Intergenerational Program

On Lok’s Intergenerational Program is giving out smiles, hugs and brings generations together!

Bringing our elderly participants together with young people from the community offers them both opportunities to give and receive mutual support, as good friends do. We offer community youth and On Lok seniors opportunities to see value in the contributions they make to each other’s lives, and also to just have some fun and be happy.

Spring Banquet 2014: Celebrating Community

This year, for Mother’s Day, our participants at On Lok Lifeways San Jose Center made 70 hand crafted flowers for a women’s shelter, which provides emergency housing and counseling for women suffering from domestic abuse. Isabel (above left) gives the flowers she made to Nicole from the Community Solutions Women’s Center.

Below: Sharon Chin, television reporter with KPIX 5 and the Spring Banquet’s Emcee; Irene Yee Riley, Co-Chair of the Spring Banquet and Vice Chair, On Lok, inc.; Elizabeth Y.A. Ferguson, Co-Chair of the Spring Banquet and Chair, On Lok House.

Above: UnitedHealthcare representatives and Mrs. Mildred Tsang.

Right: Left to right: Grace Li, On Lok’s COO; Ruth Wong, representing the “Bamboo Gang”; Dr. Wellman Tsang, Chair of the On Lok Board of Directors. Ruth Wong was honored as Outstanding Volunteer 2014.

Thank you to all supporters of the 2014 Spring Banquet - please see our complete sponsor list on page 5.
Summer greetings from On Lok! We opened the season with two annual events: the Spring Banquet on May 22 at the InterContinental and the Golf Classic on June 30 at Harding Park. We could not succeed without our outstanding Spring Banquet Co-Chairs, Elizabeth Ferguson and Irene Riley, and the Golf Committee: Janice and Cameron Buckle, Gregory Chun, Nadyne Orona, Tom Rundall, Angelito Sabino, Wilson Tang, Gary Tom, Fusheng Wang, and Sharon Yow. This year marks the 35th Anniversary of 30th Street Senior Center. Many of the leaders who have been with the Center during this time share their memories on page 3. Please join us on September 27, 2014 at Patio Español to celebrate the Center’s accomplishments. We have a great program planned for you!

Please welcome Marleen Luke, the new President of Friends of On Lok and mark your calendars for the upcoming 26th Annual Generations Fashion Show on October 18, 2014.

California’s population aged 65+ will increase 133 percent from 2010 to 2040. The aging population of the future will have new challenges and will be quite different from our seniors today. On Lok’s Annual Sustainable Long-Term Care Conference on September 16, 2014 is named “Social Prescriptions for Health and Well-Being” and we plan to address some of these challenges in our discussion that day.

On behalf of On Lok and the seniors we serve, I would like to thank our generous sponsors many of whom have supported our events for years! Your sponsorships mean a lot: they help us leverage our fundraising efforts and directly benefit the seniors we serve.

At On Lok we build on our 44 years of experience in serving seniors to ensure that no one is left out. I want to acknowledge our stellar On Lok team: culturally sensitive doctors, committed multilingual staff and volunteers. The excellence of our service in the long-term is much dependent on our donors, who give generously. Please know your support and commitment to On Lok is greatly appreciated.

Thank you for being part of the On Lok Family!

Robert E. Edmondson
Chief Executive Officer

**Message from the FOL President, Marleen Luke**

Dear Friends,

Thank you for inviting me to serve as the new President of Friends of On Lok.

It is a true honor to serve this organization. As one of the On Lok’s cofounders was my uncle Dr. William Gee, it is such a privilege to have a role in helping his vision for the elderly community come to fruition.

As your new President, I look forward to taking a proactive role in making positive changes, helping with the Friends of On Lok organizational development, and guiding the organization to be an effective player both in the Chinese community as well as in the community at large.

With On Lok’s original mission in mind, I hope that my tenure as President will ensure that On Lok serves as a voice, a friend and an advocate for the elderly. I look forward to working with all of you and welcome your ideas and recommendations for driving our fundraising efforts in a positive direction and helping make an impact for the seniors who depend on the services provided by On Lok.

Sincerely,

Marleen Luke

**Congratulations to On Lok Volunteers of the Year 2014!**

**IVY WONG**

Ivy started volunteering at the On Lok Lifeways Powell Street location in 1985.

When she first started she helped the Recreation Team one time per week, she went shopping with our participants, played games and led a number of sewing hobby groups. Since 1998, Ivy has been helping with various duties in the kitchen twice per week, including serving warm delicious lunches. About her volunteering at On Lok, Ivy says “Volunteering at On Lok and helping seniors gives much joy and satisfaction in my life!”

**PAUL TRAN**

Paul started his volunteer service at the On Lok Lifeways San Jose Center in 2013 as a transition into his retirement from being an engineer in Silicon Valley. Paul has been helping with translation in several languages such as Vietnamese and Cantonese. When he volunteers, he typically stays for almost an entire day once a week to assist with anything the Activities Team needs. He initiated On Lok’s participation in the San Jose Annual Alzheimer’s Awareness Walk in Fall 2013, which also served as a fundraiser. Paul reflects on his volunteering by saying that “it is like going on a vacation – you come out of the Center inspired and happy.”
Celebrating 35 Years of Caring - 30th Street Senior Center!

30th Street Senior Center has been an important part of the life of thousands of diverse seniors in San Francisco. This year the Center celebrates its 35th Anniversary. From humble beginnings as a meal site and activities program to comprehensive continuum of care, today the Center offers seniors what they need to remain healthy and enjoy life in their community for as long as possible.

**Milestones of Success**

1978. Latin American National Senior Citizens Association (LANSCA) led by Graciela Cashon approached Hadley Dale Hall, then the Director of the San Francisco Home Health Service, to ask to use one of the rooms at the 30th Street building for the organization to meet.

1979. The San Francisco Home Health Service acquires the former nursing home owned by Community Psychiatric Centers located at 225 30th Street a few months earlier. “It was a fantasy to have this building! But we got it as a gift and Dr. Green had a tax deduction for his company,” recounts Hadley. Hadley becomes a leader and catalyst for shaping the service model for diverse low-income seniors in San Francisco. At that time 80 percent of seniors are poor. A significant $250,000 grant to support the growing services is awarded by the Haas Family. The Center is open seven days a week and many seniors have keys to the Center to keep it running all week long!

1979. The San Francisco Home Health Service receives a grant from the San Francisco Foundation to develop more permanent location for the organization to meet.

1981. The Nutrition Program starts its operation. There are ten tables in the dining room. To promote the meals program the Center organized a community effort: staff and Board prepared a lunch and spread the word to the community. Hadley Hall: “Over 200 people came out from all walks of life: young and old. It was a success!”

1981. Valorie Villela joins the Center as a Nutritionist. Thanks to the Senior Bond Act there was funding available to remodel the kitchen and the storage to accommodate the growing Nutrition Program.

1981-1990. The Center continues to grow. There is a strong Activities Program led by Jorge Santis. Medicare legislation 92603 in 1980s now allows On Lok and 30th Street Senior Center to develop more permanent funding. Often Hadley sees On Lok co-founders Marie-Louise Ansak and Dr. Gee as he exits or waits in the lobby at one of the political offices in Washington, D.C. The leaders of On Lok and the Center are working towards the same goal: prevent, postpone and reduce the need for institutional care among seniors with the only difference being the package of services.

1985. The San Francisco Home Health Service acquires the former nursing home On Lok Day Services, a corporation within the On Lok, inc. family, becomes sponsor of 30th Street Senior Center. Also, the Bilingual Case Management Program is launched.

2014. The Department of Aging and Adult Services selected the Center as a lead agency in delivering the Healthier Living Program (disease self-management) to San Francisco seniors.

2011. The Center joins San Francisco’s Broadband Technology Opportunities Program. This project gave 30th Street Senior Center a computer lab with ten workstations with state of the art touch screens, large print, multi-language software, and tutors and volunteer support.

2012. 30th Street Senior Center is now a provider of the San Francisco Transitional Care Program, helping seniors transition from hospital to home.

2014. The Center becomes the hub for the Aging and Disability Resource Center funded by the San Francisco Department of Aging and Adult Services.

**What is different today?**

Valorie Villela: “When the Center was first opened it served predominately Latino, monolingual Spanish-speaking seniors, who on average were 60-70 years old. Today there is a much wider diversity among seniors and the age of participating seniors is 60-100 years old. Overall, the core services have remained strong throughout the years. I am proud that we are able to adjust to offer new programs and respond to the changing needs of the older adults in San Francisco.”

**Impact**

Hadley Dale Hall: “An ounce of prevention goes a long way. 30th Street is the best preventive program in San Francisco.”

Valorie Villela: “The system of services is based on senior participation in every aspect of the Center. Senior volunteers play an essential part in the Center’s operation. The ownership of what seniors contributed to the Center was critical then and today. Involvement of seniors, including their board membership, and creativity is so important to the Center’s growth.”

Rosa Tello, 30 years of volunteer service: “I have been with the Center for thirty years and it is my second home. I hope to live to 100 and continue to come to the Center. During challenging times there is always an increased sense of collaboration and seniors step up to protect the Center and the program funding. I am glad the Center is still open on Saturdays. I come here and I dance or play bingo. It is my life and I would be lonely without it. Many seniors are low-income and they come to the Center to have a great meal. We had a senior here by the name of Margarita. It is because she was so happy and active at the Center she lived until 101 years old.”

continued on page 4
...continued from page 3

30th Street @ 35

“The years at the Center have been some of the best years of my life. It is an oasis for me and has given me a will to live!”

Berna Garcia, a long-time volunteer: “The impact the Center has on the lives of seniors is immeasurable. The Center offers an opportunity to meet friends, enjoy meals and exercise. Sometimes people are sick, but they do not know about it. The staff is always very attentive and ensures the seniors get the help they need, including a call in an emergency if needed. If a senior is at home, they may not get help as fast. I also love our garden. Jorge Santis helped make it even more beautiful: got the garden beds and furniture. The proceeds from the monthly garden market benefit the Center. The years at the Center have been some of the best years of my life. Why wouldn’t you support such programs for seniors? Everyone will be a senior one day!”

Lupe Bravo, a long-time volunteer and Board Director: “30th Street Senior Center is like a Tiffany store: every senior is a jewel. You come in and they all shine, and I get to shine. The opportunities to stay healthy, active and creative make a difference in every senior’s life. Why wouldn’t you support such programs for seniors? Everyone will be a senior one day!”

Frances Burns, a long-time volunteer and Board Director: “I live alone and the Center has staved off depression and kept me from being isolated. It has kept me healthy with nutritious lunches, helped me stay mentally alert and physically active. One of the benefits of my participation has been the peace of mind afforded my daughter who knows I am safe, active and with friends.”

“30th Street Senior Center is like a Tiffany store: every senior is a jewel. You come in and they all shine, and I get to shine.”

30th Street Senior Center today:
• 300 seniors attend the Center on a daily basis. The Center is open Monday through Saturday and during major holidays.
• 5,000 diverse seniors in San Francisco receive services from the Center’s sponsored Programs annually.
• 150,000 warm nutritious meals delivered home or served at six sites citywide annually.
• 8,100 of activity hours
• 20 staff and 120 senior volunteers
8 Programs:
• Aging and Disability Resource Center
• Always Active
• Bilingual Case Management
• Community Services - Activities
• Congregate Nutrition
• Healthier Living
• Home Delivered Meals
• San Francisco Transitional Care

Please join us at the formal gala celebration of the 30th Street Senior Center 35TH ANNIVERSARY on September 27 at Patio Español!

Let us toast and cheer to the next 35 years of success and service!

Always Active!
The Always Active Program at 30th Street Senior Center was able to expand, thanks to the support of our many donors. The new site is now open at the Bethel Center and is sponsored by the Community Living Campaign! Three more sites are planned to open in 2014-2015.

Every year in June the Always Active Program celebrates seniors who take charge of their health by participating in the Falls Prevention and Strength and Flexibility classes.
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Congratulations to Hing Lung Co. Team for winning the 16th Annual On Lok Golf Classic at TPC Harding Park!

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SOCIAL PRESCRIPTIONS FOR HEALTH AND WELL-BEING
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DONATIONS BETWEEN JANUARY 11 AND JUNE 10, 2014

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On Lok News

Elena Nicklasson in the Development Department at 415-292-8733

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• 30th Street Senior Center: a journey to the 35th Anniversary
• Meet our generous philanthropists on pages 5-7 and learn about the impact of legacy giving

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.

Join the On Lok community on Facebook, LinkedIn and Twitter!

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LinkedIn: https://www.linkedin.com/company/on-lok
Twitter: @OnLokinc

Sponsorship Opportunities at On Lok Events
Interested in promoting your business or organization while supporting On Lok and its programs?
We have three more events in 2014! Join us!

7th Annual Conference on Sustainable Long-Term Care on September 16, 2014.
Autumn Magic Celebration on September 27, 2014. It’s 30th Street Senior Center’s 35th Anniversary!
26th Annual Friends of On Lok Generations Fashion Show on October 18, 2014.

Contact us via email events@onlok.org or call 415-292-8768
www.onlok.org/events