



CMAA LOWELL MAGAZINE

ទស្សនាវដ្តីសមាគមខ្មែរឡូយីស

Edition 19 November 2006

The CMAA
22nd Anniversary
Celebration!

រាជធានី
បុណ្យបង្ក
ស្តុំទី២២

Highlights in this issue:

គោលការណ៍បម្រើសហគមន៍

Executive Director Message

The President's Note

CMAA Health Department's
News

Learning another language

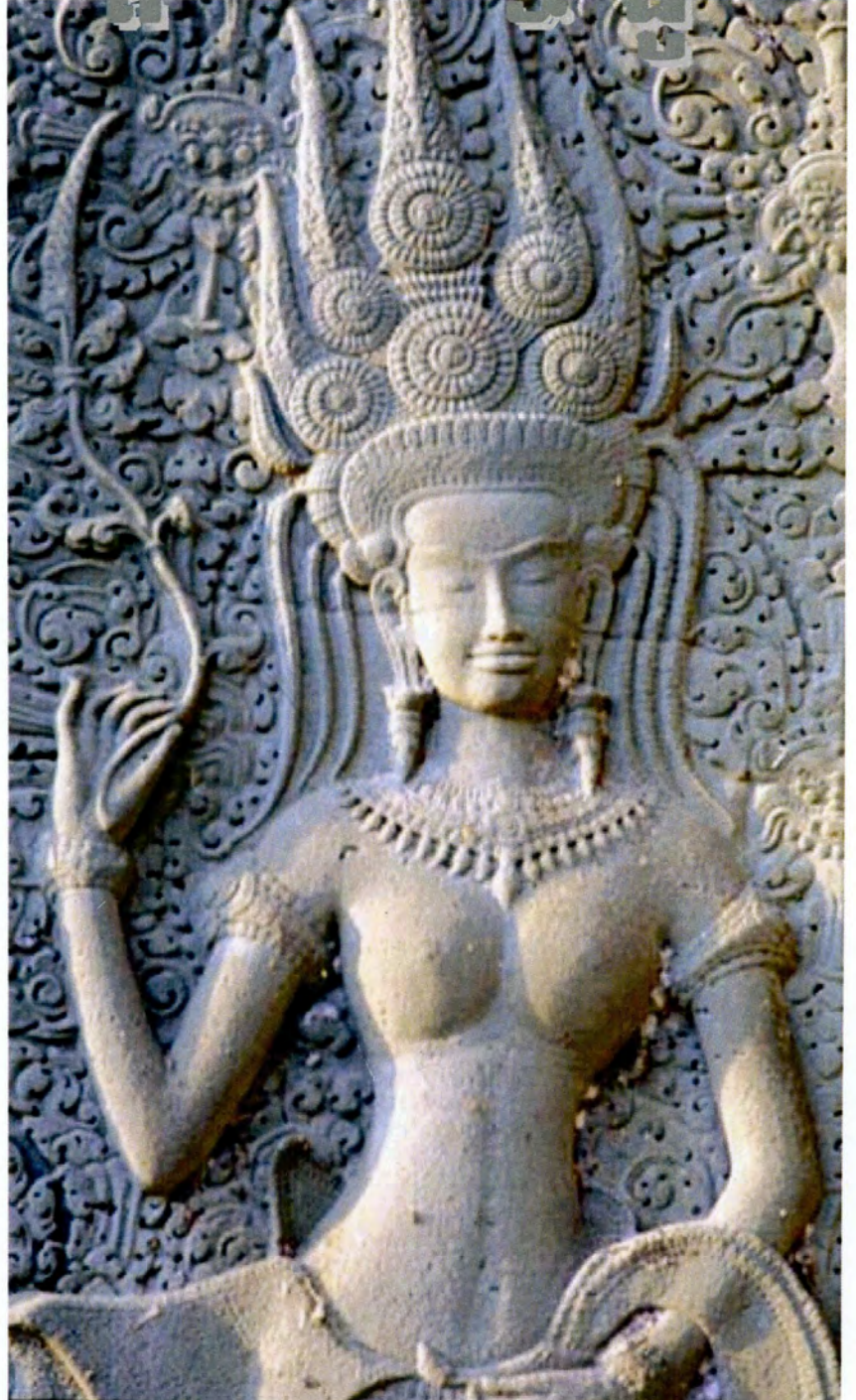
យើងជាពលរដ្ឋខ្មែរអាមេរិកាំង

22nd Anniversary Program

Other News and Advertisements...

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<p><i>Lowell General Hospital congratulates the Cambodian Mutual Assistance Association on their 22nd Anniversary Celebration.</i></p>	 <p>LOWELL GENERAL HOSPITAL</p>	<p><i>Lowell General Hospital សូមសម្តែង សេចក្តីអបអរ សាទរចំពោះ បុណ្យខួបឆ្នាំទី២២ នៃសហគមន៍ខ្មែរ</i></p>
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Sengly Kong, Jerusha N. Peterman, Judith Dickerman-Nelson

CMAA Lowell Magazine is an annual publication of Cambodian Mutual Assistance Association (CMAA) of Greater Lowell, Inc.

All articles published represent the views of the authors; they do not necessarily represent the views of the CMAA or its funders.

Besides, we would like to ask for your good heart to help us by advertising in the magazine. Your generosity is needed to help us continue in publishing this KL Magazine. Thank you!

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CMAA MISSION

The CMAA is dedicated to improving the quality of life for the Cambodian-American community of greater Lowell and other ethnic minorities through educational, cultural, social, community and economic development efforts.



Special Thanks to the following Medias for their support!

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EXECUTIVE DIRECTOR'S MESSAGE



I am excited about the achievements our organization enjoy this past year and the staff, board members, clients, volunteers and supporters deserve all the credit for the success. Our health education program has literally saved lives during our health screenings. As part of our health education classes and health screenings, we have nurses check our participants' blood pressure and cholesterol level. The results are alarming. In several instances we had to call the ambulance to take people the hospital because their blood pressure was dangerously high. We are glad our health education program funding was renewed by the Office of Refugee Settlement to keep our wonderful community health education staff reaching out inform people about the importance of regular health check ups.

Over the pass 22 years, the CMAA have successfully assisted many Asian and other ethic refugees to start their new lives in cities around Greater Lowell area. The services that majority people accessed were basic but essential to begin building their live here in America such as; English classes, job training, after school tutoring, translation services, school registrations, etc... 22 years later, the community's successes are evidenced in a number of our community member who have started businesses, bought homes, graduated from high schools and colleges, and are now contributing to the economic growth our new country. That being said, the CMAA's work is far from over. In fact, it has gotten greater. There are still many people needing basic services that we are currently providing. In addition to the basic services, we now have to help our business community grow, educate the homeowners the about the financial responsibilities of owning a home, assist our graduates with access to good paying positions, inform everyone about the importance of voting and political representations and most importantly, teaching our community how to maintain good physical and metal health. I am please to inform our community members that our board and staff, with the assistance from the Jericho Road Foundation volunteers, are working hard to come up with a strategic plan to address our community's needs during this of time of limited resources. The work ahead is challenging but if we look at our past challenges, our current accomplishments, and our future opportunities and work together; we can achieve even greater success.

I am optimistic about the future growth the Cambodian community here in the Greater Lowell area. I encourage people to continue to work together and register to vote so our voices will be heard at the policy levels.

Sincerely,

Vong Ros
Execute Director

The President's Note

Dear Fellow Community Members:

It has been a busy year for members of the Board, the chairs of our many committees and the staff at the Cambodian Mutual Assistance Association (CMAA) with meetings, planning, and implementing of services. Our major challenges for this year have been about stabilizing the organization financially and structurally and creating a sense of urgency to improve, grow and strengthen our agency. For me, these challenges have been inspiring and they have enabled us to identify several areas that we would like to improve and ways in which we could tackle them.

The Board and staff are compiling the ideas and feedbacks generated by CMAA board and staff and members of the public in preparation of our strategic planning. With the help of Jericho Road Project, we hope to develop a strategic plan that will provide us with the direction to better serve our community. With the community support and guidance, we hope to make CMAA more visible and more accessible by: 1) increasing/diversifying our board memberships; 2) continuing to improve our existing programs, services and outreach; 3) initiating and implementing creative new opportunities and services for community members to empower each other, to be more self-reliant and to take part in leadership; and 4) planning for and improving the development, training, functionality and effectiveness of CMAA as an organization and as a resource for the community.

I sense a growing excitement through many of our meetings and hope to extend that excitement to you. If you would like to help move CMAA forward, please feel free to contact me or Mr. Vong Ros, Executive Director of CMAA. I urge you to get involved and share your thoughts about what specific areas you would like to see us work on this year. By "us" I mean you, me and all the members of our community.

In closing, I would like to thank my fellow Board members, Executive Director, staff and distinguished supporters and volunteers for making our 22 years of service possible. In addition, I would like to thank Mr. Hai Cheng for his great leadership, dedication, motivation and stamina in getting us to this point.

Best Regards,

Phala Chea

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CMAA Health Department's News

The Health Department is strongly and faithfully committed to accomplishing the CMAA strategic mission to improve the quality of life of all Cambodians in the Greater Lowell area through social, economic and cultural development programs. Our vision is to provide a one-stop health resource center where any Cambodian can find assistance and information for as many health topics as possible. Taking pride in serving Lowell Cambodian community, the CMAA health department is currently implementing four main healthcare programs including (1) Cambodian Health Promotion, (2) Cambodian Community Health Education REACH 2010, (3) Monorom Family Support Program, and (4) Nutrition.

(1) Cambodian Health Promotion Project increases awareness and knowledge among Cambodian refugees and asylees of the importance of regular health screening, signs and symptoms, treatment, available health care services and ways to reduce risk factors of Osteoporosis, Hepatitis, Cancer, and Depression. Funded by the Federal Office of Refugee and Resettlement, the project is run by the CMAA well qualified team of a registered nurse and a Cambodian nurse practitioner.



(2) REACH 2010 provides health education to Cambodian population in Lowell on such health topics as Diabetes and Cardiovascular diseases in various arrangements including community workshops, education groups, physical exercise, social outings, and the river walk. The project is run by CMAA's team of experienced lay community health educators. The project is funded by the Centers for Disease Control and Prevention through a sub-contract with Lowell Community Health Center (LCHC).



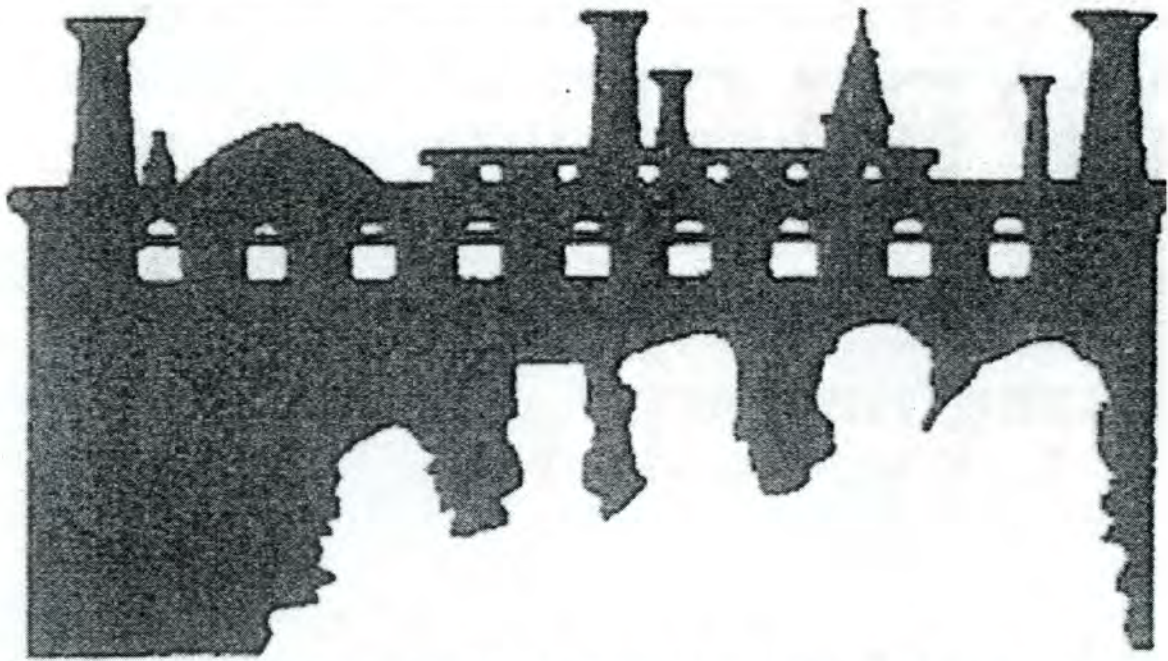
(3) Monorom Family Support Program assists mentally disabled children from 3 to 22 years old and their families. Services include interpretation, transportation to and from medical appointments, crisis intervention, special education advocacy, case management, information and referral, respite care, etc. The project is run by the team of most experienced staff members with funding support from the Commonwealth of Massachusetts Department of Mental Retardation.



(4) The nutrition initiative at the CMAA works to provide nutrition education to Cambodians in Lowell, especially those with diabetes, heart disease, and high blood pressure. We offer nutrition education classes with cooking demonstrations to show how to reduce sugar and simple carbohydrates, sodium, and saturated fat and cholesterol in traditional foods.



We have created a Guide to Healthy Eating for Cambodian Americans, which is designed to help people with diseases like diabetes, heart disease, and high blood pressure make healthy eating choices while still eating traditional Cambodian foods. The Guide has a section on shopping, preparing, and eating healthy food Cambodian foods, and includes 20 recipes of traditional Cambodian foods that show how tasty healthy food can be. The Guide is in Khmer and English, side-by-side. If you are interested in learning more about how to make the food that you eat healthier, come to the CMAA to pick up a copy of the Guide.



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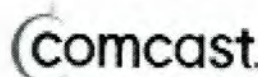
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Blood Pressure and Health Outreach At Pailin Park

By Sengly Kong, Director of CMAA Health Department.

On July 27, 2006, the CMAA Health Department organized a Blood Pressure and Health Education Outreach at a locally known Pailin Park (diagonally opposite the Pailin Plaza) located at the corner of Middlesex and Branch Streets. The event was made possible through a partnership between the CMAA Health Promotion Project funded by the U.S. Office of Refugee and Resettlement and the Cambodian Community Health 2010 (CCH 2010) funded by the U.S. Center for Disease Control and Prevention (CDC).



Services at the event included blood pressure reading, distribution of health promotion materials, and an opportunity for those who have questions about their blood pressure and other related health issues such as heart disease, diabetes, cholesterol and others. Before taking his/her blood pressure, each participant was asked to read and sign a consent form as a normal standard

procedure.

Our surprising presence was puzzling to all the people who came to the park to play or watch volley ball and basket ball. Some were walking around our tent and smiling at our team while others were looking at us from a far wondering what was going on in their volley ball court. To clarify the entire puzzle and wondering, our staff was quick to reach out and explain them about the purpose of our presence. As a result, most of the people on the court enthusiastically participated and enjoyed our services. And fifty-one (51) people have their blood pressure read.

The results of the blood pressure reading were expectedly encouraging. Most readings were within the normal healthy range. One man however had a high blood pressure reading. Our Health Promotion nurse talked with him about the effects of stress, exercise and salt on the blood pressure, and explained that the normal blood pressure reading should be below 140/80. The client asked if he should see his doctor and the nurse encouraged him to do so. Overall, the blood pressures of these sport active individuals were within the normal range as recommended by the American Heart Association.



The fact that most of these sport active members have good blood pressure reading confirms the importance of active life style as one of the most effective proactive measures for healthy being. The finding can be disseminated to other community members so that they would adopt active life style and become healthier.

In addition to the above finding, this outdoor event provided a great opportunity for the members of the Cambodian community to gain better understanding of their health, health issues affecting the community, and available health care services. The model should be replicated other places so that it would generate aggregative positive health effects on the Lowell Cambodian community that has been disproportionately affected by CVD, Diabetes, Osteoporosis, and Hepatitis.

The Saab Law Firm



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Learning Another Language

By Judith Dickerman-Nelson

On Thursday afternoons at 3:00 pm, one can hear sounds of Khmer consonants and vowels being repeated in the conference room at the Cambodian Mutual Assistance Association (CMAA). Mr. Kosal Suon is the teacher, and he volunteers his time to help students learn his native tongue. He reads the letters out loud and the students repeat each sound.

I am one of the students who come each week, and it is a struggle to grasp the sounds: រ៉ ឌី រ៉ ឃី ឆី. We say the letters, these consonants, and after we learn the vowels, we put consonants and vowels together to form small words. We practice writing the letters, and it is difficult to get the shape just right. I feel like a child who is just learning the alphabet, and I begin to have a better understanding of the students who come to learn English here at the CMAA.

The Khmer language class is free and takes place each Thursday between 3pm and 4pm. This is not the only class offered at the CMAA. Lowell Adult Education and the CMAA have the Asian Adult Education Project located at the CMAA. Four different

classes are offered at the 165 Jackson Street location. A satellite of Lowell Adult Education, the site offers two classes that run Monday through Thursday, taking place each day between 9 am and 12 noon. These two classes used to be located at the St. Julie Asian Center, but with that center closed, Lowell Adult Education and CMAA worked together to find a home for these classes. Another day class takes place on Thursday, Friday and Saturday from 9 to 11. Then at night on Tuesday, Wednesday and Thursday there is a class from 5 pm to 7 pm. Additionally, Citizenship classes are offered for students in this program.

I like going into the classrooms and meeting the students, and I enjoy listening as they try to learn new words and sentences. Truly it is a joy as they begin to make sense of English, this new language for them. As I have studied Khmer, I've come to appreciate even more the students who come before work, those who come after work and those who fit in their language studies while children are at school. Our students juggle multiple responsibilities, and still they manage to fit learning English into their demanding schedules. These English classes are filled with eager students who work hard at acquiring this new language. Each week as I try to learn more Khmer, I marvel at our English learners and their motivation, dedication.

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- ធ្វើទិដ្ឋការ (Visa) សម្រាប់ទៅប្រទេសខ្មែរ ចិន អូស្ត្រាលី លាវ ថៃ សិង្ហបុរី និងវៀតណាម
- ធ្វើសំបុត្រធានាយកប្រពន្ធ ឬប្តីមកពីប្រទេសក្រៅ
- លក់កាតទូរស័ព្ទសម្រាប់ក្នុងនិងក្រៅប្រទេស
- ជួយបំពេញសំណុំរឿងចូលសញ្ជាតិអាមេរិកាំងនិងធ្វើ 1-94
- ទទួលធ្វើប្រាក់ទៅភ្នំពេញនិងបាត់ដំបង

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22nd ANNIVERSARY PROGRAM

កម្មវិធីនៃបណ្ដុំបង្កំទី ២២

Master of Ceremony:

Ms. Ronnie Mouth

Mr. Sengly Kong

6:00-7:15PM	Cocktails and Networking.....ការជួបជុំនិងសំណេះសំណាលគ្នា
7:15-7:25PM	Board Elections.....ការបោះឆ្នោតជ្រើសរើសគណៈកម្មាធិការនាយក
7:25-7:35PM	Blessing Dance by Angkor Dance Troupe.....របាំជូនពរដោយក្រុមរបាំអង្គរ
7:35-7:40PM	Speaker: Mr. Hai Cheng.....សុន្ទរកថាដោយលោក ហៃ ឆេង
7:40-7:45PM	Speaker: Dr. Phala Chea.....សុន្ទរកថាដោយបណ្ឌិត ផល្លា ជា
7:45-7:50PM	Speaker: Mr. Vongsaranak Ros.....សុន្ទរកថាដោយលោក វង់ រស់
7:50PM-12:00AM	Dinner, Recognition/Award, Raffles, Dancing and Entertainment by the H2O Band.....ពិសារភោជនាហារ/រង្វាន់លើកទឹកចិត្ត រង្វាន់អនុស្សាវរីយ៍ និងទំនំសាត្រូវជាមួយ ក្រុមតន្ត្រីកង្ហារ ។ លោក SoVann Doung នឹងបើកឆាកដោយបទចម្រៀង “ស្រក់ទឹកភ្នែកមិនមានបញ្ហា”



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| <p>១- យើងពលរដ្ឋខ្មែរអាមេរិក
ទុក្ខសោកហ្នឹងសៅពីបុព្វា</p> <p>២- មកដល់ប្រាកដរដ្ឋបូរី
ខិតខំធ្វើការយ៉ាងខ្ជាប់ខ្ជួន</p> <p>៣- មិនដែលរុញរាវងាកក្តៅ
អាទិត្យចំនួនផងមិនដែលខ្លះ</p> <p>៤- A B C D សម្តីរកត់
បកប្រែលំដាប់ច្បាប់ប៉ុន្មាន</p> <p>៥- ពីដើមហូរហែកែប្រែទ្រង់
ក្រោយមកទើបដឹងថាមានភ័ព្វ</p> <p>៦- បានចូលសញ្ជាតិហើយប្រាកដ
មានអំណាចថ្មីក្នុងដៃណែន</p> <p>៧- ទៅសុំចុះឈ្មោះ Register
គប្បីរត់រះច្បាស់មជា</p> <p>៨- ដល់ក្មេងជាន់ក្រោយយកតម្រាប់
ល្អពុម្ពល្អព្រះអង្គងយូរ</p> <p>៩- មិនត្រូវបណ្តាក់ចាក់បណ្តោយ
ទុកជាគន្លឹះជាបូសគល់</p> | <p>ចាំជាប់ជានិច្ចមិនភ្លេចទេ
ចាំមិនភ្លេចទេរត់ភ្លៀសខ្លួន ។</p> <p>មេឃថ្មីដីថ្មីភក្តីស្ទួន
រៀនសូត្រមាំចូនខំប្រឹងណាស់ ។</p> <p>ព្រហស្បតិ៍សុក្រសៅរ៍ប្តូរវេនផ្លាស់
ខំប្រឹងខ្លាំងណាស់មិនដែលខាន ។</p> <p>ទន្ទេញចាំមាត់គ្រប់ៗប្រាណ
ប្រវត្តិជាតិថ្នានបានរៀបរាប់ ។</p> <p>ភ័យផងអរផងក្រែងមិនជាប់
អរណាស់បានជាប់ Citizen ។</p> <p>កើតជាពលរដ្ឋលើភពផែន
តែកុំភ្លេចកេណ្ឌប្រមូលគ្នា ។</p> <p>កុំប្រកាន់ពណ៌ឡើយពុំងា
ពលរដ្ឋសោភាជាគម្រ ។</p> <p>ដើរតាមប្រញាប់ចាស់គិតគូរ
មិនតឹងមិនធ្ងន់គួរតែយល់ ។</p> <p>រដ្ឋយើងខ្លាំងខ្សោយក៏ព្រោះពល
អញ្ជើញនិម្មលទៅបោះឆ្នោត ។</p> |
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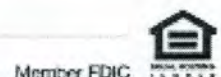
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- ការផ្តល់ព័ត៌មាននិងបញ្ជូនទៅជួបជុំបណ្ឌិតឯកទេស
- ការធ្វើសមាធិ



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ដោយមេត្រី និងដោយមិនគិតពីស្ថានភាពប្រាក់ចំណូលនៃក្រុមគ្រួសារលោកអ្នកឡើយ...។

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