

Powell Participant Mural: The Labor of Love

On October 29, 2012, On Lok's Powell Day Health Center hosted an opening ceremony for the Powell Participant Mural, attended by the participants, staff, supporters, the community and Chinatown newspaper reporters. After cutting the red ribbon and taking photos, the Ceremony attendees were mesmerized by the Lion dance performed by Wah Ying Association. The event concluded with words of many "thank yous" to all those who contributed to the mural creation and a delicious cake.

When Barnaby Hall, Activity Therapist, started working at the Powell Day Health Center, he noticed the strong spirit and creativity of participants which had no outlet for expression. Barnaby decided to offer programming to seniors that promotes artistic expression through a ceramics and mural class taught on Mondays and Wednesdays at the Center. Instantly, Barnaby noticed a difference in those who took part in the art programs. Participants who would not engage in any sort of large group activities in the past were suddenly involved and creating amazing pieces of art. As the ceramic pieces grew so did the

When we open our eyes,
we see beyond ourselves.
When we open our ears,
we listen beyond ourselves.
When we surrender to
this attraction,
we grow in self-awareness.

~ Wisdom from the
Elders of the Senecas

interest in the class. Almost two years and twenty boxes of ceramics later, Barnaby was running out of space for the wonderful creations. Participants had been excited at first to share them with their families, but you can only have so many decorative coasters and doorstoppers in your home. It was then that Barnaby decided to immortalize participants' art creations on a wall. That is how the idea of the mural came to life with a vision to grow the healing power of creativity and community spirit at the Powell Center.

The design was conceived by participants and executed by the Activity Team, professional artist, Greg Clayton, City College's ceramics teacher, Aisjah Hopkins, Robin Mann and Angela Borges, the Facilities team and countless others in the On Lok family, who provided support and encouragement. It was truly team work and, as Barnaby proudly notes, "a labor of love"!

Greg Clayton led the design of the wall's theme. He instituted a six month program, working with the participants and the staff on creating a volume of naturalistic images. Drawing classes were conducted weekly, through small groups within On Lok's exist-

ing therapeutic program. A body of work, mostly water colors and drawings, was formed. These works of art have been archived and distilled into the final presentation of a permanent large scale painting. Angela Borges, On Lok's Horticulturist, designed the garden to highlight and complement the extraordinary multi-dimensional

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SAVE THE DATE

On Lok's 2013 Spring Banquet will take place on May 1, 5:30-9:00 pm at the Intercontinental Hotel, 888 Howard Street, San Francisco.

Please contact our Events Officer by phone (415) 292-8732 or email: events@onlok.org for tickets or information about this event.



Top: The Powell Team

Above: Detail of the finished participant mural at On Lok's Powell Day Center

Right: The mural begins to take shape

mural. The diverse plants were selected for their uniqueness and were provided by Angela, Vee Horticulture and Merritt College Landscape Horticulture Department. The inspiration came from Vanessa Kuemmerle, Nani Fitzpatrick, Pam Pierce, the Powell Center community and the staff.

This mural has a deep meaning. The majority of design and art of the mural was created by On Lok's participants, many of whom have memory loss or dementia, but they still have something important to say and contribute to society. Today, the participants know that their creation will stay here for generations to come. The mural occupies the atrium, a "common" space. What was a blank wall has been transformed into a huge twenty by twenty foot art piece, containing figures from Chinese mythology, nature, and animals. It was created from ceramics and paint, and has three dimensional components. Through the viewing and further contemplation of this work, within the confines of the safe place, the mural encourages discourse between the participants and the community beyond the doors of the Powell Day Health Center. Furthermore, visual arts, as in music and movement, may enhance knowledge of oneself, one's society and whatever there may be beyond. Many of the participants and staff have been deeply moved and transformed by the experience, and the mural has taken on a life of its own! We are honored to celebrate the creativity, wisdom and artistic legacy of the Powell Participant Mural. ◦

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

Dear Friends,

As we begin the New Year 2013, we reflect on our accomplishments in 2012 and look into the future. In 2012, we celebrated On Lok's 40th Anniversary. With many successes in the past decades, we are looking forward to the new horizons. Our Peralta Center in Fremont was opened



in May and offers comprehensive care to as many as 120 low-income frail elders. The 5th Annual On Lok Conference on Sustainable Long Term Care focused on Cultivating Healthy Aging and was held at UCSF's Mission Bay campus in September. The

conference brought outstanding participants and speakers and generated much attention. During the conference, one theme particularly stood out: the future of the healthcare system and the shape the services for elders will take in the age of modern technology and a changing economic and political environment. In October, 30th Street Senior Center hosted its annual Autumn Magic event to acknowledge senior creativity. At On Lok, we know firsthand about the therapeutic effects creative arts have on the wellbeing of seniors. Our outstanding leaders and ambassadors, Friends of On Lok, celebrated their Silver 25th Anniversary in November.

While there are new businesses in the field of senior care, what makes On Lok stand out is our expertise and experience in Long-Term Services and Supports (LTSS). On Lok is a leader in serving frail seniors with a "secret sauce" that we sometimes describe as organized compassion delivered via integrated medical and non-medical services. In 2013 and beyond, we will continue to ensure that our seniors receive the most comprehensive state-of-the-art care services. Partnerships and collaborative projects with leading organizations in the field will be especially important to achieve these goals.

I want to express our deep gratitude to the participants and their families, staff, volunteers and all, who consider themselves the On Lok Family. On behalf of On Lok, I would also like to acknowledge and thank our individual, institutional and corporate supporters, who continue to provide the important funding for our innovative programs that directly benefit our participants.

Sincerely,

Robert Edmondson
Chief Executive Officer

On December 13, 2012, On Lok hosted a Donor Appreciation Reception at the Rose Center to thank our donors and friends for their commitment and support.



Top Left: Robert Edmondson, CEO of On Lok, and Eric Harrison, On Lok Board Member

Top Right: Dr. Mildred Tsang, Mrs. Lillian Poon and Mrs. Nadyne Orona

Center: On Lok's long-term supporters and FOL members

Lower Right: Robert Edmondson, Susan Go, Dr. Mildred Tsang and Dr. Wellman Tsang

Photography by Frank Jang



Friends of On Lok Annual Generations Fashion Show

The Friends of On Lok hosted its 24th Annual Generations Fashion Show Luncheon on October 6, 2012. Elegant center-pieces on the tables, glamorous fashions, breath-taking performances, generosity of supporters and sponsors, and the hard work of our volunteers made the event unforgettable. The Chinatown Costume Library generously loaned their exquisite costumes, which were donned by our Imperial Court at the fashion show. It was a great success!

PARTICIPANT / VOLUNTEER PROFILE

Participant Profile: Ann C. Lin

Ann C. Lin has been with On Lok for six months. She is 81 years old and is a participant at the Rose Center. Ann was born in China in the city of Wuhan and was the youngest of six children in her family. Her father was a graduate of Columbia University and served as a Minister at the Episcopal Church in Wuhan. Ann's interest was in theology and Christianity. It took her four years to receive a scholarship and get accepted at the Kentucky Christian University. That is how Ann came to the United States in 1965 to study for her Master's degree to fulfill her dream. While at the University, Ann worked at St. Josef hospital and helped nurses with caring for sick children. To complete her Master's degree at KCU, she conducted research on the differences between races in New York.

"With the support of On Lok's staff, I exercise to become stronger."

With no family and connections to support her, it was hard to start a career in America. She, finally, was able to secure a job in a Belgian shipping company in New York. One year, Ann traveled with her church group to San Francisco for



a summer camp. The city seemed quiet and empty in comparison to the loud and never stopping New York. Ann fell in love with the city by the Bay and stayed.

Ann always enjoyed drawing and church music. Since she does not have close family in San Francisco, an opportunity to join On Lok has been a blessing for her. After having fallen, she is now following a series of exercises to make her feel better. "With the support of On Lok's staff, I exercise to become stronger. I hope I can get back to my choir," says Ann. She comes to On Lok twice a week and enjoys the exercise and other programs the Rose Center offers to its participants. She adds with a smile: "Every employee here is dedicated. You

know, they take care of us seniors as if we were their babies." Ann's wish is that there would be more organizations like On Lok to help seniors enjoy life and independence across the United States. Already 88 organizations in 29 states have adopted On Lok's PACE model. ○

"Every employee here is dedicated. You know, they take care of us seniors as if we were their babies."

Volunteer Profile: Lorraine Wong

Lorraine Wong has been volunteering with On Lok for almost fifteen years. She was born and raised in Hong Kong. Lorraine has two sisters and five brothers — "big family!" as she notes herself. Lorraine came to the United States in the 1970s and eventually moved to San Francisco where she had a career in the private sector. She loves to travel. "I would like to travel the whole beautiful world! Some people go to universities and take classes, I learn by traveling! It is so special when you discover cultures, eat strange foods or meet new people." Lorraine is also fond of music, Chinese and Italian operas especially, dancing, and mahjong.



Administrative tasks can often be overwhelming not only to staff, but to volunteers as well. Yet the thousands of letters need to be mailed and folders and materials sorted and collated. Whether it is organizing and staffing folders or helping with appeal mailing, Lorraine is there to help as well with many other assignments. She is always upbeat and any task gets accomplished faster in her hands. "Our elders need all the care they can get, and I want to help where I can. Staff is happy, seniors are happy, and I am happy!" Her secret to staying young and cheerful is simple: "Life is about living now and enjoying every moment." We are deeply grateful to you, Lorraine, for your invaluable service to On Lok's daily operations and the spark you bring to our On Lok family! ○

"Our elders need all the care they can get, and I want to help where I can."

WAYS TO GET INVOLVED WITH ON LOK:

1. Follow us on Facebook by clicking on "like" and share our updates with your networks www.facebook.com/OnLokLifeways
2. Volunteer at one of our centers! Contact us today via email: volunteer@onlok.org or phone: 415-292-8768
3. Join Friends of On Lok. For details, please contact fundraising@onlok.org
4. Take a tour at one of our centers! Contact us today via email: fundraising@onlok.org or phone: 415-292-8733
5. Attend our events! For inquiries contact our Events Officer via email: events@onlok.org or phone: 415-292-8732. Visit: www.onlok.org/events
6. Support us! Be as generous as you can! Every gift makes an impact! www.onlok.org/donate

Caregiver Support Workshop: Reflecting on the Accomplishments

Over 65 million American families and friends provide unpaid care to another adult, sometimes around the clock. Partners, wives and husbands, daughters and sons and friends provide approximately eighty percent of the long-term care in the United States. On average, according to AARP, informal caregivers spend over twenty hours per week providing care. Many caregivers work and have their own families. Often caregivers get stressed, which may lead to depression.

On Lok has social workers who provide support for informal caregivers, but it does not reach all of the caregivers in need of information and resources. Informal caregivers have a lot in common: the same needs, the same questions, the same frustrations. Among On Lok's participants approximately fifty percent are of Cantonese descent. About two years ago, On Lok's team of social workers, led by Jackie Wong, decided to launch a special program for the informal caregivers, especially for those with no or very limited English language skills. That is how a monthly Caregiver Support Workshop was started on a Saturday morning at On Lok's Gee Center. The series is held in Cantonese. A caregiver burnout screening tool is used to measure stress level pre- and post-workshop series.

The traditional caregiver support group idea may not be as popular in the Chinese culture because people do not often feel comfortable sharing their feelings with others. To attract this audience, the committee decided to include an educational component at each event focusing on topics that would be interesting and meaningful to the group. Each educational presentation is led by an expert in that particular field: physician, dietitian, social worker, nurse, or physical and occupational therapist. Some of the topics offered in the past were home safety,

“By engaging these caregivers in a culturally sensitive way we can give them the support they need.”

diabetes management, handling dementia related behavioral issues, advance care planning, preventing and managing hypertension, stress management and self-care. After the

presentation, the audience breaks out into small groups for sharing and discussion. Each session is carefully prepared to help caregivers learn from each other and share their experience and knowledge. On average thirty-five to forty caregivers participate in each workshop. Jackie notes: “By engaging these caregivers in a culturally sensitive way we can give them the support they need.” The workshops are conducted with specific attention to cultural etiquette and language needs. In



Top: Caregiver Workshop participants (left to right) Bernice Leung, Sabrina Cheng, Will Ewald and Alex Liu

Center: Workshop “What Is Dementia?” Above: Group photo taken at Caregiver Workshop participants’ picnic in June 2012

2011, the Workshop Team included: Jackie Wong, social work specialist; Sabrina Cheng, social worker; Bernice Leung, social worker; and, Ben Kao, mental

behavioral health clinician. In 2012, Yuet Mui Fung, social worker, joined the team replacing Ben Kao. The team strives to improve the workshop’s quality to meet the needs of the attendees. That is why a survey is administered to all caregiver participants to evaluate the effectiveness of the content, the format of the workshops and the perceived value.

By providing knowledge and tools to caregivers, we not only enable them to provide better self-care but also give better care. The caregivers learn important facts about aging, which often helps them understand frustrations seniors may have caused or suffered through pain, anxiety, dementia or other factors. As a result many who need care are prevented from early placement in senior homes or other medical facilities and can enjoy a better quality of life in their communities.

Where would Jackie and her team like to take the Caregiver Support Workshop Program? “I have seen a lot of development and evolution of the workshop since the first year. We have met the goal of creating a space to educate caregivers and promote mutual peer support. I anticipate this relationship will continue to grow stronger in 2013”, says Jackie. Securing continued funding is one of the top priorities. Adding workshops in other languages or locations also depends on the resources available for the program. Another goal is to motivate caregivers to shape the future of the program by participating in committee meetings to help

plan for each workshop and propose topics for discussion. The workshop vision is as follows: an empowered caregiver, who knows how to take care of herself or himself and is empowered to share her or his knowledge and experience with peers at a workshop setting and on a daily basis with family and friends. ○

“We have met the goal of creating a space to educate caregivers and promote mutual peer support.”

We are deeply grateful to 30th Street Senior Center’s generous supporters who donated between March 12, 2012 and December 11, 2012.

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Autumn Magic 2012

30th Street Senior Center hosted its annual Autumn Magic Event in October, 2012. The theme of the event, *Harvesting Senior Creativity*, was chosen because fine arts, music, and crafts have enriched the lives of the seniors at 30th Street Senior Center through the programs that were developed in coordination with awardees Community Music Center and Selva Cultural Center. The honorees of the evening included Frances Burns, Bob Erickson, and Hadley Dale Hall for their creative leadership as well as four outstanding volunteers for their service: Carmen Cisneros, Esperanza Guerrero, Rebecca Martinez, and Elvira Mayorga.



Honorees: from left to right: Hadley Dale Hall, Brances Burns and Bob Erickson



Oscar Bevilacqua, Executive Director of Selva Cultural Center, with Valorie Villela



Community Music Center representatives receive an award from Valorie Villela



Valorie Villela with the honorees who have volunteered at the 30th Street Senior Center for over twenty years



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On Lok thanks its generous donors who gave between March 12, 2012 and December 11, 2012.

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Friends of On Lok celebrates its 25th Anniversary in style!

Over the years, the wonderful members of FOL have spent thousands of hours helping raise awareness and funds for On Lok's programs. The celebration night was full of magic: beautiful decorations, delicious food, and wonderful performances! Here is to another 25 years of friendship, teamwork and success!



Friends Of On Lok 2012 award recipients



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Legacy Corner

Honoring Yeung Hoo Ju

Less than three weeks after she and her four-generation family were honored at the Friends of On Lok 24th Annual Generations Fashion Show Luncheon, Yeung Hoo Ju (pictured below) passed away at the age of 97, after six years as an On Lok participant. To further honor her legacy, On Lok received more than 45 gifts in memory of Mrs. Ju, the mother of four, the grandmother of nine and the great grandmother of 11. The entire family of almost 50 gathered together for Christmas in San Francisco's Cow Hollow district, and designated On Lok as the recipient of the family's collective holiday gift for the year. On Lok is deeply touched by this tradition of generous philanthropy passed down through four generations of love and caring.

For more information on planned giving and the *Campaign for the Future* please contact Ian McCuaig, Development Director, at 415-292-8300 or imccuaig@onlok.org.



Lillian Poon, FOL President, and Robert Edmondson, CEO of On Lok



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Email events@onlok.org or call 415-292-8732

Our annual events include:

- 2013 SPRING BANQUET / 15TH ANNUAL GOLF CLASSIC
- 6TH ANNUAL CONFERENCE ON SUSTAINABLE LONG-TERM CARE
- 25TH ANNUAL FRIENDS OF ON LOK GENERATIONS FASHION SHOW
- 30TH STREET SENIOR CENTER ANNUAL EVENT - AUTUMN MAGIC

Consider a Gold Level Sponsorship opportunity, which allows you to sponsor two 2013 events at a reduced rate.

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.
To learn more please call us at 1-888-88-ON-LOK (1-888-886-6565).

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