## Registration Form

**Last Name**

**First Name**

**Address**

**City**  **State**  **Zip**

**Email Address**

**Day Phone**

**Evening Phone**

I am a  **Senior**  **Adult**  **Youth (under 18)**

Male  Female

I will walk in

- as an individual
- with a team:
- team captain:

I am unable to walk but:

- will donate  $100  $75  $50  other:
- would like to volunteer

Please send additional materials:

- Flyer(s)
- Pledge Form(s)

**Please fax this form to:** San Francisco  **415-296-0313**

---

## Waiver and Release of Liability

I hereby waive all claims against Self-Help for the Elderly, sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

**Signature**  **Date**

Parent or guardian’s signature if under 18  **Date**

---

## Pledge Form

**Please PRINT legibly.**

<table>
<thead>
<tr>
<th>No.</th>
<th>Last Name</th>
<th>First Name</th>
<th>Complete Address (Address, City, State, Zip)</th>
<th>Pledge</th>
<th>Amount Received/Receipt Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total enclosed

Matching Gift
San Francisco Walkathon Site

Portsmouth Square

Schedule

Registration
Walkathon Begins

9am

Entertainment and Refreshment to follow

731 Sansome Street, Suite 100
San Francisco, CA 94111

Self-Help for the Elderly’s 29th Longevity Walkathon Parade & Fair

Saturday, October 4, 2014
San Francisco Portsmouth Square
Who are we?
Self-Help for the Elderly began providing services in 1966 to assist very low income, socially isolated seniors in San Francisco’s Chinatown. Today it serves approximately 35,000 seniors in four counties: San Francisco, San Mateo, Santa Clara and Alameda. Its growth and longevity can be attributed to its ability to respond to each new generation of seniors: to their changing interests, to their needs as they age and to their requests to provide services in locations where needs are not being addressed. This willingness and flexibility, along with quality service, has served as a catalyst to enter new areas of services.

Our mission:
Self-Help promotes the independence, dignity and self-worth of seniors by providing a comprehensive range of multicultural and multilingual services. These services, adhering to a wellness continuum, are designed to empower seniors to make healthy lifestyle choices, enhance their standards of living and optimize the quality of life.

Services:
Services range from senior/social centers, employment/training/placement, computer learning classes, and housing for the more independent, active seniors to non-medical in-home services, adult day health centers, residential care facilities and licensed homecare/hospice for those needing more help.

TO PARTICIPATE
1) Fill out a pledge form
Fill out the form online at www.selfhelpelderly.org or complete the attached Registration Form, then Fax or Mail to:
731 Sansome Street, Suite 100
San Francisco, CA 94111
Fax: 415-296-0313
2) Sign up sponsors
Ask your family, friends, co-workers, neighbors and business to sponsor you.
3) Walk!
Please make checks payable to “Self-Help for the Elderly.” Bring your pledge form and your donation with you to the Walkathon registration area.

GROUP TEAMS
Companies, schools and organizations are encouraged to form walking teams of 10 people or more.

GIFTS
• Adult Walkers (18-54 years)
  Raise $50 or more and get a free Walkathon T-shirt
• Senior Walkers (55 years and above) & Youth Walkers (17 and under)
  Raise $25 or more and get a free Walkathon T-shirt

PRIZES
Individual walkers who collect the highest pledges will win prizes. Top walking teams and team captains will win prizes and awards.

The LONGEVITY WALKATHON is one of Self-Help’s annual fundraising events. Funding sources never pay for the full cost of operating programs, so over many years Self-Help has covered the actual costs with funds raised from events such as the Walkathon. Today, with so many cuts, an event like this one becomes even more important.

Come out and join the 29th Longevity Walkathon. Walk with us, in memory or in support of someone you love. Let us together enhance the standard of living for seniors.

Your Contributions at Work!
• Nutrition Program – Provide 190,350 hot meals and other supportive services in 11 different locations in San Francisco, San Mateo, Santa Clara counties. We also provide 91,000 home delivered meals to seniors and younger adults with disabilities.
• HomeCare & Hospice – Provide 15,000 quality home health and hospice visits to the community to assist the patient and their family in optimizing their quality of life.
• Social Service – Provide services to over 21,000 clients annually.
• Employment Training and Economic Development – Provided employment training to 304 low-income adults, dislocated workers, and older workers in the last program year. The Chinatown Neighborhood Access Point (formerly One-Stop) received 8,470 visits from job seekers citywide and continues to provide employment services to the community.
LONGEVITY WALKATHON
PARADE AND FAIR

October 4, 2014

Citizenship Class seniors at the Walkathon.

Senior Walkers with Ms. Fiona Ma

Pom Pom Girls cheering at the Walkathon.

Lion Dance summoned fortune for seniors.

Senior Dance Performance

S.F. Police Department supporting the Walkathon.

Supporters:
American Red Cross Youth Program
Community Youth Center
Expert Embroidery Services
Luk Tung Kuen
Portsmouth Plaza Parking Corporation
San Francisco Fire Dept.
San Francisco Recreation & Park Dept.
San Francisco Police Dept.
San Francisco Sheriff’s Dept.

For information please call:
San Francisco County  415-677-7669
San Mateo County  650-342-0822
Main Office  731 Sansome Street, Suite 100
San Francisco, CA 94111
Website  www.selfhelpelderly.org
Email  info@selfhelpelderly.org

Title Sponsor:
Pacific Gas and Electric Company

Silver Sponsor:

Media Sponsor:

This is a partial list. We apologize for any error or omission of donors who contributed after publication.