

## Reflect and Renew

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## Reflections on the Year

Hello! And welcome to our Guide magazine Winter/Spring issue. The year is over and if you are like me you will find yourself asking a very clichéd question – where did the year go? Looking back on the past 12 months, it's hard to reconcile the passage of time with the sheer number of things that have occurred.

The year began with a renewed strategy for Community Center Shanghai (CCS) and an appreciation that we needed to pause and reflect on our vision as we embrace the changing demographics in Shanghai. We conducted focus groups to concentrate our efforts and outlined key initiatives that would help us better serve the international community and truly become that home away from home.

In spring, we held our first sponsor mixer event, bringing together our partners and sponsors to thank them for their continued support. Market fairs and camps were held during the summer break. In autumn, Shanghai 123, one of our key orientation programs, was provided, with a record number of newcomers walking through our doors (page 42). Our collaboration with the government was strengthened and continued to provide a bridge between the local and international community – the very first Children's Market was co-organized in the Biyun Community. New programs were initiated to cater for different demographics. Every Thursday our space was opened for parents of infants and toddlers to come and meet and share in this journey of parenthood (page 37). A new platform, Shanghai Stories, was established for professional-minded community members to share their stories and to be inspired to be more and do more during their time here in Shanghai (page 38). In autumn, the year

culminated in our annual gala where we celebrated and embraced the joy and energy of community building with over 200 members of our community (page 8).

As I reflect on the year past and what CCS has been able to achieve, I feel energized and excited about 2020. I can see how critical it is that CCS focuses on serving the international community and providing the invaluable service of following you along your journey here in Shanghai. We are here to make your transition into Shanghai smoother and to help you adapt into this amazing city and ultimately thrive and be the best you can be while living here.

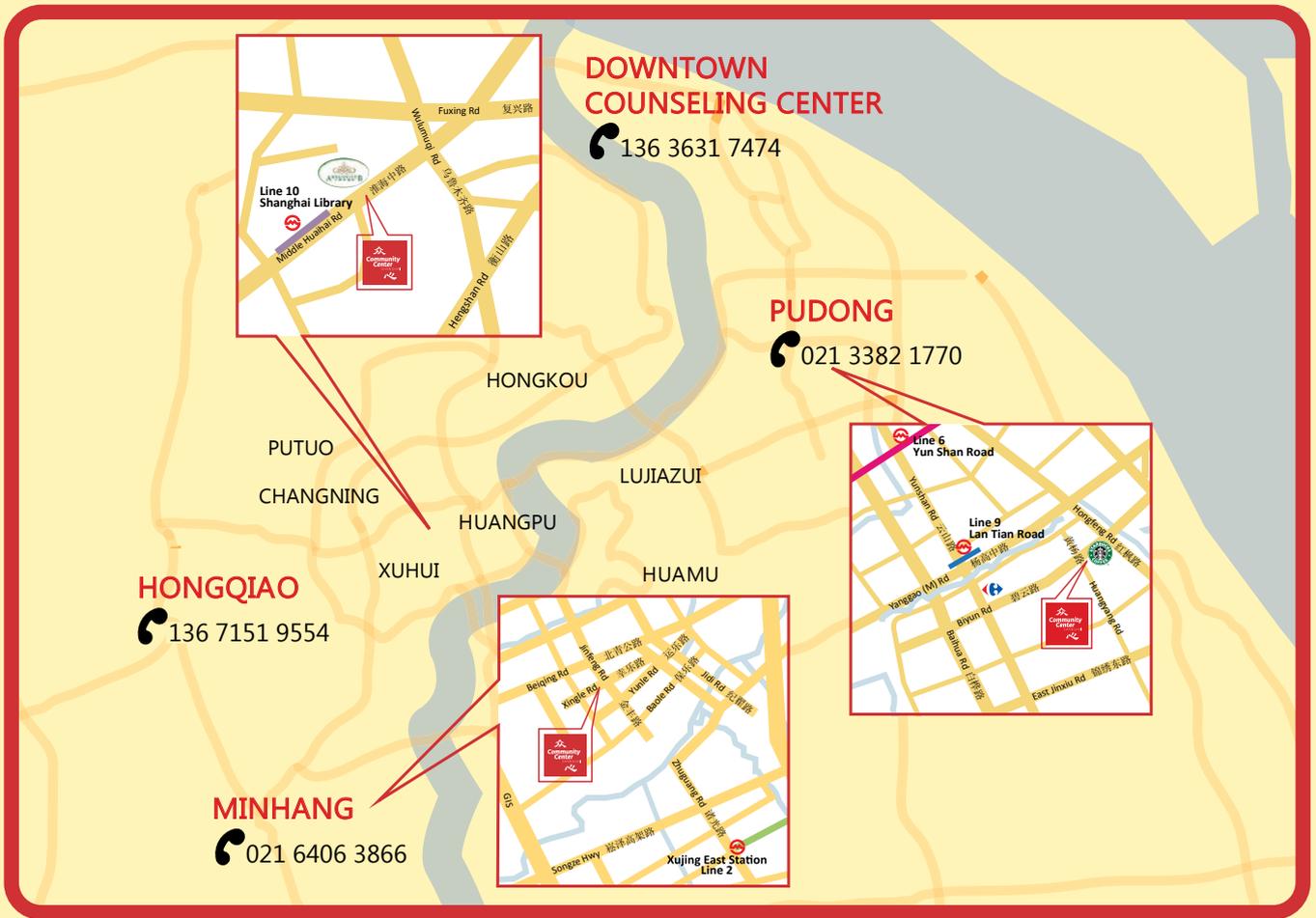
Take your time to explore this magazine and its theme of Reflection and Renewal. Read how the year has changed some of our community members and about what they are looking forward to in 2020. There is something for everyone at CCS: learn to cook a new cuisine, explore Shanghai through our photo walks (page 33), share your story and inspire others at our Shanghai Stories night, give back to community and volunteer through the CCS charity events held throughout the year (page 30), join our parenting village, attend our newcomer orientation events, and so much more.

It does take a village and during those times that you feel like you need that extra hand to help and prop you up, then please reach out to our internationally trained counselors for support (page 24).

Thank you for letting us be part of your journey. We are looking forward to walking along with you in 2020.

**Senait Petros Tekeste**  
Executive Director

# CCS LOCATIONS



## DOWNTOWN COUNSELING CENTER

☎ 136 3631 7474

## PUDONG

☎ 021 3382 1770

## HONGQIAO

☎ 136 7151 9554

## MINHANG

☎ 021 6406 3866

### Pudong Center

📍 3F, Building 3, No. 1146  
Biyun Road, Jinqiao,  
Pudong  
Shanghai 201206  
☎ CCSSH2016

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碧云路1146号3号楼3层  
靠近黄杨路

### Minhang Center

📍 2F, No. 360 Xingle Road,  
Huacao, Minhang  
Shanghai 201900  
☎ CCS-Minhang

闵行区华漕镇  
幸乐路360号2楼

### Downtown Counseling Center

📍 Embassy Club Puxi,  
No. 1500 Middle Huaihai  
Road  
Shanghai 200031  
☎ ccs-counseling

淮海中路1500号  
近乌鲁木齐中路

### Hongqiao Satellite Center

☎ 136 7151 9554  
☎ CSHQCenter

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**Counseling:**  
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**Charity:**  
charity@communitycenter.cn

**Events:**  
events@communitycenter.cn

**Classes, Talks, Tours, & Room Rental**

**Pudong:**  
pudongclass@communitycenter.cn

**Minhang:**  
minhang@communitycenter.cn

**Hongqiao:**  
hq@communitycenter.cn

## Our Name: 众心

Many people sharing one heart



## Our Vision

Community Center Shanghai (CCS or 众心) connects, supports, and enables internationals from the moment they arrive in Shanghai, through relevant programming.

CCS is a not-for-profit organization, strategically located in Shanghai's international communities in Pudong, Hongqiao, and Minhang. CCS responds to the ever-changing needs of the community by providing relevant programming that equips individuals and families so that they can maximize their potential while in China.

## Our Services



### Counseling

Community Center Shanghai has a counseling department with more than 20 professional counselors that speak 10 different languages. The counselors offer professional, compassionate support to individuals, children, couples, and families.



### Classes

Community Center Shanghai offers interesting tours and hundreds of classes throughout the year. Learn a new language or skill. Explore interesting topics through talks and workshops. Dabble in a new hobby or interest. Take a tour and explore the city.



### Charity

Community Center Shanghai provides the opportunity to give and serve in the community through its well-known and established charity, Giving Tree. CCS's CharityLINK provides a platform for collaboration, referrals, and an opportunity for volunteer matching.



### Events

Community Center Shanghai offers a variety of events to connect and build community. These include food markets, essential orientations, and fun activities for the whole family.

## Promotions

- Community Center Shanghai – The channel to reach internationals, serving their needs and connecting them to companies that provide relevant products
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For more clips of our Shanghai Nights Gin and Jazz Gala, please scan the QR code.



# ANNUAL GALA: CCS, YOUR HOME AWAY FROM HOME... IT TAKES A VILLAGE!

On Saturday, November 9, 2019, on a beautiful evening, CCS held its annual gala at Grand Hyatt Shanghai. Over 200 preeminent community leaders, business executives, and school parents came together for an evening of "Shanghai Nights – Gin and Jazz."

The West-meets-East theme perfectly reflected the spirit of CCS and showcased CCS's partners and sponsors. The guests had the opportunity to be photographed with a period motorcycle sidecar and rickshaw, evocative of how the city used to be, before mingling, enjoying canapés, buying raffle tickets, playing on the roulette table, and bidding on fabulous items in the silent auction.

CCS's executive director, Senait Petros Tekeste, welcomed the guests and thanked the corporate sponsors and members of the CCS board. Senait is grateful for the support and guidance that the board members provide and thanked them for their gift of time and dedication to the community.

Senait's opening remarks reflected on the meaning of community. CCS works hard to connect, enable, and support the international community but essentially wants to be that familiar place where internationals feel welcome and supported. She said, "Having lived in different countries as an expatriate, I have come to appreciate how universal the phrase 'it takes a village' is. 'It takes a village' is an African proverb that means that an entire community of people must interact with children for those children to experience and grow in a safe and healthy environment. I want everyone here to think of CCS as your village. A place where you feel connected, accepted, supported, encouraged, nourished, and listened to."

This sentiment was echoed in a speech from Tess Robinson, the chair of the CCS board. Talking about community and why it matters, Tess said, "People are not made to live alone. We have lived together since the beginning of time ... being together, we gather resources, provide protection, comfort, and support."

CCS hopes to be a center for individuals, families, schools, and even businesses looking to reach out to, support, and enrich the lives of internationals in Shanghai. CCS does this from three locations across the city: Pudong, Minhang, and Hongqiao.

The guests were then served a delectable three-course meal topped off by a decadent dessert bar.

Members of the community went above and beyond and donated more than 85 fantastic items for bidding. Silent auction items included local staycations, home accessories, spa treatments, adventurous getaways, and more. Many thanks to all the sponsors who supported CCS's auction this year.

The roulette table proved to be a lot of fun, offering the chance to win awesome prizes, and the wine pull provided chances to win exclusive bottles of wines. Raffles were in high demand with the amazing prizes that were up for grabs!

Dewayne Jones, the emcee and host, then took to the stage for an energetic live auction. The exciting auction included a beautiful jade carving and a signature print from renowned photographer Gang of One. Other items included beautiful earrings from Eden Jewelry, a staycation at the Sofitel Hotel, and an invaluable Community Service Experience through the CCS charity program.

CCS continues to celebrate and build community with enriching classes, educational tours, essential orientations and events, professional counseling, and volunteer opportunities. Come join CCS and together build a stronger, more connected community. It does take a village!

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# Shanghai Nights Gin & Jazz Gala



## Tier 2 Sponsors

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**F & B**

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Bali Bistro  
Coffee Commune  
Grand Hyatt Shanghai  
Kate and Kimi  
LaoWines  
MGlam

**F & B**

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Parkyard Hotel  
Peddlers Gin  
V COFFEE  
Macarena

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Bella Sweet UP  
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Socié  
Subconscious Day SPA

**Health & Wellness**

Tanja Smits

**Home**

Hu and Hu Home  
iHALF  
Shanghai Gift Company  
Soapnut Republic

**Hotel**

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Culture Shock  
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# Meet CCS's Board of Directors

*The work we do is supported and guided by a board of volunteer directors, individuals who dedicate their time and energy to providing guidance to our executive director and team.*



**Senait Petros Tekeste,**  
*Executive Director of  
Community Center  
Shanghai*

Senait has over 10 years' experience running strategic and change

management initiatives across diverse industries and environments. She brings a corporate perspective and mindset to public and community service. Senait is passionate about building community and hopes to continue to lead Community Center Shanghai (CCS) to be that home away from home hub for internationals – connecting, enabling, and supporting them to adapt and thrive in Shanghai.

**Tess Robinson,**  
*Chair of the Board*

Tess has served as the chair of the board for CCS for 5 years. She served as the president of the Yew Chung International



School parent organization (POP) for 9 years. She is a member of both NACAC (National Association of College Admissions Counselors) and IECA (Independent Education Consultants of America). Tess worked professionally in the fields of finance, marketing, and consulting, and is the founder and managing partner of TEAM Education Consulting Company.



**Jon Brantingham,**  
*Executive Committee*

Jon has served on the CCS board since 2003. As the longest-serving board member for CCS, he has assumed different

roles, including chair, vice-chair, and executive committee. Jon was born and raised in Taiwan and represents the fourth generation in his family to live and work in China. As CEO of Brantingham Manufacturing (China), he has developed a thriving business that exports to markets in three continents.

**Patrick Hopkins**

Patrick came to Shanghai nearly 20 years ago, when he founded a health insurance service company with his wife. It merged with MSH International in 2009 and became MSH China. Patrick continues to serve MSH as a senior advisor. Patrick is an active Rotarian. The Rotary International motto of "Service Above Self" is his guiding principle.



**Emily Sargent-Beasley**

Emily serves as head of campus for the Shanghai American School, Pudong. Emily is passionate about developing a sense of and spirit for community

that connects people and families. It is for this reason that she is particularly grateful for the opportunity to support CCS's mission by serving on the board.

**Mary Scott**

Dr. Mary Scott is the head of school at Concordia International School Shanghai. Mary and her family moved from Irvine, California, to Shanghai in



2016. Previously Mary served at Concordia University Irvine. Mary has a passion for learning. She loves working in a school and finds conversations with colleagues and students invigorating.



**Daniel Eschtruth**

Daniel Eschtruth, director of schools at Shanghai Community International School (SCIS), has dedicated his professional career to supporting

students from every walk of life to learn, grow, and achieve to the best of their abilities. With a focus on supporting CCS's ongoing efforts to meet the needs of the ever-evolving international community in Shanghai he gladly serves and supports the CCS mission.

**Stella Si**

Stella Si, who has worked in New York for over 18 years in the fashion, PR, and merchandising industry, served as the executive director of CCS from July 2011 to December 2015. She returned to Shanghai and worked for CCS as marketing director from 2007 to 2009. She initiated the CCS Gala, the Spelling Bee, and the Bazaar. Stella then became the general manager of a fashion PR agency.



**Zhen Zeng-Liao**

Zhen served as the executive director of CCS from January 2016 to July 2019. Zhen is passionate about connecting the community regardless of people's



ethnic background, language, life experience, or professional career. Zhen brings years of experience in corporate business management and volunteerism. Since 1995, Zhen has served in many volunteer management roles, including Overseas Chinese Association, Stepping Stones China, and Co-Head of National Museum of Singapore Docent Team.

**Fenny Ang**

Dr. Fenny Ang is an associate certified coach and an accredited cultural intelligence facilitator.

She serves clients in Shanghai and across the region in executive coaching, cross-cultural coaching, transition management, leadership development, and team development. Prior to Shanghai, Dr. Ang lived and worked in Malaysia, Indonesia, Singapore, Hong Kong, Australia, and the USA, and has worked in human resources and management consulting for the past 20 years. She joined CCS's board in 2019.



# New CCS Staff

Community Center Shanghai (CCS) is excited to announce that we have grown! We have two new members of staff – find out a little about them below. Cordy Crockett is our Pudong Center Manager; Caitlin Hotchkiss our Charity Manager.



Meet Cordy

***Who are you and where are you from?***

My name is Cordy Crockett and I am from the United States. My hometown is Seattle, but my family and I moved to Shanghai from the San Francisco Bay Area.

***What brought you to work at Community Center Shanghai?***

I wanted to change my work situation, and I was looking for five things: co-workers (working remotely for 2 years had become a drag), learning on the job, opportunities to make a positive impact on my community, career advancement in my field, and travel flexibility (part of the reason my family and I moved to Asia was to enjoy the many travel opportunities). Working at the Community Center fit four out of five of these items, and that was enough for me!

I had been to the Pudong Center a few times in my first year in Shanghai: once for a Friday Bazaar and another time for a first aid class. In my second year here, I came more frequently, as the used book group at my children's school started partnering with the Community Center to refresh the library space. That's how I came to know the current staff and became aware of the open position.

***What role do you serve at Community Center Shanghai? Where can people meet you in the center?***

I am the Pudong Center Manager, which means that I help create classes and other programs for the community. I can usually be found in the Welcome Center at the CCS Pudong Center.

***Who are you and where are you from?***

My name is Caitlin Hotchkiss and I am originally from Michigan, USA.

***What brought you to work at Community Center Shanghai?***

I moved to Shanghai with my husband, William, in October 2018 after he accepted an international assignment with General Motors. I have always had a strong passion for improving the communities and organizations I serve and knew I needed to find a way to give back in Shanghai. My husband's office connected me to the Community Center where I was fortunate enough to work as a volunteer before joining the CCS team full-time in September

2019. I am honored to be a part of this amazing organization and look forward to connecting, supporting, and enabling internationals here in Shanghai.

***What role do you serve at Community Center Shanghai? Where can people meet you in the center?***

As the new Charity Manager at CCS I work to bridge the cultural gap and offer opportunities to give back and serve through our two main charitable initiatives – Giving Tree and CharityLINK. Giving Tree is our signature charity, which has inspired and impacted the lives of over 127,000 underserved children since 2003. CharityLINK events provide a platform



Meet Caitlin

to educate the community as well as promote and connect NGO/charity organizations with English-speaking volunteers. If you have any questions about the charity programs at CCS or are interested in getting involved please email [caitlin@communitycenter.cn](mailto:caitlin@communitycenter.cn) or come pay me a visit at the CCS Pudong Center.

# CLASSES AND TOURS CATALOG

TOURS	Pudong	Minhang
Photo Walk	●	
Shanghai Bus Tour	●	
LANGUAGES		
<b>Chinese</b>		
Survival Chinese 1–3	●	●
Practical Chinese Beginner/Elementary 1–3	●	●
Practical Chinese Intermediate 1–3		●
Chinese Characters 1		●
HSK Preparation 1–6		●
Tutoring (multiple languages)	●	●
<b>English and Other Languages</b>		
Conversational English Elementary	●	●
Conversational English Pre–Intermediate	●	●
Conversational English Intermediate	●	●
HOBBIES   CRAFTS   CULTURE		
ABCs of Leather	●	
Chinese Brush Painting & Calligraphy Course		●
Mosaic Course	●	●
Digital Photography Course	●	
Photo Editing Class	●	
Introduction to Qipao	●	
HEALTH & WELLNESS		
TCM Series Talk	●	●
Natural Alternatives for Everyday Products	●	●
Holistic Health Talks	●	●
PROFESSIONAL & PERSONAL DEVELOPMENT		
Shanghai Stories Night	●	
Taobao for Expats	●	●
COOKING		
Xiaolongbao Making	●	●
Chinese Dumpling Making		●
Popular Chinese Dishes	●	●
Spring Rolls		●
Terrific Thai		●
Vietnamese Cooking Course		●
Learn Italian Cooking with the chef of Parkyard	●	
Indonesian Cuisine		●
Asian Kitchen		●
FITNESS & DANCE		
Tai Chi	●	
Hatha Yoga	●	
Kickboxing	●	
KIDS & YOUTH		
Ballet	●	
Kung Fu	●	
Mama & Me Club	●	
Cooking	●	
Drama	●	

## Pudong Center

021 3382 1770  
 ✉ pudongclass@communitycenter.cn



## Minhang Center

021 6406 3866  
 ✉ mh@communitycenter.cn



## Hongqiao Satellite Center

136 7151 9554  
 ✉ hq@communitycenter.cn



If you are interested in hosting a class in Hongqiao, please contact us.

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Or visit our website at [www.communitycentershanghai.com](http://www.communitycentershanghai.com)



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## May These Words Inspire You

---

### *Let These Be Your Desires*

—Kahlil Gibran

Love has no other desire but to fulfill itself  
But if your love and must needs have desires,  
Let these be your desires:  
To melt and be like a running brook  
That sings its melody to the night.  
To know the pain of too much tenderness.  
To be wounded by your own understanding of love;  
And to bleed willingly and joyfully.  
To wake at dawn with a winged heart  
And give thanks for another day of loving;  
To rest at the noon hour and meditate love's ecstasy;  
To return home at eventide with gratitude;  
And then to sleep with a prayer  
For the beloved in your heart  
And a song of praise upon your lips.

As I reflect on the past year and look to the new year, I tap into different sources for inspiration. As an individual and now a parent, the words of Kahlil Gibran (a Lebanese–American writer, poet, and philosopher) resonate with me more and more. Here are two of his works that inspire me to be a better person (*Let These Be Your Desires*) and a better parent (*On Children*). I hope his words touch and inspire you too.

*By Senait Petros Tekeste*

### *On Children*

—Kahlil Gibran

And a woman who held a babe  
against her bosom said, "Speak to us of Children."  
And he said:  
Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you, yet they belong not to you.  
You may give them your love but not your thoughts.  
For they have their own thoughts.  
You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.  
You may strive to be like them, but seek not to make them like you.  
For life goes not backward nor tarries with yesterday.  
You are the bows from which your children as living arrows are sent forth.  
The archer sees the mark upon the path of the infinite, and He bends you with His might that His  
arrows may go swift and far.  
Let your bending in the archer's hand be for gladness;  
For even as he loves the arrow that flies, so He loves also the bow that is stable.

## How Has the Year Changed You?



Here we are at the end of the year. As the cliché goes, how did that happen?

Echoing the theme of this issue, we designed a survey asking participants to reflect on 2019 and plan for the new year. Here is the response from Maryam D. Far.

*Looking back to January 2019, did you have a New Year's resolution? If so, could you share that with us?*

Be more present. Act with intent. Focus on mind, body, and spirit. Make time for reflection. Get rid of mental and spiritual clutter.

*When you reflect on the year, what would you consider to be your significant experiences? And what did you learn/achieve as part of these experiences?*

That I am fully capable no matter what the odds. That human beings are more or less the same at the core. I learned to be silent more often than not in the face of conflict and to allow things to fall into place as they are meant to be, even when things do not make perfect sense.

*Did any of these experiences surprise you? If so, in what way?*

Yes. I am learning to allow life to take its natural course. I am a planner. I believe we are the architects of our own lives. And ... that still there are times in life where we need to let things be and have faith that it will be ok.

*Looking forward to the new year, how do you think these experiences will shape you? And what three things would you wish for you / your family / loved ones?*

Health, hope, happiness are my wishes. I will continue to work hard while understanding and embracing all that comes my way even if it is ambiguous and confusing. There is so much in this world that comes our way in messy and often unclear "packages." I am going to focus more on how to receive the messy and unmessy bundles, messages, and experiences that fall into my lap. I will strive to be more comfortable with the uncomfortable and the not knowing. I think it will make me a better global citizen, parent, partner, psychotherapist, and philanthropist.

*If you still haven't have the chance to reflect on how your year went, we would like to invite you take a minute and go through the questions above.*

*The only constant is change. No matter what kind of package you meet in your life, we hope you can receive it, keep calm, and move on.*



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# A Simple Reminder to Love One Another

By Dr. Mary Scott, Head of School, Concordia International School Shanghai



For many countries and cultures, the time between November and February is filled with all manner of celebrations and traditions. Coming from the United States, our family celebrates Thanksgiving, Christmas, and New Year; and, having lived in Shanghai these past few years, we've happily added Chinese New Year to the list.

Sharing the holidays with others, even those separated by distance, is part of what makes them so special. Traditionally, my family sends holiday cards (now sent via email) to friends and loved ones around the world. In them, we share a summary of our year, which includes many photos. When sorting through these photos, I am always reminded of the many blessings we have enjoyed. This year I have reminisced over pictures taken during travels in China, the US, and various countries and cities in Southeast Asia – and those were all before the Christmas holiday!

I have to say that the most meaningful trip by far for our family and friends in 2019 was the one we took to Hengyang, China. That is the city where our beautiful daughter Anna Joy lived the first 18 months of her life. During the trip, we were able to see the hospital where she was found; we visited the orphanage where she was cared for; and we were able to have lunch with one of the ayis who helped take care of Anna and Bethany, a family friend who was at the orphanage at the same time as Anna. Ayi still works at the orphanage and remembered both girls fondly. The joy on her face at seeing them again after more than 12 years brought tears to my eyes.

With our friend James helping to translate, the girls were able to ask Ayi many questions. One of the most poignant was, "How did you feel when we were adopted?" She answered, "We cried for weeks..... we cried because we were so happy for you to have found your families. We cried because we loved you and missed you so much. We were sorry to see you leave." To hear that they were loved and had been loved even before they became part of their forever families was a powerful realization for the girls, and it was a valuable thing for them to process.



Looking back through the photos of this experience, I am reminded of a passage from the Bible in which Jesus tells us to "Love one another," and I realize how blessed I am to know the power of an everlasting love. I see love in these photos, and I think about that love as I prepare my Christmas emails.

We've certainly experienced love here in Shanghai, where we have been fortunate to meet people from around the world and to learn so many ways to love one another. Looking forward into 2020, my prayer is that I will share the love I have received with those around me in meaningful ways. I believe it is important for us in this large city of Shanghai – in our homes and neighborhoods – to continue to welcome people from every tribe and nation with love.

# A Crash Course in Takeout Trash

Jacob Richmond, Concordia International School Shanghai (Class of 2019)

Last year as a student in the Global Development Studies class, my group and I spent time working to reduce the amount of food deliveries to the Concordia campus and to convince local restaurants to use more sustainable materials for deliveries and takeout. While we made some progress educating our school community about the negative impact single-use containers have on the environment, we know this will not keep everyone from having food delivered. Therefore, this article serves as a primer for those individuals who want to learn more about the materials used to produce food delivery packaging so that they can make more educated decisions when ordering.

## How do recycling centers work?

At the end of the day, recycling centers are businesses that need to make a profit in order to operate, and they tend to be extremely picky about the kinds of materials they accept. Issues such as contamination, lack of volume, or composite materials make it impossible for these centers to turn a profit.

With food delivery, no container contaminated with oil or residue can be recycled. This can be solved for some containers with a quick rinse, but often this step is neglected. The other non-material issue is that recycling centers are working with machines that often cannot deal with extremely thin objects such as plastic bags. This completely prevents thin plastics from being recycled.

## What kinds of packages are used for food delivery?

For delivery in Shanghai, the most common material for food delivery packaging is likely plastic number 5, polypropylene. These are popular because they are durable, microwave safe, and have a high level of clarity.

Then there is number 1, polyethylene terephthalate, which is what soda bottles are made of. Plastic type number 4, used in grocery bags, and number 6, styrofoam, are also used in varying degrees in food delivery packaging. All of these plastics have a huge environmental impact, yet in most cases, even if these materials are recyclable, contamination or other factors will typically prevent them from being recycled.

## What about paper?

When it comes to environmental impact, not all paper is created equal. Paper coated with plastic such as juicebox-like containers used for iced tea, milk, and juice are not accepted by recycling centers. Non-coated paper materials are recyclable, given they have not been contaminated.

## Is there a sustainable alternative?

One material which is superb in its low energy cost during production, biodegradability, recyclability, and ability to burn cleanly is bagasse. You have probably seen bagasse before and assumed it was a paper with some kind of strange ribbing. Bagasse is a byproduct of sugar cane production (made from the pulp after juicing) and is probably the best solution for an environmentally minded consumer of takeout foods.

Ordering in food is a pretty unsustainable practice,

environmentally speaking, but an informed consumer can make decisions which greatly reduce the harm of their actions. Avoiding plastics, which do not degrade, and seeking out products like bagasse or other environmentally friendly options can allow consumers to greatly lessen their impact on the environment while enjoying a “home-delivered” meal.



Plastics are categorized by type for the purpose of recycling. This is denoted by a number on the package.

*Global Development Studies (GDS) is a high school applied learning course that has students pondering their individual roles in responding to global issues. GDS students spend semester one developing a solid understanding of the UN's Sustainable Development Goals (SDG) and what it means to be a changemaker.*

## Reflections on a Life Well Traveled

By Emily Sargent Beasley, Head of Campus, Shanghai American School (SAS), Pudong



Many of you reading this issue are likely living a similar life to my own. A life full of planned milestones and unexpected surprises. The beauty of attempting to balance these two realities is that one gets lots and lots of practice. And, fortunately, this practice sheds light on new milestones and leads us to new surprises, encouraging us to be both mindful and open.

Our family moved from Virginia 12 years ago. When we did, we were very well aware that there was much to gain from an international lifestyle. We were also well aware that this change would bring losses. Our family was young when we first took flight and although there was travel in my history, there wasn't much in our history as a family. The move brought trepidation and a recognition that the trepidation we were feeling as parents was experienced at an exponential level by our children. It was then, like I imagine it was for many of you, that we began to share less about how life would be different and more about how life would be similar. These similarities brought comfort and gave clarity to what was in store.

Since our first departure, there have been many more takeoffs and landings, each bringing a sense of excitement that fueled an adventurous spirit that has become part of our family identity. Holidays have taken us to places of unimaginable sights and unforgettable experiences. For our children, however, holidaying at Christmas was something that they always wished would include a flight home. It was difficult for them to accept that Christmas existed anywhere but Virginia. It was during these Christmas holidays that we began to take great care of tradition in this overseas world. Traditions became opportunities for reflection and thanks.

The first of these new traditions was a tree made of felt, purchased on a whim in India (2008) to recreate the spirit of home. The next tradition, buying the smallest mandarins in the market for the toes of our stockings (Sri Lanka, 2009). The next, taking a long walk on Christmas Day that ends with hot chocolate (Romania, 2011) and, later, making every attempt to fly out on New Year's Eve to watch the fireworks unfurl below (Turkey, 2012). These events

were the first of many traditions that, in time, became a much-awaited pause to create memories.

Our children have now graduated (SAS PD: 2018; 2019). This coming Christmas will be our first holiday that we don't set out for together. My husband and I will make our way from Shanghai as our children make their way from Virginia, to meet in Tobago. I will pack our silly felt Christmas tree to hang once we arrive, and I have no doubt that this tree will spark stories and memories. There will be a trip to the market in search of mandarins, a long walk with hot chocolate on Christmas Day, and even a flight taking us back home on Christmas Eve: me and my husband to Shanghai and our children to Virginia, both with fireworks below.

In the new year ahead, I hope to continue to be mindful and to remain open to events that might become traditions. We shall see what's in store. I have no doubt that it will continue to be an adventure.





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## Habits: Renewal Is in Your Hands

*Text and Image by Johan Prozesky*

“We are what we repeatedly do,” reckoned Aristotle. And if you think about it, we, and our lives, are essentially the sum of our habits. What we repeatedly do forms who we are.

How in or out of shape we are is a result of our habits. How healthy we are is often a result of our habits. If we are overweight it is a result of our habits.

We seldom notice that habits run our lives, because humans are creatures of habit. So much so that even habits that do not make us happy are hard to change.

It stands to reason that in order to change aspects of our lives we need to change our habits. And as the year draws to a close, many people will reflect on their lives and resolve to make changes.

The statistics on the number of people who stick to their New Year’s resolutions make for depressing reading – around 80% fail by February. With such odds against us, how do we approach changes in our habits? Research points us in the right direction.

The most common reason for breaking our New Year’s resolutions is that we are overambitious when we make them; we over-commit and they become unsustainable. We ask too much of ourselves. The key to forming new habits is to make minute commitments which there are no excuses not to keep, and then celebrate small gains.

Restaurateur Fernand Point tells us: “Success is the sum of many small things done correctly.” Rather than trying to do something significant from the beginning, make new habits small in scope so you are not intimidated by them and easy enough to do without needing tons of motivation. Start small and gradually improve. Over time, your self-discipline and motivation will increase, which will

make it easier to stick to your new habit for good. Being patient and consistent is the key to progress. In other words, set yourself up for success.

You can make incredible progress if you are consistent and patient. Learning to be patient and not to expect instant results is perhaps the most critical skill of all. Consistency leads to actions becoming automatic, and an automatic action is a new habit.

For additional support, use an app as Habithub or Streaks to assist in the forming of your new habit.

Some ideas for baby steps towards renewal in your life:

- Start walking for 10 minutes a day; increase by 5 minutes every week
- Reduce the sugar in your coffee by half a teaspoon per month
- Take one flight of stairs before taking the elevator. Add another flight two weeks later
- Get up 10 minutes earlier; add another 10 minutes every week

Probably the most important, immensely powerful advice regarding a new habit comes from William Wordsworth: “To begin, begin.” And that seems a good place to end.

***Johan and his wife have been in Shanghai for 4 years. Hailing from South Africa, he has dabbled both semi-professionally and professionally in photography for the past 30 years.***

***Johan has been a photographer and photography instructor in South Africa, Korea, and Ecuador and now teaches English and photography at Community Center Shanghai.***  
***johanprozesky@gmail.com***



## Choosing The Right Montessori School

BY MYM MONTESSORI

A Montessori school can be a great choice for supporting the development of your child's giftedness, creativity, and talent, but a Montessori education can also work to suppress your child's abilities and enthusiasms. It depends on your child—their age, temperament, interests, abilities, and more—**as well as on the specific school.** ([www.psychologytoday.com](http://www.psychologytoday.com))

There are many school in Shanghai teaching the Montessori system, so it is worthwhile to research about the school. Each school have their own standard for teachers, safety, food, environments and conduct. It is important to see beyond "Montessori" and evaluate the school on top of the education curriculum.

MYM is a Montessori for example is an excellent option. It is certified by the Montessori Institute of America (MIA). Located on the first floor of Jinmao building, an iconic landmark of Shanghai.

All classrooms are equipped with European standard professional teaching aid and equipments, with a world class 24-hour air purification system and floor heating. Indoor and outdoor venues are set up to support the all-round physical and mental development of preschool children. MYM has a complete and authentic Montessori preschool education courses, including daily life, senses, language, mathematics, culture, art, etc. Internationally certified professional teachers will design personalized courses for this sensitive period of growth for children, and guide children to become independent explorative learners.



How often when someone asks, “**Are you okay?**” or “**Are you taking care of yourself?**” do you answer yes, but more as an automated response than a self-reflection on what the question was really asking?

# Understanding and Practicing Self-Care

By John Davodi, CCS Counselor

Of course, it is not always the time or place for a deep conversation or to be entirely candid, but we can take time on our own to think about how we are taking care of ourselves.

Self-care is extremely important because if we are not in good mental, physical, and emotional shape then we will not be able to be there as we’d like for our families, friends, colleagues, and loved ones. It all starts with the self. Far too many times, we confuse the idea of self-care with being selfish. Being selfish is being concerned about your own pleasures or profits without consideration for others whereas self-care is having proper respect for the self.

The following is not an exhaustive list, but it offers some ways for you to consider your own self-care.

average  
8 hours a  
day



### Sleep

It is recommended that a healthy person sleep an average of 8 hours a day in order to get the REM and deep sleep stages required to recharge one’s mind and body. Some people do perfectly well with 4–6 hours of sleep whereas others may need more than 8 hours, so it is important to know what you personally need to function and feel well. Is it always possible



to get your optimal number of hours of sleep? No – let’s be realistic. You may have children, pets, or roommates that prevent you from getting that ideal continuous amount of sleep.

The key to a good night’s rest is consistency and routine. Going to sleep at the same time and getting up at the same time are essential. Your body needs to have a routine of when to shut down and when to wake up.

### Things to watch out for:

Eating just before you go to sleep is a big “no no,” for several reasons. It promotes indigestion and weight gain and gets in the way of good sleep as blood is drawn away from the rest of your body toward your stomach and intestines.

Using electronics right before you go to bed is a bad idea as it puts your mind in a heightened state of arousal. This stimulation immediately before sleep is not ideal, regardless of how interesting those WeChat messages are.

### Food

Although I used to laugh at it, there is great truth to the saying “you are what you eat.” What you consume directly affects your energy levels, your weight, your digestive tract, your skin, and your mood. One does not have to sacrifice taste to eat healthily. Food preparation may seem to take up precious time, but the benefits of eating something delicious and healthy far outweigh the negatives that come with eating whatever is quick and convenient.

Maybe you can’t eat three servings of fruit per day, but do you even have one? Get out of your comfort zone and try something different than your typical banana or apple. Shanghai is a great city for an abundant variety of fresh fruits to keep things exciting.



The problem often is that we delay eating until we are very hungry and then eat what we have immediate access to. Yes, it is quick and easy to order delivery, but could you have avoided those dumplings and instead have had some fresh fruit you sliced the night before and stored in Tupperware?

**"you are what you eat"**



### *Things to watch out for:*

Often, thirst is mistaken for hunger. There are numerous ailments associated with thirst and insufficient water intake. Ideally, you must drink more than eight cups of water throughout the day to replenish your body. Coffee and tea are not good substitutes. Water is too boring? Add a slice of lemon or lime, berries, cucumbers, or mint to give your water flavor.

### *Exercise*

Exercise can come in many shapes and forms. It is not necessary to have a gym membership. Maybe you have not yet found "your sport," but continue to try different things until you find something that you find enjoyable. Walking for at least 30 minutes (ideally more) a day is very beneficial and is much gentler on the knees and ankles than running.

### *Things to watch out for:*

There is never the perfect time to work out; there is always something seemingly more important to do or you may just feel too tired to get up and moving. If you cannot or do not want to leave the house, simple workouts such as push-ups, crunches, or yoga are a great way to keep from being sedentary. If possible, enlist a friend to help you stay consistent with your exercise. Many times, the biggest area of improvement is stretching. Stretching for at least 10 minutes before and after exercise can help prevent injuries, sprains, and strains.



**walk for at least 30 minutes**

### *Routine Medical Checks*

When was the last time you had a full-panel work up? Having things such as blood sugar, cholesterol, and thyroid function checked will allow you to know if there are issues you need to address or changes you need to make. You can choose to assume your body is functioning perfectly well until an issue arises, but many conditions are not reversible. Some diseases are genetic and even the healthiest of lifestyles will not prevent them, but early detection can make a significant difference in how they progress.



**routine medical checks**

### *Things to watch out for:*

Don't wait until you have pain or are sick to seek medical help. Many health issues can be prevented by routine physicals. If you do start feeling something is not right, seek medical help sooner than later. Do not ignore signs your body gives you; these are signals from the brain that you need to pay attention to your body and intervene.

Taking care of oneself costs time, money, and effort, but if you cannot afford health how can you afford disease? The goal is to be continually aware and conscious that your life is valuable and your well-being is worth working on. Take time to reflect on yourself and how you are practicing self-care and renew the way you think about maintaining and preserving your health.



## Counseling Service at Community Center Shanghai

If you find yourself in need of guidance or support, do not hesitate to reach out to Community Center Shanghai (CCS). CCS's team of compassionate counselors have solid experience in supporting individuals, children, couples, and families. Our highly trained counselors fully understand the unique challenges expats and internationals face. Whether you just moved here or have been in Shanghai for some time, you have probably experienced the exciting and enriching aspects that come with living and working in this amazing city. We know that people can also sometimes feel overwhelmed living here. Many times a combination of several issues seem to surface simultaneously and create temporary, intense stresses and/or crises.

### **WE ARE HERE TO HELP YOU!**

*If you find yourself or someone you care for in a position of need, please contact us:*

Business hours: Monday – Friday, 9 am – 5 pm

Phone: 136 3631 7474

Email: [counseling@communitycenter.cn](mailto:counseling@communitycenter.cn)

Scan the QR code  
to connect with  
CCS Counseling



## Our Counselors



### **Carrie Jones, LCSW**

Director of Counseling at CCS  
Licensed Clinical Social Worker  
Master's Degree in Social Work  
Language: English  
Location: Pudong



### **Hifumi Ohnishi, PhD**

Licensed Psychologist  
PhD in Counseling Psychology  
Languages: English, Japanese  
Locations: Downtown, Pudong



### **Leo Lazo, MA**

Professional Counselor  
Master's Degree in Counseling  
Languages: Spanish, English  
Location: Downtown



### **Azin Nasser, PhD**

Psychologist Doctoral  
Research—Clinical Psychology  
Master's Degree in Psychology  
Language: English  
Location: Downtown



### **John Miller, PhD**

Licensed Marriage and Family  
Therapist  
PhD in Child and Family  
Development  
Language: English  
Location: Downtown



### **Linda Confalonieri, PhD**

Psychologist  
Doctorate Degree in General  
Psychology  
Doctorate Degree in General  
Psychology  
Languages: Italian, English  
Available via Skype only

# Our Counselors



**Lucia Hu, MA**  
 Canadian Certified Counselor  
 Associate Marriage and Family  
 Therapist  
 Master's Degree in Counseling  
 Psychology  
 Languages: English, Mandarin  
 Locations: Downtown, Pudong



**Wendy Li, MS**  
 Licensed Counselor  
 Master's Degree in Mental  
 Health Counseling  
 Languages: Mandarin, English  
 Locations: Pudong,  
 Dntown



**Tim Gartz, LCSW**  
 Licensed Clinical Social  
 Worker  
 Master's Degree in Social  
 Work  
 Languages: English, Spanish  
 Locations: Pudong, Dntown



**Scott Shen, MSW, LSW**  
 Licensed Social Worker  
 Master of Social Work Degree  
 Languages: Mandarin,  
 Shanghainese, English  
 Locations: Pudong, Minhang,  
 Dntown



**Vilia Lyell, DLitt et Phil**  
 Psychologist, Clinical Social  
 Worker, Life & Executive  
 Coach  
 Doctorate Degree Psychology  
 Languages: English, Afrikaans  
 Location: Dntown



**Maryam Davodi-Far**  
 Licensed Marriage and Family  
 Therapist  
 Master of Arts in Counseling  
 Psychology  
 Master's Degree in Human  
 Behavior  
 Languages: English, Farsi  
 Locations: Pudong,  
 Dntown, Minhang



**Sharon Lui, MA**  
 Master's Degree in Marriage  
 and Family Therapy  
 Languages: Mandarin,  
 Cantonese, English  
 Locations: Dntown,  
 Minhang



**Melonie Grannell, PsyD**  
 Clinical Psychologist  
 Doctoral Degree in Clinical  
 Psychology  
 Language: English  
 Locations: Minhang,  
 Dntown



**Asiya Siddiquee, PhD**  
 Chartered Psychologist  
 Doctoral Degree  
 Language: English, Urdu  
 Locations: Pudong, Dntown



**Theresa Decker, MA**  
 Licensed Marriage and Family  
 Therapist  
 Master of Arts Degree in  
 Family Counseling  
 Language: English  
 Location: Dntown



**Viviana Ni, ATHr, MAAT**  
 Licensed Art Therapist  
 Master's Degree in Art  
 Therapy  
 Languages: Mandarin, English  
 Locations: Pudong,  
 Dntown, Minhang



**Thamar Álava**  
 Licensed Clinical Psychologist  
 Master's Degree in Humanistic  
 and Integrative Psychotherapy  
 Languages: Spanish, English,  
 and French  
 Location: Pudong

# Interns



**Bryce Dann**  
 Clinical Intern  
 Canadian Certified Counselor  
 Master's Degree in Mental  
 Health Counseling  
 Languages: Mandarin, English  
 Location: Dntown



**Jonathan Sedarati, MSc**  
 Sino-American Family Therapy  
 Institute Intern  
 Master of Science Degree in  
 Psychology  
 Language: English  
 Locations: Dntown,  
 Pudong, Minhang



**Yoly Lin**  
 Palo Alto University Student  
 Intern  
 Pursuing Master's Degree in  
 Mental Health Counseling  
 Languages: Chinese, English  
 Locations: Pudong,



**Stephanie Watters**  
 Clinical Intern  
 Master's Degree in Counseling  
 Language: English  
 Locations: Dntown, Pudong



**Laura Ruesjas-Lukasik, PhD**  
 Clinical Intern  
 Doctorate in Clinical  
 Psychology  
 Languages: English, Spanish,  
 French  
 Location: Minhang



**John Davodi, MA**  
 Clinical Intern  
 Master of Arts in Human  
 Behavior  
 Pursuing Doctorate Degree in  
 Clinical Psychology  
 Languages: English, Spanish,  
 Farsi (Persian)  
 Location: Pudong



**Haibo Ma**  
 Clinical Intern  
 Canadian Certified Counselor  
 – Qualifying  
 Master's Degree in Mental  
 Health Counseling  
 Languages: Mandarin, English  
 Locations: Dntown, Pudong  
 Minhang



**Jing Chen**  
 Palo Alto University Student  
 Intern  
 Pursuing Master's Degree in  
 Mental Health Counseling  
 Languages: Chinese, English  
 Locations: Dntown,  
 Pudong, Minhang



**Qin Chen**  
 Clinical Intern  
 Pursuing Master's Degree in  
 Mental Health Counseling  
 Languages: Chinese, English  
 Locations: Pudong, Dntown,  
 Minhang

# Counseling Corner

As exciting as it is to live in a city like Shanghai, it can also feel overwhelming sometimes. At Community Center Shanghai (CCS) we would like to provide you with an additional platform where you can reach out to our counselors when coping with a challenging period in your life or time of transition.

CCS would like to extend a “counseling corner” platform, where you can send in a question to our Counseling Department and a response will be provided in the next issue of this magazine.

Do you have a question you would like to pose to our counselors? This could be on topics such as depression, anxiety, or relationship issues. Submit your questions to [counseling@communitycenter.cn](mailto:counseling@communitycenter.cn)

CCS will then select questions and our counselors will provide a response to these questions. We will then print these answers in this magazine. We publish three magazines a year. The column is not intended to replace in-person counseling and should not be used in place of severe or threatening concerns and diagnosis. All questions and personal information we receive are confidential and Guide Magazine will not publish identifying information.

Remember to keep your question concise and to the point to enable us to better understand your question and provide appropriate feedback/advice.

**Dear Counselor,**

I've been feeling down lately and think maybe I am experiencing depression. Friends and family have suggested I go to see a doctor/psychiatrist, but I am nervous about the idea of taking medication for this. What advice/information would you give to someone who is apprehensive about using medication to treat depression?

**Sincerely,  
Feeling Down**

**Hi Feeling Down,**

It is understandable that you are apprehensive about using medication to alleviate feelings of

depression. The widespread prescription of antidepressant drugs is based on the assumption that people diagnosed with depression have an imbalance of brain chemicals and that the drugs help correct this imbalance.

However, no such imbalance in brain chemicals such as serotonin or dopamine has ever been consistently observed. If you were to visit a doctor or psychiatrist in order to determine whether you have a chemical imbalance, you would quickly realize that there are no laboratory tests designed to measure such things. Unlike a condition such as diabetes for which blood tests can objectively measure a patient's blood sugar levels, there are no such tests in psychiatry. Furthermore, many people experience feelings of depression at least partially as a result of external situational factors – the death of a loved one, a break-up or divorce, the loss of a job, or other difficult life circumstances.

There are alternatives to antidepressants that have been proven by many studies to be as effective (if not more so) in alleviating depressed feelings and that don't come with the unwanted side effects that antidepressants sometimes have. These include counseling and physical exercise. I would encourage you to explore these interventions

before deciding to take antidepressants to help with your feelings. I wish you the best of luck in tackling the issues you are facing and if you would like more information, feel free to contact

CCS Counseling at [counseling@communitycenter.cn](mailto:counseling@communitycenter.cn).

**Sincerely,**

**Jonathan Sedarati, MSc  
Community Center Shanghai Counselor**



Self-discipline



Love



Explore

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# GREEN & SAFE

FARM TO TABLE



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021-5465-1288



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XinTianDi North Block, No.22, Lane  
181, Taicang Lu  
021-6386-0140



**THE HUB Branch**  
No.17 Su Hong Lu,  
The Hub Block E, B1F- No. 15  
021-6460-0995



**Takashimaya Branch**  
Takashimaya Department Store, 4F  
403, No.1438, HongQiao Rd  
021-6295-5192



**REEL Branch**  
REEL Department Store, Block B 4F,  
No.1601, Nan Jing Xi Lu  
021-62593004



**THE PLACE Branch**  
THE PLACE Department Store,  
SL310, No. 100 Zunyi Rd  
021-6236-1452



**ISETAN Branch**  
ISETAN Department Store 3F T301,  
No. 1038 Nanjing West Rd  
021-6236-2452  
COMING SOON



**SUPER BRAND Branch**  
SUPER BRAND MALL 1F, GF27,  
No. 168 Lujiazui West Rd  
021-6236-3452  
COMING SOON

# Farm to Table

With the rapid rise of living standards nationwide, a vast majority of people in China is now more health-conscious than ever; the safety and the quality of healthy food ingredients have become top priorities when choosing what to eat. Seeing China's progressiveness towards a healthier, quality lifestyle, GREEN & SAFE set out to make organic life highly accessible in Shanghai by bringing customers some of the most tasty, safe, and affordable gourmet foods throughout all seasons.



After much effort and research, GREEN & SAFE finally obtained a suitable farming site in Kunshan, Shanghai, in 2001. With a farm and 8 hectares in size, GREEN & SAFE has been growing organic produces proudly certified with OFDC and ECOCERT. Stephanie Ho, General Manager of GREEN & SAFE, once said, "By following the natural flow of the seasons, we are able to grow seasonal vegetables and healthy fruits that were grown without synthetic pesticides,

and seafood that is sustainable to the environment. The brand actively seeks to collaborate with experts from China's sustainable industry to create the highest standards for growing food and raising animals. With such confidence in the quality of our products, GREEN & SAFE aims to provide customers with one sole experience see what you eat and eat what you see.

Our healthy restaurant is placed inside of a farmers-market styled marketplace, where raw ingredients for almost everything on the menu can be purchased in-store. Customers get to re-create our dishes inside their own kitchen. By offering fresh ingredients at an affordable price, GREEN & SAFE encourages food lovers to enjoy gourmet food from the comfort of their own homes.



and Xintiandi Branch's industrial style with dark tones, neutral colors in a lighter tones were applied in new stores to create a more casual style. Using lots of wooden furniture mixed with vintage pieces, created a contemporary French mixed design. Much like our wish to make luxurious ingredients accessible by combining bistro culture with gastronomy. Where everyone can walk in and find just what is needed, be it a handmade Italian style Porcini Mushroom Pizza Topped with Fresh Black Truffle, a sizzling USDA Prime Natural Angus Rib Eye, or a glass of chilling Riesling.

GREEN & SAFE manages its brand in a way that differs from many others in the industry. Comprising of the grocery store, deli, and restaurant all in one with a European market feel, GREEN & SAFE place an exclusive theme on every one of our store location to bring our customers a different experience at every branch. After all, healthy life requires not only healthy food but a whole lot of fun varieties.



# GIVING TREE

Since 2003, the Giving Tree (GT) Program has inspired over 127,000 children in need. Donors fill personalized gift bags of needed items, which are then hand-delivered to left-behind children in remote village schools across China.



## 2019 GOALS OF GIVING TREE

- Help** left-behind children in remote village schools across China
- Inspire** them to learn and give back
- Build** a socially responsible community in Shanghai

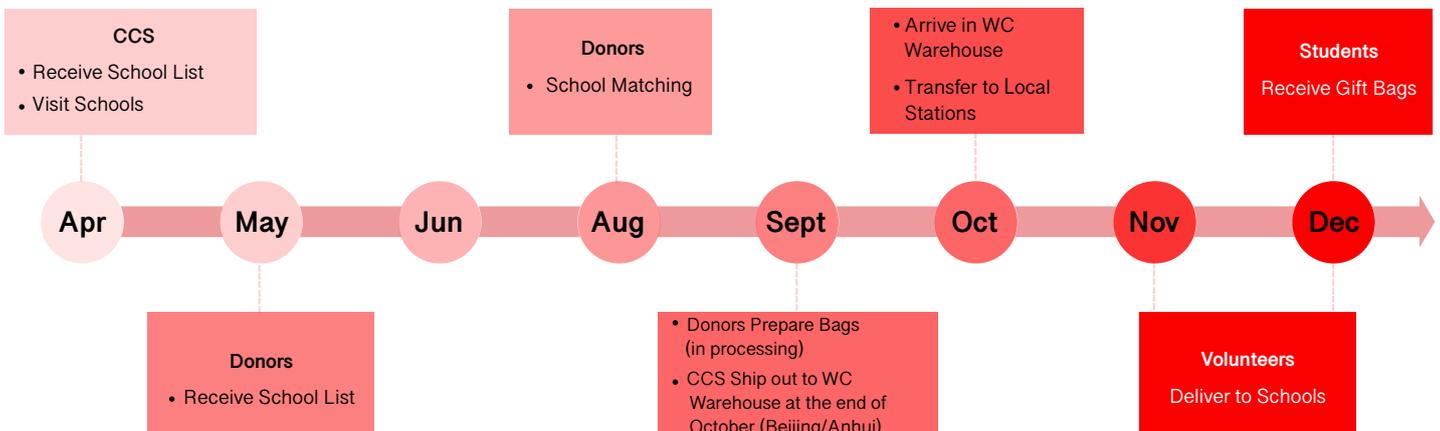


Shanghai is changing – Giving Tree used to serve the migrant population in and around our city through the initiatives of Community Center Shanghai (CCS). However, a large portion of this migrant population has now moved from Shanghai to remote villages across China. CCS was committed to serving these left-behind children and therefore adjusted the 2019 Giving Tree strategy, partnering with a new organization, Warm Current, to reach as many of these children as possible.

We are thankful to everyone who helped support the 2019 Giving Tree Program. The work of Giving Tree is far reaching and would not be possible without the combined efforts of our donor organizations, supporters, volunteers and staff. In 2020, we will continue to review and refresh our Giving Tree Program, as needs change. Teamwork, relevance and being outcome driven are key commitments underpinning our 2020 Giving Tree Program.

For more information please email us at [givingtree@communitycenter.cn](mailto:givingtree@communitycenter.cn).

“ We must remember that one determined person can make a significant difference, and that a small group of determined people can change the course of history. ”  
 – Sonia Johnson



WC: Warm Current

# Giving Back to the Community – Your Perspective

At Community Center Shanghai (CCS) we work to respond to the ever-changing needs of the community and are always looking for new ways to connect internationals to charitable initiatives. CCS recently conducted a survey asking participants to share their volunteering experiences and perspective on giving back. Here's what you had to say:

**In what way were you giving back to the community in your home country?**

"I train young entrepreneurs. Also, I am a life coach and have arranged many informal personal development classes."  
 – Fariba, Canada

**Highlight three key ways CCS can better enable you to give back to the community in Shanghai**

"Identify greatest needs in Shanghai, identify organizations making a difference, provide expat-friendly opportunities to contribute."  
 – Cordy, USA

**How easy or difficult is it to give back in Shanghai? Please share your experience.**

"It's difficult to find opportunities that are suitable for my skills and interests, especially as a native English speaker who doesn't speak Chinese fluently. I want to be able to help but I want to contribute in a productive and helpful way, of course."  
 – Paige, USA



We want to hear from YOU! This is about you as a member of our community. If you are interested in sharing your own perspective on giving back in Shanghai please scan the QR code below.



## Support Giving Tree by Purchasing a set of Giving Tree Greeting Cards

Each of these beautifully illustrated cards was hand-drawn by a Giving Tree recipient and represents a unique story. The cards can be purchased directly from CCS Pudong and Minhang Centers or any of your local community fairs. The price is only 50 RMB per set with all proceeds going towards the 2019 Giving Tree Program.



Choose your favorite set of four greeting cards: "Chinese Festivals" or "Seasons of the Year"

Four Seasons Selection

Chinese Festival Selection



Any questions?  
 Email: [givingtree@communitycenter.cn](mailto:givingtree@communitycenter.cn)  
 Phone: 021 3382 1770 ext. 228

# CHARITYLINK

*CharityLINK is a Community Center Shanghai (CCS) platform that facilitates collaboration, referrals, and growth for charities through workshops, networking opportunities, and connections to resources. In addition, CharityLINK provides assistance for English-speaking volunteers looking to give back to the community.*



## GOALS OF CHARITYLINK

-  **Match** prospective volunteers to a charity in need
-  **Help** charitable organizations promote their cause
-  **Inspire** the community to give back



### ***Want to be a charity volunteer?***

Are you looking for a way to make a meaningful impact in Shanghai? Ready to start volunteering? Or just wanting to explore community service opportunities?

This is your chance to meet with different charitable organizations and learn how you can make a difference. CCS CharityLINK events take place 2–3 times each year.

### ***Can't wait for the next CharityLINK event?***

Scan the QR code below to complete the prospective volunteer survey and we will help match you to the perfect community cause for your time and talent.

### ***Interested in becoming a CharityLINK Member Organization?***

This is your opportunity to network with other organizations, educate the community, and recruit volunteers! Join a vibrant network that engages mission-driven organizations. We attract more than 40 non-profit professionals across China in an ongoing exchange of knowledge, networks, and support enriched by workshops and events.

### ***Open to sharing your skills and expertise?***

If you have experience in the charity industry, we welcome you to be a guest speaker at the next CharityLINK event.

*Questions or suggestions – please reach out to [caitlin@communitycenter.cn](mailto:caitlin@communitycenter.cn)*



# Photo Walks with Johan

Photo Walks were offered every other Thursday during the fall season. Photo Walks are group walks around Shanghai to locations that provide an opportunity for guided photography. This series is the brainchild of Johan Prozesky, who also teaches a photography class at the CCS Pudong Center. Johan was inspired to offer the Photo Walks for a variety of reasons. First, he finds these types of walks therapeutic, as they encourage participants to slow down and notice the beautiful details around them. Second, he wants foreigners to experience Shanghai outside of the “expat bubble,” and even outside of the Former French Concession and other places frequented by foreigners. Third, he enjoys offering a chance for community members to socialize and get outside for some exercise.

Johan designs the Photo Walks to capture certain types of images that are unique to Shanghai. Shanghai is a city of extremes, with modern features like the metro and skyscrapers juxtaposed against traditional features such as ancient bridges and canals. It is also a city of constant change, and so there is value in photographing the older neighborhoods, as many will be unrecognizable in a year or two. Two spots he recommends for Photo Walks of your own are Jinze Ancient Water Town in Qingpu and Xinchang Ancient Water Town in Pudong.

Johan prepares for his walks by reading guidebooks about Shanghai and news about its urban development. He has a creative method for learning more about Shanghai: he and his wife take staycations in various corners of Shanghai, allowing them to get to know a new part of the city through the local streetscapes, parks, and museums. Several of these staycations have inspired new Photo Walks. He also test-runs his proposed walks, making sure that they can be completed within 3 hours and that they will include a sufficient number of photogenic areas.

Once one has taken photos on a Photo Walk, what is there to do with them? Johan finds that many excellent images remain in people’s phones or on their hard drives, never to be seen again. As such he encourages people to make printed books with their favorite photos. These are easy to make and make good gifts or keepsakes. He also reminds people that they can print their photos and create artwork for their homes and offices.

*For more information on Photo Walks and photography classes at CCS, please contact us at [pudongclass@communitycenter.cn](mailto:pudongclass@communitycenter.cn) or add us on WeChat at CCSSH2016.*



# Kickboxing with Shen

Shen Li started his martial arts journey at the Melbourne Fight Club in Australia in 2007. He studied karate, boxing, kickboxing, and jiu-jitsu for over 10 years before moving into teaching and competing. He is now the head coach of OFit in Shanghai, and his team has brought fitness and combat classes to various international schools and offices throughout the city.

The classes Shen provides are a great alternative to a gym workout. His kickboxing classes at the CCS Pudong Center, which consist of both fitness and technique sessions, are perfect for beginners who want to learn martial arts at the same time as keeping fit. While kickboxing offers measurable benefits, the punching, kicking, and drills are thrilling in and of themselves.

The classes are normally separated into three parts: technique and drills; fitness and cardio training with a partner; and one-on-one time with the coach to focus on techniques covered in the class.

Shen's students praise him for being able to provide training that is fun and accommodates student needs.

They enjoy the fact that kickboxing can improve cardiovascular and muscular endurance, help with weight loss, and teach basic self-defense techniques.

In Shanghai, Shen has trained students aged from 4 to 70 years, and the most important part of his training philosophy is to push students to their limit while prioritizing safety. What is most rewarding to Shen is when students share how the training has improved their life. He has had students who have shed 20 or 30 kilos, students who have become more confident, and a few who have even decided to join a competitive team.



*Kickboxing classes were offered every Thursday from 6:30 to 7:30 pm at the CCS Pudong Center during the fall. For information on upcoming kickboxing or other fitness classes, please contact [pudongcenter@communitycenter.cn](mailto:pudongcenter@communitycenter.cn) or add us on WeChat at CCSSH2016.*



# Natural Solutions with Tiffany

Tiffany Hardegree is a childbirth doula, an educator, and a health and wellness advocate. She has been teaching natural solutions classes for 3 years, and just started teaching at

Community Center Shanghai (CCS) this fall.

The unifying goal of Tiffany's classes is to support individuals and families by teaching them the importance of natural solutions and how to incorporate these solutions into their lives. Tiffany believes there is no "one size fits all" solution to healthy living, so it is important to see each person, and each family, as unique. She helps people evaluate their lifestyle options – from healthy eating habits to non-toxic household products – and learn how to be more intentional about what they are choosing to put into their bodies and take into their homes. Tiffany is passionate about helping people take ownership of their health.

Students leave Tiffany's classes empowered to take control of their lives and inspired to make a difference by purchasing products from ethical companies that positively impact the lives of people around the world. Her students leave with tools and knowledge that they can implement right away to help them deal with daily aches and pains and support their immune systems and overall health.

It is incredibly rewarding for Tiffany when she hears from clients who have made some sort of breakthrough in their lives, whether their eczema has cleared up, their sleep has improved, or their migraines have gone away.

Tiffany offered classes at CCS on Friday mornings during the fall. Three classes were talks and two were do-it-yourself activities. As a childbirth doula, she also organizes activities and gives talks for the Mama & Me Club, which meets every Thursday from 10 am to 12 noon.

*For more information about health and wellness classes or the Mama & Me Club at the CCS Pudong Center, please contact [pudongcenter@communitycenter.cn](mailto:pudongcenter@communitycenter.cn) or add us on WeChat at CCSSH2016.*

# Renew your Health with the 21-Day Balance Booster Program

A new year often comes with new resolutions. I love goal-setting! However, the execution can be tricky if you set your goals too high, fail to include a support system, or don't make a list of the things you need to do and a timeline to achieve the goal.

As a holistic health coach, I have created a program to help you to improve your health habits. It involves eating healthy by staying away from sugar and refined and processed food and by eating a lot of fresh food. Daily exercise and mindfulness are part of the program, to reconnect with your body and mind.

## Support

Stopping eating refined sugar and carbohydrates without a support system or a plan of action can be daunting because of the side effects (aka “detox”), so doing it slowly and using the right tools are important. Motivation and willpower might get you started, but professional help and a support system along the way will make you succeed.

The complete program is available through an online learning system; optional weekly in-person meetings are organized.

## Habits

Research has proven that it takes 21 days to create a habit. During the program, we continually work on these habits. In addition to healthy eating, you will be doing workouts as well as choosing a mindfulness technique and doing it every single day. These techniques have been



proven to be efficient far beyond the 21 days: most people finishing the Balance Booster will continue these new habits as they feel very natural and good.

## Reward

After 21 days of healthy eating, you will feel energized, think better, feel lighter and less bloated, and digest food better. Your thinking mind will be more in line with what you truly need, which will feel amazing. You create new links in your brain – as a result, in the future you will crave healthy food!

## Everything is made easy

In order to successfully reach your goals, make it easy for yourself! In the Balance Booster Program, we take the thinking part out by providing solutions.

Recipes, meal plans, shopping lists, and a link to an online supermarket to find all the ingredients are all available. Workouts can be done at home with videos and support. The mindfulness practice only needs your breath and a few minutes of time every day.

## Are you interested in resetting your eating habits and focusing on healthy habits?

The next 21-day Balance Booster program takes place in February 2020. It is a program that helps people who want to reconnect with their true self by eating healthy, exercising regularly, and integrating mindfulness into their lives.

*Tanja Smits is a holistic health coach who is passionate about living a healthy lifestyle. She loves to work with women and families to find food and lifestyle choices to support them. She will help you to make gradual, lifelong changes that enable you to reach your goals.*



**21 Day Balance Booster PROGRAM**

## What others say:

*As a medical doctor, I spend a lot of time telling my patients how to eat healthy. The Balance Booster was an amazing insight into the psychology of our food choices and what eating healthy actually looks and feels like. I can now advise them from my experience. Thank you Tanja!*

–Huey

*Definitely worth it! I loved the support, videos, and research info to help us on the journey. I plan to continue using the recipes etc.*

–Anna

# Our Teachers



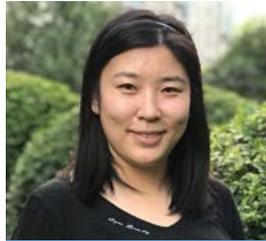
**Alison Liang**  
Mandarin Class /  
Private Tutoring  
Pudong Center



**Alison Thomas**  
English Class /  
Private Tutoring  
Pudong Center



**Jessica Branson**  
English Group / Tutor  
Minhang Center



**Cherry Tian**  
Chinese Cooking Class  
Pudong Center



**Cici Zhong**  
Chinese Cooking Class  
Minhang Center



**Dr. Doris**  
TCM Series Talk  
Pudong Center



**Echo Jin**  
Mandarin Class /  
Private Tutoring  
Minhang Center



**FeiFei**  
Mandarin Class /  
Private Tutoring  
Minhang Center



**Isabelle Slatter**  
Yoga Class  
Pudong Center



**Johan Prozesky**  
Photography Class  
Photo Editing Class  
Pudong Center



**Lily & Mengmeng**  
Rainbow Drama  
Pudong Center



**Marijke Rainsijn**  
English Class  
Pudong Center



**Meenakshi Sareen**  
Indian Cooking  
Minhang Center



**Nicki Leaper**  
Professional Series  
Pudong Center



**Raji**  
English Tutor /  
Group Classes, TEFL  
Minhang Center



**Sky Song**  
CISCA Ballet  
Pudong Center



**Shen Li**  
Kickboxing  
Pudong Center



**Tanja Smits**  
Health Holistic Workshop  
Pudong Center



**Tiffany Hardegree**  
Natural Solutions  
Pudong Center



**Yanting Chong**  
Leather Workshop  
Pudong Center

**Please check with the centers for updated class schedules.**

**Pudong Center**  
021 3382 1770  
✉ pudongclass@communitycenter.cn



**Minhang Center**  
021 6406 3866  
✉ mh@communitycenter.cn



**Yuxuan Zhang**  
Taichi Healing &  
Kung Fu for Kids  
Pudong Center



**Ziva Zhou**  
Mandarin Class /  
Private Tutoring  
Pudong Center

# Mama & Me Club

We are very excited about our new bundle of joy – the Mama & Me Club. Born out of a recognized need for a venue where parents with babies can connect with one another, the CCS Pudong Center is hosting get-togethers on Thursday

mornings. In addition to providing a safe space for the babies to interact and explore, each session has a theme. To date, we have had activities or talks related to mental health, self-care, baby sign language, hormones, baby-safe

finger-painting, and returning to work.

This club would not be possible without the help of many volunteers and staff at CCS Pudong. We are looking forward to growing the club in the new year, and welcome input from the community about what it needs.

Parents (and their babies) are encouraged to join this fun and supportive group. Please see the flyer below for more information. We recognize that it can be hard to commit to activities with a young baby, so we have relaxed our cancellation policy for these meet-ups. If you need to cancel, just inform us by 10 am on the day, and you will be rescheduled for the next session.

Feel free to contact us with any questions at [pudongclass@communitycenter.cn](mailto:pudongclass@communitycenter.cn).



To join please scan the following QR Code



## CCS Village: Mama & Me Club

Thursdays 10am-12pm

### CCS Pudong Center

3F, Building 3, No. 1146 Biyun Road, Jinqiao, Pudong

浦东新区金桥碧云路1146号3号楼3层

CCS is very excited to provide a space for mothers (and dads!) to **meet, connect,** and **support** each other on this incredible parenthood journey in Shanghai.

Building on the interests of the group, CCS will incorporate topics that cater to the needs of attendees. These may include infant nutrition, self-care, baby-proofing your home, baby massage, music & play, returning to work, and so much more!

#### Logistics

- English speaking
- Parents only (no Ayi)
- Age 0-18 months
- Maximum 12 adults
- Pay upfront 50RMB per session
- Hot drink for adults included (tea or coffee)
- Bring own children's snacks
- Registration for each session required

#### Safety

- Shoe-free
- Nut-free
- Strollers to be left outside the room
- No drop-ins unless space is available

Come and Join the CCS Village!



## Shanghai Stories

On the evening of October 23, the CCS Pudong Center hosted our first “Shanghai Stories” event, bringing the professional expatriate community together for a casual evening of storytelling and networking. Our speakers were inspiring, funny, and eloquent in talking about what it is like to be a foreigner navigating the challenges of starting a business in a city like Shanghai.

Kim Gilliland, the co-founder of Soapnut Republic, spoke about how she developed her line of safe cleaning products and the direction in which the business is heading. Tom Morris of Lao-wines talked about seeing an unmet need in the expat community for good, affordable wines and how that led him to open a WeChat store and tasting room. Heather Kaye, who is the co-founder of Loop Swim, talked about the inspiration behind her zero-waste line of swimwear and how she made the plunge into entrepreneurship from a corporate job. Sharon Perez talked about how friends pressured her into selling her granola and how she in turn pressured Chinese factories to produce healthy foods the way she wanted them, leading her to found Power Me Healthy. Bruce Robinson works at the Resilience Institute. He described his move out of the corporate world and into the freewheeling world of an entrepreneur and about how that led to memorable gigs like being an NBA coach and starring in commercials.



The speakers left the audience feeling that anything was possible here, except perhaps whatever they had originally come to China to do. The path to success might be difficult and indirect but with passion and patience and the right partners it is possible to create something great. The speakers noted that expats are very supportive of each other, perhaps because they share the common experience of being illiterate and vulnerable in a vast foreign city like Shanghai.

Thank you to Lao-wines for providing the wine and epermarket for providing snacks. Thank you also to Nicki Leaper for guiding the speakers with questions and making sure they stuck to the short story format.

CCS received positive feedback from this event and plans to host similar events in the future. If you would like to be informed about future events like this, please contact [pudongclass@communitycenter.cn](mailto:pudongclass@communitycenter.cn).

## Soapnut Republic Refill Service

Community Center Shanghai (CCS) is excited to announce that it has partnered with Soapnut Republic, a trusted home-care brand, to provide the only refill station in Pudong.

Soapnut Republic products are safe, non-toxic, allergen free, and biodegradable. They deliver outstanding cleaning results that other brands can only achieve with toxic chemicals.

You'll receive a 15% discount on the regular bottle prices for refills. Save plastic and money.

Visit CCS Pudong Center to refill any weekday between 9 am and 5 pm.

*Please note that we will only refill empty, clean Soapnut Republic bottles of the same product type. To purchase the regular bottles, visit Soapnut Republic's WeChat (ID: soapnut\_republic).*



### Products now ready for refilling:

- Dish soap 500 mL
- Multi-purpose spray 500 mL
- Lemongrass hand soap 500 mL
- Floor cleaner 1 L
- Laundry liquid 1 L

# Travel Insurance *or* International Health Insurance?



ADVERTORIAL

Travel Insurance is often mistaken for International Health Insurance, but they differ in very significant ways. As an expat living in China, a travel insurance does not necessarily cover you when you are traveling back home for a short trip. It is therefore important to know the difference in order to avoid an unpleasant surprise.



## What is Travel Insurance?

Travel Insurance is **mostly applicable for short domestic or trips abroad or over a pre-determined period of time**. Usually a travel insurance only covers you for 90 consecutive days maximum. However, some companies like MSH China have different solutions that can cover you on an annual basis if the maximum length of each insured trip is less than 30 days. If you don't choose an annual plan, each journey maximum duration shall be less than 183 days.

## What does Travel Insurance cover?

Travel insurance is designed to **cover unexpected events before your departure and once you're abroad**. It's usually triggered by the cancellation of a trip prior the departure due to medical emergency (hospitalizations, etc.), repatriation, and luggage theft as well as if any third-party liability is incurred.

**MSH China propose services and solutions that can cover:**

- 24h worldwide emergency travel and medical assistance
- Travel inconvenience such as travel delay
- Personal effects coverage: bank card fraudulent charges, phone, luggage.
- Travel emergency assistance: evacuation, repatriation etc.
- Personal accident and medical protection
- Personal liability



## What is International Health Insurance?

**International Health Insurance is designed to cover long-term trips abroad and/or expatriation**. Some companies may propose you plans with 30 days waiting period minimum (before your International Health Insurance is effective) while some other plans don't require such delay.

## What does International Health Insurance cover?

International Health Insurance plan **reimburses your healthcare expenses abroad almost at the same level as you are accustomed to in your home country**. Sums assured are usually way higher than a travel insurance (millions of dollars) as well as offering an extended coverage. Unlike travel insurance, which only provides a limited coverage to unexpected events and emergency, International Health Insurance **covers medical visits, hospitalizations and medication and can include medical assistance/repatriation, death & disability and/or third-party liability as well**.

Some other benefits can be added such as **maternity, vision, dental and wellness**. The International Health Insurance plan was designed by MSH China together with the local insurance companies in order to offer the best different options of geographic coverage (from Mainland China to Worldwide).

**Any questions?**

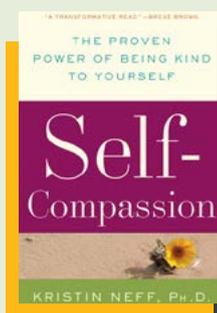
+86 21 6187 0330  
marketingdept@mshasia.com

[www.communitycentershanghai.com](http://www.communitycentershanghai.com) | 39

## Books at the CCS Pudong Center

If you're looking for reading material for yourself, your spouse, your friend, or a child, come visit the CCS Pudong Center Library. Books are restocked by the Friends of Dulwich, and each book is only 10 RMB, payable in cash or using WeChat.

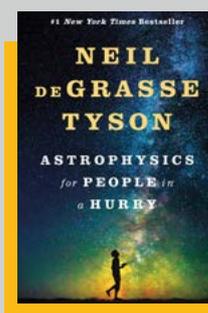
Given that the theme of this issue of the Guide is "Reflect and Renew," we asked six CCS staff members to name a book that has made them reflect.



### *Self-Compassion* by Kristin Neff

If you like Brené Brown, chances are you'll also like Kristin Neff. As a counselor, I recommend both on a regular basis to the countless clients I see who struggle with perfectionist tendencies and exceedingly high standards for themselves. Kristin Neff emphasizes the need to be as kind to ourselves as we are to others and provides practical strategies and ways to do so.

— Carrie Jones



### *Astrophysics for People in a Hurry* by Neil deGrasse Tyson

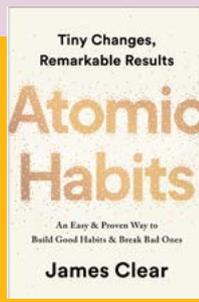
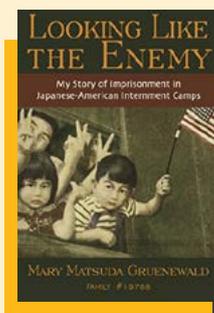
The book gave me a wider perspective on the world. At the same time it made me feel as small as a speck of dust. When we look at earth from a cosmic perspective, it is as small as a speck of dust, too. Fortunately, it is a lucky speck of dust, as we are all lucky enough to live on it.

— Sammi Zhou

### *Looking Like the Enemy* by Mary Matsuda Gruenewald

One page into reading this book about the internment of a Japanese-American family during WWII, I realized that the author grew up on the same island near Seattle that I have been to every summer since I was born. I had never noticed a Japanese presence on the island, so the book made me reflect on the fact that there is still a lot I do not know about my hometown and that exploring its history could be a worthwhile activity for me and my kids this summer.

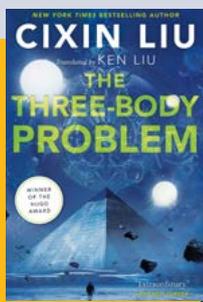
— Cordy Crockett



### *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones* by James Clear

No matter your goals, *Atomic Habits* offers a proven framework for improving every day. I began reading this book as one of my goals for 2019 and I quickly realized this was the perfect book to keep me focused for the year. This is a book that you can use in all areas of your life, from home to work to small business to self-improvement. If you want to form good habits, you have to make them obvious, attractive, easy, and satisfying. Sadly, I had created a lot of habits, just not good ones! This book was a life changer and is now a must-read for my family.

— Adrienne Harris



### *The Three-Body Problem* by Liu Cixin

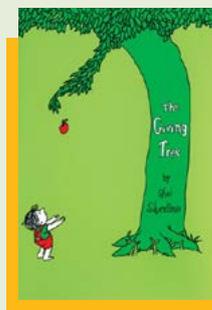
Just as JK Rowling created an entire magical universe in her Harry Potter series, Liu Cixin develops an entirely new planetary and intelligent life system that parallels our own in this science fiction book. In doing so, he provides a unique lens through which mankind can understand itself and its culture.

— Cora Qi

### *The Giving Tree* by Shel Silverstein

As the new Charity Manager at CCS, I wanted to re-read this story because it lent its name to our Giving Tree Program. My biggest takeaway was the fact that we need to give in ways that will inspire more giving. We should lead by example and encourage others to pay it forward. This is a main goal of our Giving Tree Program at CCS.

— Caitlin Hotchkiss



# Policies at Community Center Shanghai

## REGISTRATION POLICY

Terms and conditions of Community Center Shanghai (CCS) classes, tours, and events: Online registration is required for all activities. Students will receive a confirmation via a system-generated email. Please note that bookings are reserved for registrants on a paid-first basis, not by the date of registration. To guarantee a place, CCS encourages registrants to make payments at their earliest convenience by visiting any CCS center. Detailed registration policies can be found online.

## PRICE AND PAYMENT POLICY

The Early Bird Fee is applicable to payments made at least 2 weeks before a class begins, otherwise the Regular Fee is applied. Prices in the Guide are subject to change. For the most current information on classes, tours, dates, times, and pricing, please visit [www.communitycentershanghai.com](http://www.communitycentershanghai.com)

## CANCELLATION POLICY

CCS reserves the right to cancel classes, tours, or events that do not have sufficient enrollment or in the event of an emergency. Community Center Shanghai makes every effort to notify registrants promptly. Therefore, CCS encourages registrants to provide their phone number and email address at the time of registration.

- Full credit or refund: client cancellation minimum 3 working days before first class/tour
- 20% cancellation fee charged: client cancellation 2 working days and including first class/tour day
- 50% refund: withdrawal from series class after first class
- No refund: withdrawal from series class after second class



## REFUND AND CREDIT POLICY

- Refunds processed the same way payment received
- Cancellation by CCS: Client receives full cash refund or class credit
- Class credits expire after 6 months
- Withdrawal from series class or tour due to medical emergencies: assessed on a case-by-case basis

Contact Community Center Shanghai for questions. The Community Center Shanghai is a not-for-profit organization and classes and tours are conducted based upon the minimum number of paid registrations. Students are encouraged to check personal schedules carefully before committing to a tour or class. Withdrawals at a late date can cause inconvenience to Community Center Shanghai and other participants.

**MEDICAL SERVICES**

- Traditional Chinese Medicine
  - Internal Medicine
  - Infertility
  - Pediatrics
  - Herbal Medicine
  - Acupuncture
  - Cupping
  - Tuina-Massage
  - Moxibustion
- Dermatology
- Physiotherapy
- Chiropractic
- Pharmacy
- Osteopathy
- Functional Medicine
- Psychology

*For news, health tips and online appointments, follow us on WeChat*



## Eastern medicine combined with Western science

*Body & Soul Medical Clinics have been Shanghai's trusted source for health and integrative medicine since 2004.*

Combining the best of Eastern and Western medicine, Body & Soul clinics are your "go to" place for health in Shanghai, conveniently located in Xintiandi, Hongqiao and Pudong. Body & Soul brings in experts from all over the world, in a comfortable multilingual and multidisciplinary environment, giving you access to the best in holistic health.



*Health insurance coverage and direct billing depending on individual policy*

[WWW.TCM-SHANGHAI.COM](http://WWW.TCM-SHANGHAI.COM)

## How to Thrive in Shanghai

Our Shanghai 123 orientation sessions provide new arrivals with key information and resources to help them make the best of their time in Shanghai. The August and September 2019 sessions maintained all the hallmarks of one of Community Center Shanghai (CCS)'s signature events, with more than 250 internationals from 42 countries in attendance at the Pudong, Minhang, and Hongqiao partner locations.

Stimulating speakers and sponsors provided interesting and practical solutions to common concerns and potential challenges that arrivals might face. Sessions about navigating the medical system, food safety, air, and water were provided to help to ease the transition to a new life. CCS counselors discussed culture shock and the signs to look for if adjustment becomes an issue. Tips were also shared on how to make life more enjoyable and manageable. First-hand information was provided,

ranging from how to conveniently bank in China to what apps can help ease daily life. Knowledgeable business experts and key community members also stressed the importance of work–life balance and discussed how to achieve balance through traveling in Shanghai and around Asia. The sessions were topped with lunch and drinks, with further opportunities to network and engage in conversation with sponsors.

We would like to thank our sponsors and speakers; we cannot be successful without them. If you missed the opportunity to meet with our sponsors and expert speakers during our August and September sessions, please join us in January at our Pudong and partner locations. Commit to a half day and receive key information needed to start a new life in Shanghai. Contact us through [events@communitycenter.cn](mailto:events@communitycenter.cn).



## Adapting to Shanghai for Kids – Culture Shock

On October 12, the CCS Pudong Center hosted the first kids' Shanghai 123 event. It was attended by 11 children between the ages of 6 and 11 and covered topics such as culture shock, missing home, making new friends, and what to do in Shanghai for fun. The program was developed by Carrie Jones (CCS director of counseling), Catherine Humpherys (licensed clinical professional counselor), and Dewayne Jones (counseling assistant) to encourage children to share their experiences as a foreigner in Shanghai and explore ways to adapt to their new home and school environments. It also provided attendees with a chance to meet other children in similar situations and to realize that they are not alone in sometimes feeling overwhelmed and lonely in a place that is new to them. In addition to dialogue with the facilitators, children expressed themselves through activities such as role-play and self-portraits. Their parents were also given a chance to talk to the counselors and express their own anxieties and challenges related to raising children in a foreign environment while simultaneously managing their own culture shock.

CCS received positive feedback from this event and plans to host similar events in the future. If you would like to be informed about future events like this, please contact [pudongclass@communitycenter.cn](mailto:pudongclass@communitycenter.cn).



# NEW TO SHANGHAI?

Commit to a half day and receive key information needed to start a new life in Shanghai



**Shanghai 123** is a **FREE** immersive half-day orientation catering towards those who are new in Shanghai. Shanghai 123 will provide new arrivals with all the information and resources they need to help them navigate Shanghai. We will discuss common issues, answer questions, and share tips to help you transition into your new life in Shanghai.

**We bring in knowledgeable speakers and experts to address topics important to you:**

- Culture shock
- Banking in China
- Water & air concerns
- How to navigate the medical system
- Tech talk, mobile phones, satellite TV and more!
- Workplace challenges and work-life balance
- Home life, ayis, and drivers
- Traveling in China
- ...and much more



## Pudong Center

Jan 10, Fri (2020)

## Partner Location

Jan 11, Sat (2020); Location TBD

## EVENT SPONSORS

### Tier 1 Sponsors



JIAHUI HEALTH  
嘉会医疗



### Lunch Sponsors



### Childcare Sponsors



Wechat: CCSShanghai  
 Facebook: CommunityCenterShanghai  
 [www.communitycentershanghai.com](http://www.communitycentershanghai.com)

Scan the QR Code to register:

For additional information,  
contact [events@communitycenter.cn](mailto:events@communitycenter.cn)



★ **FREE** ★

Sessions in the mornings, from 9 am - 12:30 pm

## CCS Newcomers' Lunch at the Parkyard Hotel

Every year, Community Center Shanghai (CCS) and the Parkyard Hotel invite new arrivals to a "Welcome to Shanghai" luncheon, also known as CCS's Newcomers' Luncheon. If you were not able to attend this year, you missed a fabulous opportunity!

We had fantastic weather for the event on Saturday, October 19! More than 20 different nationalities were represented and families and friends enjoyed an afternoon of fun activities and good food. Attendees grabbed a drink, made new friends, listened to the live band, and watched as their children rode the mechanical bull and played in the bouncy castle.

One of the most popular activities of the afternoon was the family BBQ cook off. Families and friends challenged themselves to grill and plate the perfect BBQ meal, then they were judged by Parkyard Hotel chefs. The luncheon ended with lots of networking, fun, and prizes for winners of the BBQ cook off and the raffle. We had a lot of happy winners and thank you Parkyard Hotel for your generous donations!

CCS supports and serves the local community by demonstrating its mission to connect, support, and enable internationals in Shanghai. People are the number-one asset and reason why CCS exists. Check out the Shanghai 123 Newcomers Wechat groups for more opportunities to help you survive and thrive while in Shanghai.



PARKYARD HOTEL  
博雅酒店



## CCS and Laowaijie's Halloween Fun Family Event

Community Center Shanghai (CCS) and Laowaijie's second annual Halloween Fun Family Event was a huge success! The event included a magic show, costume contest,

craft activities, games, musical performances, and more.

The highlight was the Mysterious Fun House with games and awesome treats for the kids. There were also piñatas that the children enjoyed breaking for more candy and a costume parade that allowed the kids to "trick or treat" at all the restaurants.

Craft activities included pumpkin decorating, kite painting, clay art, tattoos, Halloween treat bags, and sports activities. Face painting was a huge hit! A music school provided performances with a rock band and a solo singer.

CCS supports, connects, and enables internationals by providing free and inexpensive experiences in our community. Continue to follow us on WeChat or via our website or our Guide magazine to learn how you can be more involved in the CCS community.





Community Connecting



Community Engaging



Community Supporting

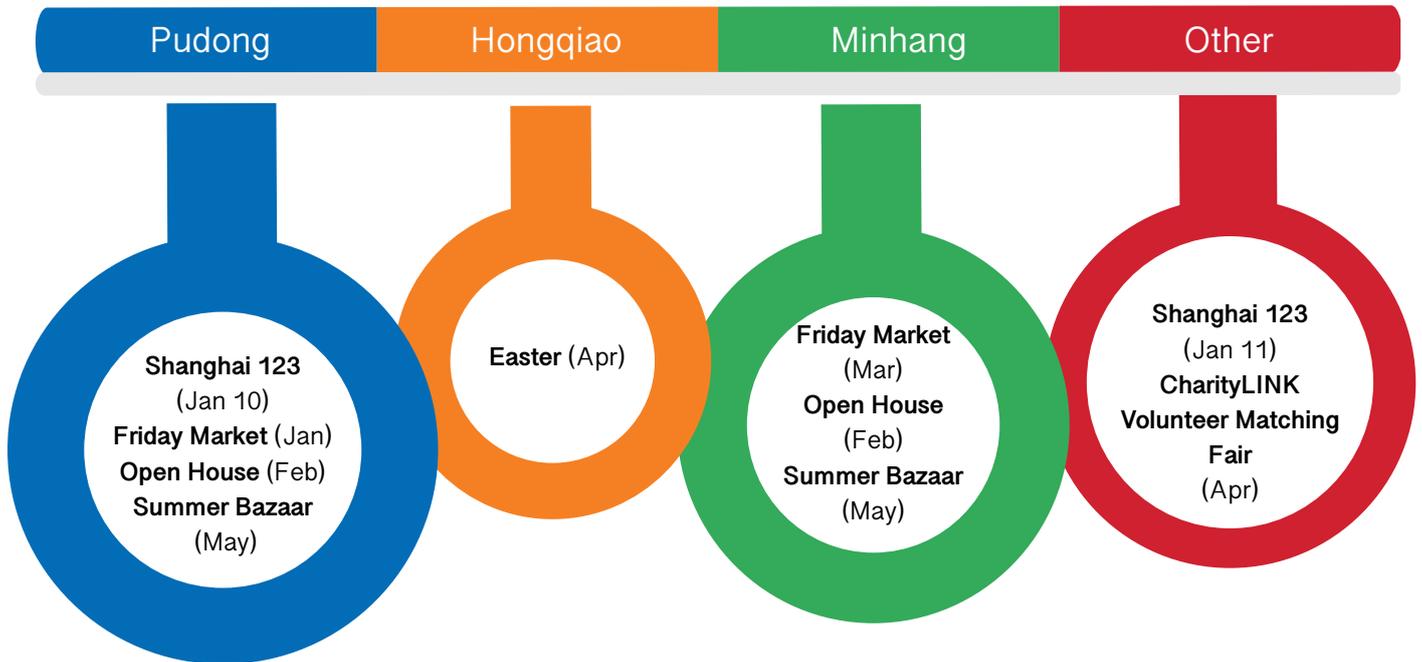


Community Celebrating



## Community-Building Activities

Communities grow stronger when people regularly meet and do things together. Community Center Shanghai (CCS) hosts events to create connections and build community, and offers opportunities for all to get involved. Join us at these upcoming events.



### Open House

Welcome to Open House at CCS's two centers in January. A time to visit our facilities, meet new friends, and enjoy light refreshments. Trial classes and demonstrations are available from our friendly staff and teachers. Learn about our enriching classes and tours. Come and experience the various activities and programs available at CCS.



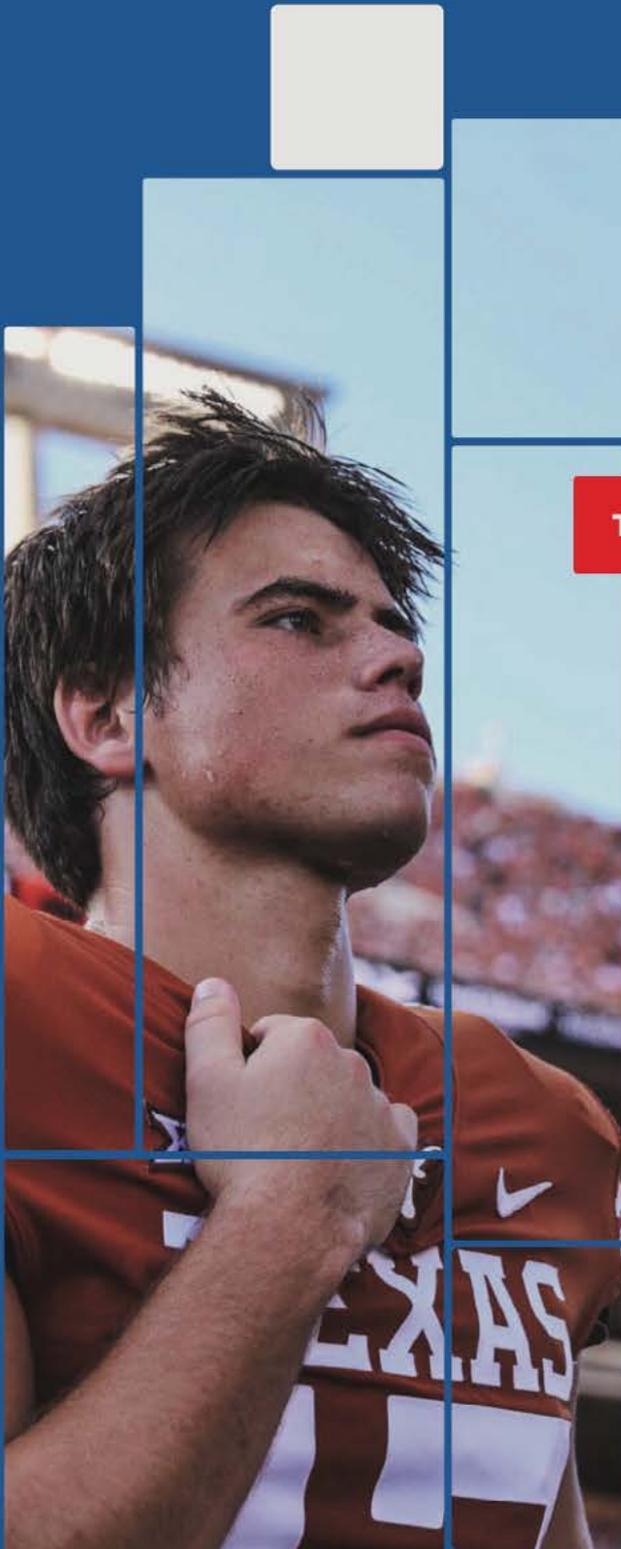
### Bazaar

Mark your calendars for the CCS Summer Bazaar in May. The bazaar is a wonderful opportunity to shop for all your favorite items in one place. Last year's Pudong Bazaar hosted over 80 tables and this year will be no exception. Puxi shoppers can enjoy unique shopping at the Minhang Center location. Look for a variety of vendors, exclusive artists, and delicious foods at your local bazaar.

### Friday Market

Friday Market has become a highlight for the community. CCS hosts regular Friday Markets throughout the year. Friday Markets support small local businesses that offer unique gifts, accessories, and jewelry. At the Friday Market, find tasty international foods, baked goods, and more.





## THAT DAY

### AN EAGLE GREW LONGHORNS

Last fall, with just 14 seconds left in the game against their neighbors and fiercest rivals, the Oklahoma Sooners, the Texas Longhorns sent in a freshman field goal kicker to try and win the game. The ball sailed through the uprights, and the kicker earned his place in the lore of the “Red River Rivalry.” That kicker – Cameron Dicker – played at SAS’ Pudong campus when he was a student here in 2010-2011. At the time, Dicker was more partial to soccer than American football. Since then, he’s switched his allegiances – a fact for which the whole state of Texas is thankful.

For more information, contact [admissions@saschina.org](mailto:admissions@saschina.org).

ACCOMPLISHMENTS. EVERY DAY AT SAS.



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