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Over 200 community members celebrated together on June 29 as we revealed the new Supportive Housing Project: Kin On Assisted Living and Ark & Winnie Chin Legacy Home. This completes a multi-year capital expansion to transform Kin On from a standalone skilled nursing facility to an aging-friendly campus.

Several elected officials and local leaders were in attendance to celebrate this accomplishment by the community, including former Gov. Gary Locke, Sen. Bob Hasegawa, Rep. Cindy Ryu, and Deputy Director-General of Taipei Economic & Cultural Office in Seattle Charles Liu.

我們於6月29日舉行支援住屋項目：耆老生活輔助居庭(Kin On Assisted Living)和Ark & Winnie Chin Legacy Home(陳德堯及鍾麗華伉儷成人家庭護理家園)之開幕慶典，逾二百多位社會賢達和朋友出席參與，盛況空前。此規劃多年的擴展計劃將使健安從單一的療養院轉型為高齡友善的照護園區。

LETTER FROM THE CEO

“We did it!” I’m very grateful for the opportunity to have led and to see the expansion project come to fruition. It is a tremendous accomplishment to have finished the construction of a new community center and two supportive housing buildings, along with the renovation and expansion of the sunroom and rehab room in our skilled nursing facility. I cannot thank you enough for the trust you have in us.

Thirty-five years ago, a group of community members, our founding members, had the vision to serve our community, to honor and care for the elderly, and support their families. Back then, (and even less today,) there were very few places that offered culturally appropriate care that catered to the taste buds, hobbies, language, and cultural understanding of our Asian elders. Over the years, we have grown from a 100-bed skilled nursing facility to providing thriving home care services, offering 8,000 hours of service each month, to creating a flourishing community center that provides preventative health activities for our elders.

With the addition of the Assisted Living and Ark & Winnie Chin Legacy Home, we now get to offer additional housing options with personalized support services for our seniors to successfully age in place. These new buildings are more than just houses but are homes where our parents, grandparents, and family members will be well cared for. With the addition of these programs, Kin On will continue to serve over 1,000 community members with vital health and social services across all programs.

We are also looking forward to partnering with International Community Health Services (ICHS) to develop a Program for All-Inclusive Care for the Elderly (PACE) for the Asian Pacific Islander (API) community in King County. We believe that a lot more people need services at home and that’s our investment in the future.

致健安之友：

「我們做到了！」我非常感恩可以有機會領導健安的擴建項目，並取得成果。完成了新的社區中心和兩個耆老生活輔助居庭，以及在我們的復康及護理中心重修和擴建日光室和復健室，這是一項巨大的成就。我萬分感謝你對我們的信任。

三十五年前，一群社區成員，我們的創始董事，本著為社區服務、尊重和照顧老人，支持其家人的信念創辦了健安。在當時，目前甚至更少，有機構可以為耆老們提供切合其文化和語言需要的照顧——包括迎合亞洲長者味蕾的餐食、安排他們喜愛的活動和用他們慣用的語言和他們溝通。多年來，我們已經從一個只有100張病床的專業護理院舍，發展成為一個同時擁有家居照顧服務的機構，為居家的耆老每月提供超過8,000小時服務，而且還有兩個社區中心，為老年人提供預防性的健康活動。

隨著生活輔助居庭和陳德堯伉儷成人家庭護理家園的加入我們的服務範圍，我們現在可以為耆老提供額外的住宿選擇和個人化的支援服務，使他們能夠在自己家中安渡過其老化過程。這些新院舍不僅是住屋，而且是我們的父母，祖父母和家人可以得到良好照顧的家園。我們將繼續為1,000多名社區成員提供重要的健康和社會服務。

我們也期待與國際診所(ICHS)合作，為金郡的亞太裔社區製定一項全面照顧老人計劃(PACE)。我們相信更多的人會需要在家中接受服務，這亦是我們在未來的一項重要投資。

此外，您可能聽說，在大西雅圖地區不少護養機構面對著嚴峻的財務危機及營運問題。我想向您保證，我們一直密切留意我們的財政預算，並審慎地運用我們的資源。作為一個組織，我們財務穩定，雖然面對營運艱難和勞動力短缺等挑戰，但仍可以屹立不倒。作為健安的行政總裁，我非常重視本人被授予的責任，並且會致力推展原定的計劃並投資於我們的未來。在過去的一年半中，我看到我們的服務如何繼續觸及數百位人士及其家人的生命。

我真的很喜歡和我的團隊一起工作。我非常重視每位員工，不管他們的職位是什麼。很高興有機會參與最近舉行的健安員工天才競賽，年度高爾夫錦標賽和乒乓球錦標賽。通過這些活動，讓我加深了解每一位員工，同時讓我也更能了解到

As you may have heard, there are extreme challenges and even crises happening in some of the nursing homes in our region. I want to assure you that we are looking very closely at our budget and continue to be prudent in our financial resources. As an organization, we are financially stable and have weathered significant operations and workforce challenges. And as CEO, I take this responsibility very seriously, and I'm committed to growing our programming and investing in our future. Over the last year and a half, I have seen how our services continue to touch the lives of hundreds of individuals and families.

I truly enjoy working with my team and I greatly value each Kin On employee. Recently, I enjoyed participating in a Kin On Talent Show, played in our annual golf tournament, and ping pong tournament. Through these activities, I get to know staff individually. I also gain a better perspective on the role that our employees have been playing to fulfill the Kin On mission – to serve the underserved elders and to share our compassion, taking care of them as if they're our own parents.

I thank our team for bringing the best out of each other, serving the most vulnerable members in our community. And I thank you all who continue to believe in our mission for the last 35 years. Our success rests on the contributions of every single one of you.



NIGEL LO

Kin On CEO

盧兆章

健安行政總裁



員工們為完成健安使命所扮演的角色——為服務不足的長者服務，向他們傳遞我們的愛心，好好照顧他們就好像照顧著我們的父母一樣。

我感謝健安的工作團隊成員能互相幫助，讓大家都發揮出最佳的能力，為社區中最脆弱的一群提供服務。我感謝所有在過去35年裏繼續相信我們使命的人。我們的成功取決於您們每一位為健安作出的貢獻。

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Kin On celebrated the grand opening of its new Supportive Housing Project in South Seattle with a ribbon cutting and dedication ceremony. From left to right: Board President Dennis Lam, Kin On CEO Nigel Lo, former Washington State Gov. Gary Locke, Kin On Supportive Housing Director S. Chair Katy Chow, WA State Rep. Cindy Ryu, and District Representative to U.S. Representative Adam Smith Lyndall Bervar.

“

Providing supportive housing to families in need is crucial to the future of our community.

”

New Programs Where Elders Can Call Home 仿如家一般的新服務

Continued from page 1

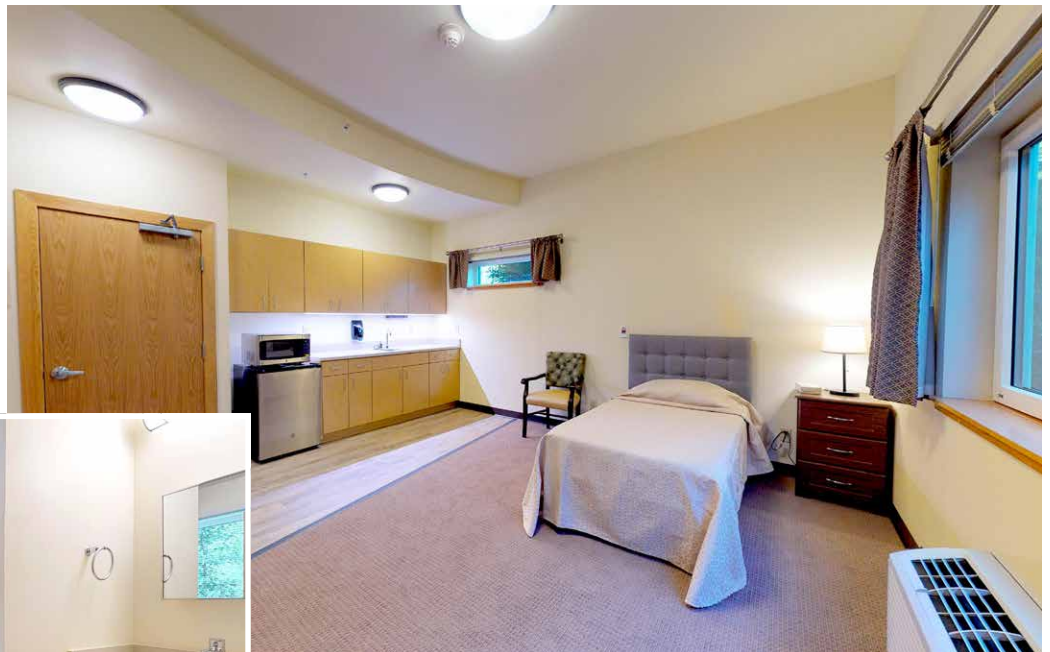
“The care here is absolutely incredible – the sense of community, food, and language, really made our parents feel so much more at ease and comfortable,” said former Gov. Locke, as he shared his own Kin On story as a family member and longtime supporter. Locke was instrumental in helping Kin On attain its nursing home license 35 years ago.

多名政府官員和本地要領均出席慶祝此華人社區重大的成就，包括前州長駱家輝、參議員長谷川、眾議員Cindy Ryu，以及駐西雅圖台北經濟文化辦事處副處長劉政星等。

35年前，前州長駱家輝於州政府不辭勞苦地協助華人社區和健安爭取療養院牌照。他在開幕慶典時特為新大樓送上祝福，同時分享自己的健安故事。「這裏貼心的照顧、那份歸屬感、合口味的膳食和熟悉的語言，讓我的父母真正地感到放鬆和舒適的感覺。」



ceremony on June 29, 2019. From left: Deputy Director-General of Taipei Economic & Cultural Office in Seattle Charles Liu, Kin On Steven Liang, Kin On former CEO Sam Wan, State Sen. Bob Hasegawa, Kin On Board member Stella Leong, Capital Campaign Co-



↑ Hassle-free, move-in-ready units with easy-to-maintain, healthcare grade furniture.

← Spacious facilities and accessible showers equipped with grab bars and a shower bench to provide comfort and safety.



Our adult family home offers a familiar residential setting where our elderly can live together and share common activities like a family.

ADDITIONAL RESIDENTIAL CARE OPTIONS

With the addition of the Assisted Living and Adult Family Home, our aging-friendly campus will offer four levels of residential care onsite in South Seattle, including 1) assisted living apartments, 2) adult family home for those desiring a smaller home-like setting with 24/7 care, 3) short-term in-patient rehab and nursing care, and 4) long-term skilled nursing care. All programs are coordinated by our care team to ensure smooth transitions with a holistic person-centered care management model. This integrated approach enables residents to age in place as much as possible, maximizing the quality of life.

Our community center hosts an array of activities that residents, as well as family members, can enjoy. Along with our care services, we are hoping to provide physical, social, and emotional support throughout their aging journey.

“Providing supportive housing to families in need is crucial to the future of our community,” said Steven Liang, Kin On Supportive Housing Director. “Our elders deserve to have a safe and affordable place to call home.”

Liang said the new programs will help individuals navigate, transition, and settle into the next phase of their lives, and also help ensure some of the most vulnerable among us have access to housing, as well as the care and services they need.



“

為有需要的家庭提供支援住房服務對我們社區的未來至關重要。

我們的長者應該有一個安全且負擔得起的地方可稱之為家。

”



更多住宿護理選擇

加上支援住屋項目的服務，我們高齡友善的照護園區將在西雅圖南部提供四種層面的住宿護理，包括：一)帶有基本生活輔助的住屋，二)家庭式的住屋護理，三)短期住院復康和護理，以及四)長期專業護理。所有服務均由我們的護理團隊協調，並確保採納以人為本的護理模式讓老年人平穩過渡各種需要。這種綜合方法使住戶能夠盡可能的在地老化，盡最大限度提高生活的質量。

在提供護理服務以外，我們希望在住戶的老齡化旅程中提供身心、社交和情感上支持。住戶和家人都可以享受比鄰社區中心提供多元化的活動。

健安耆老居屋總監梁漢倫表示：「為有需要的家庭提供支援住房服務對我們社區的未來至關重要。我們的長者應該有一個安全且負擔得起的地方可稱之為家。」

他指，新計劃將幫助老年人安排、過渡和融入下一階段的生活，並幫助確保我們社區中的一些最弱勢群體獲得住房，以及他們所需的護理和服務。





A bustling place to share a meal, play a game of mahjong, or participate in fun, engaging activities throughout the week.

YOUR UNWAVERING SUPPORT

It took more than six years to assemble the financing for the \$7.8 million expansion project, which garnered tremendous support from the community with more than 5,000 individual contributions. Over the last few years, we have been asking you to help us complete the project and to furnish each of the rooms that our seniors will live in, and you have answered. We are happy to also report that the Employees Community Fund of Boeing is coming through in a big way by awarding a grant of \$40,000 to Kin On towards the purchase of new furniture that residents will use every day such a comfortable bed, chairs, tables, and etc.

While we await the final permits to go through with the State, we are actively preparing the care plans, meals, and daily programming to welcome our new residents. We strive to provide them with comfort, privacy, and independence, where people speak their language and understand their culture. We also hope that our programs will enhance the quality of life for them while strengthening the community.

“It’s our responsibility and our opportunity to make sure that our elders have the best quality of life as they get older,” said former Gov. Locke.

堅定不移的支持

此耗資七百八十萬美元的擴建項目花了六年多的時間籌集資金和建造，過程獲得社區的大力支持，捐款者超過五千人。在過去的幾年裏，我們向各善心人士發起募捐行動，希望獲取您的幫助以協助我們完成這個項目，為老年人的房間添置合適的傢俱，提供完善的配套。然而，我們很高興地宣布，日前波音公司的員工社區基金向健安的支援住屋項目授予一筆四萬美元的贈款，用於購買住戶每天都能使用到的物品，如舒適的床、椅子、桌子等等。在此再次感謝各界的支持和鼓勵。

在等待許可證通過的同時，我們正積極準備個人護理計劃如膳食、日常活動、交通運輸等服務，以歡迎我們的新住戶，為他們提供舒適愜意的生活空間。希望在這裏，住戶能以自己熟悉的語言溝通，在自己習慣的風俗文化之中生活。我們也希望能夠在提高住戶生活品質的同時，加強亞裔社區人與人之間的聯繫。

正如前州長駱家輝在開幕典禮最後補充說：「這正是我們的責任和機會，讓我們的長輩安老時擁有最佳的生活質量，最溫暖的家。」

Participating in Activities You Enjoy 參加一個你喜愛的活動

Summer is a great time to enjoy some sunshine and to spend quality time with friends and family. Our Healthy Living Program added a few new fun activities for our members to stay engaged and active. Let's hear from Sylvia Liang, who joined us for the Mother's Day Tea and the Crystal Mountain Excursion.

夏天是一個享受陽光和與朋友家人度過歡樂的好時光。我們的健康樂頤計劃特此為會員增加了一些新的活動。讓我們來聽聽最近參加了母親節下午茶和水晶山纜車之旅的梁款秀怎麼說。

The Mother's Day Tea was a lot of fun. I am the type of person who really enjoys and appreciates high tea, flowers, sweet treats, pretty china, so the event was exactly "my cup of tea!" I'm glad to have spent the day with my friends and family.

The "How Much Did You Know" trivia was exceptional! I was so surprised. Through the game, I found out my daughter actually knows quite a bit about me. Even though we don't see each other much nowadays and have different personalities, having gone to this event brought us closer together.

I'm hoping we can make this an annual event, if not, at least every other year.

The Crystal Mountain trip was a blast! If I didn't go on the tour, I doubt I'd ever be able to stand on top of the mountain, breathing that fresh, crisp mountain air, walking with wobbly knees (fear of height), yet loving every minute of it.

Most of all, I felt like a little kid again to go on a field trip. On the way, we were fortunate to have one of our members, Sue, as the tour guide. She pointed out a "xiao pu bu," which was a tiny waterfall, the tiniest one I've ever seen! I'm so happy to have also learned a new word in Mandarin.

When I look at this photo of me, Clara and Helen, I noticed that we are all still so pretty, even though we are at the age of 60s, 70s, and 80s!

Life is good!

參與母親節下午茶實在很好玩。我是那種真正喜歡和欣賞下午茶、鮮花、甜點、美麗瓷器的人，所以這次活動恰好是我杯茶。我很高興能夠與朋友和家人渡過了這歡樂的一天。「你知道多少」的問答環節更是令人喜出望外！我很驚訝，因為通過這個遊戲，我突然發現我的女兒原來對我很了解。雖然現時我們不常見到彼此，而且大家有著不同的個性，但參加這個活動讓我們更加親密。我希望我們能把它變成年度，又或者是隔年的活動。

水晶山纜車之旅太開心了！如果我沒有參加遊覽，我懷疑以後還能否站在山頂上，呼吸清脆新鮮的山谷空氣，雖然膝蓋在走路時一直搖晃（因為畏高），但卻愛著在那裏的每一分鐘。最重要的是，我覺得重回小孩一樣去實地考察。在路上，我們很幸運有一位會員Sue作為導遊。她指出了一個細小的瀑布，那是我見過最小的瀑布。亦很高興能用普通話學到一個新詞。

而當我看到這張與Clara和Helen的合照時，我發現我們都非常漂亮，就算我們已是60歲、70歲和80歲的年紀。

生活多麼美好！





Sam Wan honored with Bamboo Award at 温恩德榮獲國際診所頒發醫療貢獻獎

Our former CEO, Sam Wan, and the Seattle Chinatown-International District Preservation and Development Authority (SCIDpda) were honored with the Bamboo Award for Health at ICHS's Bloom Gala on April 27. ICHS praises the honorees with their selfless support of providing culturally and linguistically appropriate services to the most vulnerable members of our community.

"It's been my privilege to see Kin On grow from just an idea to the organization it is today," said Wan at the Gala. "Fulfilling Kin On's mission was only possible through the collective efforts of the dedicated staff, selfless board leadership and volunteers, and our generous supporters."

Under Wan's steady leadership, Kin On expanded to provide senior services that include wellness programs, in-home assistance, assisted living and skilled nursing care. He also led Kin On into a joint partnership with ICHS a few years ago, to develop a brand new program that would enable seniors to safely age in place.

"We all know that brick-and-mortar services, while essential and much needed, are costly and will not be enough to meet the needs of the growing aging

population. The Program for All-Inclusive Care for the Elderly, or PACE, combines Kin On and ICHS's expertise to offer wraparound services so that our elders can remain living at home, close to their families, for as long as possible," he said.

In 2019, the two organizations began a joint campaign to raise \$20 million to construct a 25,000-square-foot senior care facility next to Pacific Hospital on Beacon Hill, in which Heidi Wong, a long time Kin On leader and seasoned fundraising professional, has been appointed as the capital campaign manager.





Bloom Gala

我們的前任行政總裁溫恩德和西雅圖華埠國際區維護與發展局(SCIDpda)在4月27日舉行的國際診所週年籌款盛會 Bloom Gala上獲頒發「醫療貢獻獎」(Bamboo Award)，國際診所讚揚獲獎人士及團體無私地為我們社區中最脆弱的一群提供了切合他們文化和語言需要之服務。

「我很榮幸能看到健安從一個構思發展成為今天的這個組織。」溫恩德在週年籌款盛會上指出。「只有通過敬業的員工，無私的董事會領導和志願者以及我們慷慨的支持者的集體努力，才能實現健安的使命。」

在溫恩德的穩健領導下，健安一直擴展，提供多元化的耆老服務，包括康健樂頤計劃，家居照顧，輔助生活居屋和專業護理。幾年前，他還帶領健安與國際診所建立了合作夥伴的關係，以開發一個全新的計劃，使耆老們能夠在自己的家中安渡其老化過程。

「我們都知道，實體服務雖然不可或缺，並且是必需的，但其成本高昂，不足以滿足日益老齡化人口的需求。全面照顧老人計劃(PACE)結合了健安與國際診所的專業知識，提供環繞式服務，以便我們的長者能夠盡可能長時間地留在家中，和家人親近。」溫恩德說。

在2019年，這兩個組織開展了一項聯合基金籌募運動，目標籌集2000萬美元，在碧近山的太平洋醫院旁建造一個25,000平方英尺的耆老護理院舍，王鍾雅旋被任命為該基金籌募運動的經理。

2018 Donor Recognition - Revisions

2018年捐助者銘謝修訂

We sincerely apologize to the following donors who generously donated to Kin On in 2018 via Fidelity Charitable Fund and Seattle Foundation, but was mistakenly left off of our Annual Report. Kin On went through a database migration in 2018, but we think we have finally worked out all the kinks now! Our deepest apologies and gratitude again to the following donors:

我們真誠地向以下捐贈者道歉。他們於2018年通過富達慈善基金和西雅圖基金會慷慨捐贈給健安，但並未被列入在我們的年度報告中。健安於2018年作出數據庫更新，導致一些錯誤。我們再次向以下捐助者表示最深切的歉意和感謝：

\$10,000 AND ABOVE

Allen & Sunny Hsieh

Paul Mar

Hannah Wong, In Memory of Til Wui Chinn

Paul & Dori Yang

\$1,000 - \$9,999

Janine Chin

William & Carol Lau

Kim & Diana Ng

Francis & Jeanne Tang

\$999 AND UNDER

Kenny & Signe Chan

Sue Chen & K. Chester

Quentin Chin

Marie Chow

Lily Eng & Jeffrey Saul

Mandy Eng

Yolanda Eng

Sandy Ha

Tiffany Higa

Khoi Hong

Calvin & Denise Huey

S. S. Lau

Linda Lee

Cliff Lee

Calvin Locke & Ruth Locke

Stephen & Elaine Locke

Alan & Penny Low

Carolyn Loew

Henry & Jennifer Mar

Steve & Betty Mar

Raymond & Christine Moy

Susan Parker

Terrance Chinn & Susie Quan

Jun Tang

Norma Wells

Howard Wu

Wang Yung

When a Loved One Has Dementia

Caring for a loved one with dementia is no easy task. People with dementia will experience cognitive decline that makes it more difficult for them to remember things, think clearly, communicate with others, and take care of themselves. It can also cause mood swings and even change a person's personality and behavior.

In hopes to help people better understand dementia, our social services team has been offering free monthly educational workshops with topics ranging from communication tips to end-of-life care, in Mandarin and English for the community since April.

The workshops are led by Michelle Wu, our social worker and a CARES Dementia Specialist (C.D.S.). She is clinically trained as a nurse with vast knowledge and research experience in public health and social work.

HOW DID THE IDEA OF OFFERING DEMENTIA EDUCATIONAL WORKSHOPS DEVELOP?

I work with elders every day, and most of them have dementia. As the disease progresses, I can see that family members have more questions than answers. They have difficult times knowing what their next steps are in continuing to respond effectively to changes in physical ability, communication, behavior, and cognition; changes that are all a result of dementia.

I regularly meet with Michael Woo, our Care Network director and a trained professional in chronic disease management, in finding new ways to help family members feel more in control and have a better sense of how to plan ahead. I believe this knowledge is hugely beneficial to those we serve.

WHAT DID YOU HEAR FROM THE PARTICIPANTS SO FAR?

We got excellent feedback from family members. Someone who attended the first session said that they suddenly realized there is so much that they didn't know, and hope to gain caregiving skills and practical advice through attending the series. Whether you are caregiving



for someone in your family, or whether you provide care professionally, never be afraid to ask for help.

BEYOND THIS WORKSHOP SERIES, WHAT ELSE IS IN THE WORKS?

I'm glad that this educational series helps family members to learn more about dementia, about their loved ones, and how to interact with them. At the same time, I feel that there is an urgent need to raise the awareness of dementia in our community. As a social worker trained in this area, I took for granted that people would have at least some basic understanding of dementia. However, I discovered that there is so much more work we have to do to strengthen our knowledge gaps and skills to help our aging population. Every one of us can be advocates in improving the quality of care and quality of life for people with dementia.

This workshop is not only beneficial to caring for our nursing home residents but also useful for people who live in the community. We will talk about "planning for the future" at our last workshop of the series on Sept. 27. We are also currently planning to offer additional tools and resources for the community. When we learn how to take care of ourselves, we can also take care of our loved ones more effectively in difficult times.



遺忘的失落： 當您的親人患上腦退化症

照顧患有腦退化症的親人並非易事。腦退化症的患者會經歷認知能力下降，使得他們更難以記住事物、進行清晰思考、與他人交流以及照顧自己，還可以引起情緒波動甚至改變一個人的個性和行為。

為了幫助人們更好地了解腦退化症，我們的社工團隊自四月份開始，每月舉辦中英雙語的免費研討會，主題包括溝通技巧和臨終看護事宜。

研討會由我們的社工吳靜帶領。她獲CARES腦退化症專業資格(C.D.S.)認證，受過護士訓練，而且擁有公共衛生和社會工作的研究經驗。

舉辦腦退化症教育研討會背後的想法是什麼？

我每天的工作圍繞著長者，而他們大多數都患有腦退化症。隨著疾病每況愈下，我看到家庭成員有的問題往往多於答案。他們不知道下一步應該如何繼續有效地對體力、溝通、行為和認知上的變化作出回應；這些變化都是腦退化症的結果。

我經常與我們的社區服務網總監胡大明傾談，他是一位訓練有素的慢性病管理專業人員。我們不斷地尋找合適的方法幫助家庭成員感覺更有力去面對困難，並更好地為未來提前做好計劃。我相信這些知識對我們服務的人非常有益。

到目前為止，你從參與者那裏聽到了什麼？

我們得到了家人的好評。有第一次參加研討會的人說他們突然意識到原來自己對很多有關腦退化症都不是很了解的，並希望通過參加該系列獲得看護技巧和實用建議。無論您是照顧家人，還是專業提供護理的人員，都不要害怕尋求幫助。

除了這個研討會系列，還有什麼計劃？

我很高興這個教育系列幫助家庭成員更深入地了解腦退化症，更認識他們的親人以及如何與他們互動。與此同時，我覺得提高社區對腦退化症的認識是迫切的。作為在這一領域接受過培訓的社會工作者，我認為人們至少會腦退化症有一些基本的認知。但是，我發現我們還有很多工作要做，有很大進步的空間以加強我們的知識和技能，從而幫助日漸老化的人口。我深信每個人都可以成為提高腦退化症患者護理和生活質量的倡導者。

這個研討會不僅有利於照顧我們的院友，也有利於居住在社區的人們。9月27日為此系列的最後一節，我們將討論未來規劃。我們目前正計劃為社區提供額外的工具和資源。當我們學會如何照顧自己時，我們也可以在困難的時期更有效地照顧我們的親人。

PICTORIAL



A big “Thank You” to **Jade Guild** for coordinating and setting up the “Sweet & Savory Bake Sale” fundraiser, and to everyone who baked and sold those amazing goodies. In addition to the numerous Jade Guild volunteers, many community members were instrumental in making this fundraiser a grand success by selling raffle tickets, donating raffle items and baked goods, preparing joong, and volunteering on the bake sale day.

Also to note is that many treasure hunters took home some very nice paintings, housewares, and kitchen appliances at our Eastside Community Center rummage sale.

Thanks to your efforts, we raised almost **\$10,000** for the Healthy Living Program.

萬分感激**玉社**籌備Sweet & Savory烘焙籌款活動，同時感謝各位幫忙烘焙和銷售那些美味的咸甜糕點。除了眾多的Jade Guild志願者之外，許多社區成員還通過出售抽獎券，捐贈抽獎物品和烘焙食品，包粽以及在烘焙銷售日做志願者，使這項籌款活動取得巨大成功。

此外，我們的東區社區中心亦舉行了特賣會，一眾尋寶者把漂亮的畫作、家居用品和廚房用具統統帶回家。

全賴您的努力，我們為康健樂頤計劃籌集了近一萬美元。



Decades of experience have made our elders wise. At our Calligraphy Share Time, participants take turns to share knowledge and insight from studying various calligraphers’ artistic representations of the script, Kaiti. Retired pharmacist **Victor Lo** shares with fellow members the importance of a healthy diet to prevent, control, and even reverse diabetes by explaining how different food groups affect blood sugar level.

家有一老，如有一寶，長輩豐富的智慧及經驗是數十年沉澱累積的成果。在我們的書法班交流班時間，學員輪流分享知識和見地，上台分享學習張錫之楷書心得。退休藥劑師**盧兆倫**與其他成員分享健康飲食的重要性，解釋食物對血糖的影響，如何控制甚至逆轉糖尿病。

Art Gallery



“What I want to capture as an artist is a sense of authenticity with the emotions that I want to portray. Being able to interpret the world through all sorts of life experience that shape who I am, as a Christian, a Chinese-American, and a parent, had a profound effect on me personally and also translated into how I do art.” - Nolen Lee

Nolen Lee kick-started the Rotating Art Gallery at our Community Center in Seattle earlier this year. He shares with our Open Crafts members his true passion for arts and how he came up with his famous character, Punching Pandas. If you're interested in seeing or buying any of his work, feel free to stop by our location this summer or visit his website <http://nolenlee.com>.

「作為一名藝術家，我想要捕捉的是一種寫實感，並表達出我所想的情感。我通過各種塑造自我的生活經歷來理解這世界。作為一名基督徒，一位美籍華裔和一位父親，這些身份正深刻的影響著我，亦反映於我從事藝術的過程。」

較早前，**Nolen Lee** 於我們西雅圖社區中心的藝術展覽展出其作品。他與 Open Crafts 成員分享了他對藝術的熱情，以及創作 Punching Pandas 的經過。如果您有興趣看到或購買其任何作品，歡迎前來參觀或關注他的網站。

<http://nolenlee.com/>

Mahjong Night



Most people do not have a reason for visiting nursing homes or interacting with seniors outside of their own family. That is the reason why we host Mahjong Nights every now and then to provide a special opportunity for community members to learn about aging gracefully through this traditional Asian social game. Mark your calendar for Thursday, **October 3** for our next **Mahjong Night** event.

大多數人除了去探望家中的長者，都沒有去護養機構的理由。而我們舉辦的麻將之夜，則為社區成員提供一個特別有趣的機會，讓他們通過這個傳統的亞裔社交遊戲，去了解長者也滿有活潑。有興趣的朋友，請立刻在日曆記下**10月3日**星期四去參與下一次的**麻將之夜**活動。



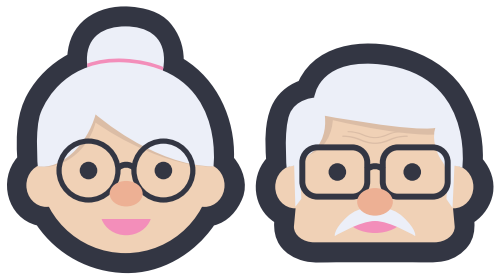
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SATURDAY 星期六

9/14

9:00AM-2:30PM

- 表演娛樂 entertaining performances & demonstrations
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- 互動活動 fun interactive activities
- 資訊展覽 info booths with local health & social services agencies

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More Info: kinon.org/seniors-day