



San Francisco Village
OUR GENERATION. OUR CHOICE.

December 2013



**SFV
HOLIDAY
PARTY**



Get ready for
the SFV
Holiday

Party on December 18th! This year's celebration features a Bossonova band and a menu of professionally-catered hors d'oeuvres. The party will also honor our valued volunteers. We are building a thriving community with the support of this unique group of people who are committed to strengthening our social fabric. We rely on their talents, generosity and esprit de corps to fulfill the promise and potential of SF Village. You'll hear first-hand stories of how these volunteers have made a lasting difference in the lives of our members.

The festivities will take place on Wednesday December 18th from 5:00 p.m. to 7:00 p.m. at the Jewish Community Center of San Francisco, located at 3200 California Street. Parking is \$8 payable at JCC Information Desk.

Be sure to RSVP by December 10th to Key at Key@sfvillage.org (415) 387-1375 and tell us if you need a ride. Share the holiday cheer as we close out the 2013 year! Members only.

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**WELCOME NEW
MEMBERS--November**

Ellen E. Benjamin
Marco Lobascio
Elaine B. Safer
Mary Taylor

FROM THE EXECUTIVE DIRECTOR—Kate Hoepke

Dear Members and Friends:



It is our American tradition to pay attention to gratitude at this time of year. Thanksgiving inspires us to consider what we are thankful for and to share our thoughts with family and friends. But did you know that practicing gratitude is actually good for your health? According to the Greater Good Science Center at UC Berkeley www.greatergood.berkeley.edu hundreds of studies have documented the social, physical, and psychological benefits of gratitude.

For example:

- Practicing gratitude has been proven to increase happiness and life satisfaction; it also boosts feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions.
- Gratitude is good for bodies: Studies suggest gratitude strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains.
- Gratitude strengthens relationships: It makes us feel closer and more committed to friends and romantic partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship.
- Gratitude promotes forgiveness, makes us more resilient, and reduces anxiety.

Our expressions of gratitude need not be limited to a holiday season. In fact, we can consider the possibility of a “gratitude practice” that enables us to develop the skills we may not possess naturally. Dr. Robert Emmons, professor at UC Davis and author of the book *Thanks!* suggests some simple steps to help us increase our feelings of gratitude:

- Savor the good in your life—don’t just gloss over the beauty and pleasures that come your way. Let the experience sink in.
- Keep a gratitude journal.
- Recognize the positive: name three good things that happen to you each day.
- Write a “gratitude letter” to an important person in your life whom you’ve never properly thanked.

I could write dozens of gratitude letters to members, volunteers, and supporters of San Francisco Village! Like many of you, I am thankful not only for what I’ve received but also for the opportunities to give. By contributing we discover new talents, new ways of relating, and a larger sense of where we belong. Gratitude cultivates the feeling of “paying it forward” – building a community of mutual support that will live long into the future. I continue to be inspired by what we are creating and our unfolding potential.

With deep gratitude,
Kate

DID YOU KNOW

The San Francisco Village Facebook page is coming alive! It includes relevant news, anecdotes, links and information that adds value to your membership. To "like" our page and to join in on the conversation, visit us at www.facebook.com/sfvillage.

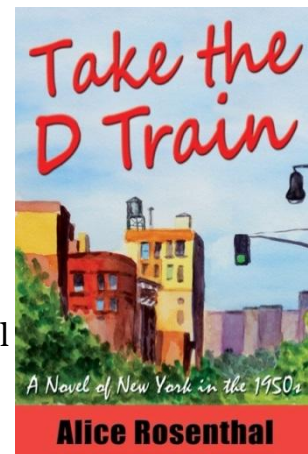


2014 MEMBER DIRECTORY

It's time to update our Member Directory. If you have any changes to the current directory, please contact the Village office by email or phone no later than December 15th. All members will be included in the upcoming directory, unless you tell us that you prefer not to be included or tell us what information you would like excluded. The Directory is for member use only so your information will not be shared outside of the membership.

AUTHOR SERIES: TAKE THE D TRAIN BY ALICE ROSENTHAL

Remember the Fifties? Women's lib is unknown, the pill doesn't exist, and the United States and the Soviet Union are trying their best to scare each other to death. Into this mix come two Bronx-born young women, Frima and her sister-in-law Beth, fast friends who are now physically connected by the D train between the Bronx and Manhattan and emotionally allied in a struggle for personal growth. To achieve this they must take on-in their strikingly different styles-the tangle of orthodoxies that is the 1950s.



Join author and SFV member Alice Rosenthal who will read excerpts and take questions about her book at the home of Gladys Thacher on Thursday December

5th from 3:30 p.m. to 5:00 p.m. Contact the SFV office to RSVP and for address information.

SINGING FOR YOUR HEALTH!

Community of Voices, a UCSF research study, is examining whether singing in a community choir can improve the health and well-being of older adults. Dr. Julene Johnson, Professor at UCSF Institute for Health & Aging, will join us on December 12th at 3:30 p.m. in the IOA Auditorium to discuss the health benefits of singing and explain the project. For fun, we will end the session with an informal sing-along of a few favorite tunes.



The Community of Voices project is looking for persons 60 years and older who would like to join a community choir as part of the research study. No singing experience is needed.

Twelve different choirs will meet weekly for one year in senior centers throughout San Francisco. Those who enroll will be asked to complete three in-person interviews about their health and well-being, one before starting the choir and then again after six and twelve months. Participants will be given \$35 for each interview. The project is funded by the National Institute on Aging. Visit the website: www.communityofvoices.org

OKEANOS PERFORMANCE

Several members of the Diamond Heights Circle attended the Okeanos performance last month at Aquarium by the Bay, Pier 39, and loved it! “The dancers were amazing,” said Marci Fogg. “They were so agile and fit. People of all ages attended. I’m so glad we went and encourage others to attend for an unforgettable experience!” Okeanos is a unique blend of acrobatics, dance and science that delivers a sensory experience of the ocean unlike anything you’ve seen before.



Discounted tickets are available for SFV members on December 7, 21 or 28. Call (415) 623-5300 or click here for more information: <http://aquariumofthebay.org/product/okeanos>

Ticket information: Village members can purchase discounted tickets for \$20 by calling the SFV office to receive a special promo code which can either be used online or at the Box Office window.

AT THE MOVIES with Ralph Beren
12 YEARS A SLAVE

Rarely have we witnessed a film as brutal as this. The subject is the horrors of slavery in the Deep South and the story of one man, Solomon Northup. He is kidnapped from his home in New York where he lives freely as a musician and craftsman. He is kidnapped by a couple of men who pose as friends and then sell him to a slave market. Thus we are introduced to the idea that black slaves are not human. They are chattel and property to be passed from one owner to another.



Northrup is first sold to a kindly and ineffectual man of the book (played by Benedict Cumberbatch) who is comparatively kind to his slaves. However Solomon is soon sold again; this time to a horribly cruel man --Epps--who takes great pleasure in torturing his slaves both mentally and physically. Nothing is spared the viewer as we watch Epps beat and humiliate Northrup to the point of hopelessness. Under the watchful eyes of Epps we also see Northrup forced to savagely beat a fellow female slave. Epps (Michael Fassbender) stops at little to shame his slaves, including waking them up in the middle of the night to dance for their master's pleasure. It is difficult to witness this horrific and shameful era in American history.

As one reviewer stated, "we are accustomed to movies that use violence to arouse us but not to rebuke us." Interestingly enough the film was made by Steve McQueen, an Englishman who spares us nothing in telling this tale. In fact there are several Englishmen in the film including Cumberbatch and Fassbender. An important film in the annals of Cinema History and should be seen. We are left with several questions including, why wasn't this film made by an American?

NEIGHBORHOOD CIRCLES

We are exploring the formation of one or more new neighborhood circles in the Diamond Heights, Forest Hill, Glen Park, Miraloma Park and Noe Valley neighborhoods. To become better acquainted with one another, we are hosting a Neighborhood Get-Together at St. Aidan's Episcopal Church, 101 Gold Mine Drive at Diamond Heights Blvd. from 3:00 to 4:30 p.m. on Tuesday December 3rd.



A special welcome to the many new members who have joined the Village in recent months. This is a good time to build relationships and share your ideas for making the most of your membership. We'll explore how we can create real

Village connections close to home.
Light refreshments provided. Kindly RSVP to Kate at (415) 387-1375 or Kate@sfvillage.org. We will be happy to see you there!

DECEMBER EVENTS

Dance Group

Monday December 9th from 3:00 p.m. to 4:30 p.m.

SF Village will host its third line dance class with a professional instructor. This simple class will focus on some fun and healthy movements, guaranteed to make you laugh and smile!



We had a blast at the first two training sessions with more members joining the second time around. “It’s lots of fun, good for the brain and the balance,” says Jeanne Lacy. “Everyone laughed while we learned the dance, and had a good time.”

Location: IOA Auditorium, 3575 Geary Blvd
Contact: RSVP to Key@sfvillage.org or (415) 387-1375

Coffee & Conversation: Singing For Your Health! **Thursday December 12th at 3:30 p.m.**

Community of Voices, a UCSF research study, is examining whether singing in a community choir can improve the health and well-being of older adults. Dr. Julene Johnson, Professor at UCSF Institute for Health & Aging, will join us to discuss the health benefits of singing and explain the project. For fun, we will end the session with an informal sing-along of a few favorite tunes.

Location: IOA Auditorium, 3575 Geary Blvd
Contact: RSVP to Key@sfvillage.org or (415) 387-1375

Discussion Group

Friday December 20th at 3:00 p.m.

Please contact Eva Auchincloss for topic of discussion, any supplemental materials and to RSVP.

Location: Eva Auchincloss’s home
Contact: RSVP to Eva Auchincloss at (415) 563-7519

DECEMBER 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 or aurelecarlat@gmail.com, Website: <http://www.twinpeaksyoga.com/>



Yoga! For Beginners! Fridays from 10:00 a.m. to 11:15 a.m.

Anyone in 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 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
www.communitythrifsf.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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