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San Francisco Village News - April 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

SF Village News

APRIL 2012

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Welcome New Village Members

Carolyn Killefer, Jan 2012
 Olga "Bee" Bannert, Mar 2012
 Henry Breen, Mar 2012
 Marilyn Breen, Mar 2012
 Aydin Koc, Mar 2012
 Hulya Koc, Mar 2012
 Barbara Witter, Mar 2012

April 4th Coffee and Conversation

Growing from Independence to Interdependence
 Facilitated by Kate Hoepke, Executive Director of San Francisco Village
Wednesday, April 4, 2:30 to 4 p.m.
in the Auditorium at the Institute on Aging, 3575 Geary Blvd.

FROM THE EXECUTIVE DIRECTOR – KATE HOEPKE

Dear Members,

I was so happy to meet many of you for the first time at our Annual Member Meeting on March 8. From my point of view, relationships are the lifeblood of the Village. Services, support, and a sense of community all rely on this web of human connection.



So as a way to deepen our relationships as well as our Village experience, we will convene a monthly member gathering. The first one will be **Wednesday, April 4, from 2:30 to 4 p.m. in the Auditorium at the Institute on Aging, 3575 Geary Blvd.**

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REPORT ON OUR ANNUAL MEMBERS MEETING

By Gayle Geary, Board President

Over 70 members met at the JCCSF on Thursday, March 8 for our 3rd Annual Members Only Meeting. Our new Executive Director, Kate Hoepke, spoke about current and future ideas for the Village, emphasizing her desire to create more opportunities for members to meet on a regular basis. Kate announced her plans to host a monthly meeting at our offices at the Institute on Aging, where there will be facilitated discussions and programs on topics relevant to our members.

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COMMUNITY PARTNERSHIP EXPANSION WITH COLE HARDWARE!

Shop at Cole Hardware and donate money to SF Village.

San Francisco Village is a new member of Cole Hardware's School and

Community Partnership program.

As a community partner, Cole Hardware will give 10% from purchases made by our members back to SF Village. The more you spend, the more you donate to the Village! Just make sure to ask the cashier to post your purchase to SF Village.

Cole will also generously donate wine to Village special events, as well as silent auction and raffle items, and set up a Wish List Registry of everyday items needed by the organization. They will also promote our events in their newsletter.



Donate to Community Thrift Store and Support the Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store (623 Valencia Street SF 94110 – 415-861-4910, www.communitythriftsf.org). Take your old but usable items to the store and provide the **SF Village code #122**.

They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much, much more. For large amounts (over 20 bags of goods) they will pick up at your house. If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you.

This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships, and update our phone system to better serve our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention **SF Village account # 122**.

Newsletter Contributors

Editor

Kerry Davis

Contributors

Kevatta Shade

VOLUNTEER OF THE MONTH – BILL CARLSON

By Keyatta Shade

Bill Carlson is making the daily lives of Village members easier through his hard work and dedication. Originally paid for some of his endeavors, Bill began working as a volunteer after spending a couple of months being a resource for the Village.



Bill does everything from driving members to and from appointments, visiting and walking with members, assisting with food preparation at special events like the holiday party, and even acting in the play reading group. But it is Bill's thoughtfulness and ability to make our member's feel comfortable that resonates most with members.

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MARCH SERVICE REQUEST UPDATE

By Keyatta Shade

We responded to a variety of service requests in March. They included 12 requests for rides, all provided by volunteers. Volunteers drove members to two medical appointments, one grocery shopping trip, and 11 rides to and from several group meetings that met during the month. One member requested computer assistance and two members were matched as partners to make daily friendly texts to each other to check on each other's well being, offering a sense of security for both. And one of our members needed help with her iPhone and she received help from one of our partners as soon as she connected with them.



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MYTHS AND FACTS ABOUT SENIORS AND FALLS

[Printed with the permission of Retire-At-Home Services at www.retireathome.com.]

Myth #1: If I fall, I won't get hurt like some people might.

Kate Hoepke
 Gayle Geary
 Ralph Beren
 Phyllis Lund
 Margaret Johnson
 Sarah Goldman
 Eva Auchincloss

**Members:
 Need a Village Volunteer to Help You?**

Call 387-1375

FORWARD

Click Here to forward this email to a friend

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Fact: Each year, one in three people over the age of 65 experience a fall serious enough to need medical attention. Falls lead to hip fractures and other serious injuries, which can sometimes lead to complicating illnesses.

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THE MOVIES WITH RALPH BEREN

REVIEW OF THE FILM, "IN DARKNESS"

by Ralph Beren



To put this film in context, one thinks mostly of "Schindler's List." Both films are based on true stories of male saviors who go beyond any normal call of morality and at considerable risk. For this reviewer, this is where the comparison ends. Schindler is facing only one enemy – the Nazis. In this film, Socha is facing two enemies: the Polish collaborators as well as the Nazis.

Collaborators normally went out of their way to prove to the Germans that they were followers of the same mad mind set and wanted to prove it. This was true all over central Europe. In Poland everyone was looking for Jews to turn in.

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COFFEE AND CONVERSATION AT THE VILLAGE

Wednesday, April 4, 2:30-4 p.m.

Starting April 4, the Village will convene a monthly member gathering. The intent is to provide another vehicle for our community to flourish. We hope that members will come together to share ideas, learn from one another and in the process deepen our relationships.

The first gathering will focus on the topic, *Growing from Independence to Interdependence*.

Join us for a lively discussion about how this relates to us as members of San Francisco Village.

Location: San Francisco Village at the Institute on Aging, 3575 Geary Blvd

RSVP: 415-387-1375 or key@sfvillage.org by Tuesday, April 3

Join Our Movie Going Group



Friday, April 6, 1:30 p.m.

We would like to invite you to our first movie group viewing of **The Artist**, rated PG-13, on Friday April 6 at 1:30 p.m., at the Stonestown Mall Theater located at: UA Stonestown Twin, 501 Buckingham Way, San Francisco, CA

CA

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San Francisco Village on the Radio

Saturday, April 7, 8:30 a.m.

Please tune in to KKSF (910 AM) on Saturday April 7 at 8:30 a.m. and listen to an interview with our Executive Director, Kate Hoepke. Kate will be interviewed about the Village movement by Kira Reginato, geriatric care manager and host of the program, *Call Kira About Aging*. They will be joined by Anne Greenblatt, one of the founders of a new village forming in Petaluma.

Kira's program airs every Saturday at 8:30 a.m. You can also listen to a podcast by going to www.callkira.com.

The Play Reading Group

Wednesday, April 11, 5-7 p.m.

The Play Reading Group will be meeting at Winnie Siegel's home. We will read "The Bay at Nice" by David Hare, which is in "Plays in One Act" edited by Daniel Halpern. New members welcome to attend.

Location: 1342 Filbert Street (between Polk and Larkin)

Contact: 415-673-4459 There may be carpools forming for this evening. Contact SF Village should you need a ride.

Aging Gracefully

Maintaining Dignity, Independence, and Quality of Life

Monday, April 16, 5 p.m.

Grown Ups Forum of the Commonwealth Club, in association with San Francisco Village presents:

association with San Francisco Village presents.

Linda Leary, Owner of Reliable Caregivers will be joined by Tammy Hester R.D., and Talya Onorato, Gerontologist, to form a panel on "**Aging Gracefully-Maintaining Dignity, Independence, and Quality of Life.**"

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Care to Remember

Thursday, April 19, 5-7 p.m.

Join *Home Instead Senior Care* for a stimulating and fun evening to remember!

Meet Special guest, Chester Santos, 2008 National Memory Champion. Chester will share some of his most useful memory techniques with us!

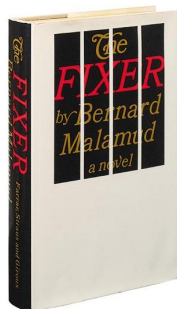
Get acquainted with Home Instead's C.A.R.E. (Changing Aging through Research and Education) program and the tools their CAREGivers use when caring for older adults living with Alzheimer's and other dementias.

Location: CPMC, The Enright Room, Lobby Level, 2333 Buchanan Street, San Francisco, CA 94115

RSVP: 415-441-6490 or l.foggini@homeinstead.com

Public parking lots on Webster and Clay

Book Group



Monday, April 23, 10 a.m.

The Book Group will meet at the home of Margaret Johnson to discuss Bernard Malamud's "The Fixer."

Location: 550 Battery ST., Apt. 412.
415-673-7130.

RSVP: 415-673-7130, or
key@sfvillage.org

Mark Buell and the America's Cup

Wednesday, April 25, 6-7:30 p.m.

San Francisco Village invites you and your friends to a presentation and

reception featuring Mark Buell Chairman of the



reception featuring Mark Bach, Chairman of the America's Cup Organizing Committee.

Location: 2111 Hyde Street, Club Room

RSVP: 415-387-1375 or info@sfvillage.org by April 20

Parking may be difficult so we recommend carpooling, the cable car or walking. Please call the office to arrange rides.

[We thank CitiScape for providing the venue for this exciting event.]

Marc Freedman: Are You Ready for the Big Shift?



Thursday, April 26, 6 p.m.

Marc Freedman will be discussing his new book, *The Big Shift* and his thoughts on lifecycle stages beyond midlife.

Millions of people in their fifties, sixties and seventies are searching for answers to the question "What's next?" They're navigating an entirely new stage of life, one that could last as long as midlife. But shifting to a much longer lifespan isn't as easy as it may seem. Unlike the transition from adolescence to adulthood, managing this process for many is a do-it-yourself project.

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“The Family Circus”

Walking the Tightrope of Elder Care and Aging

Saturday, April 28, 8:30 a.m. to 3 p.m.

A Day of Speakers, Workshops and Resources

A community service day of workshops for those caring for aging family members. Well known local experts will present information that will empower families on the “Tightrope of Caregiving.” Coordinated by Eldercare Services and hosted by Calvary Presbyterian Church. SF Village is a sponsor of this event and will staff a vendor table so we encourage you come out and show your support. Please be sure to RSVP.

Location: Calvary Presbyterian Church, 2515 Fillmore Street

RSVP: 415-469-8300 or Info@EldercareAnswers.com

(Limited to 250 Guests)

No Charge/Lunch Provided

Weekly Events

Yoga – Hosted by Aurele Carlat

- **Levels 1-2** (some experience required)
- **Yoga 101 for Beginners** – no experience required!

Cost for SF Village members is \$7 per class

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at 415-425-5086, website
www.twinpeaksyoga.com

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