



San Francisco Village
OUR GENERATION. OUR CHOICE.

February 2013



FROM THE EXECUTIVE DIRECTOR—Kate Hoepke

Dear Members:



I'm happy to share some good news. SF Village has been awarded a grant from the city of San Francisco to expand and diversify our membership, and to help inform older San Franciscans about available services and how to access them. Thanks to Supervisors David Chiu and Eric Mar, whose vision for an aging-friendly city includes expansion of the village model, grant funds were included in this year's city budget. We will work closely with the Department of Aging and Adult Services (DAAS) to reach out to more neighborhoods, add new members and volunteers, and significantly grow our network.

To achieve the results we're looking for, we've hired a team of communications professionals to help guide our efforts, Kathleen Russell Consulting <http://www.kathleenrussell.com>. Their values, passion and collective experience are well-suited to our vision and goals. We're thrilled to bring them onboard!

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We are also thrilled to welcome Koko Kawasaki to our team, an intern from the SFSU Masters in Gerontology program, who will be with us 12 hours a week for the next few months. Koko is a curious, thoughtful, and talented young woman who will challenge our thinking and help us grow. She is looking forward to meeting you and contributing to our innovative community.

I hope you are planning to join us on February 15th for a new type of program called *Deepening our Connections*. This first gathering will be led by Mary Ann Huckabay, Florence Hoylman and Judith Noel, whose skill and expertise will guide us in appreciating our common humanity. We're hoping that this will be the beginning of an ongoing, professionally facilitated group.

As always, please feel free to drop by the office or pick up the phone or send me an e-mail. I love hearing from you.

Kind regards,

Kate

WELCOME NEW

MEMBERS--January

Larry Bernard

Molly Brant

Ann Ehrlich

Betty Halliday

Katherine Layton

Thomas Purvis

Mary Slusher

Eleanor Taylor

Dottie Weintraub

DID YOU KNOW...?

There is a National Do Not Call Registry

Would you like to put an end to those annoying telemarketing calls you receive? If you have not already done so, you may want to consider registering your phone number with the National Do Not Call Registry. This registry is managed by the Federal Trade Commission (FTC), the nation's consumer protection agency. You may register your phone number online at <https://www.donotcall.org> or by calling toll-free, **1 (888)**

[382-1222](tel:382-1222) (TTY [1 \(866\) 290-4236](tel:1-866-290-4236)), from the number you wish to register.

Registration is free. After you register, telemarketers covered by the National Do Not Call Registry will have up to 30 days from the day you register to stop calling you.

CONTRIBUTORS

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SF VILLAGE WELCOMES OUR NEW INTERN--Koko Kawasaki

San Francisco Village welcomes our new intern Koko Kawasaki, a gerontology graduate student from San Francisco State University. Koko became a caregiver for her own family in 2005, when her father was diagnosed with vascular dementia. In caring for him and her mother, she learned how unique the aging process is for each individual and how difficult it can be for older adults to navigate the social and healthcare systems, especially when cultural differences are added to the equation.



Her personal experience cultivated an interest in helping older adults to live fulfilling lives, and led her to pursue a career in gerontology. “Caring for my father made me realize that quality of life is important at all stages of life,” Koko says. “I also realized that there are many different perspectives on what constitutes a ‘satisfying life’ and that this concept may change as we age.”

Koko’s professor, Dr. Darlene Yee, picked up on her interest in the quality of life as we age and suggested she pursue an internship with SF Village. “I really like the fact that SF Village supports older adults to remain in their homes so they can continue to thrive and stay connected to their multi-generational communities,” Koko said.

Koko comes to us with an open mind and an eagerness to learn about how a Village can support these connections. “I think that the village movement will be vital in creating holistic societies where people are not segregated by age,” Koko says.

In her undergraduate program, Koko completed an internship at the Older Adult Day Support Center (OADSC) at the Family Service Agency of San

Francisco, where she provided care and support to older adults with mental health concerns at a community-based center.

We are excited to welcome her aboard!

BELVA DAVIS TO BE HONORED

San Francisco Village Advisory Board Member and iconic California journalist Belva Davis will be honored by the Yerba Buena Arts Center in San Francisco on February 23rd.

The first black female television reporter in the West in 1964, Davis was the anchor for 19 years of KQED's *This Week in Northern California*.



Former State Speaker and San Francisco Mayor Willie Brown will preside over the evening tribute, which includes interviews and a few surprises. The event begins at 7 p.m.

Tickets are \$55 general admission. A purchase at the host committee level of \$250, \$500 or \$1000, will help fund a journalism scholarship in Davis' name and digitize and house her papers at San Francisco State University.

Purchase tickets online at www.ybca.org/belvadavis.

(Courtesy of Lisa Vorderbrueggen, Contra Costa Times)

AT THE MOVIES WITH RALPH BEREN—

Silver Linings Playbook

SILVER LININGS PLAYBOOK is a brilliant film full of surprises. It is an off-beat love story among wacky characters whose dysfunctions tend to grow on you. After a stint in a mental institution, former teacher Pat Solitano (played by Bradley Cooper) moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany (played by Jennifer Lawrence) a mysterious girl with problems of her own. Their first date includes a bowl of raisin bran as a main dish for Pat. The other “dish,” Tiffany, is beautiful seductive, and completely uninhibited. While Cooper is spilling the cereal she is graphically spilling out every sexual encounter she had at her last job. Her unvarnished candor lays the ground work for their relationship.



After Pat moves back in with his parents we begin to understand the roots of his lunacy, namely his father, Pat Sr., played by Robert DeNiro. Pat Sr. is an obsessive compulsive, obsessed with the Philadelphia Eagles. DeNiro does a wonderful job understating what could have been an over-the-top performance, which helps us understand and empathize with his character. The film has been nominated for 8 Academy Awards including Best Picture, Best Actor (Bradley Cooper), Best Actress (Jennifer Lawrence) and Best Supporting Actor (Robert DeNiro).

VOLUNTEER OF THE MONTH-Bill Coleman

Bill Coleman began volunteering with San Francisco Village about a year ago. He came to the Village because of his experience finding financial and shelter solutions for his own father, whose resources and capabilities had become more compromised by age and loneliness.



From that experience Bill realized that he wanted to help other seniors remain actively engaged in the planning of the next phase of their lives. “I want to help people ensure that the reality of necessary adaptations follows the course of their own wishes in creating advanced directives, powers of attorney, and wills.”

Bill is doing just that with a new Village program that connects members with trained individuals who will help them complete a Be-Prepared Portfolio, a binder of important decision-making documents related to the member’s well-being. As a retired podiatrist, Bill’s expertise in the medical field as well as his natural empathy enhance his capabilities as a trusted volunteer.

Bill’s other volunteer activities include our Transition to Home Program where he has helped several members settle in at home after a hospital stay, assisting with the execution of several Village events, and accompanying members with a variety of errands.

Eleanor Taylor, a new member, has experienced first-hand how helpful Bill can be while running errands. “I use a walker and tend to need a bit more time to get out of a car and up to the door. Without even being asked, he made the effort to assist me out of the car and accompany me to the door to make sure I got inside safely,” Eleanor said. Of course, he loaded the groceries in the car and carried them upstairs when they arrived home. “I really appreciate his patience and the time he gave me.”

Bill's dedication to San Francisco Village is evident in the passion he feels about our members. "It is important for Village members to have access to resources that enable them to live freely and fully. I'm delighted to be a part of the Village," Bill said.

It is our pleasure to recognize Bill Coleman as San Francisco Village's volunteer of the month.

MEN'S GROUP BEGINS FEBRUARY 14TH, 2013

San Francisco Village is partnering with the San Francisco Senior Center at Aquatic Park to start a Men's Group.

This confidential group of up to 8 male participants will consist of SF Village members only and will meet weekly to discuss relevant issues affecting older men. The facilitator, Alex Pellegrini, currently leads a men's group at the Aquatic Center and has over 30 years of experience in counseling and guidance. The group will meet every Thursday afternoon beginning February 14th from 12 noon to 1:00 p.m. at the Aquatic Park Senior Center.

If you are interested, please contact Key at [\(415\) 387-1375](tel:4153871375) or Key@sfvillage.org.

MEMBER TO MEMBER

Gayle Geary. Save the date! Join us for a celebration of the release of San Francisco Village member Michael Lavigne's new novel *The Wanting*. The event will take place on March 21st at 6:30p.m. at the Jewish Community Library, 1835 Ellis Street in San Francisco, CA. Michael will read, answer questions and sign books during the occasion. Refreshments will be served.

Susie Zacharias. Massive Open Online Courses (MOOC) are a recent development in the area of distance education. Similar to college or university courses, MOOCs typically do not offer credits. These higher education online courses vary in areas of study and are being offered by the likes of Stanford and the Massachusetts Institute of Technology and companies like Coursera and Udacity. "I'm taking Calculus and having a blast." You can google search MOOC courses for more information.

NEIGHBORHOOD CIRCLES

In January, the Diamond Heights Circle met at the Goldmine Hill Club House on Ora Way for a presentation on *the Always Active Exercise Program* with founder Dr. Chris Thompson. The *Always Active* program offers general exercise classes and the opportunity to develop a personalized wellness plan designed in conjunction with your doctor and the program coordinator. Dr. Thompson led members in some fall prevention exercises and minimal balance techniques during the hour-long session. A short question and answer period followed. After the presentation, Janey Norman said she felt it was a good program and that it would benefit other Village members. "Especially with mobility and strength training," Janey said. "I would certainly be interested in exploring the idea of joining the program."

VILLAGE VOLUNTEER TRAINING WITH—Keyatta Shade

Individuals with little or no experience working with seniors can get volunteer training on Saturday February 23rd from 9:30 a.m. to 12:00 p.m. at the Institute on Aging. 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, Sequoia Room, 3575 Geary Blvd

Contact: RSVP to Keyatta Shade, at [\(415\) 387-1375](tel:4153871375) or key@sfvillage.org

FEBRUARY EVENTS

The Discussion Group

Friday February 8th at 3:00 p.m.

The Discussion Group will meet at the home of Eva Auchincloss and will discuss the future of free speech and the media. If possible, please skim through Lee Bollinger's book *Uninhibited, Robust, And Wide-Open, a free press for a new century* to prepare for this month's discussion. Open to all members.

Location: Eva Auchincloss's home, 3620 Lyon Street

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

Deepening Our Connections

Friday February 15th 2:00 p.m. to 4:00 p.m.

Join us for a unique group experience for those interested in deepening our connections with one another: sharing what is most important in our lives right now, our blessings and the challenges we're facing. This first two-hour workshop will be led by Mary Ann Huckabay, Ph.D, MFT, who currently teaches Organizational Behavior and Interpersonal Dynamics at Stanford University School of Business and maintains a private practice in interpersonal effectiveness. She will be joined by two colleagues, Judith Noel and Florence Holyman. Our hope is that this meeting will be the first of ongoing monthly meaningful conversations among members who want to know one another more intimately.

Location: IOA, Sequoia Room, 3575 Geary Blvd

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

Coffee & Conversation

Thursday February 21st 3:00 p.m. to 4:30 p.m.

Tech Talk –Staying Connected with Skype featuring Jason Dare, Technology Trainer. Members will have access to computers and get hands-on training on how to use Skype and stay connected with friends and family around the world. Space is limited to 16 members (2 per computer).

Location: San Francisco Senior Center, Aquatic Park, 890 Beach Street

Contact: Please RSVP to Keyatta Shade at [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org

The Book Group

Monday February 25th at 10:00 a.m.

The Book Group will meet at the home of Jeanne Lacy and will discuss Ian McEwan's *Enduring Love*.

Location: Jeanne's home, 2654 Union Street

Contact: RSVP to Jeanne Lacy at [\(415\) 922-6517](tel:4159226517), or jlacysf@pacbell.net.

FEBRUARY WEEKLY EVENTS

Walking Group

Tuesdays at 10:00 a.m.

The Walking Group meets every Thursday morning at the Creighton Bakery in Diamond Heights for an hour to an hour-and-a-half light walk. The group may take walks in other parts of the city from time-to-time.

Location: Meet at Creighton Bakery, 5214 Diamond Heights Blvd

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

Yoga, Hosted by Aurele Carlat

Thursdays 9:00 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/>

**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.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.

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

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