



San Francisco Village
OUR GENERATION. OUR CHOICE.

August 2013



**FROM THE EXECUTIVE DIRECTOR—
Kate Hoepke**

Dear Members:



Our outreach efforts to expand and diversify Village membership are gaining strength. We held an informational meeting at the Noe Valley library

last month and 50 people attended! Several members, board members, and volunteers joined me in sharing why SF Village is important to us. We were delighted by our guests' thoughtful questions and the dialogue that followed. We've invited each of them to a living room chat in August as a way to carry on the conversation and explore their interest in building a greater sense of community in their neighborhood.

There are two living room chats scheduled this month:

- Noe Valley on Sunday August 11th from 1:30 – 3:00 p.m.
- Miraloma Park on Sunday August 18th from 1:30 -3:00 p.m.

If you know anyone who might be interested in attending, please suggest they call or e-mail me.

On Saturday September 28th from 1:00 – 3:00 p.m. we will host another informational meeting

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**WELCOME NEW
MEMBERS--July**

Robert Gordon

Bill Haskell

Christine Torrington

at the LGBT Recreation Center at 1800 Market St. Please feel free to invite anyone in the Castro or surrounding neighborhoods who would like to learn more about the benefits of membership. Thanks to friends telling friends, we're gaining momentum!

I hope you're in town this month because we have a lively calendar of events. Come and sing, just for the fun of it, on Thursday the 15th with guitarist and singer Peter Munks. New member, Ted Johnson, is interested in playing bridge so he is hosting a beginner's bridge group beginning the second week of August. Finally, we're excited to host a conversation with Shahnaz Taplin, Chair of *Invest in Muslim Women*, which focuses on the issues, challenges and opportunities facing Muslim women today. You can read more about Shahnaz at <http://www.huffingtonpost.com/shahnaz-taplinchinoy/>

Recently I was having a conversation with some members about the value of their membership and how they describe it to others. Mary said it so succinctly: "The value I derive from membership depends on how much I participate in all that's offered. It's up to me." So true!

Hope to see you soon!
Kate

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DID YOU KNOW?...

About Lots-a-helping-hands

Lotsahelpinghands.com is a website and downloadable application that connects people through the power of community — whether you need help or you want to provide help. To learn more or download the application visit

<http://www.lotsahelpinghands.com/>.

The Transitioning Lives & Community Luncheon Photo Gallery is online

The Transitioning Lives & Community Awards Luncheon which honored Gladys Thacher, Eva Auchincloss and Mary Moore Gaines is available to be viewed at the Village website at

https://sfv.clubexpress.com/content.aspx?page_id=187&club_id=300193

The library has free movies Thursdays at noon

The San Francisco Public Library Main Branch shows free movies every Thursday at noon in the Koret Auditorium at 100 Larkin Street. Seats are available on a first-come, first-served basis. Other San Francisco Library branches may have films throughout the month as well. Visit

<http://sfpl.org/index.php?pg=1014057201> to learn more.

6 WEEK HEALTHIER LIVING WORKSHOP

Hosted by SF Village, the San Francisco Healthier Living Coalition presents a free six-



Healthier Living
Managing On-Going Health Conditions

week (2.5 hours per week) Healthier Living workshop aimed at teaching individuals with chronic health problems like diabetes, high blood pressure, heart problems and arthritis, how to self-manage for optimal health.

Participants will learn how to: manage pain, stress, and fatigue; be more fit and eat healthier, work more effectively with your doctor and healthcare professionals, set goals and problem solve to make positive changes in your life; and feel better and reduce healthcare costs.

The workshop will take place every Tuesday from 2:00 p.m. to 4:30 p.m. at the Institute on Aging's Sequoia Room, 3575 Geary Blvd., beginning August 27th and ending October 1st.

Members who participate are asked to attend all 6 sessions. Gifts and awards will be given to those who complete the workshop. The Healthier Living Workshop was developed by Stanford University School of Medicine. The Healthier Living Coalition includes San Francisco Dept. of Aging & Adult Services, 30th Street Senior Center/On-Lok, Mercy Housing and Dept. of Public Health.

94118 PRESENTS AN EVENING WITH Shahnaz Taplin-Chinoy



The 94118 Neighborhood Circle presents an evening with Shahnaz Taplin-Chinoy, an advocate for the rights of Muslim women globally. The meeting will take place Thursday August 29th from 4:30 p.m. to 7:00 p.m. at the home of Gladys Thacher.

From the Huffington Post: Shahnaz is a strategic communications consultant who focuses on public interest issues. Since 9/11, she has been immersed in the Muslim women's space, and has been published in Salon.com, Islamonline, and the San Francisco Chronicle.

From Wisemuslimwomen.org: Currently, Shahnaz Taplin Chinoy is a co-founder and board chair of the Muslim Women's fund, which seeks to educate and economically empower Muslim women. Additionally, she blogs on Muslim women's issues and her posts appear in the Huffington Post, Alternet, and Ms. Magazine. Recently, she interviewed 100 women in different Muslim countries for a book on women and Islam. She started her career as Director of Communications and Public Affairs at Planned Parenthood in San Francisco and then worked as a consultant for the American Civil Liberties Union and the Goldman Environmental Prize, among others.

This event is open to all members and guests although space is limited so hurry and reserve a seat. Artisan Growers & Producers, a brand development company specializing in emerging artisan wineries, will host a wine reception from 4:30p.m. to 5:00p.m. before the event begins. Please contact SF Village to RSVP and for address information at [\(415\) 387-1375](tel:4153871375) or by email at Info@sfvillage.org.

VOLUNTEER OF THE MONTH-Jesus Montano



Jesus Montano, a St. Ignatius High School student volunteer, is changing San Francisco Village member's lives one i-Pad at a time. Jesus, like many of today's young people, has a wealth of knowledge when it comes to technology.

Jesus began his volunteer work with us helping in a variety of ways, including calling members to remind them of upcoming events, researching related news to post on our Facebook and Twitter accounts, as well as data collection and entry. It wasn't long before we received a request for volunteer to help a member learn how to use an i-Pad. It turned out to be exactly what Jesus was looking to do.

New member Sean Roche reached out with his request and within a week he had his first session with Jesus. The two met at the San Francisco Public Library not far from Sean's home. There Jesus worked with Sean on the basics of his i-Pad including google searches, email usage and application downloads. He followed up the training by creating a guide for Sean to use long after he and Jesus had finished their sessions. "Jesus has been fantastic. He's a great kid. Not only did he help me with my i-Pad, but we realized we had a lot in common -- we're both huge soccer fans," Sean said. "He even plays on his school soccer team. I've enjoyed spending time with him this summer."

Jesus found the experience to be just as enriching. "It's great to be able to

contribute and share whatever knowledge I have with those who need it. The greatest feeling by far is seeing the members progress and grow more confident using technology. It is a very flattering experience,” Jesus said.

In addition to Sean, Jesus has also trained new members Marilyn Van Ketel and Winifred Brand on using their i-Pads. Marilyn wanted to learn how to keep in touch with her family in Hawaii so Jesus taught her e-mail basics. In fact, during one of their sessions she received an email from Hawaii and Jesus showed her how to download and view the vacation video they had sent. “He was very patient, kind and fun to work with,” Marilyn said. She hopes to get one more training session in before his time as a volunteer is completed.



In addition to i-Pad training, Jesus has also helped Mary Swope with Facebook, downloading photos, and making a purchase online. Vera Fields now knows how to post ads on Craigslist. “Jesus always arrived promptly, patiently listened to my latest computer frustration, then would invariably calmly resolve it,” Mary said. “Best of all he taught me how to do it for myself. I now have computer confidence I never had before.”

Jesus chose the Village over many other volunteer opportunities because he felt he was needed. “When this opportunity came up, I decided to contact the village and within an hour I already had a reply. As a volunteer, that made me feel like I was wanted and needed at this organization, which made the decision to join the village more appealing,” Jesus said.

Jesus, who hopes to volunteer from time-to-time during the school year on his down-time says he’s learned a lot about himself through working with Village members. “It was great to be exposed to a different generation of people. While I

did my best sharing my knowledge, they were even better in their hospitality, the stories they shared with me, and their overall kindness. Volunteering here has exposed me to the experience of teaching others, something that I could be doing in the future,” Jesus said.

AT THE MOVIES WITH RALPH BEREN

20 FEET FROM STARDOM

20 feet does not seem like such a long walk. In this marvelous film about backup singers to some of the great bands and singers of the 60's through the 80's, the walk is nearly impossible. Where else could you find a film where the likes of Sting, Mick Jagger, and Bruce Springsteen have only bit parts to play? The real stars are singers such as Darlene Love, Merry Clayton, and Jo Lawry. They are the women who made the famous stars sound great. They worked in groups, behind the stars, but they had a sound of their own. When Jagger talks about the qualities that made them unique, he is practically worshipful. Most of us probably take them for granted.

Their professional lives were hard and their stories fascinating. Darlene Love, for example, tells the story of giving up singing and taking a job as a housecleaner. When she heard her voice on the radio one day while cleaning, she decided that she had to go back. Music was too much a part of her life. Each of these great ladies had a great voice; and each could have been a star if the timing had been right or they had pursued fame. One of them explains that to be a star required pressure and demands that were just too great to think about. Maybe they would have overdosed and died. And for them, singing in a group was what they wanted, blending in with others had its own rewards.

What would pop music be like without the backup singers? Not much!



VOLUNTEER TRAINING WITH KEYATTA SHADE

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.

When: Saturday August 24th from 9:30 a.m. to 12:00 p.m.

Location: IOA, 3575 Geary Blvd, Sequoia Room

If you are interested in attending, please contact our Volunteer and Member Manager, Keyatta Shade at [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org.

MEMBER TO MEMBER

Ted Johnson. Introduction to Bridge (4 classes) with instructors Ted Johnson and Mary Castilla. Classes will take place at Ted's home near Gough and Geary on August 12th, 14th, 19th and 21st from 2pm to 4pm. Come play, meet new friends and enjoy a glass of vino. If you are interested, please contact the Village at [\(415\)387-1375](tel:4153871375) or Info@sfvillage.org to RSVP and for the exact address. In order for the group to form, we need at least four people, but no more than 8. Members are asked to commit to all four sessions. Materials will be provided. Free.

Jean Goldings. SF Village Member Seeks Rental Apartment: Mature, nonsmoking, single woman seeks a one bedroom or large studio apartment, preferably with parking, beginning September 1 or September 15 within San Francisco city limits. Please contact Jean at 415-929-5251 or jgoldings2002@yahoo.com.

AUGUST EVENTS

Playreading Group

Thursday August 8th at 4:00 p.m.

The playreading group will read "A Memory of Two Mondays," by Arthur Miller from "24 Favorite-One-Act Plays, edited by Bennett Cerf.

Contact: RSVP to Martha Nell Beatty at marthanellebeatty@hotmail.com or (415) 921-1415

Location: 150 Lombard Club Room

Music Group – Just for the fun of it!

Thursday August 15th from 2:00 pm to 4:00 pm



An ongoing music group will form based on participation at this inaugural event. Instructor, Peter Munks, who has over 30 years' experience playing guitar, will lead the proceedings which will include sing-alongs and requests from members (traditional folk songs from the 60's).

Peter Munks will base his facilitation of the group on his extensive work at the IOA and at the Irene Swindell Center but it will be a working model based on interests as well as leadership from members.

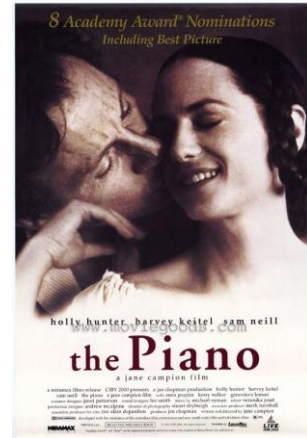
Contact: RSVP to Key at (415)387-1375 or Key@sfvillage.org

Location: St. John's Presbyterian Church, 25 Lake Street

Movie Group

Wednesday August 21st from 4:00 p.m. to 6:00 p.m.

The movie group will watch and discuss *The Piano*, a 1993 romantic drama about a mute pianist and her daughter, set during the mid-19th century in a rainy, muddy frontier backwater on the west coast of New Zealand. The film was written and directed by Jane Campion, and stars Holly Hunter, Harvey Keitel, Sam Neill, and Anna Paquin. At the 66th Academy Awards, *The Piano* won three awards: Best Leading Actress for Hunter, Best Supporting Actress for Paquin, and Best Original Screenplay for Campion.



Location: Vera Field's home, contact Vera for address information

Contact: RSVP to Vera at [\(415\) 567-8991](tel:4155678991)

Discussion Group

Thursday August 22nd at 3:00 p.m.

The Discussion Group will discuss the New York Times article by Peter Buffett entitled *Charitable-Industrial Complex*. Do you agree or disagree with him; why or why not; what would you do? Read the article at:

http://www.nytimes.com/2013/07/27/opinion/the-charitable-industrial-complex.html?_r=1&

Location: Eva Auchincloss's home, contact Eva for address information

Contact: RSVP to Eva at [\(415\) 563-7519](tel:4155637519)

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Location: Glady Thacher's home, contact SF Village for address

Contact: Keyatta Shade at SF Village, [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org

AUGUST WEEKLY EVENTS

Yoga, Hosted by Aurele Carlat

Thursdays from 9:00 a.m. to 10:30 a.m.

Yoga Levels 1-2(some experience required) Cost for SF

Village Members: donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [\(415\) 425-5086](tel:4154255086) or aurelecarlat@gmail.com, Website:

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

Yoga! New Class for Beginners!

Fridays from 10:00 a.m.-11:15 a.m.

Anyone in overall good health who can manage stairs is welcome. No experience necessary.

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [\(415\) 425-5086](tel:4154255086) or aurelecarlat@gmail.com,

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

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-Ph:[415-861-4910](tel:415-861-4910)

www.communitythrifthsf.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.

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|www.sfvillage.org| *|Aging-In-Place|*

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