



**San Francisco Village**  
OUR GENERATION. OUR CHOICE.

JANUARY 2013



## FROM THE EXECUTIVE DIRECTOR— Kate Hoepke

Dear Members:



This month marks the beginning of our 5<sup>th</sup> year as a community of neighbors linking together in support of active, healthy aging. We start the new year rooted in our accomplishments so far, and open to realizing even more of our potential. We have two over-arching goals for the year: to expand our reach and welcome more members; and to deepen our connections with each other and enrich our experiences.

Late last year we received a grant from the Moonwalk Fund to help us implement the Quality of Life Curriculum: our plan for proactively responding to the transitions we all face as we get older. In 2013 we will present a combination of panel discussions, lectures, and demonstrations that address a broad range of topics including technology, health and fitness, and home safety. To start us off on January 17<sup>th</sup>, Victoria Roberts will tell us how to reduce

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hazards in our home by purging some of the clutter we can live without.

On February 15<sup>th</sup> we will offer a unique group experience for those of you who are interested in deepening your 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 specializing 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. I'm thrilled to introduce you to these accomplished group facilitators.

These are just two examples of how 2013 promises to expand our opportunities for living passionately and mindfully; independently and in community. Please read on for more details about the Quality of Life Curriculum and our upcoming programs. I hope to see you at several events this year!

Warm wishes for a Healthy and Happy New Year!

***Kate***

## **WELCOME NEW MEMBERS— December**

Lauren Chaitkin

Sally Harman

Don Nelson

Jim Taylor

Marla Taylor

Mary Tough

Jean Wanvig

## **DID YOU KNOW?**

IOA's Adult Day Clubs provide fun, engaging social atmospheres with on-site support services and transportation to and from the home for frail seniors or those in any stage of memory loss.

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## **CONTRIBUTORS**

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## FROM NEW BOARD CHAIR-Claudia Lewis



Dear Members,

Happy New Year! I am very excited about becoming the new chair of the Board of the Village. I have been involved with San Francisco Village since it was a germ of an idea about six years ago, and it has been fascinating to see the idea take shape, the non-profit become a reality and a handful of early members grow into a thriving community of people helping people. Some have wondered at my own interest in the organization since I am not yet of membership age myself. My mother is my inspiration. She is 86 and living in the home she built and loves, in a neighborhood with close friends, and she wants nothing more than to age at home with grace and dignity. It is hard to do that on one's own, especially with physical and cognitive challenges, but that is where a Village can make a difference. My only regret is that my mom does not live here in San Francisco to benefit from what we have built. But I know that the good work we are doing is being replicated in many towns and cities across the country, and perhaps Santa Fe, New Mexico will be next. Now that I have my own home and neighborhood that I love, I am going to work to ensure that SFV is still a vibrant community when my friends and I are in your shoes!

I am also excited about our prospects for 2013, and I am looking forward to a year of growth and depth. We will be embarking on an ambitious outreach plan to attract new members, while simultaneously adding depth to our program offerings for all of you. In the Fall, we received funding from the Moonwalk Foundation to begin our "Quality of Life" curriculum and we hope to enlighten you with panel discussions from experts on a number of important topics related to health and wellness. We have also commenced our "Be Prepared Portfolio" project to make sure that you and your loved ones have all the vital information you need in the event of an unexpected medical emergency. For those of you who attended our holiday party, I hope you had time to meet some of our wonderful volunteers. We hope to double our volunteer corps and we'll be counting on all of you to call and ask for their assistance -- we can't maintain a robust volunteer corps unless we have something for them to do! Most of all, we want to be sure that the Village is serving your needs, so don't hesitate to call the office with new suggestions or concerns. With Kate and Key at the helm, we have an extraordinarily talented staff to guide our Village. I, for one, cannot wait to see what we will have accomplished by next year at this time!

Best wishes to all of you for a wonderful New Year!

## QUALITY OF LIFE CURRICULUM

One of our primary goals as a Village is to empower members with the information and awareness they need to navigate the transitions of getting older. We hope to accomplish this by offering lectures, panel discussions and one-on-one consultations that provide food for thought and confidence for managing uncharted territory. Our schedule in 2013 will include four panel discussions on topics broad enough to present several perspectives.

In the months without panel discussions, we will continue to use regular Coffee & Conversation member meetings to present speakers on a variety of topics that enrich your life. We don't have all the speakers lined up yet, but we have identified topics and dates. To avoid schedule conflicts with the Fromm Institute, our meetings will begin at 3:00 p.m. and end at 4:30 p.m. Please save the following dates:

- |                     |   |
|---------------------|---|
| <b>January 17</b>   | <b>De-clutter and Reduce Hazards in the Home</b><br>Victoria Roberts, Certified Professional Organizer  |
| <b>February 21</b>  | <b>Tech Talk – Stay Connected with Skype</b><br>Jason Dare, Technology Trainer  |
| <b>March 14</b>     | <b>Panel Discussion: Why is it so hard to ask for help?</b><br>We'll explore some of our barriers and discover new ways to let friends and neighbors support us |
| <b>April 22</b>     | <b>Consumer Tips</b><br>Michael Finney, author and consumer reporter for ABC-7 News   |
| <b>May 16</b>       | <b>Living with Arthritis</b>  |
| <b>June 20</b>      | <b>Panel Discussion: Home Safety Technologies</b>   |
| <b>July 18</b>      | <b>Health Literacy – Understanding the Affordable Care Act</b>  |
| <b>August 18</b>    | <b>Balance and Fall Prevention</b>  |
| <b>September 19</b> | <b>Panel Discussion: Brain Fitness</b>  |
| <b>October 17</b>   | <b>Estate Planning in Film</b><br>John E. O'Grady   |
| <b>November 21</b>  | <b>Sensory Changes and Adaptive Solutions</b>   |

## SAVE THE DATE! DEEPENING OUR CONNECTIONS

Since several of our members have expressed an interest in knowing one another in a more intimate way, we will be offering an opportunity to deepen our connections with one another facilitated by professional group leaders Mary Ann Huckabay Ph.D., Judith Noel MA, and Florence Hoylman Ph.D. These dedicated communication specialists will be our guides in directing the flow and tone of conversation for sharing what is most important in our lives right now, our blessings and joys, our commonality and our uniqueness, as well as the current challenges we face.

Our first gathering will take place on Friday, February 15th from 2:00 – 4:00 p.m. Our hope is that this meeting will be the first of ongoing monthly, meaningful conversations among those who are interested. This first meeting will provide a taste of what the ongoing discussions will be like. There will be an opportunity to air hopes and concerns for this kind of group.

Please RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or call Key at (415) 387-1375

## VOLUNTEER OF THE YEAR— Carol Rothman

By Keyatta Shade

Since its inception, San Francisco Village has prided itself on helping members form meaningful social connections. As we age, our social circles may diminish – activities may become more restricted, friends move away and in some cases pass away. Members join SFV expecting to form new friendships with their peers. What they don't expect are the close relationships that form with individuals who volunteer to help them. Members Maggy Ralston and Martha Johanson say their lives are enriched by knowing Carol Rothman, the 2012 San Francisco Village Volunteer of the Year.



Since November 2011, Carol has been active with SFV as a personal services volunteer. Early on she agreed to visit with Maggy who was becoming isolated and in need of some personal connection. Like any relationship, it took time to build trust before their relationship could blossom. "I think we both had preconceived ideas about one another and the reasons that brought us to the relationship," Rothman said. Acting as a barrier, those preconceived ideas were preventing them from going beyond superficial conversations. Even Carol's trusty little service dog, Willie, wasn't helping to break the ice.

One day Carol stepped out of her comfort zone and opened up to Maggy with personal stories about her own life. She let down her guard and that's when she felt things begin to shift. "It was almost instantaneous," Carol said. "Our communication got easier, we could see ourselves in each other's stories and laugh about ourselves."

Maggy and Carol continue to meet weekly, shopping, strolling around the city, often enjoying lunch together. From Maggy's point of view, Carol is more than a volunteer, she is a friend. "We have fun together and my life has been enriched by knowing her," Maggy said.

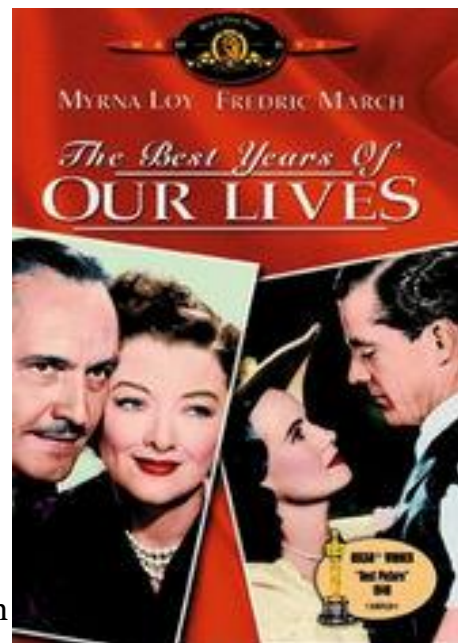
Carol plays an important role in Martha Johanson's life as well. Each morning Carol calls Martha to check in and make sure she's alright. Their daily phone calls provide Martha with pleasure and peace of mind. "I'm a little uneasy after hearing stories of seniors who fall and are left on the floor for days without anyone to assist them," Martha said. "I look forward to hearing Carol's cheerful voice each morning." From Carol's point of view, "My morning ritual wouldn't be complete without speaking to Martha. I'm glad that I can be there for her."

Carol has earned a trusted place in each of these women's lives, gaining their respect, admiration and friendship. She embodies the spirit of volunteerism – someone who graciously gives of herself, genuinely enjoys her time with our members, and is clear that what she gains is in equal proportion to what she gives. She reports being a little surprised by the honor of Volunteer of the Year, but according to Maggy and Martha, the honor is well-deserved. Bravo, Carol!

### **FILM SCREENING: "THE BEST YEARS OF OUR LIVES"**

At 1:30 p.m. on Thursday, January 24, 2013, there will be a DVD screening of the 1946 film "The Best Years Of Our Lives" directed by William Wyler and starring Myrna Loy, Fredric March, Dana Andrews, Virginia Mayo and double amputee Harold Russell. Hosted by The Sequoias and co-sponsored by San Francisco Village, this event will take place in the Auditorium on A level, The Sequoias, 1400 Geary Blvd. (or 1501 Post) in San Francisco, between Laguna and Gough.

SF Village member Emily Leider, author of the biography "MYRNA LOY: The Only Good Girl In Hollywood" (which includes a section on "The



Best Years Of Our Lives”) will briefly introduce the film that won the Academy Award for Best Picture of 1946. She will also sign copies of her book, recently issued in paperback by the University of California Press.

“The Best Years Of Our Lives” tells the story of three U.S. veterans returning from World War II and trying to re-connect with civilian life. The film still speaks to many of us, especially those who remember World War II. Because one of the vets in the film has lost both of his arms in the war and now uses prosthetic hooks as hands, the struggles of the disabled are a particular focus of the film. Director William Wyler, who won the Best Director Oscar for his work on the film, suffered hearing loss while serving as a World War II bomber pilot. Disability was not an abstraction to him. Mr. Wyler’s daughter Judy Wyler Sheldon, a San Francisco resident, will attend the screening and will say a few words about her father, who also directed (among many other distinguished films) “The Little Foxes,” “The Heiress,” “Roman Holiday,” “Funny Girl” and “Ben-Hur.”

BEST YEARS is almost three hours. Those who can stay for an additional twenty minutes are invited to participate in a discussion of the film that will immediately follow the screening.

Please RSVP at [info@sfvillage.org](mailto:info@sfvillage.org) by January 16<sup>th</sup>, 2012

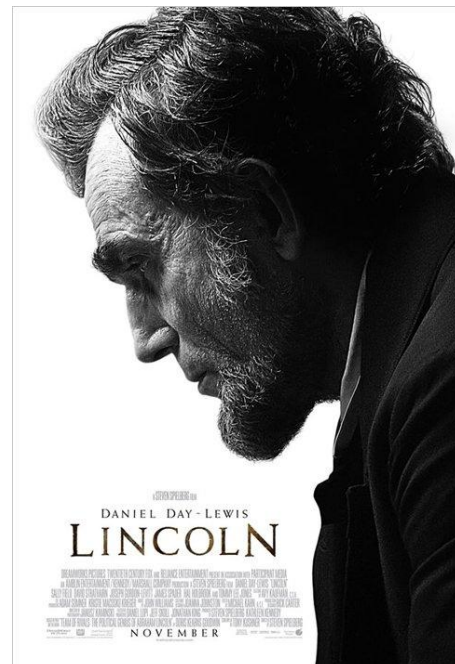
## **AT THE MOVIES WITH RALPH BEREN—“Lincoln”**

**A film by Steven Spielberg**

Abraham Lincoln was one of those larger-than-life presidents who engendered as much myth-making as fact. In his four years as chief executive, his accomplishments were many including his attempts to unify the country and to steer us through wrenchingly difficult times. This film chooses to focus on just a few months of his presidency and, in particular, one of his greatest accomplishments --the passage of the 13th amendment which abolished slavery.

However, it is all we need to see of this great man and the way he accomplished his mission. We watch him using all the power of his office to cajole, twist arms, bribe and browbeat reluctant senators to sign onto the bill. We see him at his best and sometimes at

his Machiavellian worst. There can be no doubt that Lincoln was a mixture of many traits: a loving man, patient, tough, and not afraid to use the power of his



office. Occasionally he would stoop to all kinds of chicanery to in order to pass this monumental amendment. Where is the "honest Abe" we all grew up with? Frankly, we do not see much of that. Instead we see a

real man with a vision determined through political acumen to get what he wants.

The acting in the film is superb. Daniel Day Lewis inhabits Lincoln. Is there any doubt that we are watching the real man? His supporting cast is also quite fantastic. Sally Field plays his dedicated but tortured wife who is grieving over the loss of one of her sons and trying to maintain her sanity. Tommy Lee Jones is excellent as the abolitionist Thaddeus Stevens. Other actors give remarkable performances, including James Spader and David Strathairn. One of the remarkable aspects of the film is the quality of dialogue from all the actors in the film. For this day and age, it is refreshing to see that much talk reinvented.

I found two aspects of the film to be disappointing. One was the opening scene in which Lincoln is speaking with two enlisted black soldiers, one of whom recites a large portion of the Gettysburg address. Please! That must have been Spielberg's idea of injecting pathos in the film. The other aspect of the film that I felt was inappropriate was the role assigned to David Gordon Levitt, who plays Lincoln's older son struggling with his father's resistance to his enlisting in the military. A wasted and unnecessary role for a talented actor.

These are minor peccadillos compared to the overall importance of this fine film. Do not miss seeing it; if for no other reason than you will find yourself getting acquainted with the real Abraham Lincoln.

## **MEMBER TO MEMBER**

**Mary Moore Gaines.** Yeschi Neumann, Certified Nurse Midwife, MPH MA IBCLC invites you or the grandmothers in your life to the next CONSCIOUS GRANDMOTHERING WORKSHOP at ESALEN February 22-24 2013. This gathering will be particularly wonderful because we are intending to bring a diverse group of grandmothers together- many different voices will be heard! Please come, or share this invitation with a grandmother in your life who would benefit. Here's the link for more info:  
*Conscious Grandmothering Workshop* ~ Esalen Institute, CA <http://www.esalen.org/workshop/11657>

**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 (415) 826-7826 or email [phyllisnsf@aol.com](mailto:phyllisnsf@aol.com).



## NEIGHBORHOOD CIRCLES

**94123.** Eva Auchincloss will host a potluck for the 94123 circle at her home, 3620 Lyon Street, on Thursday January 10<sup>th</sup> at 6:00 p.m. Please RSVP to Eva at 415-563-7519 or [eva3auch@comcast.net](mailto:eva3auch@comcast.net) with what you plan to bring.

**Diamond Heights.** Diamond Heights neighbors will meet Wednesday January 23<sup>rd</sup> from 2:00 – 4:00 at the Club Room at Goldmine Hill. In response to their request to learn more about staying healthy, we have arranged for a speaker from the Always Active program to address the group. Diamond Heights neighbors will meet every other month in 2013. For more information, please contact Key at [415-387-1375](tel:415-387-1375) or [key@sfvillage.org](mailto:key@sfvillage.org).

**North Waterfront.** A new neighborhood circle is forming in the North Waterfront area of SF, which includes portions of 94111, 94105 and 94133. The group will meet in the Community Room at Telegraph Landing, 150 Lombard St. on Thursday January 10<sup>th</sup> at 4:00 – 5:30 p.m. For more information, please contact Martha Nell Beatty at [415-921-1415](tel:415-921-1415) or [marthanellbeatty@hotmail.com](mailto:marthanellbeatty@hotmail.com) or call the SF Village office at [415-387-1375](tel:415-387-1375)

## VILLAGE 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 January 26<sup>th</sup>, 9:30 am to 12:30 pm

**Location:** Presidio Branch Library, 3150 Sacramento Street

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



## JANUARY EVENTS

### **A Discussion Group on Topics of Interest**

Thursday, January 3 at 3:00 p.m.

A discussion group focused on current theories as put forth by well-known intellectuals. This group is open to members interested in serious learning and discussion of human nature, the future of the world and new ideas. The group will discuss chapters 4 through 9 of "The Watchman's Rattle" by Rebecca Costa.

**Location:** The home of Eva Auchincloss, 3620 Lyon Street

**Contact:** RSVP to Eva at (415) 563-7519 or [Info@sfvillage.org](mailto:Info@sfvillage.org)

### **The Lunch Bunch**

Wednesday, January 16 at 12 noon

The lunch bunch will meet at Mandalay Restaurant for food, fun and conversation. Open 18 years, Mandalay Restaurant is still dishing out with verve a bargain-priced Burmese and Mandarin menu in San Francisco's Richmond District.

**Location:** Mandalay Restaurant, 4348 California @ 6th Avenue

**Contact:** RSVP to Vera Fields at (415) 415-567-8991

### **The Movie Group**

Wednesday, January 16 from 4:00 to 6:00 p.m.

Join us to view a gem of a film, "Atlantic City." Although one of the last roles for Burt Lancaster, it is one of Susan Sarandon's earlier roles. He plays an over-the-hill, two-bit gangster and she plays a young woman drifting in her life, which allows the film a lot of room for plot surprises. A wonderful and underrated film. Space is limited.

**Location:** The home of Ralph Beren, 1914 Lyon Street

**Contact:** RSVP to Ralph at (415) 929-8309 or [ralphberen@comcast.net](mailto:ralphberen@comcast.net)

### **Coffee & Conversation (Please note location change)**

Thursday, January 17, from 3:00 to 4:30 p.m.

Certified Professional Organizer, Victoria Roberts will share secrets for de-cluttering and reducing the hazards in your home.

**Location:** St. John's Presbyterian Church, 25 Lake Street (at Arguello)

**Contact:** RSVP to (415) 387-1375 or [Info@sfvillage.org](mailto:Info@sfvillage.org)

### **Gentle Massage for Self Care**

Friday January 25<sup>th</sup>, from 1:30 p.m. to 3:00 p.m.

Free workshop for family caregivers. Participants must be non-professional family caregivers. Session will include practical skills for self-care, stress reduction, self-massage and more.

**Location:** Kimochi Senior Center, 1840 Sutter Street, 1<sup>st</sup> Floor

**Contact:** For more info or to register call (415) 931-2294

### **The Book Group**

Monday, January 28 at 10:00 a.m.

The Book group will be discussing Barbara Tuchman's "The Guns of August."

**Location:** The home of Al Sipp, 79 Clipper Street

**Contact:** RSVP to Al at (415) 826-7336 or [alsipp94114@gmail.com](mailto:alsipp94114@gmail.com)

## **JANUARY 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 or [Info@sfvillage.org](mailto:Info@sfvillage.org)

### **Yoga, Hosted by Aurele Carlat**

Thursdays from 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 or [aurelecarlat@gmail.com](mailto:aurelecarlat@gmail.com)

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

## Donate to Community Thrift Store and Support the Village at the Same Time!

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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.communitythriftsf.org](http://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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