

Golden Lines

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Seismic Safety Outreach Program Graduation

By: Yi Cheng Wu

On April 11, 2019, approximately 80 participants from Pine View Senior Housing and Lady Shaw Senior Center graduated from the Seismic Safety Outreach Program (SSOP) and became Seismic Safety Ambassadors. The Ambassadors had completed a series of five workshops in March and April and had demonstrated great interest in learning how to prepare themselves and their families for the next big earthquake.

Tom Hui, Department of Building Inspection (DBI) Director shared his personal experience during the graduation remarks. He joined the city workforce

on the day before the 1989 Loma Prieta Earthquake. He vividly remembered, when he returned home in the evening, he saw his mother holding onto the Buddha statue and his wife was embracing their three children while visibly shaken. This motivated Director Hui's determination to develop a program to help San Francisco residents to prepare for the next major earthquake.

The workshop participants learned about 72-hour personal preparedness, basic first-aid on controlling external bleeding, hands-on CPR, earthquake mitigation; response and recovery; and fire safety.



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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。



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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** 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			
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Mission

Self-Help for the Elderly promotes independence, well-being, and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area.

安老的使命

《安老自助處》致力於改善三藩市灣區的長者之生活質素, 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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Winnie Yu, Director of Programs & Administration of Self-Help for the Elderly, mentioned, “In the past four years, more than 12,000 individuals were educated through our trainings and workshops and 2,200 individuals graduated as Seismic Safety Ambassadors.”

At the graduation, Director Tom Hui awarded each graduate with a certificate and a disaster kit to encourage them to keep learning and keep on preparing. Several graduates, who showed remarkable enthusiasm and passion for the program and community activities, were awarded with a SSOP jacket.

- (Top Left) Winnie Yu, Director of Programs and Administration of Self-Help for the Elderly, presented a Thank You Card to Director Tom Hui on behalf of all participants.
- (Right) Director Hui presented a program certificate and disaster kit to each graduate.



地震安全外展項目畢業典禮

文: 吳宜騁

於二零一十九年四月十一日，我們在邵逸夫爵士夫人康樂中心迎來近八十名地震安全外展項目的畢業生。所有畢業生都完成我們在三月至四月的所有課程，並努力學習為下一次大地震而做足充分的準備。

三藩市樓宇檢查局局長許子湯在致詞中表示，他在一九八九年的大地震前一日參加市府工作，地震過後，當他回到家裡看到的第一眼是他的媽媽抱著一尊大佛坐在凳子上不知所措。他的太太一個人照顧著三個小孩坐在床上發抖害怕。所以在

他上任局長後做的第一件事就是想辦法幫助三藩市居民預防大地震等災難，希望大家通過學習各種急救知識，知道地震發生前、發生過程中、及發生後應該怎樣處理應付。

通過這個項目，學生們學會了七十二小時個人準備、基本急救包括包紮外傷口、徒手心肺復甦法、家具地震加固工程、災後反應及重建工作，和火警安全。

安老自助處的項目及行政主任余蕙敏表示，由二零一五年開始，我們安老自助處在樓宇檢查局許局長的撥款大力支持下，大力推廣地震安全。過去幾年，我們已經有超過一萬二千多名三藩市居民因此項目而受益，並學懂各種各樣知識。

畢業典禮當天，許局長頒發畢業證書及應急包於所有畢業生。數名表現出色的畢業生亦獲得一件訂制的地震安全外展項目外套。



New South Bay Community Center Location

On February 12, 2019 over 150 guests celebrated the Lunar New Year and the grand opening of our South Bay Community Center's new location. We were honored by the presence of Mayor of Sunnyvale, Larry Klein, and our South Bay Board Members, Mabel and Ken Lai. Additionally, we were appreciative of Mayor Klein's remarks to our guests and welcome of Self-Help for the Elderly (SHE) to Sunnyvale.

SHE's South Bay Community Center team arranged an enjoyable program for the guests, including Chinese folk dance, chi gong demonstration, choir performance, erhu recital, line dance, and solo and duet performances. Our guests enjoyed the day's luncheon baked Nam Yue Chicken.

The South Bay Community Center is now located at 860 Stewart Drive in Sunnyvale. It is within walking distance to two bus stops: Bus # 55 (East Duane and San Rafael stop) and Bus # 26 (Fair Oak & Maude stop). The Center is open daily between 9 am – 1 pm. Patrons are invited to attend an array of activities such as chi gong, exercise, ping pong game, karaoke, and more. In addition, different levels of English

classes, naturalization tutoring and Social Services by appointment are available. Hot, delicious lunches are served daily between 11:30 am – 12:30 pm. Favorite menu items include Swiss sauce chicken wings, pork chop with lemongrass, fish fillet in creamy corn sauce.

The [monthly calendar](#) is available at Self-Help for the Elderly's website. To RSVP for lunch, sign-up for activities or learn more about our South Bay Community Center, please contact Lina Pan at 408-733-1883 or email her at linap@selfhelpelderly.org.

南灣康樂中心新地址

二零一九年二月十二日，超過一百五十多位嘉賓出席南灣康樂中心的《春節聯歡》及慶祝南灣中心喬遷之喜。我們很榮幸獲得桑尼維爾 (Sunnyvale) 市長 Larry Klein 和安老自助處南灣董事黎國權先生及太太張杏貞女士出席慶祝典禮。此外，亦非常感激 Klein 市長為我們致詞和歡迎安老自助處到桑尼維爾市服務。

安老南灣康樂中心為到場的嘉賓安排了精彩節目，包括中國民間舞蹈、氣功示範、合唱團表演、二胡演奏、排舞、獨奏

和二重奏等表演。此外，我們亦為賓客準備是日美味午餐菜單 -- 南乳焗雞。

南灣康樂中心位於桑尼維爾市的 860 Stewart Drive。交通方便，鄰近有兩個巴士站，包括55號巴士 (East Duane 夾 San Rafael 站) 和 26號巴士 (Fair Oak 夾 Maude 站)。中心開放時間為星期一至星期五上午九時至下午一時。

歡迎大家來臨參與各種活動，包括氣功、健身操、乒乓球遊戲、卡拉OK等。此外，還可以報讀不同級別的英語課程以及參加入籍輔導服務。大家亦可預約安老的社會服務及資訊服務。中心每天在上午十一時半至下午十二時半供應熱騰騰的美味午餐。一些受歡迎的菜式包括瑞士雞翅、香茅豬排、粟米魚柳等。

康樂中心每月的[菜單及活動時間表](#)可在安老自助處網站中下載。如要預訂午餐、報名或查詢活動詳情，請致電 408-733-1883 與 Lina Pan 聯絡或發送電子郵件至 linap@selfhelpelderly.org。



Spring Banquet Celebrations in San Mateo and San Francisco

The Nutrition and Seniors Centers' annual Spring Banquet is considered a most anticipated and fun Spring Break activity for our elderly patrons. This year, the celebration took place at Champagne Restaurant in San Mateo on February 28 and at New Asia Restaurant in San Francisco on March 22. Both events were sold out.

The celebration is well loved by the seniors, providing the guests with great fellowship, food and fun while supporting a good cause to benefit Self-Help for the Elderly's (SHE) Nutrition and Senior Centers' services and programs for the community. The annual Spring Banquet celebrates longevity, honors Super Seniors (guests who are over 90 years old) and promotes friendship and an active, healthy lifestyle. The banquet also attracted participants from Pine View Senior Housing and Autumn Glow Alzheimer's Care Home.

Over 16 talented groups from nine activity centers performed at the celebration in San Francisco. The variety of entertainment included singing, dancing and Luk Tung Kuen demonstration. We were honored by the presence of Mayor London Breed; Jade Wu, Field Representative of Assembly member Phil Ting; Supervisor Sandra Lee Fewer; Michelle Kong, Representative of Assessor-Recorder Carmen Chu; Michael Zaugg, Director of Department of Aging

and Adult Services (DAAS); Cindy Kauffman, DAAS Deputy Director of Community Services; Linda Lau, DAAS Nutritionist; and Daisy Li, CEO of Moonstar and MoonChef. The seniors were thrilled to see Mayor Breed and welcomed her with a round of applause. Mayor Breed joined in the celebrations and honored 22 Super Seniors with a "longevity" necklace. This year, the combined age for all super seniors was 2,011 years young.

The celebration in San Mateo was filled with happiness and togetherness as the group honored six Super Seniors: Wu Hang Chow, Shu Chun, Teresa Kwan, Rosalyn Koo, Irene Li and Margot Schwabe. The San Mateo staff were proud to introduce our centenarians, Shu Chun and Wu Hang Chow. In addition, we honored Roz, our lovely nonagenarian, SHE Board Member, and the Super Hero to SHE and the older adults, for her endless contributions and tireless work for Self-Help, the seniors and the community. Our event was graced by the presence of various guests including San Mateo Mayor Diane Papan; Council Member Rick Bonilla and Mrs. Suzanne Bonilla; Council Member Eric Rodriguez; Council Member Joe Goethals; Millbrae Mayor Wayne Lee; and Matthew L. Jacobs, Kaiser Community and Government Relations Manager.

The seniors at our San Mateo Center are fun loving and are committed to an active, healthy lifestyle. They enjoy Luk Tung Kuen exercise daily, practice table tennis and Tai Chi and participate in classes featuring different types of dances (Hawaiian, line and social). To learn more about our Nutrition and Senior Centers' activities, please visit <http://bit.ly/SHECtrs>.



春宴慶典在聖馬刁及三藩市的營養和康樂中心舉行

我們的營養和康樂中心年度春宴慶祝是我們長者們最期待和最感興趣的春季活動。今年的慶典分別於二月二十八日在聖馬刁的廣州豪庭酒家舉行及三月二十二日在三藩市的新亞洲酒樓舉行。兩項活動的門票早已搶購一空。

三藩市的春宴慶典深受長者們的喜愛。活動除了令大家友誼增長，享用美食和感覺歡樂的氣氛；同時亦可一起參與善事，為安老自助處的營養和康樂中心組的項目及服務籌款。一年一度的春宴慶祝長壽，向九十歲以上的“超級耆英”致敬；並增進長者們彼此之間的友誼及推動健康的生活方式。當日的宴會還吸引了松景廬和念秋寄廬的長者朋友前來參與。

超過十六個才華橫溢的團體來自九個活動中心受邀在三藩市的春宴慶典中表演。各種娛樂活動包括歌唱、舞蹈和六通拳示範等。我們感到十分榮幸為長者舉辦的春宴慶典獲得眾多嘉賓的出席，包括三藩市市長布里德、州眾議員丁右立助理伍玉珍、市參事李麗嫦、估值官朱嘉文的代表 Michelle Kong、成人服務局主任 Michael Zaugg、成人服務局社區服務副主任 Cindy Kauffman、成人服務局的營養師 Linda Lau、以及月星宮及 MoonChef 的行政總監李雅怡。長者們很雀躍看到市長布里德的到來，大家報以熱烈掌聲來歡迎她。市長布里德參加了慶祝活動，並為二十二位超級耆英配帶安老頒發給超級耆英的『壽桃鍍金吊錘脛鍊』，他們都是超過九十歲的長者。今年，合計所有超級耆英的年齡是二千零十一歲。

在聖馬刁的春宴慶祝活動同樣洋溢滿滿的喜樂及歡聚。慶祝會上，大家一起為六位超級耆英祝壽及贈予『長壽項鍊』。六

位超級耆英是顧陳晉明、Wu Hang Chow、Shu Chun、Teresa Kwan、Irene Li 和 Margot Schwabe。其中 Shu Chun 和 Wu Hang Chow 更是我們人瑞班的超級耆英。此外，我們亦感謝安老董事會成員顧陳晉明女士從不間斷地為長者工作及貢獻。顧女士是我們非常尊敬的人。她除了是安老董事會成員外，今年她也是一位超級耆英，更是安老和長者們心目中的超級英雄。我們感謝出席的嘉賓包括聖馬刁市市長 Diane Papan、市參事 Rick Bonilla 及太太 Suzanne、市參事 Eric Rodriguez、市參事 Joe Goethals、米爾布雷市市長李偉忠及凱薩社區及公共事務經理 Matthew L. Jacobs。

參加我們聖馬刁的康樂中心的長者們十分活躍，他們積極地致力推廣健康的生活方式，每天享受六通拳練習、打乒乓球和練太極拳；並參加不同類型的舞蹈班，如夏威夷舞、排舞和社交舞等。欲知有關我們營養和康樂中心各地點、每天供應的營養餐及活動時間表或更多資訊，請登入 <http://bit.ly/SHECtrs>。





Retirements Celebration for Miriam and Stanley Schiffman

On January 17, 2019, twenty Self-Help for the Elderly (SHE) Board Members and staff gathered to celebrate another major milestone for Miriam and Stanley Schiffman – their retirement and relocation to Ashland, Oregon.

Among the guests were SHE current and previous board members and staff who worked closely with Stan and Miriam, including Angel Chen, Anni Chung, Ricky Ho and Emily Leung, Wendy Kwok, Nicholas Jay, Jerry Lee, Esq., Dominic Li, Dr. Randall Low, Sandra Perumal, Patricia Mar, Leny Nair, Linda Wang, James Wong, and Winnie Yu.

In his remarks, Stan described how he refers to Self-Help whenever he talks about senior organizations. He treasures the friendship, warmth and love that grew mutually over the years and his involvement at SHE.

Embracing a new chapter in life, Miriam and Stan will settle in Ashland and enjoy retirement to the fullest.

Self-Help for the Elderly is extremely privileged that the organization was started by Mrs. Beatrice (Bea) Schiffman in 1966. Bea was the mother of Stan Schiffman. There will always be a special place in the heart of Self-Help for the Schiffman family. We are utterly grateful to Miriam and Stan for sharing with us their

wisdom, vision and love. Thank you, Miriam and Stan! Shalom!

慶祝 Miriam 和 Stanley Schiffman 享受退休生活

二零一九年一月十七日，二十位安老自助處董事會成員和工作人員聚集一起慶祝 Miriam 和 Stanley Schiffman 的一個重要里程碑——享受退休生活，並遷居到俄勒岡州的 Ashland 市。

出席慶祝歡送會的朋友包括曾與 Stan 和 Miriam 緊密合作的眾安老現任及前任董事會成員及工作人員，如安老董事會王繆少瑩、馬妙雲、陳錦鳳、何孟祥和太太梁希齡、Wendy Kwok、謝家偉、Jerry Lee, Esq.、李式忠、劉之澤醫生、安老行政總監鍾月娟、財務總監 Leny Nair、項目及行政主任余蕙敏、家護及寧養服務行政主任 Sandra Perumal 和房屋服務主任黃煒。

我們《安老自助處》非常的感恩，Schiffman 家族為我們這個機構的支持，而 Schiffman 家族將永遠在《安老自助處》心中有着一個特殊的位置。我們非常感激 Miriam 和 Stan 與我們分享他們的遠見、學問和愛。謝謝您們 Miriam 和 Stan!

在致詞中，Stan 表示每當他談論到非牟利機構的時候，他都以《安老自助處》作為榜樣。他非常珍惜這麼多年來在參與安老服務和活動的同時與大家一起所建立，增長的友誼，仁愛和關愛。

Miriam 和 Stan 將在 Ashland 市定居，並好好地享受退休的生活。



Self-Help for the Elderly Hosted a Heart to Heart Advance Care Planning (ACP) Workshop on National Health Care Decisions Day (NHCDD)

April 16 was National Health Care Decisions Day (NHCDD). The Department of Aging and Adult Services and the Palliative Care Work Group teamed up to develop a City wide day of ACP in recognition of NHCDD. Self-Help for the Elderly was proud to take part in this initiative. SHE Social Services team attended training sessions to become workshop facilitators and hosted a Heart to Heart Café workshop at Jackie Chan Center on April 16. This interactive event reached out to Richmond and Sunset residents, enabling the participants to learn more about the importance of ACP in a light-hearted and informative manner.

Whether 18 or 88, advance care planning is one of the most significant directive we can do for ourselves, our friends and loved ones. 90% of people say they want to talk about their end of life care wishes before it becomes a crisis, yet only 27% do, mostly because they and their friends and family do not know how to start the conversation or how to document their wishes.

SHE facilitators helped the participants to learn how to begin a dialogue with their family and friends on ACP and fill out the California Advance Healthcare Directive.

SHE will continue to train and recruit facilitators, enabling the staff to apply the skills and knowledge in their daily work to help and serve the individuals and their families beyond NHCDD.

安老自助處支持國家醫療保健登記日舉辦《安心茶話屋-粵語講座》

四月十六日是《國家醫療保健登記日》。緩和醫療工作組和三藩市長者及成人服務局合作，製定一個全市的預設護理計劃日，讓大眾增強對國家醫療保健登記日的意識。為響應國家醫療保健登記日，安老自助處社會服務組人員參加了預立醫療自主計劃培訓課程，並於四月十六日下午二時至四時於三藩市列治文區的成龍康樂中心舉行一個《安心茶話屋 - 粵語講座》。為列治文和日落區的居民介紹醫療照護事前指示，亦透過創意活動來分享該主題的重要性和知識。

不論是十八歲還是八十八歲，預立醫療自主計劃是我們可以為自己、朋友和親人做的最重要和最需要分享的事情之一。百分之九十的人表示他們想在發生病危前談及他們最終的醫療意願，但只有百分之二十七的人這樣做，主要是因為他們和他們的朋友和家人都不知道如何談論這話題或如何記錄他們的意願。

安老自助處的《安心茶話屋 - 粵語講座》培訓員幫助參加者學習如何與親人或朋友展開「最終決定的願望」話題及填寫醫療照護事前指示等。

此外，安老亦繼續培訓和招募更多講座主持，讓培訓員將學到的技能，用於日後的工作上，幫助更多人仕及家庭。



Self-Help for the Elderly Held the First Community Health and Wellness Resource Fair

By: Yi Cheng Wu

On November 17, 2019 Self-Help for the Elderly participated in the Community Health and Wellness Resource Fair at Sunset Church. This event featured various informative workshops and a hands-on emergency training session. Visitors were able to obtain essential information and resources on social services, mental health, and emergency preparedness from community-based organizations and agencies. Event participants had the opportunity to receive free flu vaccinations, watch a fire extinguisher simulation and visit various fair booths.

Each visitor received an event passport and was asked to collect stamps at participating vendors for the chance to receive a gift (multi-function flashlight or emergency food bar). At the fair, Seismic Safety Outreach Program instructors held multiple mini-training sessions on 72-hour personal preparedness and how-to-be ready before an earthquake strikes. Hourly raffles were held with winners receiving either a fire extinguisher or an emergency preparedness kit.

安老自助處舉辦首個《社區健康與保健資源坊》

文: 吳宜驊

二零一九年十一月十七日，安老自助處在溢樂華人浸信會舉辦了社區健康與保健資源坊。該活動特設有豐富的資訊工作坊以及小型現場培訓課程。參與活動的觀眾能夠從各個社區組織和機構獲得生活所需的信息，例如社會服務，心理健康和應急準備的基本信息和資源。參觀者亦可免費接受的流感疫苗，滅火器模擬和其他展覽攤位的資訊。

每位入場人士均獲大會派發一張印花卡，供在參與指定展覽攤位活動時獲得蓋印，集齊所有蓋印便可換領大會準備的一份禮品—多功能手電筒或緊急食品。此外，地震安全外展計劃的導師舉辦的小型即場培訓課程，其課程主要是針對七十二小時的個人準備以及如何在地震發生前做好準備。大會每小時均有抽獎活動，獎品包括滅火器或應急準備工具包。



Guests attending the 14th annual Chinatown Community Resource Fair

Chinatown Resource Fair

Over 300 participants attended the Chinatown Resource Fair on November 3, 2018 at Portsmouth Square Plaza. The fair was sponsored by District Attorney George Gascón in collaboration with APA Family Support Services, Chinese Newcomers Service Center, District Attorney's Office, NICOS Chinese Health Coalition, Safety Awareness for Everyone (SAFE) and Self-Help for the Elderly.

At the resource fair, subject matter experts, and staff from city and community-based organizations' staff, were available to provide both visitors with information on blessing scam prevention; emergency preparedness; consumer fraud; finance; immigration & citizenship; healthcare; housing; and public safety. All participants received a tote bag.

華埠資源展

超過三百名市民於二零一八年十一月三日參加了在花園角廣場舉行的《華埠資源展》。該展會是由地方檢察官George Gascón、亞裔家援服務處、新僑服務中心、地方檢察官辦公室、以及華人健康組織聯會、聯合協辦。出席資源展的人仕包括有主題專家及城市和社區組織的工作人員。他們積極為大眾提供有關祈福詐騙預防、應急準備、消費者詐騙、金融、移民和公民身份、衛生保健、住房及公共安全等資訊。所有參加者均可獲贈一個實用的購物袋。

✧ 微信搜一搜

🔍 安老篇

安老篇



掃一掃《安老篇》的二維碼，按一按「關注官方帳號」就可以訂閱《安老篇》。



Group pictures of the 24 graduates with special guests from City College of San Francisco, Holiday Inn Golden Gateway and San Francisco International Airport.

First Hotel Housekeeping Training Graduation Ceremony

Hospitality plays an important role in the economy and culture of San Francisco as tourism is the City's number one industry. Thus, a diverse and qualified hospitality workforce is essential in accommodating the industry's growth.

Self-Help for the Elderly (SHE) was proud to present 24 graduates at its first Hotel Housekeeping Training graduation ceremony on February 28. Over 50 guests attended the ceremony. The Hotel Housekeeping Training is a new occupational training program that SHE provides, in partnership with the City College of San Francisco Chinatown North Beach Campus, made possible by funding from the Office of Economic & Workforce Development (OEWD) and San Francisco International Airport (SFO). The mission is to empower the unemployed and the low-income community to enter or re-enter the workforce in the hospitality industry with skills and experience.

Anni Chung, President & CEO of SHE, thanked the guests, in particular Mr. Paul Zen, former SHE Board Member and President of Today's Hotel Corporation, for supporting this initiative with practical training opportunities in one of the group's properties. Anni also encouraged the graduates to use their new

knowledge to advance in this new career. This will be a great way to show appreciation and positive results to OEWD and Mayor London Breed, who deeply cares about work opportunities for monolingual immigrants.

This six-week intensive training program is free of charge. The 4-hour a day practical training at an international renowned brand property is invaluable for the students. Kate Yu, a graduate, is very appreciative of this program. The biggest rewards for her on this learning experience are: confidence to pursue a new career and more opportunities for employment prospects. Kate has already attended several interviews. She stated that without participating in SHE's Hotel Housekeeping Training program, it would be impossible for her to land an interview opportunity.



Kate Yu, a graduate from SHE's first Hotel Housekeeping Training, began her job as a Room Attendant on March 19 at Holiday Inn Golden Gateway.

We received wonderful news that, a few weeks after the graduation ceremony, Kate completed her two-week employee training began a new job in April.

To obtain upcoming employment training class schedule, please visit <http://bit.ly/SHEETED> or contact Alison Chan, Director of Employment Training and Business Development at 415-677-7502.

慶祝第一屆酒店清潔培訓畢業典禮

酒店業在三藩市的經濟和文化中扮演重要的角色，因為旅遊業是三藩市的首號行業。因此，配備多元化和專業的酒店服務人員隊伍對於履行行業的需求和發展由其重要。

安老自助處在二月二十八日舉行了第一屆酒店清潔培訓課程畢業典禮，介紹二十四位畢業生。超過五十多位嘉賓出席慶典。酒店清潔培訓課程是由安老自助處及三藩市城市學院華埠及北灘校區合辦，經費來自勞動力和經濟發展辦公室的一項嶄新的職業培訓計劃。該計劃的目的是賦予失業和低收入社區人仕以技能及經驗進入或重新進入酒店業。

安老自助處行政總監鍾月娟感謝眾嘉賓，特別鳴謝前安老董事會成員及Today's Hotel Corporation 總裁 Paul Zen 先生的支持，為該項目學員提供實際培訓機會。此外，鍾月娟亦鼓勵畢業生利用他們的新知識在這個新的職業生涯中茁壯成長。這將會是一個最佳的方法向勞動力和經濟發展辦公室和市長布里德表達謝意，因為他們非常關注單語移民的就業機會。

這個為期六週的密集培訓計劃是免費的。學員並獲安排到國際知名酒店中每天進行四小時的實習機會，對學生來說這是非常寶貴的經驗。畢業生 Kate Yu 非常感激能參與這個項目。她覺得這種學習經驗的最大回報就是增強追求新職業信心和就業機會。Kate 已經獲得多次的工作面試機會。她表示如果不是參加了安老的酒店清潔培訓計劃，她可能無法獲得面試機會。

畢業典禮幾週過後，我們獲得了Kate的好消息。她宣佈在完成為期兩週的員工培訓後，在四月份她已開始了新工作。

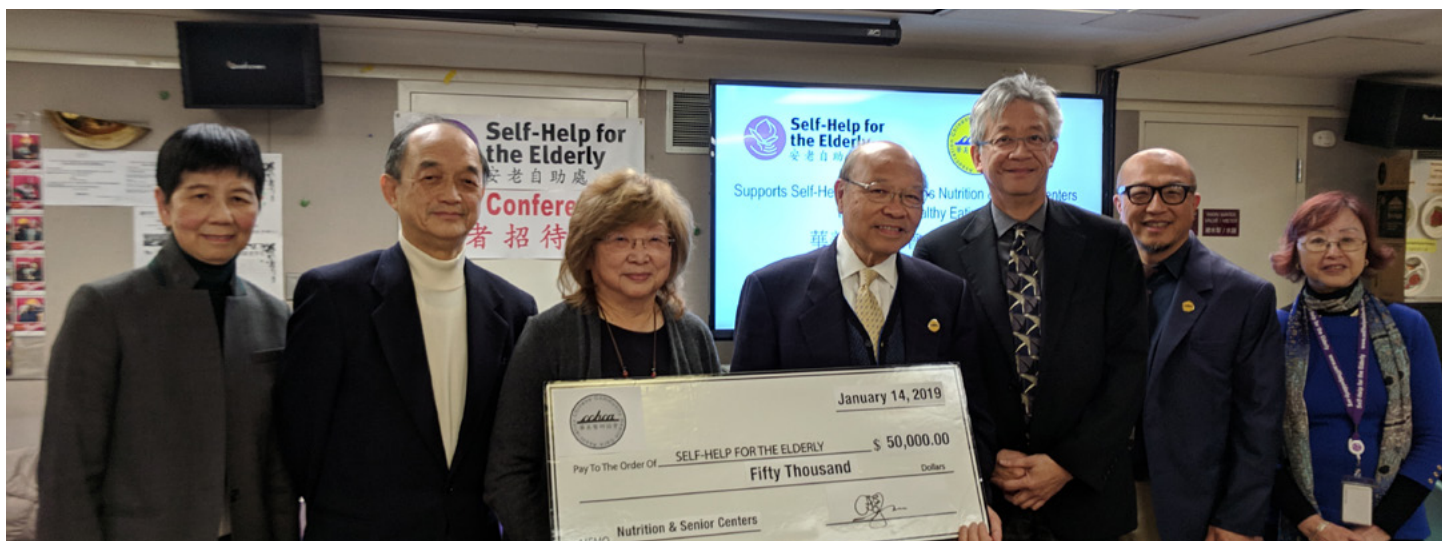
想獲得即將舉行的就業培訓課程和時間表，請登入 <http://bit.ly/SHEETED> 或致電 415-677-7502 與就業培訓和業務發展主任陳嘉瑤聯絡。



Thank you for your support !

On October 16, 2018, a check presentation at Streamline Coffee in Sunset District: Thank you, AT&T, for your ongoing support to the seniors and the community.

From left: Jessica Ho, Legislative Aide to Supervisor Katy Tang; Accessor-Recorder Carmen Chu; Cammy Blackstone, Director of External Affairs, AT&T; Josephine Ma, Fund Development Director, Self-Help for the Elderly; and Supervisor Katy Tang.



Chinese Community Health Care Association (CCHCA) Supports Self-Help for the Elderly (SHE) to Promote Healthy Eating

On January 14, 2019, CCHCA Board presented a \$50,000 check to SHE. This funding is CCHCA's continued commitment to the elderly and their ongoing collaboration with Self-Help in providing hot, nutritious meals to keep the seniors healthy.

Dr. Eric Leung, President of CCHCA; Dr. Shu-Wing Chan, CCHCA Member-at-Large; Dr. Hans Yu, CCHCA Board Member; Linda Wang, Board Member of CCHCA and SHE, and John Williams, CEO of CCHCA were present at the press conference.

Mrs. Wang thanked CCHCA for this generous contribution to Self-Help and applauded CCHCA Board for their genuine affection for the elderly and commitment to serve hearty, nutritious meals to keep seniors healthy. Dr. Leung explained that CCHCA has served the community for 36 years -- providing affordable healthcare services, maintaining high quality medical services and keeping the community healthy. They are pleased to award the fund to SHE to promote healthy eating and living in the community. He hoped the contribution will help the elderly in meaningful and impactful ways as he is aware that it is not easy for some seniors to prepare delicious and nutritious meals. Following Dr. Leung's remarks, Mr. Williams

told the seniors that the appreciation is mutual – he expressed his gratitude to the seniors for letting the organization give back to the community. It is the organization's goal to award grants that help fund programs geared toward educating the community on health related topics.

A healthy cooking demonstration and tastings were available at the event. Shirley Chan, Supervisor of Lady Shaw Activity Center, demonstrated the making of Vietnamese rolls with fresh mango and greens. After the showcase, the CCHCA Board served the delicious Vietnamese rolls to the 60 seniors present at the event.

華美醫師協會支持安老自助處推廣健康飲食

華美醫師協會董事於二零一九年一月十四日向安老自助處捐贈一張五萬美元的支票。這筆捐款是華美醫師協會對長者的承諾，以及他們與安老的持續合作，提供熱的營養餐，確保長者們的健康。

出席新聞發佈會的華美醫師協會代表包括主席梁禮崇醫學博士、董事余榮嶽醫學博士、華美醫師協會及安老自助處董事席王繆少瑩和華美醫師協會三藩市灣區行政總監 John Williams。

王董事感謝華美醫師協會對安老的慷慨捐助，並讚揚華美醫師協會董事會對長者的關愛，並致力於提供豐富的營養餐，來確保維持長者的健康。梁博士表示華美醫協會服務社區三十六年，為大家提供可負擔的醫療服務、維持高質數的醫療



服務和保持社區健康。他們很高興資助安老的營養組和長者康樂中心，推廣健康的飲食和生活。他希望這款項將有意義地及正面地幫助長者，因為他明白到準備美味和營養的餐點對一些長者們來說並不容易。

繼梁博士發言後，Williams 先生表示華美醫師協會亦感謝安老和長者們，讓他們能够回饋社區。這也是協會的目標：撥款資助教育社區健康相關主題的計劃。

安老的營養組和長者康樂中心在活動中安排了健康烹飪示範和品嚐機會。長者康樂中心主管陳慧茹示範製作香芒青菜越式春卷。示範結束時，眾華美醫師協會董事招待在場參加活動的六十位長者，為每位參加者提供了一份美味的越式春卷。



From Left: Representatives from Hung On Tong Society, Inc., Mr. Zou Kin Au-Yeung, English Secretary of Hung On Tong Society; Mr. Ben Kit Lam, Treasurer of Hung On Tong Society; Mr. Wing Hong Mak, President of Hung On Tong Society; Anni Chung, President & CEO of Self-Help for the Elderly; Supervisor Aaron Peskin, Mr. Kingman Ho, Vice President of Hung On Tong Society; Mr. Kwun Wing Cheung, Board Member of Hung On Tong Society and Mr. Kwok Wing Ho, Chinese Secretary of Hung On Tong Society.

由左起：三藩市順德行安堂職員：三藩市順德行安堂英文書記—歐陽祖健先生、三藩市順德行安堂司庫—林斌傑先生、三藩市順德行安堂主席—麥永康先生、安老自助處行政總監鍾月娟、市參事佩斯金、三藩市順德行安堂副主席—何啟明先生、三藩市順德行安堂董事—張冠榮先生及三藩市順德行安堂中文書記—何國榮先生。

Hung On Tong Society hosted the Spring Banquet on March 2 at New Asia. Self-Help for the Elderly is thrilled to be an ongoing community partner and preferred charitable organization recipient of the association. Thank you Hung On Tong for the \$5,000 donation in supporting our work for the seniors and the Chinese community.

感謝三藩市順德行安堂向安老自助處捐款五千元支持安老為長者和華人社區提供的服務。

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

ADULT DAY SERVICES

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

RESIDENTIAL CARE FACILITY FOR THE ELDERLY

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

AFFORDABLE HOUSING FOR INDEPENDENT SENIORS

► **Lady Shaw Senior Housing**
1483 Mason St.
San Francisco, CA 94133
415-677-7572

► **Lincoln Court Senior Apartments**
2400 MacArthur Blvd.,
Oakland, CA 94602
510-336-1952

COMMUNITY & SENIOR CENTERS

SUNNYVALE.....
► **South Bay**
860 Stewart Drive
Sunnyvale, CA 94085
408-733-1883

SAN FRANCISCO.....
► **Woolf House**
801 Howard St.
San Francisco, CA 94103
415-495-0931

► **Mendelsohn House**
737 Folsom St.
San Francisco, CA 94107
415-243-9018

► **Geen Mun**
777 Stockton St.
San Francisco, CA 94108
415-391-3843

► **Manilatown**
848 Kearny St.
San Francisco, CA 94108
415-398-3250

► **South Sunset**
2601 40th Ave.
San Francisco, CA 94116
415-566-2845

► **Jackie Chan**
5757 Geary Blvd.
San Francisco, CA 94121
415-677-7571

► **West Portal**
131 Lenox Way
San Francisco, CA 94127
415-753-7058

► **Lady Shaw**
1483 Mason St.
San Francisco, CA 94133
415-677-7581

► **John King**
500 Raymond Ave.
San Francisco, CA 94134
415-239-9919

SAN MATEO.....
► **San Mateo**
50 E. 5th Ave.
San Mateo, CA 94401
650-342-0822

MILLBRAE.....
► **Milbrae Senior Lunch Program**
Milbrae Chetcuti Room
450 Poplar Ave.
Millbrae, CA 94030
415-319-4115

SOCIAL SERVICES

Services include:

- Case Management
- Citizenship
- Elder Abuse Prevention & Intervention
- Emergency Short Term In-House Support
- Family Caregiver Support
- Housing Services Program
- Information & Assistance

► **Social Service Dept.**
601 Jackson St., Basement
San Francisco, CA 94133
415-677-7585

► **Geen Mun Center**
777 Stockton St.
San Francisco, CA 94108
415-677-7553
415-438-9804

► **South Sunset Center**
2601 40th Avenue
San Francisco, CA 94116
415-566-2864

► **Lincoln Court**
2400 MacArthur Blvd.
Oakland, CA 94602
510-336-0144

► **Citizenship, Civics & ESL Classes**
415-677-7585
415-577-7592

• 733 Kearny St.
San Francisco, CA 94108

• 5757 Geary Blvd.
San Francisco, CA 94121

• 1490 Mason St.
San Francisco, CA 94133

• 66 Raymond Ave.
San Francisco, CA 94134

• 500 Raymond Ave.
San Francisco, CA 94134

HOME HEALTH CARE & HOSPICE CARE

Tel: 415-677-7629

Fax: 415-398-5903

731 Sansome St., Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD ACCESS POINT (CNAP)

► **CNAP Center (One-Stop Career Link Center)**
601 Jackson St., Ground Floor
San Francisco, CA 94133
415-677-7500

► **ETED Business Services**
601 Jackson St., 2nd Floor
San Francisco, CA 94133
415-677-7618

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

► **San Francisco HICAP**
601 Jackson St., 2nd Floor
San Francisco, CA 94133
415-677-7520
1-800-434-0222

► **San Mateo HICAP**
1710 S. Amphlett Blvd., #100
San Mateo, CA 94402
650-627-9350

TECHNOLOGY & INFORMATION EMPOWERMENT (TIE) CENTERS

► **San Francisco TIE Center**
601 Jackson St., 2nd Floor
San Francisco, CA 94133
415-677-7530

SUPPORT OUR SENIORS

► **Fund Development**
731 Sansome St., Suite 100
San Francisco, CA 94111
415-677-7668
415-677-7670
e: info@selfhelpelderly.org

MAIN OFFICE

731 Sansome St., Suite 100
San Francisco, CA 94111
Tel: 415-677-7600
Fax: 415-296-0313
e: info@selfhelpelderly.org

Self-Help for the Elderly offers a comprehensive range of multicultural and multilingual services in four Bay Area counties, Alameda, San Francisco, San Mateo and Santa Clara.

To learn more about our programs and services available in your area, call:

SAN FRANCISCO
(415) 677-7600
(415) 677-7500

SAN MATEO
(650) 342-0822

SOUTH BAY
(408) 733-1883

ALAMEDA
(510) 336-0144

VISIT US
selfhelpelderly.org

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 excuse 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 *September 1, 2018* to *May 22, 2019*.

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Employee Contribution
Friends from Accenture
Al's Appliances, Incorporation
Friends who shop & donor
through Amazon Smile
Amercian Chinese Women
Society
American Association of
Chinese Medicine and
Acupuncture
America's Best Local Charities
AMI Dental
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Newsletter of Self-Help for the Elderly

Golden Lines

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