

# Golden Lines

黃金點滴

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## Self-Help Birthday Bash: Double Happiness! Double the Fun!

By: Catarina Lai

The extraordinary Self-Help Birthday Bash honored two special occasions – the 70th birthday of our dear Friend and Benefactor, Dr. Dorothy Yeung, and the 50th birthday of Self-Help for the Elderly. The proceeds of this celebration benefited Self-Help for the Elderly's programs to serve the seniors. The golden birthday celebration took place at the San Francisco Scottish Rite Masonic Center on September 25th. The event consisted of an afternoon concert and an evening invitation-only dinner/dance. Thirty minutes before the show started, the 700-seat Theatre was filled with anticipated guests who came for Joe, Jr., Margaret Cheung, Cora and the Blue Star Sisters' performances. The event would not be successful without a dedicated Event Committee led by Dorothy Yeung & Jeanie Lee, Co-Chairs; Daisy Li, Pinkie

and Robert Laye, Event Committee Members; and Lydia Lau, Production Manager. The choreography was arranged by Julia Tung and presented by members of the California Line Dance Association of America.

Over 330 guests attended the Dinner and Dance. The guests enjoyed a delightful three-course menu prepared by Moonstar. Event highlights included Fundraising Karaoke with the Stars, Birthday Celebration with Dr. Dorothy Yeung, and Dancing. The evening was filled with laughter, music and good food.

A heartfelt Thank You to our sponsors: AT&T, Magnique, William & Dolores Joe, GBC International Bank, California Pacific Medical Center, Delta Airlines, Moonstar Buffet Restaurant and Skylink TV.

A consistent and generous benefactor for Self-Help for the Elderly for four decades, we are grateful for Dr. Yeung's contribution and continued support to the community. We wish Dr. Yeung a very happy birthday and a blessed year!



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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](http://www.selfhelpelderly.org). Memorial donations and other donations in honor of your friends and family are welcome!

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

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

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



## VOLUNTEER WITH US • 成為義工

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

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

## CONTACT US 聯繫我們

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

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

Follow Us 請與我們保持聯繫:    



## Mission

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

## Board of Directors Officers:

Linda Wang, *Chair*  
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## 星光熠熠賀金禧

文:黎思敏

今年的星光熠熠賀金禧盛會具有雙重意義，是慶祝安老自助處的金禧五十週年慶典外，亦是安老之友及支持者鍾月明醫師的七十大壽，盛會賀款將繼續展現她對安老的支持，捐助安老。

金禧慶祝典禮於九月二十五日在三藩市日落區的美生堂中心劇院舉行。節目分為兩部分，午間的音樂會和黃昏的餐舞會。演出前三十分鐘，演唱會的歌迷已填滿七百個座席的劇院。大家十分期待祖·尊尼亞、張國穎、Cora & the Blue Star Sisters（藍星姐妹合唱團）的演出。該活動之成功全賴一團熱心的活動委員會策劃，委員會包括共同主席鍾月明及李藝雯，李雅怡，Pinkie 和 Robert Laye 擔任活動委員，及 Lydia Lau 擔任製作經理。音樂會的舞蹈由董少英編排及美國加州排舞協會成員演繹。

超過三百三十多位嘉賓出席了黃昏的餐舞會，來賓們享用由星月宮準備的三道美味菜式。活動亮點包括：慈善卡拉OK、為鍾月明醫師賀壽環節及舞會等。整個晚宴瀰漫著笑聲、悅耳的歌聲和豐富的美食。

大會特別鳴謝盛會的各大贊助商，包括 AT&T、Magnique、William & Dolores Joe、GBC 國際銀行、California Pacific Medical Center (加州太平洋醫療中心)、Delta Airlines、月星宮海鮮自助餐廳和天下衛視。

此外，我們安老自助處值此機會答謝這位特別的朋友—鍾月明醫師，感激她對社區的貢獻及支持。四十多年來，她都一直是安老一位十分信賴的朋友、義工及善長。鍾醫師，感謝您，祝您生辰快樂！

\*攝影師 Photo Credit: Frank Jang







## 50th Celebration Luncheon

On August 18, at our 50th Anniversary Celebration Luncheon, we were thrilled to have our current and former Board, friends, staff, and longtime supporters joined us to celebrate this important moment of Self-Help for the Elderly.

Thank you for making the milestone possible. We look forward to many more wonderful journeys together!







(Left to Right 左至右): San Mateo City Council Rick Bonilla with our San Mateo Autumn Moon Festival Committee.



## San Mateo Autumn Moon Festival

By: Yvonne Leung and Zoe Wu

The 2nd Autumn Moon Festival and Kaiser Permanente Generation Walk took place at San Mateo Central Park on September 25th, 2016 with over 200 participants.

A one-mile walk in the beautiful Central Park, the Generation Walk for Wellness promoted healthy living for all generations. Followed by the walk, the participants were invited to the festival and enjoyed some outdoor performance, lion dance, food, and family activities.

We thanked Kaiser Permanente and Visa Inc. for supporting this event. In addition, we were grateful for the contributions from individual walkers and organizations like Carelinx, CertaPro, Downtown San Mateo Association, East West Bank, Faenzi & Associates, KW Realty, Kwan Yin Hair Salon, Law Offices of Amy Laughlin, Mid Peninsula Village, The Peninsula Regent, Sunrise San Mateo, Synergy Homecare, San Francisco Credit Union, Three Restaurant, Windy Hill Property Ventures, and YMCA Peninsula. The proceeds acquired from the festival would benefit Self-Help for the Elderly.

A special thanks to AA Bakery in San Francisco for providing mooncake samples at the event.



## 聖馬刁中秋節活動

譯: 黎思敏

第二屆中秋節和 Kaiser Permanente 步行籌款活動於二零一六年九月二十五日在聖馬刁中央公園舉行, 有超過二百人參加。

長達一英里的步行活動, 沿著美麗的中央公園而行, 該活動是推動健康生活的態度, 讓祖父母、爸媽、孩子們、朋友們一起來參加。步行活動結束後, 中秋節慶祝活動隨即舉行。節目包括戶外表演, 舞獅, 各式美食和家庭活動。

在此鳴謝 Kaiser Permanente 和 Visa Inc. 兩大機構的支持。此外, 我們亦非常感激各善長們, 和以下組織的參與及捐助。包括 Carelinx、CertaPro、聖馬刁市中心協會、華美銀行、Faenzi & Associates、KW 房地產、Kwan Yin 髮廊、Law Offices of Amy Laughlin、Mid Peninsula Village、The Peninsula Regent、Sunrise San Mateo、Synergy Homecare、San Francisco Credit Union、Three Restaurant、Windy Hill Property Ventures 和 半島 YMCA。活動收益將捐助安老自幫處。

最後, 特別多謝永興餅家, 為大家提供月餅試食。



Monday, August 29, 2016

## 2016 Invitational Charity Golf Tournament

Sharon Heights Golf & Country Club

# 國泰銀行

## 第十二屆慈善高爾夫球賽

二零一六年 | 八月二十九日 | Sharon Heights Golf & Country Club | Menlo Park



CATHAY BANK



The 12th Cathay Bank Invitational Charity Golf Tournament took place at Sharon Heights Golf & Country Club in Menlo Park on August 29 (Monday). Registration began at 10 am. Each guest received an exquisite gift bag which included a pair of golf shoes.

About 6 pm, after the golf tournament was completed, 200 guests met again at the banquet hall to enjoy the evening together over fine wine and a 3-course meal. During the dinner, Eric Cheung, Committee Chair and representative from Cathay Bank, presented checks to three community-based organizations: Self-Help for the Elderly; Community Youth Center of San Francisco; and St. Mary's School.

Kudos to the event sponsors including Cathay Bank, Good Hope Seeders, Today's Hotel Corporation, DCL, R&G Lounge, and Welfare Financial Group. Special thanks to all individual supporters, guests and volunteers who attended the event. We look forward to seeing you next year.

本年度之第十二屆國泰銀行慈善邀請賽已於八月二十九日(星期一)在門洛柏克 (Menlo Park) Sharon Heights Golf & Country Club 舉行。當日早上十時各贊助商及參賽者已雲集高爾夫球場會所登記，編隊，並接受大會送贈的高爾夫球鞋及精美禮物包。球賽緊接著午餐後舉行。

近二百多位的嘉賓在下午六時賽事完畢後參加大會預備的晚宴。席間國泰銀行代表頒發贊助支票予安老自助處，社區青年中心及聖瑪利中文學校。

安老自助處亦即場回贈紀念獎牌給首席贊助商國泰銀行，及其他贊助商有 Good Hope Seeders, Today's Hotel Corporation, DCL, R&G Lounge, and Welfare Financial Group; 並鳴謝各贊助商，善長，參賽者及義務工作人員的鼎力支持。明年再見。



# 念秋寄廬

## Autumn Glow Alzheimer's Care Home Turned 15 on August 8

By: Catarina Lai



A historical structure situated in the Hayes Valley district, our Autumn Glow Alzheimer's Care Home is the neighborhood's hidden gem. On August 8th, President of San Francisco Board of Supervisors and District 5 Supervisor London Breed, along with over 30 guests, attended the festivity to celebrate the Home's 20th anniversary. Guests included longtime benefactors of Self-Help for the Elderly Rosalyn Koo and Steve, Tina and Tenny Tsai; U.S. Department of Housing & Urban Development (HUD) representative June Park; and Chair and Board Secretary of Self-Help for the Elderly Linda Wang and Philip Tam.

Ms. Koo was a key supporter of the Autumn Glow Alzheimer's Care Home. Having firsthand experience of caring for her mother with Alzheimer's disease, Roz understood the challenges the family members encountered and the importance of ensuring a quality assisted living facility for those who are afflicted with Alzheimer's disease or other dementias. These inspired her to develop an advanced and comforting care home for the frail and disabled community. Named after the pen name of Roz's mother, Margaret, the Autumn Glow Alzheimer's Care Home dutifully fulfills its mission and has been a trustworthy and supportive care home for many families since opening its doors in 2001.

Mr. James Wong, Director of Housing Services of Self-Help for the Elderly, provided the guests a tour of Autumn Glow including a visit to the rooftop garden. Afterwards, the residents and their families joined our guests for a celebration luncheon. We were gratified to have two Super Senior residents, ages 104 and 102 respectively, attended an outdoor party with us on a warm, sunny day. The family members shared their experiences and appreciation, particularly to a team of dedicated caregivers and staff who work tirelessly in providing the best care for the 15 residents.

Self-Help for the Elderly operates the Autumn Glow Alzheimer's Care Home. Residence at Autumn Glow is made possible through HUD's rental assistance program.

To learn more about Autumn Glow Alzheimer's Care Home and availability, please contact James Wong, [jamesw@selfhelpelderly.org](mailto:jamesw@selfhelpelderly.org), at 415-677-7579. To find out more about HUD eligibility, go to [HUD.GOV](http://HUD.GOV).

## 念秋寄廬十五週年慶典

文: 黎思敏

一座歷史悠久的建築,《念秋寄廬》是附近社區的一顆隱藏的明珠。八月八日,三藩市區市參事會主席及第五區市參事 London Breed 以及三十多位來賓參加了念秋寄廬十五週年慶祝活動。一班多年來熱心支持念秋寄廬的善長——顧陳晉明女士、蔡實鼎先生夫人、蔡懷香女士,美國房屋和城市發展能源部 (HUD) 代表 June Park 女士及安老自助處董事局主席黃妙嫻女士和秘書長譚大明先生均出席護理院的慶典。

顧女士是念秋寄廬的重要支持者。因以個人經驗,要照顧患有亞思海默症的母親,所以顧女士十分了解家屬所遇到的困難及挑戰,並確保一所專為照顧患有失智症的長者及其他癡呆症患者的優質設施的重要性。這啟發顧女士發展一所先進和舒適的護理院,為體弱和殘疾社區服務。以顧女士已故母親筆名為名,念秋寄廬默默地負起其使命,自二零零一年開始服務之來,一直是一所值得信賴的護理院,並給予許多家庭支持和協助。

安老自助處房務總監黃煒帶領眾賓客參觀念秋寄廬設施及其屋頂花園。隨後,住客和他們的家人亦參加慶祝午餐。我們很高興有兩位高壽耆英(年齡一百零二及一百零四歲)參加我們的戶外派對,在一個陽光燦爛及溫暖的早上,住客的家人分享他們的故事和感賞,尤其是對該護理院的專業護理員團隊,為十五名住在念秋寄廬的長者提供最好的照顧作出不懈的努力。

念秋寄廬護理院是由安老自助處經營。接受美國房屋和城市發展能源部租金援助申請。查詢念秋寄廬護理院服務及入住申請,請聯絡黃煒([jamesw@selfhelpelderly.org](mailto:jamesw@selfhelpelderly.org)),電話 四一五·六七七·七五七九。要了解更多關於申請 HUD 的資格,請到 [HUD.GOV](http://HUD.GOV)。



Mr. Lin visited CNAP Job Center and met his career advisors (Left to Right 左至右) : Yan Li, Tiffany Wu, Stephen Cheng, Mr. Lin, Annie Lee, and Alison Chan.

## Custodial Training Student – Mr. Lin

By: Annie Lee

Mr. Lin was a December 2015 Graduate from the 4th cohort custodial training offered by Self-Help for the Elderly (SHE) in partnership with City College of San Francisco. Previously, he had been earning the minimum wage as a waiter at a Chinese restaurant for over 15 years since he moved to the United States. Mr. Lin saw no room in career growth due to his limited English proficiency. He, therefore, decided to switch his career path in hopes to expand job opportunities. He enrolled in the custodial training provided by SHE. Mr. Lin studied hard and maintained a good relationship with the custodial training instructors. The custodial training strengthened his skills and broadened the career opportunities. He actively visited Chinatown Neighborhood Access Point (CNAP). There, Mr. Lin met with the career advisor to develop his employment plan and to improve the soft skills on interview. When he was ready, Mr. Lin was connected with California Pacific Medical Center (CPMC) through a prescreening event at CNAP. Mr. Lin also received assistance from his career advisor on filling out job application, resume editing, and interview preparation for the housekeeping aide position. Mr. Lin was hired as the CPMC housekeeping aide in January 2016, one month after his custodial training graduation.

Mr. Lin is very happy about the career change. Furthermore, he is glad to be able to afford his son's college tuition with his current wage.

## 商務清潔班的畢業學員——林先生

譯: Alison Chan

林先生是安老自助處華埠一站式就業中心二零一五年底第四期商務清潔班的畢業學員，林先生自移民來美後，在華埠任職侍應生已達十五年，並一直獲取最低工資，他發覺若沒有更強的英語能力或其他生活技能，這個職位是沒有晉升機會的。所以，他決定參加本中心提供的商業清潔班，嘗試轉換工作，成為商務清潔人員，以尋求更多就業機會。林先生在課堂上十分勤奮，亦與導師建立良好關係，在畢業後，生活技能的缺乏已不能成為他轉工的障礙，他積極地與就業顧問聯絡，並學習如何改善他的面試技巧，就業顧問稍後介紹他參加加州太平洋醫療中心 (California Pacific Medical Center) 的招聘會，他對於當中清潔服務員的職位非常感興趣，在經過填寫申請表，改寫簡歷及面試後，他於畢業後三個月後開始工作。

林先生非常開心，尤其能夠供兒子大學學費而感到欣慰。

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](mailto:winniey@selfhelpelderly.org)



# Blessing Scam Education at Adult Day Services

By: Jenny Tran

On August 16, 2016, Wesley Chu, Public Safety Coordinator of San Francisco Safety Awareness for Everyone (SAFE), provided a safety training for our seniors to teach them how to protect themselves from becoming a victim of blessing scams. San Francisco SAFE, Inc. is a nonprofit community crime prevention and public safety program that works closely with the San Francisco Police Department to provide safety information to the public.

Blessing scams have returned to the Bay Area and has been incredibly active in Chinese-American communities, most recently targeting two seniors in the Richmond District of San Francisco. The stories are usually synonymous, with victims being approached on the street and convinced by scammers that a member of their family may be possessed by evil spirits. The scammer then urges the victim to hand over his or her valuables to be purified in order to ward off the spirits. Valuables are then switched with scammers nowhere to be found. Chu reminded our seniors to be constantly aware of their surroundings and call 9-1-1 if they are approached by strangers offering to perform blessing ceremonies for them. Courtesy of San Francisco SAFE, all of our seniors were given a whistle and a blue tote bag, printed with "Beware of Street Scams" to spread the message.

# 成人日間護理中心(ADS)舉辦祈福黨詐騙教育講座

譯: Elsa Ng

三藩市防止罪案資源中心 (San Francisco Safety Awareness for Everyone) 一位負責公眾安全的統籌人員朱瑞良先生於本年八月十六 日前來教導我們的長者如何保護自己以免成為祈福黨詐騙的受害者。三藩市防止罪案資源中心 是一個社區、非牟利、防止罪案及公眾安全的計劃，與三藩市警察部門緊密合作，提供安全方面的資訊給公眾。

祈福黨又再重現灣區，並活躍於美裔華人社區。最近的兩個目標人士都是在三藩市列治民區，受害人的故事均相同，都是在街上遇上騙徒遊說他們家中成員被邪靈附體，然後催促受害人交出他/她們的貴重物品用作驅邪，騙徒取去貴重物品後，途之夭夭。

朱先生提醒長者們要對周圍環境經常提高警覺，遇上陌生人主動前來為自己進行祈福的儀式時，請立刻打9-1-1報警，三藩市防止罪案資源中心送上一個哨子及印有「提防詐騙」的布袋給我們的長者，好讓資訊傳播。



## Thank you,

*GBC International Bank for caring the senior community.*

感激 GBC International Bank 對長者的關愛及對安老自助處的支持。支票頒贈儀式由 GBC International Bank 的代表頒發五千大元支票給安老自助處行政總監鍾月娟。



(Left to Right 左至右): Vice President, Compliance Officer of GBC International Bank Elaine Leung; Vice President, Commercial Banking Manager Calvin Lam; Director Richard Wong; and Vice President, Commercial Banking Officer Yvonne Pun presented a \$5,000 check to Self-Help for the Elderly's President and CEO Anni Chung.





## Lion Dance Fundraiser

By: Catarina Lai

2016 is an eventful year for Self-Help for the Elderly. In August, we celebrated the 35th anniversary of the annual Lion Dance Fundraiser with two first consecutive Saturday events.

A tradition which Self-Help for the Elderly has held for more than three decades, this special event brings the community together, promotes and bestows Chinese arts and culture to the next generation, and raises funds for Self-Help's programs to serve the seniors.

Sponsored by Kung Fu Studios in the Bay Area, the dancing lions visited shops and businesses in San Francisco's Chinatown, Richmond and Sunset districts and performed traditional lion dances for the donors who gave red envelopes with donations in support of Self-Help for the Elderly. We are grateful to our tireless volunteers who rolled up their sleeves and knocked on all doors to raise money for Self-Help's programs. The neighborhoods were lit up by the cheers and drums as the vibrant lions danced along the streets. Made up of multi-generations, the remarkable lion dance troupes showcase the pride of Chinese culture and dedication to the martial arts. It is a wonderful occasion to witness and work with many young people, children and parents to utilize their passion and talent to support Self-Help for the Elderly and the senior community.

Kudos to over 300 individual and lion dance troupe volunteers from Gee Yung, Hung Sing, Oakland Hung Sing, West Coast Lion Dance Troupe, and Yau Kung Moon for making the annual fundraiser incredible and successful.



## 醒獅籌款

文: 黎思敏

安老自助處在二零一六年又邁向另一個里程碑。我們在八月第一個及二個星期六慶祝了第三十五屆週年醒獅籌款活動。超過三十年的傳統，該活動將各界社區人士團結起來，宏揚及承傳國術至年青一輩，更為安老自助處募集資金服務長者們。

醒獅籌款活動由灣區武館贊助，醒獅團在三藩市華埠、烈治文及日落區到各大商號舞獅接福，收集各大商號捐贈給安老自助處的紅包。我們衷心感謝一班熱心的義工團隊跟隨醒獅團到訪各大商號表演。在鄰舍的一遍歡呼和振奮的鼓聲下，醒獅們在街上起舞表演，為整個社區添生色不少，吸引不少遊客拍照和留步觀賞。由成年人、青年、家長及小孩組成的醒獅隊正好展現對中國文化和武術熱誠的精神和驕傲，以及代代相傳的傳統。這活動見證了大小醒獅學員跟隨武術師傅一起參加社區活動，善用他們的熱誠和才能去支持安老自助處及為長者社區服務。

在此鳴謝三百位個人及來自武館的團隊，柔功門劉鼎煌師傅、李樂生師傅、余德全師傅、歐德基師傅、李國慶師傅、劉全師傅、劉世萬師傅、鴻勝醒獅團周鴻龍師傅、東灣鴻勝醒獅團李俊凡師傅及致勇國術醒獅團謝梓豪師傅的義工。令今屆醒獅籌款活動獲得到完滿的成功。





## Celebrate National Citizenship Day

by Catarina Lai

In honor of the National Citizenship Day, SF Pathways to Citizenship, local elected officials, United States Citizenship and Immigration Services (USCIS) and naturalized citizens gathered at Portsmouth Square Club on September 16th, to announce the launch of a new partnership program with Mission Asset Fund (MAF) intended to help more low-income residents become citizens at 50% the cost.

It is expensive to become a citizen. The fee is \$680 which adds up when a whole family applies together. Hence, the new initiative makes it easier for eligible San Francisco immigrants overcome the financial barriers to applying for citizenship.

SF Pathways to Citizenship is an initiative of the City and County of San Francisco's OCEIA. Self-Help for the Elderly is the lead agency and works with five other community based service providers selected to participate in this unique partnership with the City and County of San Francisco to offer free, quality and accessible services for those seeking information on becoming US citizens. This Initiative is also supported by San Francisco Foundation, Haas Jr. Fund and Asian Pacific Fund this year.

The next SF Pathways to Citizenship Workshop is scheduled on **Saturday, December 3rd, 2016**. To obtain additional information and resources on upcoming naturalization workshops, please visit <http://www.sfcitizenship.org>.

## 慶祝美國公民紀念日

文: 黎思敏

為紀念全民公民日，三藩市公民入籍工作坊、地方民選官員、美國公民及移民服務局(USCIS) 和入籍公民於九月十六日在花園角廣場會所上宣布與 Mission Asset Fund (MAF) 推出一個為在三藩市低收入居民而計的新入籍申請資助方案。

申請入籍費用是十分昂貴。目前，申請的費用是六百八十元，當全家人一起申請時，費用相對亦除即增加。新方案將資助合資格的三藩市居民入籍申請的一半費用，使更多三藩市居民得以克服申請公民資格的財政障礙。

三藩市公民入籍工作坊是民政及移民辦事處的一個方案。安老自助處與三藩市府成為獨特的合作夥伴，安老更被選為主導機構，與其他五個社區服務供應商合作，為各位查詢成為美國公民的人士提供免費的、優質的、方便使用的服務。該方案今年亦得到三藩市基金會、Haas Jr. 基金及亞太基金的支持。

下一個免費公民入籍工作坊將於十二月三日舉行，欲知詳情，請訪 <http://www.sfcitizenship.org>。



# Congratulations, CHAMPSS!

By: Catarina Lai



We are thrilled! Our Choosing Healthy and Appetizing Meal Plan Solutions for Seniors (CHAMPSS) Program has been recognized as a 2016 Innovations Winner at the National Association of Area Agencies on Aging's (n4a) Aging Innovations & Achievement Awards.

The n4a annually identifies and showcases the members' innovative and successful programs and encourages the replication by other agencies. Hence, this acknowledgement is significant and encouraging to Self-Help for the Elderly.

Nutrition is very important to the health of seniors. Self-Help for the Elderly promotes both an active and a healthy lifestyle for the seniors. With this in mind, Self-Help partnered with the San Francisco Department of Aging and Adult Services (DAAS) to provide our seniors with a healthy dining opportunity.

CHAMPSS is a program that provides the seniors with a delicious, dietician-approved menu at participating restaurants that are popular in the community. Eligible participants are able to select a convenient, nutritious meal on weekdays at the restaurants.

The CHAMPSS program is popular because it allows the participants to choose from their favorite menus and dine with friends and family whenever they want. Currently, our CHAMPSS program has enrolled over 4,500 members.

To learn more about our CHAMPSS program and enrollment, please visit <https://www.sfchamps.org>.



## 安老自助處《美味營養餐》榮獲殊榮

文: 黎思敏

安老自助處的美味營養餐計劃 (CHAMPSS) 在全國地區管理機構長者協會 (National Association of Area Agencies on Aging) 的創意成就頒獎禮上榮獲二零一六年度創意獎。

每年, 全國地區管理機構長者協會都提名及展示一些新穎及成功的計劃, 並鼓勵其他機構去模仿及推行適合的成功得獎個案。因此, 這獎項對安老來說是尤其顯著, 令大家鼓舞。

營養對長者的健康是非常重要的。安老一直鼓勵長者要有積極和健康的生活方式, 所以, 安老與長者及成人服務局 (Department of Adult & Aging Services) 合作推出一個健康餐飲的計劃。

美味營養餐提供長者一個美味、獲營養師認可的菜單。會員在週日可到所參與的餐廳享用方便又美味的菜式。這計劃十分受歡迎, 因為會員可選擇自己喜歡的菜單, 並且, 他們亦可與朋友和家人一起到喜愛的餐廳用膳。目前, 我們的美味營養餐計劃已招收了超過四千五百名會員。

想知《美味營養餐》詳情, 請訪 <https://www.sfchamps.org>。





# Self-Help for the Elderly Locations

## 安老自助處服務地點

### Main Office

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

### Adult Day Services (ADS)

408 22nd Ave.  
San Francisco, CA 94121  
415-677-7556

### Affordable Housing for Independent Seniors

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

### Chinatown Neighborhood Access Point

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

### Health Insurance Counseling & Advocacy Program (HICAP)

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

### Technology and Information Empowerment (TIE) Centers

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

### Community & Activity Centers

#### ALAMEDA

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

#### SANTA CLARA

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

#### SAN FRANCISCO

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

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

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

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

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

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

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

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

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

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

#### SAN MATEO

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

### Residential Care Facilities for the Elderly

Autumn Glow  
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*.

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

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

*Please know that your support is greatly appreciated.*

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



# Self-Help for the Elderly Donors

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Donations of \$50 or more from individuals, for the period *June 18, 2016* to *September 30, 2016*.

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Arthur & Deborah Yee  
Donna L. Yee  
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## Self-Help for the Elderly Donors 安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly  
from *June 25, 2016* to *September 30, 2016* in honor of the birthdays of the individuals below:

**Paul Kwan, Dorothy Yeung**

Donors:  
Sylvania Bates  
Beatrice Cheung

## Thank you so much!

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



# Self-Help for the Elderly Donors

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The following contributions were made to Self-Help for the Elderly  
from *June 25, 2016* to *September, 2016* as a tribute to the below recently departed:

**William Chang, Wai Ling Choy, Betty Sheun Hom, Phyllis Hong, Lorraine Hoo, Sook Chun Lau,  
Chiu Wa Lee, James Lee, Kwan Lin Ma, Lin Mar, Tokie Nerio, Kim Sue Ng, Lawrence On Pang,  
John Shea, Lillian Wong, and Madame Lok Yung Wu**

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Shirley Yip  
May Yee & Terry Thomas Young  
Nancy S. Young  
Terry & May Young  
Benita & Bill Yu  
Dr. Andrew & Mrs. Flora Zee  
Henry Zee

### Thank you so much!

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





Providing strength, hope and empowerment to seniors since 1966



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

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

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

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☐ Please charge my ☐ VISA ☐ MasterCard ☐ American Express

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

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

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

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

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



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

Newsletter of Self-Help for the Elderly

# Golden Lines

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

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