

Golden Lines

黃金點滴

SPRING 2017 • VOL 24 ISSUE NO.1

二零一七年 春季 • 第二十四冊 第一期

COME JOIN US

to celebrate our annual Gala with a night of

music, dancing, dining and entertainment. Silent auctions, grand auctions, and grand drawings will be held benefiting Self-Help for the Elderly. For sponsorship and event details, please visit <http://bit.ly/SHEGala>



Self-Help for the Elderly
安老自助處

www.selfhelpelderly.org

Self-Help for the Elderly

Longevity Gala 2017

Saturday, May 13, 2017
5:00 pm to 10:00 pm
Hyatt Regency San Francisco Airport



SAVE THE DATE
05.13. 2017
SATURDAY



Longevity Gala 2017 P1

慈善長壽晚宴二零一七

API Council Luncheon with San P4

Francisco Police Chief William

“Bill” Scott

亞太裔評議會 (API Council) 與

三藩市警察局長施革舉行午餐會面

San Francisco Pathways to P5

Citizenship Workshop

三藩市免費公民入籍工作坊

Kung Hei Fat Choi: Lion Dance P5

Fundraiser Event at the Ulferts

Centers in Dublin and Milpitas

恭賀新禧: 歐化中心新年醒獅

籌款活動

A Heartfelt Thank You to P6

Deputy Chief Garrett Tom

衷心感謝前副局長譚敬文

The Alzheimer's Day Care P7

Resource Center (ADCRC)

阿滋海默症護理及日間資源中心

Seismic Safety Outreach P8

Program Graduation South

Sunset Senior Center

地震安全外展項目



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。



VOUNTEER 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

San Francisco	三藩市	(415) 677-7600 / (415) 677-7500
San Mateo	聖馬刁	(650) 342-0822
South Bay	南灣	(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

Follow Us 請與我們保持聯繫:    



Mission

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

安老的使命

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

Board of Directors Officers:

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

President / CEO:

Anni Chung

Members:

Yat-Pang Au
Angel K. Chen
Leo K. Choy
Anne Hinton
Nicholas Jay
Janie Kaung
Rosalyn Koo
Wendy W. Kwok
Dominic Li
William Schulte
May Wong
Vicky M. Wong

API Council Luncheon with San Francisco Police Chief William “Bill” Scott

By: Catarina Lai



On March 10, the Asian Pacific Islander (API) Council of San Francisco hosted a community meeting over lunch at Lady Shaw Senior Center with the newly appointed San Francisco Police Department (SFPD) Chief William “Bill” Scott. More than 80 guests from over 40 nonprofits and the City and County of San Francisco attended the noon event.

The luncheon served as a great occasion for the nonprofit and community leaders to have the opportunity to welcome Chief Scott to San Francisco City. In addition, this event enabled SFPD and the nonprofits to engage in a deeper dialogue -- to talk about the community’s concerns; and for the nonprofit and community leaders to hear Chief Scott discussed about how SFPD and the nonprofits can collaborate together to care for the community and promote leadership and career advancements among Asian Americans officers.

During the luncheon, the guests were thrilled when Chief Scott surprised everyone with the introduction of Paul Yep, the newly appointed Captain of Central Station in San Francisco Chinatown to replace David Lazar who is promoted to be Commander. Chief Scott, Commander Lazar, Captain Yep, and the SFPD officers took the time to speak with every guest presented at the event and took photos with them. To learn more about the API Council, please visit www.apicouncil.org



亞太裔評議會 (API Council) 與三藩市警察局長施革舉行午餐會面

譯: 黎思敏

三藩市亞太裔評議會於三月十五日中午在邵逸夫爵士夫人康樂中心與新任三藩市警察局長施革William Scott舉行午餐見面會。來自四十多個非牟利機構和三藩市和縣政府的八十多位嘉賓參加了這次活動。

午餐會正好讓非牟利機構及社區領袖們有機會歡迎施革局長到三藩市就任，與施革局長分享社區關注的事項，並繼續致力與三藩市警察局的發展關係；以及聽取施革局長討論三藩市警察局和非牟利機構如何合作共同關愛社區，推廣亞裔的領導才能和配合職業發展機會。

在午宴期間，施革局長給大家一個驚喜，即場向大家宣佈及介紹中央警察局新任警長葉培恩。葉警長接替拉薩爾的職務，而拉薩爾則晉升為社區參與指揮官，消息令大家非常著躍。施革局長、社區參與指揮官拉薩爾、葉警長及警察隊員與各位來賓逐一交談及拍照。

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

San Francisco Pathways to Citizenship Workshop

By: Catarina Lai

The first 2017 San Francisco Pathways to Citizenship Workshop doubled the typical workshop turnout. Held on February 4, the workshop would not have been successful without the tremendous support of Microsoft Corporation and the 204 volunteers who contributed their time, expertise and talents at different stations of the workshops: Registration; Filling Application; Attorney Advice; Reviewing of Application; and Mailing.

Over 400 individuals were registered and more than 350 received screenings and started their citizenship applications. Events like the SF Pathways to Citizenship Workshop are essential, particularly during the current challenging time for immigrants. The SF Pathways to Citizenship Initiative is unique and impactful as it provides free, high-quality legal services through culturally and linguistically competent information and appreciation. This is evidenced by the turnout at February's event: the vast majority of the applicants were low income and from minority community.

The next San Francisco Pathways to Citizenship Workshop is scheduled for April 22, 2017. Follow Self-Help for the Elderly's Facebook page (<https://www.facebook.com/selfhelpelderlyorg/>) for upcoming workshop details.



三藩市免費公民入籍工作坊

文: 黎思敏

參加二零一七年度二月四日舉行的第一個三藩市免費公民入籍工作坊的人次以比已往的工作坊超出一倍。今次活動取得重大的成功，全賴微軟公司和二百零四位義工的支持。感激微軟公司借出場地及一批熱心人士們給予他們的時間、專業知識和才能，在工作坊的登記處、資格審查、英語評估和法律諮詢、入籍申請表填寫、最終法律審查、及郵寄部等六個不同程序上為大家服務。。

有超過四百人註冊，三百五十多名士接受篩選，並開始了公民申請。像三藩市免費公民入籍工作坊般的活動，在現今許多居民們面對挑戰的時刻，更顯得重要。三藩市免費公民入籍工作坊是一個獨特及巨影響力的行動。透過勝任的文化和語言能力，提供免費、高質素的法律服務。二月活動的成果尤其證明絕大多數申請是低收入者和高需求人士。

二月活動的成果尤其證明絕大多數申請是低收入者和來自少數民族社區。下一個三藩市免費公民入籍工作坊定於二零一七年四月二十二日舉行。想了解即將舉行的工作坊詳情，請關注安老自助處的 Facebook 社交頁 (<https://www.facebook.com/self-helpelderlyorg/>)。

Kung Hei Fat Choi: Lion Dance Fundraiser Event at the Ulferts Centers in Dublin and Milpitas

By: Catarina Lai

On Saturday, February 18, visitors of Ulferts Centers in Dublin and Milpitas were pleasantly surprised as they found themselves: riding the escalator with three lions; enjoying dim sum with the vibrant drum beats of lion dance; and watching the lions visiting various shops to wish everyone Kung Hei Fat Choi.

Kudos to Sifu Norman Lau and his enthusiastic Lion Dance Me team for a wonderful performance and celebration to begin the Year of the Rooster in the community. We are grateful for the gracious support from the management of the Ulferts Centers in Dublin and Milpitas and the generosity of many merchant donors who gave red envelopes with donations to support Self-Help for the Elderly. We raised over \$8,000. We are grateful for everyone's participation and support.

恭賀新禧: 歐化中心新年醒獅籌款活動

譯: 黎思敏

二月十八日星期六，在位於都柏林及苗必達市的歐化中心的訪客帶來驚喜，他們發現自己與三頭醒獅一起共乘自動扶手電梯，與充滿活力的醒獅們一起飲茶及享用點心；並觀看醒獅們在商場內向各商店及途人祈福及祝賀「恭喜發財」。

我們特別鳴謝劉世民師父及其充滿活力的柔功門醒獅團隊，在社區迎接雞年的慶祝活動上的精彩表演。我們亦同時非常感謝都柏林及苗必達市的歐化中心的管理公司，及許多慷慨商戶的支持，他們把善款放在紅包中贈予醒獅隊團隊以示支持安老自助處的服務。該活動共為安老籌得超過八千美元的善款。在此，我們再一次多謝大家對這活動的踴躍支持。

A Heartfelt Thank You to Deputy Chief Garrett Tom

By: Catarina Lai

Over 600 guests gathered together at Far East Café on March 15 to honor former Deputy Chief Garrett Tom and to celebrate 35 years of dedication to the community and the City.

Well-loved by the community and his fellow police officers, Deputy Chief Tom was one of three prominent officers at San Francisco Police Department (SFPD). The other two included previous Police Chiefs Fred Lau and Heather Fong.

At the celebration dinner, the guests had the opportunity to appreciate some significant momento photos and a collection of retired law enforcement identification cards and badges of Deputy Chief Tom. Those distinguished items illustrated the service and commitment of Deputy Chief Tom to the City of San Francisco.

Community leaders, SFPD staff, and dignitaries applauded and shared their stories of Deputy Chief Tom. Among the guests were Assessor-Recorder Carmen Chu, Supervisors Aaron Peskin, Jane Kim and Sandra Lew Fewer.



Nonprofit Organization Leaders Saluted Deputy Chief Garrett Tom (L - R): Cindy Wu, Chinatown Community Development Center; Norman Fong, Chinatown Community Development Center; Deputy Chief Garrett Tom; Mrs. Garrett Tom; Anni Chung, Self-Help for the Elderly; Sarah Wan, Community Youth Center; and Malcolm Yeung, Chinatown Community Development Center 六位僑界非牟利機構領袖與前副局長譚敬文及譚夫人合照

文: 黎思敏

衷心感謝前副局長譚敬文

超過六百名嘉賓出席三月十五日在康年酒家舉行的晚宴，該活動是僑社特別為表揚前副局長譚敬文及慶祝他三十五年來對社區和三藩市的貢獻。

受到社區及警隊同僚的愛戴，譚副局長是三藩市警察局第三位卓越的長官。而另外兩位分別為警察局長劉百安和方宇文。

在慶祝晚宴上，大家有機會欣賞到一些價值珍貴的照片和一批譚副局長在過往的執法證件及徽章。這些顯著的物件見證了譚副局長對三藩市的服務和承諾。

各社區領導，三藩市警察局工作人員和政要們均讚揚譚副局長並分享了一些與他的故事。到場頒贈表揚狀的民選官員有估值官朱嘉文、市參事佩斯金、金貞妍及李麗嫦等。

Light Duty Community Service Program

Self-Help for the Elderly (Self-Help) provides services to the Light Duty Community Service (LDCS) Program, funded by the San Francisco Human Services Agency (SF-HSA). The Light Duty Community Service Program provides work opportunities to County Adult Assistance Program (CAAP) recipients who have some work limitations.

Please visit our services center at 601 Jackson Street, Ground Floor, San Francisco, CA 94109. Or call our career advisors (415) 677-7500 for more information.

社區輕工服務計劃

安老自助處現為「社區輕工服務計劃」提供服務，這計劃由三藩市人力服務局 (SF-HSA) 資助。

「社區輕工服務計劃」專為縣政府的成人援助計劃 (CAAP) 接受者有殘疾或工作限制的人士提供就業及工作機會。

請到訪安老自助處位於三藩市華埠601號積臣街，的服務中心或致電 (415) 677-7500 與我們職業顧問聯繫及查詢詳情。





Fay Zhao, Activity Coordinator; Jennifer Chin, Occupational Therapist; and the participants are playing bounce ball which helps increased their level of physical activity.
活動專員 Fay Zhao 及職業治療師 Jennifer Chin 職業治療師使用反彈球來幫助參與者提高身體活動水平。

The Alzheimer's Day Care Resource Center (ADCRC)

Translated By: Catarina Lai

The Alzheimer's Day Care Resource Center (ADCRC) is one of the programs at Jackie Chan's Adult Day Services Center. Specially tailored for participants with Alzheimer's disease or other dementias, the center provides quality day care and attentive care to the participants while giving respite to their caregivers. We are currently providing daily services to approximately 17 participants with disability and/or diagnosed dementia.

In addition to providing meals and basic care, our staff will continuously design a variety of new and interesting activities to help stimulate the participants' brain and to maintain current levels of cognitive functioning. We will continue to add engaging, effective activities to promote participants' interest and participation.

Services are planned based on each individual's interest and competency. We provide collective and individual activities to enable participants to be fully integrated through visual, audio and physical experiences. The program cares for the partakers who are entrusted to us and empowers their interactions and social skills. The positive effort taken and the smile on every participant's face become our motivation and reward.

This program is currently open for new enrollment! Please contact the social workers at our center for additional information. The main number is 415-677-7566.

阿滋海默症護理及日間資源中心

文: Elsa Ng

阿滋海默症護理及日間資源中心為成龍日間護理中心其中一項服務。主要為阿滋海默症或其他失智症的患者提供優質的日間照顧和護理，同時給他們的照顧者舒緩的機會。現時平均每天約有十七位參加者前來中心接受服務，他們分別有不同程度上的腦退化或是行動有障礙的人士。

除了提供一般基本的飲食和護理，中心亦為參加者設計了多種具趣味性的活動，值此刺激他們的認知能力，維持腦部活躍水平。為提升參加者的興趣及參與，中心不斷增添新的活動項目來迎合所需。根據各參加者的活動能力和興趣，我們提供集體及以個人為本的活動方式。透過視覺、聽覺、肢體活動，讓參加者能更全面地融入其中，令他們不致被忽略，增強互動及社交能力。而看到他們積極的投入以及臉上的笑容，對我們來說已是一個正面的回應。

此服務現時仍接受報名。有興趣人士可與中心社工聯絡，致電：415-677-7566。



Alzheimer's Day Care Resource Center (ADCRC) 阿滋海默症護理及日間資源中心

408 22nd Ave., San Francisco, CA 94121

Tel: (415) 677-7556

Service Hours: Monday - Friday | 9:15 am to 2:30 pm

Office Hours: Monday - Friday | 7:30 am to 5:00 pm

Seismic Safety Outreach Program Graduation

By: April Tian



Tom C. Hui, Director of Department of Building Inspection, congratulated a total of 69 of individuals graduated as Seismic Safety Ambassadors at our South Sunset Senior Center graduation Event. 樓宇檢查局局長許子湯恭賀六十九位畢業生並與其團體合照。



Tom C. Hui, Director of Department of Building Inspection, congratulated the class for their dedication in attending the workshop series. 樓宇檢查局局長許子湯向畢業生致賀詞。



Anni Chung, President and CEO of Self-Help for the Elderly introduced the history of the Seismic Safety Outreach Program and the plan for the future. 安老自助處總裁及執行董事鍾月娟女士介紹地震安全外展項目歷史及展望未來。



Seismic Safety Outreach Program (SSOP) is funded by San Francisco Department of Building Inspection. 此地震安全外展項目由三藩市建築物審查局資助。

Congratulations to our 214 Graduates of the Seismic Safety Outreach Program. Four Graduation Ceremonies were held on February 18 & 24 and March 2 & 8 at Ortega Library; South Sunset Senior Center; Visitacion Valley Community Center; and West Portal Clubhouse.

Funded by the Department of Building Inspection (DBI), the Seismic Safety Outreach Program seeks to provide participants with hands on training and education on how residents can prepare before, during and after an earthquake.

The ceremonies were attended and supported by district supervisors and guests from the DBI and Self-Help for the Elderly staff. Among the guests were Supervisor Katy Tang; Ray Law, Representative to Supervisor Katy Tang; Tom Hui, Director of DBI; Lily Madjus Wu, Communications Director of DBI; Bill Strawn, Legislative and Public Affairs Manager of DBI. Each Seismic Safety Ambassador received a certificate of completion and an emergency survival kit.

To inquire about upcoming seismic safety outreach program schedule, please contact (415) 677-7623.

地震安全性外展計劃 畢業典禮

文: 田瀟

恭喜我們的二百四十一位地震安全性外展計劃畢業生。第一季的四個畢業典禮於二月十八日、二十四日、及三月二日以及八日分別在日落區 Ortega 圖書館, 日落康樂中心, 訪谷區康樂中心, 及 West Portal 康樂中心舉行完畢。

由三藩市樓宇檢查局 (DBI) 資助, 地震安全性外展計劃目的為參與者提供一些實用的地震安全訓練和常識, 好讓居民在地震的前後, 以及期間作出準備及應變措施。

典禮得到各市議員、三藩市樓宇檢查局和安老自助處工作人員的大力支持。到場嘉賓包括市參事湯凱蒂、湯凱蒂市參事辦公室立法助理羅德偉、三藩市樓宇檢查局局長許子湯、樓宇檢查局通訊總監 Lily Madjus Wu 及樓宇檢查局立法和公共事務經理 Bill Strawn。

欲查詢即將舉行的地震安全性外展計劃的時間表, 請致電 (415) 677-7623。

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
510-336-1952

Chinatown Neighborhood Access Point

601 Jackson St., G/F
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 & Senior Centers

ALAMEDA

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

SAN JOSE

South Bay Senior Center
6345 Janary Way
San Jose, CA 95129
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 Ave.
San Francisco, CA 94134
415-239-9919

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

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

SAN MATEO

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

Residential Care Facilities for the Elderly

**Autumn Glow Alzheimer's
Care Home**
654 Grove St.
San Francisco, CA 94102
415-934-1622

Social Services

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

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

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

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

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

Citizenship, Civics & ESL Classes

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

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

Self-Help for the Elderly Funders

安老自助處資助單位

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

Asian Pacific Fund	San Francisco Department of Public Health
AT&T	San Francisco Foundation
California HealthCare Foundation	San Francisco Human Services Agency
California Department of Aging	San Francisco Mayor's Office of Housing
California Department of Education	San Francisco Office of Economic
California Department of Transportation	and Workforce Development
California Public Utilities Commission	San Francisco Office of the Aging
Cathay Bank	San Francisco Paratransit
Chinese Affirmative Action	San Mateo County Department of Aging
Chinese Community Health Care Association	and Adult Services
Comcast Corporation	Santa Clara County Department of Human Relations
DCL Logistics	Santa Clara County Social Services Agency
Dignity Health	Silicon Valley Community Foundation
East West Bank	The Sik-Kee Au Family Foundation
Evelyn & Walter Haas Jr. Fund	Southern California Edison
Good Hope Seeders	Southern California Gas Company
H. Chan & Sons, LLC	The Wallace Alexander Gerbode Foundation
HAAS Foundation	Today's Hotel Corporation
KTSF	U.S. Department of Housing and Urban Development
Mei H Jew Charitable Remainder Unitrust	United Pacific Hotel Group
Moonstar	United Way of the Bay Area
National Asian Pacific Center on Aging	UPS Foundation
Office of Civic Engagement & Immigrant Affairs	Veritas Investments, Inc.
On Lok	Walter and Elise Haas Fund
Pacific Gas & Electric Company	Welcare Financial Group
R&G Executive Lounge, Inc.	Wells Fargo & Company
San Diego Gas & Electric	W. K. Kellogg Foundation
San Francisco Culinary/Bartenders & Service/Welfare Fund	

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 *January 1, 2017* to *March 22, 2017*.

Aldie Chung
 Alfred M. Louie
 Allyson Gee
 Andrew & Flora Zee
 Anne Farrar
 Anni Chung
 Anni Yuet-Kuen Chung
 Anonymous
 Anthony C. Tam & Carol Ng
 Anthony Tam
 Bank of America - Employee Giving Campaign
 Barbara & Bert Why
 Barbara Why
 Bay Area Senior Services Inc.
 Betty Shou Ling Wong Tse
 Beverly C. Lee
 Bright Funds Foundation
 C D Van Dusen
 California Receivers Forum
 Chock W. Jong
 Christine Wong
 Conrad Perreras
 DAE
 Daniel Poon
 David Jew
 Dolly Lau
 Dr. Stephen T. Fan
 Eileen M. Dong
 Estella Wong
 Evain Hom-Chan
 Eyob S. Feleke
 Frances Quon

Frankie & Frances Lee
 Germaine Q. Wong
 Grace Tom
 Henry Ng
 Hin Wing Tse
 Hung & Chok Lai
 Hung Chi Lai
 IBM Employee Contribution
 Ilene Levinson
 Irene Choy Fong
 Jackie & Barbara Yee
 Jackie C. Yee
 Jeannie L. Young
 Jenny Tran
 Joanne Low / Carroll Tom
 John R Horan
 Josephine Ma
 Karen F. Lee
 Karen Lee
 Katherine Chiu
 Khang Teg
 Kwing Hei Yu
 Kwing Hei Yu & Sau Lai Yu
 Linda L. Wang
 Linda Quan
 Livermore National Laboratory
 Lubin Olson & Niewiadomski
 LLP
 Mabel C. Lai
 Manling Koo
 Maria Kwan
 Mary H. Wong
 Mary Yang

May J Fong
 May L. Wong
 Michael K. F. & Irene Choy Fong
 MoonChef LLC
 Neil N. Toy
 Nicholas Jay
 Patricia S. Mar
 Paul Kwan
 Pinewave Development Group, Inc.
 Randall Lowe
 Raymond Hung
 Ricky Ho
 Sandra Handler
 Serena D. Wong
 Sheila Fu
 Shirley Lo
 Shukai Wei
 Si Hong Zhao
 Sidney Mah
 Sonia Smith
 Sophia Cheung
 Stephen Fan
 Steven C. Owyang
 Summit Financial Advisors, LLC
 Sylvania K. Bates
 Sylvia S. & Sidney S. Mah
 Ursula S. Haas
 Vicky M. Wong
 Wells Fargo Community Support
 William & Serena Wong
 William R. Schulte
 Yi Hua (Ed) Ma
 Yi Li

Yue-Pok Mack
 Zephyr Ventilation

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 *January 1, 2017* to *March 22, 2017* as a tribute to the below recently departed:

JERRY CHUNG
ROSE M. FONG
W. Y. LO

OILAN HOW
ELLIE QUAN
PEARL HO SUEY

MEMORIAL DONORS

Ilene Levinson	Dr. Stephen T. Fan	Joanne Low & Carroll Tom
Dolly Lau	Michael K. F. and Irene Choy	Ursula S. Haas
Grace Tom	Fong	Frankie & Frances Lee
Conrad Perreras	Anthony C. Tam and Carol	Sandra Handler
Beverly C. Lee	Ng	Germaine Q. Wong
MoonChef LLC	Karen Lee	Shirley Lo
Josephine Ma	William & Serena Wong	
Evain Hom-Chan	Mary H. Wong	
Sylvia S. and Sidney S. Mah	Eileen M. Dong	
Katherine Chiu	Linda Quan	

Thank you so much!

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

Self-Help for the Elderly Donors

安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly from *January 1, 2017* to *March 22, 2017* in honor of the individual(s) below:

Chu Hung Toy

Donors:
Neil N. Toy

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 in support of the *Legacy Tree Campaign*.

John R. Horan

Yi Hua “Ed” & Maria Ma

The donations to the “Legacy Tree Campaign” go to support safety-net senior services and elder care services at Self-Help for the Elderly. Each Legacy Leaf costs \$1,000 and each Legacy Rock costs \$5,000.

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

安老自助處

Providing strength, hope and empowerment to seniors since 1966



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

Name or Business: _____

Contact: _____ Email: _____

Address: _____
Street City State Zip Code

Telephone: (Home) _____ (Cell) _____

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

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

/// PAYMENT OPTIONS ///

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

☐ Please charge my ☐ VISA ☐ MasterCard ☐ American Express

Account#: _____ Exp. Date(M/Y): _____

Security Code: _____ Signature: _____

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

/// ALSO ///

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

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

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

Address: _____
Street City State Zip Code

☐ I have included Longevity Fund 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, 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

Newsletter of Self-Help for the Elderly

Golden Lines

黃 金 點 滴



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

Please obtain permission before reproducing any material in this newsletter.

We welcome your suggestions and ideas. Write to us at info@selfhelpelderly.org with your comments.

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