

Golden Lines

黃金點滴

WINTER 2020 • VOL 27 ISSUE NO.2

二零二零年 冬季 · 第二十七冊 第二期



Check Presentation (L-R): Mrs. Ya Ci Wu & Mr. Wo Pei Wu, Lady Shaw Housing Residents; Dr. Joseph Woo, Director of Community Relations of CCHCA; Dr. Mai-Sei Chan, Treasurer of CCHCA; Dr. Fred Lui, President of CCHCA; Anni Chung, President & CEO of Self-Help for the Elderly; and Alex Tan, Director of Nutrition and Senior Centers at Self-Help for the Elderly

Chinese Community Health Care Association (CCHCA) Supports Self-Help for the Elderly to Strive for the Improvement of Seniors' Health

Self-Help for the Elderly is honored to be a beneficiary of Chinese Community Health Care Association (CCHCA) and our work together to do good for the senior community in the San Francisco Bay Area. For three consecutive years, CCHCA has awarded Self-Help for the Elderly \$100,000 each year to provide nutritious meals for the seniors.

At the virtual press conference, President of CCHCA, Dr. Fred Lui, explained CCHCA's mission to strive to support the improvement and promotion of public health for the community. He became very impressed with what Self-Help does; over the years, CCHCA's commitment to Self-Help has increased. He acknowledged Self-Help for feeding the seniors during COVID and



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華美醫師協會支持安老自助處
努力促進長者健康生活

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Dignity Health St. Mary's Medical Center Awarded the Asian Health Collaborative to Address Critical Healthcare Needs in the Asian Community
Dignity Health / 聖瑪利醫療中心
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Self-Help for the Elderly (SHE)
HOPE 2020 Virtual Gala
安老自助處二零二零年網上
《迎福長壽宴》

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We Have Completed 47,135 Miles to Walk, Run, Ride to the Moon
安老自助處雲端慈善健身活動
一步行、跑步、踏單車往月球
完成 47,135英里

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Comcast & Self-Help for the Elderly's Intergenerational Youth Leadership & Technology Program Graduation
Comcast及安老自助處《跨世代青少年領袖及科技計劃》畢業典禮2020

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Self-Help for the Elderly's Annual Thanksgiving Luncheon Brings Love & Warmth to the Community
200 Volunteers Distributed and Delivered 3,000 Thanksgiving Meal Kits to Seniors and Families with Children
安老自助處年度感恩社區傳遞愛與溫暖
二百名志願者派發及遞送了二千八百多份感恩節火雞餐盒及禮物包給予長者及弱勢家庭

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Self-Help for the Elderly

安老自助處

This program is made possible with a grant from the City & County of San Francisco Department of Disability & Aging Services.



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



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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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Lady Shaw Housing Residents, Mr. and Mrs. Wo Pei Wu presented a painting titled Longevity Crane to Dr. Chan, Dr. Lui and Dr. Woo, in appreciation for CCHCA's support and care for the seniors.

CCHCA appreciated Anni and the Self-Help team for providing the meal services that their patients have needed, especially during the pandemic.

Since March, many of the seniors have not been able to go out and have had to stay at home for a long time. Self-Help for the Elderly has continued to provide critical services like the nutritious meals and home-delivered meals program; over the phone counseling; social services; and virtual services to care for the seniors. Furthermore, CCHCA and Self-Help have collaborated to provide home care, hospice and other essential services to the homebound seniors, ensuring they are healthy mentally and physically.

In addition, Self-Help for the Elderly collaborated with CCHCA to establish a Chinese Community Task Force on COVID-19 where community professionals and leaders gathered to discuss and disseminate the latest and reliable information about the pandemic and interpret it in a way that applied to the Chinese community.

Since June, Self-Help reopened seven Activities Centers. Currently we are offering over 6,600 nutritious meals-to-go per week for the seniors in San Francisco; we also resumed the Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) program and home-delivered meals program.



Dr. Lui and Dr. Woo delivered nutritious meals to the Lady Shaw residents.

To learn more about the daily menu and the programs and services of Self-Help for the Elderly's

Nutrition and Senior Centers, please visit www.selfhelpelderly.org/locations or call 415-677-7600.

華美醫師協會支持安老自助處努力促進長者健康生活

安老自助處很榮幸成為華美醫師協會的受益者，並與其共同為灣區三藩市的長者服務。今年已經是華美醫師協會連續第三年頒發十萬美元給予安老自助處，為長者提供營養餐。

在雲端的新聞發佈會中，華美醫師協會主席雷雨行醫生向大家分享協會的使命：華美醫師協會一向以促進華人健康為宗旨，關懷社區及鼓勵本地健康事業的發展。他表示安老自助處的服務使他印象深刻。多年來，協會對安老自助處的承諾有增無減。他們很高興知道安老自助處在疫情大流行期間仍然為長者提供服務。華美醫師協會主席雷雨行醫生說。在結束致詞時，雷主席感謝我們的行政總監鍾月娟以及安老的團隊為華美醫師協會的病人提供營養餐及相關重要服務，特別是在疫情大流行期間。

自三月份以來，許多長者無法外出，需要長時間留在家中。安老繼續為他們提供重要的服務；例如，派發營養餐，家居送餐計劃，電話慰問服務，社會服務，以及雲端服務來照顧長者們。

此外，華美醫師協會與安老合作，為居家的長者提供家居護理，臨終關懷和所需的服務；以確保他們的身心健康。另外，華美醫師協會、安老自助處與華埠各界團體聯合創立「華人社區抗疫聯盟」，齊集社區專業人士和領袖一起去討論和發放有

關疫情大流行最新及最可靠的信息, 並以一種適合華人社區的方式來講解。

安老自助處重新開放了七個社區康樂中心, 每週為三藩市的長者派發超過六千六百份只限提取的營養餐; 亦恢復了「美味營養餐計劃」及家居送餐計劃。

欲了解有關每日營養餐餐單, 安老的營養餐計劃以及長者中心服務, 請登上www.selfhelpelderly.org/locations或致電 415-677-7600查詢。



THANK YOU ! 感謝您



Our deepest appreciation to LeeMah Electronics, Inc. and Mrs. Jean Mah for remembering the seniors and the community during the holiday season.

Mr. Efrem Ken Mah stopped by our main office on December 14 and presented Anni Chung, our President and CEO, with two monetary gifts to support our work for the seniors and the community.

Dignity Health St. Mary's Medical Center Awarded the Asian Health Collaborative to Address Critical Healthcare Needs in the Asian Community

The Asian Health Collaborative (AHC) is grateful for the \$40,000 Grant Award from Dignity Health St. Mary's Medical Center to address critical healthcare needs among low-income Asian seniors, youth and children in San Francisco.

AHC consists of three community-based organizations — Self Help for the Elderly, Chinatown YMCA, and the Asian Women's Resource Center / Gum Moon Asian Women's Residence, who have been working closely together to increase access to food, wellness checks via telephones, and important health information on both physical and mental health for the community.

For this Grant Award, AHC will be focused on food security and healthcare presentations. A designated Asian Health Collaborative SF YouTube Channel is created to share educational videos on wellness checks, health tips workshops and preventive programs like flu shots, COVID testing, etc.

The AHC partners are appreciative of this collaboration with Dignity Health St. Mary's Medical Center and its efforts to improve the health and wellness of the communities in San Francisco. At the check presentation, the members of the AHC partners thanked Alexander Mitra, Manager of Community Health at St. Mary's Medical Center for the opportunity.

The first workshop was held at Lady Shaw on December 1. AHC is honored to have the presence of Dr. Kevin Ki-Kong Ko, Otolaryngologist, to share health tips for ear, nose and throat.



Dignity Health/聖瑪利醫療中心2020年社區健康補助金頒發給《亞太裔健康聯盟》改善亞裔社區健康急需

(三藩市訊)亞太裔健康聯盟感激DignityHealth/聖瑪利醫療中心提供四萬元補助金給亞太裔健康聯盟(Asian Health Collaborative 簡稱AHC) 伙伴, 從時解決三藩市低收入的亞裔長者、青年和兒童急需的保健需求。亞太裔健康聯盟由安老自助處、亞洲婦女服務中心/金門女子公寓及華埠男青年會行組成。它們一直緊密合作, 從增加食物資源、透過電話進行健康檢查、提供有關身體及精神健康在社區內的重要信息。

亞太裔健康聯盟稱今次的補助金將專注於食物安全、特別推出 Asian Health Collaborative SF YouTube Channel 《三藩市亞太裔健康聯盟教育頻道》發佈有關醫療保健、健康檢查、小組研討會和預防計劃。例如流感預防針注射, COVID (新型冠狀病毒)測試等。

亞太裔健康聯盟感謝聖瑪利醫療中心代表Alexander Mitra 先生親臨安老自助處的邵逸夫爵士夫人中心頒贈支票儀式。

首場健康講座於十二月一日在邵逸夫爵士夫人中心舉行。亞太裔健康聯盟非常榮幸地邀請耳鼻喉專科醫師何其康醫生作演講, 與大家分享有關耳、鼻和喉的健康秘訣。



A big Thank You to the friends at Truedan Westlake for their visit and sweet treats for our home delivery meals and housing team members and volunteers.

Truedan Westlake management had committed to donate a portion of their first month's revenue to support Self-Help for the Elderly in September. On December 21, representatives from Truedan Westlake -- David Chan, Joe Kwan, Dickson Sum and Joseph Lau -- stopped by Lady Shaw Activity Center and presented the checks to Anni Chung, our President and CEO.

Additionally, they surprised us with 50 fresh milk with brown sugar boba & crema and thai tea lattes for our staff and volunteers. Thank you, Truedan Westlake.



SHE HOPE 2020 *Virtual Gala*



Self-Help for the Elderly (SHE) HOPE 2020 Virtual Gala

2020 was an unprecedented year filled with uncertainties and changes. At the same time, this extraordinary year offered many opportunities and gave us hope. Since March, many of us cannot go out and have to stay at home for a long time. Henceforth, we took the opportunity to bring Longevity Gala, our largest celebration and fundraiser of the year, to the homes of our community leaders, benefactors, friends and supporters.

Self-Help hosted its first two-day SHE HOPE 2020 Virtual Gala on November 11 – 12 to celebrate friendship; honor Friends of the Elderly for their commitment to the community; and raise funds for Self-Help to maintain programs and services in five Bay Area counties during the pandemic.

The two-day event kicked off on Veteran's Day holiday with a VIP Reception and a surprise party to celebrate the 94th birthday of our dear Board Member Rosalyn (Roz) Koo. The reception was well-received as the virtual event connected many friends and guests from different cities, states and time zones. Thanks to Self-Help's passionate enthusiasts and supporters who participated and pledged monetary gifts made in honor of Roz's birthday, the first evening of SHE HOPE 2020 Virtual Gala concluded with a blissful vibe.

The main program of SHE HOPE 2020 Virtual Gala was live-streamed on November 12. This year, the Friend of the Elderly Award went to one highly regarded organization and two distinguished individuals who worked tirelessly to champion and empower the community. The 2020 Friend of the Elderly Awardees were Chinese Community Health Care Association (CCHCA), Creator and Founder of LionDanceMe, Norman Lau, and President Norman Yee of the San Francisco Board of Supervisors.

Apart from the award presentation, our virtual Gala guests were invited to participate in the online silent auction; real-time Make a Difference online, by phone or mail; and Grand Raffle. Additionally, we were thrilled to have the talented Joe Junior and Margaret Cheung to join us from Hong Kong. Joe and Margaret cheered the guests with two wonderful songs.

Thanks to the generosity of many benefactors, friends and supporters, we reached and exceeded our goal of \$500,000. Proceeds will maintain these services while the stay-at-home order is in place: the homecare and hospice programs; senior housing; nutritious meals and home-delivered meals programs; virtual activities; social services; and wellness checks. Our deepest appreciation to David Louie and Jana Katsuyama, the Master and Mistress of Ceremonies of SHE HOPE 2020 Virtual Gala, for their spectacular performance. Additionally, our heartfelt gratitude goes to our HOPE 2020 Virtual Gala Committee for the enduring trust and support to make our first virtual Gala a reality.

Last but not least, from the bottom of our hearts, we thank our board, corporate friends, donors, funders, supporters, staff and volunteers for making many personal sacrifices so our nutrition meals and home-delivery meals programs continue for the homebound seniors and adults with disabilities.

Next year is our 55th anniversary. With joy and hope, we anticipate to celebrate with you the Longevity Gala on October 31, 2021!

安老自助處二零二零年《希望》虛擬長壽晚會

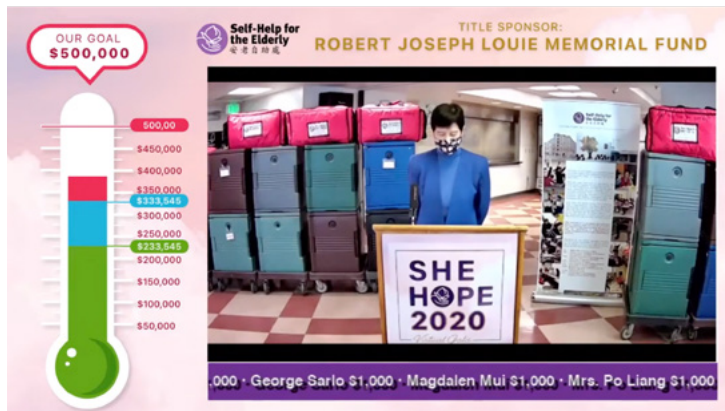
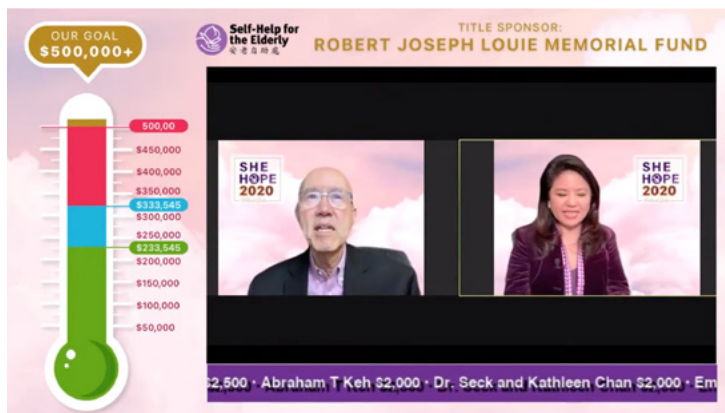
二零二零年是前所未有的一年，充滿不穩定性和變化。同時，這一個不平凡的一年亦創造了許多機會，並給予我們希望。自三月以來，我們許多人無法外出，必須長時間留在家裡。因此，我們藉這機會將本年度最大的慶祝和籌款活動——《長壽晚會》帶到社區領袖，善長，朋友和支持者的家中。

安老自助處分別於十一月十一日及十二日舉辦了為期兩天的安老二零二零年度《希望》虛擬晚會，慶祝友誼；表揚安老之友對社區的承諾；亦為安老自助處籌集經費，以維持其在疫情大流行期間在灣區五個縣內的計劃和服務。

為期兩天的活動在退伍軍人節假期以舉辦重要嘉賓的招待會，以及一個驚喜派對為慶祝我們親愛的董事會成員顧陳晉明女士 (Rosalyn Koo) 的九十四歲誕辰而展開序幕。這次虛擬活動普遍受到了好評，因為它成功地將來自不同城市或州的朋友和嘉賓同一時間聯繫一起。感謝安老自助處支持者熱情的參與，並承諾為嘉賓顧陳晉明女士的生日而捐獻的禮物。安老二零二零年度《希望》虛擬晚會的第一個晚上在愉快的氛圍下圓滿結束。

安老二零二零年度《希望》虛擬晚會的主要節目於十一月十二日進行了網上直播。今年，「安老長者之友獎」頒給了一個備受讚譽的社區組織和兩名傑出人仕。他們不懈地努力擁護社區權益，並賦予社區力量。二零二零年安老長者之友得獎者分別是：華美醫師協會 (CCHCA)，LionDanceMe舞獅團隊的始創人，劉世民 (Norman Lau)，以及三藩市市參事主席余鼎昂 (Norman Yee)。

除頒獎儀式外，我們還邀請了虛擬晚宴上嘉賓即時參與網上的無聲拍賣。通過電話或電郵實時在網上參與募捐籌款活動——「創造改變」和大抽獎。此外，我們很高興邀請到



有才華的祖·尊尼亞 (Joe Junior) 和張國穎 (Margaret Cheung) 從香港加入我們。祖·尊尼亞和張國穎特以兩首美妙的歌曲為客人們歡呼。

在此感謝眾多善長，朋友和支持者慷慨解囊，我們達到並超越了我們的籌款目標，籌得超過五十萬美元。活動的收益將在家居令實施期間繼續維持我們承諾對長者的服務：家庭護理和臨終關懷計劃；長者住房；營養餐及家居送餐計劃；網上活動；社會服務；以及健康諮詢。

我們對安老二零二零年度《希望》虛擬晚會的主持人，David Louie及Jana Katsuyama表示最深切的感謝，感謝他們卓越的表現。此外，我們衷心感謝安老二零二零年度《希望》虛擬晚會委員會的長期信任和支持，以致使我們的第一個虛擬晚會成功實現。

最後但亦是最重要的一點，我們衷心地感謝我們的董事會，合作夥伴，善長，贊助商，支持者，工作人員，以及志願者作出的許多個人捐獻，因此，我們可以繼續為那些安在家中的長者及成人殘障人士提供營養餐以及家居送餐計劃。

明年會是我們的五十五週年。我們期待著充滿喜悅和希望，與您在二零二一年十月三十一日一起慶祝長壽晚會！

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Thank you, friends from Golden State Warriors -Asian American & Pacific Island Employee Resource Group, for volunteering with us.

Self-Help for the Elderly welcomed the friends from Golden State Warriors – Asian American & Pacific Islander Employee Resource Group to volunteer at our Geen Mun Activity Center on December 22. The seven volunteers were Miguel Guerrero, MJ Jung, Jared Lacson, Alisa Petrucci, Beth Rivera, Brennan Wasan, and Myrna Zhang. Our volunteers spent a morning and assisted in assembling 200 nutritious meal kits, registering participants, and giving out meals. Thank you, Miguel, MJ, Jared, Alisa, Beth, Brennan and Myrna for the love for the community.





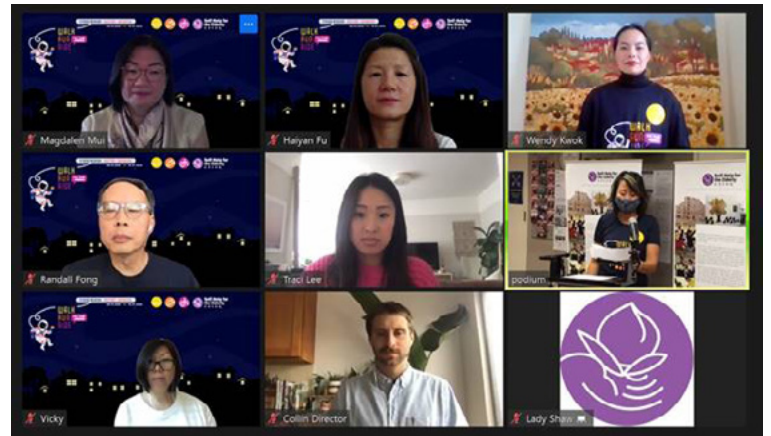
We Have Completed 47,135 Miles to Walk, Run, Ride to the Moon

In responding to the COVID-19 “Shelter In Home & Social Distancing” orders, Self-Help for the Elderly (SHE) combined the Annual Longevity Walkathon Parade and San Mateo Center’s Annual Autumn Moon Festival Celebration to Walk, Run, Ride to the Moon. The event concluded on October 1, 2020 in which Autumn Moon Festival fell on the same date on the lunar calendar. This is Self-Help for the Elderly’s first virtual fitness event that combines personal fitness, charity, and community. It is vital to encourage hope and to care for our physical and mental health. In Chinese culture, the full moon is the brightest on this night and signifies completeness and family unity.

We were overwhelmed by the love and support of many benefactors, corporate friends and fitness enthusiasts. The encouraging responses exceeded our expectations. With 468 participants who chose a favorite fitness activity to support a good cause, the Walk, Run, Ride to the Moon event garnered over \$115,000 in 47 days. The donation advanced Self-Help for the Elderly’s COVID-19 Emergency Meals Delivery Program and interactive online classes for seniors.

Leaderboard

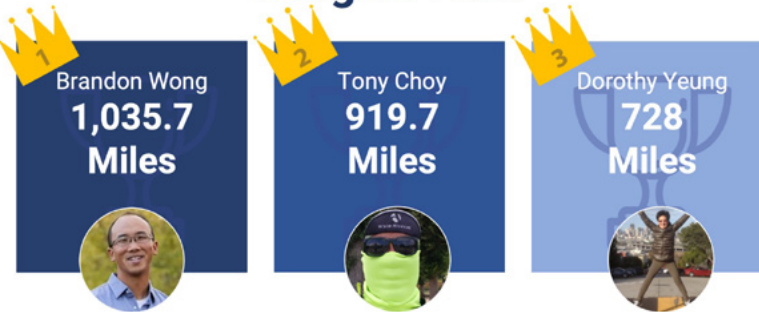
- **Overall Largest Team:** WeWok for Seniors with 67 participants
- **Top Three Most Likes Photos:** May Key Lee; Jeanie Lee; and Weekendshutterbug



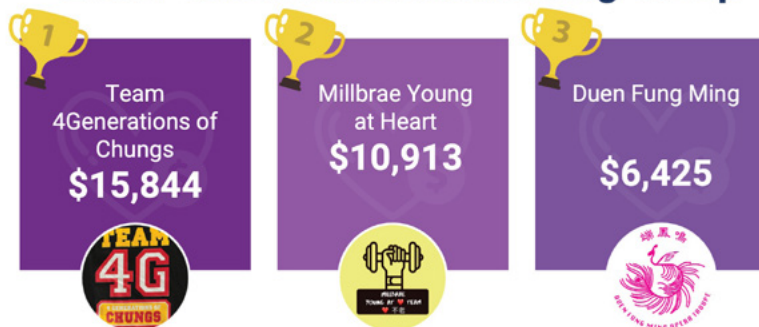
Walk, Run, Ride to the Moon Virtual Press Conference on September 3.

- **Individuals Who Obtained the Most Miles:** Brandon Wong (180.9 Miles); Dorothy Yeung (163 Miles); and Christopher Sickels (114 Miles)
- **Individuals Who Obtained the Most Footprints:** Wendy Kwok (29,900 PTS); Maykey Lee (14,350 PTS); and Carey Wong (12,250 PTS)
- **Individuals Who Obtained the Longest Path:** Brandon Wong (1,035.7 Miles); Tony Choy (919.7 Miles); and Dorothy Yeung (728 Miles)
- **Most Active Fundraisers:** Eva Lai-Kit Jones (\$9,500); Maggie Mui (\$7,475); and Dorothy Yeung (\$5,350)
- **Groups Accomplished The Longest Path:** WeWok for Seniors (7,923.9 Miles); Vitality Rock-IT! (7,129 Miles); and Team 4Generations of Chungs (3,430.1 Miles)
- **Groups With The Best Fundraising Performance:** Team 4Generations of Chungs (\$15,844); Millbrae Young at Heart (\$10,913); and Duen Fung Ming (\$6,425)
- **Super Senior Award:** Winnie An who attended 29 virtual fitness classes and completed 87 miles

Longest Path



Best Performance Fundraising Group



安老自助處雲端慈善健身活動- 步行、跑步、踏單車往月球》完成 47,135英里

為了回應新冠狀病毒疫情的家居避疫令及保持社交距離，安老自助處綜合了三藩市的黃金百萬行及聖馬刁中心的週年中秋節慶典，由八月十五日至十月一日（即中秋節正日）舉辦《步行、跑步、踏單車往月球》，這是我們首屆綜合社區和個人健身的雲端慈善籌款活動，以鼓勵及祈望去照顧各人身心健康，這個雲端活動成為了將朋友和家人聯繫在一起保持健康的理由。在中國傳統文化中，月亮在中秋節正夜是最圓和最光亮的，代表團圓和家庭相聚。

安老十分感激各界的支持，贊助商和運動參賽者的響應超出了我們的預期。

四百六十八名參賽者自選最喜歡的健身活動來支持安老，步行、跑步、踏單車往月球活動在四十七天內籌得超過 \$115,000。活動捐款支持安老的新冠病毒緊急送餐服務和為長者而設的雲端活動。

步行、跑步、踏單車往月球活動排行榜

- **整體最大的參賽團隊:** WeWok for Seniors (67人)
- **最喜愛的照片:** Maykey Lee; Jeanie Lee 和 Weekendshutterbug
- **獲得最高里程的參賽者:** Brandon Wong (180.9 Miles); Dorothy Yeung (163 Miles) 和 Christopher Sickels (114 Miles)
- **獲最多足蹟的參賽者:** Wendy Kwok (29,900 PTS); May Key Lee (14,350 PTS); 和 Carey Wong (12,250 PTS)
- **獲最長路徑參賽者:** Brandon Wong (1,035.7 Miles); Tony Choy (919.7 Miles); 和 Dorothy Yeung (728 Miles)



- **最活躍籌款參賽者:** Eva Lai-Kit Jones (\$9,500); Maggie Mui (\$7,475); 和 Dorothy Yeung (\$5,350)
- **完成最長的路徑參賽組:** WeWok for Seniors (7,923.9 Miles); Vitality Rock-IT! (7,129 Miles); 和 Team 4Generations of Chung (3,430.1 Miles)
- **最佳籌款的團體:** Team 4Generations of Chung (\$15,844); Millbrae Young at Heart (\$10,913); 和 Duen Fung Ming (\$6,425)
- **超級耆英大獎:** Winnie An who 參加了二十九個網上健身課程並完成了八十七英里的路程



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

On December 22nd, 2020, there were 17 students who graduated from the program. Comcast & Self-Help for the Elderly's Intergenerational Youth Leadership & Technology Program has been a success for over 10 years, educating young students from inner city neighborhood with the tools necessary to succeed in today's competitive environment.

Under the guidance and support from Anni Chung and the financial support of Comcast, the program was able to reach many students in the Chinatown neighborhood. The students were taught leadership skills, financial literacy and computer technology for almost a year, every Saturday morning at our 601 Jackson Street facility. Students from the program came from diverse backgrounds and of different ages. This made them very unique and different than most classes. They were led by qualified instructor, John Nguyen, who is dedicated and competent in both computer technology and financial literacy.

While the students competed against one another

in the class, they also learned to work effectively in various teams to accomplish their goals. They also participated in multiple charitable events, which Self-Help for the Elderly hosted and worked closely with the seniors through their volunteering. Most memorable events were the Cantonese Opera Event, where the students helped guide seniors to their seats, and the Longevity Walkathon, where they walked alongside with the neighborhood seniors and San Francisco mayor, London Breed.

It is the goal of the program to produce well rounded young leaders with the focus to help them break the cycle of poverty and develop compassion for the charitable work. This year's graduation ceremony will be commenced by Anni Chung, Self-Help for the Elderly's CEO & Mr. Auyoung Dillon, Comcast's Director of Government Affairs of San Francisco & Northern Peninsula. Two of the people, whom these students can look up to and emulate as concrete examples of success.



Comcast及安老自助處的《跨世代青少年領袖及科技計劃》畢業典禮2020

在十二月二十二日，十七位學生從這個計劃中畢業。Comcast及安老自助處的《跨世代青少年領袖及科技計劃》已完滿成功舉辦超過十五年，教導三藩市市內的年青學生技能，例如領袖技能，金融知識，及電腦技術等，切合現今激烈競爭的環境要成功所需。許多學生繼續學習並被不同的大學取錄，成為家庭中第一個進入學院就讀的成員。

自二零零零年起，該計劃由Comcast在全國範圍內資助，名稱為「Comcast Digital Connectors」。該計劃接受了來自美國各地不同背景的貧困學生。在三藩市華埠社區，Comcast與安老自助處合作，為灣區三藩市的學生提供指導。「Comcast Digital Connectors」計劃在二零一六年在美國範圍內結束。不過，因為安老自助處明白到該計劃對社區積極的影響，以及年輕人與老年人之間保持聯繫的重要性，因而決定繼續推行這個計劃，繼續為貧困的學生提供指導及協助；此計劃亦正式更名為《跨世代青少年領袖及科技計劃》。時至今天，它是「Comcast Digital Connectors」唯一遺留下來的計劃，每年的畢業率亦在逐步提高。

該計劃與眾不同的地方是它招募的學生是來自不同年級和背景。這促使學生學習如何與持有不同觀點的其他人合作，解決矛盾，並傳達他們自己的觀點。課堂於每週六上午九時，在華埠積臣街六零一號二樓的電腦實驗室舉行。在每週的課程中，學生接受了為期十個月的領導技能，金融知識和電腦技術的培訓。該計劃學生均由在電腦技術及金融知識等方面均具有資格和實力的講師John Nguyen指導。

當學生在計劃中互相競爭時，他們亦學習了在團隊中有效地工作以實現共同的目標。他們參加了由安老自助處舉辦的多個慈善活動。通過社區義工服務，他們學習如何與長者相處及緊密合作。在二零一九及二零二零年期間，該計劃的學生在安老的感恩節午餐會上提供了幫助。他們為午餐會準備了廚房區域，以便長者可在感恩節期間用餐。在慈善粵劇活動期間，他們擔任義工，成為守門員和帶位員，協助長者就座看戲。此外，最激動人心的活動之一是「安老長壽百萬行同樂日」，學生們與華埠地區的鄰里長者一起散步，並藉機會結識了三藩市市長倫敦布里德及州參議員威善高。學生能夠參與各種活動不僅可以促進年輕人參與志願服務的興趣，而且還可以增進新的友誼，使學生有意義地與他人建立聯繫。「感謝這計劃，因為它讓我認識了兩位最新最好的朋友。」該計劃2020年的畢業生Qianen Feng笑說。



總而言之，該計劃的目標是全面培養年輕的領導者，幫助他們擺脫貧困的循環，並為他們建立支持慈善發展的同情心。二零二零年的畢業典禮由安老自助處的行政總監鍾月娟女士及Comcast 三藩市及北半島政府事務總監 Auyoung Dillon先生主持。學生可以仰望並模仿其中的兩個人，作為個人和專業成功的具體例子。最後，僅代表安老自助處及受惠學生鳴謝Comcast對該計劃的財務支持。



The Au Family presented 3,000 care packages to seniors on Thanksgiving.

Self-Help for the Elderly's Annual Thanksgiving Luncheon Brings Love & Warmth to the Community

200 Volunteers Distributed and Delivered 3,000 Thanksgiving Meal Kits to Seniors and Families with Children

Self-Help for the Elderly continued its annual Thanksgiving tradition and celebration with the seniors and underprivileged families. This year, Self-Help for the Elderly teamed up with over 200 volunteers from San Francisco Police Department (SFPD), San Francisco Fire Department (SFFD), SF Sheriff's Department and corporations, to distribute and deliver over 2,800 Thanksgiving holiday meal kits to the seniors and families.

2020, due to the pandemic, has been a unique and challenging year for many, in particular the elderly and seniors due to their existing medical conditions, isolation and frailty. Many seniors and families could not go out and have had to stay at home for a long time. They are feeling lonely and depressed. Henceforth, this Thanksgiving tradition and celebration helped comfort our seniors and community and eased their anxieties.

Self-Help for the Elderly 安老自助處

Happy THANKSGIVING!

ANNUAL THANKSGIVING 感恩節週年餐會 LUNCHEON

TITLE SPONSOR 首席贊助

Anthem 安森藍十字健保公司

CARE PACKAGE SPONSORS 關懷禮盒贊助

Dr. Sik-Kee & Mandy Au

AREA LABS

UNICORN CONSULTING

Veritas

AEC ALARMS

SPONSORS 贊助

MUNCHIEF

Hung On Tong Society, Inc. 三藩市順德恆安堂

KAI MING HEAD START 啟明啟安學校

On November 26, Thanksgiving Thursday, 2,800 holiday meal kits and gift bags were available for pick-up from 11:00 AM to 12 noon at Portsmouth Square



Clubhouse; Self-Help for the Elderly's South Sunset Activity Center and Jackie Chan Activity Center.

Special acknowledgements to our sponsors for making this traditional celebration possible: our Title Sponsor Anthem Blue Cross (\$8,000 donation); Hung On Tong Society, Inc. (\$3,000 donation); SF Sheriffs & Youth Foundation (\$1,500 donation and 100 turkeys); and MoonChef. Our heartfelt gratitude to the Au Families and the affiliates in providing 2,000 complimentary care packages for the elderly. Each care package included two (2) KN95 masks; two (2) face shields; a bottle of hand sanitizer; a pack of 25 disposable masks; and a resealable pouch of alcohol wipes. The \$40,000 worth gifts were donated by Dr. Sik-Kee and Mrs. Mandy Au; AEC Alarms; Axel 8 Construction; Area Labs; Regencell; Veritas Investments, Inc.; and Unicorn Consulting.

2,000 meal kits and care packages were distributed to 800 seniors and 200 families attending Kai Ming Centers. 800 meal kits were delivered to homebound seniors by San Francisco's finest SFPD, Sheriffs and SFFD officers. In addition, Senator Scott Weiner; Assembly members David Chiu and Phil Ting; SFFD Chief Jeanine Nicholson; SF Sheriff Paul M. Miyamoto; SFPD Deputy Chief David Lazar; SFPD Executive Director Catherine McGuire; SFPD Commander Daryl Fong; Senior Analyst Sally Leung at SFPD; Supervisor Sandra Lee Fewer; and Supervisor Elect Connie Chan joined the volunteers to help distribute meal kits and gift bags to the community. To encourage

hard-to-count participation on completing the 2020 Census, Chinese Consolidated Benevolent Association (CCBA) sponsored a second raffle. Mr. Ding Lee, President of the CCBA, drew the winner at the event.



Representatives from Anthem greeted the seniors at Portsmouth Square.

安老自助處年度感恩節 給社區傳遞愛與溫暖 二百名志願者派發及遞送 二千八百多份感恩節火雞 餐盒及禮物包給予長者及 弱勢家庭

安老自助處為免長者感到失落在疫情之下如常舉辦了一年一度的感恩節。但將堂食改為包裝成感恩節火雞餐盒及禮物包，在門外派發及遞送給長者和弱勢家庭，可與大眾一起慶祝感恩節。今年，安老自助處得到來自三藩市警察局（SFPD）、三藩市消防局（SFFD）、三藩市縣警部門、以及各公司團體合共二百多名志願者協助，向長者和弱勢家庭派發及遞送了二千八百多個感恩節火雞餐盒及禮物包。

由於疫情大流行，二零二零年對於許多人來說是獨特而具有挑戰性的一年。尤其是長者，他們因為患長期病患而感到孤立和脆弱。許多長者和家庭無法外出，不得不長時間留在家

裡，他們感到孤獨和沮喪。然而，這一次感恩節傳統的慶祝活動會使我們的長者和社區的弱勢家庭得到安慰，減輕了他們生活的焦慮。

十一月廿六日，感恩節星期四，合共二千八百多份的感恩節火雞餐盒及禮物包已分別安放在華埠花園角廣場會所、安老自助處日落康樂中心、安老自助處成龍康樂中心、準備在上午十一時到中午十二時點派發。感謝我們活動贊助商使這傳統的慶祝活動得以成功舉辦。其中包括：安森藍十字健保公司Anthem Blue Cross捐贈八千元任首席贊助；順德行安堂捐贈三千元；明廚餐飲服務MoonChef贊助所有配菜及免費烹煮；「三藩市縣警與您」的基金會捐贈一千元及一百隻火雞。

此外，我們衷心感謝歐氏家庭及其子公司為長者提供二千個免費禮物包。每個禮物均有兩個KN95口罩；兩個面罩；一瓶洗手液；一包二十五個的一次性口罩；和一個可重新密封的酒精濕巾包。感謝AEC Alarm總裁歐錫基醫師及其夫人，Regencell, Veritas Investments, Unicorn Consulting, Area Labs, Alex 8 Construction 及AEC防盜系統共同捐出價值四萬元的二千份防疫禮物包給予提取午餐的長者及弱勢家庭。

活動由安老行政總監鍾月娟及基金發展部主任馬秀端以中英文鳴謝各贊助商及志願者的支持展開。為切合「長幼同樂」的訊息，安老向八百位長者及啟明啟蒙幼兒樂園中心的二百個弱勢家庭派發了二千份感恩節火雞餐盒及禮物包。其餘八百份感恩節火雞餐盒由最優秀的三藩市警察，縣警，及三藩市的消防員義務運送給行動不便的長者家中。

州參議員威善高 (Scott Weiner)、加州眾議員邱信福 (David Chu) 和丁右立(Phil Ting)；三藩市消防局局長尼克爾森 (Jeanine Nicolson)；警長保羅宮本Paul M Miyamoto，警察局副局長拉薩爾 (David Lazar)；警察局執行總監Catherine McGuire；警察局指揮官鄭友信 (Daryl Fong) 消防局分析師林靜宇Sally Leung, 市參事李麗嫦 (Sandra Lee Fewer)；獲選市議員陳詩敏 (Connie Chan) 等先後到場，與義工們一起向社區分發火雞餐盒及禮物包，並祝長者們享有一個溫馨愉快的感恩節。為了鼓勵難以統計的人口積極參與完成二零二零年人口普查，駐美中華總商會 (CCBA) 贊助了第二次人口普查抽獎活動，並由駐美中華總商會主席李鼎先生在活動現場中抽出得獎者。



Mr. Yat-Pang Au, Mr. Yat-Cheong Au, Mr. Yat-Gai Au & Mr. Yat-Han Au greeted the seniors.



Volunteers were preparing Thanksgiving meal kits for seniors



Assemblymember Ting helped serve meal kits to seniors at our South Sunset Center.



**Self-Help for
the Elderly**
安老自助處

Disinfecting and Cleaning Services



OFFICE • COMMERCIAL • RESIDENTIAL



CALL US TODAY **415-677-7614**

We offer a customizable plan and schedule based on your unique needs. The quote process ensures you a fair market rate for your budget. For service inquiries, please email ROYD@SELFHELPELDERLY.ORG

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YOUR
SPACE
SAFE
& CLEAN.**



Equipped with full PPEs, our team of professionally trained members is here to help!

Two step dry fog remediation technology that kills 99.9% of molds, bacteria and viruses. A special process of spraying an electrostatically charged mist onto all surfaces and objects in the facility using an EPA approved disinfectant.

we recommend cleaning and disinfection on a monthly or quarterly basis, depending on foot traffic.

Services available:

Square Footage	Disinfection (per visit)	Disinfection PLUS Cleaning (per visit)
500 sq ft or under	\$150 - \$300	\$250 - \$400
501 to 1,500 sq ft	\$300 - \$500	\$400 - \$600
1,501 to 5,000 sq ft	\$501 - \$800	\$600 - \$1,000



EPA approved disinfectant.



Certified trained by Self-Help for the Elderly Deep Cleaning Class



Guarantee a fully cleaned, sanitized, and sterilized facility*

* An accurate estimate will be provided during the pre-visit. Chemicals could irritate to eyes and skin. No entry should be permitted in 10 hours after the cleaning to allow fully-volatile of chemicals.

A NEW PROJECT OF SELF-HELP FOR THE ELDERLY TO PROMOTE A SAFE ENVIRONMENT.

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**
550 East Remington Dr.,
Sunnyvale, CA 94087
408-733-1883

SAN FRANCISCO.....
► **Wolf 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. # 306
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
415-650-9796

► **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

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

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601 Jackson St., Ground Floor
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San Francisco, CA 94133
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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

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

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安老自助處資助單位

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- API Council
- Asian Pacific Fund
- California Department of Aging
- California Department of Education
- California Public Utilities Commission
- The California Wellness Foundation
- Cathay Bank
- Chinese Community Health Care Association
- Comcast Corporation
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- Department of Aging and Adult Services
- Dignity Health
- Family Caregiver Alliance
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- Marin Community Foundation
- Metta Fund
- National Asian Pacific Center on Aging
- Office of Civic Engagement & Immigrant Affairs
- Pacific Gas and Electric Company
- Peninsula Health Care District
- Ray and Dagmar Dolby Family Fund
- Robert Joseph Louie Memorial Fund
- San Francisco Culinary/Bartenders & Services/Welfare Fund
- San Francisco Department of Building Inspection
- San Francisco Foundation
- San Francisco Human Services Agency
- San Francisco Mayor's Office of Housing
- San Francisco Office of Economic and Workforce Development
- San Francisco Office of Aging
- San Francisco Paratransit
- San Mateo County Department of Aging and Adult Services
- San Mateo County Strong Fund
- Santa Clara County Department of Human Relations
- Silicon Valley Community Foundation
- STUPSKI Foundation
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- U.S. Department of Housing and Urban Development
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- 2nd Harvest Food Bank

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.

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Agnes Lau

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Maggie Mui

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Self-Help for the Elderly Donors

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Donations from individuals, for the period *July 1, 2020* to *December 31, 2020*.

Suk Ha Ng	Teresa Wong	Toni Macintyre	Vincent Chui
Suk Y Ng	Terran Leung	Tony Cee	Vincent Li
SuLian Huang	Terrence Lee	Tony Hsieh	Violetta Sarkisova
Susan Chan	Thanh Nguyen	Tony Ju	Virginia & Clarence Bakken
Susan Colby	Friends contribute via the Benevity Community Impact Fund	Traci Dobronravova	Virginia Chen
Susan Hinchman		Traci Ducusin	Virginia Chew
Susan Jue	The Peninsula Regent	Travis Gorsch	Virginia Mah
Susan Lee	The Raymond & Joanne Lin Foundation	Travis Thompson	Virginia Yee
Susan Wynn		Trewina Kiang-Weimer	Vivian Lee
Susanna Zhang	The San Francisco Foundation	Tsz Ming Cheung	Vonnie Jeter
Susie Wong	The Sik-Kee Au Family Foundation	Tyler Tan	Wade Li
Suzanne Cowan		Valentine Robert	Wah H. Chang
Suzanne Serafin	Theresa Owyang	Valerie Ho	Wai Jang Kam
Sylvania Bates	Therese James	Valerie Lou	Wai Ling Chan
Sylvia Tan	Thien Thai	Valerie Tse	Wai Man Tam
Sylvia Tewes	Thomas & Helen Hubbs	Vanessa Mai	Wai Sen
Sze Chun Chan	Thomas & May Fong Toy	Vera Mu	Wai Wong
Tai Fu Yu	Thomas Tam	Veronica Luu	Wailin Wan
Tai Jiu Pan	Thomas Tsukiyama	Veronica Sam	Wailing Lee
Tak Poon	Thomas Wong	Vicki Lee	Wallace Gee
Takfai Poon	Tien Nguyen	Vicki Ling	Walter & Oy Yee Lew
Tamara Liang	Tilly Chang	Vicky Chan	Warren Chan
Tang Nugyen Huyen	Tilly Tsang	Vicky Wong	Warren Chung
Tatwina Lee	Timothy Weaver	Victoria Ip	Wayne Lee
Taylor Muna	Tina Fong	Victoria Lowe	Wayne Sew
Tenny Tsai-Eng	Tina Vanichsarn	Victoria Seid	Wei Kong
Terence Lui	Tom Chan	Victoria Wong	Wei Lu
Teresa Chambers	Tommy Li	Vijaya Bhat	Wei-Tai Kwok
Teresa Chan	Tong Ju	Vincent & Frances Liu	Wei-Wen Lee

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations from individuals, for the period *July 1, 2020* to *December 31, 2020*.

Wendy Chan

Wendy Iritani

Wendy Kwok

Wendy Wong

Wendy Yorke

Wilheimina Li

William A. Lenson

William Chui

William Eng

William Ng

William Schulte

Willie Mok

Wilson Lau

Wing Chan

Wing Ho Lau

Winnie Cheng

Winnie Jeung

Winnie Koo

Winnie Y. Siu

Winnie Yu

Winston Lee

XianQin Zhao

Xiao Juan Chou

Xiaomei Luo

Xiaoqing Huang

Xiaoyuan Lei

Xiu Ying Huang

Xue Zhen Liu

Xueyong Zhang

Yan Fang Lin

Yan Li

Yan Nan Wu

Yan Ping Li

Yan Tung Leung

Yan Yi

Yan Yin Wu

YanHua He

Yanling He

Yanna Tong

Yaoqin Lin

Yat Ping Yu

Yat-Cheong Au

Yat-Gai Au

Yat-Hon Au

Yat-Pang & Helina Au

Yat-Pui & Charlene Au

Yawen Chuang

Yee Tse

Yemei Lu

Yeni Nusaputra

Yi Huang

YiCheng Wu

Yim Cheuk & Kit Cheuen Der

Ying-Ling Liu

Yolanda Siu

Yu Hua Lin

Yuen Han Lee

Yuen Hing Chak

Yuling Lam

Yunxian Lu

Yvonne Chen

Yvonne Poon

Zhao Qing Lin

Zhen Ye Chen

Zhixiang Ma

Zhu Nu Wang

Zita Fong

Zsa Zsa Zeng



Francis K. Yeung
March 21, 1947 – October 3, 2020



The Self-Help for the Elderly family mourns the loss of dear Mr. Francis K. Yeung, husband of Dr. Dorothy Yeung, a devoted friend of the elderly. A steadfast long-time supporter of Self-Help for the Elderly, Mr. Yeung volunteered and supported many of our annual major events. Words can hardly express our heartbrokenness and his presence will be greatly missed. Our hearts are filled with gratitude for Francis. We are united in prayers for him, Dorothy, his family and those who mourn for him.

Thank you, Francis and may you rest in peace.

Francis passed away peacefully at home while working in the yard – one of his favorite activities. He is survived by his wife of 42 years, Dorothy Chung Yeung as well as his siblings – Yee Wah Young, Miriam Adams, Rikkie Yeung, Kwok Keung Yeung, Amapola Yeung and Helen Yeung and their spouses, children and grandchildren.

He was born in Hong Kong where he spent his childhood traveling between his home there to Macao and China. Francis left Hong Kong to attend high school in London and went on to earn his undergraduate degree in Electrical Engineering from San Jose State University in California. He continued his graduate school education at the University of Alberta in Canada.

Missing the Bay Area, Francis decided to return to San Francisco and worked in

Silicon Valley for many years. Francis met Dorothy and they were married in San Francisco in 1978 surrounded by their large families and many dear friends. Francis and Dorothy eventually found their dream home in the hills of Brisbane where they spent their happiest years together.

Francis was the biggest supporter of his loving wife and always ready to lend a helping hand to his friends and family. He will be greatly missed.

Our family is truly grateful for your expression of sympathy. In lieu of flowers, please send a donation to *Self-Help for the Elderly* at **731 Sansome Street, Suite 100, San Francisco, CA 94111.**

The memorial service will be for immediate family only.

Self-Help for the Elderly Donors

安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly
from *July 1, 2020* to *December 31, 2020* as a tribute to the following individuals:

Barbara Hing • Bick Wai Chan • Boy Kim Hom Pon • Chin Tham • Choy H Wong
Francis K. Yeung • Fung Sin Chan (Flora) Leung • Gale Hom • Garry Chan • Gordon J Lau
Helen Yee • Holly Lai • Howard Jue • Jane Jee Jung • Jerry and Reiko Chung • Joyce Gee
Kim Chow • Kin Sang Lau • Kuen Lo • Kwai Ying Wong • Kwai-Kee Ho • Lan Thi Tran
Lau Sill Hung Kwong • Lilly Toy • May and Leland Dea • Mr. and Mrs. Lau Tak Sun
Sandy Jong • Shui Ngor Poon Lee • Sue So Kum Lau Choy • Toy Lew Lee, Kwock Lee
and James D. Lee • Virginia Chow-Lee • Wendy Tam • Wong Wai-Ying • Wu Moy Tam
Yau Kam Tom • Yau Kam Tong • Yee Loy Wun • Yim Lau • Yin Ping Zeng • Yow Yuet Gin

MEMORIAL DONORS

Adrienne Pon	Angel Chen	Betty Wong
Agnes Ng	Angela Toy	Beverly Lee
AJ Lumsdaine	Anita Ho	Bill and Paul Mahoney
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Aldie & Jance Chung	Anni Chung	Calvin Chang
Alfred Chung	Asian American Health	Cameron Ybarra
Amapola Yeung	Association	Carol Chui
Amy Kuk	Barbara Jones	Caroline Woo
Ana Leung	Beethoven Cheng	Casey Li
Andrew Au	Ben Wong	Cherry Tam
Andrew Cheung	Benita Lee	Cheung Chun Wah

Thank you so much!

Please forgive us if we have inadvertently omitted your name in recognition for your contribution. Please know that your support is greatly appreciated.

Self-Help for the Elderly Donors

安老自助處善長芳名

Chris & Jadine Nielsen	Emily Murase	Josephine Ma
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Christine Uong	Eva Jones	Judy Tam
Christine Yu	Fang (Frances) Liu	Katherine Chung
Chuk W. Kwan	Fanny Wong	Kelly & Betty Lem
Chun Chan	Frances Wong	Kenneth Louie
Claire Ong	Francis Au-Yeung	Kenneth Wun
Clara Kwan	Frankie Choy	Khietvi Long
Clara Law	Fung Kiu Ma	Kinry and Associates
Colleen Lo	Gail Hochman Effros	Lana Tseng
Connie, Dexter & 珊珊	Attorney at Law	Lena Tso
Constance Chung	Gerald Chan	Leslie Hung
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Debbie Mah	Harry and Locica Lee	Luk Ping Chuen & Poon Shun Ying
Denise Klinker	Harry Hu	Mabel Chong
Denna Chang	Helen Ma	Mabel Chung-Choy
Denna Chang	Helen Siu	Madina Foo
Diana Chow	Helen Yeung	Maggie Lee
Diana Louie	Hilda & William Ho	Maggie Mui
Diana Nunan	Irene Chu	Mary Chang
Donna Divodi	Irene Chung	Mary Geong
Dori Slosberg	Ivy Tao	Maureen Ip
Dr. Andrew and Flora Zee	Ivy Wong	May Key Lee
Dr. Sai-Wing Chan	Janice Wong	May Yu
Dr. Shiu Y., Joan & Wendy Kwok	Janie Fong	Mayling Chung
Dr. Toni Macintyre	Jeanie Lee and Alfred Lam	Mei Mei Leung
Edie,Gavin,Emmelia,Trevor & Michelle	Jennie Chin	Melissa Ma
Edith Tse	Jennifer Fong	Milicent Cheung
Edmond Lau	Jennifer Ho	Millie Stradmoor
Edward Chan	Joanna Ng	Noelle Lui
Elaine Poon	Johanna Chan	Nora Lau
Ellen Quach	John and Sharon Ng	Norman and Antonia Tu
Ellen Zee	Josephine Chan	Olivia Tong

Self-Help for the Elderly Donors

安老自助處善長芳名

Paul Perdue	Sidney Mah	Vincent Liu
Pauline Cheng	Silvia Yuan	Vivien Chu
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Queenie Lam	Sofie Tham	Yan Yin Wu
Raymond Alvarez	Solomon Choy	Yeni Nusaputra
Raymond K. & Mimy L. Tam	Stella Balmoria	Yim Cheuk Der
Raymond Ong	Stephanie Lau-Chen	Yolanda Siu
Rita Low	Stephen Leung	Yvonne Chen
Roger Chin	Susan Jue	亞貞
Rosaline Cheung	Tamara Liang	月娥
Rosalyn Koo	Terence Lui	桂英
Rose Ng	Thanh Nguyen	
Sarah Mahoney	Thomas Tam	
Scott Schaldenbrand	Thomas Tsukiyama	
Sharon Karnow	Timothy Weaver	
Sheila Fu	Vera Mu	
Sheila, Sharon & Kenneth		

Thank you so much!

Please forgive us if we have inadvertently omitted your name in recognition for your contribution. Please know that your support is greatly appreciated.

Self-Help for the Elderly Donors

安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly
from *September 1* to *May 22, 2019* in honor of the individuals below:

IN HONOR OF

Allen and Denise Tom • Anni Chung • Becky Lin • Beginner's Line Dance
Donna Divodi • Donna Divodi & Paulette Sylvester's Covid Mask Project
Dr. Chuie Yuen • Ed Meanan • Eva Lai-Kit Jones • Improver's Line Dance
James Chin & Yuk Chin • June Hwang • Lily and Bruce Carp's 50th anniversary
Linda Wang • Mee Chan • Miriam and Stanley Schiffman
PG&E Corp Finance Team • Ricky Ho • Rosalyn Koo's 94th birthday
Staff at Jackie Chan Center • Vivien Tin • Yen Der

DONORS

Adeline Louie	Elena Tung	Roque Remedios
Alan Hwang	Gerald Chan	Sachiko Nakasora
Anne Hinton	Germaine Q. Wong	Stan Yee
Ari Zak	James Moore	Tenny Tsai-Eng
Bassie Lee	Jan Busa	Thomas and Helen Hubbs
Brian Krafcheck	Josephine Ma	Vanessa Mai
Cecilia Pang	Judy Chan	Vicky Wong
Darrick Lam	Linda Tom	William Schulte
Deborah Der	Lisa Nash	Winnie Cheng
Dennis Soon	Lorry R. Frankel	Yat-Hon Au
Dr. and Mrs. Randall Low	Mary Chang	Yat-Pang Au
Dr. Seck Lam and	Mary Lou Whitcomb	Yat-Gai Au
Kathleen Chan	Olivia Chung	Zsa Zsa Zeng
Edmund Yee	Paul Carp	

Thank you so much!

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

安老自助處

Providing strength, hope and empowerment to seniors since 1966



YES ! I want to support **Self-Help for the Elderly** with a personal contribution.

Name or Business: _____

Contact: _____ Email: _____

Address: _____
Street City State Zip Code

Telephone: (Home) _____ (Cell) _____

☐ I will gladly help with a one-time gift of: \$ _____

☐ I want to give a monthly donation of: \$ _____

/// PAYMENT OPTIONS ///

☐ I have included a check made payable to: **Self-Help for the Elderly**

☐ Please charge my ☐ VISA ☐ MasterCard ☐ American Express

Account#: _____ Exp. Date(M/Y): _____

Security Code: _____ Signature: _____

☐ I want to 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. _____ for _____
First Name Last Name

Please send appropriate acknowledgement to: Mr./Mrs./Ms. _____
First Name Last Name

Address: _____
Street City State Zip Code

☐ I have included Longevity Fund in my estate plans.

☐ Please contact me with information about 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

Newsletter of Self-Help for the Elderly

Golden Lines

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