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## San Francisco Village News - June 2012



# San Francisco Village

OUR GENERATION. OUR CHOICE.

### SF Village News

JUNE 2012

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### Welcome New Village Members

May 2012  
Beverly J. Sutton  
Eli Frank  
Linda Frank  
Alexis Benioff  
Marilyn Benioff  
Margaret Miller

### Don't Miss June's Coffee & Conversation

Thursday, June 28,  
2:30 p.m. – 4 p.m.  
Coffee & Conversation -  
How to use eBay and Craigslist  
Location: IOA Auditorium,  
3575 Geary Blvd  
Contact: RSVP to  
[info@sfvillage.org](mailto:info@sfvillage.org)  
or 415-387-1375

### From the Executive Director – Kate Hoepke

Dear Village Members,

We are preparing for our annual fundraising event *Discovered Treasures* in October, which prompts me to reflect on the meaning of those words. As I get to know Village members better, I am discovering a treasure trove of talent, experience, passion and knowledge. Creating vehicles for you to express those gifts is an important function of the Village. In turn, your willingness to share who you are and what you care about is what makes our Village potent. It can be as simple as a gathering in someone's living room to discuss a topic that has heart and meaning.



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### Honoring Village Veterans

By Keyatta Shade



On Thursday May 10, Hands On Bay Area (HOBA), Home Depot and San Francisco Village partnered to renovate the homes of four San Francisco Village veterans. Over 50 Home

Depot employees, along with HOBA team leaders participated in the daylong event. Volunteers worked on gardens, kitchens, decks and much more, all in an effort to improve the homes of deserving veterans.

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### Did You Know?

The following San Francisco grocery outlets deliver:  
Bristol Farms  
415- 979-0106

Cal-Mart  
415-751-3516 (limited geographic area)

Mayflower Market  
415-346-1700

Big Apple Grocery Express  
415-775-9090

Marina Super Market  
415-346-7470

Mollie Stone's Markets  
Castro Area Store 415-255-8959  
California/Fillmore 415-567-4902

Note: If you do your own shopping, a van service will take you home, within a limited geographic area, at no charge. You may also order by phone and online for delivery.

Local Safeway Stores  
Most, but not all, SF Safeway

Stores deliver. You will need to call your local Safeway to double check delivery availability.

### 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,

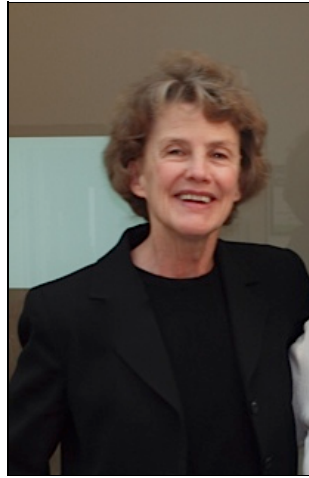
[www.communitythriftsf.org](http://www.communitythriftsf.org)).

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 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 office systems to better serve

## Volunteer of the Month – Marilyn Campbell

By Keyatta Shade



Most events at San Francisco Village have one thing in common. They have been touched by the hands of volunteer Marilyn Campbell.

Marilyn's attention to detail when it comes to planning events is impeccable and it is because of her that many of our events run so smoothly. From our 94123 circle meetings, to our *Discovered Treasures* fundraiser, to the

member holiday party, Marilyn has had a hand in it all. She is known for displaying thoughtful, careful attention to everything, while also displaying genuine interest in the people she serves as a volunteer.

Mary Moore Gaines, member and board member, sees firsthand the benefits of having Marilyn on committees.

[Click Here To Read More](#)

## Going Solo: The Extraordinary Rise and Surprising Appeal of Living Alone by Eric Klinenberg

Book review written by Treasure Seamster

If you live alone and think you are among a small group of people, you actually belong to a greater majority: A group of 31 million American adults (one out of seven). For people over the age of 65, only 1 in 10 American seniors lived alone in 1950, while today, due to the longevity revolution, that figure is about 1 in 3.

[Click Here To Read More](#)

## Coffee & Conversation

### How to use eBay and Craigslist

Thursday, June 28, 2:30 p.m. – 4 p.m.

Join Jason Dare, technology trainer and consultant, to learn how to turn your treasures into cash! Jason will address the following questions:

- What do I need to do to sell items on eBay?
- Am I better off using an eBay reseller?
- Would Craigslist be a better route to take?

Jason has been teaching and consulting for 15 years and especially enjoys sharing the wonders of technology with older adults.

our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention **SF Village account # 122**.

### Newsletter Contributors

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

**Call 387-1375**

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### UNSUBSCRIBE

Location: IOA Auditorium, 3575 Geary Blvd

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

## Neighborhood Circles

Our focus this year is on creating a number of neighborhood circles: groups of Village members who live in close proximity and want to develop meaningful relationships with each other. Some groups have been meeting for a long time, such as neighbors in the 94123 zip code. They share potlucks, plan outings and invite occasional guest speakers. Other groups are just forming like those in Diamond Heights, Bernal Heights, and the 94118 zip code.

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## Village Volunteer Training

Saturday, June 30, 9:30 a.m.-  
12:30 p.m.

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 issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.



Location: Presidio Branch Library, 3150 Sacramento Street. You will need to use the downstairs left entrance in order to gain access to the building.

Contact: RSVP to Volunteer and Member Operations Manager Keyatta Shade at 415-387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org).

## Changes with SF Village Telephone Service

Recently we merged our office telephones with the phone system at Institute on Aging. It has resulted in improved connections and more reliable voicemail service. If you have tried to call the office lately you may have noticed a slight difference in the number of rings and the options for voicemail. Hopefully you have not been inconvenienced by the change.

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## Save The Date: Mark Your Calendars For Upcoming Events

**Saturday, July 7, 1 p.m. – 3 p.m.**

**Legacy Film Festival** – A special screening for SF Village members and your invited guests

The mission of the Legacy Film Festival is to present films that inspire, educate and entertain intergenerational audiences about the issues surrounding aging. They hope to stimulate new perspectives about the possibilities for vital involvement in later years and to portray the variety and vitality of later life experiences. Despite the challenges of aging, we can make sense of the events of later life through artistic depictions of older adults — those who have adapted with creativity, courage and growth.

- Love at First Sight (12 minutes)
- Innocence (91 minutes)
- Q & A and discussion with Sheila Malkind

<http://legacyfilmfestivalonaging.org/index.php>

**Ticket prices:** \$9 online and \$12 at the door

**Location:** Coppola Theater at SFSU, 1600 Holloway Ave., Fine Arts Building, Room 101

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

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## June Events

**Monday, June 4, 11 a.m. – 2 p.m.**

**Join Us for Some Fun in the Sun!**

Hike & Picnic at Jean Phleger's lovely Woodside home, situated on 14 acres of redwoods

Take a break from the city and enjoy the company of fellow Village members.

Fresh air, natural beauty and good conversation. Bring a brown bag lunch, although drinks and snacks will be provided.

The hike will start at 11 a.m. and lunch will be at 12:30 p.m.

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## Weekly Events

**Yoga**

Hosted by Aurele Carlat

**New Class: Chair Yoga for Beginners**

Learn the basics of Yoga using chairs and other supportive props

4 Thursdays in May (May 3, 10, 17, 24)

11 a.m. - noon

\$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 [aurelecarlat@gmail.com](mailto:aurelecarlat@gmail.com) or 415-425-5086

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

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