



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](http://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](mailto: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					
<b>Total Enclosed</b>					
<b>Matching Gift</b>					

## 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 you 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](http://www.selfhelpelderly.org)

731 Sansome Street, Suite 100  
San Francisco, CA 94111



WHEN SATURDAY, 10.6.2018, 9:00 am

LOCATION San Francisco Portsmouth Square





## THE LONGEVITY WALKATHON PARADE & FAIR

is an event hosted by Self-Help for the Elderly to help fundraise for the elder care services. This event helps cover the annual costs of operating the services, since funding sources aren't enough to pay to full cost.

Join us and participate in the 33rd Longevity Walkathon Parade & Fair, in memory or support of someone you love. Let's walk together to enhance the quality of life for the elders.

## OUR SERVICES

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 service, 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.

## 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 6, 2018!

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

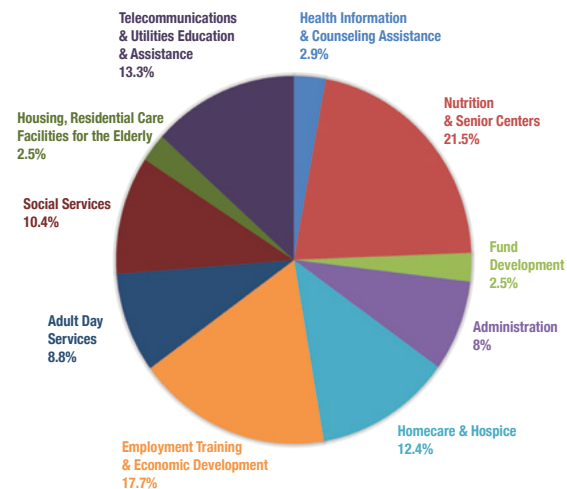
Companies, schools, groups and organizations with more than 10 people are encouraged to form as a walking team.

### Gifts

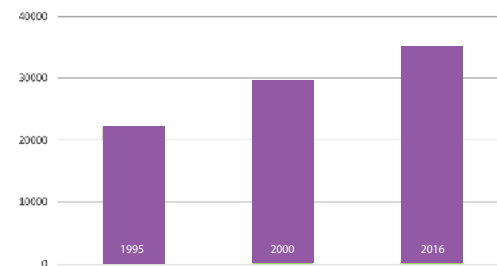
- ▶ **Adult Walkers (18-54 years)**  
Raise \$50 or more, get a free Walkathon T-shirt.
- ▶ **Senior Walkers (55 years and above) & Youth Walkers (17 and under)**  
Raise \$25 or more, get a free Walkathon T-shirt.

## YOUR CONTRIBUTIONS AT WORK!

### OPERATION BUDGET 2018-2019



### SELF-HELP'S CLIENTELE



**Nutrition Program** provided **400,000** hot meals and other supportive services in **15** locations in San Francisco, San Mateo and Santa Clara counties. We also provide **115,000** home delivered meals to seniors and younger adults with disabilities.

**HomeCare & Hospice** provided **7,969** quality home health and **611** 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 services to **589** low-income adults, dislocated workers and older workers and **239** of them have received additional intensive occupational skills training. The Chinatown Neighborhood Access Point (CNAP) received **6,505** visits from job seekers citywide and their employment services have expanded to San Mateo County, Santa Clara County and Alameda County.

*Information is based on Fiscal Year 2017 – 2018.*

*\*Information is based on Fiscal Year 2016 – 2017.*



A sincere Thank You to PG&E as the Title Sponsor of the annual Walkathon. Check presentation: Linda Wang, Self-Help for the Elderly's Board Chair and Fiona Chan, PG&E.



Join us at the 33rd Longevity Walkathon Parade & Fair!



We are grateful for the support from the Department of Building Inspection, San Francisco Police Department, San Francisco Sheriff's Department, Portsmouth Plaza Parking Corporation and our Board.



A special shout-out to our volunteers from Community Youth Center of San Francisco.



Stay active and healthy! Join Luk Tung Kuen for a warm-up before the Walk.



Fun activities await at the 2018 Walkathon Parade & Fair. Make sure to stop by at the booths for resources, information and games.

TITLE SPONSOR



FOOD SPONSOR



MEDIA SPONSORS



SUPPORTERS



- Community Youth Center – Youth Program
- Community Improvement Service
- 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** ::

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- South Bay 408-873-1183

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