

Golden Lines

黃金點滴

Free Citizenship Workshop and Fee Waiver Assistance

A series of free citizenship workshops and fee waiver assistance will be offered to immigrants through the partnership with the City and County of San Francisco's Office of Civic Engagement & Immigrant Affairs, the American Immigrants Lawyers Association and local organizations such as Self-Help for the Elderly, Asian Law Caucus, API Legal Outreach, Catholic Charities CYO, Jewish Family and Children's Services, La Raza Community Resource Center, and IIBA. A press conference was held on June 18, 2013 at Self-Help for the Elderly's main office located at 407 Sansome Street, SF, CA 94111 at 2pm.



Over 30 immigration attorneys are there to help you, no appointment needed! Just drop by at the workshop and get free assistance with:

- Step-by-step review of the naturalization process
- Assessment of your eligibility to naturalize
- Application preparation & documentation packaging, if eligible to naturalize
- Application review by an immigration attorney or qualified legal representative

Applicants must bring:

- Your green card, all current and expired passports, and two passport-style photos
- A list of addresses you have lived at, work and school history for the past five years
- A list of all trips and travel dates outside the U.S. since becoming a permanent resident
- Information about your current spouse, ALL prior marriages for you and your spouse, and ALL your children's information (name, address, date/place of birth, date/place of marriage, SSN, immigration status, and A#, if any)

For details of upcoming workshop, contact Self-Help Naturalization Program Supervisor, Mann Lee at (415) 677-7590.



~中文翻譯請閱第四頁

L-R: SHE Special Project Service Representative Irene Yang; SHE former Special Project Service Representative Mandy Ly; OCEIA Staff Attorney Isis Fernandez-Sykes; Richard Whipple of OCEIA; Khanh Nguyen of API Legal Outreach; Erin Quinn of ILRC/AILA; Amy Wong of IIBA; SHE President & CEO Anni Chung, SHE Naturalization Program Supervisor Mann Lee, SHE Fund Development Director Josephine Ma

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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或瀏覽我們的網址 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。

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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。

二零一三 夏季 第二十冊 第二期

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UPCOMING EVENTS IN 2013

September 14 & 15, Saturday & Sunday
International Dragon Boat Festival, Treasure Island

September 23, Monday
Invitational Charity Golf Tournament
Palo Alto Hills Country Club, Palo Alto

October 5, Saturday
Longevity Walkathon, San Francisco Portsmouth Square

November 10, Sunday
Chinese Opera Benefit
Yerba Buena Center for the Arts, Lam research Theater

November 28, Thursday
Thanksgiving Luncheon,
Lady Shaw Senior Center, Geen Mun, Woolf House

《安老》二零一三年活動列表

九月十四和十五日（星期六和日）
國際龍舟節，金銀島

九月二十三日（星期一）
高爾夫球慈善邀請賽，帕羅奧多山莊俱樂部

十月五日（星期六）
安老長壽百萬行，三藩市花園角廣場

十一月十日（星期日）
安老端鳳粵劇澤耆英，三藩市尤伯連納劇院

十一月二十八日（星期四）
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

Meet ADS New Care Team Members - TheraBaby

By: SiuMi Pang, Registered Nurse

On December 18, 2012, widespread excitement suddenly filled the activity hall at Jackie Chan Adult Day Service Center when Self-Help for the Elderly President and CEO Anni Chung arrived at the center with a great surprise of quadruplets baby dolls - TheraBaby. The TheraBaby doll is intended for use in doll therapy and person-centered care for seniors with dementia. These TheraBaby were donated by founder of Therababy, Joseph Choi.

The seniors, volunteers and staff eagerly embraced these new members into our "Care Team," naming them Huan-huan, Hi-hi, Jian-jian, Kang-kang (Joy, Happiness, Health and Wealth). The following day, our center volunteer led several seniors who are good in knitting to make adorable outfits for these dolls. Ever since, these baby dolls receive tremendous attention and visits from our seniors at the Alzheimer's Day Care Resource Center. The dolls have accompanied many of our seniors suffering from Sundown Syndrome⁽¹⁾ or wandering behavior, comforted them during difficult situations and helped many of them rediscover joy and smile in life.

(1) Sundown syndrome is a common phenomenon in Dementia patient. It manifested by the emergency or increment of neuropsychiatric symptoms in the late afternoon, evening or at night. Behavior manifested as confusion, disorientation, anxiety, agitation, aggression, pacing, wandering, scream/yell or resist care etc.

成龍日間護理中心的新寵兒TheraBaby

文：彭笑薇

成龍日間護理中心於二零一二年十二月十八日突然傳出全體上下歡天喜地的歡呼聲，原來《安老自助處》的行政總監鍾月娟帶來了四胞胎BB公仔——TheraBaby。Therababy具有「娃娃療法」，使用個人化照顧來幫助失智長者。這些BB公仔是由TheraBaby的創辦人蔡先生所捐贈。

中心的所有公公婆婆、義工及工作人員情緒隨之高漲起來，個個熱情地爭相擁抱BB公仔，給予祝福，並決定性別為一子三女，賜名歡歡、喜喜、健健、康康。翌日中心的義工率領幾位慧心巧手的婆婆們拿出針織絕技，立即開工為BB公仔量身編織愛心牌毛衣及毛毯禦寒保暖。自此之後，BB房內每天都有公公婆婆穿梭往來探望BB。農曆新年時，公公婆婆更是對BB呵護寵愛，爭相派利是糖給BB，喜氣洋洋！

自從這四胞胎BB的出現，患有失智症的長者，甚至有些患有日落症(Sundown Syndrome)及遊蕩症狀(wandering)的公公婆婆也能夠安靜地坐下與BB交流、講兒語或唱兒歌，原本煩躁不安的情緒被撫平了。有時在中心會出現三兩個婆婆手抱BB公仔們聚集一起閒話家常，她們的臉上更浮現出難得一見的滿足及熱烈的笑容。她們在午膳期間，仍不忘叮嚀中心工作人員要記得餵奶換尿片。TheraBaby讓長者們重新找回了歡樂、笑容與慰藉。這都是難以用筆墨形容的貢獻。



ADS new care team members, Huan-huan, Hi-hi, Jian-jian, Kang-kang (Joy, Happiness, Health and Wealth).



ADS Social Worker Lydia Tsung (left) and RN Siu-Mi Pang (right) holding the quadruplets.

ETED Updates

By: Danielle Azzalino

In May 2013, Employment Training and Economic Development (ETED) Department held two graduation ceremonies celebrating the 121st Housekeeping and 91st Home Health Aide Classes with a total of 50 graduates.

The ceremonies were a success and representatives from partner agencies were in attendance including: Dean of City College of San Francisco (CCSF) Chinatown/North Beach Campus Minh-hoa Ta; Jewish Vocational Services Healthcare Programs Manager Douglas Leach; and instructors Lynn Fang and SiuMi Pang. Dean Ta congratulated the graduates and shared her inspiring experience as an immigrant to the U.S. more than 30 years ago.

In the last program year, ETED provided employment training to 308 low-income adults, dislocated workers, and older workers. The One-Stop Career Center, now called the Chinatown Neighborhood Access Point, received 10,099 visits from job seekers citywide and continues to provide employment services to the community.

ETED is once again partnering with CCSF and Office of Economic and Workforce Development to deliver three certificate training programs beginning in August and September. These programs provide sector-specific job readiness training and direct placement services to unemployed adults looking for employment opportunities in the hospitality and home health sectors. All programs are certified by CCSF and Self-Help for the Elderly. Training programs now enrolling:

1. Culinary Training: 8 weeks, from September 23 to November 22, 2013
2. Housekeeping Training: 9 weeks, from August 14 to October 18, 2013
3. Home Health Aide: 11 weeks, from August 21 to November 8, 2013
(accredited by the California Department of Health Services)

For more information or to register, contact:
Self-Help's Chinatown Neighborhood Access Point
601 Jackson Street, San Francisco, CA 94133
(415) 677- 7500.



Home Health Aide Graduation May 24, 2013. Bottom row from L-R: SHE Job Counselor Kenneth Lieu, SHE Operations Manager Stephen Cheng, SHE Assistant Director Winnie Yu, City College Dean Minh-hoa Ta, Instructor SiuMi Pang, Instructor Lynn Fang, JVS Healthcare Programs Manager Douglas Leach, and Job Counselor Linda Chen.

《免費公民入籍協辦服務及協助豁免入籍申請費用》大行動

文：馬秀端

《免費公民入籍協辦服務及協助豁免入籍申請費用服務》記者發佈會在二零一三年六月十八日，星期二下午在三藩市山森街四零七號《安老自助處》行政大廈舉行。這項史無前例盛大的免費服務是由三藩市及縣公民及移民事務辦公室聯同合作夥伴：美國移民律師協會、安老自助處、亞洲法律聯宜會、天主教慈善機構、猶太家庭和兒童服務中心、La Raza Community Resource Center，IIBA及API Legal Outreach舉辦的活動。

下列是這項免費活動獨特之處：

- 三十位律師出席協助申請豁免入籍費用
- 詳細解答有關入籍問題
- 移民律師或法務代表審閱申請表格
- 為過去不合資格者重新專注查閱條件及協助再次申請
- 無需預約
- 服務語言包括英語、西班牙文、華語（國、粵語）及越南話

申請者帶備及需知：

- 有效綠卡、所有護照、過期護照及美國護照照片兩張
- 抵步美國後全部住址、上學及工作記錄（過往五年）
- 持有綠卡後的出入境記錄
- 配偶及子女的資料及歷史

欲知此項服務的詳情，請與《安老自助處》入籍主任李敏智聯絡，電話號碼是四一五・六七七・七五九零。

~中文翻譯請閱第六頁

Digital Connectors Program Graduates with Flying Colors

By: Cheryl Tan

On June 22, 2013, Comcast and Self-Help for the Elderly hosted a commencement ceremony at Self-Help's Lady Shaw Senior Center for 15 youths who successfully completed the Comcast Digital Connectors program.

Self-Help for the Elderly Digital Connectors Program, sponsored by Comcast Foundation, is a national youth program where leadership development, media education, broadband technologies and community service are emphasized to prepare youth to become tomorrow leaders. Through this program, these young men and women learned critical technology skills, providing them with resources to assist them in school, seeking employment and personal development.

The occasion was celebrated with over 50 guests, including Director of Government Affairs, Hong Chang, and Self-Help for the Elderly Chief Operating Officer, Andy Bryant. Each Connector was awarded one laptop, flip cam, and certificates of completion by Comcast, Ever-Fi Financial Literacy Program and CISCO upon graduation!

"We are proud to be a partner with Comcast's Digital Connectors program because these young, talented minds are our future," said Andy Bryant of Self-Help for the Elderly. Andy also encouraged the Connectors to consider working at a nonprofit agency in the future.

"Comcast Foundation is one of Comcast's commitment to the communities where its customers and employees live and work. We power dreams in our communities by providing access to innovative technology, volunteering our time, giving financial support or scholarships to students and partnering with great organizations. Digital Connectors Program is one of our efforts. The most amazing part of this program is that youths are exposed to different learning opportunities in nine months and they need these opportunities to help broaden ones horizon," said Hong Chang of Comcast.

For more information on Comcast's Digital Connectors Program at Self-Help for the Elderly, call (415) 677-7671.

~中文翻譯請閱第六頁



Graduates of the Comcast Digital Connectors Program receiving incentives at the Graduation Ceremony.

安老自助處舉辦『數碼互通課程』畢業典禮

文：陳奕蓁

Comcast及《安老自助處》於二零一三年六月二十二日，星期六，上午十時三十分在《邵逸夫爵士夫人中心》舉辦「數碼互通課程」畢業典禮，祝賀十五名學員成功完成為期九個月的課程。

「數碼互通課程」是由Comcast基金會贊助，致力培訓十四歲至二十一歲的青少年領袖才能、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。

畢業典禮當日起過五十人參加，出席者包括Comcast政務總監常虹、《安老》營運總監白安迪、家長及社區朋友。成功完成課程的畢業生們均可獲得一部手提電腦、Flip數碼錄影機、Comcast、Ever-Fi理財課程和CISCO電腦課程的獎狀！

《安老》營運總監白安迪表示：『《安老自助處》非常榮幸能與Comcast合作推行「數碼互通課程」，因為這些聰明優越的青少年就是我們的未來。』白安迪也鼓勵學員們大學畢業後不妨考慮加入非牟利機構，因為非牟利機構需要這些人才，再者助人為快樂之本！

Comcast政務總監常虹則表示：『Comcast基金會是Comcast公司為回饋社區及其客戶而設，每年都會以慈善活動和促進社區互動履行關懷日、頒發獎學金予有需要的學生、而「數碼互通課程」就是其中一個回饋社會的項目。此課程最了不起的地方是能在這九個月裡讓學員們認識及接觸到不同的機會，青少年們正是需要這些機會和選擇來開拓視野！』

欲了解更多有關「數碼互通課程」，請致電《安老自助處》四一五·六七七·七六七一。

《職業訓練及經濟發展部》最新情報

譯：陳奕蓁

《職業訓練及經濟發展部》於二零一三年五月分別舉辦了兩場畢業典禮——第一百二十一屆家政班及第九十一屆家居護理班的畢業典禮，總共有五十名學員畢業。

當日均有合作機構的代表出席典禮，包括：三藩市市立大學華埠分校謝敏華院長、猶太就業服務健康計劃經理Douglas Leach、家政班的方琳老師及家居護理班的彭笑薇老師。謝院長也借此恭賀畢業學員並分享一段她三十年前移居美國的經歷。

《職業訓練及經濟發展部》在二零一二年中至二零一三年中共為三百零八位低收入或失業人士及高齡工作者提供就業培訓。《華埠鄰社就業轉介中心》（前華埠一站式就業中心）在一年裡更是有了一萬九百九十九名求職者前來查詢。

由二零一三年八月開始，我們將再次與三藩市市立大學及《經濟及勞動力發展部》合力推出三個職業培訓計劃，為求職者提供在餐飲及家居方面的就業實習培訓及輔導服務。成功完成課程的學員將獲《三藩市市立大學》與《安老自助處》頒發認可證書。這些培訓計劃正在招生中，請與《安老自助處》華埠鄰社就業轉介中心報名，地址是三藩市積臣街六零一號，或致電四一五·六七七·七五零零。

職業培訓計劃簡介：

1. 烹飪班

培訓日期：八個星期

培訓日期：二零一三年九月二十三日至
二零一三年十一月二十二日

**參加者須有高中英文程度

2. 家政清潔/園藝班

培訓為期：九個星期

培訓分期：八月、十一月、二月

3. 家居護理班

培訓為期：十一個星期

培訓分期：八月、三月

**加州衛生部頒發加州護理牌照

Wellness Programs

By: Ann Ying Xiao

With our mission to promote active and healthy aging, wellness programs are playing larger roles in daily activities across our senior centers. Different wellness programs including the Chronic Disease Self-Management Program (CDSMP), the Step-Up for a Healthy Life Project, the Always Active Exercise Program, and the Arthritis Foundation Exercise Program are adopted into the centers in culturally-competent ways and are becoming more and more popular among the seniors.

The six-week CDSMP workshop developed by the Stanford University is dedicated to improving lives of individuals who live with chronic conditions. Topics covered in the program include nutrition, relaxation techniques, dealing with negative emotions, decision making, action planning and more.

In the past six months, we hosted nine workshops in our centers and are planning on opening more to accommodate the high demand. Inspired by the CDSMP, the Step Up for a Healthy Life Project is designed to promote wellness and encourage participants to take control of their own health through walking at least 10,000 steps daily monitored by a pedometer. Nutrition education and measurements including blood pressure and body mass index are conducted in monthly gatherings of the project to keep participants updated with their health status. Started in the end of March 2013, the Step Up project recruited 190 participants as of June 2013.

Proven to reduce pain and stiffness for individuals with arthritis, the Arthritis Foundation Exercise Program is adopted to the Fun & Fit Total Wellness for seniors who need better joint functionality and strength. We are planning on expanding the program to other centers due to its popularity since it started on July 2, 2013.



Another CDSMP workshop which took place at a beautiful park.

健康活動計劃

文：蕭穎曉

以提倡積極及健康生活為目標，健康活動計劃在各《安老自助處》康樂中心正發揮著舉足輕重的作用。目前，我們的計劃包括：實踐健康生活計劃、萬步健康路計劃、總是活躍運動計劃和關節炎基金會運動計劃。為了能更好地配合亞洲人的傳統和習慣，這些計劃都是經過精心完善和策劃後才實踐的，深受廣大長者歡迎。

為期六個星期的實踐健康生活計劃是由史丹福大學研發的。目的是幫助慢性疾病的病人改善生活水平。研究主題包括：營養、放鬆技巧、負面情緒、行動計劃等等。

在過去的六個月內，我們在各《安老自助處》康樂中心總共舉辦了九個研討會。因應廣大長者的需求，我們將會繼續舉辦更多的研討會。受實踐健康生活計劃啟發，萬步健康路計劃的目標是提倡身體健康和鼓勵參與者在日常生活中增進自我管理能力和學習如何積極改善自己的健康狀況。我們建議參與者日行一萬步，並使用計步器記錄每天所走的步數。在每月一次的聚會裡，我們舉辦營養講座並為參與者測量血壓、身高體重指數等，目的是為了讓參與者更加了解自身的健康狀況。由今年三月起至今，萬步健康路計劃已有超過一百九十人參加。

研究證明，關節炎基金會運動計劃能有效幫助患有關節炎的病人減少疼痛程度和身體的僵硬程度。從二零一三年七月二日起，此課程便開始在《健美天地》舉辦，幫助參與者全面提升關節功能和力量。由於此課程十分受歡迎，我們計劃將它拓展到其他《安老自助處》康樂中心。



Seniors participating in an exercise led by CDSMP instructor at Self-Help's Geen Mun Center.

The Big Happy Family of Lady Shaw Senior Center

By: Lady Shaw Senior Center Management Office

The Lady Shaw Senior Center is always filled with joy and laughter. In our last monthly Tenants' Meeting on June 12, 2013, we took the opportunity to celebrate Dragon Boat Festival with our tenants. We played a fishing game and weight-guessing game of different food with our tenants and had a lot of fun. Winners of the weight-guessing game get the food as their prizes.

We also celebrated four tenants' birthday who were born in June. Each of them was happy to share their happiness through giving buns and fruits to all other tenants. Another tenant gave buns to all for celebrating his successful naturalization. Our office also distributed festive food including buns, fruits, and Chinese Tamales to every tenant for celebration.

LSSC is a big family. We would like to extend our wholehearted thanks to the tenants who have been very supportive to our services throughout the year.

《邵逸夫爵士夫人耆英中心》 歡樂大家庭

文：邵逸夫爵士夫人耆英中心辦事處

《邵逸夫爵士夫人耆英中心》是個充滿歡樂和笑聲的地方。於六月十二日舉行的住客月會也是農曆五月初五端午節，我們為住客們安排了遊戲時段與他們一起慶祝節日，其中有釣魚遊戲及猜食品重量的遊戲。住客們非常踴躍地競猜不同食品的重量，勝出的住客則獲贈競猜重量的食物作為獎品。他們都展露燦爛的笑容，歡樂的氣氛充滿了整個大堂。

同時我們亦為四位六月份出世的住客慶祝生日，他們更紛紛贈送水果、包點給其他住客，分享他們的喜悅。另外還有一位住客贈送包點以慶賀他成功通過入籍試。我們辦事處更送出應節食品，包括包點、水果及粽子給各住客歡度佳節。

《邵逸夫爵士夫人耆英中心》就像一個大家庭，我們辦事處在此謹向住客們多年來對我們服務的支持致衷心的感謝。



Seniors participating in the fishing game.



The June Babies.



Seniors eagerly waiting for the weight-guessing game to start.

Spotlight on Citizenship Education classes

By: Todd Frank

The Social Services Department served about 300 students from January 1 to July 15, 2013 and among these students, 61 of them have passed their citizenship tests with a rate of over 90%. Currently, there are more than 200 students (with the average age of 66) in our classes.

Our students are happy because they not only increase their basic English language skills and knowledge of America, but their self-confidence is also greatly enhanced along with their ability to advocate for themselves. Below are some testimonies from our students.

Xiong Hui Li, 83, the oldest student in our classes. Li always comes to class very early, sits in the first row, and answers all the questions enthusiastically. She says our class has made her feel young again.

Su Fang Gao is 79 years old with some health problems. Her daughter told us that she didn't want her mother to go out when it rained or when her mother was sick. But her mother always insisted on coming to our class because she felt very happy in the classroom with the other students.

Li Juan Pan, who is 73 years old with only a few years of schooling in her own language, had studied ESL/citizenship earlier for 3 years and failed her interview tests twice. When her friend introduced her to our class, she told us that Li Juan felt so ashamed and frustrated. We encouraged Li Juan and used different ways to help her. After a few months, she made great progress and finally passed her third interview test. She is very grateful for the help from Self-Help that she gave a warmly worded thank you speech during a meeting with officials at City Hall.

《安老》入籍班成績耀目

譯：陳奕蓁

在二零一三年一月一日至七月十五日期間，《安老自助處》的社會服務部總共接收了三百名入籍學生，其中六十一名學生更以百分之九十的佳績通過入籍考試。目前的入籍班有超過二百名學生，平均年齡是六十六歲。

我們的學生自從參加了入籍班後都感到非常開心，不僅因為他們的英文進步了、對美國這個國家加深認識，也因為入籍班增強了他們的自信心。以下是學生們的課後感想：

八十三歲的李雄輝是班裡年紀最大的學生。她每次都提早到課室並坐在最前排，積極地回答所有提問。李雄輝說我們的入籍班使她變得更年輕。

七十九歲的高素芳身體狀況欠佳。她的女兒告訴過我們她不希望媽媽在下雨天或生病時還出門，但是高素芳依然風雨不改地來上課因為她說能與同學們在課室裡互動讓她感到非常高興。

七十三歲的潘判麗娟上過幾年學，也曾經學過三年的『入籍英語作為第二語言學習班』，但是入籍面試了兩次都失敗。麗娟的朋友向她推介了《安老自助處》的入籍班並告訴我們說麗娟對自己的失敗感到非常羞愧和懊惱。《安老》的導師不斷地鼓勵麗娟及嘗試不同的方式來協助她通過面試。麗娟在三個月後進步神速而且也通過了入籍面試。在一次的市政廳見面會上，麗娟更在市政官員前致感謝詞，謝謝《安老》給予她的協助。



Xiong Hui Li, Su Fang Gao and other seniors enthusiastically participate in class discussion.

SELF-HELP FOR THE ELDERLY

A L O H A S P I R I T

LONGEVITY GALA 2013

SATURDAY, JUNE 1, 2013

HYATT REGENCY BURLINGAME



At VIP Reception sponsored by Wells Fargo.



Title Sponsor AT&T represented by Angela D'Anna received an appreciation plaque from event co-chairs, Diane Lee & Joan Wilson.



Recipients of 2013 Friends of the Elderly Award: The Cooking Buddies, Virginia Bakken & Russell Leong



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Hula Dance



Hula Dance by Self-Help Senior Dance Class

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如果你不了解你的醫療保險包含哪些選擇，歡迎你致電《安老自助處聯邦醫療保險計劃及促進權益計劃》與我們的顧問預約。我們的顧問將為你深入研究你目前持有的醫療保險並與「聯邦醫療保險優勢計劃」作比較，確保你了解你的選擇有哪些及協助你選擇適合自己需求的醫療保險。預約熱線：一・八零零・四三四・零二二二。

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Newsletter of Self-Help for the Elderly

Golden Lines

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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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