On Lok Opens East San Jose PACE Center

On Lok is bringing its Program of All-inclusive Care for the Elderly (PACE) to more low-income seniors in Santa Clara County with the opening of its East San Jose (ESJ) PACE Center on January 25. ESJ joins our six other PACE Centers in San Francisco, Fremont and San Jose.

“The East San Jose PACE Center enables us to serve more than 350 seniors between our two San Jose PACE locations,” said CEO Grace Li at the Grand Opening Celebration. “The PACE model works and we are committed to make its benefits available to more seniors in need of services.”

In 2009, On Lok opened the San Jose PACE Center—the first PACE program in Santa Clara County. Five years later, we had the opportunity to acquire the adult day health care center that is now the East San Jose PACE center. Originally started by the Mexican American Community Service Agency (MACSA), the Center has a rich history and holds a special place in the community.

“The room that we’re standing in was dedicated to the leader of MACSA, social activist Esther Medina, when we opened this center as a licensed adult day care center in 2014,” said Grace. “In the same vein of service to the community that has inspired past owners of this building, On Lok has always envisioned this East San Jose Center to be a full PACE Center.”

Previously, seniors enrolled at the ESJ Center had to travel to the PACE Center on Stockton Avenue for medical services, but now their medical care is just steps away, in ESJ’s new 5,200-square-foot clinic. The $3.3 million clinic features exam rooms, a two-bed treatment room with an observation window, a clinic reception area, meeting rooms for specialists, a central nursing station, a phlebotomy room, doctor’s and nurse’s offices, and utility spaces.

“It has truly taken a village to complete this project,” said COO David Nolan at the Grand Opening Celebration, calling out staff who have been working for years on this important project: Eileen Kunz, Chief of Government Affairs and Compliance; Jonathan Chau, Director of Regulatory Affairs and Compliance; Dr. Namita Sahai, Associate Medical Director; Janice Fuji, the South Bay Regional Director; ESJ Program Manager Jenn Vickers; Jenny Rojas-Singh, former ESJ Program Manager; and Tonia Stoski, Robert Labuda, Jose Tiradocrespo, and Ryan Leung from On Lok’s Facilities Team.

Following tours of the new Center and its sunny garden, guests were invited to join Grace Li, Assemblymember Ash Kalra, and On Lok staff in the foyer for the ribbon-cutting ceremony. Before facing rush hour traffic, everyone raised a glass of sparkling apple cider to toast On Lok’s continued service in Santa Clara County.

The East San Jose PACE Center is located at 130 N. Jackson Ave., San Jose, CA 95116
On Lok Lion Dance Team Debuts for Lunar New Year

Carrying albums of faded photographs and folders of fraying documents, local seniors arrived at 30th Street Senior Center last October ready to preserve their most treasured but timeworn memories into digital scrapbooks for the ages. Volunteers from Fujitsu, the Community Living Campaign and the San Francisco Tech Council teamed up with participants to help familiarize seniors with the ScanSnap technology.

“We are passionate about teaching older adults to use tech tools that enhance the things that are most important to them,” said Marie Jobling, director of the Community Living Campaign and a member of the SF Tech Council. With funding from the City and County of San Francisco, these two nonprofit organizations are building collaborations to bridge the City’s digital divide and improve digital inclusion for older adults and people with disabilities.

“We are part of SF Connected, a program run by the Department of Aging and Adult Services that provides free computer training for seniors and adults with disabilities through community partnerships. We chose to hold the event at 30th Street Senior Center because of their popular computer lab and the variety of activities in their ongoing Seniors and Technology Initiative. The Center is always great at doing innovative things and open to trying new ideas if they think folks will find benefit and enjoyment,” said Marie.

One participant brought in the only photo she had of her family; a couple scanned their marriage records and deteriorating pictures of their young selves back in their native country—images they wanted to leave to their children and grandchildren.

Anaperla Aureoles came with several cherished items, including a letter from Jacqueline Kennedy that means a lot to her. It was typed on black-bordered memorial stationery and dated April 18, 1964, less than a year after JFK’s assassination.

“I was raised in Iowa and in the 50s and 60s that was Kennedy country. Senator Kennedy came to visit my stepfather’s workplace when he was running for president. My stepfather met him and then tried to persuade my mother not to vote for Nixon,” said Anaperla. “In Parade magazine they had reported that Mrs. Kennedy was asking young people to work for one day and donate the money to build the Kennedy library. I earned $15, which was a lot back then, and I sent the money with a letter to the library fund.”

When she came home from school one afternoon, Anaperla found the letter from Mrs. Kennedy in the mailbox. “The envelope didn’t have a stamp because the First Lady didn’t have to pay postage. On the back, Kim Nguyen had a dream: to start a Lion Dance Team formed by On Lok’s own staff. The San Jose PACE Center Activity Leader had been studying lion dance since he was 12 years old. He had led the lion dances at the San Jose PACE Center for the past three years, and proven his drumming skills during National Drum Month. Every time he saw a performance by local community Lion Dance groups, Kim had no doubt that, with our Activity Teams’ performing skills, On Lok could do just as well as these established teams, if not better. All we needed were costumes and a little bit of practice.

This year, the timing was right. Through his kung fu school, Kim managed to obtain two sets of brand new costumes that the school would not be using: one lion for the East Bay and South Bay and one lion for San Francisco. Each PACE Center had already put together groups of two dancers, one or more cymbal players, one gong player and one drum player. The On Lok Lion Dance Team was ready to launch.

The teams met in person for Lion dance workshops and via video conference before Lunar New Year to practice. When they brought their lion dances to the Centers to celebrate Chinese New Year, said Activity Leader Alyssa Cortez, “the excitement and joy were incredible!”

Digital Scrapbooks Preserve Memories and History

Preserving Memories event participant Anaperla Aureoles with the letter she received from Jacqueline Kennedy in 1964.

it said it was sent by the First Lady from the White House.” Inside, Mrs. Kennedy wrote, “As you grow older, I know that you will retain the wonderful spirit embodied in your gift to the library, and your interest in doing things that help this world we live in. That would have meant so much to President Kennedy.”

After 54 years, Mrs. Kennedy’s words still have a deeply personal significance for Anaperla. “When I was young, I had disabilities and they threatened to put me away in an institution. But I have always wanted to stay in the community, regardless of my disabilities. That is why I felt so close to the Kennedys—they questioned injuries in newborn babies, like what I had because of lack of oxygen to the brain. And they started programs like the Special Olympics. I was labeled as mentally retarded but in reality I just had dyslexia, something I didn’t learn until 40 years later.”

Anaperla went on to earn two college degrees and, as she became older, she held even dearer the letter in which Mrs. Kennedy seemed to speak to her directly—about her potential and the promise of a fulfilling future—now captured in digital form, so that it may never go lost.

On Lok Lion Dance Team performing at the San Jose PACE Center Lion Dance Show. From left: Luis Maldonado, Jo-anne Choi, Nick Sager, and Kim Nguyen. Look for upcoming performances of the On Lok Lion Dance Team at special events throughout the year, including at the Longevity Celebration at Powell Center on May 25.

The Center is always great at doing innovative things and open to trying new ideas if they think folks will find benefit and enjoyment.” said Marie.

Carrying albums of faded photographs and folders of fraying documents, local seniors arrived at 30th Street Senior Center last October ready to preserve their most treasured but timeworn memories into digital scrapbooks for the ages. Volunteers from Fujitsu, the Community Living Campaign and the San Francisco Tech Council hosted “Preserving Memories,” an event where seniors used scanners donated by Fujitsu to create memory books they could share digitally with family and friends. Student volunteers from Lick-Wilmerding High School in San Francisco helped seniors scan their photos and documents into digital scrapbooks.
A Message from Our Chief Executive Officer

Dear Friends,

At some point in our lives, most of us will need a caregiver or become one.

Maybe our father will have a stroke or our mom’s increasing forgetfulness will turn out to be the onset of Alzheimer’s disease. Suddenly, the life of our loved one dramatically changes—and so will our own. While coping with the grief of seeing one or both of our aging parents lose their independence, we find ourselves providing assistance with the activities of daily living—from personal care and meal preparation to transportation and paying bills.

These are many of the supports older adults need as their health and function decline. And although caring for an ailing parent feels like the most natural thing to do, increasing levels of care may be required over the years, often taking a devastating toll on our own health and well-being.

Conditions that require ongoing, specialized care, such as dementia, can be especially overwhelming for caregivers. In 2016 alone, for example, 15.9 million family and friends provided 18.2 billion hours of unpaid assistance to those with cognitive decline serious enough to interfere with their daily life. These statistics are only bound to soar with 10,000 Baby Boomers reaching age 65 each day.

As the demand for caregiving services grows exponentially, an increasing number of families won’t have the resources to access private support services and so they will turn to us for help. All of us at On Lok are committed to making the responsibility of caregiving easier to manage and the lives of our loved ones more fulfilled. This commitment informs our current work and our stated mission: To relentlessly pursue quality of life and quality of care for older adults and their families.

For example, empowering caregivers means addressing the pressing demand for dementia care. Compared with the caregivers of people without dementia, family members who care for seniors with dementia are twice as likely to suffer substantial emotional, financial and physical difficulties.

We are focused on doing more to support seniors with dementia and their caregivers. Building on our decades of experience in geriatric care, we are developing a person-centered approach through our day services for seniors living with advanced dementia, as well as dedicated programs to support caregivers. These specialized dementia services will seamlessly integrate with the coverage already provided by the Program of All-Inclusive Care for the Elderly (PACE), caring for the health, dignity, and well-being of the whole person within the community.

With funding for healthcare and social services constantly under fire, this and other important work cannot be completed without your help. If you recognize the value of the vital services we provide, we hope you will consider supporting us by making a donation to On Lok or by joining us at our annual On Lok Celebrates! Gala at City View at Metreon in San Francisco on May 18. It will be a fantastic opportunity to meet our expanding circle of friends and learn more about the exciting future we are creating with your support.

We look forward to seeing you there!

With gratitude,
Grace Li

On Lok Co-Hosts 5th Bay Area Senior Health Policy Forum

Nearly 300 aging advocates, stakeholders, healthcare providers and policymakers came together for the 5th Bay Area Senior Health Policy Forum last December, a biennial event that has been hosted by On Lok and the Center for Elders’ Independence (CEI) since 2009 to inform policy and support the creation of a healthy aging environment in the Bay Area.

In his keynote address, Dr. E. Percil Stanford, a leading author and advocate, discussed how aging issues are linked to civil rights issues and said that the responsibility to “reframe” how we embrace aging lands on all of us.

Dr. Stanford identified availability, affordability, and accessibility as the three things to keep in mind when we think about reframing aging and solving the problems of the older population, such as homelessness. “The challenges faced by the older homeless are now a larger issue than ever before,” said Dr. Stanford. “There are many factors that contribute to homelessness and we need to pay attention to how the aging population is uniquely impacted.”

The program also included a panel discussion with Assemblymember Ash Kalra from San Jose, chair of the Assembly Aging and Long-Term Care Committee, and breakout sessions where attendees focused on creating age-friendly communities, developing innovative housing models for older adults, and addressing the unique needs of homeless seniors.

“Bay Area seniors deserve well-coordinated care that ensures access to a range of services, including medical professionals, transportation, nutrition, socialization and home care. All of these services are available through the PACE model of care, which actively integrates medical and long-term care services to help people successfully live in the community,” said On Lok’s CEO Grace Li.

Collaboration among stakeholders will be essential to the development and implementation of solutions for seniors, said Li. “Traditionally, services are often siloed and not well coordinated. Best practices are not easily shared across providers and settings of care, and we do not always speak with one voice to our policymakers. Through this forum, we hope to educate each other and bridge those gaps to discover new ways we can use our collective voice to create meaningful change.”

For additional information and highlights from the Bay Area Senior Health Policy Forum, visit http://bayareashpf.org.
It’s a cold and wet morning in San Francisco, but in the 30th Street Senior Center kitchen, home base of On Lok’s Mission Nutrition meal programs, steamy pots fill the air with the comforting smell of homemade soup. As soon as it comes off the stove, the soup is ladled into dozens of containers lining the counters. The kitchen crew works quickly—packing hot food for delivery to homebound seniors and community dining sites, preparing lunch for the older adults who come to eat at the Center, and catering meals for PACE participants on the second floor. The Center’s drivers have arrived to pick up their deliveries for the day; by the time they have loaded their vans and set off on their routes, volunteers have already set the dining room tables. Outside, the early drizzle has turned into a rainstorm. It’s a good day for soup.

**Nutrition Programs: The Foundation of Independence for Older Adults**

For many older adults who live alone or are unable to leave their homes to shop for food due to a disability or other medical reason, preparing a warm meal can be a challenge. Mission Nutrition helps seniors maintain proper health and strength with hot, nutritious meals prepared in the 30th Street Senior Center’s kitchen. This year, Mission Nutrition is on track to deliver 130,000 balanced meals to homebound seniors and serve another 88,800 meals in the Center’s dining room and at five other walk-in dining sites in San Francisco. In addition to Mission Nutrition’s home-delivery and community meal programs, last year On Lok provided more than 230,000 meals and special diets to seniors in its Program of All-Inclusive Care for the Elderly (PACE). For older adults, these meal programs are often the difference between living and community meals programs, last year On Lok provided more than 230,000 meals and special diets to seniors in its Program of All-Inclusive Care for the Elderly (PACE). For older adults, these meal programs are often the difference between living independently and placement in a nursing home.

"Nutrition is the most basic requirement for survival, strength and good health," says 30th Street Senior Center Director Valorie Villela. "It’s the first step in empowering older adults to live in the community and enabling families to keep their loved ones at home. That’s why our nutrition programs are the grounding place for independence."

Meals programs in the U.S. were first created as a result of the Older Americans Act (OAA), enacted in 1965, which addressed hunger and food insecurity. “Congress passed the OAA because many older adults were under the poverty level and there were reports of seniors eating canned dog food to survive,” says Valorie. "The first Title 7 of the U.S. Code established meal requirements to help low-income adults eat well. Meal sites and nutrition programs sprung up to combat malnutrition in older people. And food opened the door for people to come to community centers."

Today food insecurity in the Bay Area is growing because of the high cost of living and the increasing number of homeless older adults. Forty percent of seniors served by Mission Nutrition live alone, and their average age is 85, which makes them more susceptible to food insecurity, hunger, and the health problems associated with poor diets. Proper nutrition is often challenging even for seniors who receive vouchers for groceries.

“You have to be a very clever shopper to plan and shop for several balanced meals,” says Cinthia Angulo, Nutrition Operations Manager at 30th Street Senior Center. “Our registered dietitian creates balanced meals that meet the nutritional guidelines for older adults, as well as modified meals for individuals with doctor-prescribed dietary restrictions. Menus change every six weeks to take advantage of seasonal ingredients. Everything is made from scratch and reflects a wide variety of food traditions, including Latin American, Asian, and American cuisines.”

Nutrition has always been the cornerstone of On Lok’s programs. “Nutrition is a core need that we take to heart," says On Lok’s CEO Grace Li. "One of the criteria for assessing seniors for PACE is their ability to prepare meals for themselves. On Lok has become a major force in nutrition services for Bay Area seniors of all ages, leading the way through both PACE and Mission Nutrition home-delivered and community meals programs. In addition to feeding the body nutritious food, these programs promote a broader understanding of wellness and connect seniors to each other and to our dedicated staff, nourishing souls and minds with companionship and human interaction.”

**Home-delivered Meals: Nourishment and Social Contact for the Homebound**

“One year of home-delivered meals costs about the same as one day in a hospital.” San Francisco Office on Aging, “Nutrition Needs Assessment Findings - October, 2012”

Jose Mejia is one of six drivers based at 30th Street Senior Center who deliver meals to the homebound. He has been with On Lok for six years and has developed a personal relationship with the seniors on his route—he knows who might still be asleep when he arrives, and who will be waiting right inside their door. Some people ask him to telephone before ringing the doorbell, and Jose is happy to oblige.

His first stop today is an old duplex in the Mission. At the top of a steep flight of stairs, 90-year-old James Cotter welcomes Jose with the familiarity of a relative. Despite having lived in San Francisco since 1950, James has not lost his British accent. “The food is very beneficial,” he says. Jose hands James his meals and then follows him inside to make sure he has everything he needs for the day. “Keep up the good work!” waves James from his doorway when Jose takes his leave.

The older adults who receive Mission Nutrition’s deliveries come from diverse cultural and ethnic backgrounds; 83 percent have a very low income, 35 percent are over 85 years old. They are referred to the program by the City and County of San Francisco Department of Aging and Adult Services (DAAS), which tracks vital data on hunger...
Drivers are also mandatory reporters of elder focused and family-driven holidays. Drivers tell us hot meal on Thanksgiving and Christmas, family- and health challenges. That's why we deliver a safe and connected in spite of limited mobility Cinthia. “This daily contact helps older adults stay isolation. “Drivers serve as daily visitors and Mission Nutrition also helps to reduce social seniors said the change literally saved their life.”

“We meals for Saturday and Sunday. Meals are hand- delivered by the drivers, never left on porches. On Lok is one of only two organizations in San Francisco to offer this level of service. Providing a Unique Level of Meal Service in the Bay Area

“Meals on Wheels used to be the only local program providing a two-meal package,” says Cinthia. “Then last year we sent out a survey and found out that many people were saving half of their delivered meal for dinner. The cost of food can be a problem for seniors living on Social Security; sometimes they cut food instead of medication to make ends meet. So we looked for more funding from the City and in July of last year, with support from DAAS, we started supplementing our main hot entrée with milk, fruit, bread, sliced meats and cheese for a second meal. This helped out a lot of people. Many seniors said the change literally saved their life.”

Mission Nutrition also helps to reduce social isolation. “Drivers serve as daily visitors and safety net for seniors on their route. They may be the only person the senior sees all day,” says Cinthia. “This daily contact helps older adults stay safe and connected in spite of limited mobility and health challenges. That’s why we deliver a hot meal on Thanksgiving and Christmas, family- focused and family-driven holidays. Drivers tell us participants who are alone really appreciate that.” Drivers are also mandatory reporters of elder abuse and are trained annually to recognize the signs of potential neglect, abuse or self-neglect. In the past, drivers have found seniors in distress and were able to call for help.

Jose has the keys to the houses of many seniors on his route. “Sometimes if they are unable to come to the door, I leave the food in the refrigerator,” he says. “But I like to check in and chat—ask them if they need anything, if everything is okay, if they like the food. When I see something different, I let my manager know.”

Mission Nutrition drivers usually complete 30- 40 deliveries a day. Participants’ feedback about the service has been consistently enthusiastic. “I don’t just like it—I love it!” says participant Gilbert Chavis, who has has been receiving deliveries for four years. “It’s extremely helpful. The food is good. The delivery person is an excellent human being. I am so grateful and so appreciative. I look forward to it every day. It’s a lifesaver.”

Community Meals: Feeding the Hungry, Reducing Isolation

Back at the 30th Street Senior Center, a crowd of seniors has already gathered, waiting to eat. In the lively atmosphere of the Center’s dining room, lunch is served Monday through Saturday, including holidays, when many older adults would otherwise be alone.

In addition to a hot, three-course meal, seniors are given an opportunity to eat in a community setting where they can socialize. These simple actions lead to healthier living and more wholesome dietary practices, while reducing isolation and combating loneliness.

Although there is a $2.50 suggested donation for meals, nobody is denied service for inability to pay. “But this doesn’t mean our meals are free,” explains Valorie. “Our cost is about $10 for each community meal and $12 for each home-delivered meal. Sixty percent of our budget comes from grants from DAAS, we fundraise to pay for the rest. That’s why we need to engage the community to support our mission.”

Community meals are often the entry point to On Lok’s continuum of support. Healthy, newly retired seniors may join 30th Street Senior Center to have lunch and socialize, and then begin to participate in one or more of its 50 weekly activities and programs. As they age, seniors may start to use the home-delivered meals program. And, as they become more frail, they may decide to enroll in PACE comprehensive care, offered on the 2nd floor of the 30th Street facility.

The majority of Mission Nutrition participants are independent elders like Jeanie Wisher. She can’t afford day care and regularly attends the Center, where she enjoys dining in a social setting. “The Center is really wonderful, that’s why I come every day but Sunday, when it’s closed. I have made a lot of friends here. It gives me a reason to get up in the morning,” she says.

Jeanie has lunch with the same people every day. “The meal is excellent. Food has become so expensive, if I didn’t eat here I would have to buy cheap and unhealthy food,” she says. “And the staff and volunteers in the dining room are great people.”

After lunch, Jeannie uses the computer lab until 4pm, when the paratransit picks her up and takes her home. But, as Jeannie points out, 30th Street Senior Center is more than a place where she can eat and spend a fulfilling afternoon. “I feel at home when I’m here.”
On Lok Donors

On Lok thanks its generous donors who gave between October 1, 2017 and December 31, 2017.

PG&E Supports Our Senior Housing with CARE

As a qualified nonprofit, On Lok enjoys reduced electric and gas rates from PG&E for its community housing units.

Please note that, beginning in 2019, we will be acknowledging our donors semi-annually in the On Lok News.

Thank you for your generous support of On Lok's healthcare and social programs for seniors.

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On Lok Celebrates! is on the horizon and gearing up to top last year’s success with an evening program of conversation, live entertainment, and food tastings, set against the spectacular backdrop of downtown San Francisco by night at the newly renovated City View at Metreon.

Back by popular demand as our emcee is Liam Mayclem, the Emmy award-winning host of “Eye on the Bay” and “Eat Drink SF,” who electrified our sold-out event last year with his quick wit and enthusiasm for On Lok’s mission and the seniors we serve.

The program for the evening includes 13 chef stations featuring cuisine with a global flavor. Returning to Celebrates! are chefs from China Live and Koi Palace and dessert guru Gerhard Michler.

Joining this already stellar line up: SA5 Steak Lounge, Le Soleil, PPQ Dungeness Island, Crystal Jade, Socolat Chocolatier, Okane, and a special partnership with-up and-coming caterers from the Mission District, the non-profit La Cocina. Also returning by popular demand is On Lok Kitchen, serving favorites from a variety of cuisines and cultures.

This year’s live auction features exclusive selections for all interests and tastes: a sports package featuring a framed and signed Steph Curry jersey; a cocktail hour for 10 people from Betty Zlatchin catering; a culinary tour of the San Francisco Ferry Building led by Liam Mayclem; a butchering 101 class with wine pairing dinner at Bacchus Wine shop; and Chef’s Table at Eight Tables, China Live’s exclusive dining experience, where a chef will prepare dinner right at your table.

“These auction items are designed to be a hit, so plan accordingly with your significant other and help us raise as much money as possible for senior programs and supportive services that really make a difference in the lives of older adults and their families,” said Chief of Development John Blazek. “We look forward to spending an evening with our community of supporters and making new friends.”

Purchase tickets to On Lok Celebrates! today at www.onlok.org/events.

PACE Centers Open Doors to Visitors for Tours in April and May

Discover why the Program of All-inclusive Care for the Elderly (PACE) is a groundbreaking model of senior care. In April and May, PACE Centers in the East Bay and the South Bay are welcoming visitors for tours. The Peralta PACE Center in Fremont is also hosting a health fair with the participation of community partners. For additional information or to reserve your spot for a tour, call 888-886-6565, TTY 1-415-292-8898 or email info@onlok.org.
ON LOK NEWS

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YOUR AMAZING BRAIN IS AGING

Learn from UCSF brain experts how to keep it active and healthy.

The UCSF Memory and Aging Center, through the Global Brain Health Institute and On Lok, is pleased to invite you to Active Mind/Healthy Brain, a series of five free lectures on aging and how to maintain your physical and cognitive health.

- May 3: Our Aging Brains: What Does It Mean to Age?
- May 10: The Workout and the Brain Workshop
- May 17: Isolation and Social Engagement
- May 24: Nutrition and the Brain
- May 31: Cognitive Stimulation

Lectures are from 5pm to 6pm. Light refreshments will be served at 4:30 pm. All lectures are free and open to the public.

For more information and to reserve your place, please RSVP at (415) 950-2223 or register online at onloklectures.eventbrite.com.

Space is limited. RSVP or register online today!

Help Us Acknowledge Your Gift

When making a donation dedicated to someone, please use the form below so we can acknowledge your gift by sending a note of thanks to the person(s) honored or his/her family. Please print clearly.

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For questions about this form, please contact Patricia Buckner at pbuckner@onlok.org

ON LOK NEWS welcomes your story ideas, questions, and feedback. Please call (628) 208-8438.

For additional information about On Lok and its programs, visit onlok.org.