

# San Francisco Village News - April 2011

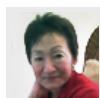


## San Francisco Village

OUR GENERATION. OUR CHOICE.

### FROM THE EDITOR

#### Healthy Aging for April



by **Gayle Uchida, Manager of Member Services/Operations**

Hi Villagers!

We want to usher in springtime with the hope that you will enjoy it and the rest of the year in good health. April is Healthy Aging month for the Village. We're linking with the National Health Observance calendar to celebrate National Public Health Week, April 4-10, and World Health Day on April 7.

To stay in step with good health, we invite all of you to attend a FREE lecture series sponsored by our neighbors at CPMC, the Institute for Health and Healing. They are having a Mini Medical School in Integrative Medicine focused on The Healing Power of Food. You can find details in our section on Calendar of Events, or to register, click here:

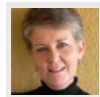
<http://www.cpmc.org/services/ihh/hhc/minimed/index.html#Info%20&%20Registration>

You can also call to RSVP at 415-600-2120.

Enjoy April--fingers crossed we've said goodbye to the rain!

Best,  
Gayle Uchida, Editor and Publisher

#### From the Acting Executive Director



by **Janis Brewer, Acting Executive Director**

Dear San Francisco Villagers:

Thank you all for your kind words of welcome to San Francisco Village. I'm looking forward to getting to know you all over the next few months during Christabel's absence. My primary goals are to ensure you continue to receive the most from your Village membership and to shepherd the programs and plans that are already in place. And of course I will try to do all this with the professionalism and compassion that you've come to expect from Christabel. I've got big shoes to fill!

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### SF Village News

APRIL 2011

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San Francisco Village offices have moved. We are now at 3575 Geary Boulevard at Arguello, San Francisco, CA 94118. Our phone and FAX numbers remain unchanged.



•Join SF Village and its membership in the TYZE personal network, <http://www.tyze.com>.

•If you or someone you know wants to join this online community that connects you to a circle of support, call the Village office at 415-387-1375 or email us at [info@sfvillage.org](mailto:info@sfvillage.org).

•As long as you use email or the Internet, training for this will be a breeze and you will be helping your self and someone else too.

**SF Villagers  
Are Now One  
Phone Call  
Away From  
These FREE  
Services:**



**24-Hour Crisis Phone  
Service from a  
Live Person!**

**After Hours Phone  
Service for SF Village**

**Daily Medication  
Reminders**

**Daily Check-In Calls**

**Support for Emotional  
Wellness**

**Call us today  
to get started:  
(415) 387-1375.**

*SFV is providing these  
services through a joint  
partnership with  
The Friendship Line at the  
Institute on Aging.*



## FORWARD

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## UNSUBSCRIBE

## Take a Hike!



by **Marsha Robertson, San Francisco Village Volunteer**

Irish-born VERA FIELDS lived in the north of England with her parents through her teenage years, and her attractive accent is still present after a lifetime of subsequent adventures in Vancouver, Montreal, Jamaica and San Francisco, where she settled in the 1960s.

Married for many years to prominent artist Curtis Fields (who died in 2008 at the age of 87), Vera is the mother of two grown children, Greg and Antony, the grandmother of 3 and the great-grandmother of 1. For many years she supervised the family's investments in local apartment buildings in Pacific Heights, which they

remodeled and/or managed. Now living in the duplex she owns in Cow Hollow, Vera learned about SF Village by attending a program at the Jewish Community Center and was eager to learn more about the organization's mission to support local seniors who want to stay in their own homes as they age.



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## First Quarter 2011--Service Requests from Villagers



by **Gayle Uchida, Manager of Member Services/Operations**

With this column, we are launching a new quarterly report of services requested by our Villagers. We aim to keep you informed about the many services available to our members. We also want to invite your input for services we might add as well as for service providers you may recommend as positive additions to our nearly 100 approved Village providers.

Recommendations are always welcome; just call the office at 415-387-1375 or drop us an email at [info@sfvillage.org](mailto:info@sfvillage.org).

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## What Do You Do for Healthy Living?



by **Gayle Geary, Board President**

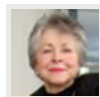
Rather than researching a lot of articles and websites to write this article, I decided to ask my friends what they do for healthy living. Here are sixteen wonderful, unique and individual practices and beliefs.

- Eating kale, carrots, and lots of vegetables, fruits and salad, drinking water and walking. These are healthy things to me. Hamstring and other stretches help to maintain flexibility. Practicing Qi Gong raises and directs energy. Seeing the ocean and being aware of the world

creates a healthy balance between conventional, bounded life and vastness.

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## B's Beef: Fooling Mother Nature



by **B. E. K. Hancock, San Francisco Village Member**

I confess: well into my middle years I remained in total denial of the aging process. It helped that I didn't have my children until my forties and that I jogged, skied and did my downward facing dog with the best of them. Although we are told that it's not nice to fool Mother Nature, in my fifties I even had "some work done", not so much because of vanity than to align the face looking back at me out of the mirror with what I felt.

So when a not so sweet young thing at the Five and Dime's check out asked me if I wanted my senior discount... I was SHOCKED AND DISMAYED to put it mildly. I stormed out of the store, red faced and fighting back tears and leaving over \$100 of un-bought merchandise on the counter.

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## SF Village Events and Activities

We want you to attend any and all of these and please bring a friend. We are looking for members to host Lunch Bunch events or start up groups such as knitting, bridge, etc. Any ideas or topics you have for events and activities are always welcomed.

You can easily register to attend any event by clicking on the link listing for that event. You'll need to be registered on the SF Village website in order to register for any calendar events - [CREATE AN ACCOUNT HERE](#) if you haven't already. Of course, you can also still call the office at 415-387-1375 or email us at: [info@sfvillage.org](mailto:info@sfvillage.org).

### SF Village Programs

No events

[View all Calendar Events](#)

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## Roberta E. Neustadter Mini Medical School in Integrative Medicine

### The Healing Power of Food

*From Biochemistry to Ancient Wisdom*

The Institute for Health & Healing announces its 14th annual Roberta E. Neustadter Mini Medical School in Integrative Medicine, a free public lecture series on Thursday April 14, 21, & 28 in San Francisco and on Thursday May 5 in Marin from 6:30 - 8:30 pm. Be inspired and learn from physicians, nutrition experts and educators. This unique community education program is made possible through the generous support of [Roberta E. Neustadter](#).

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### Activities of Interest

Date:	Wednesday, February 6 >
Event:	<b><a href="#">Free Shuttle Tours at the Presidio</a></b>
Description:	The one-hour guided journey held at noon on the first Wednesday of each month. RSVP @ 415-561-5418 or <a href="mailto:presidio@presidiotrust.gov">presidio@presidiotrust.gov</a>
Location:	Meet outside the Presidio Officer's Club

[View all Calendar Events](#)

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San Francisco Village - 3575 Geary Blvd, San Francisco, CA 94118. 415.387.1375

[www.sfvillage.org](http://www.sfvillage.org)