

Filipino Nurses Share Their Struggle of Working in U.S.

How Some Get Stuck in Tough Jobs Other Workers Won't Take

By Ava Belchez

Ofelia Solem is the president of the New England Chapter of the Philippine Nurses Association of America and works for a major hospital in Boston. But not so long ago, she was a frantic caretaker – working per diem in a nursing home, while also working at a long-term acute care hospital in Roxbury. To make more money to send home to the Philippines, she faced long hours, a heavy workload and emotional exhaustion. As a recent immigrant from the Philippines, her family was depending on her. The nursing home job gave her extra cash that her family needed, but it was not an easy one, and it gave her a window into the struggles that many im-

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NURSES DAY: Ofelia Solem last week outside in the Longwood Medical area. Photo by Adam Smith.

AACA Forum Tells of Gambling's Perils

By Brandon Wong

Jodie Nealley has had a tumultuous history with gambling.

Her addiction started in 2005 following a work excursion to a casino. Nealley explained late last month at a panel discussion at the Asian American Civic Association on problem gambling. After winning money at a slot machine, Nealley was at a “tipping point.” Gambling was an escape from family and work stress. She was gambling online and in person. Feeling devoid of responsibilities and pressures, she explained that this dopamine effect was “not about winning or losing, but about gambling.”

Throughout an 18-month period, Nealley said, this compulsion seized control of her better judgment, resulting in her 2009 confinement for larceny and embezzlement. Before going away, she discovered Gamblers Anonymous and realized this habit was an addiction.

She emphasized at the AACA talk that gambling is not just entertainment and is never risk-free. Referencing the forum theme Destroying the “Family and the Human Spirit,” she said that addiction destroyed her spirit, yet recovery restored her spirit.

Nealley is now a director of Recovery Services for the Massachusetts Council on Gaming and Health. The panel also included three others, who offered their experiences and expertise with gambling.

GameSense Manager at the Plainridge Park Casino, Linh Ho, elaborated on avenues to restricting one’s gambling practices. Developed by the Massachusetts Gaming Commission, GameSense exists as a multifaceted strategy to help educate individuals on being conscientious in all gambling domains. Situated within every Massachusetts casino, GameSense centers offer patrons statis-

tics about different games, information about gambling healthiness, and support for any inquiries or concerns. Alluding to how the immigrant community may feel ashamed when discussing their problems, Ho mentioned the diversity of GameSense advisors being able to speak multiple languages and be sources of assistance. He then delved into one significant initiative, the voluntary self-exclusion program. For this resource, individuals can voluntarily bar themselves for a certain period from gambling activities via the GameSense website or their numerous centers across the state. Over a thousand participants have signed up for this program thus far. Stating how he has seen people sit at casino machines and tables for hours and even days, Ho stressed building controlling habits like setting a budget for the day.

“If people violate their terms by

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Editorial: How Free Speech Gets Canceled

“Many people feel that when they hear views that they deeply disagree with, that’s threatening to them. That’s not how universities operate. You are not entitled to feel intellectually safe. You are entitled to be physically safe.”

That quote is from attorney and former Brandeis University president, Frederick M. Lawrence, as he spoke to *Democracy Now!* recently about the military-like response we’ve been watching at universities nationwide.

Actual threats should be protected against, said Lawrence, but police in riot gear should be a last resort.

What we’ve seen, however, is that police, security guards, and other – often heavily armed – forces have been called in even without any real threat, pushing students and professors to the pavement, tying their wrists behind their backs, handling protesters as if they were armed suspects to violent crimes. Nationwide, we’ve seen a variety of responses — from Rutgers’ correctly compromising to students’ demands to UCLA’s mob violence from counter-protesters.

But let’s take a look at what happened in Boston, at Northeastern University, just a short time after Emerson College’s small “encampment” was forced out by police.

After a couple days of peaceful protests against the massive death and destruction in Gaza, we saw authorities swarm in and clean house in the middle of the night. The event was tame compared with what we saw elsewhere, but it was also chilling.

The official reason was not because of any real threat or violence, according to reports, but the alleged shouting of “virulent antisemitic slurs.”

In a twist that would show how our language has been perverted in official narratives, anyone who paid close attention to what unfolded discovered that what was shouted was actually sarcastic rhetoric from pro-Israel counter-protesters. This was documented in video and reporting of the short-lived protest by several sources.

“There was absolutely no reason for the university or police departments to crack down on us like that when we were expressing our right to protest and our free speech. We were creating a space of love and community care to stand in solidarity with our people in Palestine,” one of the protesters later said at a press conference, according to the student-led paper, *The Huntington News*. Another student told the paper, “The university said that antisemitism and remarks such as ‘Kill the Jews’ are never acceptable. And that’s true, which is why we demand that the university hold the two people who actually made those remarks accountable.”

This brings up the matter of hate speech.

We’re living a nation that seems like it was set in an episode of Rod Serling’s “Twilight Zone” series, in which what we hear from those in power, defies what we know. We live in a nation in which a former president could call for a “complete and total shutdown” of Muslims entering the U.S. with no



SPEAKING OUT: The Pro-Palestine demonstration at Northeastern University before it was shut down last month. Photo by Adam Smith

meaningful political consequence. Where a prominent lawmaker could endorse violence against protesters who block public ways and another who could appear to propose dropping atomic bombs on Palestinians. Where the leader of the Anti-Defamation League could on television appear to compare a traditional Palestinian scarf to Nazi symbolism and protesters supporting Palestine to Iranian proxies. Where once respected people in high places can get fired for calling Israel an apartheid state. Where criticism of Israeli policy – and calling its mass killing in Gaza a genocide – could be labeled as hate speech.

But yet, people like a well-known U.S. senator can freely say of protest groups supporting Palestinians: “These little Gazas are disgusting cesspools of antisemitic hate full of pro Hamas sympathizers, fanatics and freaks.”

In short, we seem to be living in a world in which harmful speech against Palestinians – and Arabs and Muslims in general – is viewed as acceptable, but speech against the horrors in Gaza at the hands of Israeli military forces and the U.S.’ support for Israel is considered hateful, or, worse, in support of terrorists.

This is not a right-left, phenomena, either. It was not long ago that perhaps the most famous Democratic lawmaker yelled at a Pro-Palestinian protester: “Go back to China, where your headquarters is.”

No person or group should be threatened or live in fear because of their religion, national origin, race, color, disability, sex or gender identity. And the holocaust was a betrayal of humanity that should never be forgotten, and which has caused trauma that will persist for generations. It was the darkest period in our modern world.

But peaceful protests of current atrocities should not be confused or

conflated with hate. And freedom of expression and speech should not be smothered because people don’t like what they are hearing. How can the U.S. claim a moral argument against repression in China and elsewhere, when at home, we can’t practice what we preach?

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www.sampan.org

87 TYLER STREET

BOSTON, MA 02111

TEL: (617) 426-9492 x 206

FAX: (617) 482-2316

ads@sampan.org

editor@sampan.org

Chinese Editor
DongDong Yang

English Editors
Adam Smith (consulting editor)
Christopher John Stephens

Editorial Committee
Ed Crotty

Correspondents

DongDong Yang

Ava Belchez

Brandon Wong

Adam Smith

Harmony Witte

Zoe Liu

Translators

Ben Lee, Tong Gao

Advertising & Production
Ben Lee, Adam Smith, Dong-
Dong Yang

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AACA Forum Tells of Gambling's Perils, Resources

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going into the casino to gamble, any jackpot they win would be confiscated by the casino,” said Ho of the GameSense strategy. “When the casino receives identification of a person to process the winnings, the computer will flag them. Additionally, any credit inside the machines they played at would also be confiscated, regardless if they hadn’t played yet. Those terms and conditions are on the application for voluntary self-exclusion, which we always explain. When people enroll in this program, they are well informed and aware of the consequences.”

Expounding more on the organizational aspect of the Massachusetts Gaming Commission, Director of Research and Responsible Gaming Mark Vander Linden explained its ongoing projects. In essence, the commission oversees all kinds of gambling including casinos, horse racing, and sports wagering. While maintaining regulations to ensure proper revenue attainment, the entity mainly concentrates on consumer protection and promotes responsible gaming. In his role, Vander Linden outlined his efforts of research regarding the social and economic effects of gambling within the state. The importance of such a study establishes the kind of associated behavior surrounding gambling, as well as understanding those most at risk.

“It’s easy to see things as black and white. ‘Casinos are good, casinos are bad.’ When I started in this field, I really did feel casinos were bad,” Vander told the Sampan. “But I would rather look at what the evidence is, who are receiving jobs from this, and what types of tax revenues are being created. You want to understand the full picture, which means needing to understand the economics of it and how it affects people. The question is ‘Who is most profoundly affected in this situation?’”

Ben Hires, CEO of the Boston Chinatown Neighborhood Center, spoke about the causes spurring gambling within the Asian immigrant community. In operation for over 50 years, BCNC serves the Greater Boston Asian immigrant community. Hires contended that gambling is as addictive as drugs, alcohol, and other destructive habits. Touching upon the notion of parental gambling, he described that adult fighting, both verbal and physical, coupled with hunger from insufficient funds, prompt instances of child behavioral issues. In research conducted with Vander Linden, the BCNC sought to identify the root causes of addiction affecting the Asian immigrant community. This coalition discerned that one’s immigrant status often led to isolation because of “unconscious racism” and difficulties in employment due to language barriers.

When asked about the BCNC’s methods for helping struggling individuals, Hires said, “The health of the family, whether financial or physical, goes back to those upstream determinants of health. Whether you are an immigrant or born in America, if you have a good job or relationships, you have other areas to make your life meaningful and enjoy-



GAME ON: Jodie Nealley, right, speaks at a forum on gambling at AACA in April.

able. Therefore, the casino is not something that (is attractive) to you. We like to think, ‘What are people’s occupational and educational opportunities? How can they get on a path to fulfill their dreams?’ The casino is not a place to make those dreams come true.”

Diving further into GameSense, Ho touched on the rising sports betting industry.

“We do have a sports wagering exclusion program. It works the same way as casino exclusion as when people sign up for this program, they no longer have access to sports betting apps such as DraftKings and FanDuel. They cannot utilize sportsbooks in Massachusetts casinos, as well. Since sports betting started growing, we have seen that a lot of people take advantage of these programs where they can exclude themselves from either one or both forms of gambling.”

Vander Linden explained that the gaming commission is “rewriting our strategic plan and overall framework to develop policies in programs to mitigate gambling-related problems. One of the key drivers in this area is that sports wagering is now available in the state, which leads to some interesting challenges, but also opportunities. Namely, how do we use technology to promote safer ways to gamble or for early intervention for people exhibiting bad gambling behavior. An example we are discussing at the commission right now is using technology to identify patterns of early risk in players and provide key targeted info so they don’t continue down that path where there might be greater harm.”

“We have done an extensive literature review looking at what evidence supports that. We look at how similar types of programs have been implemented in other jurisdictions, largely outside of the United States because the U.S. tends to lag behind in this specific area. We’re operating to release a call for proposals to conduct research on the efficacy and implementation of this technology. We recognize there are questions

to be answered so we continue to build upon that research.”

At BCNC, Hires said it found in its research that in addition to immigrants feeling isolated and having lower opportunities and increased stress, they also don’t have a lot of options for recreation.

“In partnership with the Department of Public Health and Massachusetts Gaming Commission, we put in place alternative recreational activities through our Pao Arts Center. Every week at the Pao Arts Center, BCNC does a karaoke and ping pong night. In places like Malden and Quincy, we partner with organizations to do tea, dance, and other cultural activities. The idea is that in particularly lower-income immigrant communities, there are not as many resources available. There might not be as many places where they feel welcome, have people speak their language, or understand their cultural backgrounds.

In some small way, making those connections and having a welcoming environment where they can have fun is important. In essence, we are providing a counter experience and opportunity rather than being attracted to casinos. We are also offering a gambling counseling group that meets once a month to bring people together in a safe space.”

Commenting on what advice she would give to gamblers in addiction, Nealley said, “The easiest way to get your money back from your losses is to stop gambling. Don’t chase your losses. The HRIA (Health Resources in Action) has a helpline and can hook people up with counseling. Gambling blew up my life for a long time, and it took a long time to get it back. It pretty much took me down to ground zero, and that is why recovery is so important.”

Later this June, Nealley will have been 16 years in recovery.



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‘Book of Mountain and Seas’ Opera Tells Magical, Timely Tale

By Harmony Witte

In three magical opera performances, “The Book of Mountain and Seas” at Boston’s Emerson Paramount Center transported packed audiences of theatergoers to another time and place.

The 12-member Ars Nova Copenhagen choir, six puppeteers, and two percussionists worked together during the 75-minute-long shows to bring Chinese creation myths to life in an awe-inspiring way. In what is the final show of the Arts Emerson 2023/2024 season, “The Book of Mountain and Seas” breathed life into the ancient tales with its otherworldly music, stunning visuals, and timely subject matter.

“It feels so meaningful, with Chinatown being next door, that we would end the season with this piece,” Arts Emerson Interim Executive Director, Ronee Penoi, said in a discussion after the show, after calling the trio “three internationally renowned artistic forces collaborating to make this performance possible.”

Conceived and executed by award-winning composer and librettist, Huang Ruo, with MacArthur Fellow puppeteer and artist, Basil Twist, acting as director and production designer, this adaptation of an ancient book brought to life four vignettes from the book, telling the legends of Pan Gu, the Spirit Bird, the Ten Suns, and Kua Fu Chasing the Sun.

In a discussion after the performance between Huang Ruo, Basil Twist, creative producer Bethany Morrison, and moderator Ronee Penoi, Ruo said of his work, “this project grew from a 10-minute vocal piece to a vocal opera. ... It was a book that existed for 2,000 years, it was so old but at the same time so timeless.”

Ruo went on to say of the reading the book that the piece is adapted from “the first thing that came to my mind, which was global warming.”

This message about the urgency of global warming permeates the opera and offers a stark reminder of impending climate change. Penoi said the piece “uplifts our responsibility to the Earth and each other.”

The show began in darkness with the 12 choir members entering one by one, their faces lit by the light from iPads, which contained the music from which they were reading, they began to sing out in pure-toned, sustained notes. Text on the screen behind the performers gave context in both English and

Chinese, reading, “Formed in chaos Pan Gu is the origin.”

The chaos was palpable in the music that the choir was singing with deeper voices coming in periodically to join the sopranos. Suddenly, the choir, which had formed at the front of the stage, stepped aside to reveal a puppet affixed to a large circle on the ground. As the puppeteers elevated the disk, green eyes could be seen glowing. The projection read “In



MOVING MOUNTAINS: The 12-member Ars Nova Copenhagen choir, puppeteers, and percussionists brought Chinese creation myths to life in ‘The Book of Mountain and Seas’.

Photo by Teddy Wolff

death, he transforms.” The lights went out and the puppeteers stepped forward one by one to pick up the pieces of the puppet which look strikingly like large pieces of driftwood. The projection read “humans and the world are created from his body.” The puppeteers pulled white cloth like streams from the body and spread it across the stage, representing water.

People might hear the word “puppet” and get the impression that this performance is cheesy or campy like “The Muppets” or “Sesame Street.” They would be wrong. These puppets are operated by humans, but that is where the similarities end. From pieces of driftwood that transform into a walking Pan Gu to lighted red globes on sticks that represent the sun, these puppets are true works of art. When asked about his role in the production as director and production designer, Basil Twist said of himself and Huang Ruo, “He’s in charge of how it sounds and I’m in charge of how it looks I approached it as a puppeteer, because it’s who I am.” In this piece Twist elevated puppetry to an art form. The puppeteers blended seamlessly into the background during the entirety of the performance, only being visible when they were meant to be seen.

During the question and answer session, Huang Ruo said of the choir and percussion section that he wanted to go to the most primitive instrument of mankind, which is voice and percussion.

“Those are universal to me; everyone has a voice to tell and a percussive sound,” he said, adding “it is a Chinese story, but I want it to be a universal sto-

ry.”

Ruo succeeded in making the story universal. The audience did not need to understand the language the choir was singing in to be able to grasp the meaning of the performance. “They are singing the ocean in the second scene. I created those words so all of you from different languages and cultures could guess what was going on.”

The second vignette was a depiction of the Spirit Bird. It seemed as if it was the shortest piece in the production and started with a large white triangle made of cloth covering the stage with puppeteers standing along the edges, blending into the darkness, moving the cloth to make it appear as if it were waves on the ocean. A white flag on a long stick, with a red stripe on one side appeared over the waves and danced around on top of the water, fluttering with the motion of its movement. The choir’s song was wild and unpredictable like waves on the ocean. The projection told of a princess named Nu Wa who swam in the sea. A figure made of driftwood swam out in front of the waves as the choir sang with more intensity. The projection informed the audience that Nu Wa drowned at sea and was transformed into a bird. The white flag appeared again over the waves. The projection said, “For the rest of her time she fills the sea with twigs and pebbles endlessly.”

The next scene was the story of the ten suns, who decided to ride together and shone so brightly that they began to dry up the lakes and rivers. Ten red-hued globes moved about on long sticks on the stage in time with the music. Sud-

denly, a figure came onto the stage — it was Hou Yi, the God of Archery. They picked up a curved piece of the “driftwood” that was lying there and dramatically used it as a bow to shoot the suns out one by one, leaving only one remaining. Starlight filled the screen behind the sun.

In the final scene, puppeteers brought all of the pieces of driftwood together on the ground, while the sun rotated around them. The choir moved away from the front of the stage where they were gathered and revealed a tall, humanoid creature made of the pieces, it was Kua Fu. The puppeteers each grabbed a limb and lifted the creature into a standing position where he began to grab for the sun. Seeing the puppet stand was a powerful moment of awe. The puppet reached and ran, turned, reached some more, with the sun always out of its grasp. Growing thirsty from chasing, Kua Fu knelt to the ground and consumed white rivers made of cloth. Eventually, he grew so thirsty that he fell over, dead. The choir gathered in the center of the stage as peach blossoms fell from the rafters. Where Kua Fu had fallen, a paradise blossomed.

“The Book of Mountain and Seas” is a visually stunning opera that draws the viewers into the myths it represents and sends a strong message about climate change. Huang Ruo and Basil Twist have created a masterful piece of work. As one audience member put it after the show, “I feel like I experienced a creation myth. I’ve read plenty of them, but I feel like I truly experienced one tonight.”

IN THE NEWS: Events Around Town

Japan Festival Boston

The Japan Festival Boston finally returned to the historic Boston Commons after a five-year absence.

This year's event, held on April 27 and 28, featured a variety of performances on the Main Stage and at the Gazebo, 23 food stalls, 18 cultural sites, and 18 arts and crafts booths showcasing various Japanese products. Additionally, attendees enjoyed Cultural workshops, Kids' Corner, and live performances including Taiko drumming, folk dances, rock bands, kimono fashion shows, anime showcases and much more.

Text and photos by Dong Dong Yang



Tufts U. Leads Chinatown Spring Cleanup

Tufts University hosted its 4th annual Tufts Cherish Chinatown Cleanup in Boston's Chinatown, the home of the university's Health Sciences Campus on Wednesday, May 1. Over one hundred Tufts students, faculty, and staff volunteers participated in the effort. They picked up trash, worked on landscaping projects and cleaned up sidewalks, all while learning about the neighborhood and ways to continue or begin engagement with local non-profit community partners.

Photo courtesy of Laurie Swope, Tufts University



Filipino Nurses

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migrants in those jobs face.

“One time I had to give medication to 40 patients in the morning, and then by the time you’re done at 10 or 11 o’clock, you have to go give medication at noon for another 40 patients,” Solem said. “So, sometimes you’re not giving the care, the attention, to the patient, because you are running around, trying to catch up [with] the time. The time is not enough.”

Filipino registered nurses make up 4% of all U.S. nurses, according to National Nurses United, a percentage similar to the U.S. Department of Health & Human Services’ finding that around 3% of nurses – or 123,165 – in the U.S. speak Filipino in addition to English. Around 10% to 15% of nurses in the U.S. were born outside the country.

But high-skilled nursing jobs – such as those in hospitals – tend not to be given to nurses with education or experience from outside the country, according to Solem, as many immigrant workers end up employed in those nursing homes and home-care jobs that American-trained nurses aren’t willing to take.

“There is a shortage of American nurses who would take those horrible working conditions and will suck it up,” agreed Kaye Mendoza, another Filipino nurse in the Boston area. “There’s an abundance of foreign grads who have no idea of their labor rights and their nurse rights, and they would come here.”

Solem said she’s even seen some doctors that graduated in the Philippines that ended up being a nurse here, because they don’t meet the criteria to work as a surgeon.

The hard road to working in skilled jobs in hospitals can be a loss for not only these new immigrant healthcare workers, however, but all medical facilities, suggested Sonia Casiano, a longtime registered nurse and health care consultant, who was previously an associate director of critical care at Lenox Hill Hospital in New York.

“I had recruited nurses from the Philippines for Lenox Hill Hospital and am proud to say that out of some 30 nurses I successfully recruited in the early 1980s, almost all of them were retained till many years later,” said Casiano in an email to the Sampan. “Filipino nurses are boon to hospitals not only in the U.S. but in many other countries.”

While the national supply of nurses is rebounding to levels seen prior to the pandemic,

staffing in nursing homes is still struggling, according to experts, likely because of lower pay and the tougher working conditions.

A recent analysis led by the Massachusetts Health Policy Commission’s Research and Cost Trends director, Dr. David Auerbach, finds that staffing levels among registered nurses over all is recovering from the pandemic, when the nation lost a total of 100,000 registered nurses – the biggest drop in four decades.

Auerbach said that while he disagrees with projections released in March from the National Center for Health Workforce Analysis that predicts continued problems in the supply of registered nurses, he said nursing homes remain an outlier in the industry, failing to recover from pandemic losses.

“That sector has kind of been devastated and hasn’t come back at all,” Auerbach told the Sampan in an interview, noting that nursing homes tend to pay lower than other health care facilities, and rely more heavily on lower-skilled workers, such as licensed practical nurses.

As Mendoza and Ofelia point out, however, landing in a nursing home or home care job is often an easier point of entry for nurses trained in the Philippines. And it’s not what many necessarily signed up for. Solem said the ratio of patients to nurses makes nursing home jobs in particular especially tough. Plus, the work requires empathy for an aging stranger.

“We are respectful, we do care for them even though they are not our parents,” said Solem.

Solem took care of her own mother who lived with her in the U.S. for several years, before she became sick and moved back to the Philippines. She said her love of family and its role in Filipino culture is what drew her to work in the United States.

“I came to the United States to help out my family,” Solem said. “In the Philippines, we are just trying day-by-day to get food on the table, and this way I am able to provide help. I sent money every month when I came here to Massachusetts.”

Solem does her best to visit her family in the Philippines every year, and her children do the same. She now works as an infection prevention at Brigham Women’s Hospital, after working as a case manager at Lemuel Shattuck Hospital.

When she first came to the U.S. in the early 1980s, she said the most needs were in long-term care, like nursing homes, and were in unsafe areas.

“When you’re trying to find opportunities, you’re not asking for gold and silver, you

take whatever they hand you,” Solem said.

Kaye Mendoza has been a travel nurse for 16 years, filling positions at different hospitals when nurses go on leave. She has also experienced shortages in healthcare workplaces, but of high-skilled workers.

“Based on my experience, when I go to big cities where there is a lot of supply of nursing students, I don’t see much of a shortage when it comes to new nurses,” Mendoza said. “What I see is more on the shortage of experienced nurses.”

Mendoza came to the U.S. in 2006 by what she calls a coincidence.

“I didn’t know that was a job interview that I attended,” Mendoza said. “It was a connection that was done between me and my aunt, who was also having a vacation in the Philippines and met American employers by accident.”

This is a pattern that many overseas workers experience, caused by employers setting up international hiring establishments directly in countries like the Philippines, Ghana and Nigeria. Mendoza said the pattern seems to be going toward a staffing model where a recruiter connects a worker to a random employer who has a need at the time of immigration.

“For me, before coming to the United States, I already knew where I’m going. I know who my employer is, so I can find housing in that location,” Mendoza said. “But with a lot of staffing company nurses right now, they don’t know where they’re going yet, so they’ll just sign contracts, literally not knowing where they’re going to be sent.”

Companies like Health Carousel and others that have hiring establishments abroad have sometimes been accused of unfair working conditions. Travel-nursing firm Health Car-

ousel, which places nurses from the Philippines, recently agreed to pay \$6 million in class action lawsuit alleging fraud and violations of labor trafficking laws, according to a report in the *Cincinnati Enquirer* newspaper. The company denied the accusations, according to the paper.

Mendoza said she believes the industry itself – the hustle and sometimes poor conditions – contribute to the shortage of talent.

Because of the shortage of workers in nursing homes and home health, the jobs are advertised as needing little experience. But according to Mendoza, these are jobs that often include critical care patients.

“I have heard of nurses who have no experience in the Philippines being brought here under home care and they’re taking care of vented patients,” Mendoza said. A vented patient requires a high-skilled caretaker to regularly clean the ventilator, so that it can keep giving oxygen to the patient that can’t breathe on their own.

If Filipino workers want to hire directly to an employer in the U.S., some companies have online hiring services available to them that lets them bypass recruiters. But the issue here is the country’s limitations on hiring.

“In the Philippines there is a law where you cannot do that,” Mendoza said. “You have to go through the Philippine accredited agency before you can hire a Philippine national.”

If direct hire is overused, Mendoza said, the Philippine government won’t be able to track how many nurses are being deployed.

When Mendoza herself moved to the U.S., she was on a three-year contract, which she ended up staying with for six years. She worked as an operating room nurse at Harlem Hospital in New York.

Mendoza also worked in a

rehabilitation facility, where she said it was hard to witness poor care of elders.

“It was really hurting me, because I want to give the best to the elderly people,” Mendoza said. “It’s a heartbreaking situation when we saw that a lot of these elderly people are not being taken care of well, not because of the nurses’ problem, but because of the short-staffing.”

The export of nurses is a pattern that has persisted between the U.S. and the Philippines since the U.S. occupation of the islands. The Philippines gained independence from the U.S. in 1946, after 48 years of occupation. The U.S. implemented nursing school programs in the Philippines with the goal of them eventually working as nurses in the U.S. A common phrase, according to Mendoza, is Overseas Filipino Workers (OFWs). These workers leave their family behind to work overseas and send money back home. Mendoza said initially she was sending \$800 a month to the Philippines.

“The Philippines is really built to copy what the U.S. is doing for education,” Mendoza said. “It was an agreement that was done that we have to follow the U.S. path of education because we’re supporting the U.S.”

Now that there’s a global shortage of nurses, Mendoza said Filipino nurses are not only for U.S. consumption, they’re going to Saudi Arabia, Ireland, the United Kingdom, the Netherlands and elsewhere.

But Mendoza said the U.S. is unique in that family can be brought over with the worker once they become a citizen.

“That’s the end goal,” Mendoza said. “To bring the entire family with us.”

Adam Smith and Mary Chin contributed to this story.

SALE OF ONE (1) AFFORDABLE 1-BEDROOM CONDOMINIUM IN BROOKLINE, MA – (BY LOTTERY)

150 Pleasant St. Unit # 402, Brookline, MA (with one garage parking space)

Applications Due By: **12 noon Friday, July 12, 2024**

Lottery Date: **Wednesday, July 24 2024 1:00 PM Zoom**

Number of Persons in Household	Maximum Income	Price	Monthly Real Estate Taxes & Condo Fees
1	\$ 91,200	\$207,000	Taxes \$20 Condo Fee \$546
2	\$104,000		
3	\$117,250		

Income, asset & occupancy restrictions apply. This is a DHCD restricted unit for first time homebuyers.



For an application call (617) 730-2131, email lhickey@brooklinema.gov or visit the Town’s website at: <https://www.brooklinema.gov/3785>



Equal Housing Opportunity

Discover India Events Series Is 'Taking Shape'

By Sampan Staff

For artist Swati Athale, creating a picture can be as simple as drawing the shapes we all know, such as circles or squares. This is true, she says, even for traditional, intricate Indian works, such as the Warli tribal paintings and well-known Madhubani paintings.

"They are more simple and each painting has similarity, relying on the geometry," Athale, a professional graphic designer, who was trained at the Massachusetts College of Art and Design and in fine arts at Nagpur University of India.

"If I want to make a fish, that goes

with geometric shapes," Athale explained. "It's more easier to convey."

Athale introduced the Warli and Madhubani styles of art at a talk called "Prachin Kala," or "The Ancient Arts of India," at the Woburn Public Library on May 9, as part of a series of events for Discover India by the India Association of Greater Boston.

The lineup of events at the library also includes a demonstration on the dances of India – such as Bharatanatyam – by Jasmine Shah, the founder of Aangikam Dance Academy on May 16.

"I've been teaching in this area for 43 years," Shah told the Sampan, noting

that she will talk about classical, as well as folk styles.

Next on May 23, the series will host a demonstration of Indian music with musicians Deepali Khanzode, a scientist by profession who is trained in Hindustani vocals and the sitar; Anish Khanzode, an engineer by profession who studies Hindustani classical music and other styles; and Yogesh Karale, who plays the tabla.

The Discover India Series, which kicked off on May 2, will run through December, and offer workshops on India's arts, culture, music, traditions, festivals, outfits, foods, and movies at

various public libraries in the region.

All events in May are being held at the Woburn Public Library at 45 Pleasant St., Woburn. More information can be found at <https://woburnpubliclibrary.org/events-calendar/> and at www.iagb.org/event/iagb-dis-discover-india-series-may-dec-2024/.

Founded in 1962, the nonprofit India Association of Greater Boston says it aims to "foster a strong Indian-American social, cultural and community presence in New England" and hosts festivals and special events, and is now well known for its annual India Day celebration in Boston on Aug. 17.

Events Calendar

Event: Expanded Freedom Trail Foundation Tours

Dates: Starting May 1

Location: Various starting points, including Boston Common Visitor Information Center and ArtsBoston booth

Details: Join the Freedom Trail Foundation as they expand their offerings with educational and entertaining tours led by 18th-century costumed guides. Experience the historic Freedom Trail with the official Walk Into History Tours, available daily from 10:00 AM to 1:00 PM and an additional tour at 2:00 PM on Saturdays and Sundays starting from the Boston Common Visitor Information Center. Also, enjoy special tours from the ArtsBoston booth including the North End Tours featuring stops at significant historical sites like the Paul Revere House and Old North Church.

Admission: \$17 for adults, \$15 for seniors/

students, and \$8 for children. Ticket price includes a \$1 donation to the Freedom Trail Foundation's Preservation Fund.

For more details, visit TheFreedomTrail.org.

Event: Boston Parks Summer Fitness Series Kick Off

Date: May 16

Time: 5:30 PM - 7:00 PM

Location: Boston Common

Details: Join us for the Kick Off of the Summer Fitness Series hosted by the Boston Public Health Commission and the Park Department. Enjoy free fitness classes including yoga and Zumba right in the heart of Boston. All attendees will receive special gifts. The series will continue throughout the summer offering 17 in-person and 7 virtual classes such as Zumba, Yoga, Cardio, and Strength, suitable for all fitness levels.

Classes will be held in various parks across Boston and online.

Admission: FREE

For more see boston.gov/fitness.

Event: Make Music Boston Day

Date: June 21

Location: Various locations across Boston

Details: Celebrate the Summer Solstice with Make Music Boston Day, as proclaimed by Mayor Wu! Experience the city alive with music as streets, shops, and restaurants host live performances suitable for all ages and genres. If you're a musician interested in performing, solo acts earn \$150 and bands \$450 for 50 minutes of music. Registration deadline for artists is May 25th. Performers and venues can specify needs such as electricity and equipment, or preferences like genre and volume.

Registration: Musicians interested in performing must register by May 25th. More Information and Registration: Visit

<https://www.makemusicday.org/boston> for details.

Event: BMP Summer Music Programs

Dates: July 22, 2024 - August 2, 2024

Location: Partnership with The Record Co.

Details: This summer, Boston Music

Project teams up with The Record Co. to offer exciting music opportunities, including private lessons and two-week programs like Summer Strings and Summer Street Band. Additionally, BMP will continue its Music Workforce Apprenticeship program, offering Boston Public School High School Students the chance to earn while they learn, recording an album and producing live concerts throughout Boston. Registration details will be announced soon.

Registration Deadline for First Deposit: March 31
More Information: Visit <https://www.bostonmusicproject.org/bmp-summer-music> for more details.

MOH 限制收入的租赁机会
Four Corners Plaza
10-20, 22 and 32 Bowdoin Street, Dorchester, MA 02124
35 套限制收入的单位

单位数量	卧室数量	租金	最高收入限额 (% AMI)	#专为行动不便人士设计	#专为聋人/听力障碍人士设计
2	2	30% 收入	30%	1	-
3	3	30% 收入	30%	-	-
3	单间公寓	\$1,558	60%	-	-
9	1	\$1,670	60%	1	-
13	2	\$2,004	60%	-	-
1	3	\$2,315	60%	-	-

单位数量	卧室数量	租金	最高收入限额 (% AMI)	#专为行动不便人士设计	#专为聋人/听力障碍人士设计
4	2	30% 收入	30%	-	-

4 个无家可归者预留单元将通过 HomeStart 的直接推荐来填补。欲了解更多信息，请通过下面的电子邮件地址或电话号码与我们联系。如需直接推荐，请访问 <https://www.homestart.org/bostonhsh>

最低收入 (由业主设置+基于卧室数量+地区收入中位数 (AMI))			最高收入 (由 HUD/MOH 设置 + 根据家庭规模 + 地区收入中位数 (AMI))		
卧室数量	30% AMI	60% AMI	家庭规模	30% AMI	60% AMI
单间公寓	-	\$44,490	1	\$31,170	\$62,340
1	-	\$44,460	2	\$35,640	\$71,280
2	\$0	\$53,310	3	\$40,080	\$80,160
3	\$0	83,340	4	\$44,520	\$89,040
			5	\$48,090	\$96,200
			6	\$51,660	\$103,300

最低收入适用。最低收入不适用于有住房援助的家庭 (第 8 节、MRVP、VASH) 或本开发项目中包含基于项目的代金券的单位。

申请期限为47天，即2024年4月18日至2024年6月3日。

星期	日期	时间	地点
周一, 周三, 周五	04/19/2024 - 06/03/2024	10 AM - 4 PM	95 B Washington Street, Dorchester, MA 02121
周二, 周四	04/18/2024 - 06/03/2024	10 AM - 7 PM	95 B Washington Street, Dorchester, MA 02121
周六	5/18/2024	10 AM - 2 PM	95 B Washington Street, Dorchester, MA 02121
周六	6/1/2024	10 AM - 2 PM	95 B Washington Street, Dorchester, MA 02121

要请求在线申请或通过电子邮件发送申请，请访问 <https://bit.ly/FourCornersAppRequest>

星期	日期	时间	现场会议地点	虚拟会议
周四	04/25/2024	3 PM - 5 PM	31 Erie Street, Dorchester, MA 02121	https://bit.ly/3JdU2rd
周六	05/11/2024	10 AM - 12 PM	122 Dewitt Drive, Roxbury, MA 02120	https://bit.ly/3TQXcX3

截止日期：申请必须在 2024 年 6 月 3 日星期四之前在线提交或加盖邮戳。

邮寄至 95B Washington Street, Dorchester, MA 02121

- 通过抽签选择。
- 资产和使用限制适用。
- 偏好适用。

如需了解更多信息，语言协助或为残障人士提供合理便利，请致电 617-445-1412 或发送电子邮件 fourcornersplaza@wincco.com。



Affordable Housing Lottery

Hanover Weymouth

1325 Washington Street
Weymouth, MA

Affordable Unit Rents

Eleven 1 Bedrooms: \$2,371, Eight 2 Bedrooms: \$2,639; One 3 Bedroom: \$2,921

Rents are subject to change in future years. Tenants will be responsible for paying all utilities which includes gas (heat and hot water), electric (general electricity, cooking), water, and sewer. Surface parking at the property is available on a first-come first-serve basis for all residents, free of charge. Residents can reserve a surface space and/or a detached garage space for additional charges. Pets are permitted, subject to restrictions.

Perfectly situated in the heart of Weymouth, Hanover Weymouth is the South Shore's latest luxury, pet-friendly apartment community providing for easy access to downtown Boston and the Derby Street Shoppes lifestyle center, featuring a curated blend of dining and retail options. The 270 apartment homes feature chef-inspired kitchens, spacious bedrooms, and custom-designed walk-in closets. Resident amenities include a sun-splashed pool with a collection of outdoor retreats and shaded seating areas, a fully equipped fitness center, an entertainment kitchen and social lounge, and collaborative spaces with private meeting rooms and banquet seating, ideal for remote working. Of the 270 apartment homes, 20 homes will be reserved for households with incomes at or below 80% of the Area Median Income (AMI) through this application process. Experience the comfort that only Hanover Company communities and our devoted staff can provide. The first affordable apartments are expected to be available immediately following the lottery.

Maximum Household Income Limits

\$91,200 (1 person), \$104,200 (2 people), \$117,250 (3 people)
\$130,250 (4 people), \$140,700 (5 people) \$151,100 (6 people)

Public Info Session: May 23, 2024 at 6:00 pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

Application Deadline: June 17, 2024 at 2:00 pm

Completed Applications must be delivered, or postmarked, by this date. Applications postmarked by the deadline must be received within 5 business days.

Lottery: July 8, 2024 at 6:00 pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for Hanover Weymouth on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617) 782-6900x1 and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711.

Free translation available. Traducción gratuita disponible. Tradução gratuita disponível.



SCAN HERE

Job Corner

Museum of Science, Boston, PT

Position: Function Coordinator, Full Time, Boston High School diploma or equivalent. One (1) year or more of event coordination experience. Demonstrated Problem solving skills

Salary :18.00-20.00 per hour

Website: <https://mos.applicantpro.com/>

Tufts Medical Center-Boston, MA

Position: Public Safety Officer I, 16 hrs per week, Lowell

High School Diploma or GED Required. Working towards a degree in Criminal Justice preferred but not required. Military or Law Enforcement Experience, preferred but not required

Valid Driver's License

CPR/AED Certification upon hire

Website: tuftsmedicalcenter.org

Position: Dietary Aide, FT

Food service experience

ServSafe certification within 6 months of employment.

Ability to read, write, and understand written instructions.

Website: tuftsmedicalcenter.org

Boston Medical Center-Boston

Position: Quality & Patient Safety Specialist, FT Boston Bachelors required, Masters preferred

CERTIFICATES, LICENSES, REGISTRATIONS REQUIRED. 3-5 years' experience; minimum 1 year

experience in clinical quality/patient safety preferred. Apply at www.jobs.bmc.org Contact: Caroline Cafer, 617-414-7066, caroline.cafer@bmc.org

Position: Assistant Web Producer, Per diem, Boston

A Bachelor's degree in information technology or web programming 2-3 years of relevant technical and web programming experience. Work experience in the healthcare and/or academic sector is highly preferred

Apply at www.jobs.bmc.org

Contact: Caroline Cafer, 617-414-7066, caroline.cafer@bmc.org

Position: General Service Tech Licensed - HVAC/Electrician, FT

Graduation from high school (or GED), supplemented by completion of a Union, private (in-house), military, or trade school apprenticeship program that includes related theory and on-the-job work. Massachusetts Refrigeration Tech License, Massachusetts Reclaim and recovery license required. Requires at least three years performing HVAC installation and/or repair in a residential, commercial, industrial, or facilities operations setting.

Apply at www.jobs.bmc.org

Contact: Caroline Cafer, 617-414-7066, caroline.cafer@bmc.org

Boston Centerless

Position: Maintenance Technician, FT, Woburn

Minimum of 2 years of trade school, vocational education, work experience, or apprenticeship. Apply at: www.bostoncenterless.com . Contact: Steven Vannaria svannaria@bostoncenterless.com

Boston Public School Position: Operations Coordinator, Full Time

Bachelor's Degree or 2-5 years of management experience

Proven personnel management skills.

Salary: \$92,258 per year

Website: <https://www.bostonpublicschools.org/>

Contact Info: Recruitment@BostonPublicSchools.org

Position : Part-time Cafeteria Attendant, 7-HOURS-Manning ES-7:30-2:30

High school diploma or GED required

ServSafe Food Handlers Certificate

Salary: \$16.25/Hour

Website: <https://www.bostonpublicschools.org/>

Contact Info: Recruitment@BostonPublicSchools.org

Position : Home and Hospital Instructors, FT

Bachelor's degree

Passing score on the Massachusetts Tests for Educator Licensure (MTEL) for Communication and Literature or equivalent from out of state

Experience providing one-on-one tutoring to students

Website: <https://www.bostonpublicschools.org/>

Contact Info: Recruitment@BostonPublicSchools.org

Position: Community Connection Coordinator, FT

HS diploma or equivalent (HiSet, GED) Understanding and knowledge around the impact and implication that exposure to trauma can have on youth development. Salary: \$72,650 Website: <https://www.bostonpublicschools.org/> Contact Info: Recruitment@BostonPublicSchools.org

Stay informed:
Read the Sampan every two weeks.

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.



Call 617-698-3005 for more information.

www.mreinc.org



公开听证会通知

根据波士顿分区法 (“法规”) 第 80B-5 和 80C-5 节, 波士顿重建局以波士顿规划与开发署 (“BPDA”) 的名义在此通知, 将于 2024 年 5 月 16 日周四 17:30 召开虚拟听证会, 该听证会将在波士顿市电视台播出 (Xfinity 26 频道、RCN 13 频道和 Verizon Fios 962 频道), 并在 boston.gov 实时流传播, 本次听证会将评议由 WS-Fenway-Twins Realty Venture LLC 提议的对 136 号规划开发区开发计划的第一次修正 (即, 位于 Fenway 的 Fenway Corners 项目(西区)), 同时根据 WS-Fenway-Twins Realty Venture LLC 于 2023 年 12 月 27 日提起的项目变更通知中的介绍, 讨论将 Fenway Corners 项目 (西区) 视为开发影响项目。

公众可以在以下网址注册参加这次公开听证会:

<https://bit.ly/BPDAMay2024BoardMeeting>

要查看提议的项目, 请访问可以在以下链接:

<https://www.bostonplans.org/projects/development-projects/fenway-corners-west>

Teresa Polhemus, 波士顿重建局执行主任/局长

Notice of Hearing On Damages Assessment

PLAINTIFF	Vs	DEFENDANT	Civil Docket
AIHUA HARRIS		MING FAY, INC. QUIANG CHEN WEI YUN LI XIU WERI LI	#2384CV02383

Under Mass. R. Civ. P. 55(b)(2), Plaintiff informs Defendant through this newspaper publication of a hearing on assessment of damages for Default of Defendant in the lawsuit.

- The defendants Ming Fay, Inc., Quiang Chen, Wei Yun Li and Xiu Weri Li are hereby notified by the above named Plaintiff of the Damage Assessment Hearing scheduled on 06/26/2024 at 2:00 PM.
- The damage assessment Defendants caused to Plaintiff is calculated for the sum of \$343377.15 plus treble damages under MGL Chapter 93A.

Location of Hearing:

Suffolk County Superior Court - Civil
Suffolk County Courthouse, 3rd FL, CR 306
Three Pemberton Square,
Boston, MA 02108

Publication Date: 5/10/2024

So Ordered by

Hon. Michael Pineault, Associate Justice
Suffolk County Superior Court

Affordable Housing Lottery The Residences at The Met

687 State Road
Plymouth, MA

Two 1 Bedrooms (one at \$1,800 & one at \$2,000); One 2 Bedroom at \$2,150

**Rents subject to change in future years.*

Tenants will be responsible for gas (propane) heat, electric (which is used for cooking, hot water, and general electricity), and water charges. Sewer charges and parking are included in the rent. Pets are permitted, subject to restrictions.

The Residences at The Met is a brand-new rental development located in Plymouth. There will be a total of 6 rental units within the building, including 3 affordable apartments which will be leased to households with incomes at or below 80% of the area median income. The apartments are in close proximity to local restaurants, shops, and White Horse Beach. All units feature in-unit laundry, stainless steel appliances, luxury vinyl plank floors, upgraded soft-close kitchen cabinets, and granite countertops.

Maximum Household Income Limits

\$91,200 (1 person), \$104,200 (2 people)

\$117,250 (3 people) \$130,250 (4 people)

Public Info Session: May 29, 2024 at 6:00 pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

Application Deadline: June 24, 2024 at 2:00 pm

Completed Applications must be delivered, or postmarked, by this date. Applications postmarked by the deadline must be received no later than 5 business days from the deadline.

Lottery: July 10, 2024 at 6:00 pm via Zoom

Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

Attendance is not required at Info or Lottery sessions. To view the recorded sessions at a later date, please search for The Residences at The Met on the SEB Housing YouTube channel.

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617) 782-6900 x3, then leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711.

Free translation available. Traducción gratuita disponible. Tradução livre disponível.



Mental Health Among Immigrants, Minorities Often Gets Overlooked

By Zoe Liu

National Minority Health Awareness Month was in April, bringing awareness to the challenges immigrants and people of color in the U.S. face when seeking access to health care. But what's less often discussed is mental health support.

Psychologists, researchers, and governmental institutions are increasingly calling attention to the mental health of immigrants, asylum seekers, and refugees, as studies and statistics have shown that they experience extreme stress, consistent vulnerability, and life-long health consequences due to the inability to receive psychological care.

The total number of immigrants to

in the U.S. is at a record high of 46 million, according to recent estimates from the U.S. Census Bureau. In Massachusetts, about 18% of the state's residents are foreign-born, a group that includes naturalized U.S. citizens, lawful permanent immigrants, refugees and asylum seekers, legal non-immigrants on student or work visas, and persons residing without authorization. But although more than one-sixth of Massachusetts residents, or about 1.2 million people, are foreign-born, psychological trauma of immigrants and their mental health are often overlooked.

Numerous combined factors add up to negatively affect the mental health of undocumented immigrants. A 2021 re-

view of research on the mental health of undocumented immigrants showed that "discrimination, cultural adaptation stress, traumatic events, limited social services and healthcare resources, isolation, exploitation, and fear of immigration law enforcement" have been the greatest difficulties for illegal immigrants. On top of those constant challenges and anxieties, many people remain in uncertainty, waiting for years for immigration court decisions while searching for jobs.

"Mental health outcomes, just like those of physical health, are deeply impacted by social determinants and access to care. As a result, communities of color experience enormous and unique barriers to mental health care, including cultural stigma, racial bias, limited English proficiency, and disparities in access to treatment. The (Asian American and Pacific Islander) community has especially faced a growing mental health crisis in recent years," says Judy Chu, the Chair Representative of the Congressional Asian Pacific American Caucus, noting the high suicide rate among Asian youth.

Recent studies by the International Journal of Environmental Research and Public Health have shown that immigrants and ethnic minorities may be at a higher risk of suicidal thoughts and behavior, as compared with the general population. Factors that increase the risk of these negative thoughts point toward migrants and ethnic minorities experiencing language barriers as non-English

speakers, worrying about family back home, and separation from family, while external factors such as the lack of information on the health care system, loss of immigration status, loss of social network, and acculturation were found as possible triggers for suicidal behavior. A study on why Chinese immigrants have suicidal thoughts, published in the World Journal shows that common adaptive stressors and adverse life events seem to be connected to immigrants experiencing mental illness, and negative or suicidal thoughts.

Psychologist Jeannine Cico Barker, who focuses on supporting immigrant and marginalized communities, says providing volunteer psychological services at the border and in detention centers is one example of how psychologists can help this vulnerable population.

But only 3.28% of psychologists identify as Asian, according to the American Psychological Association.


Mental health resources exist and are available locally, such as the Boston Center for Refugee Health and Human Rights (BCRHHR), MGH Center for Immigrant Health, and the BMC Immigrant & Refugee Health Center (IRHC) provide mental health care tailored to the needs of immigrant and refugee patients. But a University of California, Los Angeles study found that the biggest obstacle for Asian communities to access these resources is the lack of awareness of existing services. Many illegal immigrants are either unaware, afraid or unsure of how to seek assistance.

AFFORDABLE HOUSING LOTTERY
ASHLEY VILLAGE, MAIN ST., ROWLEY
Newly renovated 3BR unit available to first-time buyers at \$318,200

Information Session: 5/15/24 @ 6pm, Zoom ID:840 1942 7189, Passcode: 324280, Call in: (305) 224-1968
 Lottery Date:7/10/24 @ 6pm, Zoom ID: 897 6061 5675, Passcode: 515078, Call in: (646) 931-3860
 Application deadline: 6/28/24 Maximum Assets \$75,000.
 Maximum Income: 1P \$91,200, 2P \$104,200, 3P \$117,250, 4P \$130,250, 5P \$140,700, 6P \$151,100
Applications: Kristen Costa, L.A. Associates, Inc. (978) 758-0197 kriscosta@laassoc.com

Affordable Housing Lottery
 The 305
 305 Winter Street, Waltham, MA

YOU CAN COMPLETE AND SUBMIT A LOTTERY APPLICATION ONLINE HERE:



<https://form.jotform.com/SEBHousing/broadstone305>

60% AMI Affordable Units: Two Studios @ \$1,592; Seven 1BRs @ \$1,696; Nine 2BRs @ \$2,002; Two 3BRs @ \$2,259.
 80% AMI Affordable Units: Seven Studios @ \$2,159; Nineteen 1BRs @ \$2,302; Twenty-Seven 2BRs @ \$2,730; Six 3BRs @ \$3,099.
 *Rents subject to change in future years. Tenants will pay the costs of electric (which is used for cooking and electricity), gas (which is used for heating, hot water), water, and sewer. Tenants will have one free parking space. Pets are allowed, subject to restriction (\$50/month fee for cats, \$75/month fee for dogs).

The 305 is a new 314 unit rental community located at 305 Winter Street in Waltham. Through this process, 59 apartments will be made available to households earning no more than 80% of the Area Median Income ("AMI"), and 20 apartments will be made available to households earning no more than 60% of the AMI. The 305 will contain eight floors in a Class-A multifamily community with a full complement of luxury amenities including a private pool and patio, a courtyard, work-from-home-spaces, a two-floor fitness center, a speak-easy inspired clubroom, a media lounge, and sky lounge. The units have first-class finishes including 9-foot ceilings, chef-inspired kitchens, in-unit washer and dryer, and oversized windows with amazing views of the surrounding cities.



Maximum Household Income Limits:		
Household Size	Maximum Income Limit 60%	Maximum Income Limit 80%
1	\$68,520	\$91,200
2	\$78,360	\$104,200
3	\$88,140	\$117,250
4	\$97,920	\$130,250
5	\$105,780	\$140,700
6	\$113,640	\$151,100

Public Info Session: June 12, 2024 at 6:00 pm via Zoom.
 Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 818 9317 7595, Passcode: 088159

Application Deadline: July 11, 2024 at 2:00 pm. Completed Applications must be received by this date

Lottery: July 29, 2024 at 6:00pm via Zoom.
 Go to zoom.com/join or call (646) 558-8656 and enter Meeting ID: 857 2736 5609, Passcode: 276410

For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617) 782-6900 (x1 for rental) and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available. Traducción gratuita disponible.

TAKE A MOMENT

May is Mental Health Awareness Month, a time to raise awareness about the importance of mental health and well-being.

Let us be mindful of our own mental health as well as the mental health of those around us. Mental health is not just about individual struggles, but also about the impact our communities have on our success and well-being.

Keolis is an equal opportunity employer and all qualified applicants will receive consideration for employment regardless of their race, color, sex, religion, age, creed, marital status, national origin, ancestry, disability status, protected veteran status, sexual orientation, gender identification, or any other characteristic protected by law.



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Pediatric Primary Care 兒科基礎護理



Haiyun Gong, MD
龚海云醫生
Pediatrician 小兒科醫生
Fluent in: Chinese-Cantonese,
Chinese-Mandarin
掌握語言: 中文-廣東話, 中文-普通話



Yu-Wen Hung, MD, MPH
Pediatrician 小兒科醫生
Fluent in: Chinese-Mandarin,
Taiwanese
掌握語言: 中文-普通話, 臺灣話



Julia G. Lee, CPNP, MSN, MPH
Pediatric Nurse Practitioner
兒科診症護士
Fluent in: Chinese-Cantonese,
Chinese-Mandarin, Toisanese
掌握語言: 中文-廣東話, 中文-普通話, 台山話

Primary Care 全科醫療



Haili Dunbar, PA-C
Physician Assistant 醫師助理
Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話



Jenny Hong Gao, MD, PhD
高紅醫生
Primary Care Physician 主治醫生
Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話



Kristin Huang, MD 黃天慧醫生
Primary Care Physician 主治醫生
Fluent in: Chinese-Cantonese
掌握語言: 中文-廣東話



Francis Lam, MD
Primary Care Physician 主治醫生
Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話



Sandra Lau, MD
Primary Care Physician 主治醫生



Oscar Lee, PA-C
Physician Assistant 醫師助理
Fluent in: Chinese-Cantonese
掌握語言: 中文-廣東話



Yueling Guo Moran, MD
郭月玲醫生
Primary Care Physician 主治醫生
Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話



Elizabeth Park, MD
Primary Care Physician 主治醫生
Fluent in: Korean
掌握語言: 韓語



Myron Siu, MD 蕭偉倫醫生
Primary Care Physician,
Geriatric Services
老人醫學服務科初級保健醫師
Fluent in: Chinese-Cantonese
掌握語言: 中文-廣東話



Wei Wang, MD
Primary Care Physician,
Geriatrician
主治醫生, 老人醫學科醫生
Fluent in: Chinese-Mandarin
掌握語言: 中文-普通話

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若您無能力支付, 請前往我們的網站: tuftsmedicine.org/financialassistance, 在此您可以檢閱、下載並列印所有有關可用財務補助計畫的資訊。塔夫茨醫療中心財務補助政策與申請書皆在網站上及透過財務協調部免費提供。您可以要求寄送一份至您的地址。您可以透過電子郵件 financial.assistance.at.tufts.medical.center@tuftsmedicine.org 或電話 617.636.6013。