On Lok Celebrates its 45th Anniversary

Happy Birthday On Lok! It’s a new year and change is in the air. A lot can happen in 45 years and for all of us who strive to make this organization what it is, there has certainly been a lot of change taking place.

In 1971 we launched the first ever adult day senior center in San Francisco which has over time evolved into the On Lok Lifeways Program of All-Inclusive Care for the Elderly (PACE). Over the years, we’ve launched PACE centers across the Bay Area, which thousands of seniors visit for check-ups or medical attention, and some social time. Thanks to the success of On Lok Lifeways, PACE programs have spread throughout the country with over 116 active programs in 32 states and has served as an inspiration for similar models across the world.

To broaden our service offerings to seniors, we brought the 30th Street Senior Center into the On Lok family. 30th Street’s new approaches to senior care were embraced from the start. Concepts like the Always Active program and the Friends of 30th Street volunteer program serve as a sound example of how the 30th Street Senior Center strives to be more than your average senior day center.

With the success of the PACE programs, we leveraged our wealth of operational and strategic knowledge through our consulting branch – PACEpartners. PACEpartners has helped numerous PACE programs solve the various challenges inherent with this business, from helping start up new PACE programs to working with existing programs to become more efficient and effective.

As On Lok has grown, we have entered into new markets, with the addition of Care at Home and Alcara. These businesses have allowed On Lok to continue to provide care and support for seniors who would not have qualified for On Lok Lifeways. 2016 will also have more in store with new websites currently in the works for On Lok Lifeways, 30th Street Senior Center, and On Lok.

To the volunteers who dedicate their time, our donors who help fund this extensive program, our dedicated staff who work hard to provide a quality experience, and our wide network of expert specialists and passionate caregivers, we thank you.

You have helped On Lok create a model of senior care unlike any the world has ever seen. We couldn’t have done it without you all pitching in to make each day special for the families and participants that rely on our services. Onward and upward!

Introducing Our New Chief Information Officer

Neal Wright joined On Lok in August, 2015, as our new Chief Information Officer. After five years with a large hospital system (HCA) in Austin, TX, and four years prior to that with a large community clinic network serving dual-eligible patients (Lifelong Medical Care) in Berkeley, he sought out another mission-driven organization serving the needs of society’s most vulnerable. On Lok’s mission of serving the frail elderly is a purpose he knew would be engaging and fulfilling. In Neal’s first five months, he says he has viewed so much dedication from every employee. “I was especially touched by the comprehensive care I witnessed in the Jade Team IDT meeting.” Colleagues appreciate his excitement about re-thinking processes to improve effectiveness and find efficiencies.

Neal is from Texas and jokes that staff will hear the occasional “y’all” in conversation with him. In 2001, he opened the only yoga studio in San Francisco’s Mission District and at the time, Mission Yoga was the largest yoga studio in all of San Francisco. After selling the business in 2007, he says he definitely misses the community, but doesn’t miss owning a small business. “It’s the hardest thing I’ve ever done,” says Neal.

After living in the Mission District for 11 years, he moved back to Austin for 5 years, and then returned to the city by the bay. The Bay Area feels more like “home” to him and now he and his wife have three children between the ages of 2 and 6. He is becoming very involved in their school board activities and really enjoys spending that quality family time together.
Dear Friends,

As many of you already know, I announced my retirement from On Lok, and as I look back to my first day on May 23, 2005, I could not have predicted the challenges and successes that were to come. At that time On Lok was in its 34th year. Now we are celebrating our 45th Anniversary. Over the years I have watched the devoted staff, volunteers, and donors sustain and grow On Lok.

I am extremely grateful for the support and trust given to me from the Boards of Directors and the staff. We have been through some difficult times and yet remained upbeat and strong. I have worked for, and enjoyed the support from the Boards of Directors, which give me the level of caring that makes us worthy of the trust that is given to us by participants and families.

Over the past ten years, On Lok has become much stronger in many ways. We have increased our PACE program participant membership by more than 50%. We have expanded to Santa Clara County and are meeting the needs of seniors in new communities. We helped to create the California PACE Association, which defended and advocated for PACE through the courts and the legislature. We have strengthened our infrastructure with new software and information technology and have refurbished our buildings. We are in the midst of a major renovation of On Lok House, which was our first building to provide housing for seniors. We also installed solar on three of our buildings, which reduces the expense for electric power. We have greatly strengthened our financial reserves, which allows us to invest in many new projects and provides a good rainy day fund. We have expanded our services with a new home health organization and an innovative care management service for seniors. We expanded our consulting business, which serves many national and international clients, helping them to achieve high quality care for seniors. We have sponsored educational and policy forums, demonstrating our continued leadership and advocacy for seniors and services for seniors.

We have accomplished so much and have kept our quality at a very high level. Most importantly, the Boards of Directors have committed to developing an ongoing Strategic Planning process that leads On Lok forward to growth and innovation.

I have been privileged and honored to be a part of this extraordinary organization for more than ten years. I have watched the dedicated individuals who work here demonstrate the high level of caring that makes us worthy of the trust that is given to us by participants and families. I have worked for, and enjoyed the support from dedicated Board members who give of their time to provide the strategic leadership for On Lok to develop and innovate into the future. I have met with donors who inspire me with their eagerness to give back to our communities.

Most of all, I have enjoyed serving our many participants, who are so grateful for what our teams do; they have enriched our lives. The stories of these senior men and women give us all lessons in life with their strength in the face of adversity. The time I have spent with them is indeed precious.

After I retire, I will start missing that daily walk through our Dr. William Gee lobby and seeing the welcoming smiles that I saw on my first day at On Lok in 2005. It is time for me to move on to the next chapter of my life. On Lok is strong and enduring; and I have confidence that the Boards and staff will make certain that On Lok will continue to be the internationally recognized leader for high quality care and innovative models of care for seniors in the future.

Thank you for letting me serve this extraordinary organization.

Best wishes,

Robert E. Edmondson
Chief Executive Officer

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A Message from the Friends of On Lok President

Dear On Lok Family,

It is an honor to serve as the Friends of On Lok President. I thank the past presidents and their boards, and look forward to working with the new Friends of On Lok Board Officers.

This year On Lok is celebrating its 45th Anniversary and we are proud to be a part of such an outstanding organization. Founded in 1988, Friends of On Lok is an all-volunteer, membership-based organization with over 200 members. We are linked with On Lok by the important common commitment to the care for the frail elderly. Our goal is to serve as On Lok’s ambassadors and help support its operations with our fundraising activities. I hope you join us whether as a member, or as a guest and a sponsor at the 28th Friends of On Lok Generations Fashion Show on October 29th. Please contact May Liu, Development Officer at On Lok, with membership and event inquiries at 415-292-8768 or events@onlok.org.

Warm regards,

Cynthia Yee
FOL President

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Left to right: Lillian Poon (FOL Parliamentarian), Marleen Luke, Cynthia Yee, Darlene Mar, Bea Wong, Avis See-Tho, Cee Cee Wu, Grace Li and Eileen Kunz.
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Mr. James Suekama
Wai Chi Poon was born on August 19, 1906 in Taishan of the Guandong province in China. She lived an interesting 109-year life, overcoming many struggles and in the end becoming an idol to family and friends.

Mrs. Poon grew up in a small village with two younger sisters and a younger brother. Her mother raised them in China while her father worked overseas building railroads in California. Life was very poor in the village and she was often sick as a little girl. As her health became worse over time, she ate very little and was often unable to get out of bed. To treat the “misfortune”, a neighbor offered her mother the “wise advice” of marrying Poon off in hopes of bringing better luck to her health.

Young girls were usually not encouraged to go to school, as they were meant to have kids and take care of their family. But she embraced modern culture by going to a Christian school and eventually certified to become an elementary school teacher, the only female teacher in her town.

When she was 16, it was arranged for her to marry a 17 year old boy from the village next door because of the superstition about their health. They were both very shy and hardly spoke to each other. Shortly after their wedding, her husband joined her father in Cuba to start a small business together. Superstition or not, her health did gradually improve after being married.

Mrs. Poon’s husband came back from Cuba a few years later and opened a restaurant with friends. Financially, they were doing well and at the age of 26, she had her first child, a daughter. Even though she was a first-time mom, her teaching career continued. She took a train to the school in the city everyday. However, if she missed the train, she would have to walk 3 hours each way to and from school. She had to be back to the village every day to take care of the baby and her mother-in-law, who had bound feet and depended highly on her to do chores. She once said that she multi-tasked by nursing her baby and grading the homework at the same time.

In the late 1950s, communists took over China and her life was enormously affected. Landlords and business owners were accused of greed. Since her husband was one of the owners of their restaurant, he was persecuted, harassed, and even tortured. The government took everything they owned, leaving them with an empty house and nothing else. She and her husband were devastated, and without hope, her husband committed suicide.

Mrs. Poon was left with five children. Though she was fortunate enough to have been married off to Hong Kong, she cared for her remaining younger 4 children alone. At times, she thought of suicide herself as well, but in the end she kept going and chose to live. Day by day, she survived through it all.

In 1980, she immigrated to the United States to live with three of her children and their families. When she first arrived, it felt as if she was in jail because she didn’t know her way around and didn’t speak English. Meanwhile she really missed her other children who she had left behind in China. She cried almost every night for three years until her remaining children were finally able to come to America. Her family was complete and America was finally her new home.

In 2000 at the age of 94, her family brought her to China to visit home for the first time in 20 years. When she arrived at the village, hundreds of people showed up to visit her, as if she was some sort of celebrity. She helped many of those people in the past with food and money during bad times. Even those people who helped make life miserable for her during the Chinese Cultural Revolution went to see her and were just as welcomed by her. She felt that it was important to let the village know that she had forgotten those bitter days and wanted to show everyone that she and her family had overcome it all.

At the age of 100, she moved into On Lok’s senior housing and continued to challenge herself by knitting items for fundraising events and actively voting in presidential elections. Surrounded by her loving family, she passed away peacefully on January 27, 2016. She is survived by 5 children, 18 grandchildren and 16 great-grandchildren, all of whom gave her great pride and visited her often.
ON LOK NEWS
SPRING 2016

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• Thank you to Our Generous Supporters
• On Lok Participant Tribute

Santa Claus showed up to dance and take photos with us at 30th Street Senior Center on December 4th! Santa and our hosts, the PG&E Legacy Employee Resource Group, danced, took pictures, and distributed goodie bags to over 130 seniors. During a short break, refreshments were enjoyed by all—then back to the dancing!

SPONSORSHIP OPPORTUNITIES FOR 2016 ON LOK EVENTS
Promote your business or organization while supporting On Lok and 30th Street Senior Center!
Mark your calendars TODAY and call us about sponsorship opportunities!

BOOMERS AND BEYOND
THURSDAY, MARCH 31, 2016 • HERBST THEATRE, SAN FRANCISCO
For information, tickets and sponsorship opportunities for this event, please contact: E. Carmen Torres, Development Officer 415-550-2213 or ctorres@onlok.org

45th ANNIVERSARY GALA
FRIDAY, MAY 20, 2016 • INTERCONTINENTAL HOTEL, SAN FRANCISCO

ON LOK GOLF CLASSIC
MONDAY, JUNE 27, 2016 • TPC HARDING PARK, SAN FRANCISCO

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SATURDAY, OCTOBER 29, 2016 • FAR EAST CAFE, SAN FRANCISCO

For information, tickets and sponsorship opportunities for these events, please contact: May Liu, Development Officer at 415-292-8768 or events@onlok.org

ON LOK MISSION STATEMENT:
To maintain and develop health care models for the well-being and dignity of the elderly and chronically ill through education, advocacy, innovation in services and financing, while advocating for quality and affordable care.

ON LOK NEWS is a publication of
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