

and Tai Chi groups, field trips, birthday parties and holiday celebrations, Chinese TV programs and checkers.

**社交及健康教育活動：**在本會及外展中心舉辦英文班，福利與健康講座，唱歌，跳舞，步行組，太極班，旅遊，生日會及節日慶祝，並提供中文電視節目及遊戲等，令他們能健康快樂地安享晚年。

## SHINE Program

**(Serving Health Information Needs of Everyone):**

Certified counselors provide free health care information, education, application assistance and counseling to Medicare/Medicaid(MassHealth) beneficiaries of all ages and their caregivers. This is a statewide health insurance counseling and assistance program.

**老人醫療保險諮詢服務：**為居住在麻州的老人免費提供保健信息、醫療保險輔導包括紅藍卡與醫療卡（白卡）以及協助申請公共醫療福利等服務。

## Family Caregiver Services:

Bilingual caregiver advisors offer support and guidance through group or one-on-one counseling, home safety education and training, special information and referral services.

**照顧者中文輔導服務：**服務顧問員向照顧者提供諮詢輔導，教育培訓，評估，上門探訪，轉介以及短期跟進等服務。

## G.B.C.G.A.C. SITES

中華耆英會各中心

(Monday through Friday from 8:30am - 4:30pm)

### Main Office 總部

75 Kneeland Street, Suite 204, Boston, MA 02111  
Tel: (617) 357-0226 Fax: (617) 357-5323

### Quincy Tower 君子樓

5 Oak Street West, Boston, MA 02116  
Tel: (617) 423-7560

### Hong Lok House 康樂樓

25 Essex Street, Boston, MA 02111  
Tel: (617) 936-3966

### Brighton House 白禮頓樓

677 Cambridge Street, Brighton, MA 02135  
Tel: (617) 789-4289

## OUTREACH SITES

中華耆英會外展中心

### Brookline Senior Center, COA

布碌倫老人中心  
93 Winchester Street, Brookline, MA 02446  
Tel: (617) 730-2777

### Cambridge Council on Aging

劍橋老人中心  
806 Massachusetts Avenue, Cambridge, MA 02139  
Tel: (617) 349-6060

### Lexington Senior Center, COA

勒星頓老人中心  
1475 Massachusetts Avenue, Lexington, MA 02420  
Tel: (781) 861-0194

### Malden Council on Aging

摩頓老人中心  
7 Washington Street, Malden, MA 02148  
Tel: (781) 397-7144

### South Shore Area

(Including Quincy & Randolph)  
南岸地區 (包括昆士、龍都)  
Tel: (617) 357-0226

# Greater Boston Chinese Golden Age Center

中華耆英會



75 Kneeland Street, Suite 204  
Boston, MA 02111  
Tel: (617) 357-0226  
Fax: (617) 357-5323  
Website: [www.gbcgac.org](http://www.gbcgac.org)



## 中華耆英會

**Greater Boston Chinese Golden Age Center** is a not-for-profit organization specializing in serving Chinese-speaking elders. Its mission is to safeguard the well-being and maintain the independence of Chinese-speaking elders. Since its establishment in 1972, it has committed to accommodate the needs of this ethnic elderly population through a comprehensive network of culturally sensitive and linguistically appropriate programs and services. Our goal is to enable this minority elderly group to overcome linguistic and cultural barriers, access mainstream elder services and to age well at home in the community.

中華耆英會是一個為華裔長者提供各項服務的非牟利機構，於1972年成立，本會宗旨是保障華裔長者應有的權利和福利，通過提供各類服務，幫助他們解除語言、文化等障礙，獲取主流服務，促進他們身心健康，使他們能過著獨立自主，健康快樂的生活。



## Services and Programs

### 服務項目

#### Social Services/ Outreach:

Bilingual and bicultural service workers provide social services at the agency's centers and outreach sites. These services include information and referral, counseling, language assistance, application assistance for programs and services.

**社會服務:**提供資訊、轉介、輔導、翻譯、讀寫書信、協助申請醫療保險、老人住所及外展服務等。

#### Nutrition:

The program prepares and serves freshly cooked Chinese-style lunches at the Center's congregate meal sites. Home delivered meals are also provided to homebound elders. Nutrition education is also provided at meal sites.

**營養午餐:**在轄下中心供應中式營養午餐，並為行動不便的居家長者提供送餐服務。同時，在用餐中心定期舉辦健康飲食講座。

#### Adult Day Health/Social Day Care:

This day program provides health care and support services to frail elders and disabled adults in the form of skilled nursing care, health monitoring, social services, and recreational and educational activities. Door-to-door transportation is provided to program participants.

**日間護理/聯誼中心:**專業員工為有需要的長者提供護理、社工、膳食、諮詢、輔導及文娛活動等服務，並為參加日間護理的長者提供專車接送服務。

#### Senior Community Service Employment Program(SCSEP):

Provides training, community service, and part-time employment opportunities to senior worker resident's who are 55 years and over and meet low-income guidelines.  
**社區就業服務:**為年滿五十五歲之耆英提供半職社區就業訓練及職業介紹服務。

#### Healthy Aging Initiative:

The agency promotes healthy aging through informational sessions, workshops and physical exercises. The evidence-based workshops help the elders learn how to prevent falls and how to better manage their chronic conditions. Participants are also encouraged to become physically active through a variety of exercises.

**長者健康倡導:**本會通過講座，研討小組，運動等形式，幫助長者學習如何預防疾病，防止跌倒和應對自己的長期病痛，並鼓勵他們保持活躍，多做有益身心的體能活動。

#### Social and Educational Activities

Social and recreational activities are available at our senior centers and outreach sites, such as ESL, Public Benefit and Health Talks, singing, dancing, walking