

# Golden Lines

## 黃金點滴

2016 Winter • Vol 23 Issue No.4

二零一六年 冬季 • 第二十三冊 第四期



### Celebrate Thanksgiving with the Community

By: Catarina Lai

At Self-Help for the Elderly, Thanksgiving is a special holiday which manifested the love and togetherness of the community.

This Thanksgiving, as celebrated for three decades, over 300 individual/corporate volunteers met up at Lady Shaw Senior Center as early as at half past seven to carve the turkeys and prepare the Thanksgiving meals for over 3,000 seniors and children.

The Thanksgiving Luncheon was an annual get-together celebration in which many longtime volunteer friends and families Came together to spend time with the underprivileged community. Made up of the city's best from San Francisco Police Department, San Francisco Fire

Department and San Francisco Sheriff's Department, our delivery team brought over 800 meals to homebound seniors.

We were honored to have Mayor Edwin Lee and Mrs. Anita Lee; Assemblymember David Chiu; Chairwoman Fiona Ma from the California State Board of Equalization; and Vivian Po, representative from Assessor Recorder Carmen Chu's office to join us served over 2,000 meals at three activity centers in Chinatown and Visitacion Valley.

Kudos to Chef Lee Tong and the MoonChef Team for roasting 120 turkeys for the Luncheon. Special thanks to our individual /corporate sponsors & volunteers and the staff at Self-Help for the Elderly to serve over 3,000 seniors and children.

We are grateful for the overwhelming support from our friends. We wish you and your loved ones a wonderful Holiday Season.



Celebrate Thanksgiving with the Community  
與社區慶祝感恩節 P1&4

2017 Major Events Calendar  
安老二零一七年活動列表 P3

Moments Remembered  
31st Annual Walkathon Parade & Fair P5  
安老第三十一屆長壽百萬行同樂日

Self-Help Duan Fung 31st Annual Chinese Opera Benefit P6-7  
安老端鳳第三十一屆粵劇澤耆英

Grand Opening at Visitacion Valley Community Center P8  
訪谷區康樂中心隆重開幕

50th Anniversary Celebration with friends at SouthBay P9  
慶祝安老五十週年南灣午餐會

2016 Culinary Showcase and Graduation P10-11  
二零一六烹飪展覽會和畢業典禮

Thank You Chinese American Association of Commerce for a Wonderful Winter Celebration P12

美國華商總會獻給安老長者冬節的喜悅  
Chinese Resources Fair P13  
華埠資訊博覽會

Success Story Social Services Department P14  
社會服務部成功個案



## 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](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 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](mailto: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](http://www.selfhelpelderly.org)。我們歡迎家人和朋友的紀念捐款和嘉譽捐款!

請您在訂立遺囑的時候記得《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](mailto:annic@selfhelpelderly.org)。我們感謝您對安老的支持和關注。



## VOLUNTEER WITH US • 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](http://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](http://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!

## CONTACT US 聯繫我們

San Francisco	三藩市	(415) 677-7600 / (415) 677-7500
San Mateo	聖馬刁	(650) 342-0822
Santa Clara	聖他克拉	(408) 873-1183
Alameda	阿拉米達	(510) 336-0144

Please Visit Our Website 請瀏覽我們的網站: [www.selfhelpelderly.org](http://www.selfhelpelderly.org)

Follow Us 請與我們保持聯繫:    



## Mission

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

## Board of Directors Officers:

Linda Wang, *Chair*  
Ricky Ho, *Vice Chair*  
Patricia Mar, *Treasurer*  
Philip Tam, *Secretary*

## President / CEO:

Anni Chung

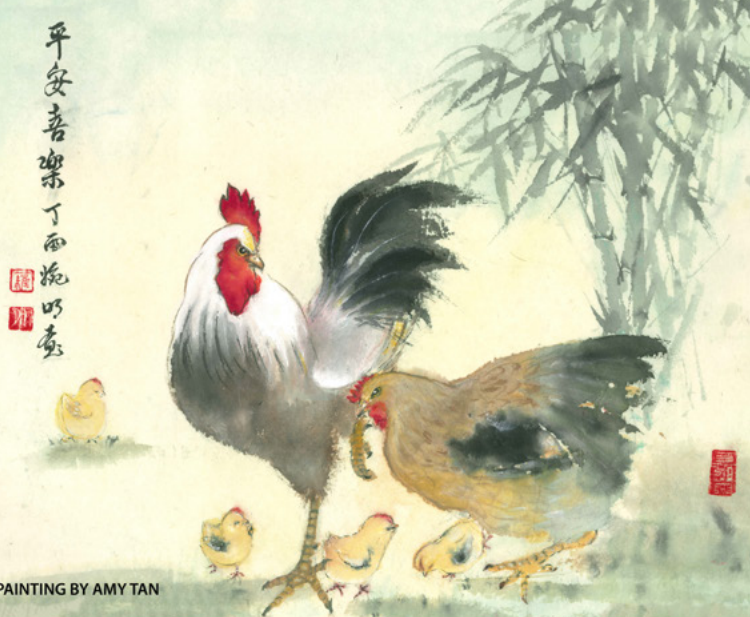
## Members:

Yat-Pang Au  
Angel K. Chen  
Leo K. Choy  
Nicholas Jay  
Janie Kaung  
Rosalyn Koo  
Dominic Li  
Stanley M. Schiffman  
William Schulte  
May Wong  
Vicky M. Wong



# Happy New Year 2017

YEAR OF THE ROOSTER



CHINESE PAINTING BY AMY TAN

## Upcoming Self-Help for the Elderly Major Events | 安老二零一七年度活動列表

JANUARY

21

Saturday

### Chinese New Year Flower Fair 農曆新年花市

San Francisco 三藩市

SF Chinatown 三藩市 華埠

JANUARY

22

Sunday

### Chinese New Year Flower Fair 農曆新年花市

San Francisco 三藩市

SF Chinatown 三藩市 華埠

FEBRUARY

11

Saturday

### Chinese New Year Parade 農曆新年花車巡遊

San Francisco 三藩市

SF Chinatown 三藩市 華埠

MAY

13

Saturday

### Annual Longevity Gala 迎福長壽週年晚宴

Burlingame 沛林甘

Hyatt Regency 甘凱悅酒店

AUGUST

21

Monday

### Invitational Charity Golf Tournament 高爾夫球慈善邀請賽

Los Altos 洛斯阿托斯

Los Altos Golf & Country Club 洛斯阿托斯高爾夫球俱樂部

SEPTEMBER

23

Saturday

### International Dragon Boat Festival 國際龍舟節

Oakland 屋崙

Lake Merritt 梅里特湖

SEPTEMBER

24

Sunday

### International Dragon Boat Festival 國際龍舟節

Oakland 屋崙

Lake Merritt 梅里特湖

SEPTEMBER

30

Saturday

### San Mateo Moon Festival 聖馬刁中秋節活動

San Mateo 聖馬刁

Central Park & Recreation Center 中央公園 康樂中心

OCTOBER

07

Saturday

### Longevity Walkathon Parade & Fair 安老長壽百萬行及街會

San Francisco 三藩市

SF Chinatown 三藩市 華埠

OCTOBER

21

Saturday

### Annual Chinese Opera Benefit 安老端鳳粵劇澤耆英

San Francisco | Sunset 三藩市 日落區

SF Scottish Rite Masonic Center 三藩市美生利中心劇院

OCTOBER

22

Sunday

### Annual Chinese Opera Benefit 安老端鳳粵劇澤耆英

San Francisco | Sunset 三藩市 日落區

SF Scottish Rite Masonic Center 三藩市美生利中心劇院

OCTOBER

28

Sunday

### HalloScream Dinner Dance 安老星月夜驚嚇派對

San Francisco | Sunset 三藩市 日落區

SF Scottish Rite Masonic Center 三藩市美生利中心劇院

NOVEMBER

23

Thursday

### Thanksgiving Luncheon 感恩節午餐會

San Francisco 三藩市

Multiple Self-Help Community Centers 安老社區中心 \*

For more information, please contact us.  
要了解更多安老活動資訊，請聯繫我們。

415-677-7668 or 415-677-7669

415-296-0313

info@selfhelpelderly.org







## 與社區慶祝感恩節

文:黎思敏

感恩節對安老自助處來說是一個特別的節日，亦讓參與該節日活動的人士睇驗到團結精神及大家對社區及長者的關愛。

一如已往三十載，今年有超過三百名義工與我們一起慶祝感恩節，熱心的義工們更在早在七點半已抵達邵逸夫爵士夫人康樂中心忙著切火雞、包裝火雞午餐盒及為超過三千位長者及孩子們的感恩節餐點作準備。

安老自助處的感恩節火雞餐是一年一度的慶祝聚會，許多長期支持安老的義工帶同朋友及家人一起前來，長幼同樂。由我們三藩市最傑出的警察局、消防局和縣警組成的義務運送團隊，為我們八百多位行動不便的長者速遞美味的火雞餐到家中。

我們很榮幸得到各市政人員支持安老的感恩節火雞餐，包括市長李孟賢及李夫人、州眾議員邱信福，平稅委員會主席馬世雲和估值官朱嘉文的辦公室代表蒲韞衡前來幫助我們在華埠和訪谷區的三個活動中心，與我們一起招待二千多位長者火雞餐。

此外，在此鳴謝明廚及明廚廚師李棠為火雞午餐會烤製了一百二十隻火雞。亦特別感謝我們的善長、義工以及安老自助處的員工為三千多名長者和兒童提供服務。

感謝各界的大力支持。我們祝你和你的家人有個美好的節日假期。





## Moments Remembered 31st Annual Walkathon Parade & Fair

By: Catarina Lai

On October 8th, 2016, over 750 walkers met up at Portsmouth Square in San Francisco Chinatown to participate in the 31st Annual Longevity Walkathon Parade & Fair. This is one of the most anticipated events in the community as the participants were able to get together; join in the Walk; enjoy music and entertainment; and most important of all, to help raise funds for Self-Help for the Elderly. Each participant received a souvenir and a Walkathon T-Shirt for the participation. Special thanks to PG&E for being the corporate sponsor of the event.



## 安老第三十一屆長壽百萬行同樂日

文：黎思敏

十月八日超過七百五十位步行者到達三藩市華埠花園角廣場參加第三十一屆《安老長壽百萬行同樂日》，該活動是大家最期待的社區活動之一，參加朋友都聚在一起，加入百萬行，享受音樂、美食和精彩節目，最重要的是大家透過這活動為安老人自助處籌集經費。每位參加步行的朋友都得收到一份紀念品及安老長壽百萬行 T 恤。在此特別鳴謝今屆活動的企業贊助商 PG&E。











## ACKNOWLEDGEMENT

### 鳴謝

#### CO-TITLE SPONSORS

共同首席贊助  
AT&T  
California Pacific  
Medical Center  
PG&E

#### BENEFACTOR

榮譽贊助  
IW Group, Inc.  
Choy Lai Kun 馬蔡麗根  
Philippa Leung 梁娉鑾

#### JADE SPONSORS

寶玉贊助  
Antonia Tu 杜李碧  
Eva Jones 梁勵潔  
Koi Palace 鯉魚門海鮮茶寮  
Moonstar Upscale Seafood  
Buffet 月星宮  
Ulferts Centers 歐化中心  
CTBC Bank (USA)

#### GOLDEN SPONSORS

黃金贊助  
Eddie & Mary Gee  
朱榮富/黃佩貞  
H. Fong  
Josephine Ma 馬秀端  
LC General Electric  
& Construction Inc.  
Mary Chang  
Priority Architectural  
Sam Wong 黃耀深  
The Lin Family Foundation

#### SILVER SPONSORS

純銀贊助  
Abacus  
AMI Dental 周詩文牙醫事務所  
Barbara Why  
CCHP 華人保健計劃  
Dorothy Chung R.P.T.  
鍾月明物理治療專家  
Fa Yuen Benevolent Association  
花縣會館  
Flora Zee  
La Ja Ja Collections YY有禮  
Pinkie Laye 陳狄冰  
Linda Lee 林采樺  
L.O. Wang

#### FRIENDS OF Duen Feng Ming & Self-Help

端鳳鳴安老之友  
Andy & Darlene Chiu Bryant 白  
安迪/趙翠薇  
Bassie Lee  
Bob Sakai  
Christina Ng  
Edmund Wong 黃健生  
Helen Siu  
Michelle Yu  
Rebecca Takahashi 高橋美子  
Ruth Huber 柯露枝  
Welcare Financial Group

#### INKIND DONORS

特別贊助  
A Bright Printing Company 明華  
印刷  
Asiamerica Inc. 美亞行  
Duen Fung Ming 端鳳鳴澤善粵劇團  
Liyen Opera 知音妙韻曲藝社  
R&G Lounge 嶺南小館  
Sam Wong Hotel 襟海旅館  
South & East Café 東南風美食屋

#### AIRLINES SPONSOR

航空贊助  
Cathay Pacific 國泰航空

#### MEDIA SPONSORS

媒體贊助  
Sing Tao Daily 星島日報  
Sing Tao Chinese Radio  
AM1400/FM96.1 星島中文電台  
Skylink TV 天下衛視

## Self-Help Duen Fung 31st Annual Chinese Opera Benefit

By: Catarina Lai

Co-titled sponsors by PG&E, AT&T and California Pacific Medical Center and a presentation in association with Duen Fung Ming and World Renown Artists from Hong Kong, Self-Help Duen Fung 31st Annual Chinese Opera Benefit was a major success.

Despite the heavy rain, more than 400 opera enthusiasts and seniors attended the performances on October 15 – 16, 2016 at the San Francisco Scottish Rite Masonic Center Theater in Sunset district of San Francisco. The audience enjoyed a variety of remarkable performances during the two-day events. The classic story of Princess Chong Ping was presented on Saturday while a variety of plays like The Plot of Red Shoes, The Impeachment of Song Yan, Princess Pak Fa, So Siu Siu, and Dream of Red Chamber were featured on Sunday.

We are thankful to everyone who supported and participated in this event: the performers, staffs, volunteers, opera enthusiasts and the audiences. A special thanks to our event sponsors for bringing this popular, traditional performing arts to our seniors.

## 安老端鳳第三十一屆粵劇澤耆英

文: 關嘉美

由PG&E, AT&T, California Pacific Medical Center 共同首席贊助, 安老自助處及端鳳鳴粵劇團主辦的《安老端鳳第三十一屆粵劇澤耆英》於十月十五日及十月十六圓滿舉辦成功。

超過四百位的粵劇愛好者及長者不懼風雨來臨位於三藩市(日落區)十九街的美生堂中心劇院欣賞由端鳳鳴粵劇團主演, 灣區小生花旦, 及多位遠道而來的香港紅伶表演精彩的粵劇。粵劇活動分開兩天進行。第一天表演經典名劇《帝女花》, 第二天表演《名劇精華》。

在此謹代表安老鳴謝各單位對這次活動的支持。活動的成功有賴台前幕後的表演嘉賓, 工作人員, 義工, 劇迷, 以及一班愛好粵劇的觀眾的頂力支持。特別感謝我們的活動贊助商將這個愉快的娛樂活動帶給長者。



## Grand Opening at Visitation Valley Community Center

By: Angela Hui

The Department of Nutrition and Senior Centers at Self-Help for the Elderly is pleased to announce that we are now offering our nutrition and community services at Visitation Valley Community Center, located on 66 Raymond Avenue in San Francisco. The opening ceremony was held on September 11, 2016, and joined by San Francisco Mayor Ed Lee, District 10 Supervisor Malia Cohen, the Department of Aging and Adult Services (DAAS), and Visitation Valley neighborhood seniors. We welcomed the community and our guests with celebratory singing and dance performances, as well as hot, nutritious meals from our congregate meal program.

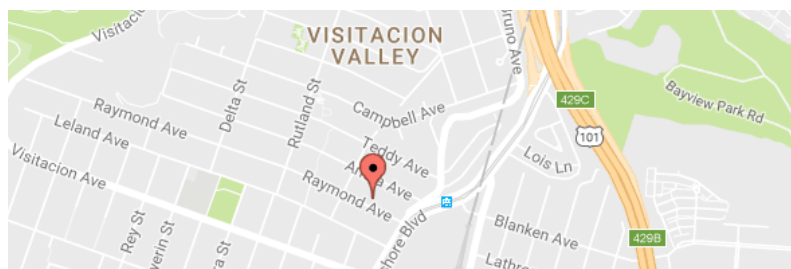
The new Visitation Valley Community Center welcomes adults with disabilities and seniors age 60 and over to come together to enjoy hot, nutritious meals and a comprehensive range of social, educational, and recreational activities such as nutrition education, dance classes, and Tai Chi. The center is open from 9:00 am to 2:00 pm, Monday through Friday. Lunch is served at 11:30 am every service day. For more information, please contact the center at (415) 239-9919.

## 訪谷區康樂中心隆重開幕

文: 許綺雯

安老自助處的營養部及老人中心宣佈, 位於三藩市66 Raymond Avenue的訪谷社區中心正式開幕。開幕儀式於二零一六年九月十一日舉行。三藩市市長李孟賢, 三藩市第十區市參事郭嫻, 三藩市長者及成人服務局 (DAAS) 的代表, 及超過一百名來自訪谷區的長者均出席此典禮。

訪谷區康樂中心歡迎所有六十歲或以上的朋友或殘疾人士到中心品嚐由營養師和廚師精心設計及烹調的營養餐。中心亦提供各項社區活動, 包括營養講座, 太極班及社交舞班。中心營業時間為每星期一至星期五上午九時至下午二時。午餐供應時間為上午十一時半。如想了解更多中心資料, 請致電 (415) 239-9919 與我們中心職員聯繫。



### VISITACION VALLEY COMMUNITY CENTER

66 Raymond Avenue  
San Francisco, CA 94134  
Tel: (415) 239-9919

Office Hour: Monday - Friday | 9 am to 2 pm  
Meals Serves Hour: 11:30 am (Every Service Day)





Anni Chung, President and CEO of Self-Help for the Elderly, greeted everyone at the Celebration Luncheon

## 50th Anniversary Celebration with Friends in the South Bay

By: Lina Pan

The Nutrition & Senior Centers Department at Cupertino hosted a 50th Anniversary Celebration Luncheon on December 7th, 2016 at Venus Café in San Jose. Over 40 guests -- including donors, seniors, staffs and volunteers -- gathered to celebrate the major milestone of Self-Help for the Elderly.

Anni Chung, President and CEO of Self-Help for the Elderly, greeted everyone and introduced some very special guests who have supported Self-Help in the South Bay for many years. The individuals included Board Members Barbara & Bert Why and Ken & Mabel Lai. They are dedicated ESL teachers for over 20 years. Next, Anni introduced former Cupertino City Mayor and nurse, Patrick and Susan Kwok. Both of them are long-time supporters from the South Bay. Moving on, Anni introduced and thanked Vivian Wong. Served as a Managing Dietitian at the County of Santa Clara, Vivian ensures our

Senior Nutrition Program runs effectively.

In addition, Kelly Chew, Director of Nutrition & Senior Centers Department, acknowledged Mr. and Mrs. Tam, the new chefs at Venus Café. The chefs were committed in providing healthy and tasty meals for our South Bay seniors each day. At the event, a gourmet luncheon with hot and cold beverage and fancy desserts were served.

Each guest received a souvenir. Everyone had a great time at the celebration luncheon.



## 慶祝安老自助處五十週年(南灣)午餐會

文: Lina Pan

安老自助處庫帕蒂諾中心於二零一六年十二月七日在聖荷西市的大家樂餐廳舉辦午餐會及慶祝安老自助處五十週年重要的里程碑，到會嘉賓包括善長，長者，新舊同事，義工們等約四十位賓客。

安老自助處的行政總監鍾月娟向各來賓致候，又介紹並感謝幾位特別朋友，包括董事 Barbara & Bert Why 夫婦及 Ken & Mabel Lai 夫婦，三位在庫帕蒂諾中心擔任義工教學逾二十年，此外，曾任庫帕蒂諾市長的 Patrick Kwok 常為南灣中心解決困難而其夫人 Susan 更長期擔任中心的義務護理諮問，在聖他克拉拉縣擔任常務營養師的 Vivian Wong 協助我們的營養午餐運作以順利進行。

隨後，營養及康樂中心部主任趙曲藍也特別向大家介紹大家樂餐廳的譚氏主廚夫婦，他們二人是負責平日為康樂中心準備營養且美味的午餐並送餐，這次午餐會也由他們提供餐點，不但主菜有多種選擇，且供應多款冷熱飲品，還有色香味俱全的精緻甜點。

每位來賓都獲贈一份紀念品，大家有一個愉快的午餐慶祝聚會。





CHINATOWN NEIGHBORHOOD ACCESS POINT  
華埠就業中心

(Standing from left): Orrian Willis, OEWD; Emily Stefiuk, OEWD; Kit Dai, CCSF; Alfredo Fajardo, OEWD; Warren Yee, Program Advisor; Dr. Kimberly Harvell, CCSF; Michael Almaguer, CCSF; Supervisor Aaron Peksin; Patricia Mar, Board Treasurer of Self-Help for the Elderly; Angel Chen, Board Member of Self-Help for the Elderly; Anni Chung, President/CEO of Self-Help for the Elderly; Winnie Yu, Self-Help for the Elderly; Chef John Ng (Front Row): Food Prep and Production Training Graduates

## 2016 Culinary Showcase and Graduation Ceremony

By: Catarina Lai

Congratulations to our 14 Food Prep and Production Training Graduates. Despite the heavy rain, over 30 guests from City College San Francisco, Office of Economic and Workforce Development, Office of Supervisor Aaron Peskin, multiple renowned Hospitality groups, and community organizations attended the culinary showcase and graduation ceremony on December 15th at the Annex Building of City College of San Francisco Chinatown/North Beach Center.

The celebration kicked off with an introduction from Winnie Yu, Director of Programs Development & Compliance at Self-Help for the Elderly, followed by remarks from Supervisor Peskin; Dr. Kimberly Harvell, Dean of Business, Fashion, Hospitality and Culinary Art at City College of San Francisco; and Michael Almaguer, Associate Vice Chancellor of City College of San Francisco.

Instructed by Chef John Ng, this Food Prep and Production Training Course was a pilot program made possible with funding from the Office of Economic and Workforce Development and in partnership with City College of San Francisco. For the first time, the culinary classes were conducted in English and Chinese, the native language of most students. This bilingual methodology enabled the students to learn faster, polish their skills, and promote interactions in classes.

The success of this pilot program attracted many representatives from reputable hospitality groups to the ceremony. Impressed by a recent hired who is a graduate of this program, Ms. Flora Wai, Human Resources Manager at Yang Sing attended the celebration in hopes to learn more about this program. In addition, representatives from China Live, Mina Group and McCalls Catering & Events were also presented to celebrate the milestone of the new graduates.



Tasting Menu: Quinoa Salad, Salmon Bruschetta, Crab Cake, Skewed Grilled Vegetables, Charbroiled Sirloin Steak Cubes.



Dessert Table featuring honey madelines and chocolate-covered strawberries.



# 二零一六年烹飪展覽會和畢業典禮

譯:李靜宜

恭喜我們的十四名烹飪職業培訓班學生順利畢業! 儘管畢業典禮當天天下大雨, 仍然有超過三十名來賓參加於十二月十五日在三藩市城市大學華埠分校附屬大樓舉行的烹飪展覽會和畢業典禮。嘉賓來自三藩市城市大學, 經濟發展部門, 三藩市參議員佩斯金 (Aaron Peskin), 及多位著名餐飲業公司代表。

慶祝活動開始, 先由安老自助處的計劃發展行政總監 Winnie Yu 作介紹, 隨後由三藩市參議員佩斯金、三藩市城市大學的兩位校長 Kimberly Harvell 和 Kit Dai、以及三藩市城市大學副校長 Michael Almaguer 致賀詞。這個培訓班由經濟發展部門資助以及與三藩市城市大學合作, 並由名廚 John Ng 指導的烹飪技巧。這烹飪課程是首個以英語和中文教學試驗性質的課程。因為中文是大部分學生的母語, 這雙語教學方法使學生能夠更快地學習, 並促進在課堂上的互動。

這個課程成功吸引了許多著名餐飲業品牌的公司代表前行參加這個烹飪展覽會和畢業典禮。羊城茶室人力資源部經理 Flora Wai 是其中一位來賓, Flora 表示最近羊城茶室剛僱用該烹飪培訓班畢業生, 亦希望通過出席畢業典禮能夠了解更多有關課程。此外, 來自明店 (China Live)、Mina Group 和 McCalls Catering & Events 的代表也來到現場支持畢業的同學和慶祝畢業生的里程碑。

**To obtain additional information about the program, please contact:**  
要了解更多培訓課程的詳情, 請聯繫:

Winnie Yu  
T: 415-677-7500  
E: [winniey@selfhelpelderly.org](mailto:winniey@selfhelpelderly.org)

## Spring 2017 Vocational Training Programs Are Now Enrolling

● **WESTERN COOK CLASS** | 01/17/2017 — 04/14/2017  
Requires English skills at ESL 6, 7 or above. Topics include learning about kitchen hygiene and food handling, mastering and improving knives, and kitchen terminology. Graduates will be awarded a cooking class certificate from San Francisco City College and Self-Help for the Elderly.

● **HOME CARE** | Two-weeks Course, on every Tuesdays.  
Topics include home care training, nursing knowledge, and eating health knowledge.

● **BUSINESS CLEANING CLASS** | 01/24/2017 -- 04/20/2017  
Requires English skills at ESL Level 4 or above. Topics include learning the proper and safe application of cleaning equipment and handling various cleaning chemicals, and how to effectively clean commercial properties. Graduates will be awarded a Certificate in Business Cleaning from San Francisco City College and Self-Help for the Elderly.

● **CUSTOMER SERVICE AND OFFICE COMPUTER TRAINING**  
Eight-Weeks Course Starting in January 2017. Requires English skills at ESL Level 4 or above. Learn the common vocabulary of office work, customer service, computer and office skills, and how to edit your resume and prepare for an interview. Job opportunities include customer service staff, receptionists, sales staff, cashiers and so on.

Call to set up an orientation today at (415) 677-7500.

## 二零一七年春季職業培訓計畫現正招募

**西廚班** | 二零一七年一月十七日至四月十四日, 英語要求為ESL六、七級或以上。課題包括學習廚房衛生和食品處理, 掌握及提高刀法技巧, 和廚房專業術語等。畢業生可獲舊金山市立大學與安老自助處頒發烹飪班證書。適合對烹飪及飲食服務行業有興趣人士報讀。

**家居護理班** | 課程為期兩周, 逢星期二上課。不需要英文基礎, 課題包括家居護理訓練, 護理常識, 及飲食健康常識等。適合對家居護理工作有興趣人士報讀。

**商務清潔班** | 二零一七年一月二十四日至四月二十日, 英語要求為ESL四級或以上。課題包括學習正確及安全地應用清潔器材和處理各種清潔化學用品, 如何有效地清潔商務物業等。畢業生可獲由舊金山市立大學與安老自助處頒發的商務清潔專業證書。

**顧客服務及辦公室電腦培訓** | 二零一七年一月開始上課, 為期八周, 英語要求為ESL四級或以上。培訓中學習到辦公室工作常用詞彙, 客戶服務、電腦及辦公室技巧, 及如何編輯個人簡歷和作出面試準備。工作機會包括客戶服務員, 接待員, 銷售人員, 收銀員等。

歡迎致電安老自助處 (415) 677-7500 諮詢及預約報名。





Check presentation from Chinese American Association of Commerce Representatives to Linda Wang, Board Chair of Self-Help for the Elderly, and Anni Chung, President & CEO of Self-Help for the Elderly. 支票頒贈儀式由美國華商總會代表 (池洪湖先生、池洪湖夫人池周琪、雷震澤先生、馬球銳先生、雷榮暢先生、陸作成先生、吳國寶先生) 頒發五千大元支票給予安老自助處董事局主席黃妙鏐瑩女士和行政總監鍾月娟。

## Thank You Chinese American Association of Commerce for a Wonderful Winter Celebration

By: Catarina Lai

On December 21st, 2016, 1,000 seniors at nine Self-Help for the Elderly locations in San Francisco were pleasantly surprised by a delicious, festive Winter Solstice menu. This celebration luncheon was made possible with the generous donation of \$5,000 by the Chinese American Association of Commerce.

Representatives from the Chinese American Association of Commerce visited the Lady Shaw Senior Center on the festival day; wished everyone a Happy Winter Solstice; and promised the seniors to bring in many more Winter Solstice celebrations.

Ms. Daisy Li with MoonChef shared with everyone how the special menu was brought to life. Co-created by the MoonChef team and the nutritionist at Self-Help for the Elderly, this traditional Winter Solstice menu came with a contemporary, health conscious twist without sacrificing the taste.



Everyone appreciated the lunch tremendously. The menu included baked sesame chicken; flavorful brown rice with fat-free Chinese sausage and mushrooms; soup with tong yuen (rice ball dumplings), fish cakes, black mushrooms and vegetables; and red bean soup with black sesame filling tong yuen.

Anni Chung, our President and CEO, thanked Ms. Linda Wang, our Board Chair for introducing Self-Help for the Elderly to Chinese American Association of Commerce. Anni explained that this Winter Solstice luncheon was a perfect additional festival our seniors cherished during the holiday season. With generous gifts from corporate-, community-, and individual donors, Self-Help for the Elderly strives to continue hosting enjoyable celebrations and events for our seniors.

## 美國華商總會獻給 安老長者冬節的喜悅

文: 黎思敏

二零一六年十二月二十一日, 在安老自助處三藩市九間營養康樂中心, 一千位長者獲得一份美味的驚喜, 長者們品嚐了一屯豐富的冬至佳餚。這個慶祝午宴是美國華商總會對長者們的關愛及重視, 而捐贈五千元給安老自助處。

冬節當天, 美國華商總會代表拜訪了邵逸夫爵士夫人康樂中心, 祝在場的長者們冬至快樂, 並承諾將繼續舉行冬至慶祝活動。

明厨東主李雅怡向大家介紹明厨為大家準備的豐富冬至佳餚。由明厨烹飪部及安老自助處的營養師合作, 將傳統的冬至餐單注入新的食才, 新的餐單既健康又美味。

各人都非常恩賞這節日佳餚。菜單包括烤芝麻雞, 美味的糙米配無脂肪的臘腸和冬瓜, 滋味咸湯圓、魚肉、冬瓜和蔬菜湯及紅豆沙黑芝麻湯丸。

我們的行政總監鍾月娟感謝董事黃繆少瑩向美國華商總會介紹安老自助處。鍾月娟表示在假日季節期間, 這傳統冬至節日給我們的長者帶來多一個慶祝活動。得到企業/社區/及個人善長們的慷慨捐贈, 安老自助處將努力地繼續為我們的老年人舉辦愉快的慶祝活動。





## Chinatown Resources Fair

By: Catarina Lai

The Chinatown Resources Fair took place at the Portsmouth Square Clubhouse on October 29th, 2016. Over ten community organizations, including Self-Help for the Elderly, participated at the community fair providing event visitors with information and resources on healthcare, safety and social services.

At the fair, representatives from the San Francisco District Attorney's Office, community leaders and Captain David Lazar from San Francisco Police Department Central

Station joined together to share important safety tips with the audience.

Captain Lazar greeted the audience in Chinese and reminded the elders of three safety tips:

- 1. Do not talk to strangers on the streets.** Criminals, worked in teams, would snap away the victim's belongings as they engaged in the conversation.
- 2. Use crosswalk.** Watch out for traffic before crossing the streets.
- 3. Report all crime.** The Central Police Station on Vallejo Street has multilingual staff on duty to assist.

Additionally, Captain Lazar mentioned that guilt and embarrassment are two major causes to prevent the victims from reporting crimes. Therefore, he encouraged everyone to speak up and reported the crime. This, in a way, will help the police to solve the cases and bring those who committed the crime to justice.

All victims and witnesses of crime are encouraged to file a police report first. To inquire about services or resources available to you in Chinese languages, call 415-553-9044.



## 華埠資訊博覽會

文: 黎思敏

華埠資訊博覽會於二零一六年十月二十九日在花園角廣場俱樂部舉行。安老自助處及十多個社區組織參加了社區博覽會，與大眾分享關於醫療，安全和社區各種服務的知訊。

在展會上，來自三藩市地區檢察官辦公室的代表、社區領導和中央警署警長 David Lazar，與觀眾分享一些重要的安全提示。

警長首先以廣東話向大家問好，隨後並提醒長者們三個安全提示：

(一) 不要在街上跟陌生人說話。犯罪分子一般以團隊式犯案，會在他們與受害者參與對話時，突然奪取受害者的財物。

(二) 大家必須使用斑馬線。過馬路前要小心交通。

(三) 報告所有罪案。Vallejo 街的中央警察局有能講多種語言的警員。

此外，警長表示，負罪感和困窘是阻礙受害者報案的兩個主要原因。因此，他鼓勵大家勇敢地說出真相並報案。這樣才可協助警察破案，並將犯罪者繩之以法。

鼓勵所有受害者和證人第一時間報警，提交警察報告。欲以中文查詢有關警隊服務或資訊，請致電 415-553-9044。





## Success Story from Social Services Department

By: Emily Chum

Ms. Kim appeared confused, depressed and despaired the first time she met with Self-Help for the Elderly's case manager at the office. She was trying to find housing as she received an eviction notice and divorce paper from her husband. A 70 year-old monolingual senior, suffered from diabetes, limited mobility and chronic pain, she felt lost understanding she would not have a place to stay soon. She expressed suicidal ideation numerous times and repeatedly stated she felt hopeless about her future. She has no income besides \$330 as monthly grocery allowance. She does not have medical insurance and was at risk of amputation due to diabetes. She used most of her savings for traditional Chinese medicine treatment.

Case manager referred Ms. Kim to API Legal Outreach. There, she received free legal services. After almost one year working closely with attorney on court hearing, Ms. Kim received reasonable amount of spousal support and settlement that would guaranteed some level of stable living. Later on, the case manager assisted Ms. Kim to relocate to her new place in Chinatown and apply for Medi-Cal, Medicare, foodstamp, IHSS and rental assistance. She is now receiving financial-, rental- and low cost medical assistance; and seeing therapist to address depression and maintain wellbeing. Ms. Kim continues to use the housing services with Self-Help for the Elderly to apply for senior housing. She really hopes that she can live in senior housing one day. Through Self-Help's case management services, Ms. Kim was from a homeless senior without income, medical insurance and support to a proactive senior who live independently in the community. Ms. Kim said, "I will keep up my spirit and live happily every day."

*\* Ms. Kim is a made-up name.*

Self-Help's Social Services provide the following services  
安老的社會服務包括：

- Case Management 案件管理
- Information and Assistance 資訊援助
- Emergency In-Home supportive Services 緊急家居援助服務
- Naturalization and Pathways to Citizenship 入籍和公民服務
- Housing Services 住屋服務
- Family Caregiver Support 住屋家庭看護援助
- Elder Abuse Prevention and Intervention 預防與防止虐老資訊

For more social services details, please call:

要了解更多社會服務的詳情，請致電 (415) 677-7585

## 社會服務部成功個案

文: Emily Chum

金女士第一次到辦公室與個案管理專員見面時，她似乎很混亂，沮喪和絕望。由於收到了丈夫的驅逐通知和離婚文件，因此她獨自正在嘗試尋找住房。作為一個七十歲的單語長者，患有糖尿病、慢性病痛及行動不便，對將會失去住所，她感到很無助。她對案件管理專員多次表達了自殺意念，並重複說她對她的未來感到不解。

每月除了三百三十元雜貨費外，她並沒有任何收入。也沒有任何醫療保險。此外，她亦面對糖尿病截肢的危機，她把大部分的儲蓄用於中醫治療。個案管理專員將她提交給 API 法律服務處，令她獲得免費法律援助。在接近一年與法庭聽證律師密切合作之後，金女士獲得了合理的生活補助金，以保證一定程度穩定的生活。隨後，個案管理專員並協助金女士搬到唐人街一個新住所。個案管理專員協助金女士申請白卡、紅藍卡、糧食卷、家居護理服務。目前她以低成本的醫療援助接受健康檢查與治療。她正在看心理治療師解決抑鬱症和維持心理健康。她現在擁有了生活開支和租金的援助。金女士繼續尋求安老自助處幫助申請老人房屋。她真的希望她能有一天住在老人公寓。通過個案管理服務、金女士從一個沒有收入、醫療保險、和沒有支持及對未來感到絕望的無家可歸老人，變成了能夠在社區中獨立生活的長者。金女士說，「我會保持飽滿的精神，每天都開開心心地生活。」

*\*金女士是個匿名。*



# 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 (ADS)

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., Basement  
San Francisco, CA 94133  
415-677-7500

### ■ Health Insurance Counseling & 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

### ■ Community & Activity Centers

ALAMEDA

**Lincoln Court Community Center**  
2400 MacArthur Blvd.,  
Oakland, CA 94602  
510-336-0144

SANTA CLARA

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

SAN FRANCISCO

**Geen Mun Community Center**  
777 Stockton St.  
San Francisco, CA 94108  
415-391-3843

**Jackie Chan Community Center**  
5757 Geary Blvd.,  
San Francisco, CA 94121  
415-677-7571

**Lady Shaw Community Center**  
1483 Mason St.,  
San Francisco, CA 94133  
415-677-7581

**Manilatown Community Center**  
848 Kearny St.,  
San Francisco, CA 94108  
415-398-3250

**Mendelsohn House Community Center**  
737 Folsom St.,  
San Francisco, CA 94107  
415-243-9018

**South Sunset Community Center**  
2601 40th Ave.,  
San Francisco, CA 94116  
415-566-2845

**Southeast Asia Community Center**  
315 Turk St.,  
San Francisco, CA 94102  
415-920-1357

**Visitation Valley Community Center**  
66 Raymond Avenue  
San Francisco, CA 94134  
415-239-9919

**West Portal Playground Clubhouse**  
131 Lenox Way,  
San Francisco, CA 94127  
415-753-7058

**Woolf House Community Center**  
801 Howard St.,  
San Francisco, CA 94103  
415-495-0931

SAN MATEO

**San Mateo Community 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  
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
- 500 Raymond Ave.,  
San Francisco, CA 94134
- 1490 Mason St.,  
San Francisco, CA 94133



## Self-Help for the Elderly Funders

## 安老自助處資助單位

Self-Help for the Elderly Funders, for the fiscal year of *July 2016 - July 2017*.

---

Asian Pacific Fund	San Francisco Foundation
California Department of Aging	San Francisco Human Services Agency
California Department of Education	San Francisco Mayor's Office of Housing
California Department of Transportation	San Francisco Office of Economic and Workforce Development
California Employment Development Department	San Francisco Paratransit
California Healthcare Foundation	San Mateo County Department of Aging and Adult Services
California Public Utilities Commission	Santa Clara County Department of Human Relations
Chinese Community Health Care Association	Santa Clara County Social Services Agency
Chinese Community Health Plan	SCAN Health Plan
Comcast Foundation	Silicon Valley Community Foundation
Dignity Health	Southern California Edison
Evelyn & Walter Haas Jr. Fund	Southern California Gas Company
HAAS Foundation	U.S. Department of Housing and Urban Development
Joseph L. Barbonchielli Foundation	United Way Silicon Valley
Kaiser Permanente	Veolia Transportation
National Asian Pacific Center on Aging	Wells Fargo
San Diego Gas & Electric	
San Francisco Culinary/Bartenders & Service/Welfare Fund	
San Francisco Department of Public Health	

*Please forgive us if we have inadvertently omitted your name in recognition for your contribution.*

*Please know that your support is greatly appreciated.*

Self-Help for the Elderly is grateful to its many funders, both government and private sources and wishes to thank the following organization 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.



# 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 **October 1, 2016** to **December 31, 2016**.

AARP  
American Realty & Construction Inc.  
Stephanie Andrews  
Asian Pacific Fund  
AT&T External Affairs  
Bank of America CyberGrants  
Sherry D Barto  
Sylvania Bates  
Bay Area Deputy Sheriffs Charitable Foundation (BADSCF)  
Bright Funds Foundation  
Andy Bryant  
California Dragon Boat Association  
Causecast Foundation  
CCHP  
Hardy Chan  
Elaine Chan  
Eveen Chan  
Jason Chan  
Alice M. Chan  
Lisa Chan  
Nancy Chan  
Seck Lam Chan  
Eveen Chan  
Justin Chan  
Edward Y.C. Chan  
Elaine Chan  
Shui Lin Chao  
Eileen T. Chen  
Larry Chen  
Ju Fang Chen  
Jephenny Cheng  
Ju Fang Cheng  
Grace Cheng  
Anita & Henry Hing Cho Cheung

Onilda Cheung  
Steven Owyang  
Matthew Owyang  
David Owyang  
Chevron Employees  
Dalia Chie  
Bill & Flo Chin  
Jennie Chin  
Shui Lan Chin  
William M. Chin  
Chinese American Association of Commerce (CAAC)  
Victor L. Chinn  
Sophia T Chong & Gary W Chong  
Donna Chong  
Larry Chong  
Shirley Chow  
Daisy T Chow  
Lai Kun Choy  
Frankie K. Choy  
Wei Chen Chu  
Linda Wei Chen Chu  
Louis Lop-Hee Chu  
George Chu & Celine Hu  
CTBC Bank Corp.  
DBA Crowne Plaza - Foster City  
Janet Der  
Diana Dong  
Richard H. Dong  
Lelandy Dong  
Double Tree by Hilton Alana - Waikiki Beach  
Olivia Edwards  
Maria Fang  
Joe Fang

Raymond C. Fawthrop  
Rita Fisher  
Judy Fokas  
Kathleen Fong  
Heather J. Fong  
Reginald Fong & Jeannette Fong  
Kathleen Ann Fong  
Front Porch Realty Group  
Dickson K Lo / Mandy Fung  
Janet Galeano  
Paul Gallegos  
Gum Moon Residence Hall  
Joan Herron  
Way S. & Emily C. Hew  
Karen Ho  
Ricky Ho  
Michael Hoang  
Hanley Hoey  
Margaret Hom  
Thomas Hsieh  
Wu-Yang Hsiung  
Ralph Huber  
Jeanne Huey  
Coral Huey  
Jeanne Wong Huey  
Yuk Yee Hung  
Hung On Tong Society, Inc.  
Victoria PuiKei Ip  
David A. Ishida  
David Jesson  
May F. Jones  
Joseph L. Barbonchielli Foundation  
Henry Kan  
Lida H. Kao  
May Key Lee

Angela Koo  
KTSF- Channel 26  
Mable Kum  
Robert Kung  
Robert Kung  
Francis S & Shelley S Kwan  
Agnes Kwan  
Patrice Kiang  
Bonnie Kwong  
Brian Kyono  
Wing Lai  
Lun Lam  
Lorraine Lam  
Amaza Lam  
Lun Lam  
Lorraine Lam  
Yat Ming Lam  
Alice Lam-Jem  
Gregory S. Lathrop  
Lydia Lau  
Clara Law  
Robert M. Laye & Pinkie Laye  
LC General Engineering and Construction, Inc  
May Key Lee  
Violet Lee  
Susan Lee  
Milton Lee  
Vicki Lee  
Beverly Lee  
Eric Lee  
Karsten Lee  
Larry & Susan Lee  
Bassie Lee, CLU, CHFC  
Frank T. Lee



# 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 **October 1, 2016** to **December 31, 2016**.

*John K. & Caroline Lee*

*Sammy Lee*

*So Ling Lee*

*Belinda L. Lee*

*Mai Kai Lee*

*Linda B. Lee*

*Dack K. Lee*

*Milton Lee*

*Susan M. Lee*

*May Key Lee*

*Vicki Lee*

*Barbara S. Lee*

*Violet Lee*

*Karsten Lee*

*Eric & Linda Lee*

*Roberta Lee*

*Daisy Lei*

*Daisy Yang Lei*

*Diana Leong*

*Steven Lessler & Rebecca C Lessler*

*Elaine Leung & Harry Leung*

*April Leung*

*Walter Lew / Oy Yee Lam Lew*

*Jane Lew*

*Li Ya Liu*

*Anna Liu*

*David Tak Wai Lo*

*Ben Loewenbach*

*Stanley Louie*

*Selina C. Low*

*Lyman Low*

*Margaret Chu Lucaccini*

*Fred Lui*

*Juana & Lawton Lum*

*Marina Lum*

*Juana Lum*

*Van Ly*

*Lisa Ma*

*Josephine S. Ma*

*Joseph Ma*

*Magnique Inc.*

*Franklin Mah*

*Robert Marquiss*

*WD Michelin*

*Dan Michelin*

*MoonChef*

*Moonstar*

*MUFG Union Bank Employees*

*Magdalen Y. Mui*

*Oi Man Ng*

*Carol Ng & Anthony C Tam*

*Cindy Ng*

*On Lok Senior Health Services*

*Annie Pandey*

*PG&E Billing Operations  
/Complex Billing Team*

*PG&E Employees*

*Daniel Poon*

*Elaine Poon*

*Priority Architectural Graphics Inc*

*Collin Quock*

*R & G Executive Lounge, Inc.*

*Ridge Vineyards*

*William Rogina*

*Rose T.Y. Chen Charitable Fund*

*Marie Salgado*

*Jill Schulte*

*Schwab Charitable Fund*

*Selina Shek*

*Linda Shen*

*Hsiu Shih*

*Charles Simmons*

*Charles F. Simmons*

*SoliClub*

*Wendell Soo-Hoo*

*Frances Sue*

*Choi Hing Szeto*

*Richard & Nikki Szeto*

*Szeto and Associates*

*Gloria Tai*

*Rebecca Takahashi*

*Elizabeth & Tomio Takeshita*

*Pui Si Tam*

*Mimy L Tam & Raymond K Tam*

*Citania Tam*

*Philip Taiming Tam*

*Arnold Tan*

*Silvie Thang*

*The James Irvine Foundation*

*The San Francisco Foundation*

*Thrivent Financial*

*Pansy Tom*

*Grace Tom*

*David Tom*

*James Tong*

*Top Veg Farms Produce Distributors Inc*

*Neil Toy*

*Thomas Tow Toy*

*Nancy Tran*

*Tilly Tsang*

*Hin Wing Tse*

*Dominic Tse*

*David Tu*

*Antonia & Norman Tu*

*Julia Tung*

*Susna YinFan Tung*

*Sandra Tye*

*Ulferts Center (U.S.A.) Inc.*

*United Way California Capital  
Region PCFD Account*

*Vanguard Charitable -  
The At Will Charity Fund*

*Tina Vanichsarn*

*Venus Restaurant Corporation*

*Visa International*

*Linda & LingChi Wang*

*WCP I DE, LLC*

*Wells Fargo Community Support  
Campaign*

*Gordon Wong*

*Grace Wong*

*Bo Har Wong*

*Isabella Wong*

*Richard Wong*

*Wong & Company*

*Fanny Wong*

*Richard W. Wong*

*King Sang Edmund Wong*

*Grace Wong*

*Jonathan Wong*

*Tony C. Wong*

*Gordon Wong*

*Jonathan Wong*

*Bor Har (Annie) Wong*

*Jensa Woo*

*Stanley & Angela Woo*

*Virgal Woolfolk*

*Nancy Wu*

*Nancy L. Wu*

*Kenneth Wun*

*Ding Q. Yao*

*Stan J. Yee*

*Arthur & Deborah Yee*

*Doris Yee Chan*

*Yeong Wo Benevolent Assn.*

*Francis Yeung*

*Diana T. Yip*

*Darrell Young*

*Betty Yu*

*Amy & Henry Yu*

*Betty Yu*

*Rose Yuen*

*W.Y. & M.C. Yung (Margaret  
Chung) Andrew Yee*

# Self-Help for the Elderly Donors

## 安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly  
from *October 1, 2016* to *December 31, 2016* as a tribute to the below recently departed:

WAI MAY CHIN, MRS. WAI LING CHOY, GWING DER, MARIE TSO DONG, OILAN HOW,  
MR. AND MRS. PEH-KU HSIUNG, TOBY KWANG, VEN TAI KWONG, TOY LEW LEE, KWOCK  
LEE, JAMES D. LEE, JERRY LEE, MAX LEE, ROBERT Q. LEE, SHIH-CHANG AND CLARA  
SHEN, MRS. WAI PING TAN, KARON TANABE, RICHARD TONG, SR.,  
MRS. FUNG NGOR WONG, MR. AND MRS. FRANK S. YEE, GARY YOUNG

### MEMORIAL DONORS

Doris Yee Chan	Ben Loewenbach	Juana & Lawton Lum
Eveen Chan	Lun Lam	Marina Lum
Onilda Cheung, Steven Owyang, Matthew Owyang, & David Owyang	Lorraine Lam	Linda Shen
Jennie Chin	Albert M / Barbara S Lee	Nikko Szeto
Donna Chong	Dack K. Lee	Christopher Tan
Frankie Choy	Beverly Lee	Grace Tom
Richard Dong	Eric Lee	Pansy Tom
May J. Fong	Roberta Lee	Richard Tong
Paul Gallegos	Susan M. Lee	Sandra Tye
Patrice Kwang	Vicki Lee	Grace Wong
May F. Jones	Jane Lew	Nancy Wu
	Brian Kyono	Rev. Xuzheng Sik
	Stanley Louie	Darrell M. Young

## Thank you so much!

*Please forgive us if we have inadvertently omitted your name in recognition for your contribution. Please know that your support is greatly appreciated.*



## Self-Help for the Elderly Donors

### 安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly  
from **October 1, 2016** to **December 31, 2016** in honor of the **birthday** of the individuals below:

#### **Sylvania Bates Mae Yee Jee's 90th Birthday**

---

Donors:  
Sylvania Bates  
Milton Lee

## Self-Help for the Elderly Donors

### 安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly  
from **October 1, 2016** to **December 31, 2016** in honor of the individuals below:

• **Tina Cheng • Chester Chin • Joyce Leung • Lorraine Wong**  
• **Chu Hung Toy • Fung Ngor Wong • Alice Yee**

---

Donors:  
Angela Koo, Larry Chen, Amaza Lam, Nei Toy, Nancy Wu, S.H.A.R.P.

## Thank you so much!

*Please forgive us if we have inadvertently omitted your name in recognition for your contribution. Please know that your support is greatly appreciated.*



Providing strength, hope and empowerment to seniors since 1966



**YES!** I want to support **Self-Help for the Elderly** with a personal contribution.

Name or Business: \_\_\_\_\_

Contact: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Telephone: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

☐ I will gladly help with a one-time gift of: \$ \_\_\_\_\_

☐ I want to give a monthly donation of: \$ \_\_\_\_\_

## PAYMENT OPTIONS

☐ I have included a check made payable to: **Self-Help for the Elderly**

☐ Please charge my ☐ VISA ☐ MasterCard ☐ American Express

Account#: \_\_\_\_\_ Exp. Date(M/Y): \_\_\_\_\_

Security Code: \_\_\_\_\_ Signature: \_\_\_\_\_

☐ I want to transfer stock donate via wire transfer/EFT. Please send me information.

## ALSO

☐ My Gift to Self-Help for the Elderly is: ☐ In Memory of ☐ In Honor of

Memorial or Honoree Name: Mr./Mrs./Ms. \_\_\_\_\_ for \_\_\_\_\_  
First Name Last Name

Please send appropriate acknowledgement to: Mr./Mrs./Ms. \_\_\_\_\_  
First Name Last Name

Address: \_\_\_\_\_  
Street City State Zip Code

☐ I have included Self-Help For The Elderly in my estate plans.

☐ Please contact me with information about included Self-Help for the Elderly in my estate plan.

☐ My employer will match my gift! (Form Enclosed)

Thank you for supporting Self-Help for the Elderly. For more information about our services, please visit us at: [www.selfhelpelderly.org](http://www.selfhelpelderly.org), and follow us on Facebook. Self-Help for the Elderly is a 501(c)(3) non-profit organization -- Tax ID EIN: 94-1750717. All contributions are tax-deductible to the amount determined by law.

Please return this form to: 731 Sansome Street, Suite 100, San Francisco, California 94111-1725. Or fax to : (415) 296-0313



You can also make a donation online by going to: [www.selfhelpelderly.org/donate](http://www.selfhelpelderly.org/donate)



Newsletter of Self-Help for the Elderly

# Golden Lines

黃 金 點 滴



Golden Lines is published by Self-Help for the Elderly with contribution from the staff.

Please obtain permission before reproducing any material in this newsletter.

We welcome your suggestions and ideas. Write to us at [info@selfhelpelderly.org](mailto:info@selfhelpelderly.org) with your comments.

Executive Editor : Anni Chung • Fund Development Director : Josephine Ma • Editor/Designer: Catarina Lai & Kammy Kwan