CDC report strengthens Lung Association’s call for MA to update smoke free law to include e-cigarettes

BY AMERICAN LUNG ASSOCIATION

The U.S. Centers for Disease Control and Prevention (CDC) published an article in its Dec. 15, 2017, “Morbidity and Mortality Weekly Report” providing an update on state e-cigarette laws as of Sept. 30, 2017. The article finds that eight states and the District of Columbia have included e-cigarettes in their smokefree laws, prohibiting use of them in all public places and workplaces where smoking is already prohibited. New York became the ninth state after the cut-off date for this article. The American Lung Association in Massachusetts believes the Commonwealth should be next to take this step.

“Expanding Massachusetts’ smokefree law is a commonsense measure to reduce the public’s exposure to second-hand e-cigarette emissions,” said Jeff Seyler, executive vice president, American Lung Association, Northeast Region. “It’s time for Massachusetts to catch up and prioritize our right to breathe healthy air that is free from secondhand smoke and aerosol by passing Reg. McNulty and Sen. Lewis’ omnibus tobacco bill.”

While e-cigarettes do not contain smoke, they do expose others to secondhand emissions. The U.S. Surgeon General has concluded that e-cigarette aerosol is not harmless and may contain harmful and potentially harmful chemicals, including nicotine. Other studies have found formaldehyde, benzene and tobacco-specific nitrosamines (all carcinogens) contained in those secondhand emissions.

In recent years, the use of electronic cigarettes, e-cigars, e-hookahs and similar products have dramatically increased among children. Nationally, e-cigarettes are the most commonly used tobacco product among both high school and middle school students with 11.3 percent of high school students and 4.3 percent of middle school students using them, according to CDC’s 2016 Youth Tobacco Survey.

“More than one in four high school students use at least one tobacco product, including e-cigarettes,” said Casey Harwell Bowers, director of public policy for the American Lung Association in Massachusetts. “Adding e-cigarettes to Massachusetts’ smokefree law will not only reduce secondhand e-cigarette emissions, but also help discourage use by our youth.”

Asian American Commission swears in members

BY LING-MEI WONG

The Asian American Commission held an inauguration for new commissioners on Jan. 10 at the Statehouse.

The new appointed commissioners were Mary Chin, Janna Howard, Kimberly Truong and Ying Wang.

Chin was appointed by Gov. Charlie Baker’s office, while Howard was appointed by Auditor Suzanne Bump’s office. Truong was appointed by House Speaker Robert DeLeo’s office and Wang was appointed by Attorney General Maura Healey’s office.

Reappointed commissioners were Mabel Lam by Treasurer Goldberg’s office and Uyen-Sa Nguyen by Gov. Baker’s office.

Candidates can apply to be commissioners, and are selected by seven appointing authorities in state government: the Governor, Secretary of State, Auditor, Treasurer, Senate President, House Speaker, and Attorney General. They may serve up to two terms or a maximum of six years.

HIGHLIGHTS

AACA social worker recognized for citizenship work

A food aficionado: Mejiu Korean Kitchen

移民團體表彰

祥福外國人義工社

飲食業：華裔韓國廚房

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January 12 - 25, 2018

全紐英倫區唯一的中英雙語雙週報

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

Chinese chat group
Fridays, Tuesdays
6:30 p.m. to 9 p.m.
677 Huntington Avenue
Boston, MA 02115
A Cantonese conversation group will meet Friday at the Harvard T. H. Chan School of Public Health, Knezev 201 on 2F. A Mandarin chat group will meet Tuesday. RSVP at www.meetup.com/bostonchina.

Soaring Wings: Journey of the Crested Ibis
Friday, Jan. 12
8 p.m.
263 Tremont Street
Boston, MA 02116
The Shanghai Dance Theatre will make its long- awaited Boston debut with performances of the modern ballet drama “Soaring Wings: Journey of the Crested Ibis” at the Boston Center for the Performing Arts. Tickets available at bostonballet.org.

Mulan Society classes
January 13
1 p.m. to 4 p.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment classes will take place at the Asian American Civic Association, 4F. Refreshments provided. Register with Sherry Xue at (617) 426-9942 x 250 or xwu@aacaboston.org.

Free meditation classes
Sundays, Thursdays
10 a.m. to 4:30 p.m.
301 Mystic Avenue
Malden, MA 02148
Free meditation classes will take place Sundays and Thursdays (10 a.m. to 12:30 p.m.) at Boston Bodhi Meditation. People with limited mobility are welcome to join. For more information, call (781) 874-1023.

Free evening meals
Every Tuesday to Friday
5:30 p.m. to 6:30 p.m.
54 Eastern Avenue
Malden, MA 02148
Bread of Life offers free evening meals for low-income families and individuals in the metro North area. Evening meals are served Tuesday at Bread of Life, Wednesday and Thursday at 368 Pleasant Street and Friday at 493 Main Street. For more information, call (781) 397-0404.

Free health care service
Every Tuesday
8 a.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.

Chinatown/South Cove Neighborhood Committee meeting
Tuesday, Jan. 22
6 p.m.
90 Tyler Street
Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee meeting will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

Free immigration clinic
Wednesday, Jan. 17
Noon to 2 p.m.
1 City Hall Square
Boston, MA 02109
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

Proof
Jan. 18 to Feb. 18
450 Massachusetts Avenue
Cambridge, MA 02139
“Proof” will debut at the Boston Theatre Company. Tickets available at www.broadwayboston.com or (617) 576-9278 x 1.

English for college or job training
Monday, Jan. 22
8:30 a.m.
87 Tyler Street
Boston, MA 02111
The Asian American Civic Association’s Next STEP program classes for college or job training began Jan. 2. For more information, call (617) 426-9942 x 250 or email jco@aacaboston.org.

Free information clinic
Monday, Jan. 22
10 a.m. to 3 p.m.
275 Hancock Street 2F
North Quincy, MA 02171
Chinese American Citizen Right Alliance will help clients at Quincy Asian Resources Inc. to provide information and referral services to Chinese Americans. For more information, call QARI at (617) 472-2200.

South Cove Manor breakfast seminar
Thursday, Jan. 25
9 a.m. to 11:30 a.m.
120 Shawmut Avenue
Boston, MA 02118
All are welcome to attend at the BCEC auditorium, the former South Cove Manor location. Refreshments provided. Seminars will be presented in Chinese. For more information, call Terry Yin at (203) 893-7963.

Chinatown library ribbon-cutting
Saturday, Feb. 3
11 a.m.
2 Bayston Street
Boston, MA 02116
The Chinatown temporary branch library will host a ribbon-cutting ceremony at the China Trade Center.

Chinatown Safety Committee meeting
Wednesday, Feb. 7
10:30 a.m.
821 Washington Street
Boston, MA 02111
The Chinatown Safety Committee meeting will take place at the DoubleTree Hotel. The public is welcome to attend.

Chinatown Resident Association meeting
Wednesday, Feb. 7
6:30 p.m.
885 Washington Street
Boston, MA 02111
The Chinatown Resident Association meeting will take place at the Josiah Quincy Elementary School cafeteria. The public is welcome to attend.

Chinese New Year Banquet
Saturday, March 2
9 a.m.
500 Memorial Drive
Cambridge, MA 02139
The Taste of Ginger benefit for Joslin Diabetes Center will take place at the Museum of Fine Arts.

Chinese New Year celebration
Sunday, Feb. 25
10 a.m. to 5 p.m.
Chinatown Gate
Boston’s Chinese New Year celebration will take place at the Chinatown Gate.

BCEN banquet
Friday, March 2
5:30 p.m.
88 Beach Street
Boston, MA 02111
The Boston Chinatown Neighborhood Center will host its Chinese New Year Banquet at Hei La Moon. RSVP by emailing Jean.Puantal@bcnc.net or calling (617) 603-2540.

Taste of Ginger
Monday, April 9
6 p.m.
465 Huntington Avenue
Boston, MA 02115
The Taste of Ginger benefit for Joslin Diabetes Center will take place at the Museum of Fine Arts.
Entrepreneur Christine Lin gives back through education

BY LING-MEI WONG

Christine Lin is CEO of Cambridge Network. (Image courtesy of Ling-Mei Wong.)

Christine Lin’s New Year resolution is to spend more time with her three girls. As CEO of Cambridge Network, Lin provides a platform for Chinese exchange students to attend high school in the United States. An estimated 30,000 Chinese students enrolled at American high schools in 2017, with their numbers growing annually. Cambridge Network partners with more than 200 public and private schools throughout the United States, serving 6,800 students over the years.

“I founded Cambridge Network in 2009, after brainstorming with our three cofounders about doing something meaningful and impactful,” said Lin, a Shanghai native. “My husband, Steven Kao college exam required hours of test prep. “Our students are young and will impact others,” Lin said. “They will outlive me and learn life lessons for their future careers.” Lin was recognized as one of the Top 100 Female Leaders for 2017 by the Commonwealth Institute. As a working mom, Lin included a mother’s room and daycare at Cambridge Network’s Waltham headquarters.

While Lin’s daughters may love see- ing more and more of their mom, they will also cherish the knowledge that her efforts have empowered thousands of learners. “I want to love, guide and nurture students, to help each child become their best self,” Lin said.

Melody Tsang, social worker at the Asian American Civic Association, received the 2017 Service Award from Project Citizenship. (Image courtesy of Ling-Mei Wong.)

AACa social worker recognized for citizenship work

BY LING-MEI WONG

Melody Tsang, social worker at the Asian American Civic Association, received the 2017 Service Award from Project Citizenship on Jan. 3. “Melody Tsang is a passionate ad- vocate for immigrants in the Chinatown neighborhood, working tirelessly to pro- vide AACA clients with a variety of high quality services, including citizenship,” wrote Project Citizenship in a prepared statement. Tsang has worked at the agency for more than 20 years. A native of Hong Kong, Tsang is fluent in English, Can- tonese and Mandarin. Her work includes helping to file citizenship paperwork for immigrants, along with fuel assistance, food stamps and financial assistance.

Worker advocates support wage theft legislation

BY THE CHINESE PROGRESSIVE ASSOCIATION


“House Bill 1033 would be a great step to get the Attorney General what she needs to help workers. We have over 140 sponsors, which shows that this is a problem, not just in Boston, but in all of Massachusetts. We need to get this bill passed to stop this from happening to Massachusetts’ workers,” said Michle- witz, who introduced the bill in January 2017. “I stand with workers in our commu- nity to stop wage theft. This is a serious problem in my district and in the state,” said Boston City Councillor Ed Flynn. Boston City Councillor Kim Janey also marched.

For more information about wage theft, visit www.stopmasswagetheft.org.

Mobile Tsang, social worker at the Asian American Civic Association, received the 2017 Ser- vice Award from Project Citizenship.

In order to qualify, total household income cannot exceed the following maximum income limits per household size:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>$47,600</td>
</tr>
<tr>
<td>2 person</td>
<td>$54,400</td>
</tr>
<tr>
<td>3 person</td>
<td>$61,200</td>
</tr>
<tr>
<td>4 person</td>
<td>$68,000</td>
</tr>
<tr>
<td>5 person</td>
<td>$73,450</td>
</tr>
</tbody>
</table>

Income limits are subject to change without notice

To request an application and information packet, contact: Housing Resource Group, LLC at hrgllc.alwan@yahoo.com or 781-820-8797 or visit the Groton Public Library

Completed applications must be returned to the Housing Resource Group, LLC

Four Raymond Street, Lexington, MA, 02421 postmarked by February 15, 2018.

An information meeting will be held at the Groton Public Library

99 Main Street, Groton, MA, 01450.

January 13, 2018 at 1:00 PM.
that the W Hotel has previously had mi-
its restaurant and lounge. Singh noted
nine level, as well as 150 people each in
accommodate 450 people on its mezza-
changes in hotel management. The li-
entertainment license is to comply with

sociation. The meeting was the last one
held by the committee for 2017. W Hotel
general manager Gurki
The Chinatown/South Cove Neigh-
borho The W Hotel located in the Boston
Theater District announced plans to ap-
ply for a new entertainment license at the
Chinatown/South Cove Neighborhood
Council meeting, held Dec. 18 at the
Chinese Consolidated Benevolent
Association. The meeting was the last one
by the committee for 2017. W Hotel
general manager Gurki Singh said the application for a new
entertainment license is to comply with
changes in hotel management. The li-
ence allows the hotel to employ three
DJs in its event spaces, while the current
license only permits one. The hotel can
accommodate 450 people on its mezza-
nine level, as well as 150 people each in
its restaurant and lounge. Singh noted
that the W Hotel has previously had mi-
nor capacity violations due to an over-
flow of guests utilizing common public
restrooms.

The hotel sought a letter from the Council indicating support for the re-
newal of the license. The Council voted
unanimously in favor of the renewal, and the
hotel’s hearing will take place Jan. 8.
The Council also reviewed proposed
parking changes that will be in effect in the
Chinatown neighborhood. The plan
currently includes the removal of 13
meter spots and 13 peak hour restricted
spots along Kneeland Street, due to is-

The Chinatown Coalition met Jan.
11 at the Boston Chinatown Neighbor-
hood Center. The Asian American Civic
Coalition presented on its smoking
cessation efforts, supported by the Asian
Health Initiative of Tufts Medical Center.

The Chinatown/South Cove Neighbor-
hood Council convened on Dec. 18. (Image cour-
tesy of Shira Laucharoen.)

MBTA NOTICE TO BIDDERS

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

· No paper copies of bids will be accepted.

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

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

· MBTA Contract No. EM1CN01, ON-CALL TREE & VEGETATION
REMOVAL SYSTEM-WIDE IN VARIOUS CITIES AND TOWNS
IN MASSACHUSETTS AND LOCATION, (CLASS 2, - GRADING,
DRAINAGE & SITE DEVELOPMENT), and PROJECT VALUE -
$1,000,000.00

· Submitted at www.bidx.com until two o'clock (2:00 p.m.) on

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

Work consists of providing labor and equipment to support the Massachusetts Bay Transportation Authority (MBTA) in the removal of trees and vegetation within the MBTA's right-of-way. The selected contractor will perform routine removal of trees and vegetation, as well as removal during emergency and severe weather events. During a severe weather event the selected contractor will stand-by on MBTA property, as directed by the Authority, several hours prior to a weather event and remove trees and vegetation debris that impedes the operation of the MBTA's system-wide infrastructure, including but not limited to transit right-of-way, bus routes and maintenance and bus facilities.

Bidder's attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity, and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. While there is no DBE goal associated with this contract, the Authority strongly encourages the use of Minority, Women and Disadvantaged Business Enterprises as prime contractors, subcontractors and suppliers in all of its contracting opportunities.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/
AACA celebrates three graduations

BY LING-MEI WONG

The Asian American Civic Association celebrated graduations for three programs. The Next Steps Transitory English Program (Next STEP) held a graduation at Tufts University’s medical campus on Dec. 15, while the Careers in Banking and Finance (CBF) program had a graduation at AACA. The New Roots to Employment program had a graduation Dec. 21 at AACA.

“We are very proud of your hard work, as you continue to your next step of learning,” said Shinobu Ando, AACA Next STEP director. “We also appreciate our higher education partners for their collaboration through tours, class presentations and working with AACA staff to prepare students for college and training.”

A total of 11 out of 14 CBF graduates were hired before graduation. They will work at Bank of America, East Boston Savings Bank, Santander Bank, Blue Hills Bank, Members Plus Credit Union and Metro Credit Union. Employment partners included Eastern Bank, Citizens Bank and Berkshire Bank.

Chinese Consolidated Benevolent Association holds inauguration

BY LING-MEI WONG

Ho Chan is president; Susan Chu is secretary; Nick Chau is auditor; Man Ho-Chan is treasurer. The officers were elected by the 44 CCBA directors on Jan. 6. (Image courtesy of Chung-chi Che.)

The Chinese Consolidated Benevolent Association of New England inaugurated its five officers on Jan. 6 at its 90 Tyler Street headquarters. Paul Chan is president; Susan Chu is English secretary; Felix Lui is Chinese secretary; Nick Chau is auditor; Man Ho-Chan is treasurer. The officers were elected by the 44 CCBA directors on Dec. 5, 2017 for two-year terms.

Taiwan trade office hosts holiday party

BY LING-MEI WONG

The Taipei Economic and Cultural Office in Boston held a holiday party on Dec. 21, 2017 at its Summer Street office. Three researchers from Taiwanese universities were teaching in the Boston area. Consul General Scott Lai and his wife Jennifer appreciated them for their scholarship and also thanked the Chinese media. Lai’s three-year term ends in 2018.

Hot jobs

BY AACA EMPLOYMENT CENTER

The Asian American Civic Association works with local employers through its Employment Center. Contact the team at employment@aaca-boston.org or (508) 309-2080.

Full- or part-time jobs

• Hotel Events and Sales Coordinator @ Boston Harbor
• General Maintenance Engineer @ Boston
HEALTH

Death in the United States. Every year, in high doses can become poison. Often in everyday life, as nothing is with-

Cheryl Lang, education coordinator for BCEC and Midtown Home Health Ser-

The December party presented gifts to elders braved cold weather for the De-

modera needham is a smoke free community.

Come meet with Boston Water and Sewer Commission staff in your neighborhood and learn why it’s important not to dump into, or let leaves and debris collect on top of catch basins.

You can also pay your water bill with a check or money order, talk about billing or service problems, and more.

Affordable Housing Lottery
Modera Needham
700 Greendale Avenue, Needham, MA

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 and leave a mes-

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 and leave a mes-

Five big diet mistakes travelers make

BY TUFTS MEDICAL CENTER

Rich, exotic foods. Large portion siz-
es. Festive drinks. It’s no wonder many of us can gain five pounds while on vaca-
tion. Not only are the choices different, our schedules are, too.

“When you’re away, whether for vaca-
tion or on a business trip, your entire schedule is thrown off,” said Jillian Re-

e, registered dietitian of the Weight and Wellness Center at Tufts Medical Center.

Here are some common mistakes travelers make when it comes to what they eat while on the road.

1. Living on room service
Most hotels, especially those that have late-night service, tend to offer high calorie foods – pizza, meats with gravy, pasta and burgers. Be sure to choose wisely, asking for a lean protein like a fish or grilled chicken and vegetables. For breakfast, skip the sugar-powered pancakes and choose scrambled eggs with fruit.

2. Eating while driving – to stay awake!
When you are spending hours and hours in the car, it seems only natural to stop occasionally for a break. Drive through windows make it easy to also grab food on the run, but beware most of what’s offered is high in calories and fat. Go into the rest stop’s convenience store, and it’s likely you may come out with a bag of chips or some other high-calorie snack. The experts say it’s too easy to go through a large bag of chips while driving and not being mindful of what you eat. Especially when these types of foods are not very filling. The solution: think ahead. Bring pre-portioned, nutri-

3. Consuming fancy, umbrella drinks!
Yes, they are festive and perfect for vacation-mode. But watch the calorie content of your alcoholic choices. Opt for a light beer or glass of wine versus a margarita and you’ll save 500 calories or more. High-calorie libations include Long Island ice tea (780), pina coladas (640) and mai tai (350). A typical beer or glass of wine is in the 120 calorie range.

4. Eating high calorie foods without really enjoying them
How many times do you start your trip away with a not-so-delicious fatty airport hamburger and side of fries? Would those calories taste better spent somewhere else? Try eating something light from home before you travel. Or bring a protein bar or cheese and whole wheat crackers. Save the big calorie meals for a special dinner or that Philly cheesesteak sandwich you’ve always heard about.

5. Drinking too little water
We all know you can’t bring your own water onto an airplane, but you can bring an empty water bottle, and fill it once you go through the gate. Staying hydrated helps you maintain energy. People, often mistake being thirsty for being hungry, one cause of overeat-

CONTINUED ON PAGE 7

KARYL

January 12, 2018
Sampan
A food aficionado: Meju Korean Kitchen

BY ANNA ING

Meju Korean Kitchen is a modern restaurant inspired by Korean food, located in lively Davis Square. Meju are fermented soy bean blocks used as the foundation of Korean cuisine for condiments such as soy bean paste, soy sauce and chili paste. Its dishes incorporate these condiments to create delicious flavors and tastes. Meju is a family-owned business, an offshoot of the former Bibimb restaurant in Allston.

The Somerville location has an inviting open space with mood lighting and exposed brick. Its bar offers a selection of soju cocktails. The Meju Mule ($8), recommended by owner Ed Kim, combines cucumber-infused soju, ginger beer and grapefruit juice for a refreshing cocktail. It was delightful for someone who is not fond of soju.

The chili pork belly ($12) came out in a mini cast-iron skillet. Stir-fried pork belly was flavorful, marrying the right amount of fat and lean pork without being too spicy. The next seminar will take place Jan. 25.

Meju serves some of the best kimchi pancakes in greater Boston. (Image courtesy of Ling Mei Wong.)

The service was attentive, with thoughtful suggestions from our server. Our party of three ordered from the tapas (small dishes) menu and shared two entrees. The pulled beef tacos ($9) had three tacos with a generous portion of beef, avocado slices, red onion, lettuce and cherry tomatoes. They were eaten quickly for a tasty appetizer.

The kimchi scallion pancake ($11) came out cut into six slices. These pancakes use delicious homemade kimchi with savory onions, pepper, zucchini and carrots for serious crispiness, making these the best kimchi pancakes in the greater Boston area.

The sweet pumpkin croquette ($7) had four croquettes with great texture. The pumpkin lent a touch of sweetness and the chili mayo added heat. However, the croquettes came out on the cool side.

The chili pork belly ($12) came out in a mini cast-iron skillet. Stir-fried pork belly was flavorful, marrying the right amount of fat and lean pork without being too spicy.

The poke bibimbap ($18) was half tuna and half tuna (raw fish) with fish roe over crisp veggies. This is a fresh take on bibimbap using avocado, red cabbage, carrots, cucumber and mesclun greens over rice. The gochujang (spicy chili paste) is served on the side, allowing patrons to adjust for taste, before mixing everything together. It came with four banchan or side dishes.

Meju’s take on Korean staple beef japchae ($15) was well executed. Stir-fried glass noodles studded with onions, carrots and spinach satisfied. The seasoning was balanced without being cloyingly sweet.

We ordered the limited dessert offering: Boston BonBon macarons in salted caramel ($4.50). The specialty macarons featured Ryan, a maneless lion beloved by fans of Korean chat app Kakao Talk. Biting into his cute face was hard, but the macaron was firm and airy. We were surprised with three vanilla mochi for dessert on the house. Mochi is a Japanese dessert made of pounded sticky rice; ours had ice cream in the center.

The service was attentive, with thoughtful suggestions from our server. If you are ever in Davis Square, check out Meju for drinks and comfort food.

South Cove Manor hosts holiday party

BY SOUTH COVE MANOR

South Cove Manor at Quincy Point, a rehabilitation and skilled nursing care community, hosted its annual resident and family holiday luncheon on Dec. 10, 2017 at South Cove Manor on Washington Street in Quincy. Nearly 130 guests were greeted by Santa, who then joined

the 141 residents of South Cove Manor for a sumptuous luncheon, music performances, gifts and caroling. A team of more than 50 volunteers, including off-duty staff and community members, assisted with serving meals and providing entertainment.

SEMINAR: Seniors learn about risks

CONTINUED FROM PAGE 6

Other common poisoning substances are hypnotics, antipsychotics, antidepressants and household cleaners.

How to prevent a poisoning?

Use legitimate sources of health information. Your primary source of health information about your medication (or any health problem) should always be your doctor.

What to do when someone is poisoned?

• Call 911 if the victim has collapsed, stopped breathing or had a seizure.
• Otherwise, call the Poison Hotline 1-800-222-1222 for assistance. The hotline is operational 24/7 for free, with medical professional assistance in many languages.

The next seminar will take place Jan.
需要登記協助?
前往你所在地區的以下中心:

現在就是你獲得醫保和購買明年新保險計劃的最佳時刻。開放登記截止於1月23日。

高質量醫療保險
所有通過健康聯絡者獲得的醫保計劃都包含您所需的重要福利，例如

- 看醫生
- 急診服務
- 住院
- 處方藥
- 懷孕和新生兒護理
- 康復服務
- 預防和健康
- 化驗服務
- 精神健康
- 藥物濫用

需要登記協助？
前往你所在地區的以下中心：

健康聯絡者步入式諮詢中心
133 Portland St.
Boston

馬奈社區健康中心
9 Bicknell St.
Quincy
(617) 471-4715

馬奈社區健康中心
1193 Sea St.
Quincy
(617) 471-3683

馬奈社區健康中心
110 W Squantum St.
North Quincy
(617) 376-3600

www.MAhealthconnector.org | 1-877-623-6765 | TTY 1-877-623-7773