

Golden Lines

黃金點滴

SUMMER 2017 • VOL 24 ISSUE NO.2

二零一七年 夏季 • 第二十四冊 第二期



Photo Credit: Frank Jang & SHE Staff



www.selfhelpelderly.org

Self-Help for the Elderly's 2017 Longevity Gala
安老自助處二零一七迎福長壽宴 P1&4

2017 Earthquake Safety Fair
二零一七年度地震安全展覽會 P5

Inaugural Immigrant Leadership Awards Ceremony
首屆推動移民權益領袖獎頒獎典禮 P6

Friends of Self-Help for the Elderly (SHE) Get Together to Celebrate Birthdays on First Day of Summer
仲夏生日派對 P7

Asian Pacific Islander (API) Heritage Month Celebration Recognized Three Honorees' Outstanding Services to the Community
亞太裔傳統月慶祝活動表揚三位受獎者及對社區有貢獻的機構 P8

Happy Retirement, Dr. Dennis Chow
社區祝賀劉貴明小學校長趙拱儀博士榮休之喜 P9

Comcast Digital Connectors Graduation Ceremony: 10 Years of Empowering & Preparing Youth to be Future Leaders
Comcast 數碼互通課程畢業典禮：十年來不斷栽培青年成為明日領袖 P10

Happy Retirement
榮休之喜 P11





DONATION • 捐獻我們

Self-Help for the Elderly welcomes all donations! For 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 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。

Fiscal Year 2016-2017 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



2017 Friend of the Elderly Award Honoree: Adrienne Pon, Executive Director of OCEIA, the indispensable collaborator.



2017 Friend of the Elderly Award Honorees: Mabel and Kenneth Lai, our longtime benefactors and volunteers.



2017 Friend of the Elderly Award Honoree: Wellson Cheung, our zealous benefactor and supporter.

Self-Help for the Elderly's 2017 Longevity Gala

The 51st annual Longevity Gala took place at the Hyatt Regency San Francisco Airport on May 13, 2017. We were honored by the presence of over 600 guests and their commitment to Self-Help for the Elderly.

Our heartfelt appreciation to David Louie, news reporter for ABC7, and Daphne Kwok, Vice President of Multi-cultural Leadership at AARP, as the Master and Mistress of Ceremonies for the remarkable evening. The highlight of the evening featured the recognition of four remarkable individuals and one organization for their unfailing support to assist Self-Help for the Elderly in carrying out its mission to serve the elders, particularly the underprivileged and vulnerable communities. Our 2017 Friends of the Elderly Award Honorees were Mabel and Kenneth Lai, Adrienne Pon / Office of Civic Engagement & Immigrant Affairs (OCEIA), and Wellson Cheung.

Today, Self-Help for the Elderly stands as a strong and comprehensive elder-care provider for over 40,000 seniors in the Bay Area. Everything related to eldercare is important and we commit

ourselves to offering these services: delivering a hot meal to a hungry senior; sending a nurse, physical therapist or home health aide to a senior's home; organizing interactive activities at the Jackie Chan Adult Day Services Center; and providing 24-hour supervision and care at our Autumn Glow Alzheimer's Care Home.

In addition, Self-Help for the Elderly delivers services that many elders need on a daily basis including employment; translation; applications for citizenship; care coordination; transportation, and more.

It was with great delight to announce that our 2017 Longevity Gala was a huge success and the event raised approximately \$500,000. We are extremely grateful for the dedication of our Gala Committee and the Generosity of our donors, funders, friends, supporters and volunteers. We look forward to seeing you at the 2018 Longevity Gala!

安老自助處二零一七年度迎福長壽宴

第五十一屆迎福長壽宴於二零一七年五月十三日在三藩市機場凱悅酒店舉行。這每年一度、最大型的籌款活動得到超過六百多位來賓出席及支持，令我們深感榮幸及鼓舞。

我們衷心感激 ABC7 的資深記者 David Louie 及 AARP 多文化領導力部門副總裁郭為婉的支持，擔任籌款晚會的司儀，晚會的亮點包括頒獎環節，表揚四位卓越人士和組織的支持，鼎力協助我們安老自助處推行我們的使命--服務長者、尤其是貧困的及弱勢的一群。獲頒發《2017 友誼獎座》的人士包括是黎國權先生及太太張杏貞女士、民政及移民辦事處的行政總監潘黃燕玲女士及張偉生先生。

現時，安老自助處成為一所強大及全面的提供長者護理服務的非牟利機構，每年為灣區四萬多名長者服務。對我們來說，一切與長者護理有關的都極其重要。而我們亦致力提供這些服務，包括傳送熱餐給留在家中的長者，委派護士、物理治療師或家庭健康助理到長者家中，安排具趣味性活動給參加成龍成人日間服務中心的朋友，以至在我們的念秋寄廬亞滋海默症病護理之家所提供的二十四小時看護和照顧服務等。此外，安老自助處亦提供許多長者日常所需的服務，例如就業、翻譯、公民入籍申請、護理協助、交通協助等等。

我們二零一七年迎福長壽宴取得了重大的成功，晚宴籌得約五十萬美元。最後，在此衷深感謝我們迎福長壽宴的各籌款委員及各界善長、資助單位或機構、朋友和義工們的慷慨捐贈及協助。我們期待在二零一八年迎福長壽宴上再與大家見面！



2017 Earthquake Safety Fair

Experts predict that a major earthquake will strike the San Francisco Bay Area in the next 25 years. Therefore, it is not a question of “if,” but only a matter of “when,” residents will have to respond to such a disaster.

On June 15, the Department of Building Inspection (DBI) hosted the 2017 Earthquake Safety Fair at Bill Graham Civic Auditorium. The whole-day fair featured informative workshops and exhibitor booths for property owners to meet with various City agencies, contractors, design professionals, and financial institutions to answer questions on buildings and earthquake safety; and provide knowledge to take steps to help the City recover from any damage and devastation caused by such a natural disaster.

Former Mayor Willie Brown; Mayor Ed Lee; Tom Hui, Director of DBI; Police Chief Bill Scott and Commander David Lazar of San Francisco Police Department; Chief Joanne Hayes-White of San Francisco Fire Department, Mohammed Nuru, Director of Public Works; and representatives from dignitaries’ offices attended the fair and reminded everyone to make emergency preparedness a priority.



An important online resource for emergency preparedness is the website www.SF72.org. It provides simple steps and useful information for people to be able to take care of each other for 72 hours before help arrives.

Self-Help for the Elderly is a collaborator of DBI’s seismic safety outreach program and provides in-language workshops with hands-on training and education on how residents, both young and old, can prepare before, during and after an earthquake.

To learn more about DBI’s seismic safety outreach program, please visit <http://sfdbi.org/seismicsafety>. To sign up for the next seismic safety workshop, please contact Teresa Chan at 415-677-7620.

二零一七年度 地震安全展覽會

專家預測未來二十五年內大地震將會襲擊三藩市灣區。所以這絕非是一個「如果」的假設，而是居民將「何時」面臨這樣大的災難。

六月十五日三藩市樓宇檢查局在市政禮堂舉辦了二零一七年地震安全展覽會。整天的展覽會特別為業主們及參加者提供資訊豐富的工作坊和參展攤位，讓參展者能與各市政府機構，承包商，建築師和金融機構代表會面，亦查詢有關建築物和地震安全問題，並提供資訊，採取正確措施幫助城市從任何自然災害造成的破壞中恢復過來。

前市長布朗、現任李孟賢、三藩市樓宇檢查局局長許子許子湯、三藩市警察局長施革、三藩市警察局社區參與指揮官拉薩爾、三藩市消防局長Joanne Hayes-White、公共工程總監Mohammed Nuru、及其他政要辦公室的代表也前來出席展覽會，提醒大家應急準備的重要性。

其中一個重要的應急準備資源是 www.SF72.org。這個網站提供簡單的步驟和有用的信息，使大眾能夠在救護隊伍及物資抵達前的七十二小時之內能進行應急及互相關顧。

安老自助處是樓宇檢查局的地震安全宣傳計劃的合作夥伴，定期安排中文防地震安全推廣計劃課程，提供實用的訓練和指導，為居民包括長者及幼兒們能在地震前、期間及之後作準備及應變。

欲知更多有關樓宇檢查局的地震安全宣傳計劃的信息，請瀏覽網址<http://sfdbi.org/seismicsafety>。欲登記參加下一個防地震安全推廣計劃課程，請致電 415-677-7620，與陳靖雯聯絡。

Inaugural Immigrant Leadership Awards Ceremony



Representatives from the partnering agencies of the San Francisco Pathways to Citizenship Initiative received the Collaborative Leaders Award.

June commemorated Immigrant Heritage Month and marked the 20th anniversary of the San Francisco Immigrant Rights Commission. To kick off the festivities, the San Francisco Office of Civic Engagement & Immigrant Affairs and the San Francisco Immigrant Rights Commission hosted the Inaugural Immigrant Leadership Awards ceremony on June 12. Leaders in the corporate, entrepreneur, grassroots, public, private, nonprofit and youth sectors gathered in the North Light Court at San Francisco City Hall to celebrate the event.

The Inaugural Immigrant Leadership Awards honored the powerful contributions of local immigrant leaders and champions of immigrant communities. Among the honorees, the San Francisco Pathways to Citizenship Initiative, a public-private-nonprofit partnership that aims to promote citizenship among San Francisco's eligible immigrants, received recognition with the Collaborative Leaders Award.

Since 2013, the Initiative has conducted 25 free group processing workshops, reaching over one million Bay Area residents through outreach and assisting nearly 10,000 residents with eligibility screenings. In addition, SF Pathways has prepared nearly 7,000 citizenship applications with the help of over 4,000 dedicated volunteers.

Self-Help for the Elderly is proud to be a part of this important initiative and we thank our partners for this significant collaboration. The program enables the neediest eligible communities to receive application fee waivers and submit their naturalization applications. To date, the program has helped the neediest communities to save \$3 million in application fees.

The workshops are organized and staffed by a coalition of community-based service providers led by Self-Help for the Elderly and including Asian Pacific Islander Legal Outreach; Catholic Charities CYO; International Institute of the Bay Area; Jewish Children and Family Services; La Raza Community Resource Center and We Rise SF Center for Immigrant Justice.

首屆推動移民權益領袖獎頒獎典禮

六月是移民傳統月，亦是三藩市移民權益委員會成立二十週年，首項慶祝活動由三藩市民政及移民辦事處和三藩市移民權益委員會於六月十二日主辦首屆推動移民權益領袖頒獎典禮。來自機構、企業、草根、公共、私人、非牟利及青年團體的領袖及代表一起參加在三藩市市政廳舉行的慶祝活動。

這個推動移民權益領袖獎頒獎典禮是表揚一羣領袖和社區對推動移民權益作出的重大貢獻。獲獎名單包括《三藩市公民途徑倡議》，一個集合公共、私營、非牟利組織供同合作方案，推廣入籍常識和程序及協助合符公民資格者進行申請。《三藩市公民途徑倡議》獲得合作領袖獎。

自二零一三年起，該倡議舉辦了二十五個免費公民入籍工作坊，並協助多達一萬名居民進行合格審查。此外，透過四千名義工的協助，三藩市公民途徑亦準備了近七千個公民申請表。

安老自助處十分榮幸能因舉辦及策劃為該重要倡議而成的其中一個合作夥伴，我們亦感謝各合作單位前來參與這重大的倡議。該計劃使合資格及有需要申請費用豁免的社區人士能夠遞交入籍申請。到現時為止，該計劃為最需要的社區節省了三百萬元的龐大入籍申請費用。

由安老自助處領導的公民入籍工作坊是由社區服務機構舉辦及參與，合作夥伴包括亞太島民法律外展 (Asian Pacific Islander Legal Outreach)、天主教慈善機構 (Catholic Charities CYO)、灣區國際研究所 (International Institute of the Bay Area)、猶太兒童及家庭服務 (Jewish Children and Families Services)、西裔社區資源中心 (La Raza Community Resource Center)和我們發起三藩市移民公義中心 (We Raise SF Center for Immigrant Justice)。



Anni Chung, President and CEO of Self-Help for the Elderly (SHE) with Adrienne Pon, Executive Director of OCEIA and Erin Renshaw, Naturalization Program Supervisor at SHE.

Friends of Self-Help for the Elderly (SHE) Get Together to Celebrate Birthdays on First Day of Summer

Fund Development team of Self-Help for the Elderly were honored to attend a lunch celebration hosted by Ms. Pamela Fong to benefit Self-Help for the Elderly. The event took place on June 20, the first day of summer. The 7-course menu was wonderfully created and prepared by Chef Patrick Ip. The gifted Chef Patrick has been leveraging his passion and forte to support Self-Help for the Elderly. Many Grand Auction Winners and guests had experienced and were impressed by Chef Patrick's refined creation.

The guests were indulged by the brilliantly orchestrated sequences of exquisite wine and sophisticated Italian and Chinese food course pairings. The event also celebrated the birthdays of three lovely ladies: Halin, Susanna and Grace.

It was a pleasure to meet many friends of Self-Help of the Elderly including Dr. and Mrs. Sik-Kee and Mandy Au; Pamela Fong; and Macy Ip, mother of Chef Patrick. We were grateful for Pamela's invitation and her \$20,000 donation to support Self-Help for the Elderly.

In addition, Self-Help for the Elderly staff were enchanted by the magnificent hospitality of Mr. and Mrs. John and Sylvia Loh, our host and hostess of the elegant estate home.

仲夏生日派對

譯：馬秀端

Ms. Pamela Fong 在 John 及 Sylvia Loh 先生、夫人典雅敞大的別墅內為三位好朋友安排了一個仲夏生日派對，十三位好友應邀聚會，這私家派對的豐富午餐特別邀請了餐飲界一位年青卓越的名廚 Patrick Ip 為賓客精心設計和以優質廚藝烹調七道佳餚及配以美酒。

當天特別的環節是邀請了安老基金發展部門成員出席接受 Pam 捐贈萬元善款，支持安老的優質服務。天賦廚藝的 Patrick 是一位熱心兩公益人士，一直善用自已的才華及興趣來支持安老自助處，許多迎福長壽宴中的大型拍賣得獎者和嘉賓們都有機會品嚐並讚賞 Patrick 廚藝上的創意。

安老自助處基金發展部成員很高興與各位安老之友見面，包括區錫機中醫師和夫人區徐超男、馮女士及主廚的母親 Macy Ip 等。我們十分感謝馮女士的邀請和對安老自助處的支持。



(Back, from Left): Josephina Ma, Mandy Au, John Loh, Elizabeth Wong, Annie Ng, Alice Huang, Macy Ip, Dr. Sik-Kee Au, and Sylvia Loh
(Front, from Left): Pamela Fong, Grace King, Halin Huang, Joyce Hsu, and Susanna Pau



Birthday celebration of Halin, Susanna and Grace

Hello
Summer



Asian Pacific Islander (API) Heritage Month Celebration Recognized Three Honorees' Outstanding Services to the Community



George Gascón, the District Attorney (DA) of San Francisco, hosted a celebration on May 30, 2017 to celebrate API Heritage Month and honor the contributions of two incredible individuals and a remarkable organization supporting the Asian community. Anni Chung, our President and CEO; Judy Young, Executive Director of Vietnamese Youth Development Center (VYDC); and Ken Lo, President of World Journal were present to receive the awards.

At the event, DA Gascón recognized that Anni's commitment to helping seniors and the community is second to none. In addition, he emphasized the long-term, important collaboration which the SFDA's Office has established with Self-Help for the Elderly in educating the community and working together to stop crimes such as the blessing scams. In her remarks, Anni thanked Gascón for the valuable partnership and praised his dedication to caring for the vulnerable community.

DA Gascón then thanked and praised Judy Young / VYDC for the influence they have on giving guidance to and inspiring the Vietnamese youths. DA Gascón also acknowledged the public service and significant role World Journal plays to bridge other communities to the Chinese community.



George Gascón, District Attorney of San Francisco

亞太裔傳統月慶祝活動表揚三位受獎者及對社區有貢獻的機構

三藩市地檢署地方檢察官賈斯康 (George Gascón) 於二零一七年五月三十日主持了亞太裔傳統月慶祝典禮，並在慶祝會中表揚三位卓越人士及對社區有貢獻的機構。我們安老自助處行的政總監鍾月娟、越裔青年發展中心行政主任 Judy Young、及世界日報舊金山社長駱焜祺均獲頒榮譽證書。

在活動中，檢察官賈斯康讚揚鍾月娟致力關懷長者和協助社區的精神是首屈一指的。他更強調三藩市地檢署和安老自助處多年來建立長期的重要合作關係，在教育大眾及共同制止罪案作出顯著效果，擊破祈福黨詐騙案是其中一個成功例子。鍾月娟在致詞中感謝檢察官賈斯康和三藩市地檢署的寶貴夥伴關係，並讚揚他致力於照顧弱勢群體。

此外，檢察官賈斯康感謝 Judy Young 及越裔青年社區中心對栽培和關懷越裔青年作深遠的影響。還答謝世界日報的公共服務精神，以及作為使其他社區與華人社區聯繫所起的重要的橋樑。

Happy Retirement, Dr. Dennis Chew

Friends and supporters of Gordon J. Lau Elementary School attended the Fundraising Gala at Far East Café on April 7 to support the “A Computer for Every Student” campaign. The fundraiser also celebrated the retirement of Dr. Dennis Chew, principal of Gordon J. Lau Elementary School.

Under Dr. Chew’s leadership, Gordon J. Lau (GJL) Elementary school received much recognition. In fact, GJL Elementary is the only school in San Francisco to receive all three awards: 2016 California Department of Education Gold Ribbon Award; Exemplary Arts Program Award; and Physical Activity & Nutrition Education Program Award.

The Self-Help for the Elderly family thanked Dr. Chew for his devotion to the young and wishes him a very happy retirement.



社區祝賀劉貴明小學校長 趙拱儀博士榮休之喜

多位僑社領袖及各界朋友參加了四月七日在康年酒家舉行的籌款活動，響應支持劉貴明小學「每個學生一台電腦」這項計劃。擔任劉貴明小學校長一職的趙拱儀博士的榮休之喜。

在趙校長的領導下，劉貴明小學不段取得成就。事實上，劉貴明小學是三藩市唯一獲得三項殊榮的學校 -- 二零一六年度加州教育部金絲帶獎、藝術示範課程獎、及體育與營養教育計劃獎。

我們安老自助處感謝趙博士多年來重視教育及栽培學生，為三藩市及未來作出重大貢獻。恭喜趙博士榮休之喜。

Upcoming Self-Help Events

安老秋季活動情報

AUGUST-OCTOBER

八月份至十月份



MONDAY, August 21

The 13th Invitational Charity Golf Tournament
第十三屆慈善高爾夫球邀請賽
Los Altos Golf & Country Club | Los Altos



SUNDAY, September 24

San Mateo Autumn Moon Festival
聖馬刁中秋節
San Mateo Central Park | San Mateo



SATURDAY, October 07

Longevity Walkathon Parade & Fair
安老長壽百萬行同樂日
Portsmouth Square | San Francisco Chinatown

Comcast Digital Connectors Graduation Ceremony: 10 Years of Empowering & Preparing Youth to Be Future Leaders



Class of 2017 Comcast Digital Connectors Program Graduates & their families with Anni Chung, President and CEO of Self-Help for the Elderly and Scott Adams, Director of External Affairs with Comcast

The Digital Connectors Program is designed to help our youth to develop skills necessary to succeed and thrive. Instructed by Thanh (John) Nguyen, the nine-month program offers knowledge and skills in technology literacy, critical thinking, problem-solving, global awareness, civic engagement, finance and life skills. Aside from the academic curriculum, John also led the youth in attending unique community and corporate events like volunteering at Comcast Cares Day and visiting the Google San Francisco office.

Self-Help for the Elderly is proud to partner with Comcast. Together, we reached a major milestone this year: 10 years of empowering and preparing our youth to be future leaders through the Comcast Digital Connectors program.

At the graduation ceremony, Anni Chung, President and CEO of Self-Help for the Elderly, highlighted the distinct partnership of Comcast with Self-Help: the Digital Connectors Program serves as a unique platform to bridge the youth and the elder generations through technology. A requirement for the program

curriculum is volunteering work to encourage the students to participate in community involvement and leverage their knowledge to help and teach others. The students are invited to offer seniors computer tutoring at Self-Help's activity centers. This builds a close connection among the participants instilling in the youth the principal of respect, love and care for others, especially the elders, while allowing the elders to interact with young people, learn new technology and tools to enhance their lives, and overcome social isolation.

Self-Help was thrilled to host the graduation ceremony for 17 graduates on June 24. We were honored by the presence of Scott Adams, Director of External Affairs at Comcast, to present each graduate with the course completion certificate and a laptop as a gift to motivate our graduates to continue embracing and learning technology in today's digital age.

To learn more about our Comcast Digital Connectors program, please contact John Nguyen at 415-677-7599 or email him at johnn@selfhelpelderly.org.

Comcast 『數碼互通課程』畢業典禮：十年來不斷栽培青年成為明日領袖

設計『數碼互通課程』的目的是培訓我們的青年所必需的技能，協助他們增長科技上的知識及個人發展。由 Thanh (John) Nguyen 老師指導，該計劃提供九個月的課程，項目包括：科技技術、判斷性思考和解決能力、國際事務、公民教育、財務和生活技能等課程和知識。除了學術課程之外，John 還帶領學生們參加一些特別的社區和團體活動，例如為 Comcast Cares Day 作義工服務及參觀谷歌三藩市辦公室。

安老自助處很高興與 Comcast 攜手合作，今年該計劃到達一個重大里程碑，我們的 Comcast 『數碼互通課程』已邁向一載，在過往十年內不斷栽培青少年成為明日領袖。

在畢業典禮上，安老自助處行政總監鍾月娟強調 Comcast 與安老的獨特夥伴關係，而安老的 Comcast 『數碼互通課程』項目成為一個獨特平台，透過科技來匯合青少年和長者們。課程的一項要求是鼓勵學生必須完成參與社區服務，利用他們新的知識來幫助和教導他人。

安老自助處亦邀請學生們前臨到各康樂中心幫助及教導長者們。直此灌輸年輕人愛護和照顧別人，尤其愛老、敬老、安老的觀念，此外，參與者之間亦可建立了深厚的聯繫，同時讓長者們與年輕人互動，學習新的應用程式或技術，提高生活質素，克服社交孤立感。

安老自助處十分高興能為十七位畢業生在六月二十四日舉辦畢業典禮，Comcast 對外事務總監 Scott Adams 亦出席畢業典禮，為每位畢業生頒發課程完成證書和一台手提電腦作禮物，激勵我們的畢業生在當今數碼時代繼續學習新的技術和知識。

欲知有關我們下一個 Comcast 『數碼互通課程』，請致電 415-677-7599 與 John Nguyen 聯繫，或發送電子郵件至 johnn@selfhelpelderly.org。



Mr. Larry Simi, President of the Board at Pine View Housing Corporation, and Mr. Gary Hoshiyama



Linda Wang, Chair of SHE Board of Directors and Larry Simi, President of the Board at Pine View Housing Corporation

Happy Retirement!

Our deepest appreciation to Larry Simi, President of the Board at Pine View Housing Corporation and Gary Hoshiyama, Attorney at Law.

Since 1992, Mr. Simi has made significant contributions to the organization with his extensive experience. He steered and applied multiple innovative architectural solutions to enhance Lady Shaw Senior Center to become even more comfortable and a safer place for all who reside; visit and work there. The improvements included the installation of solar panels; the renovation of handicapped accessible kitchen; and the incorporation of the additional light fixtures.

With his expertise in Federal and State housing project regulations and compliance, Mr. Hoshiyama has championed to resolve legal matters for Self-Help for the Elderly, Lady Shaw Senior Center and Autumn Glow Alzheimer's Care Home.

Thank you Mr. Simi and Mr. Hoshiyama for your leadership, dedication and love for the seniors.

榮休之喜!

安老自助處全體同仁衷心感謝松景廬董事會主席 Larry Simi 先生及法律顧問 Gary Hoshiyama 先生。

自一九九二年起，憑豐富的經驗及專業的知識，Simi 先生對松景廬作出了重大的貢獻。他為邵逸夫爵士夫人中心引入嶄新的大廈設施，使中心變得更加舒適和安全，令住客、訪客及工作人員能夠享用中心的空間和設備。新的裝置包括安裝太陽能板，改建廚房成殘疾人士適用，並增強大廈的照明系統。

此外，擁有聯邦和州住房屋項目規定和監管等專門知識的 Hoshiyama 先生亦為我們安老自助處、邵逸夫爵士夫人中心和念秋寄廬給予許多寶貴意見和解答法律上的問題。

在此，我們衷心感激兩位多年來的領導和幫助，及對長者們的關愛。

Happy Retirement!

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 **March 23, 2017** to **June 30, 2017**.

3Sixty Bar Bistro Market

Aaron-Mark & Janice Low

Adrienne Pon

Agnes Lee

Alexander Steak House

Alexandra Ng

Alice Lam-Jew

Alice F. Huang

Alicia Chang

Al's Appliances, Inc.

Amarjit S. Cheema

American Association of Retired

Persons (AARP)

American Realty & Construction Inc.

Andrew Chase

Dr. Andrew Zee

Andy Bryant

Angel Chen

Ann Liang

Anne Hinton

Anne Farrar

Anthony and Victoria Tam

Armando Lacayo

Arnold K. Low

Arthur and Deborah Yee

Asian American Medical Group

(AAMG)

AT&T

AT&T Employees

Austin P. Louie

Barbara Calfee

Barbara & Bert Why

Baron and Fanny Suen

Bassie Lee

Beatrice Cheung

Bella Schneider

Ben Toy

Bernadine Fong

Bernie F. Lee

Bettina Leong

Bak and Betty Chan Charitable

Fund

Betty Shou Ling Wong Tse

Beverly Lee

Bill Lock

Bright Funds Foundation

Bruce Ginn

Buck and Mary Gee

Cameron House

Canossian Alumni of California

Canyon Sam

Carl Ho

Carole Groom

Cary Fong

Cathay Bank

Cathy Hwang

Chao-Tsan Wu

Cheryl Dennison

Chevron Employees

China Live

Chinatown Community

Children's Center

Chinatown Community

Development Center (CCD)

Chinese Community Health Plan

Chinese Newcomers Service Center

Christina Ng

Christine (Chris) Chen

Christopher Paisley

Christopher J. Gallagher

Collette Kondo

Community Youth Center
of San Francisco

Costco Employees

CTBC Bank Corp.

DAE Advertising

Dan Yoshida

Daisy Li

Daniel Poon

Daphne Kwok

Darcy Ting

Darrell M. Young

Darrick Lam

Dave Tu

David Chesnosky

David Lin

David Louie

David Kai Tu

Debbie and Stanley Cheng

Debi Chen

Dennis Chew

Diana Dong

Diana F. Chan

Diane Akers

Diane Lee

Dignity Health / Sequoia Hospital

Dominic Tse

Dominic & Michelle Li

Donaldina Cameron House

Donna Yick

Dorte Lindhardt

Dragon Beaux Restaurant

Eddy Tse

Edison T. and Mimie Tse

Edmund Yee

Edward Eng

Edwin & Tina Yee

Eileen M. Dong

Ena Kong

Eric and Gayle Chan

Eric and Linda Lee

Eugene Soo-Hoo

Eva Lai-Kit Jones

Evelyn Jung Seto

Excel Plumbing Supply & Showroom

First Impression Nail Spa &
Beauty Salon

Frances Quon

Frank Cheng

Fred Stephens

Gary Hoshiyama

Gee Tuck Sam Tuck
Benevolent Association

Gilbert & Phyllis Jay

Gladys Hu Trust

Gloria Tai

Gloria E. Tan

Grace Lau

Grace Li

Gregory Lim

Gum Moon Residential Hall/
Asian Women's Resource Center

Hao Tram

Helen & Lawrence Chew

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 23, 2017** to **June 30, 2017**.

Helen and Thomas W. Hubbs

Helen Y. H. Hui

Henry Pao

Henry Der

Herbert & Bernadine Fong

Hilda Yee

Hoi Fong (Vivonne) Ip

Homer H.C. Tong

Hong Seh Lim

House Restaurant

Huaiwen Chen

IBM Employees

Ida Ma

Irene Chu

Ivan Kuo

James Shin

James E. Kim

Janie Kaung

Jason Liu

Jeanie Lee Wu

Jeff and Carolyn Pao

Jennifer and Henry Mar Charitable

Fund

Jerry Lee, Esq.

Jerry Lee & Angela C. Lee Family

Fund

Jessie and Darryl Wong Ngai

Jimmie and Margaret Wong

Joe Huie

John Chu

Johnson F.C. Seto

Julie Kondo

Julie M Tang

K. Iwata Associates, Inc.

Kai Ming, Inc.

Kam Li

Karen Chau

Karen C. Hsu

Karin HuiQing Yang

Kate Ma Martinez

Katherine Zhang

Kathleen Lee

Kenneth Kong

Kenneth and Darlene Lem

Khang Teg

Kick's

Koi Palace

Larry Chang

Laura Jo Ruffin

Lawrence Chew

Leo Choy

Leo Lin

Lillian Huang

Lillian K Sing

Lily Carp

Linda Lew

Linda & Peter Chan

Linda L. Wang

Lisa Azbill

Liu Xin

Loong Kong Tien Yee Association SF

Louis M. DeMattei

Luisa Spagnoli Store

Mabel & Kenneth Lai

Magdalen Mui

Marc Hershman

Margaret Gee

Maria Lau

Maria W Chu

Marian Lee

Mario P. Diaz

Mary Choy

Mary Ann Sing

Mary Louise Whitcomb

May L. Wong

May Sheng Zhu

Michael Shum

Michelle Lo

Milton Chang

Mimi Tam

Moonstar Buffet

Morgan Young

Morton D. Kirsch

MUFG Union Bank Employees

Nancy Enomoto

Naomi Glass

Neil Toy

Nicholas Jay

Nikki Szeto

Norma Quan Ong

Norman & Antonia Tu

On Lok

Original Joe's, San Francisco

Otto & Betty Wong

Pacific General Construction

Palo Alto Hills Golf And

Country Club

Pamela Fong

Patricia S. Mar

Paul Char

Paul Niewiadomski

Paul Zen

Pavel & Leslie Radda

Peter Poon

Peter Yee

PG&E

Philip Taiming Tam

Philippa Leung

Po Fong Liang

Portsmouth Plaza Parking Corp.

Preferred Bank

R&G Executive Lounge, Inc.

Ranyon Lee

Recology Golden Gate

Reiko H. True, PhD

Renee D. Gallagher

Richard and Lauren Owyong

Richard E. Radez

Rick Bonilla

Ricky Ho

Robert Laye

Robert Joseph Louie Memorial Fund

Ronald Dumas

Ronald Leung

Rosalind Chan

Rosalyn Koo

Rosemary Hu

Rose Chung

Rudolph Kao

Russell E. Lowe

Ruth Ma

Sandy Houck

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 23, 2017** to **June 30, 2017**.

Sang S. Wang
Sara Jacobsen
Seck Lam and Kathleen Chan
Giving Fund
Sharlynn M. Mar
Sharon Hsing
Sherry Fong
Sidney Mah
Sieu Mei Tu
Dr. and Mrs. Sik-Kee & Mandy Au
Siu K. Huey
Solomon Pan
Stanley S. Chew
Stefan Hafner
Sutter Health/CPMC
Sutter West Bay Hospitals
Sylvia Eng
Tammy Yim
Tau Wu Inc.
Tenny H. Tsai-Eng
The James Irvine Foundation
The Lin Family Charitable Fund
The Lin Family Foundation
The Trousdale
Theodora & Fillmore Sue
Theodore Chu
Theresa Eng
Thomas Hong
Today's Hotel Corporation
Ton Kiang Restaurant
Tony Yau
TY Skyline Foundation, LLC
United Way California Capital Region

United Way of Greater Philadelphia and Southern New Jersey
UPS Employees
US Bank Employees
Vanessa and YC Chao Yeh
Vault 164 Restaurant and Bar
Vicky M. Wong
Virginia Toy
Virginia & Clarence Bakken
Wei-Tai Kiwok
Wells Fargo Employees
Wells Fargo Foundation
Wellson Cheung
Wendy Kiwok
William R. Schulte
William W. Liu
Wilson Fong
Wong Electric, Inc.
WPI I DE, LLC
Yan Can Asian Bistro
Yat-Cheong Au
Yat-Pang Au
Yum Cha Palace
Zoff Chan

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 *March 27, 2017* to *June 30, 2017* as a tribute to the following individuals:

ANNA CHAN
KAIM YEE CHU
CHOW GUM SIK QUAN
C. M. LAM
GERALD LEE
JEAN Y. LEE
JEAN Y. & GEORGE R. LEE
PETER LIANG

FRANCIS (FRANK) MAR
TOKIE NERIO
PEARL HO SUEY
MR. AND MRS. KEI & LING HAN TAM
YUNG TO
CHU HUNG TOY
GARY YOUNG

MEMORIAL DONORS

The Arnold and Junko Low
Foundation

Barbara Calfee

Maria W. Chu

Edward Eng

Sandy Houck

Rosemary Hu

Kam Li

Darrick Lam

Beverly Lee

Georginie, Georjan, Randy
& Ranyon Lee

Kathleen Lee

Marian Lee

Kenneth & Darlene Lem

Bettina Leong

Ronald Leung

Ilene Levinson

Po Fong Liang

Arnold K. Low

Norman Quan Ong

Richard & Lauren Owyong

Peter Poon

Frances Quon

Eugene Sook-Hoo

Mimi Tam

Neil Toy

Ying Tan Wee

Catherine Wee

Jimmie & Margaret Wong

Peter Yee

Donna Yick

Darrell M. Young

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 *March 23, 2017* to *June 30, 2017* in honor of the individuals below:

Mr. and Mrs. Kenneth and Mabel Lai

Mr. and Mrs. Norman and Antonia Tu

Donors:

Beatrice Cheung

Lawrence Chew

Pamela Fong

Tenny H. Tsai-Eng

Self-Help for the Elderly Donor 安老自助處善長芳名

The following contribution was made to Self-Help for the Elderly in support of
the *Legacy Tree Campaign* in honor of the individual below:

Wendy Chan

Donor:

Naomi Glass

*The donations to the "Legacy Tree Campaign" go to support senior services and eldercare 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 materials 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