

Golden Lines

黃金點滴

Digital Connectors Program Graduates with Flying Colors

By: Cheryl Tan

On May 25, 2012, Self-Help for the Elderly and Comcast hosted a commencement ceremony for the 19 youths who successfully completed the Digital Connectors (DC) 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's leaders. The program allows 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 monetary support of programs implemented in local Comcast communities.



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Comcast Vice President of Government Affairs, Rachelle Chong (red shirt) with graduates of the Digital Connectors Program at the ceremony.

Comcast加州政府事務副主席鍾惠珍 (紅色襯衣者)於數碼互通課程畢業典禮上

Summer 2012

Vol 19 Issue 2

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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。紀念捐款或榮譽捐款一概歡迎！

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。

UPCOMING EVENTS IN 2012

September 15 & 16, Saturday & Sunday

International Dragon Boat Festival, Treasure Island

September 17, Monday

Invitational Charity Golf Tournament

Palo Alto Hills Golf & Country Club, Palo Alto

October 6, Saturday

Longevity Walkathon Parade & Fair

San Francisco Portsmouth Square,

Cupertino Memorial Park, Oakland Diamond District

October 27 & 28, Saturday & Sunday

Chinese Opera Benefit

Great Star Theater, San Francisco

November 22, Thursday

Thanksgiving Luncheon

Lady Shaw Senior Center, Geen Mun, Woolf House

《安老》二零一二年活動列表

九月十五及十六日（星期六及日）

國際龍舟節—金銀島

九月十七日（星期一）

高爾夫球慈善邀請賽

帕羅奧多山莊俱樂部

十月六日（星期六）

安老長壽百萬行及博覽會

三藩市花園角廣場、庫柏帝諾市紀念公園、屋崙戴蒙區

十月二十七及二十八日（星期六及日）

安老端鳳粵劇澤耆英—三藩市大明星大戲院

十一月二十二日（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

For the latest updated information about events, please visit:

www.selfhelpelderly.org.

請於《安老自助處》網站 www.selfhelpelderly.org 查閱最新活動資訊。

Digital Connectors Program Graduates with Flying Colors

By: Cheryl Tan

數碼互通課程 畢業典禮

文:陳奕蓁

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The occasion was celebrated at the Self-Help's Fun & Fit Wellness Center with over 60 guests, including Comcast Vice President of Government Affairs, Rachelle Chong, Self-Help President and CEO Anni Chung, parents and community partners. Each Connector was awarded one laptop, flip cam, and certificates from One Economy, Ever-Fi Financial Literacy Program and CISCO upon graduation!

In light of the Digital Connectors challenging curriculum, students have to gather at TIE Center every Monday, Wednesday and Friday for regular classes, and complete 56 hours of community service. Another major program requirement is for participants to give back to their community by training 900 people - family members, friends and residents - on how to use technology effectively.

All 19 students not only fulfilled the requirements but exceeded the required training numbers by training 1039 people in 8 months. Thus, Self-Help's Digital Connectors Program was being complimented as one of the best in the Nation!



《安老自助處》與Comcast於二零一二年五月二十五日舉行『數碼互通課程』畢業典禮，祝賀十九名學員成功完成『數碼互通課程』。

『數碼互通課程』是由Comcast Foundation贊助，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。

畢業典禮在《安老健美天地》舉行，超過六十名人士參加，出席者包括Comcast加州政府事務副主席鍾惠珍、《安老》行政總裁鍾月娟、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及Ever-Fi理財課程和CISCO電腦課程的獎狀！

『數碼互通課程』極具挑戰性，學生除每星期一、三、五在《安老資訊科技中心》上課外，同時還要求每個學生履行五十六個小時的義工服務以促進社區發展互動。課程為鼓勵學生回饋社會，將所學得的知識轉教其家人、朋友或社區人士，因此規定學生們需向九百人傳授如何有效地使用科技。

我們的十九名學生不僅完成所有課程內容，成績更超越原訂要求，在八個月內總共向一千三十九人傳授科技知識，《安老》『數碼互通課程』因此被譽為全國其中表現最佳的課程之一！

(From left) Cheryl Tan, Program instructor; Rachelle Chong, Comcast Vice President of Government Affairs; Digital Connectors graduate; Anni Chung, Self-Help President and CEO

(左起)數碼互通課程導師陳奕蓁、Comcast加州政府事務副主席鍾惠珍、課程畢業生、安老自助處行政總裁鍾月娟

Students from China visited Jackie Chan and M.T. Liang Senior Centers

By: Annie Yu and Virginia Chan



On July 21, 2012, the Jackie Chan Senior Center welcomed the students from the summer camp program of the Chinese Language Education & Research Center from Beijing, China. The students had a great experience interacting with our seniors. The students' performance included: flute, taekwondo, kung fu, singing and magic performances, our seniors, in turn, performed karaoke and line-dancing for their young visitors. The most touching moment was when all 44 students joined the seniors on the dance floor and performed the 18-step line dance together. At lunchtime, the students put on aprons, caps and plastic gloves to serve a nutritious lunch for our seniors.

On July 29, our seniors at M T Liang Senior Center in San Jose welcomed another group of students from China. There were 42 students at 12 to 15 years old from the same Summer Camp program. They brought along some unique talent shows, including singing and Chinese Calligraphy. After that, they served sandwiches, provided by Self-Help to the seniors. The seniors were deeply touched by the students, who were like their own grandchildren.

Sean Tan, the leader of Chinese Language Education & Research Center was very appreciative to Self-Help for the Elderly for offering this opportunity to their students to gain insight regarding eldercare. The students brought so much fun and joy to our seniors. We are looking forward to seeing them again next year.



At Jackie Chan Senior Center

- Top: Students chatted with our seniors
- Middle: Seniors performed linedance for the students
- Bottom: Students served lunch to our seniors

成龍康樂中心

- (上) 學生與長者們閒談
- (中) 中心長者示範排舞
- (下) 學生為長者們奉上午餐

中國夏令營學生到訪 成龍中心及梁孟齊夫人中心

文:余艷娟、何雪薇

七月二十一日安老自助處成龍康樂中心歡迎來自北京的夏令營訪問團。該暑期夏令營由中文教學研究中心主辦，團隊裡大多數學生只有十二歲，藉此活動學生們與長者進行了交流及互動，讓他們更了解本地長者生活與中心的服務。

每位團員都很有表演天份，他們為長者們演奏笛子、跆拳道、功夫、歌唱及表演魔術。與此同時，我們的長者朋友也帶來了排舞和卡拉OK表演。

最感人的時刻是長者們教授四十四名學生跳十八步排舞，兩組年齡差距相當的舞者在場中隨著拍子翩翩起舞，場面非常熱鬧及融洽。午餐時間，學生們穿著圍裙戴上帽子和塑料手套，為長者們奉上生果及營養午餐。

七月二十九日，聖荷西梁孟齊夫人耆英中心的長者迎來四十二位遠自中國的少年人，該批少年同屬中文教學研究中心主辦的夏令營學生，年齡在十二至十五歲之間。

他們為中心的長者帶來了不一般的才藝表演，包括：書法及歌舞助興。之後，團員們更為長者們奉上由耆英中心準備的三文治午餐。耆英都很高興見到這些少年人，有如與自己的孫兒相聚一樣開心。

團長淡翔宇表示非常感謝安老自助處提供機會讓學生們訪問及認識老人服務。

事實上，學生們為長者朋友帶來不少歡樂，我們期待著不久的將來再與他們見面。



(From left) April Chan, Director of Nutrition & Senior Centers, and Josephine Ma Fund Development Director, of Self-Help for the Elderly presenting a banner to representatives from Chinese Language Education & Research Center, Duan Li Qun and Wang Xiao Qiang. (左起)安老自助處營養主任陳安安及基金發展部主任馬秀端致送錦旗予中文教學研究中心代表段立群、王小薈。

At M.T. Liang Senior Center

Left: Student's Chinese Calligraphy performance

Right: Students served lunch to our seniors

梁孟齊夫人耆英中心

(左)學生的書法表演

(右)學生為長者們奉上午餐





After cleaning up the building, volunteers performed for our seniors.
完成清潔工作後，Charles Schwab義工為耆英們演唱。

Charles Schwab volunteers at Lady Shaw Senior Center

By: Karen Ho

On May 21, 2012, a group of volunteers from Charles Schwab visited the Lady Shaw Senior Center and provided cleaning service for the meal site and in the common areas of the Center. Several volunteers also helped to remove weeds from the lawn in the plaza in front of the building. After two hours of hard work, the group attended a tea party at the meal site where they spent some happy times with the residents. They staged a group singing performance followed by a guitar solo that were highly entertaining. Seniors expressed their heart-felt appreciation to the volunteers for their efforts and their enthusiasm for community service.

Charles Schwab 義工清潔 邵逸夫爵士夫人耆英中心

文：何馮巧生

Charles Schwab 的一群義工於五月二十一日到訪邵逸夫爵士夫人耆英中心。在飯堂及走廊提供清潔服務，並於花園協助清理雜草。在兩小時的辛勤工作後，他們參加了住客們安排的茶會，並以唱歌及結他獨奏助興，與長者們一同渡過一段歡樂時光。住客們對Charles Schwab 義工的服務熱忱，深表謝意。

(From left) Andy Bryant, COO, and Josephine Ma Fund Development Director, of Self-Help for the Elderly presenting a banner to Ron Carter, Executive Vice President of Operational Services, Charles Schwab, in recognition of their community service to the seniors at Lady Shaw Senior Center.

(左起)安老自助處營運總監白安迪及基金發展部主任馬秀端代表致送錦旗給 Charles Schwab的營運執行副總裁 Ron Carter，以表揚他們對邵逸夫爵士夫人耆英中心的服務。



LEGACY OF GIVING

**2012 LONGEVITY GALA
SATURDAY, JUNE 2, 2012**



(From left) Mario Diaz, Maggie Mui, Katy Johnson of Wells Fargo team, (Recipient of Friend of the Elderly Award 2012)



(From left) Julian Chang (at&t), Dr. Sik-Ke and Mandy Au (Recipient of Friend of the Elderly Award 2012), Janelle Wang (Emcee)



Lion Dance by Gee Yung International Martial Arts Dragon & Lion Dance Association



Jesun Lam at the gala



Janelle Wang presents SHE Award to David Louie to celebrate his 40th Anniversary at ABC7



Performance by the band, Doubletake

PHOTOGRAPHER: Henry Kee

Chinatown One Stop Job Seeker Received an Award from San Francisco Office and Workforce Development

By: Winnie Yu

On May 22, 2012, about a year after securing a job through the Chinatown One Stop Career Link Center, our former job seeker-customer Raymond Ng received an “Adult Job Seeker Champions Award” from the San Francisco Mayor’s Office of Economic and Workforce Development, at its 2nd Annual Awards Luncheon celebrating and honoring Workforce Champions in four categories: Workforce Innovation, Employer/Business, Adult Job Seeker, and Young Adult Job Seeker.

Raymond was nominated and selected for this award because he exemplified outstanding achievement in utilizing the workforce system’s programs to overcome barriers and achieve career or professional development goals. It all started for Raymond in February of 2011 when he learned about the One Stop Career Link Center and workforce system through the EDD as a dislocated worker. He called the Chinatown One Stop Center close by his home to schedule an appointment for an initial assessment so we could learn more about his job search process. Raymond worked diligently to find employment and worked with our Career Advisors on an individual employment plan, job posting research and review, and interview preparation. He attended our interview and mock interview workshops, and received one-on-one interview coaching. Raymond also applied for a

job posted at Chinatown One Stop, a data specialist position with the San Francisco Municipal Transportation Agency (SFMTA).

In May 2011 he was offered the position to begin work immediately and had since been trained to conduct compliance reviews on Central Subway Project contracts. In addition, Raymond successfully assists with placing job seekers from the communities impacted by the Central Subway Project including referrals from other community-based organizations. After securing employment for himself Raymond still remembers Chinatown One Stop and our job seekers. Whenever there are jobs available with any contractor, Raymond conducts proactive outreach to the community. Chinatown One Stop is happy to continue assisting Raymond in his new role as our employer-customer.

Chinatown One Stop Career Link Center is co-operated by Self-Help for the Elderly and Charity Cultural Services Center. The Center is made possible by a grant from the San Francisco Mayor’s Office of Economic and Workforce Development. For more information, please call (415) 677-7500 or visit Chinatown One Stop Center at 601 Jackson Street, San Francisco or <http://www.workforcedevelopmentsf.org>.



(From left) SFMTA Contract Compliance Raymond Ng, and Chair of Workforce Investment San Francisco (WISF) Rob Black. (WISF is designated as the City’s Workforce Investment Board.)

左起: 三藩市交通局合約專員Raymond Ng; 三藩市人力資源委員會主席Rob Black。

《安老一站式就業中心》求職者榮獲 三藩市「年度優秀成人求職者」獎

譯：鄧倩欣

五月二十二日，通過《華埠一站式就業中心》協助成功就業一年的Raymond Ng；於三藩市市長辦公室之經濟及勞動力發展部的第二屆年度頒獎午宴上獲獎。宴會上頒發了四個獎項，包括：勞動力創新獎、最佳雇主獎、優秀成人及青年求職者獎。而當中的「年度優秀成人求職者獎」由Raymond Ng獲得。

「年度優秀成人求職者」Raymond的獲獎原因是，他充分運用了勞力部系統的資源去克服就業障礙，並且成功向理想事業邁進。二零一二年二月，當時正藉失業的

Raymond從就業開發署(EDD)得知有關一站式就業中心的服務，並致電鄰近的《華埠一站式就業中心》預約會面時間，希望透過就業顧問的初步評估了解更多相關的求職詳情。Raymond是一位努力不懈的求職者，他與一站式就業顧問緊密合作去尋找就業機會及準備面試，更擬寫了個人就業計劃案。他參加了《華埠一站式就業中心》的面試及模擬面試講座，就業顧問和他進行一對一的面試指導。與此同時，Raymond透過《華埠一站式就業中心》的資訊獲悉並申請了三藩市交通局(SFMTA)的數據專家職位。

同年五月，Raymond被錄用並出任三藩市交通局的數據專家一職，隨即接受訓練去審查中央地鐵站(CSP)的合約。此外，Raymond成功就業後更不遺餘力地協助社區同仁提供就業及轉介機會，可見其依舊不忘《華埠一站式就業中心》的服務及求職者。每當遇到合約商招聘的機會，Raymond都會主動聯繫各社區機構。《華埠一站式就業中心》很高興能為代表雇主的Raymond繼續提供服務，協助尋找合適人選。



(From left)

SFMTA Contract Compliance Officer Sheila Evans-Peguese, SFMTA Contract Compliance Raymond Ng, and SHE Center Manager of Chinatown One Stop Winnie Yu.

左起：

三藩市交通局合約官員Sheila Evans-Peguese；三藩市交通局合約專員Raymond Ng；安老自助處華埠一站式就業中心經理余蕙敏。

《華埠一站式就業中心》是由《安老自助處》及《博愛文化中心》兩間服務社區的機構合辦。中心的成功有賴三藩市市長辦公室之經濟及勞動力發展部的補助金。如欲知更多服務詳情，可親臨三藩市艮臣街六零一號或致電四一五一六七七一七五零零或瀏覽：<http://www.workforcedevelopmentsf.org>。

Employment Training and Economic Development Department Season of Graduation

By: Tammy Chen



Left to right: Edward Westland, Barbara Westland, Eun Jeong Lee, Magdalen Mui, Meiling Wang, Sio Leng Chan, Lynn Fang, Rosamunda Ayala, Joe McKinley at HHA graduation ceremony
第八十九屆的護理班畢業典禮

On May 3, 2012, Employment Training and Economic Development (ETED) Department celebrated the 118th Housekeeping graduation with a total of 16 graduates.

On May 25, 2012, ETED celebrated the 89th Home Health Aide graduation with 15 graduates. Representatives from our sponsors and partner agencies: Wells Fargo Foundation, City College of San Francisco (CCSF), National Asian Pacific Center on Aging, (NAPCA), Mission Language Vocational School (MLVS) and EmpowerNet attended the ceremony. Wells Fargo Senior Vice President Magdalen Mui, MLVS CEO Rosamunda Ayala, CCSF Senior Project Manager Edward Westland, President of Missouri Hospice Association Barbara Westland, EmpowerNet CEO Joe McKinley, NAPCA Director Eun Jeong Lee, and ETED Director Meiling Wang congratulated the graduates and encouraged them to continue making their American dreams come true with the new skills they acquired. Two graduate representatives shared their training experience at Self-Help and thanked the instructors, counselors and program funders for their dedicated work in making this training successful. Meanwhile on June 18, 2012, ETED Health Care Academy project staff and 15 Home Health Aide graduates attended city wide Health Care Academy trainees' graduation ceremony at the San Francisco War Memorial and Performing Arts Center. Nearly 250 People attended the event with San Francisco Mayor Ed Lee.

Most of our training classes were completed of the year 2011 or are working towards completion in 2012. ETED will host more training classes from fall 2012. We have opened enrollments for the Housekeeping, Home Health Aide, A+ Certified Computer Technician and Hospitality Job Readiness Trainings. We expect to recruit and train a total of 90 participants by the end of the year.



Class representative spoke at the HHA graduation ceremony
畢業生代表致謝辭

職業訓練和經濟發展部 驪歌響起

文：陳雁枝

在二零一二年五月三日，職業訓練和經濟發展（ETED）部門為十六名第一百一十八屆清潔班畢業生舉辦了畢業典禮。

五月二十五日，十五名第八十九屆的護理班畢業生慶祝了畢業典禮。我們的贊助商及合作機構：富國銀行基金、三藩市市立大學（CCSF）、全美亞太裔耆英中心（NAPCA）、Mission 區語言和職業學校（MLVS）和EmpowerNet均派代表出席了聚會。當中富國銀行高級副總裁 Magdalen Mui、MLVS 總裁 Rosamunda Ayala、CCSF 高級項目經理 Edward Westland、密蘇理州善終機構主席 Barbara Westland、EmpowerNet 總裁 Joe McKinley、NAPCA 主任 Eun Jeong Lee 和 ETED 主任王美玲對畢業生表示了祝賀，並鼓勵他們繼續利用此一技之長去實現他們的美國夢。其中兩名畢業生更分

享了他們在安老自助處的學習經歷，並感謝指導老師和顧問們的辛勤工作，使本次培訓課程圓滿成功。

在六月十八日，職業訓練和經濟發展部門之健康護理學院項目的工作人員連同十五名護理班畢業生在三藩市戰爭紀念館和演藝中心出席了學員畢業典禮。有將近二百五十人出席，當中包括三藩市市長李孟賢先生。

職業訓練和經濟發展部於二零一一年度的大多數的培訓班都已結束或將近完成課程，並將在秋季舉辦二零一二年度開辦更多培訓班。我們正在為清潔班、護理班、A + 認證的電腦技術員和旅遊及餐飲服務的相關課程公開招生。我們預計在二零一二年年底前招募和培訓一共九十名參加者。



City-wide Health-care Academy
Graduation ceremony at War Memorial Building.

三藩市區健康護理
培訓學員畢業典禮
於三藩市戰爭紀念
館舉行

Senior Financial Abuse cases

By: Hok Lee

Recently, there are some tragedies that happened to our seniors in the community. San Francisco District Attorney George Gascón, Self-Help for the Elderly's Executive Director Anni Chung and the Chinese Consolidated Benevolent Association's Director Charles Chow co-hosted the public awareness campaign to prevent financial abuses on the elderly.

These scams are rarely reported and go unnoticed. Some signs of financial abuse are:

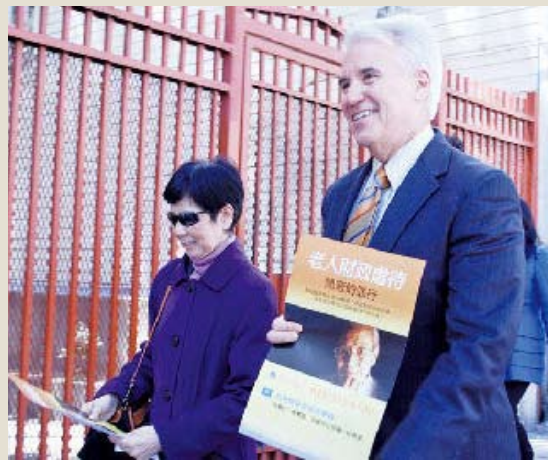
- 1) Unpaid bills when someone has been designated to pay the bills;
- 2) Unauthorized bank withdrawals and transfers;
- 3) Unrecognizable signatures;
- 4) Change in spending patterns;
- 5) Bank statements that no longer come to the elder's house;
- 6) A new person taking an interest in the elder's finances.

We encourage seniors to stay active and connected in the community. In addition, we should report any suspicious activity immediately. Reports can be made anonymously by calling 415-355-6700. The San Francisco District Attorney's Office handles elder abuse cases involving both financial crimes and physical abuse against seniors.



(From left) Anni Chung, CEO of Self-Help for the Elderly, Charles Chow of CCBA and George Gascón, SF District Attorney at the press conference.

(左起)安老自助處行政總裁鍾月娟、肇慶總會館主席周達昌及三藩市地檢官賈斯康



Anni Chung, CEO of Self-Help for the Elderly (left) and George Gascón, District Attorney of San Francisco give out Senior Financial Abuse posters in Chinatown (Photo by World Journal)

安老行政總監鍾月娟(左)與三藩市地檢官賈斯康於華埠派發中文的老人防虐海報。(世界日報圖片)

祈福黨詐騙長者案件

文:李學玲

最近不幸地發生祈福黨詐騙長者案件。三藩市地檢官賈斯康(George Gascón), 安老自助處行政總裁鍾月娟及肇慶總會館主席周達昌一同與長者會面, 提醒社區及長者們關注長者被騙的情況。其實, 我們可以就以下特徵看到長者有可能已經受騙, 包括:

- 1) 過了繳費期限而仍未繳款、
- 2) 不明來歷的銀行提款及轉帳、
- 3) 無法辨認的簽名式樣、
- 4) 花費習慣的改變、
- 5) 銀行月結單未有如原先寄到長者的地址
- 6) 某人忽然加入到長者的理財名單中。

這次會面是要提醒長者們, 保持與社區及親友的聯繫; 另外, 當發現可疑人物及事件必須要立即舉報。

所有人士如有任何有關該類案件資料或要作出舉報均可致電匿名報案電話: 四一五・三五五・六七零零。

「鄰社守望活動」(Public Awareness Campaign)將會由三藩市地檢官辦公室的持續進行, 目的在防治針對長者的有關罪行。三藩市地檢官辦公室受理所有長者被騙及受虐的案件。

Comcast Cares Day at Buri Buri Elementary School

By: Gisella Lai

On April 21, more than 300 volunteers worked hard to improve the playground at Buri Buri Elementary School in South San Francisco. It was organized by Comcast's Comcast Cares Day. Jerry Hill, California State Assembly; Pedro Gonzalez, South San Francisco vice Mayor; and the volunteers from Comcast, NBC and Self-Help for the Elderly worked with the elementary students and their families.

They re-stripped the playground and painted a large USA map onto the ground, added wood chips to the play areas, rebuilt planter boxes and more.

Rachelle Chong, Comcast's Regional Vice President for Government Affairs, surprised Self-Help for the Elderly with a \$10,000 check from Comcast to honor the Digital Connector's Program.



Comcast關懷日

文: 黎璧君

四月二十一日 Comcast 舉行 Comcast 關懷日 (Comcast Care Day)，約300名義工在南三藩市Buri Buri小學進行修葺清潔工作。到場的除了該小學一眾年紀小小的義工外，還有加州眾議員Jerry Hill、南三藩市副市長Pedro Gonzalez，以及Comcast、NBC電視台及安老自助處的工作人員。

一眾大小義工在Buri Buri小學進行的工作包括為公園增放木屑，在操場上繪畫上精緻的美國地圖、重新為設施塗油漆等。

Comcast加州政府事務副主席鍾惠珍 (Rachelle Chong) 更帶來大驚喜，代表Comcast捐款一萬元給安老自助處，以表揚安老自助處在數碼教育及社區服務的貢獻。

Cheryl Tan (in purple), SHE Fund Development Associate, received the surprise check from Comcast presented by Rachelle Chong (right, in black), Comcast's Regional Vice President for Government Affairs, and a Certificate of Recognition from Jerry Hill, California State Assembly (holding the certificate in the middle).

《安老》基金發展部助理陳奕蓁(紫色衣服)，接受由 Comcast加州政府事務副主席鍾惠珍(右一，黑色衣服)代表送出的捐款支票，及由加州眾議員Jerry Hill(中，手持獎狀者) 頒發嘉許狀。



SHE volunteers and Comcast representatives.

安老自助處義工們與Comcast代表合照。



San Francisco Recreation and Park Department (RPD) in partnership with Self-Help for the Elderly and Consulate General of Israel hosted an event where a Chinese American Tai-Chi group and an Israeli Folk Dance group exchanged their cultural arts performance on June 12 at Chinatown's Portsmouth Square.

三藩市康樂及公園事務局(RPD)與安老自助處聯同以色列領事館，昨(十二日)日在華埠花園角廣場舉辦太極拳及以色列土風舞交流同樂日，讓華裔太極拳愛好者與熱衷於以色列土風舞之人士相互就其傳統藝術切磋及表演。



On June 28, Norman Tu (left) and Joe Jr. sang the song, My Way, at the press conference for "Evening with Joe Jr." concert.

六月二十八日杜啟平(左)及祖尊尼亞於《祖尊尼亞之夜》演唱會記者會上，合唱名曲《My Way》。



April 9, 10, 16 and 17, Self-Help for the Elderly hosted a food booth at the Cherry Blossom Festival in Japan-town of San Francisco. Josephine Ma (with chef hat) Fund Development Director, works in the booth.

四月九、十、十六、十七日安老自助處參與日本城的櫻花節活動。基金發展部主任馬秀端(戴帽者)當街頭廚師。



On August 9, The Pine View Board hosted a farewell dinner party for Karen Ho, who is retiring after 13 years of service as Administrator of the Lady Shaw Senior Center. Karen Ho is thanking the Pine View Board and staff at the dinner. On-lookers are: Betty Fung (left), Karen Ho (standing), Larry Simi (President of the Pine View Board) and Gary Hoshiyama (Pine View's Advisor and Attorney).

八月九日，松景廬監事們宴請何馮巧生，為歡送其於邵逸夫夫人耆英中心服務十三年後退休。圖左起：馮巧莊、何馮巧生(站立者)、Larry Simi(松景廬主席)、Gary Hoshiyama(松景廬律師)。

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
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- 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

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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Donations of \$50 or more from individuals, for the period January 1, 2012 to July 31, 2012

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Self-Help for the Elderly Donors

安老自助處善長芳名

Donations of \$50 or more from organizations, for the period January 1, 2012 to July 31, 2012

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Self-Help for the Elderly Donors 安老自助處善長芳名
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Newsletter of Self-Help for the Elderly



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