



SUMMER 2020 • VOL 27 ISSUE NO.1

二零二零年 夏季 • 第二十七冊 第一期



**Special thanks to our benefactors, corporate friends, donors and volunteers
to support our COVID-19 Emergency Meals Delivery Services
for homebound individuals**







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。



VOUNTEER 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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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 and Alameda counties. Welcome and thank you for attending and in 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 Insurance Counseling Programs in San Francisco and San Mateo counties made modifications to its 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 to 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.

Sincerely,

May L. Wong, Chair
Self-Help for the Elderly
Board of Directors

Let's Keep Our Communities Safe.



**STAY HOME
& BE SAFE**



**WEAR MASK
STAY SAFE**



**WASH HANDS
FOR 20 SECONDS**



**SOCIAL DISTANCING
SAVES LIVES**

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Adrienne Pon, Executive Director of Office of Civic Engagement & Immigrant Affairs (OCEIA), and the OCEIA Ambassadors.

Self-Help for the Elderly Honors COVID-19 Emergency Meals Delivery Drivers and Volunteers for Homebound Seniors

Self-Help for the Elderly celebrated the best volunteers in the City on June 25, 2020 with a Live Event to thank the individual and group volunteers who contributed their time and resources to support Self-Help's COVID-19 Emergency Home-Delivered Meals program during the pandemic. This first live streaming celebration highlighted the extraordinary unity and teamwork among private, public and nonprofit sectors to care for the most vulnerable and dependent community.

Self-Help for the Elderly is especially grateful for the support of Mastercard Incorporated and Lyft, Inc. Thanks to the 37 committed Lyft drivers who provided services, Lyft helped lift up thousands of homebound seniors by delivering 45,000 meals since mid-April so the seniors could stay home and be safe. This purposeful effort was made possible by Mastercard Incorporated.

The COVID-19 emergency home-delivered meals program was vital because it provided meals to homebound seniors and people with disabilities who had no other means of obtaining food during the shelter-in-place order. Since March



President Norman Yee of the San Francisco Board of Supervisors with Kanishka Cheng and Griffin Gaffney, Co-Founders of TogetherSF

17, 2020, Self-Help for the Elderly's Nutrition Department delivered over 300,000 healthy meals to 4,000 unduplicated individuals during the COVID-19 pandemic. This is significant as the number indicated 70% of the total meals Self-Help served in the past fiscal year was achieved within 90 days during the stay-at-home order.

The COVID-19 emergency home-delivered meals program ended on June 26, 2020. After that, eligible individuals and older adults were registered for the Great Plates Delivered Program, a temporary food program that delivers three restaurant-prepared meals a day. In addition, Self-Help for the Elderly reopened six (6) senior centers in July to provide meals pick-up for seniors. The centers are: Geen Mun Activity Center, Lady Shaw Activity Center, Mendelsohn House Senior Center, Jackie Chan Activity Center, South Sunset Senior Center, and John King Community Center.



Malcolm McFarland with Lyft, Tim Montgomery with Mastercard, Traci Lee and Representative from Lyft, Mr. and Mrs. Lau (emergency meal recipients), and Shireen McSpadden, Executive Director of Department of Disability and Aging Services

安老自助處表揚眾社區英雄於新冠狀病毒疫情期間的首一百天內遞送三十萬份午餐給家居避疫令的長者和弱勢社群

安老自助處在二零二零年六月二十五日舉行了現場直播的慶祝活動，表揚三藩市最好的義工們，感謝個人和團體的義工們為支持安老自助處於新冠狀病毒疫情期間遞送緊急午餐服務，無條件付出時間，人力及物力。這項直播慶祝活動突出了私營，公共和非牟利組織之間的團結與團隊合作精神，來照顧社區最脆弱和無助的社群。

安老自助處特別鳴謝萬事達卡公司和Lyft 公司的支持。特別感謝Lyft接載服務公司的三十七位熱心的司機，自四月中以來，Lyft公司的司機們協助遞送了四萬五千份餐給數千位居家的長者，使長者們能留在家中並確保安全。這貼心的服務是由萬事達卡公司贊助。

新冠狀病毒疫情期間緊急遞送餐點計劃尤其重要，因為它使在居家避疫令期間不能以其他途徑獲取食物的居家長者和殘疾人士提供餐點。自二零二零年三月十七日起，安老自助處的營養部及康樂中心已在新冠狀病毒疫情期間的首一百天內為四千位人士遞送了三十萬份健康餐點。

這是非常具有意義的，因為安老自助處在居家避疫令的最先九十日內，已提供了將近在過去的一個財政年度中百分之七十的餐點數量。

安老自助處的新冠狀病毒疫情期間緊急送餐計劃將於二零二零年六月二十六日結束。合資格的人士和長者將申請參加Great Plates送餐計劃，該臨時計劃是為有需要及合資格的申請人士每天提供三頓餐廳準備的餐點。此外，安老自助處營養部將在七月重新開放六間康樂中心，為長者提供自取餐點服務。六間康樂中心是華埠的建民康樂中心，邵逸夫爵士夫人康樂中心，市場街南區的美德康樂中心，列治文區的成龍康樂中心，日落區的日落康樂中心，和米慎台區的金約翰康樂中心。





WHY WE VOLUNTEER FOR SELF-HELP



Barry D Wong: I spent my entire career as a firefighter. And when I retired, I started traveling. This pandemic changed all that. I was no longer able to travel. So when I got the call asking for help, I was more than happy to help deliver meals to the people who could not get out. So, thank you Self-Help for giving me purpose during this pandemic.

Laura: We're so happy to be able to help because there's so much need right now with the pandemic and these guys are so organized that it makes us feel like we're doing a little bit to make people lives better, everyone that we've dealt with has been really wonderful, love to volunteers...

David: We're from the neighborhood. We're helping our community.



Judy Lawrence: Being of service makes me happy. And in these frightening, chaotic times it feels good to do something concretely useful- and give something back to elders who have given so much.

MESSAGES SOCIAL MEDIA



Self-Help for the Elderly shared a video from the playlist Older Californians Month 2020: Make Your Mark!

Published by Catarina Lai · May 31, 2020 ·

We are committed to the well-being and health of our seniors, staff and community members.

We are proud & grateful to our staff who are working from home while sheltering in place & providing support for the seniors and all who are entrusted to us.

Thank you, Kai and all members of #安老自助處 family.

#eldercare #stayhomebesafe #socialservices



California Department of Aging posted a video to playlist Older Californians Month 2020: Make Your Mark! — at undefined.

May 31, 2020 ·

Meet Kail Kai is a volunteer with @Self-Help for the Elderly, now checking in with clients via the phone as everyone stays home to stay safe.

#MakeYourMark #OCM2020



Self-Help for the Elderly added a new photo to the album: Social Services.

Published by Catarina Lai · September 27, 2020 ·

We can help you lower your bills! Is your telephone bill out of control? Can't afford the high cost of electricity? We're TEAM & CHANGES.

@selfhelpelderlyorg, we helped many low income seniors lower their monthly telephone and electricity bills.

Mr. Liang at 415-677-7585



Asian Pacific Islander Council

August 8, 2020 ·

API Council Members Self-Help for the Elderly, Community Youth Center of San Francisco, and Chinatown YMCA helping the community fill out their census. Deadline is September 30! #apicouncil #sfcounts #apicounts #census2020



apicouncil

@apicouncil
members hard at
work for
#census2020

@selfhelpelderly



... I wish all the members,
workers, and volunteers of
the Self-Help for the Elderly
always healthy and happy!

Mr. Ma (80yrs)

我好感谢你们在我需要人帮的时候
你们所有义工及工作人员在疫情期间,
帮助了我解决了一切, 非常之感激,
这张支票我同我先生捐出 120 元, 还有我女儿
Mabel 也感谢你们对我的关心和帮助,
她也捐上 50 元支票, 多谢你们所有工作人员,
祝大家身体健康, Mei

各位辛苦啦 先生 平安:
女士

谢谢各位的爱心帮助

愿求天上的父神亲自

报答各位善良之心!

Alex & Naomi
敬上

你们辛苦的为了照顾居家老
人饮食, 不辭勞苦的為他們送
餐, 精神可嘉!...

祝大家平安健康, 十分感谢!

Mr. Chan

敬愛的安老自助處,

谢谢你们的服务和关爱, 使我
在疫情期间能安居家中免受灾害,
深表感激, 感谢你们所有同人和
志愿者们, 更要感谢 Emma 女士,
由于她事, 耐心的辅导, 宽和的
笑容, 忘我的付出, 给我的带来了
心灵的快乐, 生活的事宜, 身体的
健康, 愿我的共勉迎接更好的明天。

wp. center
Selma Kwai

9-9-2020
To: Support All Virtual Classes Teachers, 义工,
多谢感恩所有课程教导人员,
及所有义工的安心,

祝各位身体健康,

From: LISA Wong

Thank You Notes from the Seniors

Here are several of the thank you notes that we've received from our seniors during this pandemic.



尊敬的馬姑娘雅鑒，你好！

最近，冠狀肺炎到處傳播，社會上籠罩着恐怖氣氛，成龍康安中心全體員工在馬姑娘英明領導下，大家都堅守崗位，慈顏笑口為耆英服務。這種高尚的品德，令我深受感動。所以，急就這首小詩，聊表我一點敬慕之情。

榜樣的力量是無窮的，望能強健出來，讓廣大朋友從中受到啟發和教育。萬分感謝！紙短情長，未能盡言，即祝身體健康！

梅彭康 敬上，2020.3.15.

(附言)

為了確保大家身體健康，我這幾天要暫停寫詩。

成龍員工禮讚

肺疫肆虐寰球驚，
成龍員工心寧靜。
堅守崗位仁愛重，
生死存亡化作零。
個人得失拋天際，
慈顏笑口為耆英。
胸襟寬廣似海洋，
高風亮節舉世敬！

梅彭康夫婦奉上 庚子年三月十四日

6:07 PM

馬經理：你好！多谢你和安老自助处的员工和义工们、在这几个星期在家抗疫防疫日子里、雪中送炭为我们老人送上爱心饭盒，解决我们在家用支的困难。多谢你们不辞劳苦、親力親为上支上门、送上热心和爱心。愿疫症早结束、祝各位身体健康、万事如意。 Evaye 上



Virtual seismic safety workshop over Zoom Meeting.

Seismic Safety Outreach Program

By: Emma Yicheng Wu

Starting 2015, Self-Help for the Elderly has been providing free seismic safety outreach workshops and presentations to the San Francisco community, educating them on emergency preparedness and effective ways for response and recovery.

In response to the COVID-19 health orders, all in person workshops and events were postponed and canceled starting mid-March. We immediately worked on shifting the presentations to virtual format by creating multilingual PowerPoints and e-handouts, preparing online sign up process, and promoting to the community. As of December 31, 2020, we conducted a total of 122 virtual workshops and presentations, 1,049 unduplicated individuals were educated through these trainings and workshops, and 970 individuals completed the whole virtual course training with us. In 2020, we presented a total of 1,357 disaster kits to each of our program graduates that completed the course trainings with us.



No-contact delivery of disaster kits to program graduates' home.



2020 Census Outreach Efforts to Hard-to-Count Community

By: Emma Yicheng Wu

Self-Help for the Elderly started to conduct on-the-ground and community based outreach campaigns to reach and educate the most vulnerable hard-to-count populations including ethnic minorities, immigrants, low income, monolingual or limited English Proficient, limited/no digital literacy, limited/no internet access, public benefits recipients, renters, SRP residents, unemployed, and veterans. We mobilized residents to participate in the 2020 Census by completing and submitting their Census questionnaires online, by mail, or through phone calls.

During the COVID-19 pandemic, we worked with local newspapers in publishing a series of Census reminders and articles featuring different community members' viewpoint of the importance of Census. Staff conducted phone banking and provided telephonic assistance to over 2,500 Bay Area residents to provide Census information and assistance in completing the questionnaire, integrated



Tabling in Chinatown to provide direct services at the SF complete Count Committee Citywide Caravan event on September 29, 2020

Census educational content and materials into existing service delivery and client programming; conducted more than 20 virtual presentations on Census information; and debuted a social media campaign on the WeChat social network application to disseminate critical information on the 2020 Census and instructions on how to fill out the questionnaire. We also extended in-person strategies and direct services to reach the non-response, hard-to-count populations in addition to the digital and telephonic outreach efforts. From August to October, we tabled at the heaviest trafficked intersections in Chinatown on a weekly basis to provide the direct services to the Single Room Occupancy residents as well as other residents.



The Business Resources Workshop took place at the Portsmouth Square Clubhouse on October 21, 2020.

Greater Chinatown Corridor Manager Project Helped Sustain Small Businesses

By Emma Yicheng Wu

Funded by the Office of Economic and Workforce Development, Self-Help's Greater Chinatown Corridor Manager Project provide customized technical assistance and business-focused outreach to over 990 small businesses in the Chinatown commercial corridor.

During the pandemic, the Corridor Manager at Self-Help adopted different remote outreach strategies, including but not limited to phone calls, text messaging, different social media platforms, and communication platforms, to provide technical assistance to small businesses. Our Greater Chinatown Corridor Manager and team responded to over 500 service requests and assisted more than sixty (60) Chinatown small businesses to apply for public and private grants and loans to support their operation.

In October, the Greater Chinatown Corridor Manager hosted a Business Resources Workshop at Portsmouth Square Clubhouse to inform and update the merchants on vital and current programs, resources and application processes. This workshop was conducted virtually and in person simultaneously.

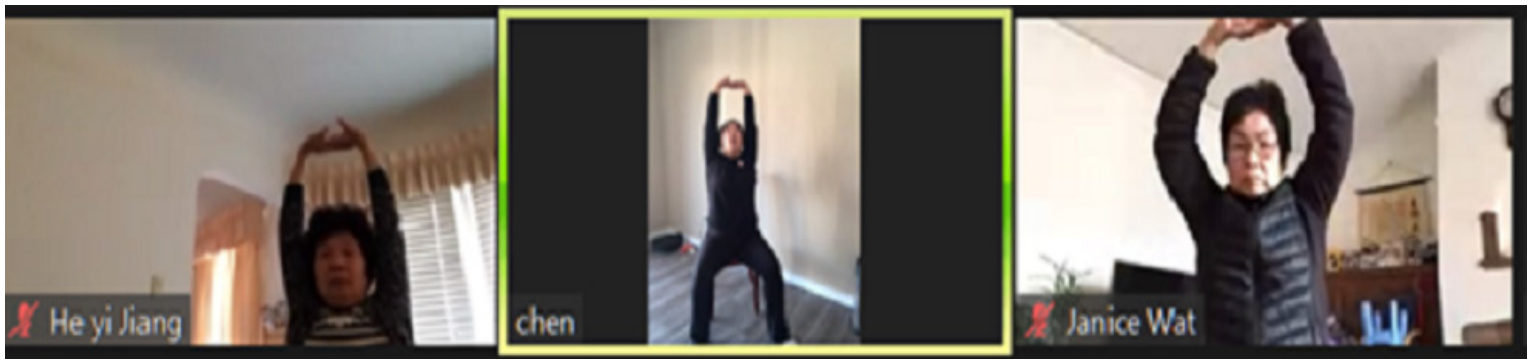


Contact : (415) 699 -1350

Email: smallbiz@selfhelpelderly.org

Services being provided:

- Conduct daily business outreach by corridor visits, emails, phone calls, and WeChat messages.
- Conduct monthly and quarterly vacancy tracking to maintain an up-to-date business database.
- Facilitate community meetings and organize in language workshops that address the needs of the merchants on subjects from e-commerce, legal and business issues, variety of small business resources programs, and accessing capital and business planning.
- Act as a case manager to deliver direct services by providing technical assistance, sharing information about licenses and permits application process and requirements, engaging and instructing throughout the process, coordinating with the City Departments, offering language assistance, and developing online marketing strategies.
- Act as a business advisor to discuss all available resources, assist with application process, make appropriate referrals for businesses, and conduct individual consultation sessions with merchants for each specific inquiry.
- Seek ways for balancing compliance and continuous improvement during a business disruption, and work with merchants to develop plans to improve the operations and solve problems.



Instructor leads the participants in exercise during the Bingocize® Program.

SHE Launched Virtual Activities for Seniors

By Ronald Liu

The public health crisis did not prevent Self-Help's continued efforts to combat hunger, loneliness and self-isolation. On the one hand, SHE strived to eliminate hunger with home delivered meals; we also helped to reduce loneliness and self-isolation with the introduction of virtual activities.

The virtual activities were designed to keep our seniors and participants active, healthy and informed in their homes as in-person activities at SHE Activity Centers have been suspended to slow/stop the spread and exposure of COVID-19.

As the stay-at-home order became effective in March 2020, Self-Help's Nutrition and Seniors Centers Department developed WeChat groups for each activity center to communicate with its seniors and the patrons on center activities, daily meal's menu and important health announcement, services and programs. Printed flyers and educational materials are usually included with the home deliver meals that are delivered to the seniors' front doors.

Thus, following the instructions from the educational pamphlet, many seniors learned to download and use the Zoom application on their digital devices. Then, the Nutrition Department established a Virtual Classes webpage (<https://bit.ly/SHEvmtg>) with daily activities schedule and simple instructions on downloading and using Zoom application.

Began in June 2020, the first virtual activity started with 10 participants. 30 days later, some popular activities have grown to 70 participants. We are

thrilled to learn that our seniors continue to be happy, healthy and connected with us/loved ones through technology while staying at home. Some of the popular classes include fitness, exercise, healthier food choices, cell phone applications, and social.

Our online activities helped create meaningful friendships among participants and reduce the feeling of loneliness and being socially isolated. Aside from online activities, our participants are connected via WeChat Groups.

Visit <https://bit.ly/SHEvmtg> to obtain the latest virtual activities' schedule.





In-Kind Donations

Our deepest appreciation to all corporate and individual donors for the generous in-kind donations for our seniors and community. Our Nutrition Team's home delivered meals program is operating with the support of volunteers and staff. The in-kind gifts helped us to provide our services safely.



Donation Of 2,000 Disposable Face Masks

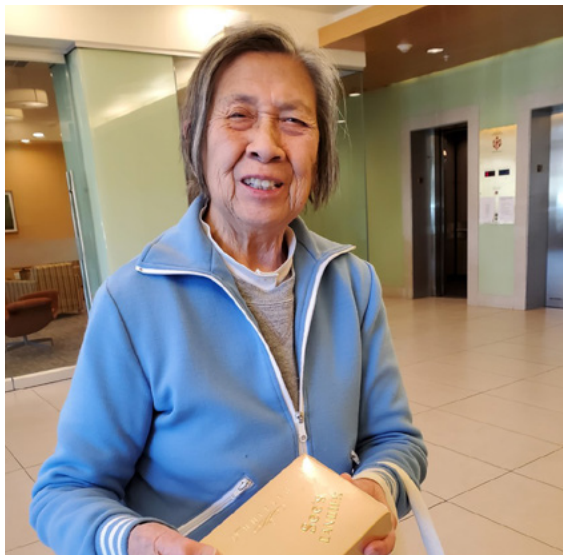
L-R: Seniors Daisy & Henry Hung; Representatives from Dongguan Entrepreneurs Federation in San Francisco Bay Area 施左宇, 何富明, and 吳军; Anni Chung, President & CEO of SHE; and Ms. Leung.



Donation of 80,000 disposable masks from Taiwanese American Chamber of Commerce - Northern California



Handmade cloth face masks from individual donors.



Thank you, See's Candies for bringing smiles to the seniors. See's Candies donated over \$4,600-worth of sweet treats for the community.

Shout out to Wright and Brown Distilling Company in Oakland for their continued donations and deliveries of gallons of hand sanitizer.



Photo Source: IG @wrightandbrown

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

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► **Milbrae Senior Lunch Program**
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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
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► **Citizenship, Civics & ESL Classes**
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415-577-7592

- 733 Kearny St.
San Francisco, CA 94108
- 5757 Geary Blvd.
San Francisco, CA 94121
- 1490 Mason St.
San Francisco, CA 94133
- 66 Raymond Ave.
San Francisco, CA 94134
- 500 Raymond Ave.
San Francisco, CA 94134

HOME HEALTH CARE & HOSPICE CARE
Tel: 415-677-7629
Fax: 415-398-5903
731 Sansome St., Suite 100
San Francisco, CA 94111

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

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

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)
► **San Francisco HICAP**
601 Jackson St., 2nd Floor
San Francisco, CA 94133
415-677-7520
1-800-434-0222

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

TECHNOLOGY & INFORMATION EMPOWERMENT (TIE) CENTERS

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415-677-7530

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► **Fund Development**
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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
Fax: 415-296-0313
e: info@selfhelpelderly.org

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

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

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Self-Help for the Elderly Funders

安老自助處資助單位

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

- The Abe and Kathryn Selsky Foundation, Inc.
- 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
- Crankstart Foundation
- Department of Aging and Adult Services
- Dignity Health
- Family Caregiver Alliance
- Humanity United
- Hurlbut-Johnson Fund
- Joseph L. Barbonchielli Foundation
- The Keith Campbell Foundation for the Environment Inc.
- 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
- Sutter Health
- U.S. Department of Housing and Urban Development
- Wells Fargo Foundation
- 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.

Self-Help for the Elderly Donors

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Donations from individuals, for the period *March 1, 2020* to *June 30, 2020*.

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The following contributions were made to Self-Help for the Elderly from *March 1* to *June 30, 2020* as a tribute to the following individuals:

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Richard Shu
Roger Woo
Victoria Seid

Thank you so much!

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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
from *March 1* to *June 30, 2020* in honor of the individuals below:

In Honor of

Alex Bakman & Larisa Zakharova • Anni Chung
Chinatown Photographic Society • Donna Divodi • Kam Wan Wong
Pooja Wadhawan • Sel Him Toy & Siu K. Huey • Sook Ping Leung
Teresa Wu • The Kwok Family • Tsak Hay Yu & Yuk Yin Lee Yu • Wing Fong

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Grace Kwok	Sharon Lee
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Mary Pan	
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安老自助處善長芳名（物資）

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Donna Divodi	Meno Church - Mask Ministries	
Esther Leong	NICOS Chinese Health Coalition	
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Thank you so much!

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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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Newsletter of Self-Help for the Elderly

Golden Lines

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