

Golden Lines

黃金點滴

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Advance Care Directive Workshop Using Role-Playing Scenarios to Explain Its Importance to Seniors

Organized by Self-Help for the Elderly and sponsored by Stupski Foundation, medical professionals demonstrated the importance of advance care planning to over 80 participants through short plays at a workshop at University of San Francisco on November 6, 2024.

Anni Chung, President and CEO of Self-Help for the Elderly, pointed out that Chinese people often avoid discussing death-related issues due to cultural traditions. As a result, families may feel unprepared or even helpless when faced with end-of-life decisions. This silence often forces families to make painful choices without proper guidance, and the wishes of the individual may not be respected during their most vulnerable moments.

Unlike previous seminars, this workshop featured role-playing by current healthcare professionals from the emergency department, intensive care unit, and rehabilitation department, as well as interpreters, to illustrate the different outcomes of having or not having an Advance Care Directive. Performers included Dr. Chuli Chen, Chairman of the Board of All American Medical Group (AAMG) and an emergency physician, palliative care nurse Donnie Nelson, and ICU physician Nona Mei.

Each participant also received an advance care planning kit at the workshop, which can be used to record medical history or current health status, advance medical care directives, life-sustaining treatment orders, emergency contact information, etc. The kit also includes legal documents that allow participants to express their wishes regarding their medical care, assist in understanding and selecting a medical proxy, and express their preferences regarding life-sustaining treatment, organ donation, autopsy, funeral arrangements, and more.

The event is made possible by AAMG, UCSF Health, San Francisco Palliative Care Work Group and the University of San Francisco. To learn more about the Advance Care Planning or obtain an Advance Care Planning kit in Chinese, please contact Self-Help for the Elderly's Social Services Department at 415-533-6440.


www.selfhelpelderly.org

Advance Care Directive Workshop Using Role-Playing Scenarios to Explain Its Importance to Seniors 醫療照護事前指示工作坊 以情景短劇為長者解說重要性	P1-2
Friends from LinkedIn, Salesforce, and VISA Joined Force to Organize a Mahjong Tournament LinkedIn, Salesforce 和 Visa 合辦麻雀比賽	P4
USDA Hosts Regional Equity Convening in Northern California 聯邦農業部在北加州舉辦的公平爭取研討會	P5
58th Longevity Gala Honors Champions of Elderly Care and Community Support 第58屆長壽晚宴表彰關懷長者 與支持社區的傑出人士	P6-7
Over \$200,000 Raised through "Walk, Run, Ride to the Moon" Health Fundraiser Event 「步行、跑步、騎行到月球」慈善健身 活動籌得超過二十萬善款	P8-9
2024 Invitational Charity Golf Tournament Raises \$200,000 To Support Eldercare Services and Community Programs 《第十九屆慈善高爾夫球邀請賽》 籌得二十萬元支持長者服務及社區計劃	P10
Secretary of Health and Human Services visits Jackie Chan Center 美國衛生與公共服務部部長到訪成龍中心	P11
San Francisco Mayor visits Jackie Chan Center 三藩市市長到訪成龍中心	P12
Celebration of Completion of 2024 Intergenerational Youth Leadership & Technology Program 慶祝完成2024年度跨世代青少年領袖及科技計劃	P13
Self-Help for Elderly Celebrated Thanksgiving with 2,300 seniors and their families 安老自助處與二千三百名長幼慶祝感恩節	P14-15
A Wrap Up Party to Celebrate the Completion of Self-Help for the Elderly's Senior and Youth Nutrition / Intergenerational Summer Program at AHMC Seton Medical Center 安老自助處長者與青少年營養／跨代暑期計劃圓 滿結束/AHMC Seton 醫療中心舉行慶祝會	P16
San Francisco Pathways to Citizenship Initiative Honors 11,500 New Citizens and Promotes Voter Registration 三藩市公民合作組織慶祝11,500名 新公民並鼓勵他們投票	P17
Community Breaks Ground on South Sunset Clubhouse Renovation 社區人士為南日落區會所翻新工程奠基	P18
UCSF Health Awards Asian Health Collaborative a \$100,000 grant to support wellness and health in the Chinese community UCSF 健康頒發亞太裔健康聯盟十萬美元 資助提高華人社區健康狀況和生活品質	P19

Continued on page 2



醫療照護事前指示工作坊 以情景短劇為長者解說重要性

由Stupski Foundation 贊助，安老自助處於11月6日在三藩市大學舉辦工作坊，醫護人員向80多位華裔長者演繹數幕情景短劇，協助長者了解預設醫療照護事前指示的重要性。

安老自助處行政總裁鍾月娟指出，華人往往因文化傳統避忌死亡等問題，導致家庭在面對臨終決策時感到未做準備，甚至不知所措。這種沉默往往導致家庭被迫在缺乏指導的情況下做出痛苦的決定，而當事人的願望在最脆弱的時刻未能得到尊重。

這次工作坊由現任急救科、深切治療部、康復科的醫護人員、翻譯員，分別演繹有否簽署預先醫療指示的不同結果。美亞醫療集團董事局主席陳楚利急診醫生、緩和理療護理師Donnie Nelson、深切治療病房醫生Nona Mei等進行角色演繹。

每名參加者亦獲得一套預設醫療照護事前指示的準備套，可用於記錄病史或目前健康狀況、醫療照護事前指出書、維生治療醫囑、緊急聯絡人訊息等，當中附有表達對於自己醫療照護意願的法律文件，協助了解及選擇醫療代理人，及就維生治療、器官捐贈、遺體解剖、葬禮等表達意願。

這次活動獲美亞醫療集團、加州大學舊金山分校醫療體系、舊金山緩和療護工作小組及三藩市大學支持，得以順利舉行。若要了解預設醫療照護事前指示詳細資訊，請致電安老自助處社會服務部：415-533-6440。





DONATION · 捐獻我們

Self-Help for the Elderly welcomes all donations! For additional information, contact Fund Development Director, Catarina Lai at (415) 677-7670 or catarinal@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, 請致電四一五·六七七·七六七零基金發展部主任黎思敏或電郵 catarinal@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 <https://bit.ly/HelpSHE> 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, 請瀏覽網址 <https://bit.ly/HelpSHE> 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 & Contra Costa	阿拉米達及康特拉科斯塔	(510) 336-0144
Millbrae	米爾布雷	(415) 319-4115*

Please visit our website 請瀏覽我們的網站: www.selfhelpelderly.org

*Please leave a voice message 請留言。



Mission

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

安老的使命

《安老自助處》致力於改善三藩市灣區的長者之生活質素, 提供全面性, 多元化的群體服務, 以增進長者的獨立, 尊嚴及自我價值。

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Friends from LinkedIn, Salesforce, and VISA Jointed Force to Organize a Mahjong Tournament

On December 7, 2024, volunteers from LinkedIn, Salesforce, and Visa came together to organize a Mahjong tournament for over 90 seniors at the Geen Mun Senior Center of Self-Help for the Elderly. The event was a heartfelt celebration of community and the holiday spirit, as the volunteers not only prepared safety packs and served lunch for the seniors, they also took the time to learn the game of Mahjong to play alongside the seniors. This thoughtful gesture created an atmosphere of fun and camaraderie, with the volunteers eagerly engaging in friendly competition, sharing laughs, and bringing joy to the faces of the seniors during the festive season.

Adding to the festive atmosphere, Mr. Frank Jang, Vice President of the San Francisco Chinatown Photographic Society, along with other volunteers, set up a mini photo studio for portraits. This personal touch gave the elderly participants a cherished keepsake to remember the event by.

The collaboration between these corporate partners and their dedicated volunteers fostered a sense of community and connection, offering not just a fun and engaging day, but a reminder of the joy that comes from sharing time, traditions, and experiences across generations.



LinkedIn、Salesforce 和 Visa 合辦麻雀比賽

2024年12月7日，來自LinkedIn、Salesforce和Visa的志願者們齊聚一堂，在安老自助處的建民康樂中心合辦一場麻雀比賽，與超過90位長者切磋技藝。此次活動是一次充滿真誠的社區慶祝和節日氣氛的聚會，志願者們不僅為長者準備安全包及分發午餐，還特意學習打麻雀，以便與長者們共同參與遊戲。這一體貼的舉措創造了充滿歡樂和友誼的氛圍，志願者們熱情參與友好的比賽，分享笑聲，為長者們在節日期間帶來了無比的喜悅。

在增添節日氣氛的同時，舊金山華埠攝影學會副會長 Frank Jang和其他志願者在活動現場設置了迷你攝影棚，為長者們拍攝肖像照。這一個貼心的舉動讓長者們獲得了一份珍貴的紀念品，來回味這次難忘的活動。

這些企業夥伴和熱心志願者的合作促進了社區的互動與連結，為長者們提供了不僅充滿樂趣的日子，還提醒我們在不同世代間共享時間、傳統和經歷所帶來的無比喜悅。





USDA Hosts Regional Equity Convening in Northern California

On September 4, the United States Department of Agriculture (USDA) partnered with Self-Help for the Elderly to host the Regional Equity Convening at the Lady Shaw Activity Center in Northern California. This marked the USDA's first engagement with the Asian food community. The discussions covered a range of topics, including language access to USDA services, barriers faced by small vendors in underrepresented communities, and the issue of food and SNAP deserts.

Representatives from the USDA included the Honorable Jennifer Lester Moffitt, Under Secretary for Marketing and Regulatory Programs; Daniel Whitley, Administrator of Foreign Agricultural Services; Cecilia Hernandez, Chief Evaluation Officer; Hilary Erickson, Deputy Director of the Office of Contract and Procurement; Dr. Dewayne Goldmon, Senior Advisor for Racial Equity; and Hayden Romig, Engagement Executive with the Western U.S. Agricultural Trade Association.

Attendees also included key figures from various organizations, such as Jaclyn Sher, Past President of the Asian Food Trade Association of America; Mill Lei from the Chinese Small Business Council; Albert Lin, Chief Executive of an Import and Export Company; Damian Mazzotta, Executive Director of Bienestar; Matthew Chin, President of the Oriental Food Association; and Anni Chung, President and CEO of Self-Help for the Elderly.

The event allowed attendees to forge new connections, share innovative ideas, and gain insights from USDA leadership on themes of intentionality, opportunity, and equity in the agriculture industry. The discussions included strategies for farmers and small business owners, as well as opportunities for partnerships with the USDA.

聯邦農業部在北加州舉辦公平爭取研討會

聯邦農業部與安老自助處合作，於9月4日在邵逸夫爵士夫人康樂中心舉辦研討會，這是聯邦農業部首次與亞洲社群對話，包括討論使用聯邦農業部服務時遇上的語言問題，及小型商家作為未能充分代表的社群所面對的阻礙，以及使用SNAP糧食券的情況。

出席研討會包括美國農業部行銷與監管計劃部副部長Jennifer Mester Moffitt、聯邦農業部外國農業服務局局長Daniel Whitley、聯邦農業部首席評估官Cecilia Hernandez、聯邦農業部合同與採購辦公室副主任Hilary Erickson、聯邦農業部種族公平高級顧問Dr. Dewayne Goldmon、聯邦西部農業與貿易協會參與執行官Hayden Romig。

同時亦有來自食品商會、小企業及社區的代表包括美國亞洲食品公會前會長余若琳、華人小企業委員會雷春媚、資深出入口公司總裁林恩波、Bienestar執行董事Damian Mazzotta、東方食品商會會長錢思敬及安老自助處行政總監鍾月娟。

與會人士建立聯繫及分享創新概念，並聆聽聯邦農業部領導關於農業行業的目的性、機會性和公平性，以及農民和小企業的戰略、與聯邦農業部多方面合作的意見。





58th Longevity Gala Honors Champions of Elderly Care and Community Support

Our 2024 Longevity Gala, themed "Flying Dragon, Dancing Phoenix," attracted over 700 guests to the Hyatt Regency San Francisco Airport on May 11, 2024. The event recognized individuals for their dedication to the elderly and their support of Self-Help for the Elderly's mission to serve the community.

During the gala, Self-Help for the Elderly honored three supporters with the Friend of the Elderly Award. This year, the recipients were Edwin and Margaret Lee, as well as Supervisor Aaron Peskin. Edwin and Margaret Lee, through their private foundation, aim to share their success with the Chinese community, enabling others to pursue and achieve their own goals. Supporting Self-Help for the Elderly's senior living facilities, nutrition programs, and activities for the elderly is a significant part of their foundation's mission.

Supervisor Aaron Peskin, President of the San Francisco Board of Supervisors, represents District 3, which has a high concentration of elderly immigrants. He has long advocated for improved community infrastructure to promote the independence, well-being, and dignity of aging adults. Supervisor Peskin is also an ongoing collaborator and supporter of Self-Help for the Elderly's eldercare services. His involvement includes supporting immigrant workers, attending the culinary showcase and graduation for the pilot food preparation and production training, walking with over 500 participants in the annual Longevity Walkathon around San Francisco's Chinatown to encourage an active lifestyle, and attending the Thanksgiving Luncheon and the Always in My Heart event.

As the largest fundraising event of the year, the Gala's Make a Difference raised awareness for our Senior Escort Services, Home Health and Hospice Care Services, the provision of home-delivered meals, and the empowerment of older adults through vocational training. Thanks to our dedicated Gala Committee and all our generous supporters, we exceeded our fundraising goal of \$600,000.





第58屆長壽晚宴表彰關懷長者與支持社區的傑出人士

安老自助處2024年長壽晚宴以「龍飛鳳舞」為主題，於2024年5月11日在舊金山機場凱悅酒店隆重舉行，吸引了超過700位嘉賓出席。此次盛會旨在表彰那些致力於長者福祉並支持安老自助處社區服務使命的傑出人士。

在晚宴上，安老自助處特別頒發長者之友獎以表彰我們的支持者。今年的三位得獎者為Edwin和Margaret Lee夫婦，以及舊金山市參事佩斯金。

Edwin和Margaret Lee透過其私人基金會，致力於回饋華人社區，幫助他人追求並實現自己的夢想。他們的基金會使命之一是支持安老自助處的長者住宅、營養餐飲計畫以及各類長者活動，為社區長者提供更優質的生活環境。

舊金山市參事會主席佩斯金代表長者移民比例較高的第三區，長期倡導改善社區基礎設施，以促進長者的獨立生活、福祉與尊嚴。參事佩斯金長期支持安老自助處的長者服務，他的貢獻包括：為移民勞工發聲、出席食品製備與生產培訓課程的烹飪展演及畢業典禮、參與一年一度的「長壽健走」活動，與超過500名參與者一同行走舊金山華埠，鼓勵健康生活方式。此外，他還積極參與感恩節午宴及「常在我心」紀念活動，以實際行動支持長者福祉。

作為本年度最大規模的募款活動，長壽晚宴的Make a Difference環節特別關注長者陪護服務、居家健康及安寧療護、送餐服務，以及透過職業培訓賦能長者。感謝我們敬業的晚宴籌備委員會及所有慷慨的支持者，我們成功超越了60萬美元的募款目標！





Over \$200,000 Raised through "Walk, Run, Ride to the Moon" Health Fundraiser Event

Self-Help for the Elderly held the "Walk, Run, Ride to the Moon" health fundraising event from August 15 to September 15, 2024. The event was conducted both online and offline, encouraging people to participate regardless of their location. Participants earned points and competed for various prizes by walking, running, cycling, or engaging in other wellness activities, all while raising funds for Self-Help for the Elderly.

As part of this fundraiser, a Longevity Walkathon was held on September 7 at Portsmouth Square in San Francisco's Chinatown, with over 500 attendees. The largest team, "We Wok for Seniors," had 90 participants. The fitness Walk through Chinatown, led by lion and dragon dancers, accompanied by the beat of drums. Participants returned to Portsmouth Square for performances, including traditional Hanfu displays, Tai Chi demonstrations, and singing and dancing.

A key factor to the success of the 2024 Walk, Run, Ride to the Moon fitness fundraiser was the participation of sponsors, participants and donors. A special Thank You to our sponsors

Presenting Sponsor: Kaiser Permanente

TrailBlazer Sponsor: The Carrot Foundation and Waymo

Moonlight Sponsor: Millbrae Lions Club, and Hung On Tong Society, Inc.

Starlight Sponsor: Acrisure, Team 4G of CHUNGs, and anonymous donor

Space Campaigner: Anthem, Haiyan Real Estate, Northern California Cantonese Heritage Association

Super Nova Club: Vicky M. Wong, Bay Area Car Wash, Claudine Cheng and Preferred Bank

Beyond the Longevity Walkathon, Parade and Fair in San Francisco Chinatown, Self-Help for the Elderly also hosted a Mid-Autumn Festival celebration on September 14 at Central Park in San Mateo. Over 300 participants took part in warm-up exercises and a group walk, followed by performances such as dragon dancing and other cultural displays.

This 30-day charity fitness event successfully raised over \$200,000. The funds will be used to support the services and programs at 28 Self-Help for the Elderly service locations across five counties in the Bay Area.





「步行、跑步、騎行到月球」慈善健身活動籌得超過二十萬善款

安老自助處在2024年8月15日至9月15日舉行「步行、跑步、騎行到月球」健康籌款活動，以線上及線下形式，鼓勵市民大眾不論身在何處，透過步行、跑步、騎行或參加有益身心的活動，來賺取積分及競逐各個獎項，同時為安老自助處籌募經費。

這次籌款活動包括在9月7日於在三藩市華埠花園角廣場舉辦安老長壽慈善百萬行同樂日，超過500人參與，其中最大的團隊是90人參與的「我們為長者工作」團隊，大家隨著瑞獅、舞龍，踩著鼓點，繞華埠一圈後回到花園角，舉辦漢服、太極、歌舞等表演。

2024年「步行、跑步、騎行到月球」健身籌款活動能夠成功，一眾贊助商、參與者與捐款者的熱情參與至為重要。特別鳴謝以下贊助單位：

首席贊助: Kaiser Permanente

開路先鋒贊助: The Carrot Foundation及Waymo自動駕駛公司

月光贊助: 米爾布雷市獅子會，順德行安堂

星光贊助: Acrisure, Team 4G of CHUNGS, 匿名捐款者

太空推廣者: Anthem保險, Haiyan地產, 北加州粵語文化協會

超新星俱樂部: Vicky M. Wong, Bay Area Car Wash, Claudine Cheng, 保富銀行

除了三藩市華埠舉辦的長壽步行、巡遊及嘉年華會，安老自助處亦於9月14日在聖馬刁中央公園舉行中秋慶祝會，超過三百多參加者一起做熱身運動及步行一圈，當日亦有舞龍、跳舞等表演。這個為期30日的慈善健身活動籌得超過二十萬善款，將用作維持安老自助處在灣區五個縣的28個服務地點的服務及計劃的經費。





2024 Invitational Charity Golf Tournament Raises \$200,000 To Support Eldercare Services and Community Programs

The 19th Annual Invitational Charity Golf Tournament took place at the Los Altos Golf & Country Club on July 29. 124 golfers took part in a day of golfing for a good cause – to raise \$200,000 to support three Bay Area charity organizations, i.e. Self-Help for the Elderly, Community Youth Center of San Francisco, and St. Mary's Drums and Bells Corp, providing programs and services for youth, families and elderly.

We are grateful for the continued support of Cathay Bank as the title sponsor of the annual invitational charity golf tournament. Our heartfelt thanks to these sponsors:

Diamond Sponsor: Good Hope Seeders

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Double Par Sponsor: SHP Christian Foundation

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《第十九屆慈善高爾夫球邀請賽》籌得二十萬元支持長者服務及社區計劃

《第十九屆慈善高爾夫球邀請賽》於7月29日在Los Altos Golf & Country Club圓滿舉行完畢。124名參加者聚守一堂為善事出力，為灣區的慈善團體籌得二十萬元，包括安老自助處、三藩市社區青少年中心、以及聖瑪利堂鼓號隊，支持為青少年、家庭與長者提供多元化的服務與計劃。

我們真誠感謝國泰銀行再次擔任今屆慈善高爾夫球邀請賽的冠名贊助商。同時，感謝以下贊助單位的大力支持：

鑽石贊助: Good Hope Seeders

一桿進洞贊助: DCL

小鳥球贊助: Today's V, Inc.及 Welcare Financial Group

雙標準桿贊助: SHP Christian Foundation

標準桿贊助: Lin Family Foundation及Dr. Andrew Zee

四人球隊增值贊助: Anthony & Rosina Sun, David S. Ng, Fong, Ko & Associates, LLP, Paul Shen, CPA, Macias Gini & O'Connell LLP, Mutual of America, The Great Entertainer

基本球洞贊助: 香港經濟貿易辦事處, MoonChef, Radiate Hospitality, Ulferts Centers, Sharon & Joe Kwok, Peter Wong, SPE Construction, Inc.





Secretary of Health and Human Services visits Jackie Chan Center

On September 17, 2025, United States Secretary of Health and Human Services Xavier Becerra visited the Jackie Chan Center of Self-Help for the Elderly. Accompanied by Anni Chung, President and CEO of Self-Help for the Elderly, Secretary Becerra engaged warmly with seniors participating in the adult day services. During this meaningful interaction, he was honored to receive a handcrafted gift from the older adults. Following the visit, Secretary Becerra convened a roundtable discussion with representatives from Self-Help for the Elderly and various community partners. This gathering aimed to foster dialogue about the diverse needs of community groups and to promote constructive exchanges of ideas and insights.

美國衛生與公共服務部部長到訪成龍中心

美國衛生與公共服務部部長Xavier Becerra於2024年9月17日到訪安老自助處成龍中心，在安老自助處行政總監鍾月娟陪同下，探訪參與成人日間護理服務的長者，並獲長者贈予親手製作的紀念品。參觀完畢後，Becerra部長與安老自助處及多間社區機構的代表進行圓桌討論會，了解不同社群的需求，進行了寶貴的交流。



San Francisco Mayor visits Jackie Chan Center



On November 5, 2024, Mayor London N. Breed visited our Jackie Chan Adult Day Services Center in Richmond district. The seniors warmly welcomed Mayor Breed with a dance performance and presented her with framed koi fish art display, symbolizing their wishes for her the prosperity and positivity of the City under Mayor's leadership.

三藩市市長到訪成龍中心

2024年11月5日，三藩市市長倫敦·布里德市長造訪了位於列治文區安老自助處成龍中心。長者們以舞蹈表演熱烈歡迎市長布里德，並贈送她一幅金魚跳躍圖，祝福在她領導下的城市繁榮興旺、好運連連。



Thank You 感謝您

Self-Help for the Elderly is honored to be the recipient of the Heffernan Insurance Brokers annual Excellence in Safety & Risk Management Award. This accolade recognizes entities that have implemented effective strategies to mitigate risks and ensure the well-being of their employees and stakeholders. Ms. Janice Berthold, Vice President of Heffernan Insurance Brokers, presented the award to Ms. Anni Chung, President and CEO of Self-Help for the Elderly on December 9, 2024.

安老自助處榮獲Heffernan Insurance Brokers頒發的年度「卓越安全與風險管理獎」。此獎項旨在表彰那些成功實施有效策略，以降低風險並確保員工及相關人士福祉的機構。Heffernan Insurance Brokers副總裁Janice Berthold於2024年12月9日將此獎項頒發給安老自助處行政總監鍾月娟。



Celebration of Completion of 2024 Intergenerational Youth Leadership & Technology Program

11 Students of the Intergenerational Youth Leadership & Technology Program wrapped up 2024 with a festive celebration of their graduation ceremony held on December 21, 2024 at Lady Shaw Activity Center.

Sponsored by Comcast, this comprehensive program was designed to empower youth aged 14 to 18 by equipping them with essential 21st-century technology skills, fostering the development of professional life skills, and guiding them in exploring diverse career pathways, all while encouraging them to actively contribute to their communities.

Spanning a duration of 10 months to a full year, the program features a well-structured curriculum that includes six key modules, amounting to a total of 156 hours of engaging and interactive learning. The topics covered in the program are meticulously chosen to address critical competencies, including leadership development, media literacy, and financial literacy. Additional focus areas include community

development, emphasizing the importance of civic engagement and social responsibility, as well as information technology, where participants gain hands-on experience with various tech tools and platforms. The program culminates in a final project that allows participants to apply what they have learned to real-world scenarios.

Comcast remains dedicated to the continued success of this program and complements it with its Internet Essentials initiative. This initiative aims to connect senior citizens with affordable Internet services, while also providing education on the significance of bridging the digital divide, thereby enhancing access to technology across all age groups. Through these efforts, Comcast not only supports the growth of future leaders but also fosters community connections that benefit society as a whole.

慶祝完成2024年度誇世代青少年領袖及科技計劃

十一位參加「誇世代青少年領袖及科技計劃」的學生，在2024年12月21日參與在邵逸夫爵士夫人康樂中心舉行的畢業典禮，圓滿結束2024年的學習旅程。

由Comcast贊助，這個全面性的計畫旨在透過提供21世紀所需的科技技能、培養專業生活技能，並指導他們探索多樣的職業道路，同時鼓勵他們積極回饋社區，來賦能14至18歲的青少年。

該計畫為期10個月至一年，透過涵蓋六個主要範疇全面課程，提供共計156小時的互動學習。課程內容經精心挑選，涵蓋關鍵能力，包括領導力發展、媒體素養及財務素養。其他重點領域還包括社區發展，強調公民參與與社會責任的

重要性，並且在資訊科技領域，參與者將實際操作各種科技工具和平台。課程完結後，參與者還進行了一個最終專案，將所學應用於真實情境中。

Comcast一直支持誇世代青少年領袖及科技計劃，並透過網路基礎計畫來提供協助。該計畫旨在為老年人提供實惠的網路服務，同時教育他們了解縮小數位落差的重要性，從而增強各年齡層的科技接入。通過這些努力，Comcast不僅支持未來領袖的成長，也促進了有益於整個社會的社區聯繫。



Self-Help for Elderly Celebrated Thanksgiving with 2,300 seniors and their families

Self-Help for the Elderly's annual Thanksgiving Luncheon brought the community together. On November 28, over 300 volunteers visited five Self-Help for the Elderly's Activity Centers in Richmond District, Chinatown, Sunset District, and Excelsior District, and helped serve 2,300 Thanksgiving meals to seniors and families with children. The event was sponsored by CCHP Health Plan, Hung On Tong Society, SCAN Health Plan, Waymo, Zoox, with food sponsored by MoonChef, turkey donated by Asian Peace Officer Foundations, Sheriffs and You Foundation, Inc., and Wesley Dere.

The home-delivered meals team consisted of over 150 volunteers from the San Francisco Police Department, San Francisco Fire Department, San Francisco Sheriff's Department, and individuals to deliver over 1,200 Thanksgiving holiday meals to homebound seniors and individuals citywide.

A special Thanks to our volunteer groups including San Francisco Unified Lions Club, U.S. Department of Housing and Urban Development, Rotary Club of San Francisco Evening, PG&E, VISA, Friends from Oracle, Deloitte, CCHP Health Plan, Albert Lee & Team, Jack Chau and Jenny Chau, Jaynry Mak & Team, Kent Woo & Team, Darrell Young & Team.





安老自助處與二千三百名長幼慶祝感恩節

安老自助處與眾慶祝感恩節，在11月28日與超過三百位義工們於五個位於華埠、優越區、列治文區及日落區的康樂中心，招待二千三百長幼一頓健康美味的感恩節火雞餐。活動由CCHP華人保健計劃、行安堂、SCAN Health Plan、Waymo和Zoox贊助，由明厨贊助食物，及由亞裔和平警官基金會、縣警與你基金會和Wesley Dere捐贈火雞。

送餐團隊超過一百五十位的義工，由來自三藩市警察局、三藩市消防局、三藩市縣警局和個人組成，為居住在三藩市的居家長者和人士提供一千二百多份感恩節餐。

特別鳴謝我們的義工團體包括三藩市聯合獅子會、美國住房與城市開發部、Rotary Club of San Francisco Evening、PG&E、VISA，以及來自Oracle、Deloitte、CCHP華人保健計劃、Albert Lee團隊、Jack Chau及Jenny Chau，Jaynry Mak團隊、Kent Woo團隊、及Darrell Young團隊的義工朋友。





A Wrap Up Party to Celebrate the Completion of Self-Help for the Elderly's Senior and Youth Nutrition / Intergenerational Summer Program at AHMC Seton Medical Center

Over 200 guests gathered at the auditorium of the AMHC Seton Medical Center to attend a wrap up party of Self-Help for the Elderly's Senior and Youth Nutrition / Intergenerational Summer Program on September 28.

A pilot program of Self-Help for the Elderly to bring programs and services to the community in Daly City, the 3-month program was made possible with the support of San Mateo County Health's Aging and Adult Services, All American Medical Group and AHMC Seton Medical Center.

From July to September 2024, this program served Daly City senior residents three days a week on Tuesdays, Thursdays, and Fridays, offering the

participants nutritious congregate meals and engaging activities.

We were thrilled to have the participation of over 9,500 seniors and youth in 410 dynamic activities, which included Chinese chess, hand and joint exercises, origami, healthy cooking, dance, tech support, gardening, and acupuncture workshops.

We were honored to have Daly City Mayor Juslyn C. Manalo in attendance, who graciously presented certificates of recognition to our senior participants, youth volunteers, and the exceptional partners that played a pivotal role in making this initiative a resounding success.

安老自助處長者與青少年營養/跨代暑期計劃圓滿結束/ AHMC Seton 醫療中心舉行慶祝會

超過200位嘉賓於2024年9月28日齊聚AHMC Seton 醫療中心禮堂，參加安老自助處舉辦的長者與青少年營養/跨代暑期計劃結業慶祝會。

這項為期三個月的計劃是安老自助處在戴利市推動社區服務的試點計劃，能夠順利推行有賴於聖馬刁縣健康局長者與成人服務部、All American Medical Group及AHMC Seton醫療中心的鼎力支持。

從2024年7月至9月，該計劃每週三天（週二、週四與週五）為戴利市的長者居民提供營養豐富的集體膳食與多樣化的互動活動。

我們非常高興能夠在短短三個月內吸引超過9,500位長者與青少年參與，共舉辦410場精彩活動，內容包括中國象棋、手部與關節運動、摺紙、健康烹飪、舞蹈、科技支援、園藝及針灸工作坊等。

我們亦感到無比榮幸，戴利市市長Juslyn C. Manalo親臨活動現場，向長者參與者、青年志工，以及在這項成功計劃中扮演關鍵角色的合作夥伴們頒發感謝與表揚證書。





San Francisco Pathways to Citizenship Initiative Honors 11,500 New Citizens and Promotes Voter Registration

On September 17, 2024, San Francisco celebrated Citizenship Day with a press event organized by the San Francisco Pathways to Citizenship Initiative (SFPCI). The event took place on the steps of San Francisco City Hall. The press conference featured city leaders and community members who gathered to honor newly naturalized citizens and encouraged eligible green card holders to pursue U.S. citizenship. In conjunction with the event, SFPCI announced free citizenship workshops in September and October 2024 to assist applicants with the naturalization process.

“Since the establishment of the San Francisco Pathways to Citizenship Initiative in 2013, we have proudly celebrated National Citizenship Day on an annual basis,” remarked Anni Chung, President and CEO of Self-Help for the Elderly, the lead organization of the Initiative. “Through our efforts, SFPCI has successfully guided over 11,500 individuals on their path to U.S. citizenship.”

三藩市公民合作組織慶祝 11,500名新公民並鼓勵他們投票

2024年9月17日，舊金山在市政廳台階上舉辦了一場新聞發布會，以慶祝公民日。該活動由三藩市公民入籍途徑倡議組織，市府領導和社區成員齊聚一堂，向新入籍的公民致敬，並鼓勵符合資格的綠卡持有者申請美國公民身份。為配合此次活動，三藩市公民入籍途徑倡議亦於2024年9月和10月舉辦免費的公民入籍工作坊，以幫助申請人完成入籍程序。

「自2013年舊金山公民入籍途徑倡議成立以來，我們每年都會隆重慶祝全國公民日。」作為三藩市公民入籍途徑倡議主導機構，安老自助處行政總監鍾月娟表示。「通過我們的努力，三藩市公民入籍途徑倡議已成功幫助超過11,500名個人成為美國公民。」





Community Breaks Ground on South Sunset Clubhouse Renovation

On November 14, 2024, the San Francisco Recreation and Park Department proudly commenced a renovation project at the South Sunset Clubhouse. This initiative aims to transform the interior into a more vibrant space, thereby enhancing the quality of services available to seniors in the Sunset District.

The South Sunset Clubhouse, situated within the South Sunset Playground, has long been a valued resource for approximately 200 neighborhood seniors each day. For over three decades, Self-Help for the Elderly has been at the helm of operations, providing a vital array of services, including daily hot meals, dance and fitness classes, and engaging activities. The renovation plans include the refurbishment of a multi-purpose room, modernization of the kitchen facilities, upgrades to the two existing restrooms, the introduction of an additional restroom, and increased

storage space. These improvements are designed to empower Self-Help for the Elderly to better meet the needs of program participants, many of whom are low-income, monolingual Cantonese speakers, ensuring they continue to benefit from physical activity and social engagement.

Anni Chung, President and CEO of Self-Help for the Elderly, expressed her gratitude, stating, "We extend our heartfelt thanks to Assemblymember Ting and the SF Rec and Park Department for their invaluable support in making our seniors' aspirations a reality. Since 1992, our organization has been dedicated to providing daily meals, social services, and meaningful activities to countless seniors and residents of the Sunset District. This renovation will significantly enhance our ability to serve even more seniors moving forward."

社區人士為南日落區會所翻新工程奠基

三藩市公園遊憩局官員在2024年11月14日為南日落區會所的翻新工程舉行奠基儀式。該項目將對會所內部進行更新，使其成為一個更具活力的空間，以提升其服務日落區長者的能力。

南日落區會所位於南日落區遊樂場內，每天為約200名鄰里長者提供活動空間。安老自助處已在此營運超過30年，為參與長者提供每日熱餐、舞蹈課程、健身課程、各類活動等服務。

是次翻新工程將包括改造多功能活動室、將廚房現代化、升級現有的兩間洗手間、新增一間洗手間，以及增加儲物空間等。翻新後的空間有助安老自助處更好地服務長者，特別是低收入、只懂粵語的社區成員，確保他們通過身體活動和社交互動保持身心健康。

「非常感謝加州眾議員丁右立及舊金山公園遊憩局幫助我們的長者夢想成真，」安老自助處行政總監鍾月娟表示。

「自1992年以來，我們的機構一直為日落區的數千名長者和居民提供每日膳食、社會服務及活動。這次翻新將提升我們未來服務更多長者的能力。」



Bringing Comfort, Care, and Dignity to Your Loved Ones

為您的摯愛帶來舒適、
關懷與尊嚴



我們深信長者的健康與長壽至關重要。**安老自助處**以雙語雙文化的專業服務，為長者及其家庭提供關懷和支持，提升他們的生活質素。

At **Self-Help for the Elderly**, we prioritize the health and longevity of our clients. Our dedicated, bilingual, and bicultural team provides compassionate and professional home health care to enhance the well-being of our patients and their families.

家居醫療護理服務 Home Health Care Services

我們的專業醫療護理團隊會與病人的主診醫生合作，為病人制訂適合的護理計劃，
服務包括：

We offer personalized care plans, coordinating with your physician to meet your loved one's needs.

Our services include:

Skilled Nursing	註冊護士
Physical Therapy	物理治療師
Speech Therapy	語言障礙治療
Occupational Therapy	職業治療師
Medical Social Services	醫療社工
Home Health Aides	註冊家護助理

在家寧養服務 Hospice Care at Home

我們的寧養服務讓患者在家中安享舒適，尊嚴的末期關懷，**服務包括：**

Our Hospice program allows patients to receive dignified, end-of-life care in the comfort of their own home. **Our services include:**

Skilled Nursing	註冊護士
Medical Director	寧養主診醫生
Medical Social Services	醫療社工
Spiritual Counseling	心靈輔導
Personal Care Assistance	個人護理援助
Hospice Volunteers	寧養關懷義工
Bereavement Counseling	家屬輔導

服務費用 Cost of Services

聯邦醫療保險，加州醫療保健，以及大部分私人保險公司將支付全部或大部分的服務費用。

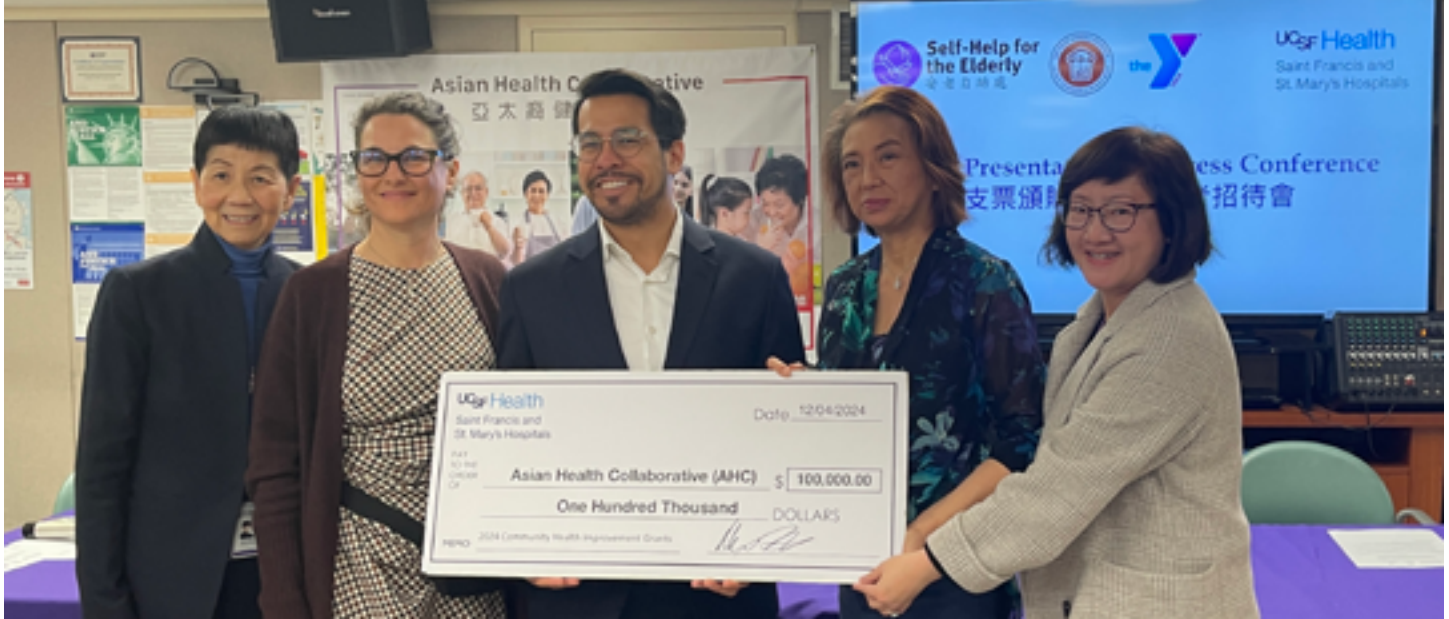
Medicare, Medi-Cal and most insurance plans cover all or most services.

如欲查詢，請電郵或致電我們：

For inquiries, please email or call us at:

hchservices@selfhelpelderly.org

415-677-7628



Daryn Kumar, MBA, FACHE, President & Chief Executive Officer at UCSF Saint Francis & St. Mary's Hospitals, and Alexander Mitra, Director of Community Health, Government Relations, and Volunteer Services at UCSF Saint Francis & St. Mary's Hospitals, presented a check of \$100,000.00 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, Executive Director of Chinatown YMCA.

一張十萬元支票由Daryn Kumar, MBA, FACHE, 三藩市加州大學醫學院的聖方濟各紀念醫院/聖瑪利醫療中心總裁及行政總監和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主任 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 華埠青年會行政主任朱啟榮

UCSF Health Awards Asian Health Collaborative a \$100,000 grant to support wellness and health in the Chinese community

A check presentation took place at Lady Shaw Senior Center on December 4, 2024 to announce the continued funding from the Community Health Improvement Grants Program of UCSF Health Saint Francis and St. Mary's Hospitals to support the Asian Health Collaborative (AHC)'s services. Mr. Alexander Mitra from UCSF Health shared, "We are appreciative of the continued partnership with Asian Health Collaborative in offering quality healthcare and culturally sensitive services extend beyond hospitals. By joining forces with these trusted community-based organizations, we can strengthen the positive impact and compassionate care to the vulnerable members of the Chinese Community."

Anni Chung, President and CEO of Self-Help for the Elderly, said, "This grant supports AHC's ongoing work in our community to touch many lives by providing care, resources, and transitional housing."

The grant supported access to care and case management for discharged patients, bi-lingual healthcare information, and community events.

UCSF Health 頒發亞太裔健康聯盟十萬美元資助提高華人社區健康狀況和生活品質

於12月4日在邵逸夫爵士夫人康樂中心舉行了一個支票頒贈儀式，宣布三藩市加州大學醫學院的聖方濟各紀念醫院/聖瑪利醫療中心的【社區健康改善撥款計劃】在新一年繼續支持亞太裔健康聯盟的服務，社區衛生公共關係及義工服務主任Alexander Mitra先生分享：「我們感謝與亞太裔健康聯盟的持續合作將優質的醫療保健和文化敏感的服務延伸到醫院之外，通過與這些受民衆信賴的社區組織聯手，我們可以擴大對華人社區弱勢成員的積極影響與真切關懷。」

安老自助處行政總監鍾月娟表示。「這筆贈款支持亞太裔健康聯盟在我們社區的持續工作，通過提供護理、資源和過渡性住房來觸及許多人的生命和改善他們的身心健康。」

此贈款將用作協助剛出院人士專屬護理計劃包括病例管理、雙語醫療保健資訊和提供社區活動及服務等。





**Self-Help for
the Elderly**
安老自助處

Social Services Department
selfhelpelderly.org



**Personal
Care**



Home Safety



**Nutrition
Meals**



Transportation



**Resource
Connection**

Do you need help living at home?

The Multipurpose Senior Services Program (MSSP) offers free case management and supportive services to age 65 years or older frail Medi-Cal participants who are certifiable for nursing facility placement but wish to remain living in their home. We offer professional assessments and linkage to existing community resources and care coordination to prevent or delay institutional placement.

Eligibility

- Aged 65 years and older
- Medi-Cal individuals
- Nursing Facility (NF) level of care
- Reside in San Francisco

Referral/Enrollment Process

MSSP (415) 369-2218

Social Services (415) 677-7585

Services Language

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Vicki Lee	Wong De Tan
Vickie Brown	Wooi Foon Leung
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