

# San Francisco Village News - February 2011



## San Francisco Village

OUR GENERATION. OUR CHOICE.

### FROM THE EDITOR

#### It's About the Heart



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

Greetings Villagers!

As we turn the calendar to the shortest month of this year, I'll take a moment to let you know why we are honoring the heart this month. And it is not only the obvious commercial answer: February 14th.

Did you know that since 1963 Congress has designated February as *American Heart Month*? It was nearly fifty years ago that it was recognized that heart disease was a major cause of the passing of too many people too soon. We are still challenged by this disease but now have much more information and guidelines about living a hearty and healthy life: good eating habits, physical activity/exercise, emotional connections, lowered stress, overall a balanced life.

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## SF Village News

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FEBRUARY 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.

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## GUEST CONTRIBUTOR

### B's Beef - Le Snack



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

Since we are newly engaged in revisiting our founding fathers' literary output I decided to join the trend and reread the Declaration of Independence and the Constitution.

To my surprise I couldn't find a single mention in either of these worthy documents of the inalienable right to a snack.

I was recently talking to a French friend about the increasing girth of America's citizenry and he asked with a mixture of exasperation and puzzlement: "Why are you always having le snack?! In France we do not snack, we sit down to properly cooked meals, which we take our time to eat and enjoy. Et voilà!" He sighed, "Of course that was before we were invaded by MacDonald's and Coca Cola!"

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## What Services Did Villagers Use in 2010?

San Francisco Village offers many services covering a wide spectrum of needs – from health and wellness resources, to practical daily living assistance, to volunteer services. Please call the office so we can help you find

## **SAVE the Date!**

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Come to our first Village event for 2011. It's happening on **Tuesday, February 15th** in a conference room at our new facilities, 3575 Geary Boulevard at Arguello. The Ponderosa Room will host Villager Ralph Beren who will speak on **Laughter and Healing**.

Ralph will have you laughing and will give you a true understanding of its importance in the healing process.

We will start at 3:30PM with the first half hour for those non-Villagers who would like information about San Francisco Village and detail about the organization. The program then begins from 4:00-5:00PM with refreshments to follow. RSVPs are required. Please call 415-387-1375 or email: [gayleu@sfvillage.org](mailto:gayleu@sfvillage.org).

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## **Next Lunch Bunch**

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Join us at our next **Lunch Bunch!** For 2011 we'll

exactly what you need.

The following are examples of some of the services we provided our members this past year.

- **Computer assistance** – SF Village provides free computer help to members.
- **Food/meal delivery** – SFV has a number of food and meal delivery providers to recommend.
- **Home repair** – The office has made many referrals for handy people to work on gutters, roofs, painting, plumbing, and so much more.
- **Gardening** – We have a number of gardeners in our data base.
- **Transportation** – If we can't arrange for a volunteer, we will pay for four drives to appointments annually starting in 2011.
- **In-home assistance** – We have helped a number of our members find the appropriate home care providers for post-op/post-rehab assistance in-home.
- **Information related** – Helped with health care directives, providing names of insurance providers.
- **Friendly visits to members.**

All our service providers are vetted which means that we follow a set procedure to ensure that they are qualified to go into our members' homes. The providers fill out our application form, provide us with references that are thoroughly checked, give us a copy of their business license and insurance coverage. After recommending a service provider, we follow up with members to determine their level of satisfaction.

have it every other month! Mark your calendar for **Wednesday, March 16th!**

Hosted by Villager Eleanor Kent, have lunch with her and other Villagers at Regent Thai in her neighborhood of Noe Valley. The restaurant is at 1700 Church Street at 29th Street. They have a Lunch Special from 11:30-3:00PM. The SF Village lunch starts at 12noon and runs till 2:00PM or however long you want to dine and chat.

Join Eleanor in Noe Valley and get to know your fellow members over a relaxed lunch on Wednesday, March 16th. RSVPs are required. Please call 415-387-1375 or email:

gayleu@sfvillage.org.

\*\*We are always looking for Villagers to host a Lunch Bunch at a favorite restaurant in their neighborhood. The January one in North Beach at the Cafe Divine, hosted by Ruth Burton was enjoyed by all who attended.

## Heart Savers



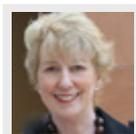
by **Tom Benet, San Francisco Village Member**

February is punctuated in the public mind primarily by a day devoted to St. Valentine and all the gauzy, emotional elements of devotion associated with its observance. But it's also a month that calls attention to the importance of protecting something very solid; the vital organ that keeps us going - our heart. It is American Heart Month.

Given that heart disease is the number one cause of death in men and women - greater than the next five causes of death combined, there is every reason to be well informed on what can be done to protect against cardiovascular disease and promote healthy hearts. A number of easily accessible web sites can provide helpful information along these lines. Log onto <http://www-healthy-heart-guide.com/>, for instance, and one will discover a wide-ranging almanac of information on the subject. There is a section labeled "Five Ways to Lower Your Risk"; another maps out "A Healthy Heart Diet".

[Read More](#)

## Meet Our New Board Members



by **Gayle Geary, Board President**

**We are very excited to introduce SFV's three new board**



•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.

**members – Jo Ann Madigan, Gloria Cavanaugh and Judy Langley. All three have exceptional experience and talents that will enhance the strength of the Village and make it even more relevant to all of our members. To read their bios, please click on their names.**

### **Gloria Cavanaugh**

*"I'm excited about being part of an organization that is empowering adults to live and remain in their own homes as they age."*

### **Jo Ann Madigan**

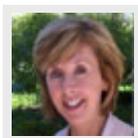
*"I'm honored to be a member of the San Francisco Village Board because I believe very deeply in the mission of aging in place. I hope that my many years of non-profit and health system experience will be of value to the organization."*

### **Judy Langley**

*"I am delighted with SFV's increased emphasis on services that will appeal to current and potential members and I look forward to helping in this effort."*

[Click here to read their bios.](#)

## **SPOTLIGHT on Gladys Thacher**



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

**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.*



**Institute on Aging**

Helping Bay Area Seniors Live Independently

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## FORWARD

Click Here to forward this  
email to a friend

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## UNSUBSCRIBE

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It should be easy to write about the big heart of Glady Thacher because there's plenty of evidence that she has been pumping life and energy into her communities since she was very young. A pivotal figure in the founding of San Francisco Village, she has made her mark on many Bay Area organizations that may have started small - but blossomed into powerful tools for change under her guidance and inspiration. As she transitions from our Board of Directors to Advisory Board, we are extremely grateful for her "recruiting" and numerous contributions.

Glady was born and raised in New York, attended Smith College, and envisioned a career as a fine artist until her plan was altered by marrying her lawyer-husband, Jim, and moving to San Francisco, where they would raise four children and become active volunteers and philanthropists.

"The odyssey of life is quite strange," she suggests reflectively. "We set off to do something that may not be the true path. If it's not productive and you give it up, you also give way to something that is truer in yourself. That was the case for me - a series of happenings that led me to serve on the board of a halfway house, the second in the nation."

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## It Takes A Village To Manage A Community



**By Kevin Wiley, Co-Founder & President,  
CitiScape Property Management and  
Christabel Cheung, Executive Director, SF  
Village**

(Reprinted from *Vision Magazine*, Winter 2010)

Innovations in our industry are usually what grab us, and aging in place is no exception. We see Naturally Occurring Retirement Communities (NORC) being created, well, naturally. It's the ability to live in one's own home for as long as comfortably and safely possible. We often ooh and ahh at the latest gadget, gizmo or revolutionary new bathtub design. But if innovation is simply the introduction of something new and shiny, then perhaps bringing old-fashioned community life back into our modern living environs deserves our attention. This was a main theme of CACM's 2009 Northern California Expo, this is where our industry is headed.

Our path towards launching a first-of-its-kind partnership for aging in place began when a property manager received a phone call from a concerned adult daughter begging him to check in on her elderly mother. *Mom was 86-years-old and lived alone. The daughter lived out of state. And for some reason, mom wasn't answering her phone that night. So, could he please just knock on the door?* Staff did check on the unit, and were relieved to find that mom was fine and that the phone had just been off the hook. But this scenario was one in an increasing volume of unusual calls related to older residents asking for services well outside the realm of commonly practiced property management expertise.

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*\*\*\*For Your Information\*\*\* - You can print out the entire San Francisco Village newsletter in PDF format by going to our website - [www.sfvillage.org](http://www.sfvillage.org). Click on About Us > Newsletters, and select the newsletter of interest. When the page loads, click on the PDF icon in the upper right corner of the page.*

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## SF Village Events and Activities

We want you to attend any and all of these and please bring a friend. As we enter the New Year, 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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## Partner Programs

**Home Instead - Visit their website for more information - [www.homeinstead.com](http://www.homeinstead.com)**

**Institute on Aging - Visit their website for more information - [www.ioaging.org](http://www.ioaging.org)**

**The Mindful Body - Visit their website for more information - [www.themindfulbody.com](http://www.themindfulbody.com)**

**SilverRide - Visit their website for more information - [www.silverride.com](http://www.silverride.com)**

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## Activities of Interest

Date: Wednesday, February 6 >

Event: **[Free Shuttle Tours at the Presidio](#)**

Description: The one-hour guided journey held at noon on the first Wednesday of each month.  
RSVP @ 415-561-5418 or [presidio@presidiotrust.gov](mailto:presidio@presidiotrust.gov)

Location: Meet outside the Presidio Officer's Club

[View all Calendar Events](#)

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San Francisco Village - 3330 Geary Blvd, 3 East, San Francisco, CA 94118. 415.387.1375

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