

Greater Boston
Chinese Golden Age Center

2018 SPRING NEWSLETTER

Your Continued Support Is Needed

Greater Boston Chinese Golden Age Center, a non-profit organization, has been providing a variety of programs and services for seniors since 1972. Your ongoing support is needed and is very much appreciated to sustain and expand these eldercare programs and services. You may place your donation in the enclosed envelope, and either mail it back, drop it in the donation box at one of our senior centers, or hand it to our staff member. Cash should not be mailed. You may also make a donation by credit card on our website at www.gbcgac.org.

Your donation is voluntary and will remain confidential. Your contribution decision will not affect your ability to receive services.

Golden Tree at Hong Lok House

The Golden Tree will be set up on the lobby wall at Hong Lok House soon. It is a donor board to acknowledge our supporters who have donated \$1,000 or more per person. The name of the donor or the loved one in memory will be engraved on a golden leave on the Golden Tree.

If you are interested or have a question, please contact Wendy Wong at 617-357-0226. Ext.212 or wwong@gbcgac.org.



AmazonSmile-An Easy Way to Give



Support Greater Boston Chinese Golden Age Center by starting your shopping at <https://smile.amazon.com>. What you need to do is easy. After you sign in on smile.amazon.com, pick Greater Boston Chinese Golden Age Center Inc. as your charitable organization before you start shopping. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Thank your in advance for your support!

Save the Date: GBCGAC Annual Banquet

Our annual banquet is scheduled for Wednesday, May 23, 2018 at a place to be determined.

Raffle tickets will be for sale for \$10 each soon at our senior centers and outreach sites. There are four cash prizes: \$1,000, \$500, \$300 and \$200. Prizes will be drawn at the banquet. Winning numbers will also be also posted on our website.

For details please contact Megan Cheung at 617-357-0226. Ext.205.

Smoke Cessation Program



For your health please quit smoking. Thanks to the support from Tufts Medical Center's Asian Health Initiative, we will provide smoke cessation seminars and services such as bilingual information and referral, exercises and assistance in obtaining free smoke-cessation patches. For details please contact Chatherine Chang at 617-542-7458.



Health Insurance Updates

If you are 65 years old, and you do not have health insurance with creditable drug coverage, you must sign up for Medicare (Part A & B), Part C, D. You can apply for Medicare 3 months prior or 3 months after your 65th birthday.

In 2018, Medicare Part B premium remains unchanged at \$ 134.

2018 Social Security benefit has increased 2% of gross payment amount.

If you need information on Medicare, Medicaid, Prescription Drug, OneCare and other health insurance issues, please contact Soi Kyi @ 617-357-0226 ext: 209 or 857-990-3315

Nutrition Program Updates

Quincy Tower is nearing the completion of a makeover of the entire building. The nutrition program apologizes for any inconvenience this may have caused you while under construction, and thanks you for your patience. The meal service is back in full operation and classes and activities will resume soon.

Please join us in the unveiling of the renovated congregate meal site with a re-opening celebration. All members and friends are invited to see the new senior center. Stay tuned for future announcements!



中華耆英會通訊

2018 年 2 月

請繼續支持中華耆英會

中華耆英會是麻州專門為華裔老人提供服務的非牟利機構。本會自 1972 年來為滿足華裔老人的不同需要，提供廣泛的服務，廣受華人社區的認同與讚賞。在本會提供的社會服務中，聯邦政府只資助所需資金的一部份，我們需要您的慷慨解囊，捐助華裔老人服務。無論捐款金額多少，我們都感激不盡，多謝您對華裔老人服務的支持。閣下可將捐款放入附上的捐款信封內，並郵寄來本會，投放到我們中心的捐款箱或親自遞交給本會職員。閣下還可以在本會的網頁上以信用卡捐款：www.gbcbgac.org。閣下的捐助純屬自願及得到保密。您捐助與否將不會影響您接受的服務

46 周年籌款晚宴

中華耆英的 2018 籌款晚宴定於 2018 年 5 月 23 日星期三晚 6 時舉行，地點另行通知。幸運抽獎券將在本會各中心及外展中心發售，每張 10 元。共有 4 個現金獎：頭獎 1 千元，二獎五百元，三獎三百元，四獎二百元。得獎號碼將在晚宴上抽出，並登在本會網址上。詳情請聯絡張小姐：617-357-0226 內綫 205。

中華耆英會善心樹



我們將在本會的康樂樓大廳的牆上設置一棵金色善心樹，以表彰捐助款額在 \$1,000 或以上的愛心人士。捐款者或紀念者的名字將刻在善心樹的金葉上。如閣下感興趣，請請聯絡 Wendy Wong 黃小姐：617-357-0226，內綫 212，或 wwong@gbcbgac.org

醫療保險和福利資訊

當你在 65 歲生日三個月之前，請你查詢參加 Medicare 健康保險。如要申請 Medicare 健康保險 A 部分和 B 部分，請聯繫當地的社會安全局辦公室。

2018 年醫保 B 部分保費維持 \$134 沒變。

2018 年社會保障福利金增幅為 2%。

如需要老人醫療保險，醫療補助，處方藥等的幫助，請聯絡朱太 857-990-3315

戒煙服務

本會獲得塔芙茨醫療中心的資助，免費提供中文戒煙講座和資訊，並協助索取免費戒煙貼。為了自己的健康，戒煙吧！詳情請聯絡張姑娘：617-542-7458。

長者營養服務

君子樓在 2017 年進行全面性樓宇裝修，中心的活動需要暫停，但早午餐服務和社會服務則不受影響。本會對工程造成的影響和不便深感抱歉，希望各位見諒。本會還將在工程結束後，在中心內舉辦一個揭幕慶祝會，向外界介紹中心的新面貌和答謝各界的支持，歡迎各位屆時攜同親友參與。詳情將張貼在本會各中心、本會的網頁和媒體網站，敬請留意。

中華耆英會
GREATER BOSTON CHINESE GOLDEN AGE CENTER
75 Kneeland Street, Suite 204, Boston, MA 02111
www.gbcbgac.org

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