

# San Francisco Village News - January 2011



## San Francisco Village

OUR GENERATION. OUR CHOICE.

### SF Village News

JANUARY 2011

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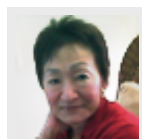
San Francisco Village offices have moved. We are now at 3575 Geary Boulevard at Arguello, San Francisco, CA 94118. Our phone and FAX numbers remain unchanged.

### Holiday Party Pics



### FROM THE EDITOR

#### A Village Vision for 2011



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

Hi Villagers - We're resending the January 2011 Newsletter due to some technical issues with links - Sorry for the inconvenience.

As we begin this first year of the new decade, we are excited about the future for the Village and growth for the coming year. We've completed our move into the brand-new Institute on Aging senior campus building at 3575 Geary Boulevard. San



Board President, Gayle Geary, honoring founder, donor and member, Gladys Thacher, who hosted us for the second year in a row.



The piano duo performance that was our enjoyable entertainment for the evening.



Delectable dishes prepared by Villagers were sampled by the party goers.

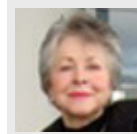
Did you leave the Village Holiday Party without your red sweater? We have a

Francisco, CA 94118. We are so very lucky that they invited us to be a tenant in their new offices which is just 2 blocks from our old offices. Nothing else has changed and our phone number and FAX remains the same. Please do come by and visit us sometime!

[Read More](#)

## GUEST CONTRIBUTOR

### B's Beef - New Year, New Life, New Me



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

If you are like me and wouldn't dream of starting a diet on a Thursday afternoon at 3:22 PM you will appreciate that January 1st is without a doubt the most auspicious date on which to initiate a major life remodel or character facelift.

Ah -- New Year's resolutions! We all make them. We all break them -- at least most of the time. And yet hope springs annually and we sincerely believe that we can, through sheer will power and determination, become a better, smarter and/or thinner human being.

[Read More](#)

## Aging-In-Place In San Francisco: SF Village Inspires Local Policy

woman's red sweater, button front, Norm Thompson label that was left at the recent holiday party. If it is yours, please call the Village office at 415-387-1375 or email Gayle at [gayleu@sfvillage.org](mailto:gayleu@sfvillage.org).

### Holiday PAWS



SF Villagers Judy and Don Langley volunteer at PAWS (Pets Are Wonderful Support) by bringing goodies to animals in the Tenderloin district. [www.pawssf.org](http://www.pawssf.org)



by **Christabel Cheung, Executive Director**

At the close of 2010, San Francisco Village (SFV) was proud to be included in recommendations for better aging-in-place, that were prepared by the Budget and Legislative Analyst for the Board of Supervisors of the City and County of San Francisco. The report entitled, "Aging in Place and Community: Housing Assistance and Other Services for Seniors in San Francisco," presents several local issues with SFV named in the related legislative recommendations:

**Aging-In-Place Issue:** San Francisco seniors would benefit from increased access to personal support and home modification services that enable independence.

- **Legislative Option 1:** Subsidize SF Village membership fees and service fees for low-income seniors.
- **Legislative Option 2:** Provide SF Village or a comparable organization with a subsidy from the City to pay for member outreach to targeted demographics such as low-income and immigrant seniors.

[Read More](#)

### A Clear Vision



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

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.

Growing older does not necessarily mean having to put up with poor vision. There are recent, revolutionary treatments that are proving effective in reducing the impact of long-resistant ocular ailments such as macular degeneration. But the key to prolonging eye health is prevention. And that is the mission is the mission of an organization headquartered here in San Francisco at 1388 Sutter street, Suite 408, San Francisco, 94109.

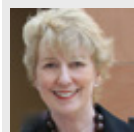
It's called Prevent Blindness Northern California and I sat down recently to talk to Program Director April Nakayoshi and Chief Executive Officer Wing-See Leung to get a sense of just what this group - it relies on private funding - is all about. "There are a lot of myths out there," said Nakayoshi, "but the fact is: half of all blindness is preventable." And the critical element in this prevention is early and continued screening. It is critical because many forms of eye disease show few symptoms until the process has reached a vision-damaging stage. Glaucoma has been dubbed "the sneak thief of sight" because there is no pain - and hardly noticeable diminishment of peripheral vision - before the disease has worked its effect.

[Read More](#)



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

## Villages: The Vision is Alive and Growing



by **Gayle Geary, Board President**

In November, Christabel Cheung

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

and I traveled to Philadelphia for the National Village Gathering. Over 200 people attended, including about 50 villages in operation, 20 villages in development, and a number of organizations that serve the senior population, including AARP, the National Council on Aging, the Scan Foundation, Center for the Advanced Studies of Aging Services (UC Berkeley), the Pennsylvania Area Agency on Aging, plus more.

The conference was comprised of panel discussions, open discussions, individual speakers, and lots of networking. Christabel was one of three panelists talking about *What Keeps Us Up At Night?* Attendees were particularly interested in our 24/7 Friendship Line and our unique offering of group memberships. As a village in operation, we are seen to be very innovative among our peers.

Here are some of the exciting things we learned that will make a difference to the future of San Francisco Village:

[Read More](#)

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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:	<b><u>Free Shuttle Tours at the Presidio</u></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 - 3330 Geary Blvd, 3 East, San Francisco, CA 94118. 415.387.1375

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