

# Golden Lines

## 黃金點滴



Anni Chung, President & CEO of Self-Help for the Elderly welcomes Director Nuru, former Supervisor Christensen, Director Reiskin, Mr. Lee and Mayor Lee to the ceremony

### Sidewalk Safety Ribbon Cutting Ceremony

By: James Wong

On October 16, Mayor Edwin Lee along with Mohammed Nuru, Director of Department of Public Works; Julie Christensen, former Supervisor of District 3; Edward Reiskin, Director of Transportation of the San Francisco Municipal Transportation Agency (SFMTA); and Mason Lee, Assistant of former Supervisor Julie Christensen participated in the ribbon-cutting ceremony at Lady Shaw Senior Center to celebrate the completion of the sidewalk improvement project. The project greatly enhances pedestrian safety with a curb extension that increases pedestrian visibility, shortens crossing distances and reduces vehicle speed. Faded yellow crossing strips were repainted. The curbsides at intersections were lowered to prevent tripping hazard. The project was one of the twenty-four sidewalk improvement projects in the City. We are happy to see a safer crossing in front of the building for both our tenants and pedestrians.

~ 中文翻譯請閱第四頁



**Self-Help for  
the Elderly**  
安老自助處

### Winter 2015 Vol 23 Issue 3

|   |   |
|---|---|
| Sidewalk Safety Ribbon Cutting Ceremony                     | 1 |
| Beware of SCAMS!<br>From the Senior Medicare Patrol (HICAP) | 3 |
| Charity Golf Tournament                                     | 4 |
| HalloScream Party   | 5 |
| Lady Shaw Senior Center<br>25 <sup>th</sup> Anniversary     | 6 |
| Thanksgiving Luncheon                                       | 7 |
| Giving Tuesday  | 8 |

### 二零一五 冬季 第二十三冊 第三期

|  |   |
|--|---|
| 安全改善工程完工剪彩儀式                             | 4 |
| 提防詐騙!<br>信息由長者聯邦醫保巡邏隊(聯邦醫療保險顧問計劃HICAP)發送 | 3 |
| 慈善高爾夫球邀請賽                                | 4 |
| 安老星月夜驚嚇派對                                | 5 |
| 安老邵逸夫人爵士夫人中心<br>二十五週年紀念慶典                | 7 |
| 感恩節免費午餐                                  | 7 |
| 慈善星期二慈善星期二                               | 8 |



## 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](http://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](mailto: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](http://www.selfhelpelderly.org)。紀念捐款或嘉譽捐款一概歡迎！

請您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](mailto: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](http://www.selfhelpelderly.org) for volunteer opportunities or call 415-677-7669 to inquire.

### 我想做義工...

如果您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》提供各類義服務機會。我們需要並感激你伸出援助之手！欲查詢有關義工的機會和詳情，請瀏覽我們的網址 [www.selfhelpelderly.org](http://www.selfhelpelderly.org) 或電四一五・六七七・七六六九。

## Connect with Self-Help for the Elderly

大家可以在以下社交網絡與安老自助處聯繫



[www.selfhelpelderly.org](http://www.selfhelpelderly.org)



[selfhelpelderlyorg](https://www.facebook.com/selfhelpelderlyorg)



[@selfhelpelderly](https://twitter.com/selfhelpelderly)

### 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》是一個多元化的非牟利機構，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

#### Officers:

Patricia Mar, Chair  
Ricky Ho, Vice Chair  
Philip Tam, Secretary  
May Wong, Treasurer

President / CEO: Anni Chung

#### Members:

Yat-Pang Au  
Angel K. Chen  
Janie Kaung  
Rosalyn Koo  
Jerry Lee, Esq.  
Dominic Li  
Stanley M. Schiffman  
William Schulte  
Sebastian Wong  
Vicky M. Wong  
Linda Wang

## Beware of SCAMS ! From the Senior Medicare Patrol (HICAP)

By: Miguel Martinez



We're getting reports of aggressive behavior from some insurance agents who are pressuring people to switch plans. These agents tell beneficiaries they "must" change plans to keep their doctor, and/or that they must change plans each year. This is false information and is a red flag. Such aggressive behavior comes from having more interest in making a commission, rather than serving the person's best interest.

Some things to remember:

- Do not move out of your Medicare plan unless you want to.
- Do not sign any forms if you don't want to.
- Do not give out your Social Security or Medicare number to strangers.
- Beware of unsolicited phone calls or knocks at your door. If you don't know the person, don't open your door. Some agents claim to be from Medicare. Medicare will not call you or come to your home.
- Some agents call pretending to represent your doctor or clinic. They will tell you that you MUST change plans to keep your doctor. Check with your doctor's office before signing anything.
- If you do get tricked to switch your plan, report it immediately! It can be fixed.

### What can you do?

If you or someone you know comes across such aggressive behavior from an agent, call HICAP at 1-800-434-0222.

## 提防詐騙! 信息由長者聯邦醫保巡邏隊 (聯邦醫療保險顧問計劃HICAP) 發送

譯: Seu Ngan Lo

我們接獲舉報有關一些保險代理人以激進的手法來迫使/誘騙大眾去轉換保險計劃。這些保險代理會告訴受保人，他們“必須”轉換保險計劃以保留其診治醫生，同時又或者告訴他們每年必須轉換保險計劃。這些信息都是不確實的也是一個紅色的警號。那些激進的行為只是源於保險代理人對賺取佣金的更大興趣並不是為受保人謀取最佳利益而服務。

請留意切記以下事項：

- 不要退出您的聯邦醫療保險計劃，除非這是您的意願。
- 如果您不想的話，不要簽署任何表格文件。
- 不要給予陌生人您的工咭或聯邦醫療保險咭的號碼。
- 慎防非應邀人士的來電或叩門。如果您不認識該等人士，不要應其要求開門。有些保險代理聲稱來自聯邦醫療保險部門。聯邦醫療保險是不會給您致電或到訪您家。
- 有些保險代理訛稱代表您的醫生或診所致電與您。他們會訴說您必須轉換保險計劃，以保留您的診治醫生。在簽署任何文件前，請先與您的醫生診所查証。
- 如不幸，您真的受騙而轉換了保險計劃，請立即舉報！這是可以作出補究的！

### 您可以做什麼？

如您或您認識的人遇到保險代理使用那些強硬激進的手法，請致電一・八零零・四三四・零二二二聯絡 HICAP。

# 安全改善工程完工剪彩儀式

譯: 黎思敏



安老自助處行政總監鍾月娟歡迎市長李孟賢及政府官員出席安全改善工程完工剪彩儀式

十月十六日，三藩市市長李孟賢連同工務局長魯諾、市議員冀芷欣及三藩市交通局局長瑞斯金參加了在邵逸夫爵士夫人康樂中心的剪彩儀式，

慶祝行人道改造工程的完工。該項目大大改善路邊的擴展及行人安全，提高行人能見度，縮短道口的距離及降低車速。褪了色的斑馬線被粉刷一新。在交叉口的路邊亦被調低，以防止行人摔倒。這是在三藩市中二十四項行人道改造項目之一，我們很高興地看到在康樂中心前一個更安全的人行橫道，以便我們的住客及行人。



By: Catarina Lai

## Charity Golf Tournament

Fore! 300 golf players and guests met up at Sharon Heights Golf & Country Club on August 31, 2015 for the Invitational Charity Golf Tournament. The charity event was presented by Cathay Bank with a major contribution of \$30,000 as Title Sponsor. Proceeds of the tournament benefit Self-Help for the Elderly, Community Youth Center San Francisco and St. Mary's School.

The tournament began with the shotgun start slightly before noon and completed by five o'clock in the evening. The day was filled with an array of activities like barbecue lunch, silent auction, dinner and more. Each registered player received a golf GPS watch as a souvenir. In addition, guests were offered many opportunities to bid on wonderful items from the silent auction like fine dining, wine experience, interior decor gift certificate, vacation and sporting packages, to name a few.

The tournament concluded with a dinner and award ceremony to the three best teams.

## 慈善高爾夫球邀請賽

安老自助處主辦的《慈善高爾夫球邀請賽》由於二零一五年八月三十一日在《Sharon Heights 高爾夫球場及鄉村俱樂部》舉行，吸引了三百多名來賓和義工出席。國泰銀行每年皆率先捐出三萬元出任活動的首席贊助及推動這項慈善活動球賽，球賽收益將惠澤安老自助處、社區青年中心及聖瑪利中文學校。

第十一屆慈善球賽以shotgun 比賽揭開序幕，參賽者及賓客皆能享用特選的B B Q午餐、精美晚餐，而每一位參賽者獲贈價值一百五十元的高爾夫球渡行指示手錶 (GPS)。此外，賓客們在緘默拍賣活動中競投了豐富獎品包括：葡萄酒、酒店禮券、籃球賽入場券等。

慈善活動球賽以鳴謝晚會結束，席上宣佈賽果及嘉譽勝利隊伍。

# HalloScream Party

By: Catarina Lai

The highly anticipated HalloScream Party took place at Moonstar Seafood Buffet Restaurant on October 30, 2015. The event is a loving tribute to Ms. Anita Mui, Hong Kong's most beloved artist, benefactor and friend of Self-Help for the Elderly (SHE). The annual celebration continues to raise funds to support the HomeCare & Hospice programs that benefit the seniors. This year, over 300 guests and volunteers dressed up to attend the festival.

To kick off the spook-tacular evening, Cindy Yip, a well-known broadcaster in the Bay Area, and DJ Vivi, welcomed the attendees to the dinner and costume party. Later on, Anni Chung, President & CEO, and Josephine Ma, Director of Fund Development of SHE, joined the emcees on stage and acknowledged the event committee and sponsors. Patricia Mar, Chair of the Board, presented the souvenirs to the group. Event highlights included the special appearance and performance from Hong Kong artists, Joe Jr. and Margaret Cheung. In addition, Lydia & Friends filled the great evening with dance and entertainment. Other party activities were the grand raffle of card game and costume contest. Congratulations to Julia Tung as the first place winner of the costume contest.



## 安老星月夜驚嚇派對

譯: 黎思敏

萬聖節到了！每年最期待的《安老星月夜驚嚇派對》於十月三十日在星月自助餐廳行。今年的活動特別紀念為安老多次籌款的天皇巨星梅艷芳。這晚節目將繼續為安老自助處籌募經費支助家護及寧養服務，使更多長者受惠。超過三百名來賓和義工盛裝出席派對。

當晚由灣區資深播音員葉麗玲及電台主持人Vivi 擔任節目主持人。接著安老的行政總監鍾月明和基金發展部主任馬秀端上台，為大家介紹委員會各成員及活動贊助商，董事局主席馬妙雲頒發紀念品給籌委會會員和各贊助商。此外，大會邀請香港的電視劇紅星及名歌星祖·尊尼亞、歌路及聲線類似梅艷芳的樂壇新星張國穎、三藩市名歌星劉麗雅及大樂隊擔任表演嘉賓。祖尊尼亞與張國穎携手合唱多首名曲，令在場者有意想不到的驚喜！大家在聽好歌、跳舞、品嚐各式美食、服裝化裝比賽及遊戲節目中輕快地渡過數小時！

最後，在此再次恭喜董少英，二零一五年《安老星月夜驚嚇派對》服裝化裝比賽喜頭獎。



## Lady Shaw Senior Center 25<sup>th</sup> Anniversary Celebration

By: Catarina Lai

November 24 marked the 25th anniversary of Lady Shaw Senior Housing and Senior Center. Over 160 guests, including city officials and representatives, media, seniors, tenants and Self-Help for the Elderly (SHE) board and staff gathered to celebrate a major milestone of the center.

Anni Chung, President & CEO, greeted everyone and acknowledged the special guests and Board members. Patricia Mar, Board President; Rosalyn Koo, Board Member; Ricky Ho, Board Member and Anne Hinton, Department of Aging and Adult Services (DAAS) Executive Director who is a longtime collaborator and supporter of SHE; shared the multiple challenges, opportunities and inspiring stories on how Lady Shaw Senior Center came to life.

SHE was honored by the presence of Carmen Chu, Assessor-Recorder of San Francisco and David Chan, representative of Assembly member David Chiu and Supervisor Julie Christensen. Thanks to the ongoing support from the city and county of San Francisco, Lady Shaw Senior Center continues to provide devoted care to 69 tenants and the elderly community. To commemorate this anniversary celebration, five out of the 12 longtime tenants were presented and received mementos from Assessor Chu. The individuals were residents at Lady Shaw Senior Housing since its opening in 1990.

Special lunch menu with fresh fruits and cake were served at the event while guests enjoyed Chinese folk dance, Indian dance and chorus performance. The celebration wrapped up with raffle drawing.



*From Left: James Wong, Director of Housing, Josephine Ma, Director of Fund Development, Anni Chung, President & CEO of SHE, David Chan, representative of Assemblyman David Chiu, Anne Hinton, Executive Director of DAAS, Rosalyn Koo, Bill Schulte, Linda Wang are SHE Board Members, Patricia Mar, SHE Board Chair, Ricky Ho, SHE Board Member, Assessor Carmen Chu and Kelly Chew, Director of Nutrition & Senior Centers celebrated the 25th anniversary of Lady Shaw Center with the seniors and tenants.*



*Assessor Carmen Chu, SHE President & CEO Anni Chung, and five longtime tenants of Shaw Lady Senior Center*

# 安老邵逸夫爵士夫人中心二十五週年紀念慶典

譯: 黎思敏



估值官朱嘉文招待出席二十五週年慶典午餐的長者

邵逸夫爵士夫人中心於十一月二十四日舉行其二十五週年紀念誌慶會。迎來超過二百位來賓，其中包括市政府官員和代表、傳媒、長者、住客和安老自助處董事局及工作人員歡聚一堂，一起見證和慶祝該活動中心的一個重要里程碑。

安老自助處行政總監鍾月娟致歡迎詞及為大家介紹特邀嘉賓和董事會成員。董事局主席馬妙雲、董事及創辦人顧陳晉明、和三藩市長者及成人服務局行政主任Anne Hinton 與來賓分享當年推動中心建設的各種困難和挑戰。

在週年紀念誌慶會上，估值官朱嘉文頒發賀狀，陳冠雄代表加州眾議員邱信福頒發賀狀及抽獎。安老邵逸夫爵士夫人康樂中心將繼續為六十九位住客和長者們提供專門護理服務。為紀念二十五週年慶典，五位長期住客出席慶典活動及接受估值官朱嘉文頒發紀念品。這五位長者是該大廈自1990年落成的首批住戶。

安老為大家準備特別的午餐菜單、新鮮水果和蛋糕等，此外還有中國民族舞蹈，印度舞蹈和合唱表演。當天以抽獎活動結束慶典。

## Thanksgiving Luncheon



3,000 meals  
免費午餐



over  
超過 300 volunteers  
位義工

Special thanks to supporters and volunteers from:

特別鳴謝各位及以下機構的義工:

- Mayor Edwin Lee
- California Pacific Medical Center
- David Moy Vocalist Group
- Deloitte
- MoonChef
- San Francisco Fire Department
- San Francisco Police Department
- San Francisco Sheriff's Department
- Pacific Gas and Electric Company
- UPS
- Verizon Wireless
- Wells Fargo



# Giving Tuesday

By: Catarina Lai



Kudos to the individuals/families for the kind donations to support Self-Help for the Elderly's (SHE) first participation in Giving Tuesday, the international day of giving. The purpose of the event is to remind the public to enjoy while shopping in Black Friday and Cyber Monday, still recall the need to help others in their community.

This year, Giving Tuesday was on December 1, 2015. One of SHE's generous donors was willing to match every dollar raised through Giving Tuesday with a donation of his/her own. The donations SHE raised on Giving Tuesday will be used to support the senior meals program. The goal was to give 10,000 meals to seniors throughout the San Francisco, San Mateo, Santa Clara and Alameda Counties.

We were thrilled to announce the total amount raised on Giving Tuesday was \$19,264. That is 9,632 meals! A big Thank You to all who participated in our 2015 Giving Tuesday. Your support helped us in the mission to keep seniors happy, healthy and in their homes!



## 慈善星期二

非常感激各位善長支持安老自助處首次舉辦的《慈善星期二》(Giving Tuesday)。《慈善星期二》是一個全球性的募捐大行動，它的目的是希望提醒大眾在黑色星期五 (Black Friday) 和網絡星期一 (Cyber Monday) 享受瘋狂特價購物之餘，在慈善星期二仍會記得幫助社區上需要幫助的人。

今年的《慈善星期二》定於十二月一日，一位慷慨捐款者願意配合捐出安老在《慈善星期二》所籌集的善款的相同款項。《慈善星期二》籌款項目所籌集的善款將用於供給長者膳食計劃。安老自助處的目標是提供一萬個餐點來招待給在三藩市、聖馬刁、聖塔克拉拉和阿拉米達縣的長者。

我們很高興地宣布在短短的幾天籌款活動中籌到的善款總額為一萬九千二百六十四元，即九千六百三十二個餐點。非常感謝所有參加我們二零一五年《慈善星期二》籌款項目的善長。您的支持幫助推動我們的使命，讓長者健康、快樂地能留在家中。

# 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 Alzheimer's Care Home*  
654 Grove St.,  
San Francisco, CA 94102 415-934-1622

## Social Services

- *Case Management Services*  
601 Jackson St., Basement,  
San Francisco, CA 94133  
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Donations of \$50 or more from individuals, for the period September 1, 2015 to December 1, 2015  
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Newsletter of Self-Help for the Elderly

# Golden Lines

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