

On Lok Newsletter

April – June 2017

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On Lok Center Receives Art Grant from Pennsylvania Department of Aging

As part of Governor Wolf's on-going commitment to providing programs and services that help older Pennsylvanians lead healthy and dignified lives, the On Lok Senior Center was awarded \$5,000 as part of the Senior Community Center grant opportunity through the Pennsylvania Department of Aging. The grant fund will be used to support a Chinese Brush Painting class at On Lok. Our goal is to enhance the art program to attract more culturally diverse participants, both students and volunteers and to enhance the quality of their lives. The innovative project will help to elicit the artistic potential of our seniors and to preserve and spread Chinese culture. Under the direction of the renowned art instructor Josephine Tsai, the seniors will learn a skill that they can use in a creative manner, in their own home, at their own time; thus improve their quality of life and avoid depression. The enrollment of younger volunteers from the suburbs, crossing community boundaries will be promoted. Past students have told us that the day goes much faster when they are painting. Seniors are especially thrilled when their family members or friends ask for a painting. The feeling of usefulness and self-esteem gained from this new skill lifts up their spirits. An exhibition of the students art works will be held at the end of each session year. Class will begin in September. Registration will start in July. Please watch our announcement in June. Come sign up early. Seats are limited. We thank Governor Wolf and the Pennsylvania Department of Aging for this generous grant. The fund will assist On Lok seniors to be creative, to stay active, in touch, and healthy in many ways.

Trip to Ground for Sculpture and Mitsuwa Marketplace

On May 16, it was a sunny, clear sky and very comfortable day. The On Lok Center brought more than 40 seniors for a field trip to Ground for Sculpture and the Mitsuwa Marketplace in New Jersey. At 8:30am, the bus started the journey. As soon as we arrived at the Sculpture Garden, we could see many very tall human-like sculptures with various styles and gestures. They all held signs of "Welcome". These friendly sculptures stood politely and naturally at the front door of the park to welcome all the guests. They appeared to be very graceful, elegant and just like real people. The garden has a beautiful lawn and flowers with a well-designed bridge and streams. There were water lilies and live fish in a pond. Among various sculptures, one giant woman lying on the grass and two people dancing received most of the attention from our members. There were also many abstractive sculpture objects that appeared to be very vivid and realistic. Interestingly, there were many peacocks strolling around. One peacock was even constantly fanning its beautiful tail feather to please the guests. Many members took pictures of the remarkable scenes as unforgettable memories. The welcome center also has a cafeteria and a gift shop. The two-hour stay at this Sculpture Garden gave everyone a deep impression that

it was a very worthwhile visit. Afterwards, the bus took us to the next destination, the Mitsuwa Marketplace. We arrived around lunch time for members to purchase their lunch from many restaurants where one could chose from Japanese and Korean food. After lunch, members had free time. Many went shopping at the Japanese Market and had a great time there. By the time we got back to On Lok Center, it was about 5 pm. What a wonderful trip we had!



Ground for Sculpture

The Mother's Day Celebration -- A Magnificent Raffle Drawing Event

The On Lok Center celebrated this year's Mother's Day on May 12. The celebration was full of wonderful programs and various performances. In addition to the beautiful singing by the On Lok music class, there was a generous donation from our member Ms Kwan Yuk Yan. She donated more than a hundred gift cards with \$10 each to all the On Lok House residents and volunteers. The remaining gift cards (more than 60 gifts) donated by her were used as prizes for the popular Raffle Drawing event. The Raffle Drawing was conducted by some of our advisory members, some were in charge of drawing the winner's tickets, some were busy in keeping the event in order. It was a rewarding experience for the organizers to see the happy faces of the winners. Our deep appreciation goes to the generous and thoughtful Ms. Kwan to make more than a hundred seniors enjoy a heart-warming Mother' Day. The On Lok center also provided large oranges and delicious Dim Sum to make this lunch time celebration a great success.



Mother's Day

Celebration of Older American Month at On Lok Center

Since the Month of May is the "Older American Month", the On Lok Senior Center celebrated this special event on May 31. In addition to more than 100 of On Lok Center senior members, there were PCA representatives and the On Lok Center board members attending this celebration. At the beginning of the celebration, every guest received the delicious apple donated by Ms Joyce Pu and Chinese noodles donated by an anonymous person. We all appreciated their kindness and generosity. The celebration then started with the speech of the On Lok Center President Mr. Gary Ng to welcome all the guests and wish everyone good health. He also wished this celebration a great success. The programs began with a creative and interesting talent show, followed with the On Lok Chorus members' beautiful singing of very touching and heart-warming songs to express the love to family, community and hometown. Several dance teams' performances showed not only the elegant dance movement, but also demonstrated that the On Lok senior members have strength and talent to continuously improve the current community to its best. The last program was the popular Karaoke singing. Meanwhile the On Lok Center distributed the specially ordered lunch boxes to everyone. At the end, people gradually left this event with thankful and happy memories.



Older American Month

What is Cancer?

The representatives of SEAMAAC, Inc. came to On Lok Center on April 6 to present a seminar on "What is Cancer?". The presentation was focused on the basic concept and symptoms of colon cancer and the preventive actions to minimize risks of this dreadful disease. They pointed out the factors which can increase the risks of getting cancer which includes: cancer genes/aging, harmful physical environment or chemical substances, diet of high fat, high phosphorus, low calcium, low fiber, etc. and generic inheritance such as direct relatives with high cancer history. The speaker also emphasized that early stage colon cancer does not have obvious symptoms. Sometimes it is not different from other diseases. Therefore, it is important to do periodic screening. Later stage symptoms include blood in feces, diarrhea, anemia, losing weight, abdominal pain, abdominal bloating, etc. Finally, it was recommended that people age 50 to 75 should have the "blood in feces" test annually or a colonoscopy exam every 10 years if health condition allow.

To prevent colon cancer, the speaker suggested it is important to eat plenty fruits, vegetables, and whole grain food. Doing exercises 5 days a week with at least 30 minutes per day will help to achieve and maintain good health. Overall, this presentation by SEAMAAC, Inc. was very informative and interesting. All the seniors in the audience were very happy to attend. They are looking forward to hearing more seminars from them in the future.



What is Cancer?

Thank You!

Kwan Yuk Yan donated a hundred gift cards for the celebration of Mother's day raffle drawing.

Joyce Pu donated a hundred and sixty apples to celebrate Older American month.

Anonymous donated a hundred and sixty noodle packages to celebrate Older American month.

Zhang Tian Gui donated \$50

Other News!

4/27 Parkinson's disease seminar by PennMedicine & Thomas Jefferson University.



Parkinson's Disease

5/19 PCDC held a talk about "Assistance Program for Property Tax"

6/16 -Father's Day celebration.

7/5 PCA 2017 Senior Farmers Market Nutrition Program
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, 9am - 5pm. On Lok Social Service and Meal Program are funded under contract by PCA.

If you would like to make a donation, send your check to On-Lok Social Service Center, 213 N. 10th Street, Philadelphia, PA 19107

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