

San Francisco Village News - December



San Francisco Village

OUR GENERATION. OUR CHOICE.

From the Executive Director - Kate Hoepke

Dear Members:

It's that time of year for reflecting on the past 12 months, harvesting what we have learned and expressing what we're most grateful for. For me the list is long. My first year as Executive Director of the Village has presented me with dozens of ways to know myself better and appreciate what I love about building community.



Heading my gratitude list are the relationships that now enrich my life: getting to know you and what you value, working with a dedicated group of board members and volunteers whose vision for community is inspiring, partnering with Key to make everyone's ideas real, and discovering colleagues who share our enthusiasm. Secondly, I'm grateful for the opportunity to apply my skills and create the results that make membership in SF Village valuable.

This year we've accomplished a lot in terms of adding value to members' lives. We've organized five neighborhood circles, gained confidence in our Transition to Home program, trained 40 volunteers, and presented monthly programs on topics such as downsizing, utilizing technology, and the health benefits of the Feldenkrais method. We've strengthened our infrastructure with a new website, a data management system, grants from the Gerbode and Archstone Foundations, and another successful Discovered Treasures fundraising event. To top it off, we've added 65 new members! As Gayle Geary, Board Chair puts it, "2012 has been a year of consolidation and renovation for our

We are well-positioned for growth in 2013. Our overarching goals are to increase membership and deepen members’ experiences. From my point of view, we have put a stake in the ground this year that claims our capacity to help members navigate the transitions of getting older. We’re committed to cultivating the social connections that enable our members to age with grace and dignity. As always, I welcome your thoughts, ideas and suggestions.

Warmest regards and best wishes for the holiday season,

Kate

Changing of the Guard

By Gayle Geary, Board President

In January we will have a new board chair who will bring new energy and ideas to the Village. For me, these last three years have been amazing – a time of growth, of meeting new friends, of accomplishing so many of our goals, and all thanks to you!

We have worked together to transition the Village from a fledgling start-up to an organization poised to make a significant contribution to older adults who want to remain active, engaged and relevant in their own homes and

communities as they age.

Just think of what we have accomplished together. We have created affinity and neighborhood groups that enable us to become friends and form more intimate bonds with each other – the Lunch Bunch, the Play Reading Group, Book Club, Movie Group, Things that Matter, and of course, our neighborhood circles such as 94123, 94118, 94115, and 94109, and Transition to Home (T2H).



None of this would have been possible without our trained

volunteer corps, committed board members, generous donors, and timely grants from foundations, providing the support to create the community we are building together.

I feel especially fortunate to have experienced the leadership and vision of Kate Hoepke, our Executive Director, and Keyatta Shade, our Volunteer and Member Services Manager. I applaud their creativity and tireless energy on behalf of all of us.

As the year ends, I want to thank you all for the opportunity to serve and get to know so many of you so well.

Happy Holidays and let's make 2013 the best year ever!

Creating Your "Be Prepared Portfolio"

SF Village has undertaken a new program to help members feel prepared in terms of their life planning documents, especially the Advance Health Care Directive and Durable Power of Attorney for Finance.

When was the last time you talked with your loved ones about your wishes? Has it been a while since you completed the forms and filed them away? Is it time to revisit these important decision-making documents and be sure they are current and relevant? Some of the key questions to consider:

- How do I select someone to make health care decisions for me if I can't? Should it be a family member or a friend? (also known as naming an agent)

Patricia Knight, founder of Pacific Coast Health Advocacy and SF Village board member, reminded us that your agent should be someone who is clear, strong, and able to communicate your wishes on your behalf. Patricia emphasizes the importance of conversations with those you love, maybe several conversations, to ensure they understand your wishes.

- If I'm not sure what my wishes are, how do I begin the conversation to help sort them out?

Patricia suggests that you think about end-of-life situations that you have witnessed in your life that may inform you about what went well for a parent or loved one and what you never want to happen again, especially to you.

- What should I do with the Directive after I've completed it?

Make several copies and distribute them to family members, your primary care physician, the hospital where you receive care, any specialists on your health care team. Ideally, it will be stored within the electronic medical records system of your hospital. All hospitals are in the process of implementing electronic medical records, and Kaiser has had them for years.

- In addition to the Advance Health Care Directive, what life planning documents should we have?

The Durable Power of Attorney for Finance names someone to manage your finances if you become unable to make decisions for yourself. A good document to have - can be a great blessing for your family.

We are hoping that the conversations among family and friends will be ongoing and that this dialogue among our Village members will continue to develop. Please share any thoughts or suggestions by contacting Kate at the Village office at (415) 387-1375 or via e-mail kate@sfvillage.org

Did You Know?

The IOA Department of Psychology provides supportive home-based psychotherapy services tailored to the unique needs of older adults. Fees for service are based on a sliding scale. For further information, please call IOA Connect at (415) 750-4111.

San Francisco Village Annual Holiday Party

In appreciation of our members and volunteers, SF Village cordially invites you to our Annual Holiday Party.

Please join us for a potluck, live music and fun on Thursday, December 13th from 5:00 p.m. to 7:00 p.m. at the Jewish

Community Center of San Francisco (JCCSF). Let's come together to celebrate our community and the difference we make in each other's lives. The JCCSF asks that we not bring in food that contains pork or shellfish. If you require a ride

or in the spirit of giving, can provide a ride, please contact the office to let us know.

SF Village News

DECEMBER 2012

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Welcome New Members — November

Rubin Glickman

Nadine Kovac

Volunteer of the Month — Laurette Foggini

By Keyatta Shade

Not all volunteers help San Francisco Village in the traditional sense by providing things like companionship and transportation. Some contribute professional expertise in the field of aging and services to older adults, like Laurette Foggini, a community representative at Home Instead Senior Care. Laurette has become a valuable partner in developing Village volunteers. Along with Keyatta Shade, she co-presents monthly training workshops for new volunteers.



During the training, Laurette often shares personal stories about her own aging family. "I admire the connection she creates with volunteers by talking about her experience with her own family. Volunteers can relate to her, which helps them open up and share their own experiences," said Keyatta, Volunteer and Member Manager.

Laurette has a special place in her heart for the senior community. "Before becoming involved with Home Instead, I volunteered in the community visiting homebound seniors with my young son. I have seen how a visitor can change someone's day with a heartfelt smile," Foggini said.

Laurette visits hundreds of seniors every year. Some are in need of companionship and stimulation in addition to help from a caregiver through Home Instead. Sometimes they are new to San Francisco, may have lost a partner or have experienced some other transition that leaves them out of

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Members:

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touch with the community. "I often speak to these individuals about the Village as a way to re-engage with a vibrant group of peers," Foggini said. "It's an awesome concept and organization! It replaces isolation with involvement, boredom with stimulation and loneliness with friendship. I have the utmost respect for the members of the Village who are taking aging 'by the horns'."

As part of our commitment to serving our members, San Francisco Village partners with a variety of professional organizations and service providers. Occasionally these alliances produce relationships that go deeper than making referrals. They produce colleagues and friends who share our vision for aging-in-community with dignity. Laurette is one of those colleagues. "Having her in the room makes my job as a trainer so much richer," says Key. "I hope she remains a constant with the Village for a long time to come."

The Movies with Ralph Beren***Review of the film "The Other Son" by Lorraine Lévy***

Oi! The Middle East! Bombs going off everywhere, intransigence, intolerance and bloodshed. It's what we hear so much about in that part of the world.

Now we have an opportunity to view the Middle East through a totally different lens. "The Other Son" is quiet, sad, full of compromise and the conflicts inherent in coming to terms with family issues. The film is heartfelt with more than just a hint of healing. A terrible mistake is made during a missile attack in Israel where two lads are switched at birth. One is a Palestinian and the other is an Israeli. Joseph, who grows up fully Jewish, is a lovely and dreamy young man somewhat passive with hopes of being a musician. The other boy is Yacine, who grows up fully Arab. After years of studying medicine in Paris, he dreams of building a new hospital in the West Bank.

Eventually the discovery is made, during an Army physical exam, when Joseph's blood type doesn't match either of his parents. Struggling with their identity and feelings of doubt and grief, the two boys meet and work out an



boys meet and work out an agreeable relationship that holds a promise for the future. The families are devastated and initially respond with anger and denial. Both mothers feel ambivalent, wanting to have a closer relationship with their own birth children, but don't know how to do that. There are many moments of sadness in the film, not the least of which is the one between Joseph and his Rabbi. The Rabbi basically tells the boy that he is not Jewish since his Mother is not born to the faith.



Although we do not know what the future holds, our sense is that things will work out. It is wonderful to view a Middle East where this might be possible. Fantasy? Possibly. However, the film is solid and should be seen. Bring some tissues along.

Men's Group Starts January 2013 at SF Senior Center

San Francisco Village is partnering with the San Francisco Senior Center at Aquatic Park to start a Men's Group.

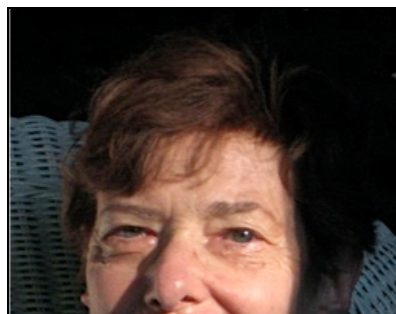
This confidential group of up to 8 male participants will consist of SF Village members only and will meet weekly to discuss relevant issues affecting older men. The facilitator, Alex Pellegrini, currently leads a men's group at the Aquatic Center and has over 30 years of experience in counseling and guidance. The group will meet every Thursday afternoon beginning January 10th from 12 noon to 1:00 p.m. at the Aquatic Park Senior Center.

If you are interested, please contact Key at (415) 387-1375 or Key@sfvillage.org.

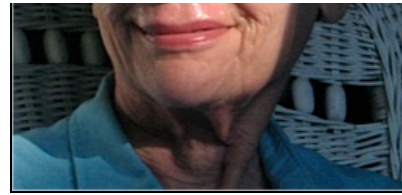
Member to Member

Message from Ellie Lurie (Transition to Home Program Reminder):

Larry and I have been working with Village board and staff members to develop a transitional care program that supports Village members getting home safely after a



hospitalization or outpatient procedure. We realize that many of you have family and friends you may call on to assist, and you might think of



Transition 2 Home as a “last resort.” Instead, we invite you to consider T2H support as your first choice.

Many procedures and surgeries are now done on an outpatient basis and discharge planners don’t get involved. This is an ideal opportunity to all on T2H. Our volunteers are willing and able to get you home safely, making sure you are comfortable, supplied with needed medicines and food in the refrigerator, and if necessary, providing transportation to your next medical appointment. We believe these simple steps are crucial to a successful recovery.

Please consider calling the Village office and arranging for a T2H volunteer the next time you’re scheduled for an outpatient procedure or surgery. I feel this is one of the most valuable services that SF Village offers.

Discussion group on topics of interest

A new discussion group is forming to focus on current theories as put forth by well-known intellectuals. This group is open to members interested in serious learning and discussion of human nature, the future of the world and new ideas. We will meet monthly in a member’s home, beginning Monday December 3rd at 3:00 p.m. to discuss the first three chapters of *"The Watchman's Rattle"* by Rebecca Costa.

Location: Eva Auchincloss, 3620 Lyon Street

Contact: RSVP to Eva at (415) 563-7519 or Info@sfvillage.org

Grandmother Power: A Global Phenomenon

Monday, December 3rd, at 6:00 p.m.

Author and Photojournalist Paola Gianturco presents a slide show featuring grandmothers from around the world. The

show featuring grandmothers from around the world. The lecture will profile activist grandmothers from 15 countries and 5 continents.

Location: The Commonwealth Club, 595 Market Street, 2nd Floor

Contact: Contact Key at Key@sfvillag.org or (415) 387-1375 for the discount code

SF Village Annual Holiday Party

Thursday, December 13th from 5:00 p.m. to 7:00 p.m.

Please join us for a potluck, live music and fun. Let's come together to celebrate our community and the difference we all make in each other's lives. The JCC requests that we don't bring foods that contain pork or shellfish.

Location: Jewish Community Center of San Francisco, 3200 California Street @ Presidio

Contact: RSVP to Key@sfvillage.org or (415) 387-1375 by December 6th.

Movie Group

Wednesday, December 19th from 4:00 p.m. to 6:00 p.m.

The movie group is continuing to grow and thrive. We have watched the gripping first part of the film "Reds" with Warren Beatty and Diane Keaton. This month we will view Part 2 of the story, most of which takes place in the former USSR where John Reid (Beatty), who travels there with great hope, is overcome with Soviet cruelty and red tape. For those who were not present for Part 1, we will have a short summary of the film. We look forward to welcoming new members to view this exciting film.

Location: Home of Barbara Hancock, 121 Second Avenue near Lake

Contact: RSVP to Barbara at (415) 750 0865

Volunteers Needed for Project Open Hand Holiday Luncheon

Call for Volunteers for SF Senior Center Holiday Luncheon & Caroling

Monday, December 24th at 11:00 a.m.

We could use your help (and holiday cheer!) serving our Project Open Hand Luncheon.

Contact: Sign up with Sue Horst (415) 775-2562

Location: San Francisco Senior Center at Aquatic Park, 890 Beach Street, Bay View Room

December Weekly Events

Walking Group

Tuesdays at 10 a.m.

The Walking Group meets every Tuesday morning at the Creighton Bakery in Diamond Heights for an hour to an hour-and-a-half light walk. The group may take walks in other parts of the city from time-to-time as well.

Location: Meet at Creighton Bakery, 5214 Diamond Heights Blvd

Contact: Key Shade at (415) 387-1375 or Info@sfvillage.org

Yoga, Hosted by Aurele Carlat

Thursdays from 9:00 a.m. to 10:30 a.m. (will not meet Xmas week)

Yoga Levels 1-2 (some experience required)
Cost for SF Village members: Donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or

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