

Golden Lines

黃金點滴



(Left) Mr. Chen YiFei's sculpture, *The Oriental Beauty*, was presented and auctioned by William Schulte.
(Right) Kudos to Ms. Jana Katsuyama and Mr. David Louie for their talents and support of SHE's Longevity Gala as Emcees.

May 7, 2016, Longevity Gala

By: Catarina Lai

This year at our 2016 Longevity Gala we celebrated a major milestone — Self-Help for the Elderly reached its 50th anniversary this year! The Gala is an annual event, but this year over 700 dignitaries and guests attended this much-anticipated Golden Anniversary celebration, which took place at the Hyatt Regency Airport in Burlingame on May 7th. The theme of the evening's program was "Generations". A special tribute was dedicated to three Golden Families (the Au Family, the Tsai Family and the Tu Family) whose involvement with Self-Help extends over four generations. In addition, three distinguished Friends of the Elderly (Ms. Eva Lai-Kit Jones, Ms. Rosalyn Koo and Ms. Linda Wang) were honored for their continuous support and care of the senior community.

The finale of the evening highlighted a fashion show with the theme Beauties from the Paintings. Performed by models from Shanghai, the show featured a collection of the traditional Chinese dresses inspired by the paintings of Mr. Chen YiFei, the late world renowned artist. Furthermore, our guests enjoyed an eventful evening which featured a silent auction, grand auction and the memorable Make a Difference moments to raise funds for the elderly communities throughout the Bay Area. The annual Longevity Gala is supported by the generosity and commitment to seniors of many corporations and individuals. We are grateful for an impactful Committee and a team of very dedicated volunteers who made the 50th Anniversary Longevity Gala an extraordinary evening for the guests.



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DONATION • 捐獻我們

Self-Help for the Elderly welcomes all donations! For further additional information, please contact our Fund Development Director Josephine Ma at 415-677-7668 or visit our website at www.selfhelpelderly.org. Memorial donations and other donations in honor of your friends and family are welcome!

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

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

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



VOLUNTEER WITH US • 成為義工

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

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

CONTACT US 聯繫我們

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Mission

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

安老的使命

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

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二零一六年迎福長壽宴

文: Kammy Kwan

二零一六年度的迎福長壽宴於五月七日晚在三藩市機場附近的柏林甘 (Burlingame) 凱悅酒店 (Hyatt Regency) 隆重舉行。該晚宴是安老一年一度的活動，但今年是安老一個重要的里程碑 - 慶祝安老自助處成立五十週年！

當晚宴會超過七百多位政界人士、嘉賓和安老好友蒞臨出席這個我們期待已久的金禧紀念慶典，當晚的主題是「代代相傳」。大會特別向三個「黃金家族」（歐氏、蔡氏及杜氏）致予敬意，讚揚三個家族在多年來一直對安老公益事務的支持及參與，其義務延續至他們年輕的一代，代代相傳。同時，大會亦頒發感謝狀給予三位傑出「長者之友」（梁勵潔女士、顧陳晉明女士和黃妙繆瑩女士），感激她們多年來對安老長者們的支持和關愛。透過無聲拍賣、盛大拍賣和 Make a Difference 等環節籌集善款幫助灣區的長者們。

迎福長壽晚宴在時裝匯演「人從畫中來」的典雅和寧靜中悄悄落幕。來自上海的模特兒身穿中國傳統的服飾，緩緩地從畫框走出，展現古典的東方美。舞台的設計和時裝表演的靈感來自已故世界著名藝術家陳逸飛先生的繪畫。感謝表演的嘉賓為我們帶來一個精彩的晚上。

最後，我們感謝多位慷慨和關愛長者的人仕和商界對一年一度的迎福長壽宴的支持。當然，迎福長壽晚宴能完滿成功還是有賴我們台下強勁的迎福長壽晚宴籌委會、敬業的義工團隊和慷慨的善長人仕一起為大家創造一個不平凡的五十週年迎福長壽晚宴。



Our twenty-five cohort custodial training students gathered together to celebrate their graduation with our staffs and guests (Left to Right 左至右) : Alison Chan Career Advisor at Self-Help for the Elderly; Winnie Yu, Director of Program Development & Compliance at Self-Help for the Elderly; Keith Choy, CCSF instructor; Kit Dai, Interim Dean at CCSF, Chinatown Campus.

The 5th Cohort Custodial Training Graduation on April 21, 2016

By: Annie Lee

Our three-month custodial training was held at City College of San Francisco (CCSF) Chinatown/North Beach Center. Through instruction facilitated by CCSF Instructors, students attained skills in the fundamentals of training in tool use; equipment, chemical and personal safety; use of proper and appropriate cleaning and maintenance equipment and supplies; and proper handling of diverse chemicals. Led by Self-Help for the Elderly, the sector-specific job readiness training is incorporated in the curriculum and provided students with the skills necessary to be competitive for employment.

A total of 25 participants attended the cohort custodial training which began on January 20, 2016. The program ended on April 21, 2016. A month after graduation, 16 participants were offered employment opportunities.

For further information about training, please contact:
要了解更多培訓課程的詳情，請聯繫: Winnie Yu

T: 415-677-7500 E: winniey@selfhelpelderly.org

第五屆清潔培訓班於二零一六年四月二十一日畢業

文: 李靜宜

為期三個月的清潔培訓班在三藩市城市大學的華埠校內舉行。由三藩市城市大學教員教習，清潔培訓班的學生學到如何適當地採用、清潔和維修設備及用品、妥善處理化學物品、以及工作上的安全知識。此外，透過安老自助處的參與，在培訓過程中注入特別課程，教導學生在尋找工作上所需的知識和技巧。為學生提高競爭力及爭取就業機會。

由二零一六年一月二十日開始至四月二十一日結束的第五屆清潔培訓班當中，一共有二十五名學生完成了培訓。畢業一個月後，已有十六名畢業生找到工作。



CHINATOWN NEIGHBORHOOD ACCESS POINT
華埠就業中心



Launch of the Community Ambassadors Chinatown Safety Project

By: Catarina Lai

Over 100 dignitaries, residents and guests gathered at Portsmouth Square in Chinatown on April 5th to celebrate the 5th anniversary of the Community Ambassadors Program (CAP) and to welcome six bilingual Community Ambassadors to Chinatown in San Francisco.

Developed and operated by the Office of Civic Engagement & Immigrant Affairs, the CAP is a community safety and neighborhood engagement job training program which hires and trains neighborhood residents to provide a visible, street-smart safety presence in the area.

The celebration was attended by city officials including Mayor Edwin Lee; Supervisor Aaron Peskin; San Francisco Police Chief Gregory P. Suhr; Dr. Joseph E. Marshall, Jr., broadcaster and community activist; Naomi Kelly, San Francisco's City Administrator; and Adrienne Pon, Executive Director of the Office of Civic Engagement and Immigrant Affairs.

The Community Ambassadors are true ambassadors of the community. They are city residents who are familiar with the neighborhoods in which they work. Furthermore, they understand the diverse cultures and languages of their assigned neighborhoods. The ambassadors are required to attend several days of training with the San Francisco Police Department that prepare them to face challenges and possible situations. In addition, they work closely with Alert 311 and the city departments.

Donned in the recognizable yellow jacket with the Seal of San Francisco, the Community Ambassadors promote safety and engage neighborhood residents, visitors and workers through their services. Mayor Lee, Supervisor Peskin and Chief Suhr encouraged everyone to greet and thank the Community Ambassadors next time we see them in action – safely escorting residents; providing directions and general assistance to visitors and those in need; and informing the public about city services and programs.

To request Safety Escorts and Immediate Needs from the Community Ambassadors in Chinatown, please contact the field team leader at (415) 652-7822.

《社區大使計劃》 抵達三藩市華埠

文：黎思敏

二零一六年四月五日，超過百名政要，居民及來賓出席在華埠花園角廣場舉行的活動，為慶祝「社區大使計劃」（CAP）成立五週年，並歡迎六位雙語社區大使來臨三藩市華埠。由民政及移民辦事處（Office of Civic Engagement & Immigrant Affairs 又名 OCEIA）策劃及經營，「社區大使計劃」是一項鄰里參與社區安全的職業培訓計劃，該計劃聘請和訓練居民，提供明顯的街道安全環境。

出席慶祝活動的市官員包括市長李孟賢、市參事佩斯金、三藩市警察局長蘇爾、廣播員和社區活躍人士 Joseph E. Marshall, Jr. 博士、市府行政官卡莉（Naomi Kelly）和民政及移民辦事處行政總監黃燕玲等。

社區大使是真正的社區形像大使。他們是附近的居民，熟悉所派駐的社區及了解該區的文化和語言。此外，每位社區大使必須參與在三藩市警察局的數天訓練，熟習準備面對緊急事件及挑戰，此外，他們還與警報311及不同市府部門密切合作。

身穿印有三藩市印鑑的黃色外套作識別，社區大使的工作是宣傳安全，並通過他們的服務與附近居民、遊客和上班一族作互動。市長李孟賢、市議員佩斯金和警察局長蘇爾鼓勵大家在街上遇見社區大使時，不論在護送居民、幫助遊客和有需要人仕、或解答公眾有關城市服務和計劃中，不防與社區大使打招呼。

欲申請華埠社區大使的安全護送或緊急需求，請聯絡地僅團隊隊長，電話 (415) 652-7822。



Jackie Chan Center, Adult Day Services 20th Anniversary Celebration

By: Jenny Tran

On June 7, 2016, Jackie Chan Center's Adult Day Services celebrated its 20th Anniversary at the center. The event opened with a ribbon-cutting ceremony for the renaming of the center's gym by Beverly Lee and family. The center's gym has been renamed to honor the late Jerry Lee, Board Member of Self-Help for the Elderly who was a dedicated supporter of Self-Help for the Elderly.

The festivities continued with vibrant dance and vocal performances by staff members, volunteers and participants. Participants and guests enjoyed the joyous atmosphere of this special day as some participants have been with the center for more than fifteen years. Anni Chung, President & CEO of Self-Help for the Elderly, gave a heartfelt speech about the importance of Adult Day Services to the community. Long-term dedicated supporters including Eva Jones, Dr. Lee Tat Chan, Geck Choo Lien and Betty Louie, one of the founders of the Robert Joseph Louie Memorial Fund, were also honored with recognition awards.

With almost one hundred guests and participants, the event concluded with a champagne toast to appreciate and thank all of our community partners, guests, donors, and staff for supporting the Jackie Chan Center, Adult Day Services throughout all these years!

成龍日間護理中心二十週年慶典

譯: 伍麗琮

六月七日，成龍日間護理中心慶祝成立二十週年，盛典序幕由李陳綺玲及家人為中心運動室命名進行剪採儀式。該儀式是特別為紀念已故安老前董事李健權先生前致力支持安老自助處，推動捐贈活動來增建日間護理中心設施。

慶典在工作人員、義工及參加者的喜氣洋洋舞蹈及歌聲下進行。在歡樂的氣氛中，參加者及嘉賓渡過了特別的一天，賓客當中，有超過參與中心服務十五年之久的長者，安老自助處行政主任鍾月娟的由衷的致詞道出有關日間護理服務對社區的重要性，此外，梁勵潔女士、陳理達醫學博士、連玉珠女士及代表雷氏基金會的雷碧珍女士亦獲頒發獎牌以作表揚，鳴謝他們的熱心公益及多年來支持日間護理中心。

在慶祝活動的尾聲，我們與在場的百位賓客一起舉杯祝酒及品嚐生日蛋糕，感謝各社區人士、嘉賓、善長、合作夥伴及工作人員對成龍日間護理中心的多年支持。



Asian Art Museum Field Trip

By: Jackie Liu

36 senior residents from Lady Shaw Senior Housing and 4 staff went on a field trip to the Asian Art Museum in San Francisco on May 13, 2016.

The seniors were excited since it was their first visit to the Asian Art Museum. They took pictures in front of the museum and at the City Hall across the street. The participants were divided into three groups, each led by a Lady Shaw staff member. The exhibition consisted of multiple themes. The second floor had galleries of China, Korea, and Japan. The third floor highlighted arts from Southeast Asia and the Himalayas. The seniors were amazed by all the different displays, such as the Buddhist statues, ancient Asian clothing, Chinese jade and pottery collections, paintings, etc. They also took plenty of pictures as they toured the exhibition halls.

Many seniors were happy that they could read the Chinese descriptions and learn about the artifacts. They mentioned that they had seen many antiques and treasures on television; however this was the first time to see the precious articles in real life. After all, this was an eye-opening field trip for the participants and they enjoyed it immensely.

亞洲藝術博物館之旅

譯: 蔡瑞芳

五月份的亞洲藝術博物館之旅，我們一共有三十六名住客和四位職員參加。

今次是長者們第一次參觀亞洲藝術博物館，所以大家都懷著非常興奮的心情前往博物館。首先我們在博物前面及市府後面合照留念。然後我們兵分三路，每隊由一位職員帶領。在職員的帶領下大家先前往二樓的中國、韓國及日本的展覽廊參觀。之後再往三樓的東南亞和喜馬拉雅等地區的展覽廊。長者們對展品都讚嘆不已，展覽廊裏面有數之不盡的佛像，古代的服裝、各種玉器、瓷器和書畫。大家一邊參觀一邊拍照留念。更令人興奮的是很多展覽品都注有中文解釋，長者們可以自己慢慢欣賞。很多長者都表示曾經在電視看過相似的古董及寶藏，但這次是第一次親眼看到真品。總括而言，這活令大家大開眼界，而且非常享受這項特別活動。

HICAP SF Volunteers Appreciation Luncheon

By: Miguel Martinez

Thank you, HICAP SF Volunteers!

On the afternoon of June 2nd, San Francisco HICAP held its Volunteer Recognition Luncheon for 30 guests. Volunteers, representatives from Office on the Aging, Self-Help for the Elderly staff and community members gathered to thank volunteers who generously dedicated their time to helping Medicare beneficiaries with counseling, advocacy, and other activities over the past year. Lunch was provided while Denise Cheung, Director of Office on the Aging and County Veterans Service and Anni Chung, the President and CEO of Self-Help for the Elderly spoke. Five volunteers received an award presented by HICAP Manager, Miguel Martinez. A raffle with prizes donated by Senior Medicare Patrol (SMP) concluded the Luncheon. Thank you all for making the event possible.



三藩市聯邦醫療保險顧問和促進權益計劃 (SF HICAP) 義工嘉勉午餐

譯: Karen Lo

向三藩市聯邦醫療保險顧問和促進權益計劃 (HICAP) 義工致謝! 三藩市 HICAP 義工嘉勉聚餐於六月二日午間舉行，約有三十位人士出席。義工朋友、長者服務辦事處官員、安老自助處代表及推行計劃的團隊成員聚首一堂，讚揚義工們在過去一年慷慨獻出寶貴的時間，透過提供顧問服務、倡導和其他活動竭力幫助聯邦醫療保險受惠人士。餐會上，三藩市長及縣退伍軍人服務辦事處董事 Denise Cheung 女士和安老自助處行政總監鍾月娟分別致辭勉謝。

五位義工獲三藩市 HICAP 項目經理 Miguel Martinez 頒發長期服務獎。是次聚餐幸獲聯邦醫療保險巡查隊 (SMP) 贊助禮品，午宴最後以抽獎環節作圓滿結束。衷心感謝所有參加者的支持 使今次的午宴聚餐得以成功舉行。



祝賀葉柳芳女士榮獲頒發亞太裔傳統獎

譯: 伍淑儀

二零一六年五月十日, 營養及康樂中心部熱烈地祝賀葉柳芳女士榮獲由三藩市市政府第四區市參事湯凱蒂頒發的亞太裔傳統獎。

五月是亞太裔傳統月— 特別是為慶祝亞太裔的歷史傳承和多元化, 以及促進社區文化鑑賞和合作關係。此獎項專門為了讚揚向社會提供優秀和寶貴服務的人士。葉柳芳目前是安老自助處日落區康樂中心的負責人, 每天鏗而不捨地服務約一百名長者。她已經在安老自助處工作了十三年!

「能夠獲得這個獎項, 我感到非常高興。這是非常意外的, 我從來沒有想過。我盡我所能去做好我的工作, 但另一方面, 我很感謝長者們的支持。如果我努力了, 但沒有他們的支持, 結果可能不會一樣。」葉柳芳說。

她的努力, 勤奮, 和對長者無微不至的照顧就是證明, 我們非常感激她對安老自助處的卓越付出。謝謝妳葉柳芳, 為安老所做的一切及多謝湯市參事!

Self-Help for the Elderly team attended the congratulatory reception of Shireen McSpadden as Executive Director of Department of Adult & Aging Services (DAAS) at Destino on June 13, 2016.

在六月十三日, 二零一六年, 安老自助處的團隊到訪三藩市Destino餐廳恭賀Shireen McSpadden 正式成為長者及成人服務局 (Department of Adult & Aging Services) 的執行董事。

Congratulations APA Heritage Month Honoree, Stella Ip!

By: Angela Hui

The Department of Nutrition and Senior Centers is proud to congratulate our own Stella Ip, who was recognized as a 2016 Asian Pacific American (APA) Heritage Month Honoree on May 10th at City Hall in San Francisco by District 4 Supervisor Katy Tang.

May was APA Heritage Month -- it was a time dedicated to celebrating the diverse history and heritage of Asian Pacific Americans, as well as to promote cultural appreciation and partnerships in the community. The certificate honors individuals who provide outstanding and invaluable services to the community.

Stella is currently the center coordinator at Self-Help for the Elderly's South Sunset Senior Center, unfailingly serving about a hundred seniors per day. She has been working at the agency for thirteen years!

"Being able to receive this award, I feel very happy. It was very unexpected; I never thought about it. I've put in my hard work certainly, but on the other hand, I am appreciative of the support from the seniors. If I put in effort, but don't have their support, the results may not be as apparent," said Stella.

Her hard work, diligence, and genuine care for seniors is evident, and we are grateful for her outstanding services at Self-Help for the Elderly. Thank you, Stella, for all that you do and thank you, Supervisor Katy Tang!



(Left to Right 左至右): Leny Nair, Anni Chung, Shireen McSpadden, Kelly Chew, Jackie Ma and Winnie Yu



Members of API Council and Congresswoman Nancy Pelosi 亞太裔委員會 (API Council) 會員和眾議院民主黨領袖南希·佩洛西合照

Celebrate Asian Pacific American Heritage Month

By: Catarina Lai

Congresswoman Nancy Pelosi met with the members from the API Council on May 31, 2016 at Nihonmachi Terrace to celebrate Asian Heritage Month. This is an annual event with Congresswoman Pelosi. At the Roundtable, the API Council brought up several issues such as immigration, affordable housing, Head Start/Child Care programs, youth programs and services/programs for seniors. Congresswoman Pelosi thanked the Council for its leadership and advocacy efforts, and pledged her support for the API community.

Lead by Co-Chairs Anni Chung and Jon Osaki, the mission of the API Council is to advocate for the needs of San Francisco's Asian American and Pacific Islander communities by conducting public policy analyses with an API lens and perspective, coordinating research and data collection, and developing and mobilizing a citywide grassroots base.

To learn more about the API Council, please visit www.apicouncil.org.

慶祝亞裔文化月

文: 黎思敏

眾議員南希·佩洛西於二零一六年五月三十一日與亞太裔委員會成員在 Nihonmachi Terrace 會面，慶祝亞裔文化月。這是亞太裔委員會與眾議員佩洛西一年一度的聚會。在圓桌會議上，亞太裔委員會提出了幾個對亞裔社區較為重要的項目，如移民、可負擔房屋、啟蒙/幼兒計劃、青少年活動和長者服務等。佩洛西感謝該組織成員的領導和宣傳工作，並承諾她對亞裔社區的支持。

由主席鍾月娟及 Jon Osaki 帶領下，亞太裔委員會的使命是提倡三藩市的亞裔和太平洋島嶼社區民眾的需求，透過注重亞太裔角度下而發展公共政策，進行研究活動和數據收集及分析，以及制定和展開全市的基層廣展。

欲知更多關於亞太裔委員會的活動和詳情，請瀏覽該網址: www.apicouncil.org。





(Front-Left to Right 前排：左至右) Li-Ching Lee Chu, Meal Volunteer; Barbara Why, Volunteer Teacher; Susan Kwok, Nurse; Muoi Tat, Front Desk Volunteer; Ken Lai, Volunteer Teacher. (Back: Left to Right 後排：左至右) Kelly Chew, Nutrition Director; Mandy Chang, Volunteer Teacher; Chin Chao, Volunteer Teacher; Zhen Shan Wang, Tai Chi Instructor; Jamie Chen, Volunteer Teacher; Yezhi Ma, Meal Volunteer; Rong Gen Li, Volunteer Teacher; Wen Hsiung Lee, Meal Volunteer; Lina Pan, Program Coordinator Lead; Amy Wu, Meal Site Worker.

Inspiration Day – Volunteer & Retired Staff Recognition Party

By: Lina Pan

Santa Clara Senior Center in Cupertino site had a wonderful day on 3/31/2016. We had a special party for the staff to show our appreciation to our volunteers and retired colleagues.

We acknowledged 22 volunteers, including 10 ESL teachers, a karaoke DJ, a nurse, a Tai-Chi master, a barber, a masseuse, meal program volunteers, a bakery bread donor and an office lease donor. They have devoted their time, talent, and passion for years. We wouldn't be able to serve our clients well without them.

There were also 12 retired colleagues at the party who seldom get the chance to spend time with us, so we wanted to extend our gratitude to them at the party. Mrs. Zhang, the eldest lady at 92 years old, took a taxi and came with her walker. Mr. Chen, 90 years old, is still healthy and strong. Virginia Chan was our program manager, and she looks as young as she did many years ago. Amy Di was a site manager and is now busier than before. She coordinates a folk dance group with frequent performances. Mr. Ma was a SCSEP worker and is now a volunteer here. He rides on three bus routes to come help at our Cupertino site.

Self-Help for the Elderly is our family. We grew up here, we made friends here, and we treasure both our clients and our friendship.

歡欣鼓舞的一天 義工表揚及退休員工歡聚

By: Lina Pan

這是一個特別的日子，安老自助處庫柏蒂諾中心僅為員工義工開放，在員工義工受訓之後，展開感謝義工的表揚茶會，並邀請了所有退休員工歡聚一堂。

我們表揚了二十二位義工，其中包含十位英文老師，另有卡拉OK的音控師、護士、太極師傅、理髮師、推拿師、餐點助手、捐贈麵包的餅家及提供辦公室的業主等等。感激他們多年來奉獻時間，熱忱與才華，才使我們得以為社區的長者們提供更優質的服務。

為了表達安老自助處對已退休的員工仍感懷念，我們特別邀請所有可聯絡得到的舊同事們蒞臨歡敘，當天共有十二位退休的員工回娘家，機會實屬難能可貴。其中包括年紀最長九十二歲的張太太拄著拐杖，搭計程車前來，九十歲的陳先生仍是老當益壯，我們的經理何雪媚風華不減當年，中心負責人邱瑞倩比以往更忙碌，編舞、教舞、帶領舞團四處演出，馬先生退休後一直留在中心當義工，每天轉三趟公車才到達中心，卻樂此不疲。

安老自助處就像我們的家，在此我們互助成長，建立友誼，我們關愛每位長者並珍惜彼此的情誼。

Social Services Program Elder Abuse Awareness

by Addison Lee, Elder Abuse Case Manager

How much do you know about Elder Abuse?

Every year, over 6 million seniors are abused and neglected in the United States. About 10% of elder abuse cases take place in the state of California. There are many forms of elder abuse. In general, elder abuse may be defined as:

- Physical Abuse - Causing physical harm and suffering on an elderly person such as slapping, pushing, bruising and sexual molestation.
- Psychological and Emotional Abuse - Inflicting emotional pain and fear through humiliation and intimidation.
- Financial Exploitation - Stealing and taking advantage of an elderly person's financial assets.
- Abandonment - Desertion of an elderly person by a caretaker.
- Isolation - Forbidding contacts and associations with family members and friends.
- Neglect - Caretakers fail to provide food, shelter and clothing that cause malnutrition, poor hygiene and other health and safety risks.
- Self-neglect - Elders fail to perform self-care tasks that contribute to poor diet and hygiene.

90% of the elder abuse perpetrators are family members, neighbors, caretakers, and landlords. Many abuse cases are underreported because many seniors are afraid of retaliation and abandonment. The abusers may have direct control over their food, shelter and finance. Many elders are embarrassed for allowing themselves to get involved in an abuse situation. They like to believe that they are capable of taking care of themselves. Some elders refused to report abuses because of language barriers and cultural factors that undermine the abuses.

As concerned citizens, we should be vocal about this issue and promote community awareness to tackle this ever-increasing problem. The warning signs of abuses could be bruises, burns, broken bones, bed sores, depression, a sudden withdrawal from everyday activities, and frequent occurrences in financial losses. If you have suspicions of elder abuse, please contact the 24-hour Adult Protective Services at 800-814-0009 or 415-355-6700, or reach out to the Self-Help for the Elderly's Social Services Department at 415-677-7585.

Information obtained from Adult Protective Services (APS) Alameda office
資源來源:成人保護服務處 (阿拉米達辦公室)



06.15.2016

World Elder Abuse Awareness Day
世界虐待老人關注日



**Elder Abuse
Awareness**

社會服務部-認識長者被虐待

文: Addison Lee 李先生, 被虐個案管理專員

你知道多少有關長者被虐待嗎?

在美國, 每年有超過六百萬名長者被虐待和忽視。大約百分之十的虐待長者個案發生於加州。亦有多種虐待長者的例子。一般情況下, 被視為虐待老人的定義分為如下:

- 身體虐待: 導致長者受到身體上的傷害和痛苦, 例如: 掌 摑, 推撞, 瘀傷和性騷擾。
- 心理/情緒虐待: 通過羞辱和恐嚇造成情緒上的痛苦和恐懼。
- 財產剝奪: 偷竊和使用長者的資金、財物、或其他資產。
- 遺棄: 看護人員跑掉, 疏忽照顧長者。
- 孤立: 有意阻止長者與家人和朋友接觸。
- 疏忽: 看護人員不能給長者提供食物, 住所和衣服, 而造成營養不良, 衛生條件低劣和其他違害健康及安全的情況。
- 自我忽視: 長者不能自理而導致營養不良和衛生條件惡劣。

對於虐待長者的肇事者而言, 百分之九十都是家庭成員, 鄰居, 護理人員和屋主。許多虐待案件極少舉報, 因為許多長者害怕報復和被遺棄。施虐者可能會直接掌控長者的飲食, 住屋和金錢。許多長者都不好意思講述自己被虐待的情況。他們願意相信, 自己有能力照顧自己。一些長者因為語言障礙和文化因素而拒絕舉報。

我們市民應該關注這些日益嚴重的問題, 並推動社區來解決長者被虐待的問題。長者被虐待之線索或徵兆為瘀傷, 燒傷, 骨折, 褥瘡, 抑鬱症, 突然停止從事日常活動, 以及頻繁發生經濟損失。如果你有長者被虐待的懷疑, 請致電二十四小時成人保護服務專線 800-814-0009 或 415-355-6700。亦可致電安老自助處社會服務部 415-677-7585。

Self-Help for the Elderly Being Honored as a NonProfit of the Year

By: Catarina Lai



On June 22, Self-Help for the Elderly was honored as a Nonprofit of the Year at the first-ever California Nonprofits Day celebration at the California State Capitol. Four representatives from Self-Help for the Elderly joined other nonprofit leaders from across the state to be honored at this inaugural California Nonprofits Day event.

The recognition was bestowed upon Self-Help by Assemblymember Philip Ting as an exceptional nonprofit organization in his district. Assemblymember Ting presented Self-Help representatives with a resolution from the California State Assembly commemorating the organization's history and accomplishments.

The award ceremony took place at the Assembly Chamber, followed by a luncheon at Sacramento's Sheraton Grand Hotel, with presentations from Darrell Steinberg, Sacramento Mayor-Elect and former Senate President Pro Tempore; Assemblymember Rich Gordon; and Jan Masaoka, CEO of the California Association of Nonprofits (CalNonprofits).

"We are truly honored to receive this award this year to celebrate our 50th Anniversary," said Anni Chung, President and CEO, as she shared this exciting news with the staff later in the afternoon at Lady Shaw Senior Center. The team was thrilled and particularly inspired by the significance of the recognition. We are dedicated to promoting the independence, dignity and self-worth of older adults. This recognition wouldn't have been possible without the continuous support of our staff, volunteers, benefactors and friends which enables us to achieve our mission and strive for better care for our seniors. We are proud to be able serve the senior community for so many years and it is our goal to provide a continuum of services to assist seniors and their families to enhance their quality of life. We are extremely grateful for this recognition.



安老自助處 榮獲非牟利機構年度獎

文: 黎思敏

六月二十二日安老自助處榮獲非牟利機構年度獎，四位安老自助處代表及其他加州非牟利機構領導者親臨州議大樓，參加首屆非牟利機構慶祝活動。

安老自助處代表獲州眾議員丁右立頒發非牟利機構表揚獎狀及加州議會決議，紀念該組織的歷史和成就。頒獎儀式於州議會上舉行，隨後各得獎機構代表及賓客出席在喜來登大酒店舉行的午宴，宴會上，沙加緬度市長當選人及前臨時參議長 Darrell Steinberg 發表主題演講，此外，大會亦被頒發獎項給州眾議員 Rich Gordon，節目由加州非牟利組織協會 (CalNonprofits) 的執行長 Jan Masaoka 的演詞作結束。

在州府的慶祝活動結束後，我們的行政總監鍾月娟馬上趕回在邵逸夫爵士夫人中心舉行的職員隔月例會，將這令人振奮的消息與各同事分享，鍾月娟表示我們安老自助處在慶祝金禧的一年，非常感謝獲得這項榮譽，在場的同事都非常興奮，因機構為長者們及社區服務而受表彰，這意義重大，並啟發及鼓勵大家繼續努力。

安老自助處致力於增進長者的獨立，尊嚴及自我價值。在此我們感激長期支持我們的工作人員、義工、善長和朋友使我們能夠實現我們的使命，爭取更好的資源為長者服務。我們能為長者及社區服務多年而感到自豪，我們的目標是繼續幫助長者及家人提高他們的生活質素。安老自助處非常感激獲頒這殊榮。



Self-Help for the Elderly Locations

安老自助處服務地點

Main Office

731 Sansome St. Suite 100
San Francisco, CA 94111
415-677-7600

Adult Day Services

Jackie Chan Senior Center
408 22nd Ave.
San Francisco, CA 94121
415-677-7556

Affordable Housing for Independent Seniors

Lady Shaw Senior Housing
1483 Mason St.
San Francisco, CA 94133
415-677-7572
Lincoln Court Senior Apartments
2400 MacArthur Blvd.,
Oakland, CA 94602

Chinatown Neighborhood Access Point

601 Jackson St.,
San Francisco, CA 94133
415-677-7500

Health Insurance Counseling & Advocacy Program (HICAP)

San Francisco HICAP
601 Jackson St., 2nd Floor,
San Francisco, CA 94133
1-800-434-0222
San Mateo HICAP
1710 S. Amphlett Blvd., #100,
San Mateo, CA 94402
650-627-9350

Technology and Information Empowerment (TIE) Centers

San Francisco TIE Center
601 Jackson St., 2nd Floor,
San Francisco, CA 94133
415-677-7530
San Mateo TIE Center
50 E. 5th Ave.
San Mateo, CA 94401
650-342-0822

Alameda Senior Center Lincoln Court

2400 MacArthur Blvd.,
Oakland, CA 94602
510-336-0144

Santa Clara Senior Center Good Shepherd Christian Church

940 S. Stelling Rd.,
Cupertino, CA 95014
408-873-1183

San Francisco Senior Centers

Geen Mun Senior Center
777 Stockton St.
San Francisco, CA 94108
415-391-3843
Jackie Chan Senior Center
5757 Geary Blvd.,
San Francisco, CA 94121
415-677-7571
John King Senior Center
500 Raymond Ave.,
San Francisco, CA 94134
415-239-9919
Lady Shaw Senior Center
1483 Mason St.,
San Francisco, CA 94133
Manilatown Senior Center
848 Kearny St.,
San Francisco, CA 94108
415-398-3250
Mendelsohn House Senior Center
737 Folsom St.,
San Francisco, CA 94107
415-243-9018
South Sunset Senior Center
2601 40th Ave.,
San Francisco, CA 94116
415-566-2845
Southeast Asia Senior Meal Program
315 Turk St.,
San Francisco, CA 94102
415-920-1357
West Portal Playground Clubhouse
131 Lenox Way,
San Francisco, CA 94127
415-753-7058

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

San Mateo Senior Centers

San Mateo Center
50 E. 5th Ave.,
San Mateo, CA 94401
650-342-0822

Residential Care Facilities for the Elderly

Autumn Glow
654 Grove St.,
San Francisco, CA 94102
415-934-1622

Social Services

Case Management Services

601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7588

Citizenship Services

601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7590

Geen Mun Center

777 Stockton St.,
San Francisco, CA 94108
415-677-7553

Housing Services Program

601 Jackson St., Basement,
San Francisco, CA 94133
415-677-7587

San Mateo Center

50 E. 5th Ave.,
San Mateo, CA 94401
650-342-0822

Citizenship, Civics & ESL Classes

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

733 Kearny St.,
San Francisco, CA 94108
5757 Geary St.,
San Francisco, CA 94121
500 Raymond Ave.,
San Francisco, CA 94134
1490 Mason St.,
San Francisco, CA 94133

Self-Help for the Elderly Funders

安老自助處資助單位

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

Asian Pacific Fund

California Department of Aging

California Department of Education

California Department of Transportation

California Employment Development Department

California Healthcare Foundation

California Public Utilities Commission

Chinese Community Health Care Association

Chinese Community Health Plan

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San Diego Gas & Electric

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San Francisco Department of Public Health

San Francisco Foundation

San Francisco Human Services Agency

San Francisco Mayor's Office of Housing

San Francisco Office of Economic
and Workforce Development

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San Mateo County Department of Aging
and Adult Services

Santa Clara County Department of
Human Relations

Santa Clara County Social Services Agency

SCAN Health Plan

Silicon Valley Community Foundation

Southern California Edison

Southern California Gas Company

U.S. Department of Housing
and Urban Development

United Way Silicon Valley

Veolia Transportation

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

Please know that your support is greatly appreciated.

Self-Help for the Elderly is grateful to its many funders, both government and private sources and wishes to thank the following organization for their generous support of our program. Self-Help for the Elderly operates under 501 (c) (3) regulations. All donations, contributions, pledges, in-kind donations and gifts are tax-deductible to the extent of the law.

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations of \$50 or more from individuals, for the period **March 24, 2016** to **June 17, 2016**.

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Chinese Community Health Plan
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Donations of \$50 or more from individuals, for the period **March 24, 2016** to **June 17, 2016**

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