

A TASTE *of* GINGER

Monday, September 19, 2022

The Cyclorama

AT BOSTON CENTER FOR THE ARTS

A CULINARY AND CULTURAL EXPERIENCE
TO BENEFIT JOSLIN'S ASIAN AMERICAN
DIABETES INITIATIVE



GINGER IS BACK AND BETTER THAN EVER!

A Taste of Ginger is back with a brand new look! We are excited to feature a variety of changes this year. Our focus has been on the health and safety of our guests, sustainability, and of course, lowering our costs to ensure as many funds as possible go directly to the AADI's critical research and care initiatives. Some changes you'll see include:

A digital program

By now, you've discovered that scanning the QR code located throughout the event provides you with easy access to tonight's program and every detail that has made this year's event possible. Our digital format saves on paper, printing and there's no waste at the end of the night.

A new venue for a better event experience

Here at **The Cyclorama at the BCA**, we have more space for our educational program as well as more seating and social distancing.

Health and safety

We've taken the following steps to help reduce the ongoing spread of COVID:

- All our staff and attendees have attested to being **fully vaccinated, including boosters**.
- **Your own cutlery set** to use all night long and take home with you.
- Individual, **covered tastings**.

A focus on sustainability

- Our **cutlery and tasting boxes** are sustainable.
- We love flowers, but when the event is over, we often must dispose of our centerpieces, as most organizations will not accept them. We think the food and great company are as much décor as we need!

Nutrition

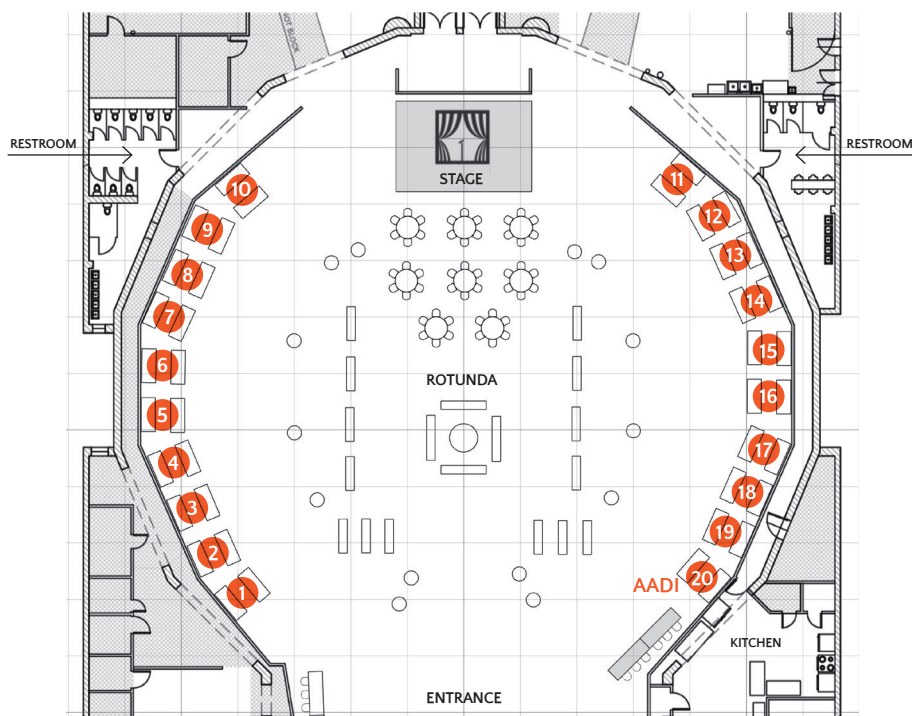
Due to the nature of the event, we cannot provide you with accurate nutritional information for the tasting dishes. Please use your own good judgment when it comes to managing your diabetes. Please note that many of our restaurants do their best to make their tastings diabetes friendly.

Thank you for joining us both in person and virtually for Joslin's 17th annual *A Taste of Ginger*. Swipe through to learn more about the generous sponsors, donors, and dedicated restaurant partners that are participating in this year's event.

A TASTE of GINGER

2022 Chef Table Placement

THE CYCLORAMA AT BOSTON CENTER FOR THE ARTS



LEFT HAND SIDE

(from back to front)

1. MEM Tea Imports
2. Tambo 22
3. Modern Pastry
4. Summer Shack
5. Lenox Sophia
6. Cloud & Spirits
7. Masala Art
8. Delectable Eats
9. Dumpling Daughter
10. JP Fuji Group

RIGHT HAND SIDE

(from front to back)

11. Pho Le Restaurant
12. Kowloon
13. Smoke Shop
14. Changsho Restaurant
15. Tashan Bedford
16. Simcha
17. Cambridge School of Culinary Arts
18. China Pearl
19. Golden Wat Spirits
20. AADI Table

A TASTE *of* GINGER

September 19, 2022

PREMIERE

Insider Reception

Question and Answer Session

Chef Jasper White and George L. King, MD
with Susan Tran, NBC 10 Boston

Main Program

Welcome

Bing Jiang Hollander
Virtual Host

Susan Tran
NBC 10 Boston

Lion Dance

Nüwa Athletic Club

The Mission of the AADI

Remarks

Henry He, MD and Shunee Yee
2022 A Taste of Ginger Co-Chairs

Roberta Herman, MD
President, Joslin Diabetes Center

George L. King, MD
*Chief Scientific Officer
Founder of the AADI*

Cooking Competition

Ming Cao vs. Tran Le
JP Fuji Group Pho Le Restaurant





Dear Friends,

Thank you for joining us tonight for the 17th annual *A Taste of Ginger*. After three years, we are grateful to host this event in person once again for an evening of culinary delights. This event has served as a critical fundraiser for Joslin's Asian American Diabetes Initiative (AADI) since 2005, allowing us to bring the Joslin]community together for one of Boston's most beloved tasting events while supporting diabetes research, care and education for our Asian American patient population.

Since its founding in 2000, the AADI has made great strides in raising awareness of diabetes in the Asian American community and today, continues to direct its efforts towards identifying and translating new methods to prevent and treat diabetes in this community. With more than half of Asian Americans with type 2 diabetes or undiagnosed with pre-diabetes, the work of the AADI has never been more important.

Thank you to George L. King, MD, for his outstanding leadership as one of the founders of the AADI and for advocating for this vulnerable patient population. Thank you also to the five founding families of the AADI for their partnership spanning two decades and to the staff of the AADI for their mission driven work.

The dedication of our co-chairs, committee members, restaurant partners, sponsors, and donors continues to fuel our efforts toward our goal of curing diabetes and its complications.

With gratitude,

A handwritten signature in black ink that reads "Roberta Herman". The signature is fluid and cursive, with a long, sweeping underline.

Roberta Herman, MD
President
Joslin Diabetes Center

To our Asian American community and supporters,



Thank you for supporting Joslin's 17th annual *A Taste of Ginger*. We are truly grateful to have you join us, both in person and virtually, to support the Asian American Diabetes Initiative (AADI). Over the last 20+ years, our team has worked tirelessly to increase awareness and find new treatments for Asian Americans living with diabetes. Your support tonight allows us to continue these needed efforts.

The rising rate of diabetes in Asian Americans is alarming. Since the beginning, we have collaborated with local, national and international organizations for various advocacy, research and educational efforts to increase awareness and promote health equity. With these efforts, we have been able to implement guidelines for screening diabetes in Asian Americans at a BMI of 23, educating health providers that diabetes can affect Asian Americans even in the absence of being overweight. These screening guidelines have been adopted by national diabetes societies. Additionally, we have worked alongside the CDC to include Asian Americans in their major studies. The promotion of health equity for Asian Americans could not be more vital as we navigate a post-pandemic world.

Joslin's Asian Clinic is the only one in New England to provide care for diabetes in Asian Americans in a tertiary setting and over the last two years, the AADI has provided critical education tools, such as multiple webinars on medical management, diet instruction and mental health for managing diabetes during COVID-19. With the support of individuals and organizations like yourself, we will be able to meet our goals and expand our reach to more communities.

We are thrilled to be back in person tonight for the first time in three years. I want to thank our restaurant partners who have chosen to support the AADI during these unprecedented times. I would also like to thank our Co-Chairs, Henry He, MD and Shunee Yee; Culinary Chairs, Bik Fung Ng and Jimmy Liang; and our valued committee who worked diligently in making tonight's event a success.

Thank you again for your dedicated support.

A handwritten signature in black ink that reads "George L. King". The signature is fluid and cursive.

George L. King, MD

Chief Scientific Officer

Founder and Director, Asian American Diabetes Initiative
Joslin Diabetes Center





Dear Friends,

Welcome back to *A Taste of Ginger*. Whether joining in person or virtually, we are delighted to have you back at one of Boston's most beloved food tasting events. Tonight's program is sure to be a one-of-a-kind culinary and cultural celebration as we hear more about the current initiatives of Joslin's Asian American Diabetes Initiative (AADI). Thanks to your support, the AADI is able to continue their efforts to improve the quality of life and health outcomes for Asian Americans managing diabetes.

My heartfelt thanks to our co-chairs, Henry He, MD, and Shunee Yee, as well as our entire committee for their tireless efforts in making tonight's event a success. And, to our dedicated restaurant partners who have given us a wonderful taste of their talents, this event would not be possible without your generosity and partnership. We are grateful for your participation during this challenging time in the food industry.

We are most appreciative to our special guest, Chef Jasper White, for joining us this evening. Thank you also to our emcee, Susan Tran from NBC 10 Boston, who has generously given us her time and talent tonight.

And, to our donors. Please know that your sponsorships and gifts allow the AADI to continue their most critical programs as we face the rising rates of diabetes in Asian Americans. Your generosity and support allow us to make strides toward greater access and culturally relevant care for the Asian American community.

Thank you for your continued generosity.

A handwritten signature in black ink that reads "Betsy Cote". The signature is fluid and cursive, with the first name "Betsy" being more prominent than the last name "Cote".

Betsy Cote
Chief Development Officer
Joslin Diabetes Center

Dear Friends,

Thank you for joining us tonight at Joslin Diabetes Center's 17th annual *A Taste of Ginger*. It has been an honor to serve as co-chairs of this year's event.

The mission of the AADI is deeply personal for both of us and we are grateful for the work of George L. King, MD, and the entire AADI team for their dedication to combating diabetes in the Asian American community. Joslin's world class tailored care, innovative research, and educational outreach programs are making a difference in the lives of our community today while providing hope for tomorrow. Thank you for all you do.

Thank you to our *A Taste of Ginger* committee members for their tremendous efforts in making tonight's event possible. Our deepest gratitude goes out to our Culinary Chairs, Bik Fung Ng and Jimmy Liang, as well as our restaurant partners who never let us down with not only their support, but also their most delicious food offerings tonight. Finally, we wish to express our gratitude to our sponsors and donors for their generous contributions to the future of the AADI.

Many thanks,

Henry He, MD and Shunee Yee
Co-Chairs, 2022 *A Taste of Ginger*



A TASTE *of*
GINGER





EMCEE Susan Tran



Susan Tran joined NBC 10 Boston and necn in 2016.

She is an Emmy Award winning reporter who has covered the Boston Marathon bombings, Newtown shootings, various blizzards, as well as several Boston sports championships.

Whether she's reporting on breaking news, digging for an exclusive interview, trudging through floodwaters or sharing the stories of extraordinary people, Susan's energetic style and lively storytelling exemplify her love for news.

When she's not reporting on the news of the day or one of the Bay State's amazing people, she's searching for delicious meals at local restaurants, cheering on the Patriots, tending to her community garden, taking pictures of her rescue dog or trying to perfect her sourdough boule recipe.

Susan is originally from Los Angeles. She graduated from Boston University with magna cum laude honors, speaks conversational Mandarin-Chinese, and lives in the South End with her husband and dog, Margaret.

Nüwa Athletic Club

Based in Boston, the Nüwa Athletic Club provides an environment for Asian American women and girls to enhance their physical and emotional development through teamwork, sportsmanship and cultural activities, focusing primarily on lion dance. We are named after a goddess in ancient Chinese mythology best known for creating mankind and repairing the pillar of heaven. Formed in 2017, Nüwa performs year-round in and around Greater Boston and beyond at cultural festivals and events, weddings, celebrations, special functions and significant occasions. Nüwa loves sharing the art and traditions of lion dancing with a children's workshop each Lunar New Year. To learn more about Nüwa, please go to wearenuwa.org



GINGER COOK OFF!



20
22

THE RULES

1. Ginger has to be the star ingredient in a dish of the chef's choice
2. Dish has to be considered "healthy"
3. Dish has to be made in 15 minutes

THE COMPETITORS

Ming Cao of JP Fuji Group and **Tran Le** of Pho Le Restaurant

THE HOST

Jimmy Liang of JP Fuji Group

THE JUDGES

George L. King, MD, *Chief Scientific Officer*

Roberta Herman, MD, *President*

Bik Fung Ng, *2022 Culinary Chair*

Andy Husbands, *Chef, The Smoke Shop BBQ*

Joslin Diabetes Center
thanks our 2022

A TASTE *of* GINGER

Sponsors and Supporters
for their generosity

PRESENTING

Beth Israel Lahey Health

GINGER SPONSOR

CSoft International
and Shunee Yee

SAFFRON SPONSOR

Bernard Chiu and Family

BASIL SPONSOR

Boehringer Ingelheim
The Chen Family
Lilly Diabetes
Stephanie and John C. Fan, PhD
Sanofi
Tai Tung Pharmacy

TURMERIC SPONSOR

Deborah and C. Richard Carlson
Carol and Jeffrey Horvitz
Diana and George L. King, MD
South Cove Community
Health Center

CORIANDER SPONSOR

Ed Feener, PhD
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Tam Nguyen and Pratap Singh
Novo Nordisk
Kathleen and Martin Pasqualini
Point32Health
Shinemound Enterprise Inc.
Sinocare Diabetes Foundation
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SUPPORTERS

Acrisure, LLC
Bik Fung Ng

WINE SPONSOR

Burke Distributing

BEER SPONSOR

The Boston Beer Company

**Sponsors as of September 15, 2022*

Thank you to our 2022

A TASTE *of* GINGER

COMMITTEE

Your hard work and dedication has
made this event possible.

CO-CHAIRS

Henry He, MD and Shunee Yee

CULINARY CHAIRS

Bik Fung Ng and Jimmy Liang

COMMITTEE

Satish Bhogadi	Doug Lee
Wesley Chen	Marisa Millen
Scott Chin	Naomi Sakamoto
Dawn Dino	Vivian Samson
Diana Eng-King	Paolo Silva, MD
Om Ganda, MD	Pratap Singh
Qian Ge	Jennifer Sun, MD, MPH
Spenser Grabowski	Leverett Wing
Huiming Guo	Connie Wong
Bing Jiang Hollander	Peng Yi, PhD
Runhua Hou, MD	Alice Yong
George L. King, MD	Marc Gregory Yu, MD
Rohit Kulkarni, MD, PhD	Ellen Zhang

Joslin Diabetes Center and
the AADI Team would like to thank

J P FUJI GROUP

est. 1998

For going above and beyond
for this year's Ginger event as our

CATERING PARTNER

We are most grateful for your
dedicated support of our mission!

fujii at WoC

fujii at Ink Block

fujii at assembly

fujii at kendall

fujii at HSP

fujii at newton

shabu
mein

YoChai
frozen yogurt · tea · coffee

shabu
restaurant

b cafe
LAPPAHAKI · SUITE

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**Joslin Diabetes Center
thanks the following individuals
and companies for their support:**

Al Dente Ristorante	Govan Luxury
Bencotto	Hanover Wine & Spirits
Benevento's	Hotel Commonwealth
Boston Beer Company	Institute of Contemporary Art
Boston Crawling	Isabella Stewart Gardner Museum
Boston Organics	Island Creek Oysters
Boston Red Sox	Jean & Lee Kitchen
and David Friedman	JP Fuji Group
Buzzards Bay Brewing	Kowloon
Cambridge School of Culinary Arts	Leverett Wing
Changsho Restaurant	Martignetti Wines
The Charles Hotel	Mary Shey Ribbon Stitchery
China Pearl	MEM Tea Imports
Bernard Chiu and Family	Mei Mei
Kristina Cho	Myers + Chang
Jacqueline Church	Peabody Essex Museum
Culinary Consulting	Pho Le Restaurant
Cloud & Spirits	The Smoke Shop BBQ
Coolidge Corner Theatre	Summer Shack
Costco Wholesale	Sweat Fixx
Delectable EATS	Sweet Basil
Dumpling Daughter	Tambo 22
ETFashion	Total Wine & More
Fanatics Authentic	Victory Point Bar and Grill
Flour Bakery + Cafe	Wynn Resorts
George Howell Coffee	Encore Boston Harbor
Golden Wat Spirits	

**In kind donors as of September 15, 2022*

AADI

ASIAN AMERICAN DIABETES INITIATIVE



Mission

To enhance the quality of life and health outcomes for Asian Americans living with diabetes, and diabetes prevention through research, education, outreach and culturally appropriate treatment.

Each arm of the AADI is closely linked and together reflect our passion for, and dedication to, the Asian American community.

RESEARCH

Study diabetes in the Asian American population and disseminate Joslin's research findings to healthcare providers and Asian American communities.

EDUCATION

Provide culturally appropriate diabetes education through technology and multilingual materials for the general public and healthcare professionals.

OUTREACH

In collaboration with local communities, provide diabetes awareness and education programs on prevention, management and healthy living.

ASIAN CLINIC

Deliver a culturally appropriate treatment program that is personalized and focused on the unique physiology and lifestyle of Asian Americans.

About the AADI

Due to our successful national campaign “Screen at 23,” promoting diabetes screenings for Asian American adults with BMI (Body Mass Index) 23 and above, we have seen the rate of those undiagnosed decrease among Asian American communities. We hope to have more states and organizations involved to increase awareness among those both undiagnosed and diagnosed.

Despite ongoing challenges continuing to affect our daily lives, we are so excited to host the first hybrid (in-person and virtual) *A Taste of Ginger* since 2019 and look forward to seeing those who are able to make it in-person or virtually this year!

Thanks to your continued enthusiasm and generosity in supporting our mission, *A Taste of Ginger* has raised over \$2.6 million since its inaugural event in 2005, allowing us to celebrate many milestones.

Our Goals for 2022

- 1** Enhancement of free and accessible educational materials for AA communities to prevent and better manage diabetes to avoid complications
- 2** Pursue research related to gestational diabetes (GDM) among Asian Americans to establish more effective protocols through collaboration with Joslin’s pregnancy clinic and other institutions
- 3** Increase accessibility to technology such as continuous glucose monitoring (CGM) for AA patients to eliminate disparity

Did You Know?

- Type 2 diabetes can be prevented or even reversed with early screening and proper management
- Asian Americans develop diabetes at a lower body weight, the diabetes risks start at a BMI of 23
- Asian Americans are the fastest growing population here in the United States

With your continued support, Joslin's AADI can empower you and your loved ones to lead healthier and happier lifestyles in our communities!

Research

- Published 14 papers in multiple journals including *Diabetes Care* and *Endocrine Practice*
- Applying the ADA nutrition consensus guidelines to a diverse population
- Analyzing culturally appropriate diabetes care in the Asian Clinic during the COVID pandemic
- Reviewing Latin American, Asian, and African heritage diets as cultural models of healthy eating
- Assessing feasibility, facilitators and barriers of continuous glucose monitoring in Asian Americans with type 2 diabetes

AADI

Education

- Created over 80 educational materials free to download on our multilingual website
- Developed Drag'nCook®, an interactive cooking app with over 550 ingredients that are essential to Chinese, Indian, Japanese, Korean and Vietnamese cuisines to support healthy cooking at home (available in six languages)
- Designed a culturally tailored healthy lunch-creating program, “Bento workshop,” targeting parents with preschoolers to learn how to incorporate healthy eating habits utilizing lunch boxes for their children
- Established the Wing Lectureship series with speakers, including Drs. Howard Koh, Happy Araneta and Frank Hu, who have impacted the health of Asian Americans on a national level
- Hosted community health events, workshops, and seminars to raise awareness in AA communities in various venues including:
 - Asian language schools, universities and child care centers
 - Community health and cultural centers
 - Churches, temples and other places of worship
 - Invited speakers on Asian doused news outlets including newspapers, television and radio
- Launched “Let’s Talk About...” video series to address various topics often asked by our patients and members in the communities, including living with diabetes, COVID-19 and vaccines, pregnancy and gestational diabetes, emotional and physical stress

AADI

The Asian Clinic

- Established as one of the first Asian Clinics in a tertiary setting, providing both in-person and telehealth outpatient appointments every year for local and international patients with diverse backgrounds
- Successfully removed disparities in our Asian American patient populations, sustaining better clinical outcomes than the national average despite greater barriers
- Continue to hold a weekly meeting to discuss every patient's specific needs and support patients and their caregivers in-between their appointments thanks to the designated Asian Clinic coordinator
- Coordinate with Joslin's Pregnancy Clinic with clients from AA community health centers
- Developed "Asian Social Club" series, workshop style educational seminars for patients and their family members
- Established "Walking Club," a weekend exercise and social event held at the Boston Common to better manage their glucose while exercising safely
- Created resources with COVID-19 related info as well as webinars on self-care tips for Asian people with diabetes

AADI

Outreach

- Worked with national institutions such as the CDC, NIH and ADA to ensure AA data is included in National Health and Nutrition Examination Survey (NHANES), which resulted in updates for federal health and reimbursement policies
- Worked with ADA to change diabetes screening guidelines for AA populations and launched a national “Screen at 23” campaign
- The Body Mass Index (BMI) was lowered to 23 kg/m² for Asian Americans to be screened for diabetes while for the general population diabetes is screened at BMI 25 kg/m² or higher
- Established Asian American, Native Hawaiian and Pacific Islander Diabetes Coalition (AANHPI DC) with nation’s leading organizations to advance the study and treatment of diabetes in AANHPI populations and communities, in order to effectively prevent and treat diabetes
- Led Massachusetts House and Senate to pass the joint resolution to urge state’s public health system and healthcare providers to use BMI 23 kg/m² when screening AAs for diabetes
- Identifying suggested interventions to help people disproportionately affected by type 2 diabetes with Centers for Disease Control and Prevention (CDC)
- Held diabetes screenings at Wang YMCA, South Shore YMCA and other community events along with Screen at 23 information session for healthcare and community leaders in Quincy
- Organized a Joslin-Beth Israel Deaconess Medical Center (BIDMC) virtual panel as part of Asian/Pacific American Heritage Month events and addressed high-risk diseases and conditions for Asian Americans, including diabetes, pregnancy, and hepatitis
- Invited for presentations and lectures, both in the country and overseas including, China, Japan, Singapore and Spain

AADI

George L. King, MD



Dr. King is the Senior Vice President, Chief Scientific Officer and Founder/Director of the AADI at Joslin Diabetes Center as well as the Thomas J. Beatson, Jr. Professor of Medicine in the Field of Diabetes at Harvard Medical School. In addition, he leads and sees patients in the Asian Clinic. Dr. King received his medical degree from Duke University School of Medicine. His work focuses on finding the causes and

treatments for diabetic complications, exploring insulin actions on blood vessels and understanding the reasons for the high rate of diabetes in Asian Americans. Dr. King has published over 300 articles and reviews, as well as *The Diabetes Reset*, a book to prevent, care for and even reverse diabetes. Dr. King is very active in advocacy to overcome disparity of diabetes care for Asian Americans in Massachusetts and at the national level.

Runhua Hou, MD



Dr. Hou is an Assistant Professor of Medicine at Harvard Medical School and board certified endocrinologist at Joslin Diabetes Center and Beth Israel Deaconess Medical Center. Dr. Hou received her medical degree from Xian Medical University and completed her Internal Medicine residency at Yale-St. Raphael Hospital and fellowship training in Endocrinology, Diabetes & Metabolism at Washington University in

St. Louis. Her clinical interests include understanding the influence of ethnicity and traditional diet on diabetes development, improving diabetes care with advanced technology and designing regimens for those with steroid induced diabetes.

Ka Hei Karen Lau, RD



Karen is a Registered Dietitian (RD) and Certified Diabetes Care and Education Specialist (CDCES) originally from Hong Kong. Understanding the cultural differences in Asia and the United States, she creates educational materials and provides nutrition and diabetes care practices to the patients in the Asian Clinic that can be easily adapted to the culture of the patients.

She is passionate about helping patients and

the Asian American community learn to integrate healthy and enjoyable meals into their daily meal plans for better health, and for preventing and managing diabetes. One thing that she often emphasizes is “small changes can make a big difference in health” – she encourages patients to start healthy eating by making one or two substitutions in the classic recipes that are prepared at home. She is also involved in research to find better ways to help Asian Americans in preventing and managing diabetes through day-to-day eating, exercise and even resting habits.

Julia Li



Julia provides comprehensive and personalized support as the Asian Clinic liaison between patients and the doctors, dietitians and educators. Growing up as first generation in the United States she understands the cultural and language barriers her parents went through. She hopes to help bring down these barriers for not only those in the Asian Clinic, but in the Asian American community as well. Julia helps

coordinate AADI outreach programs in the community and helps spread awareness for diabetes screening, prevention and healthy lifestyles.

Chihiro Sato



Chihiro Sato is the Communications and Outreach Officer at Joslin's AADI, where she works to empower communities through culturally sensitive education on diabetes prevention and management. Decades of experience in public relations and business development across Asia and America have taught her the importance of interacting with individuals at all levels of the community for effective social outreach. Chihiro

loves meeting with patients, community members, and healthcare professionals, drawing from their stories to develop and provide community-specific programs, events, and tools. She also organizes broader projects, advocating for health equity at the state and national level, developing mobile/web applications, websites, and print materials to increase awareness of diabetes risks and prevention strategies. Chihiro currently serves on CDC's Formative Evaluation Advisory Committee to identify suggested interventions to help people disproportionately affected by type 2 diabetes. Her ultimate goal is to promote healthier and happier lifestyles in Asian communities and beyond.

AADI TEAM

Om P. Ganda, MD



Dr. Ganda is a senior physician and a clinical research scientist at Joslin Diabetes Center and an Associate Professor of Medicine at Harvard Medical School. His research interests include prevention of cardiovascular complications in diabetes. In addition to his clinical research and teaching, Dr. Ganda directs the Lipid Clinic at Joslin, where he treats patients with complicated situations related to elevated cholesterol and

triglycerides. Dr. Ganda has been an active participant in the Joslin AADI activities, with special interest in the increased risk of diabetes and heart disease in South Asians; and through his frequent participation in healthcare education in the community.

Medha Munshi, MD



Dr. Munshi is the director of the Joslin geriatric diabetes clinic, a geriatrician at the Beth Israel Deaconess Medical Center and an Associate Professor of Medicine at the Harvard Medical School. Dr. Munshi received her medical degree from the Baroda Medical College in India and completed her internal medicine residency at Ball Memorial Hospital in Muncie, IN. She completed her fellowships both in endocrinology

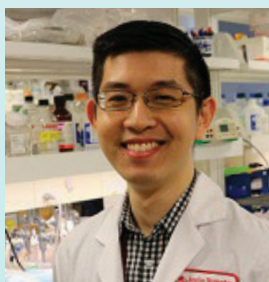
and metabolism as well as in geriatric medicine at the University of Arkansas for medical sciences in Little Rock, AR. Dr. Munshi's work focuses on identifying barriers to successful diabetes management in older adults, and developing novel strategies to overcome these barriers.

She has published numerous articles and presented on this topic nationally and internationally.

EXTENDED

AADI TEAM

Marc Gregory Y. Yu, MD



Dr. Yu is a research fellow in the Section of Vascular Cell Biology at Joslin Diabetes Center. He finished medical school at the University of the Philippines-Philippine General Hospital and completed residency in internal medicine and fellowship in endocrinology at the same institution. His main research interests include evaluating cardiovascular disease in patients with long-standing type 1 diabetes; looking at the

interplay of autoimmunity, rare diabetes genes and pancreatic beta-cell function; and studying more about how diabetes works in Asians. Aside from English, he speaks Filipino, Hokkien Chinese and conversational Mandarin Chinese, and is eager to share his multilingual expertise with the AADI community.

EXTENDED

AADI TEAM



The **MISSION** of Joslin Diabetes Center is to prevent, treat and ultimately cure diabetes.

Joslin Diabetes Center's **VISION** for the future is a world free of diabetes and its complications.

About Joslin Diabetes Center

Joslin Diabetes Center is world-renowned for its deep expertise in diabetes treatment and research. Part of Beth Israel Lahey Health, Joslin is dedicated to finding a cure for diabetes and ensuring that people with diabetes live long, healthy lives. We develop and disseminate innovative patient therapies and scientific discoveries throughout the world. Joslin is affiliated with Harvard Medical School and one of only 18 NIH-designated Diabetes Research Centers in the U.S.





Patient Care

Our comprehensive approach addresses diabetes from all sides, combining groundbreaking medicine, highly specialized care and lifelong education for people with diabetes. At Joslin, each new patient is assigned to a care team comprised of endocrinologists, nurse practitioners and registered nurses, behavioral health specialists, dietitians and exercise physiologists, all of whom are certified diabetes educators. Our multidisciplinary approach ensures our patients get the most advanced medical care, education, and prevention and management of complications.

Research

At Joslin, we are proud to be the global leader in diabetes research. Since 1898, we have been at the forefront of discovery, and committed to preventing and curing diabetes worldwide. The groundbreaking studies and innovations that start here offer new knowledge and new hope. They will become tomorrow's life-changing treatments, and one day, will result in a cure.

Education

It's our mission not only to provide outstanding patient care, but also to bring best practices to the larger medical community to educate the next generation of leaders in diabetes care, treatment and research. Additionally, Joslin is affiliated with Harvard Medical School and offers a rich educational environment involving fellowship opportunities, courses, lectures and Continuing Medical Education (CME) courses. Joslin educates providers and professionals through its expansive professional education programs. With clinical and research fellows, Joslin has achieved national visibility and a reputation for excellence in producing highly competitive programs that maximize educational impact.

Thank you to our 2022 Participating Restaurants!

**Cambridge School
of Culinary Arts**
2020 Massachusetts Ave
Cambridge, MA 02140

Changsho Restaurant
1712 Massachusetts Ave
Cambridge, MA 02138

Cloud & Spirits
795 Main Street
Cambridge, MA 02139

China Pearl
237 Quincy Avenue
Quincy, MA 02169

Delectable EATS
Boston, MA

Dumpling Daughter
430R Boston Post Road
Weston, MA 02493

Golden Wat Spirits
28 Church St #14 #109
Winchester, MA 01890

JP Fuji Group
696 Hancock Street
Quincy, MA 02170

Kowloon
948 Broadway
Saugus, MA 01906

Lenox Sophia
87 A Street
Boston, MA 02127

Masala Art
990 Great Plain Ave
Needham, MA 02492

MEM Tea Imports
49 Elm Street
Watertown, MA 02472

Modern Pastry
257 Hanover Street
Boston, MA 02113

Pho Le Restaurant
1356 Dorchester Avenue
Boston, MA 02122

Simcha
370 S Main Street
Sharon, MA 02067

The Smoke Shop BBQ
325 Assembly Row
Somerville, MA 02145

Summer Shack
149 Alewife Brook Parkway
Cambridge, MA 02140

Tambo 22
22 Adams Street
Chelsea, MA 02150

Tashan Bedford
213 Burlington Road
Bedford, MA 01730





Cambridge School of Culinary Arts



Cambridge School of Culinary Arts was founded in 1974 by Chef Roberta Dowling and her husband William. This year, led by co-owners Chef Sean Leonard and Randy Freidus, CSCA proudly celebrates our 48th anniversary of excellence in culinary education.

CSCA offers programs for aspiring culinary and pastry leaders as well as cooking classes for enthusiastic hobbyists.

- Recreational Cooking Classes range from single day workshops to multi-week series
- Private Cooking Parties can be designed for companies, families, and friends
- 16 week Certificate Programs in culinary and pastry arts
- 37 week Diploma Programs in culinary and pastry arts

No matter your skill level, interest, personal or professional goals, we've got a culinary experience for you! Community outreach continues to be a hallmark of the CSCA culture, and we are proud to participate in *A Taste of Ginger* annually with current students and chef instructors. Tonight's food is brought to you by CSCA Chef Instructor Simone Montali. At CSCA, food is more than our jobs. Food is our responsibility to the community. The entire CSCA community is generous with time, energy, money, and the use of school resources to support causes important to us.

Learn more about CSCA professional programs, recreational class offerings, and private event opportunities at www.CambridgeCulinary.com and on social media @CambridgeCulinary



Changsho Restaurant



Chef Wesley Chen graduated from The Cambridge School of Culinary Arts and has over 15 years of experience in the restaurant industry.

His passion to create, modify and perfect original flavors is exuded in all of his dishes. Even as a youngster, he had already established a mature, scrutinizing palate, to which he attributes a lot of his early success. While dedicated to his craft, he recognizes the importance of harmonizing timeless flavors with the ever-changing, modern palate. He draws inspiration from annual visits to Asia and the local cuisine therein, never ceasing to blend his own ideas and personality into his culinary exploits. Not surprisingly, seasonal ingredients are components Chef Wesley is always looking to incorporate into his newest dishes. While Chef Wesley's willingness to explore different styles and tastes is certainly a major factor in drawing his inspiration, he is equally ambitious to elevate and perfect traditional dishes.

He stresses the importance of connecting with the ingredients and being intimate with the purposes of a particular dish. Every dish, and every morsel, has a story to tell, and Chef Wesley delivers each one as if it were his last to tell.

China Pearl



Brian Moy



Brian Moy's life is inextricably linked with Boston's historic Chinatown neighborhood. The son of entrepreneurial immigrants, Brian grew up surrounded by the sights, sounds and smells of his father's iconic Chinatown restaurants.

As a young child, Brian would pick up empty soda cans from guests' tables in exchange for a few dollars, which he would inevitably spend on candy and comic books. He relished the opportunity to work surrounded by his uncles, aunts, and grandparents, and knew from an early age that he wanted to follow in his father's footsteps.

Brian attended Boston University, graduating in 2003 with a degree in Business Management. During and after college, Brian worked at China Pearl, one of his father's many business ventures and Chinatown's oldest continually operating restaurant. Also in the family was Ho Yuen Ting, the restaurant now known as BLR (Best Little Restaurant) under Brian's ownership.

While Brian loved continuing his father's legacy, he longed to branch out to a creative venture of his own. With his family roots in mind, Brian set out to create a new generation of Chinatown restaurants that would draw younger and more diverse crowds into the tight-knit Chinatown area. He opened his first venture, Shōjō, next door to China Pearl in 2012, and was deeply involved in every aspect of the launch, from menu development and design to management. Decked out in graffiti and serving modern Asian small plates and inventive cocktails, Shōjō quickly became a fixture amongst adventurous, urban diners. In 2016, Brian took over Ho Yuen Ting, adapting his father's concept to become BLR. Most recently in 2017, Brian opened Ruckus, a pan-Asian noodle bar adjacent to Shōjō where guests can enjoy hip-hop-inspired food in a fast-casual setting.

While he continues to be a regular fixture in his restaurants, Brian now oversees operations, while striving to constantly innovate and grow both his restaurant group and Chinatown's offerings.

A huge hip-hop fan, Brian weaves music into many aspects of his restaurants, from the décor to menu items named after his favorite song lyrics. On his days off, he loves cooking at home and spending time with his wife and kids.



Cloud & Spirits



Ron Shi

Going simply by Ron, he initially started out his career in corporate account management, marketing, and consumer behavior. In 2013,

Ron took the plunge into the food industry by quitting his day job to launch Haru Aki Cafe, a from scratch kitchen specializing in Japanese cuisine. In the years since, he's gone on to open multiple concepts including the Love Art brand, Suasday Sandwich, Hartford Poke, KOKODA, and various ghost kitchens.

Born in New York City, Ron has spent the majority of his life living on the East Coast with periods of time spent across New England, Washington DC, Virginia, and North Carolina. An avid traveler, Ron has curated his approach to creative cuisine drawn from first-hand experiences throughout the U.S., Asia, and Europe. Spending winters annually in Hawaii, China, Southeast Asia, and Japan, his projects and food tend to have a notable Pacific-inspired palette.



Delectable EATS

Gaitskell Cleghorn, Jr. (aka Gates) is the owner and manager of Delectable EATS, which is home to some awesome programs/services, such as catering, food truck, culinary programing, and community outreach.



Gaitskell Cleghorn, Jr.

His students know him as “Chef Gates.” As a ninth grader at Madison Park High School in Roxbury, Chef Gates recalls walking into the culinary department where “the air smelled like fresh baked goods.” That is where his love for culinary arts was born. Shortly thereafter, the young Chef Gates began working in the restaurant industry while attending BHCC where he refined his skills that eventually granted him his title. Among many other talents (dance and playing piano to name a few), Chef Gates’s leadership and experience starting and running organizations enabled him to

continue to change lives as a culinary educator and culinary director. His multifaceted talents and accomplishments can be seen through his many roles through multiple outlets in his community having served on several boards including Dorchester Arts Collaborative (DAC) and the Hospitality Club at Bunker Hill Community College (BHCC). Chef Gates’s unique teaching philosophy is what drives his success with the youth in his community. He believes that it is through flexible thinking and indirect instruction that students are empowered to discover and learn. Chef Gates conducts engaging culinary demonstrations and educational courses for a variety of audiences. And he is periodical contributor and has been covered or featured in *Edible Boston*, *The Boston Globe*, *WHDH 7News*, and the *Boston Herald*.



Dumpling Daughter



Nadia Liu Spellman

Nadia grew up in a family where food and fine cuisine were an important part of life.

Through the inspiration of her parents and being raised in the restaurant industry, she launched Dumpling Daughter in Weston in 2014. Today, she showcases her childhood favorites and family's home recipes to give others an opportunity to try authentic Chinese home-style fare in four locations. Dumpling Daughter frozen foods and Spicy Sweet Soy are now in over 200 markets. Nadia is excited to launch her cookbook with her mother, celebrity chef, Sally Ling this fall.

JP Fuji Group



Jimmy Liang



JP Fuji Group is the largest operating Pan-Asian restaurant group in the North East region with 11 varying concepts in the Metro Boston Area. The locally operated empire was built under the motto of “leaving a place better than you found it.” JP Fuji Group is not only a restaurant group; it is a culture created by doers to employ thinkers and empower believers. The Greater Boston Chamber has proudly named JP Fuji Group Small Business of the Year 2016.

Business began in 1998. The then 19-year-olds and best friends Jimmy Liang and Peter Tse opened their first Fuji Restaurant in Wollaston. The neighborhood fell in love with this long-awaited Japanese restaurant. Locals and newcomers alike felt welcomed. This hometown feel of customer service combined with the long met need for sushi and Japanese cooked food in Quincy is what catapulted the creation of Fuji 1546 in 2004. This larger establishment offered an extended selection of the original Fuji’s cuisine and accommodated many more people. At 4,200 square feet, with seating for 112 that included the longest bar in the city, Fuji 1546 was and continues to be the hub for sushi aficionados.

In 2007, Jimmy, Peter and business partners, John Liang and Tony Liang went on to create B Café, formerly known as Beni Café. B Café offers a quick and casual self-service style atmosphere. Patrons can enjoy Japanese classics such as sushi, noodle soup, rice bowls and more on a tight schedule and budget.

A year later, Shabu Restaurant joined the family. Just a few doors down from B Café, Shabu features Japanese hot pot—first of its kind on the South Shore—along with a fun selection of appetizers, desserts, and a beer and wine menu.

With a continued desire to innovate, JP Fuji Group went on to create Kama Lounge and Bistro Chi in 2010. Sharing the same roof, the two spaces offer patrons the consistently top-rated Chinese cuisine in two different atmospheres: urban cocktail lounge and modern sit-down chic.



JP Fuji Group (continued)

Six successful restaurants later, the team decided to expand their horizons outside of the Quincy area and in 2011, opened Fuji at Kendall—an upscale and innovative twist to Fuji 1546. Located in the diverse tech hub of Cambridge, this locale has become a mecca for local and international diners alike.

In late 2013, the team returned to their hometown, Quincy, to open YoChá—an innovative, Asian-inspired dessert shop that is the first of its kind in Massachusetts. YoChá offers freshly prepared summer classics such as bubble teas, smoothies, and frozen yogurt as well as Hong Kong style sweet soups. Most recently, YoChá added artisanal espresso drinks and cold brew coffee to its selections, further diversifying its eclectic menu.

Shortly after YoChá's opening, the team went back to Cambridge with another innovative concept that marries shabu and ramen. Shabu & Mein's front dining room encourages guests to enjoy authentic Japanese hot pot while the back bar/lounge area offers a casual yet polished ramen and small-bites dining experience.

2014 also marked the group's first venture in Somerville. Nestled in the bustling Assembly Row development, Fuji at Assembly became an instant favorite for North of Boston patrons hungry for fine sushi and tantalizing Sichuan cuisine.

Continuing the legacy of the empire they've built, Jimmy and partners debuted their first Boston location in August of 2016. Fuji at Ink Block, located in the city's vibrant South End district mimics the sushi-centric sophistication of Fuji at Assembly and Fuji at Kendall while offering a wide selection of classic and innovative Cantonese dishes.

Simplicity with innovative style is the business fashion that is woven throughout all of JP Fuji Group's establishments. Which is why in January of 2017, the original sushi guys came full circle in the relocation of their flagship store from the iconic 1546 Hancock to the shining new West of Chestnut development up the street. Fuji at WoC is now the largest footprint in the JP Fuji portfolio, offering various dining options from private chefs kitchen, to spacious dining rooms, to an enclosed outdoor patio.



Kowloon

The Kowloon Restaurant originally opened in 1950 as the “Mandarin House Restaurant” by Chun San Chin and Tow See with only 50 seats. In 1958, their daughter, Madeline and her husband, William Wong, purchased the business and changed the name to Kowloon. Their six children (third generation) as well as their grandchildren (fourth generation) are all active in the management of the business today. Today, Kowloon has over 200 employees and across their restaurants have 1,700 seats.

As with many family businesses, our family lives, eats and breathes the business. Our values and beliefs are in the fabric of the organization. In addition to Kowloon in Saugus, we have Maui Restaurant in Brockton, and previous restaurants include Wong’s Fast Food in Boston and Maddy’s Restaurant in Saugus.

Over the years, William and Madeline Wong have shown tremendous leadership and support to the Asian community. We are honored to be a part of *A Taste of Ginger* in support of Joslin’s Asian American Diabetes Initiative.



Lenox Sophia

Shi Mei has been a resident of the Boston South End neighborhood for over 30 years. After graduating college with an economics degree, Shi spent six years working in accounting. Realizing office life was not for him, in 2008, he made a career change and attended culinary school at Johnson & Wales University. Upon graduation from culinary school, he moved west to Napa Valley and worked at Thomas Keller's acclaimed restaurants, The French Laundry and Bouchon. After a successful stint, he then moved to San Antonio, Texas to be the chef de cuisine at Jason Dady's Bin 555 and eventually becoming Jason's Director of Operations. In the fall 2016, he moved back to Boston and started his plans to open a restaurant. While awaiting for Lenox Sophia to materialize, he spent time in the kitchens at ASTA, Whaling in Oklahoma, Buttonwood, Mida, and Cafe Du Pays.



Shi Mei



Vinod & Shikha Kapoor are the owners of Masala Art in

Needham. They started off as owners of a small basement restaurant in Back Bay called Kebab-N-Kurry in 1980. After winning the Best of Boston in the early 80's they decided to expand their business. They opened another Kebab-N-Kurry in Providence, RI. After several years of success in the business of Indian Cuisine, they opened Bombay Club in 1991. This was a change from the traditional Indian restaurant. They decided that the Indian restaurant industry needed a more upscale dining facility. They proved that when they opened the 126 seat, well decorated and operated Bombay Club (1991). The Kapoors have gone on to open Bombay Club in Faneuil Hall (a fast food concept) (1998), Curry Leaf in Natick (2003), Masala Art (2003) and most recently, Clay Oven in Lexington (2019).

Masala Art is a contemporary, upscale Indian eatery, a new concept to New England. The idea for the restaurant sprang from surrounding competition. In an era where almost every Boston-area Indian restaurant had similar menus and decors, the trend-setting couple decided once again that it was time for a paradigm shift. Observing that the Boston and Cambridge areas were becoming saturated with Indian eateries, they decided to move their newest concepts to the suburbs. Opening Curry Leaf and Masala Art within one year was a challenge, but once again a trend-setting development.

Their Needham eatery, Masala Art, is unique to other Indian restaurants. The restaurant's astounding design took close to three years to mastermind. The extended time spent is showcased in every detail of the restaurant, from the sculptures of Lord Ganesha (The God of Prosperity) behind the bar, to the fiber-optic lighting that illuminate the main dining areas. The real exhibit however, is the Spice Bar, a chic nine-seat cooking bar where guests can interact with the chef as they enjoy exclusive, freshly prepared menu selections.

For over four decades, the Kapoor Family has brought authentic Indian food to Boston patrons and catered thousands of weddings and social events providing unique menu selections and excellent service.



MEM Tea Imports

Since our founding in 1999, MEM Tea Imports has specialized in sourcing, blending and distributing high quality loose leaf teas and teaware for the food service industry, while providing ongoing comprehensive training for our customers.



Our combined 80 years of experience in the Specialty Beverage Industry have allowed us to develop a successful system in which we work closely with our customers, custom tailoring food service friendly tea programs to enhance their continued success.

In September 2016, MEM TEA Training Center & Tasting Room opened its doors in the Davis Square neighborhood. The shop has created a place for our current wholesale customers to get

more training and step outside of their environment for a more focused, immersive experience. As we thought more about it, we also wanted customers to have the opportunity to get to better know MEM TEA. Our training center concept came into view with the goal of demystifying the world of tea and making it available and accessible to all.

At this time, the retail side of the shop provides over 100 loose leaf teas, all available by the ounce. We are always brewing something and we encourage everyone to stop by, taste, and learn something new. There are also a multitude of easy brewing methods and accessories available in order to make brewing great loose leaf tea at home or work as effortless as possible. We will not be serving tea by the cup – we want to encourage people who visit us to seek out the many local businesses that proudly brew MEM TEA and see their commitment to quality first-hand.



Modern Pastry is a family owned and operated Italian bakery nestled in the North End and Medford.

With three generations of innovative expert chefs, we offer more than 150 years of “old word” Italian, European, and American recipes while applying modern practices. We have received multiple awards for our quality products and are able to cater to all life events no matter how big or small.

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Pho Le Restaurant

Duyen Le and Thu Pham, the husband and wife proprietors of Le's Restaurants, arrived in the U.S. in 1987 as Vietnamese refugees.



Duyen Le and Thu Pham

With a lot of hard work and a little bit of luck, they toiled their way to operating their first restaurant in the early 1990's. Today, their multi-location business is a local favorite for Vietnamese cuisine.

From a small 32 seat restaurant on Kneeland Street in Boston's Chinatown that served only piping hot pho, the couple worked day and night to nurture and grow their menu offerings. They truly enjoyed sharing their love of Vietnamese food.

Le's Restaurant now serves aromatic and flavorful Vietnamese cuisine from many different regions of Vietnam — "Pho", the famous noodle soup from Northern Vietnam, "Bun Bo Hue" the savory beef noodle soup from Central Vietnam and "Canh Chua, Ca Kho To", sweet & sour soup and caramelized fish from the southern plains of Vietnam are some examples.

Le's Restaurant currently has locations in Allston and Cambridge. A more recent sister location called "Pho Le Restaurant" is located in Dorchester, which ventures into more exotic dishes from Vietnam, including Oven-roasted Whole Catfish and Seven Course Beef.



Simcha

Israeli-American Chef Avi Shemtov opened The Chubby Chickpea as a quick serve Israeli street food concept in 2010 in the Boston, MA suburbs.

Credited with being part of the movement to popularize Israeli cuisine globally, Avi launched The Chubby Chickpea Food Truck less than two years later to critical acclaim. The Chubby Chickpea continues to operate multiple food trucks and catering outlets in the Boston area.

In 2017 Shemtov formed 'The Shemtov Group' the umbrella under which, in addition to The Chubby Chickpea, he would open TAPPED Beer Truck (2017) Simcha (2019), a La Esh (2020) and Hummus v' Hummus (2022).

Chef Avi serves as Executive Chef of Simcha, which he opened in 2019 in his hometown of Sharon, MA. Focused on a New England influenced modern Israeli menu, Simcha was named one of Boston's 15 best new restaurants by both BOSTON Magazine, and The Boston Globe. Simcha was also named 'Best Restaurant South' in 2020 and 2022 by Boston Magazine's Best of Boston awards and number 7 in Boston Magazine's '50 best restaurants' list.



Avi Shemtov

Avi has appeared on multiple radio and television outlets, most notably PBS' Simply Ming with Chef Ming Tsai and Phantom Gourmet. In 2020 Avi and his team were invited to cook at the famed James Beard House. In 2015 he released 'The Single Guy Cookbook', which Amazon called Cookbook of the month in August 2015, and in 2021 he released his second cookbook, 'Simcha'.



The Smoke Shop BBQ

Andy Husbands is the award-winning chef, author and Pitmaster behind The Smoke Shop BBQ, Boston's acclaimed barbecue restaurants, and three-time winner of *Boston Magazine's* "Best Barbecue" in 2018, 2019 and 2021, as well as *The Improper Bostonian's* "Boston's Best" Award for "Best Barbecue."



Andy Husbands

Currently with five locations including Cambridge's Kendall Square & Harvard Square, Boston's Seaport District, Somerville's Assembly Row, and most recently Hub Hall at TD Garden, Husbands is "smoking" the competition. With a career spanning nearly 30 years in the restaurant industry, Husbands serves as one of the city's most celebrated culinary leaders and a foremost authority on regional Barbecue and live-fire cooking in New England.

A long-time passion project for Husbands, the Smoke Shop is a culmination of his nearly two decades on the competitive barbecue circuit, showcasing his modern approach to slow-cooked, competition-style barbecue,

which Husbands dubs as "City 'Q'." His first exposure to the craft of BBQ was while working as a Chef under James Beard Award-winning Chef Chris Schlesinger at East Coast Grill. Husbands is the co-founder of internationally recognized team, IQUE BBQ, which became the first Non-Southern BBQ Team to win the Grand Champion title at the Jack Daniel's 2009 World Championship Invitational Barbecue in Tennessee. They additionally took home first place in the brisket category at the Kansas City American Royal World Series of Barbecue in 2007, and more than 35



The Smoke Shop BBQ (continued)

Kansas City Barbeque Society grand championships. His journey competing with the award-winning team was featured in *The Wall Street Journal's* August 2018 piece, "The Yankees Who Brought Science to the BBQ World." Husbands is also the co-author of six coveted cookbooks, including *The Smoke Shop's Backyard BBQ: How to Eat, Drink, and Party like a Pitmaster*, *Wicked Good Burgers*, *Wicked Good Barbecue*, *Grill to Perfection*, *The Fearless Chef*, and *Pitmaster: Recipes, Techniques & Barbecue Wisdom*, awarded "Book of the Year" by *National Barbecue News* in 2017.

Hailed "Boston's Meat Maven" by *The Boston Globe*, Husbands has appeared on CBS *This Morning*, Food Network, FOX & Friends, Cooking Channel's *Burgers, Brew & 'Que*, and most recently, as a celebrity guest judge on Season 1 and 2 of Food Network Canada's *Fire Masters*.

Deeply rooted in the community, Husbands passionately drives awareness for Share Our Strength, the nation's leading childhood hunger relief organization, serving as honorary chair of its annual Taste of the Nation fundraiser. He is also a Vice President of the Massachusetts Restaurant Association, for which he was honored as MRA's Chef of the Year in 2014, as well as a Rodman Celebration Restaurant Chair and avid volunteer at local women's shelter, Rosie's Place.



Summer Shack



Del Leandro

Del is originally from Brazil and has been working at the Summer Shack since the Cambridge restaurant opened and Jasper White was next to him.

He has risen through the ranks where he started as entry level kitchen staff to taking over as the culinary director for all three locations (Cambridge, Back Bay and Mohegan Sun). He is known for the Summer Shack's quintessential New England seafood cuisine and he is continuing to make the food that the restaurant is known for, but also include some South American and Brazilian specials on the menu. Del is the first black chef to hold this position and his talent is immeasurable.



Tambo 22



Chris Titus

When Chef Chris was 19 he moved to Kauai HI to work on a small taro farm outside Lihue. It was here that he first began to develop his love for food, farming, and the connection people make with each other through food and community. This interest led him on a journey to make friends, second families, and experience culinary revelations in many countries throughout the world. After working in numerous restaurants in eastern MA, Chris landed at Taranta Ristorante as the General Manager and Cooking Class Instructor. In 2013 he joined the non-profit Future Chefs as the Social Enterprise Manager and spent four years there developing and delivering programming to Boston based urban youth. Most recently, Chris joined the former Taranta team and Chef Jose Duarte in opening Tambo 22, a Peruvian inspired restaurant, in Chelsea MA. Chris has taken the opportunity recently to travel in Peru, working in restaurants in Lima and exploring the Ancash area of the Andes.

Tashan Bedford

20
22

Tashan meaning “style” brings the energy of India’s thriving culinary scene to Bedford, MA, and the greater Boston area serving reinvented and refined Indian classics.



Owner, Vishal Sood, graduated from Bentley College with a B.A. in Management, he joined his family’s business, the fast-casual restaurant chain Gourmet India. He began as the General Manager and eventually took over operations, becoming Owner in 2014. Seeing the opportunity for further expansion

of Gourmet India upon joining the business, Vishal pioneered corporate catering, partnering with hotel industry giants including Marriott, Sheraton, and Hyatt as well as reputable institutions such as Fidelity Investments, Vertex Pharmaceuticals, Boston Scientific, and Newton Wellesley Hospital. With several locations throughout Massachusetts, Gourmet India is one of the most sought-after regional caterers to this day. After years of working in the fast-casual and catering business, Vishal and the Sood family felt it was time to open their first sit down restaurant. In 2021 he found the perfect location to open Tashan in Bedford, MA.

The inspired decor of Tashan incorporates a palate of teal, grey and gold, featuring a variety of options for guests to indulge. The artwork showcased within the space includes a multi-colored mural depicting progressive Indian women by renowned artist Jenny Vyas, as well as abstract gold artwork by Annissa Zak, bringing the contemporary Indian design to life.

Through its elegant and lively atmosphere, innovative menu and perfectly paired wine and cocktail selections, Tashan offers a truly elevated dining experience perfect for any occasion.

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Keep up the good work!

Deb and Dick Carlson

Sending appreciations to
all of the AADI staff,
A Taste of Ginger committee
and Joslin Development colleagues
for all of your efforts to support
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Dr. George L. King and Diana Eng King





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To the **AADI**

Diabetes has impacted our family in unique and challenging ways. Thank you for all you do to help advance diabetes related research and patient-care in Asian communities.

With much gratitude,

Tam and Pratap Nguyen-Singh



Thank you to Joslin Diabetes Center's
AADI Team for all you do.

Kathy and Marty Pasqualini



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The Massachusetts Asian Restaurant Association (MARA) is a professional community for Asian restaurant owners, operators and related vendors. We aim to develop and connect members to professional support and resources and to provide a platform for collaborative problem solving of individual and shared obstacles to create industry wide positive impact and growth. Make a difference, come join us!

<https://ma-ara.org/>



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The First Diabetes Foundation in Mainland China

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Thank you for joining us this evening
and for supporting
Joslin Diabetes Center's AADI.

Together, we can make diabetes
a disease of the past.