

Golden Lines

黃金點滴

Huge victories for Clients, Families and ADHCs!

By: Sarah Chan



November is a month to give thanks; this is especially true at our Adult Day Services (ADS) center. In the past nine months, our clients and their families have endured incredible stress and fear that they would no longer be able to come to the center as a result of MediCal Adult Day Health Care (ADHC) benefit elimination. Nevertheless, we are now overjoyed with two huge victories of preserving our service model in California after nine months of tireless local and statewide advocate efforts: the success of San Francisco's City Hall Rally and the Disability Rights California lawsuit settlement.

Thanks to the leadership and coordination of the San Francisco Adult Day Services Network, the City Hall Rally on October 20, 2011 was a great success. Our frail clients and ADHC supporters broke into cheers and applause when Mayor Lee announced a \$3.4 million bridge funding to keep the doors of City ADHC centers open. Senator Leland Yee, Supervisor David Chiu, Supervisor Eric Mar, Supervisor John Avalos, and representative of Supervisor Jane Kim also stepped up to support the seniors and recognize our services.

Deep appreciation also goes to Disability Rights California for preserving the model of ADHC and defending the rights of ADHC clients and their working families. According to the lawsuit settlement, Department of Health Care Services has agreed to extend ADHC benefit for an additional 90 days until February 29, 2012. The ADHC program will be phasing out and a new program called Community-Based Adult Services (CBAS) will become available to eligible individuals on March 1, 2012.

After all the twists and turns ADHC has taken in the past few months, our staff at ADS is so grateful to continue our best services to the frail seniors and disabled adults in the community.

~中文翻譯請閱第五頁



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I would like to DONATE...

Self-Help for the Elderly welcomes all donations! For additional information, call Fund Development Director Josephine Ma at 415-677-7668 or visit our website at www.selfhelpelderly.org. Memorial donations and other donations in honor of your friends and family are welcome!

Please remember Self-Help for the Elderly in your will. For information on estate planning, charitable remainder trust (CRT), gifts of stocks and other ways to contribute, please contact President/CEO Anni Chung at 415-677-7555 or annic@selfhelpelderly.org.

我想捐款 . . .

《安老自助處》歡迎所有捐款！欲知詳情，請致電四一五·六七七·七六六八基金發展部主任馬秀端女士或瀏覽我們的網址www.selfhelpelderly.org。紀念捐款或榮譽捐款一概歡迎！

請你在立遺囑的時候記得《安老自助處》。欲知有關遺產計劃、剩餘資金慈善信託、股票贈送及其他捐獻方法，請聯絡行政總監鍾月娟，四一五·六七七·七五五五，或annic@selfhelpelderly.org。



I would like to VOLUNTEER...

If you are passionate about your community and helping the elderly, COME JOIN US! Self-Help for the Elderly offers various volunteering opportunities of interest to you. We need and appreciate your help! Please visit our website at www.selfhelpelderly.org for volunteer opportunities or call 415-677-7669 to inquire.

我想做義工 . . .

如果你熱衷於服務社會協助長者，歡迎你加入我們！《安老自助處》提供各類義工服務機會。我們需要並感激你的援助之手！欲查詢義工機會，請瀏覽網址www.selfhelpelderly.org或致電四一五·六七七·七六六九。

二零一一年 冬季 第十八冊 第三期

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UPCOMING EVENTS IN 2012

《安老》二零一二年活動列表

January 8, Sunday
一月八日 (星期日)

South Bay Dinner Fundraiser, Cupertino
南灣籌款餐舞會，庫柏帝諾

January 28, Saturday
一月二十八日 (星期六)

Dublin & Milpitas Lion Dance Fundraiser
都柏林及苗必達市醒獅籌款活動

February 11, Saturday
二月十一日 (星期六)

San Mateo Lion Dance Festival
聖馬刁醒獅籌款活動

June 2, Saturday
六月二日 (星期六)

Longevity Gala, Hyatt Regency, Burlingame
迎福長壽宴，沛林甘凱悅酒店

August 4, Saturday
八月四日 (星期六)

San Francisco Lion Dance Fundraiser
三藩市醒獅籌款活動

September 15 & 16
Saturday & Sunday
九月十五及十六日
(星期六及日)

International Dragon Boat Festival
Treasure Island
國際龍舟節
金銀島

September 17, Monday
九月十七日 (星期一)

Invitational Charity Golf Tournament
Palo Alto Hills Golf & Country Club, Palo Alto
高爾夫球慈善邀請賽，帕羅奧多山莊俱樂部

October 6, Saturday
十月六日 (星期六)

Longevity Walkathon Parade & Fair
San Francisco Portsmouth Square, Cupertino Memorial Park,
Oakland Dimond District
安老長壽百萬行及博覽會
三藩市花園角廣場、庫柏帝諾市紀念公園、屋崙戴蒙區

October 27 & 28
Saturday & Sunday
九月二十七及二十八日
(星期六及日)

Chinese Opera Benefit
Location TBA
安老端鳳粵劇耆英
地點有待發佈

November 22, Thursday
十一月二十二日 (星期四)

Thanksgiving Luncheon, Lady Shaw Senior Center, Geen Mun, Woolf House
感恩節午餐會，邵逸夫爵士夫人耆英中心、建民中心、五福樓康樂中心

Hong Kong Secretary for Labor and Welfare, and China Central Government Public Administration Delegation Visits Chinatown One Stop Career Link Center

By: Winnie Yu

Almost one year after the opening of Chinatown One Stop Career Link Center, overseas officials from Hong Kong and China visited the Center to learn about Center activities and services to assist jobseekers in attaining economic self-sufficiency, and discuss successful strategies to assist jobseekers in overcoming multiple barriers to employment.

On Thursday, September 15, 2011, the Hong Kong Secretary for Labor and Welfare Mr. Matthew Cheung, Hong Kong Commissioner for Economic and Trade Affairs, USA Mr. Donald Tong and other officials visited the Center. On Tuesday, August 23, 2011, a China Central Government Public Administration Delegation led by Director of the China Central Government Training Center Mr. Shuangwei Xu also visited the Center. Mr. Alfredo Fajardo from the San Francisco Mayor's Office of Economic & Workforce Development, President & CEO of Self-Help for the Elderly Anni Chung, and Executive Director of Charity Cultural Services Center Carmen Ho hosted the visitors along with Center staff.

Chinatown One Stop Career Link Center is co-operated by Self-Help for the Elderly and Charity Cultural Services Center with more than 45 years of experience serving the community. The Center is a joint-venture that connects businesses, employers, jobseekers, and community-based organizations within a city-wide network of five other One Stop Career Link Centers, and made possible by a grant from the San Francisco Mayor's Office of Economic & Workforce Development. For more information, please call (415) 677-7500 or visit Chinatown One Stop Center at 601 Jackson Street, San Francisco or <http://www.workforcedevelopmentsf.org>.



L-R: SHE Director of ETED Melling Wang, Center Manager, Chinatown One Stop Career Link Center Manager Winnie Yu, Deputy Director of the Hong Kong Economic and Trade Office in San Francisco Wendy Au, President & CEO of SHE Anni Chung, Hong Kong Secretary for Labour and Welfare Matthew Cheung, Hong Kong Commissioner for Economic and Trade Affairs, USA Donald Tong, Director of the Hong Kong Economic and Trade Office in San Francisco Jeff Leung, and Administrative Assistant to Secretary for Labour and Welfare Francis Cheng.

~中文翻譯請閱第八頁



Visit from China Central Government Public Administration Delegation on August 23, 2011.

日間護理服務得以保存 繼續為社區服務！

文：黃守琦

正逢十一月感恩的季節，《安老自助處成龍日間護理中心》的員工、長者們及其家屬更是帶著十二萬分感恩的心情來歡度這個感恩節。在過去的九個月裡，長者及家屬們因加州立法院通過將成人護理健康計劃福利刪除，使長者們無法繼續到《成龍中心》接受日間護理服務而無時無刻處於擔心及恐懼中。儘管如此，由於在三藩市及加州各地日間護理服務的支持者、長者及家屬的不懈努力下，日間護理的模式不僅在三藩市受到市長及市參事們的肯定，並且透過《加州殘障權益會》訴訟成功和解，得以保存繼續為社區提供服務。

感謝《三藩市成人日間服務協會》籌劃於二零一一年十月二十日舉辦的抗議活動，當日近二百名長者、殘障人士、護理員及家屬齊聚在市府門前抗議刪除日間護理福利。此抗議活動成功獲得李孟賢市長及多位市參事的支持，李市長更宣佈了一項三百四十萬支援資金提案來保存三藩市日間護理中心，當場獲得成人護理健康計劃支持者熱烈歡呼和掌聲。當時參與支持的政界人士還包括余胤良參議員、邱信福市參事、馬兆光市參事、愛華樂市參事及金貞妍市參事的代表。

此外更要感謝《加州殘障權益會》成功得為長者及家屬謀得權力。根據訴訟和解協議，《加州醫療服務部》已同意延長成人護理健康計劃福利至二零一二年二月二十九日，並且於二零一二年三月一日由新的方案「社區成人服務」(Community-Based Adult Services - CBAS) 取代。

成人護理健康計劃在經過了一番波折後，我們《成龍日間護理中心》的員工們都心存感恩，並將繼續為社區提供最好的服務。

Prescription Drugs in 2012, Part D update:

By: Jennifer Tam & Jennie Chavez

If you're covered under the Part D prescription drug benefit and regularly take medicine, get ready for some positive changes in 2012.

Coverage Gap (donut hole), begins once you reach your Medicare Part D plan's initial coverage limit (\$2,930 in 2012) and ends when you spend a total of \$4,700 in 2012. In 2012, Part D enrollees will continue to receive a 50% discount on the total cost of their brand-name drugs while in the donut hole. The full retail cost of the drugs will still apply to getting out of the donut hole even though 50% was paid for by the pharmaceutical manufacturers. Enrollees will receive 14% discount on generic drugs while in the coverage gap.

Easier appeal. Appealing a denial for a prescription drug or requesting an exception will get much easier in 2012. All plan providers are required in 2012 to use a standard form for their appeal and exception process. Appeal form will be available online or can be requested by calling HICAP and we will direct you to the correct forms once it is available.

Extra Help. You or someone you know may qualify for extra help paying for Medicare drug costs. Extra help may be available for people with yearly income below \$16,335 (\$22,065 for a married couple living together) AND resources less than \$12,640 (\$25,260 for a married couple living together). People who do not meet these amounts may still qualify; the best way to find out is to apply.

Call Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222 to make an appointment with a HICAP Counselor if you need help applying. San Francisco and San Mateo HICAP is sponsored by Self-Help for the Elderly. HICAP helps people with **Medicare** and their family and caregivers understand their Medicare health insurance benefits, options, and rights. We offer free, unbiased, one-on-one assistance from Medicare health insurance counselors registered by the California Department of Aging.

~中文翻譯請閱第六頁

聯邦醫療保險D部分最新信息：

譯：陳奕蓁

如果你是聯邦醫療保險D部分受保人並需要經常服用藥物，二零一二年將為你帶來正面的改變。

在二零一二年裡，『受保差距』（俗稱甜甜圈洞）是在你達到聯邦醫療保險D部分的承保限額（既二千九百三十元）開始，並在你的藥費達四千七百元結束。當你處於這『甜甜圈洞』時，倘若你是服用原廠藥，你將繼續享有百分之五十的折扣，其餘百分之五十的藥費將由製藥商承擔。如果你是服用副廠藥，你則獲得百分之十四的折扣。

更簡易的上訴過程。無論是你的處方不受保還是你想申請例外，上訴過程在二零一二年將變得更容易。二零一二年開始，所有保險計劃需採用統一的申訴表格，而此表格可從網上或你可致電《聯邦醫療保險計劃及促進權益計劃》，我們可以提供正確的表格。

你或你認識的人也許符合資格獲得聯邦醫療保險『額外補助』。只要你的年收入是一萬六千三百三十五元以下（居住一起的已婚夫婦為二萬二千六十五元）及低於一萬二千六百四十元的資產（居住一起的已婚夫婦為二萬五千二百六十元）便能申請『額外補助』。不符合上述資格者亦可嘗試申請。

歡迎致電一·八零零·四三四·零二二二與《聯邦醫療保險計劃及促進權益計劃》輔導員預約。三藩市及聖馬刁《聯邦醫療保險計劃及促進權益計劃》均由《安老自助處》運作，為聯邦醫療保險受保人、家人及看護人了解保健的福利、選擇及權益。我們提供免費、公正及一對一的諮詢服務，而輔導員均是由加州長者服務部註冊。

2011 Charity Talent Show

By: Annie Yu

The Third Annual Charity Talent Show was successfully held on Saturday, July 30, 2011 at Old St. Mary's Cathedral. Over 300 seniors, families, friends and guests attended the talent show and with their support, we raised over \$18, 000.

There were 25 performing groups and among the talents were solo singing, duet, Chinese opera, folk dance, modern dance, magic show and musical instruments performance. Performers were of different age groups and even though it was just a charity show, the participants made meticulous preparation for their performance.

The highlight of the show was the duet performed by five year-old Yuen Yuen Kei and Angellisa Yeung. The adorable five year-olds have a beautiful voice and sang two famous Mandarin songs. In order to raise more funds for the seniors, staff from Self-Help's Nutrition Department came up with two very entertaining titles, the Hawaiian Dance and Cantonese Opera Comedy, which made the audience laughed hysterically.

Last but not least, we would like to take this opportunity to acknowledge those who contributed and supported the show. They are: Cecelia Leo, Women's Auxiliary of Loong Kong Tien Yee Association San Francisco, Sun Chi Tam, Men Yuen Kwan, Wanda Wong, Geen Mun/OLW Senior Center, Lady Shaw Senior Center, South Sunset Senior Center, Jackie Chan Senior Center, Manilatown Senior Center, Jackie Chan Saturday Brunch Program, Woolf House Senior Center, Mendelsohn House Senior Center, John King Senior Center, San Mateo Center, Fun & Fit and friends of the senior centers.



The youngest performers,
Yuen Yuen Kei and Angellisa Yeung

~中文翻譯請閱第八頁

Autumn Glow Celebrates 10th Anniversary

By: Rita Wong

On August 10, 2011, Autumn Glow celebrated its 10th Anniversary at 654 Grove Street, San Francisco. District Five Supervisor Ross Mirkarimi, Dianna Mann of Department of Housing and Urban Development (HUD), Andrew Williams III of San Francisco Department of Public Health, residents and their families attended the celebration. Five of our residents who attended the ceremony were between 87 and 100 years old.

At the ceremony, Self-Help's President & CEO Anni Chung stated that with the funding and rental assistance provided by HUD and San Francisco Department of Public Health, Self-Help is able to provide residential care services to seniors with Alzheimer's at a lower rate. She also thanked staff of Autumn Glow for their dedicated care and love in serving the seniors.

Debbie Soon who was representing the founders of Autumn Glow talked about the naming of Autumn Glow in honor of her grandmother, Ms. Margaret Wen Yao Sang at the ceremony. Ms. Margaret was a writer and her pen name was Chiu Hsin, in Chinese it means "Autumn Heart." Debbie who was encouraged by many of the stories told by her grandmother was content to have witnessed Autumn Glow's encouraging dedication in serving the community for ten years.

Rosemary Lee, daughter of resident Ms. Shui Ying Wong and James Tam, son of resident Ms. Sieu Tam were also invited to make remarks and both thanked the staff for taking care of their mothers with care and love.

Certificates of Appreciation were presented by Board Chair of Autumn Glow Rosalyn Koo to six Home Health Aides to recognize the 10 years of services given to Autumn Glow. They are: Siu Lan Ho, Bik Wah Jay, Ching Lam, Shao Qiu Wen, So Kuen Wong and Min Min Xie. Guests were then invited to tour Autumn Glow and refreshment at the Roof Top Garden.

Autumn Glow is a licensed Residential Care Facilities for Elderly (RCFE) located in Western Addition District of San Francisco. We offer housing, comprehensive array of services and personalized care for older adults with Dementia or Alzheimer's in a friendly, compassionate and supportive community setting.

~中文翻譯請閱第十頁



二零一一年才藝慈善表演

譯：葉柳芳

第三屆『才藝慈善表演』於二零一一年七月三十日（星期六），在舊聖馬利教堂圓滿結束，超過三百多位長者、家人朋友及嘉賓出席，共籌得超過一萬八千元的善款。

今屆有二十五個表演組合，才藝包括獨唱、合唱、粵曲演唱、民族舞蹈、現代舞、清唱、魔術及樂器表演。表演者來自不同年齡層，而且雖說這只是慈善表演，但參加者都非常認真，出場前忙於整理歌衫，一絲不苟為出場作準備。

今年最特別的表演是兩位五歲的小妹妹，合唱『甜蜜蜜』及『月亮代表我的心』。她們在台上表現非常鎮定，眼仔睜睜，十分可愛，令現場氣氛十分高漲。為推高善款，《安老》營養組的職員亦各出其謀，施展渾身解數，其中由葉國樑演唱的《萬惡淫為首之乞食》及配合楊懷寬惟妙惟肖的乞丐扮相，令台下的朋友開懷大笑。

最後，我們想在此感謝廖張永文女士、三藩市龍崗親義公所婦女部、譚新志、關文遠、黃太、建民/安老會康樂中心、邵逸夫爵士夫人康樂中心、日落康樂中心、成龍康樂中心、中菲康樂中心、成龍早午餐服務、五福康樂中心、美德康樂中心、金約翰康樂中心、聖馬刁康樂中心、健美天地、各位善長的大力捐贈及各康樂中心朋友的鼎力支持。

香港勞工及福利局局長及 中國中央政府公共行政代表團 到訪《安老一站式就業中心》

譯：梁婷鑾

從香港及中國來的官員到開幕近一年的《華埠一站式就業中心》參觀，學習中心協助求職者能實現經濟上自給自足的活動和服務，及討論可成功替求職者克服就業方面所將面對的障礙的策略。

香港勞工及福利局局長張建宗及香港駐美經濟貿易事務署專員唐智強於二零一一年九月十五日（星期四）到《華埠一站式就業中心》參觀。中國中央政府公共行政代表團則在中國中央政府培訓中心主任徐雙未的帶領下於二零一一年八月二十三日（星期二）到訪。均由三藩市市長辦公室的經濟及勞動力發展部Alfredo Fajardo先生、《安老》行政總監鍾月娟、《博愛文化中心》執行主任何淑兒及中心員工帶領參觀中心。

《華埠一站式就業中心》是由《安老自助處》及《博愛文化中心》兩間有超過四十五年服務社區的機構合辦。中心是接通全市其他五個一站式就業中心、企業、雇主、求職者和以社區為基礎的組織，其成功有賴三藩市市長辦公室的經濟及勞動力發展部的補助金。欲知更多詳情，可親臨或致電四一五·六七七·七五零零或瀏覽<http://www.workforcedevelopmentsf.org>。



The "Magic Show" performed by David Miller

Entertaining performances by our staff, Cecilia Yeung and Guo Liang Ye made the audience laughed hysterically.

Senior Community Service Employment Program celebrates “National Employ Older Workers Week”

By: Cindy Liang

Self-Help for the Elderly Employment Training and Economic Development Department's Senior Community Service Employment Program (SCSEP) celebrated the annual “National Employ Older Workers Week,” on the week of September 18, 2011. Self-Help's SCSEP would like to take this opportunity to acknowledge and honor the contributions the older workers make.

The Administration on Aging during Eisenhower Administration first commemorates the last full week of every September as “National Employ Older Workers Week” 40 years ago to honor the contributions the older workers make, recognize the vital role they play as well as to encourage organizations to continue employing older workers. According to the Department of Labor, older citizens are becoming a growing force in the labor market. They predict as this population ages, 41% of Americans aged 55 or above will be employed by 2014, making up 21% of the U.S. labor force.

Self-Help has two SCSEP serving residents 55 years old or above in Alameda, Santa Clara, San Francisco and San Mateo Counties through on-the-job trainings opportunities. By assigning program participants to various government or non-profit organizations for job readiness training, participants are provided an opportunity to acquire new skills, as well as to polish and strengthen existing ones.

The SCSEP serving Santa Clara, San Francisco and San Mateo Asian Pacific Islander residents provides on-the-job training opportunities to over 100 participants annually and majority of the program participants have limited English proficiency. The Alameda County SCSEP though is relatively younger and smaller in size, we have served over 80 senior citizens and enabling many of them with a job since our first service to the Alameda community in 2007.

耆英社區服務培訓就業計劃慶祝 『全國聘用年長工作者周』

文：梁秋蘭

《安老自助處》職業培訓及經濟發展部的《耆英社區服務培訓就業計劃》（Senior Community Service Employment Program-SCSEP）於二零一一年九月十八至二十四日慶祝了一年一度的『全國聘用年長工作者周』。《安老》職業培訓及經濟發展部的《耆英社區服務培訓就業計劃》想借此機會感謝年長工作者所作出的貢獻。

為表揚年長工作者所作出的貢獻及推動企業繼續僱用年長工作者，自四十年前艾森豪爾政府開始，長者行政部將每年九月的最後一個星期定為『全國聘用年長工作者周』。美國勞工部表示，近年來較年長的居民將逐漸成為美國勞動力的主要力量之一。他們估計隨著人口的增長，這年齡層百分之四十一的人口將在二零一四年前重新工作，佔全國勞動力的百分之二十一。

《安老》有兩個《耆英社區服務培訓就業計劃》，為五十五歲或以上並居住在亞拉米達、聖他克拉、聖馬刁及三藩市縣的長者提供帶津貼的在職就業培訓機會。我們根據長者的興趣和經驗來安排他們在不同的政府或非牟利機構訓練，使他們有機會學習新技能，更新、加強及完善已有的技能，從而更好更快地找到工作，以便自給自足。

服務聖他克拉、聖馬刁及三藩市縣居民的《耆英社區服務培訓就業計劃》每年為超過一百名長者提供在職的就業訓練，而大部分的長者只略懂英文。服務亞拉米達縣的《耆英社區服務培訓就業計劃》雖然相對較年輕而且規模也較小，但自二零零七年開始服務社區以來，也為該縣近八十名長者提供了在職就業培訓並使他們找到工作。

《念秋寄廬》慶祝十周年

譯：梁婷鑾

《安老自助處》的《念秋寄廬》於二零一一年八月十日在三藩市Grove街六百五十四號慶祝十周年。當日第五選區的市參事馬格林利、『住房與城市開發部』代表Dianna Mann、『三藩市公共衛生局』的Andrew Williams III、住客及家人一起出席慶祝。其中參加慶典的五位住客年齡有八十七至一百歲。

在典禮上，《安老》行政總監鍾月娟表示，有『住房與城市開發部』及『三藩市公共衛生局』提供的租金援助及撥款，《安老》才能提供較低比率的租金給患失智症的長者。她也感謝《念秋寄廬》的雇員對長者的愛護及護理。

始創人的代表顧夢倩也談及《念秋寄廬》是為紀念他們的祖母桑文耀而命名的。桑文耀是一名作家而她的筆名是『秋心』。經祖母多個故事的鼓勵，顧夢倩感到非常滿足能夠見證《念秋寄廬》在十年內對社區不斷服務的精神，值得鼓勵。

住客黃瑞英的女兒李黃秀娟和住客譚笑的兒子譚先生亦受邀致詞，他們表示非常感謝《念秋寄廬》的員工對他們母親的細心愛護及照顧。

董事主席顧陳晉明當日頒發感謝狀給六位家居護理，表揚他們對《念秋寄廬》十年的服務。他們是何少蘭、謝碧華、林晶、溫少球、黃素娟及謝敏敏。出席者隨後參觀《念秋寄廬》的設施及在屋頂花園享用茶點。

《念秋寄廬》是一所持有政府牌照的長者護理之家，位於三藩市的西增區。我們為患有阿滋海默症或老人失智症的長者提供一個友善和藹的住宿環境、全面及個人的護理計劃。

No More 911 Calls from Disconnected Phones

By: Vivien Wong

As of January 1, 2011, your local phone company is no longer obligated to provide emergency 911 calling access to disconnected or never activated phone lines.

If you have outstanding payments or your services will be discounted due to nonpayment, your phone company will send you a **Notice of Disconnection** informing you that access to 911 services will only work for up to 120 days after the disconnection for nonpayment with your home phone.

To ensure that you can call 911 during an emergency, make sure you do one of the following:

1. Make your bill payments on time. If you do not have automatic payment set up for your account, check in with your phone company if you don't receive your bills within your normal timeframe.
2. Sign up for basic wired home phone services with your local phone company.
3. If you do not wish to have a landline at home, save local emergency numbers to your cellular phone so that the local dispatcher can be reached in a timely manner.

已終斷家居電話不可以打九一一

譯：梁婷鑾

從二零一一年一月一日起，你的本地電話公司不再有義務提供九一一緊急電話給已斷線或從未啟用的家庭電話。

如果你有欠款，或你的服務將因拖欠而被終斷，你的電話公司將寄一個**斷線通知書**給你，通知你在電話服務被終斷的一百二十天後便不能撥九一一。

為了確保你在緊急情況下可以撥打九一一，請確保你執行下列其中一個方法：

- 一、請按時支付賬單。如果你沒有為帳戶設置自動付款並且沒有在正常時間內收到帳單，請與你的電話公司聯絡。
- 二、參加當地電話公司的基本有線家庭電話服務。
- 三、如果你不希望安裝有線家庭電話，請將當地的緊急號碼保存到你的手機，使當地的緊急服務調度人員可以及時接收你的需要。

Another 20% Cut to Your IHSS Services?

By: Vivien Wong

If you are currently receiving In Home Supportive Services (IHSS), you may have received a notice that your services will be cut by another 20%. If you did not receive a notice, your services will not be changed at this time.

What can I do if I received a notice?

There are things you can do to ask to have those hours given back to you but there is a DEADLINE. Along with your service decrease notification, it will include a **Supplemental Care Application** form. Fill this form out before December 31, 2011 and postmarked by January 3, 2012 to continue receiving services while a decision will be made on your case. If you miss this deadline, you will have until February 1, 2012 to return the form, but your hours will be cut as of January 1, 2012 and not your full hours, until the decision has been made.

What do I do if they deny my Supplemental Care Application?

You can request for a fair hearing for your case as soon as you receive the denial.

Where do I go to get help?

407 Sansome Street, Room 105, San Francisco or contact your case manager.

家居護理服務再次削減百分之二十？

譯：梁婷鑾

如果你目前正在接受家居護理服務 (IHSS)，你可能已經收到通知說明你的服務將被削減百分之二十。如果你沒有收到通知，你的服務在這個時候不會有改變。

如果我收到通知，我能做些什麼？

你可以在期限內申請要求這些被削減的時間還給你。在你的服務削減通知書內將包括一個補充護理的申請表格。緊記在二零一一年十二月三十一日之前填妥，並在二零一二年一月三日之前寄出，這樣在他們針對你的情況作判斷的同時，你仍可繼續接受不變及未削減的服務。如果你錯過了這個期限，你還可以在二零一二年二月一日前寄回表格，但你的服務時間將在二零一二年一月一日起被削減，直到他們對你的申請作出決定。

如果他們否決我的申請怎辦？

在你收到拒絕通知後，你可以要求公平聽證會。

我從哪裡獲得幫助？

三藩市四零七山森街，地下一零五室或與你的社工聯絡。

UPS's Holiday Cheers to Homebound Seniors

By: Cheryl Tan

On December 20, 2011, two UPS employees delivered 29 Christmas baskets to Self-Help's Nutrition Department, which will be redelivered by Self-Help's meal delivery group to our registered homebound seniors on the second day.

Three years ago, UPS employees – drivers, supervisors and managers – decided to chip in to create gift baskets for the seniors in order to deliver some cheers in the holiday seasons. And this tradition continued on. UPS employees would spend almost two weeks to prepare for this joyful moment, from shopping for gifts to wrapping the baskets.

On behalf of the homebound seniors, Self-Help for the Elderly would like to thank UPS for your kind donations. Happy Holidays!

UPS為行動不便長者送上溫馨

文：陳奕蓁

兩名UPS員工於二零一一年十二月二十日將二十九個聖誕禮籃轉交給《安老》營養餐組，由送餐組隊員隔日轉送給行動不便的長者。UPS的員工，包括送貨員、主任及經理在三年前決定一起湊錢自製禮籃，為長者們在溫馨的季節裡送上歡樂，而這份溫馨仍保存至今。他們為準備這二十多個禮籃，從購物到親手包禮，總共花了兩個星期的時間。《安老自助處》在此感謝UPS對長者們的慷慨捐贈，聖誕快樂！



UPS employees Cathryn Newport & Sal Medina handed the 29 Christmas baskets to Self-Help's Meal Delivery Group.

Self-Help for the Elderly 2011 Funders

安老自助處資助單位

Self-Help for the Elderly is grateful to its many funders, both government and private sources and wishes to thank the following organizations for their generous support of our program. Self-Help for the Elderly operates under 501(c)(3) regulations. All donations, contributions, pledges, in-kind donations and gifts are tax-deductible to the extent of the law.

- Alameda County Social Services Agency
- AT&T
- Bank of the Orient
- Joseph L. Barbonchielli Foundation
- California Consumer Protection Foundation
- California Department of Aging
- California Department of Education
- California Department of Transportation
- California Employment Development Department
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- Catholic Healthcare West
- Chinese Community Health Care Association
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- Richard and Rhoda Goldman Fund
- Lifemark Group
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- National Asian Pacific Center on Aging
- Office of Civic Engagement & Immigrant Affairs
- Peninsula Community Foundation
- PG&E
- San Francisco Human Services Agency
- San Francisco Department of Public Health
- San Francisco Mayor's Office of Community Investment
- San Francisco Mayor's Office of Housing
- San Francisco Office of the Aging
- San Francisco Office of Economic and Workforce Development
- San Mateo County Department of Aging and Adult Services
- Santa Clara County Department of Human Relations
- Santa Clara County Social Services Agency
- SCAN Health Foundation
- U.S. Department of Housing and Urban Development
- United Way of the Bay Area
- United Way Silicon Valley
- UPS Foundation
- Verizon Foundation
- Wells Fargo

Mission

Founded in 1966, Self-Help for the Elderly works to foster the independence, dignity, and self-worth of seniors. Self-Help for the Elderly is a multi-service nonprofit organization delivering quality health care and social services to over 35,000 seniors throughout San Francisco, San Mateo, Santa Clara and Alameda Counties.

使命

《安老自助處》成立於一九六六年，謀求長者保持其尊嚴的身份，力求自力自存。《安老自助處》是一多元化非牟利機構，為三藩市、聖馬刁、聖他克拉及阿拉米達縣三萬五千名長者提供健康護理及社會服務。

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The following contributions were made to Self-Help for the Elderly from January 1, 2011 to December 15, 2011 as a tribute to the below lately departed:

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