Immigrant elders seek housing options to age in community

BY LING-MEI WONG

Hong Lok House means "healthy and happy" house to Cantonese, where elders can live in Chinatown for less than $500 a month on average. A full range of culturally and linguistically sensitive programs provided by management and providers make it a safe and welcoming home for elderly to age in place. Services include home care, health care and a hot meal delivered to the homes.

"There is a problem of language barriers and we compete," Patrick said.

"We can compete," his colleague said. "We can be competitive with other providers at a much lower cost for Asian Americans, African Americans, and many others."

"We are the only bilingual Chinese-English Newspaper in New England"

"The only bilingual Chinese-English Newspaper in New England"

The 16th annual Chinatown Main Street Festival took place July 6 on Beach Street, Hudson Street and the Rose Kennedy Greenway to kick off the summer. The event featured lion dance, Chinese folk dance, arts and craft, and volleyball with prizes at the Reggie Wong Memorial Park.

Performances were coordinated by Gilbert Ho, Chinatown Main Street board director. Lion dance performers were sweating heavily under their costumes, but gave their all.

Chinatown Main Street executive director Shi Liang said, "Thank you all for celebrating the start of the summer with us on such a humid sunny day."

While the forecast predicted rain and lighting, the weather remain pleasant until the event ended.

Chinatown Main Street supports the Chinatown community through back-up and other services where elders could socialize and obtain services social. Hong Lok House opened in 1981 with 28 units and expanded to 74 units in 2013. However, the wait lists for older adult housing are years long, as supply has not kept up with demand.

"There is a shortage of subsidized elderly housing everywhere, not just in the Chinese communities, because elders are the fastest growing population and they are living longer," Moy said.

While Moy did not train as a social worker, her grasp of Toisanese helped her understand the needs of older adults.

"When they came to the country, they worked hard and a lot of caregiving, until they’re no longer needed," Moy said. "Maybe they were living in the suburbs taking care of grandkids.

Nursing facilities provide more services for elders in need, with South Cove Manor at Quincy Point providing culturally sensitive care since 1985. Moy was one of several founders, after seeing Chinese elders unable to communicate.

"We have many people living in Quincy and coming to Chinatown," Moy said. "They get older and need more care.

Senior housing at Hong Lok House allows seniors to live on their own terms, and nursing facilities offer long-term care. Having housing plans allow Asian immigrant elders to age securely in their communities.
**Event Calendar**

**Chinatown history tour**
Friday, July 19
6 p.m. to 7:30 p.m.
2 Boylston Street
Boston, MA 02116

**First-time homebuyer classes**
July 20 to 21
9 a.m.
38 Oak Street
Boston, MA 02111
ACDC offers HB101 classes in English and Chinese at the Metropolitan. Each session is a nine-hour class over the course of a two-day weekend. Tuition is $50; $25 for Boston residents. Sign up for a workshop, graduate and receive a certificate, and become eligible for discounted mortgage products. Registration required, by calling (617) 482-2380 x 208 or 202, emailing CHOP@asiancdc.org or visiting https://asiancdc.org/hb101.

**English for college or job training**
Monday, July 22
8:30 a.m.
87 Tyler Street
Boston, MA 02111
Attend testing for the Asian American Civic Association’s English classes for college or job training. For more information, call (617) 426-9492 x 250.

**Mulan Society classes**
Monday, July 22
11 a.m.
87 Tyler Street
Boston, MA 02111
Mulan Society Center for Women’s Empowerment citizenship classes will take place at AAC. Register at (617) 426-9492 x 251 or mulan@asaca-boston.org.

**Free health care service**
Every Tuesday
6 p.m. to 8 p.m.
First Church in Malden
184 Pleasant Street
Malden, MA 02148
The Sharrow Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area.

**Breakfast seminar**
Thursday, July 25
9:30 a.m. to 11 a.m.
87 Tyler Street
Boston, MA 02111
Join the Chinese Historical Society of New England (CHSNE) at the China Trade Building. Breakfast will be served, followed by a presentation and Q&A with Terry Yin. The event is free, and open to all. No reservations required.

**Clean Up Chinatown meeting**
Tuesday, July 23
11 a.m.
87 Tyler Street
Boston, MA 02111
The Clean Up Chinatown meeting will take place at AACA 5F. The meeting will include an update on the status of the Clean Up Chinatown project, as well as opportunities for community members to engage and contribute to the effort.

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**Classified Ads**

**WINTER VALLEY**

**RESIDENCES FOR THE ELDERLY, INC.**
600 Canton Ave., Milton, MA

**NOW ACCEPTING APPLICATIONS**

A 160 apartment Senior Housing Community financed by HUD for those 62 and older or physically disabled. Includes 16 Affordable Private Assisted Living Apartments with services for an additional fee. Qualifications apply.

---

**NEWTON, “T” to work from**
Woodland Station Apartments & save $$$.
Contemporary apts with condo quality finishes and amenities. Single level and townhomes. Easy access to Rte 128, 9 & Mass Pike.
Income guidelines may apply.
444-721-1176 TTY-711
Woodlandstationapts.com

**Affordable Homeownership**
Jefferson, Drive and Liberty Ridge Laton, MA 02420

New Construction – 3 Townhomes offered via lottery
Three 3BR units $276,600
Applications accepted through September 11, 2019, 1 p.m.
Lottery: September 24, 2019 at 7:00 p.m.
Cary Memorial Building, Estabrook Hall, 1605 Mass. Ave, Lexington, MA
Application and Lottery Information:
Housing@SudburyMa.us
https://sudbury.ma.us/housingtrust/
Sudbury Housing Trust, Lottery Agent
278 Old Sudbury Road, Sudbury, MA 01776
978-287-1092 & 978-639-3387
Income Limit 80% Boston AMI and Asset Limits
Use and Resale RestrictionsApply

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**SAMPAN**

A Publication of the AACA
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**Job Posting**

Looking to fulfill 1.5 and 1.5 position

Part-time bookkeeper
- Work between 10-20 hours a week inputting entries
- $13/hour (hourly pay will increase based on experience)

Full-time Business Tax Analyst
- Manage 3 to 5 bookkeepers and to make sure entries are booked correctly
- Review business tax returns
- Able to correctly do journal entries
- Answer emails and respond to client’s needs timely
- Starting rate of $25/hour, master’s degree preferred but not required, paid federal holidays first year of employment

Company located in Quincy, MA
Please email resume to Nancy@arcenoid1040.com

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Email ads@sampan.org to sign up for Sampan e-newsletter!
Uncle Frank and Auntie Kay Chin honored with urban park

BY LING-MEI WONG

The dedication of Uncle Frank and Auntie Kay Chin Park took place July 9 at the Greenway on Surface and Beach streets.

"Because we are an immigrant community, helping one another has always been important," said Frank Chin. "Chinatown has challenges and is still evolving. I’m proud to be part of it."

Applicants push for injured worker rights

BY YIYAN ZHENG

Immigrant workers and labor advocates rallied at the Statehouse July 9 for a push to enact protections for employees from retaliation after workplace injury, before testifying at a hearing. The rally was held by the Immigrant Worker Center Collaborative, a coalition of immigrant labor advocates. Bill sponsors Sen. Jamie Eldridge and Rep. Tram Nguyen also joined the rally.

Advocates said the law currently leaves workers largely unprotected when employers retaliate against employees, to prevent them from reporting a workplace injury, acquiring medical care or filing a workers' compensation claim.

"It’s as though they’re being hurt twice over," Nguyen said. "We have unscrupulous employers who are taking advantage of our employees every single day."

Seven workers testified during the hearing, speaking about retaliation they faced from their employers when seeking medical treatment. Stories included employers lying about the accidents not happening in the workplace, refusing to help file reports, and threatening to fire workers and report their status to Immigration and Customs Enforcement if they made claims.

"We heard of workers being fired on the spot, because they reported a workplace injury, and other people filing complaints and getting fired as a result," said Chinese Progressive Association executive director Karen Chen.

The Cove, a Broadstone Community

Hingham, MA

The Cove is a 220-unit rental apartment community located in the heart of Hingham, just steps from the Launch at Hingham Shipyard and within minutes of the natural beauty of Bare Cove Park. Fifty of these apartments will be made available through this application process. The property features brand new, turn-key apartment homes featuring generous square footage, high ceilings, and oversized windows as well as kitchen islands with breakfast bars, dual sink vanities, and walk-in closets, accompanied by hardwood-style flooring. Amenities include onsite fitness, clubroom and lounge, resort-style swimming, weekly Happy Hours and Social Gatherings, Monthly Events, Concierge Services, and Weekly gardening activities during growing season (52 weeks a year). A Private Info Session will be held at 6pm on July 22nd, 2019 in the Hingham Public Library (66 Leavitt Street, Hingham, MA). The Lottery will be held on September 23rd, 2019 at 6pm in the same location.

Completed Applications and Required Income Documentation must be received, not postmarked, by August 26th, 2019.

For information and applications, please call (617) 782-6900 x1 (TTY services available).
Director of Diversity, Equity and Inclusion Wellesley Public Schools

Wellesley Public Schools seeks candidates to be responsible for guiding efforts and creating opportunities to define, assess, and advance diversity, equity and inclusion, educational and employment opportunities, and cultural fluency throughout the school district. This newly created position will be part of the senior management team.

Minimum qualifications include a Master’s Degree in an educational discipline, doctoral degree is preferred. A valid MA DESE administrator’s license or the ability to obtain a license is required.

For additional information about the position and to apply online visit the employment opportunities section of Wellesley Public Schools’ website at www.wellesleyps.org

Wellesley Public Schools is an Affirmative Action/EEO Employer

JOB POSTING: Cook

Dana Hall School seeks candidates for the position of Cook. Dana Hall School is a boarding/day and college preparatory school for girls grades 5 through 12. The 482 students come from 13 states and 15 countries.

The individual in this position will be accountable for:

Preventing and preparing a variety of hot and cold foods following standardized recipes and quantities planned in advance, using a variety of preparation methods.

Determining daily kitchen work load, making daily job assignments, and overseeing the work of all cooks and other kitchen personnel.

Evaluating, producing, coordinating, and executing catered events on campus, as needed.

Evaluating finished products to ensure quality, as well as addressing sub-quantum production and presentation by analyzing problems and implementing solutions in collaboration with the Director of Dining Services and Sous Chef.

Working in all areas of the kitchen, as needed, but primarily in hot food production with a focus on serving the best quality product to our guests.

Utilizing inventory on a regular basis while communicating food and equipment needs to the Director of Dining Services, Sous Chef, and Receiver in order to ensure all products and supplies are ordered and scheduled for timely delivery for production needs.

Researching, developing, testing, and adjusting recipes for all production areas along with the Sous Chef.

Working with the Director of Dining Services, Sous Chef, and Production Chef on the development of current and new staff.

Overall kitchen sanitation and food safety practices, keeping general workers on task, and assigning side work and equipment maintenance duties to kitchen personnel.

Implementing food safety guidelines and ensuring completion of service records.

Coordinating and expediting food preparation from the kitchen and action stations, while ensuring adequate food handling and on-time production according to established procedures.

Planning and executing production and presentation for assigned meals, including designing and executing buffet presentations.

Overseeing kitchen operations in the absence of the Sous Chef and Production Chef.

Collaborating with the Director of Dining Services, Sous Chef, and culinary team to fulfill the culinary goals of the unit by facilitating the implementation of management initiatives in the kitchen and exceeding customer expectations.

Candidates should have:

- An Associate’s Degree in Culinary Arts or equivalent combination of a completed culinary program and experience; 5-7 years of experience in planning and preparing hot and cold foods for service and coordinating the work of a culinary crew in a restaurant, hotel or institutional operation; expertise and/or high level of interest in various cuisines and cooking methods, quantity food preparation, batch cooking, and general culinary techniques and skills with demonstrated mastery of all cooking methods, practical experience leading a kitchen crew in a logical, efficient and fair manner; cooking and training culinary skills and techniques; designing plate and buffet presentations and developing menus; a comprehensive knowledge and understanding of kitchen sanitation and food safety practices and ability to enforce safe food handling guidelines; a willingness to be a team player who is held accountable for the quality of products produced by others, for meeting tight deadlines, and for contributing to the success of all kitchen and action station productions; and the ability to implement culinary skills in the kitchen and work closely with the Director of Dining Services, Sous Chef, and Production Chef.

Candidates must be able to understand English and have a working knowledge of basic math, be customer-service sensitive and hospitality-oriented, as well as being comfortable in fast-paced, high-stress, anti-choking procedures. Other requirements include an ability to be customer-service sensitive, have the ability to be a hospitable environment for the entire Dana Hall community and its guests. Physical requirements include an ability to sit and stand for extended periods of time, as well as an ability to lift, carry, and move 50 pounds repeatedly.

This is a twelve-month, full-time position reporting to the Director of Dining Services and Sous Chef. This position will include nights and weekends. Flexibility is required.

Dana Hall seeks candidates who will contribute to and are committed to diversity and multicultural educational practices.

To Apply: https://www.danahall.org/about-us/job-opportunities

JOB POSTING: Dining Service Attendant

Dana Hall School seeks candidates for the position of Dining Service Attendant.

The individual in this position will be accountable for:

- Demonstrating a focus on customer service by anticipating needs and communicating effectively, as well as seeing to it and accommodating customers to promote a pleasant dining experience.
- Consistently greeting, welcoming and interacting with customers in a warm and friendly manner to promote an atmosphere of hospitality.
- Prepping and stocking products for the current shift and next shift and proactively preparing for busy periods.
- Setting up and breaking down assigned food service stations in an efficient and sanitary manner.
- Coordinating and expediting food preparation from the kitchen and action stations, as well as ensuring safe food handling and on-time production according to established procedures.
- Planning and executing the production and presentation for assigned meals including designing and executing buffet presentation.
- Keeping assigned food service stations and storage areas property cleaned, fresh and full.
- Breeding coffee, maintaining all beverage machines, toasters, panini machines and all other equipment.
- Assisting the culinary staff with basic food service tasks such as: cooking and food preparation, garnishing, and food display.
- Ensuring that all products are tested within the specific usage period.
- Communicating with management and cooks about the quality and quantity of products in service.
- Being knowledgeable about the ingredients and preparation methods of the foods served, especially with regards to the presence of potential allergens.
- Evaluating, producing, coordinating, and executing catered events on campus, as needed.
- Delivering and providing table service and other related tasks for special events.
- Following overall kitchen sanitation and food safety practices.
- Assisting with ware washing, as assigned.
- Alerting dining team members of any outdated or spoiled products, those not at proper temperature, or products that do not appear appetizing.
- Performing general cleaning tasks in the kitchen and accepting the accepted food service sanitation standards that are assigned as part of the daily housekeeping and sanitation schedules and accurately completing service reports.
- Executing all other related duties, as assigned, including a variety of food service related tasks in support of dining operations based on daily and seasonal demand.

The individual in this position will be accountable for:

- Demonstrating a focus on customer service by anticipating needs and communicating effectively, as well as seeing to it and accommodating customers to promote a pleasant dining experience.
- Consistently greeting, welcoming and interacting with customers in a warm and friendly manner to promote an atmosphere of hospitality.
- Prepping and stocking products for the current shift and next shift and proactively preparing for busy periods.
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- Executing all other related duties, as assigned, including a variety of food service related tasks in support of dining operations based on daily and seasonal demand.

Candidates should have:

- A minimum of one year planning, preparing, and serving hot and cold foods for service; demonstrated ability to work with limited supervision in a logical, efficient and productive manner; flexibility and willingness to learn and perform various tasks, as needed; a high school diploma or GED; the ability to read, speak, and understand English; demonstrated basic math skills, including understanding service related tasks in support of dining operations based on daily and seasonal demand.

For Info and Application Availability:

Pick up: Andover Senior Center, Public Library & Stone Hill at Andover
Phone: (978) 456-8388
TTY/TDD: 711, when called 978-456-8388
Email: lotteryinfo@mcohousingservices.com
Fax: 978-456-8388

Application Consultation: Saturday, July 27, 2019—10:00 a.m.—2:00 p.m.
Application Deadline: August 9, 2019

RENTS

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<th>AMI</th>
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<td>Up to 60%</td>
<td>$51,900</td>
<td>$79,200</td>
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<td>60% - 75%</td>
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<td>80% - 100%</td>
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Percentage of Income Limits

- Up to 60%—50% of income; up to $3,500 per month
- 60%—75%—60% of income; up to $4,500 per month
- 80%—100%—70% of income; up to $5,500 per month

Language/translation assistance available, at no charge, upon request.

Application ONLINE TODAY! at: www.mcohousingservices.com

To Apply: https://www.danahall.org/about-us/job-opportunities
Five tips for home buyers to navigate competitive markets

BY ELENA LAU

BY ELENA LAU

Elena Lau is a realtor in greater Boston and Asian Real Estate Association of America Boston chapter president. (Image courtesy of Elena Lau.)

Learning how to navigate this competitive home buying market is imperative if you want to succeed in finding and securing your future home.

1. Be prepared
Schedule a buyer consultation with a realtor to get you prepared for the home buying process. This step is so important, especially when working in a competitive market. The buyer consultation will get you prepared to face opportunities and challenges during this process. You both will also have a chance to set expectations to ensure a smoother and more enjoyable home buying process.

2. Partner with a trusted realtor
According to the National Association of Realtors, “87 percent of buyers purchased their home through a real estate agent or broker.” Working with a realtor will provide you with guidance to succeed in the home buying journey. A buyer’s agent works to protect your best interests and handle competitive offer situations.

3. Be attractive
Once you have defined what you are looking for and partnered up with a trusted realtor, get your pre-approval from a reputable lender who is able to close quickly in 30 days, if possible. If you are a cash buyer, get your proof of funds.

Your realtor will be able to make some lender introductions, based on what you are looking for. Consider waiving certain, if not all contingencies, and using an escalation clause.

Including a written letter to the seller about what this home means to you works like a charm.

4. Be flexible
When inventory is tight, buyers do not have many options to choose from. Therefore, it is advisable to remain flexible on what you are looking for in your next home. There is no perfect home. Also, a great way to make your offer stand out from the competition is to have your agent find out what terms the seller is looking for and meet those needs.

5. Be patient
The intense competition is due to the low supply of homes, accompanied by high demand. Interest rates continue to remain low, making it attractive for many consumers to purchase their next home. After viewing many homes and submitting several offers with no positive results can be very disappointing to buyers. Keep in good spirits and don’t lose sight of your real estate goals.

Op-ed: Advocating for Asian immigrant home buyers

BY THE ASIAN REAL ESTATE ASSOCIATION OF AMERICA

The Asian Real Estate Association of America is a membership organization comprised of thousands of Asian American and Pacific Islander professionals working in the real estate and mortgage fields. Over 17,000 members have joined AREAA through our 42 chapters across the U.S. and Canada. Our organizational focus is professional development, education, and advocacy.

Every year, AREAA members from all over the country travel to Washington D.C. to meet with their representatives and senators to advocate for greater access to homeownership for the AAPI community. Each year, we focus on three critical policy points that aim to lower the barriers for Americans to purchase homes and access mortgages. This past year, we had more than 100 appointments with members of the House of Representatives, Senate and agencies such as the Bureau of Consumer Financial Protection, the U.S. Department of Housing and Urban Development and Federal Housing Finance Agency to advocate our policy initiatives.

The three issues we focus on in policy initiatives begin with recognizing the need for greater language access throughout the mortgage process. AREAA has asked for the support of FHFA to continue funding its Language Access Multi-Year Plan to produce language resources in Chinese, Japanese, Vietnamese and Tagalog.

Access to alternative credit in the mortgage process is our second critical focus, as we recognize many Asian Americans historically hold thin credit files. Allowing the mortgage market to accept alternative forms of credit to qualify recipients allows many Americans to demonstrate their mortgage-readiness by proving their qualifications in new ways.

The last policy point we advocated for was greater expansions of the Office of Women and Minority Inclusion. The financial regulatory entities that oversee the mortgage industries are some of the least diverse fields. AREAA believes greater expansion of these diversity initiatives will allow these industries to better serve and represent the AAPI communities.

Each year, real estate agents, developers, architects and mortgage lenders travel to attend our National Convention. This year, the AREAA National Convention will be the largest event held in our organization’s history, taking place in Boston from Oct. 17 to Oct. 19. You can sign up at www.areaa.org.

Brand New Apartments in Norwell for Seniors

The Apartments
The 18 new units will include:
- 1 and 2 bedroom units
- Many fully handicapped accessible units
- On-site property management
- Age-restricted to households ages 60+
- Heat, hot water and electricity are included

The Households and Rents
Households must meet certain income eligibility requirements:

<table>
<thead>
<tr>
<th>Household size</th>
<th>1 person</th>
<th>2 persons</th>
<th>3 persons</th>
<th>4 persons</th>
<th>1 bed rent</th>
<th>2 bed rent</th>
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<td>CBH Income limit (80%)</td>
<td>$24,900</td>
<td>$28,450</td>
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<td>$80,300</td>
<td>$89,200</td>
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<td>OPA Income limit (100%)</td>
<td>$79,310</td>
<td>$90,640</td>
<td>$101,970</td>
<td>$113,300</td>
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Square feet of units
- 769
- 913

*Four rental assisted units are available to households at 30% of area median income. Three of those units are available to CBH-eligible households.

General Info. Sessions
Thursday August 1, 2019 at 2:00 pm and at 6:00 pm at the First Parish Church located at 24 River St., Norwell. Attendance is not required for application submission.

The Process: To be considered for one of these units you must:
1) fill out the “Ready Renter Pre-Application” if you have not already done so at: https://metrowestcd.org/rent-a-home/ and 2) contact Barbara at barbarab@metrowestcd.org or 617-923-3505 x 8 to receive a Lottery Entry Form. All forms are due (or postmarked) by August 15, 2019.

Asian immigrants face homeownership challenges. (Image courtesy of Ling-Mei Wong.)

Boston Water and Sewer Commission

IN YOUR NEIGHBORHOOD

Come meet our team!

Let’s Protect Boston’s Waterways

DONT DUMP
Storm drains flow directly to Boston Harbor and our rivers.
Improper disposal of smoking materials increases risk of home fires

BY RUOBING SU

Smoking of combustion cigarettes has decreased to 14 percent of U.S. adults in 2017, compared to 33.2 percent in 1980, according to the Centers for Disease Control and Prevention (CDC). Despite today’s relatively small percentage of smokers, smoking remained the leading cause of home fires. Data from National Fire Protection Association (NFPA) showed there were approximately 16,500 home structure fires ignited by smoking materials reported to U.S. fire departments in 2018. These smoking materials, including cigarettes, pipes, and cigars, disposed improperly and irresponsibly near or outside the residential buildings, are the leading cause of the fire incidents, which have caused 660 deaths, 1,060 injuries and $372 million in direct property damage.

There were more than 70,000 smoking-related fires in 1980, according to a report published by NFPA this January. The increased use of smoke alarms contributed to the reduction in fires and fire deaths of all types. Smokers might toss smoking materials improperly on a porch or in mulch, which could start a fire before the fire alarm detects the fire. Smoking indoors, such as in the bedroom, is even more hazardous and risky. In the first half of 2019, there were already several fire incidents in Massachusetts reported to be smoking-related. In January, cigarettes tossed onto a pile of mulch ignited a minor house fire in the town of Dennis. Luckily, no one was injured. On March 28, firefighters battled a three-alarm fire in Newton, which left a 62-year-old man dead. According to State Fire Marshal’s statement, the man smoked frequently near the entrance to his basement dwelling beneath the first-floor deck of his home, where the fire originated.

Tossing and disposing of smoking materials properly is important for responsible smokers, along with their loved ones. “It is so important for smokers to dispose of their cigarettes responsibly, outside, in a can filled with sand,” said State Fire Marshal Peter Ostroskey in a joint statement with the Newton police and fire chiefs and the Middlesex district attorney.

The safest way to dispose of smoking materials is in a metal can with wet sand or ashy. Smoking materials should not be left in mulch, leaves, trash or plastic flower pots, as fire can get a head start before anyone is aware of the danger.

All over residential buildings in towns across Massachusetts, cigarette butts dot the sidewalks and entrance of the apartments. Smoking materials caused 5 percent of reported home fires, 21 percent of home fire deaths, and 10 percent of home fire injuries. According to NFPA’s report mentioned above, exterior balcony or unenclosed porch, bedroom and living room are the top three leading areas of origin in home structure fire started by smoking materials.

In April, a discarded pack of cigarettes near an entrance started a three-alarm fire in Newton, which left a 62-year-old man dead. According to State Fire Marshal’s statement, the man smoked frequently near the entrance to his basement dwelling beneath the first-floor deck of his home, where the fire originated.

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The safest way to dispose of smoking materials is in a metal can with wet sand or ashy. Smoking materials should not be left in mulch, leaves, trash or plastic flower pots, as fire can get a head start before anyone is aware of the danger.

Li said the best way to diagnose osteoporosis is through the bone mineral densitometry, especially those who had fractures or are over 50. Treatment includes exercise, calcium and vitamin D supplements, or oral estrogen therapy. Li also suggested seniors make small changes to their lifestyle, such as eating calcium-rich foods, doing weightbearing exercises, or checking bone density after menopause for women.

The next breakfast seminar on dementia and mental health will be held July 25 at Tufts Medical Center’s Asian Health Initiative (AHI) has worked with the Chinatown community to address health needs for over two decades. The AHI identifies health priorities from public health data, community engagement and advisory committee feedback. With community partners, the AHI has addressed various health priorities over the years, including chronic disease, mental health, family violence and promotion of healthy lifestyles. Community partners are presently focused on the harmful effects of smoking, including smoking cessation, prevention and education.

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Tanám opened its food and arts space this January in Somerville’s hip Bow Market. I enjoyed the Wednesday-only kamayan, Tagalog for “hand,” for a communal Filipino American meal eaten with your hands. Reservations are at 5 p.m. and 7:30 p.m. for $70 per person, paid in advance.

Chef Ellie Tligao is Filipino American and laid out the meal with her staff, starting with a long mound of perfectly cooked Japanese rice. They placed lobsters, raw oysters, butter fish, vegetables, roasted pork belly, dipping sauces, lumpia (fried rolls) and fresh mango. Together, the food made a gorgeous array of color. The space is cozy, with a sink for diners to wash their hands beforehand. For kamayan, the table is covered in green banana leaves. We enjoyed chatting with a pair of friends across from us.

The New England elements of our tasting were six large lobsters, raw oysters and fried butter fish. A sweet garlic vinegar for the oysters was delicious. The shell-on cooked lobster was delicious, with plenty of meat in mine. Our butter fish was butterflied and delicious with the array of dipping sauces.

The pork-fried lumpia were irresistable with its coconut vinegar and hot chili sauce. The adobo chicken wings were a hit, packed with flavor. You couldn’t have just one. Pork belly had crispy skin, which was delicious with the housemade sauces. There was a pig liver puree and black pepper sauce, and a fermented shrimp sauce that was reddish-black in color.

A big bowl of kabocha, or Japanese pumpkin, was flavored with ginger coconut milk and mashed. It was topped with Shanghai bok choy, eggplant and long green beans twisted into loops.

I was sad to end the meal. Tanám offers great food and an unforgettable dining experience.

BY ANNA ING

Tanám’s kamayan on Wednesdays is an elaborate feast, with lobster, pork belly, butter fish, oysters, lumpia, kabocha, green beans, eggplant and fluffy rice. (Image courtesy of Ling-Mei Weng.)
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