

Golden Lines

黃金點滴

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Soft Opening of Millbrae Senior Lunch Program



L – R: Anni Chung, SHE President & CEO; Magdalen Mui, SHE San Mateo Advisory Committee Member; Sandra Lang, San Mateo County Commission on Aging; Marlene McBride, Chair of Millbrae Senior Advisory Committee; Rosalyn Koo, SHE Board Member; Gina Papan, Mayor of Millbrae; Councilmember Wayne J. Lee; and Donna Divodi, Citywide Volunteer Coordinator.

Self-Help for the Elderly (SHE) was thrilled to celebrate the soft opening of the Millbrae Senior Lunch Program and Chinese New Year with 200 seniors and families at the Chetcuti Community Room on March 3, 2018. Among the guests were Gina Papan, Mayor of Millbrae; Wayne J. Lee, Millbrae City Council Member; Marlene McBride, Millbrae Senior Advisory Committee Chair; Mimi Lee, Millbrae Senior Advisory Committee Member; Terry Nagel, former Mayor of Burlingame; Rosalyn Koo, SHE Board Member; Magdalen Mui, SHE San Mateo Advisory Committee Member; and Anni Chung, SHE President and CEO.

The celebration kicked off with a festive and energetic lion dance performance by Yau Kung Mun USA – Lion Dance Me Troupe. Next, Magdalen Mui, the emcee, introduced the dignitaries and VIPs present at the event. At her welcome remarks, Mayor Papan applauded Self-Help for the Elderly and said Self-Help's work cannot be underestimated as the Senior Lunch Program brings people together. It is where the elders will meet new friends over lunch and/or engaging activities. The Mayor invited everyone to bring their friends and neighbors to join Self-Help's programs. With the lions dancing off to begin a great Year of the Dog, the City of Millbrae and Self-Help are ready



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In Loving Memory of
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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

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|---------------|------|---------------------------------|
| San Francisco | 三藩市 | (415) 677-7600 / (415) 677-7500 |
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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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450 Poplar Avenue, Millbrae, CA 94030.



65 seniors enjoyed a hot delicious meal, baked fish with olive, broccoli and cauliflower, on March 5, 2018.

to join efforts and move forward to better serve the residents and seniors. The launch of Self-Help's Senior Lunch Program in Millbrae could not have happened without Rosalyn (Roz) Koo. A longtime SHE Board Member and an advocate for the elders, Roz understands the need for care and services for older adults in Millbrae. With an estimated current population of 30,000 in the City of Millbrae of which 20,000 are Chinese, Roz worked tirelessly with the City Officials and the community to bring this program to life in Millbrae.

City Council Member Wayne J. Lee, a great supporter of Self-Help and seniors program, encouraged his social network on Facebook to [donate to Self-Help for the Elderly](#) and support the Senior Lunch Program in Millbrae. The donations will help to provide hot, delicious meals to seniors and adults with disabilities.

The Senior Lunch Program of Self-Help for the Elderly's Nutrition Department officially began on March 5. Our Nutrition staff welcomed

and served 65 hot meals that day. The lunch program and activities are currently available on Mondays from 10:30 am – 1:30 pm. Reservations are required. Located next to the Library, the Chetcuti Community Room is located at 450 Poplar Avenue, Millbrae, CA 94030. To make meal reservations, please call 415-319-4115 to leave a message.

安老自助處 — 密爾布瑞市營養 午餐計劃

安老自助處於二零一八年三月三日與二百位長者及家人於密爾布瑞 Chetcuti 社區活動室為慶祝營養午餐計劃的開幕儀式和農曆新年，嘉賓包括密爾布瑞市市長 Gina Papan、密爾布瑞市議員李佛忠、密爾布瑞市長者服務委員會主席 Marlene McBride、密爾布瑞市長者服務委員 Mimi Lee、前伯靈格姆市長 Terry Nagel、安老自助處董事顧陳晉明女士、安老自助處聖馬刁縣顧問委員梅若慈女士及安老自助處行政總監鍾月娟。

慶祝活動由美國柔功門龍獅團為大家表演精彩的醒獅祈福舉行揭幕。接著，梅若慈女士向大家介紹在場的政要和賓客。在她的歡迎致詞中，密爾布瑞市市長 Gina Papan 稱讚安老自助處機構，並表示安老的工作是不容低估的，因為其營養組的長者午餐計劃給大家一個相聚的機會。這也是長者們在午餐和康樂活動中結識新朋友的地方。因此，市長邀請大家帶同自己的朋友一起參與安老自助處的活動。隨著一場生動的醒獅表演來迎接狗年，密爾布瑞市和安老自助處準備就緒，一同努力向前邁進，為居民和長者們帶來美好的未來。

全賴顧陳晉明女士的推動下，安老自助處的密爾布瑞市營養午餐計劃得以進行。資深的安老董事和長者支持者，顧女士十分明白長者們的需要。密爾布瑞市目前人口估計為三萬，其中華裔人口

約二萬人。因此，顧女士與市政府和社區共同努力策劃及開展安老自助處的密爾布瑞市營養午餐計劃。此外，十分支持安老及長者營養午餐計劃的密爾布瑞市議員李佛忠亦在[臉書設籌款活動](#)，呼籲社交網絡捐款支持[安老自助處](#)。

安老自助處營養組的《密爾布瑞市長者營養午餐計劃》於三月五日正式提供午餐餐點。我們營養組的同事當天招待並提供了六十五份熱餐給預訂及到訪的長者。目前，午餐計劃和康樂活動於每星期一上午十點三十分至下午一點三十分開放。參加者須報名預定。密爾布瑞 Chetcuti 社區活動室位於圖書館旁邊。地址：450 Poplar Avenue, Millbrae, CA 94030。請即致電 415-319-4115 及留言，預訂餐飲。

2017 Jefferson Award Recipient: Anni Chung



Congratulations to Anni Chung, our President and CEO, as a Silver Jefferson Award Recipient. Held at the Herbst Theatre San Francisco on January 17, over 350 guests attended the Jefferson Awards Reception to celebrate the individuals' passion and commitment to the causes they care about most and acknowledge the power of public service.

Established in 1972, the Jefferson Awards encourage and honor individuals for their achievements and contributions through public and community service. This annual ceremony acknowledges the good we do for one another: it tells the stories and inspires others to engage in service through volunteerism and financial support.

The Jefferson Award Foundation applauded Anni's determined efforts and commitment to the elders and the community. Anni has been part of Self-Help for the Elderly since the late 1970s. Throughout the years, she has helped grow Self-Help into an agency that helps tens of thousands of seniors with everything from

employment to healthcare to housing. With many guests present in the audience, Anni shared her philosophy aspiring to be a Servant Leader. This continues to inspire and motivate Anni and everyone at Self-Help to advocate for the independence, dignity and self-worth of the seniors and community.

杰斐遜獎— 銀獎得主：鍾月娟

恭喜我們的政總監鍾月娟榮獲 Jefferson Award (杰斐遜獎) 銀獎。頒獎典禮於一月十七日在三藩市赫斯特劇院舉行，超過三百五十位嘉賓出席了頒獎禮及招待會，慶祝及恭賀得獎者對自己所支持的項目所付出的努力，獲得成績、重視及肯定。並確認公共服務的力量。

杰斐遜獎項創立於一九七二年，鼓勵公共和社區服務及表揚個人對社區的成就和貢獻。這個週年典禮見證着大家對彼此所作的貢獻：透過不同故事，啟發大家支持及參與義工服務和捐款等。

杰斐遜獎基金會讚揚鍾月娟對長者和社區的堅持、努力和承諾。自七零年尾，「鍾姑娘」一直在安老自助處為大家服務。多年來，在她的領導下，安老進展成一所機構，幫助了數以萬計的長者，服務範圍從招聘到醫療保險，以至房屋津貼及轉介服務等。

頒獎禮的觀眾席上有許多賓客，鍾月娟與大家分享了她的理念，希望成為一個僕人式/服務領袖。這理念繼續激勵鍾月娟和安老每位工作人員，為促進長者的獨立、尊嚴和自我價值而努力。



2018 Food Prep and Production Training Graduates with Instructor Chef John Ng and Dean Kit Dai

Congratulations & Celebration: 14 Graduates of the Food Prep and Production Training

Over 50 guests attended the 2nd annual Culinary Showcase and Graduation Ceremony on January 10, 2018 at the Annex Building of the City College Chinatown / North Beach Center.

The celebration began with the welcome and introduction from Ms. Kit Dai, Dean of Chinatown / North Beach Center. The Guests of Honor included Calvin Yan, Legislative Aide of Office of Supervisor Aaron Peskin, and Janan Howell, Director of Sector and Workforce Initiatives, Office of Economic and Workforce Development who delivered the remarks to the attendees. Each graduate received a certificate of completion from City College of San Francisco and was presented a graduation gift (a knife set) by the Guests of Honor.

After the ceremony, the most anticipated moment arrived - Instructor Chef John Ng led the Class of 2017 to offer the

attendees a special tasting menu of over 15 dishes. Additionally, representatives from reputable hospitality groups, California Pacific Medical Center (CPMC), M.Y. China, Real Restaurants Group, Enjoy Vegetarian Restaurant and Tastes on the Fly, were present at the celebration and spoke with our graduates enthusiastically about opportunities. Many graduates were hired subsequently.

一年一度烹飪展覽會及畢業禮—恭喜十四位畢業生

二零一八年一月十日，超過五十位嘉賓出席了城市大學華埠分校附屬大樓的第二屆烹飪展覽會和畢業典禮。

慶祝活動由華埠分校校長戴潔瑩主持歡迎詞和介紹到場的政要及賓客。榮譽嘉賓包括佩斯金市參事辦公室的立法助理 Calvin Yan 和經濟與勞動力發展辦公室部門和勞動力倡議主任 Janan Howell。兩位榮譽嘉賓向大家致詞，每位畢業生都獲頒發三藩市城市學院的畢業證書，並獲兩位榮譽嘉賓頒贈的畢業禮物一份（一套刀具）。



2018 Food Prep and Production Training Graduates preparing food for events guests.

儀式結束後，最期待的時刻終於來臨。大家正期待着導師 John Ng 率領二零一七年的畢業生所準備的美味菜單。超過十五款小吃。此外，名酒店、飲食和服務集團包括加州太平洋醫療中心 (CPMC)、M.Y.CHINA、Real Restaurants Group、慧膳坊素食及 Tastes on the Fly 的代表，都出席慶祝活動，並熱情地與我們的畢業生傾談工作機會。隨後很多畢業生獲得聘請。

The Beatrice C. Schiffman Plaza



Mr. Stanley Schiffman speaks to the guests present at the ceremony.



Pine View Housing Board, Schiffman Family, SHE Board & Staff.

Over 100 guests were present at Lady Shaw Senior Center on November 6, 2017 to celebrate a garden dedication ceremony. Dedicated to Mrs. Beatrice C. Schiffman, founder of Self-Help for the Elderly (SHE) in San Francisco Chinatown in 1966, the Beatrice C. Schiffman Plaza embellishes the Lady Shaw Senior Center and its neighborhood with the evergreen grass and beautiful flowers. It reminds us of our fondest memory of Mrs. Beatrice C. Schiffman - her contribution and dedication to SHE and the senior community. Her aspiration and belief in the financial independence and health of seniors remains a fundamental principle of SHE.

We were thrilled to have Mr. Stanley Schiffman and family, along with Board Members of SHE and Pine View Housing to join in the ceremony.

Mr. Schiffman is the son of Mrs. Beatrice C. Schiffman and was a SHE Board Member from 2012 – 2016. Mr. Schiffman thanked everyone for their presence and pointed out Mrs. Beatrice C. Schiffman would have been very pleased to see her wish come true. He then mentioned that caring for the elderly is a long-term commitment and he

acknowledged the programs and services of SHE made structural changes that will remain for generations to come. He was pleased to see that the seniors were enjoying their time at Lady Shaw Senior Housing and Center.

Joined by the SHE and Pine View Housing Board Members, the Schiffman family then unveiled the two plaques located at the front of Lady Shaw Senior Center and in the Beatrice C. Schiffman Plaza. A celebration lunch wrapped up the festive event.

Beatrice C. Schiffman 廣場

二零一七年十一月六日，超過一百位嘉賓出席了在邵逸夫爵士夫人康樂中心舉行的花園命名儀式。以一九六六年在三藩市華埠創立安老自助處的 Beatrice C. Schiffman 女士命名，廣場以長青草地配襯美麗的鮮花，點綴了邵逸夫爵士夫人康樂中心及其附近地區。代表著我們對 Beatrice C. Schiffman 太太最深切的緬懷，她對安老長者及社區的關愛和貢獻。她的願望和信念是致力增進長者的獨立和健康，時至今天，這信念仍然是安老堅持的使命。

我們很高興 Stanley Schiffman 先生和家人、安老和松景廬的董事前來出席儀式。Schiffman 先生是 Beatrice C. Schiffman 太太的兒子，並於二零一二年至二零一六年期間擔任安老董事。Schiffman 先生感謝大家的光臨，並指出 Beatrice C. Schiffman 女士會非常高興地看到她的願望成真。他接著提到護理長者是一項長期的承諾，他指安老的項目和服務進行了結構性改變，這些改變是持久的。他很高興看到大家在邵逸夫爵士夫人長者低收入房屋及康樂中心享受著愉快和健康的生活。

由安老及松景廬的董事陪同下，Schiffman 家族一起把位於邵逸夫爵士夫人康樂中心和 Beatrice C. Schiffman 廣場前面的兩個牌匾主持揭幕儀式。隨後，大家一起享用松景廬準備的午餐，結束了慶祝活動。



Mrs. Beatrice C. Schiffman founded and directed Self-Help for the Elderly in San Francisco and was the regional representative of the National Council on Aging of Washington, D.C. for the seven Western states.

Happy Winter Harvest Festival

The 2017 Winter Solstice was on December 21: the shortest day and longest night of the year occurred. It was also the day when we celebrated the Winter Harvest according to the lunar calendar. For the second consecutive year, we were thrilled to have the Overseas Chinese Service Center (OCSC) sponsor a wholesome Winter Harvest Lunch for our seniors at nine activity centers in San Francisco.

On December 22, leaders from the OCSC visited Lady Shaw Activity Center and celebrated the Winter Harvest Festival with our seniors. At the celebration, President Chark Lui, along with KokPo (Sam Ng) presented a \$5,000-check to Linda Wang and Anni Chung, Self-Help for the Elderly's Board Chair and President & CEO. In his remarks, Mr. Lui emphasized the organization's focus on supporting, serving and caring for the Chinese community. The work Self-Help does echoes the beliefs of the OCSC. Mr. Ng mentioned it was the organization leadership's desire to continue sponsoring the annual Winter Harvest Festival Lunch at Self-Help's Activity Centers. He then wished the seniors a happy Winter Harvest

Festival with their families and hopes they would enjoy the freshly made rice dumplings.

Linda Wang, our Board Chair, thanked OCSC, Mr. Lui and Mr. Ng for their support of the seniors and Self-Help's Nutrition Department for offering hot, delicious dumplings to the seniors on this special day.

With the advancement of technology, Mr. Lui and Mr. Ng at Lady Shaw Activity Center were able to see and greet the seniors at the Geen Mun Center and West Portal Playground Clubhouse in real-time.

冬至快樂！

二零一八年的冬至是十二月二十一日。這是全年日光最短和夜間最長的一天。根據農曆計算，這也是我們慶祝冬季豐收的日子。連續第二年，我們很高興能獲得美國舊金山華助中心資助安老自助處的營養餐計劃，讓我們九個活動中心的長者能品嚐一頓美味及豐富的冬節午餐。十二月二十二日，美國舊金山華助中心的領導團參觀了邵逸夫爵士夫人康樂中心，並與長者們一起慶祝冬節。在慶祝活動中，雷振澤董事和吳國寶先生向安老自助處董事局主席王繆少瑩女士和行政總監鍾月娟盼贈一張五千大元的支



票。在致詞中，雷董事強調該組織對支持、服務和關心華人社區的重視。安老的服務確反映了美國舊金山華助中心的信念。吳先生提到，中心的領導層希望每年繼續贊助安老營養組為長者供應的豐富冬至午餐。然後，他祝各長者與家人冬至快樂，並希望他們喜歡新鮮備製的湯丸。

接著，我們的董事局主席王繆少瑩女士鳴謝美國舊金山華助中心、雷董事和吳先生對長者和安老營養部的支持，為長者提供熱騰騰的美味冬至佳餚。

此外，透過視像，身處在邵逸夫爵士夫人康樂中心的雷董事和吳先生亦有機會與在建民康樂中心和 West Portal 康樂中心的長者見面，互相問好和祝大家節日快樂。



Kung Hey Fat Choi

On March 2, our seniors at Jackie Chan Center welcomed California State Senator Scott Wiener to the activity center in the Richmond District. Senator Wiener greeted everyone Kung Hey Fat Choi, with wishes for everyone to have a wonderful Year of the Dog. Additionally, he had a great time serving lunch, bringing big smiles to seniors!

恭喜發財

三月二日，我們在成龍中心的長者們歡迎加州參議員史考特韋納到訪在列治文區的康樂中心。參議員史考特韋納向大家拜年，並祝大家狗年快樂。此外，他亦參加午餐活動，幫助中心的工作人員為我們長者送上午餐，帶來微笑。

Thank you, Chinese Community Health Care Association (CCHCA)

We are excited to receive a \$100,000 donation from CCHCA in support of the meals program of Self-Help for the Elderly's (SHE) Nutrition Department, benefiting seniors at our 12 activity centers.

The check presentation ceremony took place at Geen Mun Activity Center on February 6, 2018. Eric Leung, M.D., CCHCA Board Chair; Wayne Hu, CCHCA Board Member; Joseph Woo, M.D., Medical Director at CCHCA; John Williams, San Francisco Bay Area – Chief Executive Officer of CCHCA; Linda Wang, SHE Board Chair; Anni Chung, SHE President and CEO; and Kelly Chew, Director of SHE Nutrition Programs were among the guests Present at the event.

Dr. Leung stated that CCHCA is committed in promoting healthy living in the Chinese community. In addition, the organization is involved in the community and provides accessible health care to the citizens of San Francisco. He then applauded the organization of SHE. Established for over 50 years, SHE has remarkable experience in serving the community and is dedicated in caring for and helping the low-income seniors and families. Hence, CCHCA values this partnership with SHE to provide seniors with healthy, delicious meals; and work together to promote the health benefits for the low-income seniors and community.

Linda Wang and Anni Chung, our Board Chair and President & CEO thanked CCHCA representatives for supporting Nutrition Department's meals program which served 390,000 meals last year.



L – R: John Williams, Dr. Eric Wong, Dr. Joseph Woo, Anni Chung, Wayne Hu, Linda Wang and Kelly Chew

To obtain the daily nutritious menus served at Self-Help's activity centers, please visit <http://bit.ly/SHECtrs>.

華美醫師協會贊助安老 – 獻給安老長者豐富美味營養餐

華美醫師協會捐贈十萬元給安老自助處。贊助安老自助處營養部，獻給安老在三藩市灣區營養康樂中心的長者豐富、美味營養餐。

支票頒贈儀式於安老的建民康樂中心舉行。出席支票頒贈儀式的包括自華美醫師協會董事局主席梁禮崇醫學博士、華美醫師協會董事 Wayne Hu、華美醫師協會三藩市灣區行政總監 John Williams、安老自助處董事局主席王繆少瑩、安老行政總監鍾月娟、安老營養餐及長者中心主任趙曲藍。



華美醫師協會董事局主席梁禮崇醫學博士表示華美醫師協會一向以促進華人健康為宗旨，關懷社區及鼓勵本地健康事業的發展。安老自助處在社區有五十多年深厚的服務經驗，致力為低收入長者及人士服務。因此，華美醫師協會非常重視與安老自助處的合作夥伴關係。以為長者們每天提供健康、有益的餐點，並努力促進低收入長者和社區的健康權益。

安老自助處董事局主席王繆少瑩女士和行政總監鍾月娟感謝華美醫師協會董事及代表對支持安老營養組的營養餐計劃，去年營養組為大家提供了三十萬份餐點。

想獲取康樂中心每天所提供的營養餐單，請瀏覽網址 <http://bit.ly/SHECtrs>





Rediscover the Legacy of Cantonese Opera

The annual Self-Help Duen Fung Chinese Opera Benefit is a very much anticipated event among Chinese Opera supporters and Chinese literature enthusiasts alike. The two-day event drew over a thousand people to the San Francisco Scottish Rite Masonic Hall in the Sunset district.

The production was immense and involved many groups to bring a play to life. There were many practices, rehearsals and event coordination that took place months before the performance.

New elements were incorporated in the 2017 Chinese Opera Benefit to enhance the audience experience and promote this unique Chinese art and culture. Self-Help for the Elderly, U.C. Berkeley Asian American and Asian Diaspora Studies, and City College of San Francisco Chinatown Campus joined forces to bring in a series of three events in October and November to enable the public to rediscover the Legacy of Cantonese Opera in the United States. Conducted in English and Cantonese, two free public lectures by Professors Angelina Yee and Wing Chung Ng discussed the Novel, *Dream of the Red Chamber*, and its impact on Chinese literature, culture and society and the history and role of Cantonese Opera in the Chinese communities in the United

States. At the lectures, Josephine Ma, Fund Development Director at Self-Help for the Elderly and founder of Duen Fung Ming, demonstrated some unique gestures, movements and their meaning in the Chinese Opera while her student, Esther Tang, conducted a stage make-up demonstration for the audience.

The events took place at the City College of San Francisco Chinatown Campus and were very well attended. The performance, *Dream of the Red Chamber*, attracted new followers and authentic Cantonese Opera devotees to the event. Bilingual subtitles were projected on the side screen to allow all to enjoy the show.

Our deepest gratitude to Professor Ling-Chi Wang and Mrs. Linda Wang, our Board Chair, for their full support and recommendation of adding the English subtitles to the Opera performance. This new feature encouraged and brought more English speakers to the performances.

Self-Help and Duen Fung are planning on the 2018 performance. Please visit <http://bit.ly/SHEOpera> for 2018 event details.

重新認識粵劇文化及遺蹟

每年的《安老端鳳鳴粵劇澤耆英》都是粵劇和中國文學愛好者期待的活動。為

期兩天的演出吸引了過千位觀眾前往三藩市日落區美生堂觀賞。

製作過程非常龐大和認真，得到許多人仕的參與和協助。演出前幾個月的排練，彩排和舞台設計及多方面的準備，才能把這劇呈獻給觀眾，

二零一七年的節目融入了新元素，希望帶給觀眾更高的享受，並推廣這獨特的中國藝術和文化到新的觀眾層。安老自助處、加州柏克萊大學的美國亞裔和亞裔僑民研究系和市立大學華埠分校在十月和十一月聯合舉辦了一系列活動，使大眾能夠重新探索粵劇的傳統和在美國的遺蹟。以英語和廣東話進行的兩場免費公開講座，由余珍珠教授和伍榮仲教授主講，講座中分別討論了《紅樓夢》這篇小說及這本作品對中國文學、文化和社會的影響在美國華人社區的歷史和角色，安老基金發展部主任馬秀端《端鳳鳴創辦人》示範粵劇基本功，她學生鄭宗妃示範粵劇化裝，為講座增添色彩。活動在三藩市市立大學華埠分校舉行，參加人數眾多。《紅樓夢》的粵劇表演吸引了新的支持者和粵劇愛好者參加。新設的雙語字幕投射在影幕上，讓不曉中文的觀眾亦可欣賞節目。

我們衷心感激王靈智教授和我們董事局主席王繆少瑩女士的全力支持，並建議加入英文字幕到粵劇演出中。這項新安排鼓勵並帶來更多英語人士前來欣賞粵劇表演。

安老端鳳鳴正在籌備二零一八年的演出。欲知活動詳情，請瀏覽網站 <http://bit.ly/SHEOpera>。

HalloScream Dance Party

About 300 attended the “spook-spectacular” Halloween Dinner Dance at the San Francisco Scottish Rite Masonic Center on October 28, 2017. The event consisted of a three-course dinner, an exciting costumes contest, dancing and outstanding live performance by Margaret Cheung, Hong Kong’s musical and theatrical leading actress; Theresa Lee, actress and second runner-up in the 1994 Miss Hong Kong Pageant; and John Lee, San Franciscan vocalist.

Co-Chaired by Dr. Dorothy Chung Yeung and Ms. Jeanne Lee, this fun-filled annual fundraiser raised over \$90,000 with proceeds to support the services and programs of Self-Help for the Elderly, benefiting over 40,000 seniors annually.

This year, the excitement and enjoyment of the event were extended to the seniors at Lady Shaw Activity Center and West

Portal Playground Clubhouse. Our talented guests, Margaret, Theresa and John, surprised and delighted the seniors at Lady Shaw Activity Center on the Thursday before HalloScream with songs and fun activities. The next week, Margaret and John spent a wonderful Tuesday morning with the visitors at the West Portal Playground Clubhouse. The audience accompanied John’s singing with Line Dancing they learned simultaneously from Melanie Chan, their instructor at the Center. The Clubhouse was filled with laughter, spontaneous dancing and wonderful singing, and great joy.

安老星月夜驚嚇派對

約三百名善長朋友參加二零一七年十月二十八日在三藩市日落區美生堂舉行的《安老星月夜驚嚇派對》。活動包括品嘗美食、古靈精怪服裝秀及化妝比賽、跳舞環節等。此外，歌舞表演由香港小姐及電視劇紅星李綺虹、名

歌星張國穎及李嘉昌的親情獻演。

由鍾月明醫師和李藝雯女士出任大會共同主席，這個充滿樂趣的週年籌款活動籌得超過九萬元，收益用於支持安老自助處的項目和計劃，為每年四萬多名長者服務。

今年，有趣的活動伸展到邵逸夫爵士夫人康樂中心和 West Portal 康樂中心。我們多才多藝的演藝嘉賓張國穎、李綺虹、和李嘉昌於派對前的星期四前往邵逸夫爵士夫人康樂中心，探望及為活動中心的長者們帶來驚喜。三位嘉賓為大家獻唱及表演遊藝節目，令在場的長者們非常高興。接著，張國穎及李嘉昌於星期二早上前往 West Portal 康樂中心，與大家共渡一個美妙的早上。觀眾們隨著李嘉昌歌唱一同起舞，中心的舞蹈老師陳老師更即興地帶著學生們跳出新舞步。整個康樂中心洋溢著笑聲、美妙的歌聲，和集體的拍手和舞步聲。





Thank you, Mayor Edwin Lee,

True Friend of the Elderly and the Community

The community was stunned as the news broke early on December 12, 2017. Many of us were shocked and saddened to learn Mayor Edwin Mah Lee collapsed from a heart attack and passed away in the early morning at Zuckerberg San Francisco General Hospital.

There was profound sadness in the community. Gathering at the activity centers, the elders confirmed the gloomy news with one another as they read the newspapers and watched the news together. Mr. Edwin Lee was more than a mayor. He was a good, solid friend of the seniors and many. Dedicated to improving the lives of all San Franciscans and a longtime advocate of low-income housing, Mayor Lee reinforced the sidewalk improvement project, supported the naturalization workshops, volunteered at Self-Help's annual Thanksgiving Luncheon and many other events.

Hence, when an announcement was made of a candlelight vigil on December 20, 2017 at Portsmouth Square in San Francisco Chinatown to celebrate the life of this wonderful gentleman, Mayor Ed Lee, over 1,000 people -- elders and young -- flocked to the Square, lit up a candle for their Mayor, waited patiently to sign the guest book, and stayed

throughout the entire celebration despite the brisk weather.

Hosted by the Asian Pacific Islander (API) Council and the Community Tenants Association, the vigil honored Mayor Lee's service and legacy to the City's Chinese American and API communities. Attendees at the event held in Portsmouth Square included acting mayor London Breed; accessor-recorder Carmen Chu; Supervisors Ahsha Safai, Malia Cohen, Katy Tang, Jane Kim, California State Treasurer John Chiang; Chair of California State Board of Equalization, Fiona Ma; other city officials; collaborators; community leaders and residents.

A highlight of the celebration included everyone raising up their candles and moving in unison as cantor Vera Man led in the singing of "Little Bit of Candlelight." The sea of candlelight lifted up our prayers in appreciation of the hero, Mr. Edwin Lee: Good night and Goodbye, our Mayor, our Friend and above all, One of Us!

多謝李孟賢市長——一位長者及社區真正朋友

二零一七年十二月十二日清晨，消息傳出後，震驚了整個社區。各界都愕然和感到難過，李孟賢市長因突發心臟病倒地，在清晨於三藩市扎克伯格總醫院去世。

社區裡都深感悲傷。當大家抵達康樂中心時，長者們互相確認這悲傷的消息，一起靜悄悄地閱讀報紙和收看新聞。李孟賢先生不僅是一位市長。他是長者和許多人的好朋友。致力於改善三藩市市民的生活，並長期推動建切低收入房屋、加強行人道改善項目、支持入籍工作坊、並參與安老每年的感恩節午餐會及許多不同的活動。

因此，當宣佈二零一七年十二月二十日在三藩市華埠的花園角廣場舉行燭光悼念晚會，追悼這位令人尊敬的市長時，超過一千名長者和市民都紛紛蜂擁而至去到廣場，為他們的市長致敬。大家更耐心地等待簽悼念冊。儘管天氣寒冷，大家仍然留下來參與整個活動。

由亞太裔評議會和社區住客聯會主辦，這個燭光悼念晚會紀念李市長對華人和亞太裔社區的服務和貢獻。參加活動的領袖包括代理市長布里德、估值官朱嘉文、市議員安世輝、郭嫻、湯凱蒂、金貞妍、加州財長江俊輝，平稅局委員馬世雲、社區領袖和居民等。

悼念活動包括在廣場上的每位參加者都揮動着燃點的蠟燭，隨着大會領唱「一點燭光」，一遍燭光海昇起了大家的祝福和思念，深深感謝這位「草根英雄」李孟賢市長先生：「晚安！再見！我們的市長，我們的社區朋友。最重要的，你永遠是我們的一份子！」

In Loving Memory of Ms. Eppie Cheuk-Fong Lam

Eppie, a dear “Friend of the Elderly” and Self-Help, passed away at her home peacefully on Thursday, September 21, 2017. We were all terribly saddened by this unexpected news.



A top real estate investor, developer and realtor, Eppie was involved in the community. Her volunteerism had been inspired by Mother Teresa whom Eppie admired deeply for the saint's devotion to humanity. Eppie was instrumental in starting Self-Help for the Elderly's (SHE) South Bay Chapter. She chaired the South Bay Board from the beginning and served on SHE Board for many years. Led through example, Eppie inspired her family and friends to help and support Self-Help. We are grateful for Eppie and her family's support and volunteerism at many fundraisers for Self-Help.

Thank you, Eppie for all the things you did for Self-Help and the seniors with great love and devotion. Our deepest condolences to Eppie's sons and daughter-in-law, Jesun, David and Grace, and her grandchildren, Madeline, Sophie, Lucie and William.

林鍾培芳女士，我們懷念妳

二零一七年九月二十日星期四，安老自助處一長者之友林培芳女士在家中安詳地返回天家。我們對這個意外的消息感到非常難過。

林女士是一位頂級的房地產投資者、開發商和房地產經紀。她熱心參與社區活動，她的義工服務精神深受德蘭修女的啟發；林女士對這位聖人對人道精神的熱愛深感敬佩。此外，林女士致力協助啟動安老自助處南灣分會。自南灣分會成立後，她便開始擔任主席和董事，服務安老多年；時常『以身作則』，林女士亦鼓勵她的家人和朋友協助安老自助處。我們深深感謝林女士及其家人，朋友在許多籌款活動中為安老提供的支持和協助。

我們衷心感謝林女士對安老和長者們的關愛。我們亦對她的家人致予最深切的慰問。

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Upcoming 2018 Self-Help Events 二零一八安老活動節目

APRIL - OCTOBER 四月至八月

APRIL 6 | 10:30 AM
FRIDAY 星期五



Spring Banquet Celebration

New Asia Chinese Restaurant
772 Pacific Avenue
San Francisco, CA 94133

APRIL 19 | 1 PM
THURSDAY 星期四



Preparing Seniors for Advance Medical Directives

Lady Shaw Senior Center
1483 Mason Street
San Francisco, CA 94133

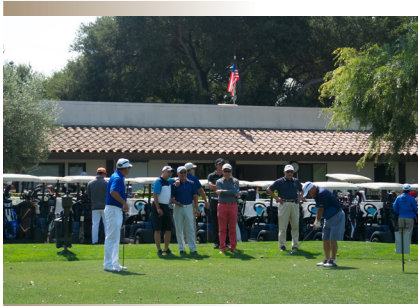
JUNE 16 | 5 PM
SATURDAY 星期六



Longevity Gala 2018

Hyatt Regency
San Francisco Airport
1333 Bayshore Highway
Burlingame, CA 94010

AUGUST 20 | 9:30 AM
MONDAY 星期一



Invitational Charity Golf Tournament

Los Altos Golf & Country Club
1560 Country Club Drive
Los Altos, CA 94024

SEPTEMBER 23 | 8:30 AM
SUNDAY 星期日



San Mateo Autumn Moon Festival

San Mateo Central Park
50 E. 5th Avenue
San Mateo, CA 94401

OCTOBER 6 | 9 AM
SATURDAY 星期六



Longevity Walkathon Parade & Fair

Portsmouth Square
San Francisco

美味營養餐
CHAMPSS
Choosing Healthy Appetizing Meal
Plan Solution for Seniors

Contact Us to Participate !!
(415) 677- 7600

For more information about CHAMPSS, visit us
www.sfchampss.org



DELICIOUS 美味 • NUTRITIOUS 營養豐富 • DINE OUT WITH FRIENDS AND FAMILY 與朋友家人出外進餐的機會

What is CHAMPSS?

Choosing Healthy Appetizing Meal Plan Solution for Seniors. The San Francisco Department of Aging and Adult Services (DAAS), in cooperation with Self-Help for the Elderly, are pleased to offer a dining opportunity called CHAMPSS, a program for adults aged 60 years or older and their spouse/partners regardless of age. Our program provides seniors with a dietitian-approved menu, giving them the ability to sit down and enjoy a complete meal together.

Who is eligible?

- Adults aged 60 years or older, and their spouse/partner regardless of age.
- Adults 18 to 59 years old with disabilities (must reside in special/senior housing with its own meal site).

How much does each meal cost?

A suggested donation of \$4.00 will be collected. However, the market value of the meal is much higher than the suggested donation, and DAAS does not fund 100% of the program's operational costs. To keep the program sustainable, you are invited to be as generous as you can.

Where can I dine?

Our team has been working hard with the community's restaurants to serve more elders in need. We are currently partnering with:

- **S&E Café** — 2406 19th Avenue, San Francisco, CA 94116
- **Green Bamboo** — 1240 Noriega Street, San Francisco, CA 94122
- **Henry's Hunan** — 4753 Mission Street, San Francisco, CA 94112 (Excelsior District Location ONLY)

CHAMPSS 是什麼?

美味營養餐是一個全新的長者膳食計劃。讓長者們可以在指定餐廳內享用健康的營養餐。從此計劃當中，長者可以在餐廳特定的時間內及營養師認可的菜單上選擇自己喜愛的營養餐。

如何才能符合申請的資格?

- 60歲或以上的長者，其配偶或伴侶亦可享有服務，並沒有年齡的限制。
- 18至59歲的傷殘人士（必須居住在特定設有用餐地點的住房）

每餐的費用是多少?

每餐建議的捐款會是\$4.00。由於每個營養餐的成本比建議的捐款高，再加上三藩市耆英及殘障人士服務局（DAAS）的資助只達到部份的營運成本，我們誠意地邀請您在享用營養餐的同時能慷慨解囊，以確保這計劃的持續性。

我可以到哪裏用餐?

我們的團隊一直努力與社區的餐廳合作，服務更多有需要的長者。目前合作的餐廳有：

- **東南風美食屋**—2406 19th Avenue, San Francisco, CA 94116
- **東南亞美食**—1240 Noriega Street, San Francisco, CA 94122
- **湖南小喫**—4753 Mission Street, San Francisco, CA 94112 (僅限於：Excelsior 區分店)

CHAMPSS is a project of
Self-Help for the Elderly
安老自助處



Partially funded by Department of Aging and Adult Services 服務經費部分由三藩市耆英及殘障人士服務局贊助

WELCOME
歡迎

第三間合作的餐館



Tel: (415) 585-8838

湖南小喫
Henry's Hunan

4753 MISSION STREET
SAN FRANCISCO
(CROSS STREET IS PERSIA AVE)

WEEKDAY SERVICE:

Monday to Friday

HOURS OF OPERATION:

11:00 a.m. – 5:00 p.m.



SERVICE LOCATIONS OF SELF-HELP FOR THE ELDERLY 安老自助處服務地點

ADULT DAY SERVICES

Adult Day Services (ADS)
415-677-7556
408 22nd Avenue
San Francisco, CA 94121

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

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

AFFORDABLE HOUSING FOR SENIORS

Lady Shaw Senior Housing
415-677-7572
1483 Mason Street
San Francisco, CA 94133

Lincoln Court Senior Apartments
510-336-1952
2400 MacArthur Boulevard
Oakland, CA 94602

COMMUNITY & SENIOR ACTIVITY CENTERS

Santa Clara

- South Bay / 408-873-1183
6345 Janary Way
San Jose, CA 95129

San Francisco

- Southeast Asia / 415-885-2274
315 Turk Street
San Francisco, CA 94102
- Woolf House / 415-495-0931
801 Howard Street
San Francisco, CA 94103
- Mendelsohn House / 415-243-9018
737 Folsom Street
San Francisco, CA 94107
- Manilatown / 415-398-3250
848 Kearny Street
San Francisco, CA 94108
- Geen Mun / 415-391-3843
777 Stockton Street
San Francisco, CA 94108
- South Sunset / 415-566-2845
2601 40th Avenue
San Francisco, CA 94116
- Jackie Chan / 415-677-7571
5757 Geary Boulevard
San Francisco, CA 94121

- West Portal Playground Clubhouse / 415-753-7038
131 Lenox Way
San Francisco, CA 94127
- Lady Shaw / 415-677-7581
1483 Mason Street
San Francisco, CA 94133
- Visitacion Valley / 415-239-9919
66 Raymond Avenue
San Francisco, CA 94134
- John King / 415-239-9919
500 Raymond Avenue
San Francisco, CA 94134

San Mateo

- San Mateo / 650-342-0822
50 E. 5th Avenue
San Mateo, CA 94401

SOCIAL SERVICES

Services include:

- Case Management / 415-677-7589
- Citizenship / 415-677-7590
- Elder Abuse Prevention & Intervention
- Emergency Short Term In-Home Support
- Family Caregiver Support
- Housing Services Program
- Information & Assistance (I&A)

Social Services Dept.

415-677-7585
601 Jackson Street, Basement
San Francisco, CA 94133

Geen Mun Center

415-773-2060 / 415-438-9804
777 Stockton Street
San Francisco, CA 94108

South Sunset Center

415-566-2845
2601 40th Avenue
San Francisco, CA 94116

Lincoln Court / 510-336-0144
2400 MacArthur Boulevard
Oakland, CA 94602

CITIZENSHIP, CIVICS & ESL CLASSES

415-677-7585 / 415-677-7592

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San Francisco, CA 94108
- 5757 Geary Boulevard
San Francisco, CA 94121
- 1490 Mason Street
San Francisco, CA 94133
- 66 Raymond Avenue
San Francisco, CA 94134
- 500 Raymond Avenue
San Francisco, CA 94134

HOME HEALTH CARE & HOSPICE CARE

tel: 415-677-7629
fax: 415-398-5903
731 Sansome Street, Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD ACCESS POINT (CNAP)

CNAP Center / 415-677-7500
(One-Stop Career Link Center)
601 Jackson Street,
Ground Floor
San Francisco, CA 94133

ETED Business Services

415-677-7618
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

San Francisco HICAP
415-677-7520
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

San Mateo HICAP

650-627-9350
1710 S. Amphlett Boulevard,
#100
San Mateo, CA 94402

TECHNOLOGY & INFORMATION EMPOWERMENT (TIE) CENTER

San Francisco TIE Center
415-677-7500
601 Jackson Street, 2nd Floor
San Francisco, CA 94133

MAIN OFFICE

731 Sansome Street, Suite 100
San Francisco, CA 94111
t: 415-677-7600
f: 415-296-0313
e: info@selfhelpelderly.org

SUPPORT OUR SENIORS

Fund Development
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e: info@selfhelpelderly.org

Self-Help for the Elderly is a non-profit organization with 501(c)(3) tax exemption status. Federal Tax ID# 94-1750717.

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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.

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The following contributions were made to Self-Help for the Elderly
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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.

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The following contributions were made to Self-Help for the Elderly
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**In honor of Carolyn Chan's 80th birthday
Peh Ku and Soo Yu Ksiung
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Newsletter of Self-Help for the Elderly

Golden Lines

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