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San Francisco Village News - August 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

SF Village News

AUGUST 2012

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Coffee & Conversation

**Thursday, August 9th, 2:30 p.m.
to 4:00 p.m.**

Health Advocacy Discussion with Patricia Knight, M.S., J.D., lawyer and former registered nurse.

Date: Thursday, August 9th

Time: 2:30 to 4:00 pm

Location: Institute on Aging Auditorium, 3575 Geary Boulevard (at Arguello)

RSVP: (415) 387-1375 or info@sfvillage.org

Did You Know?

You can ride The Shop-A-Round Van Shuttle For Free!

"Shop-A-Round" is a shuttle service for seniors and people with disabilities

Welcome New Members – July

Larry Lipkind

Marlene C. Mann

Robert Mann

Lucy Munter

Bernice "Breazy" Rosenthal

Juliet C. Rothman

Leonard A. Rothman

Lucille H. Sutton

Ruthgrace S. West

Norma Young

From the Executive Director - Kate Hoepke

Dear Members:

By now you should have received in the mail our new brochure as well as a letter from me describing our plans for increasing the value of your membership. In addition to social connections, pre-screened referrals and a network of volunteers, the Board of Directors and I recognize that the benefits of membership must include a proactive response to the transitions of getting older and some accurate road maps to assist you in navigating the terrain up ahead.



seniors and people with disabilities offering easy and efficient transportation to and from neighborhood grocery markets. "Shop-A-Round" is promoting free trial service until mid August.

When: Through August 15, 2012

Why: To make grocery shopping easier for Seniors and people with disabilities

Where: Your neighborhood

How: Just register and call (415) 643-2186 to reserve your ride

For more information about this promotional offer or to register for the Shop-A-Round service, please call Roxana Lara, Shop-A-Round Coordinator at (415) 351-7094.

Newsletter Contributors

Editorial

Keyatta Shade
Patricia Lilavois

Contributors

Kate Hoepke
Gayle Geary
Ralph Beren
Sarah Goldman
Margaret Johnson
Lucille Sutton
Winnie Siegel

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

Call 387-1375

FORWARD

Click Here to forward this email to a friend

UNSUBSCRIBE

To achieve this vision, we are actively consulting with experts in aging in order to strengthen programming, develop our corps of volunteers, increase access to resources and grow membership. We will continue to encourage member-to-member connections, neighborhood circles, and Transition 2 Home assistance. Thirdly, we are committed to keeping members up-to-date on the latest technology, including in-home supportive technologies as well as personal computing and social networking applications.

- On August 9th, we invite you to a conversation with Patricia Knight, a health advocate, who will give us insights into navigating today's health-care maze.
- On September 5th, we welcome back Jason Dare, technology consultant extraordinaire, to teach us how to use Skype™ and Google+ Hangouts, internet applications that allow you to video conference for free.
- Please mark your calendars for September 27th, at 2:30 p.m., when we will gather at IOA to celebrate our Village progress and meet some of the experts in aging that will help us to deepen our Village experience.

I'm excited about our progress and as always, welcome your feedback. Feel free to drop me an e-mail or give me a call. Getting to know you is the most joyous part of my job.

Kind regards,

Kate

Join Us for Discovered Treasures©

A Fabulous and Fun! Fundraising Event on Friday, October 19th (5:30 – 8 pm) at **The St. Francis Yacht Club** on the San Francisco Marina (99 Yacht Road).

Mark your calendars for October 19th and alert your family and friends! The inspiring views of the St. Francis Yacht Club will provide the perfect ambiance for a special evening of socializing and treasure "hunting" highlighted by refreshing beverages and cocktails, live music and silent and live auctions.

It would be so grand to have you come join us as we discover (and uncover!) the value of beloved treasures, with all contributions and proceeds benefiting San Francisco Village. We'd also love your assistance in finding quality auction items and treasures. We would especially appreciate the following kinds of donations:

- Wine
- Gift certificates, e.g., restaurants, book stores, fashion
- Tickets to cultural and sports events, e.g., 49ers, Giants, opera, ballet, theater, concerts
- Vacation homes
- Jewelry

Please contact *Discovered Treasures*© co-chairs Babs Barber at (415) 567-2532 or Judith Fast at (415) 655-3632

regarding suggestions and possible donations of auction items or if you would like to help with the event.

Special thanks to *Discovered Treasures*® sponsors to date: Bonhams & Butterfields, Charles Schwab Foundation, First Republic Bank and CitiScape Property Management, Inc.

We are looking forward to seeing you at *Discovered Treasures*® 2012, and in helping us raise funds for the amazing work that San Francisco Village is doing for seniors in San Francisco.

San Francisco Village Members and Volunteers Forming Bonds

By Keyatta Shade

San Francisco Village member Noah Levin and volunteer Carrie McKewan have formed a bond in the short amount of time they have spent together. Carrie, a high school student at St.



Ignatius College Prep, a private school that encourages students to get involved in the San Francisco community, exemplifies that despite the generation "gap," the relationship is thriving.

The two have spent hours getting to know one another while sharing conversation, talking about current events at Noah's kitchen table and walking together around Stow Lake. Carrie has even assisted Noah with her weekly grocery shopping, driving her to the store and carrying her bags up a flight of stairs to her home.

Noah says her short time with Carry has enriched her life. "I really connect with her," Levin says. She's business-like when there is business to get done, but on a personal level, I find her delightful. She's fun and open and very easy to talk to."

The benefits of this match are not restricted to Levin. Carrie also feels she is getting much more out of the relationship than she is giving. "Working with Noah and SF Village has been a different experience for me. I've become closer to the senior population," McKewan said. "I've made this big part of the community an important part of my life."

Both women entered the relationship knowing that Carrie would be starting school again in the fall and that her time volunteering would eventually come to a close. In fact, they have both agreed to stay in touch after Carrie's volunteer commitment is completed. Noah has even expressed a desire to meet Carrie's family. "She's very close to her dad and

I'd love to have them both over for tea sometime," Levin

said. Carrie echoed those statements. “I feel I’ve formed a real friendship that I will maintain past the end of my volunteer work.”

This relationship is a direct result of Noah reaching out and asking for help. She called the SF Village office, explained what she needed and we were able and ready to make the connection. The outcome has far exceeded her expectations.

“I’m really impressed with SF Village for conducting this program,” Levin said. “I can’t say enough about what you have done for me. I could not have asked for more.”

Save the Date!

September 5th, 10:30 a.m. (Please note the different time slot)

Coffee & Conversation
Technology Workshop with Jason Dare-
How to Use Skype™ and Google+ Hangouts to stay
connected with those you love.

Location: Institute on Aging Auditorium

September 27th, 2:30 – 4:00 p.m.

SF Village Re-Ignites!

Please join us to celebrate our progress and meet some of our experts in aging who are helping us define a new dimension for SF Village. We are increasing the value of your membership by partnering with experts in gerontology, technology, health and wellness to proactively respond to the transitions of getting older.

Location: Institute on Aging Auditorium

We look forward to seeing you!

Technology Recap

We launched our technology series with Jason Dare in June, who presented us with an introduction to **eBay**, the consumer-to-consumer online shopping and auction website. Many of us have acquired beautiful and valuable objects over the years that we feel we no longer need and, if not ready to donate them, perhaps selling them online is a better option.

Jason provided step-by-step instructions on how to create an **eBay** account for selling your items. In addition to providing an enticing description to prospective buyers and learning to set a fair price, Jason emphasized the importance of photographs in online selling. Depending on demand for the item, **eBay** offers two options to sellers: auction or "buy-it-now" and the fees are different for each of these options.

One of the biggest considerations for selling on **eBay** is the cost of shipping. Be sure you know beforehand what it will cost and how efficient it might be, since sending large items across the country may be more of a hassle than it's worth. Jason suggests a few alternatives:

- **eBay** resellers — will pick up the items and sell them for you. Typically they retain 50% of the selling price and may only accept items over a specified value. Jason found one local reseller "Phantom SF eBay Drop Off Store" but has no experience working with them. Their website is www.phantomsf.com.

- Craigslist — no cost to list items. Buyers are looking for good deals and it's a great way to avoid shipping costs. If you need to part with a bulky item that would cost money to move, list the item for free and require that the buyer pick it up. Their website is www.craigslist.org

If you were unable to attend Jason's class and would like a copy of his detailed hand-out, please contact the office.

Neighborhood Circles

Join Winnie Siegel and residents of Zip Code 94109 for a casual "Meet & Greet" accented with appetizers, wine, and spirited conversation.

SF Village members living in the Zip Code 94109 have recently expressed interest in starting an informal Neighborhood Circle. Winnie Siegel has graciously agreed to host the first gathering at her home to meet one another, make connections and explore opportunities for future meetings on the afternoon of Wednesday, August 22, at 3:30 p.m.

Family and friends of members, anyone interested in SF Village, and all those who might live in other zips with just a few members, are most definitely welcome. Kate Hoepke, our Executive Director, will join us too.

When: Wednesday, August 22

Time: From 3:30 — 5:00 p.m.

Where: The home of Winnie Siegel at 1342 Filbert Street (between Polk and Larkin Streets)

Contact: Winne Siegel at (415) 673-4459

RSVP: Call Keyatta at (415) 387-1375 to confirm attendance for yourself or anyone else you would like to include.

If you are driving, street parking is usually available on Filbert and Larkin Streets most afternoons, but please let Key know if you need to arrange a ride.

Volunteer of the Month — Patricia Lilavois

By Keyatta Shade



Patricia Lilavois has been volunteering with San Francisco Village since April of 2012. She has made a significant and immediate impact on the quality of our monthly newsletter. Her sharp organizational skills helped us to establish standards and ground rules for coordinating this complex monthly project. Her initiative and follow-through provides leadership

and gives the team confidence that our deadlines will be met and members will receive valuable information on time.

Results have been quick. By all reports, the newsletter is more engaging and fun to read. Last month alone we received feedback from nearly a dozen sources saying how much they've seen it improve. "Substantive" was a word we heard repeated.

Gayle Geary, board chair, recognizes the difference Patricia has made in the organization. "Not only has she brought a wonderful enthusiasm for the Village," Geary says, "but also a wealth of ideas for improving our newsletter." We appreciate that she understands the value of connections and how our newsletter can be a catalyst in making them happen. She's a visionary for what the newsletter can contribute to our members.

Village Volunteer Training with Keyatta Shade

Saturday, August 25th, 9:30 am — 12:30 pm

New location!

Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs. Led by our staff and our

community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

The location of the training has been changed and will now take place in the Sage Room at Institute on Aging (IOA).



When: August 25th, 9:30 am to 12:30 pm

Location: IOA, 3575 Geary Boulevard at Arguello

If you are interested in attending, please contact our Volunteer and Member Operations Manager, Keyatta Shade, at (415) 387-1375 or key@sfvillage.org.

Member to Member

Ralph Beren:

We are launching a monthly movie club beginning on Wednesday, August 15th from 4:00 - 6:00 p.m. For the first meeting, we will screen the film/tv series "Arab Labor" which is a hilarious comedy from Israel written by Sayed Kashua, an Israeli-Arab author and journalist. During the meeting we can organize ourselves around several issues, including where to meet and what genres and styles of films we might enjoy watching together. Our first meeting will be held at Ralph Beren's house, 1914 Lyon Street, near the corner of Lyon and Clay Streets. Ring the bottom buzzer. If interested, please reply to RalphBeren@comcast.net">RalphBeren@comcast.net or (415) 929-8309 by Aug. 10th.

Lucille Sutton:

The "Always Active Wellness Program" is a free, on-going exercise program for seniors in San Francisco sponsored by the San Francisco Senior Center. Intermediate level classes are offered on Mondays, Wednesdays and Fridays. Classes for Beginners and/or those going through any sort of rehabilitation are scheduled on Tuesdays and Thursdays. Classes focus on improving strength and balance, using weights and bands, and much more. You must complete an initial interview at the center and submit a medical release from your doctor in order to participate in the program. A \$60 donation for annual membership is suggested (but not required). Classes take place at Aquatic Park Center, as well as several other sites located around the city. For more detailed information, check the website www.sfsenior.com or contact Sue Horst at (415) 923-4482.

Gladys Thacher:

My cousin Gus Kent needs a temporary room rental, sub lease or house sitting arrangement after accepting a new job in San Francisco. He is planning to move his family from Portland once he has established himself here. In the meantime, he needs a place to live for about 6 months during the transition. If anyone has availability or knows of any leads, please contact me at (415) 751-1731 for more details.

Judith Taylor:

San Francisco Public Library presents Discardia, more life, less stuff. Dinah Sanders author of Discardia will give a reading and mini-workshop on small changes you can make to reap big rewards. In this presentation she'll be focusing on the Deciding and Doing aspects of Discardia, encompassing improving habits, letting go of fears, and reducing your load of things that bring you neither utility nor joy. Come learn how to set your course for happiness! Wednesday August 1st, 7 p.m., Western Addition Branch,

Tuesday August 7th, 7 p.m., Anza Branch, Saturday August 11th, 4 p.m., Potrero Branch, Monday August 13th, 7 p.m., Sunset Branch, Wednesday August 15th, 6 p.m. Mission Bay Branch & Wednesday August 22nd, 6:30 p.m., Glen Park Branch. For more information, contact sfpl.org or call each library branch directly.

The Movies With Ralph Beren

REVIEW OF THE FILM "TRISHNA"

A film by Michael Winterbottom, based on Thomas Hardy's classic novel "Tess of the D'Urbervilles"

From this reviewer's perspective, the opening scenes of Trishna set the tone for what is to take place for the remainder of the film. We are engaged in watching a group of young men from the Indian upper caste traveling together on the hunt for fun and games. Each of the young men speak English like it is their native tongue. Full of testosterone, they drive around the Indian country side looking for adventure and whatever else may come along. By contrast, we meet Trishna, a stunningly beautiful young woman of the lower caste.

While visiting rural tourist temples for different reasons, the men and Trishna (played by Freida Pinto) meet. This initial encounter has all the warning signs of what may follow. (This viewer had an immediate warning sign in the pit of my stomach which did not disappear). Jay Singh (Riz Ahmed), one of the handsome young men, sets his sights on Trishna. Jay who can't speak a word of Hindi, is immediately attracted to the innocent allure of Trishna, much to the bemusement of his friends. As the story slowly develops, Trishna and her father get into an automobile accident which renders the father unable to work. Jay, who is eager to help, offers Trishna and her family a sizable amount of money and a job for the young woman.

With her father's blessing, Trishna takes a job at Jay's family resort. Time passes. As one would expect, a romantic relationship develops between the two major characters. But despite their passionate attraction, they cannot escape the conflicting pressures of India's rural society. The relationship takes a tragic turn when Trishna becomes pregnant and acting on her own initiative, runs off in secret to terminate the pregnancy. Jay, with his narcissistic personality, is hurt and angry and sees her actions as a betrayal of trust.

From this point, Trishna becomes an unwilling sexual slave to Jay's whims and cruelty. She cannot express the disgust she feels about their relationship since she is bound by unwritten laws of lower caste female behavior and expectations. The story has nowhere to go but to spiral into a tale of unhappiness and cruelty.

The film is unfortunately melodramatic and uneven as we observe Trishna's heart-breaking degradation. The good aspects of the film are the performances and the beautiful colors of India. It does have a touch of Bollywood which helps to lighten the film, but not enough to transcend the sense of heaviness and resignation of Trisha's predicament. The film is well rated but I would not recommend it for those moviegoers who are "faint of heart."

The Play Reading Group

Wednesday, August 8th at 5:00 p.m.

The Play Reading Group will meet at the home of Barbara Stevens and will read
"Ma Rainey's Black Bottom" by August Wilson.

Location: 18 Edgewood Avenue (near Parnassus/UCSF)

Contact: Barbara Stevens at (415) 564-1311

Coffee & Conversation

Thursday, August 9th, 2:30 p.m. to 4:00 p.m.

Health Advocacy Discussion with Patricia Knight,
M.S., J.D.

Patricia Knight, founder of Pacific Coast Health Advocacy, is a lawyer and a former registered nurse. Her knowledge of both the medical field and the legal world affords her the perfect combination of skills and insight to be a patient advocate. Ms. Knight understands the confusion and frustration many people feel when they face today's health-care maze.

As a teacher, counselor, and negotiator, Ms. Knight has been passionate throughout her career about empowering patients through education, informed decision making, ethics, and patients' rights.

Ms. Knight is also a member of RN Patient Advocate Forum, National Association of Healthcare Advocacy Consultants, ADvoconnection, Compassion & Choices of Northern California, and the Case Management Society of America.

Date: Thursday, August 9th

Time: 2:30 to 4:00 pm

Location: Institute on Aging Auditorium, 3575 Geary Boulevard (at Arguello)

RSVP: (415) 387-1375 or info@sfvillage.org

The Book Group

Monday, August 27th at 10:00 a.m.

The Book Group will meet at the home of Susie Zacharias and will discuss “Deaf Sentence” by David Lodge.

Location: 2101 Pacific Ave. #504

Contact: Susie Zacharias (415) 913-7138

August Weekly Events

YOGA

Hosted by Aurele Carlat

Yoga Levels 1-2 (some experience required)
Thursdays 9 a.m. – 10:30 a.m.

Cost for SF Village members is \$7 per class

Yoga 101 for Beginners (no experience required)
Fridays 9:30 a.m. – 11 a.m.
Cost for SF Village members is \$7 per class

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com

Website: <http://www.twinpeaksyoga.com/>

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