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San Francisco Village News - March 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

SF Village News

MARCH 2012

IN THIS ISSUE

1. [FROM THE EXECUTIVE DIRECTOR – KATE HOEPKE](#)
2. [VOLUNTEER OF THE MONTH: GLADY THACHER](#)
3. [VILLAGE VOLUNTEER TRAINING](#)
4. [WEEKLY EVENTS](#)
5. [MONTHLY GROUP ADDRESSES "THINGS THAT MATTER ..."](#)
6. [PLAY READING GROUP – MARCH 14TH](#)
7. [LUNCH BUNCH – MARCH 14TH](#)
8. [BOOK GROUP – MARCH 26TH](#)
9. [THE ART OF AGING GRACEFULLY – MARCH 22ND](#)
10. [GROWN UPS FORUM – MARCH 26TH](#)
11. [JANUARY MONTHLY SERVICE REQUESTS](#)
12. [SF VILLAGE FIELDTRIP TO THE AUTOMOBILE MUSEUM](#)
13. [THE MOVIES WITH RALPH BEREN](#)

ANNUAL MEMBERS MEETING – MARCH 8th



PLEASE JOIN US FOR OUR ANNUAL MEMBERS MEETING
We are really looking forward to seeing you at our Annual Members Meeting. We have a fun, informative and interactive program planned. Have you phoned or emailed your RSVP yet? If not, why not do it today? Just call 415-387-1375 or email info@sfvillage.org.

Date & Time: Thursday, March 8 from

FROM THE EXECUTIVE DIRECTOR – KATE HOEPKE



I am looking forward to seeing you at the Members Annual Meeting Thursday March 8th. Developing relationships with members is an important part of my orientation to San Francisco Village. Who you are, what you care about, where you've been, and how you see the future tells me what I need to know to lead this organization. For me the artistry of community exists in the connections that occur among individuals who intentionally join together to create something larger than themselves. What's possible together far exceeds anything we could manifest on our own. I think we all agree that the potential of SF Village is enormous. What we make of it will depend on how each of us engages with it. I look forward to partnering with you.

Kate Hoepke, E.D.

VOLUNTEER OF THE MONTH: GLADY THACHER

By Keyatta Shade

Glady Thacher, SF Village member and volunteer, is redefining the role of "volunteer" through her dedication, drive and commitment to the organization.

Thacher shuns the word retirement, showing no signs of slowing down, continuously finding



Date & Time: Thursday, March 8 from 3-5pm

Location: The Jewish Community Center, Fisher Family Hall, 3200 California Street at Presidio

Transportation: Discounted parking in the JCC, close to Muni, call the office to arrange for rides.

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, give them the special **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 operations, 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**.

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

Call 387-1375

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ways to stay engaged in the Village community.

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VILLAGE VOLUNTEER TRAINING

People with little to no experience working with seniors can get volunteer training at one of the Village monthly training programs. It is led by Village staff and our community partner, Home Instead Senior Care. It includes a discussion of issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

P9012315



If you are interested, please contact Volunteer and Member Operations Manager Keyatta Shade at San Francisco Village to RSVP: 387-1375 x2 or info@sfvillage.org.

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WEEKLY EVENTS

Yoga for Levels 1-2 (some experience required) Hosted by Aurele Carlat

Cost for SF Village members is \$7 per class

Contact Aurele directly at 415-425-5086 or email: aurelecarlat@gmail.com

Location: 120 St. Germain Avenue near Twin Peaks

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

Yoga 101 for Beginners-no experience required! Hosted by Aurele Carlat

Cost for SF Village members is \$7 per class

Contact Aurele directly at 415-425-5086 or email at aurelecarlat@gmail.com

Location : 120 St. Germain Avenue near Twin Peaks

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

MONTHLY GROUP ADDRESSES "THINGS THAT MATTER ..."

Several SFVillage members have expressed the desire to be part of a small ongoing group where each person can talk about what is happening in their lives that may be personal and private. So Gladys Thacher and Sarah Goldman, as co-facilitators, have helped launch such a group. They call it "Things That Matter As We Age" and the group meets monthly. It is not a drop-in group, rather a group that wishes to develop trust, where confidentiality is respected, where topics that have meaning to all are discussed. There may be other Village members who wish to be part of such an ongoing group. If so, please call either Gladys at 751-1731 or Sarah at 921-8233 and they will be happy to help you launch a new group.

PLAY READING GROUP – MARCH 14th

The Play Reading Group will tackle "Plays in One Act" edited by Daniel Halpern, including Koko Abe's, "The Man Who Turned Into a Stick," and Edward Albee's, "Finding the Sun." Visitors are welcome! The group will meet at the home of Barbara Stevens.

Location: Barbara Stevens, 183 Edgehill Road

Contact: 415-564-1311 There may be carpools forming for this evening.

LUNCH BUNCH – MARCH 14th

LUNCH *Bunch*

Wednesday, March 14

The Lunch Bunch will meet at the Mandalay Restaurant on Wednesday March 14 at 12 p.m.

Location: Mandalay, 4348 California Street by 6th Avenue

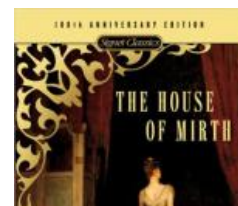
Contact: Veronica Fields, home 415-567-8991, or cell: 415-215-8991

BOOK GROUP – MARCH 26th

The next meeting of the Book Group will be Monday, March 26 at 10 a.m.

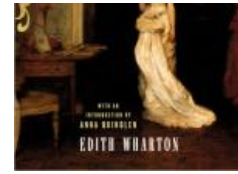
Our book for discussion will be:
Edith Wharton's "House of Mirth."

Location: Jeanne Lacy's home:
2654 Union Street ph: 622-6517



2034 Union Street, Ph. 922-8347,
email: jlacysf@pacbell.net

We welcome new members to the group. Please contact Margaret Johnson at 673-7130 or mhjohn@comcast.net to join us.



THE ART OF AGING GRACEFULLY – MARCH 22nd

Art of Aging Gracefully Resource Fair, Sponsored by UCSF Medical Center

SF Village will staff a table in the exhibit hall at the Fifth Annual Art of Aging Gracefully Resource Fair on Thursday March 22, 2012 from 10 a.m. to 2 p.m. Hear UCSF Medical Center professionals present the latest on healthy living; engage with local businesses and organizations who provide valuable resources to stay energized; tune into insights, opportunities and challenges that support active, creative aging; and take advantage of sample classes, health screenings, chair massages, raffles, giveaways and more!

Seminars: 9:30 a.m.-2:45 p.m.

Location: Jewish Community Center San Francisco (JCCSF) at 3200 California Street, cross street Presidio

Mark your calendars and plan to join us at the JCCSF

For more information, please contact Shiva Schultz, JCCSF Adult Programs Manager at 415-292-1260 or go to <https://www.jccsf.org/programs/adult-prog-con/the-art-of-aging-gracefully/>.

GROWN UPS FORUM – MARCH 26th

At the Commonwealth Club of California

If figuring out Medicare has you stumped, you're not alone! Come and learn "What You Need to Know about Medicare Before You're 65," at the Grown Ups Forum, sponsored by the Commonwealth Club, on March 26.

Learn the realities of what you can expect and more importantly, what not to expect.

San Francisco Village members can purchase tickets to this event at the Commonwealth member discounted rate by calling the Village office to request a discount code for this event.

Note: The reception begins at 4:45 p.m., the program starts at 5:15 p.m.

Location: 595 Market Street, San Francisco

Contact: John Milford 415-691-0620

JANUARY MONTHLY SERVICE REQUESTS

We will be reporting our service requests on a regular basis. We hope that you will be reminded to call us when you need a specific service. Just call 387-1375 and talk with Key or Kate.

Here are the requests we received and fulfilled in January.

There were a total of 13 requests for services this past month, including: grocery delivery; identifying a weekly paid errand runner; an Enterprise student referral; research into swimming pools for seniors, veterinarians, and movers; rides to and from

appointments, to and from physical therapy, and to the ballet; and referrals for weekend caregivers and in home support.

SF VILLAGE FIELDTRIP TO THE AUTOMOBILE MUSEUM

by Dr. Robert J. Kaufmann,
SFV Member

On January 26, 2012 a small and enthusiastic group of SF Villagers visited the Automobile Museum of the Academy of Art University. We avoided the usual \$10 admission fee because of our affiliation with the Village. That thoughtful policy demonstrates community spirit and awareness of the need for all to have a broad range of cultural experience.



In contrast with the drab neighborhood appearance near Van Ness Avenue and Washington Street, the visual impact of the automobiles is dramatic. The part of the collection we saw comprises about fifty automobiles, mostly, but not entirely, the products of luxury automobile manufacturers. The best known names include Packard, Pierce-Arrow, Lotus, Rolls-Royce, Minerva and Auburn.

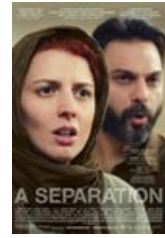
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THE MOVIES WITH RALPH BEREN

A Separation, an Iranian film

Middle class bank clerk, Nader and his wife, Simin, sit before a magistrate each pleading their case for a divorce.

The wife claims that she wants to move overseas to have a better life for their daughter, Termeh, who is approaching puberty. Nader refuses to do so because he strongly feels the need to stay in Iran and take care of his father who is stricken with Alzheimer's disease. It is clear from the beginning that this will be a tug of war between two stubborn but very good people who are not going to budge from their positions.



But sadly, the tug of war is fought visibly over the daughter who is placed in a terrible position by ultimately having to choose with whom she is going to live. Although the film takes place in Iran, the themes in the film are universal and wrenching.

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