

**San Francisco Village News - May 2012****San Francisco Village**

OUR GENERATION. OUR CHOICE.

**SF Village News**

MAY 2012

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**Welcome New Village Members – April**

Marci Fogg  
 Dilys Jackson-Lembi  
 Margaret Mischner  
 Ronald P. Mischner  
 Charles Niegley  
 Susan J. Ruwart  
 Dr. Frieda Weiner  
 Edith G. Wiggins  
 Leszek J. Wolfram  
 Maria Wolfram

**Don't miss May's Coffee & Conversation**

**Wednesday, May 16th 2:30 p.m. - 4:00 p.m.**

**From the Executive Director – Kate Hoepke**

Dear Village Members,

We had a wonderful turnout for our first monthly meeting On April 4th with 26 members and two prospective members participating. We talked about interdependence and in small groups told stories about how each of us has needed other people at different times in our lives. Storytelling is a powerful tool for weaving the social fabric that characterizes our Village. I think we should do more of it!

[Click Here To Read More](#)**Honoring Our Village Veterans**

Hands On Bay Area, a volunteer matching organization, is partnering with Home Depot to help renovate the homes of four San Francisco Village Veterans. Over 50 Home Depot employees from local stores will dedicate a day in May to paint, fix plumbing and electrical issues, stain decks, install smoke detectors, improve backyard gardens and much more for these members.

Bud Johns, who served in the Marines in the early 1950's during the Korean War, is one of the honorees. His wife, Fran, is grateful that vets from an often forgotten conflict are being remembered.

[Click Here To Read More](#)**Member Service Request Update**

This month's Coffee & Conversation topic is "Rightsizing Your Home" with Virginia Maddan, owner and founder of Comfortable Structure Organizing Solutions.

Please join the conversation about decluttering, organizing and revitalizing your home environment for maximum efficiency and comfort.

**Friends and prospective members are welcome, but please RSVP because space is limited.**

**Location:** Institute on Aging Auditorium, 3575 Geary Blvd at Arguello.

**Contact:** To RSVP or for more information, please contact 415-387-1375 or email [info@sfvillage.org](mailto:info@sfvillage.org)

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

### Did You Know?

These local gas stations will pump your gas for you:

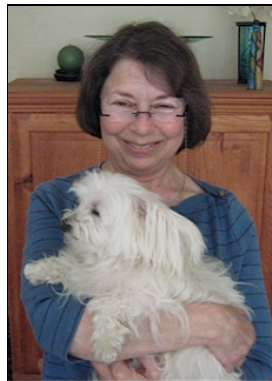
**76 Service and Repair**

### MEMBER SERVICE REQUEST UPDATE

As of April 20, we've had several volunteer requests including a volunteer gardener, a request for a ride to and from medical appointment as well as two requests for information on local swimming pools that provide senior swim sessions. In addition, we had a number of requests for professional service providers, including requests for an electrician, a handyman, house cleaning services, wills & trust information and professional in-home care.

[Click Here To Read More](#)

### Volunteer of the Month – Carol Rothman



By Keyatta Shade

Carol Rothman, who is a personal services volunteer with the San Francisco Village, began providing volunteer companionship with long time member Maggy Ralston in November 2011. Like any relationship, it took time to build trust before their relationship really began to blossom.

"Naturally, I think we both had preconceived ideas about one another and the reasons we both were there coming into the relationship," Rothman said.

[Click Here To Read More](#)

### 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 issues facing seniors, myths and facts about aging, active listening techniques, identifying



1401 19<sup>th</sup> Avenue at Judah  
415-681-3860

#### T & R 76

3898 California Street at Arguello  
415-752-0646

#### Ocean Avenue Service

1490 Ocean Avenue  
415-586-0265

Only certain pumps/must honk horn  
for service

#### Claremont Service

301 Claremont Blvd

415-664-5401

Only between 9:30 a.m.- 1:30 p.m.

#### 76 Divisadero

443 Divisadero at Fell Street

415-552-6665

Only if you have a disability card

### More than just lunch....

#### Thursday, May 17, at 12 p.m.

Enjoy lively conversation and a great  
lunch with the Lunch Bunch!

On the menu for May is Sociale  
restaurant at 12 noon.

Please RSVP to Vera Fields at (415) 567-  
8991 or (415) 215-8991

### Newsletter Contributors

#### Editorial Staff

Kerry Davis  
Patricia Lilavois

#### Contributors

Kate Hoepke  
Keyatta Shade  
Gayle Geary  
Ralph Beren  
Margaret Johnson  
Sarah Goldman

#### Members:

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

**Call 387-1375**

### FORWARD

Click Here to forward this email to a  
friend

### UNSUBSCRIBE

listening techniques, identifying  
hazards in the home and more.



If you are interested in the  
training, please contact Volunteer and Member Operations  
Manager Keyatta Shade at 415-387-1375. The training will  
take place on Saturday May 19th from 9:30am until 12:30pm  
at the Presidio Branch Library at 3150 Sacramento Street.  
You will need to use the downstairs left entrance in order to  
gain access to the building.

### From the Board President – Gayle Geary

When we founded San Francisco Village, our overarching  
vision was to change the experience of aging in San Francisco  
and to change how we talk about aging. When I read my friend  
Carol Orsborn's article on *Aging with Pride* in the Huffington  
Post, I wanted to share it with all of you. It is spot on in  
revealing how we perpetuate anti-aging messages that  
undermine our well-earned pride in aging. Her article is  
triggered by the AARP Magazine with the cover of Diane  
Keaton and the headline *How She Stays Young Forever*.

As Carol says, "Not only is the adoption of anti-aging  
messages pervasive in our society destructive to our psyches,  
it bears dangerous ramifications for us economically, socially  
and politically." Carol is a well-known speaker and author of a  
number of books. Learn more about Carol on her  
website [www.FierceWithAge.com](http://www.FierceWithAge.com).

[Click Here To Read More](#)

### The Movies with Ralph Beren



REVIEW OF THE FILM,  
"MONSIEUR LAZHAR," a film  
by Philippe Falardeau

*This acclaimed drama from the team  
behind the Academy Award-  
nominated "Incendies" won The City of  
Toronto Award for Best Canadian  
Feature Film at the 2011 Toronto Int'l  
Film Festival and was Canada's submission for the 2011 Academy Award for  
Best Foreign Film.*

I highly recommend this movie because it is a film with a soul.  
"Monsieur Lazhar" tells the compelling story of parallel lives  
disrupted by grief. The main character, Monsieur Lazhar, is a  
recent Algerian immigrant who poses as an instructor in  
order to replace a beloved teacher at an elementary school in  
Montreal, who had committed suicide.

[Click Here To Read More](#)

### Author Reading and Book Signing

**Sunday, May 6, at 2 p.m.**

“Judge Hoff, Jesus Loves You but the Rest of Us Think You're an A#\$!hole!": Tales from my 20 Years as a San Francisco Court Commissioner,” by Agatha Hoff.

**Location:** 51 Tamal Vista Drive in Corte Madera

**Contact:** Irwin or Agatha Hoff at (415) 668-5688

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## The Play Reading Group

**Wednesday, May 9, 5 p.m. to 7 p.m.**

The Play Reading Group will complete the reading of "The Boy From Nice" by David Hare and then will read another (as yet unselected) play from "Plays in One Act" edited by Daniel Halpern.

**Location:** 250 28th Avenue

**Contact:** Liz Cormier to RSVP or for more info 415-221-3092

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## May 16 Coffee & Conversation

### *Monthly Members' Meeting*

“Rightsizing Your Home” with Virginia Maddan, owner and founder of Comfortable Structure Organizing Solutions.

Please join us for a presentation and discussion about rightsizing. Some of us call it downsizing, some prefer decluttering. Whatever your terminology, the focus will be on how we can relieve ourselves of possessions

that we may no longer need. National Geographic magazines from the 1970's? Business documents that are begging to be shredded? Formal dinnerware for 24? Time to free yourself!

**Wednesday, May 16, 2:30 p.m. - 4 p.m.**

**Location:** Institute on Aging Auditorium, 3575 Geary Blvd at Arguello.

Friends and prospective members welcome! Please RSVP because space is limited.

**Contact:** For more info or to RSVP for the event, please contact 415-387-1375 or email [info@sfvillage.org](mailto:info@sfvillage.org)

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## Lunch Bunch

**Thursday, May 17 at 12 p.m.**

The Lunch Bunch will meet at the restaurant Sociale which is located at 3665 Sacramento Street.

Sociale is nestled in the sweet ambiance of Presidio Heights. The dining room is small and edged by a cozy bar and lounge. The ambiance is set with soft lighting, helping to enable long talks.

**Location:** Sociale  
3665 Sacramento Street  
Telephone: 921-3200

**Contact:** Please RSVP by Tuesday, May 15 to Vera Fields at 415-567-8991 or 415-215-8991

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## Book Group

**Monday, May 21, at 10 a.m.**

The Village Book Group will be reading Jill Ker Conway's "The Road from Coorain" at our next meeting.

**Location:** 2101 Pacific Avenue, Apt 504

**Contact:** Susie at (415) 913-7138 or  
[susan.zacharias@yahoo.com](mailto:susan.zacharias@yahoo.com)

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## Movie Group

**Monday, May 21, TBD**

The Movie Group will meet at the Stonestown Theater on May 21. A film will be chosen a week prior to the viewing. If the choices are limited, the group will change locations. Monday rates at the Stonestown Theater are \$6 all day for seniors.

**Location:** Stonestown Theater, 501 Buckingham Way

**Contact:** Ralph Beren for questions or to RSVP at  
[ralphberen@comcast.net](mailto:ralphberen@comcast.net)  
Telephone (415) 929-8309

If you are interested in joining, please let Ralph know and he will send reminder notices directly to all participants.

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## 8th Annual Richmond Community Health Festival

**Saturday May 12, 10 a.m. to 2 p.m.**

You are invited to join the 8th Annual Richmond Community Health Festival to encourage a healthy lifestyle and provide access to resources that help meet the needs of a diverse community.

Attendees can benefit from a variety of free health screenings, medication review and access to various community-based

organizations. There will also be activities for the entire family, including live entertainment, fun activities for the kids, free healthy foods, free prizes and more. San Francisco Village will staff a table at the event.

Hosts are California State Senator Leland Y. Yee, San Francisco District 1 Supervisor Eric Mar and other community partners.

Location: 251 18th Avenue, San Francisco.

Contact: Community Health Festival staff at 415-557-7857

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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)

11:00 a.m. - 12 p.m.

\$20 for the series for Villagers

\$40 non-Villagers

#### **Yoga Levels 1-2 (some experience required)**

##### **Thursdays**

9:00 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. - 11:00 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

[www.twinpeaksyoga.com](http://www.twinpeaksyoga.com)

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

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