

# San Francisco Village News - March 2011



## San Francisco Village

OUR GENERATION. OUR CHOICE.

### Introducing Janis Brewer As Acting Executive Director



by Christabel Cheung, Executive Director

It is my great pleasure to introduce you to Janis Brewer, who will be serving as Acting Executive Director of San Francisco Village during my leave of absence. Transitions like this are difficult, but I have the utmost confidence in Janis' experience and expertise to help lead us through this period and keep us moving in a positive direction towards growth and opportunity.



**Please join us in welcoming Janis Brewer as Acting Executive Director at a reception for SFV members – details to follow shortly.**

[Read More](#)

## Mark Your Calendar!

Monday, March 14--We'd love you to attend a March program that will get you ready--physically and mentally for the end of winter and the start of spring.

Glady Thacher will host a special program for March. Her home is at 3979 Washington St. (near Arguello). Sandra Sutton, Alexander Technique instructor, will be leading a discussion on the relationship of movement and "carriage" to health. She will help you to have a healthier spine; learn how to sit and sleep properly and be more balanced and aligned.

This event will start from 1:30-2:00 PM with an information session about San Francisco Village for those who want to know more about the Village and what it offers. Bring your questions!

2:00-3:00PM Sandra will lead an interactive session on the The Alexander Technique that we've described above.

As always, refreshments will follow.

Please RSVP to the Village office at 415-387-1375 or email: [gayleu@sfvillage.org](mailto:gayleu@sfvillage.org).

## SF Village News

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MARCH 2011

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## FREE HOME AUDITS

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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.

### **March is Green! and St. Patrick's Day too**

Welcome Villagers:

This March issue is dedicated to "green" matters as we want your spring to start out green and continue like that for the rest of the year.

Greening our lifestyles will mean changes which will help all of us live better and healthier lives. And since St. Patrick's Day falls in March, another reason to color this month "green" too.

Enjoy this first issue as spring comes to our town!  
Gayle Uchida, Editor and

Publisher

Gayle is Manager of

Member

Services/Operations for SF Village.

Villagers:  
We are introducing Lori Higa, who has been certified by the City of San Francisco's Dept. of the Environment to be a Green Home



Auditor. That means she is qualified to:

- Do FREE home audits
- Help you green your home
- Give you information on lowering your utility bills
- Give tips on weatherizing and earthquake-proofing your home
- Help you prepare for disasters and emergencies
- Help you receive rebates (up to \$7,000!)
- Help you save money.

[Read More](#)

### **Lunch Bunch - Springs into Action in Noe Valley!**

On Wednesday, March 16th you are all invited to join host Eleanor Kent for The Lunch Bunch for March. Eleanor wants you to dine with her at one of her favorite neighborhood places, Regent Thai restaurant at 1700 Church Street by 29th Street.



•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.

## Life As it Is



A sacred circle for women engaged in living life to the fullest

Learn a four-step approach for creating and sustaining a vital and purposeful life.

For more information contact [eebenj@gmail.com](mailto:eebenj@gmail.com) or [www.ellenbenjamin.net](http://www.ellenbenjamin.net)



Lunch starts at noon till 2PM. It is self-pay and there is a daily lunch special menu available.

Please RSVP at the Village office at 415-387-1375 or email: [gayleu@sfvillage.org](mailto:gayleu@sfvillage.org).

## Green Living



by Tom Benet, San Francisco Village Member

"How Green is Your Home?" That's a question posed by an



organization called Rebuilding Together San Francisco. This group offers to provide the answer in straightforward, reasonable fashion. Do you worry about whether energy is being efficiently used in the place you live? RTSF can send out volunteers to assess your situation and offer ideas - and practical methods - to ameliorate the situation - if remedy is needed.

The reach of RTSF is wide. It deals not only with individuals, but with organizations and civic institutions such as the Youth Guidance Center and city schools. Its mission is to assist the individual home-owner, though, that will probably be of primary interest to Villagers. "We want people to age safely and warmly in their own homes," Outreach

**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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Manager Valerie Coleman told me during a recent meeting at RTSF offices.

[Read More](#)

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## Special Program to Close out March!

Join host Eva Auchincloss on Wednesday, March 30th at 5:30 PM for an interactive, informative session with Financial Advisor, Laura Carmany. Eva lives at 3620 Lyon Street, directly across from the main entrance to the Exploratorium.

5:30-6:00PM will be a session to learn about San Francisco Village and who we are, what we do and why you want to be a part of the Village!

6:00-7:00PM Laura Carmany will discuss important items everyone needs to have organized for their heirs. Laura will provide forms and a valuable check list for you to use.

Refreshments to follow this program.

Please RSVP to the Village office at 415-387-1375 or email: [gayleu@sfvillage.org](mailto:gayleu@sfvillage.org).

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## Transition-to-Home: Progress Report



by **Gayle Geary, Board President &**



### Founding Member

The Transition-to-Home Committee has been hard at work meeting with discharge departments of our local hospitals. The committee is led by our members, Larry Lurie, Ellie Lurie and Elizabeth Cormier, and supported by our board members, Jo Ann Madigan, Mary Moore Gaines and Gayle Geary.

To date, we have had meetings with St. Francis Hospital, CPMC and Kaiser. We have been greeted with great enthusiasm at all these meetings. The hospitals welcome our participation as they are over-taxed in this area. Importantly, they have all been very generous in giving us input to help make our Village Transition-to-Home program successful.

[Read More](#)

## GUEST CONTRIBUTOR

### B's Beef - The Poop



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

March is a good time to reinvigorate one's "green" thinking. The winter blahs are fading and the great outdoors beckons. Seems that Punxsutawney Phil, our national groundhog weather oracle, did not see his shadow this February 2nd and so spring should be upon us shortly. Of course, San Francisco is especially blessed with one of the world's best climates. It rarely gets too hot or too cold. No heart attacks due to driveway snow shoveling here. And the fog moving in and out, apart from being a great

complexion moisturizer, is our built-in air conditioning.

Yes, our city, our parks, our shores and our weather are quite lovely and our enlightened citizenry take their recycling very seriously. Whoever manufactures the little metal compost pails, which sit on every green thinking San Franciscan's kitchen counter, must be cleaning up big time. We are said to be the number one urban recyclers in the country.

[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

No events

[View all Calendar Events](#)

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

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