

Golden Lines

黃金點滴

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(L-R): Anni Chung, President and CEO of Self-Help for the Elderly; Senator Scott Wiener; Nicholas Jay, Board Chair of Self-Help for the Elderly; Kelly Dearman, Executive Director of San Francisco Department of Disability and Aging Services; Catherine Ko, Patron of Self-Help for the Elderly's Services; and Pine View Housing Seniors

Celebrate Milestones and Recognition



2021 was an extraordinary year at Self-Help for the Elderly. We celebrated our 55th anniversary. Furthermore, we were honored to be District 11 Nonprofit of the Year!

On Monday, June 28, Senator Scott Wiener presented the Resolution to Anni Chung, our President & CEO and Nicholas Jay, our Board Chair, in the presence of our guest, Kelly Dearman, Executive Director of Department of Disability and Aging Services, the seniors, Self-Help for the Elderly volunteers and staff, and our supporters.

Thank you, Senator Wiener for the



www.selfhelpelderly.org

Celebrate Milestones and Recognition
慶祝里程碑和社區的肯定

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Self-Help Duen Fung's 35th Annual Chinese Opera Benefit
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第十六屆安老自助處高爾夫慈善邀請賽

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Self-Help for the Elderly's First Hybrid Event: 2021 Walk, Run, Ride to the Moon.
安老自助處首個雲端和現場的慈善健身活動：2021年度步行、跑步、騎車往月球

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Self-Help for the Elderly's 55th Anniversary Longevity Gala
安老自助處五十五週年迎福長壽宴

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Self-Help for the Elderly's Always In My Heart
安老自助處—愛在心中

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Self-Help for the Elderly's Senior Escort Services

安老自助處長者護伴服務



This program is to provide escort services for seniors to activities to ensure safety on the street in San Francisco. **Activities include visits to:**

- Medical appointments
- Banks
- Vaccination sites
- Pop up testing sites
- Senior centers
- Grocery shopping
- Laundromat

此計劃專為長者提供護伴服務，以確保三藩市長者在出行時的安全。

出行活動包括：

- 醫務所
- 銀行
- 疫苗接種地點
- 臨時測試新型冠狀病毒地點
- 長者活動中心
- 雜貨店
- 洗衣店

This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services. 該為社區服務的計劃是由三藩市殘障人士及長者服務部資助。

Inquiries and requests, please contact 查詢請致電:

安老自助處 - 社會服務部
415-533-4714

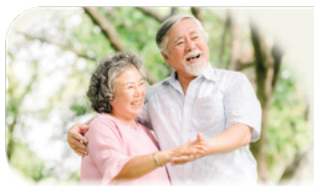
三藩市殘障人士及長者服務部
415-355-6700



www.selfhelpelderly.org
601 Jackson Street, Basement, San Francisco, CA 94133



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services



DONATION • 捐獻我們

Self-Help for the Elderly welcomes all donations! For additional information, contact Fund Development Director, Jessica Cen at **(415) 677-7669** or jessicac@selfhelpelderly.org. Memorial donations and other donations in honor of your friends and family are welcome! Visit our website at www.selfhelpelderly.org.

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・七六六九基金發展部主任岑鳳翔或電郵 jessicac@selfhelpelderly.org 紀念捐款或嘉譽捐款一概歡迎! 瀏覽我們的網站 www.selfhelpelderly.org。

請您在立遺囑的時候記得《安老自助處》。欲知有關遺產計劃, 剩餘資金慈善信託, 股票贈送及其他捐獻的方法, 請聯繫行政總監鍾月娟, 四一五・六七七・七五五五, 或電郵 annic@selfhelpelderly.org。感謝您對安老自助處的支持。



VOLUNTEER WITH US • 成為義工

If you are passionate about your community and helping the elderly, COME JOIN US! Self-Help for the Elderly offers various volunteering opportunities of interest to you. Please visit our website at www.selfhelpelderly.org or call **(415) 677-7670** to inquire. We need and appreciate your help!

如果您熱衷於服務社會, 協助長者, 歡迎您參加我們的團隊! 《安老自助處》提供各類義工服務機會。欲查詢有關義工的機會及詳情, 請瀏覽我們的網站www.selfhelpelderly.org 或致電四一五・六七七・七六七零。我們需要並感激您伸出的援助之手!

CONTACT US 聯繫我們



San Francisco	三藩市	(415) 677-7600 / (415) 677-7500			
San Mateo	聖馬刁	(650) 342-0822	South Bay	南灣	(408) 733-1883
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。

FISCAL YEAR 2020-2021 BOARD OF DIRECTORS

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recognition. Our heartfelt gratitude to our board, corporate friends and donors, staff, supporters and volunteers who supported our mission and work for seniors and the community in five counties.

慶祝里程碑和社區的肯定

二零二一年是安老自助處不平凡的一年。我們慶祝了我們的五十五週年紀念日。此外，我們很榮幸獲參議員威善高頒發第十一區非牟利機構年度獎及表揚獎狀。

六月二十八日，星期一，參議員威善高向我們的行政總監鍾月娟及我們的董事會主席謝嘉力在我們的嘉賓—三藩市傷殘人士及長者服務部的執行主任 Kelly Dearman，多位長者，安老自助處義工，工作人員，以及我們的支持者的見證下獻上表彰。

感謝參議員威善高的表揚。我們衷心感謝我們的董事局、企業夥伴和善長們、安老員工、支持者和義工們，感激他們支持安老使命，並努力為灣區五個縣的長者和社區服務。



CONGRATULATIONS ! 恭喜您



Photo Source: Department of Public Health

Thank you, Mayor London N. Breed and the San Francisco Department of Public Health, for the recognition.

Congratulations to Anni Chung, our President & CEO, and the eight honorees for their leadership and efforts in responding to food insecurity, digital access, and mental health challenges during the pandemic and beyond.

Under the leadership of Anni, Self-Help for the Elderly had continued its services to seniors in San Francisco during the pandemic. Our escort workers accompanied seniors' needs to medical and personal appointments and encouraged them to get vaccinated. Self Help for the Elderly collaborated with the All American Medical Group to provide home vaccinations for more than 100 seniors and partnered with Walgreens and other organizations to launch multiple vaccine outreach events in San Francisco.

All American Medical Group/ Self-Help for the Elderly Set Up COVID-19 Vaccine Information Booth to Provide Vaccines to Chinese Seniors & AAPI Residents

The collaboration between All American Medical Group (AAMG) and Self-Help for the Elderly continued in 2021 to provide vaccines and trustworthy health information to Chinese seniors and the residents of San Francisco. An outdoor health fair, located at the outdoor parking space next to Walgreens in Sunset District, took place on June 26 – 27, 2021.

Bilingual physicians of AAMG were available at the Information Booth. Visitors were welcome to ask everything they want to know about the COVID-19 Vaccines; had the opportunity to learn about services and programs available for the community; attended walk-in vaccine appointments at Walgreens; arranged in-home vaccine appointments for homebound seniors; and received giveaway bags from AAMG and Self-Help for the Elderly.

Dr. Joseph Woo, President of AAMG, explained the intention of hosting a series of health fairs in 2021. In the past homebound senior vaccination event, the teams provided vaccines to over 120 individuals. In the process, they learned that there were many seniors who had not been vaccinated. Thus, they decided to organize this event as the last push to provide the individuals an opportunity to receive the vaccines.

Bindu Sheth, Health care Supervisor, Pharmacy & Retail Operations for San Francisco / Hawaii at Walgreens was delighted to be a partner of this outreach effort to help keep the community safe. At these fairs, Walgreens Pharmacy provided the staff support and vaccines for the community.

A special acknowledgement to AAMG, Direct Relief and San Francisco Department of Public Health for making the events possible. A heartfelt thank you to our physician-, corporate- and individual volunteers to assist in supporting 33 events, providing vaccines to over 3,300 individuals.

美亞醫療集團與安老自助處 設立戶外新冠肺炎疫苗資訊 站方便華人長者及亞太裔居 民接受新冠疫苗注射

美亞醫療集團與安老自助處在二零二一年繼續攜手合作於六月二十六日和二十七日在日落區 Walgreens旁邊的戶外停車位舉辦戶外健康博覽會。

當天，美亞醫療集團的雙語醫師在資訊站親身為訪客解答他們所有想知道有關新冠肺炎疫苗的問題，同時有機會查詢及了解現有的一些社區資源，服務及計劃等。並獲得在 Walgreens藥房無需預約的疫苗接種機會，更可為不能自行外出的長者安排在家接種疫苗預約。

華美醫師協會主席陳楚利醫學博士表示他們剛完成一輪為不能自行外出的長者和人士提供新冠疫苗注射的項目，並為一百二十多位人士在其家中提供新冠疫苗注射。在這個過程中，我們了解到有很多長者還未接種疫苗，所以我們決定舉辦這個活動作最後衝刺，為未接種疫苗人士提供接種疫苗的機會。

此外，Walgreens 醫療保健主管，管理三藩市和夏威夷區的藥房和零售業務的 Bindu Sheth表示他們很高興能夠與美亞醫療集團和安老自助處共同贊助該社區健康安全外展活動，作為重要的鄰里合作夥伴，Walgreens很樂意提供新冠肺炎疫苗來支持這項活動來確保社區安全。

在此特別鳴謝下列贊助單位：美亞醫療集團、Walgreens、Direct Relief 及三藩市公共衛生局。安老自助處亦非常感激我們的醫生，企業及個人義工團隊，在二零二一年內義務幫助我們舉行共三十三個多接種疫苗及宣傳健康活動，為超過三千三百名人士接種疫苗。



Mayor London N. Breed met and greeted the seniors at the California Academy of Sciences on May 27.

Special California Academy of Sciences Tours to celebrate Asian American and Pacific Islander Heritage Month

May is Asian American and Pacific Islander Heritage Month (AIAHM). To celebrate the month of May and to honor the senior residents in San Francisco, California Academy of Sciences hosted three (3) special tours in May to welcome 150 seniors from Self-Help for the Elderly. To many of the participants, these visits were probably their first excursion in 15 months. Since the pandemic, many seniors feared to go out and had to stay at home for a long time. They were feeling lonely and depressed. Though many seniors got vaccinated, they were also fearful to go out due to the tsunami of hate crimes. Self-Help for the Elderly was thrilled to accept the invitations from California Academy of Sciences, De Young Museum and Asian Art Museum to provide safe and engagement outdoor activities for the elderly.

On May 12, the first group of visitors were warmly welcomed by Mr. Ike Kwon, the Chief Operating Officer and Head of Government Affairs at California Academy of Sciences. The participants were excited as Mr. Kwon provided them a tour of the different exhibitions at the Academy. Most seniors were fascinated by the Aquarium and admired the underwater wonders of colorful sea life.

On May 18, the second group of 60 seniors were greeted by Mr. Kwon and his team who served as tour guides for the group. The eldest participant was 93-year-old Ms. Lam. She was very happy to be able to get out of home and enjoyed the excursion. Her favorite exhibition was to see the colorful fishes and turtles.

On May 27, the attendants of the last tour were pleasantly surprised to be greeted and welcomed by Dr. Scott D. Sampson, Executive Director of California Academy of Sciences, and Mayor London N. Breed. Mayor Breed stopped by the Academy to cheer for the seniors and wished everyone a happy AIAHM.

At the end of each tour, the group enjoyed an afternoon snack at the outdoor patio of the California Academy of Sciences.



Ms. Lam is the eldest participant of the museum tour. Her favorite exhibition was to see the colorful fishes and turtles.

慶祝亞裔傳統月—參觀加州科館之旅

五月是亞裔美國人和太平洋島民傳統月（AMAHM）。為慶祝五月和紀念三藩市的老年居民，加州科學館特於五月十二日、十八日和二十七日邀請安老自助處的一百五十名的老年人舉辦了三次特別遊覽活動。對於許多長者來說，這些遊覽可能是他們十五個月來的第一次外出活動。疫情以來，很多長者都不敢出門，不得不長期留在家裡。他們感到孤獨和沮喪。儘管許多長者已接種了疫苗，但由於仇恨犯罪的頻繁發生，他們還是害怕外出。因此，安老自助處很樂意接受加州科學館、笛洋美術館和亞洲藝術博物館的邀請，為長者提供安全和有趣的戶外活動。

五月十二日，第一批參觀者在加州科學館首席運營官兼政府事務負責人，Ike Kwon，權先生的熱烈歡迎下開始參觀之旅。當權先生帶領他們參觀科學館的不同展區時，參與者表現十分興奮。他們欣賞水族館的水下奇觀，對豐富多彩的海洋生物著迷。

五月十八日，權先生及其導遊團隊歡迎六十位長者的光臨。最年長的參與者是九十三歲的林女士。她表示很高興能夠走出家門，享受這次活動。她最喜歡的展覽區是觀賞五顏六色的魚和烏龜。

五月二十七日，這是最後一天的遊覽。參加者驚喜地受到了加州科學館執行董事斯科特·桑普森博士（Dr. Scott D. Sampson）和三藩市市長倫敦布里德（London N. Breed）的歡迎。市長布里德特意在科學館停留片刻，為到來的長者加油，並祝大家亞裔傳統月快樂。

每次參觀結束後，長者都會在加州科學館的戶外露台享用下午茶點心。



Mr. Ike Kwon, the Chief Operating Officer and Head of Government Affairs at the California Academy of Sciences, offered a special tour for Self-Help's seniors.



The seniors enjoyed an outdoor picnic after the museum visit.



A senior presented Dr. Scott D. Sampson, Executive Director of California Academy of Science, a lei.



Aiming for More-Permanency of ‘Stop Asian Hate’, Self-Help for the Elderly Unveiled \$60,000 of Private Funding Doubling its Senior Escort Program

On May 28, 2021, Self-Help for the Elderly announced that it was doubling the reach of the City’s senior escort program. The program will be extended from three months to at least six months and will include all of San Francisco. This will enable seniors to get back to shopping, doctor visits and their normal routine despite the recent rise in hate crimes against Asian Americans.

For years, we have managed a similar senior escort program. In light of recent attacks against elderly Asians and with the help of a \$30,000 investment from Veritas Investments and another \$30,000 from the Au Family, Self-Help for the Elderly has extended the program and hopefully seed efforts for a more permanent broadening of service.

With the funding boost from the City, Self-Help’s existing program has been training senior escorts to offer walk-alongs and ride-alongs to dozens of Chinatown residents in early May. Self-Help trained a number of new volunteers including five paid senior escorts, who had more training and more consistent schedules than volunteers. All volunteers went through background checks and learned about special needs of seniors and

how to respond to potential threats.

Anni Chung, our President and CEO, explained at the event that with this major donation from Veritas and the Au family, we wanted seniors to know that they could end their 15-months of being cooped up inside, and get back to everyday life. In addition, we were excited to increase volunteers and training so we could offer escort protection throughout San Francisco beginning from April 6, 2021 through June 30, 2023. Our hope was to build the program with more funding to include other cities, as an ongoing service.

For inquiries and requests of our senior safety escort services, please call our Social Services Department at (415) 533-4714 or (415) 677-7585.

SCAN THE QR CODE
to learn more about
Senior Escort Services.

掃一掃二維碼
了解更多長者護伴服務。





(L-R): Ron Heckmann; Anni Chung, President & CEO of Self-Help for the Elderly; Alex Chang, Escort Services Program Volunteer Leader; Emily Chum, Social Services Director; Yat-Pang Au, CEO of Veritas; Andrea Bruss, Deputy Chief of Staff of Mayor London N. Breed; Cindy Kauffman, Deputy Director of Community Services of Department of Disability and Aging Services, seniors and safety escorts.

安老自助處宣佈六萬美元的私人資金, 使其長者護伴服務計劃得已擴充, 讓「停止仇恨亞裔」運動更持久。

安老自助處於二零二一年五月二十八日宣佈其三藩市的長者護伴服務計劃擴大了一倍。此外, 該計劃將從三個月延長至六個月已上, 並將擴展覆蓋面到整個三藩市。儘管最近針對亞裔美國人的仇恨犯罪有所增加, 這服務使長者們能夠重新出外購物, 到訪醫務所並恢復正常生活。

多年來, 安老自助處經營著一個類似的護伴服務, 但鑑於最近針對亞裔長者的襲擊, 通過三萬美元的私人資金幫助下, 安老自助處希望擴大其三藩市市政府資助的長者護伴計劃。今天, 安老自助處宣佈該機構已從三藩市的公寓和零售空間管理公司 Veritas Investments 獲得保證資助三萬美元, 此外, Veritas 行政總裁區一鵬先生家族亦捐贈三萬美元的額外資助, 這將擴展該計劃, 並希望更進一步延長至永久服務及擴大服務範圍。

在三藩市市政府資助下, 安老自助處現有的計劃已經完成培訓護伴長者專員, 並於五月初開始向數十名華裔居民提供護伴步行和乘車服務, 並預計將在三個月內擴展服務到日落區。此外, 安老亦培訓了許多新的護伴長者義工, 其中包括五名受薪護伴長者專員, 相比於義工團隊, 他們接受了更多的培訓, 並且安排更多護伴長者工作。所有護伴長者義工都

通過了背景調查, 學習和了解了長者的特別需要, 以及懂得如何應付潛在的威脅。

在宣佈會上, 安老自助處行政總監鍾月娟表示藉着 Veritas 和區氏家族的這筆重要捐款, 我們希望讓長者知道, 他們可以結束長達十五個月的居家隔離, 回到日常生活中。

此外, 我們很高興增加義工和相關培訓, 讓我們可以在二零二一年四月六日至二零二三年六月三十日期間在整個三藩市提供長者護伴服務。我們希望籌集更多資金來建立該計劃和延伸服務至其他城市, 並把項目擴展成為一項持續服務。

查詢有關長者護伴服務計劃或預約長者護伴服務, 請致電我們的社會服務部, 電話: (415) 533-4714 or (415) 677-7585。



From left: Kelly Dearman, Executive Director, San Francisco Department of Disability and Aging; Gail Gilman, City and County of San Francisco Port Commissioner; Dixon Li, Administrative Director for the Rose Pak Community Fund; Sally Kay, Amazon's Senior Manager of External Affairs in Northern California; Emily Castor Warren, Amazon's Senior Manager of Public Policy; David Noyola, Board Member of Rose Pak Community Fund; and Helen Lau, Self-Help for the Elderly's Senior Participant of the Escort Services Program

In Appreciation for Rose Pak Community Fund and Amazon \$90,000 to Help Purchase a Vehicle for Self-Help for the Elderly's Senior Escorts Program

Over 40 guests were gathered at Beatrice C. Schiffman Plaza at Pine View Housing on November 17 to attend an event in appreciation for Rose Pak Community Fund and Amazon's gift of \$90,000. The contribution was used to purchase a vehicle for Self-Help for the Elderly's Senior Escorts Services Program.

Began in March 2021 with two Safety Escorts to provide chaperones and help to seniors, our Senior Escorts Services Program grew by 450% within 11 months. Now, we have a team of 11 Safety Escorts to accompany seniors to their appointments, shopping, visits and more.

At the end, our President & CEO, Anni Chung, thanked the representatives from Rose Pak Community Fund and Amazon for this significant gift. Anni described this gift as a blessing and it made a difference for the seniors we served. In November 2021, we had over 1,000 senior escorts visits.

The \$90,000 donation would be used to purchase a new electric car to provide transportations for the participants of the senior escorts program. This enabled our safety escorts services to reduce traffic time on public transportation and care for more seniors at one time.

Helen Lau, a 73-year-old participant of the Escort Services Program, expressed her appreciation for the program and to the funders. Ms. Lau was active and in good health. During the pandemic, she was diagnosed with stomach cancer. Due to the increase in Asian hate crime, she was afraid to go out and to attend medical appointments / treatments. The Escort Services Program offered her a very important service to provide her ease of mind and help her to get well again. The safety escorts accompanied her to hospital visits and treatments. More importantly, she felt safe and cared for when accompanied by the safety escorts.

感謝白蘭社區基金和亞馬遜捐獻九萬美元，幫助安老自助處的長者護伴服務購買服務車輛

十一月十七日，超過四十位賓客聚集在松景廬大廈的 Beatrice C. Schiffman 廣場參加活動，以感謝白蘭社區

基金和亞馬遜捐贈的九萬美元。這筆捐款將有助於安老自助處的長者護伴服務為計劃購買一輛服務車輛。

從二零二一年三月開始，由兩名安全護送人員為老年人提供陪伴和幫助；我們的長者護送服務計劃在十一個月內增長了 450%。現在，我們已是一個由十一名安全護送員組成的團隊，陪伴老年人進行預約、購物、探訪等活動。

在活動的尾聲，我們的行政總裁鍾月娟女士對白蘭社區基金和亞馬遜的代表表示感謝。鍾月娟女士將這份禮物描述為一種祝福，我們服務的長者因而受惠。在二零二一年十一月，於安老自助處的長者護伴服務已完成多達一千次的服務。

九萬美元的捐款將為長者護伴服務購買一輛電動汽車，為長者護伴服務的長者及員工提供交通工具便利。這使我們的長者護伴服務節省等候公共交通工具的時間，並用更多時間照顧更多的長者。

七十三歲的護送服務計劃的受惠者劉女士對計劃和資助者表示感謝。劉女士活潑好動，身體健康。但在疫情期間，她

不幸被診斷出患有胃癌。由於亞裔仇恨犯罪的增加，她害怕外出去和參加醫療預約及治療。安老的長者護伴服務尤其重要，讓劉女士能夠安心治療並幫助她再次康復。長者護伴服務的同事陪伴她到醫院就診和治療。更重要的是在護伴的陪同下，她感受到關懷和安全。



Check Presentation from Rose Pak Community Fund to Self-Help for the Elderly. From left: Rev. Norman Fong; Gail Gilman, City and County of San Francisco Port Commissioner; Kelly Dearman, Executive Director, San Francisco Department of Disability and Aging; Anni Chung, President & CEO of Self-Help for the Elderly; Sally Kay, Amazon External Affairs & Public Policy; and David Noyola, Rose Pak Community Fund Board Member

THANK YOU ! 感謝您



A Heartfelt Appreciation to the students from Chinese American International School who organized a school bake sales to benefit our seniors.

On November 10, six (6) students, Autumn Ragone (王瑞秋), Daphne Yeh Gilman (葉雅珍), Kaely Wang (王愷), Lola Clemens (柯萍萍), Mason Kwee (郭克駿), and Saya Tarm (譚智仙) visited Jackie Chan Activity Center and Adult Day Services Center with the parents. The seniors presented the appreciation banners to the students. At the event, the students introduced themselves and shared with the elderly their admiration for Chinese culture. The seniors were extremely impressed with our young guests' stories and their Mandarin proficiency.

— 安老五十五週年紀念呈獻 —

港美梨園精英愛心暖萬家

Self-Help Duen Fung Virtual Chinese Opera Benefit

A PRESENTATION IN ASSOCIATION WITH DUEN FUNG MING OPERA TROUPE & AIRED ON SKY LINK TV

[ARTISTIC DIRECTOR 藝術總監]
YIM HING LAW 羅艷卿

戲迷榜首 慈善旦后

梁兆明
XIAO MING LIANG

馬秀端
JOSEPHINE MA

紫釵記 The Legend Of Purple Hairpin

《紫釵記》全劇分三日在天下衛視播放！
Program Schedule on Sky Link TV.

無線電視4.2台
Comcast有線193台

日期 DATE	時間 TIME	劇目 PROGRAM
2/26/2021 FRI 二零二一年，二月廿六日，星期五	4:30 - 6:00 PM	Adore 拾釵定情 Engage 花院盟心
3/16/2021 TUE 二零二一年，三月十六日，星期二	5:00 - 6:30 PM	Reject 吞釵拒婚 Encounter 花前遇俠
3/27/2021 SAT 二零二一年，三月廿七日，星期六	6:30 - 8:30 PM	Reunion 劍合釵圓 Wedding 閨府配婚

*節目如有更改，恕不另行通知。Programs are subject to change without notice.

Self-Help Duen Fung's 35th Annual Chinese Opera Benefit

Self-Help for the Elderly celebrates 55th anniversary of serving the seniors and community. The 35th annual Chinese Opera Benefit went virtual and The Duen Fung Ming Troupe presented free performances online and on air so the seniors and the guests could enjoy the event at home and be safe.

Self-Help Duen Fung's 2021 Chinese Opera Benefit was made possible through the generous supports of many sponsors and benefactors. The Title Sponsor of our first virtual Chinese Opera Benefit were Norman and Antonia Tu.

Original performance premiered in 2019 in San Francisco, the famous drama *The Legend of the Purple Hairpin* was broadcasted online and on Sky Link TV on February 26, March 16 and March 27. This beloved drama, *The Legend of the Purple Hairpin*, featured Xiao Ming Liang, Hong Kong Cantonese Opera Male Lead, and Josephine Ma, San Francisco Cantonese Opera Charity Queen. The casts included well-known Cantonese Opera performers from Hong Kong including Wai Ling Ho, Sam Liu, Marco Wen, Judy Lam, Cannon Au, Hing Wang Cheung, Wing Yee Siu, Connie Leung, and Judy Chan. The artistic director was the well-loved Ms. Yim Hing Law from Hong Kong. The performance also highlighted renowned Cantonese Opera lead musician, Kent Chau and Percussion Lead Ngok Sung.

Self-Help for the Elderly is committed to promoting the independence, dignity and self-worth of seniors through an array of services including Nutrition & Senior Centers; Social Services; Residential Care Facilities for the Elderly; Employment Training & Economic Development; Home Health Care Program; Adult Day Services and more. Despite the pandemic, Self-Help for the Elderly continues to provide critical services for the seniors like home-delivered meals, wellness checks; virtual sessions to assist seniors in naturalization, housing and activities and in-person outreach to complete Census 2020.

Special acknowledgement to sponsors: Sing Tao Daily, Chinese Radio Station, Sky Link TV and A Bright Printing. To-date, the total amount raised reached \$68,777. Proceeds to benefit Self-Help for the Elderly's programs and services.

《安老端鳳三十五屆網上粵劇澤耆英 - 港美梨園精英愛心暖萬家》

為慶祝安老自助處五十五週年多元化長者服務；因應新冠病毒疫情端鳳鳴澤耆英粵劇團第三十五屆改為在網上義演，首席贊助杜啓平先、夫人，由天下衛視分別在星期五、二月二十六日下午四時、三月十六日及三月二十七日分段播放出名劇“紫釵記”由香港名伶榜首梁兆明與三藩市慈善旦后馬秀端領銜主演，香港紅伶何偉凌、廖國森、溫玉俞、林寶珠、劍麟、張宛雲、蕭詠儀、龍嘉麒聯同閨秀名演藝家馬琰娟暨端鳳鳴

澤善粵劇團全體團員於二零一九年在三藩市隆重演出；藝術指導梨園美艷親皇羅艷卿，香港名音樂師周熾楷及宋鏐領導中西音樂，劇情扣人心弦，近二十年灣區罕見的大型慈善粵劇。

安老自助處為低收入長者謀求社會福利為宗旨，機構設立營養康樂中心、社會服務、耆英護理之家、職業訓練及經濟發展、家居醫療護理及寧養服務、成人日間護理及資料技中心等，在疫情期間，早於去年六月工作人員已再投入服務，將熱餐送到長者家中、在網上回應長者的問題及協助人口登記、入籍、房屋及教授訓練班課程！

特別贊助：星島日報、中文電台、天下衛視及明華印刷，現已籌得善款六萬八千七百七十七元，收益除開支全部撥入安老長者服務計劃。



THANK YOU ! 感謝您



Thank you, Board Members of the Hung On Tong Society for visiting our main office on October 28, 2021 and presenting us a contribution of \$8,000 to support our programs and services for the seniors.

感謝眾三藩市順德行安堂主席於二零二一年十月二十八日的到訪，並捐贈八千美元給安老自助處，支持我們的多項長者計劃和服務。



Self-Help for the Elderly's 16th Annual Invitational Charity Golf Tournament

17 months had passed since the shelter-in-place became effective on March 17, 2020. We had missed seeing the seniors and community. As we planned carefully and prepared to welcome the community's return to our service locations and special events, we looked forward to meeting our seniors, benefactors, volunteers and supporters in person to celebrate our 55th anniversary. On August 16, 2021, we hosted the 16th Annual Invitational Charity Golf Tournament, our first in-person event, at Palo Alto Hills Golf and Country Club. Over 140 golfers and guests attended the tournament.

A special Thank You to our dedicated Committee to make our first 2021 in-person fundraiser a success.

Co-Chair: Eric Cheung and Oliver Ko

Members: Wellson Cheung, Stan Chew, Jerry Lee, Esq., Luke Siow, Rosina Sun, Norman Tu, Colina Yip and Dr. Andrew Zee

第十六屆安老自助處高爾夫慈善邀請賽

自二零二零年三月十七日就地避難所生效以來，已經過去了十七個月。我們錯過了與老年人和社區會面的機會。在我們細心策劃下，準備好迎接社區重返我們的服務地點和舉辦特別活動時，我們期待與我們的長者、善長、志願者和支持者親自見面，慶祝我們的五十五週年。二零二一年八月十六日，我們在帕洛阿爾託山的高爾夫鄉村俱樂部舉辦了第十六屆的年度慈善高爾夫邀請賽，這是我們的第一個面對面的活動。超過一百四十名高爾夫球手和嘉賓參加了今次的比賽。

我們衷心感謝贊助商和所有團隊的協力支持。特別感謝我們的專業的活動委員會，使我們的第一次面對面籌款活動取得成功。



國泰銀行第十六屆高爾夫慈善邀請賽

Title Sponsor



Ace Sponsors:

Good Hope Seeders
DCL Logistics

Birdie Sponsors:

SHP Foundation
Today's V, Inc.
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Par Sponsor:

Ray and Joanna Lin

Foursome Plus Sponsors:

Dr. Andrew Zee
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United Pacific Hotel Group
Zephyr Ventilation

Basic Hole Sponsors:

Filice Insurance
Hong Kong Economic & Trade Office (HKETO)
MoonChef LLC
S.P.E. Construction Inc.
The Great Entertainer



A special thank you to our dedicated Committee for making our first 2021 in-person fundraiser a success.

This is a partial list. We apologize for any omission of donors who contributed after publication.



From Left: Dr. Carlene Wong-Lee, Dr. Philip Lee, Kendall Edwin Lee, Edwin Lee, Margaret Lee, Sarah Margaret Lee, Jeffrey Paul Lee, Jeffrey Lee, and Kristina Maise Lee

An Act of Giving Gives Meaning in Life

Thank you, the Lee Family, for the love for the seniors. The Lee Family supports Self-Help for the Elderly's Legacy Fund with a gift of a total of \$100,000.

On August 21, 2021, the members of the Lee Family traveled to San Francisco City by air and car for a family event. Self-Help for the Elderly was thrilled to be a part of the Lee family celebration. At Self-Help's Main Office, the Lee Family unveiled two Legacy pledges, a Legacy Rock and five Legacy Leaves.

Jeffrey Lee, son of Edwin and Margaret Lee, shared a remark on behalf of his family. Mr. Lee echoed his Mother Mrs. Margaret Lee's gratefulness for the accomplishments that the family members have created for themselves. Then, Mr. Lee explained that *Real Success* is when one can give back to the community. This Act of Giving is an important

deed that makes life meaningful. Mr. Lee went on to mention that it is a nice way for the family to begin the process of giving back to the community. He is grateful to join his parents and his brother to contribute. Furthermore, he wants to set an example for the next generation and to show the young people the importance of giving.

Two weeks after the August celebration, the Lee Family visited our Autumn Glow Alzheimer's Care Home and unveiled a memorial plaque specially dedicated to Mrs. Pauline Lee.





Self-Help for the Elderly's First Hybrid Event: 2021 Walk, Run, Ride to the Moon. The Fitness and Push to Excel. Results Can Be Surprising.

To celebrate our milestone of 55 years' services to the community, Self-Help for the Elderly hosted a hybrid event in Fall 2021 connecting with friends & family around the world while staying active and fundraising for a good cause.

Over 369 participants worldwide attended the 4-week virtual fitness event. Each participant selected the preferred fitness and fundraising goals to partake in the Individuals' & Teams' Weekly challenges and to contribute to the overall goals. The weekly games led up with an in-person Walk and Celebration in San Mateo Central Park on September 18 and in San Francisco Chinatown on September 26. The hybrid Walk, Run, Ride to the Moon garnered over \$158,773 in 42 days. The in-person Walks and Celebration attracted over 400 participants (100 attendees for San Mateo Walk and 300 attendees for San Francisco Walk).

A heartfelt appreciation to our fervent Committee who helped make the hybrid event a success. Kudos to Co-Chair Randall Fong & Jeanie Lee; Members Donna Divodi, Haiyan Fu, Maggie Mui, Vicky Wong and Dorothy Yeung.

安老自助處首個雲端和現場的慈善健身活動：二零二一年度《步行、跑步、踏單車往月球》鼓勵參加者保持身心健康，推動更好的成績。

為慶祝我們為社區服務五十五年的里程碑，安老自助處在二零二一年秋季舉辦了一場雲端及現場的慈善健身活動，與世界各地的朋友和家人聯繫，同時保持活躍並為安老自助處籌款。

全球超過三百六十九名參加者參加了為期四週的雲端慈善健身活動。每位參加者都自選健身和籌款目標，以個人和團隊的名義參加每週挑戰，為總體目標做出貢獻。

在活動末端時，眾參加者歡迎出席於九月十八日在聖馬刁中央公園或九月二十六日在三藩市華埠花園角舉行的現場步行和慶祝活動。

四十二天的《步行、跑步、踏單車往月球》活動籌集超過158,773 美元。兩個現場步行和慶祝活動亦吸引了四百多名參加者（一百位出席聖馬刁步行和三百位出席舊金山步行活動）。

我們在此衷心感謝健身活動的委員，使二零二一年度《步行、跑步、踏單車往月球》活動取得成功。感謝共同主席馮德勤和李藝雯；委員 Donna Divodi、傅海燕、梅若慈、Vicky Wong 和鍾月明醫師。

OVERALL INDIVIDUAL AND TEAM RESULTS

INDIVIDUALS WHO OBTAINED THE LONGEST PATH

1. Dorothy Yeung | 906 Miles
Activity: Rowing
2. Brandon Wong | 746.2 Miles
Activity: Cycling
3. Mustard Strong | 454 Miles
Activity: Cycling

MOST ACTIVE FUNDRAISERS

1. Dorothy Yeung \$6,155
2. Wendy Kwok \$5,150
3. Maggie Mui \$5,000

GROUPS ACCOMPLISHED THE LONGEST PATH

1. Vitality Rock-It: 5,642.8 Miles
2. We Wok for Seniors: 4,837.2 Miles
3. Team 4 Generations of Chung: 1,778.2 Miles

BEST FUNDRAISING GROUPS

1. 4 Generations of Chung: \$22,880
2. Vitality Rock-It!: \$17,713
3. We Wok for Seniors: \$7,070



2021 Walk Run Ride To The Moon

— 8.21 - 9.21 —

Charityfootprints.com/SelfHelp



SELF-HELP FOR THE ELDERLY TEAM RESULTS

FIVE MOST ACTIVE FUNDRAISERS

- Josephine Ma
- Stephen K Cheng
- Anni Chung
- Leny Nair
- Lin Tan

TOP THREE MOST ACTIVE PARTICIPANTS & DISTANCE

1. Tony Lio (309.6 Miles),
2. Huanyu Zhu (169.73 Miles)
3. Henry Louie (156.10 Miles)

FIVE BEST FUNDRAISING TEAMS

- Administration \$24,745
- Nutrition \$12,346
- San Mateo Center \$6,246
- Housing Services \$5,285
- Social Services \$4,091





Self-Help for the Elderly's 55th Anniversary Longevity Gala

Thank you and welcome to our 55th anniversary Longevity Gala in person! Over 600 guests dressed up in fun, festive attire on Halloween to attend Self-Help for the Elderly's 55th Longevity Gala at Hyatt Regency San Francisco Airport.

The 2021 Gala celebrated the Self-Help family, in particular the volunteers, funders, donors, and staff for their ongoing and unfailing support of Self-Help's mission and objectives in the face of the COVID-19 Pandemic. A highlight of the evening came as all guests joined together for a surprise celebration and acknowledgment for Ms. Josephine Ma, our Fund Development Director, who has dedicated and devoted three decades of services to support Self-Help for the Elderly's work to care for the seniors and the community. Josephine will enjoy a well-deserved retirement in January 2022.

Our heartfelt gratitude to a remarkable 2021 Longevity Gala Committee to initiate a grand hybrid celebration: Helina Au, Virginia Bakken, Randall Fong, Helen Hubbs, Eva Lai-Kit Jones, Collette Kondo, Pinkie Laye, Robert Laye, Beverly Lee, Jeanie Lee, John Lee, Daisy Li, Christina Ng, Bill Schulte, Antonia Tu, Dr. Dorothy Yeung, Jane Yang, and Flora Zee. A special Thank You to our Gala Co-Chair, Ms. Eva Lai-Kit Jones and Dr. Dorothy Yeung, for their commitment and leadership to make Self-Help for the Elderly 55th anniversary Longevity

Gala's in-person and online experiences memorable.

Special acknowledgements to our 41 sponsors and over 800 participants to support our first hybrid Longevity Gala. Self-Help for the Elderly's 55th anniversary Longevity Gala exceeded the fundraising goal and raised over \$600,000.00. Proceeds of the event will support our critical services in response to the pandemic and the tsunami of hate crimes. These services include the home care and hospice programs; senior housing; nutritious meals and home-delivered meals programs; virtual activities and learning; social services; escort services for the seniors and wellness checks enabling us to care for our seniors and making sure the community are healthy mentally and physically.

From the bottom of our heart, we thank our benefactors, friends, volunteers and staff for supporting our mission to promote independence, well-being, and dignity for older adults; and carrying out our vision where all elders have the respect, care and support to lead dignified and vibrant lives. Together, we move forward to serve the seniors and the community as we march into the third Millennium mindful of our commitment in providing the seniors and those entrusted to us hope, strength and empowerment.



安老自助處五十五週年迎福長壽宴

謝謝您，歡迎親臨我們的五十五週年迎福長壽宴！超過六百位嘉賓在萬聖節穿著有趣的節日盛裝參加了我們在三藩市機場凱悅酒店舉辦的第五十五屆安老自助處迎福長壽宴。

二零二一年安老自助處迎福長壽宴特別慶祝安老自助處這個大家庭，尤其是我們的義工、贊助商、善長們及工作人員，感謝他們在疫情期間仍支持安老自助處的使命和目標。晚宴的一大亮點是所有嘉賓齊聚一堂，為我們的基金發展部主任馬秀端製造了一個驚喜的慶祝活動，感謝馬主任三十年來一直致力於支持安老自助處，關愛長者和社區服務的工作。馬主任將於二零二二年一月正式榮休，我們祝她享受一個愉快的退休生活。

在此，亦衷心感謝二零二一年度安老迎福長壽宴籌委會協力推動這次盛大的雲端和現場慶祝活動；籌委會成員包括 Helina Au、Virginia Bakken、馮德勤、白家碧、梁勵潔、Collette Kondo、Pinkie Laye、Robert Laye、Beverly Lee、李藝雯、李嘉昌、李雅怡、Christina Ng、Bill Schulte、杜李碧桃、鍾月明醫師、Jane Yang 和 Flora Zee。特別感謝我們的迎福長壽宴籌委會共同主席梁勵潔和鍾月明醫師，感謝她們的領導及安排，使嘉賓體驗一個特別又難忘的安老自助處五十五週年迎福長壽宴的雲端和現場慶祝活動。

感謝我們的四十一個贊助商和八百多位的嘉賓和觀眾支持我們的第一個雲端和現場的迎福長壽宴。安老自助處五十五週年迎福長壽宴籌款超越原定目標，籌得超過\$600,000。

活動的收益將用於支持安老的關鍵服務，包括家庭護理及寧養服務；長者房屋；營養餐，家居送餐服務；雲端活動及學習；社會服務；長者護伴服務，及健康檢查，使我們能夠照顧社區的長者所需，並確保他們的身心健康。

我們亦衷心感謝各善長、朋友、義工和工作人員的支持，與我們一起為促進的長者獨立、幸福和尊嚴的使命而努力；實現我們的願景，讓所有長者都得到尊重、關懷和支持，過上擁有尊嚴和充滿活力的生活。我們將一起共同前進，為長者和社區服務；當我們邁入第三個千年時，我們依然銘記給長者和委託給我們的人提供希望、力量和權益的承諾。





Always In My Heart

03.26.2021

愛
在
心
中

"We will hold you in our hearts until we can hold you again in heaven."



Rosalyn (Roz) Koo
Board Member since 1984



*"Love leaves a memory
no one can steal..."*

Candy Chan
Producer and Director
of the Spring Bud Girls' Scholarship Program Film



"Forever in our hearts"

Dorothy Chow

Member of San Mateo Advisory Board



*"Those who touch our lives
stay in our hearts forever"*

Francis Yeung

Volunteer and Benefactor



*"The song is ended, but the
melody lingers on."*

Eunice Lim Shin

Benefactor, Volunteer and Senior of San Mateo Center



Rosalyn C. Koo
November 11, 1926 – January 30, 2021

In loving Memories of Our Beloved Board Member Rosalyn C. Koo

For over 48 years Rosalyn (Roz) has been a passionate community volunteer, advocate and leader. She has continuously served Self-Help for the Elderly since 1984 with fierce and committed leadership, fueled by a sincere desire to help others and stand up for justice. Her interest in serving the elderly population stems from her own mother's affliction with Alzheimer's disease.

Roz's public service began in 1973 when she joined the American Institute of Architecture's Task Force on Unemployment. Three years later, she joined the Chinese Cultural Foundation Board. In 1984, she joined the Board of Directors at Self-Help for the Elderly. Since then she has selflessly given her time and resources to us and has played a vital role in improving the lives of low-income elderly in the Bay Area.

Roz was instrumental with many significant Self-Help projects. Despite many challenges, Roz was the key fundraiser and strategist for Self-Help's acquisition and construction of the 70-unit Lady Shaw Senior Housing; the 15-bed Autumn Glow Alzheimer's Care Home; and the 82-unit Lincoln Court Senior Apartments in Oakland. Furthermore, she started the San Mateo and Millbrae Senior Centers in 1992 and 2018 respectively.

In addition to her work with Self-Help, Roz spearheaded

the Spring Bud Project for the 1990 Institute since 2001, which supported scholarships for 1,000 girls living in rural villages in Shaanxi Province in China. Most of the students graduated from college in 2014-2015. They referred Roz affectionately as their Grandma Koo.

Roz has received many awards and citations for her dedication and commitment to making the world a better place for others. She was inducted into the Women's Hall of Fame for San Mateo County. Roz was a fearless, independent thinker who often challenge convention. Her belief that education and empowerment nurture the spirit was evident in her philanthropy and volunteerism. Mrs. Rosalyn Koo is a role model and heroine for many aspiring girls, women and men worldwide. She continues to inspire and encourage us to make a difference every day.

Roz is survived by her two daughters, Debbie and Jackie, her grandchild, Sam, and her two sons-in-law, Dennis and Pete.

The Self-Help for the Elderly family extends our deepest admiration and gratitude to Roz, who for almost four decades had served the seniors with her heart and soul. Her vision, wisdom and actions had transformed Self-Help from a storefront operation to the Bay Area's premier senior service organization.

Dearest Roz: we salute you and thank you for your life-long commitment, support and love of our seniors, staff and volunteers at Self-Help. May you rest in peace.

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

► **GENEVA**
5050 Mission St. C
San Francisco, CA 94112
415-374-7194

► **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:
• Elder Abuse Prevention & Intervention
• Emergency Short Term In-House Support
• Family Caregiver Support
• Housing Service Program
• Information & Assistance (I&A)
• Long Term Housing Subsidy Program
• Utilities Assistance
(TEAM & CHANGES)

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

► **Case Management**
415-677-7586

► **Senior Escort Services**
415-533-4714

► **Citizenship, Civics & ESL Classes**
415-677-7590
415-677-7592
e: citizenship@selfhelpelderly.org

► **Geen Mun Center**
777 Stockton St.
San Francisco, CA 94108
415-773-2060
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

HOME HEALTH CARE & HOSPICE CARE

Tel: 415-677-7629
Fax: 415-398-5903
e:hchservices@selfhelpelderly.org
731 Sansome St., Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD JOB CENTER (CNJC)

► **CNJC / 415-677-7500**
601 Jackson St., Ground Floor
San Francisco, CA 94133

► **Richmond Neighborhood Job Center / 415-290-0103**
5757 Geary Blvd.
San Francisco, CA 94121

► **Sunset Neighborhood Job Center / 415-279-0995**
3133 Taraval Street.
San Francisco, CA 94116

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

DIGITAL & TECHNOLOGY LEARNING PROGRAM

► **SF connected**
415-677-7529 English/Chinese
415-677-7665 Spanish/Russian

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

SUPPORT SENIORS

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

MAIN OFFICE

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

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

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

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

SAN MATEO
(650) 342-0822

SOUTH BAY
(408) 733-1883

ALAMEDA & CONTRA COSTA
(510) 336-0144

VISIT US
selfhelpelderly.org

Self-Help for the Elderly Donors

安老自助處善長芳名

Donations from individuals, for the period *January 1, 2021* to *December 31, 2021*.

\$200,000+

Direct Relief

Metta Fund

Hanmin and Jennifer Liu /
Wildflowers Institute

Dorothy Yeung

Lillian Lincoln Foundation

Matthew Kelly Family Foundation

Pamela Fong

Richard Achuck

Shelia Fu

Anonymous

SHP Foundation

Stupski Foundation

Sutter Health

The Abe and Kathryn Selsky
Foundation, Inc.

Today's V Inc.

WDG Family Foundation

Welcare Financial Group

\$100,000+

Crankstart Foundation

Chinese Community Health
Care Association

\$10,000+

California Municipal Finance
Authority

Independent Living Resource
Center San Francisco (ILRCSF)

American Realty
& Construction, Inc.

Asian Pacific Fund

Barbara and Bert Why, Jr.

Betty Tse

Edwin and Margaret Lee

Frankie Lee

Good Hope Seeders

Hung On Tong Society, Inc.

Inner Sunset Community
Advocates, Inc. (ISCA)

Jacqueline Tong

Jessie Ngai

John K. and Caroline Lee

Joseph L. Barbonchielli
Foundation

Josephine Ma

Laura Lai Designated Fund

Milton and Rosalind Chang

National Asian Pacific Center
on Aging (NAPCA)

Nelson Ng

\$5,000+

MidPen Housing Corporation

AEC Alarms

Agnes Lee

Bassie Lee

Choy Realty Investments, LLC

Christina Ng

CTBC Bank Corp.

Eileen Kho

Helen and Thomas Hubbs

Hurlbut-Johnson Charitable
Trusts

Janet Chong

Janice Berthold

Jeanie Lee and Alfred Lam

Karen Lee

Linda and Ling-Chi Wang

Lynette Lew

Mabel and Ken Lai

\$50,000+

Comcast Corporation

Yat-Pang Au

Anonymous

Pacific Gas and Electric Company

Ray and Dagmar Dolby

Family Fund

Robert Joseph Louie

Memorial Fund

Rose Pak Community Fund

Tides Foundation

\$25,000+

Andrew and Flora Zee

Cathay Bank

Eva Lai-Kit Jones

Kaiser Permanente

Norman and Antonia Tu

Paisley Family Fund

Patricia Tseng

Silicon Valley Community
Foundation

The list is sorted by donation amount in descending order. 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 Donors

安老自助處善長芳名

Donations from individuals, for the period *January 1, 2021* to *December 31, 2021*.

Mary Chang	Anita Ho	Daniel Poon
Moonstar Restaurant	Anna Jue	David and Alice Ching
On Lok, Inc.	Anni Chung	David and Annie Ng
Patricia Mar	Anonymous Donor	David and Judy Jew
Patrick and Arleen Fernandez	Anthony and Carol Tam	David Lam
Philip Lee	Anthony and Rosina Sun	Deanna Chan
Ricky Ho and Emily Leung	Arthur Leong	Deborah Soon
Seck Lam and Kathleen Chan	AT&T California	Dexter Louie
Sing Tao Daily	Bak and Betty Chan Charitable Fund	Diane Lee
Thriving in Place	Bank of the Orient	Donald and Helen Woo
WCP I DE, LLC	Bay Area Deputy Sheriffs' Charitable Foundation	Donald Luu
Zhao Family Fund	Betty Chan	Donna Divodi
	Beverly Lee	Ellen Cheung
\$1,000+	Bob Seid	Emily and Frank Cheng
California State University, Sacramento	Brenton Dare	Eric Wong
Greenwood Equities Group LLC	Brown Estate Vineyards & Winery	Fanny Wong
Launch Inc	Bruce and Grace Ginn	Feng You Kuang
TAO and ZEN Society of USA	Carol Sung	First Republic Bank
The Richard M. Schulze Family Foundation	Charles Lam	Flora Gee
100+ Women Who Care San Francisco	Chinatown Community Development Center (CCDC)	Fong & Chan Architects, Inc.
AIPICC	Christine Yee	Fong, Ko & Associates, LLP
Alfred and Sherry Chung	Chung Kin and Marian Chan	Frances Liu
Alice Au	Claudine Cheng	Frances Sue
Alice Cheng-Bennett	Colin & Associates	Frank Lee
Al's Appliances, Incorporation	Colina Yip	Franklin Templeton Institutional, LLC
American Endowment Foundation	Community Youth Center of San Francisco (CYC)	Fung Kiu Ma
Angel Chen	Dan Michelini	Gary Gin
Angela and Jerry Lee, Esq.	Daniel Jue	Gary Hoshiyama and Patricia Wood
Anita Choi	Daniel Lai	GBC International Bank
		Germaine Q. Wong
		GGV Captial

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安老自助處善長芳名

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Golden Bank	Karen Kam	Po Fong Liang
Gum Moon Residence Hall/ Asian Women's Resource Center	Kenneth Mills	Po Lew
Haiyan Fu	Kenny and Suey Ling Lau	Pollyana Leung
Hang Fung Tai Corporation	Koi Palace Restaurant (Daly City)	Pu San Yeung
Harry Fong	Lanny Tom	Raymond & Joanne Lin Foundation
Harvey and Donna Allen	Larry and Christine Chen	Raymond and Virginia Lee
Heather Fong	Laureen Chew	Rebecca Leung
Helen and Peter Yuen	Leo and Marie Lin	Richard Dong
Helen Siu	Lillian Sing	Robert and Pinkie Laye
Henry and Deborah Pao	Linda Shen	Robert Hom
Herb Chan	Louis and Elena Leong	Rose Tsai
Hong Kong Economic & Trade Office	Lubin Olson & Niewiadomski LLP	S.P.E. Construction, Inc.
Hui Dental Group - San Mateo	Lucille and William Lee	Sally Chung
Ida Braun	Magdalen Mui	San Francisco Association of Realtors
Ideas Multicultural Communications	Mark C. and Rose Lianides	Scott Schaldenbrand
Ivy Hsieh	Martin Suen	Shelly Schiffman and Simon Zak
Jack and Dorothy Fong	Mary Pan	Simon Ng
Jane Chan	MaryAnn Sing	Siu Mamie Oweyung
Janie Kaung	May L Wong	Sodexo Stop Hunger Foundation
Jeffrey Lee	Michael Wang	Sonia Ng
John Wu	Michele Goodman	Sophia Chen
Johnson Seto	Miu Heung Chan	Stan Yee
Jon Pon	Mutual of America	Sterling Bank & Trust
Jon Wong	Next Steps Marketing, Inc.	Steve Tai
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Judy Zhu	Oi Lin Chan	Summit Financial Advisors, LLC
Julie Kondo	Pak Koo	Sun's Market
Justin Chan	Patricia Lum	Susan Sung
K. Y. (Eva) Chin	Perkins & Will Inc	Suzie Lee
Kai Man Lee	Peter and Linda Chan	Teresa Chan
	Philip Yee	Theresa Louie
	Pine View Housing Corporation	

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Thomas Ng	Irene Chu	Jonathan Peralta
Tina Tam	Chia-Lin Chu	Joern Larsen
Tsung Mok	Clarence & Virigina Bakken	Julie Soo
Ulferts Center (U.S.A.) Incorporation	Stanley Fong	Ann Li
United Pacific Hotel Group	Archibald Sam	Thien Thai
Victor L. Chinn	Rose Yuen	Eric Cheng
Victoria Hwang	Louis Chu	Aldie and Jance Chung
Wayne, Sherlyn, Karin, Brion, Trent and Adriene Hu	Gloria Tai	Anne Manchi Lam
Wellson Cheung	Candice Chan	Nora Wong
Anonymous	Roger Chan	Sandy Lim
William Schulte	Walter & Oy Yee Lew	David Lo
William Wong	Eddy Yuen	Xu Zhao
Wing Yoke and Dorothy Lai	Northern Herbs Inc	Ashley Ng
Wu-Yang and Cynthia Hsiung	Civic Edge Consulting, LLC	Kelly Lee
Yat Gai Au	Mamie Shen	Angela Chen
Yat-Cheong Au	Gordon Wong	Fran Streets
Yat-Hon Au	Betty Hui	Lily Margaret Yvonne Chien
You Don Qwan	Serena Ng	Greg Bonfiglio
Zephyr	Adeline Louie	Anna Cheung
	Katie Loo	Sarah Mahoney
	Thrivent Financial	Jenny Woo
\$500+	Anne Hinton	Darrell Young
Nelson Fu	Intersection for the Arts	Dennis Leung
Gloria Vidal	Catherine Ko	Thomas Tam
William Lenson	Kong Hu Pua	Nancy Wu
Elbert Mui	Huaiwen Chen	Frankie and Sue Choy
Kwok Keung Yeung	Jance Chung	Patricia Kwang
Elaine Chan	Henry and Grace Kan	Selina Shek
Helen Soo	Stanley and Helen Chew	Susan Lee
Dominic and Michelle Li	Loretta Mak	John and Lynne Shen
Robin Mahood	Shui Lan Chin	Edmund W. Ow
Natalie Woo	Grace Li	Larry and Susan Lee

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Jennifer Dere	Jane Chin	A Bright Printing Company
Constance Fung	Aaron Wong	Aaron Kellem
Elvira Owyang	Grace Cheng	Abbas Moloo
Amy Lam	Russell Leong Design	Ada Tam
Dick Chang	Hans Wu	Adriana Low
Arthur Sam	Elaine Chan	Adriana Ristau
R. Brin Matza	Evelyn Ting	Agnes Hui
J & N Kitchen Cabinets, Inc.	Gilbert Jay	Agnes Lau
Ting P. Pun	Geraldine Mae and Calvin	Agnes Ng
Alan Cheng	Chew Wong	Ai Zhen Guan
Palo Hills Foundation	Anonymous	Aijun Liao
San Francisco Bicycle Coalition	Calvin and Darlene Bryang	Aioli Olivia-Nicole-Buba
Helen Ng	Pan-Med Enterprises	Aiping Sun
Kaiser Foundation Health Plan	Jeannie Young	Airung Liu
Aaron Peskin	Donna Lau	AJ Lumsdaine
Alan Lee	Laura Jo Ruffin	Akarsh Ravi
Ilene Lang	Margaret Yung	Alan Lo
Robert Yee	Dack K Lee	Alan Wong
Diana Tom	Andre and Ann Hsiao	Alan Yuan
Gerald McCue	May Fong	Albert and Cynthia Jew
Vinson Owyong		Albert and Jenny Leung
Linda Yeung	\$100+	Albert Kwok
John Fook	ASIAN, Inc.	Albert Shyu
Richard Shu	Community Tenants Association	Albert Yee
Maureen Wong	Crab Station at Fisherman's Wharf	Alex Chui
Shing (James) Lau	Hercules Capital, Inc.	Alex Mack
Wai Fong Lee	One4All Charitable Fund	Alex Shum
Wendy Tsoi	San Francisco Holy Word Church	Alex Tan
Linda Lau	Teddy By Bear Company LTD	Alexander Kwan
East Bay Assisted Living, LLC	dba MBM Gear	Alexandra Ng
Curtis Tong	TisBest Philanthropy	Alexis Chu
Victoria Ip	Wah Mei School	Alice and Don Toy

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Alice Fong	Angela He	April Quach
Alice Hon	Angela Ho	Arlene Chien
Alice Kwan	Angela Lew	Arnold and Mimi Lee
Alice Lau	Angela Tam	Arnold Tan
Alice Matsumoto	Angela Wang	Arphornwan Perez
Alice Ng	Angela Zhou	Art Wolf and Nancy Evans
Alice Seid	Angelina Yu	Aurora Ocampo
Alice Sue	Angelita Wan	AZOOOL
Alice Teng	Anita Cheung	Baochan Weng
Alice Woodman-Russell	Anita Lau	BaoQian Wu
Alicia Chen	Anita Li	Barbara Fong
Alicia Tong	Ann Flynn	Barbara Jones
Alisa Petrucci	Ann Liang	Barbara M Chan
Alison Rivas	Ann Thang	Barbara McKinley-Kern
All American Medical Group	Ann Yeh	Barbara Rigdon
Allan Kwong	Anna Chan Yuey	Barbara Wells
Alon Yu	Anna Cho-Wong	Baron and Fanny Suen
Alvin Furumoto	Anna Lee	Barry Wong
Amaza Lam	Anna Liu	Becky Luong
Amourance Lee	Anna Mirkin	Bei Ding
Amy Pang	Anna Sui	Beibin Zhang
Amy Yuen Ming Tam	Anna Yin	Belinda Lee
Ana Chen	Anna Yung	Bellevue Floral Co.
Anan Wu	Anne Farrar	Ben Hui
Anastasia Laksmi	Annie Chin	Ben Toy
Ancilla Kwok	Annie Chu	Benita Selor
Anders Fung	Anny Kan	Benson Fong
Andrea Wright	Anthony Brown	Bernice Mui
Andrew Leon	Anthony Lai	Bertram Won
Andy Luk	Anthony Silva	Bessie Pan
Anette Siu	Anthony Wang	Betty Chu-Chang
Angela Fong	Anthony Yung	Betty Fung

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Betty Gee	Brian Tu	Chang Chen
Betty Ho	Bruce Low	Chao Hui Zeng
Betty Gee	Burt Louie	Charity Cultural Service Center
Betty Jeong	Byeongwha Kim	Charlene Chee
Betty Wong	Byron and Karen Ho	Charles and Karen Eng
Betty Yee	Cecil Van Dusen & Loretta Kwong	Charles Chan
Beverly Chan	Caiyan Huang	Chelsea Lam
Beverly Ng	Caiye Huang	Cheng Mei Chu
Bi Juan Li	Calvi Chang	Cherrie Smith
Bi X Liu	Calvin Chin	Cheryl Hiraoka
Biao Chen	Camellia Gamble	Chi Am Circle Club
Bijuan Li	Carey Wong	Chi Wan Pun
Bik Kee Law	Carmen Curtis	Chia-Whei Nora Chiang
Bill and Darlene Lock	Carol & Larry Walters	Ching Tso
Bill Spence	Carol Fung	Ching Yin C Lee
Billy McFadden	Carol Goldberg	Ching-Hsueh Chuang
Bing Shi	Carol Sato	Chittasane and Ruth Bhongsudhep
Binh Thai	Carol Wong	Chiuyee Ho
Bob Geremia	Carolina Nugent	Chris and Jadie Nielsen
Bonnie Kwong	Caroline Ng	Chris Chan
Bonnie Lew	Caroline Sam	Chris Loo
Bonnie Lim	Cary and Jennie Fong	Christian Iribarren
Bonnie Shen	Caryl Ito	Christian Kropff
Bonnie Yee	Cassandra Jobe	Christina Chen
Brad Moy	Catarina Lai	Christina Kahn
Bradford Lum	Catherine Fong	Christina Liu
Bradley Hyman	Catherine Gao	Christina Louie
Brandon Wong	Catherine He	Christina Wong
Brenda Cue	Catherine Wen	Christine Angeles
Brenda Lee	Cecilia Pang	Christine Hom
Brian Hom	Celia Chue	Christine Papas
Brian Krafcheck	Chak Ming Ma	Christine Scimia

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Self-Help for the Elderly Donors

安老自助處善長芳名

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Christine Yu	Daisy Tran	David Yang
Christopher Szeto	Dale Hom	De Lam
Chuan Chang	Dalia Chie	Dean and Melainie Hedani Trust
Chuan Ling (Lolo) Pan	Dan Kanivas	Debbie Szeto
Chuan Yung Hung	Dan Lee	Debby Y. Mui
Chun Mei Hsiao	Dan Leung	Deborah Lee
Chun Mui Leung	Dan Van Dyck	Deborah Owdom
Cindy Kauffman	Dana Tran	Deirdre Anderson
Citania Tam	Dana Tran	Denes Hegedus
Cliffina Huey	Dana Wong	Denise Go
Colin Wong	Daniel Gilbrech	Dennis and Deborah Soon
Collette Kondo	Danming Xu	Dennis Lau
Connie Fong	Darane Cheung	Dennis Shiao
Connie Lee	Darlene Masamori	Dennis Yau
Connie Tong	Darren Lee	Derek Fong
Connie Van	Darrick Lam	Destia Burby Hermes
Constance Maurer	David Costello	Dian Blomquist
Cookie Wong	David Du	Diana Chan
Corey Lee	David Ellers	Diana Leong
Corinna Chiu	David Graeber	Diana Louie
Courtney Jung	David Hamilton	Diana Yee
Craig Lee	David Hau	Dick Lui
Cranson Tong	David Huong	Dickson Hong
Cuiyan Yang	David Ip	Dien-Woei Ma
Curtis & Virginia Joe	David Ishida	Ding Juan Li
Cynthia Avila-Fedash	David Jesson	Dolly Lau
Cynthia Kushi	David K.W. and Eleanor Szeto	Dolores Bernardo
Cynthia Lee	David Lee	Donald and Susana Szeto
Cynthia Sheng	David Liu	Donald Cruz
Cynthia Young	David Louie	Donald Yee
Daisy Chow	David Pajo	Donald Yee
Daisy Chu	David Tu	Dongfang Liao

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Self-Help for the Elderly Donors

安老自助處善長芳名

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Donna Lew-Ng	Emily Shadish	Fu Jian Chen
Doris Chung	Enyu Cen	Fung Ong Szeto
Doris Lau	Eric Chen	Gail Eyler
Doris Lee	Eric Cheung	Gail Louis
Doris Shin	Eric Cheung	Garwood Gee
Dorothy Foo	Eric Hua	Gary Fong
Dorothy Yee	Erica Terry Derryck	Gary Louie
Dorte Lindhardt	Erick Mar	Gary Nakasu
Douglas Chun	Erin Chazer	Gary Sada
Douglas Lee	Erin Gangitano	Gaurav Gollerkeri
Douglas Lock	Esther Marks	Gavin Young
Duy Tu	Esther Thach	Gayle Chin
Eddy Yee	Eveen Chan	Gayle Lee
Edgar Wong	Evelyn Seto	Gee Tuck Sam Tuck Benevolent Association
Edmund and Nancy Yee	Excel Plumbing Supply + Showroom	Gene Fong
Edna Steele	Fanny Lee	Genxiao Situ
Edward Moy	Feifan Chen	George Louie
Edwina Wong	Felicia Drolette	Geqing Yan
Edythe Chan	Felix Kwong	Gina Chiang
Eileen Chan	Feng Juan Huang	Gina Papan
Elaine Li	Fenghong Wu	Gina Yam
Elaine Yang	Florence Ho	Gladilyn Lim
Eleanor Szeto	Frances and Vincent Liu	Gladys Wong
Elisabeth Gose	Francis So	Gloria Rodrigues
Elise and Jonathan Wing	Francis So	Gloria So
Eliza Wong	Francis Tsang	Gonzales Socorro
Ella Young	Frank and Sylvia Hong	Gordon and Kathleen Louie
Ellen Kiyomizu	Fred Chow	Gordon Lee
Ellen Ong	Frederick Soon	Grace Chan
Emily Chum	Frederick Wong	Grace Lam
Emily Lee	Fu Chu Liu	Grace Lau
Emily Murase		

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Grace Vlasich	Henry Der	Ivy Ng
Grace Wang	Henry Gee	Jackie Wong-Ong
Grace Yu	Henry Louie	Jacqueline Francis
Gregory Der	Henry Ngo	Jacqueline Ng
Gregory Dubinsky	Hester Lu	Jacqueline Siminitus
Gregory Lau	Hin Wing Tse	Jalyn Lee
Guo Ling Chen	Hiromi Nakayama	James and Diane Leong
Guo Mei Hua	Ho Tin Cheung	James Campbell
Guo Xing Guan	Hoi Y Sun	James Goines
Guohua Zheng	Holy Name School	James Ostroff
Guozhi Li	Hon Bun Chan	James Wong
Guy Tow	Hoo Tam	Jan Combopiano
H C Tan	Hsiaofu Hsu	Jane Herzog
Hanson Wong	Hua Hua Kuang	Jane Mak
Harald Fung	Huanping Wu	Jane Wong
Harlan and Noreen Wong	Huanying Yu	Jane Yang
Harry Chan	Huanyu Zhu	Janelle Vasquez
Heather Posthauer	Hui Wang	Janet Choy
Helen Chan	Hui Yan Zhen	Janet Dong
Helen Hom	Huiquin Li	Janet Kung
Helen Hui	Huixia Li	Janet Lee
Helen Hui Chen	Ian Fregosi	Janet Lim Young
Helen Jung	Ida Choy	Janet Ng
Helen Kagan	Iong Lio	Janice Wong
Helen Koo	Irene Fong	Janice Woo
Helen Lee	Irene Riley	Janine Gong
Helen Leung	Irene Woo	Janis Gomes
Helen Lo	Isaac Lee	Jany Mak
Helen Ng	Isabel Agosti	Jaqueline Blackman
Helena Chang	Isabella Wong	Jason Cherniss
Helena Hu	Ivan Pung	Jason Liu
Helena Pon	Ivy Lee	Jason Wong

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Donations from individuals, for the period *January 1, 2021* to *December 31, 2021*.

Jay Butterman	Jerome Wolff	John Choy
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Jeanie Lee	Jill Myers	Joseph Chan
Jeanne Lowe	Jim Shi	Joseph Chen
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Jennie Chin	Jing Luo	Josephine Lau
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Jenny Low	Joe and Gigi Casey	Julia Tung
Jenny Toy	Joe Tom	Juliana Wong
Jenny Vang	Johanes Wijaya	Julie Collantes
Jenny Wong	John Chin	Julie Hing-Pacheco

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Julie Shu	Kelvin Low	Klara Cheung
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Julie Yuen	Ken Wong Tsang	Krista Brookman
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June Huang	Kenneth Chang	Kristopher Ling
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Ka Yi Lau	Kenneth Lam	Kung Sang E Wong
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Karen Leung	Kenny Chu	Laila Khodor
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Karen Yu	Kevin Nhieu	Lan Xin Pan
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Lena Chou	Linda Kit Chan	Lynda Tom
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Licun Yu	Lisa Li	Maggie Petersen
Lida Young	Lisa Wong	Mainyi Wu
Lifang Deng	Lisa Yip	Man Kuan
Lijuan Wu	Lisa Yu	Mandy Lee
Lily Chan	Lisee Chan	Mandy Lee
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May Ling Tse	Mieu Hong Dang	Nancy Chew
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May Shum	Mikko Uesugi	Nancy Yip
May Wang	Millie Yip	Nancy Yiu

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Natalie Pilgeram	Patricia Fong	Qiujuan Huang
Natasha Batra	Patricia Lam	Qiuwen Wu
Nellie Kwan	Patricia Qiu	Qiuzhen Lei
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Nelson Ng	Patty Sinn Sinn	Rachel Liu
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Song Chen	Susan Tan	Thomas Huey
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Stella Wong	Sylvia Tan	Tracy Chan
Stephanie Joe	Sylvia Wong	Tracy Lee
Stephanie Thorne	Sze Ming Lee	Trewina Kiang-Weimer

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Tsui Fong Leung	Warren Chung	Xiaoqing Huang
Tully Shelley III	Warren Tang	Xiaoshu Chen
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David Hau	Helen and Peter Yuen	Jones and Sharon Wong
David Lee	Helen Ng	Joseph Smooke
David Louie	Helena Pon	Joy Kong
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June Huang	Marcia Schneider	Rebecca Wei
Justin Chan	Marcie Osinsky	Reina Loli-Tello
Kai Man Lee	Mary Gee	Renee Ng
Katherine Chung	Mary Thyken	Richard Sheng
Kathryn Hill	Matilde Ho	Richard Sheng
Kathy Zarur	Matt Polsky	Richard Shu
Katie Young	Max High-Cuchet	Rich Bonilla
Kelly Lee	Mei Yuk Kung	Rick Jones
Kelvin Low	Meleanna Meyer	Ricky Ng
Kenneth Low	Michele Hirai	Robert and Pinkie Laye
Kenneth Wun	Michelle King	Robert Yee
Kimberly Pang	Mike Yuen	Ronald Yee
Krista Brookman	Milton Tong	Rosemary Gee
Kui Kwong Chan	Nancy Wu	Ruby Wong
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Susan Colby
Susan Hong
Susan Lee
Susan Steigman
Susan Sung
Sushma Srivastava
Suzanne Freedman
Tammie Leong

Teck Hing Teo
Teresa Chiu
Teresa Leung
Terrence Louie
Theresa Tong
Thomas Duda
Thomas Huey
Tully Shelley III
Valerie Hardy-Mahoney
Veronica Siu
Victoria Hwang

Virginia Chan
Vivian Eng
Walter J. Lee
Wayne Fong
Wayne Hong
Wendy Yee
Wing Cheung
Wu-Yang and
Cynthia Hsiung
Zeto Li
Zorana Carter

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Lynette Lum

Mikko Uesugi

Mimi Tam

Patricia Lum

Rhonda Wegner

Robin Mahood

Sandy Wang

Shelly Schiffman
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Zeya Xue

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☐ 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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We welcome your suggestions and ideas. Write to us at info@selfhelpelderly.org with your comments.

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