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# Healthy Gardening Fair

WITH NIGHT MARKET



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Association of Chinese Americans 密西根美华协会

5:00pm	Opening Remarks Shenlin Chen President, ACA Roslyn Grafstein Mayor, Madison Heights City
5:05pm	Program Introduction David Liou Interim Assistant Director and CCC Building Manager, ACA
5:10pm	EMU Center for Health Disparities Innovations and Studies (CHDIS) Presentation: Healthy Eating and Diabetes Tsu-Yin Wu, PhD, RN, FAAN Professor and Ph.D. Program Director, EMU School of Nursing Director, EMU Center for Health Disparities Innovation and Studies (CHDIS) Healthy Workout Vivian Li
	Program Coordinator, ACA Healthy Cooking Demo Jason Liang
5:40pm	Henry Ford Cancer Institute Presentation: Cancer Screening & Prevention Andrea Matsumoto, DNP, AGACNP-BC Nurse Practitioner, Radiation Oncology, Henry Ford Cancer Institute
6:00pm	CCC Home Garden Presentation: Home Garden Care Mr. Chue Hom Cooking Demo
6:25pm	Asian Food Culture Showcase Cooking Demo Mr. Tairong Lei
7:00pm	Night Market Starts
7:30pm	Healthy Workout
7:40pm	Live Entertainment
9:00pm	Closing

P R O G R A M

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- 1. [A1] Token Sale
  - a. Information
  - b. Social Services
  - c. Membership Drive
  - d. Gift Baskets and Census Fans
- 2. [A2] Arts & Crafts
  - a. Flapping Butterflies and Kite
  - b. Team USA Booklet
- 3. [A3] Chinese Community Center Library
  - a. Book Drive
  - b. Bake Sale
- 4. [A4-A6] Food Fundraising
  - a. Pork Buns
  - b. Dim Sum
  - c. Winter Melon Soup (from CCC Home Garden)
  - d. Moon Cakes (meat filled)
  - e. Tea Eggs, Sweet Rice Cake, and Cold Noodles
  - f. Plum Pickled Bitter Melon
  - g. Water and Lemonade
- 5. [A7] Chinese Community Center Home Garden
  - a. Vegetable: Bitter Melon, Long Beans, Tomatoes, Winter Melon

## **NON-FOOD**

- 1. [B2] Henry Ford Cancer Institute: Cancer Prevention and Screening Information
- [B3] EMU Center for Health Disparities Innovations and Studies (CHDIS) (5pm-7pm)
- 3. [B4] "20 Americans" Live Painters: Live Drawing
- 4. [C1] AAA Michigan Bugg & Associates
- 5. [C1] Paparazzi Accessories: Paparazzi Jewelry
- 6. [C3] New York Life Insurance Company
- 7. [C4] Lilisys: Art Prints, Buttons, Charms, Washi Tape, Original Watercolor Paintings
- 8. [C5] Seductive Curvez: Candles, Sage, Waist Beads, Accessories and Sunglasses

- 9. [C6] Karen Lim's Qipao & Dance Dress Corner
- [D1-5] Health Screening by APAMSA of WSU School of Medicine: Lipid Panel Test, Glucose Test, BMI, Blood Pressure, Hemoglobin A1c
- 11. [D6] ElleNess AG: Retail Mobile Thrift and Consignment

### FOOD

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- 1. [B1] Northern Shop 北方小铺: Knife Cut Noodles, Cold Noodles, and Pork Buns
- 2. [B3] Oakland Tea House (7pm-9pm): Braised Pork Rice
- 3. [B5] Kit Chen Thai: Chicken Dumplings, Thai Samosa, Pad Thai, and Thai Iced Tea
- 4. [B6] Tieg Farm: Produce
- 5. [C2] Rui: BBQ Pork Rice, Traditional Dessert
- 6. [D7] Noodletopia 余面斋: Xinjiang Stewed Chicken Noodles, Braised Beef Noodle Soup, Beyond Noodles, Cool Thin Noodles, By-Gee-Mo, Chinese Donut, Soy Milk, and Iced Plum Juice
- 7. [D8] Sugar Rush LLC: Ice Cream Truck

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AT&T ACCESS (Our Proud Sponsor) APAMSA of WSU School of Medicine Chinese Community Center Home Garden EMU Center for Health Disparities Innovations and Studies Henry Ford Cancer Institute Farmer's Market Vendors Night Market Vendors Volunteers Community Partners and Friends And, Everyone Who Join Us

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Other eligibility requirements apply.

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#### 05/2021

Yavalable only in the ATRF wireline footprint. Offer valid until December 31, 2021. If at least one person in your household is a Supplemental Nutrition Assistance Program ("SNAP") participant you may qualify for up to IVMips home Internet service at our discounted SJU(mo cate for a limited time households participating in the National School Lundo or Head Start program or meet the household income based on 159% or less than Tederal powerty guidelines, may also qualify. In California only, households precisional services of supplemental Security income ("SSI) benefits may also qualify. Add eligible segret tiers (SMaps/T8Maps) available for SSIma depending on your service address. Data allowance: Service includes enter ISGB of 1180 or nonthly internet data allowance per month depending on your speed tier. If you exceed your monthly data plan allowance; you will be automatication examped SI for each SIGB of data usage in excess of your cida plan, even if less than SD guiphytes is used. For one information, go to atcom/internet-usage Add Tees at ATBC one-time transactional fees, and monthly cost encourse surtainages which are not government-requir apply, as well as taxes. See atticom/fees for defaus.



# 價格實惠的網絡 讓您保持聯繫



#### 網絡每月只要 \$10

<image>

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- 免費安裝和住家 Wi-Fi
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SAT&T

#### 2021年5月

"只在 AIA 有線面面低估量器 - 優整之初定 EI 月 1 年載止, 只要应该中运少有一人是杨乐莹最常助计者(如外) 每與者。包容可能为有效路,以每月 30 的是 重要使用思惑。如此的你定加減品器 本。可能计算不可能不同的。" 以下的实证可能的合意我。"身和社會完全主活場物。 (23) 的原本社的合實者的《個別》的。其他的合理者的道理考验。「44%以19%以不同的公的 的原素和原则的 15% 或 增速的加減用吸出还定。事業構成: 医弗尔克特 55% 或 注 的 你有了最优新重要。 (相反用) 计,其他符合理像的道理考验了(45%以19%以20%) 中国人的一些 55% 弟 自然的论说 (35%) 常識成正 医角质内容化的 55% 或 注 的 你有了最优新重要加 (48%)比如用) 我们的一些原因起导用月期者并重要应。 55% 弟 自然的论说 (35%) 常識成正 (35%) 你们就是一些原本,我们就是一些原本,我们的上述是我们的是我们是一些原本,我们是一些原本。 和你的意思。"我们就是我们的问题。我们是一些原本,我们就是一些原本,我们就是我们的是他就是我的最优,我们就是一些原本。 和你们我不是不是你是我们的问题是否是一个问题的是否没有不是你的上述是我们的是我们是最优的最优,我们是一些原本。我们是一些原本。 和你们我们就是你们的问题。"