Sampan salutes local difference makers for Asian American Heritage Month

BY LING-MEI WONG

The Sampan is proud to celebrate Asian American Heritage Month in May. This issue is dedicated to members of the community who made a difference.

Nam Pham: Pham was appointed by Gov. Charlie Baker as assistant secretary of business development, which oversees the Mass. Office of Business Development, Mass. Film Office and Mass. Office of International Trade & Investment. He was the executive director of Viet-Aid for four years, after being a board member for 10 years before.

Ruth Moy: A staunch advocate for Chinese seniors and an active community member in Chinatown, Moy is the executive director of the Greater Boston Chinese Golden Age Center. Her passion for the elderly resulted in the completion of Hong Lok House, the only affordable housing for seniors in downtown Boston.

Susumu Itō: Dr. Susumu Itō is a 95-year-old World War II hero, who received a Congressional Gold Medal in 2011. The Wellesley resident is still able to prepare sushi-kyaki for guests and repair furniture all by himself.

Henry Ho: He received the Anthony Chan Student Award in 2014 for his exemplary service from the UMass Boston Institute for Asian American Studies. In 2009, Ho's family underwent a crisis that required him to study, work and become the primary caregiver.

Read more about these local heroes and heroine on pages 7 and 8.

Chinatown church sends hope overseas

BY LING-MEI WONG

Boston Chinese Evangelical Church (BCEC) sent aid in response to the Ebola outbreak that devastated West Africa and the 7.8-magnitude earthquake that rocked Nepal. The church partnered with World Vision’s annual event Boston Hope, which assembled 1,400 Ebola caregiver kits on May 15 to 17 at its 120 Shawmut Avenue facility.

Members gave more than $33,000 for West Africa and Nepal, exceeding its goal of $11,000 for Ebola caregiver kits. The caregiver kits provide basic supplies and protection against infection for those caring for the sick, which will be sent to Sierra Leone.

“We are glad that BCEC can partner with World Vision in the relief efforts for the Ebola epidemic in West Africa,” said Steve Chin, BCEC senior pastor. “We thank God for providing us this new space in the South End so that we can love and bless our neighbors near and far.”

World Vision’s work in Nepal will include ensuring clean water and sanitation, providing food, shelter, and creating safe play spaces for children who have lost their homes.

“One of our goals was to have BCEC host Boston Hope this past weekend,” said World Vision senior advisor Patty MacDonald. “With the help of several volunteers, 1,400 Ebola Kits were assembled for families and communities impacted by the deadly virus who live in Sierra Leone. … The support and generosity has been overwhelming and very much appreciated.”

BCEC has a long history of responding to social needs locally and around the world. BCEC supported relief efforts in the recent tornadoes and hurricanes in the United States, and the Australian bushfires.

HIGHLIGHTS

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Chinatown meeting roundup: TCC, CNC PAGE 4

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We're proud to honor Asian-Pacific American Heritage Month and carry its spirit and contributions with us every day of the year.

bostonchildrens.org/jobs  EOE
**Part-time Personal Assistant Needed**

Real Estate Professional in need of part-time personal assistant. Must have basic computer skills, good oral and written communications skills, highly organized, have an assertive and positive attitude.

Pay: $250 weekly.
Contact: jlebbe99@gmail.com

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**Event Calendar**

**COMIC**

**EMPTYBAMBOO GIRL**

**Event Description:**

The MUNDANE & SLUMBLE ADVENTURES OF A 30-SOMETHING GIRL NAMED AH-LIN by LILLIAN CHAN

**Date:**

1111016

**Description:**

UNDERSTANDABLE TO ALL—SOMETHING THERE IS ABOUT TO HAPPEN IN THE AIR...

NODDING MY LAST PAIR OF GOOD CLEAN UNDERWEAR... OK... IF IT'S THE LAW... OK... DION'T DO THE LAU... MEANS I HAVE NO OTHER CHOICE... I'M LEFT... WITH THE PAR PUBLISHED WILL... NO REGARD FOR COMFORT...

SO... AMERICAN PRIME... LET'S SHIP... ME A TON MORE UNDERWEAR... STP...

**Questions for Readers:**

- What is the main character’s name, and where does the story take place?
- What are the primary conflicts or challenges that the character faces?
- How does the character’s perspective or experience differ from others?

---

**New Age Crystals Shop**

**Event Description:**

Palms And Tarot Card Readings

Strong Details on Love, Career, Family, Friends, and more.

**Call to make an appointment**

617-868-4300

**Special discount with the mention of this Ad**

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**Asian American Civic Association gala**

**Date:**

Friday, June 26

6 to 9 p.m.

Odyssey Boston

Roxbury Wharf

The Asian American Civic Association will have its gala “Their Courage to be New” aboard the Odyssey Boston. For more information, contact Devika Thayanan at (617) 426-4902 x 231 or email devika@aaacca-boston.org.
Chinatown meetings: TCC, CNC

BY LING-MEI WONG

The Chinatown Coalition (TCC) met on May 14 at the Boston Chinatown Neighborhood Center. A presentation on the National Health and Nutrition Examination Survey was given by Centers for Disease control senior study manager Nora Martinello. The voluntary survey collects health information, with the CDC looking for interpreters in Suffolk County. For more information on interpreting jobs, visit www.westat.com/careers/field-data-collection-positions and reference NHANES.

Chinatown Land Trust (CLT) board member Suzanne Lee discussed the land trust’s goals and current status. Its four goals are:

1) Preserve subsidized housing, as some locations are not permanent and will become market-rate properties after a certain amount of time,
2) Create 1,000 new or newly preserved affordable units over the next 10 years,
3) Work with Boston to encourage lower-priced market and mixed-income housing,
4) Work with universities to provide more dorm housing for students, as taking up space for families.

The CLT is working to pool land for the community at 30 Kneeland with John proposing a similar arrangement for the community meeting planned for June 9 or 10 at the China Trade Center.

The CNC heard two proposals for advertising space along Kneeland Street. It will write a support letter for G Brand, which proposed an ad wall wrapper at 30 Kneeland Street. While the building owner has agreed to the proposed ad space, G Brand has not yet applied for the relevant permits.

Pine Street Inn’s billboard is managed by G Brand, said Greg John, G Brand president. As the owner of Kane’s Donuts, John uses his advertising company G Brand to give back to the community. The majority of ad income from the Pine Street Inn billboard goes to the shelter, with John proposing a similar arrangement for the community at 30 Kneeland Street.

Mass. Attorney General Maura Healey held an ethnic media roundtable on May 14 at the China Trade Center.

Mass. attorney general looks back at first 100 days in office

BY LING-MEI WONG

Mass. Attorney General Maura Healey held an ethnic media roundtable on May 14, discussing her work so far on earned sick time, domestic worker rights and her new Community Engagement division.

“I want to be the people’s lawyer, as this is the people’s law firm,” Healey said. “Not enough people who could be served by this office know what we do.”

On April 24, Healey filed draft regulations to implement the earned sick time law that will provide nearly 1 million more employees in Massachusetts access to sick leave. The law was passed by voters in November and will take effect on July 1.

In May, Healey filed draft regulations to support the new Domestic Workers’ Bill of Rights, which became law in Massachusetts on April 1. The regulations set forth the workplace rights of domestic workers who provide housekeeping, childcare and other caretaking services in private homes across Massachusetts and clarify employer obligations.

“Victims of wage theft need to feel comfortable coming forward,” Healey said. “We have had success in the past with some community organizations, as victims may go there first, then we need them to come to us.”

Healey expressed concern about substance abuse in Massachusetts.

“We are in a real crisis state for heroin, opiate addiction. Right now, we are losing one to two people a day in this state, and the number of overdose deaths continues to grow,” she said.

To lead the Community Engagement division, Healey named Marcyon Almeida-Barron most recently served as the acting executive director for the Office for Refugees and Immigrants and previously worked as the office’s chief of staff.

Healey has also hired Willie Bodrick to serve as the division’s Outreach Coordinator.

JOIN LINDEN PONDS FOR A THURSDAY OPEN HOUSE!

Get an inside look at vibrant retirement living! Tour our beautiful campus and maintenance-free homes. Discover dozens of exciting amenities, clubs, and activities. See the continuing care neighborhood, offering memory care, inpatient and outpatient rehabilitation, and skilled nursing care right on campus.

Bring your friends and family!

Thursday, May 28, 2015
300 Linden Ponds Way, Hingham, MA
Independent living and continuing care tours
5:00 – 7:00 p.m.

Call 1-800-617-9189 for more information and directions, or to learn about other upcoming events if you can’t make this date.

OAK HILL APARTMENTS
35 Central Street, Ipswich

Accepting applications for our waiting list available for persons 62 years of age or older, handicap/disabled regardless of age. Income limits up to $34,500 for one person or $39,400 for two persons. Qualified applicants will pay 30% of income.

For an application contact Theresa at:

Oak Hill Apartments oakhilloffice@verizon.net
978-356-1530
TDD #711 or 1-800-439-2370
Monday–Friday

Town of Dover
HOUSING LOTTERY

DOVER VILLAGE

BRAND NEW 3 BEDROOM SINGLE FAMILY HOMES

Applications must be received by June 22, 2015

Call Delphic Associates at 508-994-4100 or email application requests to: Sue@delphicassociates.com

Applications available online at:
www.DelphicAssociates.com
www.massaccesshousingregistry.com
www.massaffordablehomes.org

All applicants are encouraged to attend!

Q&A Information Workshop
May 26, 2015 @ 6 pm
Lottery Drawing
June 30, 2015 @ 6 pm
Both events to be held at:
Dover Town House
5 Springdale Avenue
Dover, MA 02030
Fireside Room

Only $227,100

Linden Ponds values diversity. We welcome all faiths, races, and orientations, and housing opportunities are available for low and moderate income households.
BCNC Quincy reaches out to Asian families along South Shore

BY LING-MEI WONG

Boston Chinatown Neighborhood Center (BCNC) expanded to Quincy in 2013, becoming the newest Asian American service agency in the South Shore. With a location at 275 Hancock Street since April 2014, BCNC has found a second home outside of Chinatown.

“While BCNC has been around 45 years, going to the South Shore is new for us,” said Carmen Chan, BCNC director of development. “But the need is there, as 20 percent of our participants live there. We have been welcomed by the community, and we look forward to continuing our strong track record of high-quality, family-centered programs.”

BCNC Quincy offers adult education classes, youth programs, case management, and family services and workshops. Its adult English for speakers of other languages (ESoL) program in Quincy ranks third in the state, the transformative Youth Leadership program engages nearly 50 high school youth, and a partnership with Urban College has allowed recent immigrants to enroll in classes and earn credits toward a degree while at BCNC. Recently launched services include citizenship classes, nutrition education for parents and multiliteracy for families.

A fundraiser, Savory the Flavor, will take place on June 6, with all proceeds benefiting BCNC Quincy’s programs. Participating restaurants include JP Fuji Group, MEM Tea, the Chicken and Rice Guys, CJ Restaurant, Dumpling Daughter and Kozy Dessert. Event sponsors are State Street Corporation, Harvard Pilgrim Health Care and Delta Airlines.

As a community anchor and regional leader, BCNC is dedicated to serving Asian communities throughout the Greater Boston area. For more information, visit www.bcnc.net.

Neptune Towers Apartments

Will be accepting applications for placement on the waiting list for housing from June 1, 2015 to August 31, 2015

Neptune Towers is a Section 8 community, income restrictions apply

Applications will be available at the office or by request in writing to:

Neptune Towers
130 Neptune Blvd., Suite 108E
Lynn, MA 01905
Attention: Occupancy Specialist

Reasonable accommodations made on request

Applications must be submitted or postmarked by no later than August 31, 2015

Waterside Place
505 Congress Street
Boston, MA 02210

Affordable Rental Opportunity

<table>
<thead>
<tr>
<th># of Units</th>
<th>Type</th>
<th>Rent</th>
<th>% Income</th>
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<tr>
<td>1</td>
<td>2 Bed</td>
<td>$1560</td>
<td>Up to 80%</td>
</tr>
<tr>
<td>1</td>
<td>3 Bed</td>
<td>$1755</td>
<td>Up to 80%</td>
</tr>
</tbody>
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Minimum Income Limits for Households is 80% AMI which is as follows:

<table>
<thead>
<tr>
<th>HH size</th>
<th>80%</th>
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<tbody>
<tr>
<td>1</td>
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<td>5</td>
<td>$85,100</td>
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<tr>
<td>6</td>
<td>$91,400</td>
</tr>
</tbody>
</table>

From Monday, May 25th through May 31st applications can be requested by phone (617.936.0004) or email (watersideplace@bozzuto.com) supplying Waterside Place with your name and mailing address. Applications may also be picked up at Waterside Place (505 Congress Street, Boston MA) on:

Monday, May 25th 10:00 am - 2:00 pm
Tuesday, May 26th 3:00 pm - 6:00 pm
Wed, May 27th 5:00 pm - 8:00 pm
Thursday, May 28th 10:00am - 2:00pm
Friday, May 29th 10:00am - 2:00pm
Saturday, May 30th 10:00pm - 2:00pm
Sunday, May 31th 1:00 pm - 4:00 pm

Deadline for returning completed application is June 7, 2015:
Applications can be returned in person to 505 Congress Street, Boston, MA 02210 by 5pm or mailed and postmarked by June 8, 2015.

For more info or reasonable accommodations, Jackie Chancholo, Bozzuto Management Company 617-936-0004

Selection by lottery.
Asset, Use & Occupancy Restrictions Apply.
Disabled households have preference for 1 wheelchair accessible unit.
Preferrence for Boston Residents.
Preference for Households with at least one person per bedroom.
Waterside Place is a smoke free community.

For more information or reasonable accommodations for persons with disabilities call 617.936.0004
Chinatown crime blotter
for May 8 to 22

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from May 8 to May 22 for District A-1, which includes Chinatown.

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

Unarmed robbery
May 8, 12:24 a.m.: The victim reported losing his bike on Beach Street, an unknown suspect took his wallet and ring from him and fled up Beach Street toward Washington Street.

Assault and battery
May 8, 3:54 a.m.: The victim reported while walking down Kneeland Street toward Washington Street, they were assaulted by two unknown Hispanic males.

Drugs
May 11, 9:32 a.m.: The officers responded to Avenue de Lafayette on a report of a man passed out inside of the bathroom of the hotel. Upon arrival, the officers observed the suspect being treated by Emergency Medical Services. He was charged with Class A possession.

Disorderly person
May 12, noon: The suspect was arrested on Boylston Street on a disorderly person charge. He was observed standing in an area posted “No Trespassing.”

Warrant arrest
May 13, 6 p.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Lawrence District Court.

Disorderly person
May 17, 4:45 p.m.: The suspect was arrested on Harrison Avenue for being a disorderly person. He began yelling at the officers, causing a disturbance.

Unarmed robbery
May 21, 1:48 a.m.: The victim reported he was robbed by an unknown male while walking on Harrison Avenue.

The Asian American Civic Association job fair took place May 14 at the Reggie Lewis Athletic Center. (Image courtesy of Ling-Mei Wong.)

Job fair connects community members to opportunity
BY LING-MEI WONG

The Asian American Civic Association (AACA) held a job fair on May 14 at the Reggie Lewis Athletic Center. A total of 22 employers and more than 300 job seekers attended the agency’s second job fair.

“It’s been going well, we’ve met great candidates who meet our requirements,” said Jonathan Griffie, vice president and senior operations manager of corporate accounts payable at Bank of America. His branch in Providence wanted to hire bilingual staff fluent in Korean, Thai and Mandarin for three open positions, with openings available at other locations as well.

Many English language learners and students in the greater Boston area attended the job fair with teachers and advisors.

“Snap Chef, Keolis, Boston University and Dunkin’ Donuts left with many potential candidates for their open positions,” said Cyndy Chapin-Levesque, AACA employment services coordinator. She was pleased with the turnout and identified a number of individuals who would benefit from the agency’s Job Center, which offers job placement and career advising.

Employers at the fair included AABC, Bank of America, Blue Cross Blue Shield of Massachusetts, Boston Fire Department, Boston University, CVS, Eastern Bank, Elite Services, Granite Telecommunications, Home Depot, Keolis, Manicube, Neighborhood Health Plan, Neiman Marcus, Parent-
Nam Pham advocates for Asian community

BY LING-MEI WONG

Nam Pham knows about overcoming adversity. When Pham was 19, his family jumped on a barge after the Fall of Saigon — all eight of his siblings, his grandmother and his parents. They were rescued by a U.S. freighter, which took them to Guam, the Philippines and finally Minnesota, where a local church agreed to sponsor the Phams.

“It was a good place. It was cold, colder than Boston, but the people were very warm,” Pham said.

He attended college in Minnesota and came to Harvard for graduate school in 1981, working 20 years in commercial banking while being active in community work. Pham was the executive director of Viet-Aid for four years, after being a board member for 10 years before.

“Viet-Aid was able to build a bridge between the Vietnamese community and other communities in Dorchester: Irish, African American, Cape Verdean,” Pham said. “They helped the Vietnamese community prosper in Massachusetts.”

Pham is soft-spoken and genial, but understands how to use his voice.

“If we want a better life for ourselves, we have to speak up when we see things that are not right,” Pham said.

Voting is a top priority for Pham.

“The day I visited Dr. Susumu Ito was a sunny one. He was lying in a chair on his balcony, facing the sky with his eyes closed and a smile on his face. That’s what a usual afternoon is like for Ito. He lives alone in a hundred-year-old house in Wellesley for more than 60 years, after unexpectedly losing his wife three years ago. This 95-year-old World War II hero, who received a Congressional Gold Medal in 2011, is still able to prepare Japanese sukiyaki for a tableful of guests all by himself.”

Born in the Japanese immigrant town of Stockton, Calif., he recalled his fellow soldiers “were all Nisei (second-generation Japanese Americans), no first-generation Japanese that I’ve known of.” He was separated from his family, which was placed in a camp in Arkansas, while Ito served on the 442nd Regimental Combat team.

“In many ways we were proud to be segregated,” Ito said. “Our numbers as 5,000 people in the 442nd, compared to 16 million in the military service during WWII, are very very tiny…It was fortunate. We found (we were) so positive about serving. The spirit among us was very good, very unified. We could demonstrate our loyalty and dedication to America.”

Ito retired from Harvard Medical School as a biology professor in 1991, but still has a passion for research. His own little lab at home, filled with test tubes and microscopes, stands out.

“If Ito had the chance to change anything about his life, what would he do? ‘I will do the same thing all over again: military service, academic research. You can’t change it anyway. I try to look at the bright side of things and make the most of it.’”

Looking back on his entire life, Ito hardly remembers a single enemy. He would rather maintain a positive outlook on life instead of one full of hatred. “You can be unhappy anywhere. I choose to be happy,” he said.

This month, Ito was invited to speak to Asian American Pacific Islander teenagers. His advice to youth would be: “Just pursue what you like or love doing. Right there, the reward is enough. If you go up or beyond that, it’s even better.”
Chinese man honors father’s memory with community service

BY LING-MEI WONG

Henry Ho puts family first. The middle child of three boys, Ho had not yet turned 21 in 2009, when his world turned upside down. His younger brother struggled in high school, his mother was laid off, his older brother was deployed to Iraq and his grandmother was diagnosed with Alzheimer’s. The family suffered yet another blow when his father passed away from liver cancer, making Ho the sole breadwinner.

“I’m very family oriented, I would do whatever I can,” Ho said.

Ho transferred to UMass Boston from UMass Amherst to be closer to home, completing his bachelor’s in management science and information systems, completing his bachelor’s in management science and information systems, while also taking courses in Asian American studies. He received the Anthony Chan Student Award in 2014 for his exemplary service, which included a year-long community internship with 8Centric, another internship and teaching English at the Asian American Civic Association, and his family, Ho felt his sacrifices were worthwhile.

"I don’t regret going to UMass Boston or taking care of my family. If I had finished up at Amherst, I know I wouldn’t be the same person I am now," he said.

Since Hong Lok House’s original 28 units opened to Chinatown in the 1970s, a whirlwind of change has encompassed the neighborhood. Big players have come and gone, federal policy has shifted, high rises have replaced strip joints as the neighborhood’s biggest threat. Yet Hong Lok has painstakingly grown into 72 units, the centerpiece of Ruth Moy’s life work.

As executive director of the Greater Boston Chinese Golden Age Center, Moy raised and allocated funds from 23 sources to expand Hong Lok, despite federal cuts in affordable housing funds. In the 1960s, the building of the Mass Turnpike forced the relocation of more than 300 residents on Hudson Street. It is also where Moy was born 86 years ago.

Shortly after her birth, at the start of the Great Depression, Moy’s family moved back to China to the coastal village of Taishan.

She recalls little of this time except that the village had no electricity and boasted a population of more than 300 residents on Hudson Street. It is also where Moy was born 86 years ago.

Within 20 years, she had met her husband and married. The couple opened a chain of three restaurants, all called Ca-thay Inn. One was in Needham, another on Cape Cod. In the late ’60s, Moy joined 27 other young professional suburban Chinese men and women to form the Chinese American Civic Association, which became the Asian American Civic Association (AACA).

“The goal was to fight for rights for Chinese people to mainstream during the Urban Renewal time,” said Amy Guen, former director of South Cove Manor Nursing and Rehabilitation Center and one of the AACA founders.

Hong Lok House will have a ribbon-cutting ceremony in June. With Mayor Walsh’s newly announced housing plan for 2030, another 53,000 units are planned for the city, including 5,000 senior units.

Moy said, “It will be interesting to see what the city will do to build more affordable housing, because it took us so long to build Hong Lok already.”

Ruth Moy, fierce advocate for Chinatown seniors

BY LINJING CHENG

Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center. (Image courtesy of Ling-Mei Wong.)
LINC up with the SBA
BY SETH A. GOODALL, NEW ENGLAND REGIONAL ADMINISTRATOR
U.S. SMALL BUSINESS ADMINISTRATION

There’s a hunger among entrepreneurs to find financing to get their businesses off the ground or to take the next big step in their expansion plan. Across the country, thousands of small businesses are searching for term loans, equipment financing, lines of credit, invoice financing, and real estate loans to help them hire and grow. But too often, they’re wasting time if they don’t have cold-calling and door-knocking skills to pave their way to a lucky break.

This is where technology steps in. Online matchmaking services pair lending partners with prospective borrowers comprise a multibillion dollar industry. Perhaps you’ve seen the TV commercial where a multibillion dollar industry. Perhaps you’ve seen the TV commercial in which creditworthy home buyer goes online and is delighted to find banks competing for business.

More than 40 million people in the United States are 65 or older. By 2035, the U.S. Census Bureau projected this number will double, which makes improving the quality of life for older Americans even more important as we look to the future. It is Social Security’s priority to provide a safety net for older Americans.

The main reason Social Security was established 80 years ago was to help older Americans. For many older Americans, Social Security benefits are their only source of retirement income. Social Security payments continue for life and are adjusted to keep pace with inflation. The American Association of Retired Persons (AARP) estimates that these benefits help keep 35 percent of older Americans out of poverty.

Get an estimate of future benefits, if you still work;
• Get an instant letter with proof of current benefits; and
• Manage your benefits. Visit www.socialsecurity.gov/myaccount and join the millions of people who have already created accounts to help them plan for retirement.

Would You Like to Own a Home in Belmont?
The Town of Belmont is offering grants to assist three First-Time Home Buyers in the acquisition of a home in Belmont. Any home is eligible, but it must meet certain housing quality standards and have a maximum price of $249,300 for a 1-BR or $341,000 for a 2-BR, or $362,600 for a 3-BR unit. Applicants must be at or below the following income limits:

Income Limits:

1-person: $48,800
2-persons: $55,800
3-persons: $62,750
4-persons: $69,700
5-persons: $75,300
6-persons: $80,900

General Info. Sessions: Thursday April 30th at 7:00 pm and Saturday June 6th at 10 am both at the Belmont Public Library. Call for details. Applications are DUE June 15, 2015. A Lottery will be held on June 23, 2015.

For an application and additional information, contact Jennifer at Metro West CD 617-923-3505 x 4 or visit this website: http://metrowestcd.org/housing-services/information-for-home-buyers-owners/
Boston University researchers study Asian female mental stresses

BY ASIAN WOMEN’S ACTION FOR RESILIENCE AND EMPOWERMENT

The Asian Women’s Action for Resilience and Empowerment (AWARE) team has worked hard throughout the last spring semester, and many members have had their work accepted for publication. Dr. Hyeouk Chris Hahm, Michelle Tagerman and Mario Ferainl had their paper, “The associations between forced sex and severe mental health, substance use, and HIV risk behaviors among Asian-American women,” accepted for publication in a future issue of the “Violence Against Women” journal. Dr. Hahmand Meaghan Dougher, co-authors with corresponding author Astrea Ausberger and Albert Yeung, had an abstract published in a special issue of “Addiction Science & Clinical Practice.” The abstract is titled, “Barriers to substance use and mental health utilization among Asian-American women: Exploring the conflict between emotional distress and cultural stigma” and it discusses the barriers the team identified in their qualitative analysis that prevents these women from seeking help for their mental health issues.

Boston Korea wrote an article on Dr. Hahm and the AWARE study, which discussed the multiple stresses experienced by Asian American women. The article also mentioned how Korean women have additional stresses related to the plastic surgery epidemic in Korean society. The AWARE team is still actively recruiting for our fall intervention sessions. If you are interested in being a part of the Fall trial, please contact us at (617) 358-5148 or email us at ssAWAARE@bu.edu.

AWARE is a study at Boston University School of Social Work that is supported with funds from the National Institute of Mental Health.
May is Mental Health Month

BY ASIAN WOMEN’S ACTION FOR RESILIENCE AND EMPOWERMENT

During the month of May, organizations such as Mental Health America and National Alliance on Mental Illness (NAMI) foster campaigns and advocate for greater mental health awareness. These organizations and their supporting communities work together in an effort to minimize the stigma and increase support for the millions of Americans who are fighting mental illness every day. NAMI specifically emphasizes its campaign, “Go Green” where individuals can show their support for mental health awareness by spreading the green ribbon around social media, changing your Facebook picture to green, tweeting with the hashtag #MentalHealthMonth, and more. NAMI also organizes the NAMIWalk in support of NAMI’s cause. The NAMI website (www.nami.org) also mentions the Green Light Initiative where country-wide landmarks and buildings are lighting up green in support of mental health awareness. Mental Health America’s (www.mentalhealthamerica.net) theme for this year’s awareness month is “B4Stage4.” This 65 year organization hopes to educate and foster support in the community by helping individuals focus on their illness early on before the mental illness reaches the severe “stage 4.” Mental Health America also provides an organizational toolkit for local community groups who are interested in promoting the cause. This package includes media, marketing and educational materials. Not only can individuals get involved in community groups and social media, interested supporters can donate to Mental Health America, NAMI and more to support mental health awareness.

AWARE is a study at Boston University School of Social Work that is supported with funds from the National Institute of Mental Health.

Learn Chinese

How’s the weather tomorrow?

明日天氣如何？
míngrì tiānqì rúhé

Report Sanitary Sewer Overflows (SSOs) to Boston Water and Sewer Commission

A sanitary sewer overflow (SSO) is an unintentional discharge of untreated sewage into the environment or a property. A SSO can occur as a result of a blockage or collapse in either the public sewer in the street or the private sewer in your home or business.

If you encounter a sewer overflow, call BWSC 24 Hour Emergency Service at 617-989-7000.

For Sale
Dry Cleaner
Brookline
Coolidge Corner

Well established customer and road base (since 1959)
New “Eco-Friendly” dry cleaning machine

Asking $299,000.
Contact Carl @617-566-9872
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Affordable Housing Lottery
The Merc at Moody & Main
Corner of Moody and Main Street, Waltham, MA

- Studios @ $1,122*
- 1BRs @ $1,275*
- 2BRs @ $1,415*
- 3BRs @ $1,553*

*Utilities not included. Tenants will pay own Gas Heat, Gas Hot Water, and Electricity (including cooking)

The Merc at Moody & Main is a 269 unit rental apartment community located in the heart of downtown Waltham on the corner of Moody and Main Street across from the Waltham Common. 27 of these apartments will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

MAXIMUM Household Income Limits: $48,800 (1 person), $55,800 (2 people), $62,750 (3 people), $69,700 (4 people), $75,300 (5 people) and $80,900 (6 people)

A Public Info Session will be held on May 27th, 2015 at 6:00 pm at 119 School Street in the first floor of the Waltham Government Building Auditorium

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on July 7th, 2015

The Lottery for eligible households will be held on July 27th at 6 pm

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (617) 782-6900x1 (then x5) and leave a message.

Applications also available at Waltham Public Library on 735 Main St (M-Th 9-9, Fri-Sat 9-5, Sun 1-5) and Waltham City Hall Clerk’s Office or Building Department on 610 Main Street (8:30 - 4:30, M-Fri)

For details on the development and the units, please see www.LiveAtTheMerc.com

Affordable Housing Lottery
2 Washington
2 Washington Street, Melrose, MA

- Five 1BRs @ $1,279*
- Four 2BRs @ $1,420*

*Utilities not included

2 Washington is a 94 unit rental apartment community located at 2 Washington Street in Melrose. 9 affordable apartments being built will be made available through this application process and rented to households with incomes at or below 80% of the Area Median Income.

Unit finishes include stainless steel appliances, vinyl plank flooring, granite countertops, carpet in the living and bedroom areas, washers and dryers in all units. Amenities include a clubroom with gas fireplace and cyber-café, a fitness center with personal televisions on cardio equipment, an outdoor lounge area with built-in grilling stations and a fire pit, and a roof deck.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>80% AMI (Area Median Income)</th>
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<tr>
<td>1</td>
<td>$48,800</td>
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<td>2</td>
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<td>3</td>
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<td>4</td>
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A Public Information Session will be held at 6 pm on June 3rd 2015 in the Aldermanic Chamber of Melrose City Hall, 562 Main Street, Melrose, MA.

Completed Applications and Required Income Documentation must be received, not postmarked, by 2:00 PM on July 9th, 2015.

The Lottery will be held on July 22nd, 2015 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 617.782.6900x1 (then x5) and leave a message.

Applications also available at the Melrose Public Library on 69 West Emerson Street (Hours: M-Th 10-9, F-Sa 10-5, Su 2-5).

For details on the development and the units, please see www.LiveAtTheMerc.com
Our gorgeous, private townhome community offers the best of all worlds—the beauty and prestige of Wellesley, our excellent schools, a short walk to shopping and fine restaurants, easy access to Boston and all major routes—and a superb long term investment value.

Two bedrooms, 1 1/2 baths, your own private courtyard and wonderful living spaces. Whether you’re an empty nester or a “new nester”... this is the perfect home for you!

For a viewing, please call us at 617-957-1516

11 Oak Street   Wellesley               90% financing available to qualified buyers

The Best Townhome Value in Wellesley - Pricing from $535,000.

Your New Home in Wellesley - A Safe, Sound, Wise Investment

The Greater Boston Chinese Golden Age Center celebrated 43 years at the China Pearl on May 20. Linda George, Boston Senior Home Care executive director (right), was honored at the event by GAC board president Bing Hen Moy and GAC executive director Ruth Moy. (Image courtesy of Ling-Mei Wong.)

Tackey Chan campaigns for third term

Rick Musiol (right), Citizens Bank’s senior vice president and regional director of public affairs, New England, presented a $25,000 grant to Giles Li (left), Boston Chinatown Neighborhood Center (BCNC) executive director. (Image courtesy of BCNC.)

BCNC partners with Citizens Bank to ‘Build a Better Life’ for immigrants

BY THE BOSTON CHINATOWN NEIGHBORHOOD CENTER

Boston Chinatown Neighborhood Center (BCNC) recently received a $25,000 contribution from Citizens Bank to provide a pathway to greater economic self-sufficiency for low-income families. The contribution was part of the bank’s “Citizens Helping Citizens Manage Money” Initiative, which is designed to deliver financial education to individuals, families, and small businesses. Build a Better Life (BBL) is a financial literacy program that supports fiscal responsibility and household budgeting skills for Asian immigrant families, as well as additional supports for aspiring entrepreneurs in Boston and Quincy.

Many low-income immigrants face the challenges of learning a new language and culture and are unfamiliar with the operation and practices of financial institutions that are the integral to participating in the economy. To address this need, BBL provides low-income families with workshops on financial health, credit, education and career advising, and access to higher education opportunities.

About Citizens Financial Group

Citizens Financial Group, Inc. is one of the nation’s oldest and largest financial institutions. Headquartered in Providence, Rhode Island, Citizens offers a broad range of retail and commercial banking products and services. Additional information about Citizens can be found at www.citizensbank.com.

About BCNC

BCNC was founded in 1969 by neighborhood residents. BCNC offers exemplary services to more than 2,000 children, youth and adults each year, strengthening families and building communities. BCNC is the largest Asian social service provider in New England. For more information, visit www.bcnc.net.
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When it comes to your employees' health, we think they deserve the best of both worlds. That's why Harvard Pilgrim is proud to offer Eastern Harmony, a unique approach to health and wellness that combines Western medical practices with Eastern traditions. From acupuncture and herbal medicine to yoga and Ayurveda, Eastern Harmony provides your employees with many complementary and alternative medicine options that let them tailor their own one-of-a-kind path to better health. And now, your employees will have assurance that their visiting international family members can get the care they need, with our Visiting Family Medical Coverage offered in partnership with International Medical Group.

To learn more, call your Broker or visit harvardpilgrim.org/EasternHarmony.