



To Our Oakland & Lincoln Square Community
From Oakland City Council President Nikki Fortunato Bas 勵琪 and
Gilbert Gong 利廣順 Director of Lincoln Recreation Center

致我們的屋侖和林肯公園社區
來自於屋侖市議會主席勵琪以及林肯活動中心理事利廣順

Dear Friends,

To our elders, youth, and families, many who live, go to school, and work in Oakland Chinatown and Lincoln Square Park, we want you to know that we are here for you. We know you are feeling hurt, scared, frustrated, and isolated. We too feel pain, anxiety, and anger due to the violent attacks against members of our Asian community, across the Bay Area and country. Elders like Mr. Pak Ho and Mr. Paul Chan were such important participants in our activities and culture at Lincoln Square Park: Mr. Pak Ho was a regular participant with our Sunday morning Tai Chi, and Mr. Paul Chan actively volunteered many times a week with our Table Tennis program.

敬愛的社區鄰里,

對於那些在屋崙華埠和林肯公園附近居住生活, 工作, 上學的長者, 年輕人, 以及家庭, 我們想讓大家知道, 我們會努力繼續在這裡為大家提供幫助與支援。我們知道你感覺受到被傷害, 恐懼, 沮喪以及被孤立。對於近期在灣區, 針對亞裔社區的暴力犯罪, 大家的痛苦, 焦慮, 憤怒, 我們一樣感同身受。長者何伯(Mr. Pak Ho)與陳伯(Mr. Paul Chan)過往一直是參加我們林肯活動中心活動的重要成員。何伯每個星期日早上都會來參加打太極的活動, 而陳伯也經常每週為乒乓球活動擔任義工, 為大家服務。

It is unacceptable and heartbreaking that this violence has made many of us feel unsafe to leave our homes; visit friends and family; walk the streets to get fresh air, be active, and do simple, necessary activities such as grocery shopping or buying medicine. Nobody deserves to fear daily for themselves and their loved ones' safety. The violence is especially painful because of the cultural, social and economic suffering that COVID-19 has already caused in our Oakland Chinatown community, and so many immigrant communities across the country.

這些暴力是難以接受以及令人痛心的, 導致於我們的社區居民都覺得十分不安全, 不敢離開住所, 或者不敢探望親朋好友, 又或者不敢到街上散步運動和呼吸新鮮空氣, 甚至會減少一些日常必須行為, 例如購買生活雜貨或獲取藥物。沒人應該每天為自己和親人的安全擔憂。這些暴力導致我們的屋崙華埠社區和全國很多移民社區都感到十分痛苦, 這是因為新冠疫情大流行所帶來的文化上, 社會上, 經濟上的危難。

We want to share these important resources to support you:

1. Spread the word about the **Victim Assistance programs** (contact Mike Lok (mlok@ahschc.org) at Asian Health Services) and **Chinatown Clean Ambassadors** program organized through the [Oakland Chinatown Coalition](#).
2. Access **mental health and grief counseling** through [Crisis Support Services of Alameda County](#) at 1-800-309-2131. It's important to take care of ourselves by expressing and processing our emotions in a safe, supportive environment.

3. **Report all crimes and assaults** to Oakland Police Department or reach out to OPD Asian Liaison Officer Mae Phu at the Renaissance Plaza Office (510) 238-3455.
4. Continue to call and check-in on your loved ones and be careful when outside your homes by **moving in groups** rather than walking alone.

我們希望分享一些重要資訊以支持各位居民：

1. 相互告知，讓更多人知道受害者援助計劃(聯絡Mike Lok(mlok@ahschc.org) - 來自於亞健社) 和華埠清潔大使計劃(由屋侖華埠聯盟組織)
2. 通過阿拉米達縣的危機支援服務中心獲得心理健康和創傷復原的服務，可以致電1-800-309-2131。通過表達，並在安全可靠環境下處理好我們的情緒，照顧自己的心理這一點很重要。
3. 向屋侖警察部門報告所有的犯罪和襲擊，或者向在富興中心內設有辦公室的亞裔社區聯絡員Mae Phu報告，電話是(510) 238-3455。
4. 繼續打電話與其他親朋好友聯繫，了解近況，並相互告知出門時要小心，最好要結伴成行，不要獨自出門。

Since COVID began, we've deeply missed seeing you attending activities at Lincoln Square from dawn to dusk, gathering on our streets and in our parks, enjoying conversation and coffee with each other in our beloved small businesses. We are sure you miss one another, too. We can't wait to reunite and reopen again when it's safe to do so, and want to do all we can to support our shared healing, health, and joy.

自從新冠疫情爆發後，我們非常掛念大家以前能從早到晚來到林肯公園參加活動，在我們的街道上和公園內聚會，同時也能在我們社區的小商業中相互交談和飲各種飲料。我們相信您也會掛念彼此。我們迫不及待地希望在安全的情況下重開，讓大家可以繼續聚會，並希望盡我們所能來支持我們共同的康復，健康和歡樂。

With love and solidarity,



希望共同努力繼續傳播愛心與團結社區
勵琪 & 利廣順



致我們的屋崙和林肯公園社區 來自於屋崙市議會主席勵琪以及林肯活動中心理事利廣順

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