

# Golden Lines

## 黃金點滴

### A Fruitful Trip to Comcast SportsNet

By: Annie Mai, Student of Comcast Digital Connectors Program

I first heard about the Comcast Digital Connectors Program from my friend, Shirley Rong, when she told me that I should join the class if I am interested in learning more about computer. So I did. In the past three months, our program instructor, Annie Yu, has taught us about leadership, teamwork, financial literacy and digital literacy. The computer course provided by CISCO is scheduled to start in early February so I am really excited! Apart from the curriculum, Annie has also scheduled a field trip to Comcast SportsNet on December 20, 2013 for the class to expand our horizon in career development.

When I heard about the field trip to Comcast SportsNet, my classmates and I were very excited. I've never been to a TV station before so many questions were running wild in my head. I was eager to find out what do people do in a TV station, what are the different jobs, how does their work connect to each other and how did they build teamwork in the workplace. Most importantly, I want to know what experiences a person should have in order to become a qualified employee at Comcast.

We arrived at 11am and were warmly greeted by Mr. Hong Chang and Ms.

~ to be continued on page 7  
~ 中文翻譯請閱第七頁



Comcast Digital Connectors Program students visiting Comcast SportsNet.  
Tour provided by Hong Chang and Patsy Leung (second row, first on the left).



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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](http://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](mailto: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或瀏覽我們的網址 [www.selfhelpelderly.org](http://www.selfhelpelderly.org)。紀念捐款或嘉譽捐款一概歡迎！

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](mailto: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](http://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](http://www.selfhelpelderly.org) 或致電四一五・六七七・七六六九。

## ***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。

## ***Board of Directors***

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## UPCOMING EVENTS IN 2014

### 《安老》二零一四年活動列表

**February 8, Saturday**  
二月八日 (星期六)

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

**February 22, Saturday**  
二月二十二日 (星期六)

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

**June 14, Saturday**  
六月十四日 (星期六)

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

**August 2, Saturday**  
八月二日 (星期六)

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

**September (TBA)**  
九月(有待發佈)

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

**September (TBA)**  
九月(有待發佈)

Invitational Charity Golf Tournament  
Location to be Announced  
高爾夫球慈善邀請賽，地點有待發佈

**October 4, Saturday**  
十月四日 (星期六)

Longevity Walkathon Parade & Fair, San Francisco Portsmouth Square  
安老長壽百萬行及博覽會，三藩市花園角廣場

**November 1 & 2**  
**Saturday & Sunday**  
十一月一及二日

Chinese Opera Benefit  
Yerba Buena Center for the Arts, Lam Research Theater  
安老端鳳粵劇澤耆英  
三藩市尤伯連納藝術中心，林氏研究劇院

**November 27, Thursday**  
十一月二十七日 (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

馬到功成  
甲午晚明  
卷



# Need a Job? Looking for a New Career?



Culinary Classes begin in February!

## Free Culinary Training... Now Enrolling!

- Get a job in the Culinary & Food Services field!
- Work with a wide range of à la minute cooking techniques
- Hone your knife skills and improve your speed and accuracy
- Learn & practice kitchen etiquette and line terminology
- Improve your ability to cook under pressure
- Requires High School English/at least ESL8 & Math skills



Housekeeping & Home Health Aide Training Classes begin in February!

## Free Housekeeping Training... Now Enrolling!

- Get a job as a Housekeeper!
- Learn how to clean residential facilities
- Practical training in cleaning residential facilities
- Practice proper and safe use of chemicals in the home
- Improve your ability to clean effectively and efficiently

## Free Home Health Aide Training... Now Enrolling!

- Get a job as a Home Health Aide!
- Training on professional elder care at home, and Clinical practice at healthcare facilities
- Learn to prepare nutritious and healthy foods
- Training in First Aid and CPR



Custodial Training Classes begin in April!

## Free Custodial Training... Now Enrolling!

- Get a job in the Custodial field!
- Training on tools, chemicals, and equipment
- Includes Vocational English as a Second Language
- Learn how to effectively clean commercial facilities
- Practice proper and safe handling of diverse chemicals

## Limited Space! Call to Set Up an Orientation Today!

(415) 677-7500

601 Jackson St., San Francisco, CA 94133

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)

[winniey@selfhelpelderly.org](mailto:winniey@selfhelpelderly.org)

Training provided in partnership with:





# 需要一份工作？追求新的事業？



烹飪班二月份開始！

## 免費『烹飪』培訓…現在招募當中！

- 爭取一份烹飪及飲食服務行業的工作！
- 學習一系列美食菜式及烹飪技巧
- 掌握及提高刀法技巧、運刀速度和準確度
- 學習及運用廚房禮儀及專業術語
- 提高你在壓力下烹飪的能力
- 需要高中英語/至少ESL8與數學技能



家政及家居護理班二月份開始！

## 免費『家政員』培訓…現在招募當中！

- 爭取一份家政員的工作！
- 學習如何清理住宅居所
- 課程包括家居清潔實習訓練
- 學習正確及安全地使用家用清潔化學用品
- 增強你有效清潔的能力及工作效率



商務清潔培訓班四月開始！

## 免費『家居護理員』培訓…現在招募當中！

- 爭取一份家居護理的工作！
- 長者家居護理專業訓練及健康照護機構實習機會
- 學習如何準備健康營養餐
- 急救和心肺復甦訓練

## 免費『商務清潔』培訓…現在招募當中！

- 爭取一份商務清潔的工作！
- 工具、清潔化學用品及器材的應用訓練
- 包括職業「英語為第二語言」輔導課程
- 學習如何有效地清潔商務物業
- 學習正確及安全地處理各種清潔化學用品

## 名額有限！立刻致電預約就業講座！

(415) 677-7500

601 Jackson St., San Francisco, CA 94133

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)

[winniey@selfhelpelderly.org](mailto:winniey@selfhelpelderly.org)

Training provided in partnership with:



## Self-Help Gold & Silver Travel Group – 5 Days U.S. & Canada Pacific Coastal Package

By: Ann Ying Xiao

In collaboration with the Grand Select, Self-Help for the Elderly restarted its Gold & Silver Travel Group and packaged a 5-Day U.S. & Canada Pacific Coastal Trip which was set off on September 21, 2013. There were over 80 participants in this tour, in which a majority were clients of our senior centers and their family members. Led by two staff of Self-Help and two tour guides of Grand Select, the group visited landmarks in Seattle and Vancouver, Canada, including the Space Needle, Vancouver Chinatown, Gas Town, Stanley Park, Queen Elizabeth Park, and a Canadian local winery.

On the third day of the trip, the group boarded the Island Princess Cruise in Vancouver and started its two-night enjoyment on the cruise while on its way back to San Francisco.

We have also hosted a Ballroom Dance Night and a Karaoke Night for the tour so that seniors were able to mingle with their families and friends while enjoying facilities on the cruise. Everyone enjoyed the trip and are looking forward to the next 10 Days Taiwan trip in March 2014. We sincerely thank our volunteers, staff, and Grand Select for making this a memorable experience.

To reserve your spot in the “10 Days Taiwan Trip” in March or for inquiries, please contact Ms. Annie Yu at (415) 677-7669.

### 安老金銀旅行團 —— 美加郵輪之旅

文：蕭穎曉

《安老自助處》與《皇室假期》於今年四月開始合作籌備的五天美加郵輪之旅在九月二十一日啟程。此次旅程有超過八十位朋友參加，其中大部分是《安老自助處》營養及康樂中心的長者及他們的家人。在《安老自助處》兩位員工及《皇室假期》兩位導遊的帶領下，長者們參觀了西雅圖和加拿大溫哥華的各大名勝，其中包括西雅圖地標太空針、溫哥華的唐人街、煤氣鎮、史丹利公園、伊麗莎白紀念公園及聞名的冰酒廠。

在行程的第三天，長者們在溫哥華登上了豪華郵輪『Island Princess』，享受兩晚的娛樂節目。為了讓旅程更加愉快難忘，我們在郵輪上特地為長者們舉辦了社交舞會和卡拉OK之夜。五天的旅程於九月二十五日結束，長者們都依依不捨地盼望著即將在二零一四年三月啟程的十天台灣環島深度遊。我們衷心感謝《安老》兩位義工及皇室假期在此活動中的支持。



欲報名參加『十天台灣環島深度遊』或諮詢，請致電四一五·六七七·七六六九與余姑娘聯絡。

Group picture taken on the “Island Princess”



~ continued from page 1

Patsy Leung who was the guide for our tour at Comcast SportsNet. First stop was the office then the studio. I was very surprised because the office is beautiful and it is equipped with many advanced technology. I have learned so much on how sports news was being reported on TV through this field trip.

After that, we were invited into the conference room where we shared discussions on career path, school and work experience with the Ad Sales and Marketing team. At first we were afraid to ask questions because we did not know whether if the questions are appropriate to ask from a high schooler standpoint. Eventually, I began by asking how I could apply for a job at Comcast SportsNet. We were told that internship plays a very important role for our future. Internships will help us gain more experience, helps us find a better job in the future and also provide us the opportunity to meet different people from around the world. We were also being told that one of the important skills in management is patience and communication because it is a magic that brings all department to work as one team.

I personally felt that this field trip is a mind opener that we have a bright future ahead of us. At the same time, I felt that the discussion with the Ad Sales and Marketing team had given us a chance to polish our confidence and improve our public speaking skills. I would like to say that the best things I've learned was do not be afraid of talking to people, because if I try my best, opportunities to succeed will come my way!

Thank you Comcast SportsNet for having us!



Patsy & Jen introduces Comcast SportsNet office to the Connectors

## 《數碼互通課程》參觀Comcast SportsNet電視台

文：麥晶晶

第一次聽聞《數碼互通課程》是因為我的朋友容雪莉知道我對電腦課程有興趣，所以她建議我和她一起參加《數碼互通課程》。在過去的三個月中，《數碼互通課程》導師余艷娟教了我們有關領導才能、團隊合作、財務知識和數碼文化。我很期待將在二月初由CISCO提供的電腦網絡課程。除此之外，余導師更安排了我們在二零一三年十二月二十日參觀Comcast SportsNet電視台為擴充我們事業發展這方面的視野。

當我們得知可以參觀Comcast SportsNet電視台時，我們感到非常興奮。我從來沒有訪問過任何電視台所以我心中有好多問題。我很想知道電視台的工作種類和內容、不同的部門又如何互相連接並建立團隊精神。最重要的是我想知道一個理想Comcast SportsNet員工應具有甚麼條件和經驗。

當日我們早上十一時抵達電視台，由常虹先生和梁佩如小姐帶領我們參觀Comcast SportsNet電視台。首先是參觀辦公室和錄影室，他們所擁有的先進技術和設備真的令我們大開眼界。透過常先生和梁小姐的悉心解釋，我終於明白他們如何在電視上報告體育新聞。



Connectors & Annie Yu, Program instructor poses in front of the studio

之後，我們便在會議室與廣告業務及推廣部探討職業生涯規劃、學業及工作經驗等等。剛開始的時候我們都不敢發問，因為我們不知道心中的問題是否適當。過了一會兒我便提出第一道問題：我應該如何在Comcast申請工作。原來實習扮演著非常重要的角色，學生可以從實習機會累積工作經驗，而這將幫助我們找到更好的工作，同時我們還有機會接觸世界各地不同的人。透過這次的探討會，我們還學習到必備的管理技能是耐性和溝通技巧，因為它們是能將不同的部門聯繫在一起的「神奇魔法」。

我覺得這次實地考察使我領悟到我們的前景無可限量，同時與廣告業務及推廣部的探討會更提供了我們公開演講的機會，從而可以建立自信心。凡事勇敢嘗試，不要害怕與人交談，只要我盡力，成功其實就在不遠處！

謝謝Comcast SportsNet！

## Social Services Emergency IHSS Program Received over 90% Clients Satisfaction

By: Todd Frank

The Social Services Department has moved from Sansome Street to its new location in the basement of 601 Jackson Street, San Francisco, CA 94133. The move went very smoothly and the department is now housed in one location. The ESL, Citizenship, and Civic Engagement classes are now held in Portsmouth Square and we are looking into expanding ESL and Citizenship classes in the Sunset District in 2014.

In August 2013, our Emergency In-Home Support Services Program received a Program Monitoring Review from the Department of Aging and Adult Services. The review indicated that "SHE has done a very good job providing the emergency home care program to needy clients." Over 90% of clients receiving Homemaker, Personal Care, and Chore services were satisfied with the care they received.

Self-Help for the Elderly is the lead agency for the San Francisco Pathways to Citizenship Initiative and, to date, we have held four naturalization workshops serving 682 clients from many ethnicities who speak several different languages including Cantonese, Mandarin, Spanish, Russian, and Tagalog. The next workshop is scheduled for January 12, 2014 from 2:30pm to 4:30pm at the Congregation Sha'ar Zahav at 290 Dolores Street (cross street 16th Street), San Francisco, CA 94103.

For further information on the naturalization workshop, please call (415) 295-5894.

## 安老自助處社服部服務品質大受讚許

譯：陳奕蓁

《安老自助處》社會服務部現已搬遷到三藩市華埠積臣街六零一號地下室。「英語為第二語言」輔導課程、公民入籍及公民參與班則在三藩市花園角俱樂部（乾尼街七七九號）上課。我們希望在二零一四年裡能將其「英語為第二語言」輔導課程及公民入籍班擴展至三藩市日落區。

《安老》的家居緊急支援服務於二零一三年八月得《長者與成人服務部》作計劃檢測。檢測報告顯示：『《安老自助處》在為有需要人士提供家居緊急護理方面表現非常優越。』超過百分之九十接受我們的家居清潔及個人照護的人士，對護理人員的服務品質感到非常滿意。

《安老自助處》所負責的『三藩市通往公民道路計劃』，至今一共舉辦了四次入籍協辦活動，以粵語、國語、西班牙語、俄語或菲律賓語為六百八十二人服務。《安老》即將在二零一四年一月十二日，下午二時三十分至四時三十分，在猶太教堂(Congregation Sha'ar Zahav)舉辦入籍協辦活動。地址是三藩市德洛瑞絲街二百九十號，290 Dolores Street, San Francisco, CA 94103。

欲知此活動詳情，請致電四一五・二九五・五八九四。



## Lady Shaw Senior Center Celebrates Moon Festival with Residents

By: Lady Shaw Senior Center Management Office

The Moon Festival, also known as the Mid-Autumn Festival, is a traditional festival in Chinese Culture. Every year this special occasion is being celebrated with festive food, Chinese idioms guessing game and paper lanterns are also being used to decorate homes.

In September, Self-Help for the Elderly Lady Shaw Senior Center took the opportunity to celebrate the Moon Festival with our tenants in our monthly Tenants' Meeting and also the birthday of eight tenants. We began with a cake cutting ceremony for the eight tenants, followed by a skit performed by the staff and tenants. The skit was based on a Chinese legend named "Hau Ngai and the Sun." According to the legend there were 10 suns in the sky causing a great heat and destroyed the living on earth. A mythological archer, Hau Ngai, shot down nine suns thus bringing peace to the earth. One of the staff played the role of Hau Ngai while we invited 10 tenants to hold ten pictures of Sun. When Hau Ngai shot the ninth sun everyone cheered with excitement and the skit was a success!

There was also a mini concert performed by the Lady Shaw Senior Center Singing Class and Chinese idioms guessing game. Participants who guessed the right answer received a prize from the management team. The celebration ended with gourmet festive, karaoke jamming between the staff and tenants and mini moon cakes as gift to the participants!



A tenant happily participated in the Moon Festival Skit.



Tenants participating in the Chinese Idioms Guessing Game.

## 《邵逸夫爵士夫人長者中心》與住客歡渡中秋節

文：《邵逸夫爵士夫人長者中心》辦事處

中秋節是中國文化中的一個傳統節日。人們通常以應節食品、猜燈謎或以燈籠佈置家居來歡度佳節。

《邵逸夫爵士夫人長者中心》借此機會在九月的住客月會為住客們慶祝中秋節，同時為八位於九月生日的住客慶祝生日。當日切蛋糕儀式為揭開序幕後，接下來便是《邵逸夫爵士夫人長者中心》職員表演話劇。故事是來自一個中國古代傳說——「后羿射日」，相傳遠古時候，有一年天上出現了十個太陽，直烤得大地冒煙，使老百姓無法生活。箭神后羿為救人類脫離苦難，拉開神弓射下九個太陽。劇中的弓箭手后羿是由《邵逸夫爵士夫人長者中心》其中一位職員飾演，我們則邀請住客幫忙拿著十張各印有一個太陽的圖畫扮演天上的太陽。當最後一個太陽幾乎被射下之際，現場氣氛達至頂點！

當日還有本中心的歌唱班為眾人獻唱和猜燈謎遊戲，猜中謎底的住客更獲贈品。最後辦事處與各住客分享節慶的餐膳並送上迷你月餅。大家一邊享用食物，一邊享受住客們和各職員在卡拉OK台前的歌聲。慶祝會在掌聲、歡笑聲和愉快的氣氛下圓滿地結束了！

# Comcast Digital Connectors Program

By: Cheryl Tan



In August, Self-Help for the Elderly was grateful to receive another year of funding from Comcast Foundation to bring Digital Connectors Program to our community. The Comcast-DC Program is a national youth program where leadership development, media education, broadband technologies and community service are emphasized to prepare youth to become tomorrow leaders. The program allowed these young men and women to build their technology skills by providing them with resources to assist in school, seeking employment, and personal development.

This grant from the Comcast Foundation is in recognition of Comcast's commitment to the communities where its customers and employees live and work. Since its founding in 1999, the Comcast Foundation has distributed more than 90 million in cash support of programs implemented locally in Comcast communities.

Twenty one students from different high schools in San Francisco were carefully selected to join this one-year program. Since October 1, 2013, Digital Connectors students have gathered at the Self-Help's TIE Center two times per week to learn digital literacy and other life skills management. These future leaders will also volunteer 56 hours of their time at community-based organizations, senior centers, and even in their own homes to help improve digital literacy. At the end of the program, students will have developed a professional portfolio by completing all of the projects covered in the curriculum. Additionally, participants will also be awarded with CISCO and Ever-Fi Financial certifications of completion, thus preparing them for post-secondary education and career choices.

## Comcast 『數碼互通課程』

文：陳奕蓁

《安老自助處》於今年八月期間再次獲得Comcast Foundation撥款贊助『數碼互通課程』，為此我們非常感激Comcast！『數碼互通課程』致力培訓青少年領袖才能、傳媒教育、寬頻科技及社會服務，強調為預備他們成為『明天的領袖』的一個全國性計劃。此課程能讓青少年學習最新科技以協助他們在學校、求職以至個人發展上獲得更佳成績。

Comcast Foundation是Comcast公司為回饋社區及其客戶而設，從一九九九年設立至今已經撥款超過九千萬元。

有幸參加這為期一年的課程的二十一名學生都是經過精心挑選，現在正就讀於三藩市不同學校的中學。從二零一三年十月一日開始，『數碼互通課程』的學生於每星期兩天集合在《安老自助處資訊科技中心》學習科技常識及其它生活技能。這群『明日的領袖』亦將使用五十六小時義務幫助社區非牟利機構、長者中心、或甚至在他們自己的家中改進社會的科技常識。在完成全部定訂的課程後，學生便可組成一個專業小冊子並獲CISCO及Ever-Fi Financial授予畢業證書，這樣，為他們鋪排後備的職業選擇。



Class of 2013-2014 Digital Connectors Program



## Self-Help for the Elderly's Locations

### Main Office

731 Sansome St., Suite 100,  
San Francisco, CA 94111  
415-677-7600

### Adult Day Services

Jackie Chan Senior Center  
408 22<sup>nd</sup> Ave.,  
San Francisco, CA 94121  
415-677-7556

### Affordable Housing for Independent Seniors

- *Lady Shaw Senior Housing*  
1483 Mason St.,  
San Francisco, CA 94133  
415-677-7572
- *Lincoln Court Senior Apartments*  
2400 MacArthur Blvd.,  
Oakland, CA 94602  
510-336-1952

### Chinatown Neighborhood Access Point

601 Jackson St.,  
San Francisco, CA 94133  
415-677-7500

### Health Insurance Counseling and Advocacy Program (HICAP)

- *San Francisco HICAP*  
601 Jackson St., 2<sup>nd</sup> Floor,  
San Francisco, CA 94133  
1-800-434-0222
- *San Mateo HICAP*  
1710 S. Amphlett Blvd., #100,  
San Mateo, CA 94402  
650-627-9350

### Technology and Information Empowerment (TIE) Centers

- *San Francisco TIE Center*  
601 Jackson St., 2<sup>nd</sup> Floor,  
San Francisco, CA 94133  
415-677-7530
- *San Mateo TIE Center*  
50 E. 5<sup>th</sup> Ave.,  
San Mateo, CA 94401  
650-342-0822

### Alameda Senior Center

Lincoln Court  
2400 MacArthur Blvd.,  
Oakland, CA 94602  
510-336-1952

### Santa Clara Senior Center

- Good Shepherd Christian Church  
940 S. Stelling Rd.,  
Cupertino, CA 95014  
408-873-1183

### San Francisco Senior Centers

- Fun & Fit Total Wellness  
779 Kearny St.,  
San Francisco, CA 94108  
415-773-1869
- Geen Mun Senior Center  
777 Stockton St.,  
San Francisco, CA 94108  
415-391-3843
- Jackie Chan Senior Center  
5757 Geary Blvd.,  
San Francisco, CA 94121  
415-677-7571
- John King Senior Center  
500 Raymond Ave.,  
San Francisco, CA 94134  
415-239-9919
- Lady Shaw Senior Center  
1483 Mason St.,  
San Francisco, CA 94133  
415-677-7581
- Manilatown Senior Center  
848 Kearny St.,  
San Francisco, CA 94108  
415-398-3250
- Mendelsohn House Senior Center  
737 Folsom St.,  
San Francisco, CA 94107  
415-243-9018
- South Sunset Senior Center  
2601 40<sup>th</sup> Ave.,  
San Francisco, CA 94116  
415-566-2845
- Southeast Asia Senior Meal Program  
315 Turk St.,  
San Francisco, CA 94102  
415-920-1357
- Woolf House Senior Center  
801 Howard St.,  
San Francisco, CA 94103  
415-495-0931

### San Mateo Senior Centers

- San Mateo Center  
50 E. 5<sup>th</sup> Ave.,  
San Mateo, CA 94401  
650-342-0822

### Residential Care Facilities for the Elderly

- *Autumn Glow*  
654 Grove St.,  
San Francisco, CA 94102  
415-934-1622

### Social Services

- *Case Management Services*  
601 Jackson St., Basement,  
San Francisco, CA 94133  
415-677-7588
- *Citizenship Services*  
601 Jackson St., Basement,  
San Francisco, CA 94133  
415-677-7590
- *Geen Mun Center*  
777 Stockton St.,  
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415-677-7553
- *Housing Services Program*  
601 Jackson St., Basement,  
San Francisco, CA 94133  
415-677-7587
- *San Mateo Center*  
50 E. 5<sup>th</sup> Ave.,  
San Mateo, CA 94401  
650-342-0822

### Citizenship, Civics, and ESL Classes

**Main Line: 415-773-1869**  
**415-677-7592**

- 733 Kearny St.,  
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- 500 Raymond Ave.,  
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- California Department of Transportation
- California Employment Development Department
- California Public Utilities Commission
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- 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
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Newsletter of Self-Help for the Elderly

# Golden Lines

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