

# 2017 SENIOR DAY CELEBRATION

Chinese community senior enjoyed a day of celebration with great food, entertainment and fellowship on Oct 7, 2017. The smiling faces of the senior were greeted as they descended the school bus which transported them from their apartments to the Indianapolis Chinese Community Church (ICCC) at Carmel where the party was held. Under the leadership of Indiana Association of Chinese American (IACA), volunteers started early in the morning setting up and preparing the lunch

fare in the church kitchen as well as carrying in scrumptious dishes specially ordered from Asian Cuisine.

Lunch was accompanied by entertainments provided by ICCCI Choir and Indianapolis Chinese Orchestra. The seniors also organized their own programs which demonstrated their talents and proved that they are 'young at heart' and also "aged fine wine".

This is IACA's 12th Senior Day Celebration since 2006 and the seniors are looking forward for the next one.



Senior Day Celebration IACA Core Team



Dr. Benny Ko serving



The young at heart

## FISHERS' NEW DESTINATIONS – SHOP, GOOD EATS, FUN!



After nearly two years of anticipation, Swedish retailer IKEA has opened the doors of its new store in Fishers Wednesday Oct 11. The 289,000-square-foot store has begun welcoming customers, many of whom had been camping out at the location since Monday to be the first to receive free promotional items which includes couches, chairs etc. The campers were well treated with drinks and snacks from the store. The grand opening is the culmination of plans first announced in November 2015. IKEA broke ground on the facility in October 2016. The arrival of this store is a signal that Indianapolis is in the top ranks of retailing and should be a significant sign to other national retailers who have yet to consider Indianapolis as worthy of their stores."



Just days after IKEA opened its newest store in Fishers, Texas-based Topgolf International Inc. has opened the doors to its 65,000-square-foot location in the Hamilton County city. The facility is the 35th Topgolf location worldwide.

# BREAST CANCER

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face." ~Eleanor Roosevelt



October is Breast Cancer Awareness Month. One in eight women (12.6%) will develop breast cancer. After skin cancer, breast cancer is the most common cancer in women; and it is second to lung cancer as the leading cause of cancer deaths among women.

Types of breast cancer include: Ductal carcinoma forms in the cells of the milk ducts, it can be invasive with the potential to spread or non-invasive (also called ductal carcinoma in situ or DCIS); Lobular carcinoma occurs in the lobules, the milk-producing glands, it can be non-invasive (in situ or LCIS) or invasive; Inflammatory breast cancer; and Recurrent breast cancer.

Risk factors or increased risk in breast cancer include: Being female; Increasing age; Drinking alcohol; Physical inactivity; Being overweight or obese after menopause; Heavy smoking over a long-time; Never been pregnant; Having first child after age 30; A personal history of breast cancer; A family history of breast cancer; Inherited mutation in the BRCA1 and BRCA2 genes; Dense breast tissue; Breast conditions, such as fibrocystic disease, atypical hyperplasia; Starting menstruation before age 12; Began menopause after age 55; Received radiation therapy to the chest as children or young adults; Oral contraceptives (birth control pills); Birth control shot (Depo-Provera); hormone-releasing IUD; Postmenopausal hormone therapy with estrogen and progesterone; Exposure to diethylstilbestrol (DES); Race and ethnicity, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of breast cancer (Asian, Hispanic, and Native American women have a lower risk); and probably working night shift, diet high in saturated fats and low in fruits and vegetables, and chemicals in the environment.

Signs and symptoms of breast cancer may include: A lump or thickening in the breast or underarm area; Change in the size, shape or appearance of a breast, such as swelling or shrinkage; Changes to the skin over the breast including dimpling, redness, flaking, thickening, or pitting that looks like the skin of an orange; Nipple retraction (inverted); and nipple discharge.

Screening tests can help find breast cancer in its early stages. American Cancer Society



Dr. Patrick Lau was born in Hong Kong and immigrated to the U.S. after high school. He retired from the VA Northern Indiana Health Care System where he served as Chief Radiologist and moved to Florida with his wife in 2011. He was an active member & contributor of IACA and ICMA while in Indiana. Dr. Lau is also a scholar of art and literature and a prolific writer; he has been a dedicated columnist for Indy Asian American Times since 2010.

screening recommendations for women at average breast cancer risk (A woman doesn't have a personal history of breast cancer, a family history of breast cancer, a genetic mutation known to increase risk of breast cancer such as BRCA, and has not had chest radiation therapy before the age of 30): Women between 40 and 44 have the option to start screening with a mammogram every year. Women 45 to 54 should get mammograms every year; Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer. The screening tests most commonly utilized encompass: clinical breast exam; digital mammography; full-breast tomosynthesis; automated breast ultrasound system; breast MRI.

Women who are at high risk for breast cancer based on certain factors should get an MRI and a mammogram every year. This includes women who: have a lifetime risk of breast cancer of about 20% to 25% or greater, according to risk assessment tools that are based mainly on family history; have a known BRCA1 or BRCA2 gene mutation; have a first-degree relative with a BRCA1 or BRCA2 gene mutation, and have not had genetic testing themselves; had radiation therapy to the chest when they were between the ages of 10 and 30 years; Have Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or have first-degree relatives with one of these syndromes.

Avoiding tobacco products, limiting alcohol, maintaining a healthy weight, exercising regularly, eating a healthy diet and getting regular screening exams may greatly reduce your lifetime risk of developing or dying from cancer.

Sources: American Cancer Society, MD Anderson, Memorial Sloan Kettering, National Institute of Cancer, Mayo Clinic, Cleveland Clinic, and Harvard. The information in this article is for general educational purpose only.

## INDY CONCERT KICK OFF INTERNATIONAL EDUCATION MONTH

Indianapolis Mayor Joe Hogsett proclaimed October as the International Education Month and the University of Indianapolis celebrates the Month filled with rich cultural and educational programs. UIndy showcase international engagement and the opportunities for students to learn about different cultures through enriching events and programs, including partnership with institutions in Asia. West Meets East Concert III filled the

Christel DeHaan Fine Arts Center on Oct 8 with beautiful sounds of piano by Professor Weng Yi from Shanghai Normal University, Professor Richard Ratliff of UIndy, Soprano Professor Kathleen Hacker of UIndy, Singer and Composer Lauren Gregor Devine, guitar by Charlie Ballantine, and erhu by Jerry Yang. The music program definitely showcased the fantastic 'sound of music' when West meets the East.



Pianist Weng Yi from Shanghai Normal University



Kathleen Hacker (front left), Lauren Gregor Devine sang the classic Chinese Jasmine Flower (Molihua)



From left: Leon Lin, Phylis Lan Lin, Weng Yi, Jerry Yang enjoyed post-concert social hours



Portillo's opened on September 28, patrons who registered to receive a "Golden Hot Dog Ticket" to try some of the menu items before the store opened.