

Golden Lines

黃金點滴

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June 1, 2024, Ribbon cutting ceremony of Self-Help for the Elderly's newest Chi Sing Community Center. A special Thank You to all who attended the grand opening and ribbon cutting ceremony of Self-Help for the Elderly's Chi Sing Community Center.

Self-Help for the Elderly Brings Its 11th Community Center to Outer Sunset

The newest Chi Sing Community Center helps strengthen the community with a variety of programs for intergenerational families

June 1, 2024, is Intergenerational Day. Over 100 guests – city officials, leaders, and families – came together to recognize the importance of love, honor, and respect for intergenerational relationships in daily life as Self-Help for the Elderly celebrates the grand opening of Chi Sing Community Center in the Outer Sunset neighborhood.

The donors of the property to Self-Help for the Elderly would like to share this message: “We shall love and honor our elders as well as the elders of the others.” We are pleased and honored to join in the celebration of the grand opening of Chi Sing Community Center, named after our fathers. The mission of Self Help for the Elderly echoes famous Confucius teachings and Chinese culture. Congratulations on your great service, well done.”

Self-Help for the Elderly is thrilled by the presence of many special guests including elected officials attending.



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Commemorative Plaque Unveiling (L-R): Dr. Dorothy Yeung, Mrs. Joan Kwok, Ms. Wendy Kwok, Dr. Shiu Y Kwok, Assemblymember Phil Ting, SF Office of Small Business Executive Director Katy Tang, District 4 Supervisor Joel Engardio, San Francisco Department of Disability and Aging Services DAS) - Office of Community Partnerships Program Analyst & Lead Nutritionist Tiffany Kearney, Dignity Fund Oversight And Advisory Committee Member Diane Lawrence, City and County of San Francisco Human Service Agency Senior Communications Manager Joe Molica, Self-Help for the Elderly Board Member Dickson Sum, and Self-Help for the Elderly President & CEO Anni Chung

Self-Help for the Elderly’s Chi Sing Community Center is a four-year project that transformed a single-family home into a community center for seniors and an information and resource center for the community.

At Chi Sing Community Center, participants can enjoy hot nutritious meals for lunch, and partake in a variety of indoor and outdoor social and educational activities; stop by at the Aging and Disability Resource Center (ADRC) to receive free information and assistance and referral services; and visit the Employment Training & Economic Development (ETED) Office for job preparation, training, and placement.

“Outer Sunset is home to many intergenerational families in San Francisco. The Chi Sing Community Center is Self-Help for the Elderly’s new location in the Sunset neighborhood that offers Nutrition Programs, Social Services, and Employment Training and Economic Development programs and services to the intergenerational community,” said Anni Chung, President and CEO of Self-Help for the Elderly. “We are committed to empowering and supporting our elders and the community to make them feel independent, strong, and dignified. We are truly grateful for our property donors, individual donors, supporters, institutional funders, and professional service providers. This is all possible because of their generosity.”

The Chi Sing Community Center began services on July 19, 2024. Located at 3133 Taraval Street, Chi Sing Community Center is open on weekdays from 9:00 a.m. to 5:00 p.m. Nutritious lunches are served at the center. Visits to the ADRC and ETED offices are by appointment only. To learn more about the center’s activities and daily menu, please visit www.selfhelpelderly.org.

To schedule an appointment with ADRC staff, please call 415-677-7585.
To schedule an appointment with ETED staff, please call 415-677-7500.



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	阿拉米達	(510) 336-0144	Millbrae	米爾布雷	(415) 319-4115*

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

*Please leave a voice message 請留言。



Mission

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

安老的使命

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

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七月十九日，六十多位長者、安老自助處工作人員及嘉賓一起慶祝志誠社區中心的首日服務。

安老自助處於三藩市外日落區增添第十一間社區中心

最新的「志誠社區中心」為跨世代家庭提供多元化的社區服務，加強社區凝聚力。

六月一日是「跨世代慶祝日」。約八十多位嘉賓，包括政府官員、社區領袖及社區民眾齊聚於三藩市外日落區 Taraval Street 三一三三號，慶祝第十一間長者社區中心「志誠社區中心」隆重開幕，推廣每個世代在日常生活中都應該互相尊敬、關心及愛護彼此的重要性。

安老自助處物業的捐贈者想與大家分享這樣的訊息：「我們要愛護、尊敬我們的長輩，也要尊敬他人的長輩。」我們很高興也很榮幸能夠參加這一盛大的慶祝活動，祝賀以我們父親的名字而命名的社區中心開幕。安老自助處的服務宗旨與著名的孔子教義和中華文化相呼應，恭喜你們的出色服務。

安老自助處對許多嘉賓的到來感到非常興奮，包括許多出席的民選官員。

安老自助處的志誠社區中心是一個為期長達四年的項目，將一棟住宅改造成服務社區大眾的長者社區中心，以提供更多社區資源及資訊給予鄰近日外落區居民。

在志誠社區中心，參加者可以享用熱騰騰的營養午餐，參與各種各樣室內或室外的社交活動，教育工作坊；獲取由長者和殘疾人士資源中心（ADRC）提供的免費社區資訊、援助及轉介服務；並且可以跟就業培訓和經濟發展辦公室的就業顧問預約，查詢就業機會或安排工作培訓。

「外日落區是三藩市許多跨世代家庭的家園。志誠社區中心是安老自助處在外日落社區的新地標，旨在為跨世代家庭提供有需要的營養餐計劃、社會服務、就業培訓和經濟發展計劃及服務。」安老自助處行政總監鍾月娟表示。「我們致力於賦予和支持我們的長者和社區，讓他們感到獨立、堅強和有尊嚴。我們亦衷心感謝物業捐贈者的慷慨捐贈，各界善長們的慷慨解囊，支持者的愛護、以及機構資助者和專業服務的支持；他們的慷慨實現這一切。」

位於三一三三 Taraval 街的安老自助處志誠社區中心於二零二四年七月十九日正式開始為日落區居民展開服務。其中主要的服務包括有：長者營養餐堂食服務、社區活動資訊、援助及轉介服務、就業轉介及職業培訓服務等。要了解有關中心日常活動詳情及營養午餐餐單或更多社區資訊，請訪問 www.selfhelpelderly.org

有興趣者，歡迎致電：415-677-7585 與社會服務部的工作人員預約您所需要的社區資源服務；或 415-677-7500 與就業培訓和經濟發展辦公室的就業顧問預約。



Self-Help for the Elderly staff at the Sunshine Garden.



長者營養餐堂食服務



S&E Celebrates 10 Years as A Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) Restaurant

Over 50 seniors and guests were presented at S&E Cafe on February 29, 2024, to celebrate the 10th anniversary of S&E Cafe as a Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) Restaurant. Among our guests include Ms. Anni Chung, our President and CEO; Mr. Dickson Sum, Self-Help for the Elderly Board Member; Ms. Cindy Kauffman, Deputy Director of Community Services, San Francisco Department of Disability and Aging Services (DAS); Ms. Leah Walton, MPH, RND, Public Health Nutritionist, DAS; District 4 Supervisor Joel Engardio; Mr. Paul Chu and Mr. Richard Choi, S&E Cafe; Mr. Michael Yu, CHAMPSS participant; and Ms. Leny Nair, our CFO.

The CHAMPSS program -- the San Francisco Department of Disability and Aging Services (DAS) in cooperation with Self-Help for the Elderly -- offers a dining opportunity for adults 60 or older and their spouse/partners regardless of age with a dietitian-

approved menu, giving the participants the ability to sit down and enjoy a complete meal together.

S&E Cafe is the first restaurant in San Francisco to become a CHAMPSS restaurant a decade ago. At the celebration, Ms. Cindy Kauffman, Deputy Director of Community Services, San Francisco Department of Disability and Aging Services (DAS), along with Supervisor Engardio and Self-Help for the Elderly Board Member Dickson Sum presented Mr. Richard Choi, the owner, a commemorative award, congratulating Mr. Choi for his services to the community and wishing Mr. Choi a happy retirement.

Currently, Self-Help for the Elderly's has over 6,000 participants in the CHAMPSS program. To learn more about enrollment to San Francisco CHAMPSS program, please visit <https://www.sfchampss.org> or contact Ms. Sheila Li at sheilal@selfhelpelderly.org.





Press Conference to Warn the Community on Blessing Scams

San Francisco Mayor London N. Breed, District Attorney Brooke Jenkins, and Police Chief Bill Scott held a press conference at Lady Shaw Activity Center in San Francisco Chinatown on February 20, 2024, to raise community awareness on the re-emergence of the Blessings Scam. Police Department officials told seniors to refuse to engage with the scammers if approached, not to hand over any valuables to strangers and to call for help.

Anni Chung, our President and CEO, said that in the past decade, blessing scams have targeted elders beginning a couple of months before Chinese New Year. But it stopped during the pandemic, which she suspected is because perpetrators could not leave China to come to the U.S. due to COVID-19 travel restrictions.

Anni is concerned that the elderly might have forgotten because they haven't encountered this for four years and might fall prey again. The elderly are very trusting, and these blessing scammers would do a lot of harm.

At the press conference, it was announced that Self-Help for the Elderly would collaborate with the San Francisco Police Department to hold similar awareness events at 15 other senior centers.

記者會宣傳預防祈福黨騙案

三藩市市長布里德與地檢官謝安宜、警察局長施革一起出席於二月二十日在安老自助處華埠的邵逸夫爵士夫人康樂中心召開新聞發佈會，以提高社區對再次出現的「祈福黨」騙局的認識。

我們的行政總監鍾月娟表示，在過去的十年裏，祈福黨詐騙者從農曆新年前幾個月就開始針對長者。但這種行為在疫情期間停止了，她懷疑這是因為由於新冠疫情旅行限制，詐騙者無法離開中國前往美國。

鍾姑娘亦表示擔心長者可能已經忘記提防祈福黨的騙局了，因為他們已經四年沒有遇到這種情況了，因此可能會再次成為受害者。長者們是很信任別人的，這些祈福黨詐騙者的危害會很大。

在新聞發佈會上亦宣佈，安老自助處將與三藩市警察局合作，在其他十五個長者中心舉辦類似的宣傳預防祈福黨騙案活動。



Empowering Communities - San Francisco Westside Affordable Housing Resource Fair Set to Inform and Connect

The Housing Element serves as San Francisco's roadmap for meeting the housing needs of all its residents, allowing for the creation of 82,000 housing units, including 46,000 affordable homes for families at very low, low, and moderate incomes over the next 8 years.

In a concerted effort to address the pressing needs of our community, the SF Westside Affordable Housing Resource Fair is gearing up to bring together a diverse array of public and private sectors, city agencies, and community-based nonprofit organizations involved with housing production, financing and operations. Scheduled for March 9, 2024, from 11 am to 4 pm at the San Francisco City and County Fair Building in Golden Gate Park, this event aims to provide vital information on housing, development, affordable housing options, and legal rights for tenants and landlords.

With support from the San Francisco Mayor's Office of Housing & Community Development (MOHCD) and various community partners, Self-Help for the Elderly invited San Francisco residents to the San Francisco Westside Affordable Housing Resource Fair. This comprehensive event was designed to provide valuable information and assistance, empowering individuals with the knowledge necessary to navigate the complex landscape of housing in San Francisco.

Bringing Together Expertise

This collaborative initiative convened various San Francisco City and County department representatives, sharing the latest updates and insights on housing-related solutions and supports. State and City officials and representatives were present to engage with participants and answer questions.

Informative Talks by Industry Specialists

Attendees attended informative talks by experts covering various topics, including housing and development trends, innovative, affordable housing solutions, and legal nuances affecting tenants and landlords. These presentations aimed to empower participants with the most up-to-date information for stable housing solutions.

Connecting Communities with Resources

The fair hosted 25 exhibitors representing a blend of governmental and community-based resources. From local initiatives to nonprofit organizations, these exhibitors will provide support and information to attendees seeking guidance on housing options and community resources.

"We are pleased to collaborate with SF MOHCD and our partners in bringing this housing resource fair to Westside and the community. The resource fair is free to the public, and we aim to provide more equitable



housing opportunities accessible to San Francisco residents, especially those in need,” said Anni Chung, President and CEO of Self-Help for the Elderly.

“We are thrilled to be a part of the community housing resource fair. This event serves as a valuable platform for the City to engage with and support our residents, providing essential affordable housing opportunities and assistance, which is at the heart of MOHCD's mission. We remain committed to playing a proactive role in fostering a more inclusive and supportive housing environment for all, and look forward to our continued collaboration with organizations and community members,” said Daniel Adams, Director of San Francisco MOHCD.

Senator Scott Wiener, District 1 Supervisor Connie Chan, District 4 Supervisor Joel Engardio, District 7 Supervisor Myrna Melgar; MOHCD Director Daniel Adams, Director of Community Development, and SF Planning Director Rich Hillis were among the guests who attended the housing fair.

For additional information about Westside Affordable Housing, visit www.selfhelpelderly.org/afh or contact Manson Leung at 415-677-7688 or mansonl@selfhelpelderly.org.

賦予社區力量 – 三藩市西區可負擔房屋資源展旨在提供資訊和聯繫

房屋元素作為三藩市滿足所有居民住房需求的路線圖，在未來八年內允許建造八萬二千套住房，其中包括為極低、低收入和中等收入家庭建造四萬六千套可負擔用房。

為了共同努力解決我們社區的迫切需求，三藩市西區可負擔房屋資源展匯集了多樣化陣容的合作夥伴，包括有關參與住房生產、融資和營運的公共和私營部門、城市機構和社區非牟利組織。該活動於二零二四年三月九日上午十一時至下午四時於金門公園的三藩市市縣博覽會大樓舉行，旨在為大眾提供有關住房、開發、可負擔住房選擇、以及租戶和房東合法權利的重要資訊。

在三藩市市長住房與社區發展辦公室 (MOHCD) 和各個社區合作夥伴的支持下，安老自助處邀請三藩市居民參加三藩市西區可負擔房屋資源展。這項綜合性活動旨在提供有價值的資訊和協助，讓個人掌握應對三藩市複雜的住房環境所需的知識。

集合專業知識

這項合作計畫召集了三藩市山市和縣各部門的代表，分享有關住房相關解決方案和支援的最新動態和見解。州和市的官員和代表將出席與參與者互動並回答問題。

行業專家的內容豐富的講座

參加者可以期待專家們的內容豐富的演講，涵蓋各種主題，包括住房和發展趨勢、創新的經濟適用住房解決方案以及影響租戶和房東的法律細微差別。這些演講旨在為參與者提供穩定住房解決方案的最新資訊。

WESTSIDE AFFORDABLE HOUSING RESOURCE FAIR

Serie de Recursos de Vivienda Asequible en Westside de San Francisco
三藩市西區可負擔房屋資源展

FREE ADMISSION
ENTRADA GRATIS 免費入場

San Francisco County Fair Building
1700 - 8th Avenue San Francisco

MARZO 9
SABADO 11 AM - 4 PM



連結社區與資源

該資源展迎來二十五家參展商，代表政府和社區資源。從當地倡議到非牟利機構，這些參展商將為尋求住房選擇和社區資源指導的參加者提供支援和資訊。

「我們很高興與三藩市市長住房與社區發展辦公室和我們的合作夥伴合作，將這次房屋資源展帶到西區和社區。這個房屋資源展是免費向公眾開放，我們的目標是為三藩市居民，特別是那些有需要的居民提供更公平的住房機會，」安老自助處行政總監鍾月娟表示。

「我們很高興能夠參加這個社區房屋資源展。這次活動是該市與居民互動和支持的寶貴平台，提供必要的可負擔住房機會和

援助，這是市長住房與社區發展辦公室 使命的核心。我們繼續致力於發揮積極作用，為所有人營造一個更具包容性和支持性的住房環境，及期待與組織和社區成員繼續合作。」三藩市社區發展辦公室主任 Daniel Adams 說。

出席三藩市西區可負擔房屋資源的政要包括三藩市市長布里德、加州參議員威善高、加州眾議員丁右立、三藩市第一區市參事陳詩敏、三藩市第四區市參事殷嘉立、三藩市第七區市參事梅義加、市長住房和社區發展辦公室主任 Daniel Adams、市長住房和社區發展辦公室社區發展主任 Brian Cheu、三藩市規劃主任 Rich Hillis。

有關三藩市西區可負擔房屋的更多信息，請訪 www.selfhelpelderly.org/afh 或聯絡 Manson Leung, 電話: 415-677-7688, 電郵: mansonl@selfhelpelderly.org。





Spring Banquet: Celebrate The Spring Season and Longevity with Over 250 Guests

Every year during the spring season, Self-Help for the Elderly's Nutrition Department and Senior Centers hosted a spring banquet to celebrate longevity. This year, the banquet took place on March 29, 2024, at the Palace Restaurant in San Francisco Chinatown hosted 250 guests. Visitors can experience new ideas and new dishes.

At the event, guests and seniors enjoyed various programs including tai chi, dances and choir performances presented by various groups from the ten activity centers.

Special guests attending the Spring Banquet included San Francisco Mayor London N. Breed; District 3 Supervisor Aaron Peskin; District 1 Supervisor Connie Chan's Representative Angelina Yu; Field Representative of Office of Assemblymember Phil Ting, Jade Wu; Executive Director of Department of Disability of Aging (DAS), Kelly Dearman; Program Analyst & Lead Nutritionist, Office of Community Partnerships of DAS, Tiffany Kearney; and Nutritionist, Office of Community Partnerships, DAS, Tiffany Dang. In addition, corporate guests and community leaders presented at the event including Drs. Joseph Woo, Edmund Tsoi, and Kenneth Chang with All American Medical Group; Messrs. Malcolm Lee and Eric Rong with Astrana Health; Drs. Michael Schrader and Dennis Song with San Francisco Marin Medical Society; Mses. Rachael Kamen, Rachel Zarb and Daphne Poon with Waymo; and Cally Wong with API Council.

A highlight of the event was the birthday celebration for 28 Super Seniors, individuals aged 90 and over. This year, we are celebrating the birthdays of 28 Super Seniors. The eldest senior presented in the audience was 98-year-old Pei Wen Huang. The youngest Super Senior attending the event was 90-year-old Santa Chang. The combined age of the 28 Super Seniors was 2,607 years.

A unique program at the 2024 Spring Banquet was the Honor, Love and Respect the Elderly segment. Two guests were invited to share a story to honor a special individual. Mr. Bradley Chan read a short story in honor of his grandmother and Mr. Benny Chan, the Community Manager of Self-Help's Nutrition Department and Senior Centers, read a short story in honor of a 96-year participant of our Jackie Chan Activity Center.

To learn more about Self-Help for the Elderly's Nutrition Department and Senior Centers' nutritious meals menu and daily activities, please visit <https://bit.ly/SHECtrs>.

安老自助處營養及康樂中心服務部呈獻週年《耆英祝壽春宴》與二百五十多位嘉賓慶祝春節及高壽

每年春節，安老自助處營養及康樂中心服務部都為各中心長者舉行溫馨的耆英祝壽春宴。今年這宴會定於三月二十九日（星期五）上午十一時十五分舉行，特別選擇了位於三藩市華埠華盛頓街的王宮酒樓，筵開二十五席。為參加者曾添新意並可品嚐新的菜式。

春宴當日，嘉賓及長者們除共享豐盛美食、參加幸運大抽獎，還可以欣賞由安老自助處屬下各康樂中心多組獻上不同的精彩娛樂節目、太極拳法及劍法表演等；並舉行為二十八位九十高齡或以上的耆英舉行祝壽典禮，以表安老敬愛長者之心。

出席春宴的特別賓客包括三藩市市長布里德、三藩市第三區市參事佩斯金、三藩市第一區市參事陳詩敏助理余莉娜、加州眾議員丁右立助理伍玉珍、三藩市殘障人士及長者服務部的執行主任 Kelly Dearman、三藩市殘障人士及長者服務部項目分析員及首席營養師 Tiffany Kearney、三藩市殘障人士及長者服務部營養師 Tiffany Dang。此外，醫療和企業嘉賓代表包括美亞醫療集團的蔡啟明醫生及陳鴻杰醫生、San Francisco Marin Medical Society 的前任主席 Michael Schrader 醫生及現任主席 Dennis Song 醫生、自動駕駛汽車公司 Waymo 的公共事務社區專家 Rachel Kamen。以及社區領袖亞太裔評議會執行總監黃嘉麗。

這宴會其中一項受歡迎的環節是向二十八位高壽人士舉行祝壽典禮，今年，我們為二十八位九十高齡或以上長者祝壽。全場最年長的長者為九十八歲的 Pei Wen Huang。最年輕的高壽長者為九十歲的 Santa Chang。二十八位高壽人士合供的歲數為二千六百零七歲。

今年，安老自助處及美亞醫療集團為嘉賓獻上一個特備環節「尊老、愛老、敬老」。邀請在場兩位嘉賓分享他們專敬的長輩的故事。陳先生（Bradley）朗讀一短篇文章向祖母致敬。陳瀚彬先生則朗讀一短篇文章向一位九十六歲的長者致敬。

安老自助處致力在灣區推廣長者的獨立、身心健康及尊嚴。歡迎各界長者及朋友參加我們的營養及康樂中心服務部的活動，及到訪我們的康樂中心。查詢有關安老自助處康樂中心的營養餐單及活動日程表，瀏覽網址：
<https://bit.ly/SHECtrs>。





Self-Help for the Elderly San Mateo Activity Center Hosted Its Annual Spring Banquet

One Hundred Guests Celebrated Longevity of Super Seniors

Self-Help for the Elderly San Mateo Activity Center is located in picturesque Central Park. Each spring, a special banquet organized by the Center, honors “super seniors” aged 90 years and above, celebrating their good health and longevity. This year’s banquet was held on April 17, 2024 at Superstar Dim Sum and Seafood Restaurant on 4th Avenue. The restaurant chose this celebration to mark its soft opening in downtown San Mateo. The banquet hosted over one hundred guests.

Respect, honor, and love of the elderly are fundamental values of the Chinese culture. Through the festive atmosphere of the Spring Banquet, these cultural tenets are reaffirmed and passed on to future generations. The event also underscores the mission of Self-Help for the Elderly - “To promote independence, well-being, and dignity for older adults”.

Guests honored 11 “super seniors” who are 90 and above. All enjoyed a traditional Chinese banquet style meal and had fun sharing life lessons and winning lucky raffle drawings.

To honor the 11 super seniors, U.S. Congressman Kevin Mullin and State Senator Josh Becker sent representatives to attend the luncheon; Assembly Member Diane Papan sent representatives to present certificates to each super senior; San Mateo City Council Member Amourence Lee

gave a warm welcome; San Mateo City Council Member Rich Hedges and wife Linda presented longevity necklaces, and Millbrae First Lady Margaret Fung presented other special gifts. Afterwards, government officials took photos with the super seniors. San Mateo City Parks and Recreation Director Joanne Magrini, and Downtown San Mateo Association Executive Director Mackenzie Jacoubek also came to offer their congratulations.

Self-Help for the Elderly is committed to promoting the independence, physical and mental health and dignity of the seniors in the Bay Area. Seniors and friends from all walks of life are welcome to participate in the activities of our Nutrition and Senior Center Department and visit our Recreation Centers. For information about the nutrition meal program and activity schedule of each Self-Help for the Elderly location, please visit the website: <https://bit.ly/SHECtrs>.

安老自助處聖馬刁中心春宴百位嘉賓為九十歲以上長者慶祝高壽

安老自助處聖馬刁中心位於景色迷人的中央公園。每年春季，長者們會擇日移步至四街中餐廳，參加中心為長者舉行的溫馨祝壽春宴、恭祝所有長者健康長壽快樂。今年這宴會於二零二四年四月十七日上午十一時三十分舉行，特別選擇了位於聖馬刁市中心當日試業開張的明星宴會，筵開共十席。

尊老、敬老、愛老是華裔的文化傳統。以春宴形式，在快樂祥和的氛圍下，使得此華裔傳統得以尊重和沿襲，也秉承了安老自助處增進長者的獨立、尊嚴和自我價值的宗旨。

屆時各界嘉賓及長者為十一位九十高齡或以上的長者舉行祝壽典禮，以表安老敬愛長者之心，並共享豐盛美食、參加幸運大抽獎。

為了向十一位高壽人士祝壽，聯邦眾議員Kevin Mullin、州參議員Josh Becker派專員參加午宴、州眾議員Diane Papan 派專員給每位高壽長者頒發獎狀、聖馬刁市議員李美恩送上熱情祝詞、聖馬刁市議員Rich Hedges 及夫人Linda 為他們配戴長壽頸鏈、米爾布雷市第一夫人馮吳燕環為他們贈送禮物。此後政府官員們紛紛與長者合影留念。聖馬刁市市公園管理局主任 Joanne Magrini, 市區商務協會執行總裁Mackenzie Jacobek 也到場祝賀。

宴慶之餘，安老邀請在場長者分享人生經歷和長壽秘訣、以及給年輕人中肯建議。在場年輕人收益良多。

安老自助處致力在灣區推廣長者的獨立、身心健康及尊嚴。歡迎各界長者及朋友參加我們的營養及康樂中心服務部的活動，及到訪我們的康樂中心。查詢有關安老自助處康樂中心的營養餐單及活動日程表，瀏覽網址：
<https://bit.ly/SHECtrs>。





L – R: Karen Lam, Director of Nutrition Department and Senior Centers at SHE; Trisha Lam, Nutrition Services Manager of Santa Clara County Department of Aging and Adult Services (DAAS); Ms. Winnie Yu, Chief Program & Compliance Officer of SHE; Sandra Brown, Managing Dietitian of Santa Clara County DAAS; Mary Ann Warren, Director of Santa Clara County DAAS and Miguel Martinez, Regional Manager of SHE.

Choosing Healthy Appetizing Meal Plan Solution for Seniors (CHAMPSS) Reaches a Milestone & Expands Its Location to Santa Clara County

Self-Help for the Elderly Introduces the Popular CHAMPSS Program to San Jose to offer the community with nutrition program and services

Choosing Healthy Appetizing Meal Plan Solutions for Seniors (CHAMPSS) Program turns 10 in July. Over 80 guests – city officials, leaders and members of the community, and the seniors – came together with Self-Help for the Elderly to celebrate CHAMPSS’ landmark and the launch of the Santa Clara County CHAMPSS Program at DiLac Vietnamese Vegetarian Cuisine Restaurant in San Jose.

An innovative dining concept for older adults, the CHAMPSS program allows participants to enjoy dietician-approved CHAMPSS meals at a local restaurant with their family and friends, who can order from the regular menu anytime during operating hours, offering flexibility and menu options for everyone to experience a meal together.

“Self-Help for the Elderly is thrilled to collaborate with Santa Clara County Department of Aging and Adults Services – Senior Nutrition Program and The Health Trust to introduce the fourth CHAMPSS restaurant to serve the San Jose community in celebration of the 10th anniversary of the CHAMPSS program in California,” said Anni

Chung, President and CEO of Self-Help for the Elderly. “Seniors are welcome to enjoy a hot nutritious meal daily at Self-Help for the Elderly – Sunnyvale Senior Center or at the Santa Clara County CHAMPSS restaurant. We are expanding the nutrition program and services to ensure older adults and people with disabilities can live healthy, dignified lives.”

DiLac Vegetarian Cuisine Restaurant offers 19-item CHAMPSS menu daily for CHAMPSS participants including vegetarian shark fin soup; hot & spicy beef noodle soup; vermicelli bowl with grilled pork; lemongrass chicken; kung pao chicken, and more. The CHAMPSS meals are served with a dessert and a drink. All for a suggested voluntary contribution of \$5.00 per meal.

Located at 2850 Quimby Road, Suite 125, in San Jose, DiLac Vegetarian Cuisine Restaurant’s service hours are Monday through Sunday from 11:30 a.m. to 7:40 p.m. The restaurant is closed during 2:30 – 4:30 p.m. on Monday through Thursday.

For details or enrollment of the Santa Clara County CHAMPSS program, please contact Jasmine Zhong at 415-677-7610 or visit Self-Help for the Elderly – Sunnyvale Senior Center or the program website at www.scchampss.org. The Self-Help for the Elderly – Sunnyvale Senior Center is located at 550 East Remington Drive in Sunnyvale.

《美味營養餐計劃》慶祝重要的里程碑並將其足跡擴展到聖克拉拉縣

安老自助處將受歡迎的《美味營養餐計劃》推廣到聖荷西市，為社區提供營養計劃和服務

《美味營養餐計劃》於今年七月將慶祝十週年！四月二十日超過八十多位嘉賓，包括政府官員、社區領袖和民眾、以及長者們齊聚一堂，在DiLac 越南素食餐廳一起慶祝《美味營養餐計劃》的里程碑，並為聖克拉拉縣《美味營養餐計劃》進行啟動典禮。

一項為長者而設及具創意的餐飲概念計劃，《美味營養餐》讓參加者與家人和朋友在當地餐廳享用由營養師認可的《美味營養餐》餐點，參加者可以在營業時間內隨時從菜單中點餐，為每位共膳的客人提供靈活和多選擇的菜單。

「安老自助處很高興與聖塔克拉拉縣殘障人士及長者服務部和The Health Trust合作，推出第四家《美味營養餐》餐廳，為聖荷西社區提供服務，並慶祝《美味營養餐計劃》在加州將服務十週年。」安老自助處行政總監鍾月娟表示。「長者們每天可以在安老自助處南灣康樂中心或聖克拉拉縣《美味營養餐》餐廳享用一份美味營養熱餐。我們正在增加營養計劃和服務，以確保長者和殘障人士能夠獨立健康地生活。」

DiLac 越南素食餐廳的《美味營養餐》菜單提供十九樣菜式，包括素魚翅湯、麻辣牛肉麵、烤肉米粉、檸檬雞、香茅雞等等。每份《美味營養餐》餐點附有甜品和飲品。建議《美味營養餐計劃》的參加者每次用膳捐款五元。

DiLac 越南素食餐廳位於聖荷西市，地址2850 Quimby Road, 125室。餐廳營業時間由星期一至星期日早上十一半至晚上七時四十分，餐廳於星期一至星期四下午二時半至四時半休息。

有關聖克拉拉縣《美味營養餐計劃》的詳細或報名，請聯絡 Jasmine Zhong, 電話: 415-677-7610, 或到訪安老自助處南灣康樂中心或 聖克拉拉縣《美味營養餐計劃》網站 www.scchampss.org。安老自助處南灣康樂中心的地址: 550 East Remington Drive, Sunnyvale, CA 94087。



Ribbon cutting ceremony to celebrate DiLac Vegetarian Cuisine Restaurant as the first Santa Clara County Choosing Healthy Appetizing Meal Plan Solutions for Seniors (CHAMPSS) Restaurant.



Michele Lew, Chief Executive Officer of The Health Trust, Anni Chung, President & CEO of SHE, and Maria Garcia, Director of Grantmaking of The Health Trust.



Kung Hei Fat Choy! Lion Dance Fundraisers at Ulferts Centers in Dublin and Milpitas

The Lion Dance Fundraiser is an annual celebration held during the traditional Lunar New Year, providing a unique occasion for a skilled lion dance group to raise funds to sustain the programs and services of Self-Help for the Elderly for the seniors and the community.

Our heartfelt appreciation for the ongoing collaboration with Ms. Karen Kam and the management at the Ulferts Centers in Milpitas and Dublin, enabling this exception fundraiser to take place on March 3, 2024 at the Centers. Additionally, we thanked Leung's White Crane Lion Dance Group for the support to make this fundraiser a success.

The center visitors were pleasantly surprised to see the lions and Caishen (legendary character of the Chinese god of Wealth) and they welcomed them with smiles and gifts of red envelopes. The fundraiser raised over \$10,000 to benefit Self-Help's programs and services for the community in five Bay Area Counties.





Art & Healing Festival

The Art & Healing Festival returned to the Outer Sunset District on June 8, 2024. The event was presented by San Francisco Office of Economic & Workforce Development, The Outer Sunset Merchant & Professional Association, All American Medical Group, and Self-Help for the Elderly. Over 20 booth vendors were presented at the festival to provide the booth visitors health information and resources for the community.

Healing activities included Doctors' Q&A – Ask the Doctor session; health and wellness demonstration; health insurance information; health screenings; Lego building for children; live music; Chinese chess game; hands on CPR demonstration; and interactive painting. Thank you to the 1,000+ visitors who attended the Art & Healing festival. Special thanks to the Art & Healing Festival Participants: AHMC Seton Medical Center; Anneta Insurance Solutions, Inc.; Anthem; Astrana Health; Chinese Community Health Resource Center; CCHP Health Plan; Chinese Hospital; Formosa Fine Chocolate; Hep B Free San Francisco; Independent Living Resource Center of San Francisco; Jar Insurance; LionDanceMe; North East Medical Services; On Lok; SBHIS Insurance Services; Scan health Plan; Senior Power; Walgreens and Wellcare.





World Elder Abuse Awareness Day (WEAAD)

In recognition of World Elder Abuse Awareness Day (WEAAD), a group of government leaders came together at Lady Shaw Senior Center on June 14, 2024, to offer information on the latest scams targeting older adults, their impact on the community, and how to help protect loved ones from being victims. Local leaders will also report on outcomes from the Can the Scams campaign to educate and arm seniors with the latest information, so they do not become victims of fraudulent activities.

Guests and speakers including Attorney General of California, Rob Bonta; Mayor London N. Breed; Federal Bureau of Investigation Special Agent in Charge, SF Field Office, Robert K. Tripp; San Francisco Police Department Chief William Scott; San Francisco City Attorney, David Chiu; Executive Director, San Francisco Department of Disability and Aging Services, Kelly Dearman; San Francisco City Administrator Carmen Chu; San Francisco Assessor-Recorder Joaquin Torres; and Institute on Aging, Elder Abuse Prevention Program, Ali Chiu.

Scams and fraudulent crimes targeting older adults is a major national and local problem, although these crimes are vastly underreported. According to the Federal Bureau of Investigations (FBI), “scams targeting individuals aged 60 and older caused over \$3.4 billion in losses in 2023—an increase of approximately 11% from the year prior. The average victim of elder fraud lost \$33,915 due to these crimes in

2023.” In addition, these crimes often take more than a financial toll, and can result in a loss of independence, reduced quality of life, and poor health outcomes.

Every year, a coalition of organizations including the Department of Disability and Aging Services’ Adult Protective Services unit, the San Francisco District Attorney’s Office, San Francisco Police Department and community providers, come together to hold trainings and arm older adults with the latest information and how to protect themselves through presentations at community and senior centers throughout the city.



City of Millbrae Proclamation



Back row from Left to Right: Councilmember Ann Schneider and Mayor Anders Fung. Front row from Left to Right: Magdalen Mui, SHE board Member; Winnie Yu, SHE Chief Program and Compliance Officer; Councilmember Angelina Cahalan; and Vice Mayor Maurice Goodman

Thank you, Millbrae Mayor Anders Fung, and City Council Members for having Self-Help for the Elderly accept this proclamation in recognition and celebration of the Lunar New Year on February 10, 2024!

Employment Training and Economic Development (ETED)



From Left to Right: Tony Xie, Outreach Assistant; Kifer Hu, Director of ETED; District 1 Supervisor Connie Chan; Marcus Situ, Outreach Coordinator; and Jerry Li, Senior Outreach Coordinator.

Thank you, Board of Supervisors, for recognizing our Employment Training and Economic Development (ETED) Team's services and commitment to assisting community members in job searches and career training, offering Chinese merchants tailored support in language, technology, and business knowledge, and connecting small business owners with resources and assistance to ensure business sustainability and growth.



National Healthcare Decisions Day Advance Care Planning Workshop

On April 14, 2024, over 200 seniors attended the 2024 National Healthcare Decisions Day Advance Care Planning (ACP) Workshop at St. Francis Memorial Hospital. The keynote speaker of the workshop was Anita Ho, PhD, MPH. Dr. Ho shared personal stories on the importance of ACP. Afterwards, Donnie Nelson, BSN RN PHN CPHN, Nurse manager of the Palliative Care Department at St. Francis Memorial Hospital and St. Mary Medical Center and Carrie Huang, Interpreter, walked through the ACP form with the participants.

After the informative session, the participants celebrated the National Healthcare Decisions Day with lunch.

The 2-hour workshop was made possible by the Stupski Foundation, All American Medical Group, Dignity Health, and San Francisco Palliative Care.



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

SANTA CLARA.....
► **South Bay**
550 East Remington Dr.,
Sunnyvale, CA 94087
408-873-1883

SAN FRANCISCO.....
► **Wolf 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 Clubhouse**
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
415-770-3739

SOCIAL SERVICES

Programs include:
• Aging and Disability Resource Centers (ADRCs)
• Community Living Fund
• Family Caregiver Support
• Information & Assistance (I&A)
• Housing Services

► **Social Service Dept.**
829 Kearny Street, Basement
San Francisco, CA 94108
415-677-7585
415-391-3760(fax)

► **Case Management**
415-677-7596

► **Community Care Coordination**
415-533-6440

► **Housing Services/Long-Term Housing Subsidies**
415-533-6899

► **Naturalization Services (Citizenship, Civics & ESL Classes)**
415-677-7696
e: citizenship@selfhelpelderly.org

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

► **SF Connected**
415-781-9919/415-677-7648

► **Short Term Home Care for Older Adult**
415-677-7645

► **Utilities Assistance (Team & Change)**
415-677-7645

► **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 Clubhouse**
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: 415-677-7628
Fax: 415-398-5903
e: hchs-services@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

► **Senior Community Services Employment Program (SCSEP)**
415-624-9530/ 510-336-0144

• 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 94602116

► **ETED Business Services**
825 Kearny St.,
San Francisco, CA 94108
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