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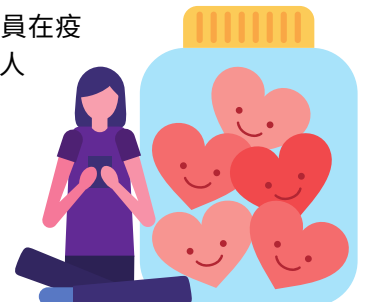


Share Your Words of Encouragement

Our caregivers, support staff, and team members continue to work around the clock to provide care and services to our residents, clients, and participants. Your messages of support and gratitude have now, more than ever, been incredibly motivating. If you'd like to share a story of compassionate care or just express your appreciation, please drop us a note. It brightens the day of our staff to know the community is behind them.

與我們分享鼓勵的話

我們的護理人員、前員工和其他團隊成員在疫情中無間斷地工作，為我們的院友、委託人和參加者提供護理和服務。您的支持和感謝信息現在比以往任何時候都更加來得重要。如果您想分享關懷的故事或只是想要表達您的感激之情，請給我們留言。這一切會讓我們知道，社區的朋友感謝和支持著他們的工作。



Dear Friends of Kin On,

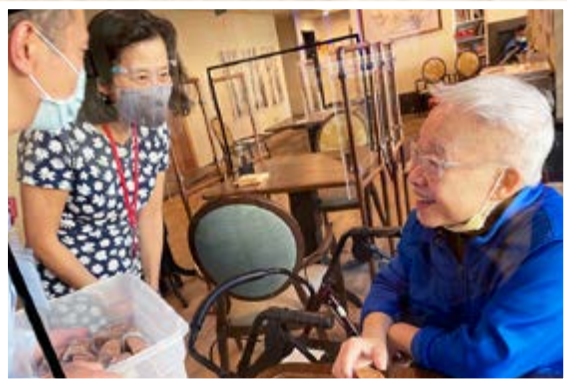
The last ten months have been incredible for me, witnessing the kindness and values that brought this community together. One of the things that drew me here as your new CEO was the mission of honoring and supporting our elders and families by offering cultural Asian and linguistically appropriate healthcare services in a healthy living community. That is what I experienced when I came here, and I am so happy to be a part of it now.

I have learned that the Kin On community is strong and dedicated, pouring their hearts and soul into navigating the challenges of this pandemic while caring for our elders. We are very fortunate to have a donor base that is over 900 and a customer base that is over 2,000. In addition, we have ten unique stakeholder groups in terms of the government, suppliers, community partners, competitors, our staff, the Board, volunteers, donors, customers, and the community. Each of them is uniquely critical to our success. We are investing in understanding our stakeholders, meeting their needs and working with them.

I am also continuously struck by our residents, clients, and their families. I get to visit with our residents several times a week and get to speak with families often. It has been one of the joys of this job. In the past few months, we started the Life Stories initiative to document our elders' lives, and this has been an incredibly moving project for me. It is amazing to hear their stories firsthand.

We continue to see the broad impact of the COVID-19 pandemic. Here at Kin On, we are focused on getting our core businesses back on track. Both the Rehab & Care Center and Supportive Housing need to increase occupancy and improve operations. We are also working with seven local nursing schools to bring new talent to our facilities. In addition, we are upgrading our facilities in terms of the kitchen, showers, and grounds. Most importantly, we are focusing on improving the care to our residents and clients and rewarding our staff.

Great things have been happening at Kin On for over 36 years, and collectively, we will continue to build on decades of hard work and dedication. So again, thank you for allowing me to be part of this family and I hope to see you all very soon.



MIN CHANG

Kin On CEO

致健安之友：

過去的十個多月，我們經歷了很多困難、嚴峻局面，在這裡我見證了凝聚這個社區的善心和價值，讓我感觸良多。健安本著敬重和支持耆老與家庭之理念，竭誠為其提供切合亞裔文化及語言的社康護理服務的使命，是吸引我來到這裡成為您們新行政總裁的原因之一。這也是我來到這裡之後體會到的經歷，我實在很高興能成為其中的一員。

我感受到健安大家庭的力量，表現出強大的韌性，在照顧長輩的同時，全心全意地應付疫情的挑戰。我們很幸運擁有超過 900 名善長和 2,000 名服務使用者。此外，在區內我們和十個獨特的利益相關群組建立良好關係，包括政府機構、供應商、社區合作夥伴、競爭對手、員工、董事會、志願者、捐助者和委託人等，它們每一個組別都對我們的成功至為重要，並透過加強溝通，盡心去滿足他們的需要並尋求合作機會。

我們的院友、委託人和他們的家人也不斷給我留下深刻印象。我每週都會拜訪院友幾次，並經常與家人們交談。這是這份工作的樂趣之一。在過去的幾個月裡，我們展開了「生命故事」計劃來記錄長者的生活，這對我來說是一個非常感人的項目。親身聽到他們的故事真是太棒了。

雖然疫苗已問世，但疫情影響持續。在健安，我們專注於讓我們的核心業務重回正軌，復康及護理中心和支援住屋都需要增加入住率並改善運營，而我們與七所當地護士學校合作，期望為院舍帶來新的人才。此外，我們正在改善廚房、淋浴間和庭院的設施。最重要的是，我們會專注於改善對院友和委託人的護理並獎勵我們的員工。

在過去 36 年來，健安成就了很多了不起的大事，我們將在數十年的辛勤工作和奉獻精神的基礎上繼續發展。再次感謝您們讓我成為這個家庭的一員，希望很快能見到大家。



張珉

健安行政總裁



BOARD OF DIRECTORS

Christin Chou	Dennis Su
Garret Dong	Clement Sun, MD
Dennis Eng	Lo Yu Sun
Ketty Hsieh	Sam Wan
Nella Kwan	Sherwin Tsao
Dennis Lam	Marcella Wing
David Lee	Hannah Wong
Stella Leong	Clara Cheung Yee
Rosa Leung	Warren Yee
Tim Louie	Wendy Zheng
Chun Ng	

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Hannah Wong
<i>First Vice President</i>
Sherwin Tsao
<i>Second Vice President</i>
David Lee
<i>Treasurer</i>
Wendy Zheng
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KIN ON LEADERSHIP TEAM

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<i>Human Resource Manager</i>
Rani Cheung
<i>Operations Support Manager</i>
Terry Myers
<i>Administrator</i>
Charles Do
<i>Director of Finance</i>
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<i>Home Care Director</i>

Mingchen (Alice) Li
<i>Healthy Living Manager</i>
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<i>Director of Nursing Services,</i> <i>Kin On Rehab & Care Center</i>
Herman Tam
<i>Director of Philanthropy</i>
Jessica Wong
<i>Chief of Staff</i>
Michael Woo
<i>Social Service Director</i>
Lillian Young
<i>Marketing and Communications</i> <i>Manager</i>

Life During COVID 疫情下



Residents enjoy spending time and tending the Eldergrow gardens. Their faces light up every time the instructor comes in for a special hands-on lecture. They get to connect with nature and engage all the senses.

院友們非常喜歡照顧這兩座Eldergrow流動花園。每當講師來進行特備活動，他們都特別興奮。這個感官花園讓大家利用嗅覺和觸覺去感受大自然。



Thank you! Ruth Lingat, R.N. and Alan Poon, Senior Staff Accountant, received the LeadingAge Silver Star Awards for their 25 years of service at Kin On. Congratulations!

謝謝！護士Ruth Lingat和高級會計師潘港華服務健安25年，獲得LeadingAge銀星服務獎，以資鼓勵。





的點滴



WARM 106.9 brought a special type of warmth to us this year. Not only did our residents and clients get a fluffy teddy bear, but our staff also received some love from them.

WARM 106.9電台給我們都送上了一份特殊的溫暖。每一位委託人、院友和員工都拿到了一隻毛茸茸的泰迪熊和滿滿的愛。



Thank you to friends and supporters of Kin On for raising funds for the Wellness Warrior Walk! Together, we raised over \$60K this year.

感謝健安之友和支持者以聚會、跑步、爬山等活動為我們募款！今年我們的「健步走」一共籌集了超過6萬元。



Our Assisted Living residents enjoyed their summer outing. What a great time they had traveling through the city and seeing the sites.

耆老居屋的院友參與夏季郊遊。他們坐車在城市中遊走，參觀不同的景點，享受美好的時光。



Being Closer to Our Beloved Community 社區照護服務讓長者安心安老

By Michael Woo 胡大明, Social Services Director

The ribbon has been cut, and Kin On's new location in the Chinatown/International District (C-ID) is now open for business!

After many months of searching and setting up, we are very excited to have this space at the Pacific Rim Center. The grand opening on Aug. 25 kicked off with a lion dance blessing by the International Lion Dance Team. Representatives from the Liu Kuo-Chun Educational Foundation and our former CEO Nigel Lo also joined us to celebrate this moment.

Since our office burned down last year, our dedicated front line home care staff continued to provide home and community-based services for our elders and their family. Administrative staff had to work differently and creatively to coordinate our services. Now, we have moved into this new space, and we will operate at full force again. We will do more, be more accessible, and be closer to the community we love and serve.

剪彩完畢！健安位於唐人街/國際區(C-ID)的辦公室再次歡迎大家。

經過數月的設置，非常高興在太平洋商業中心重新開設健安唐人街/國際區辦公室。我們於8月25日的開幕儀式在國際瑞獅團的舞獅祝福中拉開帷幕。劉國鈞教育基金會的代表和前總裁盧兆章也與我們一起慶祝這時刻。

舊辦公室於去年6月因大樓火災而被燒毀。我們盡最大努力為長者及其家人提供家居護理和社會服務。在疫情肆虐下，維持家居照顧服務更見艱難。上門服務的家居護理員無間斷地為委託人提供起居照顧服務，社工和家居服務團隊用不同型式繼續提供支援並協調服務。現在，我們搬進了這個新空間，將再次全力運作，期待可以恢復更多服務，更接近我們所愛的社區。

All these would not be possible without the tremendous support from our beloved community. We especially want to thank the Liu Kuo-Chun Educational Foundation and Historic South Downtown Community Preservation & Development Authority for their generous contributions.

Often, our community-based services are not as well known by the community as our Rehab & Care Center, but these programs are just as important. They started in 2000 and have been focusing on serving seniors living in the community.

Home care provides assistance with personal hygiene, daily living tasks, and household chores for physically challenged and chronically ill clients. It's a great service for family members who might have to leave for the day to work outside the home or for elderly clients who live alone and just need a little extra help.

One family member shared, "my father was not the easiest person to get along with. He was reluctant to have anyone in his home at all. We went through a few people until we found a caregiver from Kin On. She was able to speak Chinese and cook the foods that he was familiar with. So he felt comfortable with her. Besides just being very sweet, she was very competent."

We have over one hundred personal care assistants serving our elders in the community through our in-home care program, and the need continues to grow.

Other than our social workers who take good care of our residents and their family members at our Rehab & Care Center, we also have a small community-based social service team based in the C-ID office. We are a resource for the community, helping older adults and their families understand and access the services they need as they age.



The Liu Kuo-Chun Educational Foundation presented a plaque honoring former CEO Nigel Lo for his contributions.

劉國鈞教育基金會送上一幅牌匾表揚前總裁盧兆章的貢獻。

我們衷心感謝大家的捐獻支持我們重建，並特別感謝劉國均教育基金會和的南西雅圖市區保護與發展局的慷慨捐助。

有時候，我們的社區支援服務不如復康及護理中心為人熟知，但這些計劃同樣重要。這些服務成立於2000年，一直專注於為居住在社區的老年人提供服務，協助長者在家安老。

家居照顧為體弱的委託人提供個人衛生、日常生活和家務方面的照顧與援助。對於需要外出工作的家屬或需要一些額外幫助的獨居長者而言，這是一項非常合適的服務。

一位家屬分享說：「我父親很難相處，他也不願意家裡有人。我們換了好幾個護工，直到找到了健安的家居護理員。她會說中文，會做他熟悉的食物，所以父親覺得很安心。她很和善，也非常能幹。」



We also support caregivers who care for their loved ones in the community through the Family Caregiver Support Program, a service funded by the City of Seattle, by providing consultation and assistance through information and referrals.

We have moved most education workshops online during the pandemic, yet we continued to maintain connections with our elderly through various channels, including in-person contact whenever feasible and safe. These contacts have helped us to recognize the tremendous impact the pandemic has on many older adults' health and well-being.

We have witnessed the resiliency exhibited by many of our elders. Some may use formal or informal networks to support their needs. Others have adapted to using the virtual platform to keep socially and intellectually engaged. One of our clients commented that "Kin On has provided us with many online activities so that we will not feel lonely during the pandemic. The programs have brought us so much joy and kept our mind from declining." These words of encouragement affirm and recognize our work and inspire us to ensure our elders are well-cared for.

The pandemic exposes and amplifies the needs, service gaps, and inequities in our system. We have been and will continue to assist elders in staying safely at home for as long as possible. Please do not hesitate to contact us at 206.652.2330 if you have any questions or if we can be of service to you.



Scan and watch a
highlights video of our
opening event

掃描觀看開幕活動的
精彩視頻



我們的家居護理有一百多名家居護理員為區內的老年人提供服務，而且需求還在不斷增長。

除了復康及護理中心內的社工照顧著院友們之外，在唐人街辦公室亦設有一個以社區為基礎的社會服務團隊，協助長者及其家人了解並獲得他們隨著年齡增長所需的服務。當中的服務包括親屬照顧者支援服務，它是一項由西雅圖市政府資助的服務，為家屬照顧者提供各樣諮詢、支援及轉介服務。

疫情期間，大部分的健康工作坊已轉移到網上，但我們繼續通過各種渠道與長者及其照顧者保持聯繫，在按需要和安全的情況下進行面對面接觸。這些接觸讓我們更了解到疫情對許多長者的健康和福祉有莫大的影響。

另一方面，我們目睹很多長者們的生命韌力。他們透過正式或非正式的網絡成為彼此的支持，共同度過許多難關。有些人則利用網路平台來參與社交活動，堅持不斷學習，保持身心靈健康。其中一位朋友說：「健安為我們提供了許多在線活動，讓我們在疫情期間不會感到孤獨。這些節目給我們帶來了很多歡樂，也讓我們們的頭腦不至於衰退。」這些鼓勵的話給予我們肯定和鼓勵。

疫情更顯露了社群的深層需要及服務差距。而我們將一如既往，繼續幫助長者。如果您有任何問題或者我們可以為您服務，請隨時致電 206.652.2330 與我們聯繫。



TERRY MYERS 麥特里

In August, Terry Myers joined Kin On as the new administrator for our Rehab & Care Center and Supportive Housing. Bringing two decades of leadership experience in the skilled nursing facility setting, Terry oversees all facility operations and develops quality improvement strategies to ensure that residents receive high-quality, compassionate care. We asked Terry a few questions:

How did you start your career, and what work you're most proud of?

Terry: I was raised in a military family. My father was enlisted in the United States Air Force, and when I was 18, I followed in his footsteps. After a couple of years, I transferred to the California Air National Guard and started my family. At that time, I also began working in church with women, youth, and children's ministries. Later I moved from California back to Washington, where my family lived. I finished my Bachelor of Social Science and began working as a long-term care Social Worker in 1995. Then, in early 2003, I completed the Nursing Home Administrator training and took my first post as a nursing home administrator.

Since becoming an Administrator, there have been a lot of wonderful moments, but the ones I treasure the most were ones where we made a positive difference in someone's life. That is what this work is all about for me.

What would you consider your most formative experiences?

Terry: The most formative experiences were lessons taught by state surveyors and quality assurance nurses who were my early mentors and by resident family members and staff members who were able to show me the things that really mattered. I've lived through very rough surveys – where I learned from mistakes made. But, I've also experienced super good surveys and family/resident reviews where I learned what we did right.

What motivated you to join Kin On?

Terry: I wanted to work for a non-profit organization, hoping the underlying motivation would be better than in some for-profit organizations I'm familiar with. During our first actual conversation, I truly felt like I connected with our CEO, Dr. Min Chang, and knew she would be great to work with and for. But honestly, when I first walked the halls of Kin On with Julia Shi, our Director of Nursing Services,

Terry Myers(麥特里)於8月加入健安復康及護理中心與支援住屋，成為新任院長。Terry在長期護理方面擁有超過18年出任院長的管理經驗和深厚的專業知識，負責監督所有院舍的運營並制定質量改進策略，以確保院友獲得高質量的護理。我們問了Terry幾個問題：

您是如何開始您的職業生涯的？您最引以為傲的工作是什麼？

Terry: 我在軍人家庭長大，父親是美國空軍。在18歲時，我也追隨了他的腳步入伍。幾年後轉到加州空軍國民警衛隊，並組織家庭。同時也開始參與教會裡的婦女、青年和兒童事工。後來搬回華盛頓州與家人生活，再回到校園完成社會科學學士學位，並於1995年起擔任長期護理的社工。於2003年初完成了療養院院長培訓，並開始了院長工作的職涯。

自從成為院長以來，有很多美好的時刻，但我最珍惜的是那些為受患者帶來正面影響的時刻。這是這份工作最大的意義。





one particular resident sitting in the day room made eye contact with me – and I lost my heart! I knew I needed to be here to make her life as good as we could make it.

What aspect of the organizational vision/mission resonates most strongly with you?

Terry: I love our tagline “True to you” and the opportunity to provide cuisine, activities, and environment to support our elders in a way they can most appreciate. As many of us grow older, our memories become more prevalent. It is significant to be in a place where we have the foods, activities, sights, and language around us that are familiar to our very young selves. This is particularly important to elders who are first-generation immigrants – who long for the culture they left behind. At Kin On, we do that for our Asian elders, which is extremely important and heartwarming.

What are the biggest challenges you are facing? How would you resolve these challenges?

Terry: Our biggest challenge, by far, is hiring enough staff to be able to serve more residents and take care of everyone. There simply are not enough nurses or certified nurse aides out there these days to fill all of the needs. Next to that – my personal challenge – is to encourage our staff and residents and bring more smiles to the faces around me. COVID-19 has taken an enormous toll on all of us. It is easy to be discouraged when it feels like we don’t have enough staff or your family can’t visit as often as you would like. It is my challenge to bring us through this time together and appreciate the good that we also see but often forget all around.

Is there anything else you would like to share with us?

Terry: I am excited to learn how everyone is connected to Kin On! I see nothing but the amazing potential here, and it will be wonderful and fun to see how we make great progress happen together. I am very thankful for and thrilled about this opportunity!

您覺得有那些經驗對您有最深刻的影響？

Terry: 最深刻的經驗都是在州政府驗查員和負責品質管制的護士身上學到的教訓，他們都是在我初入行時的導師。還有的就是院友的家人和同事教曉我什麼才是真正重要的事情。我曾經歷過非常不順利的驗查，我從那些錯誤中吸取教訓。但我也有經歷過非常好的驗查和院友/家人的評論，從中讓我了解到我們有什麼做對了。

是什麼促使您加入健安？

Terry: 我想到一個非營利組織工作，因為比起我較熟悉的一些營利組織來說，我希望他們會有更好的動機。我第一次與行政總裁張琨博士對話時，真心覺得和她很投緣，就知道與她一起工作會很棒。老實說，有一次我和護士長石劭翹去巡房的時候，與坐在活動室的一位院友眼神交流，我的心被觸動了！這感覺叫我想盡力去讓她在這裡過好生活。

健安的哪些願景/使命最能引起您的共鳴？

Terry: 我很喜歡「以人為本」這個標語，正如我們能提供以院友最習慣的美食、活動和環境去服務他們為目標。人越老，我們對越遠的記憶就越深刻，所以能環繞在我們年輕時所熟悉的食物、活動、環境和語言是尤其重要。特別是對於作為移民的長者，他們會渴望他們本身的文化。在健安，我們能為亞裔的長者們做到這件重要的事，真是很暖心。

您面臨的最大挑戰是什麼？您將如何解決這些挑戰？

Terry: 到目前為止，我們最大的挑戰是要招聘足夠的員工去照顧每位或更多的院友。如今，根本沒有足夠的護士或助護來滿足所有需求。而我個人的挑戰就是鼓勵我們的員工和院友，給周圍的人帶來更多的笑容。疫情對我們所有人都造成了沉重的影響。當我們人手不足或者家人不能經常探訪的時後，很容易氣餒。我的挑戰不但是讓我們一起度過這段時間，還要鼓勵各人多欣賞身邊的美好。

還有什麼想與我們分享的嗎？

Terry: 我很希望能了解各人和健安的故事！我看到這裡驚人的潛力，能有機會看到我們將如何共同進步，實在是很有趣而又美妙。我對於這個機會是既感恩又興奮！



Healthy Living is a Lifelong Process, a Lifestyle 健康生活 終生良伴

By Carol-Ann Smith

Over a year ago, our Healthy Living (HL) program had to quickly adapt to the rapid changes brought on by a pandemic. We closed our community centers in March 2020, transitioning from an in-person community into a virtual village. Some in-person activities have now resumed, but we are uncertain what the future holds. Although many changes were made to the kinds of programs and how they were being offered, one thing remained the same: HLP was an essential part of the community.

一年多以前，我們的康健樂頤活動計劃(HL)必須迅速適應疫情帶來的變化。我們於2020年3月關閉了社區中心，從面對面的社區轉變為虛擬村莊。現在已經恢復了一些實體的活動，但我們不確定未來會變成怎樣。儘管對項目的種類和提供方式進行了許多更改，但有一點保持不變：HLP是我們社區重要的一部分。

對於HLP成員Grace Lin而言，在線課程已成為她生活日常，和與家人保持聯繫一樣重要。她幾乎每天，都會登入Zoom參加EnhanceFitness課程，該課程指導她進行有氧運動、力量訓練和平衡練習。

For one HL Member, Grace Lin, the online classes became an important part of her daily routine, just as important as staying in touch with her family. Almost every day, she logs into Zoom to join an EnhanceFitness class that guides her through a structured routine of aerobics, strength training, and balance exercises.

For several months during the summer of 2021, she attended online nutrition and cooking classes offered in partnership with a local non-profit, Lifelong, and gained a few more healthy eating habits. “I’m using mindful eating every day now. It’s just so useful. You use it for whatever you want to eat,” Grace said. Aside from cooking new recipes, reading nutrition labels, and watching out for recommended daily values, She also made some new friends.

Screen fatigue and lack of tech skills often discourage many older adults from joining online classes. Still, many people have decided that the potential social benefits are worth the steep learning curve. Over the months, Grace has become comfortable with Zoom, building on the tech skills she learned from our SmartLab Technology classes. The videoconferencing platform has cut out her commute time and allows her to learn and maintain healthy habits from the comfort of her own home.

There are members we “see” and engage more frequently because of the remote setting, which allows many of us to get to know each other on a personal level.

Grace knows the value of a healthy mind and body. She came from a family of healthcare professionals, with several brothers and sisters in medicine, dentistry, nursing, and pharmacy. She trained for five years to become a pharmacist in Taiwan before moving to Pullman, Washington with her



Lifelong’s Community Nutrition Educator, Haley, taught us how to make healthier decisions in the kitchen.

Lifelong社區營養教育家Haley教我們如何做出更健康的飲食決定。

husband, Marcus, in 1967. Since then, Grace worked in labs and as a pharmacy assistant at Seattle Children’s Hospital, raising two children and supporting her husband while he ran a civil engineering consulting firm, Lin & Associates, Inc. in downtown Seattle. Her oldest son went into real estate, and her youngest son, Jeffrey, carried on the family tradition of going into healthcare. In 1990, at only 13 years old, he began to study microbiology at the University of Washington and was even featured on the news. He went on to study medicine at Harvard University and now practices nuclear medicine and diagnostic radiology in Tacoma. Despite her sons’ achievements and successes in their careers, they remain humble and prioritize family matters.

For Grace, too, her family has always been her priority. Her unconditional love and pride for them remind her of how meaningful her life is, and how important it is to stay healthy. Healthy living is a lifelong process, a lifestyle. “I’m just so grateful.” She shared that our classes have helped her stay energized and well enough to continue playing with her grandkids. It is also why she actively engages in every class, eagerly absorbs new information, and energetically follows along with exercise and dance moves. In a way, the friends, instructors, and volunteers that make the Program possible have also become an extension of her family.

For anyone who wants to be happy and healthy, here’s Grace’s advice: “Be thankful and take care of yourself. Eat mindfully, exercise, be thankful in the heart, and be content in your heart.”



Grace and HLP members celebrated the winter holiday with others from the Southeast Seattle Senior Center.
Grace 和許多 HLP 成員與西雅圖東南部長者社區中心的朋友一起慶祝寒假。



Scan and watch a
video of Grace sharing
her experience

掃描觀看Grace分享
她的經歷的視頻

在2021年夏天的幾個月裡，她參加了與本地非營利組織Lifelong合作提供的在線營養和烹飪課程，養成了一些更健康的飲食習慣。Grace說：「我現在每天都在使用正念飲食。實在太有用了！按照身體狀況養成正確的用餐習慣。」除了烹調新菜式、學習閱讀營養標籤和注意每日飲食的營養值外，她還結交了一些新朋友。

屏幕疲勞和缺乏電腦技術通常會阻止許多老年人參加在線課程。儘管如此，許多人認為潛在的社會效益值得陡峭的學習曲線。幾個月來，Grace從我們的SmartLab技術課程中學到的技能為基礎，已經習慣了Zoom。視頻會議平台減少了她的通勤時間，讓她在舒適的家中學習和保持健康的習慣。

由於遠程設置，我們更頻繁地「接觸到、看到」參與的朋友，使我們更了解大家。

Grace來自一個醫療保健專業的家庭，有幾個兄弟姐妹從事醫學、牙科、護理和藥學工作。她在台灣接受了五年的藥劑師培訓，之後於1967年與丈夫Marcus搬到華盛頓州的普爾曼市。從那時起，Grace在實驗室工作並在西雅圖兒童

醫院擔任藥房助理，撫養兩個孩子並支持她的丈夫他在西雅圖市中心經營一家土木工程諮詢公司。她的大兒子從事房地產，她的小兒子Jeffrey繼承了從事醫療保健行業的家族傳統。1990年，年僅13歲的他開始在華盛頓大學學習微生物學，甚至登上了新聞頭條。之後在哈佛大學學醫，現在在塔科馬從事核醫學和診斷放射學工作。儘管她的兒子們在事業上取得了成就和成功，但他們仍然保持謙虛的心，永遠把家庭放在首位。

對於Grace來說，她也一直以家人為其首要考慮。她對他們無條件的愛和自豪提醒她，生活是多麼有意義，保持健康是多麼重要。健康生活是一個終生的過程，一種生活方式。「我非常感激。」她分享說，我們的課程幫助她保持精力充沛，身體健康，可以繼續和她的孫子孫女玩樂。這也是為什麼她積極參與每一堂課，熱切地吸收新信息，並積極地跟隨著運動和舞蹈動作。在某種程度上，參與HL的每一位朋友、導師和志願者也成為了她家庭的延伸。

對於任何想要快樂和健康的人，Grace的建議是：「感恩並照顧好自己。用心吃飯，鍛煉身體，心存感恩，心滿意足。」



Homestyle Comfort Foods for Our Elders

餐餐營養足 吃得就是福

By Emily Chen 陳俐卉, Dietary Manager

Food is an integral part of our culture. There are dishes that we grow up eating and smells that we identify as being home. At Kin On, we pride ourselves on delivering freshly prepared meals that are healthy, nutritious, familiar, and delicious. Our goal is to serve home-style comfort foods that our Asian elders love.

In the past 18 months, our food services team at the Rehab & Care Center and Supportive Housing went through an interactive process to develop new menus for our residents.

We began with two “Master Chef Competitions,” where our cooks created new recipes for our residents and staff to taste and judge. Our team flexed their creative muscles and came up with attractive dishes that used different spices and aromas. Residents and staff were happily giving thoughtful feedback and thumb-ups to these new explorations. These interactions allowed us to connect with our residents, hearing what they like to see on their menus.



Residents gave us valuable feedback on the new recipes in early 2020.

於2020年初的試吃，院友們給予我們許多寶貴的意見。

After gathering comments, suggestions, and recommendations from our residents, families, and team members, we went through various rounds of discussions and sensory tastings. Our dietitian completed the nutritional assessment while the team weighed in on the execution. Dietary guidelines, therapeutic requests, and individual food preferences have to be followed as well. It took us months to refine and finalize the menus, and there is nothing more satisfying than seeing all the smiles and empty plates after each meal: “thank you to our kitchen for preparing food that I love so much.”

As the dietary manager, I am grateful for my team of dietitians, cooks, production coordinators, dietary assistant, and aides, working tirelessly to bring nourishment and enjoyment to our residents. Changing our menu takes careful planning and considerations. All these improvements wouldn't have been possible without my team's hard work, and I also look forward to continuing this process again.



The team that participated in the first-ever Master Chef.

參與第一次「料理大賽」的團隊。

我們的文化對吃非常看重。我們喜歡家的味道。進食除了維持生命和身體健康，更是快樂之源。在健安，我們以提供健康、富營養、熟悉且美味的餐飲而自豪，而目標就是提供亞裔長輩喜愛的家常料理。

在過去的18個月裡，復康及護理中心和支援住屋的膳食部團隊積極的為院友們研發新的菜單。

我們進行了兩次「料理大賽」。幾位廚師自由發揮創意，創出兼顧營養與美味的家常菜，讓院友和員工品嚐和評分。大家都非常樂意為我們的新嘗試提供意見，不少菜式備受喜愛，而透過這些互動讓我們更了解他們的喜好，從而烹調出他們想看到的菜餚，給予他們更多的餐飲選擇。

在收集了院友、家屬和團隊成員的意見與建議後，我們經過多番討論和品嚐，作出改良，再由營養師完成營養評估。團隊對執行進行平衡，遵循飲食指南、治療要求和個人偏好。我們花了近幾個月的時間來完成最終確定的菜單。過程並不簡單，但是沒有什麼比每頓飯後看到所有的微笑和空盤子更令人滿意的了：「感謝我們的廚房準備了我非常喜歡的食物。」

作為膳食部經理，我非常感謝我的營養師、廚師、運作與膳食助理和廚房助手。他們盡心盡力地工作，為我們的院友帶來兼顧營養健康，又讓他們開懷享受美食。更新菜單需要仔細規劃和考量，如果沒有團隊的辛勤工作，所有這些改進都是不可能實現的，而我也期待再次繼續這個過程。

Become a Wellness Warrior

加入成為健康勇士



Our Healthy Living program keeps Asian adults and elders physically, mentally, and socially active. We believe that life is best enjoyed in the company of good friends and encourage adults to start “young” at age 50 or better to help stave off or minimize many age-related diseases.

YOU can help bring JOY to seniors by partnering with us in the following ways:

- For \$100, your donation can help seniors better manage their chronic conditions through evidence-based health workshops.
- For \$75, you can help seniors stay active and healthy through EnhanceFitness and other evidence-based wellness programs.
- For \$50, you can help seniors learn new skills through technology classes and one-on-one tutoring at SmartLab.

我們的康健樂頤計劃(HL)通過一系列終身學習課程，創造性的老齡活動和健康教育的學習班，使亞裔老年人保持體魄健康、頭腦敏銳及社交活躍。我們相信有好朋友陪伴才是最好的生活。我們也鼓勵老年人從年輕的時候就開始學習如何減少許多與年齡有關的疾病。

而您可以通過以下的方式與我們合作，為老年人帶來歡樂：

- 每月捐贈\$100，您就可以幫助老年人透過參與實證課程更好地管理他們的慢性病。
- 每月捐贈\$75，您就可以幫助老年人透過參與EnhanceFitness與其他實證運動課保持活躍和健康。
- 每月捐贈\$50，您就可以幫助老年人透過參與SmartLab等科技課程和一對一輔導學習新技能。



I donate monthly for the community. I know these ongoing programs benefit all in the community, and I want to ensure that it continues and grows.

我每個月都會為社區捐款。我知道這些活動讓區內所有人受益，所以我想確保我們能繼續下去並且不斷發展。

LARRY L. Wellness Warrior, Kin On Giving Circle Monthly Member 健康勇士，健安捐贈圈會員

As a Wellness Warrior, you will automatically be part of the Kin On Monthly Giving Circle.

作為健康勇士，您將自動成為健安捐贈圈的一員。

<https://kinon.org/healthy-living-campaign>





I'd like to formally introduce myself as **Thy Nguyen**, your new Corporate & Donor Relations Officer here at Kin On. It brings me great joy to take on this role and be a part of an amazing team dedicated to providing our Asian elders with the best culturally focused care. Since college, I have always been passionate about social work and wanted to pursue a career where I felt like I was making an impact in my community. With my previous background volunteering at senior homes and two years in marketing, I feel well equipped to tackle the upcoming year with Kin On. I'm committed to continue building on thirty-six years of legacy of bringing specialized care to our community.

正式介紹，我是**Thy Nguyen**，健安新任企業和捐贈者關係主任。我很高興能與這個出色的團隊工作，致力為我們的亞裔長者提供最好的關懷。自大學以來，我一直對社會工作充滿熱情，並希望從事一份對自己社區出一分力的職業。憑藉我之在護理機構做義工的背景和兩年的營銷工作，我覺得我有能力與健安一起迎接即將到來的一年。我亦致力於繼續發揚健安 36 年來為我們社區提供專業護理的理念。

關於我自己：我是第一代越南裔美國人。七歲時搬到華盛頓州，從那時起就一直住在這裡。我畢業於西華盛頓大學，主修社會學和心理學。閒時喜歡遠足、跳舞或品嚐本地美食。我期待能與大家見面。歡迎隨時以 (360) 910-9015 或 thynguyen@kinon.org 與我聯繫。

A bit of myself, I am a first-generation Vietnamese American. I moved to Washington when I was seven years old and have been living here ever since. I graduated from Western Washington University, with my studies focused on sociology and psychology. When I'm not at work, you can usually find me in the mountains hiking, dancing away at concerts, or trying out all the fantastic restaurants that Seattle has to offer. I look forward to meeting and connecting with you soon. Please feel free to reach me at (360) 910-9015 or thynguyen@kinon.org. I'd love to chat!

Support Our Elders Through Your IRA in 2021 以退休帳戶慈善捐贈支持健安



Are you 72+ years old this year and need to take out a required minimum distribution (RMD) from your IRA retirement plan this year?

If you don't need to use the money this year and would like to save on having to pay the taxes on it for 2021, a Qualified Charitable Distribution (QCD) might be exactly what you are looking for! A QCD allows you to exclude the donated amount from your taxable income, therefore reducing your 2021 tax burden and supporting Kin On's seniors at the same time.

If this sounds interesting to you, please see your financial advisor or a representative from your IRA custodian and ask them about making a Qualified Charitable Distribution to Kin On.

Please feel free to contact me should you require any additional info.

Herman Tam 譚康文 206.556.2273 / htam@kinon.org

您今年是否72歲以上，並且需要從您的退休帳戶 (IRA) 提領強制最低提款 (Required Minimum Distribution)?

如果您今年不需要使用這筆錢，並希望節省掉一些稅款，那麼合資格慈善捐款 (Qualified Charitable Distribution) 可能適合您！從IRA直接捐出的合資格慈善捐款並不會被課稅，從而減輕您2021年的稅收負擔，並可以同時支持受惠於健安的長者。

若希望進一步了解，請與您的財務顧問或IRA退休帳戶的代表聯繫，並詢問他們關於向健安進行合資格慈善捐款的事宜。

如果您需要其他信息，請隨時與我聯繫。

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Calling for Volunteers 加入志工服務行列

With the potential surge of COVID cases in the next few months, Kin On is building a community emergency response team as a contingency plan for internal planning for the winter. If the need arises, would you be willing to come in and help at Kin On?

Roles will vary depending on your interests, skills, and background. For example, non-clinical folks can support in areas like admin, laundry services, facilities/maintenance. Those with a licensed healthcare background can lend a helping hand with patient care in either a volunteer or a per diem employment role. Time ranges can vary from several hours to 20+ hours a week.

Please complete the questionnaire on our website <https://kinon.org/volunteer> to share your skills/background, availability, and contact information.

If the need arises this winter, we will contact you with further details and volunteer times. Thank you for your consideration and support!



未來幾個月疫情可能有所反覆，所以我們正在成立一個社區應急小組，作為內部冬季規劃的應急計劃。如果有需要，你願意來健安幫忙嗎？

志工們所扮演的角色會因他們的興趣、技能和背景而異。例如，非臨床人員可以作為志工在行政、洗衣服務、設施/維修等領域提供支援。具有許可醫療保健背景的人可以以志工身份或以領取日薪津貼的員工身份為院友提供幫助。時間範圍可以從每週幾個小時到 20 多個小時不等。

請在我們的網站<https://kinon.org/volunteer>上填寫申請表，和我們分享您的技能/背景、可以擔任志工的日期/時間和聯繫方法等。

如果今年冬天有需要，我們將與您聯繫以提供更多詳細信息和志願服務時間。感謝您的考慮和支持！