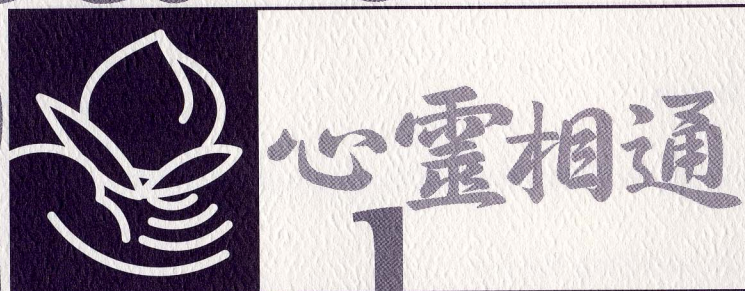




Heart to Soul

In Celebration of Self-Help for the Elderly's Volunteers

Heart to Soul



*In celebration of
Self-Help for the Elderly's
Volunteers*

Self-Help for the Elderly, California

San Francisco

San Mateo

Santa Clara

Heart to Soul

In Celebration of Self-Help for the Elderly's Volunteers

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SELF-HELP FOR THE ELDERLY

安老自助處

Self-Help for the Elderly is proud to unveil our new logo in “Heart to Soul,” a tribute to the volunteers that have generously served the agency in its 37-year history. After years of seeking an appropriate symbol that would embody the agency’s spirit and mission, Self-Help board and staff unanimously adopted the design that was presented by Herrick Tam in January 2003.

The symbolic representation of the peach bears special meaning to the agency. Each June, Self-Help sponsors the Longevity Gala to raise funds for the agency’s seniors. The peach that was previously used for the Gala is now officially incorporated in the agency logo as a symbol of longevity. The hand is symbolic of Self-Help’s role in empowering seniors to live a long and prosperous life characterized by good health, independence and dignity.

The symbolic significance of the peach can be traced back to a famous Chinese legend about folk hero Sun Bun. The tale tells a story of a young hero named Sun Bun who moved away from his family at a young age to study the Art of War and philosophy. Upon his homecoming at the age of 18, Sun was surprised to see that his mother had become old and frail. Overjoyed to see her son, the mother immediately ate the peach that was given to her by Sun’s Master. After eating the peach, the mother’s ills had been transformed, restoring her health, youth and energy. Her grey hair became black and she walked effortlessly without the assistance of her cane. Since then, the peach has come to symbolize all that is good, positive, healthy and long lasting in life.

Self-Help is pleased that this logo also represents its philosophy of serving and transforming the lives of 25,000 Bay Area seniors annually.

In 1996, Self-Help for the Elderly published “Eternal Spring,” our first book project. Celebrating 30 years of service to Bay Area seniors, the book featured the personal stories of 30 courageous seniors who took different paths to Self-Help’s door. In 2000, while working on the Studies 2000 Project with Dr. Hanmin Liu of the Wildflowers Institute, I mentioned my dream of celebrating Self-Help’s 35th Anniversary with a second book. This time, we would tell the stories of our volunteers and feature 35 individuals, families and organizations who collectively helped to build Self-Help from a small, Chinatown alley operation to what it is today: a multi-service agency serving over 25,000 seniors each year in three Bay Area counties. Dr. Liu thought for a minute or so and told me he would work on a grant from the W.K. Kellogg Foundation to support this project. We received our grant to publish *Heart to Soul* from Kellogg in 2001. I want to express my deepest gratitude to Dr. Liu and the Kellogg Foundation for their support and friendship.

Adrienne Pon, Editor of *Eternal Spring*, my dearest friend and sister, sat with me during a flight home from Washington, D.C. one day and put together the framework and initial timeline for this book. Given all that happened in 2001, we delayed the publication of the book until 2003. Adrienne helped edit *Heart to Soul* and I am eternally grateful for her unconditional love and support of Self-Help.

A team of Self-Help Staff and Board Members completed all the interviews, wrote the stories and organized the photos of our volunteers. Thank you to Antonia, Roz, Linda, Jerry, Cassandra, Traci, Katherine and Josephine—we did it!

Thank you too to Herrick Tam, Angeline Khong and their design team and David Leung, our printer for this book. Without them, we would still be struggling to finalize Self-Help’s logo and the book design.

As the title suggests, volunteers are the heart of Self-Help while seniors are the soul. I feel so honored to have worked for this great agency for the past 27 years. During my tenure, I have met hundreds of exceptional and dedicated volunteers who have given so much of themselves to bring joy and empowerment to our seniors. Writing this introduction reminded me of a nursery rhyme from long ago:

Your are my heart; you are my soul. You are my everything if truth be told.

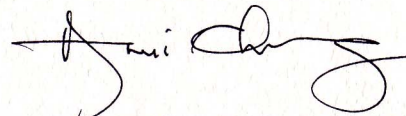
You’re there for me in my time of need. You’re an outstanding friend indeed.

If I didn’t have you there by my side, I don’t know in whom I could confide.

I feel butterflies when I see your smile, I have felt this way for a while.

Heart to Soul is about service, about giving back to the community with humility, compassion, fulfillment and ultimate joy. In serving and helping others, we put aside our own needs, for many times, we are the ones who are truly blessed. I hope you enjoy reading this book as much as we have enjoyed working on it. Happy reading!

With warmest wishes,



Anni Chung, President and CEO

简介

Introduction

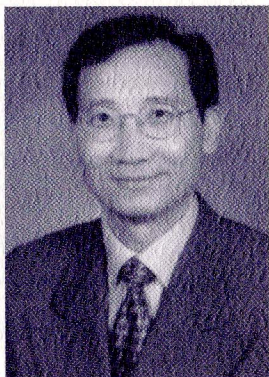
compassionate



Volunteers

service
commitment
visionary
selfless

A special Chinese character was carefully selected to match the volunteer's Chinese name, or to describe one of his or her unique characteristics or talents. The English translation of each Chinese character is located at the righthand bottom of each page.



Dr. Seck Chan is a modest man who prefers to stay in the background instead of receiving recognition. But being a good-natured physician and Chairman of Self-Help's HomeCare and Hospice Advisory Committee, he agreed to share his story.

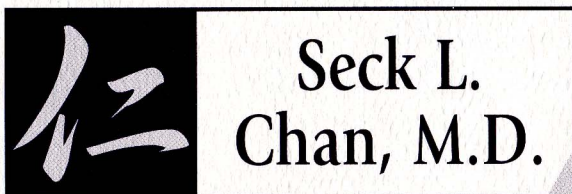
Until the age of 16, Dr. Chan was raised in a sheltered environment at an elite Hong Kong Boys School that promoted leadership through academics and sports. He found growing up with three older sisters "difficult," but with a nickname meaning "little stone," perhaps his four siblings considered him the challenging one in the family!

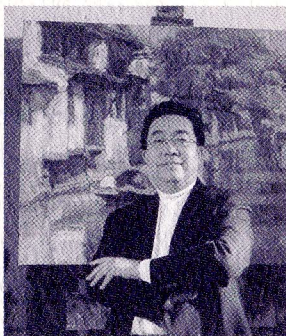
Dr. Chan pursued medical studies in Canada and eventually established his urology practice in Vancouver and became an Associate Professor in Urology at the University of British Columbia. In the early 1990s, Dr. Chan and his wife Kathleen and two sons Sai-Kit and Sai-Wing relocated to San Francisco. Immediately, they became part of Self-Help's extended family of volunteers. Dr. Chan served on Self-Help's Board of Directors and later chaired the HomeCare and Hospice Advisory Committee while Kathleen volunteered on numerous fundraising events. During their high school years, Sai-Kit and Sai-Wing, both violinists, shared their musical talent by performing at Agency events and volunteering at senior centers.

Dr. Chan's exceptional leadership and dedication is exemplified in all aspects of his career. He is always well-informed on the newest developments in his profession and always willing to share his knowledge. As the former Chief of Staff at the Chinese Hospital, Dr. Chan recognizes the importance and the need to promote bilingual health education and outreach to the monolingual Chinese community. In his efforts to fulfill his vision, Dr. Chan frequently visits Self-Help's seniors to provide bilingual health lectures to a captive and engaged audience. His extensive travels abroad in China, Russia, Scandinavia and Canada bring a multicultural perspective to his advocacy role in health education. He recognizes the potential for positive growth within the health industry worldwide, and notes that the challenges and weaknesses of the healthcare system are not limited to the United States.

In his spare time, Dr. Chan is an avid sportsman, with a bias for tennis and skiing. Like the competitive nature he displays on the sporting field, Dr. Chan holds a high standard in all his roles, striving to be the best physician to his patients, the best role model to his children and the best volunteer to the causes he embraces. His leadership and excellence are inspired by his role models, Nelson Mandela, John Templeton and Hugh Hampton Young.

Self-Help salutes Dr. Seck Chan, the best friend and supporter an agency could have!





An internationally renowned oil painter, award-winning film director and top-selling fashion designer, Chen Yifei is China's most commercially successful artist and entrepreneur. Born in 1946 in the Zhehai, Zhejiang Province of China, he showed a precocious talent and at age 15 entered the Shanghai Arts Training School, graduating from the preparatory academy in 1966. By the end of the 1970s, he had established a strong reputation in China and fascinated by Western art, began a 10-year stay in New York City. Yifei earned a Master of Arts degree from Hunter College while studying and working as a picture restorer. In 1983, his paintings started to draw attention at museums and exhibitions — a series of one-man shows attracted positive reviews and established his reputation as an international artist.

逸

Chen
Yifei

By the early 1990s, Yifei's work commanded high prices at auctions held by Christie's and Sotheby's in Asia. Hong Kong media magnate Sir Run Run Shaw, a benefactor of Self-Help for the Elderly, paid an astonishing HK\$2 million for the painting "Soiree." Yifei's realistic compositions hang in galleries from Beijing to Paris and are based on a combination of sketches, photographs and live models often dressed in high-necked, close-fitting Chipao costumes.

In addition to painting, Yifei is a passionate filmmaker. His many award-winning movies include *Reverie on Old Shanghai*, *Evening Liaison* and *Escape to Shanghai*. A multi-talented entrepreneur, he launched Yifei Home in 2001, located in the hip Xiantianti Center in Shanghai. His lifestyle products include artistic home furnishings, leather goods, creative glass design, pottery art, stainless steel products, fashion, cosmetics, fancy soaps and gifts. He also launched two magazines, *Vision* which features culture, fashion and technology, and *Shanghai Tatler*, an arbiter of style and good taste in Shanghai.

Yifei was introduced to Self-Help for the Elderly through a mutual friend and supporter. Moved by the dedication of Self-Help's volunteers, he staged benefit fashion shows at the annual Longevity Gala in 2000, 2001 and 2002, featuring the Yifei New Silk Road Models in his latest designs as well as traditional Chinese Chipao dresses. Last year, he introduced his top model, Zhou Ling, who had just won the first runner-up title at the Miss Universe Pageant.

Yifei's fabulous fashion shows helped the Agency achieve an all-time high in fundraising records. His creative spirit and unwavering support for Self-Help's seniors are an inspiration to everyone.



siblings as a time of hard work. Their parents owned one of twelve Chinese grocery stores in town and worked sixteen to eighteen hours a day, 365 days a year. The children swept floors, stocked shelves, worked the cash register and ran errands while not in school. Regardless

of the long hours their father put in at work, he always found time to give back to the Chinese community and to assist others as much as he could.

Frank and Virginia recall their days growing up in Tucson, Arizona along with their siblings as a time of hard work. Their parents owned one of twelve Chinese grocery stores in town and worked sixteen to eighteen hours a day, 365 days a year. The children swept floors, stocked shelves, worked the cash register and ran errands while not in school. Regardless of the long hours their father put in at work, he always found time to give back to the Chinese community and to assist others as much as he could.

Growing up in a diverse town, Frank and Virginia spoke Say Yip Cantonese to their mother, English to one another, and Spanish to their classmates. They fulfilled their parents' dream of wealth by earning college and graduate degrees.

In 1993, Frank began his involvement with Self-Help for the Elderly and won the title of Lord of Longevity at the Agency's first Longevity Ball, as well as joined the South Bay Board of Directors. Furthermore, his father was one of the first residents to move into the Agency's Sunrise Residential Care Home. In 1994, Virginia became a member of the South Bay Board of Directors carrying on the family tradition. While their father was living at Sunrise, Frank and Virginia recognized the dedication, care and love exhibited by the staff and could not have wished for better care for their father.

In 1995, after the passing of their parents, the family chose to honor them by naming the dining room and a bedroom at Sunrise "Gee Nay Ning and Family." Not only does the family name live on, but it also serves as a tribute to what Frank and Virginia's parents taught and shared with them. Frank, Virginia and their family abide by the principles of filial piety and community activism. By bringing happiness to others less fortunate, they also bring prosperity and harmony to their extended family. Their parents would have been very proud of all of their children.

孝

Frank Gee, M.D. & Family



Vera Haile's actions have been driven by the belief that one learns best through experience and that society should assist people in meeting their basic needs of food, health care and shelter. Born in Johnson City, Tennessee, Vera grew up in the southern Appalachian Mountains where her mother taught the Bible and her father owned a small business manufacturing plexiglass products. Her parents emphasized the importance of finding satisfaction in work that helped others, rather than in making money. Vera has lived by the lessons and examples that her parents taught her.

Vera's studies provided her with many opportunities to travel from her Tennessee origins, including time spent in Ohio, New York, Pennsylvania, Illinois, and Europe. After trying a variety of jobs during and after college, Vera decided to return to academia for a Masters Degree in Social Work with a major in Community Organization and Administration.

In 1970, Vera joined Self-Help for the Elderly. She refers to her 13 years with the Agency as "exciting days." Volunteers and community support were a critical part of the Agency then. She recalls students from UC Berkeley walking to rooming houses, talking to residents about social service programs that could enhance their quality of life. Vera was an enthusiastic "poverty warrior," assisting seniors in applying for government benefits and health care. Along with

former Self-Help Executive Director Sam Yuen, she assisted in creating programs such as the housekeeper and home health aide training and established one of the nation's first Chinese meal programs, which required a special dispensation to serve more rice and less bread to Asian seniors.

As a Self-Help staff member, Vera played a crucial role in developing programs that have helped the Agency distinguish itself as a leading social service provider. Her experiences at Self-Help also enabled her to implement new programs in other communities. Currently, Vera serves as Commission President for the San Francisco Department of Aging and Adult Services and is a member of the Immigrant Rights Commission. The importance she has placed on helping people from diverse backgrounds find solutions to their problems has had a lasting effect.

Twenty years after her work with Self-Help, Vera remains actively involved in the Agency's program advisory boards, helping shape the future for seniors. When Vera comes to Chinatown, many seniors still recognize her and warmly welcome her as one of Self-Help's most dedicated staff and volunteer.

助

Vera
Haile



Born to a family of doctors in China, King has dedicated her professional career to advancing the belief that exercise promotes health. Her father, a famous doctor of Chinese medicine, developed a set of exercises to rejuvenate the body based on the Chinese philosophy that the pulse, senses, joints, bones, heart and lungs are all interconnected. This was how King first learned that exercise could promote good health.

At age 16, King became very ill and was taking numerous medications with little result. Her father told her, "You, yourself, need to help your body get strong," and under his guidance, she began to exercise daily. Within one week, King was cured!

After marrying, King lived in Vietnam where she forgot her father's wise words until she became seriously ill again at age 33. A

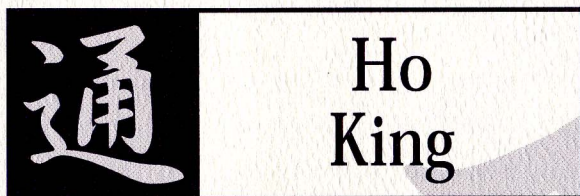
doctor told her she needed to help herself recover and this triggered the memory of her father's teachings. From that day on, King has practiced her father's set of exercises daily and has not fallen ill again.

King named the exercises "Luk Tung Kuen" or the exercise of the body's six parts: two arms, two legs, body and head. The exercises encompass 36 segments, with each segment exercising a different part of the body. Hoping to help others, King began teaching the

exercises on a voluntary basis to her friends in Vietnam and later in Hong Kong where she had immigrated.

During a visit to San Francisco 15 years ago, King began to teach Luk Tung Kuen at Self-Help's senior centers. Over the years, her disciples have become teachers themselves, with over 50 exercise groups gathering throughout San Francisco and San Mateo. The largest groups meet at Washington Square, Golden Gate Park and San Mateo's Central Park. King occasionally visits San Francisco and has provided Self-Help with many tapes and books on Luk Tung Kuen so that others can carry on her teachings. All proceeds from her books and tapes benefit charities and she insists that no instructor charge for classes. She has thousands of students and followers around the world, teaching and practicing Luk Tung Kuen every day.

King is a devout Buddhist who does not believe in fame or fortune. However, she believes that people must help themselves to stay healthy and that Luk Tung Kuen truly helps to build body strength while deterring illness. Her philosophy of active living epitomizes Self-Help for the Elderly's mission in promoting independence and dignity for seniors.





When Gladys Hu was three, her father gave up farming and moved the family from Sacramento, California to Brooklyn, New York. Although the family was only one of a few Chinese families living in the area, the experience brought the family closer together and instilled in Gladys many of the values that would follow her throughout her life.

Gladys remembers being the only girl in her high school and one of two Chinese students. Although it was the Depression and most girls from working class families did not attend college, Gladys' father encouraged her to continue her education. She enrolled at Hunter College and was the only Asian student among 800 graduates. During her college years, Gladys became active in community organizations and developed strong leadership skills, which would serve her well in the future.

Also in college, she developed an interest in government and politics, recognizing the importance of civic participation.

In 1942, Gladys and her late husband Jackson moved to San Francisco and opened a successful insurance firm in Chinatown. Along with their seven children, the San Francisco community became their second family. Gladys, Jackson, and later their son Wayne, have coordinated San Francisco's annual Chinese New Year Parade from their office for the past

45 years. In the 1950s when many men were not accustomed to talking to women about business matters, Jackson insisted that Gladys participate in all aspects of their business. She would often be the only woman in the room. As a result, Gladys established firm roots within the community and a reputation as an active volunteer, community leader and role model.

Gladys first became involved with Self-Help in 1988, serving as Board President for many years. Since then, she has continually held leadership positions and has participated in the Agency's various committees. Recognizing that Self-Help provides needed services for seniors in the community, she considers her involvement as a way to help make a difference.

When she is not traveling, Gladys continues a family tradition started by her father. Each Sunday, Gladys cooks dinner for her extended family, and is often the host to numerous political receptions and parties for community organizations. Each month Gladys welcomes Self-Help's Finance Committee to her home, and always serves a delicious home-cooked meal for the committee members. Gladys is currently compiling a cookbook of her favorite recipes to benefit Self-Help. Watch for Gladys' Cookbook coming your way soon!

慈

Gladys
Hu



For over 30 years Rosalyn Koo has been a passionate community volunteer, advocate and leader. She has continuously served Self-Help for the Elderly since 1984 with fierce and committed leadership, fueled by a sincere desire to help others and stand up for justice. Her interest in serving the elderly population stems from her own mother's affliction with Alzheimer's disease.

Born and raised in Shanghai, China, Rosalyn grew up as the only daughter with an older and younger brother and considers her family extremely westernized and liberal. She followed in the footsteps of her childhood role models, her aunt and mother, by challenging herself with academics. Rosalyn completed her primary education as a boarding student at Shanghai's McTyeire School for Girls and then continued to study in the United States, receiving degrees from Mills College and UC Berkeley.

Rosalyn's professional career was characterized by success and satisfaction. Her experience includes tenure at UC Berkeley, where she served as an administrator in both the Psychology Clinic and Department of Architecture during the tumultuous years of student unrest. Afterwards, she worked as Executive Vice President for a major San Francisco architecture firm, retiring after 18 years. For all the success that Rosalyn has achieved in her professional career, she has surpassed it in her capacity as a volunteer.

Rosalyn's public service began in 1973 when she joined the American Institute of Architecture's Task Force on Unemployment. Three years later, she joined the Chinese Cultural Foundation Board, rising to the position of President. Through co-member Gordon Lau, she was introduced to Self-Help for the Elderly in 1984. Since then she has selflessly given her time and resources to the Agency and has played a vital role in improving the lives of low-income elderly in the Bay Area.

Despite many challenges, Rosalyn was the key fundraiser and strategist for Self-Help's acquisition and construction of six senior facilities. Her tenacity paved the way for building Self-Help's 70-unit Lady Shaw Senior Center. In addition to her work with Self-Help, Rosalyn also spearheads the *Dragon Fund* for the *1990 Institute*, a project that supports scholarships for 1,000 girls living in rural villages in China.

Rosalyn has received numerous awards and citations for her dedication and commitment to making the world a better place for others. She is a fearless, independent thinker who often challenges convention. She has used her skills as a leader and activist to unite individuals and to identify necessary tools so that the disadvantaged can help themselves. Her belief that education and empowerment nurture the spirit is evident in her philanthropy and volunteerism.

Self-Help extends its deepest admiration and gratitude to Roz, who for almost two decades has led with her heart and soul. Her wisdom and actions have transformed Self-Help from a storefront operation to the Bay Area's premier senior service organization.





When Kenneth and Mabel Lai see the smiling faces of seniors greeting them at Self-Help for the Elderly, they know that they have played a role in making those smiles happen.

Mabel grew up in Hong Kong and at an early age developed a sense of compassion for the less fortunate. Her aunt provided financial assistance to people in need and fed those who were hungry, inspiring Mabel to become a social worker. Mabel received her degree from Adelphi University in New York, where her advisor eventually became her future father-in-law. Kenneth, the only son of two educators, was raised in an academic environment in China where he developed a love for humankind. After receiving a Masters Degree in Mechanical Engineering from MIT, he married Mabel.

施

Kenneth & Mabel Lai

While Kenneth worked as a mechanical engineer for IBM for 27 years, Mabel's professional career was varied, including her work as a restaurateur. Through the years, the couple funded students from abroad by offering them various work opportunities while they completed their education in the United States. Many of the students have remained in contact with the Lais and have been inspired to volunteer as a result of the couple's generosity.

Mabel was first introduced to Self-Help through her mother in the early 1960s, who was a client of the Agency. For the past 13 years, Mabel has served Self-Help as a board and committee member and was a member of the South Bay Chapter's Founding Board. Following his wife's lead, Kenneth began to volunteer after retiring from corporate life. Since 1997, Kenneth has been teaching ESL classes at Self-Help's senior center in San Jose. Over 100 recent immigrants, eager to learn from Kenneth, pack his class every week. In return, Kenneth has shown them patience and respect.

Kenneth and Mabel never hesitate when asked to volunteer. They live by their principles and believe that a person must "enjoy life while you can, but leave something of value for others to remember after you are gone."



Eppie Lam grew up in Hong Kong as the youngest of eight children and credits her father and brothers for teaching her the importance of giving back to the community and contributing generously to causes dear to the heart. Her father's commitment to the community was reflected in his years of serving on a hospital board and his involvement with a local orphanage. Her brothers followed in their father's footsteps and became philanthropists themselves. Eppie continues the tradition by serving on numerous non-profit community boards.

After attending high school in Hong Kong, Eppie moved to Toronto where she earned a college degree in history. After graduating, she worked for 10 years as a medical record consultant and then devoted her time to raising two sons. As her sons got older, she successfully transitioned from a full-time homemaker to a realtor. Her experiences have provided her with an uncanny ability to relate to people of diverse backgrounds and have fueled her desire to engage in meaningful causes.

雅

Eppie
Lam

When Eppie was approached to spearhead the South Bay chapter of Self-Help for the Elderly, her transition into the role was natural. Having served eight years on the Self-Help Board and many terms as Board and Fundraising Chair, Eppie found great satisfaction in playing a direct role in helping seniors live dignified and independent lives. Eppie has led through example, inspiring her family and friends to give to Self-Help. Her sons, David and Jesun, and her daughter in-law

have volunteered at many Agency fundraisers, including the annual Longevity Gala. Through her commitment, she has continued to pass on the volunteer spirit that was instilled in her during her childhood.

Eppie's volunteerism has also been inspired by Mother Teresa, whom she admires for her devotion to humanity. Although Eppie has traveled extensively and is interested in learning about other cultures, her sense of community responsibility continues to grow as evidenced by the increasing amount of time and resources she gives to community causes. Philanthropy is an integral part of Eppie's life and reflects her many beliefs and values, such as integrity, honesty, and respect for elders.



Born and raised in San Francisco's Chinatown, Gerald (Jerry) Lee has been a long-time community supporter. As the only son in a family of five children, he developed strong people skills, a good sense of humor and sensitivity to the needs of others. While attending the neighborhood schools, Jerry credits his father and his teachers for their mentorship and for teaching him the importance of respecting others.

Over the years, Jerry's role within the community has grown as he dedicates much of his professional and personal time to community work. For the past 32 years, Jerry has worked for UPS, currently serving as their Community Relations and Finance Manager. Jerry finds great joy assisting community organizations, such as Self-Help to apply for UPS Foundation support and involving UPS in Self-Help activities. Jerry was recently honored with UPS' 30-year Service Pin at Self-Help's Jackie Chan Center, surrounded by family and friends who celebrated his successful career.

諾

Jerry
Lee

Jerry was first introduced to Self-Help for the Elderly through Board Member Gladys Hu. When he was approached by UPS to coordinate their 1998 United Way Campaign, he contacted Self-Help and subsequently became an irreplaceable volunteer.

Jerry is always thinking of new and creative fundraising ideas to increase UPS' annual goal in the United Way Campaign. When Jerry thinks of a new fundraising idea for Self-Help or United Way, his eyes gleam with excitement. He will spend time talking to workers during their 4:00 a.m. shifts, rallying them to support his fundraising BBQs or to sell roses on Valentine's Day. At the end of a successful campaign, however, Jerry always modestly defers credit to his teammates and never to himself.

As a Board Member and member of the Finance and Executive Committees, Jerry is involved with the Agency's activities on many levels. He has worked with staff to secure UPS Foundation Grants to expand the Jackie Chan Adult Day Health Care Center. He also introduced UPS volunteers to Self-Help's Autumn Glow Alzheimer's Care Home, Jackie Chan Center and Lady Shaw Senior Housing. Jerry is also Self-Help's official volunteer photographer, attending many events with his camera and submitting great shots for the Agency newsletters and photo albums. In addition to Jerry's love for photography, Jerry lends his technical skills to the Agency. For the past two years, he has conducted staff technical training in Microsoft Access, Excel, Power Point and digital photography.

Whatever requests are made of Jerry, from moving furniture to raising funds, he is always eager and willing to help. Through his family's loving support, Jerry is able to serve the community with great dedication. In turn, Jerry has shared his volunteer spirit with his family. His wife Beverly and his three children often volunteer alongside Jerry, and his daughter Kimberly is currently working as Self-Help's MIS consultant. Jerry Lee is a remarkable volunteer who always serves with an eager heart and a big smile.



Madame Liang (Sze Chung To-Liang) was born to an Imperial Court Mandarin official during the Ching Dynasty. Growing up in China during a period of radical change, she foiled an arranged marriage, cut her long braid, and insisted on the same level of education provided to her brothers. After graduating from the First Women Teachers' College, she became one of the first and few women teachers there. She married her husband, Mr. M.T. Liang, a professor of Chemistry for two universities in Canton.

Madame Liang settled in the San Francisco Bay Area in 1994, joining her children and grandchildren. However, her ties with California were established long before that time. In 1989, in memory of her husband, she established the M.T. Liang Memorial Scholarship for Chemistry at the University of Southern California, his Alma Mater.

Since 1992, she had been a continuous supporter of Self-Help for the Elderly, donating numerous monetary gifts and participating in many activities. In 1997, she was honored as the Lady of Benevolence at Self-Help's annual gala for her fundraising efforts.

Madame Liang passed away two years ago, but her two daughters Eva Jones and Flora Zee have continued their mother's legacy. Eva, who

earned a Masters Degree in Health Services Administration with graduate studies in Medical Technology, focused her career in medical services. She was the trustee of the M.T. Liang Memorial Scholarship at University of South California and St. Catherine Hospital, both in her late father's memory. Eva also helped in fundraising efforts for the Seton Medical Center Foundation, but her main involvement is with Self-Help for the Elderly, where she has been a member of the Board of Directors since 1990. She has chaired the Grand Auction for the Longevity Gala every year, sourcing fabulous prizes that fetch significant amounts. In addition to her fundraising efforts, Eva has taught Hawaiian dance at Self-Help's San Mateo Center every Friday for the past six years.

Like her sister, Flora came to the U.S. to further her studies. She became a pharmacist, finding her career very satisfying as she counseled her patients and served as a conduit for their doctors. Inspired by her mother's selflessness, Flora began her community service with the South Bay Tennis Club, which provided assistance to Self-Help through its fundraising activities. She was a founding member of Self-Help's South Bay Board of Directors and actively participated in Agency fundraising activities, chairing various committees for over ten years. Flora now works with her husband Andrew, in his dental practice, and during her spare time, enjoys playing the piano.

Both Eva and Flora are gratified when they see the results of their hard work. They intend to continue their family's tradition of community service, as it is what their mother, Madame Liang, would have wished.

Sze Chung Liang, Eva Jones & Flora Zee



A native San Franciscan who grew up in Chinatown, Adeline is proud of her heritage and works actively to preserve the Chinese culture by giving back to her community. Her motivation comes from her desire to help the older generation of Chinatown residents who bravely left behind their families to immigrate to the United States.

Adeline's vision of cultural preservation and community involvement culminated in one of Self-Help's major annual fundraising events, the Lion Dance Fundraiser. The fundraising idea began in 1982 when Adeline and Louella Lulu Leon, an old friend and Self-Help employee, were brainstorming on an event that would draw community involvement from various martial arts studios throughout the Bay Area. Writing

their ideas on a cocktail napkin, they enlisted the help of kung-fu masters Dino Salvatera, Henny Lee, Tim Wong, Derrick Lee and Bucky Wing. Since then, these and other kung-fu masters and hundreds of their students have given generously and supported this annual event as well as volunteering for other major events. Each summer, over 300 martial arts students stage live lion dance and kung-fu

performances in San Francisco's Chinatown, Richmond and Sunset districts, and in South Bay shopping malls. Store merchants and community supporters welcome the lion dancers with donations to Self-Help as symbols of good fortune.

Adeline's vision has inspired new generations to become active in martial arts and community service. Her young nieces and nephews and godchildren have all participated in the annual lion dance fundraiser. After two decades, the idea that began from a napkin note has flourished into a major San Francisco and South Bay event, generating over \$200,000 in funds to Self-Help's senior programs.

Behind the scenes, Adeline and her telecommunications company have assisted Self-Help in upgrading office equipment, supplying and installing telephone cables in San Francisco's main office at no cost. Like her role model, Kwan Gung, a historic Chinese figure representing justice, loyalty and righteousness, Adeline's ability to organize community support for charitable causes exemplifies her leadership and commitment to serving others.

To Self-Help staff, Adeline is simply known as "See Jhe" which means "older sister." Indeed, she has supported this Agency in so many ways and for so long that she deserves the respect and honor given to her as the highest ranking master in our martial arts world.

武 Adeline Louie & The Lion Dance Troupes



Named after the famous French writer Romain Rolland, whom his mother admired, Dr. Rolland Lowe embodies similar qualities to his namesake. A practicing physician in San Francisco and in Chinatown since 1968, he has generously served Bay Area communities and directly touched the lives of many patients served through his medical practice.

Dr. Lowe's 30 years of community service are highlighted by his appointments to city commissions and boards of philanthropic, health, government, social planning, education and Chinese community organizations. He served as Board Chairman of Chinese Hospital, Chinese Cultural Foundation and Tung Sen Benevolent Association. He was a Founding Board member of Self-Help for the Elderly and is still an integral part of Self-Help's HomeCare and Hospice program. He was the first Asian American to serve as President of the San Francisco Medical Society and President of the California Medical Association. Although still active in his medical practice, Dr. Lowe has increasingly devoted more time to community philanthropy. For many years, he has served as trustee of The San Francisco Foundation and is currently serving on the Council of Foundations. Despite his busy practice, he works hard to improve community access to foundations by uniting heads of various community agencies together for mutual support. He is a bridge builder, a resource provider and a mentor for many professionals in the community.

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**Rolland C.
Lowe, M.D.**

Dr. Lowe considers himself a lifetime Bay Area resident despite spending his early childhood years in Hong Kong and the Philippines. He is an only child and came to America with his family when he was nine years old. Dr. Lowe attended Oakland's public schools and graduated from UC Berkeley and UCSF's School of Medicine in 1955. Upon graduation from medical school, he served as a U.S. Army Captain from 1956-1958. His military and medical training gave him a unique perspective on community work.

Dr. Lowe's talent for uniting individuals from diverse backgrounds and empowering them has strengthened community networks and has helped individuals realize their potential to give back to the community. Dr. Lowe's approach to community volunteerism also stems from his international travels, which he credits for developing in him a deep appreciation for humanity.

Dr. Lowe considers his best accomplishment as having raised a loving family. His wife Kathy, their children Larry, Randy and Yvonne, and their three grandchildren all consider him to be "SuperDad," a distinction that Self-Help honored him with in 2000. Self-Help hopes to continue collaborating with Dr. Lowe to fulfill a mutual goal of helping individuals realize their potential in serving the community.



famous Cantonese opera choreographer, San San Tam. Since arriving in San Francisco in 1988, Josephine has starred in numerous Cantonese opera benefits for Self-Help for the Elderly, Chinese Newcomers Service Center, Chinese Hospital, Chinese Consolidated

Benevolent Association and Chinatown Community Development Center. In addition to performing the opera, Josephine coordinates the logistics, assembling the cast, crew and musicians for each performance. Josephine's vision is to promote the art of Cantonese opera by training future generations to appreciate this dying art.

Inspired by the beauty and drama of Cantonese opera, Tilly and Doris began their formal training under the tutelage of Ngai Yeung six years ago. They became

so enamored with the art that both involved their family members. Tilly's husband Henry and their two children along with Doris' daughter have become actively involved. Tilly and Doris' community involvement extends beyond the opera stage. Both are also active in the Chinese community, serving on the Board of Directors of the Chinese Chamber of Commerce and the Chinatown Lions Club and supporting various community causes.

Adeline shares the Troupe's strong belief in promoting Chinese art in San Francisco, but prefers to use her talent behind the scenes. She serves as the Technical Director for the operas, working with backstage crews, production teams, performers and volunteers to ensure that each scene is performed to perfection.

Together with world famous opera stars Law Yim Hing and Ngai Yeung, the Duen Fung Ming Chinese Opera Troupe has brought a traditional art from the stages of the Far East to North America. Their commitment to promote Asian Arts has earned the Troupe Bay Area acclaim and invitations to perform in Vancouver and China. On July 22, 2000, at the Yerba Buena Center for the Arts Theater, San Francisco Mayor Brown officially declared the day as "Duen Fung Ming Day" in San Francisco. It was a day of pure joy filled with a deep sense of achievement for the members of the Troupe.

藝

Josephine Ma & Duen Fung Ming



B. Hong Mah is a self-made man who never forgets his roots. He was born in Taishan, China in 1934 and immigrated to North America in the early 1950s, first to Canada and eventually to San Francisco in the late 1950s. Less than 20 years after his arrival in San Francisco, Hong founded LeeMAH Electronics, Inc. with the aim of providing jobs to empower immigrants. Today, LeeMAH Electronics has become one of the largest minority-owned businesses in the Bay Area with multiple locations throughout the U.S. and China.

Hong's personal and professional motto is to serve the people. He has given generously to communities in Asia and locally. His company operates an assembly plant in Taishan, employing local citizens and providing much relief to families in the area. Hong has built the infrastructure needed to empower and enrich the community, including schools, dormitories and hospitals for his employees and their families.

殷

**B. Hong
Mah**

Hong's philanthropy stems from his belief that wealth and fortune is meant to be shared. He and his wife Jean frequently travel to China to observe special celebrations such as Chinese New Year. His friends both in Asia and the United States show extreme gratitude for his generosity. Each year during the Ching Ming Festival, the entire village in Hong's hometown follows him to the cemetery to pay respect to his ancestors.

Through the years, Hong has established strong ties within the local Bay Area Asian community. He volunteers and contributes annually to community organizations such as Self-Help and Chinese Newcomers Services. He funds scholarships for the children of his employees in the U.S. and China and hopes to continue providing employment to low-income immigrants, providing them with the tools and means to achieve their dreams.

For all his accomplishments here and abroad, Hong remains a humble and loyal person who continues to contribute to society. In 2000 at Self-Help's Longevity Gala, surrounded by his adoring family, loyal employees, lifelong friends and business associates, he was crowned "SuperDad," an honor he accepted with great joy.



From an early age Thomas Ng was heavily involved with the Chinatown community, frequently assisting members of the Eng Family Association, his second family. He accompanied the elderly and the sick to doctor visits, and provided translation services to help new immigrants. His volunteer experiences as a youth prepared him for more than 60 years as a community leader, mediator and counselor. To this day, Thomas is referred to as the community historian because of his expertise and knowledge of Chinatown's population and traditions.

Thomas' ability to enact positive change is a primary motivation behind his service. He adheres to three principles: always remain optimistic, act calmly and have faith in the positive. These principles have served him and the community well, as Thomas lends a quiet strength and confident leadership to the many boards, commissions and political campaigns he serves.

榮
火

**Thomas T.
Ng**

Thomas was born and raised in San Francisco's Chinatown and grew up in a close-knit family. After graduating from San Francisco State University with a degree in Business Administration, he worked briefly at the U.S. Post Office before taking over management of his father's restaurant, Uncle's Café. While managing Uncle's, Thomas began devoting an increasing amount of time volunteering for the Chinese Consolidated Benevolent Association (CCBA), the Ning Yung Benevolent Association and the Eng Family Benevolent Association.

As a community leader, Thomas helped connect many mainstream charitable causes with Chinatown. He has served on the Board of the United Way of the Bay Area, chairing its annual Chinatown Campaign which raises funds for local community organizations. Thomas' approach to volunteerism is always hands-on. He personally delivers donations to community groups and solicits help from those with the capacity to give. Thomas is always successful in his efforts because he has earned the respect, trust and support from his peers and fellow community members.

Thomas has served Self-Help for many years, opening many doors of opportunity and connecting Self-Help to family associations with the resources to support community work. Most recently, Thomas helped secure major funding from the State of California for a new Adult Day Health Care Center to be located at 740 Washington Street in the heart of Chinatown. When completed, the center will serve the community that Thomas so dearly loves.



No matter where life's journey brings Dr. Collin Quock, all roads eventually lead back to San Francisco's Chinatown. Born in San Francisco's Chinese Hospital, Dr. Quock lived in Chinatown with his family until age eight, and even after moving away from the area, recalls visiting Chinatown everyday. To Dr. Quock, "San Francisco is my home and Chinatown will always be my cradle."

A lifetime San Franciscan, Dr. Quock witnessed the social transformations of generations in the Bay Area. He saw his brother join the war effort during World War II, and during a period when racial equality was limited in the United States, he experienced first-hand being the target of racial slurs. But Dr. Quock overcame any feelings of injustice by directing it towards his academic studies. With a belief that education is the key to success, he graduated from the University of San Francisco and UCSF School of Medicine. Through the years, Dr. Quock has used his medical profession for the betterment of the local community and has generously contributed to minority populations.

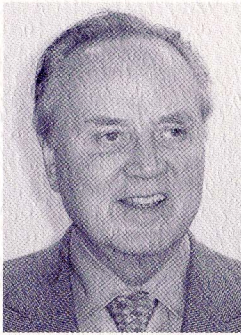
Dr. Quock has been giving back to the community as a volunteer for over 32 years. His desire to serve stems from the satisfaction of serving monolingual populations and meeting the health care needs of people by "steering the sick on a difficult course to health." He has been instrumental in organizing Chinese Hospital's Cardiopulmonary, Home Nursing and Intensive Care Units as well as the Community Heart Association. He has served as a Self-Help Board Member and volunteered for the Agency's HomeCare & Hospice unit. Dr. Quock also chaired the St. Mary's Chinese School capital campaign. In honor of Dr. Quock's many contributions to the community, he was the recipient of the prestigious Pro Ecclesia et Pontifice Award from Pope John Paul II in the year 2000.

His compassion for volunteering has triggered similar good deeds from the second generation of his family — his son Dr. Justin Quock, an Oncologist, now serves on the Professional Advisory Committee which oversees the HomeCare and Hospice program at Self-Help for the Elderly.

Guided by the belief that the ultimate purpose of life is to achieve external contentment, Dr. Quock uses his professional expertise as an inspiration to what he considers to be "Life's search for what is good." As a cardiologist, he uses his professional training to care for the hearts of his patients. As a volunteer, he uses his heart and compassion to serve the community he loves.

嘉

**Collin
Quock, M.D.**



As a graduate of St. Ignatius High School in San Francisco, Baxter Rice was taught the founding principle of the Jesuit Order: “Par Los Otros” — For Others. He has adhered to this value since then, spending much of his adulthood in public service and community involvement.

Baxter’s professional experiences have taken him from San Francisco to Taiwan, where he studied Chinese for almost two years. He is still fluent in Mandarin till this day. Inspired by the late President John F. Kennedy, Baxter joined the C.I.A. as an Intelligence Officer from 1968-1974, specializing in the People’s Republic of China. After he returned to California in 1975, he worked as the Senior Policy Advisor to the Secretary of Health and Welfare, and from 1976-1983, served as Chief Executive Officer for California’s Department of Alcoholic Beverage Control. From 1983 to the present, Baxter has operated a consultant business specializing in alcoholic beverage regulations and licensing matters. He spends most of his spare time volunteering for many community organizations, including Self-Help for the Elderly, Pacific Institute for Community Organizing (PICO), Women’s Stress Alternatives (WSA) and the California State Board of Accountancy.

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貝

**Baxter
Rice**

His friend and Self-Help Foundation Board Member, Russell Miller first introduced Baxter to Self-Help. He joined the Business Advisory Committee in 1992, the Board of Directors in 1993 and the Pine View Housing Board from 1997 to the present. He plays an active role on the Finance and Executive Committees, as well as the Autumn Glow Board.

Baxter loves Chinese culture and has many friends. One by one, he has introduced his friends to Self-Help and they in turn, have become volunteers, donors and board members. Baxter brings the essential 3Cs to Self-Help: Commitment, Contacts and Cash. Always supportive and generous, he uses his resources to open doors for Self-Help. Staff members appreciate Baxter, who always makes himself available for administrative details, big or small. As he puts it, “I’m only a phone call away!”

Happiness to Baxter is being fully engaged with people and involved in community building and empowerment. He values friendship and loves to see people succeed in whatever they endeavor to do. He is loved by his family, his friends, his community, and especially, Self-Help for the Elderly.



services as a registered physical therapist by making visits for the newly opened HomeCare Unit. She has been instrumental in furthering Self-Help's growth, initiating the Dragon Boat Championship to raise funds for the Agency and co-chairing the Jackie Chan Exotic Car Parade and Extravaganza in 1996. In 1988, Dorothy introduced her Sacred Heart schoolmates to Roz Koo to assist in launching Self-Help's Santa Clara

Chapter. Subsequently, Antonia Tu, Mandy Au, Jane Town Chan and Mabel Lai joined as founding board members of the Chapter. Later Beatrice Cheung, Frances Lin and Ann Fong Wu were all persuaded to support Self-Help and serve as volunteers and donors.

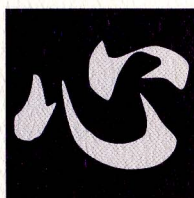
During a trip to Hong Kong and Cambodia in December 2002, a group of Sacred Heartists reunited and reminisced on the past. They agreed that the training they received at SHCC instilled in them the importance of serving others. From an early age, Sacred Heartists were taught and influenced by the Canossian Sisters to be servant leaders and all extracurricular activities were designed to promote community and voluntary service.

The Sacred Heart group is comprised of some of Self-Help's most enthusiastic and longtime volunteers. Sheila Fu and Helen Siu are major contributors to the Agency. Sheila's family introduced Self-Help to the famous philanthropist Sir Run Run Shaw and celebrities Jackie Chan and Anita Mui. In turn, they have raised, and continue to raise, significant funds for Self-Help's many programs such as Lady Shaw Senior Housing, the Jackie Chan Center, Leonard House, and Sunrise Residential Care Home. Helen Siu and her family have helped in numerous fundraising events. Other Sacred Heartists such as Cecilia Tse, Amy Yu, Denna Chang, Clara Law and Vivi Zau are generous donors for Self-Help's many events. Sacred Heart alumni have even joined the staff at Self-Help. Former staff Salli Kong and Dorothy Yip and current staff Josephine Ma and Anni Chung are all graduates of Sacred Heart. Board members Tenny and Elizabeth Tsai also attended Sacred Heart in Taiwan. All Sacred Heartists are taught to serve rather than to be served.

Sacred Heart's school song highlights the spirit of this wonderful group of volunteers who have stayed with Self-Help through thick and thin:

*In friendship true, in mutual love; Our common end let us attain.
Of Sacred Heart School worthy prove; In all the trials, in every strain.*

Self-Help salutes the Sacred Heartists, true women warriors with heart.



Sacred Heartists



Do Hing Tom was a widely respected leader in San Francisco's Chinese community. His family history is a truly unique exemplification of the immigrant spirit in this country. His grandfather Git Yen Tom came to the United States during the 1870s, remaining practically 30 years before returning to the old country with "nuggets" in his pocket, while his father Foon Toy Tom arrived in San Francisco in the 1890s as a dry goods merchant.

In 1908 Do Hing joined his father in San Francisco to operate Tai Yuen, the dry goods partnership on Jackson Street. From there he branched out into other enterprises, including the Chong Kee Jan Company and real estate investments. As he was not a citizen, he had to make property purchases through a proxy until Mrs. Tom arrived in 1921 and they began to have children born in this country. Do Hing was not able to become naturalized until World War II, when the Chinese Exclusion Act

was repealed. The Tai Yuen business, after many transformations over the years, still exists today as a mini mall with a joss stick shop run by the family.

Do Hing was an avid student of the Chinese classics, although he barely received an elementary school education. With his 12 children he strived to inculcate this same love and respect for learning, and took an active role in guiding and encouraging their academic pursuits and career choices, whether pharmacy, medicine, engineering, or business. One

son attended Stanford, another Harvard, and practically all the other children went to the University of California at Berkeley.

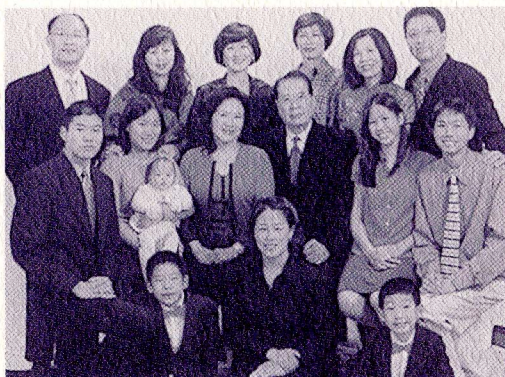
Do Hing's wife Ngan Show Yee was the emotional center of the family. She is fondly remembered for her wonderful country cooking as well as other resourceful homemaking skills. Although she was totally illiterate, she shared in her husband's academic aspirations for her children. She cajoled them to read Chinese newspapers to her so she could follow current events. She and her husband enjoyed traveling together — from the romance of cruising the Sacramento River on a paddle steamer early on to the adventure of circling the globe in later years.

Do Hing Tom was a role model to his children, instilling in them the obligation of giving back to the community and remembering their roots. Throughout his life he was a staunch and steadfast supporter of the Chinese Hospital and YMCA, and he was a strong advocate for the ideals of the Chinese Cultural Center. In the marketplace near his native village in China, he established a free medical clinic after World War II that is still providing services to this day.

The Nam Yuen Building, overlooking historic Portsmouth Square in the heart of Chinatown, was donated to Self-Help for the Elderly to serve low-income seniors of the community by his sons, Sanford and Allen, in honor of their parents Mr. and Mrs. Do Hing Tom.



Mr. & Mrs. Do Hing Tom



Tenny Tsai began her volunteer work at Self-Help for the Elderly shuttling seniors to the Walkathon site. Today, not only Tenny but also her family dedicates much of their time and support to the Agency. Tenny serves as a Self-Help Board Member and continues to channel her volunteer interest through a variety of programs and services particularly dear to her. She has been active in organizing the South Bay's annual Walkathon and Lion Dance, volunteering for Hospice Care and advocating for Alzheimer's issues as a Board Member of the National Alzheimer's Association.

Raised in Taipei as the eldest of four children, Tenny's sense of community giving developed while attending secondary school at Sacred Heart where she spent many hours volunteering at the leprosy institute and visiting frail seniors. She credits her ninth grade teacher for taming her rebellious nature and showing her the importance of recognizing the potential in all people to do good.

Tenny received her real estate broker license at age 30, after working for eight years as a computer programmer. Despite the challenges she has encountered as one of the few women in her profession, Tenny has found great satisfaction in helping clients and has enjoyed the opportunity

to work with individuals from many backgrounds. Her enthusiasm is reflected not only in her professional work but also in her volunteerism. Recently she took on a three-year project for her church, which increased the church's membership from 40 parishioners to 1,400. Tenny utilizes her talent and experience as a realtor to search for the ideal site to build Self-Help's permanent home in San Jose.

Tenny maintains a sense of optimism and finds motivation in overcoming challenges and defeating uncertainty. She believes that self-education and recognizing the positive in people are keys to addressing life's challenges. She admits that it is often easy to lose focus by letting external factors influence personal decisions and finds support from her family.

As a mother of two, Tenny considers motherhood her greatest personal achievement: "Motherhood challenges you to become a loving and helpful person with the capacity to share blessings." Tenny has shared her joys of volunteering with her family. Her father Steve, mother Tina, sister Elizabeth, brother Solomon and most recently her children have become involved in serving Self-Help in various capacities, ranging from organizing the Longevity Gala to the Golden Gait Walkathon. For the Tsais, volunteering is a family affair!

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Tenny Tsai & Family



Andrew Tu's association with Self-Help for the Elderly began when he provided architectural expertise for the building of the Lady Shaw Senior Center 15 years ago. Since that time, Andrew, his wife Patti and their daughter San San have been linked to Self-Help in numerous ways. Andrew's volunteer work was recognized with the Longevity Award at Self-Help's 2002 annual event. In Andrew's unique style and creative spirit, he electrified the audience with guitar playing and his rendition of "This Magic Moment!" in lieu of an acceptance speech.

Andrew is an avid musician and along with Patti and their friends, provides musical entertainment and a delicious luncheon to the seniors each holiday season. He considers himself a contributor as well as a beneficiary of Self-Help. He is grateful to Self-Help for training San San to serve others with love and care. San San began her social work career as a Self-Help intern in the Alzheimer's Program and later became a permanent staff member at the San Mateo Senior Center. Inspired by her experiences at Self-Help, she went on to pursue a Masters Degree in Social Work and has dedicated her professional career to serving the community.

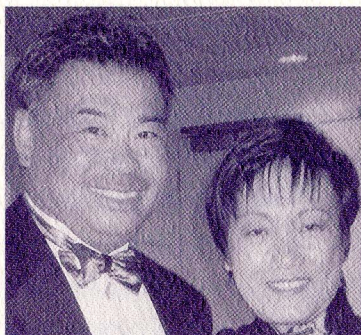
Although Andrew credits Self-Help for inspiring San San's interest in social work, community service has always been an important value instilled in each generation of the Tu family. Andrew was born in Kunming, Yunnan province in China, and in 1947 his family moved to Taiwan. His father introduced Andrew and his siblings to classical music at a young age, yet Andrew developed a love for singing and playing the guitar, and is self-described as "the black sheep of the family." His high school pop music band in Taiwan, the 7-Up Rock n' Roll, performed for U.S. military personnel. However, after graduating from high school, Andrew stopped playing music for over 20 years due to the demands of an active career as an architect.

Since moving to the U.S., Andrew has resumed his interest in music and volunteer work, providing a balance to his professional career. The value he places on social responsibility guides and inspires all his work. Andrew's architectural design philosophy is the same as his philosophy in life — achieving balance is essential.

Andrew is not only a gifted architect and musician, he is also an accomplished artist and columnist with local Chinese newspapers. His paintings and sketches were exhibited in City Hall where hundreds of his admirers gathered to celebrate his many talents.

能

Andrew
Tu



For the past 15 years, Norman and Antonia Tu have served as role model volunteers, demonstrating that it is possible to use professional success for the betterment of the community. They have exhibited dedication to community service both in their personal and professional lives.

Antonia Tu was born and raised in Hong Kong and has long been a champion of community causes. In the summer of 1964, she joined "Project Concern" which served the boat people in Hong Kong Harbor and the shantytowns in the New Territories. As a student, she organized recreational programs and dispensed basic medicine to the children of Jordan Valley. Antonia's desire to serve those in need inspired her to earn a Masters Degree in Social Work from UCLA. Each member of her graduating class received a key-ring which bore the inscription "Serve the People." This would become her marching order in life.

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Norman & Antonia Tu

Norman Tu and his family emigrated from Taiwan when he was 10 years of age. He received a Bachelors Degree in Computer Science from California State University at Chico and eventually applied his technical expertise in 1984 to open his own company, DisCopyLabs. Since the opening of DisCopyLabs, Norman and Antonia have both actively raised funds for Self-Help, from fundraising for Norman's parents to compete in the Lord of Longevity and Lady of Benevolence

contest to campaigning for a capital fund for a permanent San Jose site.

Norman is gregarious and enthusiastic by nature. He has entertained audiences on numerous occasions at various Self-Help events, from singing his signature song "My Way" to performing Hawaiian dances in a grass skirt. Antonia contributes in her own style. She is currently the Chair of the Board of Directors, dedicating her efforts to the continued growth of the Agency. Despite their numerous contributions, Norman and Antonia are humble and sincerely gratified by knowing that they have gained more from their involvement than they have given. Norman and Antonia explain, "It's so easy to be bogged down with our daily lives. We feel that we need to make a conscientious effort to make a difference and serve those who are in need."

During a recent surprise 32nd wedding anniversary party thrown for Norman and Antonia, Norman eloquently shared his thoughts on life: "Life couldn't be any better than this, to be surrounded by close family and friends."



During the late 1960s, as a medical social worker at San Francisco's Chinese Hospital, Linda Wang recalls being impressed with Self-Help for the Elderly and the dedication of its staff to provide quality services to the Asian senior population. Since then, Linda has continued to serve the community as Director of Adult and Older Adult Systems of Care for San Francisco Community Mental Health Services. She has served on Self-Help's Board of Directors since 1971 and currently presides as the Chair of the Program and Planning Committee and the San Francisco Program Advisory Board, generously contributing her time in areas of policy making for the Agency.

A native San Franciscan, Linda and her three older siblings grew up helping their parents operate a small family restaurant. Linda looked to her siblings and club leaders at Cameron House as her role models, where she learned the importance of community service and volunteer work. After earning a Masters Degree in Social Work from the University of Chicago and enduring several harsh winters, Linda returned to the Bay Area where she began her professional career.

Linda's personal philosophy of helping people who have experienced loss is to provide support and a sense of community whenever possible. This is evident in all her actions as she continuously strives to organize services that meet the cultural and language needs of special populations.

For many years, Linda has advocated for affordable housing projects in San Francisco, including the rebuilding of the International Hotel (I-Hotel). Having witnessed the destruction of the I-Hotel in the early 1970s and the eviction of its residents, mainly Filipino and Chinese elderly, she recognized the importance of rebuilding affordable housing on the site and restoring a sense of community that had been lost. The Project broke ground recently and construction of the senior housing as well as St. Mary's Chinese School has begun. Self-Help's Manilatown Senior Center which was evicted along with the tenants will be able to return to operate its senior programs at the new site — something that seniors and staff have been awaiting for a long time.

Linda hopes to continue her community service by participating in the development of supportive services for the elderly and the mentally ill, while balancing her professional career and her hobbies of travel and cooking. Her successful efforts with the I-Hotel and her experiences with Self-Help serve as sources of inspiration for others and emphasize the importance of community building.

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Linda
Wang



Gerrye Wong's greatest pride comes in her role as a community volunteer because she feels there is no greater reward in life than serving the community. These are not just idle words to Gerrye, as she has devoted her time and energies to many Asian American causes. For over two years, this fourth generation Chinese American led a major capital campaign to build the Chinese Historical Society of America, helping to raise over \$350,000 towards the establishment of a museum of Chinese American history in the heart of San Francisco's Chinatown.

In 1991, the Chinese Historical and Cultural Project of Santa Clara County, an organization Gerrye co-founded, built a replica of a historical Chinese temple. This temple was established as the Ng Shung Gung Museum and donated to the city of San Jose as part of the San Jose Historical Museum Park. Gerrye is proud that her efforts play a role in educating over 5,000 visitors and school children who have visited the Museum to learn about Chinese American history.

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Gerrye
Wong

Gerrye's commitment to serve the community is evident in all her endeavors. For over 30 years, she was an elementary school teacher, instilling in young children the joys of literature and Asian folklore. As a teacher she authored a curriculum guide on Chinese American Festivals and Folklore, and traveled extensively as a consultant to advance Chinese culture curriculum. Her passion for literature, history and travel is reflected in her writings.

Since 1980, she has been a columnist for San Francisco's *Asian Week* and Canada's *Chinatown News*, sharing her thoughts and experiences with the Asian community.

Gerrye joined the South Bay Board and chaired several of its fundraising events. As part of a Self-Help 30th anniversary project, Gerrye authored *Eternal Spring* in 1996 — a tribute to the lives of 30 immigrant seniors whose lives were enriched by Self-Help for the Elderly. It was due to the success of *Eternal Spring* that led to this sequel *Heart and Soul*. Gerrye's contributions to the Asian community are timeless — future generations will benefit from her values and influential work in keeping the cultural and volunteer spirit strong.



For more than 10 years, May Wong has been a strong driving force behind the scenes at Self-Help for the Elderly. She has served on the Finance Committee and has devoted much of her time to chairing the Silent Auction at Self-Help's annual Longevity Gala.

Born in San Francisco's Chinatown, May and her four siblings moved to San Bruno when she was five. Although there were few Asians in San Bruno then and she recalls being teased, it was also a rewarding experience, as May later became the editor of her high school newspaper and yearbook. Her family's upbringing played an important role in shaping her character. Her parents named her May in English and May Lien in Chinese because she was born in the month of May, but also after Madam Chiang Kai Shek.



**May
Wong**

Raised by immigrant parents, May's parents were also her role models, instilling in her a sense of responsibility, strong work ethic and discipline. These qualities are prevalent when May performs volunteer work. She believes it is her social responsibility to give back to the community whenever she can. Today, May remains close to her family, enjoying time with her siblings and their children, and making volunteerism at Self-Help for the Elderly a family affair.

May seeks inspiration from her Baptist roots and carries it through in her professional and personal lives. As a banker, she seeks opportunities to help her co-workers and provide mentorship to new colleagues. "I'm encouraged by my work because I am able to provide the bank services my customers need, and that directly contributes to the well-being of my bank too," she remarks.

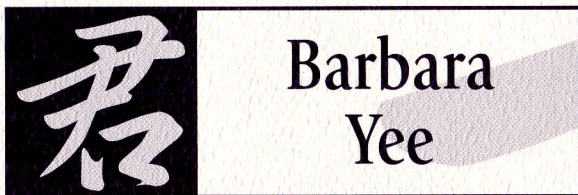
May exemplifies the same desire and willingness to help others in her volunteer work and has inspired her friends to join her in serving the community. She admires former President Jimmy Carter for his humanitarian work to promote world peace and improve living conditions for the poor and homeless.

May can always be counted on to serve the community. With her quiet strength, she continues her generous support to causes that provide care and assistance to seniors. Her hard work and dedication are well-known and deeply appreciated by all those who know May.



For over 20 years, Barbara Yee has been a well-respected corporate leader, noted for her fundraising efforts on behalf of community organizations such as Chinese Hospital, St. Mary's Chinese Schools and Centers, the Asian Art Museum, the San Francisco Chinatown Library, Self-Help for the Elderly, and many other Bay Area organizations. Her leadership and willingness to face challenges is an inspiration to many people. In 1994, Barbara became the first Woman President of the San Francisco Chinatown Lions Club in 43 years, chairing the Miss Teen Chinatown Pageant and expanding the Club's community service programs.

Born in Hong Kong, Barbara was named after Santa Barbara, the U.S. city where her father grew up. Barbara was a gifted child who excelled in academics and immersed herself in extracurricular activities. At St. Mary's Catholic School, she was the Drum Majorette for the world-famous St. Mary's Drum Corps. After graduating from California State University at Fullerton, she worked for 15 years at the I. Magnin Company as the Accounts Receivable Control Manager before joining San Francisco's Home Federal Savings and Loan Association in 1976. She was promoted to Vice President, Community Re-Investment Officer/Branch Manager within four years. After many years of service, Barbara retired from the banking industry in 1998.



Barbara's dedication to her professional and community work was inspired by her childhood role models, her father, Kee Joon and Emma P. Lum, a close family friend. Her compassion, integrity and drive to help others have led to many successful fundraising efforts for Self-Help. At Self-Help, she served many years as Chairperson of the Annual Fundraising Dinners, the Jackie Chan Extravaganza, the 49ers' Auction and Self-Help's 30th Anniversary Gala. For her dedication, commitment to the seniors and service on the Self-Help and Pine View Board of Directors, Barbara was honored with the Friends of the Elderly Award in 1995.

Barbara credits much of her success to the support of her husband Jackie. Together, they are blessed with two children and four grandchildren. Jackie and Barbara are avid travelers — their favorite destinations include Las Vegas, New York, London and Singapore. Although Barbara has no intention of reducing her role within the community, she hopes to devote more time to travel and her other love, the culinary arts.



Senior
Volunteers

joy

love

precious

supportive

contribution



As one of Self-Help for the Elderly's volunteer Luk Tung Kuen instructors at the San Mateo Center, Frances Chin has always enjoyed athletics. While growing up in Shanghai, China, Frances recalls being considered a tomboy since she enjoyed competing in table tennis with boys. Today, Frances, often accompanied by her husband Bennie Chin, teaches Luk Tung Kuen classes that have become an integral part of her daily routine, as well as for Self-Help seniors.

After immigrating, Frances held a variety of jobs and through them, learned to stand up, defend herself, and be strong. These characteristics have served her well. Shortly after her retirement as a business owner, she began to suffer from severe arthritis and began to seek ways to improve her health. She was referred to an exercise class at Self-Help's San Mateo Center. At the center, she noticed a shortage of volunteers and within a short period of time, became one of San Mateo's most dedicated volunteers.

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Frances Chin

In 1993, after practicing Luk Tung Kuen, a form of Tai Chi, her arthritis miraculously disappeared. Recognizing that many of the seniors at the center were suffering from similar health problems and could benefit from Luk Tung Kuen, Frances volunteered to teach a class, hoping to share her good fortune with others. Under the direction of Master Ho King, she began

teaching her first class of 10 students. It did not take long for the class to grow. Frances now has over 400 registered students and over 100 participate in the 8:00 a.m. class taught 365 days a year at San Mateo's Central Park. Her students are eager to follow Frances' lead, with her oldest student at 90 years old. Frances is both an instructor and friend to her students. Frances can frequently be seen socializing with her students in downtown San Mateo cafés over a cup of morning coffee following their class. Frances believes that achieving a healthy lifestyle includes balancing exercise, proper diet, positive attitude and socialization. Armed with these beliefs, she works hard to cultivate these values within her students. By doing so, Frances serves as a role model for young and old.

Frances takes great pride in her students and their improved health. She finds it very rewarding to be able to serve seniors and provide them with healthy tools that can improve their health. Recently, she began training a group of younger volunteers to help with the class. "Maybe one day I won't be here, but Luk Tung Kuen will still be here to bring health to the people," Frances says. Her spirit is an inspiration to all of us at Self-Help for the Elderly.



Vuong Kim ("Yellow Gold" in Chinese) has been a regular volunteer at Self-Help for the Elderly since 1997. Like the meaning of her Chinese name, her volunteer work is worth its weight in gold.

Vuong Kim volunteers for the Agency in many capacities. When she is not assisting the Agency coordinating weekend events such as the Lion Dance fundraiser, the Golden Gait Walkathon and the Cantonese Opera, she volunteers at the San Francisco main office. At least once a week, Vuong Kim helps the administrative office run errands and prepare mass mailings. Her cheerful disposition and patience make her a pleasure to work with. Through her volunteer work, Vuong Kim has discovered an important sense of fulfillment and happiness in helping others. "I feel good when I'm helping others, especially the seniors, as I'm a senior myself."



Vuong Kim Chow

Vuong Kim was born in Shanghai, China, but was raised in Vietnam, in a family of seven siblings. She led an idyllic life in Vietnam, living in a large home with many servants. During her formative years, she was fortunate to have attended school and later joined the workforce until she immigrated to the U.S. when the Communists took over Vietnam. Faced with the cultural challenges of a foreign environment, Vuong Kim and her husband depended on each other to confront the daily trials of immigrant life. Vuong Kim initially worked in a factory position, but eventually lost her employment there. Overcome with a sense of sadness, she sought assistance from the City's Unemployment Office, which referred her to Self-Help for the Elderly's housekeeper training program. Through her years as a housekeeper, Vuong Kim earned many satisfied clients who insist on her and no one else to care for their homes.

Vuong Kim is grateful to Self-Help for the Elderly for helping her find employment, but most of all, for the satisfaction volunteer work has brought her. "If I had unlimited resources, I'd donate funds to Self-Help for the Elderly because they are doing such a good job in helping the elderly!"



Dorothy L. Fong, or “Ah Lai” (“the Beautiful” in Chinese) to her friends, is a native San Franciscan who spent most of her youthful years in Chinatown. Her parents were from Hoy Ping, in Hoy San, China. They spoke little English but were adamant that their six children learn all they could about Chinese culture. At seven years of age, Dorothy and her siblings were sent to a Chinese school to learn Chinese history, philosophy, literature, old scriptures and poetry. She recalls studying so hard that she didn’t have time for sports or hobbies. Dorothy attended Chinese classes everyday after regular school for three hours a day and every Saturday until noon. The Chinese schooling continued for 12 years until Dorothy was 19. Reflecting on her extensive studies, she says, “I’ve had little opportunity to use Chinese in the U.S. — to tell the truth I’ve forgotten most of what I’ve learned!”

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**Dorothy L.
Fong**

Dorothy is still active in the community where she grew up, after raising three children and retiring from 45 years of employment at the Transamerica Corporation. At Transamerica, Dorothy was one of the first employees of Chinese origin and was the first Chinese American to be promoted as a supervisor, a rarity during her time. When she retired, Transamerica rewarded her with a ring and other jewelry to commemorate her long and loyal service. Nowadays in her spare time, Dorothy’s social activities include playing mahjong several times weekly, volunteering,

and traveling extensively. She and her husband enjoy dining out in various Chinatown restaurants.

Dorothy began her volunteer work with Self-Help in 1994 after being introduced to the Agency by an old school mate. Dorothy assists the Fund Development Department in office duties that are crucial to Self-Help’s community outreach. She is a fast and accurate typist and finds that volunteering for Self-Help keeps her mind active. After a lifetime of personal and professional achievement, Dorothy says this about her volunteer work: “I enjoy working on the computer, I can learn different things, update my skills and best of all, help the community I grew up in, and there’s a lot of satisfaction in that!”



Sit Piu Fung has been a familiar face at the South Bay Center of Self-Help for the Elderly since its inception 10 years ago. Mr. Fung grew up in Hong Kong as the second child of seven children. Among his siblings, Mr. Fung developed close and caring relationships from the examples set by his parents. His role model was his father, from whom he learned the importance of sincerity, honesty, kindness and hard work. These lessons have followed Mr. Fung throughout his personal life and his career. As a school teacher, Mr. Fung strived to instill in his students his values of social responsibility and generosity, thus becoming a teacher and mentor to his students. He derived great satisfaction in seeing his students become responsible citizens, benefiting society and mankind.

Mr. Fung first became involved with Self-Help through *The Lord's Grace Church*. Volunteering is a large part of Mr. Fung's life as he divides his volunteer service between Self-Help and his church. Each weekday, Mr. Fung volunteers at the South Bay Chapter from 9 a.m. to 1 p.m., talking with seniors, learning about their needs and exchanging stories of their experiences. He considers it important that seniors are not isolated and have a safe place for peers to gather and socialize.

As much as he enjoys interacting with seniors directly, he is always willing to accept any task within his ability. He assumes the role of teacher, storyteller, bingo organizer, and Master of

Ceremony for special celebrations. On numerous occasions, he has rolled up his sleeves to help move furniture, vacuum the floors, and empty the garbage.

When Mr. Fung is not volunteering, he is an avid reader. He actively follows daily news headlines reading the newspaper, and enjoys reading literature and the Bible. Although he traveled extensively in China when he was young, he has had little opportunity since he immigrated to the United States due to his busy work schedule. He has visited Washington D.C., New York, Philadelphia, Los Angeles, Seattle and Hawaii. Given the opportunity, Mr. Fung would like to continue his travels.

For Mr. Fung's dedication and service to the seniors, he was crowned "SuperDad" at the Agency's 2000 Longevity Gala.

感恩

Sit Piu
Fung



Ronald Leung has volunteered at Self-Help for the Elderly's Santa Clara Sunrise Center since its opening in 1992. Regardless of the many challenges that Ronald has encountered in his life, he has maintained a selfless spirit by giving back to those in greater need.

At the age of 10, Ronald and his father immigrated to Colusa, California from Canton, China, leaving behind two married brothers and Ronald's mother. As new immigrants, his father worked as a cook on neighboring farms, while Ronald lived by himself in a shack with no electricity and no hot water. His father visited occasionally and Ronald became self-sufficient, learning to cope with what little he had. At the age of 15, Ronald withdrew from school in order to work and support his family, working for \$30 a month. Ronald is not bitter about growing up alone and instead has used his experiences to help shape his sense of community and family responsibility in providing for others.

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**Ronald Tom
Leung**

After 30 years of working in the retail grocery industry, Ronald retired from the Butcher's Union and began to devote his free time to family and volunteer work. Ronald and Aimee, his wife of 49 years, enjoy traveling internationally and "seeing first hand the places that I have read about and the differences between countries." When he is not traveling, Ronald finds great joy in babysitting his granddaughter, whom he loves being around.

Aside from the role of proud and doting grandparents, Ronald and Aimee have tirelessly served the community. Ronald has purchased groceries for Sunrise Center twice a week, every week for the past 10 years while Aimee is actively involved in planning Self-Help's annual Walkathon and Longevity Gala. As a dedicated volunteer, Ronald has never sought recognition for his community service. Instead, he hopes that his volunteerism will inspire others to give back to the community.

We thank Ronald for his dedication and endless support of Sunrise, its staff and residents in Santa Clara.



Rosalie Roo, or Rosa, was born in Shanghai, China to a wealthy family, yet she did not lead a carefree life. While in her first year at Fudan University, she met her future husband. After marrying, Rosalie worked as a statistician in her father-in-law's frozen food factory.

In 1947, Rosa's husband went to America to further his education, leaving his wife and daughter in Shanghai. Rosa had no idea that she would not see her husband for more than 30 years as a result of revolution and war in China. During this time, she continued to work in the factory and raise her daughter. In 1978, Rosa's husband was allowed to visit China; afterwards he took their daughter with him to the United States for further education. Rosa retired from her job and began to devote the next 10 years of her life to social causes.



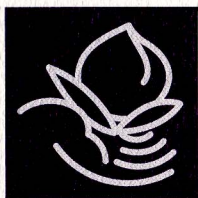
Rosalie Roo

In 1987, Rosa was reunited with her family in San Mateo, California and lived adjacent to Central Park. In 1992, she noticed a group of people actively preparing for something in the park. She learned that they were planning the opening of Self-Help for the Elderly's San Mateo Senior Center. Never one to pass up an opportunity for community involvement, Rosa joined them and has not stopped working since that day. Rosa considers the Center her second home and looks forward every morning to being there to assist with translating, serving lunch, helping with special events,

and providing office support. She helped raise funds for Self-Help by running for the Lady of Benevolence in 1998.

Rosa remains true to her personal philosophy that life is to give and not to get. She views her volunteering as "a way to forget your sorrow, to make you feel happy and useful." She remembers those who have helped her through difficult times and credits her mother, who made winter clothes every year for the homeless, for shaping her desire to help others. Rosa carries these lessons with her in her own volunteer work. In addition to working for Self-Help, she is active with the Asian Seniors Club of San Mateo.

Rosa has far exceeded the duties of a volunteer. She is Self-Help's unsung heroine working 5 days a week, 8 hours a day at San Mateo Center since its opening. In spite of the numerous staff changes in the past 10 years, Rosa has remained a constant volunteer through thick and thin. She is always cheerful and encouraging in every task she undertakes, and our staff and seniors are eternally grateful for her service.



In Loving
Memory...

noble

dynamic

prosperity

universal

courageous



Chester was one of a kind. He spent his entire life caring for his family and friends, bringing critical resources to many community organizations. Self-Help for the Elderly was a primary beneficiary of his efforts. The legacy he leaves clearly demonstrates how the power of one person can change the world. In his quiet, unassuming way, Chester influenced thousands of lives with his exemplary deeds, making Chinatown a better place for all people. He built bridges to connect the powerful and influential with those in greatest need. He opened doors for non-profit organizations, creating access to policy-makers that could help solve community problems.

Born and raised in San Francisco, Chester raised his own family in the City and operated a very successful General Contracting business. Along the way, he made friends with police officers, firefighters and building inspectors. When Self-Help needed building permits and approval from many City departments for projects such as the Lady Shaw Senior Center, Leonard House Residential Care Home and Jackie Chan Adult Day Health Care Center, Chester was there to help. He represented Self-Help and expedited the approval process without unnecessary delays. In spite of his busy schedule, no job was too small for Chester. From meeting with the Fire Marshall to making keys for the facilities, he was Self-Help's "Mr. Fix-It." Always accessible to the staff, he was the ultimate volunteer.

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Chester Chin
1934 – 2002

Chester was also a straight shooter. Friend or foe, he treated everyone with openness and honesty. His generosity was legendary and so was his positive influence on others. Chester could get anyone to do anything for him, for who could resist the twinkle in his eyes, his deep, persuasive voice, his humorous jokes and his big, tender heart?

The power of one can overcome any barrier to achieving community dreams — Chester was a shining example. His philosophy was to take the first step to help one person, do the best possible and trust that the rest would fall into place. Self-Help salutes Chester Chin, a teacher, mentor, friend and guardian angel.



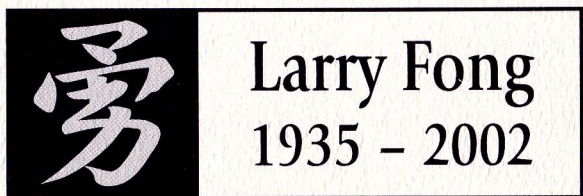
Larry Fong dedicated much of his professional life to the art of design and lived a full and accomplished life. Born and raised in San Francisco, Larry grew up in modest surroundings in San Francisco's Chinatown. He attended local public schools and, as a teenager, spent much of his free time at Cameron House, the YMCA and Chinatown's Chinese Presbyterian Church. Growing up, Larry watched his parents and two sisters work in the defense industry during the war effort. However, Larry did not follow in his family's footsteps, deciding instead to pursue studies in art. He earned a degree in commercial arts and eventually opened his own business, which brought him over 20 years of professional satisfaction.

Larry married Ruby, the love of his life, in 1954 and they were blessed with four children and four grandchildren. They traveled extensively to exotic destinations that contributed to Larry's creativity and boundless love for life. At mid-life, Larry discovered that his artistic talents went far beyond his designs on paper. He also found great joy in performing as a singer, appearing in numerous local musical productions and received the West Valley Light Opera Association's Best Character Actor "Erma Award" for his role as the Kralahome in their production of the *King and I*.

Larry was actively involved with Self-Help for the Elderly, raising funds for the annual Longevity Gala and in 1995, was honored as the Lord of Longevity for his outstanding fundraising efforts. Even when he was not feeling well, he would never miss the annual Gala and when he could, he would sing his signature song "The Impossible Dream" to entertain the guests.

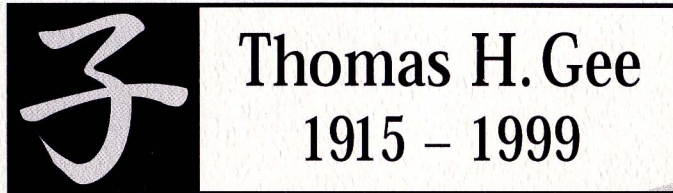
Larry's mother was a resident at Self-Help's Sunrise Residential Care Home in Santa Clara for many years. He visited his mother every other day and was happy to provide for her, explaining that she deserved a payback after caring for him for so many years. When asked about his volunteer work, Larry once commented, "Knowing that the elderly are not only recognized, but given the respect and dignity they rightfully deserve, is important."

The joy that Larry brought to others through his generous contributions and unselfish love will be missed, but his volunteer spirit continues to inspire people today. His family and his friends pledge to pass on his legacy to many generations to come.





Thomas Gee, or Doc Gee as his friends called him, was born in Canton, China and immigrated to the United States at the age of fourteen. After graduating from college, he began his career in public service when he joined the U.S. Army Air Corps and served at the U.S. Military Intelligence Language School in Minnesota until 1947. In 1948, he married his wife, Gladys, and for five years worked for the Immigration and Naturalization Service. After earning his Juris Doctorate in 1954, he served as Auditor and Administrative Law Judge for the State of Nevada until 1971. He then returned to San Francisco and worked at Northeast Medical Services until his retirement in 1978. Upon retirement, Doc Gee devoted his time to volunteering for family associations, Lincoln University and many other community organizations.



Doc Gee joined the Self-Help for the Elderly Board of Directors in 1987 and served several terms as Board Chair until he passed away in 1999. He was instrumental in introducing Self-Help to Chinatown's family associations and securing support for the Agency's work. He was tireless in his efforts as Chairman of the Hop Wo Benevolent Association and Presiding President of the Chinese Consolidated Benevolent Association (CCBA).

In 1992, he began strengthening the Chinatown community by taking on significant projects while also serving on the San Francisco Library Commission. Doc Gee's date book was always packed with meetings and fundraising luncheons and dinners, yet he always had time for Self-Help and attended numerous events organized for the seniors.

Doc Gee was fully supported by Gladys, his devoted wife and partner for more than 50 years. Together, they traveled to many parts of the world, especially to China where they contributed to the rebuilding of roads and schools in Canton.

Doc Gee's philosophy was "Be the best in whatever you pursue. Take care of your family and serve your community faithfully." No one could have served his community more faithfully than Doc Gee. No matter when and where he was needed, he was always there. He will be remembered for his wisdom, kindness, generosity, dedication and the distinction with which he served his community. Self-Help was indeed fortunate to have such an outstanding volunteer for so many years.



Eric A. Hoey was born to Hanley and Marian Hoey on October 12, 1965 in San Francisco. He graduated from UC Berkeley and Hastings Law School and was working as an attorney at the prestigious Pettit Martin Law Offices when he was suddenly taken away from his family and friends on September 15, 1991, one month before his 26th birthday.

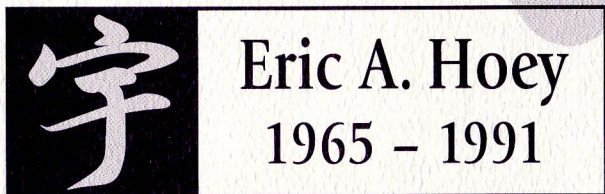
Eric's vision was for people to help each other. Early on, he developed a strong sense of service to others especially the children and the elderly in the community. He began volunteering at Self-Help at age 15, making home visits to isolated low income seniors in Chinatown's residential hotels and running summer camps for immigrant children at the Chinatown YMCA. From age 15 to 25, Eric participated in Self-Help's Walkathon, Lion Dance, and Casino

Nights. Wherever he might be in the world, he and Hanley would always come back to San Francisco on Thanksgiving Day. Eric would deliver meals to homebound seniors in the Tenderloin and Chinatown while Hanley would carve turkeys for the 3,000 meals served. It is a tradition Eric's family continues to this day.

Eric was a very unique young person. He never cared much about material possessions, but cared a lot about his family, his friends and his community. Just before he passed away, he told his dad that he was very grateful for the support his parents gave him, and that once he passed the California Bar, he wanted to spend more time volunteering for Self-Help for the Elderly, the Chinatown YMCA and Hastings Law School's Students Association. Happiness to Eric was helping people turn their dreams into reality. His favorite song was called "Miracles." The words from this song bring back fond memories of Eric:

*Let's put the day aside, let peaceful thoughts arise;
Miracles can show the world — a story filled with light.
My heart speaks out to say, before I go away;
Let the people see, the children hold the key;
The Earth will turn, the Sun will rise in their eyes.*

Self-Help established an annual Eric Hoey Youth Volunteer Award in 1992 to honor Eric for his contributions. He epitomized the true meaning of the word volunteer.





Gordon J. Lau was a permanent fixture in the San Francisco community and the heart and soul of the City's Chinese American community. He used his prominence to advocate for those who were less fortunate and to provide resources for non-profit community organizations. As the first elected Asian American to the San Francisco Board of Supervisors and Chairman of the SF-Shanghai Sister Committee, he was a pioneer for civil rights and an advocate for seniors, youth, education, trade and cultural exchange. In spite of all his civic responsibilities, Gordon always found time to diligently serve Self-Help for the Elderly.

Gordon enthusiastically embraced his many roles within Self-Help, including Board Member and Officer, acting as Chief Counsel, Chief Fundraiser and Chief Cheer Leader. His impact on the organization continues to permeate throughout the Agency to this day.

Gordon provided guidance and direct service, always availing himself to attend Self-Help fundraisers at the Stern Grove Summer Concerts, Comedy Day, Opera at the Park and Bay to Breakers. He would challenge staff and other Board Members to dream big and provide more and better services for the seniors. His favorite saying was, "The Good Lord Will Provide" and he was certainly right. From the Agency's humble beginning in a Chinatown alley serving 50 seniors a day, Self-Help now serves 25,000 seniors in 25 satellite locations, with a budget

that has grown from \$180,000 in 1966 to \$15 million in 2003.

Gordon's determination was focused and balanced with humor. He would tell jokes despite eliciting no laughter and he would eat certain foods such as pig's feet that many of his friends would not touch. He blessed those surrounding him with good humor, food and company. In the early years of Self-Help, Gordon was famous for catering meals at weekend events wearing his bright colored Hawaiian shirt. Armed with his personal BBQ pit, he would cook his signature BBQ Beef for all the staff and volunteers.

Most important, Gordon proudly represented the Chinese community and embraced his culture. His ability to mobilize individuals from various backgrounds was truly unique. Because of his recognized leadership, many of his business associates and friends became some of Self-Help's largest supporters. His wife Mary and daughters Stephanie, Diane and Carolyn would often work alongside Gordon.

Gordon J. Lau led by example and the Chinese Community kept his memory alive in 1998 by renaming the Commodore Stockton Elementary School in Chinatown the Gordon J. Lau Elementary School — an appropriate tribute to a great leader, pioneer, trailblazer and a compassionate Self-Help Volunteer.

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Gordon J. Lau
1941 – 1998

The History of Self-Help for the Elderly: 1966–2003

1966

1966

August 16

Self-Help for the Elderly (SHE) opens its doors at 3 Old Chinatown Lane.

1971

Self-Help for the Elderly participates in the first White House Conference on the Aging. SHE is used as a model aging program serving an ethnic community.

Self-Help for the Elderly is incorporated as an independent nonprofit organization.

First meal site for seniors opens at Cumberland Church.

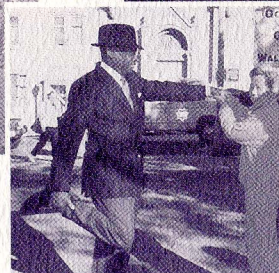
1972

Housekeeper Training Program begins.

1973

Nutrition Program begins under contract with the State Department On Aging.

GOLDEN GAIT WALKATHON



1974

Nutrition Program adds new sites in Aquatic Park, Downtown Senior Center, Telegraph Hill and Jean Parker School.

Home Health Aide Training begins as a demonstration program with a grant from Older Americans Act.

1976

Senior Employment and Training Unit begins, with assistance from a Comprehensive Employment and Training Act (CETA) contract.

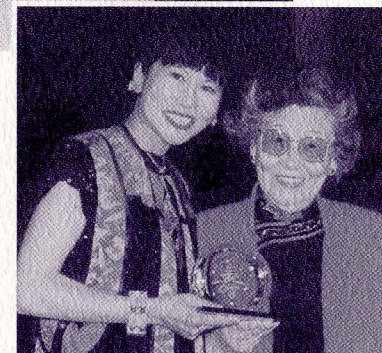
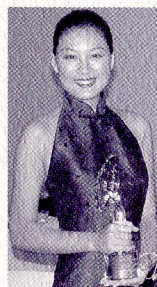
Four years after initial application, Self-Help for the Elderly becomes a member agency of the United Way.

1978

Self-Help for the Elderly moves from Old Chinatown Lane to 640 Pine Street and becomes a one-stop multi-purpose senior program.

The San Francisco Commission on Aging grants a contract to set up the Housing Unit providing direct assistance, tenant education and counseling.

LONGEVITY GALA



1981

1981

Self-Help for the Elderly holds its first Annual Fundraising Dinner to benefit senior programs, honoring the late Cyril Magnin.

Self-Help holds its first Lion Dance Fundraising event.

1982

Richmond District Nutrition Program begins providing meals and support services.

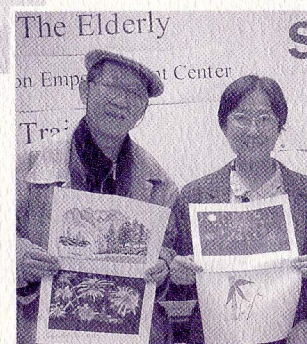
Chinatown Nutrition Program finds permanent home at Geen Mun Center.

1983

December 5

Self-Help HomeCare is established. It is licensed by the State of California to provide skilled nursing and home health services.

TECHNOLOGY & INFORMATION EMPOWERMENT (TIE) CENTER



1984

Self-Help for the Elderly receives a \$3.6 million grant from U.S. Housing and Urban Development (HUD) for a 70-unit housing project for low-income seniors.

1985

Self-Help for the Elderly holds its first annual Golden Gait Walkathon.

1986

The Board of Directors conducts a comprehensive self-evaluation and Strategic Planning Process to develop a Five-Year Plan for 1987-1991.

1988

August 9

The Self-Help for the Elderly Foundation is incorporated.

Self-Help for the Elderly moves to 445 Grant Avenue.

Amber Glow Residential Care Home opens in San Francisco.

MAJOR DONORS



1989

Construction for Lady Shaw Senior Center and housing complex begins above the Broadway Tunnel.

South Bay Advisory Board is formed.

Self-Help for the Elderly opens the Palo Alto Center, its first program in Santa Clara County.

1990

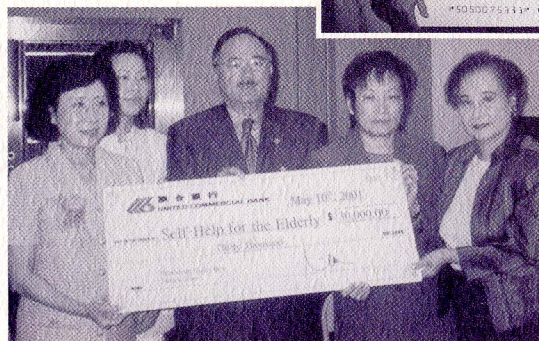
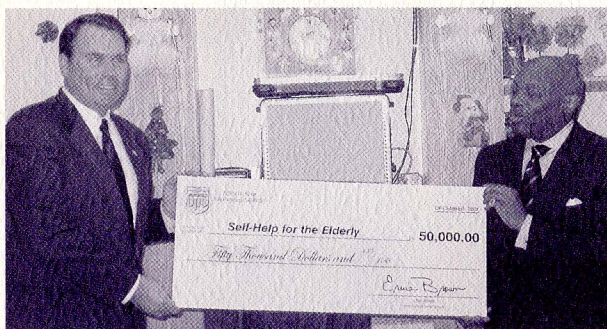
June 1

The Alzheimer's Day Care Resource Center begins serving seniors afflicted with Alzheimer's Disease and related dementia.

Leonard House Residential Board and Care Home opens.

Senior Community Services Employment Program opens.

Self-Help holds its first Cantonese Opera Event.



1992

November 1

Lady Shaw Senior Center is completed and opens its doors.

April

Self-Help for the Elderly moves to its first permanent home at 407 Sansome Street.

July 11

Self-Help for the Elderly's first center in San Mateo opens.

The San Mateo Center adds the Health Insurance Counseling and Advocacy Program (HICAP).

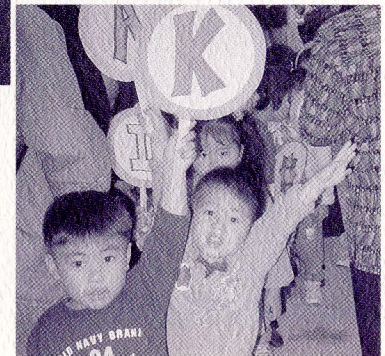
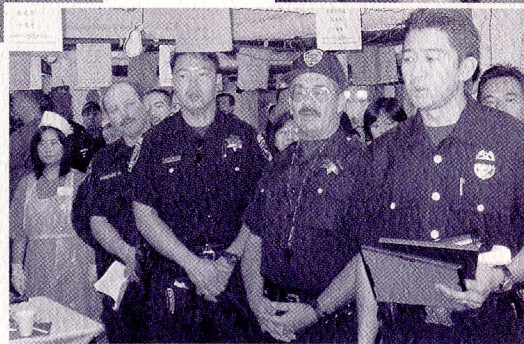
The South Sunset Center opens in the Sunset District.

1993

Self-Help for the Elderly — Santa Clara County receives its own nonprofit status and becomes an affiliated organization.

Sunrise Center begins serving the South Bay community.

THANKSGIVING CELEBRATION



1994

1994

The Daly City Senior Center, targeting Filipino American seniors, opens its doors at St. Andrew's Parish Hall.

1995

Self-Help HomeCare adds Hospice services to its program.

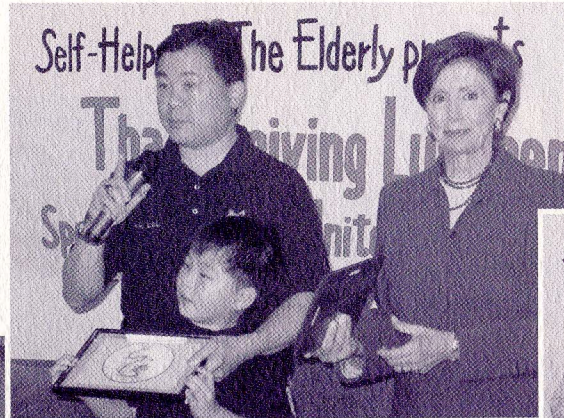
Self-Help participates in its first Dragon Boat competition.

1996

The Adult Day Health Care Program opens in San Francisco's Richmond District.

Self-Help for the Elderly begins a limited Chinese program at St. James Center in San Jose.

Self-Help for the Elderly opens the Northeast Senior Central, our first Senior Central.



1997

August

Social Services Department is created. Programs include Northeast Senior Central, Housing, Naturalization, Elder Abuse and Social Services at Geen Mun.

Self-Help for the Elderly becomes the designated lead agency of one of four Citizenship Hubs in San Francisco assisting thousands of Asian immigrants through the naturalization process.

1998

June

Outer Sunset Senior Central opens. Agency begins to serve Russian-speaking seniors.

The San Francisco Technology and Information Empowerment (TIE) Center opens its doors at its Grant Avenue location. The center was designed to increase older adult computer literacy and technology access.

1999

May

Self-Help for the Elderly begins a senior nutrition program at St. James Center in San Jose.

CANTONESE OPERA BENEFIT



1999

June

Self-Help for the Elderly's Nutrition Program adds 2 centers — Casa Del Pueblo in San Jose and Mendelsohn House in San Francisco.

Social Services Worker positions are created for the Northeast, Outer Sunset, Visitacion Valley neighborhoods.

July

Self-Help for the Elderly consolidates all affiliate boards into one Board of Directors for all 3 counties.

August

Self-Help for the Elderly acquires the building at Geary & 22nd Avenue to expand the Jackie Chan Center and relocate the Richmond Senior Center to a larger space.

2000

February

Self-Help for the Elderly opens the third Senior Central in the Inner Sunset/Haight Ashbury neighborhood.

AUTUMN GLOW ALZHEIMER'S RESIDENTIAL CARE HOME



2001

July

Case Management Services for limited-English speaking seniors added to San Mateo programs.

Nutrition program begins service at the Iola Williams Center and Berryessa Community Center in San Jose.

November

Emergency IHSS program renamed Elder Care at Home and expands in December 2000. Escort Program begins providing service.

Secured funding to begin a non-medical in-home care program for individuals recently discharged from the hospital.

January

Inner Sunset Social Services Worker position created.

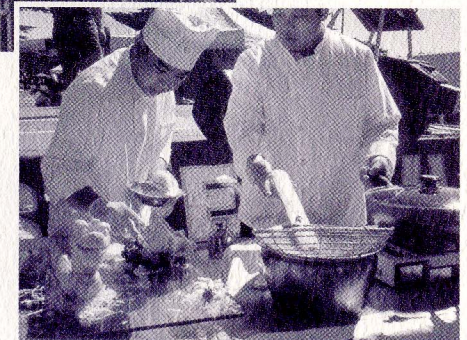
April

Self-Help receives a major gift from the Tom Family to convert the Nam Yuen Building at 740 Washington Street in Chinatown into an ADHC and senior center to be named the Do Hing Tom Senior Center.

July

Autumn Glow, a 15-bed HUD 811 RCFE opens to provide 24-hour care and supervision to seniors with Alzheimer's disease in San Francisco's Western Addition.

SENIOR SERVICES



2001

ADS and Social Services collaborate to begin a new Caregiver Training Program and in-home Respite Program for families of frail seniors.

San Mateo Center begins serving Home Delivered Meals in Daly City and begins a Brown Bag Food Program in San Mateo Center.

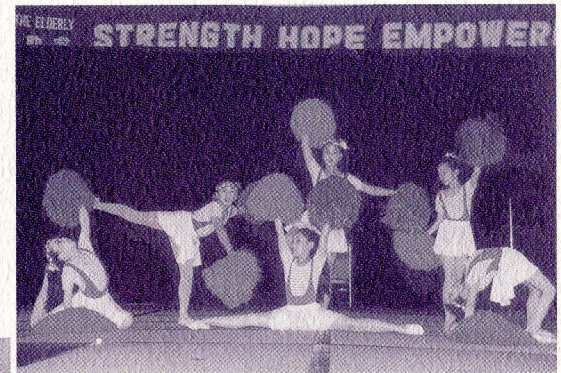
Self-Help begins a partnership with Daly City and other CBOs to create the Adult Community Connecting Education, Service and Support program (ACCESS). ACCESS is a multicultural, advocacy outreach program connecting older adults with community resources.

UPS Foundation awards Self-Help \$50,000 to expand the Jackie Chan Center and the Richmond Senior Center.

Self-Help kicks-off a \$1 million Capital Campaign for a permanent site in San Jose. Board begins seeking an ideal location for the future home of Self-Help's South Bay multipurpose senior complex.

August

Congregate nutrition lunch program expanded from 4 days per week to 5 days for San Mateo Center.



2003

2003

January

Self-Help for the Elderly adopts a new logo for the Agency with the peach symbolizing longevity.

April

DCL, a long-time Agency supporter, celebrates its 20th Anniversary by sponsoring an exclusive event at the new Asian Art Museum for Friends of Self-Help for the Elderly.

2002

October

Senior Centrals are re-named to Resource Centers for Seniors and Disabled Adults. Self-Help opens the fourth Resource Center in Central City and operates sites in Northeast, Inner Sunset, Haight Ashbury and Outer Sunset neighborhoods.

November

Self-Help for the Elderly opens the Clementina Center.





Board of Directors

2003 SELF-HELP FOR THE ELDERLY & PINEVIEW BOARD OF DIRECTORS

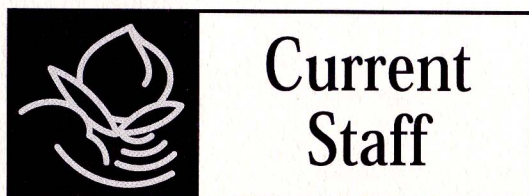
Iris Chan	Katrina Lee
An Huang Chen	Hong Seh Lim
Linda Chinn	Baxter Rice
John Christen	Richard Rubin
Anni Chung	Lawrence Simi
Gladys Hu	Philip Tam
Eva Jones	Tenny Tsai
Spencer Jue	Antonia Tu
Rosalyn Koo	Linda Wang
Mabel Lai	Susan Woo
Jerry Lee	Paul Zen

BOARD MEMBERS 1997-2002

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Maya Escudero
Michael Everett
Larry Fong
Franklin Fung
Franklin Gee, M.D.
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Katharine Gin
Yuen Gin
Vera Haile

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Michael Lai
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Peggy Liou
Winnie Lo
Wade Loo
Macy Mak
Gordon Mar
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Stephen Olson

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Eddy Shum
Henry Teng
Elizabeth Tsai
Rose Tsai
Stanley Wang
Brenda Wen
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Gerry Wong
Laura Wong
Jessa Wu
Barbara Yee
Patrick Young
Flora Zee
David Zigal



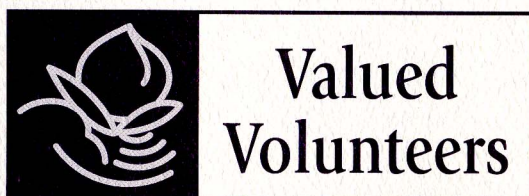
May Au
Amy Cai
Xiao Ming Cao
Allen Cen
Thomas Chak
Cassandra Chan
Kam Ming Chan
Lai Kwan Chan
Linda Chan
Valerie Chan
Virginia Chan
Woon Yee Chan
Loan Kim Chau
Tien S. Chau
Chien-Ling Chen
Nian Li Chen
Zhao Xiang Chen
Barbara Cheng
Grace Cheng
Suzhen Cheng
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Man Yee Cheung
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Shek Hong Chiu
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Ke Fung Chu

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Yolanda Chu-Leung
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Shau W Fung
Diana Gray
Kunhe He
Anita Ho
Karen Ho
Lai Wan Ho
Ming Ho
Siu Lan Lok Ho
William Ho
Mabel Hom
Manuel Hong
Nhi Manh Hua
Mio Leng K. Hun
Lo Huynh
Petra Yuk-Ying Ip

Siu Kuong Ernest Ip
Bik Wah Jay
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Martin Ko
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Wanling Ku
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Angel Kwok
But Keung Kwok
Eddie Kwong
Kam Yuet Kwong
Apolonio Ladia
Cecilia Lai
Ching Lam
Dinah Lam
Tak-Fai Lam
Adella Lau
Alec Lau
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Henry Lau
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Meggie Lau
Suk Fen Lau

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Roger Lee
Yuk Au Lee
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Lai Ying Leung
Ping Wah Leung
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Jean Li
Mujie Lu Li
Rumming Li
Yamei Li
Tamara Liang
Yu Ai Liang

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Rebecca Lueck	Winnie Shek	Nancy Wei	Zuan Di Yu
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Sophia Luu	Theresa Kwong Siatu	Karen Wong	Helen Yuen
Josephine Ma	Lai Ping Chan Sin	Linda Wong	James Yuen
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Caroline Ng	Hui Juan Tan	Yun Shing Wong	Mei Tang Zheng
Yeng Fuk Ng	Emily Tang	Bernadette Wong-Chu	Ming Zheng
Pak Chuen Ngai	Siu Kuen Tang	Guang Xiong Wu	Lianqi Zhong
Trung Nguyen	Yan Chiu Tang	Hui Chang Wu	Qiong Zhen Yu Zhou
Chansohearun Ouk	Zanyi Tang	Jixi Wu	
Theresa Owyang	Sui Mei Teng	Joni Yee King Wu	
Bing Nian Pan	Mannie Thang	Mu Xian Wu	
Lina Pan	Maria Ting	Thomas Wu	



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Warren Achuck	Wai Chun Chan	Cindy Chiu	Helen Gee
Rowena Ancheta	William Chan	Sheila Chiu	Margaret Gee
Floreda Andaya	Willie Chan	Sidney Chiu	Marvin Goldman
Gordon Anthony	Woodrow Chan	Sian Ye Chou	Polly Guan
Bernice Argelius	Yuk Ying Chan	Dorothy Chow	John Hall
Sue Armstrong, R.N.	Eleanor Chang	Mary Chow	Tim Hall
Sabina Atunay	Lo Lo Chang	Ruby Chow	Laura Hensen
Robert Barrett	Min Hwa Chang	Maureen Christine	Luming Hizon
Amanda Beinlich	Shou-Thai Chang	Nancy Christman, R.N., M.A.	Chee Nui Ho
Ruth Bennison	Chang Hong Chau	Chi Yin Chung	Liz Ho
Betty Brown	Jack Chau	Colin Chung	Nina Cheng Ho
Lily Carp	Sandy Chau	Doris Chung	Sam Ho
Ernie Castaneda	Sidney Chau	Ivy Chung	So King Ho
Remo Ceni	Karen Chee	James Chung	Alicia Hoey
Belinda Chan	Hon Yung Cheng	Katherine Chung	Hanley Hoey
Diana Chan	Kevin Cheng	Kee Fong Chung	Betty Hom
John Chan	Peter Cheng	Shirley Cohen	David Hom
Kam Wan Ng Chan	Philip Cheng	Edgar Cruz	Fred Hom, M.D.
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Ling-Mui Chan	Don Cheung	Josie de Dios	Evan Hong
Lyn Chan	Hon Yung Cheung	Jan Didriksen	Jennie Hong
M. Chan	Jenny Cheung	Lisa Don	Maria Hong
Maria Lau Chan	Wai-Hing Cheung	Simmon Dong	Tom Hong
May Chan	William Cheung	Marcia Edelstein	Meidor Hu
Michael Chan	Don Chew	Gerald Eng	Clara Huang
Pat Chan	Grace Chew	Sylvia Eng	Gui Qiu Huang
Peter Chan	Lawrence Chew	Chan Sui Fong	Qing Chen Huang
Philip Chan	Bennie Chin	In Heng Fong	Helen Hubbs
Rose Chan	Frances Chin	Lily Fong	Henry Huey
Rosy Zeng Chan	Warren Chin	Tim Fown	Lydia Hui
Shi Nga Chan	David Chinn	Rita Funelas	Peter Hui

Samuel Hui, Pharm.D.	Mary Lam	Yin-Ha Lee	Lu Mak	Raquel Ortua
Carmen Huie	Khoan Lan	Yueh Ying Lee	Kwok Fai Manikis	Alba Oviedo
Fred Jackson	Grace Lao	Yuet Sum Lee	Violeta Manikis	Pang Owen
Hai Yan Jackson	Edward Lau	Stephen Leo	Denny Mar	Louise Owling, P.T.
William Jackson	Gary Chun Lau	Jonathan Leong	Richard Mar	James Pang
Noli Javier	Yeung Kee Lau	Arthur Lepore	Teresa Mar	Katherine Park
Chiu Heien (Jenny) Jenson	Yuk Sim Lau	Kwan Sau Leung	Alicia Saucedo Marquez	Lee Kyu Park
Florence Jenson	Amy Law	Rachel Leung	Joanne McArdle	Li Fung Ping
Bill Jeong	Agnes Lee	Chun Fang Li	Rachelle Minong	Adrienne Pon
Joyce Jeong	Albert Lee	Grace Li	Gail Mintz	Maureen Poon
Sharon Jeong	Alice Lee	Shawn Liang	Anna Mok	Eva Posadas
Carolyn Jow	Bassie Lee	Tom Liao	Robert Morris	Chao Yu Qi
Henry Jung	Beatrice Lee	Amy Lim	Leung Wing (Amy) Mui	Kun Ling Qi
June Jung	Billie Lee	Eda Lim	Magdalen Mui	Colleen Quen
Rosemary Jung	Christina Lee	Rosie Lim	Yeung Sai Mui	Dick G. Quock, M.D.
Grace Ka	Chwee Hye Lee	Ho Bo Lin	Joe Murphy	Justin Quock, M.D.
Anne Kai	Eva Lee	Liang Ying Lin	Lynne Murphy	Noreen Rancourt
Wai-Kuen Kan	Hazel Lee	David Liu	Nena Nalundasan	Ginny Rategan
Grace Kao	Henny Lee	David Lo	Shoka Narimatsu	Marvi Ray
Rudy Kao	Henry Lee	Louis Loh	Jesus Navarro	Mercedes Recto
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Salli Kong	Mary Lee	Cynthia Yuk Lin Low	Maybelle Ng	Choan Seng
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Shirley Lai	Sally Lee	Pat Lum	May Novak	Kika Shibata
Chau Lam	Terry Lee	Peter Lum	Diah Quoc Ong	Angela Shieh
Mabel Lam	Winnie Lee	Bibiano Lumibao	Frank Ong	Xin Ying Shui

Jorge Lee Siu	See Tsun Wai	Jennie Woo, R.N.	Mee Quon Yung	Yu Ying Zhang
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James So	Joe Walsh	Wahnita Woo	Darla Zdarki	Buyun Zhong
Frances Stern	Bu Ping Wang	Bob Wu	Yong K. Zee	Xian Ye Zhou
Claudio Suarez	Lowe Shew Wang	Jeanie Wu		
Brenda Suen	Soo Hoo Wang	Shui Chong Wu		
Helen Sung	Yufei Wang	Lan Ying Xie	American Red Cross, Chinatown Youth for Elderly Project	
Otto Sung	Diane Ward	Ru Gui Xiu	California Dragon Boat Association	
Anna Tam	Kimi Watanabe	Shu Ying Xue	California Pacific Medical Center Foundation	
Fanny Tam	Clarke Wells	James Yan, D.O.	Community Youth Center	
Tiffany Tan	Chi Wong	John Yau	Deloitte & Touche	
Grace Tang	Chung Sau Wong	Annie Yee	Dragon Horse Lion Dance	
Keat Tang	Coleman Wong, L.C.S.W.	Jeannie Yee	Duen Fung Ming Chinese Opera Troupe	
Kwai Ying Tang	Eleana Wong	Lili Yee	Far East Dragon Lion Dance Association	
Lee Tang	Ellen Wong	Mary Yee	Gee Yung Lion Dance Association	
Ada Tarkington	Jane Wong	Stan Yee	Hung Sing Studio	
Thomas S. Tien	Jeanette Wong	Wee H. Yee	Kids, Computers, Community	
Evelyn Ting	John Wong	Jack Yeh	PG&E	
Anna Tom	Kam To Wong	Dorothy Yeung	San Francisco Fire Department	
Sik Chun Tong	Laura Wong	Francis Yeung	San Francisco Police Department	
Harriet Toor-Max	Liana Wong	Hu Shu Ying	San Francisco Sheriff's Department	
Chandler Toy	Lily Wong	Lee Pui Ying	St. Mary's Medical Center-Asian Physician Association	
Nora Fung Yuen Toy-Chin	Linda Wong	Louie Kim Ying	S.Y. Rosewood Furniture	
Kim Hai Tran	Lucy Wong	Wong Ying	Tim Wong Martial Arts	
Janet Troussieux	Mae Wong	Doris Yip	United Commercial Bank	
Elizabeth Tsai	May Ann Wong	Shui Yung Yip	UPS	
Chi Kong Tsui	Meg Ling Wong	Clare Young	Washington High School	
Lan Ying Tung	Norman Wong	Hong-Shing Young	Washington Mutual	
Karen Ullan	Shiu Ying Wong	Anna Yu	Wells Fargo	
Philippa Ung	Wanda Wong	Yi Heng Yu	White Crane Kung Fu Studio	
Melchor Velasquez	Woody Wong	Yuet-To Yu	Yau Kung Moon	
Marlette Viray	Yet Ying Wong	Stella Yuen	Yip Kay Lion Dance School	

