



CMAA LOWELL MAGAZINE

ទំព័រនាវាផ្តល់មាតិកាដ៏ទូលំទូលាយ

Edition 20 November 2007

The CMAA
23rd Anniversary
Celebration!

ជោគជ័យ

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Highlights in this issue:

- គោលការណ៍បំរើសហគមន៍
Executive Director Message
- The President's Note
- New Grant from Comcast
- CMAA HOPE-NOW Project
- CMAA Health Department
- Spotlights
- 23rd Anniversary Program
- Other News and Advertisements...

The 23rd Anniversary is
made possible by the
following major
sponsors:

- Saints Medical Center,
- Lowell FDC,
- Mr. Chou Huynh,
- Lowell Five Bank
- and Conway Insurance



Broadway Plaza



**CMAA new location
120 Cross Street
Lowell, MA 01854**

Saturday,
November 3, 2007
6:30PM-12:00AM

Pailin City Restaurant
6 Branch Street
Lowell, MA 01851

**Lowell Five
congratulates the
CMAA on 23 years
of service to the
Greater Lowell
community**



Banking Center Locations

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Making a Difference

Over the seven years that the Cambodian Community Health 2010 program opened its doors and hearts to the Cambodian community a number of changes have taken place that lead to the improved health of the individuals that make up the community.

For those who do not speak or read English it may be difficult to comprehend the vast medical system and learn how to navigate all the steps for obtaining and then following through with medical care. These steps include, the purpose for taking medications as recommended, making and keeping of appointments, the importance of understanding about your disease or illness, and the significance of being able to call 9-1-1 in an emergency

We have seen changes in the community, changes for the better. Individuals who at one time required the assistance of an Advocate to help them manage the health care system are now able to manage it on their own. These individuals have made changes in their activity levels, food choices, taking medications, consistency with appointments, and knowing how to manage some of the risks and symptoms that trigger certain diseases, while also learning how to manage their current illness

To some of us these changes may seem small. However many individuals, who over the last seven years have learned these new skills and now experience these healthy modifications in their daily lives, have found these changes invaluable.

In their own words, the community gave us an understanding of their personal health challenges. They shared how learning about health and illness and adopting healthy behavior changes made a difference to them and their families.

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CMAA Lowell Magazine is an annual publication of the 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!

ឧស្សាហកម្ម "សមាគមខ្មែរឡឺវែល" ត្រូវបានរៀបចំបោះពុម្ពឡើងដោយសមាគមខ្មែរក្រុងឡឺវែល ជា រៀងរាល់ឆ្នាំ ។ អត្ថបទទាំងឡាយដែលបោះពុម្ពនៅលើទំព័រនីមួយៗនៃទស្សនាវដ្តីខ្មែរឡឺវែល គឺបញ្ជាក់ ពីខ្លឹមសារពិតៗនៃអ្នកនិពន្ធ ឬក៏វិក័រ ហើយមិនមែនបញ្ជាក់ពីទស្សនៈរបស់សមាគមខ្មែរ ឬក្រសួងជំនួយនានា នៃសមាគមខ្មែរឡឺវែល ។

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គោលការណ៍បម្រើសហគមន៍

សមាគមខ្មែរឡឺវែលប្រចាំទិញក្នុងទម្រង់វិស័យការប្រយោជន៍ដល់មុខមុត នៅក្នុងការបម្រើជួយកែប្រែ និងលើកស្ទួយជីវភាព របស់សហគមន៍ខ្មែរ-អាមេរិកាំងនៅក្នុងសហគមន៍ ឡឺវែល ព្រមទាំងជនជាតិភាគតិចដទៃទៀតដើម្បី ញ៉ាំងអោយស្ថានភាពរស់នៅមានលក្ខណៈកាន់តែ ប្រសើរឡើងតាមរយៈការអភិវឌ្ឍន៍លើវិស្សយ័អប់រំ -វប្បធម៌-សង្គម-សហគមន៍ និងសេដ្ឋកិច្ច ។/

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!

"Voice of CMAA -Thinking Out Loud Radio" WUML 91.5 FM, Every Friday at 11:00AM-12:00PM, Hosted by Brian B. Chen, Ang Pheng, Sak Seang (978) 596-1026

"Voice of Cambodian Children Radio" WUML 91.5 FM, Every Sunday from 1:00PM-5:PM, Hosted by Sidney Liang and others (978) 804-0860

"Koun Khmer Show" Live Show on LTC Channel 8, every Monday from 8:00PM-9:00PM, Hosted by Buntha S. Krouch C: (978) 804-1175

"Khmer Sentimental Show" Live Show on LTC Channel 8, every Wednesday from 8:00PM-9:00PM, Hosted by Bunrith E. Sart C: (978) 828-7049

EXECUTIVE DIRECTOR'S MESSAGE



I am pleased to be able to report at the end of our 23rd year that the CMAA has many positive things to share with the community. We are now settled in our new location, and for the first time, the CMAA is located in the heart of the Cambodian community, where we are more accessible than ever. In spite of a challenging move from our old location at 165 Jackson Street to our new headquarter at 120 Cross Street Lowell, MA, our organization still successfully served over 1000 people with health related services, ESL and GED classes and elderly exercise and social activities, meeting or exceeding the goals we set for each of our programs. Our agency also collaborated with many other agencies to organize cultural and civic activities. By working together we have been able to assist the Southeast Asian Water Festival manage their money, mobilize minority-led agencies such as Light of Cambodian Children, SABAI and Laos Family Mutual Association to pool resources to address our community issues in a focused and coordinated way. We were able to increase the number of community members registered and voting during the last gubernatorial and the 5th District Congressional elections, making the voice of our community heard as it has never been heard before. We have completed a strategic planning process, meeting with members of the Cambodian community and the broader Lowell community to learn about the needs of our clients, and of those who have never received services from CMAA before. We now have a blueprint for creating new and exciting programs to meet the needs of the Cambodian community. Recently, we received word that we are going to receive a large grant from the US Office of Refugee Resettlement to offer Individual Development Accounts, a powerful tool to increase the ability of refugees to purchase homes, open new businesses, further their education, and to build a better life for themselves, their family and the entire community.

Much work remains to be done. Many Cambodian families were victimized by a fraudulent scheme, many face foreclosure due to predatory lending and health disparities continue to cause many members of our community to suffer disease, and even die before their time. These are major problems that we need to address urgently.

Our Board of Directors, our staff and myself are committed to work with the community, our political representatives and funders to find solutions to the above problems. We all know it is hard work but if we all work together, register people to vote, buy from businesses that support our community and educate those who control the money needed to do this work, I am sure we are equal to these challenges, and that our hard work and dedication will pay off with a stronger, more prosperous and healthier community for all.

Vong Ros
Executive Director

The President's Note

Dear Distinguished Friends, Community Members and Supporters:

Please join us as we celebrate CMAA's 23rd year of services in the Greater Lowell community. This year has been a very productive and challenging year as we complete our strategic planning, finalize the sale of the 165 Jackson Street building, search for a more accommodating and community friendly site, adjust to a new location, and move forward with our services without disruption. These were no easy tasks, and we have the hardworking and dedicated staff to thank and appreciate.

Now that we have settled in our new location on 120 Cross Street, we will focus our efforts on the cooperation and collaboration of our staff, our supporters, and our neighboring agencies/organizations to implement our strategic plan. We hope that this focus will continue to improve our services and our visibility within the community.

If you wish to get involved in shaping our programs, services and visibility, please join us. I welcome your assistance!

In closing, I would like to thank my fellow Board members, Executive Director, staff, supporters and volunteers for another heartfelt year. Thank you so much for your never ending commitment to our community.

Best Regards,
Phala Chea

TMORDA SANDWICHES

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Congratulations CMAA on 23 years of service to the Cambodian Community

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- ✦ Full-day kindergarten, enrollment, cut-off Dec. 31.
- ✦ Before and after school programs
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CMAA Current Funders:

- Department of Mental Retardation
- Department of Transitional Assistance
- Department of Public Health
- Office of Refugee Resettlement
- Lowell Community Health Center
- United Way of Merrimack Valley
- The Aubert Fay Charitable Fund, Foundation M,
- Fay Foundation, Parker Foundation, Comcast Foundation
- Greater Lowell Community Foundation
- Blue Cross Blue Shield of Massachusetts
- Charles H. Farnsworth Charitable Trust
- City of Lowell/CDBG
- Project Bread

New Grant from Comcast

The Cambodian Mutual Assistance Association is pleased to announce that they have received a new grant from the Comcast Corporation. The grant is for the Education Department's Young Parent Program (YPP) which is a program for young parents between the ages of fourteen and twenty-one who have dropped out of school. The program's focus is to assist the students in becoming self-sufficient. This goal is met by helping students to obtain their GED and then guiding them as they choose a path toward their future careers.

The Comcast grant enables the CMAA's Young Parent Program to provide an enhanced career development component. Two former students who have received their GEDS and successfully entered the workforce will coordinate the workshops. Gina Moscato and Bethany Phrakonekham have already started working with the CMAA's young parents, exploring career paths and beginning to work on resumes. The ten workshop subjects are: Career Paths and Jobs, Setting up Job Shadowing, Resume Writing, Interview Skills and Role Playing, The Job Search: Newspapers and the Internet, Building a Professional Appearance, Job Expectations: towards a stronger work ethic, Budget and Personal Finance Part I, Budget and Personal Finance Part II, Credit Report Rating/Repair.

In addition to the career development workshops, the YPP will continue to partner with the local library in order to strengthen the students' literacy and love of reading. The young adult librarian and the CMAA's YPP meet every three weeks for a reading group. Reading is critical for the students' future job prospects, as well as for their families' growth. We believe improving the students' literacy will have a positive impact on their children's lives by introducing reading into the family.

We appreciate the Comcast Corporation's willingness to help the CMAA's Young Parent Program and thank them for their generous support!



YPP Bus Trip



*Education Director Judith Dickerman -Nelson
with former YPP student at graduation.*



ESOL students studying English.

The CMAA's Education Department And Lowell Adult Education's ESOL Classes

The Young Parent Program (YPP) works with students between the ages of fourteen and twenty-one who have dropped out of school and are either pregnant or already a parent. The CMAA's YPP is funded by the Department of Transitional Assistance, Banknorth, Foundation M, the Fay Foundation, United Way, and Comcast. Additionally, the YPP collaborates with the Pollard Memorial Library and has a reading group that meets every three weeks at the library. We are grateful to our funders who give us the opportunity to serve these young parents.

The YPP program started its new fiscal year in July, and we have been having an exciting year! One student completed a Certified Nursing Assistant (CNA) program, and another student started her CNA training. Still another who passed her GED went on to a work-readiness training program at Middlesex Community College. Two students who received their GED diplomas went on to employment. Another student passed her GED and plans to go to Middlesex Community College. At least three other students are near completing their GEDs and are making plans for their futures. We expect that the rest of the year will be as exciting and productive.

The classes for English Speakers of Other Languages (ESOL) that take place at the CMAA are a part of Lowell Adult Education. We have been a satellite site of Lowell Adult Education for many years and enjoy this on-going partnership. After St. Julie Asian Center closed, the CMAA and Lowell Adult Education decided to transfer two English classes over to the CMAA so that students could still receive instruction. That aspect of our partnership continues. We offer four different English classes with one taking place at night and three taking place in the day. Over sixty students are learning English at the CMAA!

Law Office of Gallagher & Cavanaugh, LLP



Congratulates
the
**Cambodian Mutual
Assistance Association**
on your
**23rd
Anniversary Celebration!**

**100 Foot of John Street
Lowell, MA 01852
Phone: (978) 452-0522
Fax: (978) 4520482**

The CMAA would like to thank Acton's First Congregational Church for their continued service to the Cambodian community in Lowell. For years now, this church has generously donated Christmas gifts for children who might not otherwise have gifts on Christmas morning. They even wrap the wonderful gifts that they give! We thank them from the bottoms of our hearts.

Many others give generously, as well, during the holiday season. For Thanksgiving, these organizations donate: The Staff at the Rogers School, Battambang Market, Khmer AngkorMarket, Seven Hills Community Services, DSS staff, United Way, Glidden's House, The Dracut House of Pizza, and many individuals, too. Between these groups and individuals such items as turkeys, rice, blankets and many other things are donated for the poor in the community. We are so thankful that they remember those who are less fortunate.

To all of these people who reach out with their hearts, we say thank you.



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CMAA HOPE-NOW Project

This Fall (2007) the CMAA is launching the HOPE-NOW Project, an academic support and mentoring initiative that works with college bound high school students and their families to plan and prepare for college entry.

The HOPE-NOW Project is collaborating with the Lowell Public Schools, universities and colleges, and scholarship programs to ensure successful transition of low-income youth from Lowell into higher education.

The project currently:

- Accepts referrals (by High School Guidance Counselors or self referrals) for students in their junior year of high school.
- Works with students and families in college planning, searches, admissions and financial aid applications, development of personal statements, as well as compiling other documentation necessary for college applications.
- Arranges campus tours for students and their families, with a minimum of 3 tours required of each participant.
- Matches participants with long-term mentors
- Works with students and college to maximize use of college or university resources

Provides regular case management and follow up of all participants from the time of entry to graduation from college or university.

thank you

Congratulations to CMAA for 23 years of service to the Greater Lowell community.

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- លក់សំបុត្រយន្តហោះសម្រាប់ក្នុងនិងក្រៅប្រទេស
- ធ្វើ Re-entry Permit "ធ្វើល្បីក្នុងរយៈពេល១ឬ២អាទិត្យបាន"
- ធ្វើ Green Card និងលិខិតឆ្លងដែនខ្មែរដែលហួសថ្ងៃកំណត់
- ធ្វើទិដ្ឋការ (Visa) សម្រាប់ទៅប្រទេសខ្មែរ ចិន អូស្ត្រាលី លាវ ថៃ សិង្ហបុរី និងវៀតណាម
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- លក់កាតទូរស័ព្ទសម្រាប់ក្នុងនិងក្រៅប្រទេស
- ជួយបំពេញសំណុំរឿងចូលសញ្ជាតិអាមេរិកាំងនិងធ្វើ 1-94
- ទទួលធ្វើប្រាក់ទៅភ្នំពេញ សៀមរាប និងបាត់ដំបង

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Community Based Cambodian Health Promotion Program Comes to You

From Community Gardening to learning about Osteoporosis, Hepatitis and Cancer, individuals from the Cambodian community have taken advantage of these activities and educational topics conducted by the Cambodian Mutual Assistance Association of Greater Lowell's (CMAA's) Cambodian Community Health Program. CMAA received a grant from the Office of Refugee Resettlement (ORR) in September of 2006 which enables the staff to provide educational classes to the refugee and asylee community as a whole.

CMAA understood from prior educational classes that there was a significant need to bring health education out into the community and through collaborative efforts with agencies such as Casey Family Services, International Institute, Lowell Council on Aging, Lowell Adult Education, as well as area restaurants, such as, Khemara, Pailin City, and Sanmonorom, CMAA did just that.

Educational classes are conducted by a registered nurse, the Director of the program, and a nursing student. Both the Director and nursing student are bi-lingual in English and Khmer. The purpose of the program is to inform and educate participants about Osteoporosis, Hepatitis and Cancer and to teach them the risk factors of the disease and to learn the preventative methods for minimizing their risks. The focus is on Prevention and How to recognize the early warning signs of these diseases. Information is shared on how a diagnosis is made and the importance of speaking with your medical provider earlier rather than later. An emphasis is placed on early diagnosis with the understanding that chances of recovery improves with early diagnosis.

In addition to these in dwelling educational classes CMAA, has held outdoor health fairs at different sites, such as, the South Common and Pailin Park, where staff provided educational materials and free blood pressure screenings.

If you are interested in learning more about the CMAA Cambodian Health Promotion Program, please call Dr. Sengly Kong at 978-5961041, Ronnie Mouth at 978-596-1041, or Barbara Zippis Glass, RN at 978-596-1039.

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CMAA Health Department Spotlights

Volume 1, Issue 1
May, 2007

Community gardening to improve mental health and mitigate social isolation among Cambodian elders

Community gardening is part of the health promotion project funded by the U.S. Office of Refugee and Resettlement to educate Cambodian refugee/asylees about hepatitis, cancer and osteoporosis; it is also designed to improve mental health for elders who are symptomatic of depression.



The gardening project is the collaboration between CMAA and a local project named “Lowell: the Flowering City. Gardening takes place every Wednesday of the week from 9AM to 12 PM; participants are involved in every step of the gardening process including seed acquisition, seed germination, soil cultivation, and seedling plantation. They are enthusiastic about the activity because it provides them with socializing and perhaps therapeutic opportunity.

When asked what they think about the activity, most said they were very appreciative of being involved, and especially enjoyed the exposure to fresh air. One elder said “ it is really good that I have a chance to breath a fresh air under cooling shade of apple trees and experience a summer breeze.” Others have felt and expressed the same experiences.

In addition to the activity at the greenhouse, the CMAA health promotion team considers expanding gardening activity to the two Buddhist temples in the area. Container gardening seems to be a viable alternative, and the team will conduct a preliminary feasibility into the option for the two temples where most Cambodian elders congregate.

Stress reduction trip to Museum of Science

CMAA has diversified its services to elders who are socially isolated and home bound. Funded in part by the Community Development Block Grant of



the City of Lowell and the grant from the Farnsworth Foundation, the CMAA Elderly Program Service is, for instance, designed to provide a monthly senior

clinic at CMAA, senior social meal at Lowell Senior Center, and stress reduction field trip. Destinations for field trips include historical, recreational, and farming sites.

Over the past few months, participating elders have taken bus tours to various places including Boston Museum of Science, Wal-Mart Super center in New Hampshire, and Amherst Buddhist Temple. The program has served the total unduplicated clients of 55 Southeast Asian elders. Many of them are Cambodian Americans. In addition to the stress reduction trip, elders have received a monthly senior clinic where they have their blood pressure checked up, prescription review, and opportunity to ask any question they might have related to their personal health care management.

Nutrition Education and Cultural Competency

Eating healthy foods will greatly help reduce risks of developing certain health problems and/or further complicating certain diseases including diabetes and heart disease.

Funded by the Center for Disease Control and Prevention through a sub-contract from LCHC, the CMAA nutrition program is designed to increase knowledge and raise awareness among the Southeast Asians (SEA) in Lowell of healthy food choices. The program also provides in-service training for health care providers working with the SEA group. Copies of A Guide to Healthy Eating, which is a manual on how to prepare healthy foods for our heart has been published in both Khmer and English, and eight hundred fifty (850) copies of the guide have been distributed.

In order for their services to be accessible and to optimize the benefits to the minority community, providers need to be exposed, at least, to some basic cultural beliefs and practices of the group. To this end, CMAA provides as part of the nutrition education cultural competency training.



CMAA Health Department Spotlights

Commonwealth Care Program

As most of us know there have been many changes in Massachusetts regarding healthcare. Massachusetts, has lead the way by requiring and facilitating health care coverage for all Massachusetts residents. The implementation of this law posed many challenges for our clients. The CMAA was grateful to have received a grant from Blue Cross Blue Shield Mass Foundation to help assist clients in registering for Commonwealth Care. In order to let our clients know about this new service we have been doing outreach to the community. Brian Chen talked about Commonwealth Care on his radio show Thinking Out Loud on 91.5 FM. Mr. Narong Hul, a host of a Cambodian Buddhist Show, has been extremely helpful in letting the community know about Commonwealth Care. Also, CMAA's Health Director Mr. Sengly Kong went on television to talk about Commonwealth Care. There were also a few other shows that have been very instrumental in bringing information about the new insurance laws and CMAA's services to the Cambodian American public, including Koun Khmer and Khmer Sentimental Show. For the month of July we have assisted 25 walk in clients in applying for Commonwealth Care. To date (since March 2007) the total number of walk-in clients we have served with Commonwealth Care is 123. Our Commonwealth care program here at the CMAA has been very successful and has helped many of our community members in getting health insurance. We continue to help community members with assisting them in registering for Commonwealth Care.



*Field Trip to Wat Kirivongsabopharam
Leverets, Mass*

REACH 2010 Program

CMAA has diversified its services to elders who are linguistically isolated and home bound. Transportation difficulties effect the ability of Cambodian American immigrants and refugees on a day to day basis. REACH 2010 has been teaching participants how to use LRTA (Lowell Regional Transit Authority) public bus. On July 20, our CMAA/REACH 2010 team trained 14 participants to use a public bus to various destinations. They went on a bus ride to the Burlington Mall. The outcome of this program is to teach Cambodian-Americans who lack transportation or knowledge about other sources of Transportaion and how to use LRTA Public Transportaion.

Monorom Family Support Program

The Monorom Family Support program assists families who have disabled children. They are currently assisting clients with the Flex Fund program. The Flex Fund program is Funded by Seven Hills Community Inc.. This program assists qualifying clients in filling out application forms and sending them to Seven Hills Community Inc. Qualified clients can receive financial support ranging from \$500 to \$1,000. The process can sometimes take awhile, so they don't always receive assistance right away. They receive this money in two payments. The money that they receive is used for helping them to buy clothing, school supplies, or any other essentials that their child may need. For the month of July they have assisted 12 clients with the Flex Fund applications. This program has been very successful and has helped a lot of CMAA's clients. Monorom continues to keep up with all of their appointments and looks forward to another successful month.

23rd ANNIVERSARY PROGRAM

កម្មវិធីនៃបុណ្យខួបឆ្នាំទី ២៣

Master and Mistress of Ceremony:
Mr. Kosal Suon
Ms. Judith Nelson Dickerman

6:00-6:45PM	Cocktails and Networking.....	ការជួបជុំនិងសំណេះសំណាលគ្នា
6:45-7:15PM	Opening.....	ការបើកពិធី
7:15-7:25PM	Welcoming new boards.....	ការទទួលស្វាគមន៍គណៈកម្មាធិការនាយកថ្មី
7:25-7:40PM	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 និងរាំកំសាន្តជាមួយក្រុមតន្ត្រីគង្វារ ។

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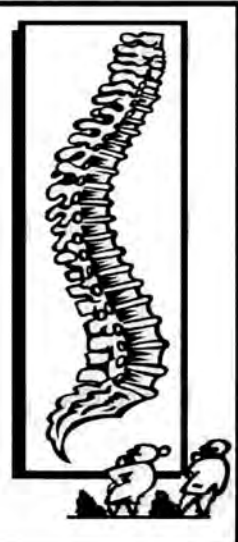


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for

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of providing programs

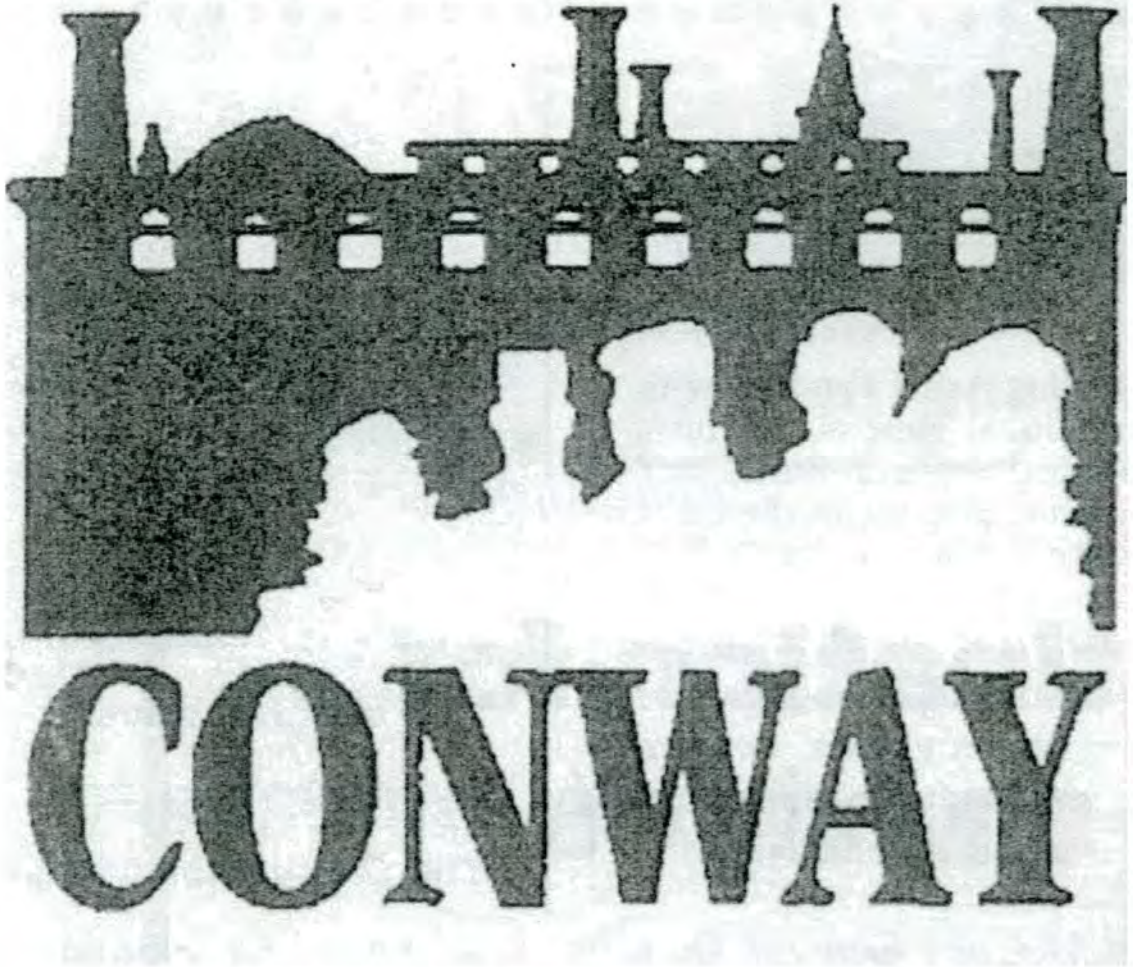
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