

## Greater Boston Chinese Golden Age Center

### 2021 SPRING NEWSLETTER

#### COVID-19 UPDATE

##### COVID Data:

Without any doubt, the unprecedented COVID-19 has impacted almost all aspects of our life. By 3/1/21, there have been globally 114,315,846 confirmed cases of COVID-19, including 2,539,427 deaths reported to WHO (<https://covid19.who.int/>); In USA, there have been 28,456,860 cases of confirmed COVID-19 cases with the total deaths of 513,122 while 78.6 million doses of vaccines have been administered (<https://covid.cdc.gov/>). In Massachusetts, there have been a total of 551,667 confirmed cases, and 15,859 confirmed deaths (<https://www.mass.gov/info-details/covid-19-response-reporting>). Good news is, vaccination has started to stop and prevent COVID-19.

##### Reopening:

MA Governor Baker announced on 2/25/2021 that Massachusetts would advance to Step 2 of Phase III of the state's reopening plan on Monday, March 1, and also announced its plan to transition to Step 1 of Phase IV on Monday, March 22. These steps are part of the four-phased reopening plan:

Phase 1: Start

Phase 2: Cautious

Phase 3: Vigilant

Phase 4: New normal

For details visit: <https://www.mass.gov/info-details/covid-19-updates-and-information>

##### Vaccination

The Massachusetts government has addressed that the vaccine against COVID-19 is safe, effective and free. Phase 1 and phase 2 groups can now get the vaccine. To find out what phase group you are with, when and where you can get a vaccine, you can check it out at : <https://www.mass.gov/covid-19-vaccine>

##### Agency Update

Our agency's adult day health centers are now open for services. For more information, please contact Catherine Chang at 617-423-7563.

Our elderly nutrition program has been continuing to provide meal services including home-delivered meal service and grab-and-go breakfast and lunch at our Quincy Tower meal site at 5 Oak Street West in Chinatown. For more info call: 617-357-0226. Ext.202

Our activity centers remain closed, but virtual activities are now available. To find out more please contact Natalie Ng at 617-285-5045.

COVID-19 Update can be found on our website at [www.gbcgac.org](http://www.gbcgac.org)

##### Your Continued Support Is Needed

We at Greater Boston Chinese Golden Age Center has been striving to sustain the essential services to keep seniors safe and well during the protracted COVID-19 pandemic. Extra costs and efforts must be taken to maintain the health and safety of our front-line workers and elderly clients. Your support is needed and is very much appreciated during this difficult time. You may show your support in the following ways:

- Write a check payable to Greater Boston Chinese Golden Age Center, then mail it to our main office at 75 Kneeland Street, Suite 204, Boston, MA 02111. Cash should not be mailed.

- Make a donation by credit card on our website at [www.gbcgac.org](http://www.gbcgac.org).
- 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. 

For further info, contact Wendy Wong at 617-357-0226, Ext. 212 or [wwong@gbcgac.org](mailto:wwong@gbcgac.org)

##### Nutrition Program Updates

In this coming year, our elderly nutrition program will continue to provide quality meal services to seniors. Lunch menu can be found at our website: [www.gbcgac.org](http://www.gbcgac.org)

While our senior centers are now temporally closed, all our activities have been moved to virtual via Zoom and other social media. You are welcome to join us at:

- Instagram: @gbcgac
- Facebook: @gbcgac
- YouTube: 中華耆英會-Greater Boston Chinese Golden Age Center
- WeChat: 耆英會 GBCGAC

##### Health Insurance Updates

2021 Medicare Part A and Part B Premium increased as Part B Premium \$148.50/Month.

Medicare Savings Program (MSP) Can help you pay for Part B Monthly Premium if you qualify. For further information please contact our SHINE counselors, or Soi Ky at 857-990-3315

##### Senior Community Service Employment Opportunity

If you are looking for a job, age 55 or older and low income, you are welcome to enroll in our Senior Community Service Employment Program (SCSEP). It offers paid, part-time, community service employment, and an opportunity to get into to job market. We also welcome community agency to be a Host Agency in providing community service opportunities to older workers. Please call 857-990-3321 for more information.

##### New Program

###### All of Us Research Program

As one of the 15 recipients nationwide to receive the All of Us grant, our agency partners with Asian Health Coalition and Asian Engagement & Recruitment Core to create culturally appropriate, scalable education materials, and lead engagement campaigns. The program aims to accelerate medical breakthroughs that could lead to better care for all of us. For more information, please contact Catherine Chang at 617-423-7563 or Sunny He 617-542-7458.

###### Healthy IDEAS

Healthy IDEAS (Identifying Depression Empowering Activities for Seniors) is an evidence-based depression self-management program to detect and reduce the severity of depressive symptoms in older adults. Our trained and certified staff members will provide one-on-one assistance. If you are interested, please contact Catherine Chang at 617-423-7563.

## 中華耆英會通訊

2021年3月

### 新冠肺炎信息

#### 新冠肺炎數據

新冠肺炎已經對我們產生了極其巨大的影響。據世界衛生組織 2021 年 3 月 1 日的資料顯示，全球有 114,315,846 例確診新冠肺炎，其中包括 2,539,427 死亡病例。美國疾病控制中心的同日資料顯示，美國有 28,456,860 例確診新冠肺炎，其中包括 513,122 死亡病例，然而，已接種了 78,600,000 支疫苗；在麻州，有 551,667 例確診新冠肺炎，其中包括 15,859 死亡病例。好消息是，新冠肺炎免疫針已經開始注射，希望可以儘快終止病毒的傳播。

#### 重新開放

麻州州長在 2021 年 2 月 25 日公佈，麻州將於 2021 年 3 月 1 日進入本州重開計劃中第 3 階段的第 2 步，並於 3 月 22 日進入第 4 階段的第 1 步。這些階段是以下重開計劃 4 部曲其中一部分：

- 第 1 階段：開始
- 第 2 階段：謹慎
- 第 3 階段：警惕
- 第 4 階段：新常態

#### 疫苗

麻州政府強調疫苗安全，有效而且免費。預防新冠病毒的疫苗注射正在麻州進行中，目前進入第一和第二群組。若想獲得

更多資料，請查詢：

<https://www.mass.gov/covid-19-vaccine>

#### 本會信息

目前本會的日間護理中心已重新開放。如有興趣，請聯絡 Catherine Chang 張姑娘：617-423-7563。

本會的長者營養服務自疫情開始以來都沒有中斷過服務，現在將繼續為長者們提供送餐服務和取餐服務。早午餐取餐地點：君子樓，唐人街 5 Oak Street West。詳情請電：617-357-0226 轉內線 202。

我們的活動中心目前還在暫時關閉中，但各類服務與活動都轉移到了線上進行。欲知詳情，請電 Natalie Ng 吳小姐：617-285-5045

#### 請繼續支持中華耆英會

中華耆英會自新冠肺炎爆發以來都始終如一地提供長者服務。我們嚴格遵守政府的指引，動用更多的人力物力，以確保前線員工和長者的健康和 safety。希望您慷慨解囊，繼續支持本會各類長者服務，幫助我們渡過艱難時刻。您可以用以下方法捐助：

- 寫支票，抬頭寫：Greater Boston Chinese Golden Age Center，寄到本會地址：75 Kneeland Street，Suite 204, Boston, MA 02111.
- 上本會網址以信用卡捐款：[www.gbcbgac.org](http://www.gbcbgac.org)
- 只要在 AmazonSmile 上購物，Amazon 就捐出您購物額的 0.5% 給中華耆英會。在您進入 <https://smile.amazon.com>

後，選擇 中華耆英會 Greater Boston Chinese Golden Age Center 作為您的捐助機構，然後繼續購物即可。所有的購物價錢，種類，程序等等都與平時的 Amazon 購物完全一樣。



詳情請聯絡黃姑娘：617-357-0226 內線 212 或 [wwong@gbcbgac.org](mailto:wwong@gbcbgac.org)

#### 長者營養服務

自從 2020 年初新冠肺炎爆發以來，我們的君子樓用餐中心仍保持外賣早餐與午餐服務，送餐也改為無接觸送餐，並且根據衛生部門的規定進行防護和消毒，為大家送上安全健康及豐富的菜餚。可上本會網址查看每月午餐餐單：[www.gbcbgac.org](http://www.gbcbgac.org)

我們已將實體長者活動搬到線上 Zoom 進行，包括太極，唱歌，跳舞，英語，國畫班，健康講座等。2021 年我們期待可以盡快恢復實體活動，但會保持線上活動。

各社交媒體平台：

Instagram: @gbcbgac

Facebook: @gbcbgac

Youtube: 中華耆英會-Greater Boston Chinese Golden Age Center

微信公眾號：耆英會 GBCGAC

#### 醫療保險和福利資訊

2021 年 Medicare A 部分和 B 部分保費增加為 B 部分每月保費 是 \$148.50。如果您有困難支付 B 部分保費，Medicare Savings (MSP) 節省計劃可以幫助您支付 B 部分的月費。

如需要保險諮詢服務，請聯繫中華耆英會的社工人員或 朱太：857-990-3315。

#### 耆英社區服務工作機會

你若是正在尋找工作，已年滿五十五歲及低收入家庭，耆英社區服務就業計劃歡迎你加入。此計畫可以提供給你工薪的半職社區服務工作，以及邁進就業市場的機會。我們也歡迎社區機構成為培訓機構，提供老年工社區服務機會。若瞭解更多資訊請致電 857-990-3321。

#### 新服務項目介紹

##### 全民研究項目

中華耆英會是全美僅有的 15 個獲取全民研究計劃基金的機構之一。中華耆英會將承擔相關的文化傳播和拓展教育工作，並舉辦有推廣意義的社區活動，旨在加速醫療突破，因此，我們需要招集一百萬甚至更多的人來幫助我們做出新的研究發現，從而為所有人提供更好的照顧。如果您想了解更多資訊，請聯繫張姑娘（617-423-7563）或何姑娘（617-542-7458）。

##### 亞裔長者·活動創意·走出抑鬱

這是一項經過研究後證實了有效的抑鬱症自我管理計劃，旨在檢測並減緩長者的抑鬱症狀。我們的工作人員經過了培訓和認證，以中文進行一對一的輔助，包括評估，教育，協助聯繫醫生，鼓勵和建立有意義行為等等，使老人家能夠擁有自我管理抑鬱症的能力。詳情請聯繫張姑娘，電話號碼：617-423-7563。