

Golden Lines

黃金點滴

FALL 2018 • VOL 25 ISSUE NO.2

二零一八年 秋季 • 第二十五冊 第二期



San Mateo Autumn Moon Festival: Celebrate Wellness and Happiness

The annual San Mateo Autumn Moon Festival took place on September 23 in San Mateo Central Park. This active and engaging event brought together more than 300 attendees to celebrate the culture and diversity of the City of San Mateo.

The festival kicked off with the Generation Walk. Mayor Rick Bonilla, Mrs. Bonilla and Supervisor Carole Groom were among the first to meet up at the starting point and led the Walk circling around San Mateo Central Park, the one-mile trail promotes wellness and happiness as the families participated in the activity together.

After the Walk, the participants were invited to visit the booths at the festival. A special “Thank You” to our event and booth sponsors including Kaiser Permanente; Visa Inc.; East West Bank; The Peninsula Regent; Haiyan Real Estate; Sterling Bank & Trust; King’s Transportation; Chinese Community Health Plan (CCHP) Inc.; David Wang Realtors; News for Chinese; Windy Hill Property Ventures; and Volunteer Source.

At Self-Help for the Elderly’s booth, visitors had the opportunities to learn more about the services and programs at the San Mateo Center, while enjoying mooncake samplings.



San Mateo Autumn Moon Festival: Celebrate Wellness and Happiness
聖馬刁中秋慶會宣揚
健康和快樂的信息

P1, 4

Moonstar's Fun Filled Variety Show Benefiting Self-Help for the Elderly
月星宮舉辦充滿歡樂的綜藝節目, 收益捐贈安老自助處

P5

The 14th Annual Cathay Bank Invitational Charity Golf Tournament
國泰銀行《第十四屆慈善高爾夫球邀請賽》

P6-7

Welcome Assemblymember Phil Ting to Visit Adult Day Services
歡迎州眾議員丁右立探訪成人日間服務

P8-9

Chinese Consolidated Benevolent Association (CCBA) / United Way Chinatown Fundraising Campaign
《二零一八年駐美中華總會館及灣區慈善聯合金庫華埠籌款晚宴》支票頒贈儀式

P9

Culinary Showcase & Graduation Ceremony
烹飪展覽會及畢業禮

P10-11

Comcast & Self-Help for the Elderly's Intergenerational Youth Leadership & Technology Program Graduation Ceremony
Comcast 及安老自助處的《跨世代青少年領袖及科技計劃》畢業典禮

P12





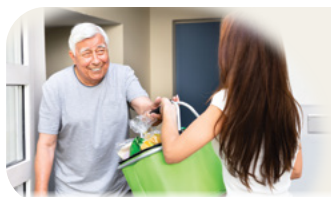
DONATION • 捐獻我們

Self-Help for the Elderly welcomes all donations! For additional information, 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 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 **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 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!

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
Alameda	阿拉米達	(510) 336-0144	Millbrae	米爾布萊	(415) 319-4115*

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

*Please leave a voice message 請留言。



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。

FISCAL YEAR 2018-2019 BOARD OF DIRECTORS

OFFICERS

May Wong, *Chair*
Jerry, Lee, Esq., *Vice-Chair*
Nicholas Jay, *Treasurer*
Angel K. Chen, *Secretary*

PRESIDENT / CEO

Anni Chung

MEMBERS

Yat-Pang Au
Mary Chang
Leo K. Choy
Anne Hinton
Janie Kaung
Rosalyn Koo
Wendy Kwok
Dr. Randall Low
Patricia Mar
Linda Wang
Vicky M. Wong



The festival program was filled with amazing performances highlighting the diverse culture heritage and harmony of the City of San Mateo. The audience was impressed with the performance lineup: Hawaiian Dances from Self-Help for the Elderly's Seniors; Flamenco and Spanish dances from Matiz Flamenco; Japanese dances from Kiyonomoto Ryu; Indian Bollywood Dances from Xtrim Bollywood Dances; various Chinese dances from Haiyan Jackson Chinese Dance Troupe; recital by Crystal Children's Choir and a lion dance performance by Lion Dance Me.

San Mateo Central Park was filled with participants wearing a big smile and greeting each other a Happy Mid-Autumn Festival.

聖馬刁中秋慶會 宣揚健康和快樂的信息

一年一度的聖馬刁中秋慶會及健康同步日於九月二十三日在聖馬刁中央公園舉行。這個活動吸引了三百多名參加者，展現了聖馬刁市的不同文化和多元化。

當天的節目由「健康同步」環節開始。市長 Rick Bonilla, Bonilla夫人和市參事 Carole Groom 首先到達步行起點歡迎及領導參加者。步行路線是圍繞著聖馬刁中央公園的一英

里的小徑，活動目的是推廣健康和樂觀心態，並鼓勵家庭各成員一起參加。

在步行環節完畢之後，參加者到不同的展覽攤位參觀。特別感謝我們的活動和各攤位的贊助商，包括 Kaiser Permanente、Visa Inc.、華美銀行、The Peninsula Regent、Haiyan 房地產、Sterling Bank & Trust、King's Transportation、華人保健計劃、David Wang 房地產商、老中網、Windy Hill Property Ventures、和 Volunteer Source。

在安老自助處的攤位中，大家有機會試食月餅和了解更多有關聖馬刁中心的服務和計劃。

大會安排了多項表演，為大家帶來不少驚喜。突顯聖馬刁市的多元文化及和諧。觀眾十分欣賞各項演出，包括安老長者夏威夷舞蹈組、Matiz 隊的西班牙 Flamenco 舞、Kiyonomoto Ryu 隊的日式舞蹈、Xtrim Bollywood 的印度寶萊塢熱舞、海燕中國舞蹈團的各種民族舞、晶晶兒童合唱團和 Lion Dance Me 柔功門的醒獅表演。

觀眾們十分享受一個愉快的中秋慶會。



Moonstar's Fun-Filled Variety Show Benefiting Self-Help for the Elderly (SHE)

Moonstar Seafood Buffet is more than a restaurant for special occasions and wonderful choices of good food. Led by Daisy Li, the restaurant group is rooted in the community, and is supportive of many charitable organizations to serve and care for those in need.

On September 28, 2018, the staff at Moonstar and MoonChef worked together to fundraise for SHE's Nutrition programs. This was the fourth time the Moonstar and MoonChef teams had done this type of special event featuring individual members' talents to bring the community together and raise funds for a particular charity organization close to the hearts of the people.

18 representatives of the SHE family including Board Members, staff and volunteers, attended the fundraiser. Our Board Members, Patricia Mar and Wendy Kwok, presented Daisy and each Moonstar & MoonChef staff with a ribbon lei to thank them for their love and support of the seniors and Self-Help's work for the community. At the event, our Assistant Director of Nutrition and Senior Centers Alex Tan was invited to share with the audience healthy eating tips.

Everyone had a blast – enjoying a delightful event with good food for a good cause.

A special shout-out to the Moonstar Team for a delightful evening program: Susan Lau, emcee; Annie Peng; Annie Chan & Wallas Ho, production; Victoria, Ann, Yoyo and Kristen, seniors cook-off; Danny Tam, Kristen and Leon, Korean dance group and comedy magician show; Kenneth Xu, Man Suen and Danny Tam, male dance group; Ben, the comedian; and Jackie Zhou; Yun, Katie and Charlene, Moonstar's singing trio. Last but not least, our deepest appreciation to Daisy Li, CEO of Moonstar, for orchestrating this fun-filled fundraiser, and choosing Self-Help for the Elderly as the beneficiary.

月星宮舉辦充滿歡樂的綜藝節目，收益捐贈安老自助處

月星宮自助餐廳是大家慶祝特別日子的餐廳首選，也是大家享用美食的好地方。在李雅怡的帶領下，餐廳集團心繫社區，並支持不同慈善組織的工作，為有需要的人提供服務和照顧。

在二零一八年九月二十八日，月星宮和 MoonChef 的工作人員共同為安老自助處的營養組籌款。這是月星宮和 MoonChef 團隊第四次舉辦這類特別活動：展示工作人員的不同才藝、把社區聚集在一起，並為大家所喜愛的慈善組織籌款。

十八位安老代表亦參加了這籌款活動，包括安老董事、員工和義工們。我們的董事馬妙雲和 Wendy Kwok 向李雅怡及她的團隊贈送了每人一條絲帶花環，感謝他們對長者的關愛和支持，並感謝他們支持安老的工作。在活動中，我們的營養餐及長者中心助理主任譚北東與大家分享健康的飲食秘訣。

各位嘉賓都盡興而回 — 享受一個愉快的晚上，有豐富美食物，及支持善事。

我們安老在此向月星宮團隊致敬，為晚會提供愉快的節目，包括司儀 Susan Lau、Annie Peng、製作 Annie Chan 及 Wallas Ho、長者廚藝環節 Victoria、Ann、Yoyo 同 Kristen、韓國舞蹈團和喜劇魔術師表演 Kenneth Xu、Man Suen 和 Danny Tam、喜劇 Ben、月星歌唱三重奏 Jackie Zhou、Yun、Katie 及 Charlene。最後，我們衷心感謝月星宮行政總監李雅怡精心策劃這個充滿歡樂的籌款活動，並選擇安老自助處為受益的非牟利機構。



AUG
20
MONDAY

Title Sponsor



The 14th annual Cathay Bank Invitational Charity Golf Tournament

The 14th annual Cathay Bank Invitational Charity Golf Tournament attracted 136 golfers to the Los Altos Golf and Country Club on August 20 who teed up for a good cause. Proceeds from this event benefited Self-Help for the Elderly, Community Youth Center and St. Mary's Drum and Bell Corps, and their work to serve the underprivileged communities in the Bay Area.

Golfers arrived at 9:30 a.m. and enjoyed an outdoor lunch prior to the shotgun start. We were delighted by the presence of Lucy Li, the 15-year-old golf phenom, who participated in the tournament. For three consecutive years, Lucy has helped raise funds for the children, families and seniors and create awareness of the charity event.

The award ceremony was a highlight of the evening in which our golfers and guests came together to celebrate friendship, accomplishment and charity. The guests took part in Raffle Game, Silent and Grand Auctions to raise funds for Self-Help for the Elderly's programs and services in San Francisco, Alameda and Santa Clara counties.

We are extremely grateful for the dedication of our Golf Tournament Committee and the generosity of Cathay Bank, the Title Sponsor; corporate and individual sponsors; golfers; guests; staff; and volunteers.

We will be celebrating a milestone on August 19, 2019: the 15th annual Invitational Charity Golf Tournament. Please save the date and we hope you will be able to join us at the Los Altos Golf and Country Club in 2019.

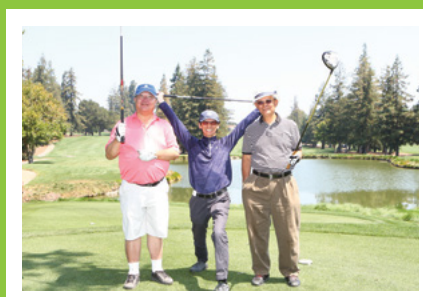
國泰銀行《第十四屆慈善高爾夫球邀請賽》

國泰銀行《第十四屆慈善高爾夫球邀請賽》於八月二十日吸引了一百三十六名球員前往 Los Altos 高爾夫球及鄉村俱樂部，參加本年度的邀請賽。該活動的收益將支持三個非牟利機構及他們為灣區貧困社區服務的項目。

參賽者於上午九時半抵達會場，並在賽前享用午餐。大會很高興得到十五歲的高爾夫球員李億前來支持及參與該活動。連續三年，李億的參與，為孩子、家庭和長者籌集經費，並幫助推廣該慈善活動。

頒獎典禮是晚會上的一大亮點，我們的高爾夫球員和嘉賓聚集在一起慶祝友誼、成績和慈善事業。嘉賓們參加了抽獎遊戲，沉默和大型拍賣會，為三藩市，阿拉米達和聖塔克拉拉縣的長者計劃和服務籌集資金。

我們非常感激高爾夫球邀請賽委員會的努力以及國泰銀行的支技，冠名贊助商，企業和個人贊助商，高爾夫球手和嘉賓的慷慨。我們將在2019年8月19日慶祝一個里程碑：第15屆年度邀請賽慈善高爾夫錦標賽。請保存日期，我們希望您能夠在2019年加入Los Altos高爾夫鄉村俱樂部。



Welcome Assemblymember Phil Ting to Visit Adult Day Services

歡迎州眾議員 丁右立探訪成人 日間服務



61 participants were thrilled to welcome Assemblymember Phil Ting to Adult Day Services (ADS) on July 20, 2018. They were looking forward to expressing their appreciation in person -- thanking Assemblymember Ting for his work and advocacy on behalf of adult day health care and services. Beginning on July 2, 2018, the reimbursement rate of San Francisco Health Plan was raised from \$76 to \$91 per senior, a significant increase of 20% in ten years. This reimbursement amount covers nursing care, daily activities, physical, occupational and speech therapy, and transportation.

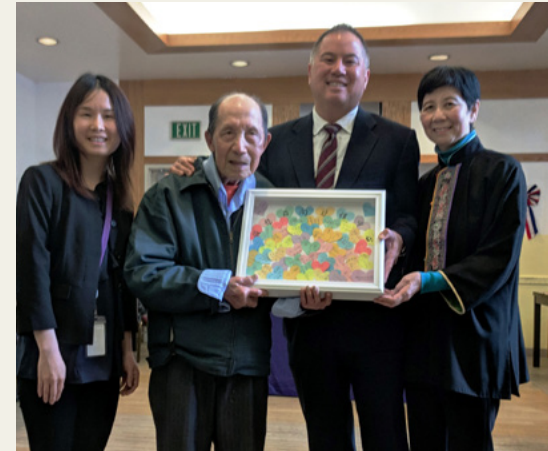
Assemblymember Ting arrived at ADS at 11 o' clock and received a round of applause by the patrons and staff. Anni Chung, President and CEO; Josephine Ma, Fund Development Director; Sandra Perumal RN MS, Director of Patient Care Services/ Administrator; and Allie Nie, Interim Director of Adult Day Services, welcomed Assemblymember Ting to the center.

Throughout the years, the number of adult day services centers in the City

of San Francisco has decreased from twelve to seven. A champion for the community in Sacramento, Assemblymember Ting helped make great strides for frail elderly and adults in food assistance; adult day health care; the safety of long-term care facilities; and elder abuse protection. The seniors presented Assemblymember Ting with tokens of appreciation including handwritten thank-you notes, origami ornaments and songs. Additionally, they shared their stories with Assemblymember Ting, telling him how ADS helped improve their health and enhance their lives.

In return, Assemblymember Ting told the seniors he was happy to see them with their friends, enjoying singing and game activities. The happy and healthy environment made him believe the work they do is worthwhile.

In addition to caring for the patrons, ADS also provides participants' family members with tips on home safety and fall prevention. For additional inquiries or enrollment, please call (415) 677-7556.



六十一位朋友很高興歡迎眾議員丁右立於二零一八年七月二十日探訪安老自助處的成人日間服務。他們想感謝丁眾議員在成人日保健及服務等方案上的工作和倡導。從二零一八年七月二日開始，三藩市健康計劃的津貼從每位七十六美元提高到九十一美元，這百分之二十的增長是十年內最顯著的。該津貼金額包括護理、活動、身體、職業和言語治療以及交通。

丁眾議員於十一時抵達成人日間服務中心，並獲得中心內的顧客和工作人員的熱烈掌聲歡迎，安老自助處行政總監鍾月娟、基金發展部主任馬秀端、病人護理服務主任和管理員 Sandra Perumal 和成人日間服務臨時主任聶麗紅歡迎丁眾議員的光臨。

整個三藩市的成人日間服務中心數量從十二間減至七間。在沙加緬度州議會工作，又是我們社區宣揚代表，丁眾議員幫助孱弱的長者和成年人在食物援助、成人日間保健、長期護理設施的安全和長者虐待保護方面取得了重大進展。安老的長者贈送了自己親手制做的小禮物的丁眾議員，包括手寫的感謝信、摺紙裝飾品和獻唱。此外，



他們與丁眾議員分享自己的故事，告訴他成人日間服務中心如何幫助改善他們的健康狀況。

丁眾議員告訴長者們，他很高興見到大家在快樂和健康的環境下享受著歌唱和遊戲活動。使他相信他們為社區所做的工作和努力是值得的。除了照顧參加者外，安老日間服務中心亦為他們的家人提供有關家庭安全知識和預防跌倒的提示。諮詢有關安老日間服務中心或報名，請致電 (415) 677-7556。

Chinese Consolidated Benevolent Association (CCBA) / United Way Chinatown Fundraising Campaign



Sitting from Left: Wing Lau, Harrison Lim, Stephen Louie, Thomas Ng, Henry H. Huey, Missa Perron, Sir Lit Chan and Ding Lee.

Standing from Left: Anni Chung, Josephine Ma, Shannon Fouts, Lily Cun, Cecilia Liang, George Chan, Anne Kwong, Kari Lee, Gloria Tan, Sarah Wan, and Kent Woo

Check Presentation at Chinese Consolidated Benevolent Association (CCBA): The annual CCBA / United Way of the Bay Area's Chinatown Fundraising Banquet took place at Far East Café on July 12. Missa Perron, Senior Manager, Special Events Marketing at United Way of the Bay Area, presented a \$5,352-check to each nonprofit agency's representative.

Beneficiaries: Asian Women's Resource Center, Charity Cultural Service Center, Chinatown Community Children's Center, Chinatown YMCA, Chinese Hospital, Chinese Newcomers Service Center Community Youth Center, NICOS Chinese Health Coalition, On Lok Senior Health Services, Self-Help for the Elderly, United Way Community Impact Fund

《二零一八年駐美中華總會館及灣區慈善聯合金庫華埠籌款晚宴》支票頒贈儀式

本年度中華總會館及灣區慈善聯合金庫華埠籌款晚宴於七月十二日在康年大酒樓舉行。中華總會館主團及灣區慈善聯合金庫特別活動高級經理Missa Perron向十三個非牟利機構的代表頒發了五千元支票。



Culinary Showcase & Graduation Ceremony Instill Excellence in Consistency, Quality and Team Work

Martin Zeng was one of the 16 graduates presented at the Culinary Showcase & Graduation ceremony at City College of San Francisco (CCSF) Chinatown/North Beach Center on August 7, 2018. This program was a popular event made possible in part through funding from the Office of Economic and Workforce Development (OEWD) and in collaboration with City College of San Francisco.

A continuing student at City College of San Francisco majoring in Mechanic Engineering, Martin decided to enroll in the four-week intensive Food Preparation and Production Training to learn vocational skills to prepare for employment. The course was more than simple, basic training. There, he learned the English terms of many ingredients and culinary terminology; the importance of team work and harmony; and culinary skills that are applicable at home. When asked about his favorite food category, Martin mentioned desserts. He was very pleased with his creation and presentation of the pecan cookies and cheesecakes at the showcase.

With hospitality as the number one industry in San Francisco, best trained individuals in food preparation and production are constantly in high demand. For

three consecutive years, Chef John Ng has been the instructor of this unique bilingual food preparation and production class. Chef Instructor Ng uses enjoyable, engaging techniques in coaching and motivating his students on team work and communication in the real-life kitchen environment. Important advice from Instructor Chef Ng to his students is, "Ask. Do not be shy and make assumptions!" This is extremely important when the work involves team effort and showcases excellence and reputation. Through teaching at the state-of-the-art kitchen facility at CCSF Chinatown/North Beach Center – Annex Building, Instructor Ng hopes to introduce his students to the food and beverage industry and pass on the skills to the next generations.

The presence of hospitality representatives, city employees and Self-Help Board Members was a key factor to the success of this ceremony. Representatives from eight hospitality companies including California Pacific Medical Center (CPMC), High Flying Foods, Panda Express, Real Restaurants Group, Seaglass Management Services, Tastes on the Fly, Cala Restaurant and M.Y. China, were present to meet the graduates and taste first-hand their culinary creations. Additionally, Joaquin Torres, Director of the Office of Economic and Workforce Development (OEWD); Katherine Daniel, Deputy Director of OEWC Workforce Division; Calvin Yan, Legislative Aide of the Office of Supervisor Aaron Peskin; Wayne Chan, Senior Management Assistant of the CCSF Chinatown North Beach Center; May Wong, Board Chair of Self-Help for the Elderly (SHE); Professor Ling-Chi Wang and Linda Wang, SHE Board Member; and Anni

Chung, President & CEO of SHE.

Our heartfelt gratitude to OEWD for funding vocational training for the residents and recent immigrants, and for preparing individuals to become competitive to gain employment and be independent. To learn more about the class and schedule, please contact Alison Chan at 415-677-7500 or alisonc@selfhelpelderly.org.

烹飪展覽會及畢業禮灌輸持續卓越的質素及團隊合作精神



Martin Zeng 是二零一八年八月七日在三藩市城市學院 (CCSF) 華埠/北灘中心舉辦的烹飪展和畢業典禮上的十六名畢業生之一。該項受歡迎活動是由經濟和勞動力發展辦公室 (OEWD) 資助的，並與三藩市城市學院合作。

Martin 是三藩市城市學院的一名攻讀機械工程的學生，他決定參加為期四周的《食品製作和生產培訓》的密集課程，想學習及為就業作準備的職業技能。該課程不僅是簡單的基礎培



訓。在這裡，他學習了許多食物和烹飪的英語術語、團隊合作及和諧的重要性，學到的知識亦適用於家庭的烹飪技巧。當被問及他最喜歡的食物時，Martin 立刻提到甜點。他非常滿意自己特別為廚藝示範而做的核桃曲奇和芝士蛋糕。

隨著酒店業成為三藩市的頭號行業，在食品製備和生產方面受過良好培訓的人仕的需求量不斷增加。連續三年，John Ng 是這個獨特的雙語食品製作和生產課程的導師。吳導師使用合適的、活動的技巧來輔導和激勵學生們在真實活動中的廚房環境下進行團隊合作和溝通訓練。吳導師給他的學生一個重要忠告，「一定要問！不要因不好意思而做出假設。」因為工作涉及整個團隊的努力，並會影響公司的聲譽時，這一點非常重要。通過在城市學院華埠/北灘中心附樓的最先進廚房設施的教室上課，吳導師希望介紹食品和飲料行業給學生們，並將他的廚藝傳授給下一代。

得到酒店業代表、城市員工和安老董事的支持是該活動成功的關鍵因素。來自八家酒店業機構、加州太平洋醫療中心 (CPMC)、High Flying Foods、Panda Express、Real Restaurants Group、Seaglass Management Services、Tastes on the Fly、Cala Restaurant 和 M.Y. China 的代表出席畢業禮與畢業生見面。並親自品嚐畢業生的烹飪創作。此外，經濟和勞動力發展辦公室主任 Joaquin Torres、副主任 Katherine Daniel、市參事佩斯金助理甄錦浩、城市學院 (CCSF) 華埠/北灘中心高級管理助理 Wayne Chan、安老自助處董事局主席黃美蓮、安老董事王繆少瑩女士及王靈智教授、和安老政總監鍾月娟。

我們衷心感謝經濟和勞動力發展辦公室為居民和新移民提供職業培訓，為學生們提供個人競爭力，以及獲得就業機會和獨立能力。

欲知有關課程和時間表，請致電 415-677-7500 或電郵至 alisonc@selfhelpelderly.org 與陳嘉瑤聯繫。



Comcast & Self-Help for the Elderly's (SHE) Intergenerational Youth Leadership & Technology Program Graduation Ceremony

Congratulations, Class of 2018! Self-Help was honored to present our 21 Graduates of Comcast & SHE's first Intergenerational Youth Leadership & Technology Program at Lady Shaw Activity Center on August 25.

40% of the class was female students; and the youngest graduate was Princess Aquino, a 13-year-old Filipina. The Intergeneration Youth Leadership & Technology Program is a 10-month course, offered to youth with a goal to help young people in our community to develop skills necessary to succeed and thrive in tomorrow's world. The program consists of 156 hours of instruction plus 56 hours of community service; knowledge and skills in technology literacy; critical thinking, problem-solving, global awareness, civic engagement; and life skills.

At the ceremony, the graduates showcased their talents in creativity; digital literacy and public speech capabilities through their participation in various parts of the program such as event emcee and development of video presentations. We were honored by the presence of Lee-Ann Peling, Director of Franchise Operations in California Region at Comcast Cable, and the families of the graduates. Each student was awarded a certificate of completion and a laptop to encourage them to continue embracing and learning technology.

The new Intergenerational Youth Leadership & Technology Program class began in October 2018. Contact John Nguyen at 415-677-7599 or email him at john@selfhelpelderly.org for future program schedule and enrollment.

Comcast及安老自助處的《跨世代青少年領袖及科技計劃》畢業典禮

恭喜二零一八年度的畢業生！我們安老自助處很高興在八月二十五日在邵逸夫人康樂中心向大家介紹二十一名《跨世代青少年領袖及科技計劃》畢業生，班中四成的同學是女生，最年輕的是一位十三歲的菲律賓裔女孩子名 Princess Aquino。

《跨世代青少年領袖及科技計劃》為期十個月，課程特別為青年人而設 -- 幫助及培養青年人發展所必需的技能，在未來生活和工作中取得成功。該計劃包括一百五十六小時的訓導和五十六小時的社區義工服務，提供科技技術、判斷性思考和解決能力、國際事務、公民教育、和生活技能方面的知識和技能。

在頒獎典禮上，畢業生通過當主持人和進行視頻演示等活動展現了他們的創意、科技技術和公開演講能力。我們很榮幸獲得 Comcast公司加州地區特許經營總監 Lee-Ann Peling 的出席。每位學生都獲得了畢業證書和一台手提電腦，以鼓勵他們繼續學習新的技術和知識。

《跨世代青少年領袖及科技計劃》課程於二零一八年十月開課。想了解課程安排和報名，請致電 415-677-7599 與 John Nguyen 聯繫，或發送電子郵件至 john@selfhelpelderly.org。

Hotel Housekeeping Training

begins in January 2019

Limited space!
Call to Set up an Orientation Today!
(415) 677-7500
601 Jackson St, San Francisco, CA 94133
www.selfhelpelderly.org
Alisonc@selfhelpelderly.org

Training duration: Six weeks
Requirement: ESL 4 or above

Locations : City College of San Francisco Chinatown Center
and one of the local hotels in San Francisco

- Cleaning tools, machinery and equipment
- Personal/workplace hygiene & safety
- Housekeeping terminologies
- Standard hotel operating procedures
- Communication skills and more!

酒店清潔培訓 課程 現正招生

二零一九年 一月份 開始上課

座位有限！

請電 (415) 677-7500 或親臨
華埠就業中心查詢或報名。

*This program is funded by Office of Economic and Workforce Development
and provided in collaboration with City College of San Francisco.*



**Self-Help for
the Elderly**
耆老互助會



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
860 Stewart Drive
Sunnyvale, CA 94085

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 to leave a message
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
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

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

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 2018 - June 2019*.

Asian Pacific Fund	San Francisco Department of Building Inspector
California Department of Aging	San Francisco Department of Public Health
California Department of Education	San Francisco Foundation
California Public Utilities Commission	San Francisco Human Services Agency
Cathay Bank	San Francisco Mayor's Office of Housing
Chew Charitable Remainder Trust	San Francisco Office of Economic and Workforce Development
Chinatown Community Development Center	San Francisco Office of the Aging
Chinese Affirmative Action	San Francisco Paratransit
Chinese Community Health Care Association	San Mateo County Department of Aging and Adult Services
Citibank Foundation	Santa Clara County Department of Human Relations
Comcast Corporation	Santa Clara County Social Services Agency
Dignity Health	Silicon Valley Community Foundation
Family Caregiver Alliance	Tides Foundation
Helen Pao Trust	U.S. Department of Housing and Urban Development
Immigrant Legal Resource Center	United Pacific Hotel Group
Joseph L. Barbonchielli Foundation	United Way of the Bay Area
May Chow Tong Estate Trust Fund	Wells Fargo & Company
Metta Fund	2nd Harvest Food Bank
National Asian Pacific Center on Aging	
Office of Civic Engagement & Immigrant Affairs	
On Lok	
Pacific Gas & Electric Company	
Robert Joseph Louie Foundation	
San Francisco Culinary / Bartenders & Services/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 organizations for their generous support of our programs. 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 from individuals, for the period *June 1 to September 30, 2018.*

407 Sansome LLC
 8 Sushi Japanese Bar & Grill
 AAMG Asian American Medical Group
 Adriene Hu Young
 Albert and Cynthia Jew
 Albert L. Jew
 Alice Ching
 Alice Gim Lee
 Alice Lam-Jem
 Alice M. Chan
 Alvin Jung
 American Association of Chinese Medicine and Acupuncture
 American Realty & Construction Inc.
 America's Best Local Charities
 AMI Dental
 Amy Huey
 Ana Chan
 Angela and Jerry Lee, Esq.
 Anita Lau
 Ann Liang
 Anne Farrar
 Anne Manchi Lam
 Anny O Wong
 Anonymous donors
 Anson and Marlen Wong
 Anthony and Victoria Tam
 Anthony S. Wang
 Anthony Sun
 Anthony Tam
 Ardiene Hu Young
 Arthur and Deborah Yee

Arthur Latno
 AT&T Employees
 Bassie Lee
 Ben Ho
 Ben Tōy
 Benjamin Lam
 Bernie F. Lee
 Bert and Brenda Ho
 Betty K'wong-Lee
 Betty Yimhall Wong
 Beverly Lee
 Bill Schulte
 Black Pepper Restaurant
 Blackhawk Country Club
 Bob and Pinkie Laye
 Bornya Ng
 BPR Properties
 Brion A. Hu
 Bruce and Grace Ginn
 Buddha's Universal Church
 Burnie Sparks
 C D Van Dusen
 C. Y. Yu
 Carol Dolezal
 Caroline Yong, MD
 Carolyn Lee
 Carolyn Ng
 Carolyn Yee
 Carolyne Wang
 Cary Fong
 Cary Smoliarz
 Cathay Bank
 Catherine S. Ko

Charity Cultural Service Center
 Charlotte and Kelvin Kim
 Chef Chu's, Inc.
 Chevron Employees
 Chi Am Circle Club
 Chin Chao
 China Stix Restaurant
 China Village Seafood Restaurant
 Chinatown Community Development Center (CCDC)
 Chinatown PT& Rehabilitation
 Chinese Community Health Care Association (CCHCA)
 Chinese Consolidated Women's Association
 Chinese Hospital & Clinics
 Choy Realty Investments, LLC
 Christina Ng
 Christine Tominaga
 Christopher Yeo
 Chui Lan Chow
 Chung and George Yee
 Chung Kin and Marian Chan
 CK and Marian Chan
 Clinton Huey
 Colina and Leo Yip
 Collette Kondo
 Comcast Corporation
 Community Youth Center of S.F. (CYC)
 Costco UW Campaign
 CTBC Bank Corp.
 Curtis and Nina Gee Lee
 Curtis Jung

Cynthia (Cindy) Wai
 Cynthia Wong
 Dagmar Fung
 Dan Michelini
 Daniel Lum
 Daniel Poon
 Daphne Kiwok
 Darien Louie
 Darlyne Heath
 David and Angel Wang
 David Nelson
 David S. Ng and Annie Ho
 David Sen Lin Lee
 David Wong
 Denise J Won
 Diana Dong
 Diana Julie Guevara
 Diane Lee
 Dolly Lau
 Dominic & Michelle Li
 Dominic Tse
 Donaldina Cameron House
 Donna Lew-Ng
 Doris L. Huey
 Dr. Andrew and Mrs. Flora Zee
 Dr. Bert and Mrs. Barbara Why
 Dr. Dominic & Mrs. Cecilia Tse
 Dr. Milton Chang
 Dr. Shiu Y. & Mrs. Wai-Wah Kiwok
 Dr. Sik-Kee and Mrs. Mandy Au
 Duck Sin Benevolent Association
 East Bay Assisted Living, LLC
 Ed Lew

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations from individuals, for the period *June 1 to September 30, 2018.*

Edmund Yee
Edna Fong
Edward Fong
Edwin & Tina Yee
Edwin Lee
Elaine Fong
Elaine Pao
Elise Chan
Elizabeth Tsai
Elizabeth Wei-Lin Koo
Elliot and Myrna Bernadel-Huey
Emily Basileo
Emily Cheng
Eric and Linda Lee
Eric Rodriguez
Eugene and Dorothy Chin
Eva Chin
Eva Lai-Küt Jones
Excel Plumbing Supply & Showroom
Fang Liu
Far Yuen Association Ladies
Social Club
Felix Kwong
Fen Qiang Cao
Fong, Ko & Associates, LLP
Francis and Dorothy Yeung
Frank Lee
Fred Chow
Fred Pollack
Fred Stephens
Fresh Elements
Fulton S. Yee
Garret Tom

Gary Danko
Gary Hoshiyama
Gee Sue Duck Association
Gee Tuck Sam Tuck Benevolent
Association
George H. Leung
Germaine Q. Wong
Gloria E. Tan
Gloria Hom
Good Hope Seeders
Grace Hughes
Grace Yip
Graham and Amy Huey
Grape Realty-Property
Management, LLC
Gravity wine Bar and Bistro
Hanmin Liu
Harlan Wong
Harry Jew
Helen and Thomas Hubbs
Helen H. Yuen
Henry & Mei-Ling Chen
Charitable Fund
Henry Der
Henry Pao
Hin Wing Tse
Hong Kong Economic
& Trade Office
Hong Seh Lim
Hong Yee & Sheng Fang Wu
Hui Dental Group - San Mateo
IBM Employees
Irene Chu
Irene Kho

Irene Louie
Irene Marquez
IW Group
J. Lum
Jacalyn Fong Hoising
James Daul and Okji Radda
James Shin
James Tong
Janet S. Ting
Janet Takashiro
Janice Kwan
Janie Kaung
Jeffrey and Isabelle Poon
Jeffrey Maenaga
Jennifer Tam
Jerry and Cathleen Quan
Jerry Lee
Jessie and Darryl Ngai
Jimmy and Gloria Doon
Joan Wilson
John Horan
Johnson F.C. Seto
Jon and Teresa Pon
Joseph Fang
Josephine S. Ma
Joyce Tom
Juanita Huynh
Judy Chan
Judy Hong
Jules Wong
Julie Ho Chung
Julie M
Julie Soo

K F Cheung
Kai Ming, Inc.
Kaiser Permanente Medical Center
Kammy (Ka Mei) Kwan
Karen C. Hsu
Karin Hu
Katherine Zhang
Kathleen Ann Fong
Keith Choy
Kendall Louie
Kenneth and Gloria Quan
Kim Hong
Koi Palace Restaurant
Kristina Perez
KTSF- Channel 26
Larry and Susanna Chu
Laura Jew
Laura Jo Ruffin
Laura Lai Designated Fund
Laura Wong
Lavinda Han
Lee Bros. Foodservice Inc.
Lenette Chun
Lighthouse Public Affairs LLC
Lillian Jew
Lillian K Sing
Lily and Bruce Carp
Lin Ho
Linda Chan
Linda L. Wang
Linda Lum
Loong Kong Tien Yee
Association of SF

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations from individuals, for the period *June 1 to September 30, 2018.*

Loren Lam
Loren Quan
Luisa Spagnoli Store
Mabel Chung-Choy
Mabel Lai
Mabel Lue
Macy Lau
Magdalen Y. Mui
Man Shum
Margine Sako
Mariann Dominno
Marjorie Hom-Brown
Mary Ann Sing
Mary Lee
Mary Molinari
Mary Yang
Mayfield Bakery and Cafe
Michael and Christine Houlihan
Michael Houlihan
Michele Garside
Michelle Tu
Mimy Tam
Moonstar Buffet/ MoonChef LLC
Morton D. Kirsch
Mr. and Mrs. Daniel Lee
Mutual of America
Naili Ku
Nancy Garetson
Nancy Lim-Yee
New Dim Sum King Restaurant
News for Chinese Inc.
Nicholas Jay
Norman and Antonia Tu

Office of Civic Engagement and
Immigrant Affairs (OCIEA)
On Lok, Inc.
One Risk Group, LLC DBA
One Risk Management and Insurance,
Pacific General Construction
Pao Trust
Patricia S. Mar
Paul Yu
Peninsula Golf Shop
Peter and Helen Yuen
Peter and Linda Chan
PG&E
Philip and Christine Y Tam
Philip Taiming Tam
Pine View Housing Corporation (SHE)
Po Fong Liang
Portsmouth Plaza Parking Corporation
Preferred Bank
Quintessa
Randall Low
Raymond and Joanne Lin Fund
Rebekah Peterkin
Reiko H. True, PhD
Reposado
Richard Wong
Ricky Ho
Ridge Vineyards
Robert and Pinkie Laye
Robert C. Lim
Rodney Chin
Ronald Gin
Rosalyn Koo

Rose Gee
Rudolf Kao
Russell E. Lowe
S. P.E. Construction, Inc.
Sai-Ling Chan-Sew
Salesforce.com Foundation
Sammy Lum
San Francisco Travel
Sand Hill Property Company
Sandra Ng
Sang S. Wang
Shane Taylor
Sharon Hsing
Sheila Fu
Sherlyn Hu Leong
Shih Chen
SHP Foundation
Siu M Oweyeung
Sofia Lee
Soloman P Lee Testamentary Trust
FBO Yee Nor Kong
Solomon and Karen Tsai
Spencer Chew
Stan and Helen Chew
Stanley and Miriam Schiffman
Stanley Wang
Steve Manos
Steve Tai
Steve Tai
Steven Woo
Sui Lai Yu
Susan Lee
Susan Louie
Susanna Ho Wong
Susanna Wong
Sutter Health/CPMC
Sutter West Bay Hospitals
Sylvia Loh
Sylvia Mah
Tang
Tara Bannister
Ted Yamasaki
Tenny H. Tsai-Eng
Terisa Wong
The Benevity Community Impact
Fund
The George Sarlo Foundation
The Great Entertainer
The Raymond & Joanne Lin Foundation
The San Francisco Foundation
Thomas Huang
Thomas Leong
Thrivent Financial
Tilly Chang
Today's Hotel Corporation
TODCO RSAP
Tokyo Sushi & Bar
Ton Kiang Restaurant
Tong Ju
Tracy Benshoof
Transformation Church
Trent Hu
UCSF Parkinson's Research Center
Ulferts Center (U.S.A.) Incorporation
United Way California

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations from individuals, for the period *June 1* to *September 30, 2018*.

United Way of Greater Los Angeles

United Way of the Bay Area

UPS Employees

Valerie Ho-Jew

Violet Chu

W Hotel San Francisco

Warren Tang

Wayne and Sherry Kung

Wayne Chan

Wayne Hu

Welcare Financial Group

Wells Fargo Bank

Wendy Chan

William and Dolores Joe

William and Nancy Fong

William Fong

William R. Schulte

William Rogina

William Seeley II

Wing Hsieh

Wing Jung

Wing Yoke and Dorothy Lai

Winnie Poo

Wong Electric, Inc.

Xin Hong Xu

Yat Ping Tse

Yat-Pang and Helina Au

Yum Cha Palace

Yung-Ching Chang

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 *June 1 to September 30, 2018* as a tribute to the following individuals:

Billy P C Wong

Chou Wing Lee

Frank (Fook) Lim Lee

Hang Fa Fan

Helen Yee

Jane Wong

Kei and Ling Han Tam

Mei Bow Hom

Paul Fong

Peter Liang

Dr. Rolland Lowe

MEMORIAL DONORS

Tracy Benshoof

Violet Chu

Lenette Chun

Julie Ho Chung

Elaine Fong

Edward Fong

Kathleen Ann Fong

Darlyne Heath

Bert Ho

Amy Huey

Doris L. Huey

Graham Huey

Charlotte K. Kim

Betty Kwong-Lee

Dolly Lau

Curtis and Nina Gee Lee

Carolyn Lee

Po Fong Liang

Kendall Louie

Mabel Lue

Daniel Lum

Joyce Lum

Sammy Lum

Jeffrey Maenaga

Loren Quan

Julie Soo

Janet Takashiro

Mimi Tam

Warren Tang

Christine Tominaga

Carolyn Wang

Cynthia Wong

Susanna Wong

Grace Yip

Helen H. Yuen

Transformation Church

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*, to *September 30, 2018* in honor of the individuals below:

In Honor of Derek Jung's marriage
In Honor of Leo Choy

Donors:

Alvin Jung / Josephine Ma / David Nelson

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*,
to *September 30, 2018* in support of the *Legacy Tree Campaign*:

**Eva Barr Horan; Shirley Huang;
Wing and Dorothy Lai; and Mrs. Yuen Ping So**

Donors:

*John Horan; Shirley Huang; Wing and Dorothy Lai;
Steve Tai and Kin-Ching Wu Charitable Fund; and Regina Yang*

THE DONATIONS TO THE "LEGACY TREE CAMPAIGN" GO TO SUPPORT SENIOR SERVICES AND ELDERCARE
SERVICES AT SELF-HELP FOR THE ELDERLY. EACH LEGACY LEAF COSTS \$1,000 AND EACH LEGACY ROCK COSTS \$5,000.

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

黃 金 點 滴



Golden Lines is published by Self-Help for the Elderly with contributions from the staff.

Please obtain permission before reproducing any materials in this newsletter.

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