



# SELF-HELP FOR THE ELDERLY

Tribute  
to 40  
Legends



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to  
Legends

安老自助處 SELF-HELP FOR THE ELDERLY

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40-Year Timeline

Tribute to 40 Legends  
In Celebration of Self-Help for the Elderly's 40<sup>th</sup> Anniversary

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*Special thanks to Mr. Herrick Tam for designing Self-Help for the Elderly's 40<sup>th</sup> Anniversary logo.*

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**SELF-HELP  
FOR THE  
ELDERLY**

**安老自助處**

Self-Help for the Elderly has served seniors in the San Francisco Bay Area for 40 wonderful years. The agency is unwavering in its commitment to promote the independence, dignity and self-worth of seniors. This Mission is achieved by empowering seniors to help themselves and by providing a comprehensive range of multi-cultural and multilingual services.

Over the years, Self-Help for the Elderly has continuously expanded its programs and services. These now range from employment training and job placement, citizenship services, housing, nutrition, social services, counseling, social activities and the Technology and Information Empowerment (TIE) Center for seniors who are more independent; to licensed home health care and hospice, home-delivered meals, Alzheimer's and adult day health care and residential care for the frail elderly.

Each year, over 25,000 seniors are served in San Francisco, San Mateo and Santa Clara counties, with more than 90 percent from low-income and minority communities. Self-Help for the Elderly strives to be the premier provider of senior services in the Bay Area, with a special focus on Asian seniors.



## 安老自助處 **SELF-HELP FOR THE ELDERLY**

Dear Friends,

The idea of publishing this “Tribute to 40 Legends” to celebrate Self-Help for the Elderly’s 40th Anniversary came from Oprah Winfrey. When she turned 50 in 2005, she honored 50 women who are “bridge builders” in a Legends Luncheon at her California home.

This year, Self-Help is turning 40! For a small non-profit organization which began in San Francisco Chinatown serving 50 seniors a day, we are now serving over 25,000 seniors in 27 satellite sites in San Francisco, San Mateo, Santa Clara and Alameda counties.

This growth was feasible only because of the tremendous contribution from board members, volunteers, donors, supporters, staff and the seniors themselves. In 1996, we celebrated our 30<sup>th</sup> Anniversary, and published “Eternal Spring” to honor 30 seniors who participated in our programs. During our 35<sup>th</sup> anniversary, we published “Heart and Soul” to honor 35 long-time volunteers.

To celebrate our 40<sup>th</sup> Anniversary, we have compiled a special book of our past Honorees in addition to 40 new honorees who have played a significant role in the development of Self-Help for the Elderly throughout its 40 years. They are Self-Help’s Legends– individuals who have helped transform the organization into a premier senior service provider in the Bay Area. We want to thank them, celebrate them and share their favorite memories of Self-Help with all of you!

I hope you will enjoy reading this Tribute to our Legends as much as we’ve enjoyed putting this booklet together for 2006!

Sincerely,

Anni Chung  
President and CEO

## Richard Rubin, Esq.

*Chair, Board of Directors, Self-Help for the Elderly  
Board Member since 2003*

Vice Chair, Small Business Board of California  
Executive Board, Marin LAFCO  
Executive Board, CALAFCO  
Trustee, Kenyon College, Ohio  
Trustee, Berkeley Repertory Theater Board



**M**y first encounter with Self-Help for the Elderly was nearly 10 years ago when I met Anni at a meeting on how public policies affect non-profit organizations. We started sharing many conversations over coffee and soon thereafter I found myself responding to Anni's "call to duty" by joining the Board in 2003. I became Board Chair in 2005. I have enjoyed working on every project we have undertaken -- from Amber Glow in San Jose to Lincoln Court in Oakland. But it is seeing the smiles of joy on the faces of seniors that makes all the hard work worthwhile.

*Richard is a well respected attorney and a successful consultant. He has brought new contacts and supporters to Self-Help. As Board Chair, he always challenges the Board and staff to plan ahead, think strategically, and deliver quality services to our seniors. Richard, thank you, and we are right behind you!*

## Rosalyn Koo

*Vice-Chair, Board of Directors, Self-Help for the Elderly  
Board Member since 1986*

Chinese Cultural Foundation  
Dragon Fund for the 1990 Institute  
American Institute of Architecture's Task Force on Unemployment



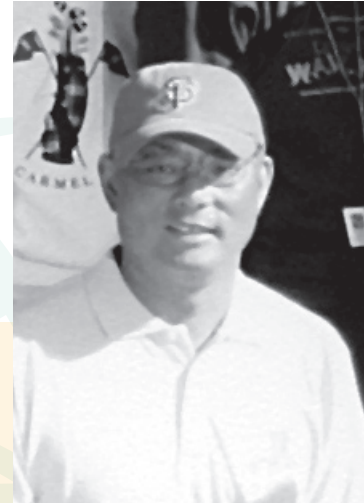
**M**y favorite memory is when we celebrated the opening of Lady Shaw Senior Center in 1990 after a six year struggle. Watching nine lion dancers perform for our elderly filled me with such pride and joy.

*Roz inspires everyone to reach for higher goals, to do more for others, and to be better leaders. For the past 23 years, Roz has lead the Agency through phenomenal expansion, taught us how to turn liabilities into assets, and challenged us daily to be the best organization we can be. You light up the lives of our seniors, Roz! From you flows true leadership, compassion, and profound wisdom. We love you, Roz!*

## Jerry Lee, Esq.

*Secretary, Board of Directors, Self-Help for the Elderly  
Board Member since 1985*

Saint Mary's Chinese Schools and Center  
Portsmouth Plaza Parking Corporation



**M**y favorite memory of the organization was during the early days when I served on many different subcommittees. Gordon J. Lau, Linda Wang and I would roll up our sleeves and work on any little niche or knock on any small door to raise money for seniors in the community.

*We are truly blessed with Board Members like Jerry! Since rejoining the Board of Directors, Jerry served as the 2005 Golf Tournament Director, and has rolled up his sleeves again and delivered a most successful event at CordeValle! Jerry also reviews legal documents, negotiates leases and agreements, and provides counsel to Self-Help. We salute Jerry for his friendship and continuous support.*



## Gerald Lee

*Treasurer, Board of Directors, Self-Help for the Elderly  
Board Member since 2000*

District Community Affairs Manager, UPS  
District United Way Campaign Chair for UPS  
Board of Directors, Cameron House  
Board of Directors, Angel Island Immigration Station  
Board of Directors, Organization of Chinese Americans



**M**y favorite memory was meeting and talking to the late Bo Gin, the 100 year old senior at Lady Shaw. To see how active and happy she was to be there, defined to me what Self-Help for the Elderly is all about.

*Since Jerry joined the Board, he has been an irreplaceable member. Jerry is our official photographer, driver, technical advisor, computer class instructor -- our Renaissance volunteer! By involving his entire family in Self-Help events, Jerry has become a part of ours. We salute Jerry for his generosity and dedication!*

## Katrina Lee Bong, Esq.

*Board of Directors, Self-Help for the Elderly  
Board Member since 2002*

Partner, Nossaman, Guthner, Knox & Elliott, LLP



**I** have so many wonderful Self-Help memories. I can't choose. A few favorites are the groundbreaking for Lincoln Court, my visit to seniors at Lady Shaw Senior Center, and the many Galas I have attended.

*Katrina is Self-Help's youngest Board Member and youngest partner at her law firm. Despite her busy practice, Katrina always finds time to provide counsel for Self-Help projects. Lincoln Court is the agency's first Tax Credit-Financed senior housing project in Oakland. Katrina and Steve Roberts worked tirelessly to represent Self-Help and protect our interests. Thank You, Katrina!*

## Linda Chin

*Board of Directors, Self-Help for the Elderly  
Board Member since 1989*

Volunteer



**W**hat has made the biggest impression on me during my association with Self-Help has been Anni Chung's willingness to undertake bold initiatives, many of which are met at first with skepticism and disbelief. Anni's vision of building Lady Shaw Senior Center on the airspace over the Broadway tunnel, and her commitment to providing cleaning and housework jobs for the elderly, are just two examples of courageous goals that have made me feel proud to be associated with this organization.

*Linda has always leveraged her corporate expertise to help secure funding and resources for Self-Help. She has been incredibly instrumental in obtaining several major foundation grants for agency capacity building initiatives as well as the agency's computer learning centers (TIE). Thank you Linda for showing us the way.*

## Frank Chiu

*Board of Directors, Self-Help for the Elderly  
Board Member since 2004*

*Board of Directors, Pine View Housing Corporation  
Chair, Regulatory and Enforcement Committee*



**M**y favorite Self-Help event was last year's Thanksgiving celebration. I enjoyed every minute of my time serving the turkey lunches to so many seniors. It brought me such joy to see so many smiling faces that day.

*Frank has been immensely helpful in our capital projects. As former Director of San Francisco's Bureau of Building Inspection, he has helped review our plans and provided extra support in our permit applications. Leonard House, Jackie Chan Center, Autumn Glow, 407 Sansome Street were completed with the support of Frank and his staff at BBI, Thank you, Frank!*

## Yuen Gin, Esq.

*Board of Directors, Self-Help for the Elderly  
Board Member since 1994*

Volunteer



**M**y favorite memory of Self-Help for the Elderly is an ongoing one. I enjoy attending the Longevity Gala each year, and experiencing the generosity and loyalty of its staff and volunteers. Self-Help for the Elderly is a great organization and I enjoy helping and being part of its mission.

*Since Yuen joined the Board, he has brought many of his personal contacts to Self-Help. As a trustee of the Nelson Fund, Yuen directed the Fund to contribute \$20,000 annually to Self-Help since 1994. The Fund has been a continual funder of the Santa Clara Elder Abuse Prevention Program because Yuen opened the door for us many years ago. Thank you, Yuen!*

## Gladys Hu

*Board of Directors, Self-Help for the Elderly  
Board Member since 1987*

Chinese New Year Parade Committee



**M**y favorite memory is being crowned the 1<sup>st</sup> Lady of Benevolence. Raising money on behalf of Self-Help's seniors brought me such pride and joy. Additionally, working with Anni throughout the years has been such a wonderful experience; she works tirelessly towards achieving Self-Help's mission: allowing seniors to age with dignity and independence.

*Gladys' hospitality and elegance are well-known to all. As a Board Chair and later Treasurer, she has hosted countless dinners at her house for Self-Help, cooking every dish herself! Gladys is our role-model and our inspiration!*



## Eva Jones

*Board of Directors, Self-Help for the Elderly  
Board Member since 1991*

Board, Alzheimer's Association of the Greater San Francisco Bay Area  
Co-Founder, Alzheimer's Association's Asian Dementia Care Network (ADCN)  
Patron, Capital Campaign for Saint Catherine's Hospital



**F**our months ago, I brought my friend's mother to the Jackie Chan Adult Day Center for a tour of the facilities. The center was immaculate and my friend was very impressed with the services and staff. The only problem was locating the Center since there wasn't a sign on Geary Street. I asked my friend to contribute \$6,000 to help raise money for the signage. With her encouragement, I was able to gather five more donors and \$42,000 was raised in total. We will be so proud to see proper signage directing the public to the wonderful services that the center provides to the community.

*Fundraising is a skill and an art, and no one is a better fundraiser than Eva! For almost 16 years, Eva has spearheaded the Annual Longevity Gala and the Grand Auction Committee and other projects at Self-Help with incredible results! Her charm and generosity has turned many of her friends into contributors of Self-Help. Eva, our hats off to you!*

## Mabel Lai

*Board of Directors, Self-Help for the Elderly  
Board Member since 1989*

President, Los Gatos Business & Professional Women, Inc.  
President, Chi Am Circle  
President, Chinese Cooking Teachers Association of Northern California  
President, Chinese American Women Business League  
Executive Board, Chinese Historical & Cultural Project of Santa Clara County



**U**pon finishing my visit to the seniors in Zung Sieu Longevity Garden, a senior in her 80s who broke out in a beautiful rendition of “You Are My Sunshine”, wheeled over to me and said, “This song is for you. You brought sunshine into my life.”

*Ever since Mabel joined the founding Board of Self-Help’s South Bay chapter in 1989, she has not stopped raising funds. She has since involved the entire family, supporting Self-Help in so many capacities – her husband Ken is our ESL instructor, her son Tyson, a Gala volunteer, and her in-law, Mimie, the co-chair of our Longevity Gala. In the kitchen, Mabel is also a superb chef, hosting elegant dinners for the Gala Grand Auction! Mabel, you are unique and generous, Self-Help is fortunate to have you on our side.*



## Jeffery Lee, DDS.

*Board of Directors, Self-Help for the Elderly  
Board Member since 1989*

Member, Committee of 100  
Trustee, Harker School  
Director, Asian Americans for Community Involvement



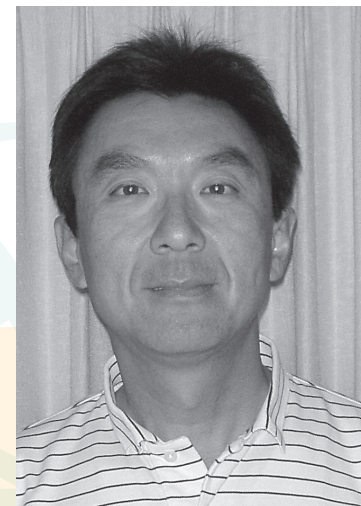
**R**eceiving a gift of hand made stars from the seniors at the Sunrise Center (now, Zung Sieu Longevity Garden) in Santa Clara is my favorite Self-Help memory. The stars were a thank you gift for helping to start the center. It was a special gift and a very special memory. Congratulations to Self-Help for the Elderly! Even after 40 years, you still look as young as ever! Best wishes for another 100 years!

*In the Year of the Lucky Star, our seniors made thousands of paper stars for our Board Members as tokens of appreciation for their support. Jeffery and Susan have been our volunteers since we founded our South Bay Chapter almost twenty years ago. YOU are our Lucky Stars!*

## Hong Seh Lim

*Board of Directors, Self-Help for the Elderly  
Board Member since 1998*

President, Mil Kered Inc.



**I** first came into contact with Self-Help for the Elderly when my late great uncle from Hong Kong came to visit me many years ago. He was an active senior and he enjoyed meeting people from all walks of life. I learned that Self-Help operated a senior center in Palo Alto through the local Chinese newspaper. I contacted the center and the staff was very friendly and courteous. They welcomed my great uncle to join the center and arranged for transportation to pick him up and drive him to and from the center. My great uncle had a wonderful time at the center, and I thank Self-Help for the Elderly for their superb job in caring for our seniors.

*Hong Seh is Self-Help's pillar of strength! His business acumen and financial expertise guide many of the Agency's discussions. When we searched for a golf course for our 2005 Charity Golf Tournament, Hong Seh found us the perfect venue at CordeValle in San Martin and brought in many of his friends to help. You're the greatest, Hong Seh!*

## Magdalen Mui

*Board of Directors, Self-Help for the Elderly  
Board Member since 2004*

Director, Small Business Banking for Wells Fargo  
Board of Directors, Asian Business League of San Francisco  
Board of Directors, Organization of Chinese Americans  
Advisory Board, San Francisco Hispanic Chamber of Commerce



**M**y favorite Self-Help memory is when the hearts and minds of the Wells Fargo team members were put to the test. Just days prior to the agency's Walkathon, a terrible tragedy occurred at a Wells Fargo branch that resulted in the death of a team member. Participation in all external events were cancelled except the Walkathon. It turned out that helping others was incredible therapy. By opening our hearts to help others we were able to put aside, for a few hours, our own problems. Today, our team members serve lunch every Thanksgiving as a way of saying thank you to Self-Help for the services they provide to the community.

*Maggie has Self-Help on her mind all the time! We are fortunate to have her as our advisor and advocate. She is a mentor for her team at Wells Fargo; when Maggie supports us, her whole team supports us, whether it's Thanksgiving, Christmas, Walkathon or the Longevity Gala -- Maggie and her colleagues will be serving meals, wrapping gifts, registering walkers -- our corporate partners at their best! We salute you and your team, Maggie!*

## Antonia Tu

*Board of Directors, Self-Help for the Elderly  
Board Member since 1990*

Co-founder, DCL



**F**or 14 years, Ronald Leung has bought groceries for Zung Sieu Longevity Garden in Sunnyvale. Volunteers such as Ronald inspire us to work together toward a common vision at Self-Help. A salute to Ronald who will turn 80 as Self-Help for the Elderly celebrates 40 years of serving seniors in our community. Happy Birthday!

*For nearly 20 years, Antonia has brought in her entire family to support the agency! Since she joined Self-Help's Founding South Bay Board in 1988, she has served as Board Chair and provides critical leadership in the growth of the Agency. Antonia, we salute you for your unconditional love and devotion to our seniors!*

## Linda Wang

*Board of Directors, Self-Help for the Elderly  
Board Member since 1976*

Director, Adult & Older Adult Services, City of San Francisco  
Social Worker, Chinese Hospital



**M**y favorite memory of Self-Help for the Elderly was when I referred a client to the Agency for services. Although the service needed was not something the agency usually provided, Self-Help staff was flexible and extended themselves in order to help the client. This attitude and approach left a very positive impression.

*Linda provides stability, integrity, and accountability to our Board. She chairs the Program Committee and the Strategic Planning committee and works closely with staff on program implementation and evaluation. Linda is Self-Help's Rock of Gibraltar -- she is the source of our strength!*

## May Wong

*Board of Directors, Self-Help for the Elderly  
Board Member since 2003*

Vice President & Money Desk Manager, Bank of the Orient



**I** enjoy visiting the various meal sites that Self-Help serves because it is rewarding to see so many seniors eating and enjoying the Asian ethnic food served. And, some of the seniors have such a good appetite!

*May's quiet strength and her financial expertise make her an irreplaceable member of the Board, the Finance and Audit committees. She has attended every meeting and volunteered for the Silent Auction committee for years. With May in charge, staff never have to worry about a project's completion and accuracy. May always gets the job done. We salute you, May!*



## Sebastian Wong

*Board of Directors, Self-Help for the Elderly  
Board Member since 2005*

Board Member, Northern California Asian Peace Officers Association



**M**y favorite memory would be the first time I volunteered to deliver Thanksgiving meals. In the 1980s, I was invited to join the Asian police officers and firefighters to participate in delivering Thanksgiving meals, and it was very rewarding to see the elderly brighten up when we arrived. Self-Help does so much for the community with the dedication of their staff and volunteers.

*As Captain of the Paramedic division, Sebastian always ensures that our seniors are safe at all Agency special events. He joined the Board in 2005 and has been an exceptional Board Member, studying the issues affecting the Agency. He raised funds to install several AEDs at Lady Shaw and Chinatown and taught First Aid and CPR to our seniors and volunteers. Thank you, Sebastian!*

## Susan Woo

*Board of Directors, Self-Help for the Elderly  
Board Member since 1997*

Director, San Mateo County Community College Foundation  
Board of Directors, Metropolitan Bank



**M**y fondest memory of Self-Help for the Elderly took place in 1996. My good friend Brenda Wen nominated my mother to represent Santa Clara County as the Lady of Benevolence at the Longevity Gala. My mother, Mrs. Yung-Hsien Li, was 91 years of age at the time. With the help of many good friends, and the support of my family and relatives, we raised a large donation for Self-Help and my mother won the title! When she was crowned, the radiant smile on my mother's face was incredible! It is a smile I will always remember. It was a wonderful moment made equally special knowing that all the hard work was for such a worthy cause. When Self-Help for the Elderly later asked me to join the Board, I gladly accepted.

I would like to take this opportunity to congratulate Self-Help on their 40th birthday and Best Wishes for continued success in the years to come!

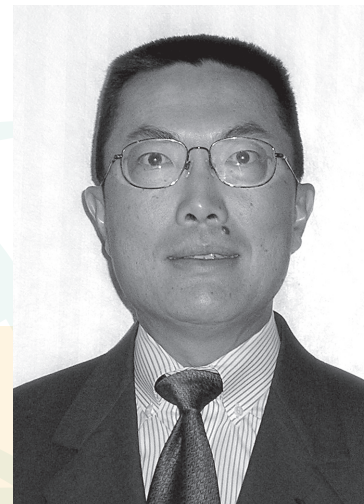
*Susan is a Board Member who serves with great compassion for our seniors. She supports every project -- from Lady Shaw to Amber Glow. Her generosity and kindness is an inspiration to all. We love you, Susan!*



## Paul Zen

*Board of Directors, Self-Help for the Elderly  
Board Member since 1998*

Board of Directors, Shanghai Sister City Committee  
Trustee, Crystal Springs Upland School  
Vice President, FIT Investment Corporation  
Member, AICPA



**I** am most impressed by the people involved in this organization. Roz is a lady with so much energy and determination. Anni is selflessly dedicated to the cause of the Agency. So many other volunteers who work tirelessly for Self-Help really inspire me. In short, the people at Self-Help have made me a believer in the organization.

*Paul was first introduced to Self-Help by Baxter Rice. Since he joined our Board, we have been truly blessed by him and his family's generosity. Paul hosts Halloween luncheons for 200+ home-bound seniors; involves his executive chefs to volunteer for the Dragon Boat Race and the Senior Cooking classes. When we began the capital campaign for Amber Glow, Paul was one of the first to respond and brought his friends to support the project. We are eternally grateful for your leadership and support of our seniors. Thank You Paul!*

## Virginia Bakken

*Affiliated since 1995*

Advisory Board, Asian American Cancer Support Network  
Chi Am Circle  
Chinese Historical Cultural Project



**M**y father was one of the first residents of Sunrise Center (now, Zung Sieu Longevity Garden) in Santa Clara. I will always remember the kindness, nurturing, patience, and quality of care given to him by the staff. I am deeply grateful.

*Since Virginia joined our South Bay Board in 1993, she has been instrumental in connecting us to her friends and other service clubs in Santa Clara county. She and her family served for many years on the Zung Sieu Garden Advisory Committee, and raised funds for the residents there. Virginia is also a member of the Longevity Gala Committee, dedicating her time each year to the Agency's largest fundraiser. She and her husband, Clarence, are irreplaceable volunteers. Thank you, Virginia!*

## Alice Suet-Yee Barkley

*Affiliated since 1983*

Of Counsel, Luce, Forward, Hamilton & Scripps LLP



**T**he day before Lady Shaw Senior Housing project was scheduled to close escrow with HUD, at the last minute, HUD required an additional \$382,000 to be secured within 24 hours or else the escrow would be called off. What happened next was legendary -- Rosalyn Koo, Chester Chin, Leonard Ho and myself, collectively came up with the total amount in one day and we were able to secure the \$5.4 million HUD loan to begin construction of Lady Shaw. We were able to pull it off!

*Alice provided all the legal representation for Self-Help's many buildings. From 1983 to 1990, it was Alice's expertise and experiences with the City Planning Procedures that helped secure the final victory of Lady Shaw Senior Housing atop the Broadway Tunnel. She represented Self-Help through 11 public hearings, 2 court injunctions and a special election to get the 70-unit Affordable Housing project approved.*

## Jane Chan

*Affiliated since 1989*

Volunteer



**W**hat impresses me most about Self-Help is the dedication of the staff and volunteers, working tirelessly yet always with a smile. This, to me, is a reflection of the organization itself. Self-Help's mission attracts many to serve with dedication and compassion.

*Jane was a Founding Board member of our South Bay Chapter. She immediately introduced us to her tennis friends and was instrumental in starting the South Bay Chinese Tennis Tournaments in 1988 to benefit the Palo Alto Senior Center. Since then, Jane has always volunteered for various projects, working behind the scenes, and introducing us to her contacts. As co-chair of the Silent Auction Committee, Jane works hard to collect as many gifts as she can to meet the goal every year. We salute you, Jane, for your tireless efforts!*

## Seck Chan, MD.

*Affiliated since 1995*

Professional Advisory Board, Self-Help HomeCare & Hospice  
Chinese Hospital



**O**n my first visit to the Self-Help for the Elderly offices, I entered the elevator through one door and exited through an adjacent one. “How absolutely unusual,” I thought. Eventually, I understood that this exemplifies how things are accomplished at Self-Help: where there is a will, there is a way. It may seem odd, and it may not be fancy, but the clients are served -- and that is what really matters.

*In the early 1990s, Dr. Chan relocated to San Francisco from Vancouver and has been a staunch supporter of Self-Help ever since. He served on the Board of Directors, and currently chairs the PAC for HomeCare and Hospice. He has a busy practice as a urologist in San Francisco, but always finds time to educate seniors on prostate health and other health topics. As HomeCare and Hospice expands, Dr. Chan provides invaluable staff guidance to ensure quality and safety for all of our patients. Thank you, Dr. Chan!*

## Vera Haile

*Affiliated since 1970*

San Francisco Immigrant Rights Commission  
Advisory Council to the Department of Aging and Adult Services  
Aging and Adult Services Long Term Care Coordination Council  
In-Home Supportive Services and Health Committee



**I** could fill many pages with memories of clients during my years as a Self-Help staff. But one thing I remember that served me well was how we started programs at Self-Help in the early 1970s.

When a senior came to 3 Old Chinatown Lane, there was one office for all the social workers. When a senior described a problem, usually income, health, or housing we would find a resource and arrange for the client to get there or the service get here. If the service needed did not exist, we would develop a program, write a proposal and get money to start the service. In those days, the government and foundations did not know the needs of Chinese seniors, so if we could define the problem and the solution, we could try it out. That's how we got the housekeeper and home health aide programs started and many others.

*Vera was, and still is, the 'conscience' of Self-Help. She makes sure the Agency stays true to our Mission and Vision. She is a tireless advocate for Self-Help and our 25,000 seniors. We salute Vera Haile for her dedication and support for the past 40 years.*



## Jerry Hill

*Affiliated since 1998*

San Mateo County Board of Supervisors  
Board of Directors, San Mateo Medical Center  
Board of Directors, San Mateo Transit District



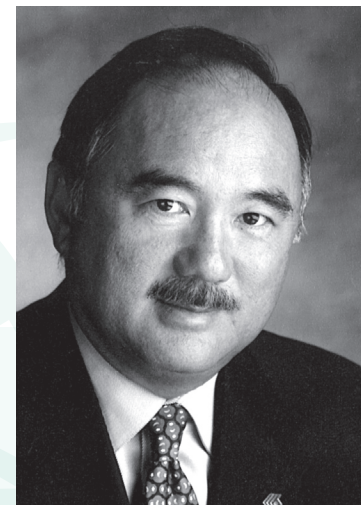
**I** love attending Self-Help for the Elderly events because they are warm, inviting family affairs that honor our seniors with care and cherishes their value. Congratulations on 40 wonderful years!

*Since the Agency began its San Mateo chapter in Central Park, Supervisor Hill has been a staunch supporter and advocate of senior programs and diversity. He is not only a good friend, but our Protector and Advisor. We salute Supervisor Hill!*

## Joseph Kwok

*Affiliated since 1992*

Senior Vice-President, United Commercial Bank  
Volunteer, San Francisco Chinatown Lions Club  
Volunteer, United Way of the Bay Area  
Volunteer, Chinese Hospital  
Volunteer, Chinese Cultural Foundation



**F**or 10 years, my golf mentor, Ernie Joe, and I used our passion for golf to organize golf tournaments to raise funds for Self-Help. Throughout the process, I had lots of fun and met some wonderful people.

*Joe was the Founding Board member of our San Mateo Chapter. He started the Charity Golf Tournament to raise funds for San Mateo programs. Self-Help salutes Joseph Kwok for his dedication to our seniors.*



## Fred Lau

*Affiliated since 1986*

Federal Security Director, Transportation Security Administration  
Chief, San Francisco Police Department



**I**n 1988, I brought my son Nicholas to his first annual Thanksgiving celebration with Self-Help. He was four and a little shy. He put on his paper hat, apron, and gloves and went to work. He has been there ever since. Thanksgiving Day for the Lau Family begins at Self-Help.

*Over the past 20 years, Self-Help has developed a close relationship with the San Francisco Police Department, especially during Fred Lau's tenure as Chief of Police. Fred truly believed in his officers being part of the community in which they worked. Community events such as the Walkathon, Lion Dance, Dragon Boat and Thanksgiving celebrations would not be feasible without the support of the SFPD. The Thanksgiving Celebration has become a partnership between Self-Help and the SFPD and every Thanksgiving Day, rain or shine, Fred and his family will serve and deliver meals to seniors alongside 200 officers from the SFPD, Police Reserves, Fire Department, Paramedic Unit and the Deputy Sheriff's Unit. We salute Fred for his leadership and friendship!*

## Adeline Louie

*Affiliated since 1981*

Volunteer



**M**y favorite memory is how Anni, Lulu (Leong) and I sat in a cafe drafting the Lion Dance Fundraiser idea on a piece of napkin, and over twenty years later it is still going strong!

*Without Adeline, there would be no Lion Dance Fundraiser! Her former students and closest friends in the Martial Arts field always help her raise funds for the seniors. For 20 years -- rain or shine, Adeline leads our Annual Lion Dance fundraisers in August, bringing hundreds of young volunteers to join Self-Help's family. Thank you, Addy!*

## Anna Ng

*Affiliated since 1996*

Philanthropist



**M**y favorite Self-Help fundraising event is the Chinese Opera, starring Josephine Ma. Among Self-Help's many services, I am most impressed with the affordable housing it offers to low-income seniors. Good luck and continued success to Self-Help!

*Anna is a great friend and supporter! The Anna Ng Foundation has donated over \$80,000 to support various programs at Self-Help. Her support of our seniors is deeply appreciated!*

## Baxter Rice

*Affiliated since 1994*

Vice Chair, Board of Directors, Pine View Housing Corporation  
Pacific Institute for Community Organization  
Women's Stress Alternatives  
California State Board of Accountancy



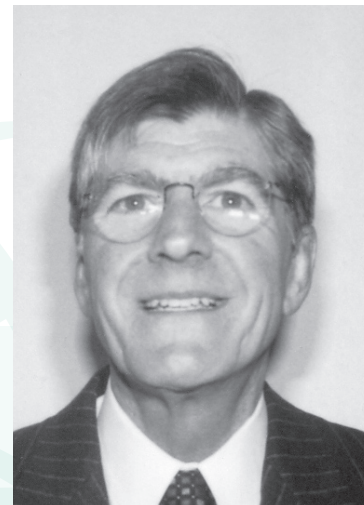
**W**hile there have been many memorable moments during my years with Self-Help for the Elderly, among them are the Dedication of Autumn Glow, the 10<sup>th</sup> Anniversary Celebration of Lady Shaw and the 30<sup>th</sup> Anniversary celebration of Self-Help. But my fondest memory will always be the Thursday night Financial Committee Meetings at Gladys Hu's house. She would always treat us to her warm hospitality and fabulous meals. Three cheers for Gladys.

*Baxter has been on our Board of Directors since 1994 and has never turned down any request or assignment! He always has the Agency's best interest in mind and introduced Self-Help to many of his friends who later joined our Board! Thank you, Baxter!*

## Larry Simi

*Affiliated since 1991*

President, Board of Directors, Pine View Housing Corporation  
Director, State Governmental Relations for PG&E  
Program Manager, Alioto, Moscone and Feinstein Administrations  
Board Member, United Cerebral Palsy Association  
Board Member, Mission Education Project



**D**uring the mid-seventies, when I became the Director of the Commission on Aging, Alan Wong was the Executive Director of Self-Help and Anni was on staff. While the agency was relatively young, it was, even then, one of the most respected community-based agencies in the City. At that time, senior services were in a shambles and we had very little control of Administration of Aging dollars and we were just beginning to program the Parking Tax funds. At that time, Mayor Moscone needed support to move the City towards an integrated and comprehensive program of services for seniors. Alan and Anni were always there for expert testimony, to encourage Asian seniors to participate and advocate for their needs, and to stand up and be counted when the chips were down.

*From Self-Help Board Member to Pine View Housing Board Member, Larry has provided steadfast leadership and resources to our seniors. Larry's reputation and experience with California's policymakers and legislators opened many doors for Self-Help. Thank you for being such a strong supporter, Larry!*

## Marcia Smolens

*Affiliated since 1987*

Institute on Aging  
Metta Fund  
San Francisco Cerebral Palsy Association  
National Jewish Democratic Council  
Telegraph Hill Neighborhood Center



**I** met Anni when a San Francisco Supervisor asked me to assist Self-Help from stopping a mortuary from moving to a location that would prohibit Lady Shaw housing. In my first meeting, run by Roz and Anni, I thought, “Wow! This powerful group is all strong women. THIS is for me.”

*Marcia is one of the most influential consultants in San Francisco. Whenever Self-Help needs political advice, we go to Marcia. She is always ready to assist us, willing to introduce us to the appropriate individuals -- providing us access to legislators and decision makers. We salute Marcia Smolens!*



## Philip Tam

*Affiliated since 2003*

Board of Directors, Pine View Housing Corporation  
International Diplomacy Council



**I** have served as a member of the Board of Directors of the Pine View Housing Corporation for 13 years and enjoyed every minute of it because Self-Help always makes me feel at home -- like part of an extended family.

*Philip has a long history with Self-Help. He and Anni started the Self-Help Youth Program until he became the Housing Manager for the San Francisco Housing Authority. He volunteers for our annual lion dance and other events. We can always count on Philip for his support. Thank you, Philip!*

## Eileen Tong

*Affiliated since 1989*

Volunteer



**I** remember vividly the nights before the first three Walkathons -- I was at Self-Help's Grant Street office making 3,000 sandwiches and blowing up 3,000 balloons! The few volunteers who were there had to sleep on top of the desks! My other favorite event is the annual Thanksgiving party for the seniors and children in Chinatown. I'm there every year carving 200 turkeys for the meals. To see the smiles on the seniors' faces is priceless.

*Eileen is a volunteer with a big heart and a pair of ready hands! No matter how small or difficult the task, Eileen will be there for the staff and seniors. She volunteered her collection of antique robes from China for a Fashion Show to raise funds for Self-Help. We salute Eileen -- volunteer extraordinaire and Lady with Heart!*



## Tenny Tsai-Eng

*Affiliated since 1991*

Executive Board of Directors, Alzheimer's Association for the Greater Bay Area  
Executive Board of Directors, Alzheimer's Association of Northern California and Nevada  
Executive Board of Directors, National Alzheimer's Association  
Founder, Asian Community Fund  
YWCA of Silicon Valley



**T**he monolingual caregiver who was trained by Self-Help took care of my beloved grandmother the last three years of her life. My family was able to have peace of mind knowing my grandmother was in good hands. We are forever indebted to Self-Help for the job training program they offer and for putting us in touch with the caregiver.

*Tenny is an extraordinary volunteer. After ten years of non-stop searching, Tenny found us the perfect location for Amber Glow. She and her entire family are strong supporters of Self-Help. Their generosity towards many of our efforts, such as Autumn Glow, the Jackie Chan Center, Zung Sieu Garden and Amber Glow are constant reminders to the Board and Staff that we can do more for our seniors. Tenny is the shining example of how one person can change the outcome of many lives! We salute you, Tenny.*

## Barbara Why

*Affiliated since 1995*

Volunteer



**S**elf-Help for the Elderly has so many wonderful programs. At the Cupertino site, I am currently teaching an English reading class to seniors -- it is so rewarding because the seniors are so grateful.

*Ever since we started our program in Santa Clara County, Barbara has been there for us. Serving on the South Bay Board, Sunrise Advisory Board, Program Committee, and the Longevity Gala Committee -- she has never turned down a challenge or request for assistance! She brings to Self-Help a definite 'can do' spirit and is an inspiration to all! We love you, Barbara!*

## Barbara Yee

*Affiliated since 1995*

Volunteer



**M**y favorite memory is the Jackie Chan Extravaganza in 1996. My grandchildren were beaming with joy and smiles for the opportunity to present a memento to Jackie Chan. To this day, they remember that glorious event.

*Barbara's love and devotion to Self-Help is an inspiration to staff. She chaired the Annual Fundraising Dinners for the San Francisco chapter until we consolidated the three counties into one Gala, led fundraising events involved with the Jackie Chan Center, and is the Chair of our 40th Anniversary Fair on August 5-6, 2006 at Union Square. Whatever Barbara touches turns into gold! Her enthusiasm and hardwork enable our events to meet and exceed goals! We salute you, Barbara!*

## Dorothy Yeung

*Affiliated since 1976*

Chinese Physical Therapy Rehabilitation



**T**here's never a dull moment raising funds for Self-Help for the Elderly. After all, I contributed my

**S**ervices  
**E**go  
**L**ove  
**F**riends

**H**ouse  
**E**nergy  
**L**eisure  
**P**ennies

What do I get in return? Nothing short of joy to know that the self-respect and independence of older adults are preserved.

*Dorothy is a consistent resource whenever the Agency needs any help. For the past 30 years, she has brought in her best friends to support Self-Help. Many of the South Bay volunteers are childhood friends who have become our strongest supporters -- Antonia, Mandy, Jane, Frances and Sheila. Through her, superstars like Jackie Chan and Anita Mui have taken Self-Help under their wings! When we started the Dragon Boat Race Fundraiser 10 years ago, Dorothy was the first to respond. She is truly a Warrior Woman in every way!*

## Flora Zee

*Affiliated since 1992*

Patron, Capital Campaign for Saint Catherine's Hospital



**M**y favorite Self-Help memory is tonight's Gala. I have co-chaired the Decorations Committee with my Ikebana Sensei, Kika Shibata for the last 12 years. Every year, I coordinate over twenty volunteers who spend the entire day decorating the hotel foyer, silent auction area, as well as the grand ballroom. Due to the limited budget, accomplishing everything has, at times, been challenging. Regardless of monetary constraints, I find every year extremely gratifying because I know that out of every dollar raised at the event, 85% will go directly to programs benefiting the seniors.

*Congratulations to Flora as she steps into the position of Sensei! Through Flora, Master Sensei Kika Shibata has provided our annual Gala the most striking and beautiful Ikebana floral arrangements. To Flora and her husband Andrew -- we are eternally grateful for all of your support!*

## Previous Honorees

**1993** Frank Gee Ming Leong Michael Ma Vyolet Chu I-Pin Lam Shirley Yam Wong

**1994** Chef Lawrence Chu David Louie George Ong Nora Lee Mabel Seid Tina Tsui

**1995** Mandy Au Betty Ng Helen Soo Larry Fong Thomas Gee Wade Loo

**1996** Mary Yee Gin Yung-Hsien Li Peggy Liu Anthony Chan Kansan Chu Michael W. Lai

**1997** Sze-Chung To Liang Macy Mak Shuk Kwan Lam Wong Bosco Chu Neil Cu Edmund Sing

**1998** Marie Lee Rosa Roo Nicholas Sapunar Joseph & Sieu Mei Tu Laura Wong

**1999** Julia Chu-Yan Chen Frances Chin Gladys Hu Eppie Lam Fung Fan Yung

**2000** Sit Piu Fung Wing Cheong Koo Kenneth Lai Dr. RC Lowe Bing H. Mah Michael Tun Zan

**2001** San Jose Building Donors: Tom Family/Tam Do Hing Building

**2002** Mike Honda Kevin Shelley Lillian Howell Fung Ting Fung Poon Andrew Tu  
United Commercial Bank/Tommy Wu

**2003** Norman Mineta Willie Brown Claire Mack Nelson Fund Wells Fargo May Wong

**2004** Kika Shibata SBC Anita Mui

**2005** UPS Ernie & Jenny Go Chi-Am Circle



## 1966

Self-Help for the Elderly (SHE) opens its doors at 3 Old Chinatown Lane.

## 1971-1973

Self-Help for the Elderly participates in the first White House Conference on the Aging. SHE is used as a model aging program serving an ethnic community.

Self-Help for the Elderly is incorporated as an independent nonprofit organization.

First meal site for seniors opens at Cumberland Church.

Housekeeper Training Program begins.

Nutrition Program begins under contract with the State Department On Aging.

## 1974-1976

Nutrition Program adds new sites in Aquatic Park, Downtown Senior Center, Telegraph Hill and Jean Parker School.

Home Health Aide Training begins as a demonstration program with a grant from Older Americans Act.

Senior Employment and Training Unit begins, with assistance from a Comprehensive and Training Act (CETA) contract.

Four years after initial application, Self-Help for the Elderly becomes a member agency of the United Way.

## 1978

Self-Help for the Elderly moves from Old Chinatown Lane to 640 Pine Street and becomes a one-stop multi-purpose senior program.

The San Francisco Commission on Aging grants a contract to set up the Housing Unit providing direct assistance, tenant education and counseling.

## 1981-1983

Self-Help for the Elderly holds its first Annual Fundraising Dinner to benefit senior programs, honoring the late Cyril Magnin.

Self-Help holds its first Lion Dance Fundraising event.

Richmond District Nutrition Program providing meals and support services.

Chinatown Nutrition Program finds permanent home at Geen Mun Center.

Self-Help HomeCare is established. It is licensed by the State of California to provide skilled nursing and home health services.

## 1984-1985

Self-Help for the Elderly receives a \$3.6 million grant from U.S. Housing and Urban Development (HUD) for a 70-unit housing project for low-income seniors.

Self-Help for the Elderly holds its first annual Golden Gait Walkathon.

## 1986-1988

The Board of Directors conducts a comprehensive self-evaluation and Strategic Planning Process to develop a Five-Year Plan for 1987-1991.

The Self-Help for the Elderly Foundation is incorporated.

Self-Help for the Elderly moves to 445 Grant Avenue.

Amber Glow Residential Care Home opens in San Francisco.

## 1989

Construction for Lady Shaw Senior Center and housing complex begins above the Broadway Tunnel.

South Bay Advisory Board is formed.

Self-Help for the Elderly opens the Palo Alto Center, its first program in Santa Clara County.

## 1990

The Alzheimer's Day Care Resource Center begins serving seniors afflicted with Alzheimer's Disease and related dementia.

Leonard House Residential Board and Care Home opens.

Senior Community Services Employment Program opens.

Self-Help holds its first Cantonese Opera Event.

Lady Shaw Senior Center is completed and opens its doors.

## 1992

Self-Help for the Elderly moves to its permanent home at 407 Sansome Street.

Self-Help for the Elderly's first center in San Mateo opens.

The San Mateo Center adds the Health Insurance Counseling and Advocacy Program (HICAP).

The South Sunset Center opens in the Sunset District.

## 1993-1994

Self-Help for the Elderly Santa Clara County receives its own nonprofit status and becomes an affiliated organization.

Sunrise Center begins serving the South Bay community.

The Daly City Senior Center, targeting Filipino American seniors, opens its doors at St. Andrew's Parish Hall.

## 1995

Self-Help HomeCare adds Hospice services to its program.

Self-Help participates in its first Dragon Boat competition.

## 1996

The Adult Day Health Care Program opens in San Francisco's Richmond District.

Self-Help for the Elderly begins a limited Chinese program at St. James Center in San Jose.

Self-Help for the Elderly opens the Northeast Senior Central, our first Senior Central.

## 1997

Social Services Department is created. Programs include Northeast Senior Central, Housing, Naturalization, Elder Abuse and Social Services at Geen Mun.

Self-Help for the Elderly becomes the designated lead agency of one of four Citizenship Hubs in San Francisco assisting thousands of Asian immigrants through the naturalization process.

## 1998

Outer Sunset Senior Central opens. Agency begins to serve Russian-speaking seniors.

The San Francisco Technology and Information Empowerment (TIE) Center opens its doors at its Grant Avenue location. The center was designed to increase older adult computer literacy and technology access.

Self-Help for the Elderly adds the Woolf House Center and Canon Kip Nutrition Program.

## 1999

Self-Help for the Elderly begins a senior nutrition program at St. James Center in San Jose.

Self-Help for the Elderly's Nutrition Program adds 2 centers – Casa Del Pueblo in San Jose and Mendelshon House in San Francisco.

Social Services Worker positions are created for the Northeast, Outer Sunset, Visitacion Valley neighborhoods.

Self-Help for the Elderly consolidates all affiliate boards into one Board of Directors for all 3 counties.

Self-Help for the Elderly acquires the building at Geary & 22<sup>nd</sup> Avenue to expand the Jackie Chan Center and relocate the Richmond Senior Center to a larger space.

## 2000

Self-Help for the Elderly opens the third Senior Central in the Inner Sunset/Haight Ashbury neighborhood.

Case Management Services for limited-English speaking seniors added to San Mateo programs.

Nutrition program begins service at the Iola Williams Center and Berryessa Community Center in San Jose.

Emergency IHSS program renamed Elder Care at Home and expands in December 2000. Escort Program begins providing service.

Secured funding to begin a non-medical in-home care program for individuals recently discharged from the hospital.

## 2001

Inner Sunset Social Services Worker position created.

Self-Help receives a major gift from the Tom family to convert the Nam Yuen Building at 740 Washington Street in Chinatown in an ADHC and senior center to be named the Do Hing Tom Senior Center.

Autumn Glow, a 15-bed HUD 811 RCFE opens to provide 24-hour care and supervision to seniors with Alzheimer's disease in San Francisco's Western Addition.

ADS and Social Services collaborate to begin a new Caregiver Training Program and in-home Respite Program for families of frail seniors.

San Mateo Center begins serving Home Delivered Meals in Daly City and begins a Brown Bag Food Program in San Mateo Center.

Self-Help begins a partnership with Daly City and other CBOs to create the Adult Community Connecting Education, Service and Support program (ACCESS). ACCESS is a multicultural, advocacy outreach program connecting older adults with community resources.

UPS Foundation awards Self-Help \$50,000 to expand the Jackie Chan Center and the Richmond Senior Center.

Self-Help kicks off a \$1 million Capital Campaign for a permanent site in San Jose. Board begins seeking an ideal location for the future home of Self-Help's South Bay multipurpose senior complex.

Congregate nutrition lunch program expanded from 4 days per week to 5 days for San Mateo Center.

Self-Help for the Elderly opens the Clementina Center.

## 2002

Senior Centrals are re-named to Resource Centers for Seniors and Disabled Adults. Self-Help opens the fourth Resource Center in Central City and operates sites in Northeast, Inner Sunset, Haight Ashbury and Outer Sunset neighborhoods.

Self-Help begins a 5-day Senior Nutrition and Senior Center in Cupertino. A Wellness Project is added for all regions.

## 2003

Self-Help for the Elderly adopts a new logo for the Agency with the peach symbolizing longevity.

DCL, a long-time Agency supporter, celebrates its 20<sup>th</sup> Anniversary by sponsoring an exclusive event at the new Asian Art Museum for Friends of Self-Help for the Elderly.

## 2004-2005

Celebrity Jackie Chan attends a ribbon-cutting ceremony for the expansion of the Jackie Chan Nutrition and Senior Center and sponsors a special screening for his documentary film.

Self-Help purchases Amber Glow, the future South Bay headquarters of Self-Help for the Elderly, located in San Jose.

Self-Help for the Elderly opens a Technology & Information Empowerment Center in San Mateo and Santa Clara Counties.

## 2006

Manilatown Senior Nutrition program relocates to I-Hotel.

Self-Help opens its first location in Alameda County – Lincoln Court affordable senior housing in Oakland's Dimond District.

