



PLEASE PRINT LEGIBLY

PLEDGE

REGISTRATION

PLEASE PRINT LEGIBLY

Name of Walker _____
 Team Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Phone(Daytime) _____ (Evening) _____

Last Name _____
 First Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Phone(Daytime) _____

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

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

I am unable to walk but will donate:
 \$100 \$75 \$50 Other: _____
 To make a secure online donation, please visit
www.selfhelpelderly.org/donate

Please visit <http://bit.ly/SHEWalkathon> to download additional flyers and pledge forms.
 Please fax this form to **415-296-0313**
 or email to catarinal@selfhelpelderly.org
Attn: Self-Help for the Elderly-Fund Development

Waiver and Release of Liability

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

Signature _____ Date _____

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

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

SCHEDULE

Registration 9 a.m.

Walkathon Begins 10 a.m.

ENTERTAINMENT & REFRESHMENT
TO FOLLOW.

WALKATHON ROUTE



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



f t i #SHEWalkathon



Self-Help for
the Elderly
安老自助處

www.selfhelpelderly.org

731 Sansome Street, Suite 100
San Francisco, CA 94111



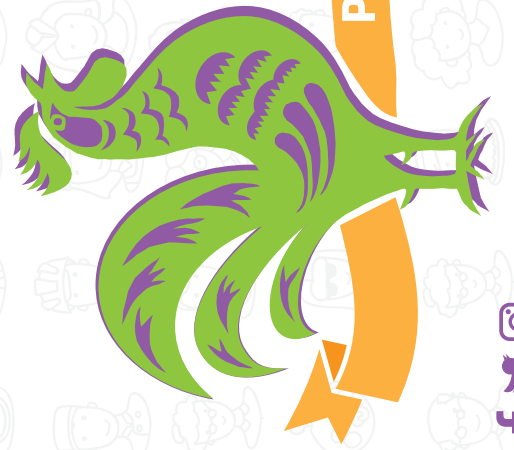
PORTSMOUTH SQUARE
San Francisco

WHERE

Self-Help for the Elderly's
**32nd Longevity
Walkathon**

Parade & Fair

WHEN
SATURDAY
October 07, 2017



f t i



ABOUT SELF-HELP FOR THE ELDERLY

Self-Help for the Elderly began in 1966 with the aspiration of providing services to assist very low income and socially isolated seniors in San Francisco's Chinatown. Today, Self-Help for the Elderly stands as a strong and comprehensive eldercare provider for over 40,000 seniors in the Bay Area. Our growth and longevity can be attributed to our response to every generation of seniors on their changing interests; their needs as they age; and their requests to provide services in areas where needs are not being addressed. This willingness and flexibility, along with quality services, served as our catalyst to expand our reach and locations.

OUR MISSION

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

OUR SERVICES

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

THE LONGEVITY WALKATHON PARADE & FAIR

is one of Self-Help's annual major fundraising events. Funding sources never pay for the full cost of operating programs; consequently, over many years, Self-Help covered the actual costs with money raised from events like the Longevity Walkathon. Today, with many funding cuts, an event like this one becomes even more important.

Join us and participate in the 32nd Longevity Walkathon Parade & Fair, in memory of or in support of someone you loved. Let us walk together to enhance the quality of life for the elders.

HOW TO PARTICIPATE

STEP 1

Fill out the Registration and Pledge Form.

Please make your checks payable to "Self-Help for the Elderly."

Mail to: 731 Sansome Street, Suite 100
San Francisco, CA 94111
Or fax: 415-296-0313

Attn: Self-Help for the Elderly-Fund Development

OR Fill out the Online Form at
<http://bit.ly/SHEWalkathon>

STEP 2

Sign up sponsors.

Ask your family, friends, co-workers, neighbors and business to be your sponsors.

STEP 3

Join us at the Walk on October 7, 2017!

If you have not submitted your pledge form and donations, remember to bring them with you to the registration area at the Walkathon.

Group Teams

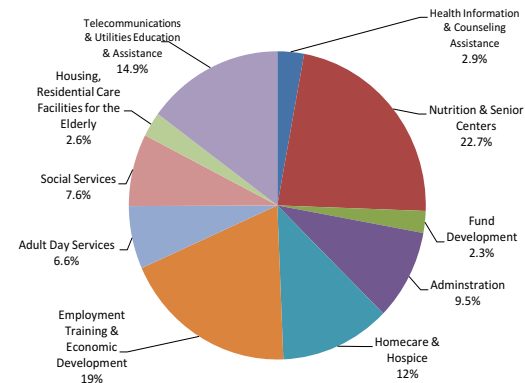
Companies, schools, groups and organizations with more than 10 people are encouraged to form as a walking team.

Gifts

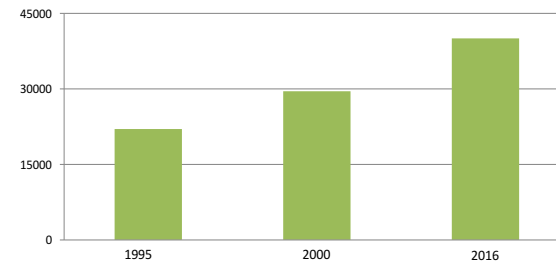
- ▶ Adult Walkers (18-54 years)
Raise \$50 or more, get a free Walkathon T-shirt.
- ▶ Senior Walkers (55 years and above)
& Youth Walkers (17 and under)
Raise \$25 or more, get a free Walkathon T-shirt.

YOUR CONTRIBUTIONS AT WORK!

Operation Budget 2017-2018



Self-help's Clientele



Nutrition Program* provided 360,000 hot meals and other supportive services in 13 locations in San Francisco, San Mateo and Santa Clara counties. We also provide 113,000 home delivered meals to seniors and younger adults with disabilities.

HomeCare & Hospice provided 7,000 quality home health and hospice visits to the community to assist the patient and their family in optimizing their quality of life.

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

Employment Training and Economic Development (ETED) provided employment training to 443 low-income adults, dislocated workers and older workers. The Chinatown Neighborhood Access Point received 5,686 from job seekers citywide and continues to provide employment services to the community.

Information is based on Fiscal Year 2016 – 2017.

**Nutrition information is based on Fiscal Year 2015 – 2016.*



WHEN SATURDAY
October 07, 2017

WHERE PORTSMOUTH SQUARE
San Francisco

TITLE SPONSOR



FOOD SPONSOR



MEDIA SPONSORS



SUPPORTERS

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



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

CONTACT US ||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||

- San Francisco 415-677-7670
- Oakland 510-336-0144
- San Mateo 650-342-0822
- South Bay 408-873-1183

731 Sansome Street, Suite 100
San Francisco, CA 94111

<http://bit.ly/SHEWalkathon>

Email: catarinal@selfhelpelderly.org



#SHEWalkathon



A sincere appreciation to PG&E as the Title Sponsor of the annual Walkathon.



All smiles on our walkers as the Walkathon began.



Self-Help staff to share with booth visitors the emergency safety tips.



Youths from LionDanceMe joined us at the Longevity Walkathon.



Luk Tung Kuen demonstration and practice before the Walk.



Special thanks to MoonChef for providing the participants a delicious and nutritious lunch.