Chinese elders face hurdles to settle in America

BY BELLA CHEN

Imagine this: You live where you were born and raised for almost 60 years. You have a comfortable life with your wife, your child and your parents in your own house.

You heard your neighbor honked on the boat to America and to start a business there. You hear about the American Dream: A place that you could make more money and where you could give your family a better life.

You want to go, but people say how it is risky to give up your properties for a place far from home. You don’t know the language. You could lose everything.

Would you take the risk?

While the scenario sounds like a movie plot, it was reality for many Chinese immigrants who were the first person in the family to settle in America. Boston’s Chinatown has been a Chinese enclave for more than 100 years, but it wasn’t until the 1882 Chinese Exclusion Act was dismantled in the 1950s that its Chinese population grew. Today, Chinese communities are active in downtown Chinatown, Malden and Quincy.

Jilan Chang immigrated to Malden from Fujian in the 1990s.

“In 1950 when the Chinese Civil War finally ended, people in the southern coastal provinces such as Fujian and Guangdong wanted to move to America to pursue what we called ‘American dreams.’ Chang said. “One day, people started to say that if we move to America and try to stay long enough until we get the green card, we can lead a better life. That’s why I decided to come.”

Learning English

Knowing English is crucial to surviving in the United States. But not all Chinese immigrants know English before settling here.

Chang came by himself to America first, sharing an apartment with several men and working in a restaurant.

“Almost 80 percent of Chinese immigrants came from a peasant background at the time. People thought that at least working in a restaurant was better than growing crops back home,” Chang said.

Immigrants from comfortable circumstances also end up working in low-paying jobs because of limited English.

In China, Ray Luo’s life was comfortable. His parents owned a business and he never worried about finances. When he was 18, his parents moved to Boston.

“My mother worked as a housekeeper; she never did any work like that before and I was surprised that she can actually do that job,” Luo said. “My dad never worked before besides becoming his own boss, and he worked at a supermarket.”

CONTINUED ON PAGE 5
Event Calendar

Fall family fun Sept. 20 to Nov. 3 9 a.m. to 7 p.m. 30 Valley Road Danvers, MA 01923 Fall family fun with apple and pumpkin picking will take place at Connors Farm. For more information, call (978) 777-1245, email info@connorsfarm.com or visit connorsfarm.com.

Free parenting workshop Every Friday 10 a.m. to noon 1458 Hancock St, Unit 306 Quincy, MA 02169 A 12-week Parenting Journey workshop will take place at BCNC Quincy for parents of children 0-6. Free childcare and refreshments. Register at (617) 635-5129 x 1020, email mandy@bcnc.net or online at https://forms.gle/2EP8yHumCxpN4f7.

Chinatown history tour Thursday, Sept. 5 6 p.m. to 7:30 p.m. 2 Boylston Street Boston, MA 02116 Join the Chinese Historical Society of New England (CHSNE) on Chinatown History Tour, a 90-minute walking tour starting at the China Trade Building.

First-time homebuyer classes Sept. 21 to 22 9 a.m. 38 Oak Street Malden, MA 02148 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@acdnyc.com or visiting https://asianacdc.org/

Breakfast workshop Saturday, Sept. 21 10 a.m. to 11:30 a.m. 11 Dartmouth Street Malden, MA 02148 A free breakfast workshop on community engagement and home buying will take place at ACDC Malden. Register with Terry Yin at (203) 893-7963 or email outreach.malden@asianacdc.org.

Harvard Chinatown English Every Saturday and Sunday 11 a.m. to 1 p.m. 25 Francis Avenue Cambridge, MA 02138 Free English classes for Chinese speakers. Classes for Mandarin speakers take place Saturdays and Sundays at Harvard University’s Vassar Hall 2F. Classes for Cantonese speakers take place Sundays at the Chinese Consolidated Benevolent Association 2F at 90 Tyler Street, Boston, MA 02111. Contact chinatownexpl@phgha.org and learn more at www.hks.harvard.edu/chesl/index.html.

English for college or job training Monday, Sept. 23 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. Call (617) 426-9492 x 250 or email intake@aacu-boston.org.

Advanced English for jobs Monday, Sept. 23 8:30 a.m. to 11 a.m. 87 Tyler Street Boston, MA 02111 The Asian American Civic Association’s Career Advancement for Professionals program is for people with a degree from their association’s Career Advancement program to attain a job related to their field of study.

Dance with Parkinson’s classes Every Tuesday 10:30 a.m. to noon 1180 Washington Street Boston, MA 02118 Free dance class designed specifically for those living with Parkinson’s Disease at Urbanity Dance.

Water drop teahouse Tuesday, Sept. 24 6:30 p.m. to 9 p.m. 677 Huntington Avenue Boston, MA 02115 Water Drop Teahouse offers light vegetable dishes, coffee and tea at the Fo Guang Buddhist Temple.

Chinese chat group Tuesday, Sept. 24 6:30 p.m. to 9 p.m. 677 Huntington Avenue Boston, MA 02115 A Mandarin conversation group will meet at the Harvard T. H. Chan School of Public Health, Keating East 2F. RSVP at www.meetup.com/bostonchinese/.

CCBA meeting Tuesday, Sept. 24 7 p.m. 90 Tyler Street Boston, MA 02111 The Chinese Consolidated Benevolent Association will hold its bi-monthly meeting.

Financial aid assistance Wednesday, Sept. 25 9 a.m. to 5 p.m. 87 Tyler Street Boston, MA 02111 Get free assistance on college planning and applying for financial aid towards higher education. To make an appointment, call (617) 426-9492 x. 0.

Malden mayoral forum Wednesday, Sept. 25 6 p.m. to 8:30 p.m. 7 Washington Street Malden, MA 02148 A forum for Malden mayoral candidates will take place at the Malden Senior Center.

Breakfast seminar Thursday, Sept. 26 9:30 a.m. to 11 a.m. 120 Shawmut Street Boston, MA 02128 All are welcome to attend at the BCEC auditorium, the former Sons of Korea Manor location. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

PAAACA mixer Thursday, Sept. 26 5 to 7:30 p.m. 821 Washington Street Boston, MA 02111 Professionals in Alliance for AACCA will hold a young professional networking event at the DoubleTree Hotel. Register with tgay@aacca-boston.org.

Citizenship Day Saturday, Sept. 28 1350 Tremont Street Roxbury Crossing, MA 02120 Citizenship Day will take place at the Reggie Lewis Track and Athletic Center. Register by calling (617) 694-5949 or visiting www.projectcitizenship.org.

Free health seminar Saturday, Sept. 28 10 a.m. 38 Oak Street Boston, MA 02111 A free monthly interactive health seminar on respiratory disease will take place at the Metropolitan community room. Refreshments provided. RSVP with May Lui at (617) 482-2380 x #212 or may.lui@asianacdc.org.

Experience Chinatown Arts Festival Saturday, Sept. 28 1 p.m. to 4 p.m. 99 Albany Street Boston, MA 02111 The Experience Chinatown Arts Festival will take place at the Pao Arts Center, Chin Park and Hudson Street.

SaturPLAY Saturday, Sept. 28 11 a.m. to 3 p.m. Mary Soo Hoo Park A play session will take place at the Chinatown gate, next to the Chinatown gate.

English classes Monday, Sept. 30 8:30 a.m. to 1 p.m. 78 Harrison Avenue Boston, MA 02118

BCEF auditorium, the former Sons of Korea Manor location. Refreshments provided. For more information, call Terry Yin at (203) 893-7963.

SAMPAN is New En gland’s only biling ual English-Chinese newspaper. SAMPAN fosters global diversity. Founded in 1972, SAMPAN is published by the Asian American Civic Association. SAMPAN is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax deductible: sub- subscription: $65/year (1st class mail), $55/year (3rd class mail). The reproduction, in whole or in part, of any information contained herein is forbidden without the express written permission of the publisher.
Chinatown Coalition met Sept. 12 at the Boston Chinatown Neighborhood Center to discuss issues affecting communities of color, such as housing and immigration. The discussion was moderated by WCWB's Director of Public Affairs and Community Service Karen Holmes Ward.

With a preliminary election looming, all the candidates discussed plans to bring change to the community.

Rent control was a proposal which received support from many candidates, since Boston is one of the fastest gentrifying cities in America for housing cost.

“I fully support overturning the state-wide ban on rent control,” said Councilor Michelle Wu.

Wu added tenants need legal representation, and affordable housing units they could actually afford. She proposed to take development back to the control of the people.

Her colleague Councilor Annissa Essaibi-George had a different view on rent control.

“We’ve tried it in Boston and it hurts our families,” Essaibi-George said.

“When rent control is in place, it only benefits large property owners who know how to work the system and gave exemption to the rules that rent control put in place. Our work should be around creating and securing affordable units in the city of Boston.”

Candidates also expressed their support for undocumented residents in the city.

Julia Mejia, whose mother was undocumented for a period of time, said there was more Boston could to create a safer environment for undocumented residents. She emphasized public schools should stop sharing information with U.S. Immigration and Customs Enforcement.

“The first thing my daughter ask me [after President Trump won the election in 2016] was if she was going to have to leave the country. She was 6 years old at the time. The fact that that was her first question says the stage of fear that so many of our undocumented families live in every single day,” Mejia said.

Councilor Michael Flaherty spoke about enhancing the Boston Trust Act, a city ordinance on the work of local law enforcement officials with federal immigration agents.

“I’m calling for each city department to have, print and decimate information in all the languages that are spoken in Boston. Every voice in our city matters and should count,” Flaherty said.

The primary election for the four at-large seats held by incumbents Althea Garrison, Essaibi-George, Flaherty and Wu will take place Sept. 24. The 11 challengers are: Domingos DaRosa, Michel Denis, Priscilla Flint-Banks, Erin Murphy, David Halbert, Martin Keogh, William King, Herb Lozano, Julia Mejia, Alejandra St. Guillen and Jeffrey Ross.

Eight of the 15 candidates will make it to the Nov. 5 ballot.

Residents weigh in on digital signs

BY LING-MEI WONG

A community meeting on digital signs in greater Boston took place Sept. 17 at One Greenway.

Melissa Teng of the Emerson Engagement Lab said the five Chinatown signs from Soofa have more bilingual information on the back with project descriptions. Three locations were highlighted: the Chinatown Gate, 665 Washington Street and 9 Boylston Street.

Technology startup Soofa's signs are part of a three-month pilot in Boston. Content for the signs can be submitted online and are reviewed by Soofa team.

Community organizations can sign up for free, while businesses can pay to sign up.

Pedestrian traffic is measured by Wi-Fi signals from mobile phone, which are encrypted. The solar-powered kiosks are intended to be neighborhood newsfeeds, said Charlotte Warne of Soofa. Content includes local events and real-time public transit information.

For questions about posting or assistance to post content, individuals can contact Warne at (914) 261-8694 or at www.soofa.co.

Hebrew Seniorlife Home Care has two great opportunities for an RN wanting to working with elders in a community based setting.

- RN Consultant – bilingual Chinese/English Speaking – per diem located in Brighton

This RN consultancy clinic role utilizes the nursing process and focuses on true collaboration with care recipients by understanding what matters most, offering teaching on disease process, medication use and community resources to optimize the elders ability to remain living independently in the home.

Currently located in Brighton opportunity for growth to other similar housing sites is anticipated.

Work in a collaborative setting with a Mission focused on elder wellness and what matters most.

- RN Manager/Field Supervisor – full time - Office space in Brookline

Great leadership opportunity to work in community with elders and their caretakers. The right candidate for this role partners with caretakers and case managers to assure elders are receiving the right level of care at the right time in their home.

This opportunity represents an important component of HSL's deep commitment to elder care and offering a cross continuum of services for elders to remain at home.

Please contact Annmarie Pisani at 781-234-9355 or annmariepisani@hsl.harvard.edu
The Asian Health Initiative (AHI) of Tufts Medical Center met August 8 at the downtown hospital. To promote tobacco cessation, it awarded three-year grants to six neighborhood organizations who serve the Chinatown community. Each organization reported on their efforts for January to June.

The AHI community partners for 2017 to 2019 are the Asian American Civic Association, Boston Asian: Youth Essential Services, Boston Chinatown Neighborhood Center, Greater Bos ton Neighborhood Health Center, Josiah Quincy Elementary School and the Rose Kennedy Greenway. Together, the partners surveyed more than 400 community members.

Boston Asian: Youth Essential Services is educating high school students on tobacco, who developed a “Choose Health” campaign.

The Josiah Quincy Elementary School taught 379 students in grades K-5 about smoking prevention and its harmful effects.

The Greater Boston Chinese Golden Age Center held health workshops for seniors and employees, reaching 116 Chinese-speaking adults. Boston Chinatown Neighborhood Center developed its Smoke Free Chinatown project to educate staff, adult students and daycare children about smoking.

The Asian American Civic Association (AACA) is working with the Greenway, a community health board to create a “Healthy Chinatown project to educate staff, adult students and daycare children about smoking.

The AACA publishes the Sampan Newspaper, with health content funded by AHI. Sampan published 39 health stories for the six-month period, with more than 7,000 views online.

Chinatown crime blotter for Sept. 6 to 20

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Sept. 6 to Sept. 20 for District A-1, which includes Chinatown.

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

Assault & battery with deadly weapon Sept. 8, 9:31 a.m.: The victim reported he was stabbed in front of CVS on Washington Street by an unknown suspect. He was transported to the hospital.

Larceny Sept. 16, 5:30 p.m.: The victim reported an unknown person stole his bicycle that was locked to a pole on Oxford Street.

Assault & battery Sept. 16, 10:38 p.m.: The victim reported the suspect followed her from the T station on Washington Street and pushed her for no reason.

The suspect fled prior to police arrival.

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BY THE BOSTON POLICE DEPARTMENT

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Chinatown crime blotter for Sept. 6 to 20

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Sept. 6 to Sept. 20 for District A-1, which includes Chinatown.

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

Assault & battery with deadly weapon Sept. 8, 9:31 a.m.: The victim reported he was stabbed in front of CVS on Washington Street by an unknown suspect. He was transported to the hospital.

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Chinatown crime blotter for Sept. 6 to 20

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from Sept. 6 to Sept. 20 for District A-1, which includes Chinatown.

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Chinatown crime blotter for Sept. 6 to 20

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Tufts lab reports on research and safety

BY LING-MEI WONG

The Institutional Biosafety Commit-
tee of Tufts University Medical Center held a community meeting Sept. 5 at the Behrakis Auditorium. The committee meets about research at Tufts University’s biosafety level 3 (BSL-3) lab on Harrison Avenue, which conducts tuberculosis research funded by the National Institutes of Health. It is the only biosafety lab in Chinatown and one of 10 in Boston.

BSL-3 labs study infectious diseases which are curable, said Chelsee Thorpe, associate professor of medicine at Tufts University. BSL-3 lab began tuberculosis research in 2015. Two research teams are in the lab, which has three workrooms, said John Long, chair of the department of molecular biology and microbiology for Tufts University School of Medicine.

“One team is trying to develop new combinations of drugs to work better to-gether with any single drug alone,” Le-
ong said. “Another investigator’s study of the tuberculosis bacterium’s growth is going well.”

Tuberculosis is prevalent, with about one-third of the world’s population hav-
ing latent tuberculosis — people are in-
fected by tuberculosis bacteria but are not yet sick, nor can they transmit the disease. Tuberculosis caused 10 million people to fall ill and 1.6 million deaths in 2016, according to the World Health Organization.

ELDERS: Chinese immigrants face hurdles

CONTINUED FROM PAGE 1

People who with limited English abil-
ity have to find jobs or homes through Chinese agencies or relatives, often stuck in jobs until retirement.

Mira Jin, an adult education consult-
ant at Boston Chinatown Neighborhood Center (BCNC), said that “It was really hard for Chinese immigrants to learn proper English without any support.”

Jin remembered an English student who emigrated from China at age 35 to join his family. After two years, the student found a job at a local candy fac-
tory. “Although it was a job that didn’t require a lot of skills, the transformation he went through really made us feel like we helped them to adapt to society,” she said.

Chinese parents, American kids

It is easy to understand people who came from a peasant background want-
ing a better life. But what about those from a comfortable background, like the Rao family? What made them leave their family but also a better education for their children.

Jenny Chiang, executive director of the Commonwealth Seminar, invited Ya-
mamoto to share.

“Three of my grandparents were interred in a camp after World War II, because I am finding history repeat-

September 20, 2019

The Vue at Maynard Crossing

Affordable Housing Lottery

The Vue at Maynard Crossing

12 Digital Way, Maynard MA

Thirteen 2BRs $1,601*, Nine 2BRs $1,743*

*Rents subject to change in 2020. Tenants will be responsible for paying utilities: gas

The Vue at Maynard Crossing is a 180-unit rental apartment community located on 12

Digital Way in Maynard. There will be 22 affordable apartments ready for occupancy

starting in the Fall of 2019. All affordable apartments will be rented to households with

incomes at or below 80% of the Area Median Income. In order to be eligible to purchase one of these homes,

at least one member of the Household must be 55 years of age or older.

This is a lottery for the 5 affordable duplex units being built at Forest Glen Estates located at Spring

Hill Drive and Walter Edwards Street in Uxbridge, MA. All 5 homes will be sold at an affordable

price to households with incomes at or below 80% of the Area Median Income. In order to be

eligible to purchase one of these homes, at least one member of the Household must be 55 years of age or older.

The Lottery eligible households will be held on November 15th, 2019, at 6pm in the Trus-

kitchen area as well as a summer kitchen.

MAXIMUM Household Income Limits:

$62,450 (1 person), $71,400 (2 people),

$88,380 (3 people), $80,250 (4 people)

Completed Applications and Required Income Documentation must be delivered, or

postmarked, by 2 pm on October 25th, 2019. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

The Lottery will be on November 5th, 2019, at 6pm in the Trustee Room in the Maynard Library (27 Nassau Street, Maynard, MA 01754)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com or call (978) 752-4747 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services

Applications and Information Packets also available at the Maynard Public Library on 77

Nassau St. M-F 10am-6pm; Tues-Thurs. 2pm-6pm; Wed (10am-9pm) Sat/Sun. (closed)

Margaret Yamamoto spoke about the Japanese-American internment Sept. 12 at the Boston Foundation. (Image courtesy of Yaling Hou.)

Japanese American internment

finds parallels today

BY YALING HOU

A friendly and diverse group of non-
profit leaders and community members

gathered in a conference room Sept. 12

at the Boston Foundation. They gathered to listen to guest speaker Margaret Yamamoto address a dark

historical time in 1940s America: the Japa-

ese American internment. Issei, Nisei and Sansei were in attendance, describing the first, second and third generations of Japanese immigrants in America.

“I started to give this talk 10 years ago, because I am finding history repeating itself,” Yamamoto said. “It’s impor-
tant to learn the lessons of mistakes that we had made in the past. Unfortunately, not everyone is learning that lesson and that is kind of frightening.”

Yamamoto’s slideshow featured fam-
ily photos and national archives to show what happened to her family. They sur-

vived mass imprisonment in World War II, when Yamamoto was 2 months old in diapers and her family was forcibly relo-
cated to Arizona.

Yamamoto’s parents and her three siblings were incarcerated in camps after the 1941 attack on Pearl Harbor. These American citizens of Japanese descent were blamed and the American govern-
ment doubted their loyalties.

People were forced to leave their homes within 48 hours. They were moved into camps located in remote areas with temporary housing until the war ended in 1945.

Executive order 9066 signed by Presi-
dent Franklin Roosevelt affected the lives

about 117,000 Americans of Japanese ancestry — the majority of whom were American citizens.

Leverett Wing, executive director of the Commonwealth Seminar, invited Ya-
mamoto to share.

“She and I had known each other for

20 years. I asked her about would she

mind to share it in the seminar because the topic unfortunately is still relevant today,” Wing said.

Commonwealth Seminar is a nonprofit organization working to increase repre-
sentation of underserved communities.

Jenny Chiang, executive director of the Asian American Commission, said, “They were not valued as humans. And the racism still exists.”

Also nearby are Taft Memorial Park, Blackstone River and Canal Heritage State
Park, and the Blackstone River Greenway, which offer excellent hiking, walking and sightseeing. Residents will also be near to Southwick’s zoo, public golf, and will have easy access to both Providence and Worcester via Rt 146.

Maximum Household Income Limits:

$52,650 (1 person); $60,480 (2 people); $67,950 (3 people); $75,480 (4 people); $83,500 (5 people)

Maximum Household Asset Limit is $273,000.

Completed Applications and Required Income Documentation must be received, or postmarked, by 2 pm on October 25th, 2019. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

A Public Info Session will be on October 1, 2019 at 6 pm in the Lower Town Hall Meeting Room, 21 South Main Street, Uxbridge, MA. Applications and Information Packets also available at the Uxbridge Free Public Library (open M & Th 9-10, Tues & Wed 10-3:30, Fri 9-2 Sat & Sun: closed)

For Lottery Information and Applications, or for reasonable accommodations for persons with

disabilities, go to www.s-e-b.com or call (978) 762-6140 (toll) and leave a message.

Free translation available. Traduction gratuite disponible.

Uxbridge Affordable Housing Lottery

Forest Glen Estates

www.s-e-b.com

$195,700 for a 2BR Duplex (condo fees is $95/mo)

The first affordable home will be ready for occupancy in the Fall of 2019. The other four homes are expected to be ready in the Summer and Fall of 2020.

This is a lottery for the 5 affordable duplex units being built at Forest Glen Estates located at Spring Hill Drive and Walter Edwards Street in Uxbridge, MA. All 5 homes will be sold at an affordable price to households with incomes at or below 80% of the Area Median Income. In order to be eligible to purchase one of these homes, at least one member of the Household must be 55 years of age or older.

One of the five affordable homes is 1400 square feet and the other four homes are 1500 square feet. All units feature 2 full baths, two car garages, forced hot air heating, carpeted bedrooms, hardwood finished living, dining and kitchen areas, and full unfinished basements. Forest Glen is located a short distance from area attractions which include the town center and area shopping and restaurants. Also nearby are Taft Memorial Park, Blackstone River and Canal Heritage State Park, and the Blackstone River Greenway, which offer excellent hiking, walking and sightseeing. Residents will also be near to Southwick’s zoo, public golf, and will have easy access to both Providence and Worcester via Rt 146.

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$52,650 (1 person); $60,480 (2 people); $67,950 (3 people); $75,480 (4 people); $83,500 (5 people)

Maximum Household Asset Limit is $273,000.

Completed Applications and Required Income Documentation must be received, or postmarked, by 2 pm on October 25th, 2019. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

A Public Info Session will be on October 1, 2019 at 6 pm in the Lower Town Hall Meeting Room, 21 South Main Street, Uxbridge, MA. The lottery will be on Nov. 18th, 2019 at 6pm in the Lower Town Hall Meeting Room, 21 South Main Street, Uxbridge, MA. Applications and Information Packets also available at the Uxbridge Free Public Library (open M & Th 9-10, Tues & Wed 10-3:30, Fri 9-2 Sat & Sun: closed)

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.s-e-b.com/lottery or call (978) 762-6140 (toll) and leave a message.

Free translation available. Traduction gratuite disponible.
What is a stroke?

BY DR. LESTER LUNING AND KATE SKELLS

Stroke is a very common disease that can lead to permanent disability or death. It can affect anyone, at any age, at any time.

A stroke is an injury to the brain caused by problems with blood flow. The brain controls all parts of the body. Blood vessels support the brain by bringing it oxygen and nutrients. If the blood vessel cannot bring blood to part of the brain, that part of the brain can be damaged and cause you to lose the ability to do what that part of the brain controls. This injury can occur when a blood vessel is blocked (ischemic stroke) or when a blood vessel bursts and leaks (hemorrhagic stroke).

Can stroke be treated?

Yes! We can treat stroke up to 24 hours after your symptoms start and possibly stop further injury. However, millions of brain cells die every minute that passes.

DO NOT WAIT to come to the Emergency Department. If you develop any stroke symptoms, call 911 immediately.

What are common signs of stroke?

Remember to BE FAST when stroke symptoms appear:

B: Balance – Do you keep losing your balance?
E: Eyes – Did you lose part of your vision?
F: Face – Is your face drooping or not moving on one side?
A: Arm – Is your arm, leg, or both weak on one side?
S: Speech – Are you having difficulty speaking?
T: Time – It’s time to act! Stroke is a medical emergency. Call 911 immediately and go to the emergency department.

How can I prevent a stroke?

It is important to control your risk factors for stroke. These are habits and health issues that you can change. You can lower your risk for stroke by:

• Stop smoking cigarettes.
• Control your blood pressure.
• Lower your cholesterol.
• Control your blood sugar.
• Ask your doctor about your goal numbers for blood pressure, cholesterol, and blood sugar.
• If your doctor has prescribed you medications for blood pressure, cholesterol, or diabetes, take them every day according to the doctor’s instructions.
• Eat a balanced diet of fruits, vegetables, whole grains, meat, and dairy.
• Stay physically active. Participate in regular exercise, such as walking, swimming, or riding a bike.
• Limit your alcohol intake.

The Stroke Center Team at Tufts Medical Center has created a Stroke Symptoms Triage Tool in Traditional Chinese to help you communicate symptoms to medical care providers. Use the tool to point to the symptoms you are feeling. We will also use translator services to help find out more about what you are experiencing.

If you’d like to learn even more information about strokes, BE FAST, and how to decrease your stroke risk, please visit tuftsmedicalcenter.org/stroke.

Self-care for the secret caregiver

BY THE ASIAN AMERICAN JOURNALISTS ASSOCIATION AND AARP

I am a secret caregiver. I care for my aging mother; secret because no one knows she is fighting for her life. Like many immigrant Asians, the word “cancer” strikes fear. It’s bad luck to even say the word. You think that since my mother went to medical school, she could speak openly, candidly, and rationally about it, and she can — when it’s someone else’s. Friends seek her medical advice, but she still has not told anyone outside of her primary caregivers that she herself is preparing for chemotheraphy after many surgeries and different types of radiation treatment.

Being a caregiver was a sneaky process for me. It began with minor tasks: helping with some translations, making doctor’s appointments, and dealing with the pharmacy.

Then she realized there was something serious going on, but she would only drop hints cryptically in Mandarin Chinese like, “I feel a little strange.” After several months of my trying to understand what was happening, I was frustrated and angrily demanded that she allow me to accompany her to her next doctor’s visit.

She argued with me for a while, before she finally relented.

Her doctor took one look at me and said in Chinese, “Your mother doesn’t listen to me.” He showed me test and biopsy results, lab reports, and images startling even for someone like me, with no medical background.

“Please,” he pleaded with me in English, so I would understand the gravity and urgency of his words. He agreed to help your mother schedule her surgery. I gave her a referral months ago and it’s still not done. I didn’t know what to do other than to ask you to come in.” Out of exasperation, he had asked her to bring a family member to the next appointment. Mom hadn’t reported to my badgering, but her doctor’s. Sometimes when I can’t sleep at night, I wonder if she would have ever told me if it hadn’t been for her.

I turned the probability of a significant appointment would point to this day. I became her caregiver, but it wasn’t until months later that it dawned on me. This responsibility was mine and not going away. The epithany came as I was creating a new shared calendar so we could better manage her appointments and medications.

I now realize that my mom knew on some level she had something serious. After all, it was she who discovered the suspicious lump. She was the one who demanded the labs and tests showing something to be concerned about. Yet as the facts flood ed in, her training switched off and her memory was replaced with a blank expression. Unable and she was too emotionally paralyzed to follow her own advice.

A couple of years ago, I became a parent. I went into the role of caregiving for an infant with joy and eager anticipation. Little did I know that soon, I would also be (much less joyously and not-at-all eagerly) caring for my mother, as well. I un willingly became a member of the sand wish generation: responsible for bringing up our children and caring for their aging parents.

I sometimes joke that it is easier to care for a 2-year-old than for a 72-year-old, but it’s actually the truth. For one thing, you just can’t make an adult do what you want him to do. For another, not only are there various options for child care, but others know how hard it is and offer to help.

When your mother doesn’t even tell her sister or best friend she is sick, the burden of care falls squarely on you. It falls on me, her secret caregiver. I let my mom tell her friends she spends so much time with me because she is too busy and frustrated, and angry. And when that is true some of the time, one look at our secret shared calendar would tell you that the bulk of our time together is for her health care needs.

Months flew by and my life changed dramatically to revolve around my mother instead of my child or my career. The words “self-care” hadn’t entered my mind because I was always worried about “Mom care” or “baby care” first.

One day, while I was waiting for my mother at the cancer center, I noticed a poster for a weekly caregiver support group meeting. I surreptitiously scheduled my mom’s next physical therapy session for the same time.

The week’s session, I was grateful that I didn’t recognize anyone. I felt my burden being lifted as I walked into that room. I gave my secret to strangers whose experiences were so similar, that they did not feel like strangers at all. Listening to their stories made me realize that while my specific journey is unique, I am never alone on this path.

My mom wasn’t telling anyone what she was going through. It became my job to tell anyone who was going through it. The biggest piece of self-care I gave myself was permission to talk about my situation with specific friends. These people outside my extended family and my mother’s social circles allow me to talk openly, while honoring her wishes for pri vacy. Sometimes a secret is unknowable, freeing one like a cancer. Sometimes its care is simply to uncover it.
Mural “Tale of an Ancient Vase” was unveiled by artist Bryan Beyung Sept. 6 at 23 Tyler Street. The modern illustration was based on the tale of Emperor Shun, who created porcelain from clay and bamboo. Despite a difficult childhood and tense relations with his mother-in-law, Beyung said. A “double happiness” Chinese character used for weddings is split, to symbolize his household disharmony, along with a cracked bowl. The top left shows the nine sons of the previous emperor. On the right is spotted bamboo, elephants on the bottom and mangoes, Beyung’s favorite childhood dessert.

The background of the mural provides a timeline of Emperor Shun’s life, Beyung said. “A double happiness” Chinese character used for weddings is split, to symbolize his household disharmony, along with a cracked bowl. The top left shows the nine sons of the previous emperor. On the right is spotted bamboo, elephants on the bottom and mangoes, Beyung’s favorite childhood dessert.

Community photographers captured images for exhibition “Inside Chinatown” at the Pao Arts Center, which opened Sept. 12. Inside Chinatown featured photography by 11 Chinatown community members who used photography to not only share the experiences, challenges and successes found in their community, but also to author their own history of what it means to work and live in Boston’s Chinatown.

“I’ve never done anything creative like this before and I’m so excited to show off my home of seven years,” said Ying-yan Liang. Liang is attending college.

Community photographers were K.C., Qianying Guan, B.K., Barney Ko, Liang, Kim Sit, Angela Soo Ho, Heman Tang, Justine Wang and Warren Wong. Photographs were submitted as part of a class taught by UMass Boston staff Loan Dao and Izabella Villanueva, with support from Pao Arts Center staffers Cynthia Woo, Vanessa Woo and Claire Freeman.

The exhibit will be up until Dec. 7.

ELDERS: Chinese immigrants face hurdles

CONTINUED FROM PAGE 5

Lee’s parents worked in a restaurant because of limited English ability. “I am pretty much an American. I learned English as my first language and American culture as well since I was little,” said Lee, but “My parents didn’t know anything about Halloween or Christmas, so I had to figure that out by myself.”

So saw firsthand emotional health issues among adult Chinese immigrants, such as anxiety and mood disorders. Professor Heather May, a psychology professor at Emerson College, said emotional issues stem from the Chinese community’s collectivist culture. “Because there is a feeling like they can just say that,” said Chang. Chang has no regrets. “For me, it is priceless,” he said.

The “Inside Chinatown” photography exhibit kicked off Sept. 12 at the Pao Arts Center. Photographer Kim Sit posed with his images. (Image courtesy of Ling-Mei Wong.)
Sichuan Gourmet owner shares journey, hometown tastes

BY JASMIN LAW, FELICIA CHEN AND KINSEY YOW

Sichuan Gourmet specializes in fiery cuisines from Wang's hometown of Chengdu. (Image courtesy of Sichuan Gourmet.)

Wang Wen works at Sichuan Gourmet. As an immigrant from Chengdu, China who came in 1990, he opened the restaurant with friends. He answer questions about the American Chinese restaurant industry and his experiences.

When did you immigrate to America?

I was born in the 1960s. I came to the United States in 1990, and opened Si-chuan Gourmet in 2010. When I came, I was an international student. After studying biology and then switching to computer science, I finally chose management.

In the restaurant business, what do you think is the hardest thing?

I think the hardest thing is employee management and inventory management.

What is your favorite dish?

My favorite dish is double-cooked bacon from my hometown.

Why did you want to start your restaurant?

It was difficult to find a job after graduation, so I opened a Chinese restaurant with my friends. I wanted to introduce authentic Chinese food to people who only know American Chinese food.

When did you start to love cooking?

When I was a child, I learned cooking from my parents. Now I like to make my children and others happy with my food.

Where do you get your recipes from?

Most of the recipes are family recipes; for example, old Sichuan chicken, this is a modified version of General Tao’s chicken. We saw how popular General Tao’s chicken is, so we used it to make new dishes.

What do you love about your job and why?

I love talking with people. I’m never bored.

Who taught you how to cook? Did you go to culinary school?

It was my parents who taught me to cook. I have never been to a cooking school. You don’t need to go to the cooking school to open a restaurant.

What other Chinese restaurants do you like in Boston?

I enjoy Cantonese style food and seafood. If I had to choose a Cantonese restaurant, I like, I would choose Jade Garden.

Are they family recipes or trial and error?

Most of the recipes are family recipes. In Chengdu, many families have their own recipes. We also create our own recipes; for example, old Sichuan chicken, this is a modified version of General Tao’s chicken. We saw how popular General Tao’s chicken is, so we used it to make new dishes.

Do you like American Chinese food? Are there any of these dishes in your menu?

I do not like American Chinese food, but I keep it on the menu because I have to cater to customers and keep business going.

What cooking experience did you have before opening Sichuan Gourmet?

Before opening Sichuan Gourmet, I worked in other restaurants, so I can learn how restaurants operate.

Jasmine Law, Felicia Chen and Kin-sey Yow are students at Northeastern University.

Malden celebrates Mid-Autumn Festival

BY YALING HOU

Chinese Culture Connection (CCC) celebrated a Chinese traditional festival Mid-Autumn Festival and CCC’s 20th anniversary of relocation in Malden on Sept. 14 at the Malden Public Library. Residents, guests, Malden Mayor Gary Christenson and city councilors joined the celebration. Mei Hung, CCC executive director, thanked local supporters.

“...to understand and appreciate Chinese culture and enjoy other cultures around all of us,” Hung said.

Freshly made mooncakes were sampled, along with a calligraphy demonstration and crafts for all ages. Volunteers Thao Mi, Anne Zhao, Grace Dong and Karina Chung were awarded certificates from the CCC and the White House honoring their community service.

Asian American Day celebrates culture

BY YANXUAN LI

The 9th Asian American Festival took place on Sept. 15 in the Henderson House in Weston. The event celebrating Asian American cultures and traditions featured art exhibits.

The 9th Asian American Festival took place on Sept. 15 in the Henderson House in Weston. The event celebrating Asian American Day celebrates culture with Mayor of Malden Gary Christenson (second left). (Image courtesy of Yaling Hou.)

Yung-Chi Sung (second right) wrote Chinese calligraphy Sept. 14 at the Malden Public Library, (Image courtesy of Yaling Hou.)

Residents, guests, Malden Mayor Gary Christenson pledged, along with a calligraphy demonstration and crafts for all ages. (Image courtesy of Sichuan Gourmet.)