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I. A MESSAGE FROM CCACC EXECUTIVE DIRECTOR

會長的話

CCACC Together We Can

In Celebration of CCACC's 40th Year Anniversary

Chih-Hsiang Li
CCACC Cofounder and Executive Director

Forty years is a long time—more than half of my life. Even so, the life and history of CCACC seems like a flash. Looking back, I feel stronger than ever that together, we have created an impressive platform for the Chinese American Community by establishing and growing CCACC. First and foremost, CCACC is a platform for volunteerism and couldn't exist without the volunteer efforts of its members and supporters. It embodies all the wisdom and tireless effort of its Board of Directors, volunteers, dedicated staff and members who supported us.

We started with nothing but a vision. We have experienced difficult times and explored uncharted paths, but always have been guided by our three core values: **“1. care with love and compassion, 2. serve with sincerity and integrity, and 3. thrive on joy and harmony.”** We have endured and realized our motto: **“Together we can.”** I am certainly very proud of being a part of this journey and humbled by what the community has accomplished. I am excited to think of what new great things we can accomplish in the next 40 years!

When CCACC was founded in 1982, we did not have specific goals but we knew that we needed an organization for the Chinese community that cut across the boundaries of alumni affiliations, Chinese schools, trade associations, and other groups—something that could serve the wider community and bring it together. Most importantly, we also wanted to reach the under-served and those populations that were left out by current organizations.

Volunteers have always been the backbone of CCACC. In addition to the thousands of volunteers keeping the organization moving, CCACC is blessed to have Ned Li, Rita Lewi, and Immanuel Tung, who have all been dedicated to CCACC for the last 40 years.

Ned Li, one of the five founders, has selflessly served at CCACC continuously since its founding. Without ceremony or fanfare, he took up every task, including those that no one else would, and advanced them

with enthusiasm. He was completely dedicated and gave his all to CCACC. He is CCACC, as exemplified by his custom “CCACC” license plate and his dedication to **caring with love and compassion**. As people, the most valuable service we can offer is caring with love and compassion.

Rita Lewi has been the unwavering conscience of CCACC. She served one term as the Executive Director when we established the Adult Day Healthcare Center (ADHC). She is the founder of our special Chinese school for kids adopted by American families. She has been the Director of our previous Education Division and she is now the Director of both the Home Care and Art Gallery, which she and I co-founded. Yet her most important contribution to CCACC is that she is the embodiment of the principle, “**serve with sincerity and integrity**”. As a community organization, we live on the trust of the community and that trust can only be earned through sincerity and integrity.

Immanuel Tung was with CCACC on day one. He served a term as Executive Director in the early days and several terms on the Board of Directors. Lately, he has been CCACC’s steadiest hand, helping in every conceivable way. He dedicated his life to serving CCACC as a full-time volunteer, always doing everything with modesty and a happy heart. He is the perfect example of the principle, “**thrive on joy and harmony**”. As an organization, our goal is simple: to help everyone thrive on joy and harmony.

I am so glad that all three were recognized for their lifelong commitment to building a stronger nation through volunteer service with the 2021 **President's Lifetime Achievement Award**. These distinguished individuals truly represent the spirit of CCACC and what we have to offer.

Over the past 40 years, CCACC has attracted more than 100 enthusiastic volunteers to be on its Board of Directors. Collectively, they have provided their expertise and wisdom in guiding the strategic direction of CCACC. We are also fortunate enough to have around 20 dedicated medical professionals, including physicians and pharmacists, volunteering at our Health Center for the past 10-22 years. It was this group of volunteers that led the way for CCACC to “**improve the quality of life for Chinese Americans**” based on our core values of caring with love and compassion, serving with sincerity and integrity, and thriving on joy and harmony. They made sure that CCACC stayed true to its mission and maintained the highest levels of integrity. In addition, CCACC was able to instill the spirit of volunteerism into our staff. I am fortunate enough to stand on the shoulders of all those volunteers who worked so hard to make CCACC what it is today. It is this spirit and unique strength that will move CCACC forward into the future.

In the early years, we realized that we could not follow other fundraising models if we wanted to have enough to sustain our services. We relied purely on the spirit of volunteerism, which we have always been able to count on. But we did have three occasions where we raised a significant amount of funds to get us through special times. There was the fundraising for our first office, a \$100,000 donation to start our ADHC, and a half million one-time donation from a generous member of the community.

With the careful guidance of the Board of Directors, CCACC took a different path from most other nonprofits to enable and expand its services to the community. Instead of relying on donations as most nonprofit organizations do, CCACC seized opportunities to establish several financially self-sufficient operations such as Adult Day Healthcare, Home Care, and CCACC Academy. Each operation provided opportunities to serve more groups of people with the goal of improving their quality of life.

In 2014, CCACC started an internship program to bring in younger generations to participate in business development for CCACC. We initially recruited more than 20 graduate students to develop business plans for Afterschool and Home Care operations, which were later established at CCACC as two permanent operational divisions. Over the past eight years we have hired more than 20 interns, 16 of whom successfully obtained H1B visas. Currently there are seven of them on our staff while the rest have moved on to find other fulfilling careers. This internship program is one important way in which we provide opportunities and services for young professionals.

During the past ten years, we have successfully expanded our services in the following areas.

The Adult Day Healthcare Center (ADHC) was designed to care for low-income seniors with a certain degree of health complications. The center provides transportation and meal services to care for the seniors at least four hours a day. The most important service is monitoring the health conditions according to the tailored care plan prescribed to each individual. The seniors can also enjoy daily social and physical activities. In addition, the center is responsible for taking the seniors to their primary care doctor and specialists when needed. ADHC provides qualified translators if necessary. We take in more seniors with limited mobility. We also have a higher than usual staff-to-seniors ratio to better serve the seniors. This type of service provides cherished social interaction for the seniors and a sense of belonging, improving their spirits and making them healthier and happier. That is how CCACC **improves quality of life**.

CCACC Home Care is a special, licensed nonprofit program of CCACC. We strive to enhance the quality of life and well-being of Chinese American seniors by providing reliable, caring, Chinese-speaking care providers who are sensitive to their needs and lifestyles at home. We are the only Chinese-run home care agency for seniors in the state of Maryland.

CCACC Art Gallery opened its doors in March 2016 and was designed to add another dimension to CCACC's service to the community. The Gallery displays diverse artwork in eight exhibits a year. It is truly a major contribution and enrichment to the community, enhancing the quality of life.

CCACC is also committed to serving those with fewer financial resources with our Health Center, Community Services, and Art Gallery. As one of the 12 safety net clinics, CCACC Health Center plays an important role in serving the underprivileged population without health insurance and the uninsured. During the COVID-19 pandemic, CCACC Health Center played an important role in providing testing, vaccination, and dissemination of information services. CCACC Health Center became a trusted partner of local governments to serve some of the most vulnerable, hard-to-reach populations. Thanks to Congressman David Trone's kind support, CCACC Health Center will receive funding to expand the facility and procure the necessary medical equipment to serve even more of the community.

In 2021, an opportunity allowed us to extend services to the younger generation with a state-of-the art facility and educational programs. CCACC Academy is a reputable nonprofit educational institution and community cultural and educational space with year-round science and technologies, performing arts, fine arts, and sports programs for K-12 students and a stimulating bilingual early education center.

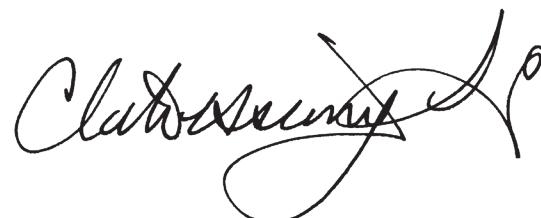
A quality preschool that takes care of youngsters for busy couples is a much needed service in the community. A unique component of CCACC Academy is the Chinese immersion program supplementing the academic program. CCACC also provides afterschool programs with similar benefits for the parents. It is our responsibility to provide children and teens with the education and care they need to thrive, and to ensure that none are left behind. CCACC will continue to serve this need and will work harder than ever to do more.

The investment in Quince Orchard Swim and Tennis was the perfect opportunity to expand our services beyond Chinese Americans and reach the mainstream community. This low-key approach in running the operation not only succeeds in winning the hearts and minds of the local community but also expands our influence to the community at large. The opportunity also allows CCACC to own prime real estate, which was one of our early dreams, and creates exciting new possibilities for what we can offer the community.

This morning, one of our employees came to me and told me that he will soon be eligible for his Social Security and Medicare. My fear was that this could only mean one thing: that he was going to resign. However, what he said next really surprised me; he told me that when he gets his Social Security, he will continue volunteering and working here. That is the spirit of giving! That is the spirit of service! What could be more inspiring and motivating than that? With such dedicated volunteers and staff, I am certain that CCACC will continue to thrive and provide yet more services to more people.

Last but not least, I would like to give credit to my accomplished and lovely wife, Chou-Chi Li, Ph.D. in Immunology and Infectious Disease, for her unwavering support for my involvement at CCACC over the last 40 years, especially in the last ten years during which I have worked full-time. She not only supported my desire to dedicate my time to running CCACC, but her invaluable advice has guided me on many important decisions, especially on health-related topics. Without her unwavering support, I could not have accomplished nearly as much for CCACC. I am eternally grateful for her understanding and compassion.

To my friends, my family, and my community, the future of CCACC is in our hands. It will depend largely on how we show our **CARE** and how we **SERVE**. We should always remember that volunteerism has been our driving force and it is the strength and determination of our volunteers that make our future bright. We have accomplished so much in the last 40 years, and our experiences tell us clearly, as long as we can continue to care with love and compassion and serve with sincerity and integrity, we will always **THRIVE** on joy and harmony.





Executive Director Chih-Hsiang Li is attending the 2016 Labor Day Parade in Rockville, MD together with CCACC colleagues.
李志翔會長與同事們一起參加2016年馬州洛城國殤日遊行。



Executive Director Li is attending CCACC Adult Day Health-care Center seniors' birthday party.
李會長出席歡樂日間保健中心耆老生日會。



Executive Director Li is speaking at the opening ceremony of the 2020 two-week Lunar New Year Celebration at Lakeforest Mall in Gaithersburg, MD.
李會長在2020年馬州蓋城湖林商場農曆新年雙週慶開幕式上講話。



Executive Director Li is volunteering at the COVID-19 vaccination event at CCACC Health Center.
李會長作為義工參與美京健康醫療中心施打新冠疫苗活動。



Executive Director Li is volunteering at the COVID-19 vaccination event at CCACC Health Center.
李會長作為義工參與美京健康醫療中心施打新冠疫苗活動。



Executive Director Li receives the 2021 President's Lifetime Achievement Award, the highest honor of the President's Volunteer Service Award.

李會長榮獲2021年總統義工獎最高榮譽—總統終身成就獎。



The four CCACC awardees for the 2021 President's Lifetime Achievement Award pose with their families. They are: Executive Director Chih-Hsiang Li (back row, 2nd from right), Senior Advisor Ned Li (back row, 2nd from left), Logistic Support Manager Immanuel Tung (back row, 1st from right), and Director of CCACC Home Care and Art Gallery Rita Lewi (front row).

中心四位榮獲2021年總統終身成就獎的資深義工李志翔會長（後排右二）、資深顧問李潮（後排左二）、後勤支援總管董一明（後排右一）、居家護理主任兼美京藝廊館長孫文影（前排）與家人合影。



Executive Director Li (back row, right) with Rita Lewi (front row), CCACC Home Care and Art Gallery Director, and Dr. Edward Wan, former Board Chair.

李會長與美京居家護理主任兼美京藝廊館長孫文影女士及中心前董事長萬宜生博士合影



Executive Director Li speaks at the Grand Opening of CCACC Academy.

李會長在美京博雅苑開幕式上講話。

CCACC 眾志成城

慶祝美京華人活動中心成立40週年

李志翔

中心 聯合創始人·會長

40年是很長的一段時間—超過我年齡的一半。即便如此，美京華人活動中心（以下簡稱「中心」或 CCACC）的生涯和歷史，彷彿白駒過隙般一閃而過。回首往事，我比以往任何時候都更加清楚地看到，通過中心之成立與發展，我們齊心協力的為華人社區打造了不同凡響的一個平台。歸根結底，中心是一個義工服務平台。倘若沒有中心會員和支持者們的義工精神，中心根本就不可能存在。義工精神代表著中心董事會、義工、敬職敬業的員工們以及全力支持我們的會員們的全部智慧與不懈努力。

中心的誕生源自一個願景。我們曾歷經艱難的時期，曾探索未知的道路，但自始至終指導我們的，是中心的核心價值：「**1. 以仁愛關懷， 2. 以誠信服務， 3. 在和樂中茁壯成長。**」我們堅忍不拔，實現了自己的座右銘：「**衆志成城**」。自然地，我個人為有幸加入這一旅程深感自豪，而我們社區的各項成就也讓我讚賞不已。每每想到未來40年中，我們還可以完成哪些偉大的新事業，就興奮不已！

中心於1982年成立時，我們並沒有十分具體的目標，但我們知道，我們需要一個跨越校友會、中文學校、商業協會和其他團體之間界限的華人社區組織，以更廣泛的服務群眾，並將他們聚集在一起。最重要的是，我們希望為那些資源匱乏和被社會忽略的人群提供服務。

義工一直是中心的中堅力量。40年來，除了維持中心運轉的累計數千名義工之外，中心也非常有幸擁有李潮、孫文影和董一明三位優秀的義工，他們在過去的40年裡竭盡所能的為中心貢獻一己之力。

作為中心五位創始人之一的李潮，自中心成立以來一直無私的奉獻。他不拘小節，從不張揚，心甘樂意地肩負每一項任務，包括其他人不願去負責的工作，並滿腔熱情的推動使之成功。他全心全意為中心付出一切。他就是美京華人活動中心！他特意訂製「CCACC」車牌，恪守**「以仁愛關懷」**這一核心價值，就是明證。作為一般人，我們能提供的最有價值的服務，就是以仁愛關懷。

孫文影始終是中心堅定不移的良知。當我們創辦歡樂成人日間保健中心（ADHC）時，她擔任中心會長職務。2003年，她為美國家庭收養的中國孩子們設立了特殊的中文學校，名為「歡樂中文學校」（CLAPS）。她曾擔任中心教育部部長，目前一肩雙挑由她和我共同創立的美京居家

護理中心和美京藝廊。她對中心最重要的貢獻，是她身體力行中心「**以誠信服務**」這一核心價值。作為一個社區組織，中心的生存仰賴於社區的信任，而這種信任只能通過誠信來贏得。

董一明在中心成立之初即開始為中心服務。早期，他曾擔任過中心會長，並在董事會任職數屆。近年來，他一直是中心的中流砥柱，工作不遺餘力。他以全職義工的身份服務中心一輩子，做事時總懷著一顆謙虛和快樂的心。他是我們中心「**在和樂中茁壯成長**」這一核心價值的完美典範。作為一個團體，我們的目標很簡單：幫助每一個人在和樂中茁壯成長。

我很高興這三位都因他們畢生致力於以義工服務來建設一個更強大的國家，而榮獲2021年**總統終身成就獎**。這些傑出人士真正代表了中心的精神和我們所造就的一切。

40年來，中心吸引了100多名熱心的義工加入董事會。他們一同為指引中心的戰略方向貢獻了專業知識和智慧。我們也非常幸運的擁有約20位醫療專業義工，包括醫師和藥劑師，他們在過去10至22年間義務服務於我們的美京健康醫療中心。正是這群義工帶領著中心本著「以仁愛關懷、以誠信服務、在和樂中茁壯成長」的核心價值「**提昇華人的生活質量**」。他們確保中心忠於使命並保持最高誠信。此外，義工精神在我們中心已深入人心，是義工們的精誠努力創造了今日的中心，而我有幸站在他們的肩膀上。也正是這種精神和獨特的力量，推動中心走向未來。

早年我們意識到，我們無法遵循其他非營利機構通常的籌款模式，以擁有足夠的資金來維持我們的服務。一直以來，我們完全依靠義工服務精神，但我們確實曾進行三次募款，籌集充足量資金幫助我們度過特殊時期。這三次是：為中心購置第一個行政辦公室籌款；為啟動我們的歡樂日間保健中心募款10萬美元；從一位慷慨的社區人士獲贈一次性捐款50萬美元。

在董事會的悉心指導下，中心採取了與大多數其他非營利組織不同的路徑來啟動和擴展社區服務。中心沒有像大多數非營利組織那樣依賴捐贈，而是掌握時機創建了數個財務自給自足的對外服務部門，例如：歡樂日間保健中心、居家護理中心和美京博雅苑。每一次舉措都增加了服務更多民眾的機會，以期提高他們的生活質量。

2014年，中心啓動了見習計劃，引進年青一代參與華人活動中心業務發展上的一些企業計劃。我們先後招募了20餘位見習生，其中16位成功地取得了H1B工作簽證。如今仍有七位在中心工作，其餘的也都在外找到了他們專業的工作。這也是中心以新穎的方式為年青人提供發展機會的一種服務。

在最近10年中，我們成功擴展了以下幾個領域的服務。

歡樂日間保健中心旨在照護有一定程度健康問題的低收入長者，為他們提供交通、膳食服務，以及每天至少的，是根據每個人的情況，量身定制護理計劃，監測其健康狀況。在這裡，老人還可以享受日常的社交和健身活動。此外，歡樂中心負責在老人有需要時，將他們送達其家庭醫生和專家辦公室。如有必要，歡樂中心會為老人家提供合格的翻譯人員。我們接納許多行動不便的長者，我們的員工與老人的比例也高於一些同行。這種服務讓老人們得到了珍貴的社交互動和歸屬感，改善了他們的精神狀態，使他們更加健康、更加快樂。中心就是這樣來**提高社區居民們的生活質量**。

居家護理是中心裡一項特殊的、獲得執照的非營利項目。我們致力於提供可靠、有愛心、會講中文的護理人員來提高華裔長者的生活質量和福祉。這些護理人員非常懂得老人們的家庭需求和生活方式。我們的居家護理是馬利蘭州唯一一家由華人經營的老人居家護理機構。

美京藝廊於2016年3月開幕，旨在為中心的社區服務增添另一個層面。藝廊每年舉辦八場展覽，展示多種多樣的藝術作品，這的確對充實社區生活做出重大貢獻，顯著的提升了大家的生活質量。

同時，中心致力於經由我們的健康醫療中心、社區服務中心和藝廊，服務那些財務資源較少的人群。作為蒙郡12家安全網診所之一，美京健康醫療中心在為沒有健康保險的弱勢群體及未保險者提供服務方面，扮演著重要角色。新冠疫情期間，美京健康醫療中心提供檢測、進行疫苗接種並傳播信息，一力承當，大放異彩。美京健康醫療中心已成為當地政府十分信賴的合作夥伴，為一些最為脆弱、難以接觸的人群提供服務。在馬利蘭州聯邦眾議員David Trone先生的友好支持下，美京健康醫療中心即將獲得資金以擴大設施，採購必要的醫療設備，繼續服務更多的社區民眾。

2021年，我們有幸以最先進的設施和教育計劃將服務擴展到年輕一代。美京博雅苑是一家享有盛譽的非營利性教育機構和社區文化教育場所，全年為K-12學生提供科學技術、領導力、表演藝術、美術和體育等課程，以及雙語早教中心。為工作繁忙的夫婦照顧幼兒的質優幼兒園是社區急需的一項服務。美京博雅苑的一項獨特之處是具有中文沉浸式早教課程，這對於學術課程而言，是個有力的補充。中心為減輕忙碌的家長們的負擔，在美京博雅苑也提供小學生課後班服務。中心有責任教育並關懷青少年和兒童，使其茁壯成長，並確保沒有一個孩子掉隊。中心將繼續戮力以赴，力求滿足社區這一需求。

對Quince Orchard游泳網球俱樂部的投資，是一個將中心的服務拓展到華人之外，並進入主流社區的絕佳機會。我們以低調的經營方式不僅成功地贏得了當地社區的民心，而且擴大了我們對整個社區的影響力。這一機會也讓中心能夠擁有優質房地產，而這正是我們早期的夢想之一。此外，這為中心未來的永續服務開創了令人振奮的可行性。

今天早上，一位員工來找我，告訴我他很快就會有資格獲得社會安全福利和聯邦醫療保險(Medicare)。我擔心這意味著一件事：他要辭職。但他接下來說的話讓我十分驚訝；他表示，獲得社安福利後，他想繼續在這裡以義工身份上班。這就是奉獻精神！這就是服務精神！還有什麼比這更鼓舞人心和勵志的呢？有這麼敬業的義工和工作人員，我相信中心會繼續蓬勃發展，為更多的人們提供更多的服務。

在此，我必須歸功于我的另一半，一位事業有成而敬愛的妻子，免疫學博士黃周琪女士。這40年來，她毫無保留的支持我在中心的一切工作，尤其是最近10年的全職投入。她不但支持我追隨理想去貢獻時間把華人活動中心辦好，更能在關鍵時刻給我提出寶貴的意見，讓我能夠在重要事務上，尤其是在醫療健康事務上，作出明智的決策。倘若沒有她毫無保留的支持，我則不能夠把中心帶領到今天這樣的局面上。為此，我將永遠感激她為的理解與熱忱。

親愛的朋友、家人和社區夥伴們：中心的未來掌握在我們手中，取決於我們如何展示**關懷**以及如何提供**服務**。我們應永遠記住，義工精神一直是我們的原動力，讓我們的未來變得光明的，是我

們義工的力量和決心。40年來，我們取得了如此之多的成就，我們的經歷清楚地告訴我們，只要我們能夠繼續以仁愛去關懷，以誠信去服務，我們將永遠在和樂中**茁壯成長**。

李志翔



Photo Credits: Qian Yu and Rita Lewi

圖片攝影：于茜女士

圖片編輯：孫文影女士



Executive Director Chih-Hsiang Li and Dr. Chou-Chi Li are CCACC long term volunteer leaders.
中心資深義工夫婦李志翔會長與黃周琪博士。



Executive Director Chih-Hsiang Li poses with CCACC interns.
李志翔會長與中心實習生們合影。



CCACC Volleyball Clinic.
中心排球訓練營。



CCACC Academy students visit the Smithsonian's National Zoo.
美京博雅苑幼兒園學生們參觀國家動物園。



The opening ceremony of CCACC's 2019 two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD.
中心在馬州蓋城湖林商場舉辦的2019年農曆新年雙週慶典開幕式。



II. A MESSAGE FROM CCACC'S DISTINGUISHED GUESTS

貴賓賀詞

Joe Biden—U.S. President



THE WHITE HOUSE

WASHINGTON

August 22, 2022

I send my warmest congratulations to all those celebrating the 40th anniversary of the Chinese Culture and Community Service Center.

The tireless work of civil society and organizations like yours is a daily reminder of how, here in America, we see one another, we hear one another, and we strive to take care of one another. Our country faces many challenges, but with your work and our uniquely American outlook—restless, bold, and optimistic—there is nothing that we cannot accomplish.

As you celebrate this milestone anniversary, may you be filled with pride in all the progress you have achieved, and may you continue to embody our Nation's spirit of service.

A handwritten signature in black ink, appearing to read "Joe Biden".

美國總統喬·拜登先生

我謹向所有參加美京華人活動中心40週年慶的人們致以最熱忱的祝賀！

如貴中心這般努力不懈的民間組織和團體，時時提醒著我們：在美國，人與人之間是怎樣彼此認知，彼此傾聽，努力地彼此關照。我們國家面臨著諸多挑戰，然而，憑著貴中心的服務以及美國特有的積極、勇敢和樂觀的視野，沒有我們做不到的事。

在貴中心歡慶這具有里程碑意義的週年紀念日之際，祝願你們為已獲得的各項成果而深感自豪，也祝願你們繼續體現我們國家的服務精神。

喬·拜登（簽名）

華盛頓 白宮

2022年8月22日

(CCACC40週年特刊工作小組翻譯)

Katherine Tai—U.S. Trade Representative | 美國貿易代表戴琪女士



**LETTER FROM
US TRADE REPRESENTATIVE KATHERINE TAI**

I grew up as part of the Chinese-American community in the Maryland suburbs of Washington, DC. I spent many Saturday nights with my family at the CCACC: cheering friends in volleyball tournaments; watching my father play bridge; learning public speaking skills in Toastmasters workshops. My younger brother used to wheel himself around the hallways in his walker before he learned to walk on his own, a baby bottle filled with apple juice hanging from his mouth. He was very popular with parents and kids alike.

I remember New Year's parties with mountains of food and snacks, family camps, field days – all organized by CCACC. I remember, with warmth and fondness, a childhood enriched by an organization that provided a place and activities for a group of people who share a cultural background to gather to be a part of each other's lives.

In December 2020, I was nominated by President Biden to serve in his cabinet as the 19th United States Trade Representative. As part of my job, I spend a lot of time in places like Geneva, Paris, Bangkok, at meetings of the World Trade Organization (WTO), Organization for Economic Cooperation and Development (OECD), and the Asia-Pacific Economic Cooperation (APEC).

I also travel a lot domestically. After all, as United States Trade Representative, it is my responsibility to represent the interests of the United States – and all its people – in trade negotiations and in international organizations. The only way to do so effectively is to travel across our country to meet my fellow Americans at their workplaces and in their communities. This is one of my favorite parts of my work.

In my domestic trips over the past year and a half, I have met with fishermen and fisherwomen in Oregon and Alaska; autoworkers in Flint, Michigan and aerospace machinists in Seattle; small business owners in North Carolina; and family farmers in Wisconsin. I have also made it a priority to reach out to Asian-Americans, Native Hawaiians, and Pacific Islanders (AANHPI) every place I go. I have met with AANHPI community organizers, local elected leaders, employee affinity group members, and families at the local community center who want their school-aged children to meet me to see what is possible in America for the children of first-generation immigrants.

My own experience of belonging as part of the Chinese-American community in the greater Washington, DC area that CCACC helped to support, is an important basis for my desire to connect with all of the different people in our country. Whether in a union hall, under a tent at a farmers' market, in a classroom at a Historically Black College or University, or any place where people who share an interest or an identity come together, I am working to forge the connections with Americans and their communities that will allow me to represent in the best way possible, the interests of the United States on the world stage.

On CCACC's 40th anniversary, I congratulate CCACC and wish all of your members another 40 years of cultural connection, community service, and inspiring more generations of Chinese-Americans to represent and lead in America.

Elaine Chao—Former U.S. Secretary of Transportation and Labor | 美國前任勞工部長及運輸部長趙小蘭女士

THE HONORABLE ELAINE L. CHAO
WASHINGTON, D.C.



CONGRATULATIONS AND BEST WISHES TO

CHINESE CULTURE AND
COMMUNITY SERVICE CENTER
(CCACC)
ON THE OCCASION OF THE

40TH ANNIVERSARY CELEBRATION
NOVEMBER 6, 2022

 趙小蘭

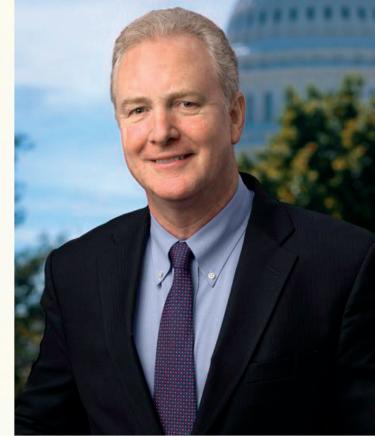
ELAINE L. CHAO
18TH U.S. SECRETARY OF TRANSPORTATION
24TH U.S. SECRETARY OF LABOR

Chris Van Hollen—U.S. Senator | 馬利蘭州聯邦參議員Chris Van Hollen先生



Chris Van Hollen
United States Senator

November 6, 2022



Dear Friends:

I delighted to extend my warmest greetings and sincere congratulations to the Chinese Culture and Community Service Center as you celebrate your 40th year of service to the state of Maryland and the greater Washington Metropolitan area.

For the past four decades, CCACC has been a critical source of support for thousands across the Washington Metro area. I am inspired by your long-standing commitment to our community's most vulnerable members, especially in the face of recent uncertainty due to the COVID-19 pandemic.

I salute your tireless efforts to ensure that our community's residents have greater access to health services, educational resources, home care, cultural materials, and many other vital resources. Your work continues to inspire us all, as you uplift our community and highlight the rich Chinese culture and heritage within our region. I am grateful for your partnership in our shared mission to build a stronger, more inclusive society with more shared prosperity for all.

Again, you have heartiest congratulations on this remarkable milestone and my best wishes for a joyous celebration.

Sincerely,

A large, handwritten blue ink signature of Chris Van Hollen's name.

Chris Van Hollen
U.S. Senator

Not printed at government expense

R-2021

Ben Cardin—U.S. Senator | 馬利蘭州聯邦參議員Ben Cardin先生



November 6, 2022

Dear Friends,

I would like to congratulate the Chinese Culture and Community Service Center (CCACC) on 40 years of commitment in supporting the community and fostering an environment that promotes culture appreciation.

Since 1982, the CCACC has not only been a great support system for the Chinese-American community, but has offered an array of much-needed educational and social assistance to the community at large. I want to commend all the members and volunteers of CCACC for their dedication to the Chinese-American community in Maryland.

I join you in celebrating 40 years of the Chinese-American Culture and Community Service Center. Best wishes for a successful celebration.

Sincerely,



Benjamin L. Cardin
United States Senator

David Trone—U.S. Congressman from Maryland | 馬利蘭州聯邦眾議員David Trone先生



DAVID TRONE
6TH DISTRICT, MARYLAND
APPROPRIATIONS
COMMITTEE
VETERANS' AFFAIRS
COMMITTEE
JOINT ECONOMIC
COMMITTEE



1110 LONGWORTH HOUSE OFFICE BUILDING
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ONE WASHINGTONIAN CENTER
9801 WASHINGTONIAN BOULEVARD
GAITHERSBURG, MD 20878
(301) 926-0300

TRONE.HOUSE.GOV
@REPDAVIDTRONE

November 6, 2022

Chinese Culture and Community Service Center
9318 Gaither Road, Suite 215,
Gaithersburg, MD 20877

Dear Friends:

It is my pleasure and honor to recognize, congratulate, and thank the Chinese Culture and Community Service Center (CCACC) for 40 years of outstanding service to our community.

On November 6, 1982, the Chinese Culture and Community Service Center was founded by Ned Li, Chian-Li Jen, Samuel Peng, Su-Min Chou, and Chih-Hsiang Li. Since 1982, CCACC has promoted awareness of Chinese culture and has been a key player in advocating for cultural diversity in our community. CCACC has become a support system for hundreds of families across Montgomery County, MD. As a community, we are grateful for the numerous services offered at CCACC. From the Health Clinic to the Adult ESOL Program, all of these services are pivotal to the physical, social, and emotional development of individuals and families.

Thank you CCACC for 40 years of service and for your commitment to our community. We appreciate your incredible work. Congratulations on this milestone.

Sincerely,

A handwritten signature in blue ink that reads "David Trone".

David Trone
Member of Congress

THRIVING40 | II. MESSAGES FROM CCACC'S DISTINGUISHED GUESTS

Jamie Raskin—U.S. Congressman from Maryland | 馬利蘭州聯邦眾議員Jamie Raskin先生

HOUSE JUDICIARY COMMITTEE

SUBCOMMITTEE ON CONSTITUTION,
CIVIL RIGHTS AND CIVIL LIBERTIES

SUBCOMMITTEE ON ANTITRUST, COMMERCIAL
AND ADMINISTRATIVE LAW

HOUSE COMMITTEE ON RULES

CHAIR, SUBCOMMITTEE ON EXPEDITED PROCEDURES



HOUSE COMMITTEE ON OVERSIGHT
AND REFORM

CHAIR, SUBCOMMITTEE ON CIVIL RIGHTS
AND CIVIL LIBERTIES

SUBCOMMITTEE ON GOVERNMENT OPERATIONS

COMMITTEE ON HOUSE ADMINISTRATION

SELECT SUBCOMMITTEE ON
THE CORONAVIRUS CRISIS

JAMIE RASKIN
CONGRESS OF THE UNITED STATES
8TH DISTRICT, MARYLAND

November 6, 2022

Chinese Culture and
Community Service Center
9318 Gaither Road
Suite 215
Gaithersburg, MD 20877



Dear Friends:

Greetings to all members of the Montgomery County Chinese community and to everyone gathered to celebrate the 40th anniversary of the Chinese Culture and Community Service Center (CCACC). It is a special pleasure to join you all in honoring CCACC's tremendous service and commitment to our community.

Since 1982, CCACC has played a pivotal role in supporting the health and communal care needs of countless people throughout Montgomery County. CCACC's consummate public service has been indispensable during the COVID-19 pandemic, a time in which CCACC donated more than 20,000 masks to frontline health workers and administered over 5,700 vaccine doses. CCACC's tremendous efforts during this perilous time deserve high recognition and praise.

I have no doubt that CCACC will remain an inspiration to us all as its members continue to demonstrate compassion and service to people in our community. Once again, thank you all for your dedication to supporting the needs of Montgomery County's families. I am deeply grateful for all of CCACC's essential community engagement, and I look forward to its continued success in Montgomery County for many decades to come.

Very truly yours,

Jamie Raskin
Member of Congress

WASHINGTON OFFICE
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RASKIN.HOUSE.GOV

DISTRICT OFFICE
51 MONROE STREET, SUITE 503
ROCKVILLE, MD 20850
(301) 354-1000

Larry Hogan—Governor of Maryland | 馬利蘭州州長Larry Hogan先生



STATE OF MARYLAND
OFFICE OF THE GOVERNOR

June 12, 2022

CCACC 40th Anniversary Celebration
Chinese Culture and Community Center (CCACC)
Gaithersburg, MD

Dear Friends:

Welcome to the CCACC 40th Anniversary Celebration!

For the past forty years, the Chinese Culture and Community Center has played an indispensable role in the community of Montgomery County. Your actions and initiatives across a diverse variety of divisions improve the lives of countless Marylanders every day. I am pleased to congratulate you on your extraordinary work within your community and for forty commendable years of service to our state.

Maryland is fortunate to have such an outstanding organization that provides Chinese-Americans with the resources to become more successful in their communities.

Please accept my best wishes for a memorable event and success in the years to come.

Sincerely,

Larry Hogan
Governor

STATE HOUSE, ANNAPOLIS, MARYLAND 21401
(410) 974-3901 1-800-811-8336
TTY USERS CALL VIA MD RELAY

Susan Lee—Maryland State Senator | 馬利蘭州州參議員李鳳遷女士



SUSAN C. LEE
Legislative District 16
Montgomery County

MAJORITY WHIP

Judicial Proceedings Committee

Joint Committee on
Cybersecurity, Information Technology,
and Biotechnology

Chair Emeritus
Maryland Legislative Asian American
and Pacific Islander Caucus

President Emeritus
Women Legislators of the
Maryland General Assembly, Inc.



James Senate Office Building
11 Bladen Street, Room 223
Annapolis, Maryland 21401
410-841-3124 • 301-858-3124
800-492-7122 Ext. 3124
Susan.Lee@senate.state.md.us

THE SENATE OF MARYLAND
ANNAPOLIS, MARYLAND 21401

November 6, 2022

Dear Friends,

I would like to congratulate the Chinese Culture and Community Service Center Board and Leaders and Executive Director Dr. Chih-Hsiang Li and his team on the occasion of CCACC's 40th Anniversary.

I commend CCACC for 40 years of exemplary years of service to our Greater Washington community. Your outstanding healthcare, home care, senior, education, cultural programs and activities have helped uplift and enhanced the quality of life for countless. We are living in very challenging of times coming out of the pandemic, Asian Americans and Pacific Islanders being the target of hate and violence, and the very foundations of our Democracy being threatened. As our nation is a work in progress, we have worked to overcome and get through these challenges together.

I thank you for working with me and my colleagues in the Maryland General Assembly to pass laws to empower our community and to make this a better world for all.

My best wishes for a wonderful and joyful 40th Anniversary celebration.

Warmly,

Susan C. Lee

Lawrence K. Lam—Maryland State Senator | 馬利蘭州州參議員林力圖先生

CLARENCE K. LAM, M.D., M.P.H.

Legislative District 12

Baltimore and Howard Counties

Education, Health, and Environmental Affairs
Committee

Executive Nominations Committee

Joint Committee on Ending Homelessness

Chair

Joint Committee on Fair Practices and
State Personnel Oversight

Chair

Howard County Senate Delegation



Miller Senate Office Building

11 Bladen Street, Room 420

Annapolis, Maryland 21401

410-841-3653 • 301-858-3653

800-492-7122 Ext. 3653

Clarence.Lam@senate.state.md.us

THE SENATE OF MARYLAND
ANNAPOLIS, MARYLAND 21401



August 8, 2022

Dear Friends,

I am pleased to extend my warmest greetings on this wonderful celebration marking the Chinese Culture and Community Service Center's 40th Anniversary.

As the State of Maryland's most populous and diverse localities, Montgomery County has a large and vibrant Asian American and Pacific Islander (AAPI) community. Organizations like CCACC are crucial to supporting a rapidly growing Chinese American community. CCACC is not only well-recognized but also deeply appreciated as a partner of state and local governments by providing a wide breadth of essential and enriching services and programming to Chinese Americans throughout the county. This includes adult day care services, home care services, clinical healthcare services, cultural exchanges and community outreach programs, education activities, an art gallery, and even athletic programs. CCACC has been a bedrock of our community, and an organization that can always be relied upon to support the Chinese American community.

As chair of the Asian American and Pacific Islander Legislative Caucus, I would like to share our heartfelt appreciation of Director Chih-Hsiang Li, past and present members of the CCACC Board of Directors, and all those who have contributed their time, expertise, and funds over the years to support the successes of CCACC. I applaud all of you for your leadership and collective efforts.

I wish you a wonderful 40th Anniversary Celebration and extend my best wishes on many more successful years of accomplishments!

Sincerely,

A handwritten signature in black ink, appearing to read "Clarence K. Lam".

Senator Clarence Lam, MD, MPH
Chair, Asian American & Pacific Islander Legislative Caucus
Maryland General Assembly

Lily Qi—Maryland State Delegate | 馬利蘭州州眾議員齊麗麗女士

LILY QI
Legislative District 15
Montgomery County

DEPUTY MAJORITY WHIP

Economic Matters Committee

Vice Chair
Business Regulation Subcommittee



The Maryland House of Delegates
6 Bladen Street, Room 223
Annapolis, Maryland 21401
410-841-3090 • 301-858-3090
800-492-7122 Ext. 3090
Lily.Qi@house.state.md.us

THE MARYLAND HOUSE OF DELEGATES
ANNAPOLIS, MARYLAND 21401



August 27, 2022

Dear CCACC Family,

Congratulations on your 40th anniversary! I am excited to celebrate your extraordinary milestone serving Montgomery County and our growing community.

The Chinese American community has grown tremendously over the past four decades. But we really don't have many service providers to meet the needs of our multi-generational Chinese American community. CCACC has filled that void. Through the visionary leadership of your board and executive director, and the hard work of hundreds of staff and volunteers, you have become the most comprehensive service provider in our community that serves all of us well in both good times and bad.

The past two years have tested all of us. Your work has made a huge difference in advancing the wellbeing of our community at a trying time. I cannot imagine a Montgomery County or an Asian American community without CCACC.

Thank you for all you do for our community, and I look forward to our continued partnership!

In service,

A handwritten signature in black ink, appearing to read "Lily".

Marc Elrich—Montgomery County Executive | 蒙郡郡長Marc Elrich先生



OFFICE OF THE COUNTY EXECUTIVE

Marc Elrich
County Executive

August 8, 2022



Dear Friends:

It is a great pleasure for me to wish the staff, volunteers and friends of the Chinese Culture and Community Service Center (CCACC) a happy 40th Anniversary!

Montgomery County is home to a multitude of cultures from around the world and our rich diversity makes our county strong. As with all communities, support is necessary to help the community grow and thrive. CCACC has been a key pillar of support for the Asian community for the past 40 years. The hard work and dedication of CCACC's staff has turned a fledgling organization, composed of a few volunteers, into a large community serving organization with over 170 staff and two hundred volunteers serving in seven operational divisions.

As a leading Asian community non-profit organization, CCACC worked diligently to serve the vulnerable senior population, provide professional health care, promote Asian culture and focus on youth education. The Asian community grew tremendously during the last 40 years, and it is very reassuring to know that CCACC has been there to meet the needs of the community all the way.

When the pandemic started, many government agencies from all over the United States started to notice that they were not able to effectively reach all the communities with messaging on COVID-19. The County reached out to CCACC to help disseminate safety information, dispel myths, provide resource and dispense vaccination for the community. It is due to your diligence that the Asian community has one of the lowest transmission rates and one of the highest vaccination rates in the County. I want to thank you for your partnership and I look forward to continuing working with you in the future.

Once again, I congratulate you on your 40th anniversary and wish you success in all your future endeavors!

Sincerely,

Handwritten signature of Marc Elrich in black ink.
Marc Elrich
County Executive

Gabe Albornoz—Montgomery County Council President | 蒙郡議會議長Gabe Albornoz先生



MONTGOMERY COUNTY COUNCIL
ROCKVILLE, MARYLAND

November 6, 2022

Dear Friends:

I am pleased to extend our warmest greetings to the Chinese Culture and Community Service Center, Inc. (CCACC) for celebrating its 40th anniversary and decades of service to countless residents in Montgomery County.

This year's theme "Thriving 40" represents years of dedication to sustain the overall well-being of the Chinese American community. As the largest Chinese community service organization in the National Capital Region, CCACC provides holistic supports to people of various age groups and backgrounds. By providing day care for vulnerable seniors, offering education and training for youth and adults, establishing a voluntary safety-net clinic for the uninsured and underinsured, and offering recreational programs to those in need, these comprehensive services will help families flourish towards a bright future.

At the height of the COVID-19 pandemic, CCACC played a pivotal role to help safeguard the wellness of our vulnerable residents. CCACC offered generous support to the frontline institutions who administered vaccines, and offered hotline services, translations, and health education of COVID-19 to the public. Furthermore, CCACC defended members of the Asian American Pacific Islander (AAPI) communities against acts of hate and advocated for the protection of this hardworking community from all forms of bigotry.

On behalf of the Montgomery County Council, we thank you for all that you do and wish you a wonderful 40th birthday! We look forward to continuing to work with you for years to come.

With my best regards,

A handwritten signature in black ink, appearing to read "Gabe Albornoz".

Gabe Albornoz
President, Montgomery County Council



A Message from Jud Ashman on behalf of the Residents of Gaithersburg



It gives me great pleasure to represent the residents of Gaithersburg in offering our most sincere congratulations on the impressive accomplishment of your 40th anniversary.

The Chinese Culture and Community Service Center is an exemplary organization that has been serving Asian Americans in our community since 1982. With a vast array of services that includes health and mental health care, an after-school program, a seniors club, in-home care, community outreach and engagement, and employment services, you've become an integral part of our community.

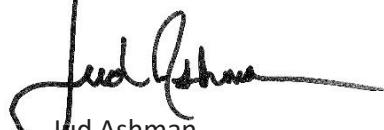
In 2018, we had the pleasure to name CCACC our Distinguished Organization of the Year. Through dozens of programs, the organization provides care for the oldest, nurtures the youngest, feeds the hungry, offers health care for all, and cherishes and celebrates a shared cultural heritage. Along the way, you engage people of all ages and backgrounds to learn about that culture, helping us understand each other better, making a stronger community for us all.

It is our pleasure to establish a more formal relationship with CCACC in the 2023 fiscal year. Through our Community Services grant to CCACC and its nonprofit partners, we look forward to your efforts to provide valuable and compassionate services to our older residents and individuals with disabilities. We know that those in need will be in very capable hands.

I thank each one of you for helping improve the lives of others. You have contributed countless hours of hands-on service to so many people in this community, lending your creativity, your empathy, and your knowledge.

I join with members of our City Council, City staff, and the residents of Gaithersburg in thanking you for carrying on a 40-year tradition of service. We look forward to a long and fruitful partnership.

Sincerely,


Jud Ashman
Mayor



III. OUR HISTORY

中心歷史

40 Years of Caring, Serving, and Thriving

An Overview of CCACC's Development

May Zhou
Editor-in-Chief

If you are a visitor to the Chinese Culture and Community Service Center, Inc. (CCACC), you will probably be amazed by how people of any age are well taken care of here.

From a toddler to an elderly, anyone who is interested in Chinese culture, once stepping into the CCACC service locations in Gaithersburg or Rockville, MD, will instantly find themselves surrounded by the well-deserved attention, care, and happiness, whether it be:

- Chinese-English bilingual preschool, afterschool or summer camp for young children;
- Sports or dragon/lion dance programs for youth, or art, cultural, and sports programs for adults, or Evergreen Club for people aged 60 and over; or
- One-stop health center providing holistic health and wellness services to the uninsured or underserved community by a group of volunteer physicians, nurses, and pharmacists Monday through Friday;
- CCACC Adult Day Healthcare Center for seniors, equipped with a nurse station, a large kitchen and dining hall, a library, a PT/OT room,
- classrooms, large activity areas, and shuttle bus fleets;
- Home care center that trains and arranges certified Chinese speaking caregivers for Chinese seniors who are qualified for the services;
- Art gallery that displays artworks by diverse artists; or
- Swim and tennis center for physical activities of all age groups.

Over the past four decades, CCACC has grown from a few volunteers to altogether thousands of volunteers plus nearly 270 employees; the working scope evolved from brainstorming sessions in

the basement and organizing activities at rental public school venues, to serving the community of ages 2 to over 100, annually 100,000 beneficiaries, at three substantial service locations. Upholding the volunteer spirit and our core values of caring with love and compassion, serving with sincerity and integrity, and thriving on joy and harmony, CCACC's diversified range of services have benefited all age groups, especially the Asian community.

Nevertheless, what CCACC is offering today has taken four decades' joint effort by two to three generations of the CCACC volunteers, staff, and members; hence the following brief overview of the past four decades.

1982-1992

Motivated by the vision of building a Chinese American community center in Montgomery County, Maryland, benchmarking the Jewish community center in the area, five Chinese American volunteers, all immigrants in their 30s busy with young families and full-time jobs,



The five CCACC cofounders at the opening ceremony at Walter Johnson High School in Bethesda, MD on November 6, 1982. From left to right: Mr. Ned Li, Dr. Samuel Peng, Dr. Chian-Li Jen, Mr. Chih-Hsiang Li, and Dr. Su Min Chow.

1982年11月6日，馬州貝塞斯達城Walter Johnson高中，中心成立大會上五位創始人合影。從左往右：李潮先生、彭森明博士、任建立博士、李志翔先生、周蘇民博士。

founded initially the Capital Chinese American Community Center (CCACC) at Walter Johnson High School in Bethesda, MD on Saturday, November 6, 1982. The following year, August 18, 1983, the Center was officially incorporated under a new name, the Chinese Culture and Community Service Center, Inc. (while retaining the acronym "CCACC") to promote the awareness of Chinese culture and appreciation of cultural diversity and to emphasize the services.

The five cofounders' names, lest we forget, are:

Mr. Ned Li
Mr. Chih-Hsiang Li
Dr. Su-Min Chou
Dr. Chian-Li Jen, and
Dr. Samuel Peng

Visionary as they were, the five cofounders were a bit surprised that, within the first month of establishment, about 500 Chinese residents joined CCACC as the members.

Sports, art, and cultural activities were organized every Saturday at rental public school facilities in the early years. During the summer, family summer camps were organized, attracting dozens of families, and later on became one of the fondest childhood memories for the young campers—some of whom eventually became CCACC volunteers. Throughout the first decade, funding came from membership fees, activities fees, and individual donations.

1993-2002

During the second decade, however, CCACC was able to develop more funding sources. It benefited greatly through organizations such as Local



CCACC volunteers and staff at the 2011 two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD.
中心在馬州蓋城湖林商場參與舉辦2011農曆新年慶典的義工和員工合影。

Independent Charities (LIC) and United Way, and Combined Federal Campaign (CFC). A United Way grant made possible the founding of Evergreen Club in 1998 for people aged 60 and older. Using the facilities of local community centers and senior centers in Montgomery County, the Club's diverse cultural, recreation, and service programs three days a week attracted many older adults from the local area. Till today, Evergreen Club remains the most popular club at CCACC, benefiting over 800 members at three locations in the County.

One of the turning points of the second decade was CCACC purchasing a condo office at 16039 Comprint Circle, Gaithersburg in 2000 as the Center's administrative office. For the first time, CCACC stopped using its cofounders' or volunteers' homes as the meeting place. Maintained by a part-time employee (the office manager) and some volunteers, the office was open on a daily basis.

The second decade witnessed CCACC steadily increasing public presence through regular participation in community events such as the Lunar New Year (LNY) Festival Celebration in the Westfield Montgomery Mall and the Lakeforest Mall, and through establishing new service

programs such as the Pan Asian Health Care Center in 2001.

As popular as the lion dance, martial arts, Peking Opera, and many other programs at the CCACC 2000 two-week LNY Festival Celebration at the Lakeforest Mall was CCACC's exhibit series entitled *Paving the Way: Chinese American Stories* organized by Ms. Rita Lewi, one of the vital CCACC volunteer leaders. For three consecutive years, the special exhibitions would run annually during the LNY Festival Celebration, each year focusing on a different theme, i.e., *Nation Builders*, *The Struggle for Acceptance*, and *Chinese American Stories*. The successful special exhibitions led to the invitation from the Montgomery County Public Schools (MCPS) to create an *Asian American Experience Resource Kit* as a reference curriculum for the high school social studies. Ms. Lewi, the project leader, accepted the invitation while offering to create another two reference curricula respectively for the middle school and elementary school social studies, on the themes of Chinese history and Beijing. Fully supported by CCACC, the project was executed smoothly under the leadership of Ms. Rita Lewi, Ms. Carol Chen, and Ms. Helen Wang, and the materials were made available for all MCPS and private schools in 2002.

2003–2012

If we compare CCACC to a tree, then in the first decade the "CCACC Tree" finished sprouting and seedling, in the second decade it grew into a sapling, and in the third decade, however, the sapling growth sped up-to become a small and strong tree reaching up to the sky. Donations and gifts continued coming in from generous supporters, including donated inheritances

from late Dr. and Mrs. Chian-Li Jen. The biggest milestone since the founding of CCACC would occur during this decade: the establishment of CCACC Adult Day Healthcare Center (ADHC), CCACC's first financially self-reliant operation. Meanwhile CCACC found itself more frequently applying for grants, seeking funding from various channels. Grant writing gradually became an important part of CCACC leaders' tasks.

At Least five turning points occurred during the third decade.

In 2003: Started a Chinese school named Culture Language Arts Programs and Services (CLAPS). Ms. Rita Lewi designed the program especially for American families who adopted children from China, a popular phenomenon during that time, so the parents and children could spend quality weekend time together attending the Chinese class. CLAPS became well known thanks to wide coverage by mainstream media starting 2005 such as *Washington Post*, *Voice of America*, and *NHK* from Japan. CLAPS was closed in 2020, with the families moving to the Rockville Chinese School, yet the 17 years' program nurtured a loving network as an integral part of the CCACC big family. It also served to promote the CCACC public image as a loving, caring, and inclusive educational service organization.

Another significant CCACC program that started in 2003 was the Pan Asian Volunteer Health Clinic (PAVHC), evolved from the former Pan Asian Health Care Center. The initiators were a group of community advocates (Mr. James Shih, Mr. Meng K. Lee, and Ms. Ling Cheung) and a few community physicians (Dr. Mo-Ping Chow, Dr. Hon-Yuen Wong, and Dr. Ling Yang). Shortage of resources such as funding during the first few years were not able to stop these dedicated

volunteers from providing essential medical services for the underserved and uninsured every Friday afternoon. From 2003-2009, PAVHC partnered with Mobile Med Clinic. In 2009, PAVHC became an independent safety net clinic and co-existed with Mercy Clinic, although it continued to open only half day a week.

In 2004: Re-identified the role of CCACC's Working Board as a governance board by establishing an executive branch. Therefore the Board would no longer be involved in the latter's daily work. The restructuring proved to achieve the checks and balances between the two teams and thus improved operational efficiency and organizational growth. Gone were the days when the Board had worked as both the "judge" and the "captain." Now looking back, what a wise decision the restructuring was.

In 2008: Founded the CCACC Adult Day Healthcare Center (ADHC), which has been the biggest turning point financially and structurally since CCACC's creation. The new operation's self-sufficiency instantly alleviated CCACC's dependency on donations. CCACC is eternally grateful to the Chinese Bible Church of Maryland for generously offering its facility to ADHC at a very low rental during the first three years of ADHC's establishment. Kudos to Mr. George Yu and Ms. ShuWah Lin, a Christian couple who had introduced CCACC to the Church. The CCACC ADHC became the first and the only nonprofit medical day care center founded by Chinese Americans in Maryland.

Strictly following government standards for a medical day care center, the CCACC leadership team hired a large number of paid employees to fill up the positions of the ADHC director, registered nurse, activities supervisor, licensed social worker,

drivers, and so on. That decision initiated CCACC's transition to a "hybrid" workforce system of hiring both paid employees and volunteers to work at CCACC.

In 2011: ADHC moved into the new headquarters location at 9366 Gaither Road, Gaithersburg from the Chinese Bible Church of Maryland, as did the CCACC Executive Team from the former condo



A photo of Chinese character “happiness” (ADHC’s Chinese name) formed by photos of ADHC members and staff.
以歡樂日間保健中心 (ADHC) 會員和員工們的照片組成的“歡樂”字樣。

office. The nearly 25,000 square feet rental space was mainly for ADHC’s use. Other operational divisions were able to use the new ADHC facilities in the evening and on the weekend when the headquarters seniors were not present. Later on the space was expanded to 30,000 square feet on the same floor.

2013–2022

“At 30, you have to stand on your own, no longer depending on your parents,” said Confucius. When CCACC turned 30, it started a decade of multiple expansions and growth—the small “CCACC Tree” finally grew into a big thriving tree. ADHC soon expanded its operation to seven days a week. Following the successful establishment of ADHC, CCACC started up a few more operational divisions that are self-reliant financially, e.g.,

CCACC Home Care, CCACC Academy, CCACC Sports, and so on. During this decade CCACC expanded its services to also cover people from mainstream communities. When the COVID-19 pandemic broke out, CCACC withstood the challenges and became crucially important to the community. Within a decade, CCACC’s revenue has grown five times that of ten years ago, with five out of its seven operations self-sufficient financially. Highlights of the fourth decade include:

In 2015: Founded CCACC Home Care to train and assign Chinese speaking caregivers to the elderly Chinese who unfortunately lost the capacity to care for themselves. It is also in accord with the government’s “Aging in Place” policy on caring for the elderly at home. Currently CCACC Home Care is serving nearly 80 clients with approximately 126,000 service hours annually in reliable, individualized home care.

In 2016: An additional 11,000 square feet office space upstairs at 9318 Gaither Road, Gaithersburg, was rented for CCACC PAVHC, CCACC Administrative Office, ADHC Library, and CCACC Art Gallery, which was founded in March 2016 that aims at diverse exhibit display and artistic appreciation promotion. Since the founding of the Gallery, at least eight exhibitions have been held annually for Chinese and Western painting, sculpture, pottery, photography, and papercut art created by artists of different backgrounds, attracting about 1,200 visitors each year.

In 2016, PAVHC moved into the new, spacious CCACC service location in Gaithersburg, and extended its hours of operation from half day a week to Monday through Friday from 9 am to 5 pm. It aspired to evolve into a one-stop health and wellness center for the underserved and uninsured patients in Montgomery County.

In 2019: PAVHC officially grew into the CCACC Health Center, offering medical care, mental health, rehabilitation, and chronic disease management programs five days a week. It has finally become a one-stop health center to provide holistic health and wellness services for underserved populations in Montgomery County, although its patient population has expanded to include Medicare, Medicaid, and commercial insurance plan holders.

In 2020: CCACC shined through during the COVID-19 pandemic by donating more than 20,000 surgical masks to the frontline organizations, administering nearly 5,700 doses of COVID-19 vaccine, while opening two Chinese and English bilingual hotlines to answer questions about COVID-19 related health issues and government



In spring 2021, CCACC Health Center doctors and staff are administering COVID-19 vaccines for community residents.
2021年春季，美京健康醫療中心醫護人員為社區居民施打新冠疫苗。

resources, hosting nearly 100 webinars, and engaging an average of 20,000 social media views monthly on COVID-19 news. During the very trying times when a number of businesses and organizations were severely impacted by the pandemic, CCACC rose to it, gaining even more resilient growth.

In 2021: Founded CCACC Academy upon acquisition of the former Washington Cathay Future Center at 9400 Key West Avenue, Rockville, MD, aspiring to youth education and activities enhancement. Currently serving around 800 students ages 2-13 annually, CCACC Academy's 25,000 square feet facility became the second service location of CCACC.

In 2021, an integration of the most time-reputed CCACC community service programs (e.g. Evergreen Club, Adult ESOL Class, VITA, Senior Planet Montgomery-SPM, etc.) resulted in the forming of the Community Services Center. Serving over 2,000 members, the new division focuses on cultural exchanges and community welfare improvement.

In 2022: Founded CCACC Sports upon acquisition of Quince Orchard Swim and Tennis Club to continue promoting physical health values and awareness in the community. The 8,000 square feet office space (excluding the swimming pools and tennis courts) built on a 4-acre lot became the third service location of CCACC. The three CCACC locations' office facilities, nearly 75,000 square feet in total, tripled the office spaces ten years ago.

Open, Inclusive, and Youthful Work Environment

It is an open, inclusive, and youthful environment that CCACC is offering to its diverse workforce. While the founders and the earliest volunteers are immigrants mainly from Taiwan, CCACC has been open to people of all ethnic, racial, and cultural backgrounds since its founding. In 2018, Ms. Chang Zhao, a naturalized US citizen with mainland Chinese ancestry, was elected as the

Board Chair of CCACC after serving on the Board for four years. A perfect example of CCACC's open and inclusive culture.

Chang's story also exemplified CCACC's effort of offering women many opportunities of development. Women account for 62 percent of the employees and contractors at CCACC. The Deputy Executive Director and five out of the six operational divisions' directors are women, including Ms. Rita Lewi, a longtime volunteer leader of CCACC who has initiated a number of prime programs e.g., the LNY Celebration Special Exhibitions, CLAPS Chinese School, Home Care, Art Gallery, and so on. She also served as the CCACC Executive Director for a few years, and currently she is the Director of CCACC Home Care and Art Gallery. In the new CCACC Board of Directors, five out of the 14 Board members are women, represented by Board Vice-Chair Dr. Yao-Yao Zhu, who is also the PAVHC Medical Director and volunteer physician.

Meanwhile, the CCACC leadership team has put effort into developing young leaders and volunteers. Half of the division directors are in early middle age. Hundreds of youth volunteers and interns have served at CCACC activities or

programs, including cultural events such as the LNY Festival Celebration and dragon dance team, and community programs, e.g., senior technology training, basketball tournament, and so on. One of them, Charles Tatum, was a high school student in Virginia. On Mother's Day 2021, he and his mother delivered 210 roses with glass vases to ADHC seniors. Inspired by CCACC's dedicated volunteer leaders, these young volunteers, interns, and staff are all high performers, bringing positive and creative vibes to the Center. Leading by example proved to be the most effective leadership style at CCACC. Who can be a better role model for the younger generation than the CCACC leaders who have devoted nearly half of their lifetime to volunteering?

Public Recognitions

Over the past four decades, CCACC has proved to be a humble and highly reliable organization by fully committing to community service. Accompanying its 40 years of service has been the enthusiastic recognitions from many organizations and institutions. Among the most recent ones are the President's Volunteer Service Award and "Maryland's 100 Sheroes."

In 2021, four CCACC volunteer leaders received the President's Volunteer Service Award for Lifetime Service. They are: Mr. Ned Li, CCACC cofounder and Senior Advisor; Mr. Chih-Hsiang Li, CCACC cofounder and Executive Director; Ms. Rita Lewi, CCACC Home Care and Art Gallery Director, who has been a CCACC volunteer since 2000; and Dr. Immanuel Tung, CCACC Logistic Support Manager who started volunteering at CCACC since 1996. Additionally, another 13 CCACC volunteers including two CCACC Health



CCACC female leaders pose with the distinguished guests at the grand opening of CCACC Academy on May 22, 2021.
2021年5月22日，在美京博雅苑開幕式上，中心女將們與貴賓們合影。

Center physicians and three high school students (Charles Tatum being one of them) received the 2021 President's Volunteer Service Award for Gold, Silver, and Bronze Prizes. In 2022, Board Member Dr. Yuchi Huang was an awardee of the President's Lifetime Achievement Award.

In 2020, three CCACC women leaders were elected as "Maryland's 100 Sheroes" at the 2020 Women's Centennial Summit for their outstanding performance during the COVID-19 pandemic to take the lead to help keep the community safe. They are: Ms. Li-Fang Liu, CCACC Deputy Executive Director; Ms. Rita Lewi; and Ms. Kate Lu, CCACC Health Center Director.

Onward to the Fifth Decade

"At 40, you should not be confused by what path you want to take, for both life and your career,"

said Confucius. Turning 40, CCACC is aiming to be a full-fledged community organization. It will continue to develop and explore the scope of its services. Continuing Care Retirement Communities (CCRC) and Wellness Center are the two most important goals for the upcoming decade.

Two out of the five CCACC cofounders, Dr. Su-Min Chou and Dr. Chian-Li Jen, have passed away, yet their legacy lives on. Their dreams are being realized bit by bit by their CCACC colleagues including the younger generation every single day.

The "CCACC Tree," upheld by volunteerism and CCACC core values, is now a fast-growing tall shade tree benefiting the community in the Washington Metropolitan area.



Photo Credits: Qian Yu and Rita Lewi

圖片攝影: 于茜女士

圖片編輯: 孫文影女士

Group photo of CCACC staff, volunteers, and members showing CCACC staff and volunteers, hand in hand, surrounding our ADHC senior members, demonstrating our core value of caring with love and compassion.

中心員工、義工與會員合影。中心義工和員工們手拉手環繞著歡樂中心耆老會員們，象徵著「以仁愛關懷」的核心價值。



CCACC Health Center Director Kate Lu is presenting CCACC vaccination event photos in Spring 2021.
美京健康醫療中心主任陸惠興女士展示中心於2021年春季為社區居民接種新冠疫苗的照片。



Youth volunteer Charles Tatum (2nd from left) from a Virginia high school and his mother (1st from left) are delivering 210 roses to ADHC seniors on Mother's Day 2021 and spending a joyful Mother's Day together.

維吉尼亞州高中生、青少年義工Charles Tatum（左二）和母親（左一）於2021年母親節給歡樂日間保健中心耆老們送來玫瑰花，一起歡度母親節。



CCACC organized the opening ceremony at its first executive office in Comprint Circle, Gaithersburg.
2000年6月18日中心在位於蓋城Comprint Circle的第一個行政辦公室舉行開幕典禮。



Culture Language Arts Programs and Services (CLAPS) students are performing at the Montgomery County Chinese-American Youth Showcase.
歡樂中文學校(CLAPS)學生們在蒙郡華裔青年展會上表演節目。



Members of the Adult Dance Program, a CCACC Affiliated Club, are performing at the 2008 two-week Lunar New Year (LNY) Celebration at Lakeforest Mall.
中心成人舞蹈班在2008年湖林商場農曆新年雙週慶典上表演節目。



CCACC cofounder Ned Li was selected to be “The Washington Chinese Post Person of the Year 2012 in the Washington Metropolitan Area” by *The Washington Chinese Post* and *New World Times*.

中心創始人之一李潮先生被華盛頓中國郵報和新世界時報選為「華盛頓華人郵報2012年華盛頓都會區年度人物」得獎人。

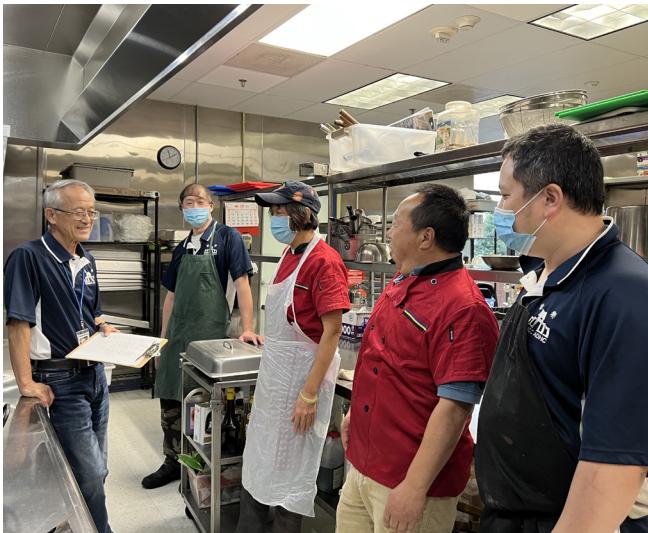
盖以都督平定大功，尚矣矣。



Rita Lewi (1st from left), CCACC Art Gallery Director, is addressing the visitors at the opening ceremony of the Gallery on March 5, 2016.
2016年3月5日美京藝廊開幕式上，孫文影館長（左一）致辭。



Executive Director Chih-Hsiang Li (2nd from right) received the Neal Potter Path of Achievement 2018 Award from the Montgomery County Volunteer Center.
李志翔會長（右二）榮獲蒙郡義工中心頒發的2018年度Neal Potter Path of Achievement獎。



Cofounder Ned Li (1st from left) is speaking with ADHC Kitchen staff.

中心共同創始人李潮先生（左一）與歡樂中心廚房工作人員交談。



Swimming pools at CCACC Sports.
美京博翊館游泳池。



Tennis courts at CCACC Sports.
美京博翊館網球場。

40 關懷、服務 年 與茁壯成長

美京華人活動中心發展之路

周梅月 編撰
特刊主編

假如有一天您訪問美京華人活動中心（以下簡稱「中心」或CCACC），您可能會驚訝地發現：在這裡，任何年齡的人都會得到很好的照顧。

從蹒跚學步的孩子到銀髮長者，任何一位對中國文化感興趣的人，一旦踏入位於馬利蘭州蓋城或洛城的CCACC大門，即會發現自己被關注、關愛和幸福所環繞，無論是：

- 為少年兒童開設的中英文雙語幼兒園、課後班或夏令營；
- 青少年體育課或舞龍/舞獅隊，或成人藝術、文化和體育課，或60歲以上人士俱樂部「常青社」；亦或是
- 週一至週五由一群義診醫生、護士和藥劑師為沒有保險或受惠不足之病患提供整體健康和保健服務的一站式健康醫療中心；
- 為耆老們開設的歡樂日間保健中心，配備護士站、寬敞明亮的廚房和餐廳、理療室與職能康復理療室、圖書館、教室、大型活動區及班車車隊；
- 為居家需要協助的老人提供個人看護服務的居家護理中心；
- 為藝術家開放空間展出作品的美京藝廊；亦或是
- 為社區增設的游泳和網球運動中心。

40年來，中心從幾名義工發展到數千名志願者和近270名員工；工作範圍從在地下室召開腦力激盪會議和在租用的公立學校場地組織活動，發展到在三個頗具規模的服務點，每年為2至100多歲社區民眾提供10萬人次的服務。秉持著義工精神和「以仁愛關懷，以誠信服務，在和樂中茁壯成長」的核心價值，中心多元化服務惠及各個年齡層，尤其是在亞裔社區。

然而，中心今日得以提供的全面而先進的服務項目，是由兩到三代的義工、工作人員和會員們歷經40年篳路藍縷、攜手奮鬥而獲得的成果。在此謹對過去的40年做一個簡要概述。

1982–1992 年

40年前，基於在馬利蘭州蒙郡建立一個類似於猶太社區中心的華人社區中心的願景，五名華人義工（均為30多歲的移民，忙於照料年幼的



From left to right, cofounder Ned Li and John Wang, the calligrapher who created the CCACC logo symbolizing the spirit of "Together We Can."

從左往右，共同創始人李潮先生與中心「眾志成城」標誌設計者、書法家王純傑先生。

孩子，忙於全職工作）毅然決然的決定成立「美京華人活動中心Capital Chinese American Community Center (CCACC)」。1982年11月6日（星期六）中心在位於貝塞斯達城的Walter Johnson高中宣告成立。次年，1983年8月18日，馬利蘭州政府正式批准中心成立時，英文名稱改為現用的Chinese Culture and Community Service Center, Inc.（保留了CCACC的縮寫），以促進人們對中華文化的認識、對文化多樣性的欣賞，並強調中心服務於社區的宗旨。

讓我們永遠銘記這五位共同創始人的名字：

李 潮先生
李志翔先生
周蘇民博士
任建立博士
彭森明博士

這深具遠見卓識的五位熱誠服務的創始人發現，短短一個月之內，竟有約500名華人註冊加入中心，成為會員，不免感到有些驚訝。

那時候，中心活動僅限於每星期六，場地租用的是公立學校校舍。到了夏季即舉辦家庭夏令營，參加的家庭多達幾十家。多年以後，那段經歷成為當年小營員們最美好的童年記憶之一，有些小營員長大後成為中心義工。中心成

立之初的10年中，資金來源主要是會員費、活動費和個人捐款。

1993–2002 年

當中心邁入第二個10年，更多的資金來源被開發出來了。中心通過大型募款組織，例如，Local Independent Charities (LIC)、United Way以及Combined Federal Campaign (CFC)得到來自各方的捐款。United Way的一筆輔助金使得中心服務於60歲以上居民的常青社得以成立。常青社當時使用的場地是蒙郡洛城老人中心和德國鎮社區中心，每星期活動三天，項目五花八門，涉及文娛、藝術、服務等方面，深受中老年人士的歡迎與讚賞。直到今日，常青社仍是中心最受歡迎的一個社團，擁有社員800餘人，在蒙郡設有三個活動地點。

中心成立後第二個10年中的一個轉折點，是中心購置了辦公室（蓋城Comprint Circle 16039號），從此不再使用創始人或義工的個人居所作為開會議事的場所。該辦公室一周七天都有一名兼職員工（辦公室經理）和幾名義工輪流值班，對外開放。

這一個10年見證了中心通過參與社區活動，逐步擴大了在社區的知名度。例如，農曆新年期間在Westfield Montgomery商場及湖林商場舉辦雙週慶典，又如，於2001年，承蒙蒙郡和聯邦政府的有力支持以及Rewarding Work Program的資助，成立泛亞保健服務中心。

2000年，中心在湖林商場農曆雙週慶活動中，與舞獅、武術、京劇等諸多表演節目同樣轟動的，是中心至關重要的領軍人物孫文影女士策劃和組織的特別展覽「筆路藍縷：在美華裔的故事」系列。該展覽連續三年在湖林商場展出，每年設有一個主題，分別是：「建設美國的華人」、「融入主流的奮鬥」、「在美華裔的故事」。展覽大獲成功，中心因而受到蒙郡公校之邀，編輯高中社會學科的參考教材。

由孫女士帶領的項目組接受了邀請，並主動提出，亦可同時給初中和小學學生編輯社會學科的參考教材。在中心的全力支援下，分別由孫文影女士、潘芳雲女士和周築華女士領頭的三個項目小組於2002年成功編輯了題為*Asian American Experience Resource Kit*「亞裔在美國的歷程」、*Chinese History Resource Kit*「中國歷史朝代」、*Beijing Resource Kit*「北京」三套參考教材，提供給所有蒙郡公校和私立學校。



Rita Lewi (front row, right), Carol Chen (back row, 2nd from left), and Helen Wang (back row, 3rd from left), authors of the reference curricula respectively for the high school, middle school, and elementary social studies, are highly recognized by Superintendent Dr. Jerry Weast (front row, left) on behalf of the Montgomery County Public Schools.

蒙郡公校督學Jerry Weast博士（前排，左）代表蒙郡公校對孫文影女士（前排，右）、潘芳雲女士（後排左二）和周築華女士（後排左三）之編寫高中、初中和小學社會科學輔助教材表示高度讚譽。

2003-2012 年

假如將中心比作一棵樹，這棵「CCACC之樹」在中心成立後第一個10年發芽出苗，在第二個10年長成一棵小樹苗，而在第三個10年，小樹苗生長加速—長成一棵強健的小樹，開枝散葉伸向天空。慷慨的捐贈者們仍繼續捐款給中心，其中包括已故的中心共同創始人任建立博士和夫人的遺產饋贈。更為重要的是，中心成立了第一個有收入的服務部門：歡樂日間保健

中心（CCACC Adult Day Healthcare Center；以下簡稱「歡樂中心」或ADHC）。回顧這一幕，這是中心成立26年來最大的一個里程碑。與此同時，中心開始申請補助金，中心的財務狀況及組織架構即刻朝向更健全的方向發展。從不同管道尋求資金，因而撰寫補助金申請書逐漸成為中心主管們工作中重要的一部分。

在第三個10年中，中心的發展至少出現了五個轉折點。

2003年：創辦一所名為Culture Language Arts Programs and Services (CLAPS)的中文學校，中文名稱是「歡樂中文學校」。這是鑑於當時美國西方家庭收養中國孤兒院的孤兒風氣很盛，孫文影女士特別為那些收養中國孩子的美国家庭設計的一個教育項目，讓家長和孩子們可以在週末一起上中文課，相伴度過美好時光。歡樂中文學校因此於2005年被華府主流媒體特別報導，包括*Washington Post*、*Voice of America*以及來自日本的*NHK*等。歡樂中文學校於2020年關閉，學生和家長們轉至洛城中文學校上課；然而歡樂中文學校在17年當中，培育了一個充滿愛心的聯絡網，成為中心大家庭中不可或缺的一部分。該學校同時也有力提升了中心作為一個深具愛心、關懷與包容性的教育服務機構的公眾形象。

另一個在2003年啟動的重要項目，是泛亞義務門診 (Pan Asian Volunteer Health Clinic-PAVHC)。它是從泛亞保健服務中心演變而來的，發起人是熱心華人社區健康醫療的社區人士張凌女士、李孟光先生和史維國先生，以及三位社區醫生：周武屏、黃浩源、楊凌醫師。從2003年到2009年，雖然資金等各種資源非常短缺，但泛亞門診作為流動診所 (Mobile Med) 的一部分，每星期五下午在銀泉市借用蒙郡健康部的醫療設施營業，為低收入、沒有保險的病患提供必要的醫療服務。2009年，泛亞門診成為獨立的安全網診所，並與Mercy Clinic共存，服務時間仍僅限於每週五下午。

2004年：重新定義中心董事會的角色為中心

的管理委員會，並且設立行政辦公室。董事會因而將不再參與行政團隊的日常工作。事實證明，這一次重組實現了兩個團隊之間的制衡，從而有效提高運營效率和促進組織發展。董事會既是「裁判」又是「隊長」的日子一去不復返了。如今回顧這一段歷史，重組是多麼明智的決定。

2008年：成立歡樂日間保健中心(ADHC)，並開始大量僱用受薪員工。在ADHC成立之初的三年中，馬利蘭中華聖經教會以極低的租金慷慨地向ADHC提供設施。中心永遠感謝教會的真誠幫助與支援，感謝為中心和教會牽線搭橋的基督徒夫婦余超華先生和林淑華女士。歡樂中心成為馬里蘭州第一家、也是唯一一家由華人創辦的非營利性成人日間保健中心。中心領導團隊遵循政府對成人日間保健中心的規定，聘請大量的受薪員工擔任歡樂中心主任、註冊護士、活動主管、司機、持牌社工等職位。這一舉措標誌著中心歷史上義工與員工攜手共事、相得益彰的新階段的到來。

2011年：歡樂中心從馬利蘭中華聖經教會遷入總部新址（蓋城蓋瑟路9366號），中心行政團隊隨即從原來的辦公室搬入新址。2萬5千平方英尺的租用場地，主要為歡樂日間保健中心所用。其他幾個對外服務部門，亦可在歡樂中心耆老們離開中心後，於晚上和週末使用辦公室。不久後，辦公場地擴大到3萬平方英尺。

2013–2022 年

已過而立之年的中心，躊躇滿志地衝向急速擴張成長的下一個十年—小小的「CCACC之樹」茁壯長成為一棵大樹。中心服務範圍擴大到各個群體，包括主流社區的群體，並主動應對新冠疫情帶來的挑戰，成為社區的中流砥柱。10年間中心營業額增長五倍；七大服務部門中，五個部門實現了財務自給。第四個10年的亮點包括以下幾項。

2015年：成立居家護理中心，為不幸失去自理能力的華人長者培訓和指派講中文的居家護理人員。這是與政府的「居家養老」政策相符合的。目前，居家護理中心每年為將近80名客戶提供可靠的個性化居家護理服務，服務時間約為12萬6千個小時。

2016年：中心擴張至新址樓上（蓋城蓋瑟路9318號）1萬1千平方英尺的空間，提供給美京居家護理中心、美京藝廊等服務部門。同年3月成立的美京藝廊，旨在舉辦多樣化藝術作品展覽，以提升社區居民藝術欣賞品味，提高大家的生活質量。自藝廊成立以來，每年至少舉辦八場展覽，展出不同背景藝術家創作的中西繪畫、雕塑、陶藝、攝影、剪紙藝術等作品，每年吸引的觀眾達1,200人次。

同年，泛亞義務門診搬入中心總部，並將其營業時間從每周半天延長至一周五天，每天從上午9點至下午5點。泛亞門診將下一個發展目標設定為：為蒙郡弱勢群體和沒有醫療保險的



In the face of the emerging COVID-19 pandemic, CCACC ADHC suspended in-person services to provide home delivery services for the elderly members: food, medicine, newspapers, and relevant items.

面對新冠疫情，歡樂日間保健中心暫停面對面的服務，轉而為長者會員們提供餐食、藥品和報紙遞送上門的服務。

民眾提供一站式健康醫療服務。

2019年：泛亞義務門診正式升級為美京健康醫療中心，提供內科、心理健康、康復和慢性病管理等項目，成為一站式健康醫療中心，為



A CCACC Home Care caregiver is tending a customer.
美京居家護理的護理員正在照顧客戶。

蒙郡沒有醫療保險的弱勢群體和未保險者提供全面醫療保健服務，儘管其服務對象業已擴大到包括聯邦醫療補助(Medicaid)、聯邦醫療保險(Meidicare)和商業保險計劃的持有者。

2020年：中心在新冠疫情期間積極應對，實力擔當。不僅向一線醫療組織捐贈2萬多個外科口罩，為社區居民接種近5,700劑新冠疫苗，同時開通中英文諮詢熱線，舉辦近100場網絡研討會，在社交媒體上發佈的相關資訊平均每月獲得2萬次瀏覽。當眾多企業和團體飽受疫情重創之時，中心巍然屹立，繼續服務社區，成為社區棟樑。

2021年：收購位於馬州洛城Key West大道9400號的原華夏未來華盛頓中心，成立美京博雅苑，致力於促進青少年教育與活動。目前每年為大約800名2-13歲的學生提供雙語幼兒園、小學生課後班、夏令營等教育服務。博雅苑2萬5千平方英尺的場地，成為中心第二個服務點。

同年，中心整合了最知名的幾個社區服務項目（例如，常青社、成人ESOL班、義務報稅、樂齡中文電腦科技班等），組建成美京社區服務中心。新部門為超過2,000名會員提供服務，專注於文化交流和社區福利改善。

2022年：中心收購位於馬州蓋城Roundabout路16601號的Quince Orchard游泳網球館，成立美京博翊館，繼續在社區推廣強身健體觀念。博翊館佔地4英畝，室內面積達8千平方英尺（不包括游泳池和網球場），成為中心第三個服

務點。至此，中心三個服務點的總面積接近75,000 平方英尺，是10年前的三倍。

開放、包容、充滿活力的工作環境

中心為來自五湖四海、背景各異的員工們義工們提供了一個開放、包容和活力充沛的工作環境。雖然中心創始人和最早的義工是主要來自台灣的移民，但中心自成立以來，一直向各個民族、種族和各種文化背景的人們敞開大門。來自中國大陸、歸化成為美國公民的趙暢女士，在中心董事會服務四年後，於2018年當選為中心董事長。堪稱中心開放包容文化的一個完美範例。

趙暢女士的例子也證明了中心著力為女性提供發展機會。女性佔中心員工人數的62%。中心副會長和六位對外服務部門主管中的五位均是女性，其中，執掌兩大服務部門（居家護理和美京藝廊）的孫文影女士，是22年如一日以義工身份服務中心的一名女將，曾擔任中心會長，參與歡樂中心的創建，也曾創辦歡樂中文學校（CLAPS），編寫蒙郡公校參考教材等，成績斐然，是中心最受敬仰的領軍人物之一。而在新一屆董事會14名成員中，有5名是女性，包括副董事長、泛亞義務門診義診醫師兼醫務主任朱耀耀女士。

中心領導班子也著力培養青年幹部和義工。七大服務部門中，半數部門主管處於中青年的年齡段。數百名青年義工和實習生服務於中心諸多活動和項目，例如：農曆新年雙週慶典、舞龍隊等文化活動，以及樂齡中文電腦科技班、籃球比賽等社區項目。其中，義工Charles Tatum是維吉尼亞州的一名高中生。2021年母親節，他和母親將210朵玫瑰連同花瓶贈送給歡樂中心的耆老們，陪伴耆老們度過了一個難忘的母親節。在中心勤懇敬業的義工領袖們的鼓舞下，這些年輕的義工、實習生和員工一個個都表現出色，為中心帶來積極正向、勇於開拓的工作氛圍。以身作則，被證明是中心最有效的一種

領導方式。對於這些年輕人來說，誰能找到比那些在中心做了半輩子義工的領袖們更好的人生楷模呢？

社區的認可

在過去的40年裡，中心已被證明是一個全方位服務社區的謙遜且非常忠誠可靠的團體。40年的服務，為中心贏得眾多組織機構的高度評價。近年獲得的獎項包括總統義工服務獎和馬利蘭州百名女英雄獎。

2021年，四名中心義工領袖獲得了總統義工終身成就獎。他們是：中心共同創始人、資深顧問李潮先生；中心共同創始人、現任會長李志翔先生；自2000年以來一直以義工身份為中心擔負重責大任的美京居家護理主任兼美京藝廊館長孫文影女士；以及在1996年即已開始在中心做義工的中心後勤支援總管董一明博士。此外，13名中心義工，包括兩名泛亞門診醫生和三名高中生實習生（Charles Tatum是其中之一），獲得2021年總統義工服務獎之金獎、銀獎和銅獎。2022年，中心資深義工、董事黃幼基博士榮獲總統義工終身成就獎。

值得一提的是，2020年，中心三位女性領導人，因於新冠疫情期间帶領團隊維護社區安全的出色表現，在2020年婦女百年峰會上獲選為「馬利蘭州百名女英雄」。她們是：中心副會長張麗芳女士；孫文影主任；美京健康醫療中心主任陸惠興女士。

邁向第五個10年

年過不惑的美京華人活動中心，下一個目標很明確：發展成為一個成熟的社區團體。為此，中心將繼續著力拓展和探索新的服務範圍。持續護理退休社區(Continuing Care Retirement Communities—CCRC)和保健中心，是中心未來10年中最重要的兩個具體目標。

中心五位創始人當中，有兩位已然過世，他們是周蘇民博士和任建立博士。然而，他們的精神財富與中心共存，他們的夢想每一天都由中心廣大同仁們，包括年輕的同仁們一點一點地付諸實踐。

以義工精神和中心的核心價值為基礎的「CCACC之樹」，如今已枝繁葉茂，濃蔭蔽日，造福大華府社區。



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圖片攝影：于茜女士

圖片編輯：孫文影女士

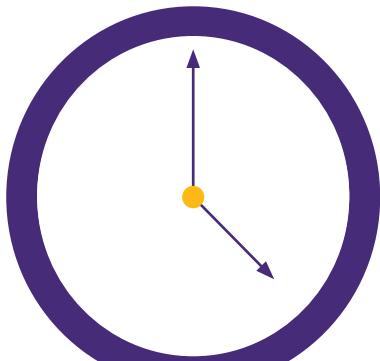


IV. CCACC TIMELINE

中心大事紀

CCACC Timeline 1982-2022

美京華人活動中心
40年大事紀



11/06/1982

Founded the Capital Chinese American Community Center (CCACC), kicking off the Saturday evening activities at Walter Johnson High School, located in Bethesda.

美京華人活動中心成立，在位於貝塞斯達城的Walter Johnson高中開始週六晚間活動。中心當時的英文名稱為Capital Chinese American Community Center。

11/1982

Founded the first CCACC program—Sports Club. Provided quality training and facility for the members to practice and compete in various sports, e.g., basketball, volleyball, tennis, table tennis, badminton, and so on.

成立中心第一個社團—球社，陸續舉辦籃球、排球、網球、桌球、羽毛球等球技訓練和比賽。

05/1983

Started helping to organize the Greater Washington Chinese School Field Day.

中心開始參與舉辦中文學校聯合運動會。

08/18/1983

CCACC was officially incorporated under a new name, the Chinese Culture and Community Service Center, Inc. (while retaining the acronym “CCACC”) to promote the awareness of Chinese culture and appreciation of cultural diversity and to emphasize the service.

馬利蘭州政府正式批准中心成立時，英文名稱改為現用的Chinese Culture and Community Service Center, Inc.，保留了CCACC的縮寫。新名稱意在促進人們對中華文化的認識、對文化多樣性的欣賞，並且強調中心服務社區的宗旨。

09/1984	Published the first issue of CCACC News; held the opening ceremony for CCACC Credit Union. 發行第一份中心通訊；中心美京聯邦信用合作社正式開幕。
09/1985	CCACC was approved by the Internal Revenue Service (IRS) as a 501(c)(3) tax exempt organization. 中心獲得美國國稅局正式批准為501(C)(3)非營利機構。
02/1986	Issued the first CCACC Yearbook. 第一次發行年刊。
06/1986	Held the 1st Summer Camp at Salisbury State University. 在Salisbury州立大學舉辦第一屆夏令營。
11/1986	Organized the 1st Honor the Senior activities. 第一次舉辦敬老活動。
01/1987	Started the Social Dance Club. 創辦社交舞俱樂部。
03/1987	Held the Chinese School Speech Competition. 創辦中文學校校際學生演講比賽。
05/1987	Held the Chinese School Calligraphy Competition, Youth Composition Competition, Chinese School Field Day, and the first Greater Washington Chinese Music Concert. Established the Tennis Club. 創辦中文學校校際學生書法比賽、青年寫作比賽、中文學校聯合運動會大會，及首屆華府地區華人聯合音樂晚會；成立網球社。
10/1987	Shifted the main activiting facility from Walter Johnson High School in Bethesda to Charles W. Woodward High School/Tilden Middle School, Rockville. Would use the school facility for the next 24 years till summer 2011 when CCACC started renting the current headquarters location space in Gaithersburg.

10/1987	將活動的主要場地從貝塞斯達城的Walter Johnson高中轉移到Charles W. Woodward高中（後為Tilden初中）。24年後，於2011年夏季遷至目前的總部地址。
04/1988	Formally established the Media Center. 資料中心正式成立。
02/1989	CCACC awarded Social Service Achievement Award by Chinese Medical and Medicine. 中心獲得中華醫藥與衛生學會辦發社區服務獎。
10/1989	Acquired the Combined Federal Campaign (CFC) Nonprofit Organization Number. 中心申請並獲准加入Combined Federal Campaign。
09/1996	Co-hosted the Golden Autumn Picnic to honor the senior. Co-sponsored the Citizenship Application Assistance Program. 與金誼社聯合主辦金秋敬老活動，與華美協會華府分會等社團聯合主辦申請公民個別輔導活動。
02/1997	Held the first 2-week Lunar New Year (LNY) Celebration at Westfield Montgomery Mall in Bethesda. 在貝塞斯達城的Westfield Montgomery商場第一次舉辦農曆新年雙週慶祝活動。
06/1997	Ned Li, Cofounder of CCACC, received the State of Maryland Outstanding Citizen Award. 中心創辦人之一李潮先生獲選為馬利蘭州傑出公民。
11/1997	CCACC acquired a United Way member number. 中心申請並獲准加入United Way。
04/1999	Evergreen Club officially started service at Rockville Senior Center. 常青社在洛城老人中心成立分社。

02/2000

CCACC changed the venue of LNY Celebration to Lakeforest Mall in Gaithersburg. Organized special exhibitions “*Chinese American Experience*” at the Celebration. Three themes were presented during the three consecutive LNY Celebrations, i.e., *Nation Builders*, *The Struggle for Acceptance*, and *Chinese American Stories*. The successful exhibitions led to an invitation from Montgomery County Public Schools (MCPS) to create an *Asian American Experience Resource Kit* as a reference curriculum for the high school social studies.

農曆新年慶祝活動移至蓋城湖林商場舉行。中心舉行新年慶典的同時，舉辦「篳路藍縷：在美華裔的故事」系列特展，在連續三個農曆新年慶典中展出的主題分別是：「建設美國的華人」、「融入主流的奮鬥」、「在美華裔的故事」。展覽轟動一時，蒙郡公校因而邀請中心製作高中社會學科的參考教材。

Spring 2000

The first fundraising event was held at Dr. Lily Chen and Dr. Jeffrey Chen's residence. There were 52 families and individuals making donations for the purchase of the CCACC office at Comprint Circle, Gaithersburg, MD.

為購買位於馬卅蓋城Comprint Circle的中心行政辦公室，在陳錦春博士及陳壯飛博士府邸舉行第一次募款活動。共有52個家庭和個人捐款。

06/2000

The CCACC office officially opened at Comprint Circle.

中心購置Comprint Circle 的辦公室正式啟用。

09/2000

Evergreen Club officially started service at Germantown Community Center.

常青社在德國鎮社區中心成立分社。

09/2001

CCACC partnered with Mobile Med Clinic to found the Medical Services Group to provide referral services to low income and no insurance Montgomery County residents.

中心與Mobile Med門診合作，創辦醫療保健服務，為低收入和無保險的蒙郡居民提供轉介服務。

11/2001

Organized the 1st Health Fair and Consultation Day.

舉辦第一次保健諮詢日活動。

2002

Per an invitation from the MCPS, Rita Lewi, Carol Chen and Helen Wang, on behalf of CCACC, created *Asian American Experience Resource Kit*, *Chinese History Resource Kit*, and *Beijing Resource Kit* as reference curricula respectively for the high school, middle school and high school social studies. The materials were made available for all MCPS and private schools.

應蒙郡公校之邀，孫文影女士、潘芳雲女士及周筑華女士代表中心為蒙郡高中、初中和小學學生編輯社會學科參考教材，題為「亞裔在美國的歷程」、「中國歷史朝代」、「北京」。三套參考教材均提供給所有蒙郡公校和私立學校。

09/2003

Started a Chinese school named Culture Language Arts Programs and Services (CLAPS) to provide the Chinese class to non-Chinese speaking families that adopted children from China.

中心創辦歡樂中文學校(CLAPS)，為那些領養中國孤兒的非華語家庭提供中國語言及文化教學。

11/2003

Held a grand opening to establish the Pan Asian Volunteer Health Clinic (PAVHC); acquired a grant from the Department of Labor to organize a job training program in collaboration with Montgomery County Government.

中心成立泛亞義務門診，舉行盛大開幕式；中心獲得美國勞工部一項補助款項，與蒙郡全方位職協中心合作，舉辦職業訓練。

06/2004

CCACC Board of Directors passed a restructuring proposal to change the Board's role from a dual one as both the Board Member and the Executive Team, to the one separated from the Executive Team. Decided to activate the new system on August 1.

中心董事會通過改組方案，從董事兼行政的制度，改變成將董事會與行政部門分開，並決定自8月1日起實施。

09/2004

Executive Director and co-founder Ned Li received the Good Neighbor Award from REALTOR Magazine, hence a \$7,500 bonus awarded to CCACC. In the same month, CCACC accepted a grant from the Department of Labor to organize a job training program.

中心會長及創辦人之一李潮先生獲得美國房地產雜誌主辦之「好鄰居」社區服務獎，中心獲得7,500美元；中心再度獲得美國勞工部補助款項，繼續推展職業訓練工作。

04/2005	Evergreen Club expanded its service locations to include Lincoln Park Community Center in Rockville. 常青社擴大活動地點，在洛城林肯社區中心設立分社。
05/2005	CCACC Board of Directors passed a motion for the establishment of an adult day healthcare center. 董事會通過議案，開始籌辦成人日間保健中心。
11/2005	PAVHC founding physician Dr. Mo-Ping Chow received the Mary C. Jackson "Good Works, Done Well" Award. 泛亞義務門診創始醫師周武屏榮獲瑪莉·傑克森「優良社區工作」獎。
10/2006	CCACC received the Outstanding Community Service Award from the Organization of Chinese Americans Greater Washington DC (OCA-DC); CCACC received the 10th Annual Award for Distinguished Service to Public Education from Montgomery County Board of Education. 中心榮獲華美協會華府分會頒贈之傑出社區服務獎；中心榮獲蒙郡教育委員會辦發第十屆年度傑出公共教育服務獎。
2008	Mr. Chih-Hsiang Li led a fundraising campaign of \$100,000 for the CCACC Adult Day Healthcare Center (ADHC). 李志翔先生發起募款活動，為美京歡樂日間保健中心募得10萬美元。
09/23/2008	CCACC ADHC started service at Chinese Bible Church of Maryland. 歡樂日間保健中心在馬利蘭中華聖經教會開幕。
01/2009	The PAVHC started to operate independently. 泛亞義務門診開始獨立運作。
01/2010	Stopped publishing CCACC News; instead started publishing CCACC news stories regularly on the <i>Washington Chinese Daily News</i> . 中心通訊停止印行，中心在華府新聞日報定期發佈「中心園地」。

11/2010	CCACC received 2010 Blue Ribbon Award from the 2010 4th Annual Health Disparities Conference. 中心在第四屆保健平等會議中，榮獲藍帶獎。
01/2011	CCACC underwent a restructuring by founding the Health and Human Services Division, Education Division, and Culture, Recreation and Sports Division, in addition to the ADHC. 中心行政部門重大改組，除歡樂日間保健中心外，成立保健福利部、教育部及文娛康體部等三部門。
02/2011	CCACC received a large sum of donated inheritance from Ms. Lee. 中心獲得Ms. Lee 捐贈大筆遺產。
06/2011	The ADHC moved to the new location of CCACC Headquarters at 9366 Gaither Road, Gaithersburg and started formal operation. 歡樂日間保健中心遷入中心總部新址正式運營，地址是蓋城蓋瑟路9366號。
08/2011	CCACC Headquarters held a grand opening ceremony of the new location. 中心總部新址舉行盛大的開幕典禮。
12/2011	Mr. Edvin Chow, CCACC Executive Director, received the Washington Service Award from the Organization of Chinese Americans Greater Washington DC (OCA-DC). 中心會長鄒秉雄先生榮獲華府華美協會頒贈之華府服務獎。
04/2012	The State of Maryland awarded a certificate of appreciation to CCACC for its efforts in volunteering and servicing the citizens of Maryland. 馬利蘭州州政府授予美京華人活動中心獎狀，感謝中心為馬利蘭州居民提供義工服務。
11/2012	The Social Security Administration gave the Public Service Award to CCACC for its service on providing information about SSA's benefits, programs, and services to the Chinese Americans in the Greater Washington community. 美國社會安全局授予中心公共服務獎，以表彰其向大華府地區人提供有關社會安全福利、計劃和服務等信息的貢獻。

12/2012

CCACC held the 30th anniversary celebration at Walter Johnson High School.
中心在Walter Johnson高中舉辦中心30週年慶祝活動。

CCACC cofounder Chih-Hsiang Li became the Executive Director.
中心創始人之一李志翔先生接任中心會長職位。

01-04/2013

CCACC started an annual service—Volunteer Income Tax Assistance (VITA)—to provide free income tax preparation services for low-income and senior residents of Montgomery County and received official recognition from the IRS.
中心啟動年度免費報稅服務，為蒙郡低收入居民及老年居民提供免費報稅服務，並獲得美國國稅局官方認可。

03/2013

CCACC cofounder Ned Li was selected to be “The Washington Chinese Post Person of the Year 2012 in the Washington Metropolitan Area” by The Washington Chinese Post and New World Times.
中心創始人之一李潮被華盛頓中國郵報和新世界時報選為「華盛頓華人郵報2012年華盛頓都會區年度人物」得獎人。

09/2013

The ADHC celebrated its 5th anniversary and received a Maryland governor’s citation in recognition of the outstanding services performed by CCACC on behalf of the Chinese community in the past 31 years.
歡樂成人日間保健中心 (ADHC) 慶祝成立五週年，並獲得馬利蘭州州長嘉獎令，表彰中心在以往31年代表華人社區提供的傑出服務。

11/2013

Starting the 2013 Thanksgiving, CCACC would raise funds annually among its staff and members and then provide the match fund before donating it to other nonprofit organizations such as Manna Food Center, KID Museum, and so on. The annual fundraiser would pause in 2020 and 2021 by the COVID-19 pandemic.
從2013年感恩節開始，中心每年向工作人員和會員募款，中心會提供等額配比基金，再將這筆善款捐贈給其他非營利組織，例如，Manna食物中心、兒童博物館等。年度籌款活動一直持續到2019年感恩節。2020年和2021年，因新冠疫情爆發而暫停。

12/2014

CCACC was awarded a citation from the US Senator Chris V. Hollen in recognition of its 32 years’ outstanding service to the community.
中心獲得馬利蘭州聯邦參議員 Chris V. Hollen 嘉獎令，表彰中心 32 年來對社區的卓越服務。

07/01/2015

CCACC Home Care Center was founded to train and assign reliable, caring, Chinese speaking caregivers to the elderly Chinese who unfortunately lost the capacity to care for themselves.

美京居家護理中心成立，為失去生活自理能力的華人長者培訓和提供可靠、有愛心、講中文的護理人員。

03/05/2016

CCACC Art Gallery was established, aiming at diverse exhibit display and artistic appreciation promotion.

美京藝廊成立，旨在展示多樣化藝術作品，推動社區的藝術鑑賞。

2016

The PAVHC moved back to the CCACC Headquarters. It extended its hours of operation to five days a week to aim at becoming the CCACC Health Center—a one-stop health center to provide holistic health and wellness services for underserved populations in Montgomery County.

泛亞義務門診(PAVHC)搬回到中心總部地址，並且將營業時間延長至每週五天，設定新目標：成為美京健康醫療中心—為蒙郡受惠不足的人群提供一站式全面健康和保健服務。

05/2017

CCACC received a certificate of appreciation from the IRS in recognition and appreciation of CCACC's effort in building stronger workplaces and communities.

中心收到美國聯邦國稅局感謝函，表彰和讚揚中心致力於建立更強大的工作場所和社區。

11/2017

CCACC celebrated its 35th anniversary and took a group photo in the shape of the “CCACC 35” characters.

中心組織會員和工作人員合影，拍攝“CCACC 35”字樣，以慶祝中心成立35週年。

02/2018

CCACC resumed the LNY Celebration at Westfield Montgomery Mall after 18 years.

18年後，中心再度回到Westfield Montgomery商場舉辦農曆新年雙週慶。

02/2018	CCACC also expanded the LNY Celebration venues to Westfield Wheaton Mall by decorating the mall with dozens of large red lanterns. Therefore CCACC held the 2018 LNY Celebration simultaneously at the three malls. 中心亦在Westfield Wheaton商場佈置許多大小紅燈籠，將其增設為第三個農曆新年慶祝活動地點。因此，2018年農曆新年慶典，中心同時在這三個商場舉行。
04/23/2018	CCACC Executive Director Chih-Hsiang Li received the Neal Potter Path of Achievement 2018 Award from the Montgomery County Volunteer Center. 中心會長李志翔先生榮獲蒙郡義工中心授予的2018年度Neal Potter Path of Achievement獎。
05/29/2018	CCACC received the Nonprofit Organization of the Year Award from Asian American Chamber of Commerce. 中心榮獲亞美商會頒贈的年度非營利組織獎。
01/29/2019	The Maryland General Assembly awarded a citation to CCACC in Recognition of CCACC's community service outreach and dedication to educational excellence. 馬利蘭州人民大會授予中心獎狀，表彰中心社區服務外展及致力於優質教育。
06/02/2019	CCACC Health Center started an annual charity golf cup event as a successful fundraiser. 美京健康醫療中心啟動年度慈善活動「高爾夫球杯」，獲得圓滿成功。
07/2019	CCACC Home Care entered the 4th year of operation and was growing steadily. The division moved into Suite 235 on the second floor at 9318 Gaither Road, Gaithersburg to have larger office space. 美京居家護理中心進入運營第四年，持續穩定成長。該部門搬至樓上，位於蓋瑟路9318號235辦公室，使用空間適度的擴大。
2019	CCACC Health Center prepared to take patients with Medicaid, Medicare, And commercial health insurances. 美京健康醫療中心準備接受聯邦補助保險(Medicaid)、聯邦醫療保險(Medicare)和商業健康保險。

03/2020

CCACC Health Center started providing two Chinese-English bilingual hotlines seven days a week from 9 am to 5 pm, dedicated to answering questions about medical and COVID-19 health issues and to helping disseminate COVID-19 relief programs.

美京健康醫療中心開通兩條中英文雙語熱線，每週七天，從上午9點到下午5點，專門回答有關醫療保健和新冠病毒問題，以及幫助政府傳播新冠疫情救濟項目信息。

03/2020

During the COVID-19 pandemic, CCACC hosted nearly 100 webinars and engaged an average of 20,000 social media views monthly on COVID-19 News.

疫情期間，中心舉辦近百場網絡研討會，且在社交媒體上發佈新冠訊息，每月平均瀏覽人數達兩萬人次。

In the face of the emerging COVID-19 pandemic, CCACC ADHC decided to suspend in-person services to provide home delivery services for the elderly members: food, medicine, newspapers, and relevant items.

面對新冠疫情，歡樂日間保健中心決定暫停面對面的服務，轉而為長者會員們提供送貨上門服務，包括遞送食物、藥品、報紙及相關物品。

04/2020

CCACC, led by its cofounder Ned Li, started donating surgical masks to the frontline organizations. Over the upcoming two years, CCACC will have donated more than 20,000 surgical masks to the frontline organizations.

中心在創始人之一李潮先生的帶領下，開始給抗疫一線組織捐贈外科口罩。在接下來的兩年中，中心共捐贈2萬多個外科口罩。

08/2020

Li-Fang Liu, Rita Lewi, and Kate Lu were elected as “Maryland’s 100 Sheroes” at the 2020 Women’s Centennial Summit for their outstanding performance during the COVID-19 pandemic to take the lead to help keep our community safe.

在2020年婦女百年峰會上，張麗芳女士、孫文影女士和陸惠興女士，因在抗擊新冠疫情過程中帶領團隊維護社區安全的出色表現，而獲選為「百位馬利蘭州女英雄」。

01/2021

CCACC hosted an online LNY Celebration instead of a physical one due to safety and health concerns related to COVID-19.

01/2021

基於疫情引發的安全和健康問題，中心舉辦線上農曆新年慶典，而非實體慶典。

After 20 years, CCACC decided to stop using Lakeforest Mall as a LNY Celebration venue because of the COVID-19 pandemic as well as the disintegration of the mall.

在使用湖林商場作為農曆新年慶祝活動點20年後，出於對新冠疫情及該商場前途未卜等方面的考量，中心決定不再使用該商場作為慶祝活動地點。

02/2021

CCACC Health Center started to provide the COVID-19 vaccination to the Community. By September 2022, it finished administration of nearly 5,700 doses of COVID-19 vaccine.

美京健康醫療中心開始為社區居民施打新冠疫苗。截至2022年9月，中心為社區居民施打近5,700劑新冠疫苗。

03/21/2021

In collaboration with CAPA-MC (Chinese American Parent Association of Montgomery County), CCACC held a candlelight vigil at CCACC parking lot in memory of the dead women in Atlanta. Attended by 400 people in person to present flowers and light candles and viewed by more than 300 people on YouTube, this event was reported widely by local media including live broadcast by NBC 4.

中心與蒙郡華裔家長聯合會在中心停車場聯合舉辦燭光守夜活動，紀念被無辜殺害的六名亞特蘭大亞裔婦女。400人親臨現場獻花、點蠟燭，300餘人觀看YouTube直播。包括NBC4在內的當地媒體對此活動進行廣泛報導。

04/2021

CCACC ADHC Kitchen officially opened and started providing meals to ADHC seniors and CCACC employees.

美京歡樂日間保健中心廚房正式開業，為歡樂中心會員及中心工作人員提供膳食。

05/2021

CCACC Academy was founded upon acquisition of the former Cathay Future Washington Center. Aspiring to youth education and activities enhancement, it currently serves around 800 students annually.

中心收購華盛頓華夏未來中心，成立美京博雅苑，旨在促進少兒教育及活動。現今，每年招收約800名學生。

06/2021

CCACC Community Services Center was founded upon the integration of the most time-reputed service programs, e.g., Evergreen Club, Adult ESOL Class, Senior Planet Montgomery–SPM, etc., to serve over 2,000 members focusing on cultural exchanges and community welfare improvement.

中心整合久負盛名的幾個社區服務項目，例如：常青社、成人ESOL課程班、樂齡中文電腦科技班等，成立美京社區服務中心，服務2,000多名會員，推進文化交流，增進社區福利。

2021

Executive Director Chih-Hsiang Li, Senior Advisor Ned Li, Home Care & Art Gallery Director Rita Lewi, and Logistic Support Manager Immanuel Tung received from the White House the President's Volunteer Service–Lifetime Achievement Awards.

李志翔會長、資深顧問李潮先生、居家護理中心主任兼美京藝館長孫文影女士，及後勤支援總管董一明博士等四人，榮獲白宮辦發的總統義工獎—終身成就獎。

01-02/2022

CCACC held the LNY Celebration both in person and online. The physical celebration was held in Westfield Montgomery Mall on January 29, February 5 and 12, 2022. The virtual celebration was held on February 5, 2022.

中心舉辦現場和線上兩種形式的農曆新年雙週慶典。現場慶典於1月29日、2月5日、2月12日在Westfield Montgomery商場舉行；線上慶典於2022年2月5日舉行。

05/2022

CCACC Sports was founded upon acquisition of the former Quince Orchard Swim and Tennis Club. It continues to promote community physical health values and awareness.

中心收購Quince Orchard游泳網球館，成立美京博翊館，繼續致力於加強社區居民的強身健體觀念與意識。

06/2022

US Senator Chris Van Hollen and Maryland Congressman David Trone endorsed CCACC Health Center's expansion plan that requests funding from the federal government.

馬利蘭州聯邦參議員Chris Van Hollen先生及馬利蘭州聯邦眾議員David Trone先生大力支持美京健康醫療中心的擴建計劃，該計劃向聯邦政府申請資助。

09/2022

The CCACC Youth Dragon Team won 1st place at the City of Gaithersburg's Labor Day Parade. This is the 2nd time we won this prize. The first time was in 2018.

中心青少年舞龍隊在蓋城勞工節遊行中榮獲第一名。這是中心舞龍隊第二次榮膺該獎項。第一次是在2018年。

CCACC Executive Director Chih-Hsiang Li received the Outstanding Alumni Award from his alma mater Tunghai University.

李志翔會長榮獲母校東海大學頒發的傑出校友獎。

11/06/2022

CCACC held its 40th anniversary celebration.

中心舉辦成立40週年慶典。

Note:

For more detailed information about CCACC's first 20 years' history, please refer to CCACC 20th Anniversary Yearbook.

關於中心最初20年的信息，詳見《美京華人活動中心二十週年特刊》。



Group photo of CCACC cofounders with some of the earliest volunteers and employees.
中心創始人與較早的一批義工及員工合影。



Executive Director Chih-Hsiang Li is writing a community member's Chinese name at CCACC Lunar New Year Celebration.

在中心舉辦的農曆新年慶典上，李志翔會長為一位社區居民書寫她的中文名字。



ADHC Director Steve Lin (1st from left) and ADHC Activities Supervisor Yiping Garcia (1st from right) are celebrating a senior member's birthday.

歡樂日間保健中心主任林激璋先生（左一）和歡樂中心活動組朱弈平組長（右一）為耆老會員慶祝生日。



Executive Director Chih-Hsiang Li (2nd from left) and Deputy Executive Director Li-Fang Liu (1st from right) are leading CCACC Dragon Dance Team to participate in the 2013 Rockville Memorial Day Parade.

李志翔會長（左二）和張麗芳副會長（右一）帶領中心舞龍隊參加2013年洛城國殤日遊行。



At the CCACC Art Gallery opening ceremony on March 5, 2016, four famous Chinese American calligraphers jointly write the large calligraphy work. From left to right, the calligraphers are: Dr. Kit-Keung Kan, Mr. Wei Liang, Mr. John Wang, and Mr. Bertrand Mao.

2016年3月5日美京藝廊開幕式上，四位書法家合力書寫大幅書法作品。四位書法家從左往右，分別是靳杰強先生、梁維先生、王純傑先生和毛戎先生。



V. WORDS FROM CCACC LEADERS

成長的回顧—
中心歷任及現任領軍人物之感言



李潮 · 中心共同創始人及資深顧問

當年在中文學校幹事會開始服務時，還不到40歲。經過在中心做了這40年的義工，現在行將80，可以說是整整半輩子的義工生涯！這些年來，總有人覺得我幾十年服務社會的義工行徑有點不可思議，會問道「為什麼」？怎麼「撐」下來的？中心40週年慶，籌辦紀念刊，主編再三催稿，就藉此聊一下我的義工生涯的來龍去脈，以一個平凡人的實例，鼓勵後進。

在美國社會裡，假如你犯了些小罪，法官也許會懲罰性的讓你去做些「社會服務」。假如有前世今生的說法的話，那可能就是因為我前世犯了不少小罪，今生是來贖罪的吧！

我將人生看作三、四個階段，前面25-30年是成長學習，中間的25年是事業及養家，剩下的25-50年，希望有個稍微瀟灑一點的隨意人生，能隨自己意，做些有意義而且喜歡的事，從而有個幸福的下半輩子。這是我的私心。

前兩個階段，多少是跟著一般潮流走，我如期渡過，沒有豐功偉業，但足以糊口且家庭美

滿。55歲時我還在IBM做事，但是到達了可以提早退休的年齡，雖然退休金有限，我還是選擇了第一時間從IBM退休。不必繼續過著不能常常睡到自然醒、朝九晚五的日子。我是自家主要的經濟來源；以我有限的退休金及兼職房地產仲介的收入，一般人也許不太瞭解我怎麼有資格退休。其實我就憑著一個概念，只要要求不高，看得開，應該就可以。現在算來，我已退休24年，過得還不錯，接近第三個階段的尾聲，也是一般男性的平均壽命。剩餘的第四個階段，就算是額外賺的。

我的價值觀人生觀有些來自父親的薰陶。說起來，他也是個平凡人，忠貞愛國，但有志難伸。在40幾歲以後，因為疾病的關係，沒有再繼續工作，全靠母親的辛勞帶大我們三兄弟。然而，父親帶給我兩三個人生及生活上的觀念，一個是健康強身，一個是服務社會，還有就是多看看廣闊的星空宇宙，不必太看重渺小的自己。他喜歡健身，到80歲去世之前，每天還可以拉一兩百下單槓。他帶我們兄弟從小打

籃球，他向社區政府申請款項，在河邊空地蓋了一個籃球場給公眾用。回想起來，今天中心的型態有一些他的影子在內。不過他一直不肯出國，沒機會看到中心。

1976年我和家人從加州搬到馬利蘭，隨後內人（孫尹）開始在博城中文學校當老師。1981年，我在勝家的工作穩定，我就參加了中文學校的幹事會，負責運動方面的項目，也幫忙攝影，從此開始了我的義工生涯。1982年初，工作轉到IBM，同年，在中文學校朋友互相激勵籌劃下，成立了中心。在1998年我從IBM退休之前的16年，都是兩份工作，加上義工，真是蠻忙的；但只要想做，總能擠得出些時間的。義工的工作，反而成為生活上的調劑，比純糊口的工作有意思多了。從IBM退休後，我就成為全職的「專業義工」。把義工當成專業，沒有薪酬，取其做義工也需要以專業的心態來待人處事，擔負責任，盡其所能。IBM退休後做的第一件事，就是經過六個月的學習培訓，完成了一個以前不覺得可能的馬拉松跑，也體會及增強了一步一腳印的精神。我經常運動，吃的也還規矩，加上運氣不錯，沒有大傷大病，得以長久維持健康，有資本「撐」受忙碌的生活。說到「撐」，大家都有經驗，假如是做自己喜歡做的事，感覺上就不會覺得因為是在「撐」而難受。做義工，是有相當彈性的，不需要固定的朝九晚五，但卻也有可能是24/7。我是勞碌命，還好我不怕忙，「忙」變成生活的常態，樂此不疲，也就不太有「撐」的感覺。

中心的發展大致可以分成三個階段。從1982到2000年，可算是孕育期。是一個家庭式、規模較小的型態。場地以租用學校為主，但也辦了不少活動。從最初的球類、健身、運動，及隨後不斷增加的文娛康體及服務性的活動，也有20幾個活動，很多都有一、二、三十年的長期基礎及經歷，奠立中心在社區裡誠信、腳踏實地的聲譽。在這期間，事情幾乎全由義工擔任，很單純。

從2000到2010年是轉型期。買了一層小辦公樓，形式上更為正規，開始有了少數兼職員工。2008年歡樂日間保健中心成立後，提供了近百位員工就業的機會。一些本來是義工做的事情逐漸由員工來做，效率上是增加了，相對的，義工的參與跟精神在減弱，且成本增加了。

從2011年到現在，中心成長茁壯。付薪員工已達270位左右。但除了一向是義務的董事會、泛亞義務門診的醫師們及輔助性的義工以外，行政部門有幾個重要職位，包括會長、居家護理中心主任、藝廊館長，及後勤支援總管，都還是由「專業義工」擔任，承傳了義工的精神及顯示了義工的重要性。而這些義工都是在中心服務20年以上，年事漸高，後續的培養承傳是一件很重要的事。希望在前浪逐漸退隱之前，能有滾滾後浪接踵而至。

中心服務社區40年，平實而草根性。本著眾志成城、有容乃大的精神，以及以仁愛關懷，以誠信服務，在和樂中成長茁壯的核心價值，多少做到了服務社區、推展中華文化、促進中西交流、提升華裔形象的宗旨。中庸之道，為而不爭，若水般觸及社會各個角落，細水長流。40年的累積，其活動、服務的範疇及規模在社區裡也發揮了標竿性的作用，提高了很多人生活品質及人生經歷。譬如，中心領頭在華裔社區裡發展的日間保健中心服務，使得上千名老人長期的晚年生活、幾百個員工的生計、還有一些義工的人生更為豐富充實，包括我的在內。

40年一路走來，最可貴的是一路上都有許許多有共同理想、無私、無求、出錢出力的義工朋友風雨同舟，攜手同行。從早期的共同創始人任建立、周蘇民、李志翔，設計中心標誌的王純傑，第一個打電話來要幫忙的俞孟嘗，開創信用合作社的周一麟，主持夏令營的李汝梅，長期負責租用場地的陳永毅，全心投入的李孟光、張凌、黃幼基，稍後參與的董一明、

方強宗、蔡德樑、李定遠、孫文影、鄒秉雄、余超華、王楚、靳杰強，全都是長期服務二、三十年者。幾百位董事、幹事，周武屏及幾十位義務醫生，還有隨時「待命」的像劉念湘、梁義光等義工，不勝枚舉。再者，很多義工的另一半，其參與及支持是我們這些「不務正業」者很關鍵的後盾。近年大量年輕學生義工的參與，也是很可喜的現象。

40年很長嗎？的確。但若有個好心態，即使像我個人能力有限，加一些韌性及堅持，一點傻傻的愚公精神，像跑馬拉松一樣，一步一步平實地走，遲早會有一些成果的。年輕時就聽過「人生以服務為目的」的諺語，當初並沒有真

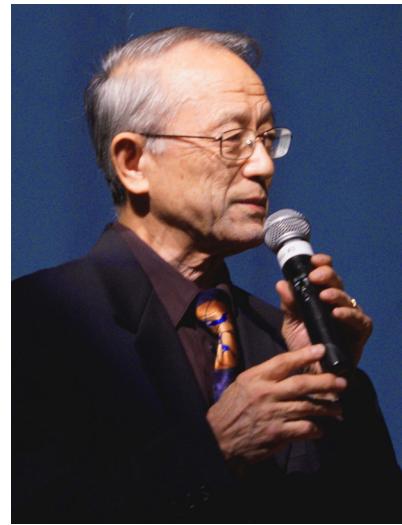
正體會其意義。從某一個角度，中心提供了許多做義工的機會，義工們以感恩、利他的心態來服務，不計大小，行善積德，回饋社會，不只是口號，是可以實踐的。

40年的義工，得到的是一份心安理得、平和愉快的人生，知足常樂。假如這個平凡人的實例，能讓更多的人瞭解及享受到助人為樂，施可能比受更能獲得滿足，起而行之，於願已足。我在歡樂日間保健中心五週年的年刊裡面，曾經引用了道德經最後一章的幾句話成為對子，「既以為人，己愈有；既以與人，己愈多」，配以最後四個字「為而弗爭」做橫幅，願與大家共享共勉。



Cofounder Ned Li is speaking at the CCACC opening ceremony at Walter Johnson High School in Bethesda on November 6, 1982.

中心於1982年11月6日在貝塞斯達城Walter Johnson高中成立時，五位創始人之一李潮先生發表演講。



Ned Li is delivering a speech at the CCACC 36th Anniversary Celebration on October 13, 2018.

2018年10月13日，李潮先生在中心36週年慶典上發表演講。



Ned Li is driving a van to volunteer at CCACC.

李潮先生駕駛麵包車參與中心志願服務。



Ned Li, then CCACC Executive Director, received REALTOR Magazine's Good Neighbor Award in September 2004, hence a \$7,500 bonus awarded to CCACC. 2004年9月，時任中心會長李潮先生獲得美國房地產雜誌主辦之「好鄰居」社區服務獎，中心獲得7,500美元。

Ned Li is accompanying his wife Alice S. Li on the American Red Cross blood drive. 李潮先生陪同太太孫尹女士參加紅十字會獻血活動。



Ned Li is attending CCACC Academy's grand opening ceremony on May 22, 2021.
2021年5月22日，李潮先生出席美京博雅苑盛大開幕典禮。



Ned Li is an honoree of the 2021 President's Lifetime Achievement Award.
李潮先生榮獲2021年總統義工終身榮譽獎。



Ned Li (back row, 1st from right) is organizing a birthday party for the seniors of the Adult Day Healthcare Center.
李潮先生（後排右一）為歡樂日間保健中心耆老們舉辦生日會。

賀中心憶往事

季蕉森博士 · 前任中心董事長



1982年11月6日，美京華人活動中心(CCACC，簡稱「中心」)誕生。不久，我即報名為會員(編號82110126)。歷經40年，它從草創方式，逐年

改善壯大，進入企業化經營。我由衷感佩中心創辦人與強大團隊及無數志工的不懈努力，創造如此輝煌的成就，受到僑界及主流社會的高度讚譽與肯定，實屬不易。我希望大家繼續努力，發揚中心「眾志成城」的精神，更上層樓。

1986年夏，我應中心創辦元老之一李潮兄(首任會長1982-1986年)三度懇邀，進入中心董事會，有李潮、李志翔、李孟光、俞孟嘗、李汝梅、戴元亨(已故)及我等九位董事。旋即，我被公推為第二任會長(1986年8月1日至翌年7月31日)。時光飛逝，已過了35個年頭，留給我今生一段極其難忘的往事；現簡述，以賀中心四十週年佳慶。

當年中心的活動場地，是向Walter Johnson高中租借的。每星期六下午7時至晚間11時向僑胞開放。只有兩項活動，一項是在籃球場打籃球，由李潮董事負責服務工作；另一項是在餐廳，提供僑胞交誼、會友與閱覽書報雜誌的場所，由我負責服務工作。

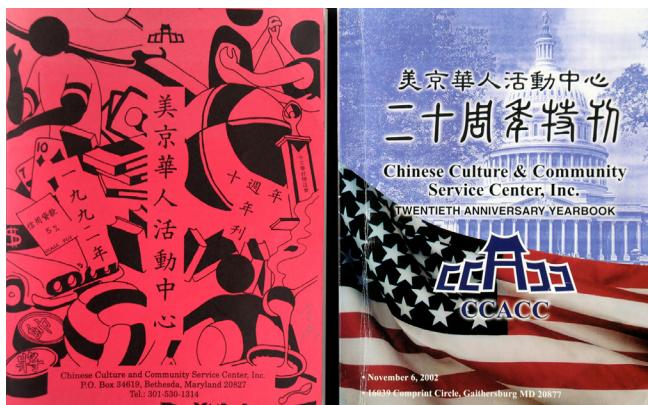
那時，我家在Frederick。駕車離家一段路後，進I-270高速公路的起點南下，直至其終點，再轉赴中心活動場所。若順利，車程需一小時。每次我都得提前半小時達到，開啟入場門，把大茶桶裝滿水，放進幾個茶包，插上電源。接著，將餐廳角落裏那些連座位的餐桌，一張張拉出來打開。安置妥當後，再將隨身攜帶來一捆書報雜誌，分放在各餐桌上，以便來賓們光臨閱覽、喝茶，期盼他們在忙碌一天的工作，於晚餐後，來中心有個輕鬆休閒的夜晚。事畢收工，必須收拾一切，恢復原狀，不得讓校方有絲毫不滿意，否則會影響我們場地的租借。這項事先準備與收工打烊工作，全係我獨自負責，無人協助。11點半我收拾完畢，關妥校門，駕車原路回到家，看錶已逾12點半。

那一年的冬天，老天幫忙，週末本地沒有下雪，故中心活動未停過。我風雨無阻，未曾缺席。正因此，我家一整年放棄了參與朋友週六晚間的家庭餐聚和歡樂的活動機會。老伴從未為此出過怨言。

週六晚間四個小時的服務，一年下來讓我認識不少僑界新面孔，這是大收穫。記得董事戴元亨和李鍾渝賢伉儷帶著12歲女兒與幼子，時常會在中心出現。幼子很活潑可愛，他總是咬著他的奶瓶塑膠嘴，在地上爬來爬去，嘴上奶瓶跟著不停地搖晃；戴家的令嬪在旁專心看顧著她的幼弟。那一幕的情景給我的印象非常深刻。很遺憾當年沒有手機，否則我一定會拍影留念。那位令嬪就是現任美國聯邦政府的貿易代表戴琪（Katherine Chi Tai）。她的傑出才華

和成就，令大家敬佩，確係戴府之光！

我在任內，為提高中心的朝氣及擴大服務層面，曾先後創辦：大華府區中文學校校際學生書法與國語演講比賽、社交舞社、大華府區合唱團的聯合演唱會。我離開中心服務團隊已逾35年，耄耋之年回想過去，恍如昨日。短暫的一年緣分，令我珍惜；那段美好時光，更使我懷念難忘。



CCACC 10th and 20th Anniversary Yearbooks.
中心10週年及20週年紀念特刊。



A young wushu performer at the CCACC 2006 two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD. 2006年馬州蓋城湖林商場中心農曆新年雙週慶典上，一位兒童正在表演武術。



The members perform singing at ADHC 5th Anniversary Celebration in 2013.
2013年歡樂日間保健中心舉辦成立五週年慶典，耆老們一起登台演唱。

慶祝中心成立40週年紀念

黃秉驥 · 前任中心會長



前 些時間，很榮幸收到中心40週年慶年刊主編 May Zhou 女士的邀請，為美京華人活動中心即將到來的40週年大慶寫一篇祝賀詞。啊，時間過得真快，還記得當年我初任中心會長（1991-1992年），惶惶恐恐地接下中心成立10週年的慶祝活動；那晚，大家在Tilden 初中吃飯，跳舞，看中心各社團表演，熱鬧非凡。其場景還歷歷在目，怎麼轉眼間就是30年過去了？感嘆光陰似箭！

中心每隔十年都會出版一本慶祝年刊。我拿出中心慶祝10週年、20週年及30週年的年刊細看，似乎就看到中心一路成長的過程。從早期租借蒙郡中學，舉辦促進會員聯誼的活動。到了20週年，中心購置自己的辦公室，擴大社區服務。到了30週年，中心長期租用有電梯上下的兩層大樓，開始協助政府辦理專業的老年人服務。與此同時，中心仍秉持其傳統的精神。在正式薪水員工以外，仍保留許多義工來服務社區。到了40週年，中心更進一步擴大了服務

場地，像美京博雅苑的校舍、美京博翊館的游泳池和網球場等等。此外，隨著時代的進步，中心的各項服務也以更專業、更進步的科技來配合。醫療、看護、教育、藝術等各層面的社區服務，也快速地跟上時代。中心這40年來的進步，真像火箭般的快速！

翻開中心慶祝20週年的年刊，看到當年我以中心各社團名稱及服務項目為名，「種植」的一棵小樹，並題了《綠樹成蔭》小詩一首以致祝賀。事隔20年，這棵小樹也跟著成長。在此，謹獻上中心40年的這棵樹，作為我對慶祝中心成立40週年的賀禮。還希望中心能繼續成長、茁壯，有朝一日長成中心成立50週年的一棵大樹！

中
心
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作
社

球社 摄影社

社交舞社 民族舞蹈 元極舞蹈

武術 太極拳推手班 健跑社 山岳社

資料中心 出版中心 成人英語 中文班 電腦社

花藝社 手工藝 國劇社 粵語社 昆曲社 兒童合唱

社會服務 公民輔導 選民登記 常青社 洛城/德國城常青社

夏令營 運動會 新年濟貧 慶祝中國新年 電影欣賞 專題演講 金秋敬老

美京博雅苑 美京藝廊 歡樂日間保健中心 美京社區服務中心 美京醫療中心

居家護理中心 泛亞義務門診 社區健康講座 新冠疫苗注射 失智病患照顧陪訓

洛城國殤日 舞獅遊行 慈善高爾夫球賽 美京昆斯奧雀游泳網球中心

!!!!!!!!!!!!!!

!!!!!!!!!!!!!!

妳 妳 妳
你 你 你
我 我 我
她 她 她
他 他 他

從 在 從
台 美 大
灣 國 陸
來 生 來
的 的 的

從 從 從
香 各 亞
港 地 洲
來 來 來
的 的 的

眾志成城
綠樹成蔭

1982 年

金秋之後

一粒

華人的種子

撒在

馬州蒙郡的沃土裡

從此

這粒華人的種子

在此

萌芽 生根 苗壯 成長

及至今日

綠樹成蔭

恭賀美京華人活動中心成立 40週年

傅崇基博士/教授 · 前任中心董事長

歲

月匆匆，美京華人活動中心即將迎來40週歲，真是可喜可賀！中心一步一腳印，築路藍縷，能有今日的成就是每一個中心成員的貢獻。本人有幸在過去數十年中，從中心草創到茁壯無役不與，以義工方式無償奉獻了一份心意及努力。細數過去，效力中心我可是三度被「徵召回收」！

說到中心的成立，要提到七十年代末李潮（那時還是小伙子）以勝家公司當年的華人員工及馬大學生為主召集的週末籃球活動，吸引了包括我在內的眾多中心未來基本成員。1982年，在李潮的號召下，週末租借蒙郡學校場地，使華人能有個活動場所，今日中心之雛形，就此成立了！我隨即響應，同年加入，成為元老會員至今。1992年，我有幸加入當年的理事會，貢獻一己之力。理事會成員三年一任。頭兩年帶領曾為華人一年一度盛事的中心夏令營活動，並於1993年任中心會長（圖二）。想當年慘淡經營，會長家地下室，就是中心理事會的會議及辦公場所。同時也一身二任，多年擔任中心合作夥伴團體、由許郁青老師指揮的「菁華兒童合唱團」團長職務（圖三）。卸任中心會長之後，擔任中文學校校長，繼續為華人社團服務。

2000年，在李潮的號召下，成立並加入中心 Ad Hoc Committee（特別指定委員會），責任是討論中心轉型、從全義工服務形式轉為非營

利機構，以及永久會址的願景。參與組織了一次大型籌款活動，募得各界的捐款，使中心得以購置第一個行政辦公室，終於有個棲身之地。2004年，更積極參與籌備歡樂日間保健中心(ADHC)的申請工作，終於2008年任務達成，高興程度有如當年北京「申奧」成功！歡樂中心成立後，本人也功成身退、解甲歸田，完成我所謂的「第二次回收」。

自以為從此可以「曾經參與者」的名義為中心從旁加油打氣。沒想到，2013年再次被選入已成功轉型的董事會擔任董事，並於2014年榮任董事長，輔助李志翔會長大力促成今日中心二樓的擴大租用，也使中心健康醫療中心(Health Center)得以進駐於同一屋簷下，享受中心大家庭的感覺。這是我本人的「第三次回收」（圖一）！

中心能有今日的成就，是大家共同努力的成果！我也恭逢其盛，與有榮焉！中心的茁壯有如我個人的成長史，能在我壯年時期貢獻一己之力，是我的榮幸。期望年輕會員勇於承擔，接下傳承的下一棒，為中心的未來40年甚至百年再接再厲！中心加油！

傅崇基



CCACC Board of Directors handover dinner in 2015.

2015年董事會交接聚餐。



Dr. Chung C. Fu, CCACC Executive Director, welcomes Montgomery County Council President Michael Subin on stage for speech at CCACC 31st anniversary celebration in 1993.

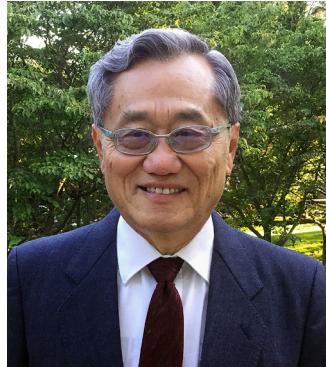
在1993年中心年會上，時任會長傅崇基博士歡迎蒙郡議會議長Michael Subin致詞。



Ching Hua Children Chorus is performing at CCACC 31st Anniversary Celebration in 1993, supervised by Conductor Dr. Jean Hsu (1st from right), and Chorus Leader Dr. Chung C. Fu (2nd from right).

「菁華兒童合唱團」在1993年中心年會上演唱。遠方右一為指揮許郁青博士，右二為傅崇基團長。

Blessings for 40th Anniversary of CCACC



T. Julian Chu, Ph.D.
Former CCACC Board Chair and Senior Volunteer

Chinese Americans are now the largest Asian origin group in the U.S., making up 1.5% of the U.S. population or 5.5 million people. There are more than 100,000 Chinese Americans living in the Washington metropolitan region. In Chinese communities in America, it is common to find many local associations formed by members sharing the same interests. These associations play a key role in community building efforts. Among many Chinese associations in the national capital region, including

traditional organizations formed by the pioneer Chinese immigrants of the late 19th century and many more diverse Chinese groups and societies established in recent years, one is very special and is known for providing extensive and grassroots services to the Chinese community—that is the “Chinese Culture and Community Service Center (CCACC).”

CCACC’s achievements in serving the community are based on the selfless dedication and tireless efforts of hundreds of volunteers, and its multiyear community services have accumulated brilliant results. These historic achievements are fortunately documented in eight of CCACC’s anniversary publications: the 7th anniversary yearbook in 1989, the 10th anniversary yearbook in 1992, the 13th anniversary yearbook in 1995,

the 14th anniversary yearbook in 1996, the 15th and 16th biennial yearbook in 1998, the 17th anniversary yearbook in 1999, the 20th anniversary yearbook in 2002, and the 30th anniversary yearbook in 2012. These “antique” yearbooks are the evidence of the growth milestones of CCACC, the sacrifices and dedication of many volunteers, and the history of community services of Chinese associations in the Washington metropolitan region.

When CCACC was 10 years old, I was invited to establish the “Tai Chi Chuan Push-Hands Club” in February 1992. Thus, I began to realize the essence of CCACC and its grassroots activities. I was touched by many volunteers who sought neither fame nor fortune while providing diverse community services routinely over a long period

of time. The following year, in 1993, I joined the CCACC Board of Directors and served as the Board Chair in 1995. Subsequently, I stayed on the Board of Directors until 2010. During my 18 years of participation, I witnessed the growth of CCACC and its continuous community services via more than 40 active clubs, covering the following eight program areas: senior services, teen and youth services, education and immigration services, culture and art, sports and fitness, community activities, health and wellbeing consultation, and adult daytime health care. My personal responsibilities included managing three consecutive summer camps with 500 campers each year; launching 36 citizenship application workshops to assist more than 2,000 immigrants to complete their naturalization applications; promoting the culture of Tai Chi Chuan and its martial arts ability; revising the CCACC by-laws, rules, and regulations; and enhancing the cooperation between CCACC and other regional organizations.

I specifically assisted in defining the mission of CCACC as “enhancing the quality of life and well-being of Chinese Americans and the community-

at-large; promoting the awareness of Chinese culture and appreciation of cultural diversity; facilitating assimilation of Chinese immigrants into American society; and advancing coalitions in community development and building.” During my 18 years of engagement, I traveled weekly from my home in Virginia to the CCACC in Maryland and worked closely and happily with many like-minded CCACC volunteers. Every time when I drove home before midnight, my heart was filled with happiness and satisfaction.

We are aware that the core spirit of CCACC is “united with a single will and as strong as city walls.” The growth and the pride of CCACC is built on the maxim of “all rivers run into the sea and tolerance is a virtue.” After 39 years of endurance, the 40-year-old CCACC enters into a glorious period of steadiness and wisdom. CCACC’s volunteer group is still full of veterans and newcomers, and the future CCACC will be a forever shining star serving the Chinese community in the national capital region.




CCACC Senior Outing in 2004.
2004年中心金秋敬老活動。

祝福美京華人活動中心 40週年

朱殿蓉博士 · 中心前董事長及資深義工

當

今美國的華裔是最大的亞裔群體，大約有550萬，佔美國總人口的1.5%。大華府地區約有10萬多華人。華裔基於共同理念而集結成社團，是極為重要的社會行為。這些社團在社區建設的工作中發揮了關鍵作用。在大華府地區的眾多華人社團中，包括由19世紀末的先驅華人移民組成的傳統公所、會館、宗親會等組織，以及近年來成立的更多樣化的華人社團組織，有一個非常特殊的組織，它因提供給社區廣泛及草根性的服務而著稱—那就是「美京華人活動中心」（以下簡稱為「中心」）。其多年來服務社區的成就，是基於數百名義工的無私奉獻及共同努力，累積而成的輝煌成果。幸運的是，這些歷史性的成就，記載於八本「中心」的舊年刊，那就是：1989年發行的7週年年刊，及其後1992年的10週年年刊，1995年的13週年年刊，1996年的14週年年刊，1998年的15、16雙週年年刊，1999年的17週年年刊，2002年的20週年年刊，和2012年的30週年年刊。這些「古董年刊」見證了「中心」的成長里程碑和義工們的犧牲奉獻成果，以及大華府僑學界的社區服務發展史。

我于1992年2月受邀在「中心」成立「太極拳推手社」，這才認識到「中心」的本質及其草根性活動，見到許多的義工們，都是在不求名利、週而復始的從事於多元化社區服務，令

我感動和敬佩。逐于次年即1993年，參加了董事會，1995年擔任會長，然後又留在董事會直至2010年退休。我這18年來的參與，目睹了「中心」的成長及持續不斷的提供40多項社區服務，涵蓋了下列八個領域：老人、青少年、教育和移民、文化藝術、運動健身、社區活動、健康諮詢、醫療保健。我個人的職責包括舉辦了三次500人規模的家庭夏令營、推出了36次申請公民輔導活動來協助2,000多位移民完成歸化手續、推廣太極拳文化及技擊能力、致力「中心」規章和制度的調整、及促進「中心」與其他大華府社團的相互合作。我協助確立了「中心」的宗旨為「提高華裔福祉、推展中華文化、促進民族融合、推進社區發展」。18年來每週由維州的家來到馬州的「中心」，與許多志同道合的義工朋友們合作，每次午夜前驅車回家時，心中洋溢著無言的滿足。

我們都知道「中心」的核心精神在於「眾志成城」，「中心」的成長和驕傲是基於「海納百川、有容乃大」。經由39年來的奮鬥，40歲的「中心」進入了沉穩而不惑的輝煌時期。義工群內仍是老驥伏櫪、新人輩出。未來的「中心」對大華府社區的貢獻將會更為耀眼。





Family summer camp is a popular program CCACC offered during the early years.

早年中心舉辦的家庭夏令營很受華人家庭的歡迎。



Assistance for Citizenship Application is a program Dr. Julian Chu initiated in 1995. Many participants benefited from the program and passed the naturalization examination.

朱殿蓉博士擔任中心會長期間，開創了極受歡迎的公民輔導活動，幫助很多新移民順利通過歸化考試。



CCACC two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD.

中心在馬州蓋城湖林商場舉辦農曆新年雙週慶典。

Upholding Core Values, Serving with Fluidity (持經達變)

Yuchi Huang, Ph.D.

Current CCACC Board Member and Former Board Chair



A Make Believe Tibetan Entertainer at the World of Montgomery Festival 2015

2015年10月，黃幼基博士身著西藏藝人行頭，參加馬利蘭州蒙郡世界日活動。

quality outcomes. Volunteerism and emotional engagement were encouraged and cherished yet inevitably supplementary.

Alarmed by waning founding spirit and passion, the CCACC Board tried to put fingers on CCACC's unifying culture in its 2013 retreat. Grasping and crystallizing that invisible existence was an unyielding programmatic venture. With collective wisdom and devotion of all stakeholders, finally, in late 2017, the Board codified the CCACC core values:

核心價值	CORE VALUES
仁愛 (ren ai)	Care with Love and Compassion
誠信 (cheng xin)	Serve with Sincerity and Integrity
和樂 (he le)	Thrive on Joy and Harmony

Since its founding, for over two decades, CCACC has been operated by volunteers. Naturally, only people with shared beliefs and values would get excited about contributing needed efforts to provide and expand services.

In its third decade, CCACC saw an enormous 22 times growth in operating budgets. An executive branch staffed with mostly paid employees was established to handle the daily operation. Rules, regulations, and Standard Operating Procedures (SOP) ensured

While 仁愛, 誠信, 和樂 were identified as a lasting arduous task, they are well-known thousands of years old traditional Chinese essential virtues. All longtime CCACCans seem to have held them close to heart and intuitively lived with them all along. As a CCACC volunteer since 1992, I have been incredibly fortunate and honored to have the opportunity of volunteering closely with some of the most admirable volunteers. I have witnessed the profound embodiment of those core values in Ned Li, Chih-Hsiang Li, and Rita Lewi and tried my best not to fall way too far behind.

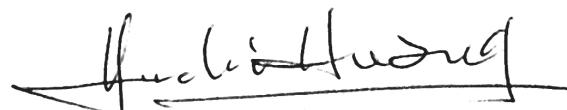
Since cofounding CCACC, Ned Li has been its constant loving and able tender for all 40 years. While humbly avoiding official positions, he is one of the most resourceful volunteers. His popular volleyball program has served thousands of

Chinese American youths, facilitated hundreds of them joining local high school volleyball teams, and provided most of the CCACC operational funds for over a decade. He led a three years' effort to get the Board to approve the Adult Day Healthcare Center (ADHC) program and labored another three years to get it operational. That set the stage for the explosive growth of CCACC and literally gave birth to a booming local service industry that benefited both supply and demand sides of our community members. And those are just two of many unassuming Ned's extraordinary selfless contributions.

Having retired from his successful business endeavors, Chih-Hsiang Li started his full-time volunteer career at CCACC that he cofounded. As a caring Executive Director with ethical mind and savvy executive acumen, in the last 10 years, he has expanded CCACC's services and uplifted the Chinese American community's image to the remarkable current state. During the most severe period of the COVID-19 pandemic, while CCACC was closed, he stayed in the office with our front-line heroes to maintain and expand the critically needed services. Under his leadership, CCACC did not miss even a single beat.

Rita Lewi has volunteered her intense love and extraordinary multifaceted talent to CCACC for more than two decades. Among many impressive achievements, she almost single-handedly started and grew the highly regarded Cultural Language Arts Programs and Services (CLAPS), Home Care, and Art Gallery operations. They have benefited the community members intellectually, physically, mentally, and emotionally. She did all that by zooming around on her wheelchair, frequently around the clock.

仁愛, 誠信, 和樂 are already in our DNA. With that powerful compass, we are set to sail adaptively through the forever-changing world without losing our bearing. Then should we, the CCACCans (paid and unpaid,) follow Ned, Chih-Hsiang, and Rita's lead by living up to those values and using them as guidance for decision-making and daily actions? Should we dance in unison to carry out the CCACC mission and joyfully head straight toward the CCACC vision?




賀美京華人活動中心40年

董一明 · 現任中心行政辦公室後勤支援總管及前任中心會長

跟

美京華人活動中心創辦人之一的李潮，因為工作關係，有數年同事之誼，又同在一個中文學校幫忙，所以，很早就跟他認識。

1982年，李潮在公立學校開辦美京華人活動中心，離我當時的住宅不遠。於是，我就推著嬰兒車，帶著我兩歲的兒子去加入，還得了75號的會員號。當時，美國還沒有中文電視節目。李潮搬了個電視和錄放影機，播放當時很火的電視劇「楚留香」。所以，我每星期六晚上都會準時去報到，成了忠實的會員。

之後，因家庭緣故，一直沒再介入中心的發展。直到1996年，因為在中文學校擔任理事長的關係吧，被推薦進入中心董事會，次年被選為會長。會長卸任後，時值中心購置位於蓋城Comprint Circle的辦公室。從此，不再受到租用公立學校所受到的時間限制，也有了辦公、儲存檔案和董事們開會的地方。

至於會員活動的場地，則仍租用在洛城的Tilden初中。每個星期六下午我和張惠珍會在那裡負責場地的協調。當時的活動有排球、元極舞、太極拳等等。晚上，在階梯教室還有電

影欣賞。那裡，在我們活動的多功能室，還有一個狹長的小儲藏室，學校借給我們專用，王震華就在三面牆邊釘上木架子，放滿了熱心人士捐出來的錄影帶。我們就在那裡出借錄影帶，由賈明文負責登記，很受會員們歡迎。

下一步，李潮希望辦一個可以專供老人交流活動的場所。首先，於2008年9月，借用余超華夫婦所屬的馬利蘭中華聖經教會。隔出一部份，照顧老年人活動，並提供餐食，成為「歡樂日間保健中心」的雛型。

2011年，中心租得位於蓋城的蓋瑟路9366號現址。搬入新址那天，特地舉辦了升旗典禮，我被指派為升旗手。新址場地寬敞，裝修了個大堂供老人餐食及交流，也有自己的廚房，又分出許多間活動的房間；有舞蹈和活動的「大操場」，有演講和看電影的音樂教室，有跳舞和健身的鏡子廳。也有一個像樣的迎賓的前台。從此，中心有了新家，並且不斷擴大。自從歡樂日間保健中心進住新家，一、兩年內，人數已迅速的擴展到兩百多人。為接送老人，購置了20多輛有起降機的巴士，可以幫助坐輪椅的耆老上下車。

2016年中，我從職場退休。中心正好擴建，將行政辦公室搬到蓋瑟路9318號。其實，9318正好在9366大堂的樓上，房東特意為我們建了一個電梯。於是，除了辦公室外，樓上也設立了一個方便老人曬太陽、看書的圖書館，還有一間舉辦美術展覽的藝廊，以及一間會議室、幾間教室及儲藏室。而我就在行政辦公室成為天天上班的無償義工，貢獻一己之力。

因為每週一到週五來辦公室都是做義工，即使不算幫忙特殊活動，一週做義工的時數至少也



有40小時。所以，義工時數累積很快。終於，經王家鳳幫忙申請，於2021年先以1,312義工小時獲得年度總統金質義工服務獎，再以11,432義工小時獲得總統終身成就獎，還獲有一枚紀念小胸針。

一轉眼，中心成立已40週年了。我和中心也結了40年的緣。祝願中心日日更加茁壯，為更多的華人謀更多的福利。

董一明

Dr. Immanuel Tung is an awardee of the 2021 President's Lifetime Achievement Award.

董一明博士榮獲2021年總統義工終身服務獎。



Prior to the 2018 Lunar New Year (LNY), Dr. Immanuel Tung (back row, center) and CCACC colleagues worked together to put up many red lanterns at Westfield Wheaton Mall to create an awesome LNY festive atmosphere.
2018年春節前，董一明博士（後排居中者）與中心同仁們在Westfield Wheaton商場掛上許多個紅燈籠，營造出濃濃的農曆新年吉慶氣氛。

Celebrating Four Decades of Thriving CCACC and Me



One of the defining characteristics of CCACC that I'm most proud of is our inclusiveness and devotion to community service. Our staff and volunteers have worked tirelessly over the past 40 years to make our community bonds stronger and to take CCACC to new heights.

My volunteer work at CCACC started from a series of special exhibitions, *Paving the Way: Chinese American Stories*, during the Lunar New Year Festival in 2000. Three themes were presented during the three consecutive LNY Celebrations, i.e., *Nation Builders*, *The Struggle for Acceptance*, and *Chinese American Stories*. Due to these exhibitions, we received the invitation from the Montgomery County Public Schools to create an *Asian American Experience Resource Kit* as a reference curriculum for the high school social studies. We also offered to create two reference curricula for MCPS middle school and elementary

Rita Lewi
Director of CCACC Home Care and Art Gallery
Former CCACC Executive Director

school social studies on the themes of Chinese history and Beijing. Fully supported by CCACC, the project was executed smoothly. The materials were made available for all MCPS and private schools.

Another unforgettable experience I started was CLAPS (Culture Language Arts Programs and Services), a Chinese school formed in 2003. It was designed for families who adopted children from China. During the time I spent with those families, I was moved by parents' enthusiasm of fostering their children's mother tongue language and culture, making learning such a joy as a family event for their young children. Although CLAPS was closed in 2020, it was my most memorable and deeply involved program at CCACC.

In 2015, the Home Care service was officially established after a yearlong preparation. Our purpose is to assist in the care of elderly Chinese who cannot take care of their own living, which is also in line with the government's "Aging in Place" policy on caring for the elderly at home. Over the past seven years, our team has followed government standards, set an example of serving

the elderly, and witnessed countless heartwarming family stories.

CCACC expanded its facility in 2016, and the Art Gallery I actively planned was launched successfully in March of that year. The motivation for the establishment of “CCACC Art Gallery” is to enhance the scope of the CCACC through art activities, to provide a space for the public to appreciate the art, and to popularize the artistic atmosphere in people’s daily lives. CCACC Art Gallery holds eight exhibitions every year, and in the past six years, it has exhibited a variety of artistic styles including Chinese and Western painting, sculpture, pottery and photography, which have gained the praise of the community’s art lovers.

Over the years, I have seen CCACC’s services change from serving Chinese new immigrants, Chinese Americans and Asians to serving diverse communities. Particularly on the recent additions: CCACC Health Center had expanded from its Pan Asian Volunteer Health Clinic, CCACC Academy focuses on children’s enrichment education, and

CCACC Sports, which is not only continuing its legacy of serving the community, but also enhancing CCACC services into a diversified mainstream.

I am truly grateful for all of the contributions to CCACC from our staff, volunteers, donors, and members of the community over the past 40 years. Like all organizations, we experience our ups and downs, but as long as we continue to work as a team to serve our community, CCACC will keep flourishing and enriching our community in the years ahead.




CCACC Home Care and Art Gallery Rita Lewi is an honoree of the 2021 President's Lifetime Achievement Award.

中心居家護理和美京藝廊負責人孫文影女士榮獲2021年總統義工終身成就獎。



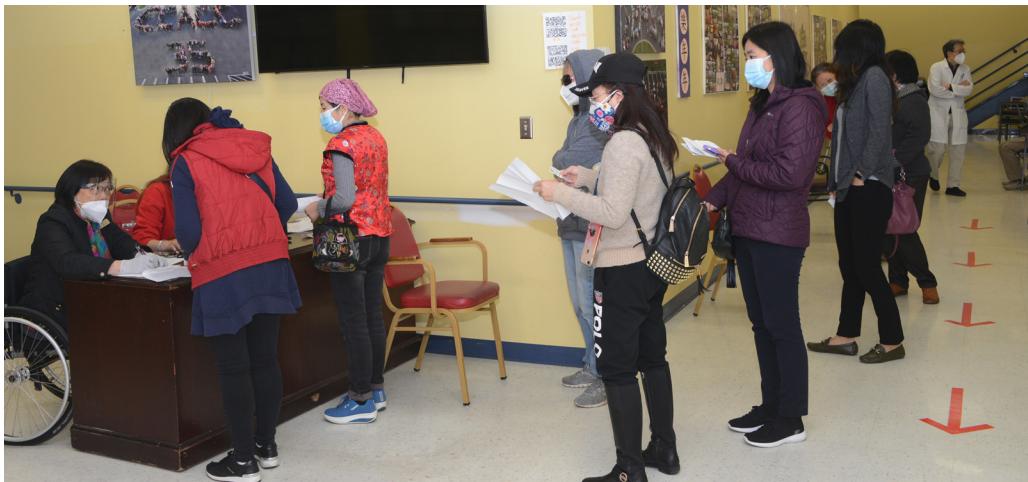
Rita Lewi (4th from left) and CLAPS students are celebrating Lunar New Year.

孫文影主任（左四）與歡樂中文學校的學生們一起歡慶農曆新年。



Rita Lewi (front row, 5th from left) and Home Care customers are attending CCACC Home Care 7th Anniversary Celebration on September 1, 2022.

2022年9月1日，孫文影主任（前排左五）與居家護理耆老客戶們一起慶祝美京居家護理中心成立七週年。



Rita Lewi (1st from left) volunteers at CCACC Health Center's COVID-19 vaccination event for community members on March 13, 2021. 2021年3月13日，孫文影主任（左一）在美京健康醫療中心為社區民眾接種新冠疫苗的活動中擔任義工。



Rita Lewi (front row, right) poses with the CCACC Home Care certified care providers upon completion of the personal care assistant training program on May 21, 2014.

2014年5月21日，孫文影主任（前排右）與完成美京居家護理培訓班並且獲得證書的居家護理人員合影。



Rita Lewi (front row) poses with CCACC Senior Advisor Ned Li (back row, 1st from left), Executive Director Chih-Hsiang Li (back row, 1st from right), calligrapher Dr. Kit-Keung Kan (back row, 2nd from left) and Dr. Foon Sham at the CCACC Art Gallery opening ceremony on March 5, 2016.

2016年3月5日，孫文影主任（前排）與中心資深顧問李潮先生（後排左一）、李志翔會長（後排右一）、書法家靳杰強博士（後排左二）及藝術家沈寛博士在美京藝廊開幕式上合影。



Rita Lewi (front row, 1st from right), then CCACC Education Division Director, poses with the CCACC ESOL class in 2016. 時任中心教育部主任孫文影女士（前排右一）與中心成人英語教室（ESOL）學員及工作人員合影。



Rita Lewi (front row) and CCACC Executive Director Chih-Hsiang Li (back row, 4th from left) pose with the CCACC Home Care certified care providers upon completion of the personal care assistant training program on June 17, 2015.

2015年6月17日，孫文影主任（前排）和中心李志翔會長（後排左四）與完成美京居家護理培訓班並且獲得證書的居家護理人員合影。

中心與我

賀中心40年的茁壯成長

孫文影

現任美京居家護理中心主任兼美京藝廊館長、前任中心會長

美

京華人活動中心一路走來的特質是「以包容的視野致力於社區服務」。身為團隊的一員，這正是我最引以為傲的。中心的員工和義工在過去的40年裡孜孜不倦地為社區提供各類服務，不僅讓我們與社區融合的更緊密，中心也因此提昇至新的高度。

我的參與要從2000年籌劃慶祝春節活動特別展覽「篳路藍縷：在美華裔的故事」系列開始。在連續三個農曆新年慶典中展出的主題分別是：「建設美國的華人」、「融入主流的奮鬥」、「在美華裔的故事」。由於這系列的展覽，我們收到蒙郡公校的邀請，製作高中社會學科的參考教材。我們的團隊編輯了*Asian American Experience Resource Kit* 「亞裔在美國的歷程」；我們也主動提出編輯另兩套適用於初中和小學學生的社會學科參考教材，分別以中國歷史朝代和北京為主題。該項目得到中心的全力支援。我們編輯的三套參考教材，提供給了所有蒙郡公校和私立學校。我對社區服務

一直充滿熱情，此時深受團隊精神的觸動，也與中心創辦人的理念不謀而合，在此因緣際會下，美京華人活動中心就成為我義工生涯的主要平臺。

我在中心最難以忘懷的另一個專案，就是2003年開辦的「歡樂中文學校」（CLAPS）。這是為西方家庭收養中國孩童而設計的一所中文學校。在與這些家庭互動的日子里，我對西方父母為了他們收養的中國孩童所做的種種付出感動，尤其是他們對孩童的母語和文化的學習都熱烈地參與，使學習成為全家的家庭活動。儘管歡樂中文學校在2020年結束了，但這段不算短的日子確實經常閃爍在我的記憶裡。

「居家護理中心」是在2014年籌劃，於2015年正式核准成立。我們的目的是為幫助需要看護員協助料理生活起居的華裔長者，這也是配合政府「居家養老」的政策。七年來，我們的團隊遵循政府的規範，在社區裡已樹立起服務長

者的典範，見證過無數溫馨的家庭故事。2016年中心擴展空間，我積極策劃的藝廊終於在那年三月順利開幕。成立「美京藝廊」的動機是藉藝術活動豐富中心服務社區的範疇，為社區大眾就近提供藝術欣賞的空間，為你我的生活日常裡增添藝術氛圍。「美京藝廊」每年舉辦八個展覽，六年來，我們邀請過無數本地和來自海外的藝術家，展出多樣風格的中西繪畫、雕塑、陶藝和攝影等，深得社區愛好文藝友人的好評。

40年來，中心各部門已從服務華人亞裔為始，逐漸發展到服務更多元的社群。當初的「泛亞義務診所」現今已擴大成為「健康醫療中心」。去年，中心接手專注於兒童啟蒙教育的「博雅苑」，這就將中心服務對象的年齡層從年長者降至幼齡兒童。今年，中心又接下社區裡頗為稱道的「Quince Orchard游泳和網球館」，成

立「美京博翊館」，中心不僅延續其服務社區的傳承，也將我們的服務方針朝向主流發展。

美京華人活動中心是屬於社區大眾的，面對贊助中心和支持我們的朋友，相信他們會對中心有所期盼。中心就和所有的組織一樣，歷經起起伏伏，但我們總能堅持一貫的態度穩定經營。瞻望未來，我們更要以團隊精神做好工作，讓我們一起翻新自己，齊心協力把中心帶向璀璨的下一階段。

孫文影

2020 Women's Centennial Summit

Ms. Rita Lewi
Director of In-Home Care/CCACC
Chinese Culture and Community Service Center

Ensures the safety and health of 200+ homecare providers.

VIDEO SLIDES

The Maryland Commission for Women proudly presents

MARYLAND'S 100 SHEROES

They rose up in solidarity for equality and worked to help keep our communities safe during the coronavirus pandemic.

From the Right to Vote

CCACC Home Care and Art Gallery Director Rita Lewi was elected as “Maryland’s 100 Sheroes” at the 2020 Women’s Centennial Summit for her outstanding performance during the COVID-19 pandemic to take the lead to help keep our community safe. 在2020年婦女百年峰會上，美京居家護理主任兼美京藝廊館長孫文影女士因在抗擊新冠疫情過程中帶領團隊維護社區安全的出色表現，而獲選為「百位馬利蘭州女英雄」。

CCACC:

My Reflection & Appreciation

Chang Zhao

Current CCACC Board Member and Former Board Chair



It is my great honor and pleasure to celebrate CCACC's 40th anniversary with its executive team, staff, and volunteers.

Over the past 40 years, especially the past 10 years, CCACC has grown into the largest nonprofit organization in the local Chinese American community. I am incredibly proud of all the achievements CCACC has made and look forward to continued growth and expansion of the services in the future. When I started volunteering at CCACC in 2014, I was drawn to its vision to serve, strengthen, and celebrate the Chinese American community. Inspired by many hardworking and selfless leaders and volunteers, I decided to accept the invitation to join the CCACC Board of Directors. After serving on the Board for six years and then as a Senior Advisor for two

years, I am now back on the Board again for another term. I have had the privilege of witnessing the impressive growth of CCACC over the last 10 years, and I am happy to say that CCACC has been and will always be an inseparable part of my life.

Providing a wide variety of services for people of all ages and needs, based on the impacts but not much on the costs, is the biggest differentiator between CCACC and other similar organizations. Our services range from the Adult Day Healthcare Center (ADHC), Home Care, and Health Center to education, arts, culture, and sports programs. Therefore, CCACC has something to offer to everyone, whether they have health needs or are just trying a new hobby and meeting new people.

I am also proud that the doors of CCACC leadership are open to every Chinese American,

regardless of their cultural background. I am a naturalized US citizen with mainland Chinese ancestry. I was elected as the Chair of CCACC in 2018 after serving on the Board for four years. During my tenure on the Board, I worked closely with people from all around the world. I truly believe that diversity is an immense strength of our organization. It helps us bridge gaps amongst Chinese Americans of different upbringings and makes CCACC a great organization to serve the entire community.

Lastly, I would like to thank all who have made CCACC the very successful organization it is today. The CCACC Board of Directors are all volunteers, and from personal experience, I know how much time and hard work they put into CCACC outside

their day jobs, for which I am truly grateful. I would also like to express my heartfelt thanks to the staff and volunteers who run the day-to-day operations of CCACC and have made all our programs possible. From seasoned volunteers and dedicated staff to fresh blood, thank you for taking on CCACC's mission and serving our community. I am sure CCACC will host many more anniversaries and enjoy continued prosperity in the years to come.

Chang Zhao



From left to right, front row: Maryland's First Lady Yumi Hogan, and CCACC Home Care and Art Gallery Director Rita Lewi; back row: then CCACC Board Chair Chang Zhao, CCACC Executive Director Chih-Hsiang Li, Maryland Governor Larry Hogan, CCACC Board Member Dr. Yuchi Huang, and CCACC Senior Advisor Ned Li.

從左往右，前排：馬利蘭州第一夫人金有美女士、美京居家護理及美京藝廊負責人孫文影女士；後排：時任中心董事長趙暢女士、中心會長李志翔先生、馬利蘭州州長Larry Hogan先生、中心董事黃幼基博士、中心資深顧問李潮先生。

Congratulations on CCACC's 40th Anniversary

Edward Wan, Ph.D.
Former CCACC Board Chair

Congratulations to CCACC's extraordinary accomplishments to become one of the most successful and recognizable nonprofit organizations in Montgomery County. Established four decades ago, CCACC has grown from a small group of volunteers to a multifaceted service organization that benefits all types of Asian Americans living in the Greater Washington DC region. Behind CCACC's success, there are many untold stories of exemplary volunteers and dedicated staff who sacrificed their own needs in order to achieve the common goals of the organization. I am very proud of CCACC for its outstanding contribution to the Asian American communities, but I am even more proud of those individuals who are always loyal and unwaveringly supportive of the organization like Chi-Hsiang Li, Ned Li, Li-Fang C. Liu, Rita Lewi, Kate Lu, Chiao-chiao Liu, Yuchi Huang, Immanuel Tung, etc., to name just a few. I am especially proud of Mr. Chih-Hsiang Li, who has served as the most productive Executive Director of CCACC for the last decade. Since he cofounded the organization, his amazing drive, vision and determination have

been the guiding lights, making the overall success of the organization possible.

During FY 2015-2016, I was fortunate to serve as CCACC Board Chair and was privileged to work with a group of talented Board members to bring in new ideas and initiatives. In 2015, I conducted a one-day Board workshop (see attached Workshop group dinner photo) to identify issues and develop long-term plans. At that time, CCACC faced challenges on many fronts. First, 90% of our income came from one single program (Adult Day Healthcare Center—ADHC) and we needed to diversify our income sources. Second, we needed to strengthen the Board's effectiveness to invite Board members to engage in developing new program ideas. And third, we needed to adopt by-laws and organizational changes to function as an effective mainstream organization. As a result, the active Board responded favorably and was able to develop two new programs, which since then have become very popular and successful programs—CCACC Art Gallery and CCACC Home Care. The continuing success of these

programs is attributed to the unwavering support of the Board and most importantly, the dedicated leadership role played by Ms. Rita Lewi in guiding their continuing development.

In 2012, I also personally started an annual “Asian Career Fair,” which was sponsored by five prominent Asian American organizations to help Asian students and young professionals seek local job opportunities. CCACC played a key role in organizing and hosting six Asian Career Fairs from 2012-2018. Another area that I strongly advocated was the strengthening of CCACC’s proposal preparation capability in order to submit future proposals to various State and County agencies for seeking grant funding. One of my great satisfactions in this area was that during my first “Asian Career Fair,” I was able to help recruit Steve Lin, who became a very successful grant preparer and later played an important ADHC leadership role with CCACC.

Since I left the Board, CCACC continuously developed successful new programs. These include the establishment of CCACC Academy, which provides the opportunity for youth and young students to learn Chinese culture and language, STEM & STEAM, Leadership, Art, Sports, and more. Another new program is the recent establishment of CCACC Sports, a swim and tennis club facility. Both programs are expected to generate positive income and further diversify CCACC’s services to the community. It is a win-win situation. The purchase of the swim and tennis club facility also opened up the possibility to build a new CCACC headquarters in the future. If that possibility is real, then CCACC’s future will be even brighter and can reach an even higher level.

Edward Wan



On May 16, 2015, 11 out of the 13 CCACC Board members and Executive Director Chih-Hsiang Li attend a one-day Board Workshop at the Marriott Hotel in Washington Center, Gaithersburg, MD. The Board members were: Dr. Edward Wan (front row, 4th from right), Dr. Yuchi Huang , Dr. Chung C. Fu, Dr. Chyang Fang, Dr. Reuy-Ping Lu, Sandy Chang, James Wang, Chu Wang, George Yu, Chang Zhao, and Stan Tsai. Afterwards, the Board members, Executive Director Li and Deputy Executive Director Li-Fang C. Liu and their spouses attended a dinner.

2015年5月16日，中心董事會13名成員當中，11人及李志翔會長在蓋城華盛頓中心Marriott酒店召開董事論壇一天。董事會成員包括：萬宜生博士、黃幼基博士、傅崇基博士、方強宗博士、盧瑞平博士、張聖琪女士、王震華先生、王楚先生、余超華先生、趙暢女士、蔡德樸先生。會後，董事會成員、李會長和張麗芳副會長及家眷共進晚餐。

Next 40 Years Will Be Even Better

Chung-Chu Teng, Ph.D.

Current CCACC Senior Advisor and Former Board Chair



CCACC

turns 40! This is not easy for a grassroots nonprofit

Chinese organization. During the past 40 years, CCACC has continued to grow and serve the Chinese and Asian communities in the Washington metropolitan area.

In the past two years under the influence and shadow of the COVID-19 pandemic, many people have stayed at home or minimized going out, and their work, life and finance have been greatly affected. Under such difficult circumstances, CCACC continued to provide high-quality services to the community while strictly following the pandemic precautions and regulations. In addition to continuing operations of the Adult Day Healthcare Center (ADHC) and Home Care, the Health Center also provided COVID-19 vaccinations, distributed pandemic protection kits, and sent pandemic related information to the community.

During the same time, CCACC has continued to expand and improve its services. In 2021, we added the “CCACC Academy” to provide high-quality early childhood and youth education. In 2022, we added the “CCACC Sports” to provide swim and tennis activities and venues for the community. In 2020, we expanded the ADHC Kitchen to a new full-service one to provide delicious, fresh, and healthy meals for the elderly in the ADHC and the children in the Academy. In addition, in the past two years, we have gradually expanded the Pan Asian Volunteer Health Clinic into a comprehensive, one-stop “Health Center.” We have also integrated the long-term community activities and services to establish the “Community Services Center.” The most commendable thing is that all of these achievements were completed during the COVID-19 pandemic through the hard work from Executive Director Chih-Hsiang Li, CCACC colleagues, volunteers, and the Board of Directors. This fully demonstrates everyone's dedication to the long-term development of CCACC and the strengthening of serving the community.

CCACC has gone through 40 years step by step. Although CCACC has been growing strong, we have also experienced numerous setbacks and challenges. Thanks go to the CCACC colleagues and volunteers. Because of their long-term hard work and dedication, CCACC has overcome all of the difficulties and made such great achievements in the past 40 years. More importantly, we would like to thank the activity participants and supporters. The support and encouragement from these friends, compatriots, elders, and government and community leaders are the

source and driving force of CCACC's continuous high-quality services and growth.

I believe that in the next 40 years, CCACC will continue to make great progress and provide better and more extensive services to the Chinese and Asian American communities in the Greater Washington area!




Dr. Chung-Chu Teng (back row, 3rd from left), then CCACC Board Chair, is attending the grand opening of CCACC Academy on May 22, 2021.

2021年5月22日，時任中心董事長鄧中柱博士（後排左三）出席美京博雅苑盛大開幕典禮。

更好的下一個40年

鄧中柱博士 · 現任中心資深顧問及前任中心董事長



CCACC

40歲了！這對於一個草根性的非營利華人組織是相當不容易的。在這40年過程中，CCACC不斷地在成長茁壯及默默地服務大華府地區的華人及亞裔同胞。許多相

關細節，多位資深同仁、義工及會員在這本及以往的年刊中，都已提供了詳細的敘述與解說，我就不再重複。

在此特別要強調的是，最近這兩年多，在新冠疫情的影響及陰影籠罩之下，許多人足不出戶或者盡量減少外出。工作、生活及財務都受到極大的影響。在如此艱辛的狀況下，中心遵循防疫規定，不但繼續維護所有員工的工作權益，而且通過員工及義工的共同努力，為華人社區及同胞及時提供了一流服務。除持續歡樂日間保健中心及居家護理的服務外，健康醫療中心提供了各項疫情服務，包括疫苗接種、分發防疫用品，及發送疫情相關訊息。更讓我們高興的是，與此同時，中心還不斷地增加服務項目及改善中心組織與設施。2021年，我們增加了「美京博雅苑」，帶給社區優質的幼兒及青少年教育服務。2022年，我們又增加了「美京博翊館」，為社區提供游泳和網球等體育活動及場地。2021年，我們將原有的歡樂中心廚房擴張為一間全方位的現代化廚房，為歡樂中心長者、博雅苑幼兒及中心的一些活動烹製美味、可口、新鮮、健康的餐點。此外，在這兩

年中，我們還將泛亞義務診所逐漸擴展為全方位、一站式「健康醫療中心」，將中心長期以來的各項社區活動及服務加以整合，成立了「社區服務中心」。最難能可貴的是，以上種種都是在新冠疫情嚴重的影響之下，由李志翔會長、中心同仁、義工及董事會排除萬難、通力合作而完成的，這充分展現了大夥全心全力致力於中心的長期發展及推進社區發展的決心與努力。

中心一步一腳印地走過了40年。雖一直都在成長茁壯，但也經歷了不少挫折及挑戰。謝謝中心同仁及義工們！由於他們長期的辛勤努力，中心才能克服層層難關，也才有了今天的輝煌成果。當然，更要感謝所有的活動參與者及支持者！來自這些朋友、同胞、長輩及政府社區領袖的支持與鼓勵，才是CCACC不斷成長茁壯的泉源與動力。

在此誠祝並堅信CCACC在下一個40年，必能夠百尺竿頭、不斷進步，向華府的華人同胞及社區呈獻更優質、更廣泛的服務！

鄧中柱

Celebrating CCACC's 40 Years of Excellence in Caring and Serving!



Alven Lam, Ph.D.
CCACC Board Chair

Congratulations to CCACC on its 40th Anniversary!

It will not be easy to encapsulate the incredible achievements and the significant milestones of the organization. From a few visionary founding members, Ned Li, Chih-Hsiang Li and three others in 1982, CCACC now evolves into a team of thousands of volunteers and nearly 270 staff. In 40 years, CCACC has grown from a small community service office to an organization with seven operational divisions serving its members ranging in age from 2 to 103 years old.

It is well known amongst the Chinese, Asian American and larger community as to how the organization got started 40 years ago with a small group of dedicated community members. The vision and mission resonated with the community and attracted great support throughout its

formative years. Generations of volunteers gave their time, resources and expertise to design, deliver and serve the community in various ways.

It is so gratifying to hear stories of youngsters who grew up participating in CCACC youth programs and sports leagues and came back to help CCACC when they became adults and have families of their own. CCACC's core values of caring with love and compassion, serving with sincerity and integrity, and thriving on joy and harmony are inheritance that can be passed on to the next generations.

Today, CCACC is no longer an organization entirely dependent on volunteers. It now has units and centers with professional staff delivering

essential health, social, academic and recreational activities. It has become a dependable partner that the State, Federal and County sought to collaborate with when reaching out to the Asian community.

We will remain steadfast in our desire to serve the community. We will continue to adapt, diversify and innovate to meet changing needs of the community. We will strive to always be community-driven and community-centric. We look forward to more

productive and engaging years ahead with you all. And of course, we will continue to grow and move to a new plateau of services in many years to come.

Happy 40th anniversary to CCACC staff, volunteers, donors, sponsors, members, partners, medical practitioners, care providers, teachers, coaches, and friends!



CCACC Board Chair Dr. Alven Lam (back row, 2nd from left) and Executive Director Chih-Hsiang Li (back row, center) pose with chefs of Adult Day Healthcare Center Kitchen.

中心董事長林雄生博士（後排左二）和李志翔會長（後排居中者）與歡樂中心廚房大廚們合影。



VI. WORDS FROM CCACC EXECUTIVE TEAM

茁壯下的精誠團結—
中心行政團隊之分享

Words of Appreciation for CCACC's "Thriving 40"



Li-Fang C. Liu
Deputy Executive Director of CCACC

How amazing that CCACC has reached its "Thriving 40" anniversary!

Having been at CCACC for 11 years, I have learned so much during this time. If I had to use a phrase to describe these "golden years," it would be "Serving the Community with a True Heart."

CCACC's growth over the last 40 years could be split into four stages: "*growing step by step*" in the first decade, "*pressing onwards*" in the second decade, "*dreams coming true*" in the third decade, and "*achieving the next level*" in the fourth decade. Each stage had different milestones, pushing CCACC to successive peaks and building a solid foundation for future success.

Proud to Be a Part of CCACC

I was fortunate to join CCACC in May 2011 as the Director of the Department of Culture, Recreation, and Sports, and became the Deputy Executive Director at the end of 2012. During this time period, I have seen firsthand how a grassroots group

started by volunteers, grew into a systematic and structured organization.

On the day CCACC had the Grand Opening at its new headquarters, August 27, 2011, it was like one of its *dreams coming true*—CCACC now had its own home. The Executive Director and Adult Day Healthcare Center Director at the time was Mr. Edvin Chow.

Currently, I oversee the Administrative Office, which handles our social media presence, builds relationships with our community and community leaders, participates in making administrative policies, and plans large events including our annual Lunar New Year Celebrations, Volunteer Appreciation, and Anniversary Celebrations.

Undoubtedly, many events have left unforgettable memories. I remember one snowy February night, we were in Gaithersburg's Lakeforest Mall, setting

up the stage for the Lunar New Year Celebration. Despite the inclement weather, we were busy inside until midnight. I was moved by everyone's dedication in getting the job done before driving home in the snow.

As CCACC grew, an additional role was assigned to the Administrative Office—"the support team," providing help to other divisions as needed and collaborating to complete tasks. I am proud of how our team's function has expanded—under the spirit of "Together We Can." Working together, we can achieve even greater things.

Growth through the Years

Under the guidance and leadership of Mr. Chih-Hsiang Li, the Executive Director, and other senior executives, CCACC has continually created new areas of service, establishing the Home Care program in 2015, and the Art Gallery in 2016.

At the end of 2019, when the COVID-19 pandemic broke out, we continued to provide care for the elderly, donated protective masks, set up telephone hotlines to provide information on COVID-19 resources and COVID-19 relief funds, hosted online classes and lectures, provided vaccinations, etc., benefitting thousands of residents in the community.

It is worth mentioning that in May 2021, CCACC acquired the Washington Cathay Future Center and established CCACC Academy. A year later, in May 2022, CCACC acquired Quince Orchard Swim and Tennis Club to establish CCACC Sports. Both of these divisions provide programs to respectively enrich early childhood education and sports for various age groups.

Over the last 10 years, the organizational structure of CCACC has greatly expanded, with the number of public service divisions growing from 3 to 7, reaching over 100,000 annual service

beneficiaries. CCACC's service achievements have frequently been recognized and praised by our federal, state, county, and city governments, and congressional leaders.

Invaluable Volunteers

Thanks to its volunteers, CCACC has been able to flourish ever since it started in 1982. In terms of scale, the current facility area is three times that of 10 years ago, with a total area of nearly 75,000 square feet (excluding the tennis courts and swimming pools at CCACC Sports). The revenue will soon be 5 times that of 10 years ago. Our services have expanded from community activities to also include professional and diverse services.

Behind this rapid growth is the backing of our enthusiastic volunteers, all working together to spread CCACC's core values of "Caring with Love and Compassion, Serving with Sincerity and Integrity, and Thriving on Joy and Harmony" to benefit the community.

As we all know, among these volunteer heroes is Mr. Ned Li, one of the five founders of CCACC. Now one of CCACC's senior advisors, Mr. Li has contributed significantly to CCACC for the past 40 years and is still participating in many activities. Mr. Chih-Hsiang Li, another founder, senior volunteer leader, and the current Executive Director, spent the most recent 10 years reshaping and upgrading CCACC to the next level. Ms. Rita Lewi and Dr. Immanuel Tung, who are both shouldering many responsibilities, are also volunteers. Of course, many volunteer physicians, the Board of Directors (all volunteers), and volunteers from all walks of life and all age groups, are integral to CCACC.

Embrace the Future

Many of our community members have expressed their dreams and hopes for CCACC's future. Some have a vision of a "village" with facilities and

services for the elderly, medical care, and activities in literature, art, sports, and education. In fact, some leaders in CCACC have already mapped this out. We expect that CCACC will continue to recruit more young and professional talents, strengthen and modernize the organization, and uphold the tradition and spirit of volunteerism.

The 40th anniversary page on CCACC's website

says: "Celebrating 40 Years of an Awesome Journey," "Enhancing Breadth and Quality of Services," and "Looking to the Future with Passion." How true that is. Congratulations, CCACC!



Deputy Executive Director Li-Fang Liu (front row) is speaking at the World of Montgomery Festival press conference on October 4, 2012.
2012年10月4日 張麗芳副會長在蒙郡世界日記者會上致詞。



Deputy Executive Director Li-Fang Liu and team members are organizing the annual gathering party for CCACC affiliated clubs on July 29, 2016.

2016年7月29日，張麗芳副會長帶領團隊舉辦中心社團年度大會。

2020 Women's Centennial Summit

Li-Fang Liu
Deputy Executive Director
CCACC

Formed and led a COVID-19 news team to bridge between the government and Chinese community.

2020 MARYLAND SHEROES
Montgomery County

SLIDES

The Maryland Commission for Women proudly presents
MARYLAND'S 100 SHEROES

They rose up in solidarity for equality and worked to help keep our communities safe during the coronavirus pandemic.

From the Right to Vote

Deputy Executive Director Li-Fang Liu was elected as "Maryland's 100 Sheroes" at the 2020 Women's Centennial Summit for her outstanding performance during the COVID-19 pandemic to take the lead to help keep our community safe.
在2020年婦女百年峰會上，張麗芳副會長因在抗擊新冠疫情過程中帶領團隊維護社區安全的出色表現，而獲選為「百位馬利蘭州女英雄」。

感恩過去 實踐現在 擁抱未來

張麗芳 · 美京華人活動中心副會長

美 京華人活動中心今年步入「茁壯四十」。

「茁壯四十」令親身經歷其中的人備感形容貼切；對局外人而言，能領略其意；讓曾經參與中心「風華三十」年刊編撰出版的個人，不禁將10年來的光陰倒帶。在如走馬燈快奔的畫面裡，看到不勝枚舉的活動盛況和服務社區的鏡頭，處處充滿了熱情活力與歡聲笑語，頓時回味無窮。但幕後工作人員，不論義工及員工的辛苦付出，甚至一時的感觸，也突然湧上心頭。

中心是如何走過40年的？個人的詮釋是：第一個10年「步步為營」，第二個10年「奔向目標」，第三個10年「築夢成真」，第四個10年「展翅翱翔」。每個階段都有不同的里程碑，將中心的發展推向一層又一層的高峰，並為日後繼續登峰奠定堅實基礎。

步步為營 (1982年-1992年)

由五位滿懷理想、樂於奉獻的創辦人在Walter Johnson高中起步，一步一腳印，各類活動和社區服務項目陸續出爐，並獲批為國稅局501(c)(3)非營利機構。陳年往事裡，前輩們在前董事長、資深義工李孟光家的地下室裡刻鋼板印通訊，是最為津津樂道的故事之一。

奔向目標 (1992年-2002年)

無論是開始在湖林商場舉辦農曆新年慶典，設立常青社，募款集資購置一層公寓型辦公室，以至於創辦醫療保健服務，義工們總是齊心協力地向著標竿直跑。

築夢成真(2002年-2012年)

夢想起飛下的逐步踏實，開啟了多扇意義重大的服務之門，例如，創辦歡樂中文學校，設置泛亞義務門診，成立歡樂日間保健中心。同時，在組織架構上進行了重要變革，例如，董事會與行政部門分立，行政部門又改組為四大部門—歡樂日間保健中心、保健福利部、教育部、文娛康體部。此外，泛亞義務門診開始獨立作業。最令人矚目的是中心有了自己的家，也就是覓得並租用現在的中心總部，而當時身兼會長及歡樂日間保健中心主任的是鄒秉雄先生。

展翅翱翔(2012年-2022年)

如鷹展翅上騰，是這10年的最佳寫照。在李志翔會長及幾位重量級高層的導航與帶領下，中心持續開創服務新領域，例如，2015年成

立居家護理，2016年設立美京藝廊。2019年底，COVID-19疫情爆發後，中心堅持信念，逆向操作地發揮服務精神，提供諸多因應疫情的項目，包括持續老年人護理、捐贈防護口罩、設立電話熱線、進行在線教學與線上講座、施打新冠肺炎疫苗等等，中心服務社區的金字招牌因而更加閃亮，愈益成為僑社與政府及其他族裔間的穩固橋樑。值得一書的是，2021年5月，中心經由收購華夏未來華盛頓中心，成立美京博雅苑。一年後，2022年5月又收購Quince Orchard游泳和網球館，成立美京博翊館。這使得服務面向延伸到更豐富的幼兒教育以及不同年齡層的運動。也因此，中心組職架構再度大幅更動，對外服務的部門從3個擴大到7個，年服務對象超過10萬人次。中心的服務成果繼續獲得各界肯定，層峰的努力不懈頻頻榮獲各方表彰，無私奉獻的義工們也屢屢獲得表揚，佳評四傳。

見證歲月

個人有幸與中心相伴11年，2011年5月擔任文娛康體部部長，隔年年底任職副會長至今，見證了一個草根性團體由義工群的奉獻，發展到有系統、具規模的組織。

最初幾年，行政辦公室被視為中心運作的核心，故規章的訂定、大型活動的策劃皆為工作重點。舉凡歷年來的農曆新年雙週慶、義工大會、中心週年慶等等，行政辦公室皆參與並執行。

舉辦大型活動真是留下了許多難忘的回憶。例如，有一年在湖林商場為農曆新年雙週慶搭建舞台，儘管外面風雪交加，大夥卻在室內熱情的忙到午夜。回家時，白皚皚的雪地裡，獨自小心開車的景況與心情，宛如天地一沙鷗。同時，義工夥伴們的無畏精神和如火熱心帶來的感動，永不磨滅。

隨著中心的擴展與變革，行政辦公室多了「支援團隊」的角色，在其他部門有需要時，協力完成任務，也就是精兵小組的功能無形中延伸了，而大家總是在「眾志成城」的精神下，合作無間。

金石義工

如何看待CCACC近10年來的發展壯大？規模上，目前的設施面積是10年前的3倍，總面積近7萬5千平方呎（不含網球場和游泳池）；營運額與10年前比，即將翻了5倍。性質上，從社區活動走向專業且多元服務。

如此快速成長的基石是甚麼？怎樣做到的？簡而言之，一群有志一同的熱心義工，齊心以義工精神奠定堅如金石的基礎，並在此基石上無怨無悔的攜手共進，傳揚核心價值「以仁愛關懷，以誠信服務，在和樂中茁壯成長」，打造了一片天，造福社區。

眾所周知，這些令人敬佩的義工英雄裡，有中心五位創辦人之一的李潮先生，他40年如一日，至今以資深顧問之銜，仍在許多業務上親力親為；另一位創辦人及資深義工李志翔先生是現任會長，他在董事會裡經年累月的服務，並自2012年12月任職會長後，用10年的光陰將中心改頭換面，引領中心如乘風破浪般地向前直航。還有以義工身份肩負著重責大任的主管孫文影女士、董一明先生。當然，許多義診醫師、董事義工、來自各界和各年齡層的義工，皆擴大了中心的義工陣容。

擁抱未來

許多人對CCACC的未來有著憧憬和夢想，希望中心在未來10年取得更多重大成就。聽過一個「村」的說法，將養老、醫療、休閒、文藝、體育、教育等方面的設施和服務合而為一。其實，中心已有人設想並勾畫這個藍圖。

定睛未來的同時，期待中心的人才年輕化且專業化、組織系統化、制度現代化，延續義工傳統，亦傳承中華文化。

中心網站慶祝40週年的頁面上寫著「回顧四十歷程 秉持服務初心 迎接未來挑戰」，多麼的真切！在此衷心的說：「恭喜，美京華人活動中心！」

張 廉 七
張 廉 七

The Impossible PAVHC



PAVHC) has provided essential health services to many underserved community members for almost 20 years! Over the years, the Clinic has faced many challenges and many crises. Today, PAVHC has grown into a one-stop comprehensive community health center.

PAVHC was first initiated by a group of community advocates, i.e., Mr. James Shih, Mr. Meng K. Lee, and Ms. Ling Cheung, and a few community physicians, i.e., Dr. Mo-Ping Chow, Dr. Hon-Yuen Wong, and Dr. Ling Yang, in November 2003. In the beginning, there was no existing service model to follow; there was no funding and not enough resources to serve the low-income, uninsured populations. There was not even stable office space for regular clinic operations. Running a charity clinic with a volunteer team was almost like a mission impossible!

While CCACC is celebrating its 40th anniversary, CCACC Health Center (also known as the Pan Asian Volunteer Health Clinic–

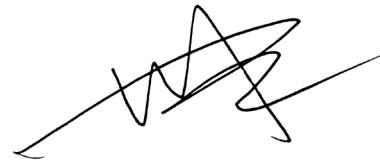
Yet, we do have invaluable assets: we always have devoted, long-term professional volunteers; and a dedicated staff team that keeps learning and growing professionally. As one of the Montgomery Cares clinics, PAVHC was able to provide essential medical services to the underserved. In the beginning, PAVHC partnered with MobileMed Clinic in Silver Spring, Maryland. In 2009, PAVHC became an independent safety net clinic and co-existed with Mercy Clinic in Gaithersburg, MD. In 2016, PAVHC moved to its current location and began to offer free medical service to the community five days a week from 9 am to 5 pm . Today, PAVHC offers medical care, mental health, rehabilitation, and chronic disease management programs.

As the Chinese saying goes, “Big waves wash away the sand and the gold reveals.” PAVHC has become a shining star in public health during the COVID-19 Pandemic. As no one was prepared for the global pandemic, PAVHC also experienced chaos at the beginning. While the whole world was put on pause, PAVHC kept on going and remained open during the pandemic. From the beginning of the pandemic, the Clinic maintained a close

connection with Montgomery County Office of Public Health, as well as the community by offering COVID-19 health information, and community resources to the safety net patients and the hard-to-reach community members. On February 27, 2021, when the COVID-19 vaccine was a scarce resource, PAVHC gave out the COVID-19 vaccine to 270 seniors who had no access to the vaccines at that time. To date, nearly 5,700 underserved community members received COVID-19 vaccines through our clinics. All mass vaccine

clinics were supported by volunteers. Another mission impossible was accomplished!

PAVHC is hopeful for a federal grant for clinic expansion in 2023. We expect many challenges ahead, yet with the support from volunteers, CCACC, the community, and Montgomery County, we are confident and ready to take on the next Mission Impossible!



2020 Women's Centennial Summit

VIDEO

Ms. Huixing (Kate) Lu LCSW-C
Director
HHS and PAVHC of CCACC

Provides access to information and services through bi-lingual COVID-19 Hotlines and the CCACC clinic.

2020 MARYLAND SHERO
Montgomery County

SLIDES

The Maryland Commission for Women proudly presents

MARYLAND'S 100 SHEROES

They rose up in solidarity for equality and worked to help keep our communities safe during the coronavirus pandemic.

From the Right to Vote

CCACC Health Center Director Kate Lu was elected as "Maryland's 100 Sheroes" at the 2020 Women's Centennial Summit for her outstanding performance during the COVID-19 pandemic to take the lead to help keep our community safe.

在2020年婦女百年峰會上，美京健康醫療中心主任陸惠興女士因在抗擊新冠疫情過程中帶領團隊維護社區安全的出色表現，而獲選為「百位馬利蘭州女英雄」。

十載美京人

陸惠興·美京健康醫療中心主任



2022 年，美京華人活動中心邁入40週年。今年也是我加入中心服務團隊的第11年。這一段，個人與泛亞義務診所（以下簡稱“泛亞門診”）一起，經歷了很多挑戰，同時也收獲了很多的成長。正好借此機會，做一個回顧與展望。

11年前，我離開蒙郡政府的社會資源部社工職務，半職加入歡樂日間保健中心，擔任社工主管。當時的招聘人鄒秉雄會長「順便」提到，CCACC下屬泛亞門診需要診所主任，看我是否有興趣試試。當時的我，厭倦了政府工作的繁瑣枯燥，希望有些新挑戰；同時，當時也需要照顧新生的女兒，「每週只需四個小時的工作量」的說辭，也頗有吸引力。就這樣，一個敢聘，一個敢接，之前空缺兩年的診所主任職位找到了「冤大頭」。

2003年，熱心華裔社區健康的社區人士張凌女士、李孟光先生和史維國先生，連同三位創始

社區醫生周武屏、黃浩源、楊凌醫生創立了泛亞門診。診所最初作為流動診所（MobilMed）的一部分，在馬利蘭州銀泉市借用的蒙郡健康部的醫療設施營業，為低收入、沒有保險的病患提供必要的醫療服務。2009年，泛亞門診正式獨立成為社區診所，搬到蓋城的DMV「車管所」附近，與另一個社區診所Mercy Clinic共用蒙郡的醫療設施。這一段時間，泛亞門診的醫生、行政人員和醫療輔助人員，全部都是義工，每週五下午看診。社區裏眾多剛剛落腳蒙郡、沒有保險的新移民，都在泛亞門診得到過低價、「同聲同氣」的醫療服務。2016年，泛亞門診搬回到CCACC總部，終於擁有了屬於自己的診所空間，開始每週40小時的全日社區診所運作，並且拓展而為CCACC健康醫療中心，志在為蒙郡低收入、被忽略的人群提供一站式全方位健康醫療服務。

這11年來，泛亞門診秉承「為亞裔爭取社區健康資源，為亞裔發聲」的宗旨，除了堅持提供基礎醫療服務以外，業務有了很多的擴展。2011年，「乙肝防治計劃」成立，該項目為亞裔居民免費檢測乙肝，提供疫苗註射以及免費的治療。該項目至今已經篩檢6,000多

人，為超過100位有患乙肝風險的居民提供完整的疫苗註射，為超過50位乙肝患者提供治療與疾病監控，大大減低這些病患之患肝癌的風險。2015年，由李家裘、邵曉平等社區醫生牽頭，泛亞門診成立的「心理健康360」項目，為社區提供心理健康的衛教以及必要的治療服務。2017年，我們開始提供「慢性疾病工作坊」，為病患提供全方位的疾病管控服務。2020年，新冠病毒來襲，泛亞門診逆流而上，疫情中堅持開放，為公眾提供醫療服務；同時，泛亞診所積極應對疫情，在資源緊缺時期，為華裔社區積極爭取新冠病毒檢測、疫苗註射等社區資源，共計接種疫苗近5,700劑；設立新冠病毒中文信息專線（301-798-6001），週一至週日，早上9:00 到下午5:00向公眾開放，回答社區居民關於新冠病毒症狀的諮詢，以及提供新冠病毒測試與治療的本地資源信息。

這10年，我們的團隊經歷了很多的挑戰，其間好幾次甚至有「大不了關閉診所」的想法。例如，2013年奧巴馬健保條例實施，規定醫療單位從紙本病歷轉換成電子病歷，泛亞門診的運作被迫全面升級，診所人員不堪重負；2016年，蒙郡政府收緊「蒙郡關懷」項目的資格要求，診所運作資金大受影響，迫使診所開始

探索收取保險，服務有保險但尋醫有困難的病患；2020年疫情來襲，診所工作人員身處一線，有恐懼、疲倦的時候，所幸，困難時期，我們一直有CCACC做後盾，有眾多熱忱的義工不離不棄，有員工的不斷進取。今天，泛亞門診已成為「一站式」社區醫療中心，發展穩健。今年6月，泛亞門診擴展的請款報告，也被馬州聯邦眾議員David Trone先生和馬州聯邦參議員Chris Van Hollen先生選中，提交國會撥款委員會討論。未來的10年，可以預見泛亞門診將會有更長足、更全面的發展。

11年前如果沒有做離開政府工作的決定，我應該會跟我眾多的同事一樣，隔一段時間領回來一張感謝我10年、20年，甚至30年服務的獎狀，直至安全退休。可是，我也會少了很多老來可供回味的人生故事。

期待，下一個10年，更多的故事，在CCACC 50週年的年刊上，與您分享。



CCACC Health Center Director Kate Lu speaks to community residents who are being vaccinated in Spring 2021.
2020年春季，美京健康醫療中心主任陸惠興女士與前來接種新冠疫苗的社區居民交談。

The Heritage and Future of CCACC Community Services Center

Chiao-chiao Liu
Director of CCACC Community Services Center



of life and well-being of Chinese Americans, to facilitate assimilation of Chinese immigrants into American society, to promote the awareness of Chinese culture, and to advance coalitions in community development and building. These statements demonstrate the importance of the division of Community Services Center (CSC) and we can say CSC has been in operation since the day CCACC was founded.

This year marks the 40th anniversary for CCACC. In the past 40 years, CSC has continuously served the communities, but with the focus on facility rental for club activities, organizing the teams of volunteers and serving the clubs. As the number of CCACC clubs and their activities grow in recent years, it is clear that they

The Chinese Culture and Community Service Center, Inc. (CCACC) was established by five young visionary volunteers in 1982. Since its creation, the mission of CCACC has remained the same: to enhance the quality

have promoted the culture exchanges and made tremendous contributions to the local community.

The history between CCACC and me has been traced back to 1999. CCACC was still renting the facilities from Tilden Middle School on Saturdays to conduct various cultural activities at that time. I was never good at or interested in any type of sports, but found out I was attracted to two programs at CCACC—the Yuanchi dance and the Chinese folk dance. As a full-time working mother who was also taking care of both my parents, I still managed to make time to attend the dance classes every Saturday afternoon. Ten years passed, and CCACC became a crucial part of my life.

In 2012, shortly after I retired from Verizon, as usual I came to CCACC for Saturday classes, and came across Jane Chung, former CCACC staff. She knew I just retired, and encouraged me to work for CCACC. She told me that the Education Division was in need of an assistant; with my teaching and computer background, it would be a perfect fit for me. I submitted my resume, and Executive Director Chih-Hsiang Li interviewed me. To this day I still remember he looked very “serious.”

Thankfully, I got the job offer and started my 2nd career at CCACC, working at an ESOL program and a weekend Chinese school named Culture Language Arts Programs and Services (CLAPS). In 2014 we added the Chinese enrichment afterschool program and my workload increased tremendously. I was promoted to the Director of the Education Division in 2019. I am grateful for this job. Managing the ESOL program and teaching English are always my favorite work. In leading the afterschool program, I was the “queen” for the kids; it kept me feeling young and happy all the time. How lucky I was!

In June 2021, Executive Director Li made one of the biggest reorganizations in CCACC's history: he rearranged and reformed the then six divisions in CCACC; in particular, he enlarged CSC's responsibilities by moving some time-reputed independent or special programs into it. As a result, CSC became more diversified and contained more projects and tasks. I was appointed the Director to lead this new division. While I feel like this just happened yesterday, I suddenly realize I have been in this position for over a year. This year is the tenth year since I started working at CCACC. It makes me very proud of myself.

Today CSC has the following main areas: Evergreen Club, Adult ESOL, Senior Planet Montgomery (SPM), Volunteer Income Tax Assistance (VITA) and CCACC affiliated clubs. It also manages the facility rental, dragon dance team, sports activities, volunteer services, and various community activities. Our services help Chinese Americans from diverse backgrounds and at different ages.

Adult ESOL, started in 1988, has helped many new immigrants to learn and improve their abilities to communicate in English, so they can adapt to the communities easier. It has around 200 students. Since the COVID-19 pandemic started in 2020, the online classes were added to the original

onsite classes. We have designed 30 classes year-round with different levels and schedules to meet the demands. With the renowned reputation, our online classes also attract many people from other states, such as Arizona, Virginia and even from as far as China.

Evergreen Club, which was established in 1998, has grown tremendously with about 800 members now. It is definitely the largest club in CCACC. Besides serving nutritious meals from Senior Nutrition Program (SNP) funded by the Montgomery County government, we also provide an abundance of activities such as ESOL class, Tai Chi, Yuanchi dance, chorus, piano lessons, calligraphy and Chinese painting class, Chinese folk dances, posture and fitness activities, social dance, square dance, board game and table tennis, etc. The club members have gained both physical and mental relief from these activities.

SPM, the new technology program for seniors in Montgomery County, has started in 2019 to work with Montgomery County government to provide seniors with another platform from which they can learn how to use computers, iPads, or cell phones to go online, set up mailbox, send and receive emails, and utilize more advanced iPad functions. It allows seniors to continue learning things at home, to enrich and enjoy better lives.

VITA is famous for providing free tax return services. We started the planning and volunteer recruiting in 2012, and completed our first VITA program in 2013. It is not easy to conduct this service for 10 years. We are grateful to our volunteers, and some of them have stayed with us for 10 years. Every year from February to April our volunteers work long hours every day, including weekends, even during the COVID-19 pandemic, to provide one-on-one consultation service regardless of nationality. We completed 130 cases this year and were highly complimented by the IRS.

There were numerous club activities on weeknights and weekends at CCACC before the pandemic, but everything paused due to COVID-19. The clubs have gradually come back after CCACC reopening in October 2021. Currently we have close to 20 clubs to conduct their activities either online or in-person. It is an honor to be regarded as a “CCACC Affiliated Club,” and we also treasure this opportunity to serve all our clubs. Hopefully the pandemic will cease eventually and there will be more friends joining us.

The CCACC Youth Dragon Team is formed by about 15 young middle and high school students. We can see a giant golden dragon flying in many different celebration events. What we don't see is how hard these young kids have worked for each performance, and the support and sacrifice from their parents. We are really grateful. Recently we were invited to the 84th City of Gaithersburg Labor Day Parade. No doubt about it, we were the most popular team along the road. And we just got the

notice that our team has won the first place prize for the annual Labor Day Parade. Kudo's to our team, you are the best!

CSC is the backbone of CCACC. Besides the above, it also has many other functions that are very important, such as our volleyball clinic, sports activities, and our diligent volunteers, forgive me for not introducing them one by one.

The COVID-19 pandemic that started in early 2020 has affected everyone in the community. During this time, we at CCACC have continued serving the communities as it is our mission, and we will not surrender to the virus; rather, we persevere to work together for a better tomorrow.

Chiao-chiao Liu



Community Services Center Director Chiao-chiao Liu performs dances at CCACC two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD.

社區服務中心主任李皎皎女士在馬州蓋城湖林商場中心農曆新年雙週慶典上表演舞蹈節目。



Community Services Center Director Chiao-chiao Liu (front row, center) is performing a dance as a member of the Adult Dance Program, a CCACC affiliated club.
社區服務中心主任李皎皎女士（前排居中者）參與中心成人舞蹈班舞蹈表演。

社區服務中心的 歷史與傳承

李皎皎 · 美京社區服務中心主任

美

京華人活動中心（CCACC）於1982年由五位極具遠見的青年義工所創立。成立之初設立的宗旨至今不變，從其中可看出社區服務的重要性：服務僑社，團結華人華裔；服務社區，推展中華文化；及促進社團合作，維護華人權益。可以說，「為社區服務」從CCACC成立的第一天起，就已開始運作了。

今年是CCACC成立40週年。40年來，中心從無間斷地為社區服務，但過往的重點以場地租賃、義工團隊和社團服務為主，名為「文娛康體部」，由副會長張麗芳負責。近年來，中心社團陣容越加壯大，活動日益增加，對社區做出貢獻，成績有目共睹。

我和CCACC的淵源可追溯到1999年。中心還在每週末租用Tilden初中，我就開始參加中心的活動了。從小就跑不快跳不高的我，竟然發現自己對元極舞和民族舞蹈情有獨鍾。那時，我全職上班，上有老下有小，工作家庭兩忙，但仍想方設法擠出時間參加中心週六下午的舞蹈課。就這樣走過了十年，中心也搬到蓋城，有了目前更寬闊的場地。2012年，我剛從職場退下，一個週末下午悠哉地來到中心參加舞蹈課，巧遇CCACC前同事梁翠月。她知道我剛退休，又有著師範及電腦背景，提及中心教育部需要個助理，一再鼓動我來試一試。就這樣因緣際會我進了中心，幫忙成人英語教室及週末的「歡樂中文學校(CLAPS)」。2014年教育

部增加了課後華語藝文班的項目，工作越來越重。2019年升任教育部部長。我非常感恩這份工作。籌劃成人英語課程，是我最愛的教學工作；課後班又讓我成了孩子王，永遠保持一顆年輕的心。我太幸運了。

2021年6月，有遠見、有決策的李志翔會長決定進行CCACC歷來較大一次改組，將中心業務重新整合，分成六大部門，成立「社區服務中心 Community Services Center」（以下簡稱CSC），將原先一些獨立作業或特殊方案全併入CSC，擴大了CSC的服務項目。我得到重任，轉任「社區服務中心」部門主任。感覺這還是昨天的事，自己仍是新手，寫此文時，才意識到接掌CSC已一年多了，今年也是我在中心服務的第十年，我以此為榮。

目前CSC包含以下重要項目：常青社（Evergreen Club）、成人英語教室（Adult ESOL）、樂齡星球中文電腦科技班（Senior Planet Montgomery-SPM）、免費報稅（Volunteer Income Tax

Assistance-VITA)、中心社團 (CCACC affiliated clubs)、舞龍隊、排球籃球體育活動、義工支援服務、場地租賃及不定期舉辦的各類社區活動等。

1998年成立的常青社，可以說是中心最大的社團，目前會員已將近800人。除了蒙郡政府補助的營養餐 (Senior Nutrition Program)，我們還準備了豐富的活動，從太極拳、養生武舞、合唱團、鋼琴班、書法國畫班，到民族舞蹈、形體舞、交誼舞、廣場舞，排舞及英語班、球類活動，棋藝、越劇等，琳瑯滿目，學員們開心參加活動，身心更健康。

「中心成人英語教室」成立于1988年，幫助有需要的新移民學習英語，提升英語溝通能力。目前學員將近200人。原先只有實體課程，2020年疫情後，基於「停課不停學」的原則，開始實施線上教學。2021年10月中心再度開放，我們線上及實體雙管齊下，一年開設近30門課，幾乎全年無休。線上課程除了本地學生，還吸引很多外地朋友，如，維吉尼亞州、亞麗桑那州，甚至遠至中國大陸，教學成效卓著。

2019年開始與蒙郡合作的樂齡星球中文電腦科技班 (SPM) 也嘉惠眾多長者，提供了另一個學習平台，課程多元化，配以青少年義工擔綱的「一對一」服務，為老年朋友們答題解惑，內容涵蓋如何上網、淘寶購物、設立郵箱、使用iPad上的功能，及發短信等等，都是非常實用的話題。讓長者們秀才不出門，也知天下事，活到老學到老，擴大生活空間，更享受人生。

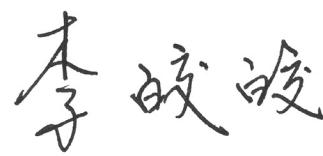
這裡不能不提一下CCACC VITA免費報稅服務。眾所周知，一到報稅季，每年的二月至四月，我們的報稅義工團隊就幾乎沒日沒夜、沒週末地為大家服務。疫情期间仍排除萬難，堅持一對一的諮詢，對象不分族裔。今年成功地完成了130個報稅案例。回想我們從2012年開始籌備這項服務，培訓報稅義工，2013年正式提供免費報稅服務，到2022年已經走過10個年頭，非常之不易。客戶滿意，國稅局也對我們的成績讚譽有加。

「中心社團」(CCACC Affiliated Club) 是我們CSC的又一亮點。疫情前，中心每個週末及週間晚上都排滿了社團活動。疫情開始後，所有活動停擺。直到去年十月中心重啟，慢慢的社團才又開始回歸。目前有將近20個中心社團，固定參加線上或線下的活動。能成為「中心社團」是一種榮譽，我們也以能為大家服務為榮。希望疫情逐漸好轉，一切恢復正常，能有更多的朋友加入「中心社團」的行列。

中心的青少年舞龍隊名氣越來越響亮了。它是一群由初高中生組成的舞龍隊伍。在中心的年慶活動上，總看到金龍飛舞的身影，讓人驚艷。但亮麗外表下，看不到的是孩子們的勤苦練習與汗水，更是每位家長的支持與配合，讓我們非常感激。最近舞龍隊受邀參加蓋城勞工節遊行，一路上就是最吸睛的隊伍。果然日前收到通知，我們拿到第84屆蓋市勞工節遊行隊伍的第一名，實至名歸啊！

CSC是CCACC的骨幹，它的每一個單元項目都非常重要，如，排球訓練營、中心社團及兢兢業業的義工團隊等等，這裡恕不一一介紹了。

CSC的觸角涉及甚廣，要學的東西與該做的事非常多，每天都有新的挑戰與新發現，我們以為華裔群體謀福為己任，同時也顧及各界、各年齡層次的需求。2020年初，COVID-19開始肆虐，對社區、對每一個人都造成重大影響。中心在疫情期間，卻沒有一天停過對社區的服務。服務大眾是我們的使命，堅持就是勝利，我們絕不對病毒屈服。CSC期盼與大家攜手共進，為更美好的明天而奮鬥。



Mission for Life, CCACC Forever

Steve Lin
Director of CCACC Adult Day Healthcare Center

Founded in 1982, the Chinese Culture and Community Service Center, Inc. (CCACC) has been striving to become a grassroots organization that serves the community and enhances the reputation of Chinese Americans. CCACC has planned various services and programs that can be integrated with community activities and has been widely praised. Under the leadership of Mr. Ned Li and Mr. Chih-Hsiang Li, CCACC started with the Division of Culture, Recreation, and Sports, and Division of Education, and evolved to establish the Adult Day Healthcare Center (ADHC) and Home Care. Recently, CCACC also launched the Health Center and Art Gallery, and acquired CCACC Academy and CCACC Sports (formerly known as Quince Orchard Swim and Tennis Club). These programs serve a wide range of customers from 2 to 103 years old and have indeed brought considerable long-term and valuable impact to the Asian community.

In 2013, I joined CCACC as an intern and that was the start of my service at CCACC. Under the leadership and guidance of our Executive Director, Mr. Chih-Hsiang Li, our team completed the

business plan of the Center's afterschool program. Over the years, I have grown from an intern, a volunteer, a Business Analyst, to becoming the Director of ADHC. I have participated in and prepared for the Center's various events including: the annual Lunar New Year Celebrations, the Asian American Job Fair, Pan-Asian Health Fair, and the ADHC anniversaries, and the art exhibitions of the Art Gallery. In addition, great efforts from different divisions in serving the community have also given me the opportunity to submit great proposals and have been rewarded by a variety of grant fundings from all levels of governments in the United States. Those fundings expand the scale of CCACC's services and benefit more people in the community. As an international student born and raised in Taiwan, I am grateful that my career at CCACC, along with the growth of the Center, is becoming an unforgettable memory. I sincerely appreciate CCACC's leaders and colleagues for their care and guidance.

Congratulations to CCACC on its 40th birthday! Forty years is a precious milestone, but I firmly believe that there are more missions awaiting us in

the future. The more our team has accomplished, the more I realize that there are still so many services and projects that we have not launched yet. We act as a bridge between community residents and the U.S. federal, state and county government and help the government reduce social problems that may arise because of the language and culture barriers. In addition, the existence of CCACC also provides more employment opportunities for new immigrants so that people can devote their efforts to providing their own professional expertise and take care of the community people in need. We thank all the individuals, families, groups, and government officials who have helped CCACC. We are full of gratitude and hope to transform your dedication

into our passion for serving the community and strive to make people have a better life. CCACC will continue to create diverse services to take care of disadvantaged groups and set a benchmark for the Chinese American community.

Steve Lin



ADHC Director Steve Lin poses with CCACC Executive Director Li at the ADHC Christmas party.
歡樂中心林激璋主任和中心李志翔會長在歡樂中心聖誕晚會上合影。



ADHC Director Steve Lin and CCACC Executive Director Chih-Hsiang Li pose with an ADHC senior member.
歡樂中心林激璋主任和中心李志翔會長與歡樂中心耆老合影。

使命恆久遠，美京永流傳

林激璋 · 歡樂日間保健中心主任

美

京華人活動中心自1982年創辦以來，戮力成為一個服務社區，提升華裔形象的草根性社團，規劃多采多姿以及能與社區活動接軌的各項服務，廣受各界好評。在兩位創辦人李潮顧問和李志翔會長的領導下，中心從初始的文娛康體和教育部門，到開辦歡樂日間保健中心和居家護理中心，近期更成立了健康醫療中心、美京藝廊、美京博雅苑以及美京博翊館（原名：Quince Orchard 游泳網球館），服務從2歲到103歲的廣泛客群，著實為亞裔社區帶來相當長遠且有價值的影響力。

2013年我以實習生的身份加入中心，在李志翔會長的帶領以及指導下，我們團隊完成了中心課後輔導班的商業企劃書，這是我在中心服務的起點，也讓我和中心結下了不解之緣。數年間，我從實習生、義工、商業分析師，到成為歡樂日間保健中心的主任，參與並籌備中心的大小活動包含：每年舉辦的農曆新年慶祝活動、亞裔就業博覽會、泛亞健康日、歡樂日間保健中心週年慶，以及美京藝廊的藝文展覽。此外，各部門辛勤替社區民眾服務的成果，也讓我有機會能用我和團隊的文筆，向美國各級政府申請多樣化的贊助經費，擴大中心的服務規模，造福更多的社區民眾。隨著中心的成長茁壯，讓我這樣一個在台灣土生土長的留學生，能夠在中心的引領下，為我的職涯發展譜下一段永難忘懷的回憶。我由衷地感謝中心各位領導、前輩和同事對我的照顧和指教。

恭祝中心40歲生日快樂！40年是一個難能可貴的里程碑，然而我更堅信，接下來還有更多的

使命等著中心團隊去開創。我們團隊做得越多，我就越發現，原來還有這麼多我們力有未逮的服務與項目。我們扮演社區居民與美國政府之間的橋樑，協助美國政府減少因語言文化不同而可能產生的社會問題。此外，中心的存在，也提供新移民更多的就業機會，讓有愛心的照護者可付出心力，提供自身的專業，以及照顧有需要的社區民眾。我們感謝所有曾經幫助過中心的個人、家庭、團體以及政府單位。我們滿懷感激之情，希望將各位的寶貴奉獻轉化為我們服務社區的熱情，努力讓社區民眾擁有所謂美好的生活。中心勢必持續開創多元服務以照顧弱勢族群，樹立華人社區的良好典範。

林 濟 璋



CCACC Adult Day Healthcare Center (ADHC) Director Steve Lin (back row, first from left) joins the leaders to celebrate Christmas with ADHC seniors.

歡樂中心林激璋主任（後排左一）與中心領導一起陪伴歡樂中心耆老會員們慶祝聖誕節。

Reflecting on CCACC

40th Anniversary

Phil Zen
Director of CCACC Sports



As we celebrate the 40th anniversary of the Chinese Culture and Community Service Center, I feel extremely privileged to have the opportunity to associate myself with the Center, originally as a beneficiary and now in the role of a server.

Looking back at the past 40 years, from how the founding directors of board initially established the Center, and over the years refined the purpose and operational objectives of the Center, to renting public school spaces on weekends in order to offer all sorts of activities catered to the Chinese community, to taking turns to host meetings in the basement of the members' homes... Having worked as a CCACC student volunteer for about six years over three decades ago, I can still vividly remember how, on every weekend, Dr. Su-Min Chou would drive a TV and a VHS/Beta player in his own car to Tilden Middle School so our senior members could catch up on those Chinese operas, and how Mr. Ned Li would enthusiastically clean up the mess afterwards—oh, such fond memories! Never was there a moment during those years when anyone didn't diligently work to nurture the growth of and strengthen the Center, in the hope that one day the Center could be best-positioned

to provide many meaningful services to an ever-growing community.

Now, after 40 years, the Center is strong and steady. We have proudly grown from serving Chinese seniors exclusively to providing a wide variety of services to the entire overseas Chinese community. Moving forward, we aim to further expand our services to the broader community—so we may actually fulfill the wishes our founders entrusted us.

As one of CCACC's seven operational divisions, CCACC Sports (formerly known as "Quince Orchard Swim and Tennis Club") joined CCACC in May 2022, when I was appointed as the CCACC Sports Director. Located near the intersection of Quince Orchard Road and Great Seneca Highway in Gaithersburg, Maryland, CCACC Sports is on roughly 4-acre of land

with an original clubhouse built in 1970. Since the acquisition this past May, CCACC headquarters has made various capital improvements to upgrade the Club's services and operations.

The Club includes an 8-lane, 25-meter long swimming pool with shallow- and deep-water areas. It also has 4 tennis courts and 2 pickleball courts. Club domes open every Memorial day as outdoor and close every Labor Day as indoor for year-round activities.

CCACC Sports employs top-notch swim and tennis coaches and operates with utmost safety concerns for the public. For swimming, it offers group and private lessons for all ages and levels, and senior water aerobics and swim team training. For tennis, it offers group and private lessons, JTT (Junior Tennis Team), UTR (Universal Tennis Rating) tournament, and senior pickleball.

Starting Fall 2022, CCACC Sports provides swim

and tennis lessons to the students of CCACC Academy.

CCACC continues to work hard to serve the community by providing the safest venue for the Sports' many swim and tennis programs for our community to benefit and enjoy.

After the first three decades of CCACC's tentative, tumultuous growth and a fourth decade of purposeful, steady expansion, now let's leap forward toward CCACC's fifth decade to achieve performance excellence!

U + 2617



A swimming pool at CCACC Sports.
美京博翊館游泳池。



CCACC Academy Preschoolers are attending the Tennis class.
美京博雅苑幼兒園學生正在上網球課。

CCACC 40週年感想

任爾翔 · 中心美京博翊館館長

欣 逢美京華人活動中心40週年，幸執本人服務於中心，深感無比榮幸。

回顧40年前創辦人草創中心，歷屆董事們規劃宗旨，或是在Tilden初中週末租借教室舉辦活動，或是輪流在各家地下室開會的日子，當時大伙兒無不抱以篤路藍縷、胼手胝足的心情小心翼翼護著中心，並冀望中心有朝一日能以啟山林，穩定發展。作為當年的學生義工，我有幸為中心服務六年左右。還記得周蘇民大哥每週六開車載著家裡的tube電視及VHS/Beta放映機，到學校播放連續劇給耆老們欣賞，以及李潮大哥收拾桌椅的矯健身手……每每回憶至此，總覺得歷歷在目，記憶猶新！

如今，美京華人活動中心已然風華正茂，蓬勃茁壯，儼然已從著重華人耆老的服務，擴展至全方面的僑界服務，更即將邁向廣大範圍的社區服務，期望不辱前輩創辦初始之殷切囑託。

作為中心第七個業務部門，美京博翊館（原名：Quince Orchard游泳和網球館）於2022年5月加入了中心這個大家庭，本人亦榮膺該部門負責人之大任。博翊館位於蓋城的Quince Orchard路和Great Seneca高速公路交叉口附近，佔地約四英畝，初建於1970年。美京華人活動中心自今年5月收購該物業以及俱樂部的運營以來，已投入資本進行了多項改革方案，以改善俱樂部的服務和運營。

美京博翊館擁有一個8水道、25米長的游泳池，設有淺水區和深水區，且擁有4個網球場和2個匹克球球場。博翊館的圓頂於每年國殤日開啟為戶外活動，並於每年勞工節則闔上，轉為室內活動，全年無休。

美京博翊館聘請了一流的游泳和網球教練，並以最高規格的安全考量面向公眾進行運營。對於游泳，博翊館提供適合所有年齡的團體和私人課程，以及銀髮族水中有氧運動和游泳隊訓練。對於網球，博翊館亦提供團體和私人課程、JTT（青少年網球隊）、UTR（通用網球評級）錦標賽和銀髮族匹克球運動。

從今年秋季開始，美京博翊館為美京博雅苑的學生們開設游泳課和網球課。

美京華人活動中心總部將繼續信守服務社區的承諾，為博翊館的諸多游泳和網球項目提供最安全的場地，為我們的社區提供更高檔次的運動與享受。

恭賀美京華人活動中心經歷過濤起潮湧的「風華三十」，飛躍過展翅翱翔的「茁壯四十」，正意氣風發的繼續朝向「登峰五十」前進。

Thanks and Congratulations

Avery Wan
CCACC Academy Principal and Operating Director



Congratulations to CCACC for 40 years of success!

How can one describe CCACC except unlike any other? Over the 40 years since its conception, it has been a place for community, for learning and growth, for friendship, and so

much more. The Asian American community has faced many hardships throughout the course of history, but CCACC has given the community a place of refuge amidst the chaos. The services that CCACC has provided for the community are truly unparalleled. CCACC, in the 40 years of its existence, has provided care for the elderly, group activities for the youth, and education for children. From art classes to sports clubs, CCACC has made sure that there is something for everyone. It seems that there isn't a single person that CCACC hasn't provided for.

As one of CCACC's seven operational divisions, CCACC Academy is a nonprofit educational institution and community cultural and education center that has served the Montgomery County community since 2015. Our school has served nearly 3,000 children from nearly 2,000 families since its inception, as a part of our bilingual

Preschool program, our Afterschool courses, and through our Summer Camp. Aspiring to youth education and activities enhancement, CCACC Academy currently serves around 800 students annually. In each of our programs, we focus on providing children with the means to further their own education and development, while also centering core educational areas such as STEM, Chinese and English language development, Art and Performance, and more. CCACC Academy aims to provide an enriching, diverse, safe, and comprehensive approach to education to all our students.

It is oftentimes very difficult for immigrants to find and make a home in America, in an environment that is so different from the one they have known their whole lives. Many of us who have experienced this will say the same thing—that it isn't easy to find a place to belong again or people that can relate to you. But with CCACC, such a home has become easy to find. Friends come easily, community is right there, and home is at our fingertips. With the recent addition of CCACC Academy, the family is only growing.

Everyone of us who has ever experienced CCACC in any way can say this confidently—that CCACC

truly is a special place, and that what CCACC has done for the Asian American community is beyond words. For everything that CCACC has done and continues to do, we say thank you. Thank you and congratulations to CCACC for 40 years of service to the community, and looking forward to 40 years more!




CCACC Academy Principal Avery Wan poses with some of her students.
美京博雅苑萬瑾校長與學生們在一起。



CCACC Academy Principal Avery Wan (back row, center) joins Preschool students and teachers for Easter celebration.
美京博雅苑萬瑾校長（後排居中者）與幼兒園師生一起歡度復活節。

向上出發，向善努力

萬瑾 · 美京博雅苑校長兼運營總監

新冠疫情下的學校，如何從困境走向了新生

首先，祝賀美京華人活動中心（CCACC）成立40週年！美京華人活動中心自成立以來，一直為老人提供關愛，為社區提供多樣化的服務，是社區學習、成長、友誼的地方。相信在這40年中，CCACC為困境中的亞裔社區提供了一次又一次的幫助。今天我也來講講美京博雅苑（CCACC Academy）成立的故事、我與美京華人活動中心的故事。

走頭無路 濕臨毀滅

時間回到2020年，我記憶中最黑暗的聖誕節。在美國新冠疫情陰霾籠罩下，各行各業都面臨著巨大的困難。

由我創辦並負責運營的華夏未來華盛頓中心（Washington Cathay Future Center, 又名: The Cathay School—華夏未來學校），是一個社區教育平臺，提供幼兒早教、K-12少兒教育教學服務。自學校2015年創立以來，美國大華府地區1,767所家庭中2,500名少年兒童參與了華夏未來學校的課程。受疫情影響，華夏未來各個項目課

程停止運作，失去了正常的營業收入，同時面臨課程延期、取消，退費率升高，人工成本高居不下等困境。其中最為棘手、學校「難以承受之重」的，是2020年夏令營課程預付款退費的資金籌集。經過和家長們協商之後，學校決定退償部分家庭全部預付夏令營學費，而另外50%的家長們表示願意留存學費，協助學校渡過難關。即使在那麼多家庭的信任支持下，學校的資金缺口依然高達上百萬美金。學校面臨著生死存亡。

面對這一難題，投資方和我這個股東產生了嚴重的分歧。學校由中國財團控股90%，我佔10%股份。學校的主要投資方，面對複雜的中美國際關係以及新冠疫情的不確定性，決定申請破產清算，完全撤出美國教育項目。對於債務人（學校）而言，現有所有債務可以被取消；對於債權人（學生家長們）而言，將不得以任何方式向債務人繼續追討已被取消的債務。中方公司的律師已經展開破產程序。我對家長做出的承諾將隨著破產的執行而煙消雲散。

疫情在突然間重塑我的世界，我不能被動地對學校事務袖手旁觀、坐視不管。停業停薪期間，我每天去空無一人的學校正常地上下班，從未間斷過。當我走進了學校，內心告訴我，疫情雖是不可抗力，但家長們有合理要求退款訴求的權力。與此同時，還有一批核心工作人員和我一起無薪無酬地在為學校盡守職責。我不能辜負家長們對我的信任，我有責任去保護學生家長們的利益，我們要盡一切可能去維繫學校的生存，期望有一天可以尋求到妥善解決家長們退款需求的方法，實現我們對家長們的承諾。

2020年的聖誕期間我自己也感染了新冠病毒，頓時感受到壓力、焦慮、恐懼、憂傷和孤獨感在病中加重了更多。我開始懷疑自己的堅持是不是變成了執念？但是當堅持變成執念，繼續下去最終得到的明顯遠遠少於自己失去的，身邊的親人朋友們都希望我停下來思考一下，是否還要堅持下去。那時那刻，最黑暗的時期，我最想不到的是：一次談話，卻帶來了轉機。

機緣巧合 重獲新生

最早知道李志翔先生的大名，是在一次做教育視頻的節目上，大致知道他創建並領導的CCACC一直為老人提供關愛，為社區提供幫助。之後在很多的社區活動中，看到李先生為社區兢兢業業，並留下深刻印象。我和李先生從來沒有私交，是冥冥之中我似乎看到了指引。於是我在2020年的聖誕節期間約了李先生面談。從來沒敢想過，我能跟李先生有什麼近距離的接觸，更不敢想像我一個後生晚輩，竟然能夠承蒙他的親炙與熱情鼓勵。

在與李先生談話過程中，李先生非常關心學校情況，不僅詢問了所有的學校困境和需求，還仔細詢問我具體的計劃方向和打算。過了大約一個月左右，我接到李先生打來的電話，電話中他表明了CCACC有意拓展教育事業，並收購學校的意願。美京華人活動中心CCACC懷著對社區拳拳赤子之心，對社區教育事業的支持，經過半年的努力，歷經各種困難，終於在2021年5月完成了對華夏未來學校的收購工作。美

京博雅苑(CCACC Academy)就此誕生了。收購只是一個開始，然而這筆交易卻反應了CCACC發展教育的決心，大步向外發展的趨勢。

新冠期間的疫情防控安全運營、一線教育工作者的配備、市場重新復蘇、教育項目遠期的規劃，學校長期發展的每個階段都知易行難。收購前的美京博雅苑(CCACC Academy)，除了幼兒園，各個項目都處於停滯狀態，舉步維艱。

CCACC管理團隊在商業、政府和非營利組織等領域擁有豐富的專業經驗。收購後，在董事會及行政團隊的指導決策下，經歷疫情鍊之後的博雅苑團隊和CCACC各個部門協同合作，在全面復甦之後煥發出如火如荼的生命力。

在不到兩年時間內，雙語幼兒園、課後班、特長班、夏令營全面復課，同時在學校管理、師資、課程項目等方面進行了全面升級，目前已經開設涵蓋從幼兒園到12年級的全部課程，大幅提高了CCACC的辦學實力及綜合影響力。

雙語幼兒園從最初的5個學生起步，發展到目前四個班級。博雅苑引進了多名在華府具有影響力和知名度的教學名師。在名師們的倡導下，所有老師們一起改革教育方式，創新教育思想、教育模式和教育方法。伴隨著教師們在教學領域不斷取得新的突破，博雅苑雙語幼兒園逐步成為大華府地區最優質最有特色符號的學前教育。

課後班於2021秋季重新啟動，由最初的日均不足50個學生，3個學期後發展到涵蓋17所學校、12條不同校車線路，日均學生人數翻番。

這一切不光取決於博雅苑團隊的努力，更離不開美京華人活動中心的整個團隊對學校發展的全力支持。廚房團隊每天為孩子們提供健康和營養的午餐，從菜品研發、生產製作到配送，全鏈保障學生午餐放心安全、營養健康。校車司機們載著我們課後班的孩子們往返於不同的學校之間，確保每個學生安全上下車，及時抵達博雅苑，他們的細心工作確保了車內每個學生的安全。疫情期间，泛亞義務門診為全校師

生和家長們提供每週一次PCR普查，同時滿足兒童們對新冠疫苗接種的需求。

博雅苑夏令營項目在疫情初期受到很大的影響，是泛亞門診強大的醫療優勢，幫助我們重新贏得了家長的信心，也幫助夏令營項目得到長足的發展。博雅苑推出了更多適應新世紀需求的夏令營，培養科學技能、提升藝術修養、鍛煉組織能力，寓教於樂，幫助孩子們增強自信，全面發展。

Quince Orchard游泳和網球館（現名「美京博翊館」）的收購，更是讓博雅苑孩子們成為最大的受益者。博雅苑的學前班（preschool）和小學（K-5）孩子們在成長的過程中，能夠通過專業的體育項目的練習，強身健體，培養興趣

愛好，甚至未來有機會走上體育的道路。

新冠疫情為我們帶來真正的挑戰和真正的責任，對學校的教育工作帶來了更多阻礙，而我自己也經歷了在困境中突破的蛻變。給我更加堅定的信念是：只要選擇了正確的路，哪怕是條最艱辛的路，向上向善的努力，就會逆發衝出重圍、獲得新生的力量。



CCACC Academy Principal Avery Wan and her students perform at CCACC's two-week 2022 Lunar New Year Celebration at Montgomery Mall, Bethesda, MD.

美京博雅苑萬瑾校長帶領學生們參加中心於馬州貝塞斯達城Montgomery商場舉辦的2022農曆新年雙週慶典，並表演節目。



Executive Director Chih-Hsiang Li (5th from right) poses with CCACC Academy staff and faculty after the Preschool Open House on April 30, 2022. 2022年4月30日美京博雅苑幼兒園開放日圓滿落幕，李志翔會長（右五）與博雅苑教職員工們合影留念。





VII. VOICES FROM CCACC VOLUNTEERS AND EMPLOYEES

中心義工和員工之衷言

眾志成城

王純傑 · 資深義工及書法家

李潮學長來電為中心成立40週年徵文500字，我想到的只有四個字「眾志成城」。當年成立美京華人活動中心(CCACC)，我設計logo的靈感也就是來自這四個字，期盼每一位參加中心的人都能團結一心、眾志成城。

四十三年前我移民到舊金山，隔年就搬來馬利蘭州。可以說，我的移民史，跟中心的成長，幾乎是比肩同行。當年，我親眼目睹滿腔熱血的李潮學長及幾位創辦人如何披荆斬棘，把中心創立起來。從屢屢租借學校場地，發展到今天的規模，真是令人讚嘆！

初到馬州時我住在洛城。還記得最早在Montrose路上，經常看到猶太人的社區中心裏，停著好幾輛大巴士，熱鬧地舉辦各種活動，為猶太同胞們服務。那時的我，心裏既羨慕又佩

服，也憂慮我們這個以「一盤散沙」聞名的中國人，哪一天能有同樣的局面呢？而此時此刻，在慶祝中心40週年的當下，我可以很自豪地說：美京華人活動中心(CCACC)辦到了！中國人也一樣能做到團結一心、眾志成城！



我雖然沒有正式參予中心的工作團隊，卻始終把自己當作中心的一份子，只要需要我幫忙，都是盡全力以赴。這幾年無論是在I-270高速公路上看到紅色的中心logo，還是市區車道上白色的中心小巴為華人耆老到處奔波，總會令我感到既安慰又驕傲。偶而注意到logo燈壞了，也

還掛心什麼時候會來修好？

中心30週年時，我寫了一幅「眾志成城」。現在40週年，我的文章還是離不開「眾志成城」。等到50週年那一天，不知又會是什麼？

王純傑

John Wang is the artist and calligrapher who designed the CCACC logo, which symbolizes "Together We Can."
書法家和藝術家王純傑先生是中心標誌的設計者，標誌的寓意是「眾志成城」。



John Wang is writing a large calligraphy piece to decorate the CCACC 2012 two-week Lunar New Year Celebration venue at Lake-forest Mall in Gaithersburg, MD.

王純傑先生為2012年蓋城湖林商場農曆新年雙週慶典書寫大型條幅，裝點節慶場地。



In 2012 John Wang gifts to CCACC his calligraphy writing of four Chinese characters indicating “Together We Can” to celebrate CCACC 30th anniversary.

王純傑先生於2012年獻給中心30週年慶典一幅書法作品，上有四個字「眾志成城」。

Tap Dancing to a Better World (大道之行)

Yuchi Huang Ph.D.
Current Board Member and Former Board Chair

Life is full of serendipities. In early 1992, when I came to the DC area for a career-changing job, Ned Li happened to be one of the real estate agents I worked with. He was very competent and trustworthy. I didn't get to buy a house from him and didn't know he had a full-time day job and would take care of his baby "CCACC" before everything else.

After about half a year of flying back home on weekends, my family finally settled into our new home in Montgomery County, Maryland. By chance, my wife got connected with a well-established childhood neighbor Prof. Chung Chi Fu. He happened to be a CCACC Board Member and would "invite" me to help out from time to time. Later he would take me to sit in the board meetings "just to get acquainted with some nice local friends." The fact is, being a working board, assignments were made at the board meetings.

One thing leads to another, and I have had fun with all my CCACC volunteer heroes for 30 years, and off and on, for nearly two decades, I served on the CCACC Board, as Board Chair, Board Treasurer, Board Member or Senior Advisor.

Before Ned's establishment of the Adult Day Healthcare Center in 2008, CCACC relied on volunteers for almost all its programs and events. Most of us would just show up whenever needed and say goodbye when done. There was not much of a pat on the back kind of thing, which didn't seem to be needed either. "Being-able-to-help" itself seemed to be more than fulfilling already.

For one reason or another, I also got involved in many CCACC pivotal initiatives. Some took hard decisions and coordinated executions; some went through long deliberation. Some of them lasted for years or have been going on for decades. And some did not get board approval yet significantly impacted some of the subsequent initiatives. What came to mind are:

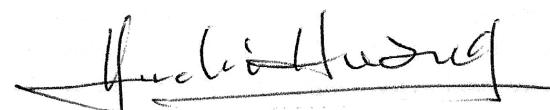
- Changing CCACC's working board to a governance board by establishing an executive branch.
- Repeated reviewing/revising CCACC's vision, mission, by-laws, and HR policy.

- Planning the future CCACC home.
- Planning/establishing the Adult Day Healthcare Center.
- Changing the CCACC management model.
- Reviewing/revising CCACC chart of accounts, external audit, and insurance/risk management.
- Establishing/implementing CCACC Board Designated Fund (BDF) investment policy and the fund portfolio.
- Crystalizing and codifying CCACC core values.

As CCACC grows in scope and depth of services, to better serve our community and community at large, we will need to work on a lot more audacious initiatives. Some of them have already been on the drawing board for some time already:

- A stronger management team and more cross-functionally integrated operations that deliver pleasing services with compassion, sincerity, and joy.
- A better structured, staffed, housed, and equipped health center that provides patient-centered and value-based care that integrates Western and traditional Chinese medicines.
- A planned village that incorporates the best of East and West community design approaches where multiple generations of families and friends can live in close proximity to care for and learn from each other with humanity.
- A learning center where kids of all ages can be intellectually nourished, technically/professionally trained, and spiritually enlightened with the wisdoms of the East and the West.
- A CCACCCyber/CCACCMeta integrated with the real CCACC to serve community members here, there, and around perceivable dimensions with unified space-time and experiences.

Of course, that will take a lot of generous hearts to volunteer with all forms of resources. Then is there any higher meaning in life than working toward the realization of Confucius' One Harmonious World (大同世界) for everyone?





When the Activities Supervisor ShuWah Lin says: "We need a Santa Now," Dr. Yuchi Huang dons the robe and poses with ADHC staff Qian Yu, ShuWah Lin, and Pao Yu Tsai at the 2016 ADHC Christmas party.

在2016年歡樂中心聖誕晚會上，活動組組長林淑華女士說：“我們現在需要一位聖誕老人”，黃幼基博士即刻換上服裝，變身聖誕老人，並且與歡樂中心的于茜、林淑華、李寶玉三位女士合影。



Group photo at the CCACC Academy Grand Opening on May 22, 2021. From left to right: Li-Fang Liu, CCACC Deputy Executive Director; Chung Pak, J.D., Chief Administrative Law Judge at the Maryland Office of Administrative Hearings; Erika Moritsugu, Deputy Assistant to the President and AAPI Senior Liaison; Susan Lee, Maryland State Senator; Dr. Yuchi Huang, CCACC Board Member.

2021年5月22日美京博雅苑盛大開幕典禮中的合影。從左到右：中心張麗芳副會長、馬利蘭州行政聽證辦公室首席行政法官Chung Pak先生、拜登總統副助理兼亞太裔高級聯絡專員Erika Moritsugu 女士、馬利蘭州州參議員李鳳遷女士、中心董事黃幼基博士。

美京華人活動中心

40週年感言

周武屏醫生 · 董事和美京健康醫療中心創始醫生及義診醫生



目的各種活動的場所及工作場所。而依附著其他診所（流動診所及Mercy Clinic），每週僅開門一次的泛亞義務門診，也已發展成提供每天服務、並具備多功能的健康醫療中心。我們特別感激醫務主任朱躍躍醫師、美京健康醫療中心主任陸惠興女士，及所有義工和員工同仁依照中心眾志成城、服務社區的宗旨，昂步前行；尤其是在新冠疫情期間，號召義工深入社區基層及被忽視的角落，為亞裔和非亞裔的民眾服務，包括疫苗注射、視訊看診、健康教育、家訪送藥、身心照顧等。

其實在這段漫長的疫情期間，門診的運作十分不易。不但要照顧民眾及患者的健康，還要保障義工及員工的安全；在這種困境下仍然要走出去。就以最初開始為民眾注射新冠疫苗為例。郡政府提供的疫苗很不穩定，往往一有疫苗，就需要三天內號召足夠的義工，聯絡到足夠的民眾前來注射。這種不可能的任務，卻在義工的熱情相挺及員工的努力不懈下，一一圓滿達成。而且，泛亞門診還行有餘力向社區醫院、消防局及臨終照護中心等，提供口罩及物資，表達了中國傳統的大同思維，並付諸行動。因此，獲得政府的信任及支持，主動提供資源，並予以表揚。

十年前寫了一篇「美京華人活動中心30週年感言」，歲月雖然滄桑，但中心卻在這個滄桑的歲月中不斷成長。當日擁擠的小辦公室，演變成為兩層常年舉辦五光十色琳瑯滿

為了社區民眾能夠獲得更優質的醫療服務，除例行在社區定期舉辦健康檢查，及諮詢活動外，泛亞門診不斷推出新的醫療計劃。例如，B型肝炎篩檢活動及門診，心理健康360、精神科門診，疼痛治療計劃，每個月的視訊健康教育等。由於醫療服務的多元化，隨著中心各部門的發展，泛亞門診更擴展為健康醫療中心，結構更為成熟，並與中心其他部門關係更為密切，尤其是歡樂日間保健中心、美京居家護理等，相互支援，共同成長。

我的父母從中國大陸逃難到香港，我在香港出生、長大，在台灣完成醫學訓練，最後在美國落地生根。從香港的「獅子山下」，到美國的「華府櫻花」，這段漫長的歲月總是有些跌跌撞撞，但人總該有個歸宿，美京華人活動中心就像是我們心靈的歸宿。大家有緣相聚，坐上了華人活動中心這一趟列車，有人繼續上車，也有人先下車了。大家一起隨車前進，雖然很難期盼同時看到終點燦爛的落霞，但我們都會珍惜及享受一起共度的這一趟旅程。

孔子曰：「四十不惑，…七十從心所欲。」希望中心年到40，不但不惑，更能加強為社區服務的初心。我已年到70，則從心所欲，期盼華人活動中心繼續大放異彩。



Dr. Mo-Ping Chow and Mrs. Tai-Hui Chow, RN, have been volunteering at CCACC Health Center since 2000.

周武屏醫生和夫人謝苔蕙女士（註冊護士）自2000年以來一直擔任美京健康醫療中心專業義工。



CCACC Health Center group photo. While Kate Lu (6th from left) is the Clinic Director, Dr. Mo-Ping Chow (center) is the Founding Physician, and Dr. Yao-Yao Zhu (6th from right) is the Medical Director.

美京健康醫療中心義工和員工合影。左起第六人為診所主任陸惠興，居中者為創始醫師周武屏醫生，右起第六人為醫務主任朱躍躍醫生。

Congratulations on CCACC's 40th Anniversary

Yao-Yao Zhu, MD, Ph.D.
CCACC Board Vice-Chair,
Health Center Medical Director and Volunteer Physician



Congratulations on CCACC's 40-year anniversary! I am Yao-Yao Zhu, a volunteer physician and the Medical Director for CCACC Health Center (also known as the Pan-Asian Volunteer Health Clinic—PAVHC). After serving on the CCACC Board for four years, I was appointed to be the Board Vice-Chair in August 2022.

Having been volunteering since 2006, I am so excited to see the development of CCACC and so proud of being one of the volunteers! It is the dedication and contributions of the CCACC founders, staff, and volunteers who inspire me and connect us all together. I have witnessed the growth of the Clinic from a half-day clinic on Fridays to having become a fully functional 5-day per week clinic, serving medically insured and uninsured county residents or anyone who needs medical care. The Clinic continues to expand to become a CCACC Health Center now, including the functionalities of non-pharmacological pain management, physical

therapy, mental health care, and annual health fair. It also serves as a platform for volunteer training and collaboration and communication with Montgomery County and State government, Asian and other ethnic communities, and academic centers.

The COVID-19 pandemic has challenged us but made us even stronger: we continue to open our clinic, virtually first and then in person; we have provided nearly 5,700+ doses of vaccine to the young and old.

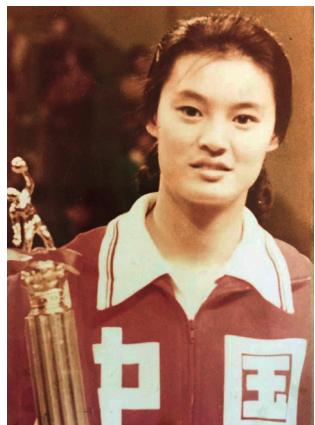
The future of CCACC is even brighter. We are looking forward to another 40 years of CCACC with enriched and improved service to the community!

A handwritten signature in black ink, appearing to read "Yao-Yao Zhu".

賀詞

熱烈祝賀 美京華人活動中心（CCACC） 成立40週年慶！

周曉蘭 · 中心排球訓練班教練



在此特殊的歷史時刻，我由衷地感到驕傲和榮幸，能夠同中心合作超過四分之一個世紀的時間。

在27年的合作中，我見證了中心的發展和壯大，CCACC不僅為華府地區的老年人提供了各種優質的社區服務，同時也為廣大青少年提供了多項體育活動的培訓。從最初的華人群體，到如今吸引了眾多非華人群體的參與，成為華府地區著名的社區服務中心。作為負責排球項目的教練員，我們從最初的10幾個學生發展到近200名學生，以及有眾多助教參與的一個培訓系統。

回望這段歷程，我既有對最初創建排球訓練班的深情體味，也有作為親歷者的許多美好回憶，更有對未來發展的切切期盼。

在此具有紀念意義的40週年慶賀之際，我為中心祝福，並與之共賀共勉！



Since 1995, Xiaolan Zhou has been a very popular and respectable coach of the CCACC Volleyball Clinic.

自1995年以來，周曉蘭教練一直擔任美京華人活動中心排球訓練班教練，深受學生的敬愛。

周曉蘭

At the 2nd Asian Women's Volleyball Championship in 1979, China Women's National Volleyball Team won the championship, and Xiaolan Zhou won the "Best Performance Award." Xiaolan Zhou was a starting middle blocker for the China Women's National Volleyball Team, which won three gold medals in three world competitions in 1981, 1982 and 1984.

圖為1979年，在第2屆亞洲女子排球錦標賽上，中國女排獲冠軍，而周曉蘭作為副攻手，個人獲“最佳表現獎”。此後，1981年、1982年和1984年，中國女排獲得“三連冠”，在世界杯、世界錦標賽和奧運會三大頂級賽事中獲得冠軍。

我在美京華人活動中心的 義工經歷

靳杰強博士 · 中心書畫藝術社指導老師



2002年，幾位愛好藝術的朋友要我教他們中國書法，我便在美京華人活動中心開了書法班。當時中心租用Tilden初中做活動，我班收學費以支付課室租金，我義務教授。從此，我便成為中心的義工了。過幾年同學又要求我教畫，我便加開了山水畫班。我們的班又易名為華人活動中心書畫藝術社。

2004年，中心想在蓋城湖林商場的春節慶祝活動中搞一個書畫展覽，找華府區的名家參加，李潮兄找我籌劃。當時有幾位藝術家不肯參加，後來經過了解，便要求中心為展品購買保險，他們便都拿出佳作，才辦成了一個名家邀請展，向各界介紹一輯高水平的中國書畫。湖林商場的名家邀請展，一直辦了七年，後來轉化為中華文化藝術同盟和書畫藝術社的展覽。這些展覽，均因得到中心很多義工的幫助才能夠完成。因為佈置展場都要在商場關門之後，義工們不辭勞苦，凌晨兩三點仍堅持工作，把展覽做到盡善盡美。給我一個很難忘的經驗。

2016年，美京藝廊成立，我又與孫文影館長分

擔一些藝廊的工作，如佈置展場，寫展覽介紹文章，評審展覽申請，及物色藝術家前來展覽等。幾年間，我推薦了曾在台灣國立歷史博物館展出的陳瑞康先生，國際知名的油畫家鍾耕略先生，馬利蘭大學藝術系的沈寬教授，以及國際平面設計泰斗靳埭強先生等。他們都在美京藝廊成功展出。2019年，一群荷蘭藝術家應邀來藝廊舉行交流展，他們見到中心的規模都讚不絕口。

這麼多年來，中心給予書畫藝術社大力的支持和幫助。它為我們免費供給課室，宣傳我們的展覽和活動，印製展覽場刊等等。在這兩年多的疫情期間，又為我們安排網課，提供技術輔導，使書畫班能運作無間。

中心的會長和各位領導人高瞻遠矚，各部門的辦事人員都齊心合力，使中心業務日進佳境，是我們的福氣。在此40週年的大日子裡，我敬祝中心活力倍增，更指望中心有更精彩的第二個40年！

靳杰強



Dr. Kit-Keung Kan is performing calligraphy writing at CCACC Art Gallery during Maryland First Lady Yumi Hogan's visit to CCACC on May 6, 2018.

2018年5月6日，馬州第一夫人金有美女士訪問中心，靳杰強博士在美京藝廊當場揮毫，表演書法藝術。



Alice Kan (3rd from left) and her students are playing Gu-Zheng during the CCACC two-week Lunar New Year Celebration at Lakeforest Mall in Gaithersburg, MD.

黃麗嬪老師（左三）與學生們在中心2016年馬州蓋城湖林商場農曆新年雙週慶典上表演古箏演奏。

當義工有感



記得移民來美國的第一個星期天下午，便踏足於中文學校的課堂裏教中文。教了三個月，因要進修，便辭退教職。直到1998年的9

月，中文學校開設古箏班，我在那裏當導師，教得很開心；可惜從2003年的暑假開始，該中文學校因沒有人願意當校長一職而停止辦學！後來在李潮先生的安排下，開辦美京華人活動中心古箏社，從2003年9月開始，每年春秋二季都開辦古箏課程，讓有興趣的愛好者在班上共同學習這麼優美的音韻。當時有感於中心不牟利地服務社區的精神，我決定把每期所得的學費，全數給中心作為發展之用；從那時起，我便當上了義工。

記得古箏班開始時是在Tilden初中上課，校方的限制頗多，地方也狹窄。直至2011年8月27日，美京華人活動中心新總部開幕，從此上課便方便多了！還記得開幕當天很熱鬧，許多政府首長來剪彩，也有餘興節目，散會前大伙兒還到停車場拍照留念，十分難忘！

曾經有一位住在維州Norfolk的中年男士，每週開車兩個多小時遠道而來學古箏。他對古箏的熱愛感動了班上的同學，也鼓舞了我，更令我體會到每個義工的重要：哪怕是最普通的工

作，只要幫到別人，都值得去做；取之於社會，回饋社會。從這些年的義工服務中，我在精神上與心境上的獲得是無價的！

每年農曆新年，美京華人活動中心都會在湖林商場舉辦賀歲節目，場面熱鬧非凡。但2015年2月21日的羊年慶典，卻遭逢大暴風雪來襲，交通陷入癱瘓狀態，平日半小時車程，當天卻花了兩個多小時。當我們到達會場時，那三位準時抵步的小妹妹竟然廖化當先鋒，剛剛被安排分別上台獨奏古箏，擔當大任；而餘下的節目都宣佈取消。人生總有許多磨鍊！

很感謝CCACC有明確的目標和遠大的理想，創辦人與主事人都是誠意無私地為華人社區服務。這些年來匯集義工們的力量，完成一項又一項的使命；還有各種不同的醫療和康樂活動，使中心成為大眾日常的好去處。欣逢40週年慶典，祝願CCACC有如滾滾長江，匯細流，納百川；帶着無限動力和愛心，灌溉大地，越時空，造福大眾。

黃麗娟

Celebrating the 40th Anniversary of CCACC

Phoenix Liu, Ph.D.
Volunteer Teacher of CCACC Yah Jue Music TaiChi Club

The Chinese Culture and Community Service Center (CCACC) is celebrating its 40th Anniversary this year (2022), and I have the honor to write an essay to join the celebration and feel a little melancholy that the time has gone by so fast.

Sensei Tak Fung, the founding master of Yah-Jue Music TaiChi Class, started using the CCACC's venue at Tilden Middle School in 1997. Whenever there was a celebration of an anniversary or a Lunar New Year, the TaiChi Class would offer a performance to support the event. After Master Fung's passing in 2004, I continued teaching the class as his successor from 2004 to the present. We also moved with CCACC from the middle school to the current spacious venue in 2011, and officially became one of the "CCACC affiliated clubs."

As far as I know, there are at least 20 CCACC affiliated clubs to serve Chinese immigrants. People can go to the Center to learn English or to join a chorus, a drama group, a painting class or various sport groups, including our TaiChi class. I am always inspired to see the "United Effort to Build a City" logo on the CCACC shopping bag given out on every year's anniversary. It reminds me how in the early years this organization was run by "pure" volunteers, who either donated money or time to "build a city tower." These unpaid workers have helped CCACC to develop from a weekend program that rented spaces from a middle school to a year-round operating organization that rents out spaces in its buildings.

Moreover, CCACC's service has continuously expanded from targeting more of the elderly to serving people of all ages. The newly founded CCACC Academy has become a center of community education, offering a bilingual preschool, an afterschool enrichment program, and summer camps for children ages 2 to 13. The newly added CCACC Sports, with state-of-the-art swimming pools and tennis courts make the summer camp activities more diversified!

As for the Yah Jue Music TaiChi Class, with students ranging in age from 30 to 90, we practice a soft type of martial arts at CCACC every Saturday. It is a small family within the big CCACC family. During the two-hour class, we practice TaiChi's movements and mindfulness, Qigong's relaxation, and life-energy improvement. At the end of class, students feel a "reborn" sensation. Our students are not only Chinese. By teaching bilingually, I hope that TaiChi and Qigong will not only strengthen the immune system of the elderly, but can benefit more people and allow "non-Chinese" to explore the essence of Chinese culture.

As CCACC celebrates its 40th anniversary, the Yah Jue Music Taichi Class is also proud to be a member of the "United Effort to Build a City." All our class members also sincerely wish for CCACC's sustainable operation and even longer-lasting "City Building!"





Dr. Phoenix Liu (front row) is leading CCACC Yah Jue Music TaiChi Club members to perform at CCACC 31st Anniversary Celebration on December 7, 2013.

2013年12月7日，陳鳳凰博士（前排）帶領中心雅竹音韻太極社學員們在中心31週年慶典上表演太極。



Dr. Phoenix Liu (front row, 3rd from left) is volunteering to teach CCACC Yah Jue Music TaiChi Program.
陳鳳凰博士（前排左三）在中心雅竹音韻太極社義務教學。

美京華人活動中心 40週年慶祝感言

陳鳳凰博士 · 中心雅竹音韻太極社義工老師

今年（2022年）美京華人活動中心（以下簡稱“中心”）慶祝成立40週年，筆者受邀撰寫短文以致祝賀。第一個感觸就是：慨嘆時光的飛逝啊！

雅竹音韻太極班的馮以德老師，從1997年就使用中心當時位於Tilden初中的場地。每逢中心有慶祝活動，太極班都會推出活動共襄盛舉。馮老師於2004年過世後，筆者忝為繼任老師至今，帶著太極班由中心當初租借的中學，於2011年搬到了現在的寬闊場地，正式成為「中心社團」。

據筆者所知，中心有幾十個社團，華人朋友不論學習英文、合唱、戲劇、繪畫，或包括太極等各種運動，都可以在中心找到學習的團體。筆者每年週年慶，見到中心贈送購物袋上的城門標誌—那個代表中心諸多義工「眾志成城」的logo，都覺得十分感動。因為當初這個團體，就是由一群純粹的義工，捐錢出力，積沙成塔，把中心由借用中學場地的週末團體，發展到今日擁有數個規模可觀的服務地點、全年無休的一個社區服務機構；而且服務項目由針

對老人，不斷擴充。如今，博雅苑成了學齡前幼兒心智發展之場所，以及小學生課後班和中小學生夏令營之重地；新增添的博翊館游泳池和網球場，更使中心夏令營活動豐富化、多元化了！

中心雅竹音韻太極社學員年齡從30到90不等，每週六在中心練拳，是中心大家庭之內的一個小家庭。兩小時內，我們時而練拳、練意，時而配合音韻練鬆、練氣。下課時，總有脫胎換骨之感。我們使用雙語教學，只希望能將太極和氣功這項能增強老人免疫系統的運動，惠及更多人，讓「非華人」也能窺探中華文化的精髓。

欣逢中心慶祝40週年，雅竹音韻太極班亦因可以「中心社團」身份躋身「眾志成城」的一員而自豪，並衷心預祝中心永續經營，「業」祚綿長！



傳承

王碧芬 · 中心養生武舞義工老師

2007年經由李順招老師推薦，我開始在美京華人活動中心當義工老師，教元極舞班。剛開始在林肯活動中心上課，後來轉到蓋城中心總部，至今已達15年之久。這期間也教過上百位學生。

雖然辛苦，但我很珍惜這段教學的時光。每每與學生分享一隻舞匯集的內涵與精華時，都感到無比的開心！看到學生一天天的進步，我也感到特別的欣慰！

2019年我們創立了大華府養生武舞學社。2020年由於新冠病毒疫情的爆發，為幫助大家宅在家也可以鍛練健身，美京華人活動中心發動並邀請我開設了網課，維持至今。2021年我們加入了中心社團，成為中心養生武舞學社，也繼續在中心開設養生武舞班。

養生武舞以中華傳統武術和中國古典武舞為基礎，再運用中醫和經絡基本原理融於武舞中。它用清靜祥和的原創心靈音樂與具有治療作用的動式完美結合。動作舒緩圓活，剛柔並濟，長期習練，可以通經活絡，強健筋骨。

我承蒙華府元極學研究社的創社社長李順招恩師的栽培，以及古月派養生武舞創編作者胡改雁和武濤兩位武術大師的傳授和托付，繼承了

他們推廣的中華文化傳統道德和廣大的愛人胸懷，把健康快樂帶給大眾和社會！這也是一直支撑我當義工的動力。能與學生們一起學習，教學相長，強身健體是一件非常有意義的事！

更要感謝美京華人活動中心提供場地，建立社區，為華人服務！今年是中心的40週年年慶，能有今天的輝煌光景，得來實屬不易！是靠著創立人瀝血披心的建設，還有許許多義工無私的奉獻。這種精神需要一代又一代的傳承！就像我的恩師們對我的托付，把元極舞、養生武舞一代又一代的傳承下去！

希望我們每一個人都能盡一份心，出一份力，推促提升傳承精神，讓大家的生活更加美好，多添加一點色彩。如同最新舞集「中華風骨」最後的一句唱詞所云，讓武舞成為「歷久彌新的華彩樂章」！



Group photo of CCACC Martial Arts Health Dance Club members at the 2021 year-end party.
2021年中心養生武舞學社年終聚會合照



Josephine Tao (left) poses with Gaiyan Hu (middle) and Tao Wu (right), two masters who are the composers of Guyue Sect martial arts health dance.

王碧芬老師（左）與古月派養生武舞創編作者胡改雁（中）和武濤（右）兩位武術大師合影。

CCACC and Me: CARING, CULTURE, AWARENESS, COMMUNITY, CONNECTION

Christine Li and Family
CCACC Volunteers and Members

1982: Capital Chinese American Community Center
1983: Chinese Culture and Community Service Center

Then....



Friday and Saturday Night Volleyball.
星期五和星期六晚間排球。



Family Summer Camp at Salisbury University.
中心借用Salisbury大學校舍舉辦家庭夏令營。

CCACC has been a part of my life for as long as I can remember. My dad, along with four of his friends, had a vision of creating a place where people can come together, interact, be active, and form friendships to last a lifetime. Growing up, every week we would head over to Walter Johnson High School or Tilden Middle School, and between the gym and the cafeteria. I would hang out, watch my dad play basketball and play hide and go seek tag with my friends. Over the summers,

we would go to Salisbury University for summer camp. What I remember the most was the “Olympics” where we would compete in several games and activities with all the campers. It was so much fun! When I was in the 7th grade, I started playing volleyball, led by Coach Phil. Every Friday and Saturday night for 3-4 hours, we would meet, learn, play, and hang out. People I met here became my social group—closest of friends who would chill, play volleyball, go dancing and play

mahjong. For years, it was a time that I always looked forward to every week until I graduated and went away to college.

After four and half years, I returned from college and quickly returned to the Center. At this time, CCACC partnered with Westfield Montgomery Mall for their very first Lunar New Year performance and exhibition. My first task was to prepare the dragon head and tail for display. I remember painting and repainting all the

lines, and adding each and every little piece of sequins. The night before the opening day, we would stay up late helping with the set up at the mall—calligraphy words on banners, lanterns to be hung up, lions and the dragon to be placed, and display panels to be assembled and arranged. I remember working with many volunteers till late night hours, barely being able to keep my eyes open. But when it was all said and done, it was well worth it. It was a time of bringing people together and a time for celebration!



First ever Chinese New Year Celebration (at Montgomery Mall).

生平第一次親歷農曆新年慶典（在 Montgomery商場）。



Getting Ready for the Lunar New Year Celebration!
為農曆新年慶典做準備！



Hands-On Origami Table.
大家圍坐在桌邊一起疊千紙鶴。



Awesome volunteers!
義工們棒棒噃！



And Now....

Staying in the area and close to my parents, I feel extremely grateful to have had these experiences, and then to be able to pass down and share these traditions with my own family. When my kids were young, my parents would bring them to the Adult Day Healthcare Center quite often. My son and daughter have fond memories of playing table tennis, pool, basketball, painting, apparently drawing on a watermelon, watching exercise classes, having lunch (noodles with

Sriracha) and hanging out and talking with the staff and seniors. Every time I visit the Center with my kids, people are happy to see them. This adult daycare is also a place where my mom is able to take her classes and be involved with the seniors. There is also a beautiful gallery that displays all of the amazing work of various talented artists. During Lunar New Year time, we would get all dressed up in our Chinese attire and go to the mall to see the exhibits and watch all the performances.



ADHC Kitchen and Activities.
歡樂中心廚房和多種活動。



Beautiful Art Gallery
美麗的藝廊。

Beautiful artist and her paintings.
美麗的藝術家和她的畫作。

Volleyball is still going strong!
排球練習進行中！



Enjoying the traditional festive Lion Dance.
欣賞傳統節慶活動—舞獅表演。

Watermelon Face!
西瓜臉！

Now that my kids are older, my daughter is playing volleyball just as I once did. My son will be attending Salisbury University for college, so when we went on our college visit, we went to the dorms and the Maggs building. Not much has changed and we had fun reminiscing about the CCACC summer camp. Both of my children take part during Lunar New Year and volunteer work (helping with the set up, performing in the dragon dance, helping during the exhibition and performance days). CCACC invites other Chinese organizations in the area to share their cultural programs, so my kids had the opportunity to represent their Chinese School in the lion dance and wushu performances. It is also an opportunity to create awareness of our culture, and a time for celebration!

Through the years, I am beyond impressed to see CCACC grow and reach so many people, young and

old, in the community. This vision that started 40 years ago, with the tremendous amount of time, energy and support from all of the volunteers, has been a true inspiration. So going back to what CCACC has meant to us....we have learned the true meaning of CARING for others through service and giving back, being a part of and sharing our CULTURE and spreading AWARENESS, being part of the COMMUNITY, and having that strong CONNECTION to others and our family.

Everyone has a story, and CCACC has been, and will always be, a big part of mine.



Assembling and hanging decorative Lanterns.
組裝和懸掛紅燈籠。



Practicing and performing the Dragon Dance.
練習和表演舞龍。



Li-Ming Lion Dance and Wushu performances at Lakeforest Mall.
黎明中文學校在蓋城湖林商場表演舞獅和武術。



Lantern Tunnel photo op!
拍照聖地—紅燈籠隧道！



Origami table tradition continues
千紙鶴折紙傳統在延續。



▲ Mrs. Alice S. Li's granddaughter has become a CCACC Youth Dragon Dance Team member.
孫尹女士的外孫女如今已成為中心青少年舞龍隊的一名隊員。

▼ My family.
我的家人。



The CCACC ADHC sign shines at night.
在夜幕下閃閃發光的中心和歡樂日間保健中心標誌。

報稅義工10年的溫馨經歷

金瑞亭 · 資深報稅義工



2013年，我參加CCACC初辦的 IRS Volunteer Income Tax Assistance (VITA)。這是自每年的1月底到4月初，每個星期六早上，在有限定納稅人全年總收入條件下提供的一項免費報稅服務。首先，義工們需熟讀由國稅局提供的4012稅務法則，再通過不同程度的考試，才能加入免費替納稅人報稅的義工團隊。

最初，服務於國稅局的張紘先生，任職IRS VITA項目的Lillie Williams女士，及CCACC副會長麗芳，一起協助和鼓勵義工們克服第一年碰到的種種報稅上的問題。隨著往後一年又一年的報稅服務，義工們也逐漸累積了一些經驗，在彼此互助合作中建立了團隊信心。

自2016年至今，中心雇了一位特別項目的專員王家鳳(Joy Wang)女士，在報稅期間策劃一個完整性的流程，並且加入團隊，同心協力一起討論並解決在稅務上遇到的難題，更使我們在艱難的新冠疫情中順利渡過了10週的報稅期。這讓我深深感到，參加CCACC的報稅義工團隊，真的好溫馨。



CCACC receives the VITA/TCE 10th Anniversary Certificate from the Internal Revenue Service (IRS) as a recognition of CCACC volunteers' offering annual free tax reporting services to low-income residents and senior residents in Montgomery County, MD. 中心自2013年起，每年組織報稅義工為馬利蘭州蒙郡低收入居民和老年居民提供免費報稅服務。美國國稅局最近授予中心執行VITA/ICE項目十週年榮譽證書。



CACC volunteers are busy providing the VITA program to community members in 2018.

2018年中心義工們為社區居民提供免費報稅服務。

我與常青社

劉佳 · 常青社社長



我們的傑作。CCACC的義工做的遠不止這些，還包括每年幫助65歲以上或低收入人士義務報稅，疫情期間為出門不便的老人送餐到家，等等。

六年前的一天，中心的員工對我說，常青社缺一個刷卡的義工，問我要不要試一試。當年4月中做完報稅義工後，專注自己的定位：照顧上學的孩子，接送、做飯等，心想：「閒著也是閒著，那就做點事唄」。

來到常青社，張延熙社長和張太太給我介紹了常青社的情況。當得知兩位老人家已在常青社做了18年的義工，並且得知常青社有那麼多的義工每天幫大家刷卡訂餐、燒開水、擺桌椅、採購水果和教大家打太極拳、養生武舞、民族舞、廣場舞，教大家唱歌、學英語等等，敬佩之心油然而生。隨後，我被安排刷卡訂餐、註冊登記新會員、買水果。工作簡單，日復一日，我在三任社長領導下當義工直到今天。

剛到常青社，張社長和張太太看我年輕，有精力學東西，放手讓我做各項義工的工作。2017年初，讓我主持春節聯歡會。推辭不行，我就這麼想：「給我這舞台，我一定要精彩！」最後結果儘管並不太精彩，這卻讓我重拾自信心。他們的鼓勵與支持，激勵著我一點點進步。王楚主任在任時，他每天一半時間做常青社義工，另外半天在泛亞門診做義工。疫情

做 義工在CCACC是有傳統的！每當春節來臨，你到大商場看看那些高掛的紅燈籠，還有呼之欲騰飛的金龍……那都是CCACC的李會長、資深顧問李潮，還有副會長張麗芳和CCACC其他員工和義工

開始後，常青社按蒙郡的規定，每週發兩次餐。鑑於室內活動禁止了，發餐只能在露天進行。那時，王主任親自開車去餐館運餐，風雨無阻！2021年8月新社長任爾翔先生上任。之後，他為大家開了網課，這樣大家不出門也可以一起娛樂、交流。當常青社預算緊張時，任社長親自到餐館和老闆談飯菜質量、價格，盡力使需要領餐的會員得到滿足。去年因為任社長調動工作，我被中心推上常青社社長的位置。信任、理解、支持、包容，讓我不再猶豫，大膽地向前邁了一步，接過前任社長的擔子！

今年9月1日，常青社慶中秋及中心成立40週年年慶的聯歡會，是歷經近三年疫情才迎來的，也恰好是我任社長一周年的日子。回顧這一年來，感覺短板不少，需要學習、改進和提高自己能力的地方還不少。雖然成就有一點，也就夠70分吧。想想每做一件事，身邊都是義工們在共同協作，在我收到讚美、榮譽時，看看我的背後，站著的是我們CCACC社區中心的團隊！每場活動都有精美的廣告頁，那是我的隊友、年輕漂亮、聰明能幹、快人快語的谷月喬做的；幫會員免費報稅、教大家網上學電腦，Zoom裡有個聲音甜美的同事，你只聞其聲，偶見其人，她也是我的隊友—幹練、漂亮的Joy。還有我們的團長（團隊領導）兼外語老師、舞蹈老師—多才多藝、認真負責又有親和力的李皎皎！感謝中心給我這平台—常青社，感謝對我的信任，委我以重任—社長，感謝我們常青社的每一位在崗義工，感謝我們中心社區服務部團隊！我，是他們的代表！



The Model Team members of Evergreen Club perform a dance at the Evergreen Club 2022 Moon Festival Celebration.
常青社花樣年華模特隊成員們在2022年中秋晚會上表演舞蹈。



CCACC Art Gallery.
美京藝廊。

CCACC生日祝福

王子晗 · 美京藝廊義工



定向CCACC發送週末義工的申請郵件。還記得第一次到CCACC的那個週末，孫文影老師帶我參觀了歡樂日間保健中心、歡樂中文學校(CLAPS)教室，還有美京藝廊。美京華人活動中心具有讓人震撼的規模，完善的日間保健和居家護理系統，面向中小學生的中文學校，充滿藝術氣息的美京藝廊，還有各種各樣的弘揚中華傳統文化的慶祝活動。美京華人活動中心為大華府地區的旅美華人，提供了一個溫馨的港灣。在團結華人華僑，推廣中華文化的同時，也促進了各個族裔之間的交流，提升了華人的形象。

我很榮幸地被孫老師選為2017年秋季歡樂中文學校的義工老師。在課堂上，我向小朋友們講解簡單的中文詞語和知識，向他們展示中國傳統文化和當代流行文化。雖然由於工作原因，我只擔任了一個學期的中文老師，但是與小朋友相處的這一個學期，已成為我在美國求學和工作過程中一個難忘的經歷。通過他們，我也對美籍華裔小朋友們有了更深入的了解。

首先，祝美京華人活動中心(CCACC) 40週年生日快樂！還記得2017年5月，剛畢業投入新工作不到一年的我，因一個偶然的機會在網上了解到CCACC。當我瀏覽過CCACC的網站和以往的活動以後，我決

雖然我的本職工作是水資源工程師(water resources engineer)，但因為家人的影響，我從小就很喜歡繪畫、彈鋼琴，並且對其他跟藝術相關的活動也很感興趣。機緣巧合，我於2018年成為了美京藝廊的一名義工。在自己時間允許的時候，會幫忙藝廊為藝術家們的藝術展覽佈置開幕茶會。在準備開幕茶會需要的水果和用品的同時，也有機會欣賞到來自不同國家的藝術家的作品。感謝美京藝廊的各種活動，給我機會認識除了本身專業以外的人士，同時感受藝術的熏陶。

我是在CCACC 35歲生日那一年與之結緣，了解並有幸成為CCACC的一名義工。與CCACC相識的五年裡，作為一名在美國學習和工作的中國人，我通過CCACC了解到了海外華人對中華文化的傳承和推廣，在CCACC認識了很多新的朋友，CCACC的各種義工活動，都給我留下了美好的回憶。

再次祝賀CCACC 40週年生日快樂！

預祝CCACC的下一個40年更加繁榮美好！

A Second Home

Reflections on Volunteering

at CCACC

Emma Chen
CCACC Young Adult Volunteer

A sea of red and gold greeted me that morning, with bright festive decorations adorning the stage and two mighty lions guarding either side. Behind the curtains, I could hear the muffled crowd chatter. The bleachers were packed. The tech guy nodded at me and said, “You’re up.”

Hosting Montgomery County’s annual Lunar New Year Festival, something I’ve attended with my family ever since I was little, was something I never could have imagined doing when I first began volunteering at the Chinese Cultural and Community Service Center (CCACC). I started with the Youth Dragon Dance Team. Performing at Memorial and Labor Day parades, the Lunar New Year Festival, and other events was a wonderful way to connect with my own heritage while sharing the beauty and liveliness of Chinese culture with others. The sight of that majestic, shimmering dragon weaving through the crowds inspired those in our community and promoted cultural awareness and understanding.

Then came January 2018. The Lunar New Year Festival was fast approaching. I was asked if I would be willing to host this prominent and beloved event. I was hesitant at first—speaking in front of hundreds of people was certainly something that was out of my comfort zone. But, with encouragement from my mentors at CCACC and my family, I decided to take on this

challenging role. I realized that it was a chance to share the beautiful, fascinating culture that I was raised in, while being surrounded by the rest of my community. This celebration was a place where differences can be bridged, and incredible performances can be enjoyed. And so, as I reminded myself of how fortunate I am to be a part of this joyous occasion, my fears and doubts melted away. It turned out to be an indelible experience that greatly propelled me in overcoming my fear of public speaking, and I have hosted the event several more times since then.

During the COVID-19 pandemic, to keep the seniors socially active and prevent them from feeling lonely and isolated while being quarantined at home, CCACC started Senior Technology Training classes to teach seniors how to use various applications and functions of their digital devices, and to help solve their technology issues through one-on-one Zoom meetings. We have held numerous classes on Zoom, WeChat, Gmail, Amazon shopping, Google Map, and even TikTok. I have had the joy of interacting with and teaching seniors how to use their technological devices and watch as they have grown more and more familiar with the often finicky touchscreens and buttons. This has given me the chance to see a tangible impact my service has made on others’ lives; the sense of accomplishment and pride I felt when seniors thanked me at the end of a lesson for helping them become more ‘tech-savvy’ is simply

indescribable. Their tenacity and seemingly endless passion and love for learning new things despite their hardships also inspires me to adopt their positive, go-getting attitude towards overcoming barriers, applying it to my own perspective on life.

From my five years of volunteering at CCACC, every experience has been a chance to learn something new from my fellow volunteers and the people we help. Obviously, I have learned what it takes to make a dragon move, to record basketball scores, or how to greet people and set up the stage for an event. But beyond that, I have improved my organizational, public speaking, and leadership skills, and I have learned to be responsible, compassionate, humble, and open-minded. To me, CCACC is not only a vibrant, caring, and

passionate community that dedicates itself to serving, strengthening, and celebrating Asian Americans and cultural diversity, but also a warm and loving family. The knowledge, skills, and values I have gained here will not only help me succeed as I go off to college and beyond, but also allow me to become a contributing, impactful member of society, as I continue to give back to and serve the Asian American community.

Thank you CCACC and congratulations on your 40 years of service.



Emma Chen (2nd from left) as a member of CCACC Youth Dragon Dance Team participates in the Labor Day Parade in Gaithersburg, MD.

陳依芸（左二）作為中心青少年舞龍隊的一員，參加馬州蓋城勞工節遊行。



Emma Chen (right) cohosts the 2020 two-week Lunar New Year Celebration at Lakeforest Mall, Gaithersburg, MD.

陳依芸（右）擔任2020年馬州蓋城湖林商場農曆新年雙週慶典的主持人。

Meitu Lesson 6/28.mp4

Filters | 濾鏡

有很多不同的濾鏡
可以往左滑，看到更多的濾鏡
可以往左或右滑，改變濾鏡的程度

長按這個可以看到濾鏡之前，可以看到有什么區別

Emma Chen works as a tutor of CCACC Senior Tech Support Tutoring Session.

陳依芸擔任中心銀髮族電腦課教師。

Congratulations, CCACC

Wilson Kan
Youth Volunteer

Congratulations, CCACC, on your 40 years of service!

I joined CCACC as a youth volunteer in the fall of 2019. Little did I know then how drastically the world would change. The past three years have turned out as no one has expected, but because of CCACC, they have also become perhaps the most meaningful years of my life. CCACC provides me with countless opportunities to serve our Asian-American community as a tech support tutor, a vaccine ambassador, and a Lunar New Year Gala emcee, all in the midst of a pandemic. No matter what the world looks like, CCACC always manages to adapt to the environment to support our community, and I am extremely fortunate to be a part of this process.

There are a lot of people to thank for making all this happen. Throughout the past three years, I have always looked to Ms. Joy Wang, CCACC's Youth Volunteer Coordinator, for her support and guidance. She is always thinking of ways for us youth to serve and engage with the community. Ms. Wang began to organize online volunteer events at the very start of the pandemic when most activities were suspended. In no time, we began to serve virtually, tele-promoting the Montgomery County Small Employer Assistance Program on the phone and teaching seniors (many of whom are more vulnerable to the virus and thus must stay at home more often) to use technologies on Zoom. Ms. Kate Lu arranged multiple vaccine outreach events, during which we provided important vaccine information to members of our community, helping to stay safe during the pandemic. Ms. Li-Fang Liu coordinated the Lunar New Year Gala, which promotes our culture and makes our voices heard. All of these have touched the lives of many people and made a tangible difference in our community.

On a personal note, CCACC has witnessed a lot of my growth, too. Ms. Wang often tells us that opportunities are given to those well-prepared. She would conduct pre-meetings before each tech class to discuss how to write the scripts and prepare the materials, so that we can better communicate our ideas to the seniors. Many of CCACC's projects are also unique experiences that make me step out of my comfort zone. My work at CCACC not only helps those in need but also keeps me connected with our community and deepens my knowledge of our world.

The last two years really show that nothing can stop us. Whatever lies ahead, I know that CCACC will keep serving the Asian American community and show the world that we care. Congratulations on 40 years of service, and I look forward to the next 40!

Wilson Kan -



Wilson Kan (3rd from left) works as a CCACC 2021 COVID-19 Vaccine Outreach Ambassador.

閻唯誠（左三）擔任中心2021年新冠疫苗外展大使。



VIII. CCACC OUTSTANDING VOLUNTEERS AND SENIOR EMPLOYEES

傑出義工和資深員工名單

(Listed in chronological order of their service start dates 以任職先後排序)



Volunteer Heroes 義工英雄們

Ever since its establishment in 1982, CCACC has been operated by thousands of very dedicated and well educated volunteers. They have been generously dedicating their time, passion and expertise to providing a wide range of invaluable services to the community. CCACC Executive Director and cofounder Chih-Hsiang Li, Senior Advisor and cofounder Ned Li, Board Member Dr. Yuchi Huang, the Home Care and Art Gallery Director Rita Lewi, and Logistic Support Manager Dr. Immanuel Tung, are all volunteers, who have been serving at CCACC

for 22-40 years. These five volunteer leaders are the awardees of the 2021 President's Lifetime Achievement Award, the highest honor of the President's Volunteer Service Award. Let's honor all CCACC volunteers. Because of the large number of CCACC volunteers, most of them, especially those serving during our early years, are regrettably missing from this list. With deepest gratitude for their commitment to serve, we thank all CCACC volunteers and their families on behalf of CCACC and the people we serve.

中心自1982年成立以來，非常幸運地擁有累計數千名兢兢業業且學識豐富的義工。他們慷慨地付出時間、熱情與才幹，為社區貢獻全方位服務。中心會長及聯合創始人李志翔先生、資深顧問及聯合創始人李潮先生、董事黃幼基博士、美京居家護理及美京藝廊負責人孫文影女士，及中心後勤支援總管董一明博士，均為義工。他們22年至40年如一日，傾力服務社區。2021年，這四位資深義工榮獲總統義工獎最高獎項—終身榮譽獎。讓我們向所有的義工英雄們致敬。鑑於中心義工多達數千人，大多數義工姓名，尤其是中心發展初期的義工姓名，未能收入本刊。對此我們深表遺憾。在此，謹代表中心及廣大的服務對象，向所有的義工英雄們及其家人致以最誠摯的謝意。

Senior Volunteers

資深義工

40 Years' Services 服務滿40年之義工

Mr. Ned Li & Mrs. Alice S. Li

李潮先生、孫尹女士

Mr. Ned Li is cofounder and current Senior Advisor, former Board Member & Chair, and former ADHC Director. Mrs. Alice Li provides program support.

李潮先生為中心聯合創始人及現任資深顧問、前董事、前會長、前歡樂日間保健中心主任；孫尹女士長期為中心提供活動支援。

Mr. Chih-Hsiang Li & Dr. Chou-Chi Li

李志翔先生、黃周琪博士

Mr. Chih-Hsiang Li is cofounder and current Executive Director, former Board Member & Treasurer. Dr. Chou-Chi Li works as medical interpreter for ADHC seniors and provides event support.

李志翔先生為中心聯合創始人及現任會長、前董事及前財務；黃周琪女士為歡樂中心耆老擔任醫學翻譯，為中心提供活動支援。

30 Years' Services 服務滿30年之義工

Mr. Meng Kuan Lee & Mrs. Cathryn Lee

李孟光先生、任渝女士

Mr. Meng Kuan Lee is former Board Member & Chair. Mrs. Cathryn Lee provides event support.

李孟光先生為前任董事及董事長；任渝女士提供活動支援。

Dr. Yuchi Huang & Mrs. Monica Huang

黃幼基博士、陳曉嵐女士

Dr. Yuchi Huang is current Board Member, former Board Member, Treasurer & Chair. Mrs. Monica Huang provides event support and helped CCACC build connections with Smithsonian for Lunar New Year (LNY) event.

黃幼基為現任董事，前任董事、會長、董事長及財務；陳曉嵐提供活動支援，以及幫助中心與史密斯博物館合作開展農曆新年文化表演。

20+ Years' Services 服務滿20年之義工

Mr. Yung Y. Chen

陳永毅先生

Former Board Member and was in charge of Montgomery County Public Schools (MCPS) facility rental.

為前董事，負責蒙郡公校場地租借。

Dr. Immanuel Tung

董一明博士

Current Logistic Support Manager, former Board Member and Chair.

現任行政辦公室後勤支援總管，前董事及前會長。

Mr. Stan Tsai & Mrs. Annie Tsai

蔡德樑先生、張惠珍女士

Mr. Stan Tsai, former Board Member & Chair. Mrs. Annie Tsai is VITA senior volunteer & provides event support.

蔡德梁先生為前會長、前董事及董事長；張惠珍女士參與免費報稅服務及活動支援。

Dr. Chyang Fang & Mrs. Lily Fang 方強宗博士、秦力利女士

Dr. Chyang Fang, former Board Member, former Director of Health and Human Service, former event support staff. Mrs. Lily Fang provides event support for LNY Celebration.

方強宗為前董事、前保健福利部長及活動支援人員；秦力利為農曆新年活動支援人員。

Dr. Yee-Tak Fung (deceased) & Mrs. Hope Fung

馮以德博士（已故）、陳希望女士

CCACC YahJue Musical TaiChi Class Founder and Coordinator.

分別擔任中心雅竹音韻太極社創社人和班長。

Mr. David Lee & Ms. Huimin Liu 李定遠先生、劉慧敏女士

Mr. David Lee, former Board Member & Chair, VITA senior volunteer & event volunteer. Both volunteered at CCACC Health Center.

起自1999年。李定遠為前董事及會長、報稅及活動支援人員；兩人均曾在美京健康醫療中心擔任義工。

Ms. Rita Lewi & Mr. Leng Lewi 孫文影女士、雷松齡先生

Ms. Rita Lewi is cofounder and Director of Home Care, Art Gallery, and formerly Chinese school, Culture Language Arts Programs and Services (CLAPS), former Executive Director. Mr. Leng Lewi provides general support.

孫文影女士為居家護理中心、美京藝廊以及前歡樂中文學校聯合創始人和負責人，前中心會長；雷松齡先生提供一般支援。

Dr. Kit-Keung Kan & Dr. Yuen-Han Kan 靳杰強博士、甘潤嫻博士

Dr. Kit-Keung Kan, current teacher of CCACC Art Club of Chinese Painting & Calligraphy, and former Board Member (2008). Dr. Yuen-Han Kan provides general support.

靳杰強博士現任中心書畫藝術社指導老師，前董事（2008年）；甘潤嫻博士提供一般支援。

Dr. Mo-Ping Chow & Tai-Hui Chow, RN 周武屏醫生、周謝苔蕙護士

Dr. Mo-Ping Chow, current Board Member and Health Center Founding Physician, former Board Member and former Health Center Medical Director. Mrs. Tai-Hui Chow is a Health Center nurse.

周武屏醫生現任董事及美京健康醫療中心創始醫生，前醫務主任，前董事；周謝苔蕙女士現任美京健康醫療中心義工護士。

Ms. Chiao-chiao Liu

李皎皎女士

CCACC Adult Folk Dance Class coordinator.
現任中心成人民族舞蹈班班長。

Mr. Edvin Chow & Ms. Sihui Lu

鄒秉雄先生、呂思慧女士

Mr. Edvin Chow, former Board Member & Chair, former ADHC Director, and former Executive Director. Ms. Sihui Lu provided event support.

鄒秉雄先生為前董事及董事長、前歡樂中心主任、前會長；呂思慧女士提供活動支援。

Mr. George Yu & Ms. ShuWah Lin

余超華先生、林淑華女士

Mr. George Yu, former Board Member, IT Manager, and event support staff. Ms. ShuWah Lin provided event support.

余超華先生為前董事、前IT經理、前活動支援人員；林淑華女士提供活動支援。

Mr. Chu Wang

王楚先生

Health Center senior volunteer, former Board Member, former Director of Evergreen Club.

泛亞門診資深義工，前董事，前常青社社長。

Ms. Miranda Chin

俞孟嘗女士

Photo Club Board Member.
中心攝影社幹事。

Ms. Nellie Chao**梁耐妮女士**

CCACC Art club of Chinese Painting & Calligraphy coordinator.
中心書畫藝術社班長。

10+ Years' Services 服務滿10年之義工**Mr. I-Ling Chow (deceased) &****Ms. Dianna Chow****周一麟先生（已故） 、傅秀揚女士**

Mr. Chow, founder of CCACC Federal Credit Union and former Board Member. Mrs. Chu, former Board Member.

周一麟先生為美京聯邦信用合作社創辦人及前中心理事；傅秀揚女士為前理事。

Dr. Jeffrey Liu & Mrs. Mamie Liu**劉源傑博士、瞿毓華女士**

Dr. Jeffrey Liu, former Board Member. Mrs. Mamie Liu provided general support.

劉源傑博士為前理事；瞿毓華女士提供一般支援。

Mr. Bing-Jib Huang**黃秉驥先生**

Former Board Member & Chair
前董事及前會長

Dr. Chung C. Fu**傅崇基博士**

Former Board Member and Chair
前董事及董事長

Dr. Ling Cheung**張凌醫生**

Former Board Member and Evergreen Club volunteer.
前董事，前常青社義工。

Dr. T. Julian Chu**朱殿蓉博士**

Tai Chi Chuan Push-Hands Club teacher, citizenship workshops initiator, former Board Member and Chair.

前會長和前董事，太極推手課和公民申請輔導發起人。

Ms. Frances Chang**夏夢梅女士**

Former Board Member
前董事

Ms. Angela Hsu and Mr. Daniel Hsu**劉志潭女士、徐用卓先生**

Ms. Hsu, former Board Member. Mr. Hsu, former Board Member

劉志潭女士為前董事；徐用卓先生為前董事。

Mr. Chiang Lee (deceased)**李一強先生（已故）**

Former Board Member
前董事

Ms. Nancy Lin**林南玉**

Former Board Member
前董事

Mr. Dao Chuang Liu & Mrs. Xuang Mei Liu**劉道壯先生、俞雄美女士**

Mr. Dao Chuang Liu, former Board Member. Mrs. Xuang Mei Liu provides general support.

劉道壯先生為前董事；俞雄美女士提供一般支援。

Mr. Sam Liu**劉雙柱先生**

Former Board Member
前董事

Dr. Ling Yang**楊凌醫生**

Health Center volunteer physician.

美京健康醫療中心義診醫生。

Mrs. Alice Kan & Mr. Yui-Keung Kan
黃麗嬪女士、靳銳強先生

Mrs. Alice Kan is Gu-Zheng Club volunteer teacher. Mr. Yui-Keung Kan is Gu-Zheng Club member assistant teacher.

黃麗嬪女士為中心古箏社義工老師；靳銳強先生為古箏社義工助理老師。

Mr. Alex Guo
郭益群先生

Photo Club Board Member.
中心攝影社幹事。

Dr. Phoenix Chan
陳鳳凰博士

Yah Jue Musical TaiChi Class teacher.
雅竹音韻太極社老師。

Dr. Yao-Yao Zhu
朱躍躍醫生

Board Vice-Chair and Medical Director of CCACC Health Center.
副董事長及美京健康醫療中心醫務主任。

Dr. Yean-Hsi Chang &
Mrs. Yun Hsien Chang (deseased)
張延熙博士、余雲仙女士（已故）

Both engaged in the Evergreen Club. Dr. Yean-Hsi Chang, former Board Member.

兩人均參與中心常青社管理；張延熙博士為前董事。

Ms. Sandy Chang
張聖琪女士

Former Board Member, and provides general support to Evergreen Club.

前董事，為常青社提供一般支援。

Ms. Josephine Tao
王碧芬女士
Martial Arts Health Dance teacher.
中心養生武舞老師。

Ms. ChinSiu Choi Lee
李清秀女士

Evergreen Club Dance Team teacher.
常青社舞蹈隊老師。

Ms. Becky Chow
劉梅熹女士

Evergreen Club Tai Chi teacher.
常青社太極拳老師。

Ms. Brigitta Dai
梁麗珠女士

Evergreen Club Tai Chi teacher.
常青社太極拳老師。

Ms. Yun Gao
高雲女士

Photo Club Board Member.
中心攝影社幹事。

Ms. Jean Yuan
袁繼英女士

Photo Board Member.
中心攝影社幹事。

Dr. Qiufang Cheng
程秋芳醫生

Volunteer physician at CCACC Health Center.
美京健康醫療中心義診醫生。

Hsingchih Su, Pharm.D.
蘇幸枝藥劑師

Volunteer pharmacist at CCACC Health Center.
美京健康醫療中心藥劑師。

Kun Shen, Pharm.D.
沈昆藥劑師
Volunteer pharmacist at CCACC Health Center.
美京健康醫療中心藥劑師。

Theresa Liu, Pharm.D.
王琦藥劑師

Volunteer pharmacist at CCACC Health Center.
美京健康醫療中心藥劑師。

Mr. Bill Ho
何蘊隆先生

Photo Club Member.
中心攝影社幹事。

Mr. Jin Gong
龔錦先生

Photo Club Member.
中心攝影社幹事。

Mr. Naiqun Wu
吳乃群先生

Photo Club Member
中心攝影社幹事。

Dr. Lei Xu
徐磊醫生

Volunteer physician at CCACC Health Center.
美京健康醫療中心義診醫生。

Samuel Wu, Pharm.D.
吳幼舒藥劑師

Volunteer pharmacist at CCACC Health Center.
美京健康醫療中心藥劑師。

Ms. Ping Luo
羅平女士

Evergreen Club Square Dance and Folk Dance teacher.
常青社廣場舞和民族舞老師。

Ms. YouSu Wu
吳有蘇女士

Evergreen Club Ballroom Dance teacher.
常青社交誼舞老師。

Mr. Xiaoming Yan
閻曉明先生

Evergreen Club volunteer.
常青社義工。

Mr. Xianxin Qiu
裘獻心先生

Evergreen volunteer.
常青社義工。

Ms. Wendy Yee
朱綺雲女士

Evergreen Club Traditional Chinese Painting teacher.
常青社國畫班老師。

Ms. Rachel Jin
金瑞亭女士

VITA senior volunteer.
報稅資深義工。

Ms. Wendy Pan
潘倩雯女士

VITA senior volunteer.
報稅資深義工。

Trang Tran, Pharm.D.
藥劑師

Volunteer pharmacist at CCACC Health Center.
美京健康醫療中心藥劑師。

Extraordinary Volunteers with Significant Contributions to CCACC

貢獻卓著之義工

Dr. Su Min Chou (deceased) 周蘇民博士 (已故)

Dr. Chian-Li Jen & Mrs. Becky Jen (deceased) 任建立博士、左一凡女士 (已故)

Mr. John Wang 王純傑先生

Ms. Minwen Hsiung 賈明文女士

Ms. Vivien Kao 吳煥文女士

Dr. Riley Chung 鐘志明博士

Dr. May Chang & Mr. Shu-Sing Chang 李汝梅博士、張樹新先生

Dr. Jiausen Jih 季蕉森博士

Dr. Yuan-Heng Tai 戴元亨博士

Mr. Victor Hsiung & Mrs. Emily Hsiung 熊園傑先生和黃麗蓉女士

Mr. George Chang (deceased) 張明文先生 (已故)

Mr. Nick Liu 劉念湘先生

Dr. Lily Chen and Dr. Jeffrey Chen 陳錦春博士、陳壯飛博士

Mr. James Tong 全毅先生

Ms. Hongyi He 何紅一女士

Ms. Yen Ju Chen & Mr. Yen Ming Chen (Brother) 陳彥如女士、陳彥明先生 (弟弟)

Ms. Lisa Lee 李麗莎女士

Ms. Linda Lee 曾欽文女士

Mr. I. K. Liang & Dr. Zhang Yang 梁義光先生、楊章醫生

Ms. Heidi Xia 梅強國女士

Senior Employees 資深員工

CCACC is grateful to each and every employee who has joined us in serving the community. We are humbled by our employees' edicated hard work. Their efforts embody the spirit of what it means to really serve the community.

中心誠摯感謝每一位員工對社區的精誠付出。他們的勤勉奉獻令人肅然起敬，他們的敬業精神詮釋了服務社區之真正含義。

Employees with 10+ Years' Services 服務10年以上之員工



(Listed in chronological order of their service start dates 以任職先後排序)

Executive Team

Ms. Li-Fang C. Liu, Deputy Executive Director

行政團隊

張麗芳女士 常務副會長

Adult Day Healthcare Center

Grace Hsuan, RN, Head Nurse/Health Director

歡樂日間保健中心

宣恩慈女士 護士長兼保健主任

Ms. ShuWah Lin, Activities Program Assistant

林淑華女士 活動組助理

Dr. Jing Hu, Quality Assurance and Admission Specialist

胡景雲博士 品管及入會專員

Mr. Jason Chu, Fleet Maintenance Supervisor

朱茸英先生 車隊保養隊長

Ms. Jia Yu, Transportation Supervisor

于 佳女士 交通組組長

Mr. Xue Cheng Yu, Transportation Deputy Supervisor/Driver

余學誠先生 交通組副組長/司機

Ms. Yin Luo, Health Support Supervisor

羅 茵女士 保健支援組組長

Mr. Sizu Li, Transportation Team Member

李思祖先生 交通組組員

Ms. Cuiyun Yu, Activities Team Member

于翠雲女士 活動組組員

Mr. Wen Yu Chen, Transportation Team Member

陳文瑜先生 交通組組員

Ms. Wendy Yim, Activities Teacher

蕭仰寰女士 活動組老師

Ms. Wanda Hung, Registered Nurse

孔潔貞女士 註冊護士

Mr. Bo Li, Transportation Team Member

李 波先生 交通組組員

Adult Day Healthcare Center

Mr. Yi Miao Huang, Activities Team Member

Mr. Chih Hua Chao, Transportation Team Member

Ms. Pao Yu Tsai, Floor Team Member

Ms. Guozhen Gao, Certified Nursing Assistant (CNA)

Ms. Yinhuan Lu, Activities Teacher

Mr. Fu Jung Hsu, Transportation Team Member

Mr. Deyu Liang, Transportation Team Member

Ms. Qunfang Li, Floor Team Member

Ms. Siu Ling Yu, Floor Team Member

Ms. Peixia Herrera, Floor Team Member

Ms. Xiaoping Li, Floor Team Member

Mr. Yi Ru, Transportation Team Member

Mr. Bin Chao Xing, Transportation Team Member

Health Center

Ms. Huiming Liu, Clinic Manager

Ms. Kate Lu, Director of CCACC Health Center

Community Service

Xiaolan Zhou, Coach of CCACC Volleyball Clinic

Dayu Tsau, Assistant Coach of CCACC Volleyball Clinic and Summer Camp

Chiao-chiao Liu, Director of CCACC Community Services

歡樂日間保健中心

黃奕森先生 活動組組員

趙治華先生 交通組組員

李寶玉女士 大堂組組員

高國珍女士 認證護理助理

呂銀環女士 活動組老師

許富榮先生 交通組組員

梁德宇先生 交通組組員

李群芳女士 大堂組組員

余小玲女士 大堂組組員

林佩霞女士 大堂組組員

李小平女士 大堂組組員

汝 義先生 交通組組員

邢斌超先生 交通組組員

美京健康醫療中心

劉慧敏女士 診所經理

陸惠興女士 美京健康醫療中心主任

美京社區服務中心

周曉蘭女士 中心排球訓練班及
夏令營教練

曹大宇先生 中心排球訓練班及
夏令營助理教練

李皎皎女士 美京社區服務中心主任

Employees with 5+ Years' Services 服務5年以上之員工

(Listed in chronological order of their service start dates 以任職先後排序)

Adult Day Healthcare Center

Ms. Jie Sun, Transportation Team Member
Ms. Yiping Garcia, Activity Supervisor
Mr. Zhong Ming Li, Kitchen Staff
Mr. Zhong Ming Li, Kitchen Staff
Mr. Kangrong Zheng, Transportation Team Member
Mr. King Chee Ng, Transportation Team Member
Mr. Leo J Tung, Procurement Specialist/ Transportation Team Member
Ms. Xuejing Lin, Transportation Team Member
Mr. Minh Van Phu, Transportation Team Member
Mr. Xianrong Li, Transportation Team Member
Ms. Mei Yi Leung, Specialist for Visit Registration –Specialty Doctor Appointments
Ms. Qian Yu, Activity Team Member
Ms. Xiuhua Huang, Floor Team Member
Mr. Steve Cheng Wei Lin, ADHC Director
Ms. Sara Lo, Family Doctor Rehabilitation Appointments Specialist
Ms. Qunyan Wu, Health Support Team Member
Mr. Guoliang Hu, Transportation Team Member
Ms. Winnie W Chu, Registered Nurse
Ms. Siyun Peng, Floor Team Member

歡樂日間保健中心

孫 潔女士 交通組組員
朱卉平女士 活動組組長
李仲明先生 質食組組員
黃群英女士 活動組老師
鄭康榮先生 交通組組員
吳競慈先生 交通組組員
董榮宜先生 採購專員及交通組組員
林雪靜女士 交通組組員
符文明先生 交通組組員
李憲榮先生 交通組組員
梁美儀女士 看診預約專員
于 茜女士 活動組組員
黃秀華女士 大堂組組員
林激瑋先生 歡樂日間保健中心主任
施慧敏女士 就診註冊— 家庭醫生預約專員
吳群艷女士 保健支援組組員
胡國亮先生 交通組組員
陳衛濃女士 護士
彭思雲女士 大堂組組員

Ms. Lijun Song, Activity Team Member

宋麗軍女士 活動組組員

Ms. Catherine Shine, Floor and Catering Supervisor

石慧娟女士 大堂組/膳食組組長

Mr. Baoming Lin, Transportation Team Member

林寶明先生 交通組組員

Home Care

居家護理中心

Ms. Shuping Yang, Assistant to Director/
In-Take Coordinator

杨书平女士 主任助理/注册专员

Ms. Po Chu Li, ISAS Coordinator

李寶珠女士 ISAS協調專員

Executive Team

行政團隊

Mr. Runkun Gao, Facility Maintenance Staff

高潤坤先生 設施維護專員

Ms. Grace Kejing Kang, Information
Management Specialist

康可晶女士 資訊管理專員

Ms. Joy Chia Feng Wang, Special Program
Coordinator—Tax /Volunteer/Event

王家鳳女士 特別項目協調專員
—報稅服務/義工/活動支援

Ms. Pei Ti B. Kao, Accounting & Admin Assistant

高蓓蒂女士 會計專員



A drawing about CCACC culture by artist Hsien-Min Yang two decades ago.
藝術家楊先民20年前的線描畫，描述中心的文化氛圍。



Executive Director Chih-Hsiang Li is delivering a speech at CCACC 36th Anniversary Celebration in October 2018.

2018年10月李志翔會長在中心36週年慶典上致詞。



Mr. Chih-Hsiang Li in his green years.
於青蔥歲月中的李志翔先生。



Opening Ceremony of CCACC Sports on May 28, 2022.
2022年5月28日美京博翊館開幕典禮。



Maryland Governor Larry Hogan (front row, center) and First Lady Yumi Hogan (front row, 3rd from right) are attending the CCACC 2022 two-week LNY Celebration at Lakeforest Mall in Gaithersburg, MD.

馬利蘭州州長Larry Hogan先生（前排居中者）和第一夫人金有美女士（前排右三）出席中心在馬州蓋城湖林商場舉辦的2018年農曆新年雙週慶典。



Executive Director Chih-Hsiang Li and Mrs. Chou-Chi Li gave red envelopes to CCACC Academy students during the 2022 Lunar New Year Celebrations.

2022年農曆新年慶典上，李志翔會長和夫人黃周琪女士給美京博雅苑學生發紅包。



CCACC Academy Preschool Graduation in June 2022.
2022年6月美京博雅苑幼兒園畢業典禮。



CCACC Academy students are performing on stage.
美京博雅苑學生們登台表演。



CCACC two-week Lunar New Year Celebrations at Lakeforest Mall, Gaithersburg, MD.
中心在馬州蓋城湖林商場舉辦的農曆新年雙週慶典。



CCACC Gu-Zheng Club.
中心古箏社。



Cofounder and Senior Advisor Ned Li and his wife Alice S. Li are outstanding volunteers.
中心聯合創始人及資深顧問李潮先生和夫人孫尹女士是義工的典範。



CCACC volunteer group photo.

中心義工合影。



Dr. Yean-Hsi Chang (2nd from left) and his family are long term CCACC volunteers.

張延熙博士（左二）全家都是中心的資深義工。



Board Member Dr. Yuchi Huang and his wife Mrs. Monica Huang are long term CCACC volunteers.

中心董事黃幼基博士和夫人陳曉嵐女士是中心的資深義工。



Cofounder and Executive Director Chih-Hsiang Li (1st from right) and Dr. Chou-Chi Li (2nd from right) pose with their family who unwaveringly supports their volunteer work for CCACC for decades.

中心聯合創始人及會長李志翔先生（右一）和夫人黃周琪博士（右二）幾十年如一日為中心奉獻志願服務，得到了孩子們堅定不移的支持。



IX. COMMENTS FROM CCACC CUSTOMERS

中心服務對象之心聲

CCACC Adult Day Healthcare Center 歡樂日間保健中心

疫情之下 繪畫得樂 參加歡樂中心繪畫班有感

張立梅·歡樂日間保健中心會員

疫情嚴峻，居家隔離，憂心寂寞。幸有歡樂日間保健中心關懷，給予周到的遠程服務，不愁吃、不愁醫、不愁藥。感恩上帝，感激政府，感謝中心領導及員工。

為了耆老們身體健康、精神愉快，中心有網上信望愛聚會以及詩歌、讀經；活動組還開辦很多網上遊戲及編織、繪畫、做操等活動，確實豐富活躍了耆老們的生活。

我居家無所作為，對抗疫無能為力，唯求不添亂，便力所能及地參加了繪畫班。在黃老師的指導下，不斷練習學畫，漸稍小有點滴長進。在此要感謝黃老師及小朱，也感謝學友們的鼓勵支助。最重要地是，我從繪畫中得到了舒壓、放鬆、寄托、愉悅、樂趣。

這一年半畫了大小30幾張吧。其中有在老師及小朱指點下，竟自不量力大膽嘗試抄仿，用丙烯畫了莫納的印象派《日出》、梵高的《星空》、達芬奇的《抱銀貂的女子》；也有回憶過去生活的鉛筆小畫等等；都是沒有目標，隨心隨意之作，就是為了消遣娛樂。

現將部分畫作放在這裏，不怕大家笑話，只為求得學友及朋友們互相交流切磋，共享繪畫的快樂。恭請大家給予批評指教。



Limei Zhang's imitation of *Starry Night* by Van Gogh.
張立梅女士仿作梵高的畫《星空》。



◀ Limei Zhang's imitation of *The Lady with an Ermine*, a portrait painting by Italian Renaissance artist Leonardo da Vinci.

張立梅女士仿作達芬奇的畫《抱銀貂的女子》。



◀ Limei Zhang's painting *Glass Marbles*.
張立梅女士的畫作《彈球》。

▼ A landscape painting done by Limei Zhang.
張立梅女士的風景畫。



▲ Limei Zhang is performing on stage at ADHC 5th Anniversary Celebration.

張立梅女士在歡樂中心五週年慶典上登台表演。



Limei Zhang (right) participated in a dance performance at ADHC 10th Anniversary Celebration.

張立梅女士（右）在歡樂中心10週年慶典上參加舞蹈表演。

暖心重於暖身 歡心勝似歡樂

臧梅麗 · 歡樂日間保健中心會員

正是盛夏酷暑，我們卻感到春意溫暖。因為我們身處季季如春、時時溫暖的美京華人活動中心旗下的「歡樂日間保健中心」（以下簡稱「歡樂中心」）之中。

這樣的如春溫暖，源自於歡樂中心不斷發展的「規模建設」。

40年前美京華人活動中心創立萌芽，如今已成為蔭蔽眾人、廣施惠恩的一棵大樹。

14年前歡樂中心起步涓流，如今已成澤被眾人、廣施恩惠的一條大河。

在我們日日離不開的歡樂中心，組織架構日漸完善，員工數量日漸增多，各方支持日漸豐足，服務項目日漸齊全，讓身處其中的老人們心暖身暖。

從直觀的角度說，歡樂中心的規模尤其體現在「食」與「行」二方面。「食」的方面可謂升級換代。歡樂中心的餐食一向很好，葷素搭配，營養均衡，滋味豐富，配量實足。疫情期間，配送到家，服務到家。特別是專門投資設立了「大廚房」，亮亮堂堂，紅紅火火，更好地保障了餐食服務，更加營養、衛生、科學。

「行」的方面，可謂增量提能。歡樂中心接送老人，攜扶到門，按需提供。隨着工作面的拓寬，服務需求的增加，車隊隨之擴大，幾十位司機，幾十輛車，人車齊備，浩浩蕩蕩，為老人提供方便、快捷、安全的通行。

歡樂中心用他們的周到，讓我們這些身體病弱的老人們覺得暖心，感到歡心。

這樣的如春溫暖，源自於歡樂中心不斷推出的「溫暖工程」。

歡樂中心重暖身，更重暖心；重歡樂，更重歡心。他們年年如一日架設金橋，直達人心，傳遞人與人的歡心，傳播神與人的溫暖。歡樂中

心還關心老人們的心靈生活，組織團契活動，提倡友愛、分享、團結，豐富了生活，提升了精神，使人與人更加契合，使人與神也更加契合。

歡樂中心的全體員工總是笑語盈盈，舉止柔柔，他們全方位關懷老人的生活起居。病痛煩憂，甚至家庭瑣事，他們多會掛心。他們抓細節幫助老人們，對老人是扶一把，攙一程，喂一口，流露的都是滿滿愛意，投射的多是融融溫情。

這樣的一言一行、一心一意，堅守了數年、數十年，點點滴滴沁人心脾，這些都是感人之處、暖人之處。我們從心裡感念不已，也感恩不已。

暖心重於暖身，歡心勝似歡樂。我們大多已是老朽之身，但我們的心靈對幸福、信望、慈愛充滿了渴望。就像《哥林多後書》（4：16）所說，「外體雖然毀壞，內心卻一天新似一天。」

拯救人生、提升人性、成就人性。人性最溫暖，就是暖心，就是施歡樂，就是使歡心。我們知道有個名叫「美京華人活動中心」的地方始終如一地這樣做，已整整40年了。我們還知道我們正處在一個長久的規劃之中，更想百尺竿頭，再上一層樓。



▼ Meili Zang is having breakfast with Executive Director Chih-Hsiang Li at CCACC ADHC Dining Hall.
臧梅麗女士在歡樂中心餐廳與李志翔會長共進早餐。



感恩—衷心感謝司機們的愛心奉獻

王秀鶯・歡樂日間保健中心會員

這兩三年來，由於疫情的影響，民眾都是人心惶惶、憂心忡忡；歡樂日間保健中心也曾一度關門。然而，司機們為了我們的溫飽，冒著風險，不遺余力，天天按時給我們送飯到家。後來，中心開門了，又為我們能每天有機會來中心歡度時光，天天按時接送。老人需要看診時，又義不容辭地接送。對此，我們深表謝意，並致以崇高的敬意。

歲月不饒人。老人不是手痛腳痛，就是腰痛背痛，手腳乏力，不言而喻變成了「老baby」，凡事非要別人幫忙不可。幸好有歡樂員工和司機們對我們熱心的照護，愛心的奉獻，待我們親如父母一般。就以我而言，猶記得今年的二月份和六月份，我的左腳大拇指做了兩次手術，舉步難行。送我看診、覆診的師傅林亞文、史孟君、許富榮、尤慧光等人非常善解人意，小心翼翼地扶我上下車，幫我拿袋子，還親切地囑咐我說：「慢慢來，不要著急，千萬要小心！」此情此景，至今仍歷歷在目，銘感於心。在此，特向他們和其他幫助過我的員工致以萬分的感謝！

有比較，才有區別。我每天在公寓門口候車時，也能看見其他老人中心的車。他們那些老人乘客也都七老八十了，但絕大多數都是獨自艱難地上車的。我曾親眼目睹一位84歲的老太太上車時，左肩垮著一個包，左手攀住扶手，右手按住膝蓋，艱難地攀爬上車。而那個司機，卻熟視無睹地打開了車門—真可謂是「你忙你的，我忙我的」。還有另一位老人中心的86歲老太太，當她推著助行椅走到車門時，她的司機雖然幫她拿了袋子，但是看上去最急於去做的，並不是幫她上車，而是趕緊把她的助行椅放到車子後備箱裡。那位老太太就只能獨自移步，緩緩地、艱難地上車了。我看到那時的她們是多麼令人心酸，多麼需要司機助她們一把啊！這些老人是多麼地無奈啊！

而我們歡樂中心的司機就不一樣了—他們處處為耆老著想，體諒耆老的疾苦，總是先扶助耆老上下車，而後才安置那些助行椅。這是很明智的做法。所以我說，還是歡樂中心的司機好！

在此，我希望我們的老人要好好尊重和愛護司機及員工，好讓歡樂中心有更好的發展！



ADHC seniors are dancing together.
歡樂中心耆老們表演舞蹈。



CCACC Health Center

美京健康醫療中心

Thank You for Everything

Sarah B. Mayanja
CCACC Health Center Patient

When I applied to Montgomery County for health services support, I was given a list of possible service providers and I was asked to choose one to be my PCP.

Upon reviewing the list, I chose CCACC Health Center, first because it was accessible with public transport, but second and the most important, based on my understanding back in my country of origin, the Chinese are very knowledgeable on health matters. And I have not been disappointed.

When I first went to CCACC Health Center, I was welcomed and assigned to a doctor who took time to understand my medical history and advised me on some medical aspects that I needed to pay attention to. My first impression confirmed my earlier conception that I had chosen the right service provider.

CCACC was cognizant of my poor financial status and wherever possible directed me to places which could give quality services at minimum costs. Additionally, they always made an effort to follow up on any findings at the specialized places I was referred to. During the lockdown, they reached out to me and listened to my many concerns regarding getting through that difficult

period. My appreciation of CCACC increased, and I decided to stick with them at all costs.

I have begun my third year with them, and despite being assigned to another PCP under the private Health Insurance scheme, I don't want to leave CCACC. The best place for me to do my annual checkups is CCACC since they have a history of my medical past and can keep track to ensure that I remain healthy, and they care to make that happen! Their courteous approach, and the friendly staff I meet whenever I go there is another reason why I cannot let go of CCACC...

Going to CCACC physically and doing telemedicine with them yields the same results, as they always offer the same quality service.

I really commend CCACC for the good work they are doing and given a chance, I would not hesitate to recommend my colleagues to them.

However, to do this great work, they certainly need funding and any opportunity to increase funding to this great clinic will be appreciated so they can continue serving many more people, especially those in my situation.

CCACC, thank you for everything and all the best in securing additional funding as I am sure it will be put to good use to help keep Americans healthy, so they can contribute economically to this great country and help it maintain its top position in the world.

感謝信

董佳韻 · 美京健康醫療中心患者

我和我的先生都是泛亞義務門診的病人。我非常感謝泛亞門診的醫生和護士悉心給予的幫助，讓我先生開始重視乙肝的治療，改變了以往不良的生活習慣，更加珍惜生命。

泛亞門診的服務對我們有語言隔閡的病人來說，就像回到家一樣，不用擔心聽不懂，感到方便和放心。我們也非常地支持門診的工作，希望你們能永久地開放下去。

我們非常滿意。謝謝你們！

A Very Valuable Place for Low-income Residents

Chang and Ae J. Hyun
CCACC Health Center Patient

My wife and I, in our 60s, are patients of Dr. Do of CCACC Health Center.

In 2020, I was a Medicare holder and my wife had general insurance supported by Obama Care. As my wife's income declined during COVID-19 pandemic, in the year of 2021, she became a medicaid beneficiary and she had to leave her former primary doctor, who did not accept medicaid patients. That's why we came to CCACC Health Center.

In the spring of 2021, when we first received treatment, we thought that this place was a medical institution that mainly services the low-income residents in the community, so we paid attention to how it was different from a general for-profit medical facility.

Contrary to our initial concerns, what we have realized here is the fact that all medical staff, including the doctor, nurses and all other staff pay

very close attention to every single patient and do their best for systematic patient management and high-quality medical service.

Almost 30 years after we immigrated to the United States, we have experienced many primary care doctors, but I remember no doctor who paid special attention to patients and gave us a real trust with accurate prescriptions as much as Dr. Do and the nurses.

In this year of 2022, my wife's income has recovered and medical insurance has returned to the old general insurance, but we decided to continue to remain as patients at the CCACC Health Center. If we look closely, I am convinced that the CCACC Health Center is a very valuable place to those residents of this community who are not receiving normal medical benefits due to economic difficulties or various other reasons.

I believe that a wide range of support from related organizations is needed so that many low-income residents here can receive better quality medical care like what we received at CCACC Health Center.

Thanks!



Group photo of the CCACC COVID-19 vaccination volunteers and staff in Spring 2021.
2021年春季，為社區居民施打新冠疫苗的中心義工和員工們合影。



CCACC Health Center is offering vaccination to community residents in Spring 2021.
美京健康醫療中心2021年春節為社區居民施打疫苗。

CCACC Home Care 居家護理中心

誠摯的感謝

朱素馨 · 居家護理中心客戶

尊敬的 CCACC Home Care 居家護理中心的每一位工作人員：

您們好！

我從2016年開始參加您們的居家護理中心。這幾年來，在您們護理人員不厭其煩、盡職盡責、關愛有加、親切熱情的態度和無微不至的精心護理下，我健健康康活到差不多90歲高齡了，我感到很幸福，很幸運。

在此，我要向各位工作人員表示誠摯的感謝。感謝您們為老人們起居飲食的付出，辛苦您們了！



我要特別感謝楊老師。這幾年來，她不辭勞苦，多次送東西到我家，因為我不方便去中心。您辛苦了，楊老師！為您點贊！



願居家護理中心一切越來越好，棒棒噠！祝每一位工作人員身體健康，平安幸福，萬事如意！

此致 敬禮！



術後康復之路的貴人

張惠香 · 居家護理中心客戶

「天有不測風雲，人有旦夕禍福。」我和先生的生活一直都自己打理，但萬萬沒想到，今年6月24日，我摔倒了，左腿骨折。生活一切打亂。女兒當時人在台北，我心急如焚。還好找到一位熟悉CCACC的人，她立刻把美京居家護理中心的電話給了我女兒，女兒立刻聯絡到他們。

就這樣，我的人生第一位居家護理員孔儀女士7月5日來到我家。孔女士有很深的護理專業背景，極富耐心與愛心，且中英文俱佳，實在是我術後康復之路上的貴人。孔女士認真、負責，值得信賴，使得我遠在加州的兒女更加放心。感謝居家護理中心的鼎力幫助。

我居住在馬利蘭州蓋城已27年，很多朋友都是CCACC長期會員。恭賀CCACC成立40週年！CCACC對社區貢獻很大，是馬州規模最大、享有最佳服務口碑的華人社區服務團體。我本人衷心地感謝所有工作人員多年的辛勞。希望CCACC未來的發展順順利利，為民服務更上一層樓。

CCACC Home Care Administrative and Managing Team and Nursing Team.
美京居家護理行政管理團隊和護士團隊
合影。

有護工真好

張立梅·居家護理中心客戶及歡樂日間保健中心會員

六年前，有朋友好心提醒我，該申請護工了。我想：盡量自強自立，不麻煩別人吧！可是沒過兩年，腿痛得真不給力，髋關節出現嚴重磨損。醫生建議做全置換手術。我害怕這個大手術，況且80多歲了，不想做手術，先理療打針，保守治療，湊和着得過且過混日子。但是做家務確實困難。無奈，前年趕緊找到美京居家護理中心幫忙申請護工。楊老師非常熱心負責，立即幫我向政府申請。

由於政府經費緊張，且又趕上疫情，從申請到批准時間很長，直到去年，終於獲得批准了。居家護理中心安排李姐給我做護工。

目前每週只有14小時李姐來我家，時間不長，可卻幫了不少忙，包括護理、清潔、洗涮、買菜、做飯等。雖說每天都有歡樂中心提供的午餐，但吃點李姐做的菜，就可以調劑一下，換個口味。李姐體貼關心我，知道我愛吃螃蟹，還將自己好不容易釣的螃蟹留給我，令我十分感動，不知該如何感謝才好。

非常感謝政府和CCACC居家護理中心，能安排護工幫我，解決家務生活之難。如今年紀越來越大，腿腳更難活動，很希望能多加些護理小時，但願能早日得到批准。



Home Care Personal Care Assistant (PCA) Team.
美京居家護理中心看護團隊。

CCACC Community Services 美京社區服務中心



回顧美京常青舞蹈隊 慶祝CCACC 40週年

高羅以·常青社學員

美京華人活動中心 (CCACC) 是大華府地區歷史最悠久、影響最大的華人組織，屬其下的「常青社」是專門服務社區裡華裔中老年人（60歲以上）的社團。本文以作者自身經歷回顧CCACC德國鎮常青社舞蹈隊近10年來的活動情況。

〈一〉 2011-2018年

我從2011年初開始參加CCACC常青社活動。第一次到德國鎮活動中心 (Germantown Community Center) 見到時任常青社社長夫人張余雲仙女士（大家尊稱她為「張太太」），她就對我說：「喜歡跳舞嗎？來參加舞蹈隊活動吧！」此後多年跟隨張太太帶領的民族舞蹈隊學習、排練並表演。

進入德國鎮社區活動中心 (Germantown Community Center - GCC) 前廳，就可以見到牆上掛著歷年各種活動的照片。其中有一處是常青舞蹈隊展示區。琳瑯滿目的照片，展示了10多 年來舞蹈隊表演過的節目。

這支舞蹈隊都是由60歲以上到70多歲的中老年姐妹組成，多半沒啥舞蹈基礎，但都熱愛舞蹈。張太太特別重視且聘請有資歷的舞蹈老師精心編排，不厭其煩地組織訓練，保證了每支舞蹈的質量。張太太也費心張羅籌措服裝。我們有人熱心捐贈，有人出力購買載運，保證了每一次演出的效果。

我2011年開始參加在GCC每週一次的民族舞蹈課，2012年起在郭千榮老師教導下舞蹈隊排練演出了《小城故事》、彝族舞《大地飛歌》及華爾茲風格的《美的旋律》。2016年排練的《京調秧歌》是胡素蘭老師及徐麗陽老師共同負責教導組織排練的。後來又請到李皎皎老師教導排練了藏族舞《卓瑪》和扇巾舞《月亮花兒開》。

舞蹈隊的活動給予我們老年朋友鍛練身體，愉悅心情，廣交朋友，增進友誼的機會。2018年之前，每支舞蹈參加CCACC的年會表演（2018年之後，年會組織方式有改變），此外還在常青社中秋敬老、春節聯歡會及CCACC在湖林商場舉辦的春節慶祝活動中參加表演。

〈二〉 2019-2022年

2019年春，舞友們推舉我擔任GCC常青社舞蹈隊「隊長」，我勉為其難臨時負責一段時間，起到「召集人」的作用吧。很高興的是，由當時常青社王楚社長出面請到多才多藝的李艷君老師，精心編排教導我們排練了古典水袖舞《梨花頌》，在2020年2月份德國鎮和洛城的常青社春節聯歡會上表演，獲得了好評。

接下來新冠病毒疫情肆虐全球，2020年3月13日，馬里蘭州宣布進入緊急狀態，社會活動停頓，CCACC開始組織網上活動。在Zoom課堂上，由徐麗陽老師帶領了排舞、形體舞、民族舞等。2021年春天開始，我為常青社舞蹈隊選了一支新疆風格的舞蹈《送我一枝玫瑰花》，通過網上視頻和組織Zoom課堂方式幫助隊員們學習，並且在2021年9月常青社在德國鎮恢復實體活動後，於2022年春節聯歡會上表演。

在劉佳社長支持下，我們在德國鎮設置了廣場舞與形體舞時段，由周夢圓與史留英分別擔任老師，帶領更多的老年朋友參加舞蹈活動。此外，也請到Helen倪老師教授排舞。太極拳、太極劍及功夫扇，是十多年來一直由劉梅熹老師帶領的傳統項目。交誼舞老師吳有蘇也是我們民族舞隊主力。當然，李艷君老師仍繼續指導我們德國鎮常青社的文藝活動。在今年初天氣嚴寒與Omicron病毒來勢洶洶的情況下，李老師帶領隊員們克服困難，編排了新版京歌伴舞《梨花頌》，由李老師親自主唱。這個節目不僅參加了2022年CCACC春節網絡聯歡會，也獲選參加了Montgomery商場的春節慶祝活動。現在李老師也繼續指導由斐天雯和史留英帶領的芳華舞蹈隊。

隨著CCACC的發展壯大，近年來為常青社在中心總部提供了更多的場地和更好的條件，每天都有活動，且舉辦的活動更加豐富多彩！現任社區服務中心主任李皎皎和常青社社長劉佳盡職盡責，辦事效率高，服務態度好，廣受老年朋友歡迎！我們看到後浪推前浪，常青社越辦越好，心里很高興。

〈三〉懷念張余雲仙女士

張太太最後一次帶領舞蹈隊在2018年秋的CCACC年會上表演了《卓瑪》，之後就從常青社「退休」了。

回看2019年為舞蹈服裝的事我向張太太請教，6月份她曾親自送來一些服裝給我們。2019年9月張太太要求我和李美嫻一起去她家，她要將她十幾年精心置辦積累保管的舞蹈服裝委託我保管。我對張太太說，感謝張太太對我的信任，我願意暫時代為保管以減輕她的負擔。

今年春天我和李美嫻商量將這批服裝轉交CCACC社區服務中心李皎皎主任和常青社社長劉佳，並迅速得到張太太的同意，她在微信中回答我，表示這樣決定很好。

四月下旬，我突然得知張太太仙逝的消息，感

到非常震驚，不敢相信。回想疫情前有幾次在中國城等地遇見她，她神態安祥如常。這兩年張太太多次在微信中傳給我她與張先生的合影，最後一次是2021年11月，照片中的張太太仍然是雍容優雅，沒有讓人察覺到絲毫的異常……慨嘆天有不測風雲，痛惜張太太過早離去！朋友們都很懷念她。

記得2017年CCACC年會上播放了表彰前常青社社長張延熙博士和張太太服務常青社近20年的幻燈片，對他們的貢獻給予充分的肯定。許多老年朋友心中都會有各自的記憶。

我覺得可以寬慰的是，我已經在老隊友李美嫓和吳有蘇的見證下，於4月26日將張太太委託保管的這批凝聚了她十幾年心血的舞蹈服裝轉交劉佳社長，由她和李皎皎主任妥善保管，更好地為CCACC會員們利用。

張太太，我沒有辜負您的信任與囑托！現在常青社活動越辦越好，後繼有人，您不用再操勞了，天堂安息吧！願張老先生及子女家人節哀順變！多多保重！

〈四〉結語

CCACC創辦40年來，服務社區，從兒童到老人，從教育保健醫療到文化娛樂，溝通華裔與本地政府的聯繫，做了許多好事實事。值此祝賀40週年大慶之際，期待並相信常青社將會發展得越來越好。



Dance Small Town Story.
舞蹈《小城故事》。

在英語課堂裡， 我找到了樂趣和自信

蔣錦雲·中心成人英語班學員及中心義工

今天是一年一度的結業典禮。藉此機會向CCACC的領導們表示非常的感謝。感謝你們開設了成人英語課，給予像我這樣零基礎的人學習的平台。我想很多人和我一樣，在國內退休後漂洋過海來到美國，跟兒女們團聚。人生地不熟，語言不通，對以後的生活充滿了忐忑不安，孤獨寂寞是我們的常態。我有幸的是，一位朋友用微信轉發給我CCACC的成人英語課的課程表，並安排我進了基礎英語班，開啟了我學習英語的大門。在這個課堂裡，每一位英語老師都非常有耐心，從不嫌棄我們英語基礎差，記性差，反覆耐心地講解，一遍又一遍地糾正發音。經過兩年的學習，我從一個連26個字母都發音不准確，完全聽不懂，不會說英語的狀態，變成能聽懂很多關鍵詞，可以簡單表達自己的狀態。

在這個課堂裡，我找到了樂趣，找到了自信。並且我很幸運的是，在CCACC找到了一份我非常喜歡的義工工作，讓我把學到的英語運用到工作中，能夠更好地為老年人服務。因為英語我們相遇，因為學習了英語才讓我對今後的美國生活更有了信心，讓我的生活過得充實愉快！至此我們不忘感恩感謝李主任、月喬—我的英語老師。我們因為英語相聚在這裡，感謝彼此的陪伴和付出。讓我們一路前行，每天都健康快樂！



Qianrong Guo (6th from left) and Evergreen Club Folk Dance Team members
郭千榮老師（左六）和常青社民族舞蹈隊隊員們。

Thanks, My Teacher!

Yimei Wang
CCACC ESOL Class Student

I have been studying ESOL at CCACC since 2019. I have been through a lot of things over these three years. From the beginner class to the online class, from epidemic to pandemic, from state lockdown to reopening, a lot of things have happened and changed, but learning English has never changed. I am in Ms. Chiao-chiao Liu's class and many classmates have learned English together with me. How warm it is! We are almost ending a very difficult time in our lives. But I always feel happy and warm because of your company. We study with each other, and our English skills grow in the class. Lately, I started learning *Ventures Level 3*. I can read, listen and write a little English now. I am proud of my improvement. I think that my improvement comes from my teacher and my classmates. Thanks, my teacher! Thanks, my classmates!

感謝感恩我的老師

楊曉嵐·中心成人英語班學員

首先感謝CCACC舉辦英語網課給我學習和感恩的機會！

我叫楊曉嵐，今年三月報名參加週三聽說讀寫英語班。通過本學期英語課學習，我收穫了意外的快樂和進步。在此與大家分享！2019年9月12日來美國探親，遇到罕見新冠病情。宅在家裡上網時，發現CCACC開辦英語網課，隨即報名參加。讓我感恩的是，每週三上午10點至12點，網課就準時開課啦！在課堂上遇見了Caroline老師，她每次都會提前進入課堂，帶著微笑等待同學們紛紛進入課堂，然後開始點名簽到，接下來教大家開聲音、視頻、聊天等功能，在大家準備好後開始上課。學習《新概念英語》，聽美國教師用地道英語講課，我還是第一次經歷，自然是感到緊張、焦慮，擔心聽不懂！當我上完第

一次課後，我的擔憂情緒就完全改變了，反而有了學好英語的信心和決心。因為老師講課時帶著微笑，風趣幽默，與我們又有互動，而且發音準確，語調清楚，語速緩慢，教會我們美國人習慣表達方式，糾正我們不正確的發音，解決發音困難，讓我們反復大聲練習直到老師滿意。每次上



Dance *Beautiful Melody* by Evergreen Club Dance Team.
常青社舞蹈隊表演《美的旋律》。

課，老師的敬業精神都讓我們非常喜歡和感動，同時激發我們對英語學習的興趣和激情，對現在、未來的美國生活充滿熱情和希望！

在此，非常感謝感恩老師為我們的辛勤努力。我們非常享受老師的英語教學。



Tibetan dance *Dolma*.
藏族舞蹈《卓瑪》。



Dance *Beijing Yangko*.
舞蹈《京調秧歌》。



Luoyi Gao, Evergreen Club student.
常青社學員高羅以女士。



Dance *Flowers Bloom Under the Moon*.
舞蹈《月亮花兒開》。



Mrs. Yun Hsien Chang (back row, 3rd from right) poses with Evergreen Club Folk Dance Team members.
張太太（後排右三）與德國鎮常青社民族舞蹈隊合影。



Beijing song back vocals *Ode to Ewha*.
京歌伴唱《梨花頌》。

CCACC Academy 美京博雅苑



“It really was the right decision...”

Jeremy and James' parents

“After carefully calculating the risk of COVID, we still chose to send our children to kindergarten. Looking back now, it really was the right decision. We were fortunate to find CCACC Academy, a Chinese-English bilingual kindergarten near our home. Within three months, our children made amazingly speedy improvements in their Chinese and English language proficiency, logical thinking, behavior, and social and emotional skills. We are thankful.”

fondly of her. We can't be more pleased with such outcomes. We generally are pretty reserved people, yet we feel the urge to extend credits where credits are due. Ms. Julia is definitely a gem for the community and we are lucky to have her as our son's Chinese teacher, and a teacher for life.”

“Thank you for the continued love and care...”

Waverley's parents

“Thank you for the continued love and care you've shown to all the kids, including Waverley, especially in these challenging times.”behavior, and social and emotional skills. We are thankful.”

“We can't be more pleased with such outcomes...”

William's parents

“Ms. Avery, it's with great gratitude that we are writing this email to you towards the excellent teaching extended to our son William, by Ms. Julia. We have seen significant progress in our son's skills in Chinese handwriting, speaking, understanding, and in general, his increasing interests in learning Chinese and being exposed to the language. Ms. Julia not only makes the class substantive, but also interesting and intriguing for children to stay engaged and curious. In our son's case, he learns naturally in Ms. Julia's class, and at the end, he loves her and consistently speaks

“We are very happy

to have him enrolled and attend...”

Blake's parents

“It looks like Blake is really liking CCACC, the camp and the afterschool program. We are very happy to have him enrolled and attend. We are looking forward to him learning tons and being part of the community. Thank you again for everything you and the rest of CCACC do.”



Executive Director Chih-Hsiang Li is giving out Lunar New Year (LNY) red envelopes to CCACC Academy Preschool students.
春節期間，李志翔會長給美京博雅苑幼兒園學生發紅包。



CCACC Academy Afterschool students and teachers are happy to receive LNY red envelopes from Executive Director Chih-Hsiang Li.
春節期間，美京博雅苑課後班師生收到李志翔會長的紅包，開心合影留念。



CCACC Academy Preschool students are celebrating Christmas.
美京博雅苑幼兒園小朋友慶祝聖誕節。



CCACC Academy Afterschool students are celebrating LNY.
美京博雅苑課後班學生歡慶春節。



CCACC Academy Preschool students are celebrating Halloween.
美京博雅苑幼兒園小朋友慶祝萬聖節。



CCACC Academy Afterschool students in the Cooking classroom.
美京博雅苑課後班學生攝於烹飪課教室內。



CCACC Academy Preschool students are having fun at a pumpkin patch.
美京博雅苑幼兒園學生在農場摘南瓜，樂趣多多。

CCACC Gallery

美京藝廊

Why the Chinese Culture and Community Service Center Makes Me Happy

Richard F. Kaufman

Art Gallery Exhibiting Artist and Member of CCACC Art Club of Chinese Painting and Calligraphy

The Chinese Culture and Community Service Center (CCACC) in Gaithersburg, MD, was founded in 1982 as a non-partisan, nonprofit organization to serve people in the Washington, DC area. Roughly 2,000 people take part in 1 or more of the numerous group activities it supports, including health and education. It also provides lessons in Chinese art and calligraphy.

The Art Gallery housed in the Center opened in 2016. It is among the largest and most modern art galleries in the DC area, and it provides a number of exhibitions yearly. The current exhibition, titled Morning Fragrance, features six artists from the CCACC Art Club. I am a member of the Club and am fortunate to be one of the six chosen to take part in it by the leader of the Club, Dr. Kit-Keung Kan.

Dr. Kan is a professional artist well known in the US and internationally. It has been a privilege to me personally to have taken part in the Art Club's regular sessions in which Kan provides art lessons and demonstrations of his skills and those of the great early Chinese masters.

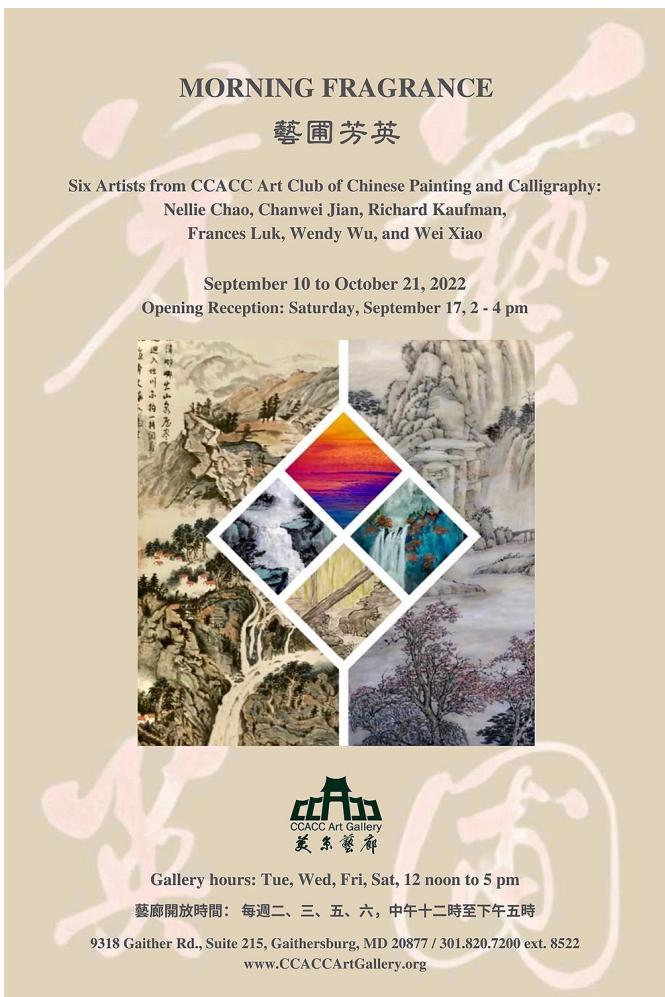
Chinese brush painting, as it is known, has very much a hand down set of skills. It has been a tradition since ancient times to pass along to

others knowledge of the special techniques and materials required in this type of calligraphy and painting. The works are watercolors but differ in many respects from what is practiced in the West. The paper and brushes are different, the way the brush is held, and the strokes are different, and the final steps in the completion of a work are unlike steps for western painting.

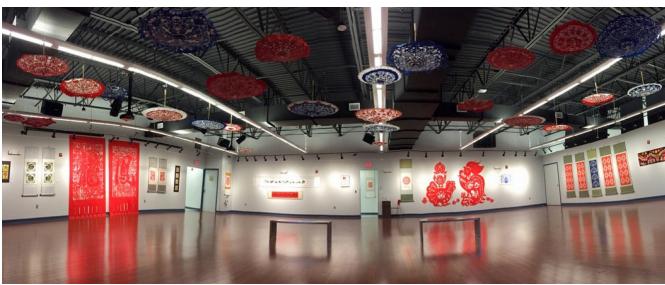
For me, the experience has been a revelation. The same can be said for my colleagues at the Center, a number of whom have "graduated" from Kan's sessions. They participate in art exhibitions, win prizes, and teach others who want to learn about and acquire Chinese brush painting skills. Inspired by what I have learned at the Center, I have given painting lessons to others.

The first was at a local art museum some years ago at an exhibition that included some of my own paintings. I was asked to provide art lessons to some children who attended the event. I agreed to do so and during the event I was asked by one of the parents if they could attend the sessions. Afterwards, I was asked if I would provide a series of lessons for children in the Friendship Heights area of Maryland. I did so annually for a number of years.

As one can see at the *Morning Fragrance* exhibit, I am continuing my painting in the Chinese brush painting style. I give thanks to CCACC and to Dr. Kit-Keung Kan for what I learned there under his tutelage.



Richard Kaufman is one of the six artists from the CCACC Art Club of Chinese Painting and Calligraphy, whose artwork is currently being exhibited in *Morning Fragrance* at CCACC Art Gallery.
目前美京藝廊正在展出的「藝圃芳英」展示了中心書畫藝術社六位藝術家會員的作品，Richard Kaufman先生位列其中。



A very popular papercut art exhibition at CCACC Art Gallery in 2017.
2017年美京藝廊舉辦的剪紙藝術展，深受大家的歡迎。



CCACC leadership team warmly welcomes Maryland First Lady Yumi Hogan on May 6, 2018.

2018年5月6日，中心領導團隊在美京藝廊熱烈歡迎馬州第一夫人金有美女士到訪。



CCACC Art Gallery's first exhibition at its opening ceremony attracts many audiences on March 5, 2016.

2016年3月5日，美京藝廊開幕典禮上舉辦的首場展覽，吸引了眾多的訪客。



感謝

譚煥芬 · 美京藝廊參展藝術家及中心書畫藝術社學員

居住華府最為開心的事，莫過於能成為CCACC的一份子。過去十多年來，有幸在工餘參加了中心旗下由靳杰強老師指導的書畫班受教。從童年時便對中國傳統文化藝術仰慕的我，竟能有參與學習的機會，每當想起仍覺興奮。

六年前，中心藝廊成立，每月都有不同的藝術創作展覽，涵蓋範圍廣泛，有攝影、工藝、中外書畫、藝術裝置、講座等，豐富了藝術愛好者的生活，也成為大家日常增加視野與知識的一個好去處。

當年在我轉換工作環境時，特意揀選了大華府地區，主要原因是這裡有數不盡的博物館。歷史、檔案、文化、藝術、多元文物應有盡有，週末徜徉其中，愜意舒懷，生活得自在，也為忙碌的工作外，精神生活上添加了色彩，故而發覺自己很快便融入新環境當中。但對於外國文化藝術，我們當遊客的只是屬於參觀者，可以從細細觀賞的歷代藝術中，擷取其中技巧與精髓，給予我們創新藝術的靈感。

今天有幸，竟成為中心藝廊展出的參與者，因為這機會，卻是我們用功練習的驅動力，望求進步之餘能有突破。

記得六年前靳老師說，書畫藝術社將在藝廊有展出，可以選擇一些個人比較滿意的作品。當時期待又忐忑的心情，至今未忘。那次是我們在藝廊的首次展覽，戰戰兢兢的交出作業後，幸而過關。此後又有數次參與，仍不敢掉以輕心。觀看藝術作品時，難免有眼高手低的時候，但要時刻提醒自己要謙虛學習，不同風格的設計、創意都有其特色及值得借鑑之處。

隨著藝廊六年成長當中，我們亦有陪伴在一起。每當我重新回顧當年的書畫展出作業時，自覺有所進步。能夠有展出的機會，亦等同在告訴自己鞭策前行，學無止境。

適逢美京華人活動中心40週年慶的機會，我感謝中心創辦的先行者、歷年來為華人社區無私奉獻的人士，推己及人地，為社區提供各式各樣的文化、稅務、健康及諮詢等服務。亦感謝中心藝廊給我們一批藝術愛好者提供設備優質的場地，豐富了海外遊子精神生活。每次來到藝廊參觀或參展，總可見到藝廊主持人油畫家孫文影女士的身影，因她每次藝廊展覽皆親力親為安排細節，留下了深刻印象。最後，感謝中心書畫藝術社靳杰強老師過去十多年來義務指導，耐心帶領著我們認識書法、繪畫，從入門開始，到能夠交出不同階段的成績，一步步地滿足我們的夢想。我想說的是—海外華人中，我們是幸運的一羣。



CCACC Art Gallery.
美京藝廊。

CCACC Sports

美京博翊館

Mr. Bryan Greenwald

QOSTC's tennis program has been great for my kid. It is reasonably priced and the options for classes and levels are plentiful.

Ms. Sarah K

Great indoor tennis club, well maintained, with a good environment. The staff is skilled, friendly, and professional. Coach Brian is absolutely amazing as a tennis coach. Would recommend this club to tennis players of all ages.

Ms. Maggie Newcomer

Indoor tennis facility is clean, well lit, and set at a good temperature. Staff is very helpful and friendly.

Mr. Przemek Klosowski

A local landmark, with tennis courts and swimming pools. They run tennis and swimming clinics, and host sports and health seminars and talks. The tennis courts are covered by an inflatable roof, so we play here in winter.

Mr. Richard Vance

Nice locker rooms. Pool area was clean and neat. Checked out pricing and very affordable as a summer pool for families.

Mr. Behnam Davani

Managed very well under the leadership of a very competent director. Stable professional staff. Friendly and approachable with very qualified assistants to provide support. I highly recommend it.



A swimming pool at CCACC Sports.
美京博翊館游泳池。



A tennis court at CCACC Sports.
美京博翊館網球場。



Kids are learning to play tennis at CCACC Sports.
學童們在美京博翊館上網球課。



CCACC Evergreen Club 2022 Moon Festival Celebration.
中心常青社2022年中秋晚會。



CCACC 2017 two-week Lunar New Year Celebration at Lakeforest Mall,
Gaithersburg, MD.
2017年中心在馬州蓋城湖林商場舉辦農曆新年雙週慶典。



Executive Director Chih-Hsiang Li is greeting a senior member of the Adult Day Healthcare Center upon her arrival in the morning.
李志翔會長早晨在歡樂日間保健中心門口熱情迎候耆老會員。



**X. ARTICLES BY CCACC
40TH ANNIVERSARY PRIZE ESSAY
COMPETITION WINNERS**

**中心40週年慶
有獎徵文比賽獲獎作品集錦**

CCACC 與陸耆老和我

段宏昌 · 歡樂日間保健中心員工

「黃河西來決崑崙，咆哮萬里出龍門。」由黃河源頭五個細泉，我想到美京華人活動中心的肇啟。恰似河源五眼泉，40年前，五位志存高遠創業者，共同締造了美京華人活動中心。

漫漫歷史長河中，40年不過短暫一瞬。美京華人活動中心輝煌歷程，卻是一部蕩氣迴腸的史詩。開啟山林的篳路籃縷，精誠一心的金石可鏤，翹楚巨擘的良猷鴻謀，運籌帷幄的決勝千裡。多少幕金戈鐵馬，關山渡飛，霽月風輕，丹陽霞蔚……值此美京華人活動中心40華誕之際，我受美京華人活動中心歡樂日間保健中心耆老陸維範先生之託，表達他的心聲與祝福。

結緣於中心

我是四年前認識陸先生的。記得那天我在洗碗間一邊低頭摞碗，一邊唱歌紓累。忽聽窗口一聲「唱得好！」抬頭看到窗外大堂一位老先生向我微笑。我趕緊說：「對不起！驚擾您了！」與他揮別幹活。

也是機緣巧合，過了一會兒我去洗手間，又遇到這位耆老。他說：「你剛才唱的歌詞，藍天佩朵夕陽在胸膛，繽紛的雲彩是晚霞的衣裳……真像詩。」我說：「詩歌詩歌，詩在古代是能歌唱的。」老人自我介紹名叫陸維範。「久仰久仰！」我說，「我在會員書畫作品展出裡，欣賞過您的墨寶，那都是您的名片。顏筋柳骨，剛勁雄健，水墨丹青，意境不凡。我是您的粉絲，名叫段宏昌……」

相知於「歡樂」

「金風玉露一相逢」後，陸先生和我在中心多次相遇交談，彼此了解不斷加深。他上學不多，喜歡楷書、繪畫。艱難歲月，無奈輟筆。八年前，他有幸成為歡樂中心會員，身體得到精心調養護理，健康大為好轉。中心豐富多彩的文體活動，重新點燃他沉寂多年的渴求知識的火焰。當時美京華人活動中心常青社，開辦書畫輔導班和古代文學講座課，他報名參加。在老師們系統理論指導下，他的書法和國畫功底不斷充實，古文知識也進步很快。

陸先生不喜歡甜食，常把中心發給的香蕉、桔子給我吃。我編了一幅嵌名聯謝他：

上聯：歡天喜地載譽膺榮龍驤一騎絕塵領軍業中
下聯：樂書怡畫磋藝修身先生雙璧映輝聞道潛心
橫批：魚水情深

上聯贊歡樂中心行業泰斗，下聯誇陸先生書、畫造詣雙峰並峙，橫批喻中心和耆老相得益彰。陸先生用古代文學講座課學來的平仄韻律，指出聯中諸多謬誤。我以玩笑文過飾非：「我出校門即入警營，當赳赳武夫，扮凶神惡煞。您要求的東西，早當下酒菜吃了！」

陸先生最津津樂道的，是他聽古文講座課。比如，老師課堂講解杜甫《望岳》。當老師講到會當凌絕頂，極目四望，脚下群山簇擁，雲霧飄渺，令人塵念頓消時，他有心靈淨化，彷彿年輕一旬的感覺。我說，這正是文學藝術感染力所在。

陸先生對我談的最多、最認真的，是對歡樂中心的感受。他說，許多耆老和他都有相同的認知。那就是中心一流的醫護和餵食，增強了耆老們的體質。別開生面的文體活動，又使耆老們精神狀態像古木逢春，煥發活力。許多耆老都是為此加入歡樂中心大家庭的。

同慶在「40」

前些天，陸先生又從窗口給我塞進桔子、酸奶，鼓勵我參加美京華人活動中心40華誕徵文比賽，撰文表達他的祝福。我連稱：「遵命！」為順表作為一名員工對中心的感恩，我在徵文結尾加賦拙詩一首：

勁枝參天青松道，

大猷良謨偉業就。

風雨踔厲四十載，

雲月兼程八千路。

峽江猿聲辭湍流，

波光始映千峰秀。

帆濟滄海華誕驛，

賡續輝煌譜春秋。



Hongchang Duan poses with Weifan Lu, member of CCACC Adult Day Healthcare Center.

段宏昌先生與歡樂日間保健中心耆老會員陸維範先生合影。

美京華人活動中心與我

張犇 · 常青社社員



我認識美京華人活動中心常青社已有三年了。在這裏結識了不少新朋友，躲過了新冠病毒的肆虐，也見證了常青社三年內在「仁愛、誠信、和樂」的道路上的發展和進步。我們華人一生最講究的是人人得有一個家。的確，人來

到塵世，無論在什麼地方，無論貧富，都會擁有一個家，一個能讓你生存的家。在常青社三年，我們深切感受到自己的那個小家，只不過是在塵世生存的一個避風港，而常青社卻是讓我的生命和思想得到提升的地方，是我們華人共同的家！

初到美國，原以為自己到了一個詩情畫意的國家。沒想到，當面對一個新環境，生活習慣、價值觀念、社會規範，特別是語言的差異，原先的憧憬和期待呈現出差異，處處衝擊著我的心靈。對於在國內過慣了安逸舒適生活，再加上原來的環境所豢養出的呆板而不知變通的我，真沒想到，在常青社短暫的三年，就把先前那種不信天、不信地的狂傲不羈性格給磨平了。

初到美京華人活動中心，以為這個地方僅僅是協助華人耆老和殘疾人士的保健中心。通過三年在中心參加各類活動，深深感覺到，這是一個非常契合華人文化、娛樂和教育的活動中心，是一個和樂的中心！

你看，中心不時舉辦各種講座和圖片展覽，中心為華人舉辦了各種培訓班，有太極拳培訓

班、有交際舞培訓班、有英語學習班、有鋼琴學習班，有乒乓球練習場地，有圖書室。在新冠疫情期間，根據新冠肺炎的特徵給大家講解預防和注意措施，同時還給大家注射疫苗。特別讓人感動的是，歡樂日間保健中心對華人耆老的貼心照顧，從李會長親自向歡樂中心耆老們問候，到義工辛勤勞動，無時無刻都體現了中心「仁愛」的宗旨。

我在中心最願意待的地方，一個是圖書室，另一個是象棋室。因為自己酷愛文學，平時也愛舞文弄墨，所以在圖書室我可以靜下心來，寫自己的文章。在常青社圖書室寫下了約九萬字的《旅美雜談》，這是繼自己五年前在維吉尼亞州寫的《美國印象》之後的續本。除此之外，我喜歡觀棋，因為觀棋可以鍛煉我的思維能力。我認為，象棋最大的好處是，棋子不多，棋盤結構簡單，一眼掃過去，棋盤上有些什麼子，都能看清，不是一件太費目力的活動。但我特別喜歡棋盤上那種險象環生、危機四伏的場面。在看出棋中的破綻時，興致所致，早忘了君子觀棋不語的規矩，忍不住在旁點撥一下，使自己的虛榮心得到一絲滿足。

當我看到中心的義工不辭勞苦為大家服務的情景時，心中冒出「我能為中心做點什麼呢？」正在這時，常青社安排我給耆老們講一堂有關謎語知識的課。於是，我就把平日所積累的知識，精心準備，圓滿完成了這一任務。

真沒想到中心常青社讓戀棧故鄉、來美三年的我，竟如此依戀！在慶祝美京華人活動中心40週年之際，我僅以心香一瓣，祝福中心常青社在「仁愛、誠信、和樂」的道路上，更加發揚光大。

祖孫三代美京情

賀春玲 · 美京博雅苑行政助理

十年前，父母第一次來美國探親。雖解決了親情的思念之苦，但是初出國門，難免上火不適應。那時家有初生嬰兒，不適合出門旅遊，我又希望豐富一下父母在美國的生活內容。聽朋友介紹，找到了美京華人活動中心的常青社。喜歡跳舞的爸爸不再抱怨。他在國內一般般的舞姿，在這裡成了香餠餠，舞伴應接不暇。媽媽則和志趣相投的姐妹們一起學英語。免費的英文班裡，老師認真負責，學生努力用功，更偏得老師的喜愛。老師教的越發仔細，學生學的更加珍惜。一個人做着自己喜歡的事情，可想而知他們有多少的快樂！中午2元的盒飯，讓節約的父母更加喜愛這個地方。吃的好，玩的開心，還省錢。為人子女，讓父母開心是我們最大的快樂源泉。如今每每提及那段記憶，已回到國內的爸爸媽媽的臉上都會浮現着喜悅的笑容。這是我與美京的初次相遇。

幾年後，兒子步入初中，也就意味着他要承擔義務服務社會的責任。聽說美京華人活動中心有個青少年舞龍隊，既可學習如何舞龍表演，又可拿義工小時，可謂一舉兩得。作為移民二代，兒子對於中國文化的了解實在有限，正可藉此機會了解一些中國的傳統文化。和之前的經歷一樣，我們再一次感受到美京文化裡的互助、奉獻。每一次活動，在工作人員的帶領下，大家一起組織、協調，既增加了父輩與孩子的互動，又連接了華人之間的關係。一段時間下來，原本不認識的孩子之間有了更深的交流，家長間也更加團結協作。每次在商場演出，孩子們起初的膽怯、緊張，隨着周圍觀眾的鼓勵和掌聲，一點點被改變，那種因着民族文化的自信油然而生！

慢慢地，美京的服務深入到我們更多華人中間。媽媽曾經在美京專為沒有美國醫療保險的人群服務的泛亞義務門診看過病，這項便民服務解決了老年訪美華人最實際的看病難問題。

十年前那個嬰孩，如今已長大，她也在用自己的歌聲來服務美京的老年人。美京方便了我們的生活，我們用自己的方式回饋美京的需求。

機緣巧合之下，我去年入職了美京博雅苑，很榮幸的成為美京人，至此我家三代都與美京發生了關聯。能夠服務社區，是我一直的夢想。美京博雅苑正好提供了這樣一個平台給我。一老一小是美京服務的主體。每天在學校裡看着孩子們的進步和成長，實在是一件幸福的事情。攜手同行，未來可期。明天不知道還會有什麼樣的故事會發生，然而，看到美京40年的改變，我信心滿滿！



Esther He's son Ruiyan Hu joins CCACC Youth Dragon Dance Team in performing at CCACC's two-week Lunar New Year Celebration at Montgomery Mall in Bethesda, MD. 賀春玲女士的兒子胡睿研作為中心青少年舞龍隊隊員，參加中心在位於馬州貝塞斯達城的Montgomery商場舉辦的農曆新年雙週慶典，表演舞龍。



Esther's daughter Janice Hu performs singing on the weekend as a volunteer for the seniors at CCACC Adult Day Healthcare Center.
賀春玲女士的女兒胡春曉作為義工，週末在歡樂日間保健中心為耆老們登台表演唱歌。



Esther He is doing a PCR test for a CCACC Academy Preschool student.
賀春玲女士為博雅苑幼兒園學生做COVID-19 PCR快測。

美京華人活動中心與我

鄺燕燕 · 歡樂日間保健中心會員

在喜逢美京華人活動中心40週年慶典活動之際，我心情無比激動，寫下這篇徵文，以表我對中心的感激之情。

我雖然剛進中心不久，但我卻深深地感受到她的溫暖，員工無私的奉獻與親情的交融永遠留在我記憶的深處。每天早上，笑容可掬的李志翔會長與主管石慧娟早就站在門口恭候我們的到來，向我們問好，服務員們也推著輪椅等候著我們。我們就在那種溫馨的氛圍中開始一天的快樂生活。

三年前，新冠病毒肆虐，無情地襲擊著美國，嚴重威脅著人們的生命安全。在這個危急關頭，中心領導英明果斷作出決定：暫時關閉老人中心，宅家休息，但每天給老人們送飯、送菜、打電話詢問健康並未停止。隆冬，大雪紛飛，我站在窗前看著大片大片的雪花在凜冽的北風吹拂下飛舞著，頓時地變成了一片白色的海洋。可就在這時，只見邢斌超師傅，滿身披著白雪，手裡提著一個大袋子，在雪中深一脚淺一脚地向我家走來，給我送飯。我接過他手中的袋子，裡面裝有水果、牛奶、麵包，還有熱騰騰的可口飯菜。我謝謝他，他只是笑呵呵地說：不用謝，這是我應該做的。頓時我感動得熱淚盈眶。抬頭望去，只見他的汽車已消失在雪海中，他又給別的老人送餐去了。

長時間的宅家實在讓人煩悶。一天早上我出去散散步，卻忘記了戴口罩。突然遇見一個人在抽煙，濃濃的煙霧向我襲來。第二天我就覺得喉嚨痛、頭暈。我懷疑自己染上了病毒，整天坐立不安，血壓迅速上升，心率加快。情急之下，我立刻打電話給宣護士長。她告訴我用血氧儀夾住左手食指，如果血氧在90以上就不用

擔心。我遵宣護士長所囑進行測量，數值在安全線上，緊張焦慮的心情得到暫時的緩解。但懷疑焦慮還是在嚴重威脅著我，身體稍有不適就打電話給她，而她從不厭煩。有一天中午，我從她回答我的話語中，感到她嘴裡還含著飯呢。她為了讓我徹底解除思想上的顧慮，還給我聯繫心理醫生陸惠興主任和邵醫生。在她們的耐心幫助和輔導下，我一步步地走出新冠病毒的深淵。這是一位多麼好的護士長啊，我永遠感激她！她時刻守衛著我們。有了她，我們耆老會更加長壽。

大堂服務組及膳食組主管石慧娟對老人生活關懷備至。每天早中餐她都走到老人們中間詢問老人吃得慣不慣，吃得好不好，有什麼需要改進的，傾聽老人們對膳食的意見。等老人們吃完飯，自己才端著早已涼了的飯向飯堂走去。她心裡裝的是老人，唯獨沒有她自己。資深顧問李潮先生更是忙前忙後，為的是讓我們吃得高興。

歡樂中心的確是名副其實的歡樂，她是耆老們的樂園。在她的伴陪下，我們的晚年生活會更加絢麗多彩。我愛歡樂，更愛歡樂的全體員工。



美京華人活動中心與我

黃淑蓉 · 美京華人活動中心歡樂日間保健中心會員

到今年的9月份，我加入美京華人活動中心歡樂日間保健中心，就整整六年了，時間過得真快啊！

我一直是個樂天派，整天高高興興，快快樂樂的。但自從老伴走了以後，我就變了，對生活感到無望，對任何事情都毫無興趣，總是悲傷流淚，睡眠不好，食慾不佳，一點小事都會引起煩躁或沮喪。後來我才知道，我這是得了憂鬱症。

女兒們看在眼裏，急在心裏，她們就想幫我擺脫憂鬱症的困擾。她們帶我去公園，我沒興趣；帶我逛商店，我沒興趣；她們找些以前我喜歡看的電視節目讓我看，我還是沒興趣。其實，我也不想憂鬱，我也不喜歡那個時候的自己，但我無力改變。

直到有一天，女兒們對我說：媽媽，走，我們帶您去一個地方。我說：去哪裏？去公園？逛商店？我不去。女兒說：不去公園，也不逛商店，我們帶您去一個可以交朋友的地方。交朋友？哪裏可以交朋友呢？我自己知道，我的憂鬱症與失去老伴以後的痛苦和孤獨有很大的關係。我衣食無憂，愁的就是沒有朋友，沒地方說話。既然女兒說有地方可以交朋友，那為什麼不去試試看呢？帶著幾分疑問，帶著幾分期待，我坐上了女兒的車。

在車上，女兒跟我說：蒙郡有不少專為耆老們開辦的活動中心，耆老們可以在那裏讀書、看報、看電視，聊天、打牌，搓麻將，還可以唱

歌、跳舞、做健身操。那些活動中心還為耆老們提供營養早餐和午餐，玩兒的餓了，可以吃完飯繼續玩兒。在那裏，您還可以遇到很多老鄉，還可能交到好朋友。我聽了以後覺得，還有這麼好的地方啊？我還真想去看一看。

那一天，女兒開著車，帶著我，參觀了洛城、蓋城好幾個華人日間活動中心，最後一個參觀的，就是美京華人活動中心的歡樂日間保健中心。一走進歡樂中心，就有一位優雅的女士走過來，自我介紹說，她叫安娜。她熱情地與我們交談，詢問我們來訪的目的，並帶著我們樓上樓下參觀，詳細地向我們介紹了美京華人活動中心的歷史，以及中心的圖書館、音樂室、舞蹈室、活動室、健身房、教室、護理站以及泛亞義務門診等。美京華人活動中心完善的設施，以及活動中心裏耆老們的歡聲笑語，給我留下了深刻的印象，我一下子就喜歡上了歡樂中心，當場就登記申請，加入了美京華人活動中心這個歡樂大家庭。

從那以後，歡樂中心的車子每天接送我到歡樂，我每天在歡樂中心讀書看報，健身做操，玩賓果，做數獨。我還在歡樂中心結識了不少老鄉，交了不少的朋友。漸漸地，我不再感到孤獨寂寞，不再煩躁沮喪，不再憂鬱了。情緒好了，心情愉快了，就能吃得好，睡得好，身體倍兒棒！女兒們看到了我的變化，打心眼裏為我高興，一致稱贊：去了歡樂中心，媽媽也快樂了！

美京華人活動中心與我，有緣相伴，我受益匪淺。美京歡樂中心不僅治愈了我的憂鬱，還給了我一個豐富、健康、快樂的晚年生活。我打心眼裏由衷地感謝美京華人活動中心歡樂日間保健中心，感謝歡樂中心的每一位領導、每一位員工、每一位朋友，感謝在歡樂中心度過的每一個歡樂的日子。在喜迎美京華人活動中心40週年慶典之際，願更多的耆老們加入我們美京歡樂中心的家庭。讓我們在歡樂中心天天歡樂，共度美好歡樂時光。



Author Ms. Shurong Huang.
作者黃淑蓉女士。



Shuttle bus fleets of CCACC Adult Day Healthcare Center.
歡樂日間保健中心車隊。



CCACC senior volunteer Minwen Hsiung (back row, center), whose article can be found on Page 200, poses with a few other CCACC senior volunteers.

中心資深義工賈明文女士（後排居中者，其文章請見第200頁）與中心其他幾位資深義工在一起。

美京華人活動中心與我

楊書平 · CCACC居家護理中心主任助理/註冊專員



「你好，CCACC居家護理中心！」這句我每天都要說上幾遍，甚至幾十遍的電話開頭語，在不經意之間，伴隨我走過了七年。歲月如梭，做為CCACC的一員，七年裡，CCACC和我都悄悄的發生了巨變。

2014年開始，CCACC開始籌建居家護理中心。經過一年多的籌備，居家護理中心在2015年7月正式對外服務。我很有幸參與了籌備工作，並成為居家護理中心的第一位僱員，與居家護理主任一起接收第一位客戶，培訓第一位護理員。

我見證了居家護理中心從原有的不到10平米的辦公室到現在擁有一個獨立的辦公室，也見證了從無到有，已上三位數的客戶和護理員，並擁有一支穩定的管理團隊。這一切都來自於CCACC強大的理念支撐—仁愛、誠信、和樂。

一路走來，我和CCACC共成長。在美國，我做過不同的工作，但自從加入CCACC居家護理中心，這個平台使我找到了用武之地。我的工作是協調客戶和護理員，更多的時間是看不到他們的。電話是我聯繫客戶、護理員的工具。協調工作千頭萬緒，首先要具備誠心、愛心、耐心。耐心的傾聽，尤為重要。這一點我深有體會。記得有一次客戶打來電話，反反覆覆說了半個多小時，我又要聽她講，又要回答她的

問題，最後的堅持，真的是對我內心的考驗。當她得到滿意的答覆，感謝我的幫助時，我如釋重負。各種各樣的情況每天都在發生。應該說，我的工作始於挑戰，又在挑戰中鍛煉、進步、收穫。

孟子曾經說過：愛人者，人恆愛之。敬人者，人恆敬之。想做好服務工作，必須學會尊重。只有當你尊重別人，別人才會信任你。一路走來，得到客戶、護理員的肯定、尊重和信任，就是對我最大的褒獎，同時使我擁有因成功體驗而來的成就感。

回答問題及處理事情，使客戶得到滿意的服務，讓護理員的服務得到客戶的認可，使護理員的付出得到回報，始終貫穿於CCACC居家護理中心服務的宗旨，也是我工作的動力所在。

目前雖然疫情尚很嚴重，且居家護理市場競爭的越來越厲害。然而，CCACC居家護理中心服務的初心不變。我會繼續努力，做好自己的本職工作。當有一天離開這個崗位時，CCACC的服務宗旨和核心價值理念，會是我最值得的永遠的記憶。

在慶祝CCACC成立40週年之際，衷心地祝願CCACC在服務社區，推廣中華文化的道路上，腳步邁的更加從容，更加堅實。

我乘坐的29號車

宋東來 · 歡樂日間保健中心會員

美京華人活動中心歡樂日間保健中心現有註冊的300餘名老人，分佈在蒙郡各地。大部分老人都拄着拐杖，有的藉助手推車，還有的坐在輪椅上需要人力推行、上下車時需要升降機才行。

我住在101公寓，乘坐的是交通組副組長余師傅開的29號車。這部車是輛二手車，車齡較長，特別需要經常保養和按時維修。記得去年的一個秋日，我站在窗前向下張望時，看到29號車在101公寓門前停了好長一段時間。我好奇地觀察着。只見余師傅正在打電話。我再回頭看了看牆上的鐘錶，已經過了發車時間20分鐘了，車子裡又沒有坐人。我想：車子肯定出了問題。這時，余師傅從車子裡拿出了一個小紙盒，拆開后鋪到車底下，緊接着鑽了進去，仰面躺在地上檢查一番。好一會兒又從車底下爬出來，走到車前掀起了機器蓋子，檢查發動機是否出了問題。正在這時，車隊保養隊長開車來到跟前，又經過二人檢查，最後決定將車子送往工廠維修。過了一會兒，來了一輛拖車把車拖走了……事隔數日，我們重又坐上剛剛修好的29號車，行駛在公寓和歡樂中心之間的路上。

當我們在公寓門前等候上29號車時，余師傅每次都把車扎向前方，然後，看著倒車鏡，將車穩穩地開到車門距離公寓門口台階最近的位置，以便老人們上車時不至於脚下踩空，造成人身傷害。接着他快速下車，站在車門前攏扶老人，把他們一個接一個的送上車，然後把老人們隨身攜帶的包包一個個的遞送到老人們的手中。緊接着，下車將老人們的手推車一輛一輛的舉上車，在車內前方擺起來，並用備用的彈力繩仔細系好。檢查無誤後，關上車門，讓老人們系好安全帶，然後就聚精會神地開着29號車駛往歡樂中心。

在疫情嚴重的那段日子裡，老人們在居家隔離。歡樂中心領導想老人之所想，急老人之所急，精

心安排了多項線上活動，如：bingo、絲綢花、繪畫等，並且每天都能按時把午餐手遞手送到老人的門口。每次我都能聽到余師傅的問候聲：「阿姨、叔叔好！請慢用！」臨走時還向老人道別說：「少出門，戴口罩，勤洗手。保重！再見！」一句句稱呼，一句句問候，一句句叮囑，一句句再見，都在溫暖着老人們的心。余師傅不僅充當了「外賣員」的角色，還起到了「通訊員」、「郵遞員」的作用。他經常把老人們的藥品、尿不濕、bingo和手工用紙等物品，送到老人們的手中，受到老人們的喜愛和稱讚。有位老人專門為他寫了一篇《疫情之中見真情》……

在接送老人的路上，有許多大小不同的鐵栓井蓋，還有因失修而多處出現的凹凸不平的路面和較長的裂縫。再加上車輛本身老化、減震效果較差，個別老人的心臟，因為在車輛經過那些特殊地段時產生的震動，感到十分難受，像是要脫落的感覺。所以每當車輛經過那些地方時，都會用手把住護欄輕輕地抬起上半身……余師傅看在眼裡，便事後與老人們溝通，把這位老人安排在第一排位置上。每次路過那些地段時，他都提前減速，輕輕地踩下剎車，緩緩地、輕輕地駛過。

29號車余師傅的一言一行、點點滴滴的貼心之舉，深深地感動了這位老人。能坐在這輛29號車上，穿梭在公寓和歡樂中心之間，是我最為感動的時段。勝似兒女情，給我留下了永遠抹不滅的回憶……



美京華人活動中心與我

賈明文 · 資深義工



成了這麼多年的好友。

這些老友，有1986年就從康州給中心創始人之一李潮打電話，詢問中文學校因而加入會員至今的；有和張凌、李一強成立資料中心的，每週都不厭其煩的搬運錄影帶，幫助會員辦理借閱手續；有一批負責中心通訊小組的成員，編輯、折疊，來往於出版社，郵寄貼了會員地址條的中心通訊；有在早期辦公室值班、每年春節參與舉辦大型活動的輪值義工；有中秋敬老活動中接送老人的，到蒙郡申請經費，到教堂發送濟貧午餐，農曆新年給無家可歸的遊民們送美食，送溫暖的；有成立電腦社的，提供成人英語教學的，直到後來在歡樂日間保健中心當英文翻譯的常青會員。還有一些他們參與的其他活動，簡直是不勝枚舉。

這些會員在工作之餘，都付出了大量的時間與精力。經年累月的堅持，無怨無悔的長期服務。早期的創始人周蘇民、任建立，資料中心的李一強，雖然已離開我們，但他們的服務精神與創辦中心的理念，却永流人間。

看到現在美京華人活動中心成長與茁壯，如此壯大，成員與董事，人才濟濟，內心很為中心

驕傲，也為這些曾經的義工鼓掌。沒有他們的付出與努力，沒有這些默默無聞的義工，中心不會走到今天。所謂「前人種樹，後人乘涼」就說明了這些。

日前，任渝提議給張凌與吳煥文過90歲生日。我們這些老義工，欣然舉双手贊成。美食與蛋糕和美照，見証了這些義工在美京華人活動中心的成長歲月。雖然我們歲數大了，臉上的皺紋多了，行動也不如以往矯健，也開始健忘了，可是一提到在中心的點點滴滴，每個人都如數家珍的說出一籮筐的往事。

值此美京華人活動中心慶祝40週年之際，我們這批老友也共同舉杯慶祝吧！希望美京華人活動中心在未來越來越棒，在主流社會工作成效顯著，一馬當先，造福更多的人們。

當然，這批老當益壯（歲數加起來超過800歲）老友的晨行，仍然會持續，直到我們走不動……

注：本文作者曾以「假糊涂」筆名，為文《義工心聲》，刊登於《美京華人活動中心二十週年特刊》

參加活動：1986年至今。常青社會員義工、資料中心共同創始人、中心通訊小組義工、歡樂中心辦公室資料整理者，帶老人看診時擔任英文翻譯。



ACKNOWLEDGEMENTS

感謝結語

Acknowledgements

I would like to give a big shout-out to the CCACC Executive Team and Board of Directors for swiftly summoning up all the resources needed for making this yearbook a reality within literally 11 weeks (from July 11-September 23, 2022). This is just an example about how CCACC was able to achieve multiple growth and expansion over the past four decades thanks to the round-the-clock dedicated hard work from all volunteers, staff, and supporters.

Kudos to the top three CCACC volunteer leaders—cofounder and Executive Director Chih-Hsiang Li, cofounder and Senior Advisor Ned Li, and Director of the Home Care Center and Art Gallery Rita Lewi—for wisely deciding the theme, outline, and cover design of the yearbook and for spending long hours reviewing each and every chapter of the yearbook to ensure the accuracy of data.

Kudos to Board Chair Dr. Alven Lam for putting effort into facilitating our receiving the congratulatory letter from President Joseph Biden that is included in the yearbook.

Kudos to Deputy Executive Director Li-Fang Liu for her day-to-day meticulous supervision of the yearbook compilation. As a whimsy wordsmith, Li-Fang deftly applies her decades of experience in journalism and nonprofit management for supervising the yearbook project. Not surprisingly, the 40th Anniversary Yearbook Editorial Committee performed superbly under Li-Fang's coordination and leadership. The committee members, in addition to Li-Fang and me, are:

Dr. Yuchi Huang, Dr. Immanuel Tung, Chiao-chiao Liu, and Joy Wang.

A big shout-out to them all for their remarkable contributions to the yearbook project. Moreover, a big thank-you to them all for also working as the judges of the CCACC 40th Anniversary Prize Essay Competition. The eight winners' articles are included in the yearbook.

Meanwhile, my deep gratitude goes to the three photographers—Ned Li, Qian Yu, and Kevin Xing—for the beautiful photos in the yearbook.

I am grateful to CCACC HR & Accounting, IT, and Front Desk & Security Departments for offering the utmost support to the yearbook project all the time.

A special thanks goes to the yearbook art designers Mr. Chung W. Lee and Ms. Hsiao-hsin Lin for readily accommodating our tight schedule and efficiently finishing the design of the yearbook.

I would also like to thank Duke Printing Center, CCACC's longtime partner, for printing the yearbook promptly and nicely.

Last but not least, my heartfelt thanks to each and every author of the yearbook, 81 in total, ages 18 to 89, including our distinguished guests who have thoughtfully sent us anniversary congratulation letters, and CCACC customers, volunteers, employees, and leaders. I was humbled by their enormous dedication, professionalism, and wisdom. Just like the positive motivational message that CCACC logo conveys,

“Together We Can!”

Happy 40th birthday, CCACC! My warmest wishes for the many more 40 years to come.

—May Zhou (Editor-in-Chief, CCACC 40th Anniversary Yearbook)

CCACC 40th Anniversary Yearbook Work Team

Publisher:	Mr. Chih-Hsiang Li
Chief Administrator:	Ms. Li-Fang Liu
Editor-in-Chief:	Ms. May Zhou
Cover Designer	Ms. Rita Lewi
Copy Editors:	Dr. Yuchi Huang, Dr. Immanuel Tung, Ms. Chiao-chiao Liu, Ms. Joy Wang
Art Designers:	Mr. Chung W. Lee & Ms. Hsiao-hsin Lin
Printing Company:	Duke Printing Center

美京華人活動中心40週年特刊工作組

發行人：	李志翔先生
總策劃：	張麗芳女士
主編：	周梅月女士
封面設計：	孫文影女士
編校：	黃幼基博士、董一明博士、李皎皎女士、王家鳳女士
美編：	李中萬先生、林曉馨女士
印刷：	公爵印刷公司

感謝結語

我謹向中心行政團隊和董事會致以誠摯的感謝。在短短 11 個星期內（從 2022 年 7 月 11 日至 9 月 23 日）迅速調集所有資源，使這部特刊的編輯得以完成。這只是一個例證，反映出在過去 40 年，尤其是最近 10 年中，中心是如何激勵所有義工、員工及支持者們眾志成城，夜以繼日的辛勤工作，終使得中心發展一再突飛猛進，連番升級，日新月異。

衷心感謝中心傑出的義工領袖—中心聯合創始人、會長李志翔先生，中心聯合創始人、資深顧問李潮先生，及居家護理主任兼美京藝廊館長孫文影女士睿智定奪特刊主題、大綱、封面設計等方針大略，且於百忙之中仔細核對全書內容，以確保史實之精準。

誠摯感謝中心董事長林雄生博士的協調與幫助，使得我們順利收到喬·拜登總統的親筆賀信。該信已收錄於特刊中。

特別感謝中心副會長張麗芳女士對特刊編制日復一日的細緻指導。巧思妙想，一字之師，七步成詩，皆來自她在新聞及非營利組織管理方面數十年的寶貴經驗。中心 40 週年特刊編輯委員會，在麗芳的協調和領導下，表現出色。委員會成員，除了麗芳和我，還有以下四位：

黃幼基博士、董一明博士、李皎皎女士和王家鳳女士。

極為感謝各位編委對特刊的卓越貢獻，同時也感謝他們擔任中心 40 週年慶有獎徵文比賽評委。八位獲獎者的文章均已收錄在特刊中。

與此同時，真心感謝李潮先生、于茜女士、邢峰琦先生三位攝影師為特刊提供的精美照片。

非常感謝中心會計/人事、資訊、前台和安保部門對特刊編寫的大力支持。

尤其感謝特刊美術編輯李中萬先生和林曉馨女士樂意配合我們緊張的日程，高效完成特刊設計。

同時感謝中心長期合作夥伴公爵印刷公司按時圓滿完成特刊印製。

最後，我要感謝特刊的每一位作者。共計 81 位，年齡 18 至 89 歲，包括應邀提供賀詞的嘉賓和中心服務對象、義工、員工及領軍人物。他們超凡的奉獻精神、專業精神與真知灼見讓我驚歎不已，誠如中心標誌所傳達的積極正向的信息—

「眾志成城！」

謹祝中心 40 歲生日快樂！熱切祈願中心未來很多個 40 年如期而至！

—周梅月（美京華人活動中心 40 週年特刊主編）



APPENDICES

附錄

SCACCC Present and Former Executive Directors and Board Members 中心現任及歷任會長和董事會成員

三

1983	/	/	/	傅榮基	王海波	黃和平	鄒傑民	張 浩	劉仲三	朱以敏	朱殿華	余玲嬌
1982	/	/	/	黃秉基	Chung C. Fu	Eddy Huang	James Deng	Ling Cheung	Kuen-San Liu	Julien Chu	Ling Yu	
1992	/	/	/	吳文輝	Hai-Beh Wang	Edith Huang	傅基華	黃和平	劉傑民	劉傑民	劉坤三	
1991	/	/	/	洪嘉麒	Bing Jib Huang	Han Leih Liu	Hai-Beh Wang	Chung C. Fu	Eddy Huang	James Deng	Ling Cheung	
1990	/	/	/	劉源傑	Jeffrey Liu	劉源傑	陳水毅	黃秉驥	劉萬烈	劉萬烈	王海波	
1989	/	/	/	劉源傑	Victor Hsiung	Yung Y. Chen	Bing Jib Huang	Han Lieh Liu	Vivien Kao	Hai-Boh Wang	Hai-Boh Wang	
1988	/	/	/	陳德仁	Yuan-Heng Tai	戴元亨	沈志上	新苗美	黃秉驥	黃秉驥	劉漢烈	
1987	/	/	/	李孟光	Yuan-Heng Tai	戴元亨	李志上	郭曉美	Yung Y. Chen	郭曉美	吳煥文	
1986	/	/	/	俞孟雷	James Shen	John Chen	陳仁仁	侯國傑	郭曉美	郭曉美	劉坤三	
1985	/	/	/	Miranda Chin	Ned Li	李孟光	李孟光	侯國傑	侯國傑	侯國傑	劉坤三	
1984	/	/	/	李孟雷	Chih-Hsiang Li	李孟光	李孟雷	侯國傑	侯國傑	侯國傑	劉坤三	
1983	/	/	/	李孟雷	Chih-Hsiang Li	李孟光	周綠民	侯國傑	侯國傑	侯國傑	劉坤三	
1982	/	/	/	李 潤	Chih-Hsiang Li	李孟光	周綠民	侯國傑	侯國傑	侯國傑	劉坤三	



Awardees of CCACC Anniversary Celebrations 2012-2022

2012

Long-Term Community Services Award

Mr. Meng Kuan Lee

長期社區服務獎

李孟光先生

2013

Long-Term Community Services Award

Mr. David Lee

長期社區服務獎

李定遠先生

Public Service Award

Ms. Lillie M. Williams

Mr. Robert H. Chang

Ms. Melanie R. Polk

卓越公共服務獎

張紘先生

2014

Volunteer Role Model Award

Dr. Immanuel Tung

義工楷模獎

董一明博士

Outstanding Volunteer Group Award 傑出義工團隊獎

Volunteer Physicians at Pan Asian Volunteer Health Clinic

泛亞義務門診義工醫師團隊

Dr. Mo-Ping Chow 周武屏醫生

Dr. Mark K. Li 李家裘醫生

Dr. Hon-Yuen Wong 黃浩源醫生

Dr. Xiaoping Shao 邵曉平醫生

Dr. Dong Mei Wang 王冬梅醫生

Dr. Ling Yang 楊凌醫生

Dr. Jie He 何傑醫生

Dr. Yao-Yao Zhu 朱躍躍醫生

Dr. Jeffrey Yau-Huei Chung 鐘耀輝醫生

Dr. Chang-Ting Haudenschild 陳長汀醫生

Dr. Sharon Xiao-Chun Yang 楊曉春醫生

Dr. Lei Xu 徐磊醫生

Dr. Joan Luo 羅迅妍醫生

Dr. Ning Guo 郭寧醫生

Dr. Qiufang Cheng 程秋芳醫生

Dr. Allan Lui 雷超倫醫生

Dr. Wei Cui 崔巍醫生

2016

Model Volunteer Family Award

Dr. Yean-Hsi Chang and his family

模範義工家庭獎

張延熙博士闔府

2017

Outstanding Volunteer Award

Dr. Mo-Ping Chow and Mrs. Tai-Hui Chow

模範義工獎

Mr. I. K. Liang and Dr. Chang Y. Liang

周武屏醫生及謝苔蕙女士

Mr. Nick Liu

梁義光建築師及楊章醫生

劉念湘先生

2018	Outstanding Volunteer Award	模範義工獎
	Dr. Kit-Keung Kan & Dr. Yuen-Han Kan Mrs. Alice Kan & Mr. Yui-Keung Kan Ms.Yuen-Sheung Kam	靳杰強博士及靳甘潤嫻博士 靳黃麗嬪女士及靳銳強先生 甘潤嫻女士
	Special Contribution Award	特殊貢獻獎
	Dr. Lily Chen & Dr. Jeffrey Chen	陳錦春博士及陳壯飛博士
2019	Outstanding Volunteer Award	模範義工獎
	Dr. Chyang Fang and Mrs. Lily Fang Mr. George Yu and Mrs. ShuWah Yu Dr. Ling Chin Mr. Pao Yu Tsai	方強宗博士及秦力利女士 余超華先生及林淑華女士 金鈴醫生 蔡寶玉女士
	Outstanding Youth Volunteer Award	傑出青少年義工獎
	Emma Chen Yu Kit Cheng Raymond Yu	陳依芸 鄭于傑 于心易
2020	COVID-19 Pandemic Started 新冠疫情來襲	
	Appreciation of the Senior Volunteers for Their Faithful Contributions during the COVID-19 pandemic	感謝資深義工在疫情期間的精誠奉獻
	Mr. Chih-Hsiang Li Mr. Ned Li Ms. Rita Lewi Dr. Immanuel Tung Mr. Chu Wang Mr. Phil Zen Dr. Yao-Yao Zhu Dr. Qiufang Cheng Dr. Mo-Ping Chow Dr. Lei Xu Dr. Ling Yang Dr. Xiaoping Shao	李志翔先生 李潮先生 孫文影女士 董一明博士 王楚先生 任爾翔先生 朱躍躍醫生 程秋芳醫生 周武屏醫生 徐磊醫生 楊凌醫生 邵曉平醫生
	Outstanding Youth Volunteer Award	傑出青少年義工獎
	Emma Chen Wilson Kan Crystal Li	陳依芸 闢唯誠 李欣然

2021

COVID-19 Pandemic Continued 新冠疫情持續中

**President's Volunteer Service Award
(PVSA)—Lifetime Achievement**

Mr. Chih-Hsiang Li
Mr. Ned Li
Ms. Rita Lewi
Dr. Immanuel Tung

總統義工終身成就獎

李志翔先生
李潮先生
孫文影女士
董一明博士

PVSA	總統義工獎	PVSA	總統義工獎
GOLD AWARD	金獎	GOLD AWARD	金獎
Mr. Chu Wang	王楚先生	Mr. Phil Zen	任爾翔先生
Mr. Andrew Wang		Mr. Matthew Lo	
Holly Zhang	張好蕊	Pei Yu Tsai	蔡佩好
SILVER AWARD	銀獎	BRONZE AWARD	銅獎
Mr. Brandon Pan		Dr. Mo-Ping Chow	周武屏醫生
BRONZE AWARD	銅獎	Wilson Kan	闢唯誠
Dr. Yao-Yao Zhu	朱躍躍醫生	Charles Tatum	
Mrs. Tai-Hui Chow	謝苔蕙女士		
Emma Chen	陳依芸		

2022

**President's Volunteer Service Award
(PVSA) – Lifetime Achievement**

Dr. Yuchi Huang

總統義工終身成就獎

黃幼基博士

PVSA	總統義工獎
GOLD AWARD	金獎
Jack Lin	Mark Lin
Katherine Lee	Holly Zhang
Caroline Zhou	Claire Bielski
Kaya Zheng	
SILVER AWARD	銀獎
David Wang	David Li
Amy Ye	Susanna Lee
BRONZE AWARD	銅獎
Tong Zhan	Pei Yu Tsai

Lifetime Achievement Award	終身成就義工獎
Dr. Yuchi Huang	黃幼基博士
Outstanding Volunteer Award	模範義工獎
Ms. Rachel Jin	金瑞亭女士
Ms. Jia Liu	劉佳女士
Outstanding Youth Volunteer Awards	傑出青年義工獎
Simon Liu	劉希萌
Pei Yu (Katherine) Tsai	蔡佩妤
Holly Zhang	張好蕊

CCACC Awards and Certificates (2012-2022)



2012-2022中心榮獲的獎狀和榮譽證書



Donations to CCACC

The Chinese Culture and Community Service Center, Inc. (CCACC) hugely appreciates your generous support over the years. Please continue supporting us. With your invaluable support, and through embracing our core values of caring with love and compassion, serving with sincerity and integrity, and thriving on joy and harmony, we can build an even stronger community together.

Donate Today

CCACC is fully independent in management and finance. Funding is mainly derived from government appropriation, public donations, and services provided. CCACC is an IRS approved 501(c)(3) nonprofit organization. All donations are tax-exempt. Your generous donations are always much appreciated.

The donation could be in many ways:

1. **Online donation:** https://www.ccacc-dc.org/Donate_en.aspx?lang=1, or scan the following QR Code for easy access:



2. **Mail your check to the CCACC office:**

9318 Gaither Road, Suite 215,
Gaithersburg, MD 20877

3. **Through authorized certified website:**

- America's Best Local Charities: <https://qrgo.page.link/ziXRU>
- America's Best Charities: <https://qrgo.page.link/AzYgn>
- BEST of the CFC: <https://qrgo.page.link/R5vcV>

4. **We welcome vehicle donations as well.**

Your generous contributions will be the driving force for us to build a stronger community!

歡迎樂捐

美京華人活動中心非常感謝您的慷慨捐贈。請繼續支持我們！憑著您寶貴的捐贈，並且恪守我們的核心價值—「以仁愛關懷，以誠信服務，在和樂中茁壯成長」，我們必將共創更強大的社區。

歡迎樂捐

中心的財務及管理獨立自主，經費大多來自政府的計劃撥款、大眾的捐款及服務所得。我們期待您慷慨的捐贈。美京華人活動中心是國稅局認證的501(c)(3)非營利組織，您的捐款都可用於抵扣稅款。捐款方式如下：

- 1. 中心網路捐款:** <https://www.ccacc-dc.org/Donate.aspx>,
或掃以下二維碼方便登入：



- 2. 郵寄支票至中心辦公室:**

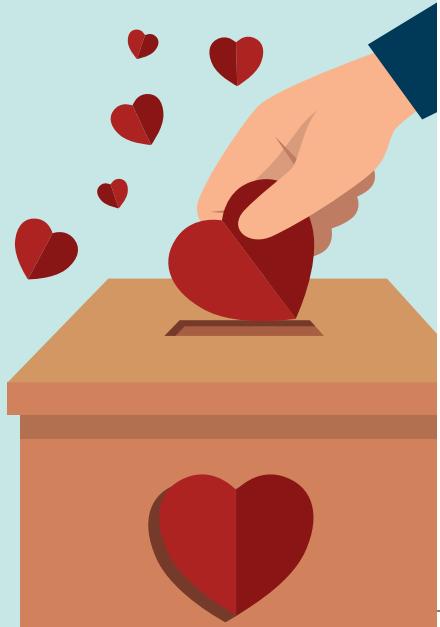
9318 Gaither Road, Suite 215,
Gaithersburg, MD 20877

- 3. 通過認證的網路捐款:**

- America's Best Local Charities: <https://qrgo.page.link/ziXRU>
- America's Best Charities: <https://qrgo.page.link/AzYgn>
- BEST of the CFC: <https://qrgo.page.link/R5vcV>

- 4. 捐贈汽車**

只要您伸出援手，不論數額多少，您就是我們共創美好社區的推手！



Websites of CCACC and Its Seven Operational Divisions

中心及七個對外服務部門之網站

Chinese Culture and Community Service Center
美京華人活動中心
<https://www.ccacc-dc.org/>

CCACC Adult Day Healthcare Center
美京歡樂日間保健中心
<https://www.ccaccadultdaycare.org/>

CCACC Health Center
美京健康醫療中心
<https://www.ccacchealth.org/>

CCACC Home Care
美京居家護理中心
https://www.ccacc-dc.org/OnePage_en.aspx?tid=155

CCACC Community Services
美京社區服務中心
<https://www.ccacccommunityservice.org/>

CCACC Academy214
美京博雅苑
<https://ccaccacademy.org/>

CCACC Art Gallery
美京藝廊
<https://www.ccaccartgallery.org/>

CCACC Sports
美京博翊館
<https://www.qostc.org/media>

美京華人活動中心

Chinese Culture and Community Service Center, Inc.

Headquarters
9318 Gaither Road, Suite 215
Gaithersburg, MD 20877

Monday - Friday 9 am - 5 pm

Phone 301-820-7200
Fax 240-823-6060
www.ccacc-dc.org

PROUDLY SERVING THE COMMUNITY SINCE 1982



Group photo of CCACC staff, volunteers, and participants at CCACC 8th Asian American Career Fair on October 15, 2022.
2022年10月15日，中心舉辦第八屆亞裔人才招聘會，員工、義工及部分招聘僱主合影留念。



Group photo of CCACC staff, volunteers, and interns in 2014.
2014年中心部分員工、義工及實習生合影。

