San Francisco Village News - August 2011

From the Acting Executive Director

by Janis Brewer, SF Village Acting Executive Director

Dear Village Friends:

Although the summer seems unusually cold and foggy, it's sunny and warm in SF Village! I am impressed and moved every day by the love and caring exhibited by our members, volunteers, staff and board. So many people are reaching out to their neighbors in the Village and helping out too: driving a new member to her first Yoga class, meeting for lunch to chat and socialize, participating in a docent-led tour of SFMOMA, learning about advanced directives, getting computer help, and making friendly check-in calls and visits. We’re fulfilling member requests every day and creating community for all members. It’s the village concept in action!

Thank you for sharing your ideas about how to make the Village better. I welcome your comments and suggestions (call me at 387-1375 ext. 1 or email me at Janis@sfvillage.org).

We have new members! Welcome William C., Irwin H., Agatha H., Marjorie G., Kenneth F., Sudish F.
SF Village News

AUGUST 2011

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Members:
Need a Village Volunteer to Help You?

Call 387-1375

Recently on Forum

Fri, Aug 5, 2011 -- 10:00 AM
A Graying Bay Area
The Bay Area’s elderly population has been growing over the past 10 years. As the boomer generation hits its sixth decade, a so-called silver tsunami is on the way. Are Bay Area cities and communities aging friendly?

Host: Dave Iverson

Guests:
Andrew Scharlach - Director of the Center for the Advanced Study of Aging Services and professor of aging at the UC Berkeley School of Social Welfare
Anni Chung - President and CEO of Self-Help for the Elderly, a community organization serving 35,000 seniors in San Francisco, San Mateo, Santa Clara and Alameda counties
Gayle Geary - Board president, member and co-founder of San Francisco Village

In case you missed the show you can listen at http://www.kqed.org/a/forum/R201108051000

Keeping Safe

by Thomas Benet, SF Village Member

A MAJOR concern for children, or friends, of an older person living alone, is simply this: What if mother (or father) falls or collapses while I'm not there? The thought is wrenching. Will this individual lie untended for hours, even days, because there's no one around to be aware of the situation?

Well, there is a mind-easing answer: provide this independent soul with a monitoring device that can instantly alert those who need to know of a critical situation. I talked to Art Hoffman, the CEO of Bay Area Vital Link, about how to go about providing such a device for a loved one. Hoffman, a former Philadelphia restaurant owner, who moved West
Balance

Come and hear why balance is so important and learn what you need to know to keep from falling.

Friday August 26 at 1:15 PM

Bakar Fitness & Recreation Center

CLICK TO CALENDAR

SEPTMBER 15

San Francisco Village, UCSF National Center of Excellence in Women's Health, and The Transition Network invite you, your friends, associates and members to attend a free program featuring acclaimed author Dr. Walter M. Bortz, MD. Dr. Bortz will speak on the importance of women's role in family health, our nation's trajectory for the future of health care and what can be done about it.

Thursday, September 15, 2011, 3:00 pm-4:30 pm

CLICK TO CALENDAR

Discovered Treasures

Joseph Satten, MD
by Basya Petnick*

Family Man, Forensic Psychiatrist and Author

Joseph Satten MD recently celebrated his 90th birthday at Rhoda Goldman Plaza, where his daughter presented a slideshow of photographs depicting landmark events in his life.

Joe was born in Brooklyn to immigrant parents. His father was a dress manufacturer who expected his
The Village is planning a unique, first time, fun, fund raising event, *Discovered Treasures*, to take place at the St. Francis Yacht Club on Friday, November 4, 2011 from 6 to 8 PM. Get ready to discover the auction value of a possible treasure you own or have inherited from a great aunt. And most importantly, SAVE THE DATE for this exciting event.

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**2ND ANNUAL NATIONAL VILLAGE GATHERING**

October 24-26, 2011

At the Oakland Marriott City Center

For more information, visit [www.vtvnetwork.org](http://www.vtvnetwork.org)

Registration open July 1, 2011

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**FORWARD**

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**UNSUBSCRIBE**

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Presently Dr. Satten is concerned with maintaining an attentive and close relationship with his children and grandchildren, and with completing a revised edition of his memoir, which was originally published in June.

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**Greening Your Home**

By Don Langley, SF Village Member

- Your refrigerator temperature should be 36 to 40 degrees. The freezer should be at zero.
- Your water should be heated between 120 and 140 degrees.
- Your furnace’s thermostat should be set at 68 degrees.
- The biggest potential for wasting water in your home is a leaky toilet.
Attention to these simple facts will simultaneously reduce your utility bill and help the environment.

Greening your home was the topic of a June program for San Francisco Village members. If you missed it, you can still get a free Green Home Assessment from San Francisco Community Power. Just visit [www.sfpower.org](http://www.sfpower.org) or call 415-626-8723, ext. 12.

Lori Higa, who led the class and conducts in-home assessments, is a fount of information on making your home safer, more eco-friendly and less costly to operate. During a home visit, Higa provides easy-to-use testers for refrigerator and water temperatures and a dye pill that will tell you whether water is leaking from your toilet tank into the bowl. She also explains how to apply for grants up to $7,000 for energy-related improvements, such as adding insulation.

Read More

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August and September Calendars

Member Only Programs

Play Reading Group

**WEDNESDAY, AUGUST 10, 5-7PM**

TINA HOWE’S PAINTING CHURCHES
TINA HOWE'S PAINTING CHURCHES
AT WINNIE SIEGEL'S
CALL 673-4459

WEDNESDAY, SEPTEMBER 14, 2011, 5-7PM
PLAY AND LOCATION TO BE DETERMINED ON AUGUST 10.

Book Club

NO MEETING IN AUGUST

MONDAY SEPTEMBER 26, 9:45AM
WALLACE STEGNER’S ANGLE OF REPPOSE OR ERIK LARSON’S IN
THE GARDEN OF BEASTS
AT MARGARET JOHNSON’S
CALL 673-8503

Lunch Bunch

WEDNESDAY, SEPTEMBER 14, NOON
SAVOR (WITH PATIO IN BACK), 3913 24TH STREET BETWEEN NOE
AND SANCHEZ
CALL VERA FIELDS, 567-8991
(FRIENDS ARE WELCOME)

Programs for Members and Non-members

YOGA WITH AURÈLE CARLAT, ON THURSDAYS AND FRIDAYS
CALL 425-5086 FOR MORE INFORMATION, $7 PER CLASS
  ONGOING YOGA – THURSDAYS FROM 9AM-10:30AM
  BEGINNING YOGA – FRIDAYS FROM 10AM-11:15AM

PRESENTATION ON PICASSO/MATISSE: THE RIVALRY OF TWO
ICONIC ARTISTS
SPEAKER: CLARK POLING, PROFESSOR EMERITUS OF ART HISTORY
AT EMORY UNIVERSITY
THURSDAY, AUGUST 18, 6-8PM
HOSTED BY THE TRANSITION NETWORKOSHER
SF STATE UNIVERSITY OSLER LIFELONG LEARNING INSTITUTE

835 MARKET STREET, 6TH FLOOR, ROOM 673, SF
$10 FOR MEMBERS OF TTN, SF OLLI, AND SF VILLAGE; $15 FOR
GUESTS

BALANCEFIT!
**BALANCEFIT!**  
**FRIDAY, AUGUST 26, 1:15PM**  
ORGANIZED BY VILLAGE MEMBER, JUDY LANGLEY  
WITH DR. ERIKA PRITCH  
ONLY A FEW SPACES REMAINING  
AT BAKAR FITNESS & RECREATION CENTER, 1675 OWEN STREET  
call SF VILLAGE, 387-1355, EXT. 0 OR EMAIL  
INFO@SFVILLAGE.ORG  
CAR POOLING POSSIBLE

**SAVE THE DATE! SEPTEMBER 15**  
SAN FRANCISCO VILLAGE, UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN’S HEALTH, AND THE TRANSITION NETWORK INVITE YOU, YOUR FRIENDS, ASSOCIATES AND MEMBERS TO ATTEND A FREE PROGRAM FEATURING ACCLAIMED AUTHOR DR. WALTER M. BORTZ, MD.  
**DR. BORTZ**, AUTHOR OF *DARE TO BE ONE HUNDRED AND WE LIVE TOO SHORT & DIE TOO LONG*, WILL SPEAK ON THE IMPORTANCE OF WOMEN’S ROLE IN FAMILY HEALTH, OUR NATION’S TRAJECTORY FOR THE FUTURE OF HEALTH CARE AND WHAT CAN BE DONE ABOUT IT.  
**WHEN:** THURSDAY, SEPTEMBER 15, 2011, 3:00 PM-4:30 PM  
WHERE: LAUREL HEIGHTS AUDITORIUM OF UCSF, 3333 CALIFORNIA STREET  
RESERVATIONS ARE REQUIRED BY CALLING 415-387-1375 EXT. 0 OR SEND AN EMAIL TO INFO@SFVILLAGE.ORG

**DISCOVERED TREASURES: WHAT’S THIS?**  
The village is planning a unique, first time, fun, fund raising event, **DISCOVERED TREASURES**, to take place at the St. Francis Yacht Club on **FRIDAY, NOVEMBER 4, 2011 FROM 6 TO 8 PM.**  
Get ready to discover the auction value of a possible treasure you own or have inherited from a great aunt. Start checking your closets, drawers, shelves, and storerooms to see if you have a real treasure of unknown value. A member of the village will be calling you in the next few weeks to talk with you more about **DISCOVERED TREASURES.**  
And most importantly, save the date for this exciting event.
You're receiving this newsletter because you are registered with San Francisco Village. Not interested anymore?

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