324-8991 or e-mail sharewood.director@gmail.com.

Chinatown Safety Committee meeting Wednesday, Dec. 7 10:30 a.m. 821 Washington Street Boston, MA 02111

The Chinatown Safety Committee will meet at Glass at the Double-Tree Hotel. The public is welcome to attend.

Free immigration clinic Wednesday, Dec. 7 Noon to 2 p.m. 1 City Hall Square Boston, MA 02109

The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

The Chinatown Coalition meeting Thursday, Dec. 8 9:30 a.m. 58 Ash Street Boston, MA 02111

The Chinatown Coalition meeting will take place at the Boston Chinatown Organization, Pestle Center, 4F. The public is welcome to attend. For more information, visit www.bco.org.

Economic Development office hours Thursday, Dec. 8 3 p.m. to 5 p.m. 87 Tyler Street Boston, MA 02111

The Mayor’s Office of Economic Development will host weekly office hours at the Asian American Civic Association.

CSTO Teen Art Show Friday, Dec. 9 5 p.m. to 8 p.m. 464 Tremont Street Boston, MA 02116

Perspectives on Power will premiere the original Castle Square Tenants Organization podcast, Castle Center, 4F. The public is welcome to attend. For more information, call CSTO Teen Program Interns at the Community Center’s 2F.

Wage theft clinic Monday, Dec. 12 4 p.m. to 7 p.m. 120 Tremont Street Boston, MA 02108

The Mass. Attorney General’s Office will host a free wage theft clinic sponsored by Suffolk Law School. RSVP at (617) 963-2327 or agcommunityengagement@state.ma.us.

Clean Up Chinatown meeting Tuesday, Dec. 13 10 a.m. 120 Washington St., Suite 301 Brighton, MA 02135

The Studio of Engaging Math will host math workshop for children four to six. Each workshop is $20. For more information, visit www.engagingmath.com.

Math game workshop Friday, Dec. 9 5 p.m. to 6 p.m. 6:15 p.m. to 7:15 p.m. 120 Washington St., Suite 301 Brighton, MA 02135

The Studio of Engaging Math will host math game workshops for children four to six. Each workshop is $20. For more information, visit www.engagingmath.com.

Angel Island talk Friday, Dec. 9 more than 8:30 p.m. 193 Salem Street Boston, MA 02113

Monica Pelayo will speak on “Preserving Immigrant Detention: Angel Island in Case Study” at the Old North Church. RSVP at http://ow.ly/km8205SnogX.

Health workshop Saturday, Dec. 10 10 a.m. 38 Oak Street Boston, MA 02111

An interactive health workshop on managing diabetes with nutrition will take place at the Metropolitan Community Room. Refreshments provided.

Children’s Christmas party Saturday, Dec. 10 12:30 p.m. to 2 p.m. 218 Walnut Street Newton, MA 02460

“A Night in Bethlehem” is a family Christmas celebration hosted at Boston Chinese Evangelical Church’s Newton Campus. RSVP by Dec. 3 at www.bhec.net.

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The Clean Up Chinatown meeting will take place at the Asian American Civic Association, 5F. The public is welcome to attend.

Christmas party Sunday, Dec. 18 11 a.m. to 12:45 p.m. 120 Shawmut Street Boston, MA 02118

A children’s Christmas celebration, along with an adult program, will be hosted by Boston Chinese Evangelical Church. RSVP with Lorraine Ho at shccnca@gmail.com.

Citizenship workshop Monday, Dec. 19 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) 426-3492 x 0 or melodyt@aaac-boston.org.

Chinatown/South Cove Neighborhood Committee meeting Monday, Dec. 19 6 p.m. 120 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 BostonCSCNC@gmail.com.

South Cove Manor breakfast seminar Thursday, Dec. 22 9:30 a.m. 120 Shawmut Street Boston, MA 02118

All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Food and refreshments provided. Seminars will be presented in Cantonese and Mandarin. For more information, call Terry Yin at (203) 893-7963.

Sampan: A Publication of the AACA

NEWBURPSTAFF-AFFORDABLE FIRST TIME BUYER LOTTERY

Merrimack St., 2BR Unit $194,800 & 3BR Unit $217,000. Max income $51,100; 2P $58,450; 3P $65,750; 4P $73,050; 5P $78,900. Info mtg 1/4/17, Lottery 1/27/17, 7pm, City Hall, 60 Pleasant St. App.: A. Associate, 978-758-0197

Interested in a career in PROPERTY MANAGEMENT? Whether you’re in Accounting, Property Management, Resident Services, Marketing and Leasing, or Maintenance, WinnCompanies just might have the position you’ve been searching for! Several opportunities available in the greater Boston area and beyond. Please visit our website to learn more: www.winncompanies.com/careers
Gov. Charlie Baker welcomed families to the Statehouse tree lighting ceremony on Nov. 29.  (Image courtesy of the Governor’s Twitter feed.)

Gov. Baker lights tree at Statehouse

BY THE SAMPAN EDITORIAL TEAM


Guests were able to enjoy holiday carols, a viewing of “Elf” in the Great Hall and wool items. Vendors and performers included the Boston Children’s Chorus, Cod Provisions, Hood Dairy and Copper Kettle Bakery.

Chinatown/South Cove Neighborhood Council elects seven members

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council (CNC) reelected seven councilors on Nov. 27 at Santander Bank on 61 Harrison Avenue.

Seven positions were open, as the following councilors completed their two-year terms: Sherry Dong (agency), Hung Goon (other), Andy Kuang (organization), Brian Moy (business), Kenny Wong (resident), Rosemary Yee (organization) and Nicholas You (resident). The seven councilors won reelection for the 2017-2018 term, with no new candidates registering.

Dong received 130 votes, Goon received 125, Kuang received 97, Moy received 116, Wong received 165, Yee received 152 and You received 148.

All Mass. Asian Americans older than 16 were eligible to vote in the CNC election. Council membership is through public election for 21 council members: five in the resident category, four from businesses, four from agencies and four in the other category.

Affordable Housing Lottery

Paddock Estates

1415 Mass. Ave, Boxborough, MA

1BRs @ $1,310*, 2BRs @ $1,570*, 3BRs @ $1,814

*Rent subject to change in 2017. Utilities not included. Tenants will pay own Electric Heat, Gas Hot Water, Gas Cooking and Electricity

Paddock Estates is a 244 unit rental apartment community located in Boxborough on Lumber Street. 61 of these apartments will be made available through this application process. Paddock Estates is a brand new, distinctive apartment community in Boxborough, Massachusetts. Situated on 67 scenic acres, the community will feature an abundance of amenities including a 6,000 sq. ft. resort-style clubhouse with a fully-equipped fitness center, game room, and heated pool. Apartment homes will feature 9 foot ceilings, premium vinyl plank hardwood flooring, granite countertops, stainless steel appliances and walk-in closets. All homes will offer private outdoor balconies or patios.

MAXIMUM Household Income Limits: $51,150 (1 person), $58,450 (2 people), $65,750 (3 people), $73,050 (4 people), $78,900 (5 people) and $84,750 (6 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on January 4th, 2017.

A Public Info Session will be held on December 5th, 2016 at 6:00 pm in the Sargent Memorial Library on 427 Massachusetts Ave in Boxborough. Library Hours (M-W 10-6, Tue+Thurs 10-8, Sat 10-3)

Are You a Healthy Chinese Woman in One of the Following Age Groups? 40-44, 60-69

You may be eligible for a research study on skin aging

• 3 study visits over 6 weeks
• 6 skin biopsies
• Up to $1175 in Compensation

Please Contact (617) 726-5066
harvardskinstudies@partners.org

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Local bakery and owner plead guilty to food stamp fraud

BY THE DEPARTMENT OF JUSTICE U.S. ATTORNEY’S OFFICE

Meisum Bakery and its owner, Xi Xian Lei, pleaded guilty Nov. 17 in U.S. District Court in Boston in connection with a $740,000 food stamp fraud scheme that Lei and his employees operated out of a Chinatown bakery.

Both Meisum Bakery and Lei pleaded guilty to one count of conspiracy to commit fraud in connection with the National Assistance Program (SNAP) benefits fraud and two counts of SNAP fraud. U.S. District Court Judge Nathaniel M. Gorton scheduled sentencing for Feb. 22.

SNAP, formerly known as the Food Stamp Program, administered by the U.S. Department of Agriculture (USDA), provides eligible households with government subsidies for food and allows holders to exchange their SNAP benefits for food at authorized retail food stores. From about October 2010 through April 2012, Lei and bakery employees purchased SNAP benefits from legitimate SNAP beneficiaries for cash at a discounted value of approximately 50 cents for every SNAP dollar; however, neither Meisum Bakery nor Lei was authorized to accept SNAP benefits as payment for goods at the bakery. Then, bakery employees and Lei redeemed the SNAP benefits by using the beneficiaries’ Electronic Benefit Transfer (EBT) cards to buy goods and earn credit at stores that were authorized to accept SNAP benefits.

During the course of the conspiracy, Meisum Bakery and Lei defrauded the USDA of approximately $740,000 in SNAP funds.

The charge of conspiracy provides for a sentence of no greater than five years in prison and three years of supervised release, and for a corporation, no greater than five years of probation and a fine of $500,000. The charge of SNAP fraud provides for a sentence of no greater than five years in prison and three years of supervised release, and for a corporation, no greater than five years of probation and a fine of $10,000. Actual sentences are imposed by the federal district court based upon the U.S. Sentencing Guidelines and other statutory factors.

United States Attorney Carmen M. Ortiz; William G. Squires, Special Agent in Charge of the U.S. Department of Agriculture, Office of Inspector General, Office of Investigation—Northeast Region; Joel P. Garland, Special Agent in Charge of the Internal Revenue Service’s Criminal Investigation Division; and Assistant U.S. Attorney Giselle J. Joffre of Ortiz’s Major Crimes Unit is prosecuting the case.

Boston Common Christmas tree arrives from Nova Scotia

BY THE BOSTON PARKS AND RECREATION DEPARTMENT

The Boston 2016 Christmas tree from Nova Scotia arrived at the Boston Common on Nov. 18. (Image courtesy of Debra Mei.)

The official 2016 Christmas tree was escorted by the Boston Police Department from Billerica via Route 3 South to Route 128 North to Interstate 93 South to Sullivan Square to Rutherford Avenue over the Charlestown bridge and weaved through downtown Boston on North Washington, New Chardon, Cambridge, Tremont, Boylston, and Charles Streets to enter Boston Common at the corner of Beacon and Charles Streets. Boston Parks Commissioner Chris Cook, an official Nova Scotian town crier, Santa Claus, and local schoolchildren greeted the tree at its final destination near the Boston Visitors Center at 139 Tremont Street. The tree was lit on Dec. 1 at the City of Boston’s Official Tree Lighting.
Op-ed by Boston Mayor Walsh: Moving forward

BY MAYOR MARTIN J. WALSH

There’s no way around it: this has been a divisive national election. For many months, we have been following the presidential race, and in the early morning hours of November 9th, that race was finally decided.

As many of you know, I supported Secretary Clinton. Waking up on Wednesday wasn’t the first time I had been on the losing side of an election. Anyone who’s been an active campaigner knows the feeling: you put your heart and soul into a campaign. Losing always hurts.

A lot of our residents in Boston are wondering what the results of this election means for them. Whichever candidate you supported, uncertainty exists. Many are wondering where we go from here. I hope President-Elect Trump takes seriously his pledge to move away from the divisiveness that has characterized the political conversation in our city.

Now is the time for positive change.

We will not stop being a city that values and respects immigrants, both documented and undocumented. Our Office for Immigrant Advancement will continue to nurture and support the foreign-born in Boston, with everything from citizenship classes to cultural celebrations to legal advice.

Our values are unwavering, and our work is before us. Get involved in an organization you care about. Reach out to elected officials to see what you can accomplish. Now is the time for positive change.

Mayor Marty Walsh spoke during a race dialogue and discussion on Nov. 19 at the Cutler Majestic Theater in Boston. (Image courtesy of the Mayor’s Office by Jeremiah Robinson.)

The suspects fled the scene prior to the officer’s arrival.

A Public Info Session will be held on January 10th 2017 at 6 pm.

For Lottery Information and Applications, or for reasonable accommodations available at the Medford Public Library on 11 High Street.

Library Hours (M-Th 9-9, Fri 9-6, Sat 9-5)

By the Boston Police Department

All reports are submitted by the Boston Police Department. The time period is from Nov. 18, 2015 to Dec. 2 for District A-1, which includes Chinatown.

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

Unarmed robbery

Nov. 18, 12 a.m.: The suspect was placed under arrest for stealing the cash drawer from the café located inside of the hospital on Washington Street.

Hit/run personal

Nov. 21, 2:13 a.m.: The officer responded to Knoxeland Street on a report of a pedestrian struck by a motor vehicle that left the scene. Upon arrival, the officer met with a witness. He stated while riding his bicycle, he was struck by an unknown motor vehicle that fled the scene. The victim was transported to the hospital for further evaluation.

Trespassing

Nov. 24, 1:41 p.m.: The suspect was arrested on Hudson Street for trespassing. He was found inside of a building on Hudson Street that was posted no trespassing.

Breaking and entering a motor vehicle

Nov. 25, 2:08 a.m.: The victim reported two unknown white males attempted to break into a motor vehicle inside of the parking garage on Kneeland Street.

The ideal candidates should possess good hand/eye coordination as well as have good manual dexterity. Attention to detail is a must. Knowledge of metal finishes, sandblasting and plating along with experience with tools and chemical handling is also very helpful.

We encourage you to come join our team and be part of something special.

Full time and part time applications are welcome.

Sherle Wagner International
1 Lewiston Street
Fall River, Ma 02721
Seniors learn about oral health

BY SOUTH COVE MANOR

South Cove Manor at Quincy Point Rehabilitation Center held a breakfast seminar on Oct. 27. A total of 40 seniors attended to hear Dr. Sara Kim speak.

Kim discussed oral health with the seniors.

According to Kim, oral health of everything inside your mouth. This includes your teeth, tongue, gums, bone around the teeth, and all the soft tissues in your mouth.

She said if someone has poor overall oral health they can have a hard time eating healthy. This is because teeth and saliva help break food so that our bodies can digest the nutrients from it.

If someone has diabetes, it can make gum health harder to maintain. Also, inflammation and infection in the mouth can aggravate heart conditions.

If you have to undergo heart surgery, your cardiac surgeon will require that you take care of any dental infection before heart surgery because bacteria from your mouth can travel and infect your heart.

Kim recommends to avoid these health issues to brush your teeth at least 2x/day, and for at least 2 minutes in small circular motions. She also says to use a soft toothbrush.

She also said to floss daily and visit the dentist twice a year.

More than 400 medical practices join call to prioritize blood pressure control

BY THE AMERICAN HEART ASSOCIATION AND AMERICAN MEDICAL ASSOCIATION

Just one year after the American Heart Association (AHA) and American Medical Association (AMA) launched Target: BP more than 400 medical practices, providers and health systems are now participating in the joint national initiative aimed at reducing the number of American adults who die from heart attacks and strokes every year.

One in three American adults — approximately 80 million people — has high blood pressure, and that number is steadily climbing, despite the fact that high blood pressure can be treated easily using evidence-based guidelines.

There is a substantial body of evidence showing that high blood pressure is a contributing factor to many major health conditions, including heart attack, heart failure, stroke, kidney failure and other disease consequences.

Collectively these Target: BP participants will work together with the AHA and AMA to significantly improve the nation’s current national blood pressure control rate of 54 percent.

“Improving blood pressure control rates will save many more lives,” said AHA president Dr. Andrew W. Garman, M.D. “Even a 10 percent increase in the number of people successfully treated for hypertension would lead to the prevention of an additional 14,000 deaths each year. That is exactly why we launched our Target: BP initiative, to improve health outcomes and save thousands of lives.

Specifically, participants will work to achieve high levels of control using the latest AHA guidelines on high blood pressure, aiming for readings of lower than 140/90 mm Hg for each patient — with goals adjusted as new data drives future guideline revisions. The AHA and AMA will provide participants with tools and resources, including the AHA/ACC/CDC Hypertension Treatment Algorithm, to help achieve their goals. Beginning in 2017, AHA and AMA will also recognize those who attain high levels of blood pressure control as part of the Target: BP Recognition Program.

Dr. Sara Kim spoke about oral health on Oct. 27 at 120 Shawmut Avenue. (Image courtesy of South Cove Manor.)

Answers on Chinese page 5.

Learn Chinese
Leftovers

shèng cài

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Each year, Thanksgiving Day marks the beginning of the holiday season that usually extends to the New Year. According to Stanford University’s Buildings & Ground Maintenance website, Americans generate 1 million extra tons of trash per week around this time. This causes severe, negative impacts to the environment. Below is a list of creative ways suggested and inspired by the Stanford website to celebrate the holidays while being eco-conscious.

• Be creative in wrapping gifts
  Reuse gift-wrapping paper and gift boxes, avoid paper with coatings (such as gold, glossy or shiny foil as these are not recyclable), use scrap paper and newspapers, handmade crafts and recycled objects, recycle or donate.

• Make your own or give experience as gifts
  DIY crafts are personal and thoughtful, teach a new skill like guitar playing or painting, purchase memberships to museums or spas, tickets to movies, restaurants or concerts, contribute to college funds.

• Adopt eco-friendly practices
  Send e-cards to save paper, plant a tree, carpool/walk/bike to holiday parties or events, participate in group gift-giving such as Secret Santa, look at quality and practicability versus quantity and trends.

• Choose gifts that are environmentally conscious
  Give items that encourage living a greener lifestyle like durable water bottles, tote bags or bikes, purchase items made from sustainable practices such as handmade crafts and recycled objects, look at gifts with less packaging, use solar power or easily recyclable, make a gift donation to wildlife conservation or climate change organizations.

The American Chinese Medical Exchange Society held its annual meeting Nov. 12 at Beth Israel Deaconess Medical Center. (Image courtesy of Jianghe Niu.)

BY JIANGHE NIU

The American Chinese Medical Exchange Society (ACMES) held its annual meeting Nov. 12 at Beth Israel Deaconess Medical Center. Researchers gathered from all corners of the nation and even China to discuss chronic diseases.

Speakers included Peter Kang, Margaret Hudson, Kequin Hu, Danyang Liu, Le Min, Jinyu Sun, Yan Ding, Chunqi Hou, Wei Yang, Kye Kim, David Gould, Wenshu Luo, Jianing Huang, Mingzhu Xu, Han Xu and John Wong.

ACMES chairman Dr. Xuejun Kong warmly thanked the speakers for their time and for making the meeting a success.

BY CONNIE WANG

Holiday gift box made by inverting a cereal box and decorated with paper hearts made from junk mail envelopes. (Image courtesy of Connie Wang.)

American Chinese Medical Exchange Society holds annual meeting

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  DIY crafts are personal and thoughtful, teach a new skill like guitar playing or painting, purchase memberships to museums or spas, tickets to movies, restaurants or concerts, contribute to college funds.

- Adopt eco-friendly practices
  Send e-cards to save paper, plant a tree, carpool/walk/bike to holiday parties or events, participate in group gift-giving such as Secret Santa, look at quality and practicability versus quantity and trends, recycle or donate.

- Choose gifts that are environmentally conscious
  Give items that encourage living a greener lifestyle like durable water bottles, tote bags or bikes, purchase items made from sustainable practices such as handmade crafts and recycled objects, look at gifts with less packaging, use solar power or easily recyclable, make a gift donation to wildlife conservation or climate change organizations.
BY DEBRA MEI

Boston Senior Home Care hosted its 2016 Well Done Boston: Culinary and Fundraising Celebration at the Seaport World Trade Center in Boston on Nov. 17. This exciting event combined food from Boston’s best restaurants, live entertainment and a silent auction.

The event raised nearly $170,000, exceeding its goal of $150,000 for a discretionary fund. It will be used to meet the needs for seniors in the community for much needed items and services such as clothing, bedding, medicine utility costs or short-term shelter when on other means of financial support exist. This money could even go to snow shoveling costs or short-term shelter when on other means of financial support exist.

As one of 26 Aging Service Access Providers in Massachusetts, BSHC is committed to providing the best assistance possible for those in need. This community-based, nonprofit organization employs more than 190 staff to serve around 7,000 elders last year, which includes about 1,200 Chinese-speaking clients. Chinese is the second most common language spoken by BSHC clients.

BSHC has more than 60 private vendor agencies to provide services for seniors including homemaking, laundry, grocery shopping, home delivered meals, social day care, home health and so on. The cost of most services is reduced or waived based on state income guidelines. For more information, please go to https://bostonseniorhomecare.info. Cantonese- and Mandarin-speaking individuals can contact Suki Mok at (617) 918-5112 or smok@bshcinfo.org.

Restaurant review: Hot Eastern

BY LING-MEI WONG

Spicy comfort food is the hallmark of Hot Eastern, perfect for chilly New England winter. The authentic northeastern Chinese “mala” dishes burn and numb, warming you up from the inside.

Hot Eastern is located in the former Café de Lulu, after the proprietor retired and turned her basement space over to the couple working in the Avana food court.

Mala bang starts at $7.50 for the vegetable version, $9.50 for the beef and $12.50 for seafood. A flavorful soup base includes vegetables and rice vermicelli, with charges for add-ins of fishballs, tofu and sliced meat. Be careful selecting from the six levels of spiciness: No spicy, low spicy, mild spicy, medium spicy, high spicy and super spicy. As true Yelp reviewers can attest, super spicy is no joke. I adore fiery mala hot pots, but even the mild spicy level had me sweating in under a minute — no spicy is flavorful enough, thanks to the cumin and Chinese herbs.

Lamb skewers ($1.95 for one, $9.5 for five and $18 for 10) feature plenty of cumin and a subtle heat that doesn’t kick in until later. The fire from the spices perfectly complements the juicy lamb.

Chinese crepe at Hot Eastern. (Image courtesy of Ling-Mei Wong.)

The Chinese crepe at Hot Eastern. (Image courtesy of Ling-Mei Wong.)

Hot Eastern has nailed authentic northern Chinese cuisine, with loyal patrons packing the place on weekends. Service is fast and friendly, making this a welcome addition to Chinatown’s food scene.

Restaurant of the Year

Kowloon

Kowloon Restaurant of Saugus was inducted into the Massachusetts Restaurant Association’s Hall of Fame on Nov. 16. (From left) Donald, Andy, Madeline, Linda, Stanley, Lisa, Bobby Wong. (Image courtesy of Stanley Wong from Boston Magazine.)

Kowloon Restaurant of Saugus was inducted into the Massachusetts Restaurant Association’s Hall of Fame on Nov. 16.

“My parents were elected to the Hall of Fame in 2001,” said Stanley Wong. “My mother is still with us and she attended the ceremony.”

The six siblings who own Kowloon are the third generation of Wongs: Andy, Bob, Linda, Lisa, Donald and Stanley Wong. They were the largest group to be inducted to the Hall of Fame.

Kowloon Restaurant began as Mandarin House in 1950 on Route 1, opened by Stanley’s grandparents. His parents Bill and Madeline took over the business in 1958 and renamed it Kowloon Restaurant, expanding its capacity to 1,200.

Kowloon Restaurant of Saugus was inducted into the Massachusetts Restaurant Association’s Hall of Fame on Nov. 16.

“Their commitment to providing the best assistance possible for those in need is commendable.”

BY DEBRA MEI

Boston Senior Home Care’s board president Karl Baker spoke at the Well Done Boston fundraiser on Nov. 17 at the Seaport World Trade Center. (Image courtesy of Debra Mei.)