

Golden Lines

黃金點滴

SPRING/SUMMER 2022 • VOL 29 ISSUE NO.1

二零二二年 春/夏季 • 第二十九冊 第一期



On June 15, 2022, Team SF (18 representatives from 10 San Francisco organizations) gathered at Beatrice C. Schiffman Plaza at Self-Help for the Elderly's Lady Shaw Senior Center to promote World Elder Abuse Awareness Day (WEEAD) and celebrate their achievements of walking/running more than one million steps in 10 days to support WEEAD.

Ten San Francisco Organizations Walked Over One Million Steps in Recognition of World Elder Abuse Awareness Day

Over 100 individuals from Team San Francisco participated in an event to raise awareness and prevent elder abuse

On June 15, 2022, Team San Francisco, a collaborative of ten organizations that provide support and services to seniors announced had walked over one million steps in recognition and support of World Elder Abuse Awareness Day (WEAAD). Team San Francisco members individually walked, ran, and exercised at their own pace in their communities during a 10-day event.

Launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations, WEAAD promotes a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder



Ten San Francisco Organizations Walked Over One Million Steps in Recognition of World Elder Abuse Awareness Day
三藩市十個組織齊心為《世界老人虐待防治推廣日》步行一百萬步！
P1 & 4-6

Lion Dance Fundraiser
美舞獅籌款活動
P7

Self-Help for the Elderly Collaborated with Ring to Support Local Seniors
安老自助處與RING合作樂助長者 - 安裝居家視像門鈴提高長者社區安全防範
P8-9

Chinese Community Health Care Association (CCHCA) Supported Self-Help for the Elderly's Sustainable and Dignified Programs for Seniors
華美醫師協會 (CCHCA) 支持安老自助處, 提供持續性和優質的長者計劃
P10-11

Always In My Heart 2022
愛在心中2022
P13-14

Dignity Health Awarded Asian Health Collaborative an \$80,000 Grant to improve the health and quality of life of the Chinese Community
Dignity Health 給亞太裔健康聯盟頒發了八萬美元的資助以提高華人社區的健康狀況和生活品質
P15-16

Homebound Vaccination Event
居家疫苗接種活動
P18

San Francisco Pathways to Citizenship Initiative Workshop Assisted Over 100 Lawful Permanent Residents (LPRs) to Become U.S. Citizens
《三藩市公民途徑倡議》舉辦公民入籍工作坊協助一百多名合法永久居民申請成為美國公民
P19-20

Self-Help for the Elderly Expanded Its Footprints to District 11
安老自助處其足跡擴展到三藩市第十一區-全新的《日內瓦康樂中心》現在開幕
P22-22

San Francisco Tech Week
三藩市科技週
P23



Thank you, Volunteers! Appreciation Luncheon for Nutrition Department Volunteers!

Nutrition Department hosted a luncheon on February 8, 2022 at Lady Shaw Senior Center to celebrate the dedication and love of our Nutrition Department volunteers. We are grateful for all our volunteers, spending time and giving love and care for our seniors.



Celebrate Lunar New Year in the Sunset Chinese Cultural District

On Sunday, February 6, Self-Help for the Elderly was honored to attend the Lunar New Year Celebration at the Outer Sunset Farmers Market & Mercantile. This celebration was a collaboration among various nonprofit organizations and community groups.



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 our 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 2021-2022 BOARD OF DIRECTORS

OFFICERS

Nicholas Jay, *Chair*
Anne Hinton, *Vice Chair*
William Schulte, *Treasurer*
Janie Kaung, *Secretary*
Dickson Sum, *Vice Chair of Real Estate*

PRESIDENT / CEO

Anni Chung

MEMBERS

Yat-pang Au
Mary Chang
Tilly Chang
Angel K. Chen
Jerry Lee, Esq.
Wendy Kwok
Joseph Lau
Dominic Li
Dr. Randall Low
Magdalen Mui
May Wong
Vicky M. Wong
Paul Zen

abuse and neglect. One in ten Americans age 60 and older have experienced elder abuse. In many situations, elder abuse is often underreported. Isolation and the lack of community support increase the risk of abuse. Elder abuse is also associated with increased rates of hospitalization in the community population. The annual loss by survivors of financial abuse is estimated to be between \$2.6 billion and \$36.5 billion.

“We collaborate with Team San Francisco organizations to strengthen public awareness about elder abuse, and educate the community about the signs of abuse and neglect,” said Kelly Dearman, Executive Director of the San Francisco Department of Disability and Aging Services. “It is essential that we work with the community to not only bring awareness to this issue and the risks associated with it, but also to work together to find solutions.”

Throughout the year, Team San Francisco organizations partner together to spread the word about essential community supports like law enforcement, community centers, and public transportation, encourage family members to visit their older loved ones more regularly, ensure receive older adults support by reaching out to them to prevent isolation, provide respite breaks for caregivers, and solicit volunteers.

Team San Francisco organizations that sponsored the Walk for World Elder Awareness Day include:

- All American Medical Group
- Asian Pacific Islander Legal Outreach
- Community Youth Center
- Family Violence Council
- Institute on Aging
- San Francisco Department of Disability and Aging Services
- San Francisco Department on the Status of Women
- San Francisco District Attorney's Office Victim Services Division
- San Francisco Police Department
- Self-Help for the Elderly

“API Legal Outreach joins in the efforts to raise awareness against elder abuse. These last few years have been extremely difficult being scapegoat for the outbreak of COVID-19 and resulting in the rise of Anti-

Asian racism, increase fear, isolation, and other forms of elder abuse,” said Esther Leong, Administrative Director at Asian Pacific Islander (API) Legal Outreach. “We encourage and support elders to report and document these incidents. In doing so, we hope to advocate for culturally and linguistically competent interventions and policies from an API and community-centered framework. Reporting elder abuse and hate incidents, it could really help victims so they can be tracked. We join in this effort to eliminate elder abuse.”

“The Elder Abuse Prevention Program of Institute on Aging is honored to be selected to serve on the AAPI Elder Abuse Steering Committee advocating and for cultural humility approach when supporting AAPI victims of elder abuse and collaborating with San Francisco's grass-root organizations such as Self-Help for the Elderly, API Legal Outreach, Chinese for Affirmative Action, Community Youth Center, and the Victim Services Division of the San Francisco District Attorney's Office,” said Ali Chiu, Supervisor of Elder Abuse Prevention (EAP) Program at Institute on Aging and Kasie W. Lee, Chief of Victim Services Division, San Francisco District Attorney's Office. “We believe only through collective efforts, education, public outreach, and a supportive process can victims of elder abuse find healing and peace. Reporting elder abuse is everyone's responsibility and we are here to help.”

三藩市十個組織齊心為 《世界老人虐待防治推廣 日》步行一百萬步！

超過百名來自三藩市隊的成員參與了該活動，提高大眾意識！預防老人虐待！

二零二二年六月十五日，由十個為長者提供援助和服務的組織組成的三藩市隊今天宣佈，已步行超過一百萬步，以表彰和支持《世界老人虐待防治推廣日》。在為期十天的活動中，三藩市隊的成員在他們的社區中按照自己的節奏各自步行、跑步和進行運動鍛煉。

由國際防止虐待長者聯網 (International Network for the Prevention of Elder Abuse) 和聯合國世界衛生組織 (World Health Organization at the United Nations)



發起,《世界老人虐待防治推廣日》透過提高對長者虐待和忽視密切相關的文化、社會、經濟和人口進程的認知,以提升大眾對有關老人虐待和忽視的行為以及影響能夠有更深入的了解。

在六十歲及以上的美國人中,每十位之中便有一位長者曾遭受過虐待。在許多情況下,老人虐待的情況往往被低估,因為很多案例並沒有被上報。孤立和缺乏社區支援增加了被虐待的風險。此外,老人虐待也與社區人口住院率的增加有關。受財務虐待的長者每年的損失估計在二十六億美元至三百六十五億美元之間。

「我們和參與三藩市隊的各組織合作,以加強公眾對老人虐待的認識,並向社區宣傳教育如何發現老人虐待和忽視的跡象,」三藩市殘障人士及長者服務部的執行主任 Kelly Dearman 表示。「我們與社區合作尤其重要,不僅要提高對這個問題和相關風險的認識,還要共同努力尋找解決方案。」

這次參與三藩市隊的十個組織,一直攜手合作宣傳相關社區資源,提供一些必需支援服務及計劃的信息,例如執法條例、社區中心和公共交通、並鼓勵家人定期探望年長的親人,確保長者獲得關懷及支持。防止他們感到孤立,為護理照顧者提供喘息時間,及招募義工等。

參與《世界老人虐待防治推廣日》步行活動的三藩市隊是由十個贊助組織組成,包括:美亞醫療集團、API Legal Outreach、社區青年中心、家庭暴力委員會、Institute of Aging、三藩市殘障人士及長者服務部、San Francisco Department on the Status of Women (三藩市女性地位服務部)、三藩市警察局、安老自助處、以及三藩市地檢處的受害者服務部。

「API Legal Outreach (亞太裔法律外展機構) 加入合作聯盟,想積極提高公眾對老人虐待的防範意識。在過去的幾年裡,亞太裔民衆成為新冠疫情爆發的替罪羊讓生活變得極其困難,這更導致反亞裔種族主義的雄起,增加了恐懼、孤立和其他老人虐待的形式。」亞太裔法律外展所的行政主任梁淑嫻表示。「我們鼓勵和支持長者舉報並記錄這些虐待事件。在過程中,我們以亞太裔和社區為中心,宣揚及倡導具有文化性和語言理解性的干預措施和政策。舉報虐待老人和仇恨事件可以真正幫助受害者,這樣他們的案件就可以被追蹤與跟進。我們加入了這項目,與夥伴努力一起出一份力以望能消除老人虐待的社會現狀。」

Institute of Aging 預防長者受虐待計劃部 (EAP) 總管 Ali Chiu 分享:「我們很榮幸被選為《亞太裔老人虐待指導委員會》的成員。在倡導和探索文化謙遜的同時,積極支持受虐待的亞太裔長者,並緊密地與舊金山基層組織合作。例如安老自助處、API Legal Outreach、華人權益促進會、社區青年中心 (CYC)、三藩市地檢處的受害者服務部。」三藩市地檢處的受害者服務部主任李蕙儀亦表示「我們相信,只有通過集體努力、教育、公共宣傳和完善的支持服務架構,遭受虐待的受害長者才能找到治愈與安寧。上報老人虐待的情況或案件人人有責;而我們部門致力為受害長者提供幫助。」



Lion Dance Fundraiser

After a one-year hiatus, the Annual Lion Dance Fundraiser returned to the Ulferts Centers in Dublin and Milpitas on February 13, 2022. Merchants and patrons at the centers were thrilled to see the mesmerizing Lion Dance Performance by the energetic and youthful crew members from the LionDanceMe.

A total of \$11,083 was raised in less than 3 hours, thanks to the generosity of the merchants and our long-term supporter: Ulferts Centers. Our heartfelt thank you to Ms. Karen Kam and her team: Mr. Eric Yuen, and Ms. Winnie Yip. We would also like to take the opportunity to recognize the phenomenal partner: LionDanceMe and all the businesses listed on the right.

舞獅籌款活動

在中斷一年後，一年一度的舞獅籌款活動於 2022 年 2 月 13 日返回都柏林和米爾皮塔斯的歐化中心。歐化中心的商家和善長很高興欣賞到來自柔功門 (LionDanceMe) 充滿活力和年輕的醒獅隊隊員們的舞獅表演。

由於商戶的慷慨解囊和我們的長期支持者: Ulferts Centers, 在不到 3 小時內共籌得 11,083 美元。我們衷心感謝 Karen Kam 女士和她的團隊: Eric Yuen 先生和 Winnie Yip 女士。我們也想藉此機會表彰非凡的合作夥伴: LionDanceMe和參與支持的所有大小企業。

- 110 Shabu Shabu
- Chan's Kitchen
- Chung Chou City
- Dublin Family Dentistry
- EC Acupuncture & Wellness Center
- Element Spa
- Fujiwara Ramen
- Golden Optometry
- Hairculture
- Kee Wah Bakery
- Koi Palace Dublin
- Koi Palace Express
- Koi Palace Milpitas
- La Gugu Salon
- Pho Tai
- Positano Home and Landscaping / Hot Crab
- Tasty Pot
- Tea Heart Dublin
- Thai Basil Express
- Thai Café
- The Rice House
- Truong Thanh
- Ulferts Center Dublin
- Ulferts Center Milpitas



Our volunteer, Fund Development Director, Jessica Cen, is teaching the senior and her family member to use the RING app in her phone.

Self-Help for the Elderly Collaborates with Ring to Support Local Seniors

District Attorney Chesa Boudin, Supervisor Gordon Mar, and Ring Representative Join SHE to Discuss Community Safety

Self-Help for the Elderly (SHE), a nonprofit committed to providing assistance and care to seniors in the San Francisco area, collaborated with Ring to advance senior support initiatives. SHE, with ongoing support from District Attorney Chesa Boudin and Supervisor Gordon Mar, hoped to bring increased safety and peace of mind to the senior Asian American Pacific Islander (AAPI) community the organization serves on a daily basis.

San Francisco District Attorney Chesa Boudin and his office were committed to ensuring that our most vulnerable community members, especially seniors, were safe and felt safe. He was thankful to Ring for its generosity in launching this program and honored to have been able to play a role in encouraging a connection between the business community and a local organization that had done so much innovative work to protect vulnerable seniors in San Francisco, especially during the pandemic.

San Francisco District 4 Supervisor Gordon Mar was pleased that Ring donated 1,000 Video Doorbells and Stick Up Cameras to support our San Francisco

seniors and encouraged eligible seniors who lived in District 4-Sunset to apply for these devices during the applicable period. He believed the device would bring much peace of mind to seniors and their families.

With support facilitated by District Attorney Chesa Boudin and in the spirit of bringing stakeholders together to advance community safety, Ring made a monetary and device donation directly to SHE in support of its comprehensive services. Leila Rouhi, President of Ring, representatively remarked that Ring believed in making neighborhoods safer for everyone and bringing accessible technology to our neighbors. Ring was also proud to work with Anni and her team, who had long been advocating for senior residents in the San Francisco area. Together, Ring and SHE hoped to advance community safety and empower more seniors to stay connected with easy-to-use technology.

SHE coordinated with kind-hearted volunteers in the distribution of the Video Doorbells and Stick Up Cameras to eligible senior residents in the neighborhoods, including Sunset, Richmond, Excelsior, Chinatown, and West Portal. For the requirement and eligibility for a device, applicants had to:

- Be at least 60 years of age
- Live in a residence with working Wi-Fi
- Have access to a smartphone
- Be willing to receive training to learn how to use the device.



Director of Programs & Administration, Winnie Yu, volunteered at the RING project and helped a senior install a video doorbell in his house.



Program Supervisor, Jin Tran, volunteered at the RING project and helped a senior couple installed a video doorbell in their house.



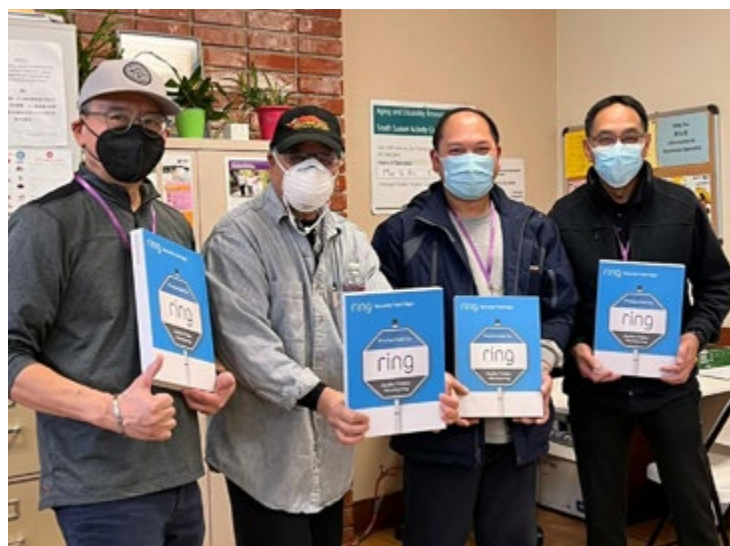
Social Services staff grouped with volunteers to visit seniors' home and installed the video doorbell for them.



Senior Escort Service staff teamed up with Social Services staff teaching senior how to use the Ring video door bell.



IT team was demonstrating how to use installation tools to volunteers at South Sunset Activity center.



Volunteers showed their excitement after they learned about the Ring project and how they would help protect benefited seniors.

SHE began serving seniors in San Francisco's Chinatown community in 1966 to provide a range of culturally aligned services that promote seniors' security and independence and empower them to lead healthy lifestyles. SHE initiated a Senior Escort Program, which offered over 1,000 walk-along and ride-along to elderly residents since April 2021, enabling seniors to return to their daily routines. By providing personal escorts, seniors could feel safer at home and in transit. Additionally, the Senior Escort team contributed to the process of installing the Ring devices for our seniors across the designated neighborhoods.

Anni Chung, SHE's President and CEO, shared that SHE had supported clients tirelessly through the pandemic with wellness fairs, employment and virtual learning opportunities, and outdoor activities to foster a strong sense of community amid an uptick in Anti-Asian violence throughout the country. SHE appreciated the District Attorney's Office's support in encouraging members of the community to work together to establish a safer neighborhood. The senior community was particularly vulnerable and isolated. This donation was a tremendous resource to bring peace of mind and comfort to the recipients and their families and allow them to age in place in the numerous neighborhoods we had been serving.

安老自助處與RING合作樂助長者 - 安裝居家視像門鈴提高長者社區安全防範

安老自助處與Ring在今年年初促成合作共同推動長者安全倡議，希望進一步幫助長者提高安全意識，特別是為一群該機構的主要服務對象-亞太裔長者帶來更多安心。在疫情期間和社會安全較為令人擔憂的情況下，長者可以感到安心回到社區進行如常活動。從一月至今，我們已為三藩市符合資格的長者安裝了近六百台Ring設備。

三藩市地檢官察博徹斯說，他的辦公室致力於確保我們最脆弱的社區成員，特別是我們的長者，既安全又感到安全。他作為代表也感謝 Ring 慷慨推出該計劃，亦很榮幸能夠在鼓勵商界與當地組織之間建立聯繫方面發揮作用。地檢官察博徹斯表揚安老自助處該組織為保護三藩市弱勢長者做了很多創新工作，尤其是在疫情期間。

三藩市第四區市參事馬兆明表示很高興 Ring 捐贈了 一千

個個視像門鈴和視像鏡頭來支持居住在三藩市的長者。他在計劃初始亦鼓勵居住在第四區（日落區）符合條件的長者申請這些設備。他相信這些會為許多長者及其家人感到平靜安心。

得到三藩市地檢官博徹斯致力支持各界聯手促進社區安全，安老自助處積極響應並攜手亞馬遜旗下的視像門鈴公司Ring開展了一項特別項目。Ring慷慨捐贈出了視像門鈴和鏡頭以及捐款給安老自助處。Ring的總裁 Leila Rouhi 表達，Ring公司相信這項科技會無障礙地帶給我們的鄰居，讓每個人都感到更安全。Ring很自豪能與鍾月娟和她的團隊合作因為他們長期以來一直為三藩市地區的長者爭取權益。Ring希望一起促進社區安全並賦予更多與安老合作令長者能簡易地使用新科技。

安老自助處與熱心的義工齊力協助了符合資格的長者裝配視像門鈴和視像鏡頭，這些社區包括日落區、列治文區、Excelsior、華埠和 West Portal。對於設備的要求和資格，申請人必須：

- 年滿 60 歲
- 住在有可用 Wi-Fi 的住所
- 可以使用智能手機
- 願意接受培訓以學習如何使用該設備。

安老自助處早于一九六六年就開始在三藩市華埠因應社區長者的需求提供多元化的服務，一直致力提高長者的安全和生活質量。安老自助處亦提供一系列符合文化的服務，以促進老年人的安全感和獨立性，並使他們能夠過上健康的生活方式。自二零二一年四月起，安老自助處啟動長者陪伴護送計劃，為長者提供共計一千餘人次的步行和共乘服務，讓長者回歸日常生活。通過提供個人護送，長者可以在家中和途中感到更安全。此外，Senior Escort 團隊還為指定社區的老年人安裝 Ring 設備做出了貢獻。

安老行政總監鍾月娟表示安老自助處從新冠疫情開始至今一直不遺餘力地為社區提供各方面的協助與服務，例如社區健康外展推廣防疫、就業培訓協助、線上線下的各種學習和活動等，都體現出我們以實際行動積極凝聚社區力量，去抵抗針對亞太裔的種族仇視及暴力。安老行政總監鍾月娟也十分感謝三藩市地檢官辦公室支持推動社區各界合力保護社區的安全。我們社區的長者是很容易受到孤立和危害，而Ring對該項目提供的捐贈非常合時地為三藩市幾個地區內居住的長者和他們的家人提供安心，令他們可以更加安穩地在自己居所安度晚年。



Doctors, Dr. Joseph Wu, Dr. Melissa Wong, and Dr. Mai-Sie Chan, representatives from the Chinese Community Health Care Association presented a check of \$100,00 to Alex Tan, Nutrition Department Director of Self-Help for the Elderly, and Nicolas Jay, Chair of Board of Directors at Self-Help for the Elderly.

Chinese Community Health Care Association (CCHCA) Supports Self-Help for the Elderly's Sustainable and Dignified Programs for Seniors

On February 4, CCHCA awarded \$100,000 to Self-Help for the Elderly in support of the Nutrition Department's services and programs for the community. Self-Help for the Elderly was honored to receive the grant for the fourth consecutive year from the Chinese Community Health Care Association (CCHCA). Self-Help and CCHCA have been working tirelessly to care for and empower the San Francisco Bay Area senior community.

Dr. Mai-Sie Chan, President of CCHCA, expressed that culturally competent healthcare includes access to housing, social services, and delicious nutrition. CCHCA community doctors were proud to partner with Self-Help for the Elderly in its valuable mission.

Since March 2020, Self-Help for the Elderly and CCHCA have become vital collaborators and contributors to a Chinese Community Task Force responding to the COVID-19 pandemic. A group of compassionate community professionals and leaders gathered to discuss and disseminate credible and critical in-language resources, programs, and services to care for

the seniors and support their families. The joint efforts included: providing home care, hospice, vaccination, and other essential services to the homebound seniors; preventing social isolation via virtual activities; setting up pop-up vaccination clinics at various districts; and offering nutritious grab-and-go-style or home-delivery lunches to the seniors.

Anni Chung, President and CEO of Self-Help for the Elderly, profoundly values the ongoing partnership with CCHCA. Empowering the seniors to stay safe, happy, and healthy during these challenging times positively impacted their quality of life. We are grateful for CCHCA's support of the seniors and the community."

To celebrate the Year of the Tiger, Self-Help for the Elderly reopened ten Activity Centers in San Francisco and San Mateo Counties on January 3, 2022, offering over 8,500 nutritious meals and 125 hours of hybrid activities per week for the community. Additionally, the three participating restaurants of the Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) program offer meal-to-go services for the patrons. The Nutrition and Senior Centers Department at Self-Help for the Elderly adapted and prepared both in-person and online programming to enable a hybrid model which continued to serve the evolving needs of the seniors and the community.

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

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

華美醫師協會(CCHCA)支持安老自助處，提供持續性和優質的長者計劃

為慶祝新的一年來臨，華美醫師協會向安老自助處捐贈了十萬美元，支持其營養及康樂中心部為社區提供的服務和計劃。安老自助處很榮幸連續四年獲得了華美醫師協會的慷慨捐助。華美醫師協會和安老自助處攜手關愛長者，並一直在促進著三藩市灣區長者社區的健康生活。

華美醫師協會主席陳美詩醫學博士表示，與社區民衆的文化背景和需求貼切相關的醫療保健包括住房資訊、社會服務、特別是優質的營養飲食。華美醫師協會社區醫生團隊很高興與安老自助處合作履行這重要的使命。

自二零二零年三月以來，安老自助處與華美醫師協會成為「華人社區抗疫聯盟」的重要合作和貢獻夥伴。由一群熱心的專業團隊和社區領袖組成，一起討論和傳遞可靠及重要的中文資訊、計劃和服務，以照顧居家長者並支持他們的家人。這段期間緊密合作的服務包括：為居家長者提供家庭護理、臨終關懷、疫苗接種和其他基本服務；透過網上活動防止社會孤立；在各區的康樂中心設立臨時疫苗接種診所；並為長者提供營養豐富的外帶或送餐服務。

安老自助處行政總監鍾月娟非常重視與華美醫師協會的持續合作關係。讓長者們在這些充滿挑戰的時刻保持安全、快樂和健康，這對提高他們的生活質量產生了正面及深遠的影響。我們衷心感謝華美醫師協會對長者和社區的支持。

為慶祝虎年，安老自助處於二零二二年一月三日重新開放了位於三藩市及聖馬刁縣的十個的康樂中心，每週為大眾提供超過八千五百份營養餐和一百二十五個小時的網上和現場活動。此外，三間「美味營養餐計劃」的參與餐廳亦恢復了為顧客提供外賣的餐點服務。安老自助處的營養及康樂中心部繼續配合和為大家準備網上和現場活動，為長者和社區不斷變化的需求而努力及提供相應的服務。

欲了解每日營養餐餐單及網上課程，請瀏覽網址：www.selfhelpelderly.org/locations或致電415-677-7600。



Doctors from the Chinese Community Health Care Association partnered with Self-Help for the Elderly Board Chair, Nicolas Jay, passing out nutritious meals to seniors at Lady Shaw Senior Center.



Celebrate the Distribution of \$14 Million in Stop AAPI Hate Grants with Assemblymember Phil Ting

We are grateful to be a recipient of the Stop AAPI Hate Funding. This needed fund enables us to provide essential services and resources to those who are indeed and expand our prevention services. We are thrilled to bring the senior safety and ambassador/escort program to San Mateo.

San Francisco
Senior Escort
Services
415.533.4714

We provide escort services in San Francisco and San Mateo for seniors to activities to ensure their safety on the streets.

San Mateo
Safety Escort
Services
415.706.1460



Always In My Heart 2022

"Always In My Heart" is a special event organized by Self-Help for the Elderly to celebrate Valentine's Day with the elderly. The purpose of this event is to give everyone the opportunity to remember the people they cherish in their hearts on this day full of love.

On the evening of February 14, more than 50 invited guests and performers gathered together in the activity room of Self-Help for the Elderly's Lady Shaw Senior Center, with origami cranes, candlelight, singing, and shared the memories of the loved ones. The event kicked off with the singing "Grateful Heart" by the Elderly Chorus of the Gee Mun Center led by Ms. Mei Lianzhi. San Francisco City Supervisor, Connie Chan also took time to participate in this love event with her son. In a special way, Ms. Patricia Tseng and Mr. William Tseng commemorated their beloved mother, Ms. Zeng Fengxiaoyun, with an installation of a plaque at the Center's Tribute Wall.

The warm and simple memorial ceremony ended slowly and successfully when Ms. Liu Yali sang "Somewhere Over the Rainbow", "Footprints in the Sand", and "A Little Candlelight". We would like to thank all the guests and friends who attended. Special thanks to Turedan for providing refreshing drinks for the event.





愛在心中2022

「愛在心中」是安老自助處在與長者慶祝情人節的特備活動。其目的是希望在這個充滿愛的日子讓大家有機會緬懷心中愛惜的人。

在二月十四日的傍晚，超過五十位的受邀嘉賓及表演者齊齊相聚在安老自助處的邵逸夫爵士夫人耆英中心的活動室，一起以紙鶴，燭光，歌聲，及分享緬懷心中所愛。活動由梅蓮芝老師帶領的健民中心長者合唱團獻唱「感恩的心」中展開序幕。三藩市市參事陳詩敏亦抽空攜同其兒子參與這次愛的活動。當中善長Ms. Patricia Tseng 及 Mr. William Tseng 特意訂製一塊牌匾來懷念他們摯愛的媽媽—曾馮曉雲女士。

溫馨而簡單的懷念儀式在劉雅麗女士獻唱「Somewhere Over the Rainbow」，「Footprints in the Sand」，和《一點燭光》中緩緩地完滿結束。在此感謝所有出席的嘉賓及朋友。特別鳴謝珍煮丹為活動提供清新飲品。





Alexander Mitra, Director of Community Health and Volunteer Services at Saint Francis Memorial Hospital & St. Mary's Medical Center, presented a check of \$80,000.00 to Anni Chung, President & CEO of Self-Help for the Elderly; Gloria Tan, Executive Director of Gum Moon Women's Residence & the Asian Women's Resource Center; and Andy Chu, Associate Executive Director of Chinatown YMCA.

Dignity Health Awarded Asian Health Collaborative an \$80,000 Grant to improve the health and quality of life of the Chinese community

Self-Help for the Elderly reopened its activity centers in January and was excited about meeting our seniors, friends and families, volunteers, and community members in person to celebrate Spring. A check presentation took place at Lady Shaw Senior Center on March 18, 2022, to announce the support of Dignity Health to the Asian Health Collaborative (AHC)'s holistic care plan for the Chinese monolingual communities throughout San Francisco.

Alexander Mitra, Director of Community Health and Volunteer Services at Saint Francis Memorial Hospital & St. Mary's Medical Center, presented a check of \$80,000.00 to Anni Chung, President & CEO of Self-Help for the Elderly; Gloria Tan, Executive Director of Gum Moon Women's Residence & the Asian Women's Resource Center; and Andy Chu, Associate Executive Director of Chinatown YMCA.

The three community-based organizations and Dignity Health's St. Mary's Medical Center were working collaboratively to improve the Chinese community's health status and quality of life. The grant supported access to needed and beneficial care for discharged patients, health knowledge, and virtual/in-person events for the community. The exclusive care plan for discharge patients included case management; nutritious meal distribution; mental health check-ins; counseling and referral services; and community resources. In addition, health-related resources (brochures and videos) in Chinese language is available for distribution and community access.

Alexander Mitra, Director of Community Health and Volunteer Services at St Francis Memorial Hospital & St. Mary's Medical Center, was honored to acknowledge and team up with the three community-based organization partners of Asian Health Collaborative alongside St. Mary's Medical Center. The grant supported Asian Health Collaborative to provide Transitional Care Coordination and Bilingual Educational Materials to the seniors, families, youth, and children in Chinatown to improve their health status.

Anni Chung, President and CEO of Self-Help for the Elderly, truly values the long-term partnership with Dignity Health. This grant supported AHC's continued

work to enhance the wellness and physical and mental health of the community's most vulnerable members.

Gloria Tan, Executive Director of Gum Moon Women's Residence & Asian Women's Resource Center, expressed that Gum Moon was proud to be a part of AHC's efforts to fulfill the unmet needs of the vulnerable. We are happy to support temporary/alternative housing for patients with limited mobility and offer mental health check-ins, counseling, and referral services.

Kari Lee, Executive Director of Chinatown YMCA/Chinatown Y, was also committed to building a healthier and stronger community and looked forward to developing various online resources and hosting in-person community events, empowering the youth and families to make the habits for a healthy life.

The AHC partners were enthusiastic about connecting with the community through in-person activities. In Fall 2022, AHC would co-sponsor the Chinatown Health Fair at Chinatown Y.

Dignity Health 給亞太裔健康聯盟頒發了八萬美元的資助以提高華人社區的健康狀況和生活品質

安老自助處於二零二二年一月重新開放了各個長者康樂中心。新春之際，安老自助處很高興並期待與長者、朋友、義工、及各社區成員相聚同賀了新年。在三月十八號，邵逸夫爵士夫人康樂中心舉行了一個支票頒贈儀式，宣佈 Dignity Health 撥款八萬美元給亞太裔健康聯盟，以支持為三藩市華人單語社區提供更加完善的護理計劃，及提升社區健康狀況和生活品質。

該八萬元支票由任職聖方濟各紀念醫院和聖瑪利醫療中心社區衛生及義工服務總監Alexander Mitra頒贈給安老自助處行政總監鍾月娟、金門女子公寓及亞洲婦女服務中心行政主任陳榮光 and 華埠青年會副主任朱啟榮。

由安老自助處、金門女子公寓/亞洲婦女服務中心和華埠男青年會三個社區組織組成的亞太裔健康聯盟與Dignity Health 的聖瑪利醫療中心攜手合作，致力提高華埠社區單語民衆的健康品質。



社區健康款項支持的項目包括為剛出院人士提供協助康復的護理、健康知識以及線上線下的社區活動。剛出院人士專屬護理計劃包括病例管理、安排營養餐遞送服務、心理健康檢查、諮詢與轉介服務、和提供社區資源及服務等。此外，大眾亦可免費獲得健康相關的中文資訊，包括小冊子及影片等。

Dignity Health 代表Mitra先生分享到很榮幸聖瑪利醫療中心有像亞太裔健康聯盟這樣的合作夥伴，把亞裔社區民衆的身心健康放在首位，推廣與健康教育相關的雙語資訊，以及提供醫療護理和退院康復協調。

安老自助處行政總監鍾月娟非常重視與 Dignity Health 的長期合作夥伴關係。這筆贈款支持亞太裔健康聯盟繼續努力關懷社區中的弱勢社群和改善他們的身心健康。

金門女子公寓及亞洲婦女服務中心行政主任陳榮光表達，金門很榮幸成為亞太裔健康聯盟的夥伴及參與其重要的項目，努力為弱勢群體供應所需的服務及資源。金門很高興為剛出院而行動不便的人士安排臨時住房服務，並提供心理健康檢查，諮詢和轉介服務。

華埠男青年會行政主任林秀麗表示，華埠青年會致力建立一個更健康、更強大的社區，並期待一起製作更多益智的網上節目以及短片及舉辦社區康樂活動，使青年和家庭能夠養成健康的生活習慣。

在二零二二年的秋季，亞太裔健康聯盟會贊助及參與在華埠男青年會舉行的華埠健康博覽會。亞太裔健康聯盟的三個夥伴機構期待透過現場活動與大眾接觸。讓大家感受與社會的聯繫，促進各人的全身心理健康，提高社區民衆的生活品質。



Happy Retirement, James!

After eight years of services, our Housing Service Director James Wong decided to retire. On April 11, 2022, members from the Administration team, Pine View Housing Corporation and Autumn Glow Alzheimer's Care Home attended a farewell party for James at Lady Shaw Senior Center. Our best wishes to James for a happy retirement. We will see and visit you in Hong Kong.



Year of the Tiger Community Street Fair in San Francisco Chinatown

Kung Hei Fat Choi! On February 19 and 20, staff of Self-Help for the Elderly's Senior Escort Services, Social Services, HomeCare, and Adult Day Services participated in the Year of the Tiger Community Street Fair in San Francisco Chinatown to celebrate a new year. The staff were available to provide resources and program information to our booth visitors.



Heartfelt gratitude to the physicians from AAMG and San Francisco Marin Medical Society who supported us in bringing the booster shots to the homebound individuals.



Our Social Services team worked as interpreters helped between seniors and doctors

Homebound Vaccination Event on May 12, 2022

- Over 40 volunteers met up at South Sunset Center at 9:00 AM for orientation. The teams began home visits at 9:35 AM.
- There were seven (7) teams of volunteers for this event. Each team consisted of a physician, a driver and a social service team member served as an interpreter.
- This whole-day event provided booster shots to 65 individuals. The eldest individual was 96 years old.
- Today's event is a collaboration of Self-Help for the Elderly with All American Medical Group (AAMG). Special acknowledgement to San Francisco Marin Medical Society.
- This event is made possible through the grants from Independent Living Resource Center San Francisco and Direct Relief.

居家疫苗接種活動情況說明

- 超過四十名志願者於當日上午九時在南日落中心集合，接受指導。然後各小組在上午九點三十五分開始家訪。
- 本次活動共有七個志願者團隊。每個團隊由一名醫生、一名司機和一名擔任翻譯的社會服務團隊成員組成。
- 這個全天活動共為六十五位長者提供加強針注射。最年的長者為九十六歲。
- 居家疫苗接種的活動由安老自助處及全美醫療集團 (AAMG) 的通力合作。
- 特別感謝舊金山馬林縣醫學會。舊金山獨立生活資源中心和 Direct Relief 的資助使這項活動成為可能。





San Francisco Pathways to Citizenship Initiative (SFPCI) Workshop Assists Over 100 Lawful Permanent Residents (LPRs) Today to Become U.S. Citizens

City College of San Francisco and Dean Jill Yee were recognized for their dedication to help eligible immigrants naturalize.

The San Francisco Pathways to Citizenship Initiative and its community partners conducted a large in-person Naturalization Workshop on April 9, 2022, at City College of San Francisco (CCSF) Ocean Campus from 10 AM – 2 PM. Over 80 volunteers, primarily attorneys, and experienced volunteers, were presented to assist more than 100 Lawful Permanent Residents (LPRs) in the application process.

To celebrate the first in-person and widely attended workshop in 2022, Supervisor Gordon Mar, Executive Director Adrienne Pon of the Office of Civic Engagement and Immigrant Affairs, and Trustee Alan Wong of CCSF participated in the event. They honored CCSF and Dean Jill Yee during an award ceremony.

The planning and execution of a naturalization workshop required an adequate space as well as a group of dedicated and well-trained volunteers. The event



would not be successful without the support of CCSF, SFPCI partners, and volunteers.

Anni Chung with Self-Help for the Elderly, the lead agency of the SFPCI expressed her gratitude in having CCSF as Partner and Dean Yee to be the strong supporter who had been instrumental in making CCSF campuses available to host these needed workshops for eligible immigrants to naturalize.

The SF Pathways to Citizenship Initiative was unique and impactful. It provided free, high-quality legal services through culturally and linguistically competent information and application assistance.

Since its inception in 2013, the SF Pathways to Citizenship Initiative has served more than 16,137 individuals and helped over 10,422 Lawful Permanent Residents (LPRs) become U.S. Citizens. Over \$4.7 million of saved application fees through the initiative by assisting applicants with fee waivers. It provided over \$20 million worth of legal services and naturalization

services to the San Francisco Bay Area residents.

To learn more about the Naturalization Workshops and resources, please visit sfcitizenship.org

《三藩市公民途徑倡議》



舉辦公民入籍工作坊協助了一百多名合法永久居民申請成為美國公民 三藩市市立大學和 Dean Jill Yee 熱心幫助符合條件的移民入籍，其貢獻獲受表彰

《三藩市公民途徑倡議》及其社區合作伙伴於二零二二年四月九日上午十時至下午兩時在三藩市市立大學 (CCSF) 海洋校區舉辦了一場大型的現場入籍工作坊。在場有超過八十名義工，主要是律師和社區義工，全程協助報名參與的合法永久居民 (LPRs) 進行美國公民入籍的申請手續。

為了慶祝二零二二年度首次舉辦的大型現場入籍工作坊，市參事馬兆明，民政及移民辦事處行政總監潘黃燕玲以及三藩市市立大學校董王兆倫出席了本次活動，並舉行頒獎典禮表彰三藩市市立大學和 Dean Jill Yee。

每次策劃和舉辦公民入籍工作坊都需要具備充分的時間，足夠的場地空間，以及一群熱心、專業且訓練有素的義工團

體。這次的活動之所以能夠成功舉行，全靠得到三藩市市立大學、《三藩市公民途徑倡議》合作伙伴、和一眾義工們的支持。

《三藩市公民途徑倡議》的領辦機構安老自助處行政總監鍾月娟懷著感激之情表示非常幸運能有三藩市市立大學作為我們的長期合作伙伴，和 Dean Yee 作為我們的支持者。Dean Yee 在協助符合條件的移民入籍申請過程擔當重要角色。在她的支持和推動下安排市立大學校園舉辦這些非常需要的入籍工作坊。

《三藩市公民途徑倡議》是獨特又具影響力的，透過具有多種文化和語言的信息和協助，此倡議歷年來為有需要人士提供免費和優質的法律服務。

自二零一三年成立以來，《三藩市公民途徑倡議》已為超過一萬六千一百三十七位人士提供服務，幫助超過一萬零四百二十二名合法永久居民成為美國公民。通過協助申請人免除費用，節省了超過四百七十萬美元的申請費，並為三藩市灣區的居民提供了價值超過兩千萬美元的法律服務和入籍服務。

想了解有關即將舉行的工作坊和更多資訊，請瀏覽 sfcitizenship.org。



Self-Help for the Elderly Expanded Its Footprints to District 11

The newest Geneva Community Center helps build a stronger community with nutrition program & services

May is Asian/Pacific American Heritage Month. On May 5, 2022, over 100 guests – city officials, leaders and members of the community, and the seniors – came together to recognize the richness and diversity of our culture and to celebrate the grand opening of Self-Help for the Elderly's Geneva Community Center in the Outer Mission & Excelsior neighborhoods.

Self-Help for the Elderly was honored by the presence of District 11 Supervisor Ahsha Safai; Kelly Dearman, Executive Director of San Francisco Department of Disabilities and Aging (DAS); Michael Zaugg, Program Director for the Office of Community Partnerships, San Francisco DAS; Melissa McGee, Program Manager of Office of Community Partnerships at the San Francisco DAS; Reanna Albert, DAS Analyst; and Nicholas Jay, Board Chair of Self-Help for the Elderly.

"We are delighted to welcome Self-Help for the Elderly to District 11 – nutrition program offering Asian style menu, social enrichment activities connecting residents, and culturally relevant resources and services are instrumental in building a resilient and harmonious community," said Supervisor Ahsha Safai.

"The Excelsior is one of the fastest-growing population districts in San Francisco," said Kelly Dearman, Executive Director of the San Francisco Department of Disability and Aging Services. "We are extremely pleased to partner with Self-Help for the Elderly, establishing this brand-new community center in District 11 to ensure older adults and people with disabilities can live independently and healthily."

"Self-Help for the Elderly is enthusiastic to be a part of District 11 and to bring in our 14th activity center to serve the community," said Alex Tan, Director of Nutrition & Senior Centers. "At the Geneva Community Center, participants can enjoy hot nutritious meals for lunch or dinner, and partake in a variety of social and educational activities in person and online. We are working diligently to expand our services -- by offering educational programs and resource navigation to the diverse community here in District 11. It's both an exciting and humbling opportunity to partake in this empowering journey, especially during the COVID pandemic. This would not have been possible without the support from the Department of Disability and Aging Services, and community partners such as CCHCA and AAMG."

The Geneva Community Center is located at 5050 Mission Street, Suite C, San Francisco, CA 94112. The phone number is (415) 347-7194.



Nutrition Department's Geneva Community Center staff and volunteers were passing out lunchboxes to seniors at the Geneva Center Grand Opening Day.

安老自助處其足跡擴展到 三藩市第十一區 全新的《日內瓦康 樂中心》現正開幕！

致力建立一個更健康融洽的 社區—為長者及有需要人士 提供營養餐飲和社區服務

五月是亞太裔美國人傳統月。在二零二二年五月五日，超過一百位嘉賓，包括政府官員、社區領袖和民眾、以及長者們齊聚一堂，表彰我們社區豐盛的多元文化，並慶祝安老自助處位於Excelsior/ Outer Mission (優越區/外米慎) 的《日內瓦康樂中心》的隆重開幕。

安老自助處非常榮幸能獲得特別嘉賓們的光臨和支持。出席開幕典禮的有三藩市第十一區市參事安世輝；任職三藩市傷殘人士及長者服務部的：執行主任 Kelly Dearman, 社區夥伴關係辦事處的主任Michael Zaugg, 專案經理Melissa McGee, 分析員和首席營養師 Tiffany Kearney, 和分析員Reanna Albert; 安老自助處董事局主席謝嘉力亦作為代表出席歡迎嘉賓。

市參事安世輝很高興地歡迎安老自助處的康樂中心拓展至第十一區，營養計劃的熱餐服務提供的具有亞洲風味的菜單，加上有趣及豐富的聯誼活動，以及與文化相關的資源和服

務，都有助於建立一個更健全及和諧的社區。

三藩市傷殘人士及長者服務部執行主任Kelly Dearman指出，優越區是三藩市人口增長最快的地區之一。亦非常高興可以與安老自助處合作，在第十一區設立這個全新的服務據點，以確保長者和殘障人士能夠獨立健康地生活。

安老自助處營養部及康樂中心主任譚兆東也發言表達感激之意。安老自助處非常榮幸能夠成為三藩市第十一區的一份子，並在優越區開設我們第十四間康樂中心。在日內瓦康樂中心，顧客可以在午餐或晚餐時享用新鮮的營養熱餐，安老自助處亦歡迎大家參加現場及網上的各種社交活動和教育講座；此外，還會致力擴展和完善其它項目，為更好地服務第十一區這個多元化的社區。這個嶄新的項目是極具意義和震撼人心的，特別是因為大部份籌備工作是在疫情期間進行。此項目的成功開展全賴三藩市傷殘人士及長者服務部的資助。安老自助處也想借此機會感謝華美醫師協會/美亞醫療集團及眾多社區夥伴一直的鼎力支持。

日內瓦康樂中心座落於三藩市米慎街5050號，C室；郵區94112。服務熱線 (415) 347-7194。



San Francisco Public Library



Self-Help for
the Elderly
安老自助處



MAY 8 – 14, 2022 《與科技連接週》

Full Schedule 《三藩市科技週》課程指南 <http://bit.ly/2022TechWk>

San Francisco Tech Week | May 8-14, 2022

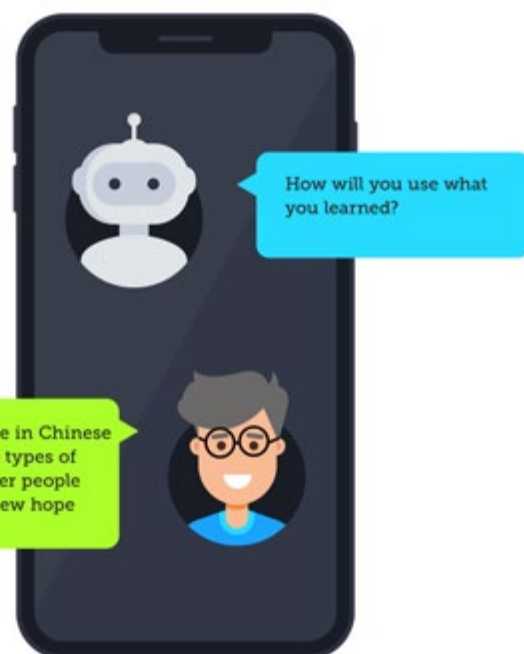
Self-Help for the Elderly was thrilled to participate in the annual San Francisco Tech Week in May 2022 with the hosting of six complimentary online classes in Cantonese, Mandarin, and English.

The topics included Install Chinese Input On Your Windows; Google Maps on iPhones; Cables 101; Cybersecurity and Online Misinformation; and Google Docs and Google Sheets.

三藩市科技週 | 五月八日至十四日舉行

安老自助處很高興再次參加《與科技連接週》，與三藩市公共圖書館和其他合作夥伴，為大家準備很多網上課程。以助提高大眾的科技的學識和技能，探索新的技術並有技術人員協助學習各種技能。

安老於五月十至十三日舉辦了五個免費網上課程，課程主題：iPhone蘋果手機的谷歌地圖應用程式，在Windows手提電腦安裝中文手寫軟件，預防網絡攻擊和騙局，Cables 101, Google Docs and Google Sheets及 Google Maps on iPhones。



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.....
► **Woolf House**
801 Howard St.
San Francisco, CA 94103
415-981-2166

► **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. Suite C
San Francisco, CA 94112
415-347-7194

► **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:
• 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

► **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
415-533-6859

► **West Portal**
131 Lenox Way
San Francisco, CA 94127
415-741-8877

► **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: hchs@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

► **Senior Community Services Employment Program (SCSEp)**
415-624-9530

DIGITAL & TECHNOLOGY LEARNING PROGRAM

► **SF connected**
415-781-9199
e: sfconnected@selfhelpelderly.org

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, 2022* to *June 30, 2022*.

AARP (American Association of Retired Persons)

Aldie and Jance Chung

Alfred and Sherry Chung

Alice M. J. Au

Alice Matsumoto

Alice Sue

Al's Appliances, Inc.

Ana Chen

Angela Ho

Anna Mirkin

Anonymous Donors

Anthem Blue Cross Blue Shield

Astrid Usong

Baird + Driskell + Abrams

Community Planning

Barbara Chuck

Ben and Mabel Wong

Bonnie Yee

Bryce Anderson

California Dragon Boat Assn.

Calvin A. Bryant

Carlton Louie

Catarina Lai

Cathay Bank

Cecil D. Van Dusen

Chan and Tan Family Giving Fund

Charles Lam

Chat Mui Yeung

Chef Zhao Bistro

/ Mr. Zhao Bistro Inc.

Chew Y. and Evelyn Low

Chinese Chamber of Commerce

Chinese Community Health Care Association (CCHCA)

Chinese Consolidated Benevolent Association

Christina Joe

Comcast Corporation

Crankstart Foundation

Cricket Wireless

Cruise LLC

Cynthia X Sheng

Dale Hom

Daniel F Lai

Daniel Poon

David Liang

Deborah Soon

Diana A. Tom

Dianne R. Whitaker

Dignity Health

Donald and Helen Woo

Dr. Collin P. Quock

Dr. Dominic and Mrs. Cecilia Tse

Dr. Peter and Mrs. Ruby Chiu

EC Acupuncture & Wellness Center Inc.

Edwin & Margaret Lee

Edwin R. Wong

Elbert Mui

Eliza Wong

Ellen C. Wong

Felix Kwong

Frank T. Y. Lee

Franklin Templeton Institutional, LLC

Friends Contribute via Combined Federal Campaign (CFC) Giving, Community Health Charities (CHC), Give in May, GoFundMe.org, Facebook Fundraisers

Friends from Applied Material Corporate

Friends from Chevron

Friends from Hillspire

Friends from IBM

Friends from MasterCard

Friends from PG&E

Friends Supporting Charities Aid Foundation America

Garage Master Inc.

Give Lively Foundation Inc.

Gloria Yu

Goldman Sachs + Co. LLC

Grace Cheng

Graham & Amy Huey

Han L Chiu

Hanley and Marian Hoey

Harrison Phan

Helen H Koo

Henry Ling

Hester Lu

Hin Wing Tse

Hiuki Chum

Hon Fong Charitable Fund

Hoy Sun Ning Yung Bene. Assn.

Huaiwen Chen

Independent Living Resource

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, 2022* to *June 30, 2022*.

Center San Francisco (ILRCSF)	Louisa Zee Kao	Paisley Family Fund
Irene Wai Lin Chu	Lubin Olson & Niewiadomski LLP	Patrick & Teresa Tsim
James Temple	Lucrecia Nesle	PayPal Giving Fund
Jan Ying Benevolent Association	Luong Tran	Peter Lee
Janice Berthold CLU, CPCU, MWCA	Lynn Low	Philip A Erro
Jeffie Yuk Soon	MacMillan Family Foundation Inc.	Pledgeling Foundation
Jiang Hong Yang	Magic Circles, LLC	Po Fong Liang
Jimmy Wong	Mandy Mun Sum Woo	Po Liang
Joe Tom	Manling Har Koo	Pui Ha Wong
Josephine S. Ma	Marie Salgado	Queenie & Jeffrey International LLC
Julie Chow	Marina Papanikolaou	Ramon U Ngo
June Huang	Mary L. Tong	Ray and Dagmar Dolby Family Fund
Kai Man Lee	May Yuk Tam	Ray Yukon Tsoi
Kaiser Permanente	McNabb Foundation	Raymond and Virginia Lee
Kam Hung Ringo Fok	Meea Kang	Rebeka Foo
Kam Ling Chau	Michael Yam	Riki Rafner
Karen C. Hsu	Michelle Cusano	RING
Kenneth Chun Chung Lau	Millbrae Lions Youth Center	Robert Furio
Kenneth H. Sue	Mingyih Sun	Robert Joseph Louie Memorial Fund
Kenny Au-Yeung	Mission Creek Harbor Association, Inc.	Roger & Amy Louie
Kenyon Mei	Miu Heung Chan	Rosemary Wang
Kong Hu Pua	Ms. Yolanda Chen	Rowena Huen Leung
La GuGu Hair Salon	Nancy Trinh Tran	Rui Fang Zheng
LaiYing W Cheng	Nazneen Bahrassa	Salesforce Foundation
Lillian G. W. Fong	Nora Faith Wong	Sam K Inala
Linda (Lai Chong) Hwang	Nora YuenLing Lau	San Mateo Lions Club
Linda Lew	Norman S. Lee	Sandra Lee Fewer
Linda W Lim	Norman Yee	Sandra Wong
Ling Chiou	Oi Cheung Fung	Serena J Fung
Liz Ng	On Lok, Inc.	Serena S. C. Ng
Louis Luo	Padmini Parthasarathy	SF Marin Food Bank
		Sheila Ho Fu

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, 2022* to *June 30, 2022*.

Sheung Kwan Lam	Ulferts Center (U.S.A.) Incorporation
Shoke Eng Chiou	Ulferts Center Dublin, Incorporation
Shunyan Zhao	United Way California Capital
Silicon Valley Community Foundation	Region PCFD Account
Siu Kok Yiu	United Way of the Bay Area
Sophia Tong	Valerie Foo
Stacey Li	Victoria Jung
Stanley Fong	Victoria Lowe
Stephen M Tong	Victoria PuiKei Ip
STUPSKI Foundation	Vinson Raymond Owyong
Sui Yiu Cheung	Virginia C. Gee
Summit Financial Advisors, LLC	W.K. Kellogg Foundation
Sunset Heights Association of Responsible People (S.H.A.R.P.)	Wai (James) Wong
Susan Law Chan	Wai Ling Lee
Sylvania Bates	Walter & Oy Yee Lew
Tan Tan Trading Company	Waymo
Terence Shum	Wee H. and Teresa Yee
Teresa C. Chan	Wendy Tsoi
Thai Basil Express	Wes Silverstein
The Abe and Kathryn Selsky Foundation, Inc.	Xiaohua Li
The Benevity Community Impact Fund	Yan Zhang
The Raymond & Joanne Lin Foundation	Yau K. Yue
The Rice House LLC	Yue-Pok Mack
Thermo Fisher Scientific	
Thrivent Financial	
Thriving in Place	
Timothy Ginn	
Tony Chew Tong Ju	

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

The following contributions were made to Self-Help for the Elderly from *January 1, 2022* to *June 30, 2022* as a tribute to the following individuals:

ALULI OHANA • EDMUND WONG • ELEANOR WONG • JACKIE YEE
KIMCHI THI DANG • KUNG CHUNG SHUN • LAWRENCE FAN • LIN YU CHIN
MARILYN SEID-RABINOW • MARY YENSAN YUAN TAN • MEE WONG
MEE YEE LIU • MEI ZHEN MA • MUI L KWAN • SHIRLEY JAY LEW-YU
SHOKE ENG CHIOU • TAK BIU YEUNG • T. K. QUACH
DR. TINA TONG YEE • WAI SUN GEE

MEMORIAL DONORS

Alexander Qiu	David and Judy Jew	Joel Malakoff
Anton and Carina Qiu	Edna Tam	John Fook
Arnold Tan	Elaine Hung	Josephine Ma
Ashley Moser	Eli Lazarus	Judy Hom
Aurora Chong	Fanny Suen	Karen Lu
Barbara and David Leung	Fiona Lam	Grace Ma
Betty Louie	Florence Lee Hendrix	Lily Jiang
Betty L Kwong-Lee	Frankie Choy	Linda Yee
Bonnie Chu	Gary Spratling	Ling Chiou
Brenda Yee	George Nicoud	Lisa Wong
Carlton Louie	Gloria So	Liz Ng
Cecil Cheng	Grace Fuong	Mabel and Ben
Charlotte and Harry Chow	Henry Wu	Jung Wong
Chih Chung (Sammy) Yu	Howard and Therese Hu	Manna Mei
Christina Lam	Janet Lee	Marina Papanikolaou
Christina Ng	Janson and Colleen	Marisa and Gilbert Lee
David Louie	Lum Wong	Meleanna Meyer

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

Self-Help for the Elderly Donors

安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly from *January 1, 2022* to *June 30, 2022* as a tribute to the following individuals:

Meggie Lau

Mei and Peter Lam

Nancy and Darrell Amino

Omelia Kwok

Patricia Qiu

Paul Ng

Peggy Lau

Peking Arts & Crafts Co

Phyllis L W Lee

Pui Chung Kiang Poon

Rachelle Tsang

Richard Tsang

Rob Phillips

Robert Nicholas

Rosemary Gee

Samuel Herrick

Sarah Wu

Serene and Richard Dong

Shirley Cheng

Stacey Li

Stephen Higashi

Tammy Jong

Walter & Oy Yee Lew

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

Self-Help for the Elderly Donors

安老自助處善長芳名

The following contributions were made to Self-Help for the Elderly from *January 1, 2022* to *June 30, 2022* in honor of the individuals below:

IN HONOR OF

Dr. Andrew and Mrs. Flora Zee • Anni Chung • Antonia and Norman Tu • Darrell Young • Linda Wang • Miriam and Stanley Schiffman • Riki Rafner • Siu Ming Kwan • Stacy Huang's birthday • Teresa Kwan • Winnie Yu • Yee Nor Kong

DONORS

Bruce and Grace Ginn
Collin P. Quock
Edwin Wong
Elaine Chow
James Temple

Janice Wong
John and Zaza Wu
Lai Mui Cheung
Limelight Insights LLC
McNabb Foundation

Sam Inala
Simon Zak
Sylvania Bates
Sutiawati Hokiarto

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



Self-Help for the Elderly

安老自助處

Providing strength, hope and empowerment to seniors since 1966



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

Name or Business: _____

Contact: _____ Email: _____

Address: _____
Street City State Zip Code

Telephone: (Home) _____ (Cell) _____

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

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

/// PAYMENT OPTIONS ///

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

☐ Please charge my ☐ VISA ☐ MasterCard ☐ American Express

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

Security Code: _____ Signature: _____

☐ I want to donate stocks via wire transfer/EFT. Please send me information.

/// ALSO ///

☐ My Gift to Self-Help for the Elderly is: ☐ In Memory of ☐ In Honor of

Memorial or Honoree Name: Mr./Mrs./Ms. _____ for _____
First Name Last Name

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

Address: _____
Street City State Zip Code

☐ I have included Longevity Fund in my estate plans.

☐ Please contact me with information about including Self-Help for the Elderly in my estate plan.

☐ My employer will match my gift (Form Enclosed)

Thank you for supporting Self-Help for the Elderly. For more information about our services, please visit us at: www.selfhelpelderly.org, and follow us on Facebook. Self-Help for the Elderly is a 501(c)(3) non-profit organization -- Tax ID EIN: 94-1750717. All contributions are tax-deductible to the amount determined by law.

Please return this form to: 731 Sansome Street, Suite 100, San Francisco, California 94111-1725. Or fax to: (415) 296-0313.



You can also make a donation online, please visit : www.selfhelpelderly.org/donate

Newsletter of Self-Help for the Elderly

Golden Lines

黃金點滴



Golden Lines is published by Self-Help for the Elderly with contribution from the staff.

Please obtain permission before reproducing any materials in this newsletter.

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

Executive Editor: Anni Chung • Fund Development Director: Jessica Cen • Editor: Catarina Lai • Chinese Editor: MJ Jinghua Mai • Graphic Designer: Kammy Kwan

    www.selfhelpelderly.org