

2017 SPRING NEWSLETTER

Message from Our Executive Director

Dear Friends,

Happy New Year and wish you all the very best in the Year of Rooster! Please join me to celebrate the 45th anniversary of Greater Boston Chinese Golden Age Center (GBCGAC) ! We are proud to have been serving the elderly community successfully since 1972. Our services and programs are made possible by funds from public and private entities as well as donations from individuals in the community.

Your continued support through your generous donation is very much appreciated. You may place your donation in the enclosed envelope or hand it to our staff member. You may also make your donation on our website at www.gbcgac.org.

Thank you very much for your support!

Ruth C. Moy, Executive Director

Save the Date:
45th Anniversary Banquet

Our annual banquet is scheduled on Wednesday, May 24, 2017 at China Pearl Restaurant , 9 Tyler Street ,Boston Chinatown.

Please join us to celebrate our 45th year of outstanding elder services! Raffle tickets are for sale for \$10 each soon at our senior centers and outreach sites. There are four exciting prizes: \$1,000, \$500, \$300 and \$200. Prizes will be drawn at the banquet. Winning numbers will also be also posted on our website. For details please contact Megan Cheung at 617-357-0226. Ext.205.

New: Smoke-Free Living Program

Funded by Tufts Medical Center, this program will help people who smoke understand the problems caused by smoking and learn ways to quit smoking. We will provide workshop sessions and a health fair to promote a smoke-free living environment. For further information please call Samantha Cheung at 617-542-7458.

Health Insurance
(SHINE Program)Updates

If you are 65 years old, or older, have worked at least 40 quarters, and paid Medicare taxes, you may qualify for Medicare (Part A and Part B), Part C, and D. To apply for a Medicare card, contact social security office.

2017 Medicare Premium increases are according to your part "B" effective date. 2017 new Medicare Part B premium is \$134.

If you need information on Medicare, Medicaid, Prescription Drug, OneCare and other health insurance issues, please contact Soi Kyi @ 617-357-0226 ext: 209 or 857-990-3315

Healthy Diet Rule of 3

- Do not eat **3** hours before sleep
- Eat at least **3** meals a day at regular times
- Each meal needs to include at least **3** food groups
- Cooking with **3** less: less oil, less salt, and less sugar
- Meals needs to include **3** more: more whole grains, more vegetables, and more fiber
- **30** minutes of exercise daily
- Take **30** minutes to eat a meal

--- From: "**Healthy Aging Healthy Eating**" workshops funded by the National Asian Pacific Center on Aging / Walmart Foundation.
250 seniors attended Healthy Aging Healthy Eating workshops between October, 2016 and February, 2017.

Nutrition Program Updates

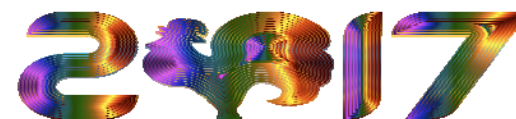
Our nutrition program participants benefit from a well-balanced authentic Chinese meal prepared in our 3,000 square foot kitchen in Somerville. Our menu is designed by our professional team according to the government guideline which is 1/3 of RDA nutrition value. GAC supports local suppliers and businesses for our operational needs. Our team includes a Registered Dietician and 2 assessors available for questions, group counselling or one-on-one sessions. For more information call Wailing Balsley at 617-357-0226. How to join or make referrals to our nutrition program, ask your caseworker or call Raymond Giang or Sammi Dang at 617-623-7560 for more information.

If you are 60 and over you are welcome to enjoy a hot meal Monday through Friday at one of our centers. Become a member at 55 years old for an annual dues of \$2.00 and receive social services and join in various activities, such as dancing, singing, Tai Chi group, computer lessons, ESL classes, health talks, and much more at our three drop-in centers.

Quincy Tower:
5 Oak Street West
Boston, MA 02116
Contact Ann Situ at 617-426-7550

Hong Lok House:
25 Essex St., Lower Level
Boston, MA 02111
Contact Jessica Chan at 617-936-3966

Brighton House:
677 Cambridge Street
Brighton, MA 02135
Contact: Lili Mei at 617-789-4289



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www.gbcgac.org



來自行政主任的一封信

本人謹代表中華耆英會恭賀閣下新年快樂，雞年萬事如意，並藉此機會感謝閣下對耆英會不斷的大力支持。

今年耆英會服務老人社區已邁進 45 個年頭。自 1972 年來，我們幫助了眾多的華裔老人們，令他們能在社區裏保持生活獨立，健康快樂，我們感到榮幸和自豪。作為一個非牟利機構，中華耆英會努力向政府機構取得撥款，同時向私人機構及個人募捐，使各項必需的老人服務得以持續進行。因此，希望閣下能繼續支持本會的老人服務，慷慨解囊相助。

請將捐款放入附上之信封內，寄回本會或遞交給本會職員。閣下還可以在本會的網頁上以信用卡捐款：www.gbcbgac.org。

再次感謝您對本會老人服務的大力支持！

----中華耆英會行政主任梅伍銀寬謹啟

新增服務項目：健康生活與戒煙服務

本會得到塔芙茨醫療中心的資助，提供新的健康服務，倡導戒煙與健康生活，通過中文研討小組形式幫助吸煙人士更清楚了解吸煙引起的問題，並介紹戒煙的方法。詳情請電張姑娘：617-542-7458。

45 周年籌款晚宴

中華耆英會誠意邀請您共賀本會服務長者 45 周年！籌款晚宴定於 2017 年 5 月 24 日星期三晚 6 時在波城唐人街龍鳳大酒樓舉行。幸運抽獎券將在本會各中心及外展中心發售，每張 10 元，頭獎 1 千元，二獎五百元，三獎三百元，四獎二百元。得獎號碼在晚宴上抽出，並登在本會網址上。詳情請聯絡張小姐：617-357-0226 內綫 205。

醫療保險和福利資訊

如果您是 65 歲或以上，至少工作 40 個季度，並支付 Medicare 稅，您可以有資格獲得 Medicare (A 部分和 B 部分)，C 部分和 D。如需要申請 Medicare 卡，請聯繫社會保障辦公室。

2017 年醫療保險費增加根據您的“B”部分生效日期。

2017 新醫療保險 B 部分保費是 \$ 134。SHINE 醫療保險計劃可以為您提供老人醫療保險，醫療補助，處方藥，單一全保險的諮詢。請聯繫 朱太：617-357-0226 分機：209 或 857-990-3315

健康餐飲的“3”規則

- 睡前**3**小時勿進食
- 每日定時吃**3**餐
- 每餐至少吃**3**組食物
- 烹調食物要**3**少：少油、少鹽 和少糖
- 進餐必須要**3**多：多全穀、多蔬菜、多纖維
- 每天運動**30**分鐘
- 要用**30**分鐘吃一頓飯

長者營養服務

耆英會的營養計劃特別為 60 歲或以上長者而設，分別提供均衡的飲食，社交聯誼的機會和營養健康的資訊。我們使用健康的食材和烹調方法，在 Somerville 自設的 3000 平方尺廚房裏烹煮富營養又可口的餐點。我們採用當地新鮮的食材，每份菜單都由本會專業團隊根據政府的三分一 RDA 的營養要求設計並烹製。

我們的註冊營養師和營養評估員提供營養諮詢，解答問題。如有營養方面問題，請電營養師何小姐：617-357-0226；如想參加營養服務，請聯絡你的案例經理，或電本會江先生或鄧小姐：617-623-7560

如果您是 60 歲或以上，歡迎您前往本會在波士頓的三個用餐中心享用中式午餐。中心週一到周五開放，無需預約。各位長者在中心裏除了可以享用中式午餐外，還可以參加自己喜歡的活動，與老鄉們相互交流，結識新朋友。中心的社工都通曉中英文並接受過老人服務和福利方面的培訓，向長者們提供社會服務，解答並協助各類老人福利與服務，例如老人醫療保險包括聯邦醫療保險紅藍卡和麻州醫療補助白卡方面的諮詢與協助，老年公寓以及其他老人福利的申請和更新等。各中心提供的服務和活動非常豐富，各有不同，在此不能盡錄。如想獲取各類服務與活動的具體時間，請向各中心查詢。

Quincy Tower: 君子樓

5 Oak Street West, Boston, MA 02116
聯絡人：司徒小姐，617-423-7560

Hong Lok House 康樂樓

25 Essex St, Lower Level, Boston, MA 02111
聯絡人：陳太，617-936-3966

Brighton House 白禮頓樓

677 Cambridge Street, Boston, MA 02135
聯絡人：梅小姐，617-789-4289

本會的康樂樓是其中一個用餐和活動中心，經過重新裝修後，在 2015 年底正式開放，像君子樓和白禮頓樓一樣，除提供健康午餐外，還安排各項活動及課程給會員，很多會員表示參與中心的活動不只有助健康，也擴闊了社交圈子，有些會員更視中心為第二個家。

當中有一位剛從外州搬來的婆婆，性格內向和缺乏朋友，初到中心時都是獨坐一角，很少和他人接觸。後來中心的員工和其他會員察覺到這婆婆經常孤單一人，就主動和她交談，更在交誼舞班內帶婆婆跟着拍子起舞。久而久之，婆婆與其他會員建立了友誼，每天都期待着到中心，並積極參與各種活動。家人目睹婆婆的轉變，也為她高興。

本會將繼續秉承促進華裔長者的身心健康的宗旨，希望有更多長者透過本會的設施和服務，建立他們的「第二個家」，從而提升他們的生活質素。

