Congratulations to Always Active!

In 2013 the Program served 757 seniors. Always Active is getting more popular among seniors citywide. This success would not be possible without our individual, foundation and corporate supporters. Kaiser Permanente awarded a grant of $20,000 to help 30th Street Senior Center implement Always Active in 2014. James Illig, Community Benefits Manager at San Francisco’s Kaiser Permanente, shared why Kaiser Permanente believes it is important to support the health of frail and vulnerable seniors in the community: “Kaiser Permanente San Francisco wants to fund evidence-based strategies that directly link with our Community Benefit Plan. On Lok 30th Street’s proposal was exactly what we were looking for — a proven way to develop and sustain physical activity in at-risk seniors. We are attempting to control obesity rates and correlated chronic diseases among our members and in the communities where they live by supporting "healthy eating, active living" (HEAL) strategies that work. 30th Street Senior Center’s Always Active is just that: a successful intervention that has been validated by UCSF research and still being monitored by Dr. Christian Thompson of the University of San Francisco. The 30th Street proposal was so good that I used it as a training guide for our committee of reviewers!”

Read the details about the check presentation in the On Lok News Summer 2014 issue.

1. Zumba lesson – a warm up before the Autumn Magic Celebration 2013 begins.

2. Representatives of the Catholic Charities CYO receive Outstanding Collaborative Partner 2013 Award at the Autumn Magic Celebration.

3. Bill Chow, representing Valley Services, Inc., which was named Outstanding Collaborative Partner 2013.

4. Valorie Villela, Director of 30th Street Senior Center, presents Outstanding Philanthropist 2013 Award to the Greater Mission Rotary Club in San Francisco, represented by Nina Pellegrini.

5. Left to right: Frances Burns, Outstanding Volunteer 2013 – 25 years; Rosa Tello, Outstanding Volunteer 2013 – 30 years; Valorie Villela; Green Mann – Bill Fox Special Volunteer Achievement Awardee.

6. 30th Street Senior Center hair salon grand reopening.

7. 30th Street Seniors celebrate Holiday Season 2013.

8. Pacific Gas and Electric Company Foundation awarded $1,000 in support of the Nutrition Program. Lori Austin and Alva Svoboda came to the Center to present the check. Our seniors say “THANK YOU!”

9-10. Supervisor Scott Wiener visited 30th Street Senior Center to wish our seniors Happy Holidays and serve warm and delicious lunches in the Dining Room.

Photo Credits: Frank Jang and Eric Gavidia
A MESSAGE FROM THE CEO

Dear Friends,

Thank you for being part of the On Lok Family! I am deeply grateful to our supporters, volunteers, staff and Board of Directors for their continued long-term support and guidance. Much of our success is due to your support. I am humbled by the generosity of On Lok donors and their commitment to On Lok and the seniors we serve. Every gift counts and together we make sure that our seniors age with dignity and enjoy life in the community for as long as possible.

In this first color edition of On Lok News we are excited to highlight the important work of 30th Street Senior Center. Please mark your calendars for the On Lok signature events in 2014. In this issue, you will also hear from Lillian Poon, the outgoing President of Friends of On Lok, and discover the secret recipe of Rosa Tello, Outstanding Volunteer 2013 at 30th Street Senior Center. We acknowledge our supporters who generously gave between October 15, 2013 and January 10, 2014 on pages 4 and 5.

On December 14, 2013 our long-term Board Director, Herb Golpenpaul, passed away. Herb was a dedicated volunteer and Board member for many years. He is missed by all who knew him.

Your philanthropic support is more important than ever. Thank you for being part of the On Lok family!

Sincerely,

Robert E. Edmondson
Chief Executive Officer

Healthier Living Program Gets Acknowledged for their Excellent Work!

California Healthier Living Coalition acknowledged the San Francisco Healthier Living Coalition led by 30th Street Senior Center for “Distinguished service and commitment to Chronic Disease Self-Management Education and excellent work in building program infrastructure and sustainability.”

Statement from FOL President, Lillian Poon

My Dear Friends of On Lok Family,

Thank you so much for giving me the opportunity to serve as the Friends of On Lok President for the past two years. It has been an honor. There are many people to thank for all their support by being fellow Friends of On Lok Board Officers: Maria Yuen as Vice President, Ruth Wong as Recording Secretary, Bea Wong as Treasurer, Wanda Wong as Corresponding Secretary and Community Liaison, and Cynthia Yee as Parliamentarian. There were Committee Chairs: Marjorie Chun and Nellie Go as Volunteer Coordinators, Margaret Mar as Hospitality Chairperson, Rachel Ham as 25th Anniversary Chairperson, Doris Grover, Esther Li, Darlene Mar, and Cynthia Ye as the 24th Anniversary Generations Fashion Show Production team and Rosanna Kwok and Wanda Wong as the 25th Anniversary Generations Fashion Show Chairs. Without all of you, my job would have been much more difficult. Thank you from the bottom of my heart for all your encouragement and participation.

During my tenure, I was able to get an up-close look at how On Lok Lifeways centers operate. It is so heartwarming and impressive to see the care that goes into our participants from the food they eat, to the activities, and to their daily care, in other words, what On Lok Lifeways is all about. I see the future expanding into more communities and I commend Robert Edmondson, his hardworking staff, and the Board of Directors for continuing to spread their vision of On Lok Lifeways reaching as many frail seniors as possible.

It is only with an open heart and an open mind that an organization can grow and expand. Friends of On Lok needs new ideas and new membership. I hope everyone will work together to continue what the forefathers of On Lok Lifeways stood for, which is to provide the best support for the frail seniors of our large community by donating your time and resources.

Best wishes to everyone as you start 2014, with the new Friends of On Lok Board of Directors and President, Marleen Luke. Thank you again for giving me the privilege of representing you. Remember, we are all Friends!

Warmly,

Lillian Poon

Meet the New Leadership of Friends of On Lok

Marleen Luke, President
Maria Yuen, Vice President
Darlene Mar, Recording Secretary
Avis See-Tho, Corresponding Secretary
Beatrice Wong, Treasurer
Terry Chiu, Hospitality Chair
Cynthia Yee, Ways and Means Chair
Lillian Poon, Parliamentarian
Ivy Tam, Volunteer
Pat Chin, Volunteer

Left to right: Ken Wong, Healthier Living Coordinator, Jean Grady, Health Promotion Program Manager, and Carmen Lee (Healthier Living Program Assistant)
Rosa Tello: 2013 Outstanding Volunteer – 30 Years of Service

Rosa Tello made a promise to God to serve humanity. She has worked hard to keep that promise, volunteering at 30th Street Senior Center for the past 30 years. Rosa says: “Volunteering is a gift that God has given everyone: the rewards make one feel good about themselves and others. Volunteering at the Center gave me the will to live and to serve.”

Every morning, before lunchtime, Rosa quietly works ensuring that 108 place settings at the 30th Street Senior Center Dining Room are set with silverware, condiments and salads. The little details like flower arrangements or a timely placement of the box to collect lunch tickets show Rosa’s commitment to making the lunchtime experience pleasant for seniors.

Rosa gives generously of her spirit to her coworker volunteers and to the Center’s employees. Her loyalty, commitment, dedication and love of the Center are demonstrated in all she does. She has been one of the most reliable volunteers, who attends all meetings and assists the staff when needed. Rosa has donated an average of 1,380 hours per year or 41,400 hours in 30 years! That is almost five full years non-stop. She also makes her daily donation for the meal as well as the pledge campaign, which assists the Center to pay for its operating costs. Her favorite part of being at the Center, besides volunteering, is dancing on Fridays, socializing with friends and sharing jokes. Rosa told us that she feels lucky to have been a part of the Center during the new developments and changes through the years, and so are we. Thank you, Rosa, for creating warmth at the Dining Room and for your 30 years of service!

30th Street Seniors Lean On Circle of Unity

In December 2013, 30th Street Senior Center held its Annual Volunteer Holiday Luncheon. During the luncheon staff and seniors held a Circle of Unity. The Circle of Unity highlights the importance of being connected, especially in later years in life. We hope you will be inspired by the Circle of Unity poem in English and in Spanish!

Let The Circle Hold You

Let the Circle hold you
-in joy and sorrow
Let the Circle hold you
-in gain and loss
Let the Circle Hold you
-in sickness and health
Let the Circle hold you
-in the ups and downs
Let the Circle hold you
-in ability and disability
Let the Circle hold you
-in sleeping and waking
Let the Circle hold you
-in the light and the dark
Let the Circle hold you
-in hellos and good-byes
Let the Circle hold you
-in togetherness and aloneness

Deje Que El Círculo le abrace
-en el goce y la tristeza
Deje Que El Círculo le abrace
-en la pérdida y la ganancia
Deje Que El Círculo le abrace
-en la salud y la enfermedad
Deje Que El Círculo le abrace
-en las subidas y las bajadas
Deje Que El Círculo le abrace
-en la habilidad y con las deshabilidades
Deje Que El Círculo le abrace
-en el dormir y en el estar despierto
Deje Que El Círculo le abrace
-en la luz y en las tinieblas
Deje Que El Círculo le abrace
-en las bienvenidas y los adiós
Deje Que El Círculo le abrace
-en la soledad
Deje Que El Círculo le abrace
-en la abundancia y en la pobreza
Deje Que El Círculo le abrace
-en los inicios y en las terminaciones

Deje Que El Círculo le abrace
-en el sueño y en el estar despierto
Deje Que El Círculo le abrace
-en la luz y en las tinieblas
Deje Que El Círculo le abrace
-en las bienvenidas y los adiós
Deje Que El Círculo le abrace
-en la soledad
Deje Que El Círculo le abrace
-en la abundancia y en la pobreza
Deje Que El Círculo le abrace
-en los inicios y en las terminaciones

Look around you and feel the energy from the hands you hold —The Circle is made of beauty, strength, care, diversity, and wisdom. Know that you are being held by the 30th Street Community Circle today and throughout the year. Thank you for choosing to be an important part of the Circle.

Miren a su alrededor y sientan la energía de las manos que Ustedes aprietan-El Círculo esta hecho de belleza, fuerza, cuidado, diversidad y sabiduría. Sepan que Ustedes, están siendo abrazados por El Círculo que es nuestra comunidad aquí en la Calle 30. No solo hoy, pero a través de todo el año. Muchísimas gracias por elegir ser parte tan importante de este Círculo.

Rosa Tello’s Secret Recipe Revealed: Salvadoran Quesadilla!

Mix the following ingredients:
- 1 Cup of Milk
- 2 Cups of “Complete Pancake Mix”
- 1 Cup of Sugar
- 1 Cup of Parmesan Cheese
- 2 Eggs

Melt 1 cup of butter and add to the mix
Pour into a pan. Add sesame seeds (optional)
Bake at 350 degrees for 30 minutes
We are deeply grateful to 30th Street Senior Center’s generous supporters who donated between October 15, 2013 and January 10, 2014.

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Long-time On Lok donor Ruth Yee Fong – friend and former neighbor of Friends of On Lok co-founder Beatrice Wong – capped off 2013 by establishing a named endowment fund at On Lok. Such funds can be established with as little as $20,000, so long as they’re topped up to a minimum value of $50,000 within five years. Such funds are a popular way to ensure that the donor’s heartfelt support for a nonprofit they love is carried on in perpetuity. Now, after supporting On Lok since 1990, Mrs. Fong can rest assured that On Lok participants will continue to benefit from her support for years to come. For more information on how to set up a named endowment fund, or for answers to questions about how to include On Lok in your retirement and estate planning, please contact Development Director Ian McCuaig at (415) 292-8300 or imccuaig@onlok.org.
IN THIS ISSUE...

- The events schedule for 2014 is out. New locations and exciting opportunities – mark your calendars!

- Stay healthy and young at heart with 30th Street Senior Center seniors!

- A special message from Robert E. Edmondson, Chief Executive Officer

- Meet the new leadership of the Friends of On Lok and the message from the outgoing President, Lillian Poon

- Rosa Tello, Outstanding Volunteer 2013, shares her secret recipe

- First time in On Lok News history: special acknowledgement of our Leadership Circle donors!

…and much more in this new edition of On Lok News…