

Golden Lines

黃金點滴

2013 Longevity Gala Aloha Spirit

Come celebrate Self-Help for the Elderly Anniversary at the annual Longevity Gala on Saturday, June 1, 2013 at the Hyatt Regency San Francisco Airport in Burlingame!

Back by popular demand this year is hula dancing, performed by our seniors along with our enthusiastic supporters. There will also be live and silent auctions with items that will appeal to your discriminating taste.

The Longevity Gala aims to raise over \$500,000 to support services offered by Self-Help for the Elderly in the Bay Area for our seniors. This year, we call for your continued support to help us reach our goal by becoming a sponsor, advertising in our event program book, or simply make a donation in support of the seniors in our community.

For additional information please call 415-677-7668 or visit our website at www.selfhelpelderly.org/gala.

Diane Lee & Joan Wilson
Co-Chairs

~中文翻譯請閱第七頁



Spring 2013
Vol 20 Issue 1

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SAVE THE DATE

SELF HELP FOR THE ELDERLY

ALOHA SPIRIT

LONGEVITY GALA 2013

SATURDAY, JUNE 1, 2013

5:30PM TO 10:30PM

HYATT REGENCY BURLINGAME



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。



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。

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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長蛇
壽年
更友

UPCOMING EVENTS IN 2013 《安老》二零一三年活動列表

June 1, Saturday
六月一日 (星期六)

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

August 3, Saturday
八月三日 (星期六)

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

September 14 & 15
Saturday & Sunday
九月十四及十五日
(星期六及日)

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

September 23, Monday
九月二十三日 (星期一)

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

October 5, Saturday
十月五日 (星期六)

Longevity Walkathon Parade & Fair
San Francisco Portsmouth Square, Oakland Dimond District
安老長壽百萬行及博覽會
三藩市花園角廣場、屋崙戴蒙區

November 9 & 10
Saturday & Sunday
十一月九及十日
(星期六及日)

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，林氏研究劇場

November 28, Thursday
十一月二十八日 (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

Step Up for a Healthy Life

By: Cheryl Tan

Supported by a grant from the Verizon Foundation, Self-Help for the Elderly now offers a new Chronic Disease Self-Management Program (CDSMP). Participants will learn how to stay healthy and active to reduce the risk factors that contribute to heart disease, depression, high blood pressure, and diabetes.

The CDSMP is a six-week workshop that will serve 20 seniors who will meet once a week for two and a half hours. Training will include techniques to deal with problems such as fatigue, depression, and isolation. Additionally, seniors will learn appropriate exercises for maintaining and improving strength, flexibility, and endurance.

The first two workshops are now available for registration:

Dates	Location	Time
4/18 - 5/23	Geen Mun 777 Stockton St., SF, CA 94108	9:30am – 12noon
5/16 – 6/20	Jackie Chan Center 5757 Geary Blvd., SF, CA 94121	12:30pm – 3pm

Each enrolled senior will also receive a new pedometer to record their daily number of steps taken. Senior must report the numbers to a project coordinator, with a goal of 10,000 steps taken per day. In order to encourage participants, Self-Help launched “Step Up for a Healthy Life” campaign and created a Facebook page where they can share photos and experience with each other. We encourage seniors and even adults to participate in this campaign and that by October 5, 2013, 350 participants have step up for themselves and “walk” towards a healthier lifestyle!

For additional information or future workshops in other locations, please contact Enya Lu at 415-677-7607.

~中文翻譯請閱第八頁



Vice President of Verizon Foundation Eugene Eng presented a \$50,000 check to Self-Help for the Elderly in support of the new CDSMP on March 26, 2013.



A press conference was held on January 29, 2013 to announce the launch of a new financial skills program called "Finance 50+", provided by AARP Foundation, Charles Schwab Foundation and Self-Help for the Elderly.

AARP Foundation Finances 50+

By: Cheryl Tan

On January 29, 2013, Self-Help for the Elderly, AARP Foundation and Charles Schwab Foundation launched a new financial skills program called "Finance 50+" as an effort to address the distinct needs of low-income workers and jobseekers age 50 and older. AARP California Associate State Director of Communications Christina Clem, Charles Schwab's El Portal branch office Vice President and Financial Consultant Philip Choi and Self-Help for the Elderly President and CEO Anni Chung were joined by over 100 seniors at the Lady Shaw Senior Center for the launching.

AARP research has found that more than 20 million people over age 50 are struggling to make ends meet. Many face overwhelming stresses from mounting debt, poor credit, insufficient savings and even loss of their family homes, while others face the added pressures of caring for adult children and aging parents. Despite the number of financial education programs in the marketplace, few speak to the unique needs of older low-income workers and their families.

Finances 50+ is a financial intervention program designed to help people before they fall deeper into instability. This program is about empowering individuals to get better control of their finances regardless of their circumstances. Finances 50+ aims to give low-income older workers and job seekers not only the skills and tools to reduce debts, repair credit and build savings, but also the encouragement and motivation to overcome emotional obstacles and put their lives back on track. It is a series of three 90-minute educational workshops and participants are encouraged to sign up for one-on-one mentoring session provided by Charles Schwab volunteers.

These workshops are conducted in English and Chinese at Self-Help Technology Information and Empowerment Center, 601 Jackson Street, 2nd Floor, San Francisco, CA 94133. For additional information or to register for a class, visit www.selfhelpelderly.org or call 415-677-7600.

~中文翻譯請閱第八頁

ADS Open House Tour Every 4th Thursday of the Month

By: Sarah Chan

Self-Help Adult Day Services now hosts open house tours on every 4th Thursday of the month from 1:15pm to 2:30pm. These tours provide clients, their caregivers and public an opportunity to meet our staff, learn about our services, the recent MediCal changes of Community Based Adult Services (CBAS) benefit, and the enrollment process.

The Adult Day Services offers three programs at the Jackie Chan Center located at 408 22nd Avenue in San Francisco's Richmond District.

- (I) Adult Day Health Care (ADHC), a Medical model program, is an organized day program of therapeutic, social and health activities and services provided to frail and/or disabled older adults.
- (II) Adult Day Care (ADC), a Social model program, emphasizes opportunities for socialization, activities as well as non medical personal care and supervision services.

(III) Alzheimer's Day Care Resource Center (AD-CRC) offers both Medical and/or Social models programs, provides quality day care for persons with Alzheimer's disease or other dementias while giving respite to their caregivers. In addition, the program provides education and training for caregivers, professionals and members of the community about Alzheimer's disease, and referral and support services to persons with dementia and their families and caregivers.

Our services enables our patients to continue living independently in the community, lowering risk of falls, reducing emergency and hospital visits and counteracting isolation and depression. Call 415-677-7556 or email to lydiat@selfhelpelderly.org to reserve your space today!

~中文翻譯請閱第七頁



Adult Day Services Open House Tour 日間護理中心開放日

Date: Every 4th Thursday of the Month

Time: 1:15pm - 2:30pm

Location: 408 22nd Avenue,
San Francisco, CA 94121

- *RSVP two days before the tour recommended*
- *Call: (415) 677-7556*
- *Email: lydiat@selfhelpelderly.org*

For further questions, contact our center's medical social workers:

Lydia Tsung (415) 677-7563

Wendy Chan (415) 644-7560

Great Opportunities to:

- ✓ *Tour our facility*
- ✓ *Meet our care team*
- ✓ *Learn about our services*
- ✓ *Learn tips for home safety and fall prevention*
- ✓ *Learn about MediCal Community Based Adult Service (CBAS) program and its enrollment procedure*



安老成人日間護理中心開放日

文：黃宇琦

《安老自助處成人日間護理中心》現在於每個月的第四個星期四，下午一時十五分至二時三十分舉辦開放日。歡迎長者、其看護人員和社區朋友參觀日間護理中心的設施、認識我們的工作人員、了解中心的服務、得悉有關加州醫療保險贊助的日間護理中心及其報名手續。

《安老成人日間護理中心》位於三藩市列治文區四零八號二十二街，我們的服務包括：

(一) 成人日間護理中心：提供治療、社交與健康活動及服務給予體弱及或殘障的長者。

(二) 失智症日間護理及資源中心：為患有阿滋海默症或失智症的人士提供日間護理，使其照顧者能暫緩喘息。另外，中心還提供失智症教育、訓練、推介及支援服務。

中心的服務及使命是協助長者繼續獨立地生活，減低失足跌倒的風險、減少緊急或住院次數、對抗孤立問題及憂鬱症。我們誠意邀請你參加這難得的開放日！請致電四一五·六七七·七五五六或電郵 lydiat@selfhelpelderly.org 留座。

安老《2013迎福長壽宴》

歡迎參加我們於二零一三年六月一日，星期六，在三藩市機場凱悅酒店舉行一年一度的《迎福長壽宴》籌款晚宴。

應眾望所歸，今年我們再次為你帶來由長者們及一班踴躍的支持者所表演的夏威夷草裙舞。當晚節目還包括多份迎合各人品味的現場及無聲拍賣禮品。

《迎福長壽宴》的目標是希望籌到超過五十萬的善款來支持《安老》在灣區的長者服務。今年我們再一次邀請你的支持並協助我們達到這目標。欲查詢更多有關贊助、捐款或刊登廣告之詳情，請致電四一五·六七七·七六六八或瀏覽 www.selfhelpelderly.org/gala。

李福華及瓊·威爾遜
共同主席



Adult Day Services Open House Tour 日間護理中心開放日

日期：每個月的第四個星期四

時間：下午一時十五分至二時三十分

地址：408 22nd Avenue,
San Francisco, CA 94121

請於開放日前兩天，用以下方法留座：

- 致電：(415) 677-7556
- 電郵：lydiat@selfhelpelderly.org

如有其他查詢，請與我們的社工聯絡：
曾姑娘 (415) 677-7563
陳姑娘 (415) 644-7560

屆時你將會有機會：

- ✓ 參觀日間護理中心的設施
- ✓ 認識我們的醫護團隊
- ✓ 了解日間護理中心的服務
- ✓ 得悉有關家居安全及預防失足跌倒的資訊和提示
- ✓ 了解有關加州醫療保險贊助的日間護理中心及其報名手續



由Verizon Foundation特別贊助，《安老自助處》現正提供新的『實踐健康生活及慢性疾病自我管理計劃』。參加者將學習到怎樣保持健康及活躍，減少心臟病、抑鬱症、血壓高、糖尿…等的風險因素。

現在提供新的『實踐健康生活及慢性疾病自我管理計劃』每課程供二十位學員，分為六課，每星期一課，每課二小時三十分鐘。培訓內容包括怎樣面對疲勞、抑鬱症、孤僻等問題。長者並且會學習能保持及提高氣力、靈活性及耐力的運動。

『實踐健康生活及慢性疾病自我管理計劃』課程現在接收報名：

日期	地點	時間
四月十八日 至 五月二十三日	建民中心 777 Stockton St., SF, CA 94108	早上九時三十分 至 中午十二時
五月十六日 至 六月二十日	成龍中心 5757 Geary Blvd., SF, CA 94121	中午十二時三十分 至 下午三時

每位長者學員將獲贈一個新的監測步行器用以記錄每天運動或步行次數，以達至每天一萬步次的目標。為鼓勵參加者，《安老》推出『萬步健康路活動』並設立面書網頁，讓參加者分享其照片和經驗。我們鼓勵長者甚至成年人加入我們這個『萬步健康路活動』，希望在二零一三年十月五日之時，共有三百五十名參加者「步出」健康人生。

欲查詢詳情或未來課程的時間編排，請聯絡陸小姐，電話號碼是四一五・六七七・七六零七。

美國退休人士協會『理財50+』課程

文：陳奕蓁

《安老自助處》、《美國退休人士協會》(AARP)及《嘉信理財》於二零一三年一月二十九日在《安老邵逸夫爵士夫人中心》推出『理財50+』課程，一個專協助超過五十歲低收入人士或求職者的全新財政規劃方案。《美國退休人士協會》加州州屬媒體總監Christina Clem、《嘉信理財》El Portal分行副總裁及理財顧問蔡文耀、《安老自助處》行政總監鍾月娟連同超過百名長者一起出席此記者會。

《美國退休人士協會》一項研究發現，全國有超過二千萬名五十歲以上的人口生活在入不敷支的困境中。許多因債台高築、不良信用、存款不足、喪失家園、甚至因需要照顧幼兒及年長的父母而承受著巨大壓力。儘管市場上的理財教育項目不勝枚舉，但往往忽視了針對低收入家庭的理財需要。

『理財50+』是一個創新的理財規劃方案，協助有需要人士避免跌入更嚴重財政危機，使他們在任何情況下都能掌控財務。這課程為低收入年長人士及求職者提供減輕貸款、信用修復、增加存款的技能和工具，並且鼓勵他們克服情緒障礙，重過充滿自信的生活。『理財50+』分為三課，每課長達九十分鐘，參加者亦可使用《嘉信理財》的一對一的義工輔導。

《安老自助處》將在《資訊科技中心》提供中英文『理財50+』工作坊，地址是六零一積臣街。欲知詳情或報名，請致電四一五・六七七・七六零七或瀏覽www.selfhelpelderly.org。



California Pacific Medical Center Community Health Programs Manager Cecilia Tomas presented a \$20,000 check to Self-Help for the Elderly in support of the Honoring Friends of the Elderly Banquet.

嘉譽安老長者之友

文：陳奕蓁

為慶祝《安老自助處》為我們社區長者服務四十七周年紀念，機構於二零一三年二月二日、星期六晚上在華埠新亞洲酒樓舉行《嘉譽安老長者之友》晚宴。宴會特別表揚聯邦參議員黛安·范士丹、聯邦眾議院少數黨領袖蘭斯·普洛茜、國會眾議員米高·本田、加州參議員傑瑞·希爾及三藩市市長李孟賢，多年來致力促進我們社區長者的生活質素及支持《安老》的各項長者服務計劃。晚宴由《加州太平洋醫療中心》擔任首席贊助，超過二百人出席。

國會眾議員本田、加州參議員希爾及李市長表示非常榮幸能獲《安老》頒發這獎項，並承諾會繼續努力合作幫助年長的一群。范士丹議員及普洛茜議員因公務在身而未能親臨晚宴。

Honoring Friends of the Elderly Banquet

By: Cheryl Tan

In celebration of Self-Help for the Elderly 47th Anniversary serving the seniors in our community, a special dinner honoring United States Senator Dianne Feinstein, United States Congresswoman Nancy Pelosi, Congressman Mike Honda, California Senator Jerry Hill and San Francisco Mayor Edwin M. Lee was held on February 2, 2013 at New Asia Restaurant, in recognition of their work in fostering the quality of life of seniors, our community and support to our agency. Supported by California Pacific Medical Center as the event Title Sponsor, the banquet was well-attended by over 200 guests.

Congressman Mike Honda, California Senator Jerry Hill and San Francisco Mayor Edwin Lee felt honored to receive the award and committed to continuously support the growing senior population. Senator Feinstein and Congresswoman Pelosi were unable to attend the banquet due other engagement.



From left SHE President & CEO Anni Chung, California Senator Jerry Hill, SHE Board Chair William Schulte, San Francisco Mayor Edwin Lee, SHE board member Linda Wang representing Senator Feinstein, Alex Lazar representing Congresswoman Pelosi, and Congressman Mike Honda.

Lady Shaw Senior Center Chinese New Year Celebration

By: Kayan Cheng

Despite no "lion dancing" to start, we had "firecracker" to kick off the Lady Shaw Senior Center's Chinese New Year Celebration on February 13, 2013. The representatives of the Resident Council were invited to "light" the "firecracker" by using thumb pins to pop the balloons, creating a very loud, lively and joyful atmosphere.

Staff was dressed in Chinese costumes and sang several Chinese New Year songs with the Lady Shaw Singing Class members. Many tenants enjoyed the music while other tenants liked the group games. One of the games was Chinese word puzzle where tenants were given several Chinese characters to be arranged into the correct sequence of various New Year blessings. That activity not only brought a lot of fun and excitement to residents, but also stimulated the mind. All the participants were given festive gifts, snacks and a warm nutritious meal. The celebration ended with an exciting raffle draw and laughter of all participants.

On behalf of everyone at the Lady Shaw Senior Center, we wish you a "Happy, Healthy and Prosperous Year of the Snake!"

Lady Shaw staff and singing class performed several Chinese New Year songs while other enjoyed playing the word puzzle.



邵逸夫爵士夫人中心農曆新年慶祝會

文：鄭嘉恩

雖然今年《邵逸夫爵士夫人中心》的農曆新年慶祝會並沒有舞獅作為開始，但是我們有『炮竹儀式』為二零一三年二月十三日的慶祝會展開序幕。住客委員會的代表被邀請以爆破氣球為特別『炮竹儀式』，響亮的炮竹聲令現場充滿熱鬧、歡樂的氣氛。

職員們穿著中國式服裝與本中心的歌唱班合唱了數首新年歌。住客們十分享受樂曲，也有其他的

住客們喜歡集體遊戲。其中一個遊戲是中國拼字遊戲，住客們須將單字排列出不同的祝福語句，此活動不單能為他們帶來歡樂和刺激，而且還可以刺激思維。所有的參加者均可得到節慶的禮物、小食及溫暖的營養餐膳。慶祝會在笑聲中及刺激的抽獎遊戲圓滿地結束。

謹代表《邵逸夫爵士夫人中心》全人恭祝大家『新年快樂！身體健康！蛇年興旺！』



Financial Street Scam Prevention Presentations

By: Ann Xiao

Financial street scams affect the Chinese community in San Francisco greatly. Recent cases of financial scams mainly targeted elderly Chinese women who were lulled into taking a ritual blessing that required them to turn in cash and jewelry in order to expel "evil spirits". To raise awareness of this continuing problem among our seniors, we collaborated with the San Francisco Police Department, the San Francisco District Attorney Office and the San Francisco SAFE to conduct several presentations on prevention of financial street scams at our senior centers.

Throughout these presentations, seniors were shown a video created by the San Francisco SAFE replaying the typical schemes of a street scam. On February 22, police officers of each district came to our senior centers to raise awareness of avoiding street scams and to giveaway tote bags with "Beware of Street Scams" and phone number specifically for reporting the scams imprinted. We hope this campaign could diminish number of victims in these crimes.

防止街頭騙案講座

文：蕭穎曉

街頭騙案對三藩市的華人社區構成嚴重影響。近期的街頭騙案主要以華裔女性長者為目標，受害人被騙交出金錢及首飾進行祈福儀式，以消災解難，趨吉避凶。為了加強長者的警覺性，《安老自助處》聯同三藩市警察局、三藩市地方檢控官，和三藩市防止罪案資源中心在轄下的康樂中心舉行一系列提防街頭騙案講座。

講座期間，長者們觀看一段由三藩市防止罪案資源中心製作的模擬片段，重演街頭騙案的常見手法。在二月二十二日當天，每區警察到訪了《安老自助處》各康樂中心宣傳防騙意識，並向各長者們展示及贈送了印有「慎防街頭騙案」及專門舉報騙案的電話號碼的購物袋，希望這個活動有助減少街頭騙案的受害人。

To raise awareness of avoiding street scam, police officers gave away tote bags with "Beware of Street Scams" and phone number specifically for reporting the scams imprinted.



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