

Golden Lines

黃金點滴

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Self-Help for the Elderly 2018 Longevity Gala

All Because of You

伴我成長



thank you!



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Self-Help for the Elderly
安老自助處

www.selfhelpelderly.org

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Self-Help for the Elderly welcomes all donations! For additional information, please call 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 President/CEO, Anni Chung at **(415) 677-7555** or email **annic@selfhelpelderly.org**. Thank you for supporting Self-Help for the Elderly.

《安老自助處》歡迎所有捐獻! 欲知詳情, 請致電四一五・六七七・七六六八基金發展部主任馬秀端 或瀏覽我們的網站 **www.selfhelpelderly.org**。紀念捐款或嘉譽捐款一概歡迎!

請您在立遺囑的時候記得《安老自助處》。欲知有關遺產計劃, 剩餘資金慈善信託, 股票贈送及其他捐獻的方法, 請聯繫行政總監鍾月娟, 四一五・六七七・七五五五, 或電郵 **annic@selfhelpelderly.org**。感謝您對安老自助處的支持。



VOLUNTEER WITH US • 成為義工

If you are passionate about your community and helping the elderly, COME 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 **415-677-7670** to inquire. We need your support and appreciate your help!

如果您熱衷於服務社會, 協助長者, 歡迎您參加我們的團隊! 《安老自助處》提供各類義工服務機會。欲查詢有關義工的機會及詳情, 請瀏覽我們的網站 **www.selfhelpelderly.org** 或致電四一五・六七七・七六七零。我們需要並感激您伸出的援助之手!

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Please visit our website 請瀏覽我們的網站: **www.selfhelpelderly.org**

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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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2018 Longevity Gala: Celebrating Fatherhood

The 52nd annual Longevity Gala took place at Hyatt Regency San Francisco Airport in Burlingame on June 16, 2018, the Father's Day weekend. Over 600 guests joined us in the celebration.

This year, the Friend of the Elderly Award went to two distinguished individuals and one admirable family whom have generously and graciously contributed their skills and time to making Self-Help for the Elderly (SHE) a success. The 2018 Friend of the Elderly Awardees were Gary Hoshiyama, Helen Hubbs, and the Schiffman Family.

Probably the most well-known and well-respected Community Attorney in the Bay Area, Gary Hoshiyama has been a dedicated legal advisor for SHE since the early 1980's. He is the best and most humble legal advisor and a strong supporter of the seniors and low-income families in the community.

A longtime benefactor and supporter of SHE for almost three decades, Helen is totally committed to her role as Fundraising Committee Member and she sees to it that the Annual Gala raises and exceeds its financial goal. Additionally, Helen is an enthusiastic female golfer who supports the annual charity golf tournament.

SHE is most privileged to honor Stanley and Miriam Schiffman, and the Schiffman family, whom have served the elderly throughout its five generations. The major influence for Stanley and Miriam's work has been Stan's mother, Beatrice, who founded SHE in San Francisco Chinatown in 1966. Her aspiration and belief in the financial independence and health of seniors remains a fundamental principle of SHE. A dedicated social worker, Miriam Schiffman served on the Alameda County Commission on Aging and advocated for funding for SHE's affordable housing project in

Oakland. A trustee for the Alameda Health System, a hospital administrator and administrator for a large Home for the Aged in Pittsburgh, Pennsylvania, Stanley served for five years on the SHE Board.

A highlight of the evening was the Greatest Showman Circus-Themed Children's Fashion Show. This was a production of creativity, dedication and love. 24 children walked the runway to support this good cause. The youngsters are third and fourth generation of SHE longtime benefactors. Celebrating Fatherhood and honoring the tradition of caring for the elders, the children participated in three acts and showcased their special talents such as gymnastics, juggling, mime, and more. A big Thank You to the Fashion Show Co-Chairs, Alicia Fang Chang and Eva Lai-Kit Jones, and the Committee for this great show. The Children's Fashion Show was extremely well-received and successful.

The Longevity Gala is a major event we all look forward to every year. Hats off to our Gala Co-Chairs: Antonia Tu and Helen Hubbs and the Gala Committee for their hard-work in putting together a memorable and enjoyable evening for all. Our heartfelt gratitude to our Board, funders, guests, patrons, sponsors, staff and volunteers. Self-Help for the Elderly is able to do what it does for the seniors and the community because of you!

If you would like to join our supporters to help "Make a Difference" for the seniors and those in need, please visit selfhelpelderly.org/donate.

二零一八年 《迎福長壽宴》 歌頌天下父親

第五十二屆《迎福長壽宴》於二零一八年六月十六日父親節週末在機場凱悅酒店舉行。超過六百位嘉賓參加了慶祝活動。

今年，《友誼獎座》頒發給兩位傑出人士和一個令人欽佩的家族，他們慷慨地獻出了他們的專長和時間，帶領安老自助處踏上成功之路。二零一八年度《友誼獎座》得獎者分別是 Gary Hoshiyama、白家碧女士及Schiffman 家族。

可能是灣區最具知名度、最受尊敬的社區律師，自八十年代初起，Gary Hoshiyama 一直忠誠地為安老自助處擔任法律顧問。除了是最好、最謙卑的法律顧問外，Hoshiyama先生也是一位長者和低收入家庭的堅定支持者。

近三十年來，白家碧女士一直是安老的捐贈者和支持者，致力於籌款委員會成員的角色，並努力推廣週年晚宴，使籌款活動能提升甚至超過其籌款目標。此外，白女士是其中一位熱心的女高爾夫球員，支持每年的慈善高爾夫球邀請賽。

安老非常榮幸能夠頒發《友誼獎座》給 Stanley 和 Miriam 及 Schiffman 家族。表揚 Schiffman 家族五代對長者的貢獻。Stanley 的母親 Beatrice 對 Stan 和 Miriam 的工作具有重要影響力，她於一九六六年在三藩市華埠創辦了安老自助處。她對長者的經濟獨立和健康的抱負和信念仍然是安老的基本原則。一名專職社會工作者 Miriam 在阿拉米達縣長者委員會任職，並主動地為安老在屋崙的可負擔房子項目倡議及增取款項。

作為阿拉米達衛生系統的受託人、醫院行政員和賓夕法尼亞州一所長者之家的行政員，Stanley在安老擔任董事一職共五年。

晚會上一大亮點是《最偉大表演者》馬戲團主題的兒童時裝秀。這是一個富創意，奉獻精神和愛心的製作。二十四位小朋友參與時裝表演來支持這公益活動。這班小孩子是安老自助處熱心善長的第三及第四代家庭成員。以高頌父親和尊從照顧長輩的傳統，孩子們參加了時裝展的三項活動，並展示了他們的興趣和專長，包括體操、雜耍、啞劇等。非常感謝時裝秀的聯合主席 Alicia Fang Chang 和梁勵潔女士，以及其委員會。今年的兒童時裝展非常成功及受歡迎。

《迎福長壽宴》是我們每年都期待的重大活動。我們向該活動的聯合主席致敬：杜李碧桃女士和白家碧女士以及委員會，為大家安排一個難忘而愉快的晚會。衷心感謝我們的董事局、資助機構、贊助商、善長、嘉賓、工作人員和義工。因為你們的支持，安老自助處才能夠得以繼續為長者和社區服務。

歡迎您資助安老自助處一系列照顧長者的計劃或服務，請訪selfhelpelderly.org/donate。



At the Board of Supervisors' **Asian Pacific American Heritage Month** Celebration on May 8, 2018, each supervisor had the opportunity to honor a distinguished resident for the individual's work in the community. At The occasion, District 4 Supervisor Katy Tang honored a resident in her district. That resident is Anni Chung, our President and CEO. Supervisor Tang applauded Anni for her dedication and commitment to the older adults and community at-large. Congratulations, Anni and thank you for your leadership! We are thrilled to be a part of the celebration and strive to continue doing good for our community and our City.

在二零一八年五月八日舉行的市參事會的美國亞太裔傳統月慶祝會上，每位市參事都藉慶祝活動來表揚他們代表地區的一位傑出居民，向十一位市民致敬。在儀式上，當第四區市參事湯凱蒂宣佈她所屬地區的傑出居民名單時，這位傑出市民是我們的行政總監鍾月娟。湯市參事稱讚鍾月娟對長者和整個社區的奉獻和承諾。恭喜鍾月娟！感謝妳的領導！安老很高興能成為慶祝活動的一份子，並繼續為我們的社區和城市服務。



Congratulations, Hong On Tong Society for 160 years of commitment and dedication to the Chinese community. Thank you for your devotion to the seniors and trust in Self-Help for the Elderly's work in the community. We are thankful for the charitable gift which will support our programs and services at our 14 locations throughout the Bay Area.

成立週年慶典晚宴：祝賀三藩市順德行安堂一百六十年來對華人社區的承諾和奉獻。感謝行安堂對長者的敬愛、以及對安老自助處服務社會的信任。週年晚宴上所頒贈的捐款，將用於安老在灣區的十四個康樂中心的長者計劃和服務。

Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) Welcomes Henry's Hunan Restaurant

Self-Help for the Elderly is delighted to welcome Henry's Hunan Restaurant (Mission location) as the latest CHAMPSS restaurant to offer adults 60 years of age or above in District 11 with delicious meals that meet all the nutritional requirements.

Supervisor Ahsha Safai, Shireen McSpadden, Executive Director and Cindy Kauffman, Deputy Director of San Francisco Department of Aging & Adult Services (DAAS), guests and media attended the opening ceremony on April 23, 2018.

At the event, Supervisor Safai highlighted the importance of the CHAMPSS program in the district – it is a wonderful opportunity for people to come together to learn about their neighbors and build a stronger community. In addition, Executive Director McSpadden extended her appreciation to Eddy Zhu, restaurant owner, for his participation and expressed her hope to continue to build this program. She then thanked Self-Help for the Elderly (SHE) for being a strong partner.

Registered Dietitian Linda Lau was a special guest at the celebration. It was Ms. Lau who initially proposed the idea to locate restaurants to serve nutritious meals, as there were limited meal sites to accommodate the demand. Debuted in 2014 as a pilot program of DAAS in collaboration with SHE, the CHAMPSS program gradually increases the number of participating restaurants and clients every year. The program continues to benefit the seniors and local small businesses. Aside from California, a total of 8 states are carrying out similar programs. Currently, our CHAMPSS program enrolls over 6,000 individuals. Donations are accepted at the time of application.

At Henry's Hunan, CHAMPSS patrons are invited to create their own Hunan style dishes with the selection of main course (meat and vegetarian options), vegetables, and rice or noodles. Patrons can choose the level of spiciness as well. The restaurant is a new favorite of those who enjoy Hunan cuisine.

To enroll, add meals and/or learn more about the CHAMPSS program, locations and menus, please visit <https://www.sfchampss.org>

湖南小喫加入《美味營養餐》計劃



安老自助處高興地歡迎湖南小喫(美臣區)成為最新的《美味營養餐》餐廳,為第十一區的六十歲或以上的成年人提供滿足所有營養需求的美味食。

市參事安世輝、三藩市長者及成人服務局(DAAS)主任 Shireen McSpadden, 及副主任 Cindy Kauffman 嘉賓和傳媒參加了四月二十三日的開幕儀式。

在活動中,市參事安世輝強調了美味營養餐計劃在該地區的重要性—這計劃給予大家一個平台及機會來相聚,進一步了解鄰社,及增強社區。此外,長者及成人服務局主任 McSpadden 感謝餐廳東主朱振良先生的參與,並表示希望繼續擴展這個項目。然後,她感謝安老自助處及讚揚安老是一個出色的合作夥伴。

註冊營養師 Linda Lau 是慶祝活動的一位特邀嘉賓。《美味營養餐》計畫是 Linda 的最初的建議,因為用餐中心地點有限,所以 Linda 建議招募優質及受歡迎的餐廳為《美味營養餐》餐廳為長者提供營養餐服務。

《美味營養餐》於二零一四年成立,是長者及成人服務局與安老自助處合作推出的試點項目,而該計劃的參與餐廳和會員數量在每年亦有逐漸增加。該計劃繼續使長者們和地區小企業受益。除加州外,共有八個州現正運行類似的計劃。目前,我們的《美味營養餐》計劃為超過六千名會員服務。申請期間接受捐款。

湖南小喫的顧客可以選擇自己喜愛的湖南風味餐單一主菜(肉類和素食選擇)、蔬菜、飯或麵條。顧客也可以選擇自己喜愛的辣味程度。湖南小喫是喜愛湖南菜人仕的首選。

想了解有關《美味營養餐》計劃、登記、加餐等,或想搜尋《美味營養餐》計劃餐廳地點和菜單,請訪 <https://www.sfchampss.org>。



Mayor Mark Farrell Visits Geen Mun Center

115 seniors joined Anni Chung, President and CEO of Self-Help for the Elderly (SHE), to welcome Mayor Mark Farrell to Geen Mun Center on April 26. This was Mayor Farrell's first visit to a senior center in Chinatown. The seniors were excited to meet the Mayor and many requested to take photos with him.

At the meeting, Mayor Farrell told the seniors he was very happy to be back in Chinatown. His connection with the neighborhood traced back to the beginning. He was baptized in Old St. Mary's Cathedral on California Street. In addition, when he was a youngster, he came to Chinatown often to play basketball. Mayor Farrell also mentioned that like many of us, he has aging parents. Hence, he understands the needs of the elders. He hopes to continue collaborating with SHE to provide services and programs for the aging community.

Speaking of services, Anni explained that SHE is working closely with Mayor Farrell to provide every senior

in Chinatown with affordable, high-speed Internet services which will enable the seniors to be connected and empower them to learn digital technology.

Furthermore, Mayor Farrell is also committed to ensure that streets remain clean and safe. The Mayor has worked closely with Central Station Captain Paul Yep and added 11 police officers to serve the community.

市長麥法恩到訪建民康樂中心

一百一十五位長者與安老自助處行政總監鍾月娟一起歡迎市長麥法恩於四月二十六日前來建民康樂中心探訪。這是麥市長首次探訪三藩市華埠的一所長者康樂中心。長者們很高興見到市長，許多人要求與他合照留念。

在聚會中，麥市長告訴大家他很高興回到華埠。他與華埠的關係可以追溯到

最初。他在加里福尼亞街的舊聖瑪利大教堂受洗。此外他年輕時經常來到華埠打籃球；麥市長亦提到，像許多人一樣，他家中也有年邁的父母，因此他了解長者的需要。他希望繼續與安老合作，為長者社區提供服務和項目。

談到服務，鍾月娟說安老正與麥市長密切合作，為華埠的每位長者提供價格合理的高速互聯網服務，使長者能夠上網並使他們能夠學習新科技。

此外，麥市長還致力於確保街道保持清潔和安全。市長與中央警署分局局長葉培恩密切合作，並增加了十一名警察為社區服務。

Spring Banquets: Favorite Party of the Seniors and Super Seniors

The Spring Banquet is one of the most popular activities organized by Self-Help for the Elderly's Nutrition and Senior Centers. It is an annual gathering to celebrate the spring season and to show our appreciation for the elders. The program of this joyous event included raffle drawing, singing, dancing and more. A highlight of the event was the celebration of Super Seniors, individuals over 90 years old.

The 2018 San Mateo banquet drew 130 seniors to Champagne Seafood Restaurant on March 10. The average age of the guests was 80 years old. Some of the guests attended the event with their families. We were extremely grateful for restaurant owner Mr. Lee's generosity and love for the seniors by hosting the luncheon free of charge for our guests.

A month later, the San Francisco banquet took place at New Asia Restaurant on April 6. Over 400 seniors from 10

activity centers attended the event. We were honored by the presence of Supervisor Sandra Lee Fewer; Francis Zhang, Field Representative for Senator Scott Wiener; Shireen McSpadden, Executive Director of Department of Aging and Adult Services (DAAS); Cindy Kauffman, Deputy Director of Community Services, DAAS; Linda Murley, Program Analyst, DAAS; with Lauren Muckley and Sarah Chan, Nutritionists, DAAS. The guests had a wonderful luncheon while enjoying various performances. Additionally, everyone was enthusiastic to meet and cheer for the 19 Super Seniors as they were being recognized on stage.

To learn more about the special events, daily activities and menu served at our activity centers, please visit <http://bit.ly/SHECtrs>.

安老自助處高壽 耆英祝壽春宴

由安老自助處營養及康樂組所舉辦的一年一度春宴是康樂中心最受歡迎的活動之一。這是一個慶祝春季的週年聚會，向長者表達我們的關愛。這個歡

樂活動的節目包括抽獎、唱歌、跳舞等等。該活動的一大亮點是慶祝超級耆英 -- 超過九十歲的長者。

二零一八年的聖馬刁春宴於三月十日在歡聚花好月圓酒樓舉行，吸引了一百三十位長者和家庭參加。客人的平均年齡為八十歲。部分嘉賓帶同家人一起參加這次活動。我們非常感謝酒樓東主李先生慷慨贊助和對長者的關愛，為我們的客人免費舉辦午餐會。

一個月後，三藩市的春宴於四月六日在新亞洲酒樓舉行。來自十個康樂中心的四百多名長者參加了此次活動。我們很榮幸得到市參事李麗嫦、參議員威善高 (Scott Wiener) 的代表張勁林、成人服務局主任 Shireen McSpadden、成人服務局社區服務副主任 Cindy Kauffman、成人服務局項目分析人員 Linda Murley 和成人服務局的兩位營養師 Lauren Muckley 和 Sarah Chan 出席春宴。大家在享受精彩表演的同時，亦享用了豐富的午餐。此外，大家都熱烈地為十九位名超級耆英祝壽及歡呼。

查詢有關康樂中心提供的特別活動，日常節目及營養餐單的時間表，請瀏覽 <http://bit.ly/SHECtrs>。





Sold-out event at Lady Shaw Senior Housing



Dr. Anita Ho with a Commissioner on San Francisco Aging and Adult Services, Ms. Katie Loo.

Self-Help for the Elderly's First Reimagine End of Life Event

Self-Help for the Elderly was honored to participate in the 2nd annual Reimagine End of Life and be a part of the citywide conversation that transforms the approach to life. The goal of the weeklong series of events was to break down taboos and bring diverse communities together through arts, spirituality, healthcare and design.

We were thrilled to collaborate with Dr. Anita Ho and conducted the first workshop in Cantonese for Chinese speaking audience. This unique workshop informed the seniors about the California Advance Health Care Directives and had an open discussion on the topics of health, healthcare options and final decisions.

The responses were overwhelmingly positive. The event was sold out with over 120 seniors, government and community-based organization representatives attending the session. Rachel Lovett, Community Engagement from Reimagine, was present to share an introductory remark. Evidently, despite stereotypes, the Chinese elders are not afraid of end-of-life care discussions. It is encouraging to know that the seniors welcomed the discussion on advance care planning. In fact, during the discussion, some of the audience confirmed they had heard and/or completed the directives.

The Reimagine End of Life campaign was such a tremendous success that the program is going to New York on October 27 – November 3, 2018.

安老自助處參與 Reimagine End of Life 《重新考慮最終決定》

安老自助處參加了第二屆 Reimagine of Life 《重新考慮最終決定》週的活動，讓大家慶祝生命和考慮最終決定。活動的目標是打破禁忌，通過藝術、心靈、醫療保健和設計意念將多元化的社區聚集在一起。

我們很高興有機會與何子珊博士合作，舉辦第一個為廣大中文觀眾而設的免費粵語講座。這個獨特的講座向長者介紹加州醫療照護事前指示準備，並就健康，醫療保健方案和最終決定等主題進行一起探討。

大眾對活動的反應非常熱烈，講座的入場券在活動前一星期已被取清，一百二十多名長者、政府和社區組織代表前來參加這講座。活動中 Reimagine 的社區代表 Rachel Lovett 致介紹詞。由此可見，華人長者並不被傳統思想束縛，他們歡迎探討醫療照護和最終決定等話題。這是實在令人鼓舞的，事實上，在討論期間，一些聽眾確認他們已聽過或填妥指示。

Reimagine End of Life 活動取得了巨大的成功，該活動將於二零一八年十月二十七日至十一月三日移師至紐約舉行。

2018 Immigrant Leadership Awards: **Immigrant Heritage Month** and local immigrant rights leaders were celebrated at the North Light Court, San Francisco City Hall, on June 11, 2018. Cheers to Carl Larsen Santos, an immigration attorney at La Raza Community Resource Center, who was recognized at the award ceremony for his leadership in the immigrant projects. Self-Help for the Elderly is honored to be a collaborator with Carl and La Raza, and five other Immigration Service Providers which make up the San Francisco Pathways to Citizenship Initiatives to help eligible San Franciscans learn about their rights to apply for citizenship and help them in the citizenship process.

二零一八年移民領袖獎：移民文化月和當地移民權益領袖於二零一八年六月十一日在三藩市市政廳北翼廳舉行慶祝活動。恭賀 La Raza 社區資源中心的移民律師 Carl Larsen Santos, 在頒獎儀式上表彰他在移民項目中的領導地位。安老自助處很榮幸與 Carl 及 La Raza 團隊以及其他五個移民服務提供商所組成的三藩市公民道路計劃倡議合作，協助符合資格的三藩市居民了解他們的權利，並幫助他們申請公民入籍。



Self-Help for the Elderly's Senior Program in Millbrae

The Millbrae Chetcuti Room has become a favorite meeting place for seniors since Self-Help for the Elderly's (SHE) Senior Meal Program began on March 5, 2018.

Currently available on Mondays, seniors are welcome to participate in the lunch program and enjoy regular activities like exercise and line dancing. Additionally, special events are planned as well. On March 26, SHE introduced the first special activity, a ribbon craft class. Over 20 seniors learned attentively in class and proudly displayed their woven ribbon fish.

SHE's Senior Program in Millbrae also attracted some very special guests. Our 61 seniors were pleasantly surprised to have Vice Mayor Wayne Lee joined them in the Mother's Day Celebration on May 7. The participants enjoyed music from the 50's and 60's



Mother's Day Celebration: The DulTones, Vice Mayor Wayne Lee with Super Senior Mrs. Chen (99 years old), and our Center Coordinator Helen Yuen.

by a male vocal group DulTones. A highlight of the event was the Presentation of Roses to the Eldest Individuals by Vice Mayor Lee and the DulTones group. The eldest senior present at the celebration was Mrs. Chen, who is only 99 years young.

Aside from celebrating Mother's Day and Asian Heritage, the month of May was also Hepatitis Awareness Month. In collaboration with Vice Mayor Lee and San Francisco Hep B Free – Bay Area, Self-Help for the Elderly hosted

a health event to increase the awareness of Hepatitis B. This health event was extremely well received with 80+ participants. The program included a Hepatitis B Talk and Screening, Physician Q&A Session and Lunch.

There are plenty of enjoyable activities and engaging programs at SHE's 14 activity centers. Participants are encouraged to socialize and enjoy each other's company while staying active. On June 11, SHE hosted a



Father's Day Celebration at the Millbrae Chetcuti Room to honor all fathers and father figures. The Dads were pleasantly surprised with the presentation of a cake and wonderful folk dance performance by the San Francisco Community Dance Group. Helen Yuen, volunteer, (former Nutrition & Senior Centers Program Director), invited Mr. Wu (Age 89), the Eldest Dad present, to cut the cake.

The Monday lunch program is very popular with the seniors in Millbrae. Reservations are required. Please call (415) 319-4115 to leave a message. SHE hopes to expand the Millbrae program to more days once we secured the permanent funding for the program. Additionally, SHE welcomes contributions to support the program. Please visit selfhelpelderly.org/donate.

安老自助處米爾布雷市的長者計劃

安老自助處米爾布雷市的長者午餐計劃於二零一八年三月五日開始，隨着 Millbrae Chetcuti 室已成為長者們喜愛的聚會熱點之一。

目前安老自助處米爾布雷市的計劃只限於星期一舉行，長者可隨意參與一般活動包括健康運動、排舞。此外，安老康樂中心還安排一些特別活動。在三月二十六日，安老推出一個特別手工藝課程。超過二十位長者認真地學習，並高興地展示了他們成功編織的絲帶魚。安老在米爾布雷市的長者計劃也吸引了一些非常特別的嘉賓。在五月七日的母親節慶祝活動中，副市長 Wayne Lee 專誠前來參與活動，給我們的六十一位長者一個驚喜。大家都享受著一隊男子聲樂團 DulTones 的音樂。活動的一大亮點是李副市長和 DulTones 樂團向最年長個長者的陳女士獻玫瑰花致敬。陳女士年僅 99 歲。



除了慶祝母親節和亞裔文化月，五月亦是肝炎宣傳月。因此，安老自助處、李副市長和三藩市灣區無肝炎組織合作，為長者舉辦了一個健康講座，以提高對肝炎的認識。這次健康講座得到了八十多名參加者的支支持。節目包括乙形肝炎講座和檢查，醫師問答環節和午餐等。

安老自助處在灣區的十四個活動中心投立了很多精彩節目。鼓勵長者們參與社交活動，保持心景開朗的生活態度和結識新朋友。在六月十一日，安老在米爾布雷市的康樂中心舉辦了父親節慶祝活動，歌頌天下所有父親。一眾父親們對三藩市社區舞蹈團獻上的蛋糕和精彩的民族舞蹈演出感到最最高興。康樂中心義工阮劉凱寧(前營養餐及康樂中心主任)更邀請八十九歲最年長的父親吳先生為大家切蛋糕。

週一午餐計劃深受米爾布雷的長者歡迎。參加活動必須預定。請致電 (415) 319-4115 留言。一旦獲得該計劃的故定資源，我們希望將米爾布雷市康樂中心計劃擴展到更多天。此外，我們歡迎各界捐款來支持米爾布雷市康樂中心的計劃。請訪 www.selfhelpelderly.org/donate。



March was **National Preparedness Month**. On March 28, Supervisor Sandra Lee Fewer and Tom Hui, Director of Department of Building Inspection (DBI), attended a graduation celebration at Jackie Chan Activity Center to welcome seventy (70) seniors to become Seismic Safety Ambassadors. At the ceremony, Supervisor Fewer thanked the attendees for their participation and applauded DBI's partnership with Self-Help for this initiative. This program is extremely important to the Richmond District as seniors represent the largest percentage in District 1 and this effort brings together a strong community.

三月是全國準備月 (National Preparedness Month)。三月二十八日，市參事李麗嫦及三藩市樓宇檢查局局長許子湯先生出席了正在成龍康樂中心舉行的畢業典禮，恭賀七十名長者成為地震安全大使。在儀式上，市參事李麗嫦感激大們的參與，並讚揚樓宇檢查局及安老自助處合作舉辦該倡議。這個項目對於列治文區來說非常重要，因為長者長者在第一區佔人口的最大比例，這個項目可助增強社區。

Annual Earthquake Safety Fair

By: Yicheng Wu

The Seismic Safety Outreach Program (SSOP) was launched in 2015 by the Department of Building Inspection (DBI), as a way to increase awareness and knowledge of seismic safety and disaster preparedness to the residents of San Francisco. The program covers topics such as 72-hour personal preparedness, earthquake mitigation, response & recovery, basic first aid, and fire safety. Beginning in 2018, SSOP became citywide to bring the program to all San Franciscans.

Self-Help for the Elderly (SHE) is a committed community partner of DBI and was proud to take part in the annual Earthquake Safety Fair held on June 13, 2018, for 650 attendants. To encourage learning and active participation in emergency preparedness, SHE staff created interactive games and hosted mini-training workshops to engage the visitors. At the SHE booth, participants were invited to take part in the Spinning Wheel game and answer a



trivia question relating to disasters or learn about first aid. Additionally, our instructors held mini-training workshops to teach visitors basic lifesaving skills. Visitors could get hands-on practices for hands-only CPR and controlled external bleeding, as well as learn methods to make their homes safer during an earthquake.

Since its inception, SHE has conducted 300+ presentations and workshops throughout the city. Over 1,874 Seismic Safety Ambassadors have completed these workshop series, and over 11,000 individuals have learned the knowledge to help themselves and their families during an emergency.

These informative programs have helped individuals



learn the steps to take in order to be safe and be prepared during emergencies. We are appreciative to DBI for the wonderful opportunities for our elders and the residents of San Francisco. To obtain 2018 workshop schedule and locations, contact us at (415) 677-7527.

地震安全博覽會

文: 吳宜騁

地震安全外展項目於二零一五年由三藩市樓宇檢查局啟動，以這方式向三藩市居民傳播對地震安全和災難準備的認識和知識。該計劃涵蓋七十二小時個人準備，家居地震加固工程，地震反應和震後的恢復工作，基本急救以及火警安全等課題。為了讓全體三藩市居民獲得資訊，地震安全外展項目從二零一八年開始擴展至全市範圍提供外展項目。

在今年的樓宇檢查局地震安全博覽會上，安老自助處作為樓宇檢查局的社區合作夥伴，通過互動遊戲和小型培訓提供了關於應急準備的信息活動。參觀者可以旋轉我們的遊戲輪盤，回答一個關於災難或急救的問題來贏得獎品。我們的導師亦舉辦了小型培訓會，向參與者介紹基本的急救技能。參與者可以實踐練習如何進行只用手的心肺復甦法或如何控制外出血，並學習如何使用安全帶加固家中家具。

自啟動以來，安老自助處已在全市範圍內舉辦了三百多場講座和培訓。超過一千八百七十四名地震安全大使完成了這些培訓系列，超過一萬一千名居民學習了如何在緊急情況下幫助自己和家人。

這個項目幫助個人學習如何在緊急情況下確保安全和做足準備。我們衷心感謝樓宇檢查局為我們的長者以及三藩市居民提供的這個學習機會。如果您想了解即將舉辦的培訓系列，請致電 (415) 677-7527 與我們聯繫。

Thank you, United Airlines for the hospitality. Fund Development Director, Josephine Ma with Melinda Yee Franklin, Managing Director of Corporate and Government Affairs for United Airlines, at San Francisco Travel's 108th Annual Luncheon on June 21, 2018. Self-Help for the Elderly is appreciative of a recent charitable gift of \$1,000.00 from SF Travel in honor of the organization's outgoing Board Chair. Thank you, Ms. Franklin for selecting Self-Help for the Elderly as the designated nonprofit beneficiary.

多謝聯合航空公司的熱情款待！安老自助處基金發展部主任馬秀端與聯合航空公司企業和政府事務常務董事Melinda Yee Franklin 於二零一八年六月二十一日在三藩市旅遊局舉行的第一百零八屆週年午宴上合照。安老自助處感謝 SF Travel 的一千元捐款，目的為答謝該組織即將卸任的董事會主席的Melinda 對行業的貢獻。我們十分感激 Melinda選擇安老自助處為她指定的受益非牟利機構。



Assemblymember Phil Ting and Supervisor Sandra Lee Fewer



invite you to come learn more about
community health resources at the

2018

Richmond Community Health Festival

Richmond Community Health Festival

The 14th Annual Richmond Community Health Festival took place at Richmond Recreation Center on May 5. Self-Help for the Elderly was thrilled to collaborate with Assemblymember Phil Ting, Supervisor Sandra Lee Fewer, the Community Youth Center of San Francisco, Richmond Area Multi-Services Inc., and Kaiser Permanente to co-host the festival. 46 Community organizations, government agencies and local businesses participated in this free health event. Health screenings, exams and information booths were available for over 400 attendees to learn more on how to maintain a healthy lifestyle.

Self-Help for the Elderly is proud to participate in this annual health festival in the Richmond District. SHE staff were present to engage with our booth visitors, answer questions and provide them resources and information on Jackie Chan Activity Center, Adult Day Services, Health & Home Care, and Hospice.

To learn more about our Jackie Chan Activity Center, Adult Day Services, Health & Home Care, and Hospice, please visit www.selfhelpelderly.org or call 415-677-7600.

列治文社區健康節

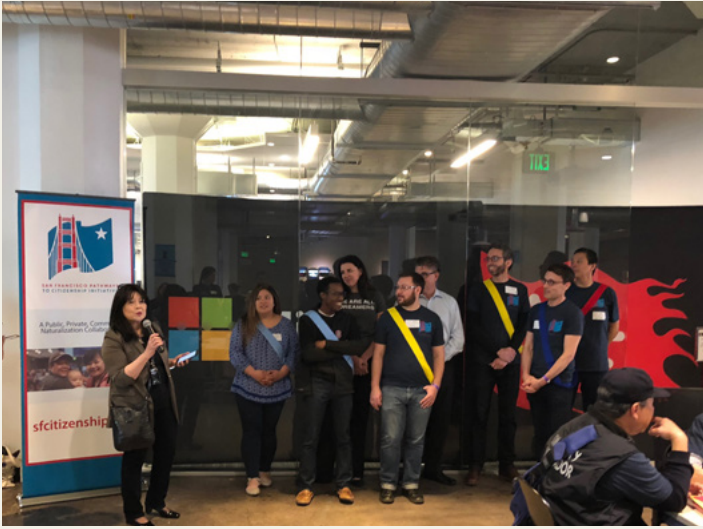
第十四屆列治文社區健康節於五月五日在列治文康樂中心舉行。安老自助處很高興與州眾議員丁右立、市參事李麗嫦、CYC 社區青年中心、Richmond Area Multi-Services, Inc.、Kaiser Permanente共同主辦這個節目。這個免費健康活動得到各界鼎力支持，有四十六個社區組織，政府機構和本地商戶參與，此外，亦吸引了四百多位市民前來參與多元化活動包括：健康檢查、測試和諮詢健康資訊等。

安老自助處很高興地能獲參加這個在列治文區舉辦的週年健康節。我們的同事在安老的展覽攤位中與參加者互動，解答他們的問題，並向參觀者提供有關成龍康樂中心、成人日間服務、家居醫療護理及寧養服務等有關資訊。

要了解有關成龍康樂中心、成人日間服務、家居醫療護理及寧養服務的資訊，請訪 www.selfhelpelderly.org 或致電 415-677-7600。

SF Pathways to Citizenship Workshops

三藩市公民入籍計劃工作坊



SF Pathways to Citizenship workshop at Microsoft Corporation.

Self-Help for the Elderly is grateful for the support from Microsoft and their staff Jamal Edwards (third from the left), Gabriela Costa (fourth from the left in back row), and Jennifer Limos (second from the left) for providing us their office space for our **Pathways to Citizenship Initiative workshops**. We also thank Michael Perlstein (fifth from the left in back row) from the Ray Morgan Company for donating copiers for us to use at the workshops to prepare the citizenship applications. Director Adrienne Pon (first on the left) from the Office of Civic Engagement & Immigrant Affairs presented gifts to thank and honor our supporters for their generosity at our Citizenship Workshop on Saturday, April 21, 2018 at Microsoft.

安老自助處感謝微軟及其員工Jamal Edwards (左起第三位), Gabriela Costa (後排左起第四位) 和Jennifer Limos (右起第二位) 的支持, 為我們的公民入籍計劃工作坊提供辦公的空間。我們還要感謝來自Ray Morgan公司的 Michael Perlstein (後排左起第五位) 捐贈複印機供我們在工作坊上使用, 以準備公民身份申請表。公民參與及移民事務辦公室主任Adrienne Pon (左起第一位) 於二零一八年四月二十一日星期六在微軟舉辦的公民工作坊上向我們的支持者表示十分感謝和敬意。



SF Pathways to Citizenship workshop at City College of San Francisco, John Adams Center.

We are also grateful for the support from City College of San Francisco and their Deans Jill Yee (third from the left), and Robert Frost (fourth from the left) for donating space at their centers and volunteering their time for our **Pathways to Citizenship Workshops**. At the June 2, 2018 Citizenship Workshop held at the City College John Adams Center, Self-Help for the Elderly's President & CEO Anni Chung (first from the left) presented silk scarves to thank the Deans for their generosity. A special gold star plaque was presented to Alfredo Coyotl (fifth from the left) to thank him for his dedication and service to the Pathways to Citizenship Initiative during his internship with the Office of Civic Engagement & Immigrant Affairs.

我們也感謝舊金山城市學院及其院長Jill Yee (左起第三位) 及 Robert Frost (左起第四位) 的支持, 他們捐贈了他們中心的空間, 並志願參加我們的公民入籍計劃工作坊。在城市學院 (John Adams Center) 約翰亞當斯中心舉行的二零一八年六月二日公民入籍計劃工作坊上, 安老自助處的行政總監鍾月娟 (左起第一位) 頒贈了真絲圍巾禮物, 以感謝院長的慷慨。向Alfredo Coyotl (左起第五位) 頒贈了一枚特殊的金色星匾, 以感謝他在公民參與和移民事務辦公室實習期間致力於為公民入籍計劃工作坊提供的服務。

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

SEPTEMBER - NOVEMBER 九月至十一月

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
<http://bit.ly/SHEamf>

OCTOBER 6 | 9 AM
SATURDAY 星期六



Longevity Walkathon Parade & Fair

Portsmouth Square San Francisco
718-736 Clay St, San Francisco, CA 94111
<http://bit.ly/SHEWalkathon>

OCTOBER 20 | 5:30 PM
SATURDAY 星期六



HalloScream Dinner & Dance

San Francisco Scottish Rite Masonic Center
2850 19th Avenue, San Francisco, CA 94132
<http://bit.ly/HalloScream>

NOVEMBER 17&18 | 12:30 pm • 2 pm
SATURDAY & SUNDAY 星期六及日



Self-Help Duen Fung 33rd Annual Chinese Opera Benefit & Banquet

San Francisco Scottish Rite Masonic Center
2850 19th Avenue, San Francisco, CA 94132
<http://bit.ly/SHEOpera>

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

Millbrae

- Millbrae Senior Lunch Program
Millbrae Chetcuti Room
415-319-4115
450 Poplar Avenue
Millbrae, CA 94030

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

- 733 Kearny Street
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

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t: 415-677-7600

f: 415-296-0313

e: info@selfhelpelderly.org

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Please know that your support is greatly appreciated.

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You can also make a donation online by going to: www.selfhelpelderly.org/donate

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Golden Lines

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