SHE HOPE 2020

November 12, 2020 • 6:30 pm - 7:30 pm
Virtual Gala
CONGRATULATIONS
Self-Help for the Elderly
on your
54th Anniversary
Longevity Gala!

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Our 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.

Our Vision

We envision a world where all elders have the respect, care, and support to lead dignified and vibrant lives.

Self-Help for the Elderly is honored to be a trusted organization in the community to serve the older adults in San Francisco Bay Area for 54 wonderful years.

We are committed to promote the independence, dignity and self-worth of older adults.

We strived to achieve our mission by empowering older adults to help themselves and by providing comprehensive range of multicultural and multilingual services.
GREETINGS FROM THE CHAIR

This is Self-Help for the Elderly’s first ever Virtual Gala in fifty-four years of servicing seniors in San Francisco, San Mateo, Santa Clara, Alameda and Contra Costa counties. Welcome and thank you for attending and for celebrating Self-Help’s HOPE 2020 Virtual Gala!

Yes, the years 2020 and 2021 will go down in history as the COVID-19 pandemic years and its impact around the world. The most vulnerable group impacted by the COVID-19 pandemic is the elderly and seniors due to their existing medical conditions, isolation, and frailty. Low income and fixed income seniors were hit the hardest with the pandemic. Self-Help’s staff and volunteers “stepped up” to meet the challenges of this pandemic to ensure existing and new clients continued to receive the services and care offered by Self-Help to maintain their independence, dignity and self-worth.

During the height of the pandemic from March when shelter-in-place was mandated until the end of June, Self-Help was able to deliver 300,000 emergency meals to homebound seniors by our Nutrition Department. Our Home Health Care, Hospice and Adult Day services remained open and clinicians were trained per the CDC guidelines and continued to make patient and/or telephone visits to ensure the safety and health of our seniors. Two affordable housing units for low income seniors, Lady Shaw with 75 residents and Autumn Glow with 15 residents continued operation and management to provide high quality daily 24-hours of assisted living managed by our Housing Services unit. To address social isolation and other needs of our seniors during COVID-19, video conferencing and wellness calls were provided by our Social Services unit. Under COVID-19 guidelines, our Employment Training and Economic Development unit and our Health
GREETINGS FROM
THE CHAIR

Insurance Counseling Programs in San Francisco and San Mateo counties made modifications to their training and counseling programs with the use of virtual tools (Zoom) and telephone and video conferencing calls. I am pleased to report that the well-being of our seniors is being cared for and with the utmost safety and compliance under the CDC's recommended COVID-19 guidelines during the pandemic and we will continue to do so.

The above successful programs and services are due mainly to Self-Help's leadership by Anni Chung, President and CEO, and the dedicated and selfless staff and volunteers that come into work every day to serve the seniors. They are our Heroes!

Today, please support our “Fund A Need” campaign so that Self-Help can continue to serve the vulnerable seniors in our community. The Board and staff thank each of you for your generous donation and support of Self-Help for the Elderly. We are hopeful that in 2021 a safe vaccine will be available and we are hopeful that our twelve senior centers will re-open to allow much needed social contact for our seniors. I thank you, stay safe and well.

May L. Wong, Chair
Self-Help for the Elderly
Board of Directors
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* 16-17 HONOREES: 2020 FRIEND OF THE ELDERLY: NORMAN LAU

* 18-19 HONOREES: 2020 FRIEND OF THE ELDERLY: NORMAN YEE

* 20-21 MASTER & MISTRESS OF CEREMONIES:
  
  DAVID LOUIE, ABC 7 & JANA KATSUYAMA, KTVU FOX 2

* 22-23 ENTERTAINMENT: JOE JR. & MARGARET CHEUNG

* 24-25 2019 LONGEVITY GALA MOMENTS

* 27-44 ADVERTISEMENTS
PROGRAM

Friend of the Elderly Awards Presentation

Make a Difference

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SPECIAL THANKS
SHE HOPE 2020 VIRTUAL GALA

MASTER OF CEREMONIES
Jana, Katsuyama, KTVU Fox 2
David Louie, ABC7

ENTERTAINMENT
Joe Junior, Hong Kong English Pop Singer, Movie & TV Star
Margaret Cheung Leading Musical Theatre Actress in Hong Kong

GALA PRODUCTION
Alex Liu Herra Productions, LLC

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PHOTOGRAPHY SOURCE
Frank Jang Kee Photo
This 2020 Virtual Gala Committee is made up of passionate individuals, boards, staff and volunteers. The planning of the 54th anniversary Gala began in October 2019.

Virginia Bakken  
Eva Lai-Kit Jones  
Jeanie Lee  
Daisy Li  
Collette Kondo

Pinkie & Robert Laye  
John Lee  
Christina Ng  
Jane Yang  
Helina Fan

Beverly Lee  
Megan Lee  
Antonia Tu  
Flora Zee

Contributors: Helen Hubbs, Rosalyn Koo, Bassie Lee, Diane Lee, Russell Leong and Joan Wilson.
In the next 15 years, the number of adults over the age of 65 will increase by 72% and the number of seniors over age 85 will increase by 250% in this country.

By 2030, 60% of baby boomers nationally will have more than one chronic disease. One in five seniors will have a physical or mental disability. 23,300 older adults in the San Mateo County alone will have developed Alzheimer's. Unless we take action now, the population will need healthcare and community-based services far beyond what existing programs can provide. Self-Help’s current capacity to provide Adult Day Service (ADS) is stretched to the limit.

We need your help tonight.
For $100, you will enable a senior or disabled adult to receive 1½ days of day care service by our Adult Day Services Program.

For $500, you will enable 90 seniors to enjoy a hot meal.

For $1,000, you will enable a senior or disabled adult day health care, or Alzheimer’s day care 5 days a week for 2½ weeks.

For $1,500, you will enable a caregiver to receive respite 3 days a week for 6 weeks while their loved one is taken care of by our Adult Day Services program.

For $2,500, you will enable 700 homebound seniors to receive a home-delivered meal.

For $5,000, you will enable 900 seniors to enjoy a hot meal.

For $10,000, you will enable a senior or disabled adult with cognitive and/or physical impairments to receive adult day health care or Alzheimer’s day care 5 days a week for 6 months.

Your participation, whether you bid, sponsor, give or spread the word, makes a positive impact on the most vulnerable communities.
Chinese Community Health Care Association (CCHCA) has provided services to families in San Francisco for three generations. Established in 1982 as a non-profit Medical Group, CCHA has been providing the people of San Francisco with quality service and culturally competent health care through a network of highly skilled physicians. CCHCA is proud to have second-generation member physicians on the team to carry on the tradition and understand the culture and needs of the community they serve. Services are offered in a variety of Asian languages including Cantonese and Mandarin.
非常時期就診大有效用
華人醫生分享遠距醫療
美亞醫療集團從醫30多年的陳靖傑內科/家庭科醫生25日分享他如何與患者進行遠距醫療，並提出要注意的事項。

手機啟動遠程醫療
實際測試不盡人意
使用遠程在線視頻醫療診症，可解決疫情期間看病難的問題。

疫情下的心理建設
美亞醫療集團（AAMG）小兒科專科醫生許欣欣（Jennifer Hsu）表示，一些原本可以自己上廁所的小孩，會出現失禁，有些睡覺困難的程度增加，有些更加粘著母親，也有头痛、肚子痛等情況也增加了。

多國現兒童罕見PMIS
兒科醫生談如何防治
美亞醫療小兒專科醫生許欣欣（Jennifer Hsu）15日接受本報採訪時表示，多系統炎症綜合症（PMIS）是一種新的兒童疾病，醫生認為這與患有COVID-19有關，它是感染病毒後的免疫反應。這是類似於川崎病和中毒性休克綜合症的發炎性疾病。它可能導致嚴重的心臟和器官問題，需要重症監護病房治療。

兒科醫生分享疫情下親子相處之道
許欣欣醫生建議家長放下身段，保持平等的態度，孩子敞開心扉，彼此間增加溝通，才能給孩子帶來情緒安全（Emotion Safety）。現在很多關於疫情的負面資訊，但孩子可能就無法應對，不知道如何區分正面、負面，家長要幫助小孩進行篩選、篩選。

華美醫師協會與東華醫院重啟合作
「我們一直都希望能與東華醫院、CCHP重新修補關係，積極與東華醫院歷任董事會接洽，這也是前主席李家仁醫生的遺願。」

兒科名醫李家仁辭世 社區待疫後開紀念會
是三藩市知名度最高的華人兒科醫生，他學術高、資歷深，為人和藹可親，與兒童及父母非常友善，遂成為朋友。他的病人不少是跨世代的，從父母親到子女，李家仁醫生看着兩代人成長。因此，李醫生每逢上街，總會遇到很多朋友，從50歲到幾歲都有。

醫生官員齊發聲
抗議特朗普言論
總統特朗普日前在俄克拉荷馬州塔爾薩（Tulsa）舉行的集會上再次將新冠疫情稱作「功夫流感」（Kung-Fu）引抨擊。華人社區抗疫聯盟30日召集來自全國各地的社區和醫療組織負責人在華埠東華醫院呼籲結束種族分裂言論，促進跨文化共同價值和利益，共同度過公共健康危機。

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In 1986 Norman Lau joined the Yau Kung Moon Kung Fu Sport Association headed by Grand Masters Derrick Lok Sang Lee & Michael Lau. This helped pave the way to his future in martial arts and lion & dragon dance. In 2012 he entered the team into America’s Got Talent becoming one of the top 48 finalist. Then in 2013 he decided to make it his career in hopes to turn it into a full time living. Fast forward 7 years he was able to establish programs at over 30 public schools in San Francisco (K-12), completed over 1300 shows, and
done tons over work within the community. Flashback to the summer of 1986, the very first opportunity to serve the community as a 9 year old boy started with Self-Help for the Elderly (SHE) through our Choy Chang Fundraiser. This was an amazing and memorable experience that many lion dance groups were apart of as they would spread their luck from store to store to raise money for SHE and at the end of the day all of the groups would gather at the historic Portsmouth Square in the heart of Chinatown to form a circle to celebrate the long day with a historic martial arts and lion dance display. From that day on he came back every year for this event until it ended in 2016. Since then he has converted over to help lead the parade for our Longevity Walk, San Mateo Autumn Moon Festival, and Choy Chang in Milpitas and Dublin every year. His mission to expand martial arts and lion dance has brought more youth into the community to assist, lead, and grow our community eventually passing down an organization I that will evolve to new heights.
For the past 40 years, San Francisco Supervisor Norman Yee has worked on behalf of San Franciscans. With a passion to advocate for children, youth and families, as well as seniors, his decades-long interest in early childhood development has resulted in the creation of numerous civic organizations and initiatives, including the San Francisco Early Head Start Program, the Asian Parent Education Network, the San Francisco Child Care Providers Association, and the Chinatown Beacon Center. He served on
the board of directors of the San Francisco Child Care Providers Association and the Chinese Culture Foundation.

After he served as the Executive Director of Wu Yee Children's Services for 16 years, growing it into a multi-million-dollar organization that is now the city's largest Early Head Start provider, he turned to public service. San Franciscans elected him to the Board of Education in 2004 and resoundingly re-elected him in 2008. During that tenure, he led the Superintendent search to bring a divided school board together and spurred a renewed commitment to serving all students as President of the Board of Education.

Norman was first elected to the Board of Supervisors in 2013 to represent District 7. He continues his second term on the board, working to build stronger communities and improve the City's quality of life before his term ends. In 2019, his peers elected him to be President of the Board of Supervisors. As Norman has said numerous times, "I will work with anybody. I am not here to compete and I'm always willing to help tackle a problem. My agenda is to help people."

As Supervisor, Norman has fought for protection and rights of seniors in our community. He has supported the efforts of Self Help for the Elderly, as well as advocated for better housing options for seniors throughout the City.

A third-generation San Franciscan, he grew up playing basketball in Chinatown, and helping at his family-owned grocery store. A product of San Francisco public schools, Norman went on to earn a B.S. in Civil Engineering from UC Berkeley and an M.A. in Education from San Francisco State University.

He was an active parent, coaching his daughters' sports teams and bringing language immersion programs to West Portal Elementary School, Alice Fong Yu Alternative School, and Hoover Middle School. His daughters attended Lincoln High School and Lowell High School, and both currently work in the education field. Norman adores his grandchildren, enjoys traveling, salsa dancing, and spending time with his family.
David Louie has been a reporter for ABC7 News for 45 years. From tracking the emergence of Silicon Valley to the growth of the Bay Area as a key hub of the Pacific Rim economy, he has been on top of the region’s biggest stories. Along the way, he has received national and local recognition, including three Emmy Awards.

David joined ABC7 in 1972 after graduating from Northwestern University’s Medill School of Journalism, becoming the station’s first and the Bay Area’s senior Asian American reporter. His tenure at ABC7 includes serving as the East Bay and Peninsula bureau chief, business and technology editor, and financial news anchor.

David is a highly decorated journalist, having received many honors including the Lifetime Achievement Award from the Asian American Journalists Association, where he also served as the national presented for two years. David also became the first minority-elected Chairman of the Board of the National Academy of Television Arts & Sciences that bestows TV's coveted Emmy Award.

David currently is a trustee of the Radio and Television News Directors Association (RTNDA) in Washington, D.C. In 1999, RTNDA awarded him the Rob Downey Citation for exceptional service. Mr. Louie has also served on the boards of several Bay Area community organizations.
Jana Katsuyama joined the KTVU Channel 2 News team as a freelance reporter in April 2007 and was promoted to a full time staff reporter and fill-in anchor in January 2008.

She began her reporting career at KBJR in Duluth, Minnesota. From there, she moved to Dayton, Ohio where she worked as an Anchor/Reporter at WDTN-TV. Jana says working as a journalist is her dream job. “I enjoy learning about issues, investigating problems, and meeting people every day from so many backgrounds.”

Jana is an award-winning journalist with Ohio Associated Press awards for Best Broadcast Writing and Best Enterprise Reporting, an award from the Society of Professional Journalists, as well as several Emmy Award nominations. She is also a member of the Asian American Journalists Association.

She was raised in Ohio and graduated from Oberlin College with Honors in English Literature and a second major in East Asian Studies. She worked overseas in Japan after college before pursuing her career in broadcast journalism.

Jana currently lives in the Bay Area with her husband. She says most of her relatives live here in the Bay Area, so it feels like home. Jana's other interests include jazz, classical music, dance, cooking, cycling, and tennis.
Joe Junior

Joe Junior is a popular Hong Kong English pop singer from Macau during 1960s. He has been in a number of TVB dramas and regularly appeared on TV music programs as a host and performer.
Margaret Cheung  張國穎

Margaret Cheung is a leading actress in Hong Kong’s local musical theatre scene. She graduated with a Diploma in Performing Arts from the School of Drama at the Hong Kong Academy for Performing Arts. Theatre credits include leading and supporting roles in A Good Woman of Szechwan, Our Town, A Midsummer Night’s Dream, Title of Show, Edges, The Sound of Music, The Fully Monty, A Chorus Line, Nunsensations, and Nunsense, for which she received a nomination for best supporting actress by the Hong Kong Drama Awards.

A keen musician, she played drums and percussion in concert bands, stage bands and orchestras growing up in Australia, and has performed as both singer and drummer with the jazz band of the Hong Kong Academy for Performing Arts. As vocalist, she is a student of the Estill Voice Model and is currently mentored by Beilosi Fung in vocal performance. In 2017, she was invited by Hong Kong Sinfonietta to present her first solo concert “My Technicolor Childhood” at the Hong Kong Fringe Club Dairy. She is a regular guest performer for local acappella ensembles Yat Po Singers and Orange, and has performed backing vocals for pop artists Coco Lee, Miriam Yeung, Leon Lai, Kelly Chen, Janice Vidal, Deanie Ip, Anthony Lun and Edmond Leung.
MOMENTS
OF LONGEVITY GALA 2019
April 25, 2020

Dear Friends,

Welcome to the Longevity Gala, the 54th Anniversary of Self-Help for the Elderly (SHE)! As one of San Francisco’s representatives in the California State Assembly, I want to congratulate Self-Help for the Elderly for their 54 years of service to seniors in the Bay Area community.

Serving over 40,000 seniors from San Francisco, San Mateo, Alameda and Santa Clara counties, Self-Help for the Elderly has promoted the independence, dignity, and self-worth of older adults for over half a century. Their passionate mission of empowering seniors through social, health, employment, and educational services has aided seniors throughout the Bay Area.

Thank you for all your hard work, contributions and service to seniors of the Bay Area through appropriate cultural and linguistic care. I want to congratulate Self-Help for the Elderly for their dedication to serving the elderly. It is an honor to serve you in Sacramento.

Sincerely,

Philip Y. Ting
Assemblymember, 19th District
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Donna, Traci, Andrew, Ian, Hannah, Malia, Clifford, Kristi, and Banji

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In Love and Remembrance

Madame Sze Chung Liang - To
1908-2000

If tears could build a stairway,
and memories a lane,
We'd walk a path and bring you back to us.

You'll be in our hearts forever

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In Loving Remembrance
of

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Mr. Hem S. Gin
1919-2009

Forever in Our Hearts

Bassie Lee and Family
IN HONOR AND MEMORY OF JERRY LEE

His commitment to Self-Help for the Elderly and community service continues to inspire us to lead a principled life -- and do the right thing for the right reason.
IN MEMORY OF JERRY LEE

AN EXTRAORDINARY HUSBAND AND FATHER
A COMPASSIONATE PARTNER OF OUR COMMUNITY

Jerry Lee
1952-2014

He took good care of us.
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☐ 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 donate stocks 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. ______________________________________

First Name ____________________________ Last Name ____________________________

Please send appropriate acknowledgement to: Mr./Mrs./Ms. ____________________________

Address: ______________________________________

Street ____________________________ City ____________________________ State ____________________________ Zip Code ____________________________

☐ I have included Longevity Fund in my estate plans.

☐ Please contact me with information about including 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, please visit: www.selfhelpelderly.org/donate
Happy 54th Anniversary to Self-Help for the Elderly

“We truly appreciate Self-Help for the Elderly’s 54th years of services in our community. Your dedication and loyalty will be forever cherished.”

Residents of Lady Shaw Senior Center