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## San Francisco Village News - July 2012



# San Francisco Village

OUR GENERATION. OUR CHOICE.

### SF Village News

JULY 2012

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#### Legacy Film Festival on Aging

#### Saturday, July 7, Special Village Screening

Saturday, July 7 at 1 p.m. in The  
Coppola Theater at SF State  
University

1600 Holloway Avenue

**Film 1:** "Love At First Sight" (UK)

**Film 2:** "Innocence" (Australia)

#### Tickets:

\$9 via the website:

<http://legacyfilmfestivalonaging.org/>

\$12 at the door

#### Newsletter Contributors

#### Editorial

Keyatta Shade  
Patricia Lilavois

#### Contributors

Ralph Beren  
Gayle Geary  
Sarah Goldman  
Kate Hoepke

### Welcome New Village Members – June

James F. Baker

Harry Bornstein

Sonia Catravas-Grimani

Laurence Finberg

Mary Fox

William Halprin

Amy Hittner

Phyllis Johnson

Joann M. Quane-Finberg

Roberta Rothman

### From the Executive Director – Kate Hoepke

#### Dear Members:

I'm excited about the upcoming Legacy Film Festival July 6-8 and hope that you are planning to join other Village members for the Saturday program at 1 p.m. As sponsors of the event, I like to think that our organizations have similar intentions: to uplift and inspire the greater San Francisco



Kate Hoepke  
Agatha Hoff  
Margaret Johnson  
Barbara Rodriguez

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

**Call 387-1375**

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...improve the greater San Francisco community with positive images of aging. Bring a friend and potential new member to say, "This is what we're about...exposing ourselves to subjects that help us live our lives in a meaningful way."

Developing avenues for meaningful exploration is a primary focus of mine this year. I'm happy to introduce you to Jason Dare on June 28th, who will teach our first technology class on "How to use eBay." Please join us for this tech adventure and share ideas for future classes. On August 9th we will learn from Patricia Knight about "Health Advocacy." Patricia has a background in nursing as well as law and is uniquely qualified to guide people through today's health care maze.

In addition to these monthly programs we're now offering at IOA, I want to encourage you to consider member-led efforts that speak to your special interests or focus on a particular neighborhood. I believe this is the vast wealth of our Village community, waiting to be tapped. Some examples of how members are taking the lead:

- Mary Moore Gaines would like to start a group interested in "conscious grandmothering." Facilitated by Yeshi Newmann, the group will explore this unique role in our families. Some have called conscious grandmothering a meditation on growing as a grandparent.
- Wini Siegel would like to host a meeting of all Village members who live in the 94109 zip code to get better acquainted and discover mutual interests.
- Emily Leider is willing to convene a Poetry Group for all those who write, read or simply love poetry, starting in September.

Please call the office if you want more information about any of these or if you have an idea you'd like to propose. Gathering together in meaningful ways is the purpose and lifeblood of SF Village.

Kind regards,

*Kate*

## Legacy Film Festival on Aging Special Event

Please join us for a fun afternoon at the movies!

San Francisco Village is one of the sponsors of the Legacy Film Festival On Aging, whose mission is to present films that inspire, educate and entertain intergenerational audiences about the issues surrounding aging.

There will be a special showing for SF Village members and friends on Saturday, July 7, at 1 p.m. in The Coppola Theater at San Francisco State University, 1600 Holloway Avenue at 19th Avenue.

**Tickets:**

\$9 online at <http://legacyfilmfestivalonaging.org/>

\$12 at the door.

Films to be screened:

"Love at First Sight" (UK) (12 min)

Do you believe in love at first sight?

When Arthur (John Hurt) first spots Ruth (Phyllida Law), he knows in his heart that it's true.

"Innocence" (Australia) (91 min)

After more than forty years apart, Andreas and Claire embark on an affair as reckless and intense as when they were young lovers. This time around, there are complications.

Director Cox: "Two old people falling in love, making love. Everybody goes through these longings and desires."

Contact SF Village for more information or if you need a ride or would like to offer a ride:

(415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

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## Coffee & Conversation - August 9

**Save the Date!**

**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 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 of Society of America.

**Location:** Institute on Aging Auditorium, 3575 Geary Blvd

**To RSVP:** (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

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## Member to Member

**Agatha Hoff:**

San Francisco Village member Agatha Hoff is part of a small peer-focused writing workshop and would like to extend an invitation for writers to join in bi-weekly, Tuesday afternoon gatherings to critique each other's prose and poetry. First time attendees are asked to share a writing sample to determine if they are a good fit for the group. The

workshop is on hiatus for the month of July, but will meet again on August 7th at 2:00 p.m., and alternating Tuesdays thereafter. The group has been inspiring and supporting writers for over 20 years and is independently run. If you are interested in submitting a sample for inclusion, please contact Agatha Hoff directly at (415) 668-5688, or via email at [ag2bike@earthlink.net](mailto:ag2bike@earthlink.net).

### **Barbara Rodriguez:**

San Francisco Village member Barbara Rodriguez suggests that a lockbox is the safest and most secure way to hide your door key to allow unforced entry in case of an emergency. A lockbox will ensure emergency services can get to you quickly and easily without breaking a door. These boxes open easily using a combination that you choose and set yourself. You can change your combination as often as you wish for added security. The lockbox can be installed on a pipe, on metal gates, or even a door handle. The cost is \$35 from Vital Link, an SF Village supporter. Vital Link also offers a personal emergency response system, such as a pendant that can be worn around your neck and when activated, Vital Link is notified of your location as well as the location and combination of the lockbox. Barbara comments, "After my neighbor had a massive stroke and had to move out, this has given me added peace of mind." A lockbox is also useful if you lock yourself out! For more information, view the Vital Link website: <http://www.vital-linkinc.com/>

## **Volunteer of the Month – Mary Ann Reynolds**



San Francisco Village daily office operations can be a complex and overwhelming job at times. Keeping track of Village activities, developing programs, managing finances, as well as everything else that comes with it, can sometimes be challenging.

Mary Ann Reynolds helps to keep those challenges in check through her hard work and dedication. As a professional bookkeeper, Mary Ann volunteers her time with San

Francisco Village twice a month managing the overall accounting system.

Her diligence and thoughtful attention to detail help to create an atmosphere of ease and efficiency when handling accounts payable, bank deposit tracking and a myriad of other

financial responsibilities. We can consistently "count" on Mary Ann to provide SF Village with accurate and professional expertise, as well as a high degree of quality assurance regarding all things fiduciary.

This gives Executive Director Kate Hoepke time to focus on other important aspects of her job, including resolving member issues and adding to our community footprint within San Francisco. Kate says it makes a significant difference having Mary Ann assist in the office. "I rely on Mary Ann to keep our office operation on track. She has a steady and calming presence that gives me confidence in running the business of San Francisco Village. She's a gem!"

## **Village Volunteer Training with Keyatta Shade**

People 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.



If you are interested in the training, please contact our

Volunteer and Member Operations Manager, Keyatta Shade,  
at (415) 387-1375 or [key@sfvillage.org](mailto:key@sfvillage.org)



The training will take place on Saturday, July 28th from 9:30 a.m. to 12:30 p.m., at the Presidio Branch Library located at 3150 Sacramento Street. You will need to use the downstairs left entrance in order to gain access to the building. Members are encouraged to attend as they bring their own perspective to the experience of aging.

## 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 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 Shop-A-Round service, please call Roxana Lara, Shop-A-Round Coordinator at (415) 351-7094.

## Donate to San Francisco's Community Thrift

San Francisco Village has a unique opportunity to receive cash donations from The Community Thrift. The Community Thrift is located at 623 Valencia Street, between 17th & 18th Streets, just a few blocks from the 16th & Mission BART station. (415) 861-4910 [www.communitythrifsf.org](http://www.communitythrifsf.org)

Take your unwanted (but still usable) items to The Community Thrift store and provide SF Village code #122. The Community Thrift will deduct their operating costs and give us the rest in cash. They welcome donations of art and decorations, clean clothing, costumes, jewelry and accessories, leather goods, shoes and boots that are still wearable, sports equipment, housewares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will schedule a pick-up at your residence.

If you are unable to take items directly to The Community Thrift, please call us here at the office to coordinate a pick-up time when we can collect your goods and drop them off for you.

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

## Rightsizing Your Home

By Gayle Geary, Board President

On May 16, Virginia Maddan, owner and founder of Comfortable Structure Organizing Solutions ([comfortablestructure.com](http://comfortablestructure.com)), spoke with our members at the monthly Coffee & Conversation session. For those of you who could not attend, here is a wrap-up of what

we discussed.

In her work, Virginia emphasizes the emotional challenges of decluttering our homes, something we can all understand as we try to part with a precious item we don't need any more.

To help us get around the resistance we have about clearing out some of our stuff, she recommends asking ourselves the following questions:

- Do I adore this?
- Do I use this?
- Do I need this?
- Am I ready to let this go?
- When will I be ready to let it go? (This helps you get in the right frame of mind to prepare to let it go.)
- Does this make me happy? (There's no reason to keep something that makes you unhappy?)

After the conversation, I mentioned to a friend that I was getting rid of a lot of my clothes that I haven't worn for ages and she said, "Great, now you can have new things." My response was, "No, now I can have space." A great emotional benefit of decluttering.

## The Movies with Ralph Beren

### REVIEW OF THE FILM "BERNIE"

*Directed by Richard Linklater*

In the small, East Texas town of Carthage, a murder takes place under the strangest of circumstances. Based on a true story, "Bernie" is an imaginative interpretation of characters and events related to the crime, interwoven with documentary-style commentary by many of the actual townspeople of Carthage.

The film revolves around Bernie (played by Jack Black) who suddenly appears in Carthage to take a job as assistant funeral director. No one seems to know where he came from or what his background is. He works at his craft quite well. In fact, he works at his job the same way he works everything and everybody in the town: with care, sensitivity and sweetness, aided by the love of Jesus. Soon he becomes one of the leading citizens of Carthage, joining in the church choir, sending flowers to the bereaved and offering sweet condolences and assistance to all in need. He does not date women which raises a few eyebrows regarding his sexual preference, but pay no mind, that's our Bernie!

In time, he meets the richest and meanest gal in town, Marjorie Nugent (played with gusto by Shirley MacLaine) who is despised by all. If Bernie is all light and sweetness, she is dark, demanding and uncompromising. Rarely in recent films have a pair of opposites been so well matched. This becomes the centerpiece of the first part of the film.

Although the townspeople are perplexed and dismissive of the partnership, Bernie is so confident and optimistic, that this unusual turn of events becomes perceived as just one more wonderful act of charity. Bernie resigns his job at the funeral home in order to move in with Marjorie. At first she is calm and content, but her mean-spiritedness soon resurfaces. Eventually she has Bernie doing the most demeaning things around the house. Finally, Bernie "snaps" and the townspeople are shocked and stunned by the deadly outcome.

The Sheriff of the town (played with considerable skill by Matthew McConaughey) is the only person who thinks Bernie should be held accountable for the murder, showing

only person who thinks Bernie should be held accountable for the murder, sharply contrasted by the opinion of the townspeople who think Bernie has done the world a favor. This juxtaposition becomes the focus of the remainder of the film.

Were it not for the truth of the story, one might think this is modeled along the lines of a fairy tale. Bernie is the hero of the film and his sweetness and lightness of heart always seem to win people over. Where he comes from is a mystery which does not seem to matter, given the acting of Jack Black who is believable and angelic. As for Shirley MacLaine, she has the perfect script for her. She is just plain ornery. A wonderful film with great acting.

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## The Play Reading Group

**Wednesday, July 11th at 5:00 p.m.**

The Play Reading Group will meet at the home of Susie Zacharias and will read "Medusa's Tale" by Carol Lashof and "Prelude and Liebestod" by Terrance McNally from our book "Plays in One Act" edited by Daniel Halpern.

**Location:** 2101 Pacific Avenue (corner of Laguna) Apt 504

**Contact:** Susie Zacharias (415) 913-7138

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## The Book Group

**Monday, July 30th at 10:00 a.m.**

The Book Group will meet at the home of Jeanne Lacy and will be discussing "Kafka On The Shore" by Haruki Murakami.

**Location:** Jeanne Lacy's home located at 2654 Union Street

**To RSVP:** Contact Jeanne Lacy at (415) 922-6517 or [jlacysf@pacbell.net](mailto:jlacysf@pacbell.net)

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## Lunch Bunch

**Tuesday, July 19th at 12:00 p.m.**

The Lunch Bunch will meet at the Mandalay Restaurant for a few hours of good food, friends and lively conversation.

**Location:** Mandalay Burmese Restaurant, 4348 California Street at 6th Avenue (415) 386-3896

**To RSVP:** Contact Vera Fields (415) 567-8991

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## July Weekly Events

### YOGA

Hosted by Aurele Carlat

### New Class: Chair Yoga for Beginners

Learn the basics of Yoga using chairs and other supportive props



Learn the basics of Yoga using chairs and other supportive props

4 Thursdays in July (July 5, 12, 19, 26)

11 a.m. – 12 p.m.

\$20 for the series for Villagers

\$40 for non-Villagers

**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](mailto:aurelecarlat@gmail.com)

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

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