Chinatown hails National Night Out at Tai Tung Village and Castle Square

BY LING-MEI WONG

The residents of Tai Tung Village and Castle Square celebrated National Night Out on August 4, despite hail and lightning. The annual event raises awareness for police programs in the community, such as neighborhood watch, drug awareness and anti-crime programs.

“Chinatown is a tough community,” said Boston Mayor Marty Walsh. “The community’s strong public safety is a testament to the police and all of you here.”

Walsh went to both Chinatown events, along with Suffolk County Sheriff Steve Tompkins, Suffolk Country District Attorney Dan Conley, Boston Police Commissioner William Evans, Boston City Council President Bill Linehan, Boston City Councilor-at-large Michelle Wu and Boston City Councilor-at-large Michael Flaherty. Boston Police Department for District A-1 Capt. Kenny Fong was at Tai Tung Village, while District 4 Capt. Paul Evens was at Castle Square.

National Night Out takes place on the first Tuesday of August. Several neighborhoods in Boston held their celebrations on August 3, with live music, children’s crafts and community outreach.

An unexpected hail storm hit Tai Tung Village. (Image courtesy of Ling-Mei Wong.)

National Night Out took place at Castle Square on August 4. (Image courtesy of Ling-Mei Wong.)

National Night Out took place at Tai Tung Village on August 4. (Image courtesy of Ling-Mei Wong.)

Medicare

您是否知道联邦医疗保险包含一次您的医生的健康访问？

健康访问为您提供时间就您当前健康状况及危险因素与您的医生进行交谈。

欲了解更多信息，请访问：Medicare.gov
或致电：1-800-MEDICARE
(1-800-633-4227)
Fourth Boston Seafood Festival offers deliciously good time

BY LING-MEI WONG

The Boston Fisheries Foundation hosted the fourth annual Boston Seafood Festival on August 2 at the historic Boston Fish Pier. Patrons enjoyed fresh and delicious local seafood from New England’s favorite dining destinations. The festival was a family-oriented event, promoting fisheries education for all ages to learn more about sustainability.

“This year we have nine Asian American organizations here,” said Chris Edelman, organizer for the Boston Fisheries Foundation. “Diversity is everything — this is the most diverse crowd we’ve ever had.”

Festival attractions included an all-day lobster bake, local chef demonstrations, live music, a blessing of the fleet, oyster-shucking competitions and fish-cutting demonstrations.

Karen Lau, nutrition educator at the Joslin Diabetes Center, demonstrated how to cook basil shrimp and asparagus using very little sesame oil and aromatic herbs such as basil, ginger and scallions, the shrimp dish was low in fat, high in protein and big on flavor.

Other highlights included a lion dance by women’s group Gund Kwok, children’s activities by the Asian Women for Health and fresh sushi from Quincy-based JP Fuji group, owned by Jimmy Liang.

Yo-Yo Ma plays with art and passion

Yo-Yo Ma (fourth from left) and the Silk Road Ensemble played at an event for his Silkroad Arts and Passion-Driven Learning Institute on August 3 at Farkas Hall in Cambridge. (Image courtesy of Tong Gao.)

South Cove Manor celebrates 30 years with barbecue

BY THE SAMPA N EDITORIAL TEAM

South Cove Manor Nursing and Rehabilitation Center at Quincy Point held a barbecue on August 2 to thank community organizations for their support.

Nine-man volleyball tournament gathers East Coast teams

BY LING-MEI WONG

The first Boston Volleyball Invitational took place August 2 at the Reggie Wong Memorial Park. A total of 10 teams came from Chicago and New York to battle for first place.

The adult over 40 division had six teams: The Brooklyn Chinese Volleyball Association, the Chinese-American Sports and Community Service Association from New York, Lung Wong of New York, Kum Shen of Connecticut, Boston A team and Boston B team. First place winners were the Chinese-American Sports and Community Service Association, which won $680. In second place was Lung Wong, which won $380 and third place was Lung Wong, which won $280.

The adult under 40 division had four teams: New York Kwong Hoy Association, Chicago team, Jade Garden and Boston team. First place was Kwong Hoy Association winning $680, second place was the Chicago team winning $380 and third place was Jade Garden winning $280.

Nine-man volleyball originated from Toishan province in Guangdong, which has players stand in three rows instead of two like traditional six-player volleyball.

Chinatown block party gathers community

BY THE SAMPA N EDITORIAL TEAM

The Chinese Resident Association and the Chinese Progressive Association held a Right to Remain Block Party on July 25 in Chinatown at Maple Place and Johnny Court, next to Mei Wah Village and Oak Terrace. Residents and community members celebrated summer with a community-building block party, including games, community information, refreshments, performances and a watermelon-eating contest.

A community block party took place July 25. (Image courtesy of Arturo Gossage.)

A total of 10 teams attended the Boston Volleyball Invitational at the Reggie Wong Memorial Park. (Image courtesy of Ling-Mei Wong.)
Boston Creates hosts second Chinatown art and culture conversation

By Ling-Mei Wong

A public forum on art and culture took place at the Boston Chinatown Neighborhood Center on August 1, as part of the citywide Boston Creates art planning initiative. The forum was led by community chairman Leverett Wing and chairwoman Susan Chinsen.

This was the second Chinatown conversation hosted by Boston Creates, with conversations taking place throughout all 16 neighborhoods of Boston.

“One of my problems with how people view Chinatown is they see cheap food,” said Tunney Lee, a retired MIT professor of architecture and urban studies and planning. “It’s not just food, it’s where we shop and live.”

Lee added Chinatown Park was one of the few open spaces in the community, requiring city funds and resources. “The neighborhood structure can be built, as one step forward,” Wing said.

In September, Boston Creates will evaluate community response and decide if more outreach is needed.

“Films at the Gate has wide appeal, but it needs promotion and money,” Chinsen said. The annual outdoor film festival organized by the Asian Community Development Corporation relies on volunteers, as well as the Boston Asian American Film Festival.

Boston Creates is seeking community input from now until September for Boston’s Cultural Plan, ranging from ethnic festivals, music, art work and dance. It is part of the Imagine Boston process for a comprehensive citywide arts and culture plan.

Chinatown McDonald’s bids farewell after nearly 25 years

By Ling-Mei Wong

The McDonald’s in Chinatown on 702 Washington Street closed August 1, after nearly 25 years of operation. The location was leased—not owned by McDonald’s. As part of her Reach Higher initiative, participates in a discussion with panelists during the Beating the Odds Summit, in the East Room of the White House, July 23. Participants include ET News co-anchor Terrence Jenkins, student Manuel Contreras, a rising senior at Brown University and co-founder of NoLyg, and rapper Wale. (Official White House Photo by Amanda Lucidon)

First Lady Michelle Obama, as part of her Reach Higher initiative, participates in a discussion with panelists during the Beating the Odds Summit, in the East Room of the White House, July 23. Participants include ET News co-anchor Terrence Jenkins, student Manuel Contreras, a rising senior at Brown University and co-founder of NoLyg, and rapper Wale. (Official White House Photo by Amanda Lucidon)

Chinatown teen honored by Michelle Obama

By Ling-Mei Wong and the Phillips Brooks House Association

The Phillips Brooks House Association (PBHA) sent two young adults who have been long-time participants in PBHA programming to Washington, D.C., where they will be honored by First Lady Michelle Obama at the 2015 Beating the Odds Summit on July 23. Henry Santana and Wen Ping Gao, both Boston natives and now senior counselors for PBHA’s Summer Urban Program camps, took part in this annual summit celebrating underrepresented youth who have overcome substantial obstacles to persist through high school and make it to college.

As part of her Reach Higher initiative, First Lady Michelle Obama welcomed 140 college-bound students from across the country to participate in the 2015 Beating the Odds Summit. These students were sponsored by 70 nonprofit organizations; the students were all the first in their families to attend college. The event focused on sharing tools and strategies students can use to successful transition to college and the resources they will need to persist and complete the next level of their education.

This event included a panel, which featured First Lady Michelle Obama, U.S. Secretary of Education Arne Duncan and college students. President Barack Obama also made a surprise appearance.

Wen Ping Gao has participated in PBHA’s Chinatown-based youth programs as a counselor. Gao’s family immigrated from Guangdong five years ago. She graduated from the John D. O’Bryant School of Math & Science and plans to study applied math and public health at Macalster College in the fall.

Gao’s family was proud of her. “It was my first time going to DC,” she said. “We didn’t just see the First Lady, we also got to see President Obama. He came by to say hi, told us he was the first black president and the First Lady was also a first-generation college student.”

Chinatown McDonald’s bids farewell after nearly 25 years

By Ling-Mei Wong

The McDonald’s in Chinatown on 702 Washington Street closed August 1. (Image courtesy of Ling-Mei Wong.)

The McDonald’s in Chinatown on 702 Washington Street closed for good on August 1, after nearly 25 years of operation. The location was leased—not owned by McDonald’s. Franchise owner Carol Chin said, “We have been proud to be in business here for nearly 25 years, and the local community and all of the residents have been truly great to us. We would like to thank all of our customers for their loyal patronage and we encourage them to visit us at the McDonald’s located just down the road at 329 Washington Street, Boston, MA 02108.”

Chin and her husband managed the Chinatown McDonald’s location since Dec. 22, 1990, right when McDonald’s was looking for an Asian operator. She also manages the McDonald’s franchise at 329 Washington Street in Downtown Crossing.
Event Calendar

Parcel 12 community workshop
Saturday, August 8 10 a.m. to 1 p.m.
38 Oak Street
Boston, MA 02115
Learn how together we can build new affordable housing for the Chinatown Community Development Corporation’s workshop series to create a community vision for Parcel 12. Workshops conducted in English and Chinese at the Metropolitan Community Room. Free breakfast, lunch and child care. For more information, contact Mary Lai at may.may@asiancdo.org or phone (617) 652-2380 x 212.

Fab Festival
August 8 to 9
Reggie Lewis Athletic Center
1330 Tremont Street
Boston, MA 02120
The local celebration of making via digital fabrication, creativity and community is organized by the MIT Center for Bits and Atoms and the Fab Foundation. For more information, visit www.fab11.org/fab-festival/.

Chinatown August Moon Festival
Sunday, August 9 10 a.m.
Chinatown August Moon Festival features vendors, games, activities for children and cultural performances.

Free tai chi classes
Tuesday, August 11 10 to 11 a.m.
Symphony Park
Edgar Road and Norwood Street
Boston, MA 02115
The Friends of Symphony Park will hold tai chi classes with Sifu Huan Zhan at Symphony Park in the Fenway. In event of rain, classes will be held indoors at 100 Norwood Street.

Clean Up Chinatown Committee meeting
Tuesday, August 11 1 p.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown Committee meeting will take place at the American Civic Association, 5F. The public is welcome to attend.

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 (781) 324-8991 or e-mail sharewood.director@gmail.com.

The Chinatown Coalition meeting
Thursday, August 13 5:30 p.m.
38 Ash Street
Boston, MA 02111
The Chinatown Coalition meeting will take place at the Boston Chinatown Neighborhood Center, 4F. The public is welcome to attend. For more information, visit tc江- choston.org.

Free yoga classes
Thursday, August 13 6 p.m. to 7:15 p.m.
Boston Common Frog Pond
38 Beacon Street
Boston, MA 02108
Instructors will provide flow movements for people of all levels.

Quincy August Moon Festival
Sunday, August 16 11 a.m.
Chinatown Center
Quincy Asian Resources Inc. is hosting the Quincy August Moon Festival, a community event filled with vendors, food trucks, games, activities for children and performances throughout the day. For more information, visit http://quincy Asianresoures.org/.

V-J Day 70th Anniversary
Sunday, August 16 5 p.m. to 9 p.m.
88 Beach Street
Boston, MA 02111
The American Legion Boston Chinatown Post 328 and ROC Veterans Association of Boston will celebrate the 70th Anniversary of V-J Day at Hei La Moon. Tickets are $35 per person and will support the American Legion Operation Comfort Warriors. To buy tickets, email BostonChinatown Post238@gmail.com.

Chinatown/South Cove Neighborhood Committee meeting
Monday, August 17 6 p.m.
90 Tyler Street
Boston, MA 02110
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Greater Boston Consolidate Benevolent Association. The public is welcome to attend.

Naturalization workshop
Monday, August 24, 1 p.m. to 4:30 p.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association naturalization workshop provides free instruction and consultations. For more information, visit http://acdc.org.

Free legal clinic
Monday, August 24, every fourth Monday 6 to 8 p.m.
1309 Hancock Street, Suite 209
Quincy, MA 02169
Quincy Asian Resource Inc. will host a free monthly legal clinic addressing individual concerns over immigration law, landlord/tenant law, family law, personal injury and criminal cases.

Supporting: Boston Chinatown Neighborhood Center. 4F.
Chinatown crime blotter for July 25 to August 7

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from July 25 to August 7 for District A-1, which includes Chinatown.

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

ASSault and battery with a deadly weapon

July 26, 5:39 p.m. The victim reports while working at the gift shop on Beach Street, he was punched and kicked by the suspect. The suspect had attempted to steal an item from the shop.

The victim tried to stop him and was assaulted. The officer was also assaulted by the suspect when he attempted to place him under arrest.

Demonstration

July 27, 9:30 a.m. The officers responded to Beach Street on a report of protestors causing a disturbance outside. The officers discovered it was a peaceful protest and it would be ending shortly.

Assault & battery

July 28, 18:45 a.m. The officer on duty was on LaGrange Street, he observed the victim leaving a club bleeding from the head. The officer tried to gain further information on what happened.

The victim would not inform the officer on what took place inside of the club. Health and hospital personnel responded to scene and transported the victim to the hospital.

Vandalism

July 30, 5:05 a.m. The officers responded to 40 Beach Street on a report of a disturbance outside of the garage. Upon arrival the officers met with the suspect. He stated while attempting to enter the garage, the suspect vandalized his car. The suspect will be summonsed into court.

Drugs

July 31, 4 p.m. Members of the District A-1 Drug Control Unit will summons the two suspects in possession of a control substance. They observed them engage in drug transaction.

Larceny of bicycle

August 1, 4:13 p.m. The victim reports he parked two bicycles behind a dumpster on Edinboro Street. When he returned, he discovered the bicycles were missing.

Larceny from building

August 3, 8:30 p.m. The victim reports a unknown person stole her cell phone and Charlie card from the locker room on Oak Street West.

Trespassing

August 4, 8:25 a.m. The suspect was arrested on Edinboro Street on a trespassing charge. He was asked several times to leave the area. He refused the officer’s commands.

Sailor Moon, Luigi and Avatar: The Last Airbender were only some of the characters recognized at the first Summer Cosplay Celebration in Somerville on August 1. Hosted at the Center for Arts at the Armory, this all-ages event attracted some of the Somerville area’s finest dancers and video game, anime and manga enthusiasts.

Organized by Eugenia Kim, the Summer Cosplay Celebration in Somerville featured 10 performances, ranging from solos and duets to larger groups. The inspiration behind these pieces was drawn from a myriad of video games, anime and manga. The styles of dance included hip-hop comedy, interactive improvisational movement and other forms of modern dance.

Some dancers and choreographers also mixed techniques with media. “Ac-celer0,” a piece choreographed by Merli Guerra and performed by Merli Guerra and Kimberleigh Holman featured a Wii remote to track movements across a screen. Other pieces such as “Stap,” choreographed by Meghan Riling and performed by Calamity Co Dance, provided the audience a list of commands to repeat in a “coded” sequence.

Amy Caine, a freelance dancer and member of Penumbra:Exchange, had been looking forward to the event. “I’m a huge gamer — I’ve been one since I was a baby. I love role-playing games [and] ‘Chrono Trigger’ is my favorite one. Eugenia and I have been talking a lot about creating a piece for video games, and I had to do something to this music.”

Ceremoniously, the final performance was a Super Mario Bros. mash-up. Choreographed by Sean Bjerke and performed by Sean Bjerke, Thorn Lim and McKersin Pervilus, “IT’S-A-ME! MAKERIO!” closed the show before the raffle drawing, where participants either received a ticket by dressing in a costume or paying for their ticket.

For dancers like Caine, the following Summer Cosplay Celebration is something to anticipate. “There’s not a lot in Boston that combines video games and dance. I’m just going to keep playing video games and dancing, keep them separate for now, but if another opportunity like this comes up, I’m going to do it.”

By ARick WONG

Somerville celebrates cosplay

Learn Chinese

Happy August Moon Festival!

zhōngqiū jié kuàilè

1BRs @ $1,153*, 2BRs @ $1,382*, 3BRs @ $1,589*
No Utilities included except water and sewer
*Rent subject to change with the HUD’s release of the 2016 Area Median Income

To apply for one of the 48 affordable units in Phase 1 that are currently available, please call the Leasing Office now at (508-279-2947). You do not have to go through this lottery process for a unit that is part of Phase 1.

The second phase of Axis at Lakeshore adds one five-story elevator building with 97 units, 25 of which will be rented to households with annual incomes not exceeding 80% of Area Median Income (AMI) adjusted for family size as determined by HUD. The community includes a state of the art clubhouse outfitted with a fitness center, meeting space, swimming pool, theater room, and Wi-Fi Cafe. Units feature spacious floor plans with 9’ ceilings, in-unit laundry, and central air. The units will also be equipped with designer kitchens featuring granite counters and stainless steel appliances. The first units in phase 2 will be ready in December 2015.

The 80% AMI Income Limits 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)
*Income Limits subject to change with the HUD’s release of the 2015/2016 Area Median Incomes

A Public Information Session will be held at 6 pm on August 4th in the Little Meeting Room at Bridgewater Public Library (15 South St).

Completed Applications may be mailed, faxed, emailed, or delivered in person. Completed Applications and Required Income Documentation must be received by 2:00 PM on Sept 14th, 2015.

The Lottery will be held on September 30th, 2015 at 6 PM in same location as the info session above.

For Applications and Details on the Lottery or for reasonable accommodations for persons with disabilities, call 617.782.6900 or go to www.e-b.com/lottery. For TTY Services dial 711. Free translation available.

Applications and Info Packets also available in the Bridgewater Public Library (15 South St).

Hours: M-Th 9-8, F-Sa 10-5

*Income Limits subject to change with the HUD’s release of the 2015/2016 Area Median Incomes

*Rent subject to change with the HUD’s release of the 2016 Area Median Income

*Income Limits subject to change with the HUD’s release of the 2015/2016 Area Median Incomes
In accordance with the City of Boston’s Rental Registration and Inspection Ordinance, all private rental property owners are required to register or renew their rental registration with the Boston Inspirational Services Department (ISD).

The purpose of the Rental Registration and Inspection Ordinance is to ensure all rental units are safe, sanitary and in compliance with the state sanitary code. In addition, the registration program allows the department to clearly identify property owners and ensure property owners are aware of rental housing regulations. The registration fee is $25 per unit, for initial registration, and $15 per unit for a renewal (large housing complexes will be assessed a maximum of $2500 per building and $5000 per complex.)

Owner-occupied properties with six rental units or less are not required to pay the registration fee however, they are required to register.

**Sudoku 数读**

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.

© StatePoint Media

Answers on English page 14.

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**Chinatown meeting roundup: CCBA, CRA**

BY LING-MEI WONG

The Chinese Consolidated Benevolent Association (CCBA) of New England met July 28 at 90 Tyler Street. A motion to change its election of president and officers to a rotation system did not pass. It would have needed two-thirds or 29 of the directors for the vote to go through; of the 44 voting directors, the vote was 22 in favor of keeping the present election system, while 21 voted to change the system. Director Ruth Moy was absent to cast the 44th vote.

**CRA**

The CRA monthly meeting took place at the Josiah Quincy Elementary School.

The Chinatown Community Land Trust gave an update on the China Trade Center.

The Asian Community Development Corporation will hold two workshops to develop a community vision for Parcel 12, the parking lot next to the Doubletree Hotel, on August 8 and August 22. The public parcel is designated for affordable housing.

Candidates for the CRA steering committee were introduced. Residents were asked to register as CRA members so they could vote for steering committee candidates in September.

A presentation about signage in Chinatown took place.

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**Chinatown church building defaced by racist graffiti**

BY LING-MEI WONG

The Boston Chinese Evangelical Church (BCEC) found racist graffiti on its office building at 237 Harrison Avenue on July 31. The main church building is at 249 Harrison Avenue and it is renovating 120 Shawmut Avenue, the former location of South Cove Manor.

The graffiti depicted a face with slanted eyes, buckteeth and a cone-shaped hat. It was drawn twice, with the words “Creep” and “Have a nice day” next to the faces.

“We are very disappointed about this racist incident,” said BCEC senior pastor Steve Chin. “It is sad someone has to put down others to feel better about themselves. We believe we are all created by God.”

The church has had graffiti in the past, but not of a racist nature.

To report graffiti, call the Mayor’s Hotline at (617) 635-4500 or use the Citizens Connect app on smartphones. The app allows individuals to document the graffiti and upload images for city government staffers to review.

The second racist graffiti incident was also on the BCEC office building at Harrison Avenue. (Image courtesy of BCEC.)
Understanding your health insurance before heading to the doctor

BY ASHISH BUTTAN, GABBY FRANZONE AND DR. JOHN LEUNG

Understanding health insurance today can be very difficult. This article will take you through the basics of health insurance and give you information to help you become a more educated patient.

How does insurance work?
When you have health insurance, the insurance company will pay for a part of your medical costs. Insurance companies may cover the costs of things like emergency care, laboratory tests, doctors’ office visits and medications. The amount that the insurance companies pay and what services they pay for all depend on the type of plan that you have.

How do you pay for insurance?
Depending on the type of insurance plan, you may pay in two different ways. First, you pay a monthly premium, which means you pay a set amount of money each month to buy the plan. Second, you pay out-of-pocket expenses, either a deductible or a co-payment, when you receive medical care. A deductible is a set amount of money you must pay before the insurance company will start paying. For example, let’s say you have a $100 deductible, and then you must pay $100 of your medical costs before the insurance company will start paying. A co-payment is a set amount of money you pay for a medical visit, while the rest is covered by your insurance company. If you have to pay $20 every time you go to an appointment with your doctor, you have a $20 co-pay for office visits.

PPO insurance plans
One of the most popular types of insurance plans is the PPO, or preferred provider organization plan. With a PPO plan you do not need a primary care doctor. Also, you do not need a referral, or approval, from your primary care doctor to see specialist doctors. Say you have allergies and want to see an allergist; you do not have to go through your primary care doctor first. With a PPO plan, you have the freedom to see doctors within the network created by your insurance company or outside the network. If you chose to see a doctor within the network, you will have lower deductibles and co-pay costs. If you chose to see a doctor outside the network, you may have higher deductibles and co-pay costs.

HMO insurance plans
Another common insurance plan is the HMO, or health maintenance organization plan. This type of insurance plan makes you select a primary care doctor. In this plan, you can only see doctors that are in the network of doctors created by your insurance company. That is why it is very important to check with your insurance company before you see another doctor to make sure he or she will be covered under your plan. Also, you must get a referral from your primary care doctor before you go see any other specialist, or your insurance will not pay for it. Again, let’s say you have allergies and need to see an allergist. Before you go see this doctor, you must first be seen by your primary care doctor so he or she can give you a referral to see the allergist.

MassHealth insurance plans
The state and federal government also offer different types of health insurance. MassHealth is a type of health insurance that is provided to you by the state government if you make under a certain level of money. There are many different types of plans under MassHealth that you may qualify for. The basic plans under MassHealth include MassHealth Standard, CommonHealth and CarePlus. Other insurance companies provide MassHealth members coverage, like Neighborhood Health Plan, BMC HealthNet, CeltiCare, Network Health Plan, Fallon Health Plan and Health Safety Net.

If you have any plan under MassHealth, you must pick a primary care doctor and one checkup visit a year to this doctor is paid for by your insurance. Most plans under MassHealth have very low deductibles and co-payments, and with some plans you may not have to pay anything. How much you pay and what services are covered can be different depending on what plan you have, so it is important you check with your insurance company.

Medicare insurance plans
Medicare is a type of health insurance that is provided to you by the federal government if you are over the age of 65. Medicare can come in many different parts. Original Medicare is made up of Medicare Part A and Part B. Medicare Part A will pay if you have to stay in the hospital. Medicare Part B covers medical services like doctor’s visits. With Medicare Part A & B, you still pay for some of the costs through monthly premiums and co-pays. If you need help with some of the costs, you may also have to purchase a secondary insurance. This is health insurance through another insurance company that will pay for any costs that your Medicare plan does not pay for. If you have Original Medicare you do not need a primary care doctor and you do not need a referral to see specialists.

Sampan Health Survey
Fill in the survey and win free PRIZES!

Help improve the Sampan’s health coverage and you could win a $20 Starbucks gift card! We strive to cover relevant health issues for the Asian American community in New England. Gifts are limited. Fill out the survey and send it to: Sampan, 87 Tyler Street, 3F, Boston, MA 02111. Or complete the survey online at www.sampan.org/2015/08/augustmoonsurvey/.

Name: ____________________________ Email: ____________________________ Gender: □ Female □ Male

1. Where do you find the Sampan?
□ Community organization □ Supermarket □ T station □ Subscription □ Online □ Other ____________________________

2. How informative do you find the Sampan health articles?
□ Very informative □ Find useful tips every issue □ Somewhat informative □ Less informative □ Other ____________________________

3. What health topics interest you the most? (Can check more than one)
□ Diabetes □ Smoking effects □ Stress □ Heart disease □ Cancer □ Oral health □ Depression □ Family violence □ Other

4. What action have you taken after reading Sampan health content? (Can check more than one)
□ Exercise more □ Cook with less oil □ Smoke less □ Eat more fiber □ Brush teeth □ Get screened for cancer □ See the doctor □ Drink less alcohol □ Cook with less sodium □ Sought counseling □ Other ____________________________

5. What age-specific content is relevant to you? (Can check more than one)
□ Pediatric information, parenting □ Adult health □ Senior topics and aging □ Other ____________________________

Suggestions or comments: ____________________________
Diabetes: Oral health leads to overall health

BY MARLENA D. WILSON, RDH
FORSYTH SCHOOL OF DENTAL HYGIENE

Diabetes is a growing health problem in the United States, where an estimated 29.1 million Americans have the disease. Asian Americans are at increased risk for type 2 diabetes compared to non-Hispanic white Americans. They also have an even greater risk for diabetes with increasing weight compared with other racial and ethnic groups.

People with Type 1 or Type 2 diabetes must be vigilant in monitoring their overall health as the disease brings a greater risk of stroke, kidney failure and heart attack.

Vigilant dental care

Another important aspect of health that is critical for diabetics to maintain is oral health. People with diabetes have twice the risk of developing gum disease, which is caused by failure to control bacteria through daily brushing and flossing.

Diabetics often have difficulty controlling their blood glucose levels. When levels are elevated, the body has a harder time fighting off bacteria, which can lead to infections such as gingivitis. If not controlled, gingivitis can lead to periodontal disease and inflammation.

But for diabetics, unusual breath odor or acetone breath can be a warning sign of ketoacidosis. This occurs when diabetes isn’t being managed effectively and a lack of glucose causes the body to start burning fat for energy. This warning sign must be addressed immediately, the cause identified and treated by the appropriate specialist.

For more information from the American Diabetes Association, go to www.diabetes.org and search oral health and hygiene.

INSURANCE: Know your coverage

CONTINUED FROM PAGE 8

Another type of Medicare you may have is Medicare Part C, or Medicare Advantage. Medicare Advantage is both Part A and Part B, and covers hospital and doctor costs. Medicare Part D is usually included in Medicare Advantage and covers prescription drugs you may take. Both Medicare Part C and Part D are purchased through private insurance companies. If you are interested in Part C, you may have a deductible or co-pays so it is important to check with your insurance company.

Tips for MassHealth and Medicare insurance plans

• Check with your insurance whether the doctor you are seeing will be covered.
• Check with your insurance to find out how much you need to pay in deductibles and co-payments.
• If you are having surgery, a procedure or getting expensive medications, check with your insurance if you need a prior authorization.
• If you have an HMO or PPO plan under Medicare Advantage, look at the above sections for what to do before an appointment you need a prior authorization.

Remember that you can always call your insurance company with any questions. The number is on the back of your insurance card.

Understanding the basics of insurance is a key part of the health care process. It is important to remember to always check with your insurance company before receiving care anywhere. You can stay informed by finding out how much you pay in deductibles and co-payments, and by knowing what is covered in and out of your network. The more information you can understand about your insurance plan, the better you can prepare for your experience as a patient will be.

About the authors

Ashish Buttan is a hospital administrator at Tufts Medical Center managing the divisions of gastroenterology, endoscopy, allergy, rheumatology and nutrition. He specializes in patient education and access strategies. Gaby Frunze is a graduate health care student at Suffolk University with interests in patient education and quality improvement. John Leung is triple-board certified in internal medicine, allergy/immunology and gastroenterology and he is the director of the Food Allergy Center at Tufts Medical Center. He is fluent in both English and Cantonese. He can be reached at (617) 636-5333.

Beverage Pond Commons in Milford Affordable Housing Lottery

This is a lottery for the 16 affordable Homes being built at Beaver Pond Commons. These 16 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 autumn/winter of 2015.

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 or call 617.782.6900.

About the authors

Catherine Chang spoke about heart disease on July 30 at Mass Pike Towers. (Image courtesy of South Cove Manor.)

South Cove Manor hosts July breakfast seminar on heart disease

BY SOUTH COVE MANOR NURSING AND REHABILITATION CENTER

South Cove Manor Nursing and Rehabilitation Center held a monthly breakfast seminar on heart disease on July 30 at Mass Pike Towers. Guest speaker Catherine Chang is a registered nurse and quality assurance director at the Greater Boston Chinese Golden Age Center.

About 45 people attended the event. Chang’s presentation on heart disease started with the structure of the heart. She explained how blood pressure works and cardiovascular disease, which includes high blood pressure, arteriosclerosis, angina, coronary heart disease, pleural effusion and stroke. She went through the symptoms, diagnosis, medical treatments and prevention methods.

One critical issue is communication with doctors. While many clinics provide interpreters to those who have language barriers, many seniors still have a hard time understanding their family doctor’s diagnosis. Chang recommended some techniques to prevent this from happening. She asked the participants to bring their medical history and measurement records before a doctor’s appointment. They should also list two to three questions related to the symptoms prior to meeting with their family doctors.

Chang also mentioned Asian American cancer research which the Golden Age Center is currently partnering with Tufts Medical Center. Several of the participants were interested in the study, which will help Tufts researchers better understand Asian-American patients. Individuals interested in this study may be contacted for a survey, blood samples and saliva samples.

Catherine Chang spoke about heart disease on July 30 at Mass Pike Towers. (Image courtesy of South Cove Manor.)