



LEGACY FILM FESTIVAL

Opening Night, Friday June 7th from 5:30 – 7:30 p.m., Coppola Theater, Fine Arts Building, SFSU, 1600 Holloway



San Francisco Village is a proud sponsor of the Film Festival again

this year. Please join us on Opening Night for three short films exploring the theme: Housing Choices as We Age. The three films include:

- ***The Silver Age***: The growing population of elderly worldwide will require new policies for caregivers, health care, and housing that are just emerging. The film, made in 2000 and still timely, explores the implications in three very different countries: Japan, India and Tunisia.
- ***Being Old and Active (Oud Actief)***: Communal living for immigrants in the Netherlands (with English voiceovers).
- ***Kings Point***: In this 2013 Academy-Award-nominated Short Documentary, director Sari Gilman tells the stories of five seniors living in a typical American retirement resort – men and women who came to Florida decades ago with their

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WELCOME NEW MEMBERS--May

Steve Abensohn

Jean-Marie Campbell

Merilyn Hagopian

Ted Johnson

Hugh Visser

spouses and their health intact, and now find themselves grappling with love, loss and the universal desire for human connection.

There will be a post-screening Q&A with *Kings Point* filmmaker Sari Gilman; Doris Bersing PhD, President and CEO of Living Well; Kate Hoepke, Executive Director of SF Village; and the audience.

Tickets for each screening are \$9 each if purchased in advance online and \$12 at the door. A festival pass is available for \$40. For complete information on the films, location and parking, and to purchase tickets on-line click www.legacyfilmfestivalonaging.org or call [415/338-2467](tel:4153382467).

DID YOU KNOW?



A new reality TV series, *Golden Sisters*, premieres with two back-to-back episodes, Saturday June 1st. The original series follows the outrageous, real-life adventures of Mary, Josie and Teresa, three golden-aged sisters who shot to fame after a web video of the trio viewing the infamous Kim Kardashian sex tape went viral. The show airs Saturdays at 10:00 p.m. ET/PT on OWN: Oprah

Winfrey Network.

Read more: <http://tinyurl.com/kmu4qvr>

FROM THE EXECUTIVE DIRECTOR-Kate Hoepke

Dear Members:

Our First Annual Transforming Lives and Community Luncheon was a resounding success! More than 250 guests joined us in honoring three amazing women: Mary Moore Gaines, Gladys Thacher and Eva Auchincloss, who demonstrate what it means to live one's convictions. Their inspiring conversation with Belva Davis reminds us that anything is possible at any age!



As founders of San Francisco Village, they have provided us with a transformational mission: to change the experience of aging in San Francisco. How do we accomplish that? I believe we do it by challenging ourselves and our well-worn perceptions about what it means to thrive in our later years. We ask ourselves questions like:

- Who am I now that I'm not going to work every day?
- Where do I belong now that I'm single after 50 years of marriage?
- I've been independent all my life – why do I need to join a village?
- What keeps me from asking for help?
- In a rapidly changing world, how do I make a contribution and continue to feel relevant?

I hope that the programs, services, connections and relationships available to you through your SF Village membership are enriching your life and helping you to navigate the transitions unique to getting older. Throughout our lives we experience transitions of all kinds, but as we get older they seem to be more profound. With age we gain some capacities for managing life's inevitable changes like resilience, perspective, and acceptance. At the same time, other capacities may diminish, like social networks, physical strength and a circle of close confidantes. Navigating these transitions is made easier when we're part of a trusted community like San Francisco Village, which reminds us that we belong to something bigger than ourselves, that helps us to feel safer, more cared for, less alone and infinitely relevant.

As one member said to me recently, San Francisco Village is a powerful invitation to participate in life. Consider yourself invited! If our current program doesn't include what you're looking for, please contact me so we can discuss how to change that. For example, one of our members called me this week to suggest we start a support group for members who are caring for a partner with dementia. A splendid idea! If you're interested in learning more about forming such a support group, please call me.

Kind regards,
Kate

SFV BOARD MEMBER, JOHN MILFORD, RECEIVES OUTSTANDING MENTOR AWARD



John W. Milford, NHA, M.H.A., M.Div., was honored Monday, May 6th by **LeadingAge of California** at their Annual Meeting in Monterey, CA, for his 33 years as a certified preceptor in the field of aging services. Founded in 1961, LeadingAge of California is the state's leading advocate for quality, not-for-profit senior living and care.

Through his unique ability to spot talent and mentor people through significant career changes, John has influenced dozens of professionals who have become leaders in the field of aging.

Included are numerous San Francisco State Gerontology Program students, Kate Hoepke, Executive Director of San Francisco Village, and the former executive chef at San Francisco Towers who rose to become a Western Regional V.P. for a national chain of Assisted Living communities.

John is the former Executive Director of San Francisco Towers and the opening Executive Director of The Carlisle in San Francisco. He has been a member of the SF Village Board of Directors since the fall of 2011 and serves on the Executive Committee. We are grateful for his many contributions to our community. Please join us in congratulating John on this prestigious honor.

VOLUNTEER OF THE MONTH-JEANNE FRACCHIA by Keyatta Shade

Like a seasoned veteran, Jeanne Fracchia is already collecting honors volunteering with San Francisco Village. In just over two months' time, she's assisted in a variety of ways, making new friends along the way, and thus earning the fastest volunteer of the month honors since the monthly recognition award began in late 2011.

Jeanne, who has volunteered with Animal Control, CPMC and hospice, says volunteering with SF Village was a no-brainer for her. "Utilizing volunteers to help seniors who want to stay in their home with errands and other needs makes so much sense to me," Jeanne said. "This seemed like something that would fit my abilities and proclivities-and it has."



Jeanne believes SF Village not only benefits members, but is good for the community and local economy as well. "Older adults who remain in their neighborhood are active consumers supporting the economy. With their years of life experience, they add valuable insights to the community, enriching our culture."

Jeanne, a recent retiree, got involved with the Village because she loves the idea of working one-on-one with individuals and enjoys driving to help with daily living tasks. She says she's less inclined to enjoy volunteering if it involves larger groups.

Since starting her volunteer work with us, she's driven members to medical appointments, for tax preparation, to the grocery store, delivered some packages and made phone calls to remind members of an upcoming event. Despite her aversion to large groups, she worked check-in at our recent fundraiser attended by over 250 people. "I enjoy the variety of opportunities and different people I meet helping the members of SF Village," Jeanne said. "The things I do for them are simple, honest and direct. Helping others is a basic human need and I feel much happier with myself when I have things I can do for others."

One member she has assisted is Mary Tough, who after recovering in a convalescent hospital had not gone to the grocery store in three months. Mary intended on only buying a couple of things but with Jeanne's help in the store she ended up buying enough groceries to last her several weeks. "She was just wonderful; friendly, caring and genuinely interested in helping me," Mary said. "I wanted to buy her flowers to thank her but she refused them, so I wrote her a poem instead," she said with a laugh.

In describing the same experience, Jeanne said as they shopped, "Mary giggled and laughed with pleasure as she picked out her favorite things. It was actually heart-warming to be with her."

Jeanne is enjoying her time as a volunteer with SF Village, feeling a sense of warmth and connection with everyone she has met so far. She says all the members she has worked with seem to feel the same way as she does about the Village. "They praise the help they get from the organization and the volunteers who help them. Kate and Key seem to have the answers on how to make this work. I've very pleased to be a part of this good work."

UCSF MOTIVATIONAL PHYSICAL ACTIVITY EDUCATION STUDY (mPED)

UCSF is conducting a 12-month study to gauge motivation for physical activity among physically inactive women. The study will also test pedometer and mobile-phone based activity education programs. Women will be required to wear a pedometer (step counter) every day and respond to messages on a mobile phone application twice a day for 9 months. This study involves 7 UCSF research office visits, 2 blood draws, and 1 follow-up telephone interview.

You may qualify if you:

- Are a woman between 25 and 69 years of age

- Are physically inactive
- Would like to be more physically active
- Have access to a home or mobile phone
- Have no disabilities that limit physical activity
- Are able to speak and read English

Compensation is \$80 upon completion of all parts of the study, a t-shirt, and a tote bag. If interested, please contact Cynthia Flock directly at [\(415\) 322-0520](tel:4153220520) or by email at mPEDStudy@ucsf.edu.

AT THE MOVIES WITH RALPH BEREN IN THE HOUSE



This is the kind of wonderful movie that only the French can make. The story line is simple but the motives of the characters are complicated.

A failed novelist and high school literature teacher, named Germain, has assigned his students a writing project about how they spent their summer. He tells his wife, Jeanne, that "this is the worst class I've ever had." Her response: this is what you always say. To his surprise he reads one intriguing essay, from the enigmatic student Claude, who writes about spending the summer spying on the house of one of his fellow students Rapha. Because Claude comes from a poor lower class family, he sees Rapha's family as a typical middle class family and one he would love to join. However, it is the flavor of the essay that captures the teacher's attention. The essay is cynical, a bit sinister, full of longing for Rapha's family and critical of them at the same time. At last, Germain, has read an essay that captures his imagination. He takes Claude under his wing, working with him after school on how to continue developing his story.

Now we have two voyeurs involved in this game of spying on the family. Claude insinuates himself into the family, continually crossing boundaries, even kissing Rapha's mother. When Rapha witnesses this he feels betrayed on two levels. First, a friend does not do this to his friend's mother. Secondly and more to the point, Rapha has a crush on Claude. What that means beyond a school boy crush is not exactly clear.

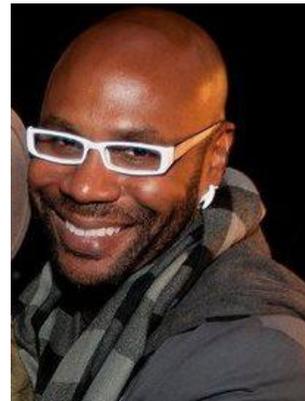
Complicated? I have no intention of telling you the rest of the story. It takes its twists and turns. Go and see the film and find out what happens. The film is both a bit of a thriller as well as a comedy. All of the acting is sensational, including Germain's wife, played by Kristin Scott Thomas.

MEMBER TO MEMBER

Jackie Young is interested in starting a support group for members who are caring for a partner with dementia. She would like the group to be facilitated and imagines each member of the group contributing financially to pay for a professional. San Francisco Village staff will gladly make introductions to professional facilitators. Please do not allow affordability to be a barrier. Contact Key or Kate if you are interested in learning more. [415-387-1375](tel:415-387-1375) or kate@sfvillage.org or key@sfvillage.org

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 June 29th 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:415-387-1375) or key@sfvillage.org.

JUNE EVENTS

Playreading Group II

Thursday June 13th at 4:00 p.m.

A new monthly Playreading Group has launched at Telegraph Landing. The group will read and discuss *Happy Journey* by Thornton Wilder from the book *24 Favorite One Act Plays* edited by Bennett Cerf. Members interested in joining this new group can either pass around the book during the discussion or you can pick up your own copy to bring to the meeting. This is a new playreading group, not to be confused with the current 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: For more information or to RSVP, contact Martha Nell Beatty at [\(415\) 921-1415](tel:415-921-1415).

Discussion Group

Friday June 14th 3:00 p.m.

The next discussion group will discuss the effects of societal pressure, prejudices, expectations, etc. on both men and women. The positive and negative effects of equality between men and women in today's society is an issue that has come to the forefront in recent years. For example, there are those who worry that men are far behind women in becoming doctors and lawyers and those who see women lagging behind as politicians and CEOs.

Location: Eva's home, 3620 Lyon Street

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

Commonwealth Club presents: How to Navigate Epic Estate Battles

Monday June 17th at 5:00 p.m.

Attorney and mediator John E. O'Grady will reveal the latest approaches to the age-old estate planning questions raised in film clips from familiar movies such as A Thousand Acres, Mommy Dearest and Zorba the Greek, which tap into the limitless depths of the human psyche. Join in a lively and enlightening session that opens the door for participants to fully explore their estate planning questions. (In association with San Francisco Village)

Location: SF Club Office, 595 Market Street

Contact: \$20 non-members, Commonwealth Club members free, \$7 students (with valid ID), San Francisco Village members please contact Key at [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org for discount code

Movie Group - Sophie's Choice

Wednesday June 19th at 4:00 p.m.

Sophie's Choice is a 1982 existentialist American drama film that tells the story of a Polish immigrant, Sophie, and her tempestuous lover who share a boarding house with a young writer in Brooklyn. The film stars Meryl Streep, Kevin Kline, and Peter MacNicol. Alan J. Pakula directed the movie and wrote the script from a novel by William Styron, also called Sophie's Choice.

Location: Ralph's home, 1914 Lyon St (near Clay)

Contact: Please RSVP to Ralph at [\(415\) 929-8309](tel:4159298309)



Coffee & Conversation: How to use Facebook

Thursday June 20th from 3:00 p.m. to 4:30 p.m.

Have you ever wondered about the hoopla surrounding Facebook? What people meant when they used the terms “friend me” or “like my page”? Or even wondered what people were referring to when they used the term social networking site? Well wonder no more. Whether you want to create a Facebook page for yourself or just want to know what the buzz is all about, you’ll get a crash-course tutorial from technology trainer, Jason Dare. Space is limited.

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

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

Book Group

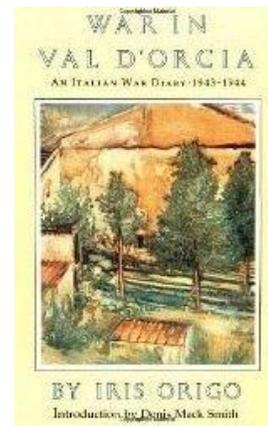
Monday June 24th at 10:00 a.m.

The book group will read and discuss Iris Origo's *War in Val d'Orcia*. This diary written by an Anglo-English writer who was married to an Italian landowner, is her daily chronicle of life in a Tuscan no-man's land bracketed by foreign invasion (British, American, German) and civil war during World War II.

Location: Margaret's home, 550 Battery St. Apt 412

Contact: Please RSVP to Margaret at [\(415\) 673-7130](tel:4156737130) or by email at

mhjohn@comcast.net.



Commonwealth Club presents: How to Self-Insure for Long

Tuesday June 25th at 5:00 p.m.

Denise Michaud, Certified with Corporation for Long-Term Care; Independent Insurance Broker

Gene Pastula, Certified Financial Planner; President, Westland Financial Services, Inc.

With estimates indicating that two out of three older Americans eventually require convalescent care, paying for long-term care is a huge financial concern, with costs running into the hundreds of thousands of dollars. With the cost of care in the Bay Area among the highest in the country and rapidly increasing, planning ahead is critical to managing out-of-pocket costs. How can people reject long-term care insurance and choose to self-insure? Learn how trends in

legislation have resulted in creative options to leverage assets three to six times when they are needed most. (In association with San Francisco Village)

Location: SF Club Office, 595 Market Street

Contact: \$20 non-members, Commonwealth Club members free, \$7 students (with valid ID), San Francisco Village members please contact Key at [\(415\) 387-1375](tel:(415)387-1375) or Info@sfvillage.org for discount code

JUNE WEEKLY EVENTS

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](tel:(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](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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