



San Francisco Village
OUR GENERATION. OUR CHOICE.

July 2013



**FROM THE EXECUTIVE DIRECTOR—
Kate Hoepke**

Dear Members:



It's half-way through the year -- a good time to reflect on what we have accomplished so far and where we want to focus in the next 6 months. Our First Annual *Transforming Lives and Community Luncheon* was an inspiring, graceful demonstration of what's possible when a group of people come together to intentionally build community. I'm happy to report that it was also a resounding financial success, raising \$50,000 for the operation of SF Village! Fundraising is vital since membership fees only cover about 35% of our revenue budget. The other 65% comes from grants, the Annual Appeal in December and our annual fundraising events.

Now that the luncheon is over, it's time to redirect our energies toward our primary goals for 2013: to expand and diversify membership and to enrich our members' experiences. To

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grow and diversify our membership we have asked member and Board member, Ellen Sandler, to help coordinate a member-led outreach effort that includes:

- Ambassadors who will shepherd prospective members through the process of becoming new members;
- Living Room Chats: small, member-hosted gatherings inviting friends, neighbors, anyone interested in learning more about potential membership in SFV;
- New Member Welcome Committee who will actively reach out to engage new members and host quarterly gatherings;
- Community Partner Outreach: volunteers who will help distribute flyers and brochures to health care offices (doctors, chiropractors, physical therapists,) churches, synagogues, etc.

We already have several enthusiastic volunteers but need more help. If you would like to join us in this fun, life-affirming, community-building effort, please contact me.

SFV will be hosting an informational open house for prospective members at the Noe Valley Public Library, 451 Jersey St., on Sunday July 14th from 1:00 – 3:00. If you'd like to help us spread the word, we have flyers available in the office. Please tell friends or colleagues in Noe Valley and surrounding neighborhoods that we'd love to see them there.

We have a busy schedule in July and I hope you can join us for one or more programs. A speaker from the Health Insurance Counseling and Advocacy Program (HICAP) will talk to us on Friday July 12th about navigating the

**WELCOME NEW MEMBERS--
June**

Beatrice Ballard Elauria

Winifred Brand

Mary Ekstrom

Anne J. Nevard

John "Sean" Roche

Eleanor Rosenthal

Marilyn G. Van Ketel

sometimes complicated world of Medicare and supplemental health insurance. An extremely valuable resource in our city! On July 31st we invite you to participate in a unique and interactive *MedChat* that asks for your consumer input: If you could have Medicare your way, what would you change? Finally, we hope to see you at the panel discussion on Wednesday July 24th with Janet Meiselman PsyD and Patrick Arbore EdD who will help us consider how to make the best of our life's experiences, especially the ones we didn't ask for. Strategies to be discussed include resilience, self-compassion and cultivating joy. Please see details in the Events section that follows.

I wholeheartedly agree with one of our members who said to me recently, "The Village is a powerful invitation to participate in life." Naturally, you choose the way that you want to participate and the richness of the rewards that result. I encourage you to reach out, be bold, ask for what you want and in this expanding diverse community of members and volunteers, you are likely to find enrichment.

Warm Regards,
Kate

**NEWSLETTER
CONTRIBUTORS**

EDITORS

Kate Hoepke

Keyatta Shade

CONTENT

Kate Hoepke

Keyatta Shade

Ralph Beren

Gayle Geary

Roberta Rothman

Ted Johnson

Jean Goldings

DID YOU KNOW...

...Self Help for the Elderly offers up to four free visits for In-Home Support Services. Clients simply need be SF residents, over 60 years old and not be receiving services from IHSS. There are no income limitations and each visit cannot exceed three hours. If you are interested in learning more, please contact [\(415\) 677-7595](tel:4156777595).



...San Francisco Village has a facebook page. Log into facebook or click on <https://www.facebook.com/sfvillage> if you have a facebook account. Click the "Like" button on the page. A check will appear on the Like Button. You now have access to information on the page. You may scroll down the page for news regarding the Village and older adults. Relevant news is uploaded each weekday.

...You can request a volunteer for on-going personal assistance and/or companionship. The Village will find a single volunteer match for you for weekly or bi-weekly visits. Make a new friend for movie, theater and museum trips, while also getting assistance with daily living tasks like grocery shopping or simple home maintenance. Contact the Village office for more information.

SAN FRANCISCO VILLAGE HONORS OUR LGBT COMMUNITY



In the wake of last week's landmark Supreme Court ruling to allow gay marriage to resume in California and the celebration of gay pride month, San Francisco Village is proud to honor our LGBT members. As a community, we all benefit from living our lives openly, with integrity and respect. Our Village experience is enhanced by a diverse membership that reflects our city, and we are actively reaching out to different groups to make that happen. We ask that you help us by inviting people of different ethnicities or sexual orientation to consider joining us. A personal conversation with a friend is a powerful invitation.



MED-CHAT COMMUNITY MEETING

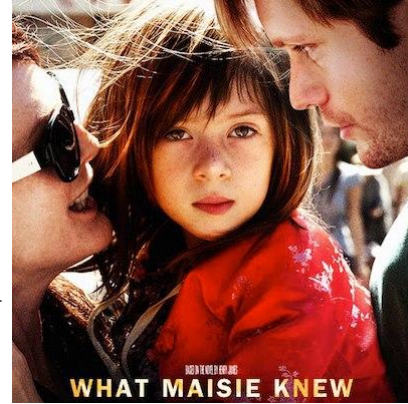
The California MedCHAT Collaborative invites you to contribute to the national debate about Medicare. The MedCHAT Collaborative includes 20 organizations throughout the state of California who care what you think about Medicare's future. It is led by the non-profit organizations Center for Healthcare Decisions and LeadingAge California. They are seeking participants for interactive, small-group discussions regarding the future design of Medicare, led by a facilitator.

This is a great opportunity to contribute your views to the national debate on Medicare and learn about current ideas for reform, while being a part of a stimulating and fun discussion. You do not need to be a recipient of Medicare or know anything about it in order to participate. Your answers will help shape the future of what Medicare should look like. Participants simply need to be willing to share their opinions, be able to attend at least one of two 3-hour group sessions and have basic familiarity with using a computer and mouse.

Interested participants should contact Keyatta Shade at **(415) 387-1375**. The sessions will take place on Wednesday July 31, 2013 from 9:00 am to noon or 1:00 p.m. to 4:00 p.m. at Aquatic Park Computer Lab, 890 Beach Street.

AT THE MOVIES WITH RALPH BEREN WHAT MAISIE KNEW

Who would you rather have as a parent, an off -the-wall narcissist or someone irresponsibly absent? In the movie, *What Maisie Knew*, poor Maisie doesn't have a choice. She has a Mom, played by Julianne Moore, who may or may not be a rock star and has no concern regarding her child except how the child reflects upon her. Mom frequently has tantrums when not getting her way and is insanely jealous of any attention that anyone else receives, including Maisie. Her Dad, played by Steve Coogan, frequently buys Maisie expensive gifts to make up for his extended absences traveling around the globe. This is a film of marital spite, jealousy, meanness and unrelenting tension. Maisie is beautifully underplayed by Onata Aprile, whose innocence markedly contrasts with two undeveloped adults behaving like children.



Fortunately for Maisie she has an au pair who lovingly dotes on her and provides some security in her life. Eventually the au pair, played by Joanna Vanderham, hooks up with Julianne Moore's sexy boyfriend Lincoln, played by Alexander Skarsgard of the TV hit series *True Blood*. So the baby sitter and the quietly handsome prince, now living together, take Maisie in as the film ends and Julianne Moore realizes how she has been a terrible parent. I found the film to be very strong dramatically with excellent acting from the principal actors. If you are a fan of Julianne Moore, do see this film.



NEIGHBORHOOD CIRCLES

94118. Stay tuned: We are very excited to be hosting an evening with Shahnaz Taplin-Chinoy, an advocate for the rights of Muslim women globally. The meeting will take place sometime in July or early August and will convene at Gladys Thacher's home. We will let you know as soon as the details are finalized.

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 published in Salon.com, Islamonline, and

the *San Francisco Chronicle*. Shahnaz is chair of Invest in Muslim Women, which focuses on the education and empowerment of Muslim women globally.”

<http://www.huffingtonpost.com/shahnaz-taplinchinoy/>

http://www.wisemuslimwomen.org/muslimwomen/bio/shahnaz_taplin-chinoy/

94109. The next lunch gathering for the 94109 members will take place on Tuesday July 16, 12:15pm at the San Francisco Art Institute's Café*, 800 Chestnut Street between Leavenworth and Hyde. Please RSVP by July 9th to rrothman2174@gmail.com or by phone at [\(415\) 345-9034](tel:(415)345-9034). Important: This is a closed group for 94109 members only.

Plan: We're hoping to continue the discussion of other kinds of activities we might like to have, i.e. gatherings at people's homes for discussions, for food, for becoming more familiar with what goes on in our area of the city, or what we'd like to see happen for members and others in our neighborhood. We have a few ideas from our earlier meetings and we're hoping to broaden the list to include what you've thought about. Questions? Please let us know! We hope those of you who haven't been involved will join us at this wonderful place for conversation. Bring your suggestions for activities we can explore!

*The Institute's Café is on first floor with a beautiful view and reasonably priced food (soups, salads, burritos, sandwiches, pastries, drinks.) Members are responsible for paying for their own food.

Diamond Heights. The Diamond Heights Neighborhood Circle will meet for lunch at the All Season's Restaurant, 5238 Diamond Heights Blvd, in the Safeway shopping center on Thursday July 18th at 12:30p.m. All Season's serves traditional Chinese cuisine and dim sum.

We will discuss activities we might like to engage in as a circle, i.e. gatherings at people's homes for discussion or potlucks, expert speakers, fun neighborhood activities, and other outings. Please come with ideas to share. Please contact Key Shade at [\(415\) 387-1375](tel:(415)387-1375) or Info@sfvillage.org to reserve your spot. Members are responsible for their own individual bill, which the restaurant will accommodate. This meeting is restricted to members in the Diamond Heights area. However, guests from this neighborhood are welcome.

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 on August 6th, 8th, 13th and 15th from 2pm to 4pm near Gough and Geary. 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 [415-925-5251](tel:4159255251) or jgoldings2002@yahoo.com.

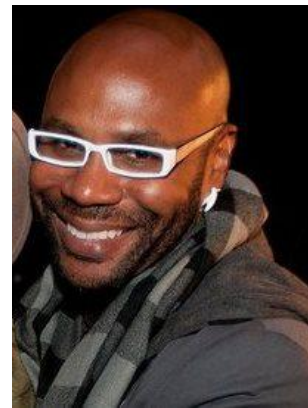
VOLUNTEER TRAINING WITH KEYATTA SHADE

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 July 27th 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.



JULY EVENTS

The PlayReading Group II

Thursday July 11th at 4:00 p.m.

The Playreading Group II will read *Sorry, Wrong Number* and *Glory in the Flower* from the book *24 Favorite One Act Plays* edited by Bennett Cerf. This is a new playreading group, not to be confused with the group headed by Sarah Goldman. All members are welcome but space is limited so please RSVP.

Location: Telegraph Landing, 150 Lombard Street Club Room

Contact: RSVP to Martha Nell Beatty at [\(415\) 921-1415](tel:4159211415)

Coffee & Conversation: HICAP

Friday July 12th from 2:00 p.m. to 3:00 p.m.



Health Insurance Counseling and Advocacy

Program (HICAP) is a non-profit, volunteer-based program designated to assist Medicare beneficiaries with Medicare, Supplemental and Long-Term Care Insurance issues. HICAP provides unbiased information. HICAP does not sell, endorse, or recommend any specific insurance product. HICAP services are free and include individual counseling and assistance as well as community education services. A HICAP representative will be on hand with information on the program and to answer member questions.

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

Location: IOA, 3575 Geary Blvd, Sequoia Room

Informational Open House for Prospective New Members

Sunday July 14th from 1:00 p.m. to 3:00 p.m.

SF Village is reaching out to prospective new members in Noe Valley, Glen Park and the Castro. If you know anyone in these neighborhoods interested in learning more about SFV, please invite them to attend. We have produced a flyer to distribute to local merchants, organizations and individuals. If you have any ideas for distribution, please call the office.

Contact: RSVP to San Francisco Village at [\(415\) 387-1375](tel:4153871375) or

Info@sfvillage.org

Location: Noe Valley Public Library, 451 Jersey St.

Movie Group

Wednesday July 17th from 4:00 p.m. to 6:00 p.m.

The movie group will watch *Thelma & Louise* starring Gena Davis and Susan Sarandon. Thelma Dickinson (**Geena Davis**) is a passive housewife, married to a controlling man, Darryl (**Christopher McDonald**). Louise Sawyer (**Susan Sarandon**) is a single waitress who appears strong, organized, and stern, with some unspecified trauma in her past. The two head out in Louise's 1966 Ford Thunderbird convertible for a two-day vacation in the mountains that quickly turns into a nightmare before they reach their destination. The film was nominated for six academy awards and won one for Best Original Screenplay.



Contact: RSVP to Ralph Beren, [\(415\)929-8309](tel:4159298309), or RALPHBEREN@comcast.net

Location: Ralph's Home in Laurel Heights (contact Ralph for details)

The Lunch Bunch

Friday July 19th at noon

The lunch bunch will meet at Gamine Restaurant for lunch and conversation. Gamine is a lively neighborhood bistro celebrating rustic pleasures from France. They specialize in classic, flavorful dishes made from fresh, high-quality ingredients and served at reasonable prices. Their open kitchen and warm, welcoming staff enhance the relaxed and convivial setting filled with lively music and eclectic characters. "Gamine" is a French term for a mischievous young woman (Think of Audrey Hepburn in *Breakfast at Tiffany's*.)

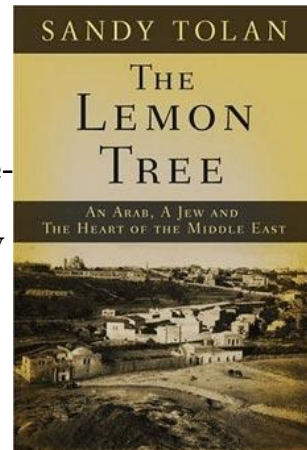
Contact: RSVP to Vera Fields, [\(415\) 567-8991](tel:4155678991)

Location: Gamine SF, 2223 Union Street@Fillmore

Book Group

Monday July 22nd at 10:00 a.m.

The book group will discuss *The Lemon Tree* by Sandy Tolan. In 1967, Bashir Al-Khayri, a Palestinian twenty-five-year-old, journeyed to Israel, to see the beloved old stone house, with the lemon tree behind it, that he and his family had fled nineteen years earlier. To his surprise, when he found the house he was greeted by Dalia Ashkenazi Landau, a nineteen-year-old Israeli college student, whose family fled Europe for Israel following the Holocaust. On the stoop of their shared home, Dalia and Bashir began a rare friendship, forged in the aftermath of war and tested over the next thirty-five years in ways that neither could imagine on that summer day in 1967. Based on extensive research, and springing from his enormously resonant documentary that aired on NPR's *Fresh Air* in 1998, Sandy Tolan brings the Israeli-Palestinian conflict down to its most human level, suggesting that even amid the bleakest political realities there exist stories of hope and reconciliation.



Contact: RSVP to Margaret Johnson at [\(415\) 673-7130](tel:4156737130), or mhjohn@comcast.net

Location: Margaret's home in the 94111 zipcode (contact Margaret for exact address.)

Commonwealth Club Presents: The Elephant in the Room: Difficult Talks We All Should Have

Monday July 22nd at 5:00 p.m.

Eldercare expert Fodrini-Johnson presents a guide to sensitive conversations that she says must take place to promote independence and quality of life as we age. She will discuss how to have the "difficult" conversations with ourselves, our children and our spouses regarding real and imagined challenges we may encounter in later years. She will tackle tough topics, including keeping or selling the family home, future health considerations, and when it's time to stop driving. (In association with San Francisco Village)

Location: SF Club Office, 595 Market Street

Contact: \$20 non-members, MEMBERS FREE, San Francisco Village members please contact Key at (415) 387-1375 or Info@sfvillage.org for discount code

Panel Discussion

How to make the best of our life's experiences, especially the ones we didn't ask for

with Janet Meiselman PsyD and Patrick Arbore EdD

Wednesday July 24th from 3:00 p.m. to 4:30 p.m.

Janet and Patrick will lead a discussion about how to cope with the inevitable changes and challenges that are a natural part of aging. Janet Meiselman is a geropsychologist who will share her thoughts about practicing mindfulness and learning ways to catch your breath, build resilience, absorb the good moments, and expand your circle of compassion to include yourself. Patrick Arbore is the Founder and Director of Grief Related Services at the Institute on Aging and will share his insights about honoring difficult emotions as a way to cultivate joy. Both Janet and Patrick are local treasures in the field of human development.

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

Location: Presidio Branch Library, 3150 Sacramento St., 2-hour parking in the neighborhood

Discussion Group

Friday July 26th from 3:00 p.m. to 5:00p.m.

The discussion group will discuss *A Life Worth Ending*. The era of medical miracles has created a new phase of aging, as far from living as it is from dying. A son's plea to let his mother go.

Contact: RSVP San Francisco Village at (415) 387-1375 or Info@sfvillage.org

Location: Hubert Russell's home in the 94109 zipcode. Contact the Village for the exact address (public transportation is best)

Music Group-Save the Date

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

JULY 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/>



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.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|*

|3575 Geary Blvd-San Francisco, CA 94116| *|Ph: (415) 387-1375-Fax: (415) 387-1295|*