



Longevity Walkathon & Fair

PLEASE PRINT LEGIBLY

Name of Walker _____ Team Name _____
 Address _____ City _____ State _____ Zip _____
 Email _____ Telephone (Home) _____ (Cell) _____

No.	Last Name	First Name	Complete Address (Address, City, State, Zip)	Pledge	Amount Received/ Receipt Number
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
TOTAL ENCLOSED					
MATCHING GIFT					

PLEASE PRINT LEGIBLY

Last Name _____
 First Name _____
 Address _____

 City _____ State _____ Zip _____
 Email Address _____
 Day Phone _____
 Evening Phone _____

I am a Senior Adult Youth (under 18)
 Male Female

I will walk in
 as an individual
 with a team: _____
 team captain: _____

I am unable to walk but:
 will donate \$100 \$75 \$50 other: _____
 would like to volunteer

Please send additional materials:
 _____ Flyer(s) _____ Pledge Form(s)

Please fax this form to 415-296-0313
 Attn: Self-Help for the Elderly-Fund Development

Waiver and Release of Liability

I hereby waive all claims against Self-Help for the Elderly, sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature _____ Date _____

Parent or Guardian's signature if under 18 _____ Date _____

 Schedule

Registration 9 a.m.

Walkathon Begins 10 a.m.

Entertainment & Refreshment to follow

 Walkathon Route



We are grateful for your support and participation. Share your walkathon moments with your friends, family and loved ones.

#shewalkathon.



731 Sansome Street, Suite 100
San Francisco, CA 94111



Self-Help for the Elderly's 50th
Longevity Walkathon & Fair

Date & Time: October 8, 2016, Saturday 9:00 am

Location: San Francisco Portsmouth Square





WHO ARE WE

Self-Help for the Elderly began providing services in 1966 to assist very low income, socially isolated seniors in San Francisco's Chinatown. Today it serves approximately 35,000 seniors in four counties: San Francisco, San Mateo, Santa Clara and Alameda. Its growth and longevity can be attributed to its ability to respond to each new generation of seniors: to their changing interests, to their needs as they age and to their requests to provide services in locations where needs are not being addressed. This willingness and flexibility, along with quality service, has served as a catalyst to enter new areas of services.

OUR MISSION

Self-Help promotes the independence, dignity and self-worth of seniors by providing a comprehensive range of multicultural and multilingual services. These services, adhering to a wellness continuum, are designed to empower seniors to make healthy lifestyle choices, enhance their standards of living and optimize the quality of life.

OUR SERVICES

Services range from social centers for seniors; employment training and placement; computer learning classes; and housing for the more independent, active seniors to non-medical in-home services; adult day health centers; residential care facilities; and licensed home health care & hospice for elder seniors needing extensive care.

The **LONGEVITY WALKATHON** is one of Self-Help's annual fundraising events. Funding sources never pay for the full cost of operating programs, so over many years Self-Help has covered the actual costs with funds raised from events such as the Walkathon. Today, with so many cuts, an event like this one becomes even more important.

Come out and join the 31st Longevity Walkathon. Walk with us, in memory or in support of someone you loved. Let us together enhance the standard of living for seniors.

How to Participate

Start Here...

- 1) Fill out the **Registration Form** and **Pledge Form**. Please make your checks payable to "Self-Help for the Elderly."

Mail to: 731 Sansome Street, Suite 100
San Francisco, CA 94111

Or fax: 415-296-0313

Attn: Self-Help for the Elderly-Fund Development

OR

Fill out the Online Form at

www.selfhelpelderly.org/wp-content/uploads/2016/08/2016-Longevity-Walkathon-Form.pdf

- 2) Sign up sponsors. Ask your family, friends, co-workers, neighbors and business to be your sponsors.
- 3) **Walk with us on October 8, 2016!** If you have not submit your Pledge Form and donations, remember to bring them with you to the Walkathon registration area.

Group Teams

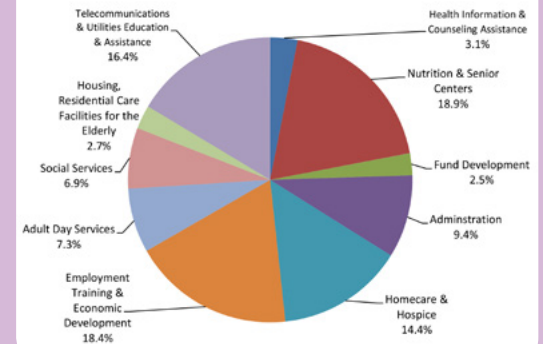
Companies, schools, groups and organizations with more 10 people are encouraged to form as a walking team.

Gifts

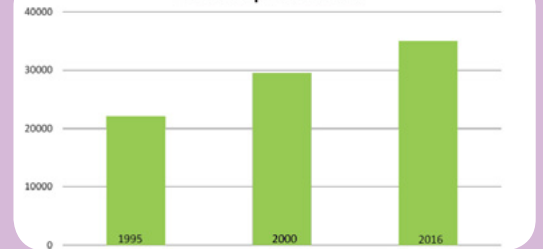
- **Adult Walkers (18-54 years)**
Raise \$50 or more, get a free Walkathon T-shirt.
- **Senior Walkers (55 years and above) & Youth Walkers (17 and under)**
Raise \$25 or more, get a free Walkathon T-shirt.

Your Contributions at Work!

Operating Budget 2016-2017



Self-Help's Clientele



Nutrition Program – Provided 360,000 hot meals and other supportive services in 14 different locations in San Francisco, San Mateo, Santa Clara counties. We also provide 113,000 home delivered meals to seniors and younger adults with disabilities.

HomeCare & Hospice – Provided 15,000 quality home health and hospice visits to the community to assist the patient and their family in optimizing their quality of life.

Social Service – Provided personal and family services to over 21,000 clients annually.

Employment Training and Economic Development – Provided employment training to 436 low-income adults, dislocated workers, and older workers. The Chinatown Neighborhood Access Point received 5,239 visits from job seekers citywide and continues to provide employment services to the community.



Self-Help for the Elderly's 50th Longevity Walkathon & Fair

Saturday, October 8, 2016 | San Francisco Portsmouth Square



Police is leading seniors in the Walkathon.



Seniors show support to each other.



A team from San Mateo Center participated in the Walkathon.



Kudos to PG&E for being the title sponsor of the Walkathon.



Arts and Crafts booth at the Fair.



Capturing the best time to take a group photo.

TITLE SPONSOR

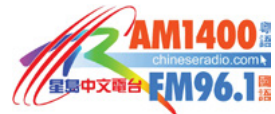


Pacific Gas and Electric Company

FOOD SPONSOR



MEDIA SPONSOR



SUPPORTERS

- Community Youth Center – Youth Program
- Expert Embroidery Services
- Luk Tung Kuen
- Portsmouth Plaza Parking Corporation
- San Francisco Fire Department
- San Francisco Police Department
- San Francisco Sheriff's Department



This is a partial list. We apologize for any error or omission of donors who contributed after publication.

Contact Us

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San Mateo County	650-342-0822
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www.selfhelpelderly.org/events Email: catarinal@selfhelpelderly.org	