

Golden Lines

黃金點滴

2012 Longevity Gala

"The Dragon brings with it optimism and hope for better times"

By: Cheryl Tan

Come celebrate Self-Help for the Elderly Anniversary at the annual Longevity Gala on Saturday, June 2, 2012 at the Hyatt Regency San Francisco Airport in Burlingame!

Join us for a marvelous evening of entertainment by renowned Elvis impersonator, Rob Ely of Doubletake and internationally acclaimed San Francisco Jitterbugs; silent auction with over 200 items, grand raffle of five luxury vacation packages and more.

The Longevity Gala aims to raise over \$450,000 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.

For more information on sponsorship, donations and advertising, please call (415) 677-7668 or visit our website at www.selfhelpelderly.org/gala.

二零一二年『迎福長壽宴』：祥龍獻瑞福滿盈

文：馬秀端

《安老自助處》將於二零一二年六月二日，星期六，在三藩市機場凱悅酒店舉辦週年『迎福長壽宴』。當晚有著名貓王模仿者Rob Ely及蜚聲國際的《三藩市吉特巴舞蹈團》特別演出、有聲及無聲拍賣、幸運抽獎等，歡迎你與我們歡度一個喜慶的晚上！

作為本地支持長者的其中一個最大型及最長壽的籌款活動，『迎福長壽宴』每年致力為《安老自助處》籌得四十五萬以上。我們僅希望獲得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。



**SELF-HELP
FOR THE
ELDERLY**

安老自助處

Spring 2012

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SELF-HELP FOR THE ELDERLY
LONGEVITY GALA 2012

HYATT REGENCY SAN FRANCISCO AIRPORT, BURLINGAME

SATURDAY, JUNE 2, 2012

5:00 P.M. - 10:30 P.M.



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。

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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金
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獻
瑞

UPCOMING EVENTS IN 2012

《安老》二零一二年活動列表

June 2, Saturday

六月二日 (星期六)

Longevity Gala, Hyatt Regency, Burlingame

迎福長壽宴, 沛林甘凱悅酒店

August 4, Saturday

八月四日 (星期六)

San Francisco Lion Dance Fundraiser

三藩市醒獅籌款活動

September 15 & 16

Saturday & Sunday

九月十五及十六日

(星期六及日)

International Dragon Boat Festival

Treasure Island

國際龍舟節

金銀島

September 17, Monday

九月十七日 (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 6, Saturday

十月六日 (星期六)

Longevity Walkathon Parade & Fair

San Francisco Portsmouth Square, Cupertino Memorial Park,

Oakland Dimond District

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

October 27 & 28

Saturday & Sunday

九月二十七及二十八日

(星期六及日)

Chinese Opera Benefit

Location TBA

安老端鳳粵劇澤耆英

地點有待發佈

November 22, Thursday

十一月二十二日 (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

USCIS Honored Anni Chung 2012 Outstanding American by Choice

By: Cheryl Tan

On February 15, 2012, Self-Help for the Elderly President & CEO, Anni Chung was honored by U.S. Citizenship and Immigration Services (USCIS) as one of 2012 Outstanding Americans by Choice. Anni was the first Chinese American woman to be awarded in the west region. Anni's 97 year old mother, her brother and sister also attended the ceremony at Paramount Theater in Oakland where the Oakland Naturalization was held at the same time.

President Chung felt honored to receive the award as it was a huge recognition of her many years of contribution towards the community. Working for Self-Help for the Elderly has made her life even more meaningful because the smile on seniors' face always completes her day.

President Chung congratulates all newly naturalized citizens and said: "You will not regret becoming a U.S. citizen as you now have more strength to fulfill your dreams. Also, do not forget to thank your family who brought you to the states and gave you this opportunity to live in one of the world's best lands." Anni encourages new immigrants to become a citizen as soon as possible and contribute back to this beautiful country of ours!

鍾月娟領傑出美國人獎

譯：陳奕蓁

《安老自助處》行政總監鍾月娟於二零一二年二月十五日獲美國公民及移民服務局（USCIS簡稱移民局）頒發的「傑出美國人獎」（Outstanding American by Choice），成為美西首位獲得此榮譽的華裔女性。當日鍾月娟攜同九十七歲的母親及哥哥姐姐一起出席在屋崙派拉蒙戲院（Paramount Theater）舉行的移民局入籍儀式，並上台領獎及致詞。

鍾總監表示，能夠獲得此殊榮她感到非常榮幸，這也是對她多年服務社區成績的充分肯定。在《安老自助處》為長者服務，讓她的生命變得豐盛有意義。每當看到長者們充滿感激的笑臉，她就感到很滿足。

鍾總監向每一位在場宣誓的新公民表示祝賀，她說：『你永遠都不會後悔成為美國公民，它將為你提供更多的能力去完成你的夢想。更不要忘了感謝把你帶到美國來的親人，因為是他們讓你有機會來到世界上最好的國家之一生活。』鍾月娟鼓勵新移民要盡快成為公民，並盡公民的責任，積極參加選舉及出席社區活動，為美國作出貢獻。



From left to right: Deputy Director of U.S. Citizenship and Immigration Services Lori Scialabba, Self-Help for the Elderly President & CEO Anni Chung, District Director San Francisco U.S. Citizenship and Immigration Services Robert Looney

Connectors' Winter Legacy Celebration Night

By: Cheryl Tan

Self-Help for the Elderly Digital Connectors Program held a successful "Connectors' Winter Legacy Celebration Night" on Friday, February 17, 2012 at Self-Help's Technology Information and Empowerment (TIE) Center. This event was attended by Self-Help members, parents and friends of the community.

Self-Help for the Elderly Digital Connectors Program, sponsored by One Economy and 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. Nineteen students from different high schools in San Francisco were carefully selected to join this one-year after school program.

The main goal to hold "Connectors' Winter Legacy Celebration Night" was to provide youth an opportunity to organize a community event and practice their teamwork. Also through this event, parents gained a better understanding of what their child has been up to for the past 4 months and to learn more about One Economy and Digital Connectors Program. This celebration has given the youth a chance to engage in public speaking when they volunteer for the role of an emcee or as a presenter of their own production. A total of 19 "This is Me" advertisements, "Where I'm From" poem and "Where I'll Be" video was presented that night.

The Digital Connectors have gathered at TIE Center three times per week since October 2011 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.



「科技信息交流同樂晚會」

文：陳奕蓁

《安老自助處》數碼互通課程於二零一二年二月十七日，在《資訊科技中心》舉辦「科技信息交流同樂晚會」。當晚出席的貴賓有《安老》職員、家長及社區朋友。



DigitalConnectors®

《安老自助處》數碼互通課程是由One Economy與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。有幸參加這為期一年的放學後課程的十九位學生都是經過精心挑選，現在正就讀於三藩市不同的中學。

舉辦「科技信息交流同樂晚會」的主要目的是提供青少年們一個學習活動策劃及培養團隊精神的機會。同時家長們還能透過此活動了解他們的孩子在過去四個月裡的學習環境、更加認識One Economy及數碼互通課程。同樂晚會共展出十九項『這就是我』廣告、『我從何處來』自創詩詞及『我的未來』短片，而且為鍛鍊青少年們的演講技巧，他們也必須當眾解說自己的作品。

從二零一一年十月開始，數碼互通課程的學生於每星期三天集合在《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，為他們鋪排後備的職業選擇。



The 19 San Francisco Digital Connectors held a successful "Connectors Winter Legacy" Presentation Night on February 17, 2012.

ETED – An Exciting Year of the Dragon

By: Tammy Chen

Employment Training and Economic Development (ETED) Department has had many exciting encounters as we welcomed 2012 with the annual Workers' Appreciation Luncheon, Housekeeping Graduation Ceremony, and a special visit from China to the Chinatown One Stop Career Link Center.

This annual Worker's Appreciation Luncheon was organized by ETED on February 19, 2012 with the support from the Housekeeping and Home Health Aide Alumni Association, as a token of appreciation to the dedicated and diligent housekeepers, home health aide and caregivers. President of Alumni Association Mr. Xun Qi Lu, two home health aides, two housekeepers, and one Caregiver were honored for their excellent service to the community. Workers' Work Safety and Skill Refreshment Training were also being incorporated into the luncheon through games and informative updates from ETED staff and housekeeper instructor.

On the other hand, 16 housekeepers successfully completed the housekeeping training and obtained certificates from City College of San Francisco at the "Housekeeping Training Graduation" on February 17. Three other trainings – housekeeping, home health aide, and A+ certified computer technician – are currently in progress with a total 49 participants.

On March 15, officials from China Human Resources Management and Department of Human Resources and Social Security of Guangdong Province for Continuing Education Administration visited the Chinatown One Stop Career Link Center to learn about Center activities and services that assist job seekers in attaining economic self-sufficiency, and discuss successful strategies to assist job seekers in overcoming multiple barriers to employment.



Director of ETED, Meiling Wang, gave a presentation to Officials from China about the program & One Stop Career Link Center.

《職業訓練及經濟發展部》龍躍2012

譯：陳雁枝

《職業訓練及經濟發展部》在二零一二年初以年度員工表揚午餐、家政班畢業典禮及中國政要公員參觀華埠一站式就業中心，展開了多姿多彩的一年。

表揚員工午餐由《職業訓練及經濟發展部》策劃，並在《家居清潔及家護助理校友會》的支持下於二零一二年二月十九日舉行，作為讚賞勤奮敬業的家居清潔、家居健康助理及家居護理員，表揚他們的奉獻精神和對社會的卓越服務。獲表揚的有校友會主席盧順齊，兩名家居護理員，兩名家居清潔員以及兩名家居助理員。《職業訓練及經濟發展部》更借此機會與員工們重新復習了一些安全守則及專業技能須知，希望同學們能溫故而知新。

此外，我們於二月十七日舉辦了家政班畢業典禮，十六位順利完成培訓的家政班學員同時也獲得三藩市公立大學頒發證書。另外三個職業培訓班：家政、護理及專業電腦維修培訓班已經如火如荼地進行著，現共有四十九名學員正在接受培訓。

來自《中國人力資源管理局》及《廣東省人力資源和社會保障廳持續教育行政部》的海外代表團隊，於三月十五日參觀《華埠一站式就業中心》進行交流，學習中心協助求職者能實現經濟上自給自足的活動和服務，及討論可成功替求職者克服就業方面所將面對的障礙的策略。



"Housekeeping Training Graduation" on February 17, 2012

Photo by Mary Sullivan



"In the Tradition Piano Trio"

Third Sundays at Lincoln Court

By: Beverly Karnatz

Every third Sunday of the month since January 2012, the multipurpose room at Self-Help for the Elderly Lincoln Court Center in Oakland is filled with foot-tapping jazz.

This beautiful music is performed by the "In the Tradition Piano Trio" featuring Bill Jackman on the piano, Terry Hilliard playing the bass and Johnny Apperson on drums. The trio is dedicated to preserving the tradition of the classic jazz piano. The three members of the trio have been associated with some of jazz greatest throughout their professional lives. Bill Jackman was a student of the late Oakland jazz pianist, Art Fletcher; Terry Hilliard is an internationally known jazz bassist and drummer Johnny Apperson has played with a host of jazz greats during his 50-year career.

When possible the music is selected around themes. In February, the performance focused on romantic pieces for Valentines Day. In March, Mr. Jackman selected Irish ballads he had been taught by his grandparents and that the group has adapted to jazz and pop sounds.

The performances take place every third Sunday of the month from 3:00–5:00 p.m. at the Lincoln Court Center located at 2400 MacArthur Blvd, Oakland, CA 94602. The cost is \$10.00 per person and the funds will support the programs and services of the Center. For more information, contact Beverly Karnatz at (510) 336-1952, visit Self-Help's website at www.selfhelpelderly.org or Lincoln Court's Facebook page.

《林肯閣》爵士演奏會

譯：陳奕蓁

自二零一二年一月開始，位於屋崙的《安老自助處林肯閣》在每個月的第三個星期日都將充滿令人雀躍的爵士音樂。

爵士演奏會是由鋼琴師Bill Jackman、吉他手Terry Hilliard及鼓手Johnny Apperson組成的「In the Tradition Piano Trio」樂隊所帶來的。這爵士三重奏致意要保存古典爵士音樂，因此在他們專業爵士生涯中曾與無數爵士高手合作過。Bill Jackman是屋崙著名爵士鋼琴手Art Fletcher的弟子、Terry Hilliard是國際著名吉他手，而Johnny Apperson五十年來曾與許多爵士音樂家合作過。

《林肯閣》的爵士演奏會通常圍繞著不同的主題，例如二月份的主題是情人節。致於三月份的聖帕特里克節，Jackman先生則選用了他祖父母傳教的愛爾蘭樂曲改編成現代爵士音樂。

爵士演奏會是在每個月的第三個星期日，下午三時至五時於《林肯閣》舉辦，地址是屋崙MacArthur大道二四零零號，郵區九四六零二。入場費是每人十元，所有款項將用於支持此中心的活動及服務。欲知更多詳情，請與Beverly Karnatz聯絡，電話是五一零・三三六・一九五二，或瀏覽www.selfhelpelderly.org或《林肯閣》的臉書粉絲專頁。

South Sunset Seniors Center Celebrates 20th Anniversary

By: Annie Yu

On February 17, 2012, Self-Help for the Elderly South Sunset Seniors Center celebrates its 20th anniversary with over 150 seniors and guests. We were honored to have District 4 Supervisor Carman Chu, Captain Curtis Lum of San Francisco Police Department at Taraval Station, Commander Micheal Biel of Investigation Bureau at San Francisco Police Department and Lorrian Benford of Parks & Recreation Department to celebrate this special day with us.

Self-Help for the Elderly President & CEO, Anni Chung, welcomed everyone with a brief history of the center. Supervisor Chu then presented certificates of appreciation to three of our dedicated volunteers, Bo Lin Ho, Sui Fong Chan and Doris Chung, who have served the Center in the last 20 years.

Renee Mckenna, a mosaic tile artist, also attended the celebration and presented a 20th anniversary tile for Self-Help as a gift for which will be placed on the wall of 39th Avenue. It was a meaningful gift to represent our strong relationship with Park & Recreation Department.

The celebration then continued with singing, cultural dancing, ballroom dancing and sword demonstration performed by the seniors. Lunch was served along with a cake cutting ceremony and raffle drawings. We would like to take this opportunity to thank Mrs. Cecilia Leo for donating \$2,000 in support to the Center.

《日落康樂中心》成立二十週年慶會

文：余艷娟

《日落康樂中心》於二零一二年二月十七日舉辦二十週年慶祝會，超過一百五十位嘉賓及長者參加這次的慶會。出席嘉賓包括第四區市參事朱嘉文、日落區警局隊長林嘉和、三藩市警局調查署指揮官Michael Biel，政府康樂及公園部代表Lorrian Benford。

當日由《安老自助處》行政總監鍾月娟致歡迎詞，朱嘉文市參事頒贈獎狀表揚三位長期服務義工，她們是何寶蓮、陳瑞芳及呂陳慕嫻。服務多年的三位義工得到在場嘉賓、長者及安老員工的熱烈鼓掌贊許而感到驕傲。

此外，瓷磚鑲嵌藝術家Renee Mckenna更帶同她以二十週年為主題的作品初稿前來參加週年慶會。作品將鑲嵌在日落公園遊樂場近三十九大道的牆壁上，充分表達政府康樂及公園部與《安老自助處》長期的良好的合作關係。

接著有多項精彩的表演，包括：獨唱、大合唱、民族舞、型體操、中式集體舞、社交舞及藝術劍示範。長者們隨後享用豐富的營養午餐，切蛋糕儀式及幸運抽獎。我們借此特別感謝廖張永文女士慷慨捐出善款二千元，作支持長者活動之用。慶典在熱鬧的氣氛中完成。



Certificates of Appreciation were presented to the Center's long-term volunteers at the 20th Anniversary Celebration with guests and staff of Self-Help.

San Mateo Senior Center Celebrates 20th Anniversary

By: Iris Rong & Rosalyn Koo

More than 150 people packed Self-Help for the Elderly Senior Center for the 20th Anniversary in San Mateo. Almost all of the current and past Mayors of San Mateo came to celebrate the long and successful public-private partnership in serving over 1,000 elderly of low to moderate income. Three of the new City Council members, David Lim, Robert Ross and Maureen Freschet pitched in to serve hot lunches. Talented children musicians played beautifully for the audience.

《聖馬刁康樂中心》 慶祝二十週年紀念

譯：余艷娟

超過一百五十位賓客濟濟一堂為《安老自助處聖馬刁康樂中心》慶祝二十週年紀念。當日我們亦非常榮幸獲所有現任及前任市長一同前來見證本中心多年來成功為超過千名低收入長者提供優質的服務。三位現任聖馬刁市委員林健權、Robert Ross及Maureen Freschet更為長者們親自送上熱餐。天才小音樂家的表演更為現場帶來熱烈掌聲。



Photo by Rita Zhao



Photo by Rita Zhao

From left to right: Self-Help President & CEO Anni Chung, San Mateo City Council Member Robert Ross, former Mayor John Lee, former Mayor Jack Matthews, Mayor Brandt Grotte, Self-Help Board Member Rosalyn Koo, former Mayor Jan Epstein, Deputy Mayor David Lim, retired City Clerk Norma Gomez, former Mayor of South San Francisco Karyl Matsumoto, former Mayor Claire Mack, City Manager Susan Loftus, San Mateo County Supervisor Carole Groom, Police Chief Susan Manheimer.

Absent from photo: Assemblyman Jerry Hill & San Mateo City Council Member Maureen Freschet

The young musicians from Happy Mozart Music School in San Mateo.

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.

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- San Francisco Office of Economic and Workforce Development
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