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San Francisco Village News - September 2012



San Francisco Village

OUR GENERATION. OUR CHOICE.

SF Village News

SEPTEMBER 2012

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Did You Know?

SF Environment, a department of The City and County of San Francisco, provides a free Green Home Assessment for San Francisco residents. This unique community education program focuses on safety preparedness and emergency kit preparation. After each assessment, the representatives give residents a personalized checklist detailing actions they can take to help make their homes healthier and more sustainable.

Here is a direct link for more information:
<http://sfenvironment.org/education-equity/environmental-justice/energy>
 Contact: (415) 355.3700 or
environment@sfgov.org for connection, current news, updates and videos.

Welcome New Members — August

Frances “Frankie” Chios

Maurice Edelstein

Margaret J. Kaplan

Janey Norman

Don Reid

Helen Reid

From the Executive Director - Kate Hoepke

Dear Members:

In many ways September feels like the beginning of a new year. Summer is over, students return to school, and once again we focus on all the things that we postponed until after Labor Day. For SF Village, it is a time to re-ignite!



As you know, the Board of Directors and I have agreed on a new strategic dimension that includes a proactive response to the transitions of getting older. Our goal is to increase the value of your

What's Next In Your Life?

Sponsored by Coming of Age Bay Area, "Explore Your Future" is designed for people 50+ to create a real, workable Action Plan for their next steps in life. These four-part workshops are now being scheduled in San Francisco.

**"Explore Your Future" Workshops
In San Francisco: Four Thursday Sessions**
September 13, 20, 27 & Oct. 4, 2012, 4:00 to 6:00 p.m.

Location: Coming of Age Offices, 881 Turk Street (at Gough)

For more information, to become a member, or to register for the workshop, visit <http://www.comingofage.org/BayArea/explore-your-future> or call (888) 308-1767. Membership in Coming of Age is free for people 50+.

New Member Directory

You should have received your new member directory in the mail recently. Please review it and let us know if you discover any errors. We will print an

addendum with corrections in the next several weeks. If for any reason you did not receive a new directory, please contact the office and we will send you one. (415) 387-1375

Newsletter Contributors

Editorial

Patricia Lilavois
Keyatta Shade

Content

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

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

Call 387-1375

FORWARD

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order. Our goal is to increase the value of your membership by offering programs and services that acknowledge change, and provide new roadmaps for navigating the terrain up ahead. We are talking with community partners who specialize in gerontology, technology, health advocacy, wellness and home safety to shape a Village that supports your optimal well-being.

Come meet some of these partners and learn more about our future direction on Thursday, September 27th from 2:30 – 4:00 p.m. at Institute on Aging (IOA) which is located at 3575 Geary Blvd (at Arguello).

I am excited to introduce you to some of the professionals and volunteers who inspire me to imagine what our Village can become – a network of caring relationships that anticipates change and lovingly responds. As one of our members said to me recently, "Magical things can happen in community."

As always, I love hearing from you. And I look forward to seeing you on the 27th!

Kate

Coffee & Conversation Re-Cap

On August 9th about 25 members and friends met with Patricia Knight, who specializes in private patient advocacy, to discuss some of the ways that we can prepare for future health care decisions. Patricia asked a series of questions that stimulated our thinking:

- Do you have an Advance Directive? Who has a copy?
- Do you have powers of attorney for both financial and health care decision-making?
- Do you keep an up-to-date list of medications and carry it with you?

The most compelling question she posed: "Are you having the necessary conversations with the people you love and care about regarding your wishes and intentions?" This theme of conversations came up repeatedly, which is a valuable prompt for all of us to hear.

SF Village is preparing to offer you an opportunity to begin these conversations by gathering this vital information.

This month we are training a small group of skilled volunteers who are willing to meet with members

one-on-one.

With their assistance, you can complete an Advance Directive, list of medications, list of important contacts, and other personal information to be stored in a notebook or on a flash drive. In addition, we will provide the resources to guide you in completing powers of attorney, a living will, or other legal documents.

Please contact the office if you are interested in participating in this program and creating a Be-Prepared Portfolio.

San Francisco's Great Generosity

The Brown Twins

by Gayle Geary,
Board President

Whenever I saw the Brown twins in their perfectly matching outfits strolling through Union Square, I felt a special rush – almost like seeing royalty. So you can imagine the shock I felt when I read Willie Brown's column last Sunday and learned of their current health and financial problems. I felt called to action both individually and as a Village member.



Discussing the twins' situation with Kate, Key and several board members, we decided to reach out to Jewish Family & Children Services, which is handling donations and assistance. We offered our help and even Village membership, only to find out that there has already been an "overwhelming outpouring of concern" from San Franciscans and the twins are surrounded by support.

San Francisco is truly a village when residents come together showering so much love and care on Vivian and Marion Brown. We may never again see them strolling through the city arm in arm, but we do know that they will be taken care of.

To read about them in the Chronicle and find out how to donate, click here:

<http://www.sfgate.com/bayarea/article/SF-s-iconic-Brown-twins-face-life-apart-3791950.php>

A Volunteer's Impact By Keyatta Shade

Not too long ago, Angela Little, a member of San Francisco Village, called the office to say she wasn't benefiting from her membership and perhaps she would drop it. When asked what she needed, Angela said she would like someone to go to the movies and shop with. We offered to find her a volunteer and soon after she was introduced to Tara Smith, a CBS Radio advertising executive, who has been volunteering with San Francisco Village since March of 2012. This connection with Tara has made an immediate impact on Angela's life and is helping change her outlook towards the Village.



Like many older adults her age, Angela has outlived most of her friends and family members. "I feel like the farmer in the dell, and the cheese that stood alone,"

she said. "I often think about the people who are no longer available to me." Angela says she has inherited the children of the friends that she's lost, and Tara has become an extension of that network. She paraphrases Blanche DuBois from *A Streetcar*

Named Desire to describe her relationship with her friends' children. "Blanche famously said that she depends on the kindness of strangers. Well, I depend on the kindness of younger people."

Tara and Angela have shared several activities together since early July. On their first outing together, Tara took Angela shoe shopping, something Angela hadn't done in three or four years because of crowds in Union Square. Since then they've attended the Legacy Film Festival and met for dinner in Japantown.

Their dinner date gave them an opportunity to become better acquainted and strengthen their bond. They talked about life, family, careers, and shared their perspectives on current events and community happenings. Tara especially enjoyed discussing San Francisco history. "It's fascinating to hear firsthand the history of San Francisco during the 1930's from someone who lived through it," Tara said. "Angela brings wisdom and a different perspective to my world. She's a role model, having paved the way for women of my

generation to pursue both a career and family.”

Angela hopes other Village members will take advantage of these unique relationship opportunities. Staying connected to younger people is exciting, stimulating, and rewarding. “I think as people age they tend to isolate themselves. I appreciate Tara and other young people who do this in their spare time. This is a fantastic part of the Village program,” she said. Angela’s interest in SF Village has been rekindled. She’s looking forward to more outings and conversations with Tara, and eager to know her neighbors in the newly forming 94109 Neighborhood Circle.

Volunteers of the Month — Summer High School Students

We will remember The Summer of 2012 as the summer of the altruistic high school student, thanks to volunteers Noam Samuels, a junior at Berkeley High, and Tara R. Fallahee and Carrie McKewan, both seniors at St. Ignatius.

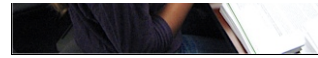


All three helped the Village in a variety of ways including assisting with administrative tasks and as personal service volunteers spending one-on-one time with several members. Each student was eager to learn and gain experience working in a professional environment. For example, Noam’s responsibilities included data entry, photocopying, bulk mailings and assisting with the publication of the member directory. He even volunteered to work on the directory at home to make sure we finished it before our deadline. He said his work at the Village was one of the most rewarding experiences he has had. Not only did it provide pertinent job experience that will help his future, but it also allowed him “to help an organization which helps seniors enjoy their life independently. SF Village really feels like a community and I am so happy I was able to be part of it this summer.”

Carrie and Tara assisted members Norma Young and Noah Levin with exercises and daily living assistance. They helped Norma



with walking when
she was experiencing



bouts with vertigo, walking 15 to 20 minutes up

and down her street. Norma found a lot in common with both girls discussing their schooldays, families and travel experiences. She described Carrie and Tara as a joy to be around. "They were helpful and thoughtful. Very good with older people." Noah also described the girls as easy and fun to talk to. Carrie accompanied her to the grocery store and the public library where she helped her access the library website on her laptop. In addition, she helped Noah post items for sale on E-bay. "Tara was really efficient," Noah said. "She was also very congenial, a sweetheart." The benefits were not limited to the members however. Carrie expressed that the experience had brought her closer to understanding the senior population. Tara said meeting Norma and Noah made her realize that she has more in common with them than she thought she would. "Despite the generation gap, we can be friends and share our experiences," Tara said. Thanks to the example set by these students, the Village will continue to recruit and train high school students to volunteer with us. Keyatta Shade, Volunteer and Member Manager, emphasized "without doubt, these three young people have set a high bar for the next group of high school students."

Neighborhood Circles

94118 Members and Friends

Please join us as our very own Village member, Fran Johns, author of two published books – *Dying Unafraid* and *Never In Doubt*, facilitates a conversation about Compassion & Choices.

Date: Thursday, September 6th from 5:00 to 7:00 p.m.

Location: The home of Gayle Geary and Michael Lavigne, 36 Parker Avenue (between California and Euclid)

Contact: RSVP at (415) 699-3158 or email gayle.geary@gmail.com

Diamond Heights Circle

This will be the second meeting of Diamond Heights neighbors who are interested in becoming better acquainted, sharing resources and connections, and discussing plans for future gatherings.

Date: Tuesday, September 11th
from 2:00 to 4:00 p.m.

Location: Goldmine Hill Clubhouse, 43
Ora Way

Contact: RSVP at (415) 387-1375 or
email info@sfvillage.org

Bernal Heights Circle Organizing Meeting

If you know anyone who lives in Bernal Heights who would like to get in on the ground floor of this exciting development, please invite them to join us. We've been working with Holly Veldhuis and Suzanne Harris, residents of Bernal Heights, in a grassroots effort to extend the Village into this vibrant neighborhood.

Date: Wednesday, September 19th from 6:00 to 8:00 p.m .

Location: Charlie's Deli Café, 3202
Folsom, across from Precita Park

Contact: RSVP at (415) 387-1375 or
email info@sfvillage.org

Member to Member

Gayle Geary:

Calling all knitters, or want-to-be knitters. Personally, I have four unfinished knitting projects I keep promising myself I will get to – sooner or later! So here's my idea: better to do it with others than alone. Therefore, I am starting a knitting group in October for those of us who are stuck on our knitting. Or for those who want to start a new project. My friend and accomplished knitter, Ruth Franken, has offered to guide us in our knitting endeavors. Ruth has been knitting since she was eight years old. She also led a knitting group at Temple Emanu-El a few years ago. Ruth will help us finish projects, start knitting gifts for our grandchildren, or something special for ourselves. Please let me know if you are interested in participating and we will set up a schedule. Contact me at gayle.geary@gmail.com or (415) 699-3158.

Jane Radcliffe:

Sacred Harp Singing – A monthly choral group with snack potluck at St. Aidan's in

San Francisco. The group will meet at St. Aidan's Episcopal Church, 101 Gold Mine Drive (at Diamond Heights Blvd). Using public transportation you can take BART to Glen Park BART Station then transfer to the #52 MUNI bus. If you drive, there is parking in the Safeway parking lot is allowed. Church Website: <http://www.saintaidan.org/> Online Directions: <http://tiny.cc/244o4> Contact Jane Radcliffe if interested and she will inform you of the date and time about a week prior to the event. You can reach her at jradcli@gmail.com or by calling the Village office.

The Movies with Ralph Beren

Searching For Sugar Man – "The greatest '70s rock icon who never was."

Written and Directed by Malik Bendjelloul

How often do we get to view a film where we love the main character as much as how the film was made? In my view, not that often. "Searching For Sugar Man" offers charismatic character building within the context of fine film making, while suspending us in a mystery. The film profiles the life of a former singer, performer and writer of protest songs by the name of Sixto Rodriguez. He was never able to sell his recordings. The only exception was in South Africa, where he was considered better than Elvis Presley. His voice sounds like Jim Croce, although perhaps a bit more polished.

So whatever happened to him? Where does he live? Does he still sing? Is he bitter? These are some of questions that the movie raises.

Rodriguez is a kind of counter culture figure. Not only did he write his own music, but he wrote the lyrics as well. During the time of his music career, he lived in Detroit supporting himself as a carpenter and a handy man, a job which he still does. There is no evidence from the film suggesting he was at all bitter about his lack of success as a performer. In fact, he is quite happy doing his work and raising three wonderful and interesting children. The film itself is made in a fascinating manner. During the first 30 minutes we only see shadows of Rodriguez and hear him singing his songs. We have no idea where he is or what he is doing. This adds to the mystery of the film.

Finally, seeing him out of the shadows we still do not fully understand this guy. He rejects money and fame and seems interested in some old fashioned values. Although he is brought back to South Africa to perform a half dozen concerts to wild acclaim, we do not know what happened to the money he made. Did he give it away?

Coffee & Conversation

Wednesday, September 5th at 10:30 a.m.
[Note Time Change]

Technology Workshop with Jason Dare

How to use Skype and Google+ Hangouts to stay connected with those you love.

Location: Institute on Aging Auditorium, 3575 Geary Blvd

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

Lunch Bunch

Wednesday, September 12th at 12:00 p.m.

The Lunch Bunch will be venturing down South for some home style cooking, friendly smiles and fun.

Join us at

Dixie, the recently debuted restaurant from esteemed chef Joseph Humphrey, to savor contemporary Bay Area cuisine with a southern soul. It's located just inside The Presidio at Chestnut and Lyon Streets in San Francisco

(former space of Pres a Vi). Underground self-parking is available for \$6/hr from 9 am to 6 pm (M-F) and a \$6 flat rate after 6 pm (M-F) in addition to all-day Saturday and Sunday. The self-park garage is located through the Lombard Street Gates of the

Presidio, by taking a right onto Letterman Drive and passing through the Security Post. Street parking is available on Lyon Street and the surrounding neighborhood.

Laissez les bon temps rouler "Let the good times roll"

Location: Dixie, One Letterman Drive on The Presidio, Lyon & Chestnut Streets (next to the Lucasfilm complex), <http://sfdixie.com/>

Contact: RSVP at Vera Fields, (415) 215-8991, Dixie, (415) 829-3363

The Play Reading Group

Wednesday, September 12th, 5:00 – 7:00 p.m.

The playreading group will read Act 2 of August Wilson's "Ma Rainey's Black Bottom", a play included in "Plays From the Contemporary American Theater" edited by Brooks McNamara.

Location: The home of Susie Zacharias, 2101 Pacific Avenue, #504, at the corner of Laguna.

Contact: RSVP to Susie Zacharias (415) 913-7138

Village Volunteer Training with Keyatta Shade

Saturday, September 15th, 9:30 am – 12:30 pm

New location!

Individuals 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.

The location of the training has been changed and will now take place in the Sage Room at Institute on Aging (IOA).

When: September 15th, 9:30 am to 12:30 pm

Location: IOA, 3575 Geary Boulevard at Arguello

If you are interested in attending, please contact our Volunteer and Member Operations Manager, Keyatta Shade, at (415) 387-1375 or key@sfvillage.org



Movie Group

Wednesday, September 19th, 4:00 to 6:00 p.m.

Watch and discuss feature films. Potluck snacks encouraged. Movie to be decided.

Location: Ralph Beren's house at 1914 Lyon Street

Contact: Ralph Beren at (415) 929-8309

Book Group

Monday, September 24th at 10:00 a.m.

“So many books, so little time.” — Frank Zappa

The Book Group will read E.M. Forster's *A Passage to India*.

Location: The home of Kathy McNeil, 1150 Lombard Street, #38

Contact: RSVP to Kathy McNeil (415) 567-1458

Member Meeting

Re-ignite!

Thursday, September 27th from 2:30 to 4:00 p.m.

Join us for the unveiling of a new strategic dimension that includes a proactive response to the transitions of getting older.

Location: Institute on Aging Auditorium, 3575 Geary Blvd

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

SAVE THE DATE! Mark Your Calendars For This Special Event

JOIN US FOR DISCOVERED TREASURES[©]

A Fabulous and Fun! Fundraising Event on Friday, October 19th (5:30 – 8 pm) at **The St. Francis Yacht Club** on the San Francisco Marina (99 Yacht Road).

Mark your calendars for October 19th and alert your family and friends! The inspiring views of the St. Francis Yacht Club will provide the perfect ambiance for a special evening of socializing and treasure "hunting" highlighted by refreshing beverages and cocktails, live music and silent and live auctions.

It would be so grand to have you come join us as we discover (and uncover!) the value of beloved treasures, with all contributions and proceeds benefiting San Francisco Village. We'd also love your assistance in finding quality auction items and treasures. We would especially appreciate the following kinds of donations:

- Wine
- Gift certificates, e.g., restaurants, book stores, fashion
- Tickets to cultural and sports events, e.g., 49ers, Giants, opera, ballet, theater, concerts
- Vacation homes
- Jewelry

Please contact *Discovered Treasures*® co-chairs Babs Barber at (415) 567-2532 or Judith Fast at (415) 655-3632 regarding suggestions and possible donations of auction items or if you would like to help with the event.

Special thanks to *Discovered Treasures*® sponsors to date: Bonhams & Butterfields, Charles Schwab Foundation,

First Republic Bank and CitiScape Property Management, Inc.

We are looking forward to seeing you at *Discovered Treasures*® 2012, and in helping us raise funds for the amazing work that San Francisco Village is doing for seniors in San Francisco.

September Weekly Events

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 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

Contact: Aurele Carlat at (415) 425-5086 or
aurelecarlat@gmail.com

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

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