

Golden Lines

黃金點滴

Longevity Gala 2015: "Ram-full" of Happiness

By: Vicki Lee

On June 13, 2015, Self Help for the Elderly hosted its 2015 Longevity Gala, in celebration of our 49th anniversary. The theme of this year's gala was "Ram-full" of Happiness, celebrating the Year of the Ram. This year's event was held at the Hyatt Regency San Francisco Airport in Burlingame. Our guests enjoyed an evening of dining, music, dancing and entertainment. This year's entertainment featured Jay White Band Performance. With over 700 guests in attendance, we were able to raise over \$600,000 through our silent auction, grand auction and generous sponsor tables. The money raised will help us to continue providing the many important and necessary services to seniors throughout the Bay Area.

Thank you to all of our guests and supporters for helping to make our 2015 Longevity Gala a rousing success!

We hope you will join us next year for our 2016 Longevity Gala. It will be a special event to celebrate our 50th anniversary!

~中文翻譯請閱第四頁



The Board of Directors for the Longevity Gala 2015



Self-Help for the Elderly

安老自助處

Summer 2015

Vol 22 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。

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**Self-Help for
the Elderly**

安老自助處

安老自助處 二零一五年活動列表

Upcoming Events in 2015
《安老》二零一五年活動列表

**September 19 & 20,
Saturday and 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

聖馬刁市中秋節活動

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 30, Friday

十月三十日 (星期五)

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

二零一五年迎福長壽宴

譯：馬秀端

在二零一五年六月十三日，安老自助處舉辦了迎福長壽宴慶祝機構成立四十九週年。今年的長壽宴主題是「迎福」，以慶祝羊年。今年的活動在三藩市機場附近的柏嶺甘（Burlingame）海逸酒店（Hyatt Regency）內舉行。嘉賓享用精美晚餐及豐富的節目。今年的娛樂由Jay White樂隊提供。

當晚超過700名來賓出席，透過無聲拍賣、有聲拍賣及贊助宴席，我們成功籌得超過六十萬善款。這些善款將可以幫助我們繼續為灣區的長者提供許多重要和必須的服務。

感謝所有嘉賓以及支持者，令到我們二零一五年的迎福長壽宴空前成功。

我們希望你明年可以繼續出席二零一六迎福長壽宴。屆時將會有特備節目慶祝安老成立五十週年。



Introducing our new caterer for hot meal service, Moonchef

By: Kelly Chew

The Department of Nutrition and Senior Centers would like to welcome our new caterer, Moonchef, to the Self-Help for the Elderly community. Our opening ceremony was held on August 17, 2015 at Mei Lun Yuen, and joined by the San Francisco Board of Supervisors, San Francisco Department of Aging & Adult Services (DAAS), Moonchef catering team, and seniors from around the community. The ceremony was a wonderful celebration. The seniors enjoyed the festivities and provided the caterers with glowing, positive feedback.

We are grateful to have partnered with Moonchef Catering to serve over 1,000 hot meals a day to our senior centers and home delivered meal program. They are dedicated to providing a nutritious meal service, and preparing food to meet the needs of our participants. All meals are planned and approved by our registered dietitian, which Moonchef promptly prepares, taking extra care and vigilance to ensure that they remain healthy, delicious, and satisfactory to everyone's tastes. We thank them for their hard work and effort in helping us provide this service.

For more information, please contact the Nutrition and Senior Center Department at (415) 677-7600.

成人日間護理服務新年慶會

譯：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。

Bay Area Story: I was Born to Be A Teacher

By: David Huang (Sing Tao Daily Reporter)

Lin Tan, who was born in a rural village in Hunan, has resided in the United States for twenty-two years. Within the context of a culture and language that initially were foreign to her, Lin has converted from a college-level ESL student to ESL college teacher - a compelling transformation that redefined her life and career. After surmounting diverse challenges and emotional pitfalls, she is now calm and focused. She is now using her immigrant experiences to help others realize their American dream.

Lin's parents were both teachers and her constant exposure to education helped to develop her passion for teaching. After graduating from high school at the young age of 15, Lin was exposed to Mao's 'down to the countryside' movement where she became a laborer in the tea fields. Her years in the field taught her the value of hard work, a value she still embodies today.

When China finally reinstated the University entrance exams, Lin returned to school, and earned her college degree. After working as an assistant professor for awhile, she decided to come to the United States. It was during the early years of living here that she learned from firsthand experience, and grew to understand, the challenges faced by new immigrants, and also the importance of learning English.

Lin realized she wanted to help others realize their 'American dream' and could do so by devoting herself to teaching ESL, so she immersed herself in school once again to help fulfill her 'dream'. She earned her Master's degree in ESL education at the age of 50 and now teaches Naturalization classes at Self Help for the Elderly and City College of San Francisco.

Lin always mentions, "The power of an individual is limited. An individual cannot change the world, but through discipline and honesty we can start to change the world one drop at a time. Keep holding on to core values and you will start to change the people around you." She believes that compassion and an open heart are the way to making change.



湾区故事：我生来是当老师的

譯：譚琳

出生于湖南一个乡村教师家庭，曾任大学中文副教授的谭琳，移居美国二十二年，当过家庭保姆，商场售货员，旅馆经理，和学校助教等工作。在异国他乡，凭借她的毅力，她从一名ESL学生到大学讲台上的ESL教师，华丽转身，完成了她生命中的又一次轮回。如今的她要用自己的经验，去帮助更多的人实现他们的美国梦。

谭琳的父母曾为乡村教师，后调任中小学校长，如今古稀之年的他们仍在为培养城市里那些被人忽视的民工子弟而无偿地奉献着。从小耳濡目染的谭琳，深受父母的影响，从小立志当一名象父母那样敬业尽职的老师。

十五岁中学毕业时的谭琳，赶上了中国“知识青年上山下乡”的最后一班车，成为一名茶场劳动者。三年的知青生涯，磨炼了她吃苦耐劳，安贫乐道的品德。三年后，中国恢复高考制度，谭琳赶上了第一班车，如愿成为师范大学的学生。四年大学学涯中，她如饥似渴地学习，最后以优异的成绩，留校任教。成为文学副教授的谭琳，为了更真切地理解小说中的美国，她于1993年以访问学者的身份来美，后又因特殊人才而获得绿卡定居美国。

语言上的困难，让早年生活在这个国度的谭琳熬了不少夜，吃了不少苦。也正是因为自己的亲身经历与体会让她意识到寻找到一套特殊有效的方法，帮助新移民学好英文的重要性。于是她在三藩市市立大学担任ESL助教的15年生涯中，一直在探讨着这个问题，她并重返校园，于50岁那年，在旧金山大学获得ESL教育硕士学位。

如今的谭琳在安老自助处和三藩市市立大学担任英文及入籍班的教学工作。她用自己20多年来所探讨出来的一套生动有趣的教学方法，尽心尽力地去帮助她的每一个学生。谭琳常说：她只是一株小草，并不能改变世界。但她愿意去散播更多的种子，让一片片的绿地使得这个世界更美好。她相信，只要每个人都付出爱心，这个世界就会变美好！

Lin Tan teaches Naturalization classes at Self Help for the Elderly and City College of San Francisco.

AAPI Roundtable Discussion with Nancy Pelosi

By: Vicki Lee

On Tuesday, May 26, 2015, Self Help for the Elderly staff had the honor of attending a Roundtable Discussion with the honorable Congresswoman Nancy Pelosi at the San Francisco YWCA. Congresswoman Pelosi met with members of the Asian American Pacific Islander community to participate in a discussion on issues of concern to the AAPI community, as well as to give an update on her recent bipartisan congressional delegation trip to Asia.

A wide range of topics were discussed, including comprehensive immigration reform, the Affordable Care Act, student financial aid and affordable housing. Congresswoman Pelosi was able to hear first-hand from the people whose lives are impacted by these issues on a daily basis.

The congresswoman reassured the community that she and House Democrats will continue their efforts to address these issues by pushing for bold action to fix the broken immigration system, provide good paying jobs by increasing the minimum wage and increasing access to higher education for more people.



Self Help for the Elderly staff and Congresswoman Nancy Pelosi

亞太裔社區領袖與普洛西進行圓桌會議

譯：馬秀端

在二零一五年五月二十六日，安老自助處的職員很榮幸出席了由尊敬的聯邦國會少數黨領袖普洛西（Nancy Pelosi）在華埠男青年會（YMCA）所舉辦的圓桌會議。普洛西與來自亞太裔社區的領袖一起討論亞太裔社區現在所關注的問題，例如講述了她最近一次跨黨派代表團的訪問亞洲之旅。

會上所討論的議題非常廣泛，包括綜合移民改革、可負擔健保法案、學生助學金以及可負擔房屋。普洛西為此能夠親自聽到每天都受到這些問題影響人士所反映的聲音。

普洛西向社區人士擔保她以及國會民主黨人將會繼續努力解決這些問題，透過推動大膽的舉措來修補已經漏洞百出的移民系統，透過增加最低工資來提供薪水較高的工作，以及讓更多人有機會接受高等教育。



Group photo with Congresswoman Nancy Pelosi at the San Francisco YWCA



Chinese Opera Benefit

By: Vicki Lee

Self Help for the Elderly recently hosted its 30th Annual Chinese Opera Benefit, 'A Rejuvenatd Red Plum,' the story of the eternal spirit of true love. The event was held on July 5, 2015, at the Yerba Buena Center for the Arts in San Francisco. The afternoon performance was a sold-out event!

The Chinese Opera performance featured the Duen Fung Ming Chinese Opera Troupe, a group of professional performers. This year's benefit also included a performance by Josephine Ma, Self Help for the Elderly's Director of Fund Development. Josephine is an avid Chinese opera fan and has been performing in her spare time for many years.

Guests were treated to a fun afternoon of singing, dancing, pantomime, and acrobatics. The event was a huge success and everyone had a good time!

粵劇慈善籌款

譯：馬秀端

安老自助處最近舉辦了第三十屆的粵劇籌款活動，上演了《再世紅梅記》，一套講述真愛恆久精神的劇作。這次的活動於二零一五年七月五日在三藩市的尤伯連納劇院舉辦。這日場演出全院滿座！

這次的粵劇演出有「端鳳鳴澤善粵劇團」領銜主演，該劇團有安老自助處基金發展主任馬秀端所率領。多年以來，馬秀端一直致力推動粵劇的傳承，並在多年前組成「端鳳鳴澤善粵劇團」之後便開始不斷推動、策劃和參與粵劇慈善籌款。

來賓度過了一個趣味的下午，欣賞到有規模的演出包括歌唱、舞蹈及工架表演。這次活動非常成功，在場人士都贊同是一好享受！



Performers on stage (c) Frank Jang

A Warm Welcome to Our Second CHAMPSS Restaurant: Prince Cooking

By: Zoe Wu

Self-Help for the Elderly's Department of Nutrition and Senior Centers is delighted to announce Prince Cooking as our second CHAMPSS restaurant! The opening ceremony was held on August 28, 2015 at the restaurant to celebrate our new partnership. We were joined by the San Francisco District 4 Supervisor Katy Tang, Director of San Francisco Department of Aging & Adult Services (DAAS), Anne Hinton, the Prince Cooking staff, and seniors who are big supporters of the program.

By partnering with Prince Cooking, Self-Help for the Elderly is able to provide another option for seniors in regards to healthy meals. With a swipe of a card, seniors have the flexibility of enjoying delicious and nutritious meals – while sitting on plush purple chairs under a ceiling of chandeliers – at any time of day with their family and friends. This restaurant dining style has become very popular amongst the senior community and is a great alternative to regular restaurants, knowing that what they select from the dietitian certified menu will provide them with sufficient nutrients at an affordable price. We thank the Prince Cooking staff immensely for providing healthy meals and wonderful service to our seniors at their beautiful restaurant. Prince Cooking is open Monday to Friday 11:30am-8:00pm.

For more information, please contact the Nutrition and Senior Center Department at (415) 677-7600.



王子煮意正式加入 - 美味營養餐

安老自助處營養及康樂服務部在此熱誠歡迎新的美味營養餐廳加入我們服務社區。經過多次商討及籌劃，王子煮意正式加入美味營養餐團隊，並訂於二零一五年八月二十八日、星期五下午二時在王子煮意舉行開幕儀式。特邀第四區市參事湯凱蒂、三藩市長及成人服務局行政主任Anne Hinton、王子煮意代表鄭美琪女士主持剪採儀式。

王子煮意的加入將會成為三藩市美味營養餐計劃第二個服務地點，他們舒適的環境與健康新穎的菜式，深受顧客的喜愛。王子煮意的加入將會讓更多長者受益。在大膽創新的菜式基礎上，王子煮意會根據營養師的評估並悉心準備健康高質素的營養餐。我們再次感謝王子煮意為長者們提供營養膳食和真誠的服務。藉著這次合作，我們希望能讓社區長者除了在康樂中心以外，能有更多符合營養價值又美味的食餐選擇。王子煮意的美味營養餐營業時間為 11:30am 至 8:00pm。

查詢詳情歡迎致電營養及康樂服務部(415) 677-7600。

瀏覽：<http://www.sfchampss.org/>
事成，羊羊得意！



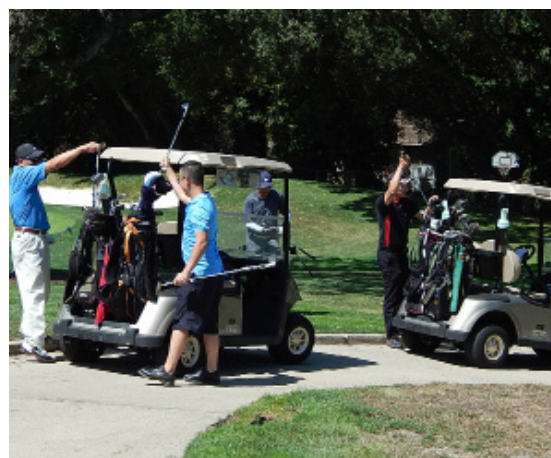
CHAMPSS has two programs located at S&E Cafe (2409 19th Avenue) and Prince Cooking (1310 Noriega Street). Hours of Operation vary depending on the location.



11th Annual Invitational Charity Golf Tournament

On August 31, Self Help for the Elderly hosted its 11th annual Golf Tournament at Sharon Heights Golf & Country Club. A big thank you goes to our title sponsors, Cathay Bank, Good Hope Seeders, and Today's Hotel Corporation in making this event a success. The warm sunny weather was beautiful as guests spent the whole day enjoying golf foursomes. Following the tournament and during the awards, Ceremony and Raffle Drawing, a well-prepared three course dinner was served. Raffle winners won gorgeous prizes and gift sets while the tournament winners each received a Golf Bag donated by our generous Golf Committee Members. The height of the event took place during the Live Auction bidding which included items such as tickets to the Warriors game.

With an overwhelming amount of support, we were able to raise over \$170,000. The money raised will help us to continue providing the many important and necessary services to seniors throughout the Bay Area.



第十一屆慈善高爾夫球邀請賽

譯：馬秀端

國泰銀行第十一屆慈善高爾夫球邀請賽已於八月三十一日在Sharon Heights高爾夫球鄉村俱樂部舉行。是日早上十時各贊助商及參賽者已在場雲集，接受登記、編隊、高級球棒、精美禮品及BBQ午餐招待。近二百名嘉賓在下午六時賽事完畢後參加晚宴，席間國泰銀行頒發支票給安老自助處、社區青年中心及聖瑪利中文學校。安老自助處董事Bill Schulte及李少凡回贈紀念獎牌給首席贊助國泰銀行；則國泰銀行北加州副總裁張偉權回贈紀念牌給主要贊助DCL、Today's Hotel Corporation、Good Hope Seeders、Welcare Financial Group。同時藉此鳴謝其它贊助商、善長、參賽者及義務工作人員的支持當日賽事進行得非常順利，連同當天幸運獎券、有聲及無聲拍賣，共籌得善款超過十七萬。國泰銀行表示能成功地為社區籌得這筆款項而感到驕傲，將繼續支持此非常有意義的活動。





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

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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
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San Francisco, CA 94133
415-677-7581
- Manilatown Senior Center
848 Kearny St.,
San Francisco, CA 94108
415-398-3250
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737 Folsom St.,
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415-243-9018
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415-566-2845
- Southeast Asia Senior Meal Program
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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
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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*
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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*
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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

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- California Department of Education
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- California Employment Development Department
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The following contributions were made to Self-Help for the Elderly from
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*Gwendolyn Gee Chan, Doris Lum, James Louis, Robert Q. Lee
Lilly Yin Dong, Chung Yin-King*

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