

San Francisco Village News - August 2011



San Francisco Village

OUR GENERATION. OUR CHOICE.

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.kaed.org/a/forum/R201108051000>

Marjorie G., Kenneth T., Judith T., Jane R., Barbara R., Mary V., Mickey W., Carroll G., Peter S., Beverly W. and Vicki W.

Our staff and volunteers are hard at work compiling the updated Member Directory. If you have not responded to our request for how you wish to be listed in the Directory, please call the office (387-1375 ext. 0). As soon as it's complete you'll be receiving your own copy, making it easier for you to keep in touch with your Village friends. We'll even be listing members by Zip Code so you can easily identify Village members who live in your neighborhood.

Enjoy the rest of the summer!

Janis

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](#)

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 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

Richard Emery, who moved West (he ran the Casa Maria in Emeryville), is now passionately involved in helping seniors lead safer and more comfortable lives.

The device is small and simple; it looks like a locket with a button in the center and can be worn around the neck or on the wrist. In an emergency, pressing the button will connect the wearer with Vital Link's emergency response center, which is staffed with caring professionals, who are there to help and will try to speak to the wearer over a two-way communication system. If the user cannot answer, they will either contact a designated family member or friend, or alert proper authorities.

[Read More](#)

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.

2ND ANNUAL NATIONAL VILLAGE GATHERING

October 24-26, 2011

At the Oakland Marriott City Center

For more information, visit www.vtvnetwork.org

Registration open July 1, 2011

FORWARD

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...ross manufacturer who expected his eldest son to be a doctor. Joe did not disappoint. Academically inclined, he effortlessly succeeded in his studies, skipping grades and graduating with honors from each school he attended. While obtaining his bachelor's degree at Brooklyn College, Joe met Norma Goldstein. After Joe completed medical school at NYU and Norma completed her graduate studies at MIT, they married and raised three children—Neal, Debby and Sara. They remained happily married until Norma died in 2010, just a few days before their 65th anniversary.

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.

[Read More](#)

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 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](#)

August and September Calendars

Member Only Programs

Play Reading Group

WEDNESDAY, AUGUST 10, 5-7PM

TINA HOWE'S PAINTING CLUB

TINA HOWE'S PAINTING COURSES

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 REPOSE 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 AURÉLE 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 OSHER 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!**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.

[View All Calendar Events](#)

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www.sfvillage.org

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