

Golden Lines

黃金點滴

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Self-Help for the Elderly Launches 2020 Census Campaign To Reach the Hard-To-Count Community

Self-Help for the Elderly (SHE) is honored to take on an active role in creating awareness and encouraging participation in the 2020 Census among the hard-to-count communities. On November 15, 2019, SHE kicked off its 2020 Census Outreach Campaign at the Lady Shaw Activity Center Press Event. This project has been made possible in part by the grants from Office of Civic Engagement & Immigrant Affairs and Silicon Valley Community Foundation. This 18-month Census 2020 Outreach program consists of conducting grassroots outreach and operating of the four Questionnaire

Assistance Centers to effectively reach, educate, and assist the most vulnerable hard-to-count populations residing in San Francisco, San Mateo, Santa Clara, and Alameda Counties.

Dignitaries, City Officials and collaborators supported SHE's 2020 Census kick-off event. The guests included Assemblymember David Chiu and his field representative Kenneth Chen; Calvin Yan from District 3 Supervisor Aaron Peskin's Office; Sonny Le, U.S. Census Bureau Partnership Specialist; Adrienne Pon, Executive Director of Office of Civic Engagement & Immigrant



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Let's get connected. 讓我們保持聯繫。



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掃一掃二維碼，到訪安老自助處的網站，了解最新的安老的服務計劃及資訊。

Scan the QR code, visit our website or WeChat account 《安老篇》 for learning more our services, programs and events.

掃一掃二維碼，到訪安老自助處的官方網站或微信號《安老篇》了解更多我們提供的服務計劃及活動資訊。



六 微信搜一搜

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Self-Help for the Elderly



安老篇



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** 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	米爾布雷	(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

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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Affairs (OCEIA); Robert Clinton, 2020 Census Project Manager at OCEIA; and Stephanie Kim, Senior Director, Census 2020 at United Way Bay Area.

Beginning November 15, 2019 till December 2020, SHE will integrate the outreach and education campaign components into all of its current programs and services for the vulnerable population of immigrants, seniors, and monolingual or limited English proficient individuals from different counties.

The outreach and education campaign components are as follow:

Four Questionnaire Assistance Centers (QACs)

SHE facilitates four QACs in four (4) Bay Area Counties: San Francisco, San Mateo, Santa Clara, and Alameda. All QACs are equipped with public desktops or tablets for visitors to complete the Census Questionnaire as individuals or households. In addition, SHE staffs are available to assist individuals with site navigation and completion of the questions. Furthermore, SHE will host one-on-one education workshops to provide technical assistance for individuals who have their own digital devices.

The four QACs are:

- Chinatown Neighborhood Access Point
601 Jackson Street, Ground Floor,
San Francisco, CA 94133
- San Mateo Activity Center
50 East Fifth Avenue, San Mateo, CA 94401
- South Bay Community Center
860 Stewart Drive, Sunnyvale, CA 94085
- Lincoln Court Activity Center
2400 MacArthur Boulevard, Oakland, CA 94602

WeChat Social Media Campaign

– A Guide to 2020 Census 《人口普查須知》

SHE recently debuted a social media campaign on WeChat social network application today. Dedicated to reaching out to the Limited English Proficient Chinese speaking audience, the WeChat outreach was developed to educate the target audience about the 2020 Census. Self-Help for the Elderly will disseminate critical information on the 2020 Census, share instructions on how to fill out the census and send followers with

reminders throughout the outreach campaign.

Special Raffle Contest for Chances to Win a Total of \$4,040

To encourage hard-to-count communities' early participation in completing the 2020 Census surveys before May 15, 2020, SHE will be hosting a special raffle contest on June 30, 2020 to draw names of two lucky participants to win \$1,010 each. Details of the contest and ways to participate will be announced on Self-Help for the Elderly's WeChat Account 《安老篇》 in February 2020.

To participate, one must:

- Complete the 2020 Census and able to provide confirmation by May 15, 2020
- Reside in San Francisco, San Mateo, Santa Clara, and Alameda Counties

Scan the QR code on the page 5, or visit <http://bit.ly/SHECensus2020> to enroll in the Raffle Drawing.

安老自助處展開二零二零人口普查外展項目連繫難以統計社區

美國政府每十年會透過人口普查統計確認在美國居住的每一個人。不過,有些社區有特別的《難以統計人口》,即是在這些社區當中,很多人可能不會或不知道對人口普查統計活動

作出回覆,這導致人口普查中出現不合比例的人口低估,即人口普查記錄的人數少於實際的社區居民人數。《難以統計人口》包括少數民族和少數族裔、租客、英語水平有限者、移民和兒童。通過不同機構的支持,安老自助處會將於二零一九年秋季至二零二零年末通過進行人口普查社區實地外展活動,提高大家對人口普查的認識,並在灣區開設四個人口普查協助中心為居住在三藩市,聖馬刁,聖塔克拉拉和阿拉米達縣的社區成員解答人口普查問題和幫助他們提交人口普查表。

重要嘉賓出席並支持安老自助處的二零二零年人口普查外展活動的启动。嘉賓包括加州眾議員邱信福及其地區代表陳俊樺、市參事佩斯金助理甄錦浩、美國人口普查局合作夥伴專員黎明山、民政及移民辦事處行政總監潘黃燕玲、民政及移民辦事處一二零二零年人口普查專案經理Robert Clinton、灣區 United Way 二零二零年人口普查計劃高級總監 Stephanie Kim。



從二零一九年十一月十五日開始到二零二零年十二月，安老自助處會進行各種推廣和教育活動讓來自不同縣的弱勢群體，包括移民，老年人，以及英語能力有限的人士。了解並參與二零二零年人口普查。推廣和教育活動包括：

四個人口普查協助中心

安老自助處會在灣區開設四個人口普查協助中心：三藩市，聖馬刁，聖塔克拉拉和阿拉米達縣。所有的協助中心將會配備公共電腦，平板電腦，或上網服務供有需要人士借用。對於長者或英文能力有限的人士，我們各中心工作人員亦會為個人提供語言協助並幫助他們完成及提交人口普查問卷。此外，我們將會在各社區舉辦人口普查講座為社區的人口普查活動傳遞資訊並提供技術協助，歡迎擁有平板電腦及手機等移動設備的長者或有興趣人士積極參與我們的講座。

四個人口普查協助中心包括：

- 華埠就業中心
601 Jackson Street, Ground Floor,
San Francisco, CA 94133
- 聖馬刁康樂中心
50 East Fifth Avenue,
San Mateo, CA 94401
- 南灣康樂中心
860 Stewart Drive,
Sunnyvale, CA 94085
- 林肯公寓
2400 MacArthur Boulevard,
Oakland, CA 94602

微信資訊頻道 - 人口普查須知

從二零一九年十一月十五日開始，安老自助處將會在其官方微信帳號《安老篇》開設一個「人口普查須知」的宣傳活動，目的旨在為長者及英文能力有限的華語讀者介紹二零二零年人口普查最新及重要的資訊。因為微信是華人社區一個受

歡迎的社交媒體，我們希望通過在微信帳號的定期的文章分享，令更多人了解到有關的人口普查的最新資訊及重要知識，鼓勵華人社區大眾對二零二零年人口普查的參與，並消除一般大眾對人口普查活動的疑惑或誤解。

總計\$4,040的特別抽獎活動

為了鼓勵更多《難以統計人口》可以早日參與及完成二零二零年的人口普查，安老自助處亦會特設一個總值\$4,040的特別抽獎活動。這個抽獎活動將會在二零二零年六月三十日產生並公佈兩位幸運兒，每人均可獲得約\$1,010的獎品。有關特別抽獎活動的詳情及參與方式將於在二零二零年約二月份在我們的官方微信帳號公佈。請關注微信號《安老篇》。

參與活動的要求：

- 在二零二零年五月十五日前完成二零二零年人口普查問卷並提供確認。
- 居住在三藩市，聖馬刁，聖塔克拉拉和阿拉米達縣。

參加抽獎活動的方式：

在完成你的人口普查問卷後，請到<http://bit.ly/SHECensus2020>或掃描以下的二維碼參加特別抽獎活動。您只須簡單填寫您的聯絡方式及為你已完成的人口普查問卷提供確認。



Self-help for the Elderly 安老自助處
Census 2020 Special Raffle Drawing
2020年人口普查特別抽獎活動



Self-Help for the Elderly Participated in 2019 Reimagine End of Life Week

Reimagine End of Life Week San Francisco Bay Area began on October 24 and concluded on November 3. The ten-day occasion enabled participants to have the opportunities to celebrate life and consider the final decisions. There were 250 events in the San Francisco Bay Area this year. Self-Help for the Elderly (SHE) was thrilled to return and hosted an interactive workshop Preparing Seniors for Advance Medical Directives, informing the community about the California Advance Health Care Directives form and having an opening discussion on the topics of health, healthcare options and final decisions.

SHE was excited to welcome Dr. Anita Ho, an international scholar specializing in bioethics and public health ethics, as the guest speaker. Dr. Ho shared personal stories and experiences in Cantonese while explaining to the audience the content and importance of the California Advance Health Care Directives. Later on, the Social Services staff at SHE engaged with the workshop participants via Chinese American Coalition for Compassionate Care's Heart to Heart® Café, an interactive activity designed to enable a family member, a caregiver, or a health provider to understand what a loved one's wishes when life is ending or when the individual is threatened by injury or disease.

SHE organized this unique workshop in the hopes of empowering the participants to reimagine the meaning of life through dialogue and interaction; to foster an encouraging approach in end of life planning; and to embrace life to the very end.

The guests were enthusiastic about the event and the topic. For the second consecutive year, the workshop attracted about a hundred participants.

安老自助處參與二零一九 《Reimagine End of Life週》活動

《Reimagine End of Life 週》三藩市站於十月二十四至十一月三日舉行，透過參與這十天的活動，讓大眾有機會以各種型式慶祝生命和考慮最終決定。今年三藩市總共有二百五十個活動，安老自助處再次獲邀請參與這項目，並舉辦一個互動工作坊，推廣長者醫療照護事前指示準備，更邀請研究世界各地生物倫理和公共衛生倫理的國際級學者何子姍博士為講座嘉賓，以廣東話與眾分享經驗及個人故事，講解《加州醫療照護事前指示》的內容及解說其重要性。主講部份結束後，安老自助處的社會服務部同事將透過美華慈心關懷聯盟的《安心茶話屋》與大家互動，安心茶話屋的『安心卡』是一個促進溝通的活動。目的是讓家屬，照護者，或醫療人



A senior presented a lei to Esther Chung, representative from ReImagine End of Life.



A senior presented a lei and a souvenir to Dr. Anita Ho.

員了解病人在生命末期的意願，或自己生命受到創傷或疾病威脅時的需求與意願。

安老自助處舉辦這獨特的工作坊，目的是希望透過對話及互動環節，讓參加者重新想像生命的義意，正面地轉型為自己最尾的一刻時做準備的態度。並且充實地活著到最後。

大家對活動及話題反應熱烈，工作坊吸引了近百位長者參加。



Pacific Asian American Women Bay Area Coalition's woman warrior Awards (PAAWBAC) Luncheon:

Congratulations to Vicky M. Wong, our Board Member, as a Recipient of Pacific Asian Women Bay Area Coalition's (PAAWBAC) 2019 Woman Warrior Awards Luncheon. PAAWBAC was established in 1980 to promote the personal, professional, and political interests of Asian and Pacific Islander women in the Bay Area.



Happy 15, Jackie Chan Center

The Nutrition and Seniors Centers' Jackie Chan Center turned 15 on July 25, 2019. In anticipation, over 160 anticipated patrons arrived the Center earlier than usual for the celebration.

The festivity began with a series of performance by Jackie Chan Center's Karaoke Choir; Suzie, the Harmonica Soloist; and San Francisco Community Dance Group. The program continued with a lucky drawing of an array of exciting prizes. The event hall was filled with cheers and laughter; and the winners were smiling ear to ear upon receiving their prizes of red envelopes and gift baskets.

The lunch hall was at full capacity as no one wanted to miss the fun. Lunch was served at two seatings. The menu included milk, baked chicken drumsticks, fresh fruit and cake.

The fiesta continued in the afternoon. Jackie Chan Center debuted the Community Service Pilot Program in 2018 with extended service hours until 7 pm to attend to and care for working older adults. The Community Service Pilot Program introduced new classes and activities like old songs appreciation, line dance, health forum, jewelry appraisal, table tennis, Friday star-studded night, and more.

An evening highlight included a visit from Supervisor Sandra Lee Fewer. The Jackie Chan Center patrons were delighted to see Supervisor Fewer stopped by the Center after work to greet everyone and presented a Certificate of Honor to Lance Ma, our center manager.

We are grateful for Supervisor Fewer's support of our work for the seniors in the Richmond district.

To find out about the daily activities, menu and its extended program schedule at Jackie Chan Center, please visit <https://www.selfhelpelderly.org/locations>.

成龍康樂中心十五週年慶典

成龍康樂中心二零一九年年七月二十五日慶祝十五週年。超過一百六十位嘉賓比平常更早到達中心參加慶祝活動。

慶典的一系列節目包括成龍康樂中心卡拉OK合唱團的表演, Suzie 的口琴獨奏, 和三藩市社區舞蹈團表演。接着一連串精彩活動繼續進行, 有獎品豐富的幸運抽獎, 獎品豐富, 現場各人都表現得非常興奮。中心瀰漫著歡呼聲和歡笑聲。得獎者在收到紅包和獎品時都面帶微笑。

不久, 午餐時候到了, 中心已滿座, 大家都不想錯過慶典, 午餐分兩輪。菜單包括牛奶、烤雞腿、新鮮水果和蛋糕。

午餐後, 下午的慶典節目繼續舉行。成龍康樂中心於二零一八年推出了嶄新的社區服務計劃, 將服務時間延長至晚上七點, 特別招待上班的長者, 歡迎大家參加。社區服務試點計劃引入了新的節目和活動, 例如舊歌欣賞, 線舞, 健康論壇, 珠寶鑑定, 乒乓球, 週五星光熠熠的夜晚等。

晚上的亮點包括市參事李麗嫦前來出席慶典。成龍康樂中心的長者很高興見到李市參事, 她亦向各位問好, 之後, 李市參事亦頒發了榮譽證書給成龍康樂中心的馬經理。安老自助處感謝李市參事對列治文區的長者的支持。

想查詢成龍康樂中心的活動, 菜單及其擴展的計劃時間表, 請訪<https://www.selfhelpelderly.org/locations>

The 53rd Longevity Gala's Make a Difference Built a Foundation of Love and Hope for Seniors in Sunset District

Our 2019 Longevity Gala attracted over 600 guests to Hyatt Regency San Francisco Airport on June 15, 2019 to recognize individuals for their love for the elderly and support of Self-Help for the Elderly's (SHE) mission to serve the community. The Recipients of Friend of the Elderly Award 2019 were William and Dolores Joe. As benefactors for over two decades, William and Dolores supported SHE and the seniors through contributions and volunteerism. Whenever time allowed, that is they were not traveling, William and Dolores sponsored and participated in SHE fundraising events and performed for the seniors at SHE activity centers.

In addition, we took the opportunity to honor and thank the anonymous benefactors, a family, for entrusting us with a generous donation of a property. Immediately, SHE looked at the needs of the seniors and explored the opportunities to come up with a plan. Ms. Anni Chung, our President and CEO, presented this plan and SHE's vision with our guests at the Make a Difference segment. The plan is to renovate the property to double the usable space to accommodate a new program to serve 800 – 1,000 seniors that we cannot serve now. We envision a world where all elders have the respect, care and support to lead dignified and vibrant lives. Self-Help is extremely blessed to be among many compassionate friends. Our heartfelt gratitude to the unfailing support from our friends, supporters and benefactors who gave so we can begin the renovation of a second senior center in Sunset district soon.

Kudos to our dedicated Gala Committee and all generous supporters, we had exceeded the fundraising goal of \$500,000. Thank you for supporting Self-Help for the Elderly and making an impactful difference to the individuals who reached out to Self-Help for the Elderly for assistance and guidance.

**Photo Credit: Frank Jang*



Recipients of Friend of the Elderly Award 2019, William and Dolores Joe.



Colette Fujimoto, Board Member on the Robert Joseph Louie Memorial Fund, the 2019 Gala Title Sponsor.

第53屆長壽晚宴改變日落區的長者——建立愛與希望的基礎

我們的二零一九的年長壽晚宴於二零一九年六月十五日在三藩市機場凱悅酒店舉行，吸引了六百多位客人到來以表彰個人對長者的關愛以及支持安老自助處為社區服務的使命。

二零一九年長者之友獎的得獎者是趙文超先生、夫人（William and Dolores Joe）。作為我們二十多年來的善長和義工，趙文超先生、夫人透過捐款和義工服務來支持安老自助處和長者。只要時間的允許，他們即使不去旅行，趙文超先生、夫人亦會贊助及參加了安老自助處的籌款活動，並為安老自助處活動中心的長者表演。

此外，我們藉著此機會向匿名的捐助者表示敬意和感謝。他是一個家庭，他們慷慨地將產業捐贈託付給予我們。安老自助處隨即查看了長者的需要，探索機會並製定未



來發展的計劃。我們的行政總監鍾月娟女士在“增助改變”的環節向賓客介紹了該項計劃以及安老自助處的遠見。該計劃是對捐贈的物業進行翻新，令其可用空間增加一倍，配合新項目，服務我們現時無法服務的約八百至一千位長者。我們祈盼一個世界，所有長者都應受到應有尊重，關心和支持，過上有尊嚴和充滿活力的生活。安老自助處非常幸運，能與許多富有同情心的朋友在一起。我們衷心感謝我們的朋友，支持者和捐助者的不懈支持，我們盡快開始翻新第二個日落區的長者活動中心。

對我們熱忱的晚會籌委會和所有慷慨支持者由衷的感謝，我們已經超出了籌集目標五十萬美元的目標。感謝您對安老自助處的支持，令每一位向安老自助處尋求幫助和指導的個人做出影響性的改變。



Our Invitational Charity Golf Tournament Reached a Milestone: 15th anniversary!

Thank you Cathay Bank for the ongoing support. The 15th annual Cathay Bank Invitational Charity Golf Tournament took place at the Los Altos Golf and Country Club on August 20 and it attracted 136 golfers 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.

We were thrilled by the presence of Lucy Li, the 16-year-old golf phenom, who participated in the entire day program and helped raise funds for the children, families and seniors.

The evening program remained the highlight of the day; the golfers and guests came together to celebrate friendship, accomplishment and charity. The guests participated in Raffle Game, and Silent and Grand Auctions to raise funds for Self-Help for the Elderly's programs and services in San Francisco, San Mateo, Alameda and Santa Clara counties.

This annual golf tournament was made possible with the support of our dedicated Golf Tournament Committee and the generosity of Cathay Bank, the Title Sponsor; corporate and individual sponsors; golfers; guests; staff; and volunteers.

We will be hosting the 2020 Invitational Charity Golf Tournament at the Palo Alto Hills Golf & Country. Please save the date and we hope you will be able to join us on August 17, 2020.

慈善高爾夫球錦邀請賽達到了里程碑：十五週年！

感謝國泰銀行持續的支持。第十五屆國泰銀行年度慈善高爾夫球邀請賽於八月二十日在洛杉磯阿爾托斯的高爾夫鄉村俱樂部舉行，吸引了一百三十六位高爾夫球手報名參加。這次活動的收益將捐贈予安老自助服務，社區青年中心以及聖瑪麗的鼓樂團，以及他們為灣區的貧困社區服務的工作。

我們為十六歲的高爾夫球好手，李憶，的到來感到興奮。她參與了整天的活動，為孩子，家庭和老年人籌集資金。

晚間節目仍然是當天的重頭戲。高爾夫球手和嘉賓們一起慶祝友誼，成功和慈善。嘉賓們亦參加了大會的抽獎活動，無聲拍賣和盛大現場拍賣；為舊金山，聖馬特奧，阿拉米達和聖塔克拉拉縣的安老自助的服務和計劃籌集資金。

每年度高爾夫比賽能成功舉辦全賴我們的高爾夫比賽委員會，首席贊助商——國泰銀行慷慨解囊的捐獻；以及各合作公司和個人發起人；高爾夫球手；客人員工；和志願者的大力支持。

我們將於帕洛阿托山高爾夫鄉村酒店 (Palo Alto Hills Golf & Country) 舉辦二零二零邀請賽慈善高爾夫錦標賽。我們希望您能夠在二零二零年八月十七日加入我們。

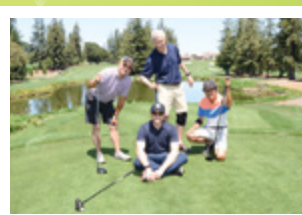
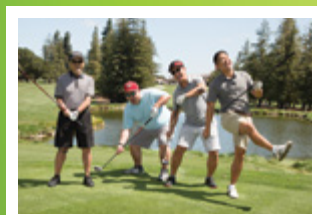
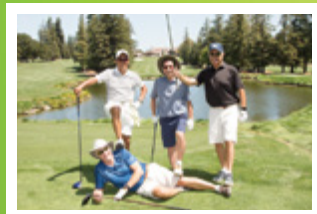
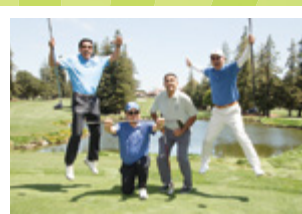
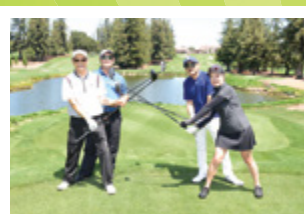
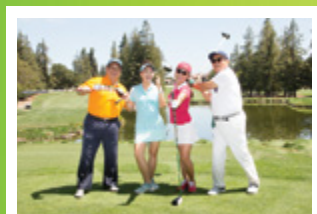
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國泰銀行第十五屆慈善高爾夫球賽



二零一九年 · 八月十九日 · Los Altos Golf & Country Club · Los Altos



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Celebrate Autumn Moon Festival

It is the week of Autumn Moon Festival. Our South Sunset Center's Neighbors, Christine, Jasmine and Sai Ho from Lotus Taoism Institute, stopped by at the Activity Center on September 10, 2019 and spent a wonderful morning with over 90 seniors.

Like a typical day at the Center, our seniors began arriving after eleven o'clock to meet their friends, socialize with the center staff, and enjoy lunch together. Upon their arrival, they were excited to see the gift tote bags.

No longer after, Josephine Ma, Fund Development Director of Self-Help for the Elderly, greeted the seniors and welcomed Christine, Jasmine and Sai Ho to South Sunset Senior Center. Jasmine delighted the seniors with singing some popular Chinese tunes while the seniors enjoyed their lunch. Sai Ho and Christine went around, greeted the seniors and presented each one a gift tote bag which included a red envelope, rice and delish treats like noodle packs and snacks. The crowd was thrilled to receive the gifts and everyone enjoyed the performance. Some seniors joined in the singing and turned the lunch hall turned into a performance hall. Everyone had a blast. Many seniors left with a smiling face as they waved to their new Friends and greeted them a Happy Autumn Moon Festival.



慶祝中秋節

中秋節的一個星期，三位朋友 Christine, Jasmine 和世豪在九月十日拜訪日落康樂中心的九十多位長者，他們是安老自助處日落康樂中心的鄰居 -- 妙蓮仙館的代表。大家共度了一個美好的早上。

像平常一般，我們的長者們在早上十時便開始抵達中心，與他們的朋友見面，與中心工作人員交談，並準備與朋友們一起享用午餐，抵達中心後，他們很高興看到很多精美的禮品袋。

不久之後，安老自助處，基金發展部主任馬秀端向在場各位致意，並歡迎三位朋友來臨日落康樂中心。Jasmine 更自彈自唱一些流行中文歌讓長者們一邊享用午餐，一邊欣賞優美的旋律。世豪和 Christine 亦向各位長者問好，並送給他們各位一份禮物袋，禮物袋包括一個紅包，米和各種美味小食。大家都歡喜地接著禮物，亦非常欣賞表演。一些長者更走向 Jasmine，與她合唱，並將中心變成表演廳。各位長者盡興，當三位朋離開時，長者們他們新朋友揮手致意並互祝大家中秋節快樂，用膳完，各人亦帶著笑容離開中心。



Welcome to Geen Mun Center!

Thank you, United States Navy Rear Admiral Babette Bolivar and Team USS Somerset

It was San Francisco Fleet Week. Self-Help for the Elderly was honored to welcome members of the US Navy to visit and serve meals at an activity center for the second consecutive year. Moreover, we were excited to find out Navy Rear Admiral Babette Bovilar was among the guests. On October 8, 120 seniors at Geen Mun Center met Navy Rear Admiral Bovilar and 13 Officers of USS Somerset. The seniors were eager when the Team USS Somerset came by to serve them lunch. They were pleasantly surprised by Admiral Bovilar as she served a glass of milk to each senior and sang to them the well-known Chinese song, Lady from Alishan. The amused crowd responded by clapping their hands and singing along with her. Admiral Bovilar explained her family followed her father when he was stationed in Taiwan and she learned the popular song there.

Mary Ellen Carroll, Executive Director, and Victor Wai Ho Lim, External Affairs Officer, and other staff at the Department of Emergency Management visited the Center and took the opportunity to share with all the important and useful tips on emergency preparedness.



歡迎來到建民中心!

感謝美國海軍少將Babette Bolivar 和 USS Somerset 航空母艦團隊的到訪

那是三藩市艦隊週。安老自助處很榮幸地歡迎美國海軍成員連續第二年到訪我們活動中心參觀和派餐。此外，我們興奮不已發現海軍少將貝Babette Bovilar亦是到訪嘉賓的其中之一員。十月八日，在建民中心的一百二十多位長者與海軍少將Babette Bovilar及USS Somerset航空母艦上的十三名軍官會面。當知道USS Somerset航空母艦的團隊成員到來為他們分派午餐時，長者們非常期待。當長者們看到海軍少將Bette Bovilar為每一位長者送上一杯牛奶，並向他們獻唱著名的中文歌曲《阿里山的姑娘》時，他們感到意外的驚喜。長者們都被逗樂得拍手附和，並與她一起唱歌來回應。Bovilar上將解釋說當她與她的家人跟隨父親進駐台灣時候，她在那裡學習了當地流行歌曲。

緊急事務管理部的執行主任，Mary Ellen Carroll，外部事務官林榮浩，以及其他的工作人員亦隨團訪問了建民中心，藉著是次機會向長者們分享了有關緊急事前準備的重要事項及有效的技能。

Chinatown Resource Fair Keeps the Chinatown Community Informed and Safe



The 15th Chinatown Resource Fair was held at Portsmouth Square on October 19, 2019. The community fair was sponsored by the San Francisco District Attorney's (DA) Office and in collaboration with six community organizations, APA Family Support Services; Chinese Newcomers Services Center; NICOS Chinese Health Coalition; Safety Awareness for Everyone (SAFE); San Francisco Recreation & Parks; and Self-Help for the Elderly. 22 booths were sponsored and over 500 participants attended the fair.

The event kicked off with the greetings from our city's new DA Suzy Loftus. DA Loftus pledged to work closely with the law enforcement to preserve safety in the City and neighborhoods like Chinatown. Charles Chow of Chinese Consolidated Benevolent Association welcomed DA Loftus to Chinatown and encouraged the community to report crime. Sergeant Colbert Chu of the San Francisco Police Department's (SFPD) Central Station informed the audience that there are certified Cantonese speaking officers stationed at Central Station to assist and serve the Chinatown community. Additionally, the SFPD officers are available at the Portsmouth Square Clubhouse every Wednesday and Friday from 4:30 – 8 pm. The SFPD officers welcomed the community to meet them and share their concerns. Victor Lim, with San Francisco Department of Emergency Management shared with everyone information in Chinese on safety and emergency workshops. Lastly, a community leader and advocate Esther Leung with API Legal Services thanked the presence of all non-profit personnel who

took the time to educate the public and advocate for their rights. Anni Chung, our President and CEO, also reminded everyone of the importance of civic participation. She then informed everyone the next free citizenship workshop is scheduled on November 25, 2019 at Chinatown YMCA. Additionally, she encouraged everyone to participate in Census 2020.

華埠資源博覽會 促進華埠社區知情和安全

第十五屆華埠資源博覽會於二零一九年十月十九日在三藩市華埠花園角舉行。該社區資源博覽會由三藩市地方檢察官辦公室 (DA) 贊助, 並由六個社區組織合作舉辦, 包括家庭支援服務 (APA), 新橋服務中心, 華人健康組織聯會 (NICOS), 人人安全意識 (SAFE), 三藩市休閒與公園部門, 以及安老自助處; 共二十二個參展單位及贊助商, 迎來了五百多名參加者參觀了博覽會。

這項活動由新上任的臨時地方檢察官——樂素詩 (Suzy Loftus) 的問候展開序幕。地方檢察官, 樂素詩, 保證與執法部門緊密合作, 以維護華街等社區的安全。中華慈善聯合總會代表周達昌歡迎樂素詩來到華埠, 並鼓勵社區大眾舉報罪案。三藩市警察局 (SFPD) 中央警察局的沙展, 朱永豪告訴大家中央警察局已派駐了會講粵語的合格人員協助有需要人士和服務華埠社區。此外, 每逢週三和週五的中午四時三十分至晚上八點, 警員會到訪華埠花園角廣場的俱樂部。警察局官員歡迎社區人士與他們會面並分享他們的憂慮。來自三藩市緊急事務管理部門的林榮浩與在場人士分享了有關安全和緊急情況的中文信息工作坊。最後, API法律服務部的社區負責人和倡導者Esther Leung感謝所有非營利組織人員的到來, 以及他們所花費的時間來教育公眾和倡導他們的權利。我們安老自助處的首席執行官鍾月娟女士也提醒大眾有關公民參與的重要性。然後, 她告訴大家下一次免費公民入籍工作坊將於二零一九年十一月二十五日在唐人街基督教青年會舉行。此外, 她亦鼓勵所有人應該參與二零二零年的人口普查。



Self-Help for the Elderly's San Mateo Autumn Moon Festival



The annual Autumn Moon Festival took place at a sunny Sunday morning at San Mateo Central Park on September 15, 2019. Over 300 arrived at the park at 9 a.m. to participate in the Generation Walk.

Dr. Sharon Ou, on behalf of Kaiser Permanente Medical Center, Title Sponsor of the event, greeted the audience. She thanked everyone present at the event and explained the importance of exercises. Dr. Ou stated that exercises, liking walking, is a way to increase happy hormones that make an individual happier. She recommended walking because it is relaxing, simple and requires no equipment set-up. Thus, she encouraged all participants to put on their walking shoes and began the Generation Walk.

The Walkers returned to the park at about 10 a.m. They were welcomed and greeted by Bill Schulte, Board Member & former Board Chair of Self-Help for the Elderly; Carole Groom, President of San Mateo County Board of Supervisors; Mayor Diane Papan of City of San Mateo; Mayor Wayne Lee of City of Millbrae; Margaret Reid, Senior Vice President of VISA; and James Moore, newly appointed San Mateo City Librarian. The audience then enjoyed an array of performances from Fang Yang Chinese Dance Group, Self-Help for the Elderly Heart Beat Hawaiian Dance Group, Kiyonomoto Ryu, Adela Clara – Grupo Baile Espanol, Kaivalya School of Performing Arts, and Crystal Children's Choir.

The festival concluded with the lion dance performance by LionDanceMe. Everyone, especially the children, were thrilled to greet and dance with the lions. Another popular activity and festival tradition was the mooncake tasting. A special Thank You to AA Bakery & Cafe for providing complimentary mooncakes. Visitors had the opportunity to try various flavors: the original lotus seed paste, green tea and green bean paste.

Presented by Self-Help for the Elderly, the annual event celebrates the Mid-Autumn Festival, promotes the Chinese cultural heritage, brings the community together and raises funds for the San Mateo Center. A heartfelt gratitude to our sponsors and donors including American Chinese Women Society; Ben Toy; Chinese Hospital & Clinics; Christ Church of the Bay Area; Community Initiatives; Donna Divodi;



Dorothy Chow; East Bay Longevity Assisted Living; East West Bank; Frances Liu; Haiyan Real Estate Inc.; Hung Y. Cheng; James Chung; Kaiser Foundation; Maggie Mui; Manjurishi Institute; Mary Choy; Mary Cranston; Peninsula Family Service; Rosalyn Koo; SF Hepatitis, Sterling Bank & Trust; The Peninsula Regent; Vicky Wong; VISA; and Windy Hill.



安老自助處聖馬刁中心 中秋慶祝會

安老自助處週年的聖馬刁中心中秋慶祝會於二零一九年九月十五日在一個陽光普照的星期日早晨在聖馬特奧中央公園舉行。超過三百人於上午九時到達公園參加了代步活動。

代表首席贊助商 Kaiser Permanente醫療中心的Sharon Ou博士向大家致詞。她感謝出席活動的每個人，並強調運動的重要性。歐博士表示運動例如散步是增強荷爾蒙，愉快能讓我們感覺更幸福快樂。她建議步行，因為它是輕鬆，簡單並且不需要設置任何設備。因此，她鼓勵所有參加活動的人穿上步行鞋，並開始了「健康同步」環節。

步行者大約在上午十時返回公園欣賞大會安排的多項表演，並獲安老董事 Bill Schulte、聖馬刁市參事主席 Carole Groom、聖馬刁市市長Diane Papan、米爾布雷市市長李偉忠、VISA高級副總裁Margaret Reid、以及新任命的聖馬刁市圖書管理員James Moore在台上歡迎。

隨後，觀眾們欣賞各種民族舞表演，表演團隊包括海燕中國舞蹈團、安老長者夏威夷舞蹈組、Kiyonomoto Ryu 隊的日式舞蹈、Adela Clara - Grupo Baile Espanol 隊的西班牙Flamenco舞、Kaivalya表演藝術學院和晶晶兒童合唱團。

節目以Lion Dance Me 柔功門的醒獅表演作閉幕。每位觀眾，特別是孩子們，都因與醒獅互動和跳舞而感到興奮。另一個受歡迎的活動和節日傳統是月餅試食。特別感謝永興餅家提供免費的月餅。參觀者有機會品嚐多種味道：原味的蓮蓉，綠茶和綠豆。

由安老自助主辦，週年度的中秋節慶祝活動的主要意義是弘揚中華文化，團結社區，並為安老聖馬刁中心籌集經費。衷心感謝各贊助商及善長，包括美國華人婦女協會、Ben Toy先生、東華醫院、灣區基督教會、社區倡議、Donna Divodi、Dorothy Chow、華埠壽星樓、華美銀行、Frances Liu、Haiyan房地產公司、Hung Y. Cheng、James Chung、Kaiser Foundation、梅若慈、Manjurishi Institute、Mary Choy、Mary Cranston、Peninsula Family Service、顧陳晉明、SF Hepatitis、Sterling Bank & Trust、The Peninsula Regent、Vicky Wong、VISA 及 Windy Hill。



Comcast's Youth Leadership and Technology Program Trains Future Leaders and Builds Skills in the Community

17 youth reached a milestone: they concluded the Comcast Youth Leadership and Technology Program through a completion of 156 hours of instructions and attending 56 hours of community services. Along with their families, the Graduates celebrated the graduation ceremony at Lady Shaw Activity Center on August 24, 2019. Each graduate received a program completion certificate and awarded a laptop for continuous education.

Throughout the duration of ten months, the young people had developed great friendship and were supportive of each other. The academic curriculum included critical thinking, problem solving, global awareness, civic engagement, life skills and technology literacy. Aside from the academic program, the class also enjoyed a field trip to the Federal Reserve Bank of San Francisco and Q&A session with a game developer at Microsoft. In addition, thanks to Comcast Corporation, the youth attended a movie premiere; and two lucky students, Ashley Chun and Ethan Lim, responded to an invitation to a SF Giants game. We were thrilled to find out later that Ashley had gotten to throw the ball at the game. These unique and exciting experiences made the year's Comcast Youth Leadership & Technology Program remarkable.

Congratulations, Class of 2019! We wish you the best and encourage you to give back to the community when able. To learn more about Comcast's Youth Leadership and Technology program, contact John Nguyen at 415-677-7599 or johnn@selfhelpelderly.org

"An event that struck a chord in me was volunteering at the electric car lecture. For us to improve our future, we must improve the present by educating people on certain topics. The topic that we discussed that day was a prominent issue that people should be educated

on. Greenhouse gases, carbon emissions, and global warming are all things that we consider when making decisions in our daily life. Slight changes made in our lives could contribute to a larger change in the world. Us being the younger generation, we should not be oblivious to current issues plaguing us that we see everyday. This is why the lecture sparked a fire in me. It astounded me about the anonymity of electric cars to regular civilians. The education of people on this topic is vital to saving our earth from global warming." – Ashley Chun on volunteering at Electric Vehicle for Everyone Special Event at Portsmouth Square



Comcast青少年領袖及科技計劃培訓未來的領袖生及其社區技能

十七名青少年達到了一個里程碑——他們通過完成了一百五十六個小時的指導，參與五十六個小時的社區服務，總結了Comcast青少年領袖及科技計劃。畢業生在家人的陪同下於二零一九年八月二十四日在邵逸夫爵士夫人耆英中心舉行了畢業典禮。每位畢業生均獲得了課程結業證書，及獲贈用於繼續學習的筆記本電腦。

在整整個十個月的時間裡，青少年人之間建立了深厚的友誼



並互相支持。學術課程包括批判性思考, 解決問題, 認識全球化, 公民參與, 生活技能和技巧培訓等。除了學術課程外, 全體學生還到訪了三藩市聯邦儲備銀行進行實地考察, 及參與微軟的遊戲開發商進行了問答環節。此外, 感謝康卡斯特公司 (Comcast Corporation) 的邀請, 青少年人參加了電影首映禮。兩位幸運的學生Ashley Chun和Ethan Lim響應了三藩市巨人隊的活動邀請。後來, 我們很高興地發現Ashley Chun有幸在三藩市巨人隊比賽中把球擲出。這些獨特而激動人心的體驗使本年度的Comcast青少年領袖及科技計劃特別引人注目。

恭喜, 二零一九屆畢業生! 我們祝您一切順利, 並鼓勵您在有能力時能回饋社區。欲了解有關Comcast的青年領袖和科技計劃的更多資訊, 請致電415-677-7599與導師聯繫, 或發送電子郵件至johnn@selfhelpelderly.org

語錄:

「一個讓我引起共鳴的事件是在電動汽車講座做義工。我們要去改善未來, 我們必須通過教育人們某些主題的來改善現在的狀況。我們今天討論的主題是一個所有人應該學習的重要的議題。在我們日常生活中進行決策時, 必須考慮到溫室氣體, 碳排放和全球變暖等問題。我們生活中的微小變化可能會促進世界的更大改變。作為年輕的一代, 我們不應該忽視我們每天看到困擾當前的問題。這就是為什麼講座令我憤慨的原因。令我震驚的是普通市民對電動汽車的認知不足。教育人們有關這個主題對於拯救地球, 避免全球變暖至關重要。」 Ashley Chun參與三藩市花園角廣場的電動汽車義工活動



08.28.2015 New partnership with Self-Help for the Elderly and Prince Cooking to announce the second CHAMPSS restaurant.



03.22.2019 Self-Help for the Elderly's 2019 Spring Banquet in San Francisco

Thank you & Happy Retirement!

Linda Lau, Lead Nutritionist from the Department of Aging and Adult Services's Office on the Aging.



A City Tradition: Come & Serve at Self-Help for the Elderly on Thanksgiving

It's love and togetherness that inspired and motivated everyone who participated in Self-Help for the Elderly's Thanksgiving Luncheon.

Self-Help for the Elderly is grateful for the unfailing support and collaboration from friends in the City, the Corporations and the Community. The preparation for the annual celebration began weeks prior to the actual event. We were appreciative of the generous donation of turkeys from San Francisco Public Works, Hung On Tong Society and an Anonymous Donation made in honor of Mr. Chester Chin. The MoonChef team then joined in for food preparation and cooking for over 3,000 hot turkey meals.

The temperature was in the 40s on Thanksgiving Day. Yet, the love for the community and smiles on everyone's face warmed the hearts. Officers from San Francisco Police Department (SFPD), San Francisco Fire Department (SFFD) and San Francisco Sheriff's Department arrived early and helped prepare 900 meals for delivery to homebound individuals. Friends from Pacific Gas & Electric, Wells Fargo, and Beverly Lee & Team were our skilled and steadfast turkey carvers while friends from Deloitte, MoonChef and community leaders from Hung on Tong Society donned on the aprons and assisted as our dedicated servers. We were honored by the presence and participation of

Senator Scott Wiener; Assemblymember David Chiu with little Lucas, his son; Jade Wu, Representative of Assemblymember Phil Ting; Mayor London N. Breed; SFPD Chief William Scott and Deputy Chief David Lazar; SFFD Chief Jeanine Nicholson; and SF Sheriff Paul Miyamoto who joined us in the celebration and greeted our guests.

An engaging activity this year was the raffle drawing. Each guest received a raffle ticket when seated. The second round of guests were delightfully surprised to meet their Raffle Drawer and Announcer, Mayor Breed. Prizes included turkeys and tickets to Self-Help for the Elderly's Chinese Opera Benefits.



At Self-Help for the Elderly, we are thankful for every individual that whom we encounter. Every Thanksgiving, we are grateful to be in the presence of over 300



volunteers and are surrounded by love, kindness, gifts, services. Thank you for celebrating Thanksgiving with us.

城市傳統：齊參與及服務 安老自助處的感恩節

這是愛與團結激勵及推動了參加及服務安老自助處感恩節午餐的每一個人。

安老自助處感謝所有來自三藩市市府、公司及社區的每一位朋友，從不間斷的支持與合作。籌備感恩節午餐慶祝活動的工作實際在活動開始的前幾週就已經進行了。我們十分感謝三藩市公共工程局、恆安堂協會及為紀念Chester Chin先生而捐贈的匿名捐贈者慷慨的火雞捐贈。當然還（MoonChef）明厨團隊的加入，準備食物，並烹調三千多隻火雞。

雖然感恩節當天的氣溫是低至華氏四十度，但對社區的熱愛和每個人臉上的笑容都溫暖了人們的心。三藩市警察局（SFPD），三藩市消防局（SFFD）和三藩市警長部門的官員提前到達，並幫助準備了九百個餐盒送予居家人士享用。來自太平洋天然氣和電力公司（PG&E），富國銀行（Wells Fargo）的朋友及Beverly Lee的團隊是我們熟練而且堅定不移的火雞分割師；然而，來自德勤（Deloitte），（MoonChef）明厨的朋友和恆安堂的社區領袖皆身穿圍裙，成為我們專用的服務人員。

參議員威善高（Scott Wiener）；州眾議員邱信福和他的兒子盧卡斯；國會議員丁右立的代表- 伍玉珍；三藩市市長倫

敦布里德（Mayor London Breed）；三藩市警察局局长施革（William Scott）和副警察局长拉薩（David Lazar）；三藩市消防局局长珍妮·尼克爾森（Jeine Nicholson）；以及三藩市警長保羅·宮本（Paul Miyamoto）的出席及參與使我們感到萬二分的榮幸；感謝他們與我們一起慶祝感恩節，並向我們長者分派午餐及致意。

今年的其中一項吸引人的活動是抽獎活動。每位入座的客人時都會收到一張抽獎券。第二輪的客人感到十分驚喜，因為他們見到我們的市長倫敦布里德（Mayor London Breed）擔任了活動的抽獎人員及公佈員。抽獎獎品包括有：火雞和安老自助處粵劇門票。

我們感謝在安老自助處中遇到的每一個人。我們感謝三百多名義工在每年的感恩節到來，用愛心、善良、禮物和服務將安老自助處和長者們包圍。感謝您與我們一起慶祝感恩節。





Our seniors were thrilled to attend the dedication ceremony with Mrs. Anita Lee. They took part in the appeal; attended many meetings and they are very happy to see their True Friend, Mayor Lee's portrait and name at the International Terminal Departures Halls.

Welcome to Mayor Edwin M. Lee International Terminal Departures Hall

33 patrons of Self-Help for the Elderly along with over 200 guests arrived at San Francisco International Airport on November 15, 2019 to attend and celebrate Mayor Edwin M. Lee International Terminal Departures Hall Dedication Ceremony.

The appeal and pronouncement of the renaming of San Francisco International Airport's International Terminal Departures Hall were a 13-month process. The campaign had garnered 150 letters and over 22,000 signatures. The dedication ceremony is the fruit of the community's joint effort to celebrate and remember Mr. Edwin M. Lee, our beloved Mayor, an aspiring leader, a dedicated public servant, and a passionate advocate for those in need.

Many of Mayor Lee's previous colleagues and collaborators were among the guests including Assemblymember David Chiu; Mayor London N. Breed; Assessor-Recorder Carmen Chu; Malcolm Yeung, Member, Airport Commission; Adrienne Pon, Executive Director, Office of Civic Engagement & Immigrant Affairs; City employees; and leadership from the Chinese community. Additionally, everyone was thrilled by the presence of the Lee Family, Anita Lee, Mayor Lee's wife and Tania Lee, the daughter.

The guests enjoyed the ceremony. It is the collective desire among the guests that the current Mayor Edwin M. Lee International Terminal Departures Hall serves

as a gateway to human connection and aspiration in building a real community and working towards a better San Francisco; fostering cultural ties; providing hope to the visitors, newcomers and residents; and inspiring future generations.

歡迎光臨市長李孟賢國際航站樓出發大廳

二零一九年十一月十五日，共有三十三位長者隨安老自助處的職員以及二百多位賓客抵達舊金山國際機場，參加並祝賀以前三藩市市長李孟賢而命名的國際航站樓出發大廳開幕儀式。

舊金山國際機場國際航站樓離境大廳的命名申訴及正式宣告歷時十三個月。該運動已獲得一百五十封信和二萬二千多個簽名的支持。「李孟賢國際航站樓離境大廳」命名典禮是社區共同努力的成果，以慶祝及紀念我們喜愛的前三藩市市長李孟賢李先生，他是一位有抱負的領導人，熱忱的公務員，以及對有需要人士的熱情擁護者。

有許多李市長過去共事的同事和合作夥伴是典禮的來賓，其中包括國會議員邱信福；現任三藩市市長倫敦布里德；評估記錄員朱嘉文；機場委員會委員楊仲賢；公民參與和移民事務辦公室執行主任潘燕玲女士，三藩市市府員工和各華人社區的領導。此外，所有人都亦為李氏家族，李市長的妻子林進敏和女兒李應鈺的到來感到興奮。

來賓們對慶典十分欣賞。此刻，嘉賓們之間共同願望就是希望以前三藩市市長李孟賢命名的國際航站樓離境大廳可成為人與人之間交流的門戶及啟發，建立一個真正的社區共融，致力於建立一個更好的舊金山；促進文化交流，讓遊客，新移民及居民帶來希望；並啟發他們子孫後代。



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Acknowledgement

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34th Annual Chinese Opera Benefit Debut a Cast of Highest Caliber Performers from Hong Kong and the United States

Event Made Possible by Title Sponsor, Hong Kong Economic and Trade Office, San Francisco

To celebrate Self-Help for the Elderly's (SHE) 53 years of serving and caring for the elderly and the community, Self-Help and Duen Fung presented the 34th annual Chinese Opera Benefit. The 2019 event was made possible by Hong Kong Economic and Trade Office, San Francisco, as the Title Sponsor; and Supervisor Norman Yee, San Francisco President of Board of Supervisors, as Honorary Chair.

This series of performances intended to showcase Hong Kong's cultural heritage and promote Cantonese opera to the American audience, and in doing so enhanced cultural exchanges between Hong Kong and San Francisco.

Self-Help and Duen Fung were proud to present a cast of highest caliber performers including Liang Xiaoming, Hong



Kong Cantonese Opera's Favorite Actor and Josephine Ma, Cantonese Opera Charity Queen in San Francisco as lead characters; and renowned Cantonese Opera artists from Hong Kong including Wai Ling Ho, Kwok Sum (Sam) Liu, Marco Won, Po Chu (Judy) Lam, Kim Lum (Cannon) Au, Hing Wan Cheung, Wing Yee Siu, Suk Yee Leung, along with Judy Ma, Nancy Ho and the Duen Fung Ming Chinese Opera Troupe.

The production put on three shows full of love and hate; gentle and bold; and solemn and amusing complexity that Chinese Opera has to offer: the Legend of Purple Hairpin; Princess Cheong Ping; and Two Princes Vie Princess Phoenix.

SHE was grateful for the unfailing support from Yim Hing Law, Artistic Director; Josephine Ma, Producer; Kent Chau and Ngok Sung, lead musicians from Hong Kong; Ting Fung Lo, Clifford John Joseph, Giang Anh, and Kei Kwok local music talents; and Karen Lam and Adeline Louie, Stage, Costume and Lighting Directors. Supporters include Sing Tao Daily and Chinese Radio; Sky Link TV; MoonStar Buffet; MoonChef, LLC; A Bright Printing, Co.; South & East Café; and Liyen Opera Club.

Cantonese Opera enthusiasts from all over the country flocked to San Francisco to support Self-Help and Duen Fung's Chinese Opera Benefit. The 2019 Chinese Opera Benefit raised over \$200,000. Proceeds will support the programs and services of Self-Help for the Elderly.

安老端鳳三十四屆粵劇澤耆英 - 《港美梨園精英愛心暖萬家》香港駐三藩市經濟及貿易辦事處任首席贊助

為慶祝安老自助處五十三週年多元化長者服務，端鳳鳴澤善粵劇團第三十四屆義演籌款由香港駐三藩市經濟貿易辦事處任首席贊助，三藩市市參事余鼎昂任名譽主席，特別邀請香港名伶榜首梁兆明與三藩市慈善旦后馬秀端領銜主演，香港紅伶何偉凌、廖國森、溫玉俞、林寶珠、劍麟、張宛雲、蕭詠儀、龍嘉麒聯同閨秀名演藝家馬炎娟、何玉芳暨端鳳鳴澤善粵劇團全體團員於二零一九年十二月七日、星期六日場於中午十二時三十分為《安老自助處》於日落區美生堂中心劇院演出三套精選名劇《紫釵記》、十二月八日、星期日場於下午二時演出《帝女花》、及十二月十三日、星期五晚上六時四十五分於賀博斯特劇院演出《雙龍單鳳霸皇都》各具特色，劇情扣人心弦，在過去二十年中灣區罕見的大型慈善粵劇。

香港駐三藩市經濟及貿易辦事處贊助這個項目，特意是透過一系列精選名劇的表演，展示香港豐富的文化遺產及推廣香港粵劇給美國觀眾，此外，這次合作亦增強了香港和三藩市兩地之間的文化交流。

藝術指導梨園美艷親皇羅艷卿，監制策劃馬秀端，香港名音樂師周熾楷及宋鏐領導中西音樂、盧挺豐、鄒麗玉、李釗源、Clifford John Joseph、三藩市江子青及郭琪拍和，舞台監督服裝燈光佈景策劃香港名班政家林群翎、雷巧秀。特別贊助星島日報中文電台及天下衛視、月星宮、明厨、明華印刷、South & East Cafe、知音樂社辦。安老端鳳三十四屆粵劇澤耆英已籌得善款二十萬零六百元，收益除開支全部撥入安老長者服務計劃。特此鳴謝各界支持！

For details of the Chinese Opera event, please visit

欲了解更多安老端鳳粵劇活動詳情，請瀏覽 bit.ly/SHEOpera

*Photo Credit: Frank Jang



34th Longevity Walkathon Fair and Parade

The 34th annual Walkathon Fair and Parade occurred on October 5, 2019 at San Francisco Portsmouth Square. The Walk attracted the participation of over 550 patrons from our twelve activity centers in the cities of San Francisco, San Mateo and Millbrae. We were honored by the presence and participation of California State Senator Scott Wiener; Mayor London N. Breed; San Francisco Police Department (SFPD) Deputy Chief David Lazar; Sheriff Paul M. Miyamoto; SFPD Central Station Captain Robert Yick; Comcast representative Dillon Auyoung; our Board Members Tilly Chang and Mary Chang; and Committee Member Jeanie Lee. Additionally, we were grateful for the support from Sing Tao Daily News and Chinese Radio, Master Norman Lau & LionDanceMe Troupe; St. Mary's Bell and Drum Corp., Youths from Community Youth Center; and Silax Chan & Band.

Senator Wiener; Mayor Breed; Chief Lazar; Sheriff Miyamoto and Captain Yick led the Walk at 10 am. The route began at Portsmouth Square and proceeded along the main streets of San Francisco

Chinatown. The participants returned to the Square at 11 am for lunch boxes sponsored by MoonChef while enjoying a variety of singing and dancing performances until 2 pm.

第三十四屆安老長壽百萬行同樂日

第三十四屆安老長壽百萬行同樂日於二零一九年十月五日在三藩市花園角廣場舉行。安老長壽百萬行吸引了來自三藩市、聖馬刁以及米爾布雷市等十三個活動中心共五百五十多位顧客的參與。加利福尼亞州參議員斯威善高 (Scott Wiener)；三藩市市長倫敦布里德 (London Breed)；三藩市警察局 (SFPD) 副局長拉薩 (David Lazar)；警長保羅宮本 (Paul M. Miyamoto)；SFPD 華埠中央警察局局長易文耀 (Robert Yick)；Comcast Cooperation 的代表Dillon Auyoung；安老自助處董事會成員張瑪莉和張萍莉；以及安老自助處委員會成員李藝文等的出席和參與使我們感到十分榮幸。此外，我們特別感謝星島日報及中文台、六通拳一如既往的支持；劉世民師傅及他帶領的與獅共舞醒獅團；聖瑪麗鐘鼓樂團，社區青年中心 (CYC) 的青少年；還有Silax Chan & Band。

步行由州議員威善高；市長布里德；警察局副局長拉薩；警長宮本保羅和警長易文耀、星島小姐、柔功門劉世民醒獅團、聖瑪利鼓樂隊在上午十點開始帶領。該步行路線由三藩市花園角廣場為起點，沿三藩市唐人埠的主要街道步行。參加者於上午十一點步行完畢返回廣場享用由明厨贊助的營養午餐盒，並同時欣賞各種歌舞表演至下午兩點。



For details of the Longevity Walkathon Parade & Fair, please visit

欲了解更多安老長壽百萬行同樂日活動詳情，請瀏覽 bit.ly/SHEWalkathon



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

ADULT DAY SERVICES

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408 22nd Ave.
San Francisco, CA 94121
415-677-7556

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Autumn Glow Alzheimer's Care Home
654 Grove Street
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• Case Management
• Citizenship
• Elder Abuse Prevention & Intervention
• Emergency Short Term In-House Support
• Family Caregiver Support
• Housing Services Program
• Information & Assistance

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San Francisco, CA 94133
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- 66 Raymond Ave.
San Francisco, CA 94134
- 500 Raymond Ave.
San Francisco, CA 94134

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Fax: 415-398-5903
731 Sansome St., Suite 100
San Francisco, CA 94111

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415-677-7500

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San Francisco, CA 94133
415-677-7618

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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
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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:

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(415) 677-7500

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selfhelpelderly.org

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安老自助處資助單位

Self-Help for the Elderly Funders, for the fiscal year of *July 2019 - June 2020*.

Asian Pacific Fund	San Francisco Human Services Agency
California Department of Aging	San Francisco Mayor's Office of Housing
California Department of Education	San Francisco Office of Economic and Workforce Development
California Pacific Medical Center	San Francisco Office of the Aging
California Public Utilities Commission	San Francisco Paratransit
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Cathay Bank	Santa Clara County Department of Human Relations
Chinese Community Health Care Association	Santa Clara County Social Services Agency
Comcast Corporation	Silicon Valley Community Foundation
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Dignity Health	United Pacific Hotel Group
Family Caregiver Alliance	United Way of the Bay Area
Hurlbut-Johnson Fund	Wells Fargo & Company
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Metta Fund	
National Asian Pacific Center on Aging	
Office of Civic Engagement & Immigrant Affairs	
On Lok	
Ray and Dagmar Dolby Family Fund	
Robert Joseph Louie Foundation	
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San Francisco Department of Building Inspection	
San Francisco Foundation	

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 organization for their generous support of our program. Self-Help for the Elderly operates under 501 (c) (3) regulations. All donations, contributions, pledges, in-kind donations and gifts are tax-deductible to the extent of the law.

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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
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The following contributions were made to Self-Help for the Elderly
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In Honor of

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Self-Help for the Elderly

安老自助處

Providing strength, hope and empowerment to seniors since 1966



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You can also make a donation online, please visit : www.selfhelpelderly.org/donate

Newsletter of Self-Help for the Elderly

Golden Lines

黃 金 點 滴



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