

# Golden Lines

## 黃金點滴

### Self-Help for the Elderly SCSEP Received Certificate of Recognition for Outstanding Performance

By: Joseph Lee

On October 11, 2012, Self-Help for the Elderly (SHE) President & CEO Anni Chung, together with her staff, Project Manager of Senior Community Service Employment Program (SCSEP) Joseph Lee and Training Programs Manager Tammy Chen, were at the Award Presentation Dinner in Seattle to receive the Certificate of Recognition for Outstanding Performance in Program Year 2011 from National Asian Pacific Center on Aging (NAPCA) President & CEO Christine Takada and National Director of NAPCA SCSEP EunJeong Lee. SHE's SCSEP is responsible for the program operation and administration in the Bay Area covering the San Francisco, San Mateo, and Santa Clara Counties.

The Senior Community Service Employment Program is an on-the-job training program for seniors (aged 55 or older), funded by the U.S. Government under Title V of the Older America Act (OAA) and administered by the Department of Labor (DOL). The program fosters and promotes useful part-time opportunities in community service assignments for training the unemployed low-income persons who are aged 55 or older and who have poor employment prospects, helping these older adults transition to unsubsidized employment.

NAPCA, a national grantee of DOL, subcontracted the SCSEP to nine project sites in different states and SHE's SCSEP project office in San Francisco was the only project site that had achieved all the performance goals for the Program Year 2011. The core performance goals (aka "Common Measures") of SCSEP consist of:

- 1) Provided paid community service hours;
- 2) Entered employment rate;
- 3) Employment retention rate;
- 4) Average earning rate;
- 5) Number of participants served (total enrollment rate);
- 6) Service to Most-In-Need (number of average barriers)

Congratulations SHE's SCSEP and bravo!



**SELF-HELP  
FOR THE  
ELDERLY**

安老自助處

Winter 2012  
Vol 19 Issue 3

#### INSIDE THIS ISSUE

Hong Kong High School Students Visit Lady Shaw Senior Center	4
Halloween Dance Party	6
Comcast Digital Connectors Program	7

### 二零一二 冬季 第十九冊 第三期 目錄

香港浸會大學附屬王錦輝中小學 訪《邵逸夫人中心》	4
《安老自助處》『耆英社區服務 就業計劃』榮獲二零一一年度 傑出優異獎	5
萬聖節舞會	6
Comcast『數碼互通課程』	7

## ***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 2013 《安老》二零一三年活動列表

**February 2, Saturday**  
二月二日 (星期六)

Honoring Friends of the Elderly Banquet, New Asia Restaurant, San Francisco  
安老友誼晚宴，三藩市新亞洲大酒樓

**February 16, Saturday**  
二月十六日 (星期六)

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

**March 2, Saturday**  
三月二日 (星期六)

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

**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

**October (TBA)**  
十月(有待發佈)

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

**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



# Hong Kong High School Students Visit Lady Shaw Senior Center

By: Trewina Kiang

On November 14, 2012, Lady Shaw Senior Center welcomed a group of 10 high school students from Hong Kong Baptist University's Affiliated School Wong Kam Fai Secondary and Primary School led by their Principal and a school teacher. These students were participating in an exchange program with Lowell High School in San Francisco and took the opportunity to visit a community-based agency to meet with the seniors.

Their visit began at 9:30am with a brief introduction of Self-Help's history and services. The students were then being split into five groups and paired up with two seniors from the Lady Shaw Senior Housing. Conversation quickly warmed up the room and questions such as where did the seniors come from, how did they come to the States, how did they make a living here, how was life after retirement and living in a senior housing, interaction with their children and grandchildren, what are their daily routines and etc were being asked. Our seniors treated these students as if they were their own grandkids and had a great time chit-chatting with them. At the end of the session, students presented a small gift to the seniors and took pictures with them.

They were later being escorted to visit two apartment units at the senior housing. Students felt rewarded as they had the chance to understand the life of a senior living in the United States and the social services we have to help the elderly. They believe the seniors live a happy life here!

## 香港浸會大學附屬王錦輝中小學訪《邵逸夫爵士夫人中心》

文：姜翠蘭

《安老自助處邵逸夫爵士夫人耆英中心》於二零一二年十一月十四日歡迎一班來自香港浸會大學附屬學校王錦輝中小學的學生來到中心參觀。學生們是由校長和一位老師帶領與三藩市洛威爾中學交流，而他們也利用這難得的機會參觀社區機構和了解長者。

早上九時半開始，《邵逸夫爵士夫人耆英中心》的職員首先為學生們介紹《安老》的歷史和服務。隨後將他們分成五組，每一組安排兩位長者住客與學生們展開座談會閒話家常。學生與長者們聊得熱火朝天，其中學生的問題包括：長者的原籍何處、如何到來美國、來美後怎樣為生、退休後和居住在耆英大廈的感覺、與兒女和孫子的相處之道以及日程生活等等。《邵逸夫爵士夫人耆英中心》的住客視這班中學生為自己的親孫，非常開心樂意地分享他們的經歷。學生隨後也送上小禮物給每位住客和與他們拍照留念。

最後學生參觀《邵逸夫爵士夫人中心》其中兩個單位，並表示很開心能有機會了解在美國生活的長者以及專為他們而設的服務，他們深信在美國生活的長者是很快樂的。



*Students and teachers from Hong Kong Baptist University Affiliated Wong Kam Fai Secondary & Primary School posed for a group picture with the seniors & staff of Self-Help Lady Shaw Senior Center.*



# 《安老自助處》『耆英社區服務就業計劃』榮獲二零一一年度傑出優異獎

文：李雄

二零一二年十月十一日，《安老》行政總監鍾月娟偕同她的下屬，『耆英社區服務就業計劃』（SCSEP）項目經理李雄及培訓計劃經理陳雁枝，出席西雅圖《全美亞太裔耆英中心》（NAPCA）二零一一年度頒獎晚宴，接受了由《全美亞太裔耆英中心》主席兼行政總裁Christine Takada和『耆英社區服務就業計劃』全國總監EunJeong Lee頒發二零一一計劃年度傑出優異獎。《安老》負責經營和管理灣區三藩市、聖馬刁及聖他克拉三個縣的『耆英社區服務就業計劃』。

『耆英社區服務就業計劃』是按照美國老人法案第五條，由政府撥款並由美國勞工部管理的一個為五十五歲或以上長者提供邊工作邊培訓機會的計劃。此培訓計劃的目的是讓五十五歲或以上，同時是低收入或正在失業，而且缺乏就業技能的人士，能夠在社區服務活動中得到培訓以促進他們的就業機會。

《全美亞太裔耆英中心》與九個不同的機構簽定相關合同經營『耆英社區服務就業計劃』，而三藩市《安老自助處》是唯一一間全面超額完成二零一一年度勞工部要求的全部工作指引的機構。這主要指引包括：

- （一）提供給參加者的社區服務時數
- （二）成功就業比率
- （三）保持繼續就業比率
- （四）就業全年總收入
- （五）全年總參加人數
- （六）個人迫切需求的平均數（指參加者的就業障礙情況）

恭喜《安老》『耆英社區服務就業計劃』獲得二零一一計劃年度傑出優異獎！



From Left: National Director of NAPCA SCSEP EunJeong Lee, NAPCA President & CEO Christine Takada, SHE President & CEO Anni Chung, SHE SCSEP Project Manager Jospeh Lee & SHE Training Programs Manager Tammy Chen



October 19, 2012 - 119th Housekeeping Training graduation with a total of 15 graduates.



November 9, 2012 - 90th Home Health Aide Training graduation with a total of 15 graduates.



October 3 2012 - First Hospitality Job Readiness Training graduation with a total of 10 graduates.





*Participants dancing to the music at Jackie Chan Center*

## Halloween Dance Party

By: Annie Yu

The Nutrition and Senior Centers Department held a Halloween Dance Party on October 30, 2012 at Jackie Chan Senior Center. Over 85 seniors participated in this party of music, social dance, games, raffle drawings and nutritious dinner. Each senior was also given a pumpkin basket as a souvenir for participating in the event. Our Director, April Chan, then took the opportunity to introduce our new Nutritionist and Program Assistant to everybody. We would hereby like to thank our volunteers, activity team, and the center coordinator for making this event a success.

## 萬聖節舞會

文：余艷娟

《安老營養餐組》於二零一二年十月三十日在《成龍康樂中心》舉行一年一度的「萬聖節舞會」。當天有八十五位長者參加，活動內容包括：音樂欣賞、社交舞、遊戲、幸運大抽獎及營養晚餐。所有出席的長者朋友均獲贈一個小南瓜籃，令各參加者歡度了一個愉快的下午。部門主任陳安安也借此機會介紹新到任的營養師及項目助理給大家認識。我們衷心感謝義工們、活動小組和成龍中心的職員對此活動的支持。



*Chairperson of Chinese Sportsman Club, Debbie Yee, presenting the hand knitted accesories to SHE President & CEO Anni Chung & Fund Development Director Josephine Ma.*

Volunteers of Chinese Sportsman Club presented a warm winter to our seniors this year with 121 scarves, 58 beanies and a pair of gloves. These hand knitted accessories were given to the seniors at Lady Shaw Senior Housing, Autumn Glow Residential Care and Adult Day Services in Jackie Chan Center. Our seniors enjoyed a warm and touched Holiday Season.

Chinese Sportsman Club義工們為《安老自助處》的長者在寒冬中送上溫暖。他們親手編織了一百二十一條頸巾、五十八頂冷帽及一雙手套；我們將他們的心意轉交到《邵逸夫爵士夫人中心》及《念秋寄廬》的住客和《成龍日間護理中心》的長者們。



## 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, bringing Digital Connectors (DC) 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.

Sixteen students from different high schools in San Francisco were carefully selected to join this one-year program. Since October 4, 2011, 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 DIGITAL CONNECTORS

### 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十六位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生。從二零一二年十月四日開始，『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。



Connectors attending Comcast Youth Expo & Summit on November 9, 2012.

## Self-Help for the Elderly 2012 Funders

### 安老自助處資助單位

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

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

## Self-Help for the Elderly Donors

## 安老自助處善長芳名

**Donations of \$50 or more from individuals, for the period January 1, 2012 to December 15, 2012**

*Please forgive us if we have inadvertently omitted your name in recognition for your contributions.*

*Please know that your support is greatly appreciated.*

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William Ang  
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Yat-Hon Au  
Yat-Pang Au  
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Loy Sung Chen



## Self-Help for the Elderly Donors

## 安老自助處善長芳名

**Donations of \$50 or more from individuals, for the period January 1, 2012 to December 15, 2012**

*Please forgive us if we have inadvertently omitted your name in recognition for your contributions.*

*Please know that your support is greatly appreciated.*

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# Golden Lines

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