



**Self-Help for
the Elderly**
安老自助處



**ANNUAL
REPORT**
2021•2022



A MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS:

During the Fiscal Year July 1, 2021 to June 30, 2022, Self-Help for the Elderly (SHE) found itself in the “endemic” phase of the COVID-19 pandemic. Though the wake of the pandemic brought about new challenges and created new needs for our senior population, SHE was able to identify and address those challenges and needs this year.

Some of the challenges addressed this year were pre-existing needs that were exacerbated by the pandemic and have now been brought to the forefront. For example, health and social care systems, particularly for seniors and adults with disabilities and limited English proficiency, were stretched beyond maximum capacity and could not handle all the needs of patients. To help alleviate this burden, SHE accepts more new clients who need, or continue to need, more intensive/care coordination services. SHE worked closely with All American Medical Group, Chinese Community Health Care Association, St. Mary’s Medical Center and St. Francis Memorial Hospital on a new initiative to provide Advance Care Planning (ACP) and care coordination for patients with serious illnesses.

Though we are in the “endemic”, the “pandemic” left us in a world where many of our Asian seniors are not only afraid of COVID-19, but also of another influenza outbreak. Another fear many of our community faces is the threat of anti-Asian violence. As a result, there are many Asian seniors who have kept themselves sheltered-in at home and now find themselves facing the difficulties of social-isolation and loneliness. SHE’s Adult Day Services and other programs continue to maintain hybrid services for those seniors. Establishing and maintaining this level of service has also resulted in increased costs across the board, but it has allowed us to reach those who need us the most.

Another challenge that SHE faced this past fiscal year was the economy. Rising inflation mixed with other factors affecting the economy has resulted in higher costs throughout the organization. In turn, seniors today living on a fixed income are having trouble with food insecurity, affordable housing, and affordable elder care. For these reasons, the demand for our services throughout the organization has sharply increased. In response, SHE continues to provide services to help our seniors find affordable housing, nutrition, and affordable elder care facilities for as many people as it can possibly serve.

Despite the many challenges, I continue to be impressed by the work of the entire staff at SHE. Though the difficulties confronting our seniors seem to increase and change constantly, SHE continues to be at the forefront of providing valuable and deserving services to our community. Since none of the great work SHE does is possible without its funders, supporters, and donors, I want to personally thank you all for your continued support of Self-Help for the Elderly. I know they have done - - and will continue to do - - everyone proud.

Nicholas K. Jay
Chair, Board of Directors

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THANKS TO OUR 2021/2022 FUNDERS

- 2nd Harvest Food Bank
- Ring
- Asian Pacific Fund
- California Foundation-Strong Community
- California Department of Aging
- California Department of Education
- California Municipal Finance Authority
- California Public Utilities Commission
- Caltrans
- Cathay Bank Foundation
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- Crankstart Foundation
- CTBC Bank
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- Independent Living Resource Center San Francisco (ILRCSF)
- Inner Sunset Community Advocates, Inc. (ISCA)
- Joseph L. Barbonchielli Foundation
- Kaiser Permanente
- Lillian Lincoln Foundation
- Matthew Kelly Family Foundation
- Metta Fund
- National Asian Pacific Center on Aging (NAPCA)
- Pacific Gas and Electric Company
- Ray and Dagmar Dolbyfamily Fund
- Robert Joseph Louie Memorial Fund
- Rose Pak Community Fund
- Sakurako + W. Firhee Family
- San Francisco Culinary / Bartenders & Services / Welfare Fund
- 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 Paratransit
- San Mateo County Department of Aging and Adult Services
- Santa Clara County Department of Human Relations
- SF Marin Food Bank
- Silicon Valley Community Foundation
- STUPSKI Foundation
- Sunset Heights Association of Responsible People (S.H.A.R.P.)
- Sutter Health
- TDW + Co.,
- The Abe and Kathryn Selsky Foundation, Inc.
- The SHP Foundation
- Thriving in Place
- U.S. Department of Housing and Urban Development
- W. K. Kellogg Foundation
- Waymo
- Wildflowers Institute

OUR MISSION



Self-Help for the Elderly promotes independence, well-being and dignity for older adults through culturally aligned services and programs in the San Francisco Bay Area.

We envision a world where all elders have the respect, care and support to lead dignified and vibrant lives. Every effort has been made to provide inclusive services along a continuum of care for seniors. These now include nine service departments specializing in Employment & Training, Social Services, Nutrition & Senior Centers, Adult Day Services, Home Health Care Program and Hospice Care Program, Senior Housing, Residential Care Facilities for the Elderly, and Health Insurance Counseling and Advocacy Program.

Founded in 1966, we empower and support the elders to make lifestyle choices that maintain their health, safety, and self-reliance. We serve over 40,000 seniors a year in San Francisco, San Mateo, Santa Clara, Alameda, and Contra Costa Counties.

This annual report highlights our accomplishments for Fiscal Year (FY) 2021-2022.

1. ADULT DAY SERVICES



The mission of the Adult Day Services (ADS) department is to provide an alternative to premature institutionalization of frail and disabled adults and seniors, and those with Alzheimer's disease or other dementias. ADS assists by restoring or maintaining their optimal capacity for self-care in their own homes. We also aim to provide a respite for the family.

ADS is a Medicaid-licensed facility that provides nursing and personal care services, rehabilitative therapies, recreational activities, and social services. During FY 2021-2022, ADS provided a hybrid model of services to our participants in-center and by remote telehealth from nurses, social workers, physical therapist, occupational therapist, registered dietitian, activity coordinator, care coordinator and program aides. We reopened in July 2021 and participants gradually returned to receive services that include group van transportation to the center, hot lunch meals, health monitoring, health assessments, social services, gym exercises, and many various social activities. For participants that remained home because of the COVID pandemic, we provided remote telehealth alternative services that help them remain living in their own community. These services include meal delivery, a home exercise program, morning Zoom activity, activity worksheets, weekly COVID-19 wellness checks, emotional / counseling support, care coordination, health education, caregiver support, and delivery of hygiene and medical supplies.

In FY 2021-2022, we served 139 participants in our three programs: Adult Day Health Center (ADHC), Alzheimer's Day Care Resource Center (ADCRC), and Adult Day Program (ADP). Our participants range from ages 59 to 103 with an average age of 86. 95% of our participants are Chinese, with 90% monolingual; 68% female and 34% male; 91% reside in San Francisco and 9% in San Mateo;

80% Medi-Cal participants, and 20% private pay participants. We have taken pride in providing quality day services to seniors for 26 years and will continue to provide respite to hundreds of families in the community. At Self-Help for the Elderly Adult Day Services, we strive to promote the independence, dignity, and self-worth of seniors.



2. AFFORDABLE HOUSING FOR INDEPENDENT SENIORS

The Lady Shaw Senior Center (LSSC) is a 6-story building located between the Nob Hill and Chinatown neighborhoods in San Francisco. The senior center is conveniently located in an urban area with easy access to grocery shopping, restaurants, public transportation, and medical services. There are 70 units – 63 studios and 7 one-bedroom apartments, housing a total of 76 residents. Each unit is equipped with a private kitchen and bathroom. The staff at LSSC strives to provide a safe, stable, decent, healthy and affordable living environment to low-income seniors aged 62 or older as well as provide supportive services for people with disabilities. Our goal is to enable seniors to live happily and independently in their golden years.

3. RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

The Autumn Glow Alzheimer's Care Home in San Francisco is a 15-bed facility that provides 24/7 care and supervision to seniors with Alzheimer's, Parkinson's, or other Multi-Infarct Dementia diseases. Services include board and care, meals, personal care, housekeeping, medication management, and daily physical activities appropriate for their health condition. We strive to ensure our residents live happily with dignity and respect. Our goal is to provide

high-quality 24-hour care and supervision to frail seniors in a safe and comfortable environment.

4. HOME HEALTH CARE PROGRAM

Home Health Care is intermittent care provided in the home by licensed healthcare professionals. Home Health services help individuals and seniors over the age of 18, who are recovering after a hospital, rehabilitation center or other health facility stay, or who need additional support to remain safely at home and avoid unnecessary re-hospitalization. These Medicare-certified services may include intermittent nursing, rehabilitative, therapeutic and assistive home care. Registered nurses (RNs), physical therapists (PTs), occupational therapists (OTs), speech therapists (STs) home health aides (HHAs), and medical social workers (MSWs) provide this care. The services would be determined by the primary care physician.

Self-Help's Home Health Program began in 1983 as a Medicare and Medi-Cal licensed and certified agency. The coverage area for home health services includes the San Francisco Bay Area. Our Home Health program's commitment to providing quality care is reflected in the long-term clinical experience and tenure of our clinical staff. In 2022, Home Health Staff made almost 3,000 home health visits to 151 patients residing in San Francisco and Northern San Mateo Counties. Home Health provides essential medical and supportive services to elders and people with professional medical care needs, enabling them to live at home. Home-based care is also an important alternative to facility-based care, especially to help patients minimize medical and transportation costs. While home health care is available for all ages that qualify, the majority of our patients were between the ages of 71 to 94.



5. HOSPICE CARE PROGRAM

Self-Help for the Elderly's Hospice Service was licensed and certified by Medicare through the California Department of Public Health (CDPH) in 1995 to provide services in San Francisco Bay Area. We provide culturally sensitive supportive care and education in the home by licensed homemaker professionals. We are the only nonprofit hospice agency specializing in serving the needs of the monolingual and limited English-speaking Chinese communities in the Bay Area. Hospice services help terminally ill patients accept their prognosis and live comfortably in the privacy of their homes and in harmony with their families. These Medicare-centered services include primary care by registered nurses, home health aides, and medical social workers, and secondary care by physical therapists, occupational therapists and speech therapists.



6. EMPLOYMENT TRAINING & ECONOMIC DEVELOPMENT

Employment Training & Economic Development (ETED) department provides quality workforce services to job seekers and employers and develops business services that employ skilled workers and support economic self-sufficiency. ETED provides the following services:

1. The Chinatown Neighborhood Access Point (CNAP) provides job search assistance, career planning, job placement, and case management.
2. Vocational skills training in custodial, appliance repair training, home health aide, caregiver and healthcare career preparation.
3. The Greater Chinatown Corridor Manager Program provides integrated services to local businesses and

promotes economic development in the Chinatown Commercial Corridor.

4. Business services include housekeeping, gardening, home health aide, commercial cleaning and bill pay services for PG&E, AT&T, Comcast, and Clipper Card.
5. The Senior Community Service Employment Program (SCSEP) provides community service and work-based, paid job training for older workers in Alameda, Contra Costa, San Mateo, San Francisco and Santa Clara Counties.
6. The Light Duty Community Service Program (LDCS) provides job readiness training and work opportunities to welfare recipients who have some work limitations.
7. The Bilingual Job Readiness Service Program provides workplace job readiness training to limited-English speaking job seekers.
8. The Language Access Community Grants Program provides outreach and education on the Language Access Ordinance.

In FY 2021-2022, ETED provided integrated services to more than 100 small businesses in Chinatown and the Sunset district. We successfully helped small businesses to receive more than \$2 million during the pandemic to recover their financial needs.

This year's major achievements include the successfully maintained 3rd-year CARF Accreditation. Pilot Appliance Repair Training was completed with 60 participants graduating and successfully entering the workforce.

Despite COVID-19's negative economic impact, our primary workforce services continue to achieve 80% of our contract goals. Also, we engaged in economic recovery and partnered with a local organization hosting a food festival to attract more people to come back to support small business.



7. NUTRITION & SENIOR CENTERS



The Department of Nutrition and Senior Centers aims to promote active and healthy aging for seniors at our 13 San Francisco, San Mateo, Millbrae, and Sunnyvale locations. Participants attending our centers enjoy nutritious congregate meals and a wide range of social, educational, and recreational activities. Our center's services are constantly growing to adapt to the ever-changing needs of the senior population. Our client rate progressively increases every year. For FY 2021 - 2022, we served 776,181 meals in San Francisco, San Mateo, and Santa Clara.

Our congregate meals program aims to promote better physical and mental health for seniors through the provision of nutritious meals and opportunities for social contact. In January 2022, all San Francisco Centers were open for both in person dine-in and meal pickup. The Nutrition Department provided 437,762 congregate meals at all sites; 50,694 meals at our three Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) partner restaurants; and 287,725 home-delivered meals for seniors and young adults with disabilities.

On March 28, 2022, we open Geneva Community Center in District 11's Excelsior neighborhood to provide much-needed senior services for the Outer Mission district. This makes it the 14th activity center for Self-Help for the Elderly. At the center, seniors are welcome to enjoy a hot nutritious meal for lunch or dinner and to participate in various social and educational activities. Geneva Community Center provided 5,570 congregate meals from April to June.

In collaboration with San Mateo County, we continued COVID-19 outreach, providing education and outreach to San Mateo County residents. We provided outreach services and project coordination and ensured the messaging was and continues to be culturally relevant and linguistically appropriate. We continued to conduct community/neighborhood

outreach canvassing about COVID-19 events and neighborhood pop-up testing sites and provided information on how to avoid and prevent the spread of COVID-19; where to access health, medical and financial resources; where and how to get tested for COVID-19; what to do after exposure; how to access services available to those who test positive; the importance of responding to Contact Tracers; and how to access COVID-19 vaccination locations. The program provided accurate and up-to-date information through our resources, combatting misinformation and anxiety about COVID-19 to more than 500 clients.

To promote Healthy Eating, Active Living lifestyle, our San Francisco Community Services Program and San Mateo Activities Program continued virtual classes during the pandemic to keep seniors mentally and physically healthy while staying home. In FY 2021-2022, 4,904 classes were hosted, totaling 7,380 hours. The virtual courses include Dance, Health Education, English Classes, Supporting Groups, Cooking Demos, Mobile Device Tutorials, and more.

In November, the Nutrition Department collaborated with Fund Development to host the Annual Thanksgiving Luncheon. In 2021, Nutrition Department expanded the service to the Excelsior district and increased the holiday meals delivery. On Thanksgiving Day, 3,000 meals were served at five service locations: Lady Shaw Activity Center, Geen Mun Activity Center, Jackie Chan Activity Center, South Sunset Activity Center and Geneva Community Center. Meanwhile, in collaboration with the San Francisco Police Department, San Francisco Fire Department, and San Francisco Sheriff's Department, our delivery team brought over 800 meals to homebound seniors.





8. SOCIAL SERVICES

The mission of the Social Services Department is to enable seniors and adults with disabilities to remain independent while living in their own homes and communities by providing quality social services and support. In FY 2021-2022, we served over 13,250 seniors and adults with disabilities through multiple programs:

- **The Case Management program** provided comprehensive assessments, care planning, service authorizations, and case monitoring to 264 clients.
- **The Aging and Disability Resource Centers (ADRC)** provided translation assistance as well as information and referrals regarding community services to 5,692 seniors and adults with disabilities. ADRC program provided more than 5,149 Information and Referrals, 18,702 Assistance, and 1,978 follow-ups. ADRC program has a WeChat account to connect seniors with resources and currently has over 750 clients participating. ADRC holds a monthly Community resource forum on Zoom and more than 400 clients participated.
- **The Family Caregiver Support Services** offers information, assistance, and support services to improve the physical and mental health of informal caregivers and enable them to maintain their caregiving role and reduce stress and depression. The program made 306 outreach contacts through 2 public information activities; provided 420 information and assistance and 118 interpretation contacts; 276 assessments, 191 case management, 289 counseling, and 242 training hours; and 5 assistive devices to assist caregivers.
- **Short Term Home Care** for seniors program served 213 seniors for Housekeeping, Chore, and

Personal Care services in FY 2021-2022. During the pandemic, staff had been making wellness calls to clients to check in for needs and services status.

- **The Naturalization Program** offers ESL/citizenship classes throughout San Francisco and provides support services such as completing naturalization applications and making inquiries and legal service referrals. In FY 2021-2022, a total of 837 clients received one-on-one assistance in the citizenship process, while 714 students benefited from the classes. In addition, 913 naturalization applications were completed through the collaborative efforts of the San Francisco Pathways to Citizenship Initiative. In compliance with the Department of Disability and Aging Services, Citizenship and ESL instructors also completed over 2,100 teaching hours to engage students with Limited English Proficiency in becoming new US Citizens.
- **Housing services** served 400 clients and provided over 600 housing application assistance per year. 226 clients set up DAHLIA accounts to search for affordable housing. Over 300 clients attended Zoom monthly housing workshops both in English and Chinese.
- **Long Term Housing Subsidies Program** provided housing subsidies and housing case management to over 120 clients in FY 2021-2022. 100% of clients of the program remained stably housed after the 12-month exit of the program. In partnership with Veritas property management, the housing program successfully referred 4 residents to the section 8 units.

Social Services has over 3,000 seniors joining the social media including WeChat Group, Zoom classes, virtual workshops, and computer classes.



For FY 2021-2022, Peer Ambassadors conducted outreach to promote DAS-funded services in person and virtually in Districts 1, 2, 4, and 11 and on Zoom, Facebook, and WeChat. 3,199 Seniors or Adults with Disabilities were reached in Districts 1, 2, 4, and 11.

Senior Escort Program started in May 2021 and has provided escort services to 868 seniors and 3,488 visits for activities including medical appointments, bank, walking, wellness class, or interviews.



9. HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

Health Insurance Counseling and Advocacy Program (HICAP) provides free and unbiased information, education and counseling to thousands of Medicare beneficiaries and pre-retirees each year. Highly trained volunteer Counselors provide individualized counseling to Medicare beneficiaries (in English, Mandarin, Cantonese, Spanish, Tagalog, and Korean). They discuss Medicare benefits and enrollment periods; explain supplemental coverage plan options and beneficiary rights; provide information and application assistance on ways to save money on Medicare costs; review and compare long-term care insurance policies; and advocate for clients with denials of coverage that may be appealed.

HICAP also provides free community education to the public about Medicare and related topics facilitated by trained Community Educators (volunteers) registered with California Department of Aging.

The HICAP programs in San Francisco and San Mateo provided personalized services to over 3,000 beneficiaries in FY 2021 – 2022, and saved beneficiaries

around \$3,000,000 on their Medicare costs. Both programs had clear financial savings for 900 people. Throughout the year, HICAP Counselors help clients navigate the “Medicare Maze,” apply for low income assistance programs, appeal denials of coverage or enrollment problems, and detect fraud and abuse in the Medicare world.

In one case, one client was billed more than \$7,000 dollars for this special emergency therapy as Medicare denied that claim. An appeal by HICAP was submitted and Medicare agreed to covered this emergency therapy due to Pandemic Medicare Waiver rules, health care system overload where client lived, and medical necessity of the situation.



10. DIGITAL & TECHNOLOGY LEARNING PROGRAM

FY 2021-2022 marked another programming year with a full array of services and assistance that SF Connected established in response to community needs.

SF Connected program offers various virtual classes for different skill levels in multiple languages to help senior citizens learn how to use technology to better connect with their loved ones online and promote social engagements while staying safe at home. Learners become more confident in acquiring new skill sets and staying informed about new technology. The knowledge enables them to access important online information and services, entertainment, and maintain their well-being through telemedicine and health-monitoring apps.

DAS-funded SF Connected program has long been known for its excellent and quality digital literacy training and tech help amongst the underserved communities of senior adults and adults with disabilities

in San Francisco. Self-Help's SF Connected program recovered strongly after the pandemic and served over 700 unduplicated individuals throughout the 12 months of continuous services, bridging the digital inequality gap in the city. An increase of 82% in the number of clients reached was recorded compared to the previous FY 2020-2021. Our programming was implemented in a hybrid format, offering virtual and in-person assistance via countless numbers of classes and personalized tech support efforts. This was made possible despite many adjacent neighborhood centers closing their doors to conducting in-person activities during the COVID-19 infection waves.



In order to conduct computer training classes in a safe environment to protect both trainers' and learners' health in the public health crisis, we successfully reached out and secured an exclusive opportunity with Mercy Housing to teach digital literacy skills across eight (8) housing facilities. Seniors living in the properties were isolated and not receiving adequate assistance from the existing resources to stay connected with their loved ones abroad and over the internet during the pandemic. SF Connected acknowledges this social issue and acts on it immediately by opening multiple in-person classes at these senior housings using Mercy Housing loaned-out tablets to residents. Classes are done on a weekly basis in different languages, including Chinese, Russian, and Spanish, to educate students on how to join Zoom and conduct video calls using social media applications. We witnessed the happiness when we successfully guided a Zoom user to join a meeting room and unmute themselves for the first time to connect with us virtually. Classes done in these restricted access facilities also help control the COVID-19 trace tracking if any outbreak occurs. Fortunately, our classes were ongoing with very few two-week suspensions.

Our team of instructors provided a total of 2,290 teaching hours (equivalent to over 1,000 two-hour tech sessions) in FY 2021-2022. This collective effort

was executed via numerous Zoom sessions; some are topic-focused workshops with important partners and funders such as Tech Council, Mission Neighborhood Center, San Francisco Public Library, Department of Disability and Aging Services, and Comcast. We participated in a special bolder Adults Tech Talk, virtually hosted by Tech Council in April 2022, addressing the most commonly seen Tech issues amongst senior users and offering our assistance in the Tech Support Pop Up event in partnership with SFPL and other community-based organizations in December 2022. In addition, 40 Zoom informative sessions were conducted in November 2021 to introduce various tech topics to seniors utilizing Internet Essential funding from Comcast.

We are truly grateful for the tireless support from the upper management and the funders giving us valuable guidance and essential resources such as PPEs, teaching equipment, and tools to continue sharing our knowledge about Technology while serving the community.



SERVICE LOCATIONS OF SELF-HELP FOR THE ELDERLY 2021-2022

ADULT DAY SERVICES

Adult Day Services (ADS)

415-677-7556

408 22nd Avenue
San Francisco, CA 94121

RESIDENTIAL CARE FACILITIES FOR THE ELDERLY

Autumn Glow Alzheimer's Care Home

415-934-1622

654 Grove Street
San Francisco, CA 94102

AFFORDABLE HOUSING FOR SENIORS

Lady Shaw Senior Housing

415-677-7572

1483 Mason Street
San Francisco, CA 94133

Lincoln Court Senior Apartments

510-336-1952
2400 MacArthur Boulevard
Oakland, CA 94602

COMMUNITY & SENIOR CENTERS

Santa Clara

South Bay / **408-873-1883**

550 East Remington Drive,
Sunnyvale, CA 94087

San Francisco

Woolf House / **415-981-2166**

801 Howard Street
San Francisco, CA 94103

Mendelsohn House / **415-243-9018**

737 Folsom Street
San Francisco, CA 94107

Manilatown / **415-398-3250**

848 Kearny Street #306
San Francisco, CA 94108

Geen Mun / **415-391-3843**

777 Stockton Street
San Francisco, CA 94108

Geneva / **415-347-7194**

5050 Mission St., Suite C
San Francisco, CA 94112

South Sunset / **415-566-2845**

2601 40th Avenue
San Francisco, CA 94116

Jackie Chan / **415-677-7571**

5757 Geary Boulevard
San Francisco, CA 94121

West Portal Clubhouse / **415-650-9796**

131 Lenox Way
San Francisco, CA 94127

Lady Shaw / **415-677-7581**

1483 Mason Street
San Francisco, CA 94133

John King / **415-239-9919**

500 Raymond Avenue
San Francisco, CA 94134

San Mateo

San Mateo / **650-342-0822**

50 E. 5th Avenue
San Mateo, CA 94401

Millbrae

Millbrae Senior Lunch Program

415-319-4115 to leave a message

450 Poplar Avenue
Millbrae, CA 94030

SOCIAL SERVICES

Social Services Dept.

t: 415-677-7585

f: 415-391-3760

601 Jackson Street, Basement
San Francisco, CA 94133

Programs include:

Aging and Disability Resource Centers (ADRCs)

Community Living Fund

Community Care Coordination Project

Short Term Home Care for Older Adults

Naturalization Services

Family Caregiver Support

Housing Services

Information & Assistance (I&A)

Long-Term Housing Subsidies

Utilities Assistance (TEAM & CHANGES)

SF Connected

Case Management

415-677-7586

Citizenship, Civics & ESL Classes

415-677-7696

e: citizenship@selfhelpelderly.org

Senior Escort Services

415-533-4714

Geen Mun Center

415-773-2060 / 415-438-9804

777 Stockton Street
San Francisco, CA 94108

South Sunset Center

415-533-6859

2601 40th Avenue
San Francisco, CA 94116

West Portal Clubhouse

415-741-8877

131 Lenox Way
San Francisco, CA 94127

Lincoln Court / **510-336-0144**

2400 MacArthur Boulevard
Oakland, CA 94602

HOME HEALTH CARE & HOSPICE CARE

t: 415-677-7628

f: 415-398-5903

e: hchservices@selfhelpelderly.org
731 Sansome Street, Suite 100
San Francisco, CA 94111

CHINATOWN NEIGHBORHOOD JOB CENTER (CNJC)

CNJC Center / **415-677-7500**

601 Jackson Street, Ground Floor
San Francisco, CA 94133

Richmond Neighborhood Job

Center/ 415-290-0103

5757 Geary Boulevard
San Francisco, CA 94121

Sunset Neighborhood Job

Center/ 415-279-0995

3133 Taraval Street
San Francisco, CA 94116

Senior Community Service Employment Program (SCSEP) **415-624-9530**

- 825 Kearny St., San Francisco, CA 94108
- 4071 Port Chicago Highway, Suite 250
Concord, CA 94520
- 330 25th St, Richmond, CA 94804
- 2400 MacArthur Blvd. #103,
Oakland, CA 94602

ETED Business Services

415-677-7618

825 Kearny Street
San Francisco, CA 94108

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

San Francisco HICAP

415-677-7520

601 Jackson Street, 2nd Floor
San Francisco, CA 94133

San Mateo HICAP

650-627-9350

1710 S. Amphlett Boulevard, #100
San Mateo, CA 94402

DIGITAL & TECHNOLOGY LEARNING PROGRAM

SF Connected / **415-781-9919**

e: sfconnected@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.

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 OUR WEBSITE

www.selfhelpelderly.org

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@SelfHelpElderlyorg @SelfHelpElderly



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微信號《安老篇》

HEADQUARTERS OFFICE

731 Sansome Street, Suite 100

San Francisco, CA 94111

t: 415-677-7600

f: 415-296-0313

e: info@selfhelpelderly.org

SUPPORT OUR SENIORS

Fund Development

415-677-7669 / 415-677-7670

e: info@selfhelpelderly.org

Self-Help for the Elderly is a non-profit organization with 501(c)(3) tax exemption status. Federal Tax ID# 94-1750717.