Brain Building Fair brings healthy activities to preschool

BY KENNY SUI-FUNG YIM

Mass. gubernatorial candidate Juliette Kayem brings fresh ideas to governor race

BY KENNY SUI-FUNG YIM

HIGHLIGHTS

Construction site in Chinatown falls apart 50 feet in the air, two injured

ACDC hosts affordable housing discussion on SCM building

HIGHLIGHTS

建设中发生50英尺坠落事故，造成两人受伤

ACDC举办可负担性住房会议

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The only bilingual Chinese-English Newspaper in New England

全紐英倫區唯一的中英雙語雙週報

2014年3月28日 - 4月10日

Sampan publishes every other Friday. For more news, please visit Sampan.org
Event Calendar

Chinatown Resident Association banquet
Friday, March 28, 6 p.m.
China Pearl
6 p.m.
Friday, March 28
Association banquet
Chinatown Resident
new year Banquet. For
Resident Association will
be held at its annual Chinese
New Year Banquet. For
more information, call (617) 851-1701 or email ChinatownResidents@
gmail.com.

Gubernatorial forum
Tuesday, April 2, 5:15 p.m. to 6:30 p.m.
Tantric India Bistro
Gubernatorial forum
will be held at the Tantric
India Bistro.

Newton Cantonese School open house
April 5, Saturday, 10 a.m. to noon
Newton Cantonese
School will have its annual
open house. The event will
be open to the public.

Spring Chinese literature speech and
book fair
Saturday, April 5, 2 p.m. to 5:30 p.m.
Common Room, Cambridge, MA
Spring Chinese literature
speech and book fair
will be held at the Common
Room of the Massachusetts
Institute of Technology. The
event will feature speakers
presenting on topics related
to Chinese literature.

HAMILTON GREEN
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CLOSE OF WAITING LIST
As of March 24, 2014 Hamilton Green will close its
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Applications will be accepted until March 23, 2014
Applications may be picked up at the property daily
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Fax: 978.623.8158 or email: LPerez@thehamilton-
company.com.

For more information or for a reasonable accommo-
dation: visit the property; phone: 978.623.8155; Fax:
978.623.8158 or TTY: Dial 711 in Massachusetts
or 800.439.0183 or email: LPerez@thehamiltoncompany.com.
Construction site in Chinatown falls apart 50 feet in the air, two injured

BY KENNY SUI-FUNG YIM

Two construction workers were taken to Tufts Medical Center for injuries at a 45 Stuart Street building site, according to the Associated Press on March 20. A third worker was able to walk to Tufts for minor treatment.

A 45 Stuart Street building site, according to “pancake.” Extra weight on the 12th floor likely caused the floors to “pancake.” Extra weight on the 12th floor likely caused the floors to

By noon, they were opening LaGrange Streets to ensure all sides were protected. (Image courtesy of Kenny Sui-Fung Yim.)

Boston residents to exchange guns for $200 gift cards

BY THE BOSTON POLICE DEPARTMENT

The 2014 Boston Gun Buy Back Program asks you to turn your “Peace for Peace” and receive a $200 Visa gift card. This program will take place beginning March 24th and run Monday through Friday noon to 7 p.m. at 23 designated drop-off sites throughout the city.

If you do not wish to deliver the firearm to a designated site and would like to arrange for a private exchange, call 1-888-GUNTPS between the hours of 8 a.m. and 11 p.m.

The following procedure must be followed in order to receive amnesty for possession of a gun, and to receive a gift certificate. If the protocol is followed, the person dropping off the firearm will not be prosecuted for unlawful possession of that specific firearm. Amnesty will not be given for any other crime committed with that firearm or for any other crime committed while in possession of that firearm.

Turn-in procedure

1. Gun must be unloaded uploaded.
2. Gun must be put in a clear plastic bag and put into another container (gym bag, backpack etc.).
3. If depositing ammunition in addition to a gun, ammunition must be delivered in a separate bag.
4. If transporting the gun by car, gun must be transported in the trunk of the car.
5. After the gun is screened by officers, and determined to be a working firearm, a gift card will be given.

Rifles and shotguns will be accepted, however no incentive will be issued.

Boston Gun Buy Back Locations 2014 Downtown

District 1, 10 New Sudbury Street (617) 343-420

Affordable Housing Sudbury, MA

Landham Crossing (Mixed Housing)

2 Bedroom unit - $180,200 (one condominium)

Sudbury Housing Trust

Home Preservation Program (Local Action Units)

Single-Family Detached Homes (one to two units)

Maximum $196,200 (RE house with land)

Information Session

Tuesday April 22, 2014, 7:30 p.m., Goodnow Library, 21 Concord Rd, Sudbury

Applications accepted through: Wednesday May 12, 2014 10:00PM

Application and Information: Housing@SudburyMa.us

Affordable Homeownership Opportunity

203 Trout Brook Road Wayland, MA

$167,800 To be sold by first come, first served to eligible buyers.

203 Trout Brook Road is the resale of an affordable housing unit constructed in 2009. This is a 2 bedroom townhouse condominium unit consisting of 1,069 square feet with 1.5 bathrooms. Amenities include granite counter tops, hardwood floors, solar panels and energy saving construction, ceramic tile floors, and storage. Deed restrictions apply ensure affordability.

Maximum Annual Income: 1 Person $47,450; 2 Persons $54,200; 3 Persons $61,000; 4 Persons $67,750. Other Restrictions Apply.

Applications are available at the Wayland Housing Authority Office, 106 Main Street, Wayland, MA and on the web at www.waylandhousing.com. For More Information contact Katherine Provost at Wayland Housing Authority, phone: 508-655-3510, ext. 14 or kprovost@waylandhousing.com

Tufts Medical Center presents Chinatown resident Frank Chin with Lifetime Achievement Award

BY MOLLY FINN

Longtime Chinatown resident and advocate, Frank Chin received the Lifetime Achievement Award at the Tufts Medical Center’s 2014 Working Wonders benefit on March 26 at Boston Convention & Exhibition Center. This award recognized Chin’s immeasurable impact on shaping the physical, social, economic and cultural landscape of Chinatown over the years.

Former Boston Mayor and Chin’s close friend Thomas Menino introduced Chin at the event. He said that Chin is more commonly known as “Uncle Frank” because everyone who encounters in the community feels like being part of his extended family.

“Uncle Frank” is the mayor of Chinatown, Frank Chin did everything ... a humble guy, he never expected any of this stuff — this honor this evening,” Menino said.

Menino recognized Chin’s fervent goals to clean up Chinatown by working with three different mayors, each had very different styles, and to fight for continuing the operation of Chinese schools. He described how “Uncle Frank” has embodied not only the ideals of Tufts, but the ideals of Boston. “He’s all about people, that’s what Frank Chin is all about... one of the things that make Boston work, one of those individuals.”

Chin is the patriarch of Chinese immigrant advocacy work in Boston’s Chinatown. Chin was appointed co-chair of a Grievance Task Force established by then Mayor Kevin White in 1969 to highlight community needs. He was instrumental in bringing many issues to the forefront and introducing resources into the community through his activism and outspokenness. The creation of the Greater Boston Chinese Golden Age Center, Asian American Civic Association, South Cove Community Health Center, Pagoda Park, and the annual Chinatown August Moon Festival were all made possible by Chin’s tireless efforts.

For nearly five decades, he has advocated for community needs — affordable housing, cleaner and safer streets, small business and economic development, and youth development among others.

Working Wonders is an annual signature fundraising event for Tufts Medical Center that features awards and a live auction to support compassionate care, leading-edge research and Tufts Medical Center’s commitment to treat all of their patients as if they are a part of their family.
Mass. Historical Society examines senior migration in Chinatown

BY KENNY SUI-FUNG YIM

The Massachusetts Historical Society hosted a presentation on senior migration to Chinatown on March 25. (L to R) Marilyn Halter, Nicole Newendorp and Wing-ki To. (Image courtesy of Kenny Sui-Fung Yim.)

Harvard University social studies instructor Nicole Newendorp shared a chapter of a new book on “Boston’s Chinatown and Recent Senior Migration,” along with commentator Wing-ki To, a professor at Bridgewater State University. Newendorp’s studies are based on her experiences volunteering as an English teacher at a social service agency in Chinatown.

Her methodology involved interviewing 45 participants who immigrated to Boston after 1990, and documenting their thoughts about transitioning into life in Boston Chinatown, as well as the satellite community in Quincy. She found around 30 percent of new immigrants into Boston are over the age of 60.

Their needs are not particular as they develop habits in their native home country that they then must translate into their new communities. There are many stressors, as well as success stories. Newendorp recognized the difficulties, but also highlighted outstanding senior citizens who found a way to stay active and participate socially, and sometimes economically and civically, in their adopted countries. She describes this process as “aging in place,” which allows them to preserve their old ways of life from back in China.

Chinatown historians, such as Tunny Lee, as well as historians affiliated with the Massachusetts Historical Society, discussed other areas of research, including comparing Chinese senior migration with the Italian population in the North End, as well as within the Chinese population itself, which is not homogenous. For instance, Newendorp explained Fuzhouhane and Toinamese have opposite reactions to living in Boston, with the latter feeling generally more positive. She attributed this to the fact that they have had an easier time finding jobs.

ACDC hosts affordable housing discussion on SCM building

BY ANNA TSE

A presentation on affordable housing options for 50 Herald Street took place at the Metropolis community room on March 17. (Left to right) Molly McGowan, Lukas Poole, Weidhun Xu, Ali Karim, Henry Yee, Judy Park, Hung Goon and Maria Rincon. (Image courtesy of Anna Tse.)

Asian Community Development Corporation (ACDC) hosted a community engagement meeting on March 17 at the Metropolitan community room to discuss the building of affordable housing units at 50 Herald Street, also known as the SCM building.

“Our goal for this meeting is to provide a platform to gather ideas from the community and inputs for any feasible plan to build affordable housing,” said Angie Liu, director of real estate of ACDC.

The meeting was part of an affordable housing competition in Boston, with students from Harvard University and Northeastern University participating in the competition.

“The affordable housing competition is an annual event. Each year, the students come up with hypothetical proposals for affordable housing development,” said Kye Liang, a member of the Chinatown Master Plan committee.

Students presented three possible future designs for 42, 66 or 74 units in the SCM building, which is currently occupied by C-Mart. The Chinese consolidated Benevolent Association is currently the landlord of the site, and the final decision for the building will have to be approved by its board of directors.

“The consensus of the meeting is [that] everyone agrees affordable housing is what the community ultimately wants,” said CCBA President Hung Goon. He stated that he understood the value of affordable housing to the community.

“I grew up in Castle Square, so I know the positive impact that the affordable housing can bring stabilization to families in their transitional time, fostering them to build better lives,” Goon added.

The students hope that at least 40 percent of the total number of units will actually be designated for affordable housing while the remaining 60 percent will be market rate.

“The best way moving forward on any possible planning is better communication within the community and organizations,” Goon stated, adding that he was not informed about the meeting until last minute.
More than 200 guests attended the “Boston’s Famous” Fashion Show hosted by the Asian American Civic Association (AACA) and Neiman Marcus Boston on March 11 at Neiman Marcus Copley Place. The crowd reviewed the spring 2014 fashion collection displayed by local celebrities from political and business sectors in Massachusetts.

The fashion show kicked off the AACA’s “Secure Our Future” campaign, a major effort to raise $3 million to purchase the agency’s headquarters at 87 Tyler Street by January 2015. Chau-ming Murphy, CEO of TRu Corporation, said ownership would eliminate the agency’s annual rental cost, which can then be invested in its adult education and training programs. The rental funds will also go toward planning and developing new programs.

Chair Diana Moulton, President and CEO of JP Fuji Group, and Linda Moulton, CEO of TRU Corporation, the “Secure Our Future” campaign has raised about $1.3 million in gifts and pledges as of the date of this article.

The two event co-chairs, Madge Meyer, former executive vice president, chief innovation officer and technology fellow at State Street Corporation and Emerson Gilmore, president and chief executive officer at Community Development Corporation of Boston, acknowledged the major funders of the campaign encouraged people to support AACA at the event.

Eighty percent of programs funded by State Street Foundation are workforce development related. We have an extensive knowledge of this kind of program,” said Joe McGrail, AACA board member and COO of State Street Foundation, in his speech. “We continue to support AACA as they know how to run successful workforce development programs with strong and impactful outcomes.”

The Joslin Diabetes Center hosted its 10th annual tasting benefit, “A Spoonful of Ginger,” on March 17 at the Museum of Fine Arts. (Image courtesy of Candice Chen.)
What is nasopharyngeal carcinoma?

BY SANDY WONG, MD AND RICHARD WEIN, MD, TUFTS MEDICAL CENTER

Nasopharyngeal carcinoma (NPC) is a type of cancer that arises from the back of the nasal cavity, above the back of the throat. This type of cancer is common in southern China (including Hong Kong and Guangdong) and Southeast Asia (including Vietnam). It is relatively uncommon in the United States but for people from the places listed above, it can be 50 times more common.

This cancer can be caused by infection with the Epstein-Barr virus. However, environmental factors also play an important role such as the high intake of salt cured foods and fermented foods. Other risk factors include alcohol and tobacco usage.

It is thought that the consumption of these foods releases chemicals called nitrosamines. These chemicals are breathed in through the nose and leads to the formation of these cancers. Lastly genetics could play a role since it can run in families.

The most common symptom in patients with this type of cancer is a lump or growth in the neck. Other symptoms include ear pain, changes in hearing, multiple Moody's, stuffy nose or difficulty swallowing. However, because this cancer frequently originates from the very back of the nasal cavity, patients might remain without symptoms for a long period of time until the cancer has spread to the neck.

This type of cancer is commonly diagnosed by an ear, nose and throat (ENT) doctor. The doctor will ask about symptoms associated with the cancer and perform an exam of the head and neck. He might need to look into the nose with a small camera. This exam takes 20 seconds to do and is done right in the clinic.

People with highest risk of NPC can be screened to detect the cancer at an early stage. Detection of the cancer early allows for better response to treatment and higher chances of a cure.

At Tufts Medical Center, we recognize that this is an important health issue in the Boston Asian community. We offer free NPC screenings with the next one on Tuesday, May 13 at 2:30 p.m. to 4:30 p.m. Please call (617) 636-2887 for scheduling. For Chinese-speaking patients, please call the Tufts Asian Access Line at (617) 636-4579.

Richard Wein is an ENT doctor at Tufts Medical Center who specializes in head and neck cancers including nasopharyngeal carcinoma. Sandy Wong is a clinical fellow in the department of hematology/oncology at Tufts Medical Center.

Depression and diabetes

BY HARVARD PILGRIM HEALTH CARE

When you’ve got diabetes, it’s understandable to feel stressed out or even depressed at times. According to the American Diabetes Association, depression occurs more frequently in people with diabetes than in the general population.

Depression itself is more common than many people realize. More than 20 million people in the United States suffer from depression. Depression responds well to treatment. But if not treated, it can be a serious danger to your health.

How does depression feel?

Occasionally feeling sadness is a part of life. But if you feel sad for more than a few days, have lost interest in activities that you usually enjoy and feel tired or hopeless, you may be dealing with depression.

If you live with diabetes, depression can make it harder to cope with its challenges. It can cause more physical discomfort. Sticking to your diabetes management plan can seem more difficult. For example, things like managing blood glucose levels, taking medications as prescribed and following healthy lifestyle habits can seem overwhelming when you’re depressed.

What to watch for

Knowing the symptoms can put treatment to work for you or a loved one sooner. And when you feel better, it’s easier to take better control of your diabetes and your health.

Symptoms associated with depression vary from person to person. They also may be difficult to recognize at first. The two most common symptoms of depression are:

- Feeling hopeless or sad nearly every day for at least two weeks
- Losing interest in usual daily activities nearly every day for at least two weeks
- Other symptoms include:
  - Changes in appetite
  - Weight loss or gain
  - Changes in sleep patterns
  - Difficulty making decisions
  - Trouble focusing and concentrating
  - Feeling very slow or lazy
  - Feeling very anxious or agitated
  - Feeling isolated from the world
  - Crying for no reason
  - Thoughts of suicide

What to do

If you think you may be depressed, speak with your doctor right away. There are many ways to treat depression. A combination of individual therapy and medication is common and a specific treatment for depression. Lifestyle changes, such as getting more exercise, can also make a big difference.


Have more questions?

Call our Behavioral Health Access Center at 888-777-4742 for confidential referrals to a behavioral health provider.

Research shows children from non-English-speaking families are less likely to be identified for screening and evaluation, and are often diagnosed at later ages than those whose parents are proficient in English. Hoang is working with these families to ensure children have access to the early screening and the intensive interventions.

“ABA involves the parents heavily,” said Hoang, who is a clinical supervisor for advanced doctoral students in psychology the Center for Autism and Related Disorders (CARD) Assessment Center. “It assumes the parents are proficient in English, which would facilitate treatment better than for parents with language barriers. Typically, a team would come to the parent’s house, do training with the child and ask the parents to generalize those skills.”

While ABA treatment can be taxing and intrusive, it makes a real difference to affected children. Medical insurance covers ABA and advocacy groups such as Autism Speaks raise funds for families without the co-payments.

“Every cultural belief has something to it,” Hoang said. “Some believe you’re born with predetermined fate, which prevents you from getting help or changing. Fear is real.”

Treating autism is a team effort. While the child is the one diagnosed, having ABA therapists and advisors at home for 40 hours a week requires the whole family’s support. A 2009 analysis by CARD found 38 cases of recovery from autism using ABA.

“We need the parents’ involvement and willingness to accept treatment,” Hoang said.

Mental health: Understanding autism

BY LING-MEI WONG

One in 88 American children are affected by autism, according to the Centers for Disease Control and Prevention. That makes autism more prevalent than juvenile diabetes, pediatric cancer and pediatric AIDS combined. And yet autism remains misunderstood, and is considered an incurable curse.

“Many parents ask, ‘What’s the recovery rate? What are the chances our child functions like a typical child and interacts with his peers?’” said Khahn Ngan Hoang, a Vietnamese-American psychologist.

Autism spectrum disorder is a complex neurological condition marked by impairments on social skills and communication. Children have restricted interests or repetitive behaviors, such as turning on lights or opening and closing doors repeatedly. It is four times more common in men, with 80 percent of the diagnosed being boys.

A crucial part of autism treatment is diagnosis — the earlier the better. Autism children under 3 who completed 40 hours a week of applied behavior analysis (ABA), an intensive evidence-based intervention, were able to enroll in mainstream kindergarten classes. However, Asian communities face stigmas that prevent children with developmental disabilities from being assessed and treated.

“There are a lot of cultural barriers, I see in the Asian American community that prevent help-seeking,” Hoang said. “Shame is a big concern. Saving face also has a lot of bearing on the Asian community. Asians are more apt to seek medical assistance rather than mental assistance because of a lack of research on mental health.”

Wakefield Affordable Rentals

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Pick Up: Wakefield Town Hall, Town Administrators Office
Public Library and Leasing Office

Pet and smoke free building

APPLICATION AVAILABLE ONLINE AT: www.mcohousingservices.com

Public Information Meeting

6:30 p.m., Tuesday, April 1, 2014 Wakefield Town Hall, 1 Lafayette St.
Wealth inequality in America

BY KERRY NGAN

One of the United States’ overwhelming challenges is the difference in wealth between the Americans in the top 20 percent and the ones in the lower 60 percent. During the 1970s, the idea of supply-side economics was conceived as a method that would help the economy grow by reducing the obstacles needed for companies: cutting taxes, reducing regulation, and restrictions. The government believed business owners would be able to invest more money into the economy that would in turn stimulate growth. Taxes were raised to 79 percent at the time of the New Deal, 91 percent under Eisenhower, cut to 70 percent under Nixon, then 50 percent under Reagan and fell to 35 percent under George W. Bush, allowing businesses to flourish. Despite having low taxes, the economic growth has fallen since President Bush’s time. By removing the restriction on companies, the rich have instead pocketed the tax money that they didn’t need to pay, accumulating most of the nation’s wealth. Owning almost all of America’s stocks, bonds and shares, the top 20 percent have more than the average American works for companies, the rich have instead pocked, while the bottom 60 percent have almost none. Furthermore, the top 1 percent own 24 percent of the entire nation’s wealth in 2012 — up from 9 percent in 1970 and make an average of 380 times more than the average American worker. While most of the nation’s wealth is taken by the top 1 percent, there is little room for the lower classes to get a pay raise and improve their standard of living. As a service-based country, many of America’s higher-paying jobs require a higher level of education that can only be achieved through astronomical tuition fees — a cost that most of the poor can’t afford to pay. At the cost of reducing lower class work wages to a minimum, the wealthy maximize their profit and continue to make more than 20 percent of the nation’s wealth while lowering the indigents’ chances of ever leaving their current class. Changes need to be made to the economy — levitating not only the lower classes, but reducing the weight of the rich as well. Today is not the day one can work hard and buy a lottery ticket. To offer are jobs for attendees with all skill sets and levels of experience, such as maintenance engineer, cashier, groundskeeper or customer service representative, with more unique openings for those with skills such as special language speakers or programming experts. “Our employer partners have great opportunities for all levels of job seek- ers,” said AACA employment specialist Cyndy Chapin-Lesvesque. “We are work- ing with employers that have a great track record of providing quality jobs, and these are companies with established career ladders.” Furthermore, despite AACA’s focus on the immigrant community, attendees with all backgrounds are welcome. (As of 2013, AACA’s cli- ent list includes people from more than 80 countries all over the globe – and a significant proportion of them are native Bostonians.)

As to why Home Depot was attend- ing the job fair, Bob Landy, regional manager said, “In 2012, based upon the results of a comprehensive business re- view, we identified two critical business needs for our metro area stores: work force growth/development and bilingual language skills. Specifically, we sought out an agency that had an established Trades Skills training program that could also offer the diversity and bilingual lan- guage skills needed to meet the chang- ing demographics of metro Boston. We were very fortunate to meet both re- quirements through one organization, the Asian American Civic Association, Boston. Their well-established skills training programs combined with their outstanding efforts at providing employ- ment training and placement to all mem- bers of the Boston immigrant community more than met our needs. Our continuing partnership remains a ‘win-win’ for The Home Depot and the AACA.”

AACA has a close relationship with all of the employers represented, which is great news for job-seekers. “People will often go to a job fair and collect some business cards, but after the job fair they might find it hard to get their new contacts to respond,” said AACA employment center coordinator Oscar Wong. “Because we have a relationship with these employers, we can advise our attendees on the best way to contact them, or even follow up on their behalf.” The event is free and open to the pub- lic. Attendees are encouraged to RSVP on AACA’s website at http://aaca-bos- ton.org/jobfair.
Bistro Du Midi: A tasteful Provencal bistro in Boston

BY OSCAR WONG

Bistro Du Midi offers a tasteful and elegant dining experience with the signature bold flavor of modern Provencal Cuisine. The menu is a true reflection of the restaurant namesake: the Midi region of France is located in southern France bordering the Mediterranean Sea. Midi region cuisine includes fresh and flavorful ingredients that resemble Italian, Greek or Spanish cuisine more than typical French fare.

Executive chef Robert Sisca was formerly executive sous chef and a key member of le Bernardin in Manhattan, NY, a restaurant which has earned the coveted Michelin award from the New York Times.

The restaurant operates on two levels: the lower level houses a more casual bar area with a less expensive menu. The upper level, by contrast, is a very formal dining room with a fireplace and view of the Boston Public Garden.

Though Provencial dishes are known for their seafood, my first dish was a pan-seared foie gras with apple cider jus and citric emulsion. The soft delicate taste of perfectly seared foie gras combined with citric emulsion was the most perfect combination for an elegantly tasteful starter, offering a truly seductive and magnificent flavor.

After the excitement of the first dish, we had high hopes for the entrees, which turned out to be absolutely stellar. A pan-roasted hake, confit fennel, seared prawn in lobster consommé, the dish was light yet flavorful and displayed what classic modern Provencal cuisine is capable of. While many aren’t familiar with hake or consider it a lower-quality fish, I just simply adore the smooth and flakiness of this fish. Très délicieux!

Unfortunately, all good things come to an end, but my final dish of the night, was a classy delight an elegant classic calvados soufflé served as a perfect finish to this exquisite dining experience. While I have tasted many soufflés in Boston and Cambridge, very few were really able to capture the essence of this classic beauty. Both the calvados and the chocolate flavors were delicious and soulfully sweet.

Bistro Du Midi is classy, elegant and creatively modern with a local twist on the Provencial dining experience.

Pan-seared foie gras with apple cider jus and citric emulsion. (Image courtesy of Oscar Wong.)

Bistro Du Midi
272 Boylston Street
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