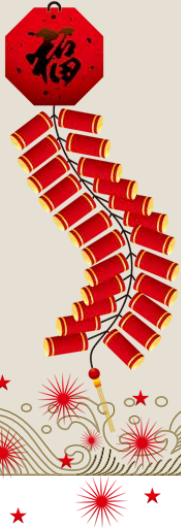


Golden Lines

黃金點滴



Grand Opening of Nutrition and Senior Center: West Portal Playground Clubhouse

Self-Help for the Elderly Nutrition and Senior Centers Department is proud to announce the opening of the new senior center at the West Portal Playground Clubhouse located at 131 Lenox Way, San Francisco! The opening ceremony was held on February 2, 2015 and joined by San Francisco District 7 Supervisor Norman Yee, San Francisco Department of Aging & Adult Services (DAAS) Executive Director Anne Hinton, San Francisco Recreation and Parks General Manager Phil Ginsburg, and over 100 seniors from around the community.

Thanks to the support of Supervisor Yee and partnership with DAAS and the S.F. Recreation and Parks Department, Self-Help is able to expand its services to San Francisco District 7. The center welcomes seniors aged 60 and over to come and enjoy hot, nutritious meals and a comprehensive range of social, educational, and recreational activities such as nutrition education, smart phone tutoring, jewelry & bead-making class and line dancing. The center opens on weekdays from 9am to 2pm; lunch is served at 11:30am every service day.

A loyalty program is introduced in the Clubhouse in which participants receive a loyalty card, earn stamps for each activity they participate in, and win prizes. For more information, please contact the center at (415)753-7038.

~中文翻譯請閱第四頁



Ribbon Cutting Ceremony for the Opening of West Portal Center. From Left: Self-Help Board of Directors Patricia Mar, S. F. Rec. & Parks General Manager Phil Ginsburg, S.F. District 7 Supervisor Norman Yee, S.F. DAAS Executive Director Anne Hinton, Self-Help Board of Directors Philip Tam.



Self-Help for the Elderly

安老自助處

Spring 2015
Vol 22 Issue 1

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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，歡迎你參加我們的團隊！《安老自助處》提供各類義工服務機會。我們需要並感激你伸出援助之手！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。

Board of Directors

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**Self-Help for
the Elderly**

安老自助處

Upcoming Events in 2015 《安老》二零一五年活动列表

June 13, Saturday

六月十三日 (星期六)

Longevity Gala, Hyatt Regency, Burlingame

迎福長壽宴，沛林甘凱悅酒店

July 5, Sunday

七月五日 (星期日)

Chinese Opera Benefit

Yerba Buena Center for the Arts Theater

安老端鳳粵劇澤耆英

三藩市尤伯連納藝術中心

August 8, Saturday

八月八日 (星期六)

San Francisco Lion Dance Fundraiser

三藩市醒獅籌款活動

August 31, Monday

八月三十一日 (星期一)

Invitational Charity Golf Tournament

Sharon Heights Golf & Country Club, Menlo Park

高爾夫球慈善邀請賽

門洛柏克 Sharon Heights 俱樂部

September 19 & 20

Saturday & Sunday

九月十九及二十日

(星期六及日)

International Dragon Boat Festival

Treasure Island

國際龍舟節

金銀島

September 27, Sunday

九月二十七日 (星期日)

San Mateo Autumn Moon Festival

聖馬刁中秋節活動

October 3, Saturday

十月三日 (星期六)

Longevity Walkathon Parade & Fair

San Francisco Portsmouth Square

安老長壽百萬行及博覽會

三藩市花園角廣場

October 24, Saturday

十月二十四日 (星期六)

HalloScream Party, Moonstar Buffet Restaurant

安老萬聖節驚嚇派對, 月星宮自助餐

November 26, Thursday

十月二十六日 (星期六)

Thanksgiving Luncheon

Lady Shaw, Geen Mun & Woolf House Senior Centers

感恩節午餐會

邵逸夫爵士夫人耆英中心、建民康樂中心、五福樓康樂中心

For more information, please contact:

731 Sansome Street, Suite 100, San Francisco, CA 94111-1725

Tel: 415-677-7668 or 415-677-7669

Fax: 415-296-0313

www.selfhelpelderly.org

West Portal康樂中心開幕典禮

文：麥蕙鈴 修改：馬秀端

《安老自助處》營養及康樂中心服務部位於三藩市Lenox Way 一三一號的West Portal長者康樂中心在二零一五年二月二日正式投入服務。該中心的開幕典禮於二月二日當天舉行，三藩市第七區市參事余鼎昂，三藩市長者及成人服務局行政主任Anne Hinton，三藩市公園康樂部總經理Phil Ginsburg及超過一百名來自社區的長者均出席此次典禮。

West Portal長者康樂中心得以順利投入服務全賴市參事余鼎昂及三藩市長者及成人服務局和三藩市公園康樂部對安老自助處的支持與合作。我們歡迎六十歲或以上朋友到來品嚐由營養師和廚師精心設計及烹調的營養餐，以及參與各項社交活動。中心服務時間為星期一至五，上午九時至下午二時，營養餐供應時間為上午十一時三十分。除了日常活動如新聞討論或賓果遊戲，中心還提供智能手機輔導班、飾物制作班、排舞班及更多各式各樣的課程及講座。

West Portal長者康樂中心還在推行一個積分計劃，歡迎到臨或致電 (415) 753-7038 查詢如何申請積分卡及透過參加活動賺取印章，贏得禮物！



Ribbon Cutting Ceremony for the Grand Opening of the new Senior Center at the West Portal Playground Clubhouse.

Adult Day Services Chinese New Year Celebration

By: Betty Fung

The Adult Day Services program celebrated the Year of the Ram with an exciting lion dance performance presented to 68 participants on February 25, 2015. Staff and participants are thankful that the program survived another year of challenges brought about by the managed care environment. We also take pride and comfort in being able to restore the 10% Medi-Cal rate cut which would have otherwise been detrimental to the financial viability of the program. Along with other Adult Day Services providers in San Francisco, we fought and won a hard battle to keep the vital program alive!

As we stride into the New Year, staff is preparing for the program's biannual licensing survey while awaiting a new Director to join the program. The search for new leadership has been unusually difficult, but the team is doing everything possible to keep the program going and to maintain the quality of care for our participants.

成人日間護理服務新年慶會

譯：蕭穎曉 修改：馬秀端

《安老自助處》的成人日間護理服務部於二零一五年二月二十五日為六十八位參加者進行舞獅表演，以慶祝羊年新年的來臨。大家都為能夠戰勝過去一年的挑戰而感到欣慰，為得以恢復早前加州醫療保健計劃百分之十的資金削減而感到驕傲。我們與三藩市其他成人日間護理服務的機構共同奮鬥並誓要把這個服務發揚光大！

在踏入新一年之際，我們的員工在努力籌備完成半年一次的執照問卷。大家都在期待新的主管上任。雖然找尋新主任的過程不容易，但所有員工都竭盡所能為成人日間護理服務的參加者提供最優質的服務。



Lion Dance Performance at the Adult Day Services Jackie Chan Center.

HICAP of San Mateo County

By: Cherie Querol Moreno

The Year of the Ram is especially auspicious for the Health Insurance Counseling and Advocacy Program of San Mateo County (HICAPSMC). We were a full staff by the end of 2014, allowing us to restart refreshed and invigorated.

We closed 2014 with a holiday celebration on Dec. 16 at our in-service training attended by volunteers. They cheered the performance report that showed that our team had exceeded previous numbers across the board.

Last year, we counseled almost 1,500 clients, outreached at 73 public and media events through over 10,000 contacts that reached nearly 16,400 people. We reached 1,819 Medicare beneficiaries with disability, almost 5,000 beneficiaries with low-income and enrolled the same number of individuals.

In the first month of 2015 we accomplished our longtime goal of posting and airing our public service announcements (PSAs). We produced three PSAs in-house starring volunteers Marla Seidman, Mary Evans, Joe Virga and Diane Caradeuc, liaison for Senior Medicare Patrol (SMP). SMP funded the project. These PSAs currently air on PenTV, the county's cable station that reaches up to 275,000 homes along. PenTV also posts our print PSA stating our services and contact information.

This year we aim to reach a wider audience as we promote HICAPSMC through mainstream and special media. While the PSAs are being considered for airing by KRON and KTSF, KPIX scooped those stations with a one-on-one interview of the program's manager Christina Kahn by news anchor Frank Mallicoat on Bay Sunday on February 1, 2015.

We have just begun the New Year and have already gained valuable attentions through numerous promotions. We are grateful for support from our new allies including the City of Daly City and the town of Colma that have posted our print PSA under Community Resources on their county website. We also thank our media partners Philippine News and The Filipino Channel for continuously publishing our PSAs and news announcements.

HICAP San Mateo Manager Christina Kahn being interviewed on Bay Sunday at KPIX channel.

聖馬刁縣聯邦醫療保險和藥物計劃

譯：蕭穎曉 修改：馬秀端

羊年新年為《安老自助處》聖馬刁縣聯邦醫療保險和藥物計劃部帶來新的景象。所有員工及義工於十二月十六日舉辦的節日慶會上歡送二零一四年的結束。大家都為過去一年超前的業績報告而歡呼。

在過去一年，我們服務超過一千五百位客人，通過七十三個公眾媒體活動把我們的服務推廣給超過一萬六千四百人。我們幫助了一千八百一十九位擁有聯邦醫療保險和藥物計劃的殘疾人士。還幫助五千名低收入人士成功申請聯邦醫療保險。

在二零一五年一月，我們首次成功發布了三個有關我們計劃的公共服務公佈。公佈的內容展示了Marla Seidman, Mary Evans, Joe Virga 及 Diane Caradeuc等義工的演示。這些公佈均在PenTV電視台播出，讓超過二十七萬五千家用戶觀看。

在新的一年，我們希望通過媒體的宣傳繼續推廣聯邦醫療保險和藥物計劃，讓更多人知道及使用我們的服務。在二零一五年二月一日，聖馬刁縣聯邦醫療保險和藥物計劃的經理Christina Kahn在KPIX電視台Bay Sunday的節目中接受了Frank Mallicoat主持的訪問。

新的一年才剛剛開始，我們已經通過各個社區推廣活動為計劃增添了很多宣傳。我們衷心感謝Daly City 市政府及Colma市幫我們的計劃在各社區的網站公布服務公告。並感謝我們的媒體伙伴Philippine News 和The Filipino Channel電視台不斷地幫助宣傳我們的服務。



ETED - Basic Art Culinary Training

By: Annie Lee

The Basic Art Culinary Training is one of the new occupational trainings that Self-Help for the Elderly provides in partnership with the City College of San Francisco Chinatown campus. The mission of this program is to help the unemployed and the low-income community to enter or re-enter the workforce of the hospitality industry. It is a five-week culinary program funded by the Office of Economic & Workforce Development (OEWD). In the Basic Art Culinary Training, students learn about fundamental kitchen and culinary skills, such as equipment use, safety and sanitation, knife skills, and classic cooking methods.

The first Basic Art Culinary Training was held in 2013 summer. Since then, the program was offered twice a year free of charge. As of today, the program has served approximately sixty-four participants. Upon graduation from the culinary program, more than 90 percent of the program graduates have successfully obtained employment in the hospitality industry.

The forth cycle of the Basic Art Culinary Training is in progress with 16 participants. These students graduated with the Basic Art Culinary Training Certificate on February 18, and are prepared to enter the workforce. On February 10, 2015, Self-Help for the Elderly, in collaboration with Office of Economic and Workforce Development and San Francisco City College, held the Culinary Arts Students Showcase for potential employers to manifest the culinary skills of the students. San Francisco Mayor Ed Lee also attended the event and stated that the food prepared by the students were delicious and believed each of them would be successful in the culinary field.



San Francisco Mayor Ed Lee attended the Basic Art Culinary Showcase and enjoyed the food prepared by the students.

職業培訓服務部- 烹飪藝術班

文：李靜宜 修改：馬秀端

《烹飪藝術班》是《安老自助處》與三藩市市立大學共同合作提供的一項新的職業培訓課程。這項培訓計劃的目標是幫助失業者和低收入人士重新投入餐飲業並獲得工作機會。此項課程是一項由三藩市市長經濟人力發展辦公室資助，為期五個星期的烹飪課程。在烹飪藝術班中，學生們學習包括刀法、烹飪技巧和食品安全和衛生等專業廚房的基本知識。

安老的第一個烹飪藝術班由二零一三年夏天開始，隨後每年開辦兩次免費烹飪班。截至今日，該計劃已經有約六十四人參加。烹飪藝術班畢業生中，高達九成的參加者已經成功就業餐飲業。

目前第四屆的烹飪藝術班有十六名參加者。這些學生於今年二月十八日獲得烹飪培訓證書成功畢業，並於二月十日在三藩市市立大學舉行了烹飪展覽及試食，讓酒店及餐飲業的雇主品嚐他們的廚藝。三藩市市長李孟賢亦應邀出席此次展覽會，他表示學員準備的食物很美味，並相信每個烹飪藝術班的參加者都會在烹飪及餐飲領域有所成就。



Group photo at the Basic Art Culinary Class Showcase put together by Self-Help for the Elderly, Office of Economic and Workforce Development and San Francisco City College.



Asian Health Collaborative

By: Ann Xiao

The Asian Health Collaborative, a partnership consisting of Self-Help for the Elderly, Asian Women's Resource Center and Kimochi, Inc. addresses lack of physical activities and poor nutrition among low-income Asian seniors and children. Funded by the Dignity Health and St. Mary's Medical Center, the collaborative targets serving at least 600 seniors and children annually by offering a series of health lectures focused on topics in diabetes and obesity.

On March 2, 2015, the collaborative held its first lecture of 2015 at the Kimochi center in Japan town of San Francisco. More than 100 seniors and children attended the lecture presented by guest speaker Dr. Dorothy Chung, DPT. The lecture included essential and simple exercise routines for daily health. Free blood pressure and BMI measurement are also provided for the participants. San Francisco Police Department Lion Dance Team, as well as young children from the Asian Women's Resource Center came to the event and performed Lion Dance in celebration of the Chinese New Year.

The next health lecture by the Asian Health Collaborative will be held on April 20, 2015 at Self-Help for the Elderly Lady Shaw Senior Center. For more information, please contact the collaborative at 415-788-1008.



Participants learning about daily exercise routines at the health lecture by Dr. Dorothy Chung.

《亞太裔健康聯盟》

文：蕭穎曉 修改：馬秀端

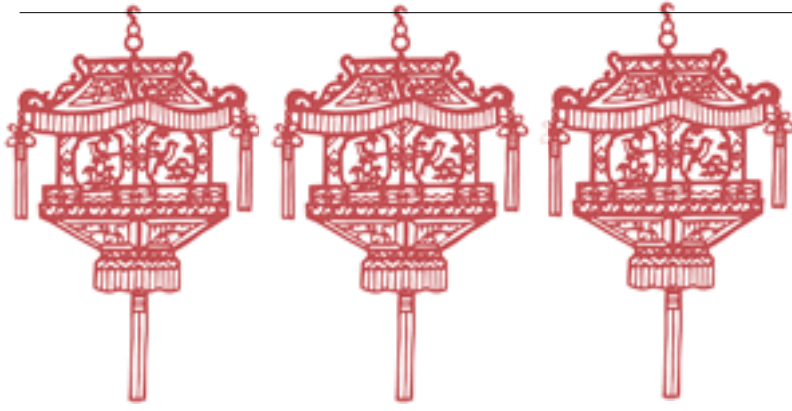
由《安老自助處》，《亞洲婦女服務中心》及《Kimochi長者服務中心》合作創辦的《亞太裔健康聯盟》致力於宣揚及改善亞太裔長者及兒童缺乏運動及營養不良等問題。由Dignity Health及St. Mary's Medical Center 資助，該聯盟每年為最少六百名長者及兒童提供一系列針對糖尿病和肥胖症的健康課程。

《亞太裔健康聯盟》二零一五年的第一個課程於三月二日在三藩市日本城Kimochi長者服務中心舉行。超過一百名長者及兒童參加了這次由物理治療師鐘月明醫生主講的課程，內容包括學習簡易的日常運動。此次活動還為參加者提供免費的血壓及身高體重指數測量。三藩市警察局醒獅隊及亞洲婦女服務中心的兒童也出席並表演醒獅，與參加者們慶祝農曆新年的到來。

《亞太裔健康聯盟》將於二零一五年四月二十日於《安老自助處邵逸夫人中心》舉辦下一個健康課程。詳情請致電415-788-1008。



A thank you gift presented to Dr. Dorothy Chung by the children Lion Dance Team.



Lantern-Making Event

By: Kari Mak

The Year of Ram has arrived. Self-Help for the Elderly South Sunset Senior Center celebrated the Chinese New Year by hosting a Lantern Making Event on February 5, 2015. San Francisco President of Board of Supervisors and District 4 Supervisor Katy Tang co-hosted the Lantern Making Event. Over fifty seniors participated in learning to make decorative red lanterns for the New Year. Bo Lin Ho and Pui Ying Lee are the two experienced instructors in this event; everyone enjoyed and was satisfied with their uniquely handmade lanterns.

This workshop would not have been as successful without the help from our instructors. We would like to express our gratitude to Supervisor Katy Tang for sponsoring and supporting our seniors. We wish all our supporters a prosperous and rewarding Year of Ram.



Senior participants learning to make lanterns using red envelopes.

賀歲燈籠制作活動

文：麥蕙鈴 修改：馬秀端

為慶祝羊年農曆新年的來臨，《安老自助處》日落康樂中心與三藩市市參事主席及第四區市參事湯凱蒂合作，於二月五日舉行了手藝制作賀歲燈籠活動。超過五十位長者出席參與學習如何制作賀歲燈籠。在義工導師何寶蓮和李培英專心教導下，所有人都十分享受這次活動並滿意自己製作的新年燈籠。

安老在此感謝湯凱蒂市參事以及我們的長者導師一直以來對安老自助處的支持，令是次活動得以順利完成。最後，安老自助處祝大家心想事成，洋洋得意！



San Francisco Board of Supervisor participated in Lantern Making Activity with seniors at the South Sunset Senior Center.

New Faces in Social Services Department

By: Jackie Ma

Self-Help for the Elderly's Social Services Department has several new faces, including a new Social Services Director, Elder Abuse Case Manager, two Case Managers, a Naturalization Program Specialist and an Information & Assistance Specialist for the South Sunset District.

Jackie Ma is our new Social Services Director. She manages and oversees various services including Naturalization classes and applications, Housing, Case Management, Emergency In-Home Support Services (homemaking, personal care and chores), Caregiver Support, Transitional Care and Information & Assistance Services. Jackie's primary goal as a Director is to connect seniors and disabled adults to available resources. She strives to support her team and expand the services at the Social Services Department.

Connie Tang is our new Elder Abuse Case Manager. Kevin Wu and Tina Wu are the new additions in our Case Management team. Kenny Chu is our new Naturalization Specialist, equipped with multilingual skills and adequate education background. Kitty Siu is our extended family member in the South Sunset Information & Assistance unit and has years of experience serving that community.

Most, if not all of these new teammates can speak fluent Cantonese, Mandarin and English. They are very passionate about social work and look forward to contributing their experience and skills to benefit our seniors.

社會服務部的新面孔

文：馬嘉慧 修改：馬秀端

《安老自助處》社會服務部門最近添加了幾個關鍵的新成員，包括一個新的部門主任，一位長者被虐護理統籌員，兩位個案管理員，一位入籍計劃員和一位駐三藩市日落區分部的信息專員。


馬嘉慧是我們新上任的部門主任。她的職責包括管理和策劃各種社會服務，例如入籍申請及預備課程、房屋服務、個案管理、短期緊急家居援助服務（包括家政服務，個人護理和其它家務）、家庭護理支援計劃以及長者和殘疾人士資源中心。馬嘉慧希望幫助長者有機會接觸三藩市灣區的各類社區資源，支持社會服務部的員工更好地為長者提供服務並擴展安老自助處的社會服務領域。

Connie Tang 是我們新的長者被虐護理統籌員，Kevin Wu 和 Tina Wu 是我們個案管理團隊兩位新的成員。以上三位均精通粵語，普通話和英語。他們對社會服務領域的熱情和從以往相關工作中累積的經驗將會幫助安老更好的服務我們廣大的長者客戶。

Kenny Chu 是我們新上任的入籍計劃專員。Kenny 的多語言能力和相關教育背景將幫助他為安老的長者及殘疾客戶提供入籍方面的協助。Kitty Siu 是我們駐三藩市日落區分部的信息專員。Kitty 有著多年服務日落區周邊地區的經驗。她所在的辦事處和靈活的時間表將使周邊地區的長者以及殘疾客戶獲得最大限度的社區服務的幫助。



Group Photo of the Social Services Staff.



In Loving Memory of Our Board Member Mr. Jerry Lee

By: Anni Chung

Gerald “Jerry” Lee passed away on December 24, 2014. He served on the Board of Directors of Self-Help for the Elderly for many years and was an exceptional volunteer and major donor. Over 500 people attended his memorial service on January 11, 2015, among them were elected officials and his close friends and colleagues from UPS, Self-Help, CCDC, Chinese Chamber of Commerce, United Way, Glide Church and many other CBOs he worked with or supported.

Jerry will be missed by all of us at Self-Help. As a tribute to Jerry, our Board members, staff and volunteers compiled a book of messages, poems, photos and fond memories of the times he spent with all of us, fundraising for us, and attending board meetings and special events with us.

Our deep condolences to Jerry’s family: Beverly, Kimberly, Corbett and Bennett. There will always be a place at Self-Help for Gerald “Jerry” Lee.



Cherry Blossom Festival



Golf Tournament



Longevity Gala



Thanksgiving Luncheon

懷念親愛的董事李健權先生

譯：蕭穎曉 修改：馬秀端

《安老自助處》董事李健權先生(Jerry)於二零一四年十二月二十四日逝世。李氏多年來盡心為安老擔任董事，亦是一名主要的義工及善長。其追思會於今年一月十一日舉行，超過五百名來自社區各界人士參加，當中包括政府官員及李氏在聯合速遞，安老自助處，華協中心，中華總商會，慈善聯合金庫，Glide Church 及其他社區組織所結識的摯友。

安老自助處同人將深深懷念李氏。我們的董事，員工及義工們把對李氏說的話、詩詞、相片及生前在安老的種種回憶組合成一本紀念冊獻給李夫人。我們一起緬懷李氏為我們主持的籌款、參與安老舉辦活動、在董事會議的愉快時光。

在此安老向李董事的家人Beverly, Kimberly, Corbett 及Bennett致意。李董事將永遠在安老佔一席位。



Self-Help for the Elderly's Locations

Main Office

731 Sansome St., Suite 100,
San Francisco, CA 94111
415-677-7600

Adult Day Services

Jackie Chan Senior Center
408 22nd Ave.,
San Francisco, CA 94121
415-677-7556

Affordable Housing for Independent Seniors

- *Lady Shaw Senior Housing*
1483 Mason St.,
San Francisco, CA 94133
415-677-7572
- *Lincoln Court Senior Apartments*
2400 MacArthur Blvd.,
Oakland, CA 94602
510-336-1952

Chinatown Neighborhood Access Point

601 Jackson St.,
San Francisco, CA 94133
415-677-7500

Health Insurance Counseling and Advocacy Program (HICAP)

- *San Francisco HICAP*
601 Jackson St., 2nd Floor,
San Francisco, CA 94133
1-800-434-0222
- *San Mateo HICAP*
1710 S. Amphlett Blvd., #100,
San Mateo, CA 94402
650-627-9350

Technology and Information Empowerment (TIE) Centers

- *San Francisco TIE Center*
601 Jackson St., 2nd Floor,
San Francisco, CA 94133
415-677-7530
- *San Mateo TIE Center*
50 E. 5th Ave.,
San Mateo, CA 94401
650-342-0822

Alameda Senior Center

Lincoln Court
2400 MacArthur Blvd.,
Oakland, CA 94602
510-336-1952

Santa Clara Senior Center

- Good Shepherd Christian Church
940 S. Stelling Rd.,
Cupertino, CA 95014
408-873-1183

San Francisco Senior Centers

- Geen Mun Senior Center
777 Stockton St.,
San Francisco, CA 94108
415-391-3843
- Jackie Chan Senior Center
5757 Geary Blvd.,
San Francisco, CA 94121
415-677-7571
- John King Senior Center
500 Raymond Ave.,
San Francisco, CA 94134
415-239-9919
- Lady Shaw Senior Center
1483 Mason St.,
San Francisco, CA 94133
415-677-7581
- Manilatown Senior Center
848 Kearny St.,
San Francisco, CA 94108
415-398-3250
- Mendelsohn House Senior Center
737 Folsom St.,
San Francisco, CA 94107
415-243-9018
- South Sunset Senior Center
2601 40th Ave.,
San Francisco, CA 94116
415-566-2845
- Southeast Asia Senior Meal Program
315 Turk St.,
San Francisco, CA 94102
415-920-1357
- West Portal Playground Clubhouse
131 Lenox Way,
San Francisco, CA 94127
415-753-7038
- Woolf House Senior Center
801 Howard St.,
San Francisco, CA 94103
415-495-0931

San Mateo Senior Centers

- San Mateo Center
50 E. 5th Ave.,
San Mateo, CA 94401
650-342-0822

Residential Care Facilities for the Elderly

- *Autumn Glow*
654 Grove St.,
San Francisco, CA 94102
415-934-1622

Social Services

- *Case Management Services*
601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7588
- *Citizenship Services*
601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7590
- *Geen Mun Center*
777 Stockton St.,
San Francisco, CA 94108
415-677-7553
- *Housing Services Program*
601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7587
- *San Mateo Center*
50 E. 5th Ave.,
San Mateo, CA 94401
650-342-0822

Citizenship, Civics, and ESL Classes

Main Line: 415-773-1869
415-677-7592

- 733 Kearny St.,
San Francisco, CA 94108
- 5757 Geary Blvd.,
San Francisco, CA 94121
- 500 Raymond Ave.,
San Francisco, CA 94134
- 1490 Mason St.,
San Francisco, CA 94133

Self-Help for the Elderly 2015 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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- California Department of Education
- California Department of Transportation
- California Employment Development Department
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- San Francisco Foundation
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- San Francisco Mayor's Office of Community Investment
- San Francisco Mayor's Office of Housing
- San Francisco Office of Economic and Workforce Development
- San Francisco Office of the Aging
- San Francisco Paratransit
- San Mateo County Department of Aging and Adult Services
- Santa Clara County Department of Human Relations
- Santa Clara County Social Services Agency
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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 individuals, for the period September 1, 2014 to March 10, 2015

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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Richard Bagby
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Sherry Barto
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 Donations of \$50 or more from individuals, for the period September 1, 2014 to March 10, 2015

*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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Donations of \$50 or more from organizations, for the period September 1, 2014 to March 10, 2015

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Bright Funds Foundation
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Landsberg Orora
LB Commercial Construction Inc.
Leon Wong Company, Inc.
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Magic Brothers Associate, Inc.
Moonstar Restaurant
Multi Solution Inc.
National Healthcare GP-N H Polyclinics
On Lok Senior Health Services
Pan-Med Enterprises

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Printing Innovations
Priority Architectural Graphics, Inc.
Prudential Foundation Matching Gifts
PWC Your Cause
R & G Executive Lounge, Inc.
Robert Placak & Association, Inc.
S.P.E. Construction, Inc.
Schwab Charitable Fund
Sidney Chan
Silicon Valley Community Foundation
Silver Lake Technology Management, L.L.C.
Sing Tao Daily
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Sutter West Bay Hospitals
The Comcast Foundation
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Memorial Donations received, for the period September 1, 2014 to March 10, 2015

The following contributions were made to Self-Help for the Elderly from
September 1, 2014 to March 10, 2015 as a tribute to the below lately departed:

*Sung Kuo Au, Gwendolyn Gee Chan, Gwing Der, Lily Yin Dong, Forrest Gok, Laura Lai,
Gerald (Jerry) Lee, Kam Oi Lee, Robert Lee, James Louis, Doris Lum, Linghan Tam, Sanford Tom*

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Lauren Chinn	Selwyn Kwok	Patricia S. Mar	Wayne Wong
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Gerald Chu	Bowman Lee	Douglas Morimoto	Daniel Wu
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Shirley Dere	Karen Lee	Adrienne Pon	Mamie Yee
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Laura Efurd	Priscilla Lee	Hali Reiskin	William Yuen
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Michael Flores	Susan M. Lee	Cristina Rubke	
Anita Fong	Woon Kwon Lee	James Sato	
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Thank you very much!

Newsletter of Self-Help for the Elderly

Golden Lines

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We welcome your suggestions and ideas. Write to us at info@selfhelpelderly.org with your comments.

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