

Join us to celebrate community seniors



ON LOK CELEBRATES THE BLUEPRINT OF SENIOR CARE



G.S. Warriors
"Hype Man"
Franco Finn



Legendary
Chef
Martin Yan



Netflix's
Drink Masters'
Suzu Orellana



Big Blu
Soul Revue
Live Band



Oakland's
"Mother of all DJs"
DJ Black

FRIDAY, MAY 17, 2024

Doors open at 5:30 PM | Pier 27, San Francisco

**tickets for purchase and sponsorship opportunities available:
www.onlok.org/celebrates24**

On Lok Celebrates 2024 will bring together over 600 friends, partners, participants, staff, and volunteers to celebrate our community and fundraise for On Lok services and programs benefiting seniors. This is an event you will not want to miss! With gorgeous waterfront views of the Bay Bridge and two floors of contemporary space for networking, dancing, and entertainment, Pier 27 in San Francisco will make an amazing home for our annual gala.

OPENING RECEPTION: 5:30 PM TO 8:00 PM

FUNDRAISING PROGRAM: 8:00 PM TO 9:00 PM

DESSERT AND DANCE AFTER-PARTY: 9:00 PM TO 11:30 PM

Get ready for a magical evening featuring delicious local and interactive cuisine, live entertainment, and dancing into the night. Our line-up includes:

- Special guest Chef Martin Yan –James Beard Lifetime Achievement Award winner, author, and host of Yan Can Cook with On Lok, a live, virtual cooking series celebrating Chinese recipes and traditions.
- Celebrated mixologist Christian "Suzu" Suzuki-Orellana, from the hit Netflix show Drink Masters
- Dance grooves by Mellanique "DJ Black" Robicheaux, Community "Grand Marsha" for the San Francisco Pride Parade and recipient of the LGBTQ+ Champion Recognition Award from the Urban League of Greater San Francisco Bay Area
- Live entertainment by Big Blue Soul Revue, who will bring their passion for 60s and 70s soul, funk and R&B

Be inspired by our auction and fund-a-need, led by Warriors Hype Man Franco Finn, one of the Bay Area's most sought-after emcees and auctioneers, with 20+ seasons as the in-arena emcee and TV personality for the Golden State Warriors.

We look forward to celebrating with you!

Vitality Arts exhibit at De Young Museum showcases seniors' life stories and creativity



For budding and experienced artists alike, the Vitality Arts show was a once-in-a-lifetime opportunity to display their work in a fine arts museum setting. The open art exhibition, which ran at the De Young Museum in San Francisco through March, was the culmination of a community program designed to foster creativity and social connections among older adults.

Our community became involved with Vitality Arts in 2023, when the Fine Arts Museums of San Francisco offered adults over the age of 55 seven art classes, each eight-weeks long, taught by professional artists in a variety of media.

Members of On Lok 30th Street Senior Center and Openhouse + On Lok Community Day Services, affectionately called Club 75 by its participants, joined peers from other centers and community-based organizations to learn or develop new skills, focusing on experimentation and practice in painting and collaging. Together, they also took trips to city

museums to view art that was relevant to what they were learning in class. Whether seniors were mature artists or taking their first art lesson, everybody had a story to share.

"When I draw something, it opens a little window of what's in my mind," said Irving Rivera, who attended the program with his wife, Ana. "There is so much to learn, I feel I will never catch up."

The Vitality Arts Project For Art Museums, a national cohort of 25 museums, was made possible by a generous grant from E. A. Michelson Philanthropy. To learn more about the project and watch a video about how the program inspired our community, visit <https://www.famsf.org/exhibitions/vitality-arts>

Photos, L-R: On Lok 30th Street Senior Center art teacher and community member Esperanza Villanueva with one of her paintings. Vicky Palacios, Assistant Director of Programs and Operations, Day Services, with participant Ana Rivera and John Blazek, Executive Director, Day Services. Group and museum photo credit: Andria Lo. ■

During troubled times, we can find tranquility and purpose in volunteering.

A message from Manuel Raneda, Volunteers Program Manager, On Lok 30th Street Senior Center



Photos, L-R: Chinese Folk Dance Association volunteer group; volunteers assemble gift bags for home-delivered meals participants; and volunteers write birthday and other greeting cards to seniors.

In times of turmoil and uncertainty, volunteering provides a unique sanctuary where individuals can discover tranquility and purpose amidst chaos.

Engaging in selfless acts of service allows us to shift our focus from personal concerns to the needs of others, creating a sense of purpose that transcends the immediate challenges at hand. The act of volunteering often brings a deep sense of fulfillment as individuals witness the positive impact we can have on the lives of others. This fulfillment, rooted in the act of giving, can be a source of tranquility, providing a reprieve from the overwhelming nature that we often see during troubled times.

Volunteering also offers a structured and meaningful way to channel the energy that we may experience from feelings of helplessness or anxiety during uncertain periods. Instead of being passive observers or recipients of circumstances, we become active contributors to positive change. This active engagement fosters a sense of control and efficacy, providing a counterbalance to the unpredictability of troubled times. By dedicating time and effort

to causes larger than us, we can find a renewed sense of agency, which can be a powerful antidote to the disempowerment that often accompanies uncertainty.

In addition, volunteering creates a supportive community that can be a source of solace during troubled times. Working alongside like-minded individuals who share a commitment to making a difference builds connections and relationships that go beyond the immediate challenges we may face. This sense of community becomes a refuge, offering emotional support and a shared sense of purpose that can have a grounding effect in the midst of uncertainty.

Ultimately, volunteering not only contributes to the well-being of those we serve, but also becomes a source of personal tranquility and purpose for the volunteer, allowing us to navigate troubled times with resilience and a sense of optimism. ■

To learn more about volunteering at On Lok, visit onlok.org/support-us/volunteer/

Behind the scenes with On Lok Mission Nutrition



For families who don't have to worry about their next meal, spending a day with the On Lok Mission Nutrition meal program is a great way to understand the challenges faced by members of our community who are not food secure, even in a city with a high per capita personal income like San Francisco.

Liz Loh thought it would be a valuable experience and at last year's On Lok Celebrates Gala she bid for the opportunity to get a behind-the-scenes, full-immersion look at our meal preparation and delivery program. As the winner of the On Lok Mission Nutrition Ride-along, Liz, her husband Barron Lee, and their two children took a tour of the kitchen at On Lok 30th Street Senior Center, where they helped staff fill trays with freshly prepared food and packed insulated bags of meals for delivery. Once the delivery vans were loaded, the family took off with Mario Rivera, their On Lok driver for the day, to serve the homebound seniors on his route.

"I raised my paddle to do the ride-along because I was excited about the opportunity to have my family (including my two sons) learn more about On Lok's mission, and to meet the community that On Lok supports," said Liz. "We learned a lot from our visit at On Lok. We were so impressed with On Lok's facilities and its goal of empowering individuals to age with dignity and independence. We also really enjoyed doing the ride along. We loved how our driver was greeted at each home with such joy and warmth. Thank you for giving us this opportunity to learn more about On Lok."

This past year, On Lok Mission Nutrition prepared and served over 287,000 nutritious meals, including hot meals and wellness checks to over 550 homebound seniors. ■



L-R: Driver Mario Rivera, Barron Lee and Liz Loh with their two children, and Nutrition Services Manager Will Goodness. Top photos capture moments of Liz and her family's day with On Lok Mission Nutrition.

Address service requested

On Lok receives grant funding for programs supporting the underserved

On Lok is thrilled to have won grant funding to support its programs for vulnerable older adults.

A \$350,000 grant from the San Francisco Human Rights Commission will help to build the staffing and infrastructure capacity of Openhouse + On Lok Community Day Services, the nation's first certified adult day program created with and for the LGBTQ+ community. Affectionately called Club 75 by its participants, the program brings together the experience and expertise of Openhouse, a leading provider of services for LGBTQ+ seniors, and On Lok to provide programming that embraces LGBTQ+ identity and individuality. In Club 75's safe and life-affirming space, LGBTQ+ seniors can engage with their community and benefit from meals, services to support wellness and personal care, transportation, and social activities. The program is offered with a sliding scale discount to make it affordable to all.

Club 75 will also benefit from an \$85,000 HIV and Aging Challenge award from the U.S. Department of Health and Human Services to continue to provide trauma-informed caregiver training for providers working with long-term HIV survivors. The program will offer scholarships to participants living with HIV

who do not qualify for other assistance programs, such as PACE. Openhouse + On Lok Community Day Services is one of ten organizations nationwide to receive this grant focused on HIV and aging and long-term survivors.

We were awarded \$400,000 from San Francisco Health Plan (SFHP) to help launch and provide Enhanced Care Management and Medically Tailored Meals, two new Medi-Cal benefits offered through CalAIM (California Advancing and Innovating Medi-Cal), a multi-year, statewide effort to transform the Medi-Cal program through improved integration of social services and increased support for vulnerable populations with complex needs. These programs offer

intensive coordination of health and health-related services and medically tailored meals to enrollees living with high-risk health conditions. SFHP is a public and nonprofit health plan that provides health insurance to over 190,000 San Francisco residents through Medi-Cal. In partnership with SFHP, On Lok will help California achieve its goals of reaching at-risk Medi-Cal members by leveraging its 50+ years of experience providing integrated, high-touch services for better aging. ■

These grants recognize the value and innovation of our programs to address critical needs and support healthy and equitable aging.



More seniors can now qualify for Medi-Cal

On Lok was proud to stand with stakeholders and advocates from across California to support Assembly Bill 133 for the elimination of the Medi-Cal asset limit.

The Medi-Cal asset limit was previously part of the criteria used to determine eligibility for Medi-Cal, and included property, bank accounts and vehicles. This important change, many years in the making, was signed into law by the Governor on July 27, 2021, and went into effect on January 1, 2024.

Personal assets are no longer counted to determine Medi-Cal eligibility, an important change that allows more older adults in need to access assistance. ■



THINK GREEN AND GO PAPERLESS.

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ON LOK MISSION STATEMENT

To relentlessly pursue quality of life and quality of care for older adults and their families

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ON LOK NEWS is a publication of ON LOK, INC.

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