

Golden Lines

黃金點滴

SF Pathways to Citizenship Workshop

Over 500 eligible legal permanent residents attended

By: Erin Renshaw

The “Mega” Naturalization Workshop that took place on February 27th at the Bill Graham Civic Auditorium, organized by the San Francisco Pathways to Citizenship Initiative, was a success with over 500 eligible legal permanent residents receiving services provided by 500 volunteers. The event was attended by elected officials including Mayor of San Francisco Edwin M. Lee, Assessor-Recorder Carmen Chu and Supervisor Eric Mar.

San Francisco Pathways to Citizenship is a collaborative initiative that provides free bi-monthly naturalization workshops. Legal permanent residents who are qualified for citizenship can receive assistance with a step-by-step review of naturalization processes, application preparation, documentation, attorney consultation, packaging and application review by an immigration lawyer or qualified representative.

This is the third year of operation for the San Francisco Pathways to Citizenship Initiative. We have had an extremely successful three years, with over 4,500 citizenship applications being completed and about 9,000 residents served. ***The next Naturalization Workshop is scheduled for Saturday, April 23rd, 2016 from 9:30 am - 12:30 pm at City College Chinatown/North Beach Campus, 808 Kearny Street, San Francisco CA 94108.***



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DONATION | 捐獻我們

Self-Help for the Elderly welcomes all donations! For further additional information, please contact our 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 further additional information on estate planning, Charitable Remainder Trust (CRT), gifts of stocks and other ways to contribute, please contact our President/CEO Anni Chung at 415-677-7555 or email her annic@selfhelpelderly.org. We thank you for your support and interest in Self-Help for the Elderly.

《安老自助處》歡迎所有捐獻! 欲了解更多詳情, 請聯繫我們的基金發展部主任馬秀端, 四一五・六七七・七六六八, 或瀏覽我們的網站 www.selfhelpelderly.org。我們歡迎家人和朋友的紀念捐款和嘉譽捐款!

請您在定立遺囑的時候記得《安老自助處》。欲了解更多有關遺產計劃, 剩餘資金慈善信託, 股票贈送及其他捐獻的方法, 請聯繫我們的安老行政總監鍾月娟, 四一五・六七七・七五五五, 或發送電子郵件到 annic@selfhelpelderly.org。我們感謝您對安老的支持和關注。

VOUNTEER | 成為義工

If you are passionate about your community and want to help our seniors, please come to join us! Self-Help for the Elderly offers various volunteering opportunities of interest to you. Please visit our website at www.selfhelpelderly.org for volunteer opportunities or call 415-677-7669 to inquire. We need your support and appreciate your help!

如果您熱衷於服務社會, 希望幫助更多需要幫助的長者, 歡迎您參加我們的義工團隊! 《安老自助處》提供各類義工服務機會給予有心人士。欲查詢有關義工服務的機會, 請瀏覽我們的網站 www.selfhelpelderly.org 或致電四一五・六七七・七六六九。我們需要您的支持, 並感激您伸出的援助之手!

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Mission

We strive to promote the independence, dignity and self-worth of seniors. We all achieve this mission by empowering seniors to help themselves and by empowering seniors to help themselves and by providing a comprehensive range of multicultural and multicultural services.

安老的使命

《安老自助處》致力於改善長者之生活質素, 提供全面性, 多元化的群體服務, 以增進長者的獨立, 尊嚴及自我價值。

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San Francisco Pathways to Citizenship is a coalition made up of seven local community based organizations providing immigration services: Self-Help for the Elderly, Catholic Charities CYO, La Raza Community Resource Center, Jewish Family and Children's Services, International Institute of the Bay Area, API Legal Outreach and Advancing Justice - Asian Law Caucus. Funding is provided by The Mayor's Office of Civic Engagement and Immigrant Affairs, San Francisco Foundation, Wallace Alexander Gerbode Foundation, Asian Pacific Fund, Evelyn and Walter Haas, Jr. Fund, Walter and Elise Haas Fund and Grantmakers Concerned with Immigrants and Refugees.



Mayor of San Francisco Edwin M. Lee, Assessor-Recorder Carmen Chu and Supervisor Eric Mar came to support us.



A Volunteer is helping to review the Naturalization application (N-400) form.

For further information, please contact:

要了解更多活動詳情，請聯繫：

415-677-7696

erinr@selfhelpelderly.org

超過五百位合資格的永久居民參加 三藩市公民入籍計劃工作坊

譯: Kenny Chu 修改: 馬秀端

由三藩市公民道路計劃組織 (San Francisco Pathway to Citizenship Initiative) 舉辦本年度最大型的《免費公民入籍工作坊》於二月二十七日在 Bill Graham Civic Auditorium 成功舉行。當日五百多名義工為超過五百位合資格的永久居民提供免費入籍填表和諮詢的服務。現任三藩市市長李孟賢，估值官朱嘉文，以及市參事馬兆光亦有到場支持該活動。

三藩市公民道路計劃是由多個組織協辦。工作坊為符合資格的永久居民提供每兩個月一次免費公民入籍的工作坊。服務包括有詳細地檢閱申請人的入籍資格，協助申請人填寫入籍申請表，最後並由移民律師或合資格法務代表審閱整份已準備完整的申請表。今年六月尾便是三藩市公民道路計劃成立的三週年。過去三年，此計劃成功協助完成超過四千五百份申請表，為超過九千位永久居民提供入籍服務。我們下一個免費入籍工作坊將於二零一六年四月二十三日早上九時三十分至中午十二時三十分在三藩市市立大學，千尼街八零八號舉行。

三藩市公民道路計劃由七個社區機構組成，包括安老自助處、天主教慈善機構、La Raza 社區資源中心、猶太家庭及兒童服務中心、灣區國際機構、亞洲法律聯會、以及亞太裔法律外展機構。此計劃由多個機構資助，包括三藩市縣公民及移民事務辦公室 (OCEIA)，San Francisco Foundation, Gerbode Foundation, Asian Pacific Fund, Evelyn and Walter Haas, Jr. Fund, Walter and Elise Haas Fund 及 Grantmakers Concerned with Immigrants and Refugees。



Volunteer, MiMi and employees of Self-Help for the Elderly (Left to Right 左至右): Alex Tan, Gladys Lim, Suki Cheung and Vicki Lee are proud to participate in the SFPCL Free Naturalization Mega Workshop!

2016 Self-Help for Elderly Major Events

《安老》二零一六年主要活動列表

May 7, Saturday
五月七日(星期六)

50th Anniversary Longevity Gala 2016
Hyatt Regency, Burlingame
五十週年紀念迎福長壽宴 | 沛林甘凱悅酒店

August 6, Saturday
八月六日(星期六)

San Francisco Lion Dance Fundraiser
San Francisco Chinatown, Sunset & Richmond
三藩市舞獅籌款 | 三藩市唐人埠，日落區及列治文區

August 29, Monday
八月二十九日(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 24, Saturday
九月二十四日(星期六)

Dorothy Yeung's Birthday to Benefit Self-Help
San Francisco Scottish Rite Masonic Center
鍾月明醫師惠澤安老慈善壽宴 | 三藩市美生利中心劇院

September 25 Sunday
九月二十五日(星期日)

San Mateo Moon Festival
聖馬刁中秋節活動 | 聖馬刁

October 8, Saturday
十月八日(星期六)

Longevity Walkathon Parade & Fair
San Francisco
長壽百萬行巡遊街會 | 三藩市

October 15 & 16
Saturday & Sunday
十月十五, 十六日,
(星期六及日)

Chinese Cantonese Opera Benefit
San Francisco Scottish Rite Masonic Center
安老端鳳粵劇澤耆英 | 三藩市美生利中心劇院

November 24, Thursday
十一月二十四日(星期四)

Thanksgiving Luncheon
Lady Shaw Senior Center, Geen Mun & Woolf House
感恩節午餐 | 邵逸夫爵士夫人耆英中心, 建民康樂中心,
及五福樓康樂中心(三藩市)

春宴



Our Super Seniors of age 90+ gathered together to enjoy a wonderful feast with friends, peers, staff's and guests (Left to Right 左至右): Fanny Li (MoonChef), Zoe Wu (SHE), Ray Law (Regislative Aide), Daisy Lee (MoonChef), Linda Lau (DAAS), Carmen Chu (Assessor-Recorder), Linda Murley (DAAS), Denise Cheung (DAAS), Josephine Ma (SHE), and Andy Bryant (SHE) at New Asia Restaurant on March 18th, 2016.

San Francisco Spring Banquet: Honoring Super Seniors & Celebrating Self-Help for the Elderly's 50th anniversary.

By: Angela Hui

This year's San Francisco Spring Banquet was held on March 18th, 2016 at New Asia Restaurant, and was attended by California Assembly member, San Francisco Board of Supervisors, San Francisco Department of Aging & Adult Services (DAAS), Moonchef Catering team, and more than 300 seniors from around the community. Participants from our senior centers gathered together to enjoy a wonderful feast with friends and peers. We celebrated our Super Seniors of age 90+ with a recognition ceremony and honored them with golden age pedants and necklaces. Our guests were entertained by amazing singing and dance performances from our seniors. The event concluded as everyone tried their luck at the raffle drawing. We thank everyone who joined us in welcoming the new season. May you all have a prosperous and joyful year!

三藩市春宴：表彰超級長者 恭賀安老自助處五十週年紀念

文：伍淑儀

祝賀安老自助處成立五十週年！營養及康樂部門於三月十八日在三藩市新亞洲大酒樓與三百多名長者一起舉辦一年一度的春宴盛典。該盛典慶祝安老成立五十週年及向多位九十以上高壽耆英祝壽。加州議員丁右立，三藩市估值官朱嘉文，三藩市第四區市參事湯凱蒂助理，三藩市長者及成人服務局及明廚膳食代表均出席此次盛典。盛典進行得非常順利。長者們欣賞了各康樂中心準備的精彩表演和享用豐盛美食。安老自助處向每位高壽耆英致送紀念品以表安老敬老、愛老之心。市府守官員更向安老自助處及多位高壽耆英頒發祝賀狀。我們感謝各位出席春宴的朋友及祝願大家生活美滿，健康長壽。

春宴

San Mateo Spring Banquet

By: Yvonne Leung

On Wednesday, March 9th, San Mateo Center had our Annual Spring Banquet at Little Sichuan Restaurant. We acknowledged all of our wonderful volunteer teachers along with honoring our two Super Seniors, Irene Li (91) and Paul Xiang (93). We celebrated the beginning of Spring by having a delicious 13-course lunch, dance and vocal performances organized by our Mahjong Club. 120 guests showed their support and appreciation by attending this joyous event.



Clockwise from top left to bottom right 順時針後排(左)至前座(右): Haiyan Fu, Captain Dave Peruzzaro, Maureen Freschet (City Council), Suzanne Bonilla, Craig McCulloh (Aging and Adult Services), Paul Xiang, and Irene Li.

聖馬刁二零一六年春宴

譯: Marilyn

三月九日，星期三，安老自助處聖馬刁中心一年一度的春宴在小四川餐廳舉行。我們很榮幸多位嘉賓都能出席午宴，他們包括市議員 Suzanne Bonilla、聖馬刁警長 Dave Peruzzaro、聖馬刁縣長及成人服務代表 Craig McCulloh。在春宴上，我們為兩位九十以上高壽耆英 Irene Li (九十一歲) 和 Paul Xiang (九十三歲) 祝壽，並表揚中心的義工和導師們。藉由品嚐十三道美味的菜餚，還有觀賞麻將俱樂部舉辦的舞蹈和聲樂表演，一百二十名賓客高興地慶祝春天的來臨。



(Left to Right 左至右): Suzanne & Rick Bonilla, Carole Groom, Rosalyn Koo, Diane Papan, Robert & Carrie Chao, Donna Divodi, Bela and Sali Gosula.

San Mateo Center Lunar New Year Open House

By: Yvonne Leung

On Saturday, February 20th, we celebrated the beginning of the Year of the Monkey at our 2016 San Mateo Center with the Lunar New Year Open House. Along with our supportive seniors, many of the San Mateo County Officials attended including San Mateo's Deputy Mayor, David Lim; City Council members, Rick Bonilla and Diane Papan; and San Mateo County Supervisor, Carole Groom.

At the celebration, we honored four outstanding individuals who became a part of the San Mateo Center's Autumn Moon Festival Planning Committee. Saili Gosula, Carrie Chao, Donna Divodi, and PK Kilty were presented with Gold Monkeys as a token of appreciation for their commitment in organizing a successful event.

The wonderful lunch was catered by MoonChef. We had performances by our Hawaiian Dance students, Latin Dance by Becky Tsai, and Chinese Folk Dance by Haiyan Jackson Dance Group.

San Mateo Center also started off our new year by launching an exclusive Building Fund to work towards a permanent future home for our wonderful center. Happy New Year of the Monkey!

聖馬刁中心農曆新年開放參觀

譯: Marilyn

二零一六年二月二十日、星期六，我們在聖馬刁中心舉行猴年農曆新年慶祝活動。出席慶典的人包括我們的長者，還有多位聖馬刁縣官員，包括聖馬刁的副市長 David Lim，兩位市議會成員 Rick Bonilla 和 Diane Papan 及聖馬刁縣監事 Carole Groom。活動中我們頒發一座金猴給 Saili Gosula，Carrie Chao，Donna Divodi，和 PK Kilty。感謝四位傑出委員在去年協助安老自助處聖馬刁中心策劃及舉辦一個成功的中秋節盛會。

當天 MoonChef 為大家提供了美味的午餐。娛樂環節中有多種舞蹈表演，演出者包括聖馬刁中心的夏威夷舞蹈班學生，Becky Tsai 表演拉丁舞，而中國民間舞蹈則由海岩傑克遜的舞蹈團演出。

此外，聖馬刁中心現在正開始籌款活動，籌集的款項將成為建設未來永久中心的基金。祝大家猴年新年快樂！

Year of the Monkey Celebration at Adult Day Services

By: Jenny Tran

On February 12th, the Adult Day Services program celebrated the Year of the Monkey with a lively lion dance performance led by the highly skilled Chung Ngai Dance Troupe based in San Francisco Chinatown. With four performers dressed in traditional lion dance costumes and a percussion team leading the beat, the two acrobatic lions maneuvered through the crowd, collecting red envelopes passed out by our joyous seniors. The troupe's brilliant performance created a fun-filled atmosphere and cheered up our seniors from both the Adult Day Care Center and the Alzheimer's Day Care Center.

Staff donned outfits of rich red hues as a sign of good luck to ring in the New Year. Seniors participated in a Chinese riddle word game called "Jip Lung" and came up with many auspicious idioms and phrases. Each senior was given a red envelope and anyone with a marked envelope won a prize. With traditional Chinese New Year songs playing in the background, both staff and seniors enjoyed this festive moment.

On behalf of everyone at Adult Day Services, we wish you a happy, healthy and prosperous Year of the Monkey!



安老成龍日間護理中心賀猴年

譯: Elsa Ng

為慶祝猴年，成龍日間護理中心於今年二月十二日請來位於三藩市唐人埠，技術高超的中藝醒獅隊以靈活的舞獅表演賀年。四位穿上傳統舞獅服式的表演者加上鼓手強勁的節奏，兩頭獅子栩栩如生地舞動於人群中，喜氣洋洋地接受我們長者贈予的利是。醒獅團隊的精湛表演，營造出來的歡樂氣氛洋溢了整個成人日間護理及老人失智症日間護理中心。

員工們穿上寓意吉祥的紅色服裝，迎接新一年的來臨。長者們參與一個中國文字遊戲，名為「接龍」，並說出很多吉利的成語及詞句。每位長者都分派一封紅包，收到紅包內有標籤的便獲贈獎品一份。隨著背後播放的傳統新年歌曲，員工及長者們都享受著這個喜慶的時刻。

現謹代表中心的長者及員工，在此祝您們有一個愉快、健康及興旺的猴年！



Seismic Safety Outreach Program Graduation

By: Catarina Lai

On March 18th, 103 happy graduates gathered together at Northern California Presbyterian Homes & Services East Park Apartments to celebrate the Seismic Safety Outreach Program Graduation. Mr. Tom Hui, Director of the Department of Building Inspection (DBI), was an honorable guest. At the ceremony, Director Hui congratulated the graduates and presented each individual a certificate and emergency survival kit. The kit contains essential items like emergency food bars, drinking water packets, 12-hour light stick, emergency survival blanket and tissue.

During the commencement speech, Director Hui stressed the importance of the Seismic Safety Outreach Program to the community. The knowledge gained from this program enables the partakers to care for themselves and people around them especially during the first 72 hours after a disaster. Mr. Hui thus encouraged the participants to share the information with their friends and families and reminded the audience to keep the emergency survival kits near their beds for easy access when responding to an emergency. Furthermore, Director Hui expressed DBI's initiative to continue the program with available funding. Ms. Anni Chung, President and CEO of Self-Help for the Elderly, thanked Mr. Hui for his ongoing support of Self-Help and DBI's commitment to the multi-cultural senior community.

Launched in mid-July 2015, the Seismic Safety Outreach Program provided ten free of charge workshops in both English and Chinese to the Chinatown community that included hands-on training and education on emergency preparedness, fire safety and post-disaster response.

Mr. Rong Zhi Yu and Ms. Jing Mei Zhou were two graduates present at the event and were happy to share tips they learned at the workshops. Mr. Yu pointed out the importance of confirming the safety of the surrounding area before exiting the building. Ms. Zhou was appreciative to receive basic first aid and CPR trainings. The graduation ceremony concluded with a group photo and lunch.

地震安全性外展計劃畢業典禮

譯: 黎思敏 | 修改: 馬秀端

三月十八日，一百零三位畢業生高興地相聚在田得隆區的東園公寓 (East Park Apartments) 禮堂，一起慶祝他們參加的防地震安全推廣計劃課程的畢業禮。

當日，三藩市樓宇檢查局局長許子湯先生亦有到場，並擔任主禮嘉賓。在頒獎典禮上，許局長續一祝賀畢業生，並頒發各人一張文憑及一個應急袋作禮物。禮物袋中配備許多緊急必需品，如食物、獨立裝飲用水包、長達十二小時的熒光棒、保暖毯和紙巾等。

在畢業典禮演講中，許局長強調防地震安全推廣計劃課程對長者及華人社區的重要性。尤其在緊急災難發生之後的「黃金七十二小時」所採取的救生及應變措施。因此，許局長鼓勵各畢業生將學到的防地震安全知識與家人及朋友分享。並提醒大家將應急袋放在床邊，以便攜帶。此外，許局長亦表示樓宇檢查局將繼續撥款開切防地震安全推廣計劃課程。安老自助處董事及主席鐘月明答謝許局長對安老自助處長期的支持和樓宇檢查局對長者及多族裔社區的承諾。

防地震安全推廣計劃課程是在二零一五年七月中推出，提供十個免費的雙語（英語及中文）班。課程包括實踐訓練、應急準備常識、消防安全及災難後的應變措施等。

余先生和余太兩位都是今屆的畢業生，他們都樂意分享一個小提示。余先生指出，在災難發生後，不要立刻逃離現場，正確程序是要確定周圍環境安全，才好疏散。余太表示很感激在課程上學到的急救常識。

畢業典禮以畢業生合照及豐富午餐作為慶典完結。





Custodial Training Graduate Continues to Work at California Pacific Medical Center (CPMC)

By: Annie Lee

Xiangxian Xiong immigrated to the United States in 2011. She was interested in working in the Custodial industry; unfortunately she did not have any formal training and experience to be a competitive candidate in applying for jobs in this field. On January 4, 2014, Xiangxian Xiong enrolled in our custodial training and graduated three months later. During the custodial training, Xiangxian Xiong gained invaluable occupational and job readiness skills.

With the assistance of her Career Advisor at the Chinatown Neighborhood Access Point (formerly One Stop Career Center), Xiangxian Xiong received assistance with our job search, resume and cover letter, and interview preparation. With thorough training and preparation, Xiangxian Xiong was successfully offered a part-time job on April 21, 2014 as Housekeeping Aide for California Pacific Medical Center (CPMC). A little over a year later, Xiangxian Xiong was promoted to a full-time Housekeeping Aide.

Xiangxian Xiong shared with us that Chinatown Neighborhood Access Point's occupational training and the assistance of her Career Advisor were instrumental in helping her gain employment in her interested field of work, as well as helping her earn a good salary to support her family and life in the United States.

Our Custodial training program is operated in partnership with City College of San Francisco (CCSF). CCSF provides the occupational skills training while Self-Help for the Elderly offers the job preparation and placement services. This training is made possible with funding from the San Francisco Office of Economic & Workforce Development and the San Francisco Foundation.



Student Xiang Xian Xiong (熊香嫻) graduated from the first cohort custodial training in Spring 2014.

接受專業清潔培訓後，畢業生在加州太平洋醫療中心獲得就業機會

譯: 王境瑩 | 修改: 馬秀端

在二零一一年熊香嫻移民到美國。她希望在清潔行業發展，可是她沒有接受過專業培訓或擁有相關的工作經驗，所以較難在這行業與其他求職者競爭。在二零一四年一月十四日，熊女士參加本中心舉辦的清潔課程，並於三個月後畢業。在培訓期間熊女士不但獲得寶貴的培訓經驗，而且學到一門就業準備技巧。

在華埠一站式就業中心熊女士得到職業顧問協助搜尋工作、書寫個人履簡歷、求職信及面試準備等指導。再加上參加了為期三個月的清潔培訓計劃，在二零一四年四月二十一日加州太平洋醫療中心聘請熊女士為一名兼職家務助理。一年後因工作表現優良，熊女士被轉為全職。

熊女士跟我們分享她在華埠一站式就業中心所得到的職業培訓及職業顧問的協助，令她在清潔業取得更多的工作機會，也獲得更好的工資，從而使她與家人的生活過得更好。

本中心的清潔培訓計劃是與三藩市城市大學合辦。三藩市城市大學負責提供職業培訓，而安老自助處則給予就業準備和職業介紹的服務。這個培訓計劃由三藩市經濟及勞動發展局和三藩市基金會支助。



Happy Client Praises HICAP San Mateo

By: Cherie querol moreno

Through HICAP of San Mateo, a former civil servant in Hong Kong learned the definition of public service and compassion at a time of distress in his adopted country.

Mr. Tam was in a state of panic when he learned he did not have creditable medical insurance after his employer closed down his business recently. He had been enrolled in Medicare Part A and was part of an employer group health plan (EGHP).

A 15-year resident of San Mateo County, Mr. Tam was insured under Covered California. Knowing the business was about to close, Mr. Tam thought he could continue coverage by paying on his own. He had a rude awakening when he applied for Part B upon termination of his EGHP, thinking he was now in a qualifying event that triggers what Medicare calls Special Enrollment Period (SEP). Mr. Tam did not know it then but his EGHP was specifically for small businesses.

Based on incorrect information, the clerk Social Security told Mr. Tam he had to wait until Medicare General Enrollment Period. In that case, he would not have coverage for several months!

"I'm very healthy, but I'm at an age when I should be realistic and be prepared," said the 69-year-old Mr. Tam, who was born on U.S. Independence Day. Mr. Tam sought help from friends, who suggested that he call HICAP or Health Insurance Counseling and Advocacy Program to sign up for Medicare Part B, which covers outpatient and home health care, durable medical equipment and some preventive services.

The worried Mr. Tam aired his apprehensions to his daughter Miss Tam who then called HICAP of San Mateo, explained her father's situation and asked for an appointment with a Cantonese-speaking counselor. Mr. Tam met with John Leung, a HICAP counselor based at the San Mateo Senior Center.

John presented the situation to the Program Manager, Christina Kahn, who concurred with his assessment: Mr. Tam's previous EGHP was Covered California for Small Business and its termination was a qualifying event giving him SEP and allowing him to enroll in Part B. After initially being denied, Mr. Tam was finally able to get Kaiser Medicare coverage, but not without help from the HICAP Counselor. "Our reputation helped get us over the speed bumps", explained John.

Mr. Tam expressed his relief and gratitude and praised the effort and work done by Christina and John of HICAP San Mateo. "HICAP knows how to help people", said Mr. Tam.



For further information, please contact:

要了解更多安老的HICAP服務，請聯繫：

(415) 677-7520

<http://www.hicap.org>

快樂客戶讚譽聖馬刁的醫療保險顧問及促進權益計劃 - HICAP

譯: 黎思敏 修改: 馬秀端

來到一個新的環境下，透過聖馬刁的醫療保險顧問及促進權益計劃 - HICAP服務，一位前香港公務員在困難的時刻體會到公共服務和親切的重要意義。

譚生參加了「聯邦醫療保險A部份」的計劃及雇主所屬的顧主團體醫療保險 - EGHP。當雇主公司接近倒閉時而明日自己將沒有可信的醫療保險時，譚生感到十分恐慌。

有聖馬刁縣居住了十五年的譚先生，是透過在南三藩市器械經銷商和服務中心的工作而參加加州投保 - Cover California醫療保險。他知道雇主即將關閉業務，以為可以通過自付保險費而繼續參加「加州投保」醫療保險。譚生很驚愕地發現自己將有幾個月沒有醫療保險。原因是在終止雇主所屬的顧主團體醫療保險之際，譚生以為自己的個案正合乎聯邦醫療保險所稱的特別登記時段 (SEP)，於是他便申請聯邦醫療保險 B 部份計劃。譚先生並不知道顧主團體醫療保險計劃是專為小型企業而設。基於不正確的資料，社會安全福利人員告訴譚生他要等到下一期聯邦醫療保險計劃申請期間。因此，譚生將有幾個月沒有醫療保險。

「我一向是很健康的，但到我這個年紀，我應該要準備及實際一點，」這位在美國獨立日出生的六十九歲的譚先生曰。譚先生向朋友尋求幫助，朋友建議他聯絡醫療保險顧問及促進權益計劃報名參加而聯邦醫療保險 B 部份醫療保險計劃，該計劃包括門診和家庭醫療保健，實用醫療設備和一些預防性服務護理。

不安的譚先生與女兒聯絡，譚小姐致電聖馬刁醫療保險顧問及促進權益計劃，解釋了她父親的情況，並要求預見說粵語的顧問。譚生與聖馬刁中心醫療保險顧問及促進權益計劃顧問 John Leung (梁生) 會面。

梁生是該計劃中的三十位國家註冊顧問之一。項目經理 Christina Kahn 同意梁生的評估。事實上，如果譚生之前的EGHP醫療保險計劃是小型企業的 Covered California 的話，在終止醫療保險計劃時，譚生是合乎資格獲得 SEP，並讓他申報B部分。經過首輪被拒後，但得到醫療保險顧問的幫助下，譚先生最終能得到Kaiser醫療保險。「我們在社區的良好聲譽幫助我們遞速達成譚生的個案。」梁生說。

鬆了一口氣的譚生十分感謝及讚揚醫療保險顧問梁生和 Christina，他表示，「醫療保險顧問及促進權益計劃熟識多種醫療保險計劃及法案，知道如何幫助他人。」

REMINDER 提示

HICAP counselors can meet with you one-on-one to help you understand your benefits and options. Our counselors are registered by the California Department of Aging.

HICAP counselors can explain

- Medicare benefits
- Health insurance terminology
- Supplemental insurance
- Billing and claims procedures
- Long term care insurance

HICAP counselors can

- Help you evaluate policies
- Assist on your behalf with providers
- Help with medical record keeping
- Provide the information you need to make informed decisions

HICAP counselors will not

- Charge for any service
- Sell any product
- Make your decisions for you

聯邦醫療保險顧問服務 HICAP的顧問會提供個人的輔導服務，幫助您了解您的保障範圍和選擇方案。我們的顧問是由加州長者服務局 (California Department of Aging) 登記。

HICAP的顧問能給您解釋

- 聯邦醫療保險的保障範圍
- 醫療保險的術語
- 補充性保險
- 提交賬單及報銷的手續
- 長期護理保險

HICAP 的顧問能

- 幫助您聯絡服務提供者
- 幫助您保存醫療記錄
- 提供資訊以助您作明智選擇

HICAP 的顧問不會

- 收取任何服務費用
- 銷售任何保險產品
- 為您作任何決定

Self-Help for the Elderly Locations

安老自助處服務地點

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

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
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Santa Clara Senior Center Good Shepherd Christian Church

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Cupertino, CA 95014
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San Francisco Senior Centers

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San Francisco, CA 94108
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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
415-753-7058

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 & ESL Classes

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

733 Kearny St.,
San Francisco, CA 94108
5757 Geary St.,
San Francisco, CA 94121
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Newsletter of Self-Help for the Elderly

Golden Lines

黃金點滴



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