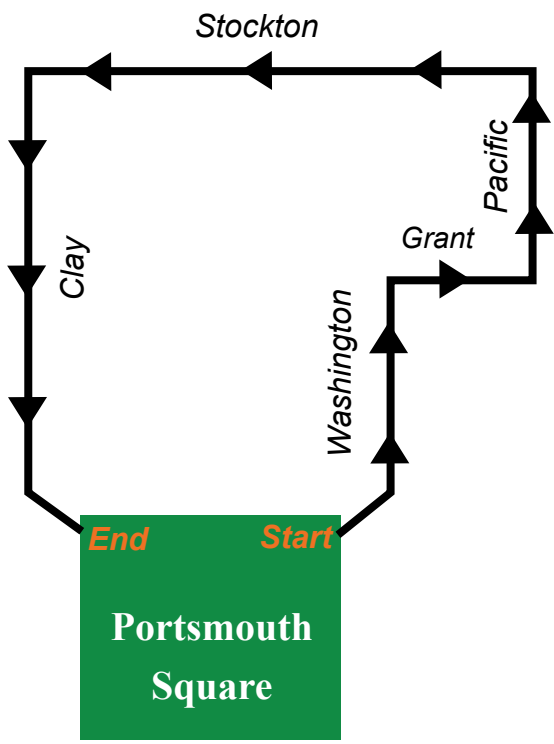


### Schedule

Registration 9am  
 Walkathon Begins 10am  
 Entertainment and Refreshment to follow

## San Francisco Walkathon Site Portsmouth Square



407 Sansome Street  
 San Francisco, CA 94111

## Self-Help for the Elderly's 26<sup>th</sup> Longevity Walkathon & Cultural Fair



**LONGEVITY**  
**WALKATHON**



Saturday, October 1, 2011

San Francisco Portsmouth Square



### Who are we?

Self-Help for the Elderly began providing services in 1966 to assist very low income, socially isolated seniors in San Francisco's Chinatown. Today it serves approximately 35,000 seniors in four counties: San Francisco, San Mateo, Santa Clara and Alameda. Its growth and longevity can be attributed to its ability to respond to each new generation of seniors: to their changing interests, to their needs as they age and to their requests to provide services in locations where needs are not being addressed. This willingness and flexibility, along with quality service, has served as catalysis to enter new areas of services.

### Our mission:

Self-Help promotes the independence, dignity and self-worth of seniors by providing a comprehensive range of multicultural and multilingual services. These services adhering to a wellness continuum are designed to empower seniors to make healthy lifestyle choices, enhance their standards of living and optimize the quality of life.

### Services:

Services include senior/social centers, employment/training/placement, computer learning classes, housing for the more independent/active seniors, non-medical in-home services, adult day health centers, residential care facilities, licensed homecare/hospice for those needing more help and Health Insurance Counseling and Advocacy Program.

The **LONGEVITY WALKATHON** is one of Self-Help's annual fundraising events. Funding sources has never paid for the full cost of operating programs, so throughout the years Self-Help has covered the actual costs from funds raised from events such as the Walkathon. Today, with so many cuts, event like this becomes even more important.

Come out and join the 26<sup>th</sup> Longevity Walkathon. Walk with us, in memory or in support of someone you love, let us together enhance the standard of living of seniors.

## TO PARTICIPATE

### 1) Fill out a pledge form

Fill out the form online at [www.selfhelpelderly.org](http://www.selfhelpelderly.org) or complete the attached Registration Form, then Fax or Mail to:

- (A) 407 Sansome Street, San Francisco, CA 94111  
Fax: 415-296-0313  
(B) 1050 St. Elizabeth Drive, San Jose, CA 95126  
Fax: 408-971-2653

### 2) Sign up sponsors

Ask your family, friends, co-workers, neighbors and business to sponsor you.

### 3) Walk!

Please make checks payable to "Self-Help for the Elderly." Bring your pledge form and your donation with you to the Walkathon registration area.

## GROUP TEAMS

Companies, schools and organizations are encouraged to form walking teams of 10 people or more.

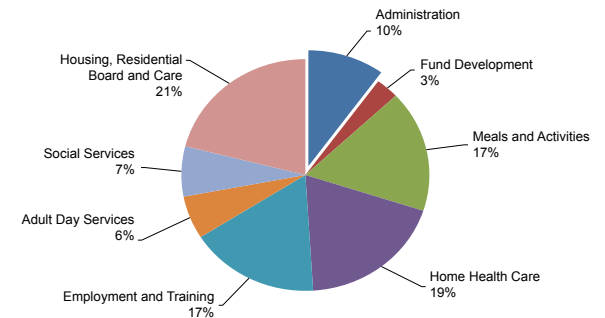
## GIFTS

- **Adult Walkers (18-54 years)**  
Raise \$50 or more and win a free Walkathon T-shirt
- **Senior Walkers (55 years and above) & Youth Walkers (17 and under)**  
Raise \$25 or more and get a free Walkathon T-shirt

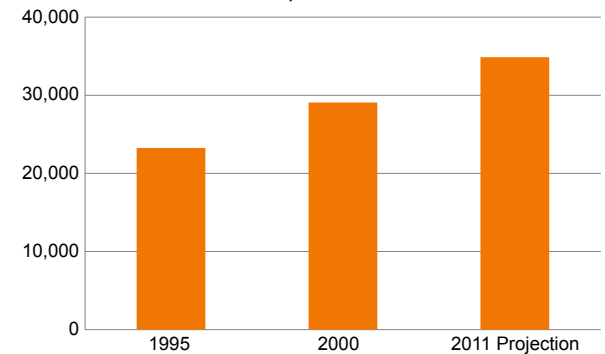
## PRIZES

Individual walkers who collect the highest pledges will win prizes. Top walking teams and team captains will win prizes and awards.

Operating Budget 2010-2011



Self-Help's Clientele



## Your Contribution at Work!

- **Nutrition Program** – Provide 243,501 hot meals and other supportive services in 15 different locations in San Francisco, San Mateo, Santa Clara and Alameda counties. We also provide 91,446 home delivered meals to seniors and younger adults with disabilities
- **HomeCare & Hospice** – Provide 18,000 quality home health and hospice visits to the community to assist the patient and their family in optimizing their quality life
- **Social Service** – Provide services to over 6,500 clients annually
- **Technology Information Empowerment Center** – Provide technological education, different topics of workshops, and support tailored to the cultural needs for over 500 clients annually.
- **Employment Training and Economic Development** – Provide training to over 250 dislocated workers, low-income adults, CalWork participants, and elder workers last program year.

# SELF-HELP FOR THE ELDERLY

# LONGEVITY WALKATHON



Opening of Ceremony at  
San Francisco Union Square



Walkers getting ready to WALK....



Walkers from Lincoln Court, Oakland



Miss Chinese QiPao Beauty USA 2010



Walkers from Adult Day Services

*Miss Chinese QiPao Beauty USA 2011*  
**2011 美國中華旗袍魅力大賽**  
 Co-Organized by: Self-Help for the Elderly &  
 Ling Ling Chinese Traditional Dress Design Center

Saturday, October 8, 2011  
 1:00-4:00pm  
 San Francisco Hilton Hotel  
 Financial District



Sponsored by: Hilton Hotel Financial District & Mr. Walter Wang

## Benefactor Sponsor:



## Silver Sponsor:



## Supporters:

- American Red Cross Youth Program
- Community Youth Center
- Expert Embroidery Services
- Luk Tung Kuen
- Portsmouth Plaza Parking Corporation
- San Francisco Fire Dept.
- San Francisco Recreation & Park Dept.
- San Francisco Police Dept.
- San Francisco Sheriff's Dept.

*This is a partial list. We apologize for any error or omission of donors who contributed after publication.*

## For information please call:

- |                             |  |
|-----------------------------|--|
| <b>San Francisco County</b> | 415-677-7669   |
| <b>San Mateo County</b>     | 650-342-0822   |
| <b>Santa Clara County</b>   | 408-961-7080   |
|                             | 408-961-7076   |
| <b>Alameda County</b>       | 510-366-1952   |
| <b>Main Office</b>          | 407 Sansome Street   |
|                             | San Francisco, CA 94111  |
| <b>Website</b>              | <a href="http://www.selfhelpelderly.org">www.selfhelpelderly.org</a>   |
| <b>Email</b>                | <a href="mailto:info@selfhelpelderly.org">info@selfhelpelderly.org</a> |

## Pledge Form

Name of Walker \_\_\_\_\_  
 Team Name \_\_\_\_\_ Address \_\_\_\_\_  
 Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

No.	Last Name	First Name	Complete Address (Address, City, State, Zip)	Pledge	Amount Received
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
Total enclosed					
Matching Gift					

## Registration Form

Last Name \_\_\_\_\_  
 First Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Day Phone \_\_\_\_\_  
 Evening Phone \_\_\_\_\_

I am a  Senior  Adult  Youth (under 18)  
 Male  Female

I will walk  
 as an individual  
 with a team: \_\_\_\_\_  
 team captain: \_\_\_\_\_

I am unable to walk but:  
 will donate  \$100  \$75  \$50  other: \_\_\_\_\_  
 would like to volunteer

Please send additional materials:  
 \_\_\_\_\_ Flyer(s) \_\_\_\_\_ Pledge Form(s)

**Please fax this form to: San Francisco 415-296-0313**

### Waiver and Release of Liability

I hereby waive all claims against the Self-Help for the Elderly, sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian's signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_