

San Francisco Village News - November 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

From the Executive Director - Kate Hoepke

Dear Members:

I've just returned from the Village to Village conference in Atlanta GA. It was thrilling to meet with people from around the country who share similar vision and enthusiasm for this innovative community-building enterprise. As a movement that is just 6 years old, we've only begun to harness the power inherent in this many relationships: 92 villages, 120 in development, and a national network that connects us all. Together with foundations, universities, government agencies, and small businesses who are investing time, money and talent we are creating the social capital that supports healthy aging.



The notion of social capital is fairly straightforward: the strength of our social ties matters, and the extent to which those ties foster trust and reciprocity determines their strength. Social networks are considered a valuable asset and bring significant benefits to people including economic, health and emotional advantages. The village model is based on this simple formula of developing trusting relationships that allow for both giving and receiving while attending to what is unique at this stage of life. This basic structure allows us endless opportunities for sharing, exploring, connecting and focusing on what matters.

We'd like to capitalize on the trust and reciprocity that we have achieved so far by introducing a new program for SF Village members called the Be Prepared Portfolio. The components of the portfolio include an Advance Health Care

Directive and other essential documents that you may have put off completing. We invite you to a small group gathering on Tuesday, November 6th at 2:30 p.m. to participate in a discussion about how to approach these documents if you haven't already done so. The group will be limited to 10 participants so please call the office if you'd like to reserve a space.

As always, I welcome your thoughts and feedback.

Kind Regards,

Kate

Did You Know?

Did you know you can make extra cash by caring for someone's pet in your own home?

Kitty Bed & Breakfast is looking for retirees, seniors, or people working from a home office (San Francisco, East Bay or Marin County) to provide temporary care for small pets. This is a great way to earn extra income,

especially for the holidays. As you enjoy the comfort of your own home, you can gain the benefit of companionship of one or two well-behaved cats (or occasional small dog). To apply, you must have no other pets and be able to provide loving and safe care while the guardian is away. It's perfect for pet lovers with previous experience — their own or prior pet sitting.



IMPORTANT: Kitty Bed & Breakfast requires a pet sitter who is responsible, trustworthy, honest, reliable and loves animals since these pets are precious "babies" to their owners. Your home is the pet's temporary vacation retreat and their stay can be from one day to four months--it's your choice which job/client you wish to accept.

Kitty Bed & Breakfast has been in business for 14 years and is one of the most responsible pet sitting services in the San Francisco Bay Area for people who do not wish to place their pets in a kennel.

To obtain more information, please contact Marti Elizabeth at (415) 333-1123.

A Village Loss — Michelle Vignes

A Life Well-Lived: Remembering Michelle Vignes

Michelle Vignes, Village member, acclaimed photographer and adventurous soul, passed away two weeks ago at the age of 86.

As a young girl in Paris, she took a temporary job at a relatively new, but now legendary photo cooperative in Paris, called Magnum Photos. From 1953 – 1957, she learned from talented photographers who founded the agency, including Robert Capa.



During a 2010 interview Michelle was asked to name the most creative person she ever worked with. She quickly identified revered Magnum photographer, Henri Carrier-Bresson, with whom she worked closely as photo editor. Ironically she never took a photo in the company of those talented professionals. "I would have been ashamed to mess up in front of them," she admitted.

Michele spent four years as a photo editor for UNESCO in Paris, followed by four years in public relations for photographers at the United Nations in New York. But it was a move to San Francisco in 1966 that changed her life. An increasingly adventurous freelance photographer, Michelle found herself in the midst of notable historic events that took place in northern California. Frequently on assignment at top magazines such as Time and Newsweek, she admitted that some of her best coverage was "self-assigned."

In 1969, when Native Americans occupied Alcatraz Island, Michelle captured their protest in dozens of memorable black and white photos. In fact, she was taken into "the sacred loop" and covered the Indian occupation of Wounded Knee in 1973. She also photographed Vietnam war protesters, The Black Panthers, Altamont Music Festival and The Blues clubs of Oakland, among many other subjects.

She taught Photography and Culture Documents at UC Extension for 20 years and stayed in touch with former students up until her passing. In 2003, her photo archives were acquired by UC Berkeley's Bancroft Library and her portfolio of work covering The Black Panthers and their activities, was made available to Stanford University.

Michelle is survived by her two sisters and a Village family that will miss her dearly.

Transition To Home (T2H) Program Launch

A Message from Ellie Lurie:

Like Larry, I have always wanted to age and preferably die at home. All four of our parents were able to do so. But in caring for them, we became aware of how much service planning and coordination was required, and how hard it was to obtain the best care—even though I was trained as a gerontologist and Larry as a physician.



One of my areas of professional specialty was transitional care from hospital to home. When I took care of my mother, these issues sprang to life. For example, there was one time, after I requested strongly that my mother not be discharged without plans for care at home, that I came into the hospital Friday to find she had in fact been discharged without plans for care at home. I then spent two hours calling social service agencies until I found one able to provide weekend care, very difficult on Fridays. In helping to take care of my father, then in his 90s with a wife in her 80s, I found the hospital discharge planner was counting on this small, arthritic older lady to take care of all my father's physical needs; and so had not made any plans for his transition out of hospital until we met with her.

For these personal reasons, I believe transitional care is very important and one of the best services San Francisco Village can provide members. Many procedures and surgeries are now done on an outpatient basis, and discharge planners don't get involved with these in any case. From my own experience, I know that transitional care—getting the patient

home safely, making sure they are safe at home and with someone responsible, making sure there is food at home and the patient has medicines they need, and, if necessary, a way to get to their next medical appointment—is crucial to successful recovery. Having access to vetted help, which San Francisco Village provides, is essential. I'm very happy to be working with my husband and San Francisco Village on issues of **Transitional Care**.

Discovered Treasures – Another Home Run!

By Eva Auchincloss

A big thank you to all those who attended and supported our fundraiser, *Discovered Treasures*. It was a successful evening in every way – a sold out, fun auction in a warm and attractive setting that brought together friends who want to see SF Village flourish. The silent and live auctions brought in over \$18,000! Combined with ticket sales we are thrilled with the contribution made to the Village.



The biggest thanks go to the 30 plus members and volunteers who helped mount this event by soliciting over 70 auction prizes, working on logistics, helping to track the bidding and so much more. Co-Chairs Judith Fast and Babs Barber, with their committee, managed the behind the scenes readiness with special thanks to Marilyn Campbell, Dorothea Carroll-Elumba, and Phil Faris for their organizational assistance. A call out for two special volunteers: our lively MC, Michael Lavigne and AV coordinator, Rudi Polednik. We are equally grateful to appraiser, Patricia Ackerman, and auctioneer, Piers McKenzie who kept the evening moving smoothly along.

Last, but not least, we want to acknowledge the major sponsors who underwrote the evening with cash and in kind services: The Charles Schwab Foundation, First Republic Bank, Bonhams, and Citiscape Property Management. Their support has been invaluable!

The committee will be meeting soon to discuss new ideas and plans for an even more successful *Discovered Treasures* next year. We look forward to seeing everyone back next year, along with many new faces of Village members.

SF Village News

NOVEMBER 2012

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Welcome New Members — October

Morton Beebe

Danielle Chavanon-Beebe

The Movies with Ralph Beren

"Argo"

Directed by Ben Affleck

Want to see a cockamamie scheme set in an improbable story that could be illustrated in a comic book? Or, would you prefer to sit on the edge of your seat watching a thriller that holds you fearful until the very end of the movie? You can have both when you see the new movie, *Argo*. This happens in part because you have really good acting from a supporting cast, including hilarious roles from John Goodman and Alan Arkin.



The story takes place in two very different settings: Hollywood and Tehran. The crazy scheme for the escape of the hostages takes place first in Hollywood, anchored by Goodman and Arkin. There they cook up the crazy escape method to be used by Ben Affleck, a CIA agent. All who work on the scheme agree that it is absolutely a terrible idea but the best of the worst. Their mission: to get six terrorized hostages out of hiding in the Canadian Embassy in Tehran during the 1979 Iranian revolution. The rest of the opening scenes are an unruly mob, rioting, and throwing stones and shooting at the US Embassy. This is what initially scares the hostages. After that the six in the film take refuge in the Canadian Embassy. The goal of the mission is to get the hostages back to the US. I am not going to tell you the rest of the story, except to say that the final scenes at the Tehran airport are about as nerve racking as you can imagine. These scenes are so exciting that they could be part of a 40s film starring Humphrey Bogart a certain Swedish actress.

The acting in the film is wonderful. The only part that could be improved on is the one played by Affleck. Affleck has no affect. Not unusual for him. How about substituting for him either Brad Pitt or Matt Damon? Nevertheless, this is his

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Need a Village Volunteer to Help You?

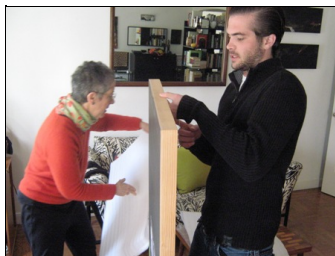
Call 387-1375

FORWARD

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third directing role in a film and each time seems to get better. Kudos for him and for this very excellent film.

Volunteer of the Month — Daniel Kellogg



Daniel Kellogg has been volunteering with the Village for just over a month and already he is making his mark.

During this short stint, Daniel has accomplished quite a lot. He attended the Discovered Treasure's fundraiser where he volunteered as a floater, taking photographs of the event throughout the evening. He also helped spot and record final bids during the live auction portion of the event. Daniel has spoken to virtually every member of the Village, working in the office to make reminder phone calls about the monthly meetings. In addition, he covered the phones in the office for an entire day when staff was not available.



Daniel has enjoyed working one-on-one with member Noah Levin accompanying her to the market to carry groceries, and helping her hang paintings in her home. "He was so helpful," Noah said. "He is physically strong and was able to carry stuff I am unable to carry. He brought everything up for me and even put it all away."

Noah also commented on how focused and attentive Daniel is. "Even though he was going to take an exam after our visit, he never seemed rushed or distracted. He was just a sweetheart and said he hoped to see me again soon. I'm looking forward to that."

Daniel is a full-time student at SF City College studying cognitive science and hopes to eventually work in non-profit management after graduation. He is enjoying his experiences with Village members and is impressed with the sense of community he has found. We are grateful for Daniel's commitment and generous spirit. Welcome to our family, Daniel!

 UNSUBSCRIBE

Village Volunteer Training with Keyatta Shade

Saturday, December 1, from 9:30 a.m. to 12:30 p.m. *(Note December Date)*

Individuals with little to 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.

Location: Institute On Aging, 3575 Geary Blvd

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



Member to Member

Denise Chapleau

Any members interested in learning French can take a basic French class taught by member Denise Chapleau. Denise requires two people taking the class together as it is helpful for your progress and motivation. She also teaches French literature and history classes. A basic knowledge of French is required for the literature classes. Please contact Denise for rates at (415) 386-9274.

Gayle Geary

First meeting for knitting scheduled for members and friends. We will meet at Gayle Geary's house at 2pm on Friday, November 9. With the guidance of experienced knitter, Ruth Franken, we will finish projects, start new ones, and knit gifts for our grandchildren, or something special for ourselves. Tea and cookies will be served. Please RSVP either by emailing me at gayle.geary@gmail.com or

phoning 415-699-3158.

Sarah Goldman

The Playreading Group has grown to about 12 members, an optimal size. Sarah Goldman initiated the first meeting in April 2009 and perhaps six or seven people attended. The group has met monthly at members' homes ever since, reading a play or two from various books of plays. The time has come to begin a new group for SFVillage members who would like to share in this fun and rewarding activity. Are there members who'd like to start another group, perhaps meeting in a different neighborhood? Sarah Goldman and others would love to share "how-to" ideas. Call Key at (415) 387-1375 if interested.

Phyllis Lund

Is anyone interested in an early Monday matinee at the Stonestown or Empire theaters? I am happy to coordinate a group. I will call interested members on Fridays, when movie selections change, to make plans for the following Monday. I live at Goldmine Hill in Diamond Heights and would be happy to drive people from my neighborhood. If you're interested, please call me at 415-826-7826 or e-mail phyllisnsf@aol.com.

Neighborhood Circles

94109 Circle

The 94109 Circle will have an informal gathering to greet, talk, plan and extend the good vibes of the August meeting at the home of Kathy McNeil, 1150 Lombard Street #38 on Thursday November 29th from 3:30 p.m. to 5:00 p.m. Executive Director, Kate Hoepke is planning to attend our meeting. Visitors are welcome! Please contact Winnie Siegel for more information at (415) 673-4459.

94115 Circle

The 94115 Circle will have a meet and greet at the home of Susie Zacharias, 2101 Pacific Ave. #504 on Thursday Nov 15 from 4:00 p.m. – 6:00 p.m. Please contact Susie Zacharias for more information at (415) 913-7138.

94123 Circle

The 94123 Circle will host an election eve party at the home of Jean Phleger, 2728 Green St., beginning at 6:00 p.m. Jean will have wine but please feel free to bring nibbles to share. To RSVP or for more information contact Jean at jeanphleger@aol.com or (415) 931-0614. Guests are welcome.

Bernal Heights

The next meeting will take place at Charlie's Cafe, 3202 Folsom St. on Wednesday November 28th at 6:00 p.m. If you or someone you know is interested in growing Village membership in the Bernal Heights neighborhood, please call the office at 387-1375.

Diamond Heights

The next meeting will take place at Goldmine Hill, 43 Ora Way in the Clubroom on Tuesday November 13th at 2:00 p.m.

Be Prepared Portfolio

Tuesday, November 6th from 2:30 p.m. to 4:00 p.m.
Please join Patricia Knight, patient advocate and SF Village Board Member, in this small group discussion about assembling the components of a Be Prepared Portfolio, such as an Advance Health Care Directive and other essential life-planning documents. Attendance is limited to 10 people, so please call the office to reserve a space.

Location: Sequoia Room, Institute on Aging, 3575 Geary Blvd

Contact: RSVP to Keyatta Shade at (415) 387-1295 or info@sfvillage.org

Coffee & Conversation

Wednesday, November 7th from 2:30 p.m. to 4:00 p.m.

Feel Better, Move Better, Live Better!

We all do it, but do we do it well? Join the discussion on November 7th and learn how to breathe more effectively. Mindy Marantz, physical therapist and owner of Healthwell Physical Therapy Group, will give a presentation on effective breathing and "Ground Force" techniques, two essential elements for long term well-being. "Ground Force" is an element of physics that also applies to body movement. Awareness of pushing into the ground when we stand and walk can allow for more upright motion and can improve balance and control. Effective breathing lends similar benefits. Combine the two, and you will be prepared to move with a lower center of gravity yet with a feeling of lightness.

Location: Institute on Aging Auditorium, 3575 Geary Blvd

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

The Lunch Bunch

Wednesday, November 14th at 12:00 p.m.

The Lunch Bunch will meet for food, friends and an afternoon of fun at Sociale Restaurant. Sociale, like social clubs in Italy, has evolved into a gathering place. Simply by being a setting for the marking of time, a place to celebrate the high points and the lull of ordinary days. Part of Sociale is being in the sweet toniness of the Presidio Heights neighborhood and then dipping out of it. Sociale starts on Sacramento Street, where you are greeted by a sign that beckons you down a path, tumbling with a florist's greenery. At the end of the alley is the shaded, intimate outdoor dining nook.

Location: Sociale, 3665 Sacramento Street (415) 921 3200

Contact: RSVP to Vera Field's at (415) 567-8991

The Movie Group

Wednesday, November 21st at 4:00 p.m.

The movie group will meet at Al Sipp's home in Noe Valley and will watch part one of the film "Reds" starring Warren

Beatty and Diane Keaton. The film is a very colorful one based on the life of John Reed who travels to the USSR to experience the Russian revolution. We had a nice turn out for our last meeting at Vera Fields house where we watched the film "Fargo." Despite the violence in the film it was never gratuitous violence. It is a brilliant spoof on life in North Dakota starring Frances McDormand.

Newcomers are welcome. Our limit is 10 people.

Location: Al Sipp's home, 79 Clipper Street

Contact: RSVP to Key@sfvillage.org, (415) 387-1375 or Al Sipp, (415) 826-7736

The Book Group

Monday, November 26th at 10:00 a.m.

The Book Group will meet at the home of Susie Zacharias. We will read "The Master" by Colm Toibin, a novel about Henry James.

Location: The home of Susie Zacharias, 2101 Pacific Avenue, #504

Contact: RSVP to Key@sfvillage.org, (415) 387-1375 or Susie at (415) 913-7138

November Weekly Events

WALKING GROUP

Hosted by Janey Norman

Tuesdays at 10 a.m.

The Walking Group will meet every Tuesday at the Creighton Bakery in Diamond Heights for an hour to an hour and a half for a 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 Boulevard

Contact: Janey Norman at (415) 279-7920

YOGA

Hosted by Aurele Carlat

Yoga Levels 1-2 (some experience required)

Thursdays, 9 a.m. — 10:30 a.m.

Cost for SF Village members: Donation only

Location: 120 St. Germain Avenue near Twin Peaks

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

aurelecarlat@gmail.com

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