

KIN ON

健安康健樂頭計劃 二零一八年秋季課程
Fall 2018 (Sep. 1 - Dec. 31)

Healthy Living PROGRAM

BELLEVUE



ASCF Community Center 銀髮族社區中心 (東區)

across from Crossroads Mall

15921 NE 8th St, C-206
Bellevue, WA 98008
Tel: 425.378.8181

SEATTLE



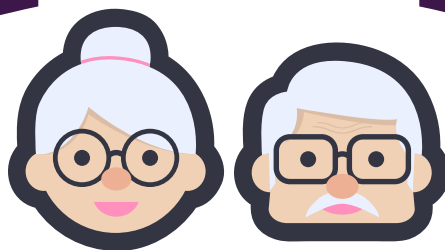
Kin On Community Center 健安社區中心 (西雅圖)

south of Columbia City

4416 S Brandon St
Seattle, WA 98118 (lower level)
Tel: 206.556.2237

Contact Us 聯絡我們:
healthyliving@kinon.org

健安/亞裔銀髮族敬老日
Kin On/ASCF Seniors' Day



樂享 健康生活
Celebrate Healthy Living



頭獎 長榮航空西雅圖往返台北機票

GRAND PRIZE Round Trip Eva Airline Ticket from Seattle to Taipei

Celebrate Healthy Living:

Kin On/ASCF Seniors' Day

Saturday, September 15, 2018, 9am - 2:30pm

@ Eastside Baha'i Center

Join us for a fun-filled day of performances,
presentations, exhibits, and educational activities.
This is a free and family-friendly event.

樂享健康生活：健安/亞裔銀髮族敬老日

星期六，2018年9月15日，上午9至下午2時30分

@ Eastside Baha'i Center

活動包括表演、演講、展覽和教育活動。活動免費，歡迎大家扶老
攜幼出席，一起關心家人的健康。

SATURDAY 星期六

9/15
9:00AM-2:30PM

HEALTH EDUCATION B
FITNESS D
TECHNOLOGY G
ARTS & CRAFTS H
SOCIAL EVENTS J
THOUGHTS ON CAREGIVING K

健康教育 L
康體活動 N
資訊科技 Q
美術工藝 R
社交聚會 T
關顧園地 U

@ Seattle & Bellevue

AARP Fraud Prevention and Awareness for Older Adults

Protect your financial health and private information by learning about the latest fraud trends and valuable prevention tips. Featuring the Con Artist Play Book, Fraud Prevention Strategies and additional resources.

Contact us if interested.

FREE

Adult First Aid, CPR, AED Certification Training

This course is intended for laypersons and non-healthcare professionals. After successful completion of the course, including obtaining a passing score on the written exam, attendees will receive a MEDIC First Aid certificate that is valid for two years. Please bring a bagged lunch. A minimum number of participants is required to start.

Kerry Taniguchi

Contact us if interested. Duration: 8 hours.

Chronic Disease Self-Management Education (CDSME) Workshops

Developed by Stanford University, the Chronic Disease Self-Management Education (CDSME) Program offers

evidence-based workshops developed by Stanford University designed to help people better manage their chronic health conditions. CDSME is a 6-week, 2.5-hour workshop facilitated by two trained leaders. Participants will learn different tools to help manage their chronic health conditions more effectively, including dietary management, exercise, problem solving, decision making, communication, stress management, and more. This program is funded by City of Seattle Aging & Disability Services.

Participants are encouraged to attend at least 4 sessions. Newcomers must wait to register for the next series if they have missed the first two sessions.

Contact us if interested. *If there is a community or group that would like us to hold a workshop at their location, please contact us.

FREE

Hands-Only CPR & Stroke Symptoms Training

This is an express, non-certification training to teach laypersons and non-healthcare professionals techniques and tools that can save lives, including adult hands-only CPR and stroke symptom identification. This class is made possible by a partnership with Seattle Fire Department, King County EMS & UW Public Health students. A minimum number of participants is required to start.

Contact us if interested. Duration: 1 hour.

FREE

FIRST CLASS FREE!

1st

Did you know you can try out a class to see if you like it, free of charge? Restrictions apply, please contact us prior to your first visit.

6 Steps to Prevent a Fall

Many falls are preventable. Stay safe with these tips:

1. Find a good balance and exercise program
2. Talk to your health care provider and ask for an assessment of your risk of falling
3. Regularly review your medications with your doctor or pharmacist
4. Get your vision and hearing checked annually
5. Keep your home safe by removing tripping hazards and installing grab bars in key areas
6. Talk to your family members and enlist their support in taking simple steps to stay safe



FREE WEEKLY SEMINARS @ Bellevue

FREE



Join us every Saturday for a special show and tell. Come share and exchange your stories, perspectives, and culture. No sign up needed.

Saturdays, 10am – 12pm @ Bellevue

- Sep 1** Rethinking Retirement
- Sep 8** Travel Story – East Germany and Elbe River Part 3: Berlin
- Sep 15** Seniors' Day
- Sep 22** Travel Story – East Germany and Elbe River Part 4: Berlin
- Sep 29** Financial Management
- Oct 6** Senior Skiing/October Birthday Potluck
- Oct 13** Travel Story – East Germany and Elbe River Part 5
- Oct 20** Rehabilitation
- Oct 27** Estate and Legacy Planning

November 3 Keep Your Lungs Healthy:
Lung Cancer Prevention & Screening
and November Birthday Potluck

Sponsored by Swedish Health Services



- Nov 10** (To Be Determined)
- Nov 17** AARP Scam Prevention
- Nov 24** Travel Story – East Germany and Elbe River Part 6

December 1 Keep Your Liver Healthy:
Liver Disease Prevention & Treatment
and December Birthday Potluck

Sponsored by Swedish Health Services



- Dec 8** Pre-Planning Funeral Arrangements
- Dec 15** AARP Scam Prevention (Cantonese & English)
- Dec 11** Travel Story – East Germany and Elbe River Part 7
- Dec 29** Annual Appreciation Potluck Party





EXERCISE

@ Seattle

DANCE

Line Dance

Line dance is a fun way to improve memory, strengthen bones, and develop better balance to help prevent falls. Dancing is also a great stress reliever so will you leave class feeling great!

Linda Cheung

Sundays, 9/9, 9/30, 10/21, 10/28 (4 classes)

2:15 – 3:45pm @ Seattle

Members: \$12/series or \$4/class

Non-members: \$20/series or \$6/class

Quickstep

The quickstep is a light-hearted dance of the standard ballroom dances. The movement of the dance is fast and powerfully flowing and sprinkled with syncopations. The upbeat melodies that quickstep is danced to make it suitable for both formal and informal events.

Moliza Wong

Tuesdays, 9/4, 9/11, 9/18 (3 classes)

2 – 3pm @ Seattle

Members: \$9/series or \$4/class

Non-members: \$15/series or \$6/class

Drop-In Table Tennis

Enjoy a friendly game of table tennis! Tournament grade tables are available for your use. Space may be limited on Monday; new players please call before arrival. Paddles available for checkout at front desk.

Mondays and Thursdays, Sep. – Dec.

10:00am – 12:30pm @ Seattle

FREE / *Non-members: \$6*

Gentle Yoga

The class will experience gentle seated and standing yoga movement. Students are welcome to use their own yoga mat or a chair during class. This class is made possible through a partnership with Kanjin Yoga. (Minimum number of 5 students required to start.)

Dee Williams @ Seattle

Zumba®

Zumba® is an exercise in disguise and total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Renee Ragaza-Miller

Wednesdays, Sep. – Dec., 5:45 – 6:45pm @ Seattle

***No Class on 10/3 & 11/28**

	Member	Non-Member
9/5-10/24 (7 classes)	\$21	\$35
11/7-12/19 (6 classes)	\$18	\$30
Drop-in	\$4	\$6

FREE



Experience an energetic, full body workout that is suitable for all fitness levels. This evidence-based group exercise program has been proven to help older adults increase balance, strength and independence. Participants are encouraged to attend three sessions per week for the best results. This program is funded by City of Seattle Aging & Disability Services.



EnhanceFitness® at Kin On

Amy Sue Sinare

Mondays, Wednesdays and Fridays

Sep. – Dec., 9:30 – 10:30am @ Seattle

***No class on 9/3**

EnhanceFitness® at ASCF

Selina Chow and Jennie Lai

Mondays, Sep. – Dec., 9:30 – 10:30am @ Bellevue

Tuesdays and Thursdays,

Sep. – Dec., 9:50 – 10:50am @ Bellevue

***No class on 9/3, 11/22, 12/25**

@ Bellevue

DANCE

Belly Dance

Belly dance is an expressive dance which emphasizes complex movements of the torso. It is fun and burns a lot of calories. (Minimum number of students required to start. Contact us if interested.)

Melinda Lee

Dancerise

Dancerise combines dance and exercise. We do many kinds of dances from different generations. The most important thing is that we dance together for fun and exercise to be healthier. Let's have a more colorful life!

Violet Wu

Tuesdays, 3 – 5pm @ Bellevue

	Member	Non-Member
Sep. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Dance Club

Our dance club offers a great way to meet people and keep fit. Join us for the fun, friendship and entertainment through dancing.

Saturdays, 1:30 – 4:30pm @ Bellevue

	Member	Non-Member
Sep. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

Glorifying Dance

Dance with your heart. We dance to celebrate and sing praises. It's fun and easy to follow. This program is sponsored by Seattle Formosan Christian Church.

Su Seng Dai

Mondays, Sep. – Dec., 10:30am – 12pm @ Bellevue

FREE

Folk Dance

Here's something for everyone whether you are brand new to dancing or have been doing this for years. We offer an opportunity to expand your cultural horizons, meet people, be part of a community, and of course, dance!

Huiling Xiong

Mondays, 1:00 – 2:30pm @ Bellevue

	Member	Non-Member
Sep. (4 classes)	\$12	\$20
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6

International Rumba

Rumba is a fun, sassy Latin-style ballroom dance. This class focuses on technique and style.

Moliza Wong

Tuesdays, 10/2-10/23 (4 classes)

7 – 8pm @ Bellevue

Members: \$12/series or \$4/class

Non-members: \$20/series or \$6/class

Social Dance

Social dances are the perfect way to meet interesting people that share your love of dancing. It is a whole-body workout that's actually fun. (Please contact us first if interested).

Su-Jeng Lin

Sundays, Sep. – Dec., 5:30 – 7:30pm @ Bellevue

Members: \$4 / Non-members: \$6

EXERCISE

Chi-Kung & Chen Style Tai-Chi

By combining movement, breathing and meditation, this class offers Mee-Chung Qi Gong, Tai Chi for health, and Chen's style Tai Chi chuan.

David Pan

Saturdays, 12:30 – 1:30pm @ Bellevue

	Member	Non-Member
Sep. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (5 classes)	\$15	\$25
Drop-in	\$4	\$6



Tai Chi Fan & Yuan Chih Dance

Yuan Chih Dance is a mixture of martial art, physical therapy dance and the chi exercise. With frequent extension movements of arms and legs to increase blood circulation to the brain and other parts of the body, the enchanting dance is an excellent exercise and has the effect of slowing down the inevitable aging process.

Kuei Wu

Sundays, 3:30 – 5:30pm @ Bellevue

***No Class on 9/2, 11/25, 12/23, and 12/30**

	Member	Non-Member
Sep. (3 classes)	\$9	\$15
Oct. (3 classes)	\$9	\$15
Nov. (3 classes)	\$9	\$15
Dec. (3 classes)	\$9	\$15
Drop-in	\$4	\$6

Meditation

Based on his rich experience and knowledge, Dr. Wen would like to show us the path and concept of meditation. Participants will learn how to transform their mind from negative to positive, from disturbed to peaceful.

Vincent Wen

Fridays, Sep. – Dec., 10:00 – 11:30am @ Bellevue

***No class between 10/12 and 11/30**

Members: \$12/series (4 classes) or \$4/class

Non-Members: \$20/series(4 classes) or \$6/class

Mind-Body-Chi

Retired oncologist Dr. Wen combines mind, body and chi to develop this Mind-Body-Chi. With deep breathing and easylearning 10-forms, your mind and body will feel much relaxed. You can be so much healthier by spending 15 to 30 minutes a (New students are encouraged to complete at least one series)

Vincent Wen

Tuesdays, Sep. – Dec., 1:30 – 2:30pm @ Bellevue

***No class between 10/16 and 11/27**

Members: \$12/series (4 classes) or \$4/class

Non-Members: \$20/series(4 classes) or \$6/class

Tai Chi Qi Gong

Tai Chi is an ancient exercise that calms the emotions, clears the mind, and rejuvenates the body. The relaxed, graceful movements employ the timeless concepts of balance, softness, and awareness.

Sue Yeh

Saturdays, Sep. – Dec., 9 – 10am @ Bellevue

FREE

24-Form Tai Chi Chuan

The 24-Form Tai Chi Chuan is a simplified form of Yang Style Tai Chi, consisting of slow continuous, soft and circular movements in a flowing form.

(A minimum number of participants is required to start. Contact us if interested.)



Finding Fitness and Friends *By Mercy Lay, Healthy Living Program Intern*

After Betty fell once while taking her dog for a walk in the forest, her doctor advised her that she needed to improve her balance and coordination to prevent any future risk of falling. It was during that time her friend told her to try EnhanceFitness®.

EnhanceFitness® was challenging at first for Betty. But after a year of practice and strengthening, her body improved cognitively and physically. She is now able to cope with movement coordination and to catch herself if she ever stumbled.

Betty also expressed that the class environment was very comfortable and encouraging. She has been friends with her classmates, either knowing them professionally or as close friends with more than 50 years of friendship. "The advantage is when you are in a comfortable environment, it makes socializing easy and not awkward," said Betty. "Another great joy is that we go out together to eat Dim Sum at Ocean Star or Joy Palace after class."

TECHNOLOGY

@ Seattle

SmartLab 1 on 1 Tutoring

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use Kin On's computers, iPads, tablets, or bring your own device. Please make an appointment one day in advance. 45 minutes per class.

Victus Wong

Wednesdays, Sep. – Dec., 10am – 2pm @ Seattle

***No Class on 10/10, 10/17**

FREE

This project is funded in part by the Seattle Information Department.



SmartLab Group Session

September - How to share pictures without the need to send original pictures.

October - How to search and operate your phone using voice control.

November - How to secure and protect email and financial account access.

December - How to manage email folders and multiple email accounts.

Victus Wong

4th Wednesday of every month

9/26, 10/24, 11/28, 12/26, 1 – 2pm @ Seattle

FREE

This project is funded in part by the Seattle Information Department.



SmartLab Open Lab

Check your email, browse the internet, or enjoy catching up on the latest news using our computers, iPads and Samsung tablets.

Monday – Friday, Sep. – Dec., 10am – 2pm @ Seattle

FREE

This project is funded in part by the Seattle Information Department.



SmartLab Class & Practice Session @ Seattle



SmartLab Class are designed to make technology, simple, fun, and practical for your everyday life. Use Kin On's tablets and computers, or bring your own.

Contact us if interested. SAT 10am - 12pm.

FREE

@ Bellevue

Computer Club

Come and share your tech problems and learn from each other. Use Kin On's computers or bring your own laptops.

Ben Chang

Thursdays, 10am – 12pm @ Bellevue

	Member	Non-Member
Sep. (4 classes)	\$12	\$20
Oct. (4 classes)	\$12	\$20
Nov. (4 classes)	\$12	\$20
Dec. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Mobile Technology Tutorial

Make an appointment with our bilingual IT experts for one-on-one assistance about all things related to technology. Use Kin On's computers or bring your own laptops, phones or tablets. Please make an appointment one day in advance. 45 minutes per class.

Victus Wong

Mondays, Sep. – Dec., 10am – 4pm @ Bellevue

Fridays, Sep. – Dec., 10am – 2pm @ Bellevue

***No Class on 9/3, 10/12, 10/15, 10/19, 10/22, 11/23, 12/24**

FREE / Non-members: \$10



ARTS & CRAFTS

@ Seattle

Open Craft Day E

Enjoy a fun-filled half-day to work on your projects and share a potluck lunch. No formal instruction is provided although there is a lot of sharing of ideas and techniques. Bring your completed projects for show and tell!

1st Tuesday of every month, 10am – 2pm

Sept. 4, Oct. 2, Nov. 6, Dec. 4 @ Seattle

FREE

@ Bellevue

Pencil Drawing ECM

Drawing with pencil is accessible to every skill level. You'll learn basic techniques, shading, compositions, perspective, and much more. Supplies needed: pencils and paper.

David Pan

September, Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Acrylic Painting ECM

Acrylics are water based and it offers opacity (meaning you can paint right over your mistakes) that makes this medium especially appealing to beginners and elderly. Supplies needed: will be discussed during the first class.

David Pan

October, Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Watercolor Painting ECM

Mastering watercolor painting is a skill that requires practice. Let's bring your acrylic paintings to the next level. Supplies needed: will be discussed during the first class.

David Pan

November, Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$12/series (4 classes) or \$4/class

Non-members: \$20/series (4 classes) or \$6/class

Collage with Painting ECM

Join us for a fresh, fun approach to making art. Learn how to use various creative techniques for combining collage and painting to free your artistic voice.



David Pan

December, Saturdays, 1:30 – 3:00pm @ Bellevue

Members: \$15/series (5 classes) or \$4/class

Non-members: \$25/series (5 classes) or \$6/class

Calligraphy M

Learn the art of Chinese calligraphy.

She-Nam Fung

Fridays, 10am – 12pm @ Bellevue

***No class on the last Friday of the month**

	Member	Non-Member
Sep. (3 classes)	\$9	\$15
Oct. (3 classes)	\$9	\$15
Nov. (4 classes)	\$12	\$20
Dec. (3 classes)	\$9	\$15
Drop-in	\$4	\$6

Sewing Class CM

Learn how to take body measurements for accurate fit when making your clothing patterns. You'll also learn to design, cut, and sew.

Mukciau Chiu

1st and 3rd Mondays, 10:30am – 12:30pm, @ Bellevue

Members: \$4 / Non-members: \$6

Ikebana M

Learn the Japanese art of flower arranging with spring flowers! Enjoy arranging fresh flowers from your garden or bought from store. Please bring scissors, fresh flowers, vase and/or metal flower frog.

Belle Tsai

Oct. and Nov., Wednesdays, 2 – 4pm @ Bellevue

	Member	Non-Member
Oct. (5 classes)	\$15	\$25
Nov. (4 classes)	\$12	\$20
Drop-in	\$4	\$6

Craft & Chat @ Seattle

Join us to explore your creativity, share ideas and meet other crafty people! Please bring a snack to share.

Registration and payment required one week in advance of each class. No refunds given for cancellations less than 7 days in advance. *Supplies included unless otherwise noted.



Bleaching! E

The holidays are just around the corner. Make a sparkling greeting card for your family and friends! *Supplies needed: small paint brush and pearlescent watercolor pan set, or Gelly Roll® shimmer color pen.

Jeni Mar

Wednesday, Sept. 12, 10am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class



Bendi Fold Card E

Bendi fold cards are wonderful dimensional cards with side panels that bend inwards, which allow the card to stand upright. Come and create one of these amazing designs!

Ginger Li

Wednesday, Oct. 24,

10:30am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class



Zippy Bags for Everyday Use E

We will walk you through step by step to create your own zipper or Velcro pouch. Students should know basic sewing skills prior to taking this class. Bring your own supplies, materials and sewing machine. (Material kits are available for purchase.)

Gloria Chan

Wednesday, Oct. 10, 10am – 12:30pm @ Seattle

Members: \$5 per class / Non-members: \$10 per class

Material kits: \$8



Washi Paper Card E

Washi is the Japanese word for the traditional papers made from the long inner fibres of three plants, wa meaning Japanese and shi meaning paper. Participants will get to create three cards in this class!

Ginger Li

Wednesday, Nov. 28, 10:30am – 12:30pm @ Seattle

Members: \$10 per class / Non-members: \$15 per class



*for reference only

Intermediate 3D Origami

Peacock Series E C

Create elegant paper Peacock using hundreds of small, folded paper triangles connected by a touch of glue. This series contains two lessons that are progressive in nature. Students are encouraged to attend the full series. *Supplies needed: color paper (~24 pounds weight).

Kit-Ling Poon

Friday, Dec. 7 & 14,

1 – 3:30pm @ Seattle

Members: \$15 per series / Non-members: \$25 per series





SOCIAL EVENTS

@ Seattle

Daytime Mahjong

Drop in or bring a friend to enjoy a friendly game of Mahjong. No formal instruction provided. This class is made possible through a special partnership with Keiro Northwest Nikkei Horizons program.

**1st and 3rd Wednesdays,
Sep. – Dec., 1 – 3pm @ Seattle**

FREE / Non-members: \$6

Karaoke Club

Enjoy an afternoon of singing your favorite songs and reliving memories with other friendly folks. Our current collection includes popular Mandarin, Cantonese, Taiwanese, English songs plus others!

Mondays, Sep. – Dec., 1 – 3pm @ Seattle

FREE / Non-members: \$6

@ Bellevue

Basic English for Beginners

Learn useful English words and phrases including greetings, self-introduction, numbers, dates, telling the time, asking for directions, shopping, and ordering food from a menu. This program is funded by Liu Kuo-Chun Educational Foundation.

Bill Chou (Mandarin/Cantonese speaker)

Tuesdays, Sep. – Dec., 11am – 12:30pm @ Bellevue

***No class on 12/25**

FREE

Family Caregivers Support Group

The goal is for us to have quality (and perhaps even fun) time for mutual support, growth, and affirmation. Together, we will learn, share and celebrate the joy and challenges associated with caregiving. The support group will be facilitated by our social services staff.

Wednesday, 10/3 & 12/5, 11am – 12:30pm @ Bellevue

FREE

Go Club and Bridge Club

Play Go and Bridge with friends.

Saturdays, Sep. – Dec., 1 – 5pm @ Bellevue

FREE / Non-members: \$6

Mahjong Club

We welcome you to play Mahjong and chat! Please make appointment one day in advance.

Fridays, Sep. – Dec., 1 – 5pm @ Bellevue

FREE / Non-members: \$6

Mandarin-Cantonese Language Exchange Meetup

Conversation exchanges are one of the best ways to practice languages. Come join us and learn Mandarin or Cantonese in a fun and supportive setting.

Contact us if interested.

FREE / Non-members: \$6

Music Club

If you love singing, come join us. Feel free to bring your instrument and showcase your talent individually and/or with your friends.

Eugene Wang

Thursdays, Sep. – Dec., 3:30 – 4:30pm @ Bellevue

FREE / Non-members: \$6

Tea Time

Wherever Chinese go, the custom of drinking tea follows. Share your life stories with us over a cup of tea.

Ralph Rei

Thursdays, Sep. – Dec., 1:30 – 3:30pm @ Bellevue

FREE

World History Club

Together we will discover, share, and celebrate our similarities and uniqueness.

Su Seng Dai

Thursdays, Sep. – Dec., 11:00am – 12:30pm @ Bellevue

FREE / Non-members: \$6

10 Free Services Medicare Provides

1. **A “Welcome to Medicare” preventive visit.** This visit is covered one time. This is available only in the first 12 months you are on Part B. It includes a review of your medical history, certain screenings and shots, measurements of vital signs, a simple vision test, review of potential risk for depression, an offer to discuss advance directives and a written plan outlining which screenings, shots and other preventive services you need.
2. **Annual wellness visit.** You’re eligible for this free exam if you’ve had Medicare Part B for longer than 12 months. The physician will review your medical history; update your list of providers and medications; measure your height, weight, blood pressure and other vital signs; and provide you with personalized health advice and treatment options.
3. **Annual mammogram screening.**
4. **Colonoscopy.** A screening colonoscopy once every 24 months is free if you're at high risk for colorectal cancer. If you aren't at high risk, Medicare covers this test once every 10 years.
5. **Diabetes screening.** You’re eligible for two free screenings each year if you have a history of high blood pressure, abnormal cholesterol levels, are obese or have a history of high blood sugar levels. The screenings will also be free if two or more of these issues apply to you: You are over 65, are overweight or have a family history of diabetes, or you had diabetes when you were pregnant.
6. **Prostate cancer screening.** An annual PSA test is free.
7. **Vaccines.** Annual flu shots, vaccines to prevent pneumococcal infections such as pneumonia, and shots for hepatitis B (for those at high or medium risk) are covered free of charge.
8. **Cardiovascular disease (behavioral therapy).** As a Medicare recipient, you also get a free yearly visit with your primary care provider to help you lower your risk for cardiovascular disease.
9. **Lung cancer screening.** An annual test with low-dose computed tomography (LDCT) is free if you are between 55 and 77, don’t have any signs of lung cancer, are a smoker or have quit in the past 15 years, and you have a tobacco smoking history of at least 30 “pack years” (meaning you smoked an average of one pack a day for 30 years).
10. **Depression screening.** A yearly screening is free if conducted in a primary care center where follow-up and referrals are available. Copays may apply for follow-up care.



If you would like to learn more about preventive services under Medicare, please refer to **“Your Guide to Medicare’s Preventive Services”** published by the Centers for Medicare and Medicaid Services. (<https://www.medicare.gov/Pubs/pdf/10110.pdf>)

Are you caring for a relative or a friend who lives with you or in the community? Our **Family Caregivers Support Program (FCSP)** may be able to provide you with free support and resources to accompany you in your caregiving journey. Depending on the needs, services may include consultation, counseling, in-home respite services or financial support to buy eligible medical supplies. If you would like to learn more about the program, please feel free to call 206.652.2330 and ask to speak with one of the social services staff, Michael, Jane or Jerry, or email us at mwoo@kinon.org.

*Information Source: Article Content adopted from <https://www.aarp.org/health/medicare-insurance/info-2017/medicare-free-medical-tests-fd.html>

健康教育

@ Seattle & Bellevue

AARP 防範詐騙講座

了解最新的欺詐趨勢和有效的預防建議，以保護自己和家人的財務安全和私人信息。講座採用AARP騙子伎倆讀本，防欺詐策略讀本和其他資源。

有興趣參加者請與我們聯絡

免費



成人急救/心肺復甦/自動體外心臟去顫器證書課程

此課程為非專業醫護人員而設，並以英語教授和進行測試。成功完成此課程將會獲得兩年有效的MEDIC First Aid急救證書。請自備午餐。本課程需要一定人數開班授課。

Kerry Taniguchi

有興趣參加者請與我們聯絡

課程為8小時

慢性病自我管理課程

慢性疾病自我管理課程是史丹福大學研發的以證據為基礎的講習班，為幫助患者增強管理控制病情的能力。課程為期六星期，每星期2.5小時，由兩位受專業訓練的導師教授。參加者會學到不同的方法來有效地管理慢性疾病，例如日常飲食管理、運動方式管理、問題處理方式管理、溝通及壓力管理。本系列講習班涵蓋的概念是漸進性的。該課程由西雅圖市老齡化和殘疾人服務部資助。

本課程鼓勵參加者參加至少4次課程。如果參加者錯過了前兩節課程，則必須等待下一期課程開班先可以註冊。本課程需要一定人數開班授課。如果有社區團體有意我們到他們的場地舉辦課程，請與我們聯絡。

有興趣參加者請與我們聯絡

免費

心肺復甦及中風症狀訓練課程

這是一堂快速非認證的培訓，教授非專業人員和非醫療保健提供者可以挽救生命的技術和工具，包括成人心肺復甦訓練和中風症狀識別。本課程由西雅圖消防部門，金郡緊急醫療服務和華盛頓大學公共衛生部學生合作提供。本課程需要一定人數開班授課。

有興趣參加者請與我們聯絡

課程為1小時

免費

首堂課免費！

1st

您知道您可以免費嘗試一節課，看看自己是否喜歡嗎？請在第一次上課之前與我們聯繫，優惠受若干條款限制。

6招預防跌倒

意外跌倒大部份是可以避免的，以下是一些家居安全的提示：

1. 參與平衡和鍛煉身體的活動
2. 與醫療保健提供者交談及評估您跌倒的風險
3. 定期與醫生或藥劑師檢查您的藥物
4. 每年檢查視力和聽力
5. 消除潛在絆倒危機，在關鍵區域安裝扶手
6. 尋求家人的協助和支持，採取簡單的步驟確保家居安全





每週主題不同，邀請大家一同來學習和分享。每周演講可能會有變動，想了解當周詳細演講主題請與我們聯絡，或加入我們的電子郵件群組以收到每周的最新資訊。

星期六，上午10:00至下午12:00 @ Bellevue

- 9月1日** 反傳統的退休生活
- 9月8日** 旅遊專題－東德與易北河3：柏林
- 9月15日** 健安/銀髮族敬老日
- 9月22日** 旅遊專題－東德與易北河4：柏林
- 9月29日** 財經專題
- 10月6日** 銀髮族滑雪/10月慶生會
- 10月13日** 旅遊專題－東德與易北河5
- 10月20日** 復健專題
- 10月27日** 遺產與財產規劃

11月3日 肺部健康—肺癌預防與篩檢 /11月慶生會

Swedish Health Services 贊助



- 11月10日** 主題待定
- 11月17日** AARP 防範詐騙專題
- 11月24日** 旅遊專題－東德與易北河6

12月1日 肝病、肝炎與預防/12月慶生會

Swedish Health Services 贊助



- 12月8日** 生前契約
- 12月15日** AARP 防範詐騙專題 (粵語/英語)
- 12月22日** 旅遊專題－東德與易北河7
- 12月29日** 年終感謝慶祝會





康體活動

@ Seattle

舞蹈

Linda排舞班 (英)

排舞是一種用有趣的鍛煉方式，並能改善記憶，加強骨骼，發展更好的平衡力，以防止跌倒。跳舞也是一種很好的緩解壓力的方式，所以你会在課後感覺很棒！

Linda Cheung

星期日，9/9, 9/30, 10/21, 10/28 (4堂)

下午2:15至3:45 @Seattle

會員：整系列\$12或每堂\$4

非會員：整系列\$20或每堂\$6

快步舞 (英)

快步舞是一種比較輕鬆的社交舞蹈。舞蹈的動作快速而有力地舞動。跳躍的快節奏旋律使其適合正式和非正式活動。

Moliza Wong

星期二，9/4, 9/11, 9/18(3堂)

下午2:00至3:00 @Seattle

會員：\$9/系列 or \$4/每堂

非會員：\$15/系列 or \$6/每堂

運動

乒乓球活動 (英)(粵)(國)

來享受一場友好的乒乓球比賽！比賽級乒乓球桌可供使用。星期一的場地有限，新參與者請在抵達前致電詢問。球拍可在前台登記領取。

逢星期一及四，早上10:00至下午12:30 @ Seattle

免費 / 非會員：\$6

舒緩瑜伽 (英)

本課程將會體驗到溫柔的坐式和站立式瑜伽運動。歡迎學生在課堂上使用自己的瑜伽墊或椅子。課程與Kanjin Yoga合作。本課程需要5人以上開班授課。

Dee Williams

有興趣參加者請與我們聯絡

Zumba® (英)

Zumba®是一種全身鍛煉，包括不同健身元素、有氧運動、肌肉協調、平衡性和靈活性，讓大家課後爆發能量感到精神一振。本課程需要5人以上開班授課。

Renee Ragaza-Miller

逢星期三，下午5:45至6:45 @ Seattle

*10月3日及11月28日暫停課程

	會員	非會員
9/5-10/24	\$21	\$35
11/7-12/19	\$18	\$30
單堂	\$4	\$6

免費



EnhanceFitness®是一個適合所有人的全身鍛煉。這個以循證為基礎的團體鍛煉計劃已被證明可以幫助老年人保持平衡，增強體力和獨立性。鼓勵參與者一周參加三次課程以獲得最佳效果。該課程由西雅圖市老齡化和殘疾人服務部資助。



健安 EnhanceFitness® (英)

Amy Sue Sinare

逢星期一，三及五，上午9:30至10:30 @ Seattle

*9/3暫停課程

免費

銀髮族 EnhanceFitness® (英)(粵)(國)

Selina Chow及 Jennie Lai

逢星期一，上午9:30至10:30 @ Bellevue

逢二及四，上午9:50至10:50 @ Bellevue

*9/3, 11/22, 12/25暫停課程

免費

舞蹈

肚皮舞

華麗優美的肚皮舞可以減重、塑身、強化心血管功能和促進身體協調性。不需配合別人的步伐，只需關注自身和內心，使靈魂和身體合二為一，讓您重新去重視、熟悉並愛上自己的身體。(本課程需要一定人數開班授課，有興趣參加者請與我們聯絡)

李明珠

舞動人生

舞動代表舞蹈與運動的結合。舞動人生不侷限舞蹈種類，不拘泥於年代，最重要的是能一起跳舞同歡，進而達到有益身心的運動，讓我們的人生更多精彩多姿！

吳瑞珍

逢星期二，下午3:00至5:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

舞蹈俱樂部

活動筋骨及防止老年痴呆，以舞會友，為將來的老身及老心來鍛鍊及準備。歡迎攜伴參加。

逢星期六，下午1:30至4:30 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

讚美操

運動、跳舞、讚美操！動作不會太快，適合中老年人。此活動由西雅圖台語基督教會資助。

戴淑慎

逢星期一，上午10:30至12:00 @ Bellevue

免費

民族舞

多種民族舞蹈的基本練習，不需要舞伴，以舞蹈的形式進行健身，一個曲目就可以構成一個表演節目，可以在社區進行表演活動。

熊慧齡

逢星期一，下午1:00至2:30 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

國際倫巴舞

倫巴舞是一種有趣，時髦的拉丁舞式舞廳舞。本課程側重於舞蹈技術和風格。

Moliza Wong

星期二，10月2日至10月23日(4堂)

下午7至8時 @ Bellevue

會員：整系列 \$12 或 每堂 \$4

非會員：整系列 \$20 或 每堂 \$6

社交舞

訓練您的頭腦、情感和身體，並結交朋友，讓您健康快樂！(如有興趣請先與我們聯絡報名)

陳淑貞

逢星期天，下午5:30至7:30 @ Bellevue

會員：每堂 \$4 / 非會員：每堂 \$6

運動

氣功及陳式太極拳

秘宗內(氣)功：五形拳、百脈運氣八勁神功；太極養生功；陳式太極拳：陳式太極拳精要18式、陳式太極拳38式。

潘光

逢星期六，下午12:30至1:30 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(5堂)	\$15	\$25
單堂	\$4	\$6

打坐班

正確地指引大家打坐的方法與概念，溫碧謙醫師主要綜合本身涉獵諸多打坐方法、法門的經驗與個人的深度體驗，以現代心理學、生理學、神經生物學的知識為基礎，去蕪存菁，指點迷津，找出一條便捷易行的道路，讓學員很快進入自己的內心世界，做深度之旅。(新生請至少參加一整系列)

溫碧謙

逢星期五，上午10:00至11:30 @Bellevue

*10/12至11/30休息

會員：整系列(4堂)\$12或每堂\$4

非會員：整系列(4堂)\$20或每堂\$6

MBC養生功

癌症權威溫碧謙醫師的【MBC養生功法】，結合「心」mind & 「身」body & 「氣」chi，以呼吸吐納為主軸，配合簡單易學的十招功法，使身與心皆得舒展，達到養生的目的。整套功法一旦學成之後，每天只要花15-30分鐘的時間，即可把身和心照顧，有效強健身心健康！(新生請至少參加一整系列)

溫碧謙

逢星期二，下午1:30至2:30 @Bellevue

*10/16至11/27休息

會員：整系列(4堂)\$12或每堂\$4

非會員：整系列(4堂)\$20或每堂\$6

太極扇與元極舞

繼承古代武術舞蹈的理念並與元極功法結合，配予意境高雅的音樂而創建出來養生保健的運動。

吳桂

逢星期天，下午3:30至5:30 @ Bellevue

*9/2, 11/25, 12/23, 12/30休息

	會員	非會員
9月(3堂)	\$9	\$15
10月(3堂)	\$9	\$15
11月(3堂)	\$9	\$15
12月(3堂)	\$9	\$15
單堂	\$4	\$6

太極氣功十八式/八段錦

柔軟健身運動，以柔和的太極拳加上緩慢深呼吸以達到健身的功效。

Sue Yeh

逢星期六，上午9:00至10:00 @Bellevue

免費

24式太極拳

以楊式太極拳為基礎，去繁取精而創立的一套太極拳路，為一項適合大眾的運動。

(本課程需要一定人數開班授課，有興趣參加者請與我們聯絡)



強身健體 共話友誼

黎美詩 康健樂願計劃實習

當一次Betty在森林裡遛狗卻摔倒後，她的醫生建議她去上一些健體課程以提高她的力量和協調性，預防日後再摔倒。於是有朋友鼓勵Betty參加健安的EnhanceFitness®課程。

剛開始，這個課程對於Betty來講是很有挑戰性的。但當她在過往一年不斷堅持，她的身體慢慢適應並改變，讓她能夠處理動作的協調性，而且在快要摔倒的時候可以及時地穩住自己。

Betty還說，這裡的環境很舒服，大家常常互相勉勵。有些同學是她以前在工作上認識的，另外一些朋友更是相識逾半世紀。她說：「身處舒適的環境對我來講很有幫助，這會讓社交變得簡單而不尷尬。而且我很喜歡在課後我們還會一起出去，也會一起到星都或鯉魚門吃點心。」



資訊科技

@ Seattle

智能實驗室一對一教授 英 粵 國

與我們的雙語IT專家預約一對一教授課程，助你解答電腦科技疑難。你可以使用健安智能實驗室電腦或自備手提電腦、手機或平板電腦。請至少提前一天聯絡我們預約。每堂45分鐘。

Victus Wong

逢星期三，上午10:00至下午2:00 @ Seattle

* 10月10及17日課程暫停

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

智能小組實驗室 英 粵 國

九月份：如何分享圖片而不需要發送原始圖片

十月份：如何最好地使用語音控制來搜索和操作您的手機

十一月份：如何保護電子郵件和金融帳戶安全

十二月份：如何管理電子郵件文件夾和多個電子郵件帳戶

Victus Wong

每月第四個星期三，9/26, 10/24, 11/28, 12/26

上午10:00至下午12:30 @ Seattle

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

智能開放實驗室 英 粵 國

歡迎您來使用我們的電腦、iPad、Android平板電腦，檢查電郵、上網瀏覽或了解最新資訊。

逢星期一至五，上午10:00至下午2:00 @ Seattle

免費

此項目由西雅圖資訊科技配對基金贊助。



Seattle
Information Technology

健安智能實驗室 課程及練習 @ Seattle



一系列課程和練習課教授您在日常生活中簡單、有趣和實用的技巧。您可以使用健安的平板電腦或帶自己的電子設備。有興趣參加者請與我們聯絡。

星期六，上午10:00至下午12:00

免費

@ Bellevue

電腦俱樂部 國

互相分享與解決科技產品相關問題，可以使用中心電腦或自備手提電腦，歡迎有興趣者加入。

張釗本

逢星期四，上午10:00至12:00 @ Bellevue

	會員	非會員
9月(4堂)	\$12	\$20
10月(4堂)	\$12	\$20
11月(4堂)	\$12	\$20
12月(4堂)	\$12	\$20
單堂	\$4	\$6

行動科技一對一指導 英 粵 國

我們有教師提供一對一指導電腦科技應用，助您解答疑難。您可以使用中心電腦或自備手提電腦、手機或平板電腦。請聯絡我們預約，每堂45分鐘。

Victus Wong

逢星期一，上午10:00至下午4:00 @ Bellevue

逢星期五，上午10:00至下午2:00 @ Bellevue

*9/3, 10/12, 10/15, 10/19, 10/22, 11/23, 12/24 休息

免費 / 非會員：\$10

美術工藝

@ Seattle

手工藝開放日

歡迎帶自己的手作和零食與眾人分享。雖然沒有導師指導，但大家能藉此聚會分享意見和交流心得，也可以帶已完成作品給大家欣賞。

每月第一個星期二，上午10:00至下午2:00
月4日，10月2日，11月6日，12月4日 @ Seattle
免費

@ Bellevue

素描

以鉛筆為主作畫。認識工具，學習基本筆法、光影、構圖、透視等。請自備鉛筆和紙。

潘光
九月份，逢星期六，下午1:30至3:30 @ Bellevue
會員：整系列\$12 (4堂)或每堂\$4
非會員：整系列\$20(4堂)或每堂\$6

壓克利彩畫

壓克利彩是一種水溶性彩色顏料，但是乾後可防水像漆，很像油彩畫，也可以當水彩用。價廉物美，適宜耆老者作畫之用。第一堂課將介紹需自備的材料。

潘光
十月份，逢星期六，下午1:30至3:30 @ Bellevue
會員：整系列\$12 (4堂)或每堂\$4
非會員：整系列\$20(4堂)或每堂\$6

水彩畫

水彩畫難度較高，可算是壓克利彩畫的進階版。第一堂課將介紹需自備的材料。

潘光
十一月份，逢星期六，下午1:30至3:30 @ Bellevue
會員：整系列\$12 (4堂)或每堂\$4
非會員：整系列\$20(4堂)或每堂\$6

拼貼

拼貼是一門特殊的藝術。利用一種特殊的彩色薄紙所貼成的圖畫，並與水彩畫合用，美觀又易學。

潘光
十二月份，逢星期六，下午1:30至3:30 @ Bellevue
會員：整系列\$15 (5堂)或每堂\$4
非會員：整系列\$25 (5堂)或每堂\$6

書法

學習中國書法藝術。

馮樹楠
逢星期五，上午10:00至下午12:00 @ Bellevue
*每月最後一個星期五休息

	會員	非會員
9月(3堂)	\$9	\$15
10月(3堂)	\$9	\$15
11月(4堂)	\$12	\$20
12月(3堂)	\$9	\$15
單堂	\$4	\$6

裁縫班

老師將指導大家量度衣身、製作紙樣、裁剪和縫紉，需自備材料與縫紉機。

邱木笑
每月第一個和第三個星期一，
上午10:30至下午2:30 @ Bellevue
會員：每堂\$4 / 非會員：每堂\$6

花藝班

日本傳統的插花藝術，為一種「新鮮花材」造型的藝術。春天春暖花開百花齊放，可以利用家裡庭院或購買的新鮮花材來享受插花的樂趣。請自備剪刀、花材、花器、水桶和劍山(如有)。

Belle Tsai
10月份與11月份，逢星期三，下午2:00至4:00
@ Bellevue

	會員	非會員
10月(5堂)	\$15	\$25
11月(4堂)	\$12	\$20
單堂	\$4	\$6

手工藝班與聊天 @ Seattle

加入我們的手工藝班來發掘你的創造力，交流意見和結交新朋友！歡迎準備小吃與大家分享。

請在開課前至少一周報名並付費。在課前7日內取消登記將不能退款。*上課用具已包含，除特殊說明外。



漂染賀卡 (英)

年底的節假日即將到來。為您的家人和朋友製作閃亮的賀卡吧！

*自帶工具：小号水彩刷和珠光水彩盤，或GellyRoll® 熒光彩色筆。

Jeni Mar

星期三，9月12日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



用途拉鏈包 (英)

製作簡約的內襯拉鍊或魔鬼粘袋。需基本的縫紉技巧。帶上自己的用品，材料和縫紉機。

(材料套裝可供購買)

Gloria Chan

星期三，10月10日

上午10:00至12:30

會員：\$5 / 非會員：\$10

材料包：\$8



Bendi立體折疊卡片 (英)

Bendi折疊卡片是一張精美的空間立體的卡片，它使用向內彎曲的側面板，使卡片直立。加入我們自己創造一個立體卡片吧！

Ginger Li

星期三，10月24日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



和風紙賀卡 (英)

Washi這個詞意思是日本的紙，我們稱為和紙。本課將使用傳統日本和紙製作3張卡片！

Ginger Li

星期三，11月28日，上午10:00至下午12:30

會員：\$10 / 非會員：\$15



*參考圖片

3D立體摺紙孔雀系列 (英) (粵)

用數百個小三角形和少量的膠水來創造一個可愛的紙質孔雀。本系列課程包含2節循序漸進的手工班，鼓勵參與者參加全系列課程。

*自帶工具：彩色紙（約24磅重的紙）。

Kit-Ling Poon

星期五，12月7日及12月14日，下午1:00至3:30

會員：\$15整系列 / 非會員：\$25整系列



社交聚會

@ Seattle

日間麻雀

自己一人或約上三五知己，日間麻雀遊戲隨時歡迎您。此活動是健安跟Keiro Northwest Nikkei Horizons計劃合作。

每月第一個和第三個星期三，

下午1:00至3:00 @ Seattle

免費 / 非會員：\$6

卡拉OK俱樂部

享受下午的歡唱時光，唱你最喜歡的歌曲，並與好朋友們一起重溫回憶。目前的音樂收藏包括流行國語、粵語、英文和其他歌曲！

逢星期一，下午1:00至3:00 @ Seattle

免費 / 非會員：\$6

@ Bellevue

初級英語

學習實用的英語單詞和短語，包括問候語自我介紹、數字、日期、時間、詢問路線、購物和從菜單中訂購食物。該課程由劉國鈞教育基金資助。

Bill Chou (講師可用普通話、粵語及英文交流)

逢星期二，上午11:00至下午12:30 @ Bellevue

*12/25休息

免費

親屬照顧者支持團體

我們的支持團體由健安社工服務的職員主持，每月聚會一次，依個人意願出席。目標是讓我們有高質素的時光(更可以說是歡樂時光)，來互相支持、成長和鼓勵。當我們聚在一起，我們將會學習、分享和慶祝與照顧相關的挑戰與趣事。

星期三，10月3日及12月5日

上午11:00至下午12:30 @ Bellevue

免費

圍棋俱樂部、橋牌俱樂部

開放空間給會員使用，歡迎同好一同交流！

逢星期六，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$6

麻將俱樂部

歡迎大家一起來打麻將、聊天、聯絡感情，請事先聯絡我們預約。

逢星期五，下午1:00至5:00 @ Bellevue

免費 / 非會員：每次 \$6

普通話/廣東話交流會

想學習或加強普通話或廣東話嗎？邀請講廣東話想學普通話的朋友和講普通話想學廣東話的朋友來互相學習和交流。

(時間有待公布，有興趣參加者請與我們聯絡)

免費 / 非會員：每次 \$6

以歌會友

號召喜愛音樂與歌唱的同好一起來唱經典中英文歌曲，也歡迎會樂器的朋友帶任何樂器來伴奏。

王慶凱

逢星期四，上下午3:30至4:30 @ Bellevue

免費 / 非會員：每次 \$6

茶會

下午茶時間，大家一起喝茶和談談生活時事。

雷正義

逢星期四，下午1:30至下午3:30 @ Bellevue

免費

世界歷史故事會

歡迎來聽、來讀、來講、來分享你所知道或感興趣的故事。

戴淑慎

逢星期四，上午11:00至下午12:30 @ Bellevue

免費 / 非會員：每次 \$6

10項聯邦醫療保險(Medicare)提供的免費服務

1. **一次性的「Welcome to Medicare」健康檢查：**這是一個一次性的服務，您必須在擁有聯邦醫療保險B部分的最初12個月內接受此檢查。此健康檢查包括檢視您的病史、某些篩檢和疫苗注射、量測生命徵象、簡單的視力檢查、憂鬱症風險評估，並可討論預立醫囑和您所需的篩檢、疫苗注射和其他預防服務的書面計畫。
2. **年度健康檢查：**如果您擁有聯邦醫療保險B部分超過12個月，您可以免費接受此檢查。醫師將會檢視您的病史；更新您的醫療服務提供者名單與用藥清單；量測身高、體重、血壓與其他生命徵象；提供您專屬的醫療建議與治療選項。
3. **年度乳房X光篩檢**
4. **結腸鏡檢查：**如果您有較高的風險罹患結腸癌，您可每 24個月免費接受結腸鏡檢查一次。如果您不是高風險族群，聯邦醫療保險將每10年提供一次檢查。
5. **糖尿病篩檢：**如果您有高血壓、血脂異常、肥胖或高血糖病史，將有資格接受每年兩次的糖尿病篩檢。聯邦醫療保險也將免費提供您此檢查，如果您具有兩項或多項如下特徵：年齡在 65 歲或以上、超重、家族糖尿病史、妊娠性糖尿病史。
6. **攝護腺癌篩檢：**每年一次免費的攝護腺特異抗原檢查。
7. **疫苗注射：**年度流感疫苗注射、預防肺炎鏈球菌感染的疫苗注射和為具有罹患 B 型肝炎之高度或中度風險者提供免費疫苗注射。
8. **心血管疾病(行為治療)：**作為聯邦醫療保險被保險人，您一年有一次與您的家庭醫師討論如何降低您罹患心血管疾病風險的免費門診。
9. **肺癌篩檢：**每年一次免費的低劑量電腦斷層檢查，如果您年齡介於55至77歲之間、沒有肺癌的徵兆、是一名吸菸者或近15年內剛戒菸、且曾有30年平均一天吸一包菸。
10. **憂鬱症篩檢：**每年一次免費的篩檢，如果在有提供後續診療和轉介服務的基層醫療中心進行。後續診療服務可能有部分負擔費用。



如您有興趣了解更多聯邦醫療保險提供的預防服務，請參考聯邦醫療保險和聯邦醫療輔助計劃服務中心出版的「Your Guide to Medicare's Preventive Services」(<https://www.medicare.gov/Pubs/pdf/10110.pdf>)。

您正在照顧與您同住或在社區居住的親戚或朋友嗎？健安的「親屬照顧者支援服務」或可以為您提供免費支援與資源，以在您的照顧之旅中陪伴您。依需要，服務可能包括諮詢、輔導、家居照顧服務及補助購買符合條件的醫療器材。如果您想了解更多有關此服務的內涵，請隨時致電(206) 652-2330，與其中一位社工服務人員Michael、Jane或Jerry詢問，或發送電子郵件至mwoo@kinon.org。

資料來源：此文章內容取自於<https://www.aarp.org/health/medicare-insurance/info-2017/medicare-free-medical-tests-fd.html?intcmp=Outbrain&obref=obnetwork>

IMPORTANT INFORMATION

CLASS LOCATIONS: @ Seattle classes are held at the Kin On Community Center located at 4416 S. Brandon St, Seattle, WA 98118. @ Bellevue classes are held at the ASCF Community Center located at 15921 NE 8th St C-206, Bellevue, WA 98008. There is free parking available in our parking lot.

REGISTRATION: Fall term begins September 1, 2018 through December 31, 2018. Registrations are processed on a first-come, first-served basis. Registration is complete when full payment is received. Waiting lists will not carry on to the following term.

MEMBERSHIP: Annual membership to Kin On's Healthy Living Program is \$30. Membership is valid for one year and will expire on the last day of the month in which you signed up. Lifetime membership is \$300. Members receive free or discounted programs as listed under the "member" heading in the current HLP Catalog. Membership is not transferrable and not refundable. Membership waiver available for Medicaid recipients. Free annual HLP membership for volunteer lead instructors who qualify. Contact us for more info.

PAYMENT: Payment by cash, check, or credit card is accepted. Fees are due upon registration. Please make checks payable to "Kin On". We accept Visa, MasterCard, Discover Card, and American Express.

REFUNDS & CREDITS: Kin On reserves the right to cancel any class or workshop due to insufficient registration or withdrawal of an instructor. In the event of a cancellation, a refund or credit will be provided. Full tuition credit will be granted for classes, if you withdraw at least 48 hours before the class begins. Cancellations outside of 48 hours prior to class will result in a forfeiture of the full tuition amount. Class registration/fees are not transferrable.

COMMUNITY CENTER RENTALS: Our beautiful, modern community center is a 2,600 sq. ft facility available to rent for workshops, meetings, events and more. With a capacity of 174, the rental includes a full sized kitchen, staff lounge, chairs, tables, and audiovisual equipment. Situated south of Columbia City, our location offers easy access to many restaurants and local amenities. Special pricing available for nonprofit organizations.

NOTE: Please note that the community center will be closed on the following holidays: Labor Day (Mon, Sep. 3), Thanksgiving Day (Thu, Nov. 22), and Christmas Day (Tue, Dec 25)

QUESTIONS: Contact us at 206.556.2237 or healthyliving@kinon.org

重要資訊

課程舉行地點：@Seattle (Kin On) 課程於健安社區中心舉行 (4416 S. Brandon St, Seattle, WA 98118)。@Bellevue (ASCF)課程於銀髮族社區中心舉行(15921 NE 8th St, C-206, Bellevue, WA 98008)。提供免費泊車。

報名：秋季課程於2018年9月1日開始，2018年12月31日結束。先到先得。費用全繳即報名手續完成。輪候名單不會順延到下一季的課程。

會員制度：加入成為健安康樂頤活動(HLP)會員每年為\$30。會籍有效期為一年，由報名日開始計算至該月份的最後一天。終身會費為\$300。會員可享受免費或折扣參加在HLP目錄內有列為「會員」的健安康樂頤活動計劃。會籍不可轉讓或退款。Medicaid的受惠者可申請豁免會費。HLP義工導師可申請豁免會費。詳情請與我們聯繫。

付費方法：可使用現金、支票或信用卡付款。報名時必須全數繳付。支票抬頭請寫「Kin On」。我們接受Visa, MasterCard, Discover Card及American Express等信用卡。

退款：如果因為沒有足夠的參加者或導師臨時退出，健安保留取消任何課程或講習班的權利。如果課程被取消，我們將為已報名的人士安排退款。如果在課程開始至少48小時前退出，我們將給予全額退款。在課前48小時之內取消，我們將沒收全部學費。學額及學費不可轉讓。

社區中心租賃信息：我們全新現代化的社區中心，面積有2600平方呎，可供租用為講座、會議、活動等場所。社區中心可容納174人，當中包括一個標準廚房、休息室、餐桌、座椅和視聽設備。我們的活動中心位於哥倫比亞市(Columbia City)，交通便利，臨近餐館和各種設施。我們為非營利組織提供優惠價格。

留意：健安活動中心將於以下國定假日關閉：勞動節（星期一，9月3日），感恩節（星期四，11月22日）及聖誕節（星期二，12月25日）。

查詢詳情：可電 206.556.2237或發電郵至 healthyliving@kinon.org

2018 FALL REGISTRATION FORM

Registration is required for all classes, including free classes. One registration form PER PERSON.
Form may be duplicated. Please submit your completed registration form and payment (if applicable) to:

Kin On Healthy Living Program
4416 S Brandon St, Seattle, WA 98118
206.556.2237 or healthyliving@kinon.org

CONTACT INFO

Last Name _____ First Name _____ M. I. _____
Address _____
Gender ___ F ___ M Birthday ____ / ____ / ____ For internal record only
Phone _____ Email _____

PROGRAM	DATE/TIME	MEMBER FEE	NON-MEM FEE
MEMBERSHIP (\$30 ANNUAL, \$300 LIFETIME , OR \$0 RETURNING)			N/A
TOTAL PAYMENT			

PAYMENT INFO

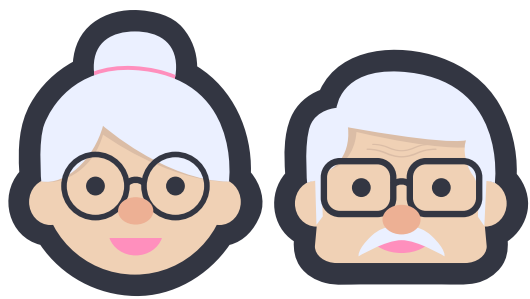
☐ Cash ☐ Check # _____ Please make check payable to "Kin On"
☐ Credit Card (CC payment can be taken in person or via phone. Please call 206.556.2237)
Name on Credit Card: _____
Credit Card Number: _____
Expiry (MM/YY): _____ CVV (3-4 digits): _____ Billing Zip Code _____

WAIVER

I, the undersigned, am a voluntary participant in the Healthy Living program of Kin On and I accept full responsibility for such participation. To the extent necessary, because of my health history and general physical condition, I have consulted my personal physician for advice and approval before participation and agree to obtain my own health or accident insurance to cover accidental injury or illness. I recognize the risks of injury and illness involved in any physical activity including exercise, in the use of power equipment (e.g. electric or gas), sharp tools, chemicals or any other potentially hazardous material or equipment. I understand that responsibility is not assumed by the leaders, volunteers, sponsoring organization or facility. I specifically agree to hold harmless said leaders, volunteers, sponsoring organization, or facility housing this program from any damages I suffer for any injury or illness attributable to my participation. By signing my name below I acknowledge and accept the risk and responsibility for my health and safety and waive to the fullest extent allowable by law any claim I may have for illness or injury against the program, its sponsoring organization, employees or volunteers, and against the facility housing the program.

Signature: _____ Date: _____

Emergency Contact/Relationship: _____ Emergency Contact Phone: _____



樂享健康生活

Celebrate Healthy Living

健安/亞裔銀髮族敬老日 Kin On/ASCF Seniors' Day



頭獎 長榮航空西雅圖往返台北機票

GRAND PRIZE Round Trip Eva Airline Ticket from Seattle to Taipei

在9月1日至15日之間購買抽獎券，就有機會贏取價值50美元及以上的獎品！抽獎券可在銀髮族社區中心或健安社區中心購買！**1張抽獎券5美元，3張抽獎券10美元**。其他獎項包括：供20人享受之私人葡萄酒課程、餐廳禮品券、雜貨店禮品卡，還有更多！

Purchase tickets between September 1-15 for a chance to win prizes of value \$50 or more! Tickets available at ASCF Community Center or Kin On Community Center. **1 ticket for \$5, 3 tickets for \$10.** Prizes include: Private Wine Class for 20, Restaurant Gift Certificates, Grocery Store Gift Card and more!

SATURDAY 星期六

9/15

9:00AM-2:30PM

EASTSIDE BAHAI CENTER
16007 NE 8TH ST,
BELLEVUE, WA 98008

- 9:00** 展覽和互動活動
Resource Tables & Group
Activities in auditorium
- 9:30** 健康教育講座分場
Simultaneous Educational
Workshops in classrooms
- 11:45** 午餐
Lunch
- 12:45** 表演與抽獎
Performances &
Raffle Drawing

EDUCATIONAL WORKSHOPS 健康教育講座

Long-Term Care Options 長期護理選擇 --- Clara Yu, Chinese Information and Service Center

Many medical, personal, and social services are available for those who need long-term care. Come find out what long-term care is, ways to pay for it, the Washington State long-term care partnership program, and fraud protection.

有許多醫療、個人和社會服務可供需要長期護理的人選擇。來了解長期護理是什麼，支付的方式，華盛頓州長期護理合作計劃以及欺詐保護。

Estate Planning 遺愛家人

We all want to best for our family now and for the future. Join us and learn how to care for your family after death.

以遺產規劃幫助您或您愛的家人，完成對他們的關愛和照顧。

Digestive Health 消化與健康

--- Ming-Ming Tung-Edelman, Clinical Pharmacist at The Polyclinic

The workshop will cover the management of constipation, diarrhea and the use of probiotics. 研討會將涵蓋人體健康主題包括便秘、腹瀉的治療和益生菌的使用。

Upsized - Downsizing = Rightsizing Your Home 越「小」越好 --- Elsie Chaudoin, SASH Realty

Do you own your stuff, or does your stuff own you? Learn 7 beneficial reasons why it is important to consider rightsizing your home.

學會斷捨離，把人生化繁為簡，過簡單、便利、充實的退休生活。了解對您的房屋進行調整的7個有益理由。

Introduction to Financial Literacy 理財長知識 --- Scott Miller

Learn how to increase your financial literacy and be in better financial shape! 學習如何提高您的財務知識，更好地掌握自己的財務狀況！

AARP Fraud Watch Network: Protect Your Finances 「預防欺詐」講座 --- Alan Lai

Join expert Alan Lai, as we learn about common scams targeting minority communities, how to safeguard against becoming a victim, and what to do if you or someone you know has been targeted. 蒙受欺詐不僅會帶來經濟損失，身心更會遭受莫大打擊！了解詐騙的手段，可避免墮入欺詐陷阱。讓我們與AARP防範欺詐網絡(Fraud Watch Network)攜手進行反擊，免受錢財損失！