

Golden Lines

黃金點滴

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The delegation, led by Dr. Jennifer Lee, visited Autumn Glow Alzheimer's Care Home.

Welcome, Agency for Integrated Care (AIC) from Singapore

Self-Help for the Elderly (SHE) welcomed the Agency for Integrated Care (AIC) to San Francisco and to our various locations. SHE representatives greeted the 10-member delegation from Singapore at Lady Shaw Senior Housing on July 19, 2017. While there, AIC representatives were provided with an introduction and overview of SHE services, followed by a tour of the Senior Apartments and Activities Center.

Additionally, the delegation visited 601 Jackson Street and saw the Employment Center, Health Insurance Counseling and Advocacy Program (HICAP), and Social Services department. A lunch was served for our guests at Manilatown Senior Center. The group also visited a Single Room Occupancy residential hotel and had a tour in

Chinatown. The program concluded with a visit to the Autumn Glow Alzheimer's Care Home.

The members of the delegation included Dr. Jason Cheah, Miss Theresa Goh, Dr. Kok Mun Foong, Dr. Jennifer Lee, Miss Yvonne Lee, Mr. Kelvin Lim, Dr. Lim Wei Yen, Mr. Daniel Soh, Miss Tan Hwee Bin and Dr. Wong Loong Mun.

AIC began in 1992 as the Care Liaison Services (CLS) under the Ministry of Health (MOH) to coordinate and facilitate the placement of elderly sick to nursing homes and chronic sick units. Throughout the years, the organization grew and took on a greater role in discharge planning and facilitating the transition of patients from hospitals to the community.



Self-Help for the Elderly
安老自助處

www.selfhelpelderly.org

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DONATION • 捐獻我們

Self-Help for the Elderly welcomes all donations! For additional information, please contact Josephine Ma, our Fund Development Director, 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 Anni Chung, our President/CEO, 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
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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。

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In 2008, AIC was established as an independent corporate entity under MOH Holdings, and assumed the role of National Care Integrator.

Today, AIC works closely with Community Care partners in supporting them in service development and manpower capability building to help raise the quality of care and bring care support closer to those in need.

Having the shared inspirations to promote the independence and health of individuals / elders, it was an honor for Self-Help to host the delegation, led by Dr. Jennifer Lee, and to introduce them SHE's various services, locations and dedicated staff.

We enjoyed the exchange of ideas between AIC and SHE and our seniors who came from Singapore especially enjoyed AIC's visit. Thank you, AIC!

新加坡 Agency for Integrated Care(AIC) 公司到訪安老自助處

安老自助處歡迎 AIC 到訪三藩市及我們的康樂中心。安老代表於七月十九日在邵逸夫爵士夫人康樂中心招待了來自新加坡AIC的十人代表團，向AIC代表介紹我們安老自助處的歷史、位於三藩市灣區的各中心，以及講解我們有關的服務。隨後代表團參觀了長者獨立住屋服務和康樂中心。

離開邵逸夫爵士夫人康樂中心後，代表團探訪了六零一昆臣街的地點，參觀了華埠就業服務中心，醫療保險顧問及促進權益計劃 (HICAP) 及社會服務部。大家在中華康樂中心享用午餐。AIC代表團還參觀了一所單人住房旅館、華埠及花園角廣場。代表團隨後亦到訪了念秋寄廬亞滋海默症病患者的



護理院。瞭解我們這所獨特的護理之家、其設施及服務。

代表團成員包括 Dr. Jason Cheah、Ms. Theresa Goh、Dr. Kok Mun Foong、Dr. Jennifer Lee、Miss Yvonne Lee、Mr. Kelvin Lim、Dr. Lim Wei Yen、Mr. Daniel Soh、Miss Tan Hwee Bin 及 Dr. Wong Loong Mun。

AIC於一九九二年開始成為新加坡衛生部屬下的護理聯絡服務，負責協助安排長者到護老院及慢性病療養院。多年來，組織不段發展，致力協助病人康復及出院計劃，幫助病患從醫院還回家中作準備等。在二零一八年，AIC正式成立為衛生部下屬的獨立法人實體，並擔任國家護理綜合者的角色。

今天，AIC與社區護理合作夥伴密切合作，支持他們進行服務發展和人力資源能力建設，以提高護理質量，使有需要的人群能夠獲得所需的護理服務。

AIC與我們安老自助處分享共同目標—致力推廣長者的獨立和健康。因此，我們安老自助處亦感到十分榮幸能款待由 Jennifer Lee博士所領導的代表團，向他們介紹安老自助處的多元化的服務，康樂中心及專職的工作人員。

我們非常珍惜AIC與安老自助處互相交流的機會，此外，我們來自新加坡的長者們亦十分喜歡AIC的到訪。在此鳴謝AIC的代表團！



Dr. Jennifer Lee, Chairperson of Agency for Integrated (AIC) presents a gift to Anni Chung, President & CEO, of Self-Help for the Elderly.

新加坡 Agency for Integrated 主席向安老自助處邵逸夫爵士夫人康樂中心致送紀念品，並由安老自助處行政總監鍾月娟女士代表接受。

Welcome, Youth Delegates from Hong Kong to Lady Shaw Activity Center



On September 20, ten Youth Ambassadors from Hong Kong visited the elders at our Lady Shaw Activity Center. This visit is part of the International Youth Exchange Programme, organized by Hong Kong Commission on Youth, with a vision to foster a culture of multi-faceted excellence and to nurture young people as future leaders of Hong Kong with vision, creativity, leadership and commitment. 100 Youth Ambassadors had been selected to visit different countries. The 2017 program theme celebrates the 20th Anniversary of the Establishment of the Hong Kong Special Administration Region (SAR) with a focus on three social needs: food safety, better living standard for the elderly, and housing.

The Youth Ambassadors prepared a 60-minute program for the elders. The elders were very much looking forward to the Youth Delegates' visit as many elders had resided in Hong Kong previously. The video presentation of the City of Hong Kong brought back many fond memories. Additionally, the audience was excited to recognize the new developments and were impressed when the Youth Delegates shared

their work which utilized mobile technologies to build a barrier-free society and enhanced the lives of others in need. The Youth Ambassadors also prepared interactive games to connect with the seniors.

Self-Help for the Elderly representatives offered the Youth Delegates a tour of the Lady Shaw Senior Center. We hope this experience at Lady Shaw Senior Center enables the Youth Delegates to better understand the elder community and motivates them to make good use of their talents to support the elder community.



歡迎香港青年大使 光臨邵逸夫爵士夫人康樂中心

九月二十日，十位香港青年大使臨邵逸夫爵士夫人康樂中心拜訪三藩市華埠長者。這次訪問是由香港青年事務委員會組織的國際青年交流計劃的一部份，計劃目的旨在培養具多層面卓越文化、培養青年的創意、領導和承諾。今年被選中的一百名青年大使被派到不同國家作訪問及交流。二零一七年的計劃主題是「慶祝成立香港特別行政區二十週年」，並專注推動三項社會需求項，包括食品安全、提高長者生活質素、及房屋問題。

青年大使們為安老自助處此行而精心準備了六十分鐘的節目。而長者們亦十分期待青年大使們的拜訪，因為許多長者曾經都居住過香港。在播放香港的片段時，大家都十分回味。此外，看到許多新發展項目時，觀眾們亦十分興奮。青年大使們亦分享了他們的發明，利用手機科技建立無障礙社會，方便有需要人士及使他們的日常生活得到改善，這些資訊令長者們留下了深刻的印象。青年大使還準備了有趣的互動遊戲，與長者一起共渡歡樂的上午。

安老自助處的代表亦為青年大使介紹邵逸夫爵士夫人康樂中心的設施。我們希望該訪問及交流經驗能夠使青年大使們能夠更加了解長者的需要及鼓勵他們善用自己的才華，為長者及社區服務。



Happy Autumn Moon Festival! Over 150 families gathered to participate in Generational Walk for Wellness.

Happy 25, San Mateo Center

San Mateo Senior Center celebrated the Autumn Moon Festival and its 25th anniversary with the San Mateo community on September 24 at the city's Central Park. Over 150 families gathered to participate in the Generational Walk for Wellness. The one-mile Generation Walk for Wellness celebrates and supports healthy living for all generations. After the Walk, the participants enjoyed the event's festivities, including outdoor performances, lion dancing, family activities, and mooncake samples.

Among the performers were Crystal Children's Choir; Hai Yan Jackson Chinese Dance Company; Menlo Park Senior Center's Folkloric Dance Troupe; Peninsula Girls Chorus; and San Mateo Buddhist Temple's Taiko Drums Troupe.

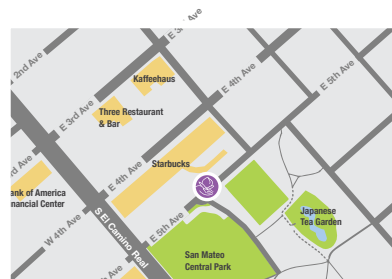
Self-Help for the Elderly thanked Kaiser Permanente and Visa Inc. for supporting this event. In addition, we are grateful for the contributions from individual walkers and organizations. The proceeds acquired from the event will benefit Self-Help for the Elderly. A special thanks to AA Bakery in San Francisco for providing mooncake samples at the festival.



Currently, San Mateo Center is home away from home to over 19,000 patrons who visit the center for exercises, classes or health-related activities. In addition, nearly 22,000 deliveries for meals or groceries are made annually. Self-Help for the Elderly welcomes all to join in San Mateo Center's variety of classes and activities like Luk Tung Kuen or Tai Chi (exercises); English language class; Dance Lessons (Hawaiian, Social or Yuanji); Peking Opera; Table Tennis; Chinese Calligraphy and more. Our Information and Assistance (I&A) program is available with bilingual specialists

to assist seniors, adults with disabilities, and caregivers with accessing information and services available within the community.

Please visit www.selfhelpelderly.org/locations to view the center's monthly calendar of activities or call 650-342-0822 for assistance.





Standing (L – R): Ben Toy (Board Member), Jack Tang (Moon Festival Planning Committee), Haiyan Fu (Board Member), Magdalen Mui (Advisory Board Member), PK Kilty (Moon Festival Planning Committee), Kelly Chew (Director of Nutrition), Yvonne Leung (Program Manager), Donna Divodi (Moon Festival Planning Committee), Rick Bonilla (San Mateo Deputy Mayor), Christina Kahn (SM HICAP Manager) and Anni Chung (President & CEO of SHE)
Sitting (L – R): Claire Mack and Paul Gumbinger (City Council Members who granted the lease for SM SHE in 1992), Representative of Senator Jerry Hill (City Council Member who granted the lease for SM SHE in 1992), Rosa Roo (Super Volunteer of SM Center since 1992) and Rosalyn Koo (Board Member).



On July 11, 1992, Self-Help for the Elderly San Mateo Center opened its doors and embarked on its continuing mission to enhance the lives of local seniors.

恭喜聖馬刁中心 二十五週年慶典!

聖馬刁康樂中心於九月二十四日在中央公園與大家慶祝二十五週年紀念和中秋節。有超過一百五十個家庭參加了步行籌款活動。長達一英里的步行活動是為了推動健康生活的態度。步行活動結束後，大家亦留下來享受節日活動，包括戶外表演，獅子舞，家庭活動和月餅試食等。

中秋節活動的表演單位包括 Crystal 兒童合唱團、海燕中國舞蹈團、門洛帕克長者中心的民俗舞蹈團、半島女孩合唱團和聖馬刁佛教寺廟的太鼓團隊。

安老自助處在此鳴謝 Kaiser Permanente 和 Visa Inc. 兩大機構的支持。我們亦非常感激各善長們和組織的參與及捐助。活動收益將捐助安老自幫處。此外，特別鳴謝三藩市永興餅家提供月餅作試食。

二十五年來，聖馬刁康樂中心都是大家的《家外之家》。現在，中心每年有超過一萬九千位人士到訪，參加不同的節目、課程或與健康有關的活動。此外，中心每年亦送遞近二萬二千份餐或食品到有需要人士家中。安老自助處歡迎各位加入聖馬刁康樂中心的各種課程和活動，包括六通拳或太極（練習）、英語課程、舞蹈班（夏威夷舞蹈、社交或元極舞）、京劇、乒乓球、中國書法等。我們的「信息與援助計劃」（I&A）亦有雙語服務人員協助長者、成年殘疾人士和護理人員獲得社區內的信息和服務。

請瀏覽網址 www.selfhelpelderly.org/locations 查閱聖馬刁康樂中心的每月活動的時間表或致電 650-342-0822 查詢中心的服務。



San Francisco Police Chief William Scott's First Official Visit to San Francisco Chinatown

On July 24 morning, the San Francisco Police Department's (SFPD) Chief William Scott, Commander of Community Engagement David Lazar, Central Station Captain Paul Yep and the SFPD officers welcomed over fifteen community leaders with hot coffee and morning buns at Portsmouth Square. The guests accepted the invitation from the offices of Supervisor Aaron Peskin and SFPD to meet with SFPD Chief William "Bill" Scott. This is Chief Scott's first official visit to San Francisco Chinatown. Supervisor Aaron Peskin greeted the community leaders and joined the entire event. The community leaders received Chief Scott warmly, offered him a walking tour of Chinatown; he visited many business and community organizations like the Chinese Chamber of Commerce, Chinatown YMCA, and Chinese Consolidated Benevolent Association of America. Additionally, the group stopped by at multiple historical and significant places like the Chinese Hospital, Donaldina Cameron House, Ping

Yuen Center, and Swiss American Residential Hotel. The community leaders thanked Chief Scott for the visit and at the same time shared with the Police Chief their concerns and issues over public safety, theft, and graffiti. Aside from getting to know more about the neighborhood, the people and their needs, this meeting served as a bridge to strengthen the communication and collaboration between SFPD and the Chinatown community, in the hope of working together to build a better and safer Chinatown for residents and visitors alike.

We thanked Supervisor Aaron Peskin and his office for organizing and coordinating this tour and the meetings.

三藩市警察局長施革 (William Scott) 首次正式拜訪三藩市華埠

七月二十四日早上，三藩市警察局長施革 (William Scott)，社區參與指揮官拉薩爾 (David Lazar)，中央警署分局長葉培恩和三藩市警察局隊員在花園角廣場歡迎超過十五位的社區領袖，並為大家準備了熱咖啡及麵包，共享早

點。在場的來賓均接受了市參事佩斯金及三藩市警察署的邀請，與三藩市警察局長施革會見。這是施革局長首個官式訪問三藩市華埠。市參事佩斯金向各社區領袖致意，並參與整日的活動。各社區領袖亦熱烈地接待了施革局長，在遊覽活動中為局長介紹華埠的歷史及講解一些重要建築物和組織，包括中華商會、華埠基督教青年會和中華會館等多個商業和社區組織。此外，施革局長亦參觀了多個重要建築物，如美國三藩市東華醫院，金美倫堂、平園和 Swiss American Residential Hotel (單人住房旅館)。社區領袖們都感謝施革局長的訪問，同時大家亦與局長分享了他們對公共安全、盜竊和塗鴉問題的關切。此行，除了對華人、華埠社區加深了解外及其需要外，也增強了三藩市警察局與華埠社區溝通與合作的橋樑，直此，希望相方攜手合作，共同為居民及遊客建設一個更美好、更安全的華埠。

在此，特別鳴謝市參事佩斯金及其辦公室安排這次會面及訪問。

Asian Health Collaborative Encourages Fresh & Healthy Food Choices



On August 3, the Asian Health Collaborative (AHC) organized and guided over 60 seniors and families on a summer outing to shop at the Crocker Galleria Farmers' Market.

Named the #1 Favorite Small Farmers' Market in San Francisco, this was many participants' first visit to the Crocker Galleria Farmers' Market. The participants walked around the different farm stands and shopped for an hour. Many participants were delighted to see the food varieties and were able to sample the fresh fruits prior to purchasing. After the visit, the group returned to Geen Mun Community Center where many people awaited and joined in the games, a cooking demonstration and an afternoon tea.

The afternoon program consisted of a cooking demonstration and fun quiz games which enabled the audience to learn healthier cooking and eating tips. Shirley Chan, our Nutrition and Senior Center coordinator, showed the audience how to make a tuna sandwich, a simple and tasty menu that was well-loved by all ages. The audience,

including the grandchildren, all enjoyed the snack with tea or water.

Consisting of three community-based organizations, Self-Help for the Elderly, Gum Moon Residence Hall/ Asian Women Resource Center and NCPHS Eastern Park Apartments, the AHC partners work together to improve the health and promote wellness of the communities in which they serve, primarily the monolingual, underserved Asian population in San Francisco. Funded by Dignity Health - St. Mary's Medical Center, the AHC provides educational workshops and health screening to fight against diabetes and obesity.

亞太裔健康聯盟 鼓勵採用新鮮及 健康的食材選擇

八月三日亞太裔健康聯盟舉行了一項夏季活動，帶領六十多位長者及家人到三藩市市中心 Crocker Galleria 的農夫市場參觀及購物。

被名為三藩市最受歡迎的小型農夫市場，這次是許多參加者首次到市中心的農夫市場。在參觀的一小時內，參加者走訪不同的攤位，大家都興奮地看到各樣新鮮食品及選擇，有些食材還可在購買前進行試食。參觀完畢後，大家便回到安老建民康樂中心，參加遊戲、烹飪示範和享用下午茶。

下午的節目包括烹飪示範和有趣的問答遊戲，讓觀眾學習更多有關健康的烹飪知識和竅門。我們安老自助處營養部及康樂中心的同事，陳慧茹亦即場為大家示範做吞拿魚三明治，這是一個簡單又美味的菜式，深受大人及小朋友歡迎。示範完畢後，大家有機會享用吞拿魚三明治和茶作小點。

由安老自助處，金門女子公寓/亞洲婦女服務中心及NCPHS 東方公園公寓三個社區組織而成的亞太裔健康聯盟合作夥伴，共同努力推動健康飲食和改善其服務社區的健康及生活方式，主要服務對象是三藩市的單語，服務不足的亞裔社區。由Dignity Health - 聖瑪麗醫療中心資助，亞太裔健康聯盟提供教育研討會和健康檢查，致力減低糖尿病和肥胖等疾病。



CATHAY BANK

This event is presented by



國泰銀行第十三屆慈善高爾夫球賽

二零一七年 · 八月二十一日 · Los Altos Golf & Country Club · Los Altos

The 13th Annual Invitational Charity Golf Tournament

Self-Help for the Elderly's 13th annual Invitational Charity Golf Tournament took place at Los Altos Golf and Country Club on August 21.

136 guests arrived at about 10 a.m. for registration and bag drop. Upon registration, each guest received a gift bag which included a sand wedge, golf balls, and a cap, to name a few. Shotgun began right after the lunch was served.

The evening program began at 6 p.m. At the event, Eric Cheung, First Vice President, Team Manager at Cathay Bank, presented the checks to the two nonprofit organizations: Wendy Lee with Community Youth Center and Jerry Lee, Esq. with St. Mary's Drum and Bell Corps.

Self-Help for the Elderly also presented appreciation awards to the title and major sponsors: Cathay Bank, Good Hope Seeders, Today's Hotel Corporation, DCL Logistics, R&G Lounge, Sand Hill Property Company, and Welcare Financial Group. The Golf Tournament Committee then invited Lee Michelson to come on-stage and presented him an appreciation award for his dedication and support of the annual golf tournament. Lee will be moving to the East Coast at the end of 2017.

A heartfelt appreciation to Lucy Li, 2016 Junior PGA Champion,

for her presence and support of Self-Help for the Elderly. This is the second year Lucy participated in and helped raised over \$15,000 for the event. Additionally, we are grateful to our Golf Tournament Committee for raising over \$172,000 to support Self-Help for the Elderly's programs and services for over 40,000 seniors annually.

第十三屆慈善高爾夫球邀請賽

本年度第十三屆《慈善高爾夫球邀請賽》已於八月二十一日（星期一）在 Los Altos Golf & Country Club 舉行。

當日早上十時各贊助商及一百三十六位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桿及精美禮物包。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鼓樂隊。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、Sand Hill Property Company、Welcare 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。

慈善高爾夫球邀請賽委員會隨後邀請 Lee Michelson 先生上台，頒發感謝獎予 Lee，感激他每年為慈善高爾夫球邀請賽的貢獻和支持。Lee 將於二零一七年底遷往東岸。

衷心感謝二零一六年青少年PGA錦標賽女子冠軍李憶小姐前來參加慈善高爾夫球邀請賽及支持安老自助處，今年是李憶第二年參與該慈善活動，並為我們籌集了超過一萬五千元的善款。此外，亦非常感謝我們的慈善高爾夫球邀請賽委員會，為該活動籌集了超過十七萬二千元。安老自助處亦十分感激各贊助商、參賽者及賓客來支持和參與該活動。來支持安老自助處每年為超過四萬名長者提供的多項計劃和服務。



Meet



Kenneth Lau 七叔

A Fulltime Volunteering Career Begins After Retirement

Kenneth Lau, 七叔 ("CHAT-SUK", means Uncle 7 in Chinese) has been a volunteer at Self-Help for the Elderly (SHE) for over two decades. Like an extended family to many of our staff, whenever SHE needs help, everyone jumps in. It was exactly that way over 10 years ago: Helen Yuen, a former Self-Help staff, signed up her Uncle Kenneth to bartend a fun fundraising event and he made delicious cocktails for the guests.

Since then, Uncle 7 has become an anchor at Self-Help events and a guardian to the activity centers. In addition to coordinating the centers' activities, helping out at most community events, and accompanying elders on the field trips, Uncle Kenneth is a role model to many of us. He is always welcoming and attentive to everyone he meets. He will be there whenever someone needs a helping hand.



Kenneth Lau and Self-Help's Nutrition Team at a fundraising event.

劉振忠是一位在安老自助處服務超過二十多年的義工。對很多同事來說，安老就像自己家庭的一份子，每當安老需要大家時，每個人都立刻前來幫忙。就這樣，在十多年前，一位前安老同事劉阮凱寧正是這樣就幫她的「七叔」報名做義工，為當時的籌款活動當上調酒師一職，並精心調製美味的雞尾酒來籌款。

接著，七叔便成為許多安老活動的主力成員，也默默支持和守護我們各活動中心。除了協助中心的活動外，還替多個社區活動作義工，如在參加一日遊時幫忙照顧長者，七叔也是我們許多人的榜樣。他總是關心身邊的每個人。只要有人需要幫助，他就會出現及協助。

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
415-391-7535

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



UPCOMING 2017 SELF-HELP EVENTS 安老冬季活動情報

October - November 十月至十一月



**Nov
4 | 1:30 pm
SATURDAY**

SF Consumers Resources & Bills Fair
三藩市消費者資源及帳單工作坊

City College of San Francisco Mission Center
1125 Valencia St, San Francisco, CA 94110



**Nov
4 | 1:30 pm
SATURDAY**

The Legacy of Cantonese Opera in the U.S.
粵劇文化遺產在美國的發展

City College of San Francisco Chinatown Center
808 Kearny Street San Francisco, CA 94108



**Nov
23 | 11 am
THURSDAY**

Thanksgiving Luncheon
感恩午餐

- Lady Shaw Activity Center 11 am
1483 Mason Street, San Francisco, CA 94133
- Geen Mun Activity Center 11:30 am
777 Stockton Street, San Francisco, CA 94108
- Visitacion Valley Activity Center 12 pm
66 Raymond Avenue, San Francisco, CA 94134



**Nov
28
TUESDAY**

Giving Tuesday at Self-Help
慈善星期二

Support Self-Help for the Elderly on Giving Tuesday, visit www.selfhelpelderly.org/donate



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 **July 1, 2017** to **September 30, 2017**.

ActionTec Electronics, Inc.
 Albert C. Shen
 Albert Sek-hon & Jenny Leung
 Alice H. Wei
 Alice Lam-Jem
 Allen Mark
 Amercian Assoc. of Chinese Medicine & Acupuncture
 Amgen Foundation
 Amy Yu
 Anna and Jonathan Ow
 Andy Chow
 Angel Chen
 Anita Ho
 Anthony Tam
 Antonia and Norman Tu
 Ascend Eagle Inc. DBA Pro2 Solutions, Inc.
 Assunta Ng
 AT&T Employees
 Bank of America Employees
 Barbara Why
 Ben and Mabel Jung Wong
 Bik Har Lee
 BPR Properties
 Bright Funds Foundation
 Care Indeed, Inc.
 Carol Wong
 Catarina Lai
 Cathy Hwang
 CCHP (Chinese Community Health Plan)
 Charles R. and Janie Y. Williams

Charles Schwab
 Chef Chu's, Inc.
 Chevron Employees
 Chin Chao
 Christopher (Chris) Yeo
 Clement K. and Jodie L. Chou
 Colina Yip
 Comcast Corporation
 Community Youth Center of S.F. (CYC)
 Creative Lighting Solutions, Inc.
 Daisy Li
 Dan Lew
 Daniel Mui
 David S. Ng
 David Kai Tu
 David Y. Suey
 Deborah Young McFarland
 Denise Lee
 Dim Sum King Restaurant
 Donald and Sylvia Ho Pang
 Donation via Amazon Smile Program
 Donna Divodi
 Dwight Chee
 East West Bank
 Edwin Wong
 Edwin Wong
 Elaine M. Chan
 Emily Chow
 Eva Lai-Kit Jones
 F. Ming and Kathryn Lee
 Fang Liu

Fong, Ko & Associates, LLP
 Frank Lee
 Fresh Elements
 Full Spectrum Analytic Inc.
 Gary and Mona Chaw
 Gene H. Bundgaard
 Good Hope Seeders
 Grace W. Yee
 Gregory D. and Donna L. Daily
 H. C. James Jong
 Haiyan Fu
 Haiying (Betty) Yu
 Hansoo Kim
 Harry Jew
 Helen Chew
 Helen Okamoto
 Helen Siu
 Henry & Amy Yu
 Hin Wing Tse
 Hnin Minn (Pinky) Than
 Human Investment Project, Inc.
 Hung Y. Cheng
 I. Chien Shen Lu
 IBM Employees
 Institue On Aging
 Irene Chu
 J. Franklin
 Jane Watanabe
 Jenny Chang
 Jessie Ngai and Darryl Wong
 Jin Park
 Joe Ho
 John H. Brill

John Horan
 Jonathan and Anna Ow
 Josephine Chan
 Josephine S. Ma
 Joy Luck Place
 Justin Chan
 Kaiser Permanente Medical Center
 Kammy (Ka Mei) Kwan
 Karen Ho
 Karen Ho
 Kenneth and Patricia Yee Baba
 Koi Palace
 Kravitz Properties, LLC
 Laura Lai Designated Fund
 Laura Wong
 Law Office of C. L. Pierce, Esq.
 Leung Family Charitable Fund
 Lillian Fong
 Linda L. Wang
 Linda Soo
 Loan Ngoc Hang
 Lolita E. Lopes Szeto
 Los Altos Golf & Country Club
 Lucille Young
 Lucky Chances, Inc.
 Lynn K. Elizalde
 Maria Kwan
 Marilyn and Pearl Suey
 Martin J. Yee
 Mary Chang
 Mary Chu
 Mary L. Tong
 Mary Yang

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 *July 1, 2017* to *September 30, 2017*.

May Ng
Melody Ow
Michelle Yu
Midge A. Wilson
Moo Tsing Cheung
Moonstar Seafood Buffet Restaurant
MUFG Union Bank
Mutual of America
Nancy Chan
Neil Toy
North East Medical Services
Oliver LaiMing Ko
Pansy Hong
Patricia S. Mar
Paul Xiao Bo Yu
Peter Willett
PG&E Company
PG&E Employees
Philippa Leung
Priority Architectural Graphics, Inc.
Quentin Kopp
R & G Executive Lounge, Inc.
Randy Poon
Raymond and Karen Fung Suey
Jr.Rica Hopkinson
Roger Y. Suey
Ronald R. and Nancy Castles
Roselyn Koo
Rosina Sun
Sabrina Mui
Sai-Ling Chan-Sew
Sammut Family Foundation

San Francisco Association
of Realtors
Schwab Charitable
Selwyn Kwok
Sequoia Healthcare District
Serena N. Yee
Shengli Pan
SHP Foundation
Si Hong (Nancy) Zhao
Siu Cheung Chan
Siu K. Huey
Stanley S. Chew
Stella Fong
Sylvania Bates
Ted and Dolly Yee Nishio
The Great Entertainer
The Helen Soo and Erik Johnson Fund
The Peninsula Regent
The San Francisco Foundation
Thomas Lee
Thomas R. and Gloria Sims
Today's Hotel Corporation
Tokyo Sushi & Bar
Tyler Tan
UPS Employees
US Bank Employees
Vincent Li
Visa International
W Chow
Wayne Kung
Welcare Financial Group
Wells Fargo Community
Support Campaign

Wellson Cheung
Willard and Mary Ping
Windy Hill Property Ventures, LLC
Yat-Pang Au
Yui Hay Lee
Zephyr Ventilation ,LLC

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 *July 1, 2017 to September 30, 2017* as a tribute to the below recently departed:

MRS. RUBY OW

MS. YUK KWAN LEUNG

LYMAN C. JEE

BIG FONG HOM

PHILIP CHEW

BING CHEE YEE

MEMORIAL DONORS

Elaine Chan

Albert Sek-hon and Jenny Leung

Anna and Jonathan Ow

The Alfred Soo Family

Jane Watanabe

Thomas Lee

Vincent Li

Helen Chew

May, Wilson and Kaitlyn Ng

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 *July 1, 2017* to *September 30, 2017* in honor of the individuals below:

Yvonne Leung
Sylvania Bates

Donors:
Emily Chow, Sylvania Bates



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

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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

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