

# On Lok Newsletter

January – March 2018

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## Chinese New Year Celebration Luncheon

The spring Festival is a traditional festival for the Chinese. The Overseas Chinese community everywhere has different types of celebrations of this traditional Spring Festival, and On Lok Senior Center is no exception. The On Lok Center yearly celebration for Chinese New year event was held on February 23, 2018 on the second floor of the Joy Tsin Lau restaurant. The celebration luncheon started at 11:00am. The president of the On Lok center, Mr. Gary Ng delivered the welcome speech to thank everyone for coming out to support and join us for the celebration. He wished us all a happy and healthy year of the Dog. He also thanked all the staff and volunteers for their support for this event. The celebration luncheon started with variety shows performed by our senior members, including the Chorus where the performers sang with those joyful voices to celebrate the New Year. The dancing group with the graceful movements to wish everyone a happy New Year and the Tai Chi fan dance demonstrated Chinese Kung Fu with the beautiful steps. Their performance was greatly appreciated by the audience. Then the lucky drawing: We want to say thanks for the enthusiastic group, they are: Ms. Suen Sit Chun, Mak-Chan Wai Fong, Yang Lan, Jung Hang You, Christine Fung, and Phan Chi Cone - with their generous donated gifts given to the winners. During mealtime, the entertainment continued with Karaoke. Everyone enjoyed the lunch and we thank Ms. Mabel Chan, owner of Joy Tsin Lau. She also is one of our board members. She and her staff prepared delicious food and provided us their usual good service. All our guests and seniors enjoyed the meal, and the happy gathering, and are looking forward to the next year.



Luncheon

## Villanova University Nurses

On Monday 2/26/2018, On Lok House and Center invited a Villanova nursing school Professor and some students to conduct health screening and a lecture on health issues for our seniors. At 9 AM, they arrived at the On-Lok community center. They provided service

for free eyesight tests, blood sugar tests, heartbeat tests, and blood pressure screening for all our senior members and residents. Around 11 AM, students started a lecture on Diabetes, Coronary heart disease and heart failure symptom and prevention. They use a simple and easy to understand explanation to the seniors. The Seniors all happily anticipated hearing the questions and answers and enjoyed receiving prizes when they got the right answer. We are grateful for the nursing students of Villanova University for reaching out to serve our community and hope they will continue this meaningful activity in the future for our seniors.



Villanova University Nurses

## Elderly Law Counsel Project

Temple university law students arrived at On Lok senior center on 1/24/2018 to introduce their free legal service to our seniors and explained their “Elderly Law Counsel project”. They provide free legal services for anyone 60 years old or elder seniors. There was a sign-up sheet with half hour appointments that clients can sign-up for prior to the dates the student will be here. An assigned Student met with our members or residents from 10am to 2:30pm on the appointed day. Few of our senior members were benefited by the free service that the law student provided, and some of the legal problem were resolved.



Elderly Law Counsel Project

### The role of calcium and vitamin D on our body

On Tuesday March 6, BTC registered dietitian Ms. Eileen Chopnick from BTC held a Nutrition Education focused on “the role of calcium and vitamin D on our body”. She pointed out how much Calcium we needed daily for seniors. The sources of calcium that come from daily products such as milk, yogurt, and cheese, for non-daily sources come from vegetables such as broccoli, leafy green, fish, nuts and molasses. Vitamin D is very important vitamin for our body. It helps our body absorb calcium to build strong bones, maintain a healthy heart, and helps regulate blood sugar levels. Where can we get vitamin D? In foods such as egg yolks, fish, milk, cheese, salmon and fortified foods like daily products, orange juice, and grain products, outside in the sun when you are not wearing sunscreen for 10 minutes, also with vitamin D supplements of 600iu per day for ages 50 -70, and 800iu for anyone older than 70 will help seniors get enough vitamin D. Why does this matter? Because as you get older, it might be a challenge to get around, so you are not going outside as often and your body absorbs less vitamin D, causing a deficiency. Women naturally often have lower levels of Vitamin D. They need to be more careful about getting enough. It is important that all seniors have yearly body check-ups. Ask your doctor for blood tests to check your Vitamin D level. Keep up with regular exercise, eat a proper diet, and quit smoking to keep your body healthy. Live longer and enjoy your life.



Nutrition Education

### PA real estate and rent rebate program

PA real estate and rent rebate program is now accepting applications for 2017. Applicant must be 65 years of age by 12/31/2017, or widowed and 50 years old, and a homeowner with an annual income of less than \$35000. For a tenant, the annual income must be less than \$15000 to be qualified. If you are a homeowner, you will need a 2017 real estate tax receipt and proof of income for 2017. If you are a tenant, you will need a 2017 lease and 2017 proof of income.

**Thank You!**

Sang Kee Restaurant sponsored our Lunar New Year party. There were about 130 residents and other members of the center participating in this event. The residents and the seniors could feel their love as always. In fact, Mr. Chow and Mrs. Chow always put their efforts to cook special dishes for the seniors every year. The residents and seniors really look forward to attending this annual event to celebrate the Chinese Lunar new year.



Mr. Chow & Mrs. Chow

Thank you, Ms. Barbara Jackson, former PCA manager, who donated \$75.

Thank you to the On Lok Board President Mr. Gary Ng, who donated \$100 in 2017.

### Other News

- 2/12 Chinatown Learning Center Kindergarten children sang for the seniors to celebrate the Lunar Chinese New Year.



Chinatown Learning Center

- 2/22 PennMedicine & Thomas Jefferson University held “Fall Prevention” Workshop.
- 3/2 PCDC held a “Assistance Programs for Property Tax” Workshop.

The On Lok Social Service Center is a place for senior citizens to receive social, recreational and educational services. It is opened from Monday to Friday, 9 AM – 5 PM. On Lok Social Service and Meal Program are funded under contract by PCA.

**If you would like to make donation,  
Send your check to  
On-Lok Social Service Center  
213 North 10<sup>th</sup> Street  
Philadelphia, PA 19107**