



San Francisco Village
OUR GENERATION. OUR CHOICE.

March 2013



FROM THE EXECUTIVE DIRECTOR—Kate Hoepke

Dear Members:



2013 is off to an exciting start! We're focusing on growth – broadening our reach while deepening our members' experience. As I mentioned last month, San

Francisco Village has received a grant from the Board of Supervisors, whose members are wisely considering ways to invest so that older San Franciscans can live safely and independently in their homes and communities. This partnership will help us to expand and diversify our membership, and better inform us all about local resources that support healthy aging.

Asking for information when we need to solve a problem is a positive step in the right direction and a valuable

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WELCOME NEW MEMBERS--February

Roza Bagossy

benefit of Village membership. It is reassuring to know that SF Village is a gateway that can connect you with the right resources, saving you time, aggravation and wheel-spinning that saps your energy.

The bigger challenge for many of us is asking for help or support, which may involve feelings of vulnerability, insecurity, and fear of rejection. It's not uncommon to think that we *should* be able to do everything ourselves or that by admitting we need help, we are somehow being weak. This *Lone Ranger* mentality can lead to unwanted feelings of isolation, separation and depression.

Overcoming our resistance and taking the plunge to ask for help can create a cascade of positive outcomes: deepening connections with others, reducing stress, restoring energy, giving happiness to others by receiving their help, and reminding us that we're not alone.

On Thursday March 14th at 3:00 p.m. we are convening a panel discussion to explore this rich topic, challenging some of our assumptions and opening to new possibilities. Joining us will be Rabbi Eric Weiss from the Bay Area Jewish Healing Center, Cherie Golant LCSW from Institute on Aging, SF Village member Elinore Lurie Ph.D gerontologist, and Ralph Beren, SF Village member.

Please read the article *Why is it so difficult to ask for help?* by Koko Kawasaki to discuss the topic further.

Looking forward to seeing you soon,

Kate

Jean Goldings
Walter Park
Mary Swope

CONTRIBUTORS

Editors

Kate Hoepke
Keyatta Shade
Koko Kawasaki

Content

Kate Hoepke
Keyatta Shade
Koko Kawasaki
Ralph Beren
Gayle Geary
Eva Auchincloss
Margaret Johnson
Vera Fields

DID YOU KNOW...

You can get a ride using SideCar?

SideCar is a rideshare application, which you can download on a smartphone using an Android or iPhone. SideCar instantly connects people with extra space in their cars with those who need to get from one place to another. Like a quick and hassle-free carpool, SideCar offers an easy, safe, reliable, and completely donation-based way to get from here to there. You can learn more about SideCar at <http://www.side.cr/>.

WHY IS IT SO DIFFICULT TO ASK FOR HELP?

by Koko Kawasaki

Being independent and self-sufficient are positive attributes, however, we all need help from time to time. M. Nora Klaver, a life coach and author of *Mayday! Asking for Help in Times of Need*, says that 70 percent of people confessed to having needed help in the previous week but did not ask for it. There are many reasons why we do not ask for help including not knowing how to ask; not thinking to ask; wanting to be self-reliant; and believing it's easier to do it ourselves. Often underlying the myriad reasons are the fear of being vulnerable and the shame of being burdensome.



Motivational speaker Mike Robbins assures us that it's not uncommon to feel discomfort in asking for help. We may think that we should be able to do everything on our own, or that asking for help can set us up for rejection and

disappointment. On the other hand, when we can get beyond the initial discomfort, asking others for assistance may strengthen our networks of friendship and community. Furthermore, asking for and receiving help validates that we are worthy of others' support. Asking for help, therefore, is an act of self-compassion.

Although some people have no difficulties in asking for help, others may need to practice by taking manageable steps in this endeavor. Regularly making small, innocuous requests, such as borrowing a cup of sugar from a neighbor, develops our "muscles" so we don't feel desperate and overwhelmed when bigger situations arise where needing help is unavoidable. Additionally, psychologist Dr. Deborah Serani provides the useful acronym **HELP** when seeking others' assistance:

Have realistic expectations for the kind of help you are seeking

Express your needs simply and clearly

Let others know you are there to help them as well

Praise your pals for their assistance and pat yourself on the back for asking for help

In closing, here is some food for thought: Klaver suggests that the independent, self-sufficient American is a cultural myth. She asserts that all great ventures are founded upon the spirit of teamwork and helping each other in times of need. Our needs may be great or not so great (or somewhere in-between). Nonetheless, this practical viewpoint provides a positive argument for why we needn't shy away from asking for help.

References

http://www.science20.com/spiritlinks/m_nora_klaver_5_reasons_we_dont_ask_help

http://www.huffingtonpost.com/mike-robbins/asking-for-help-ok_b_814796.html

<http://drdeborahserani.blogspot.com/2008/08/how-to-ask-for-help.html>

MEMBER SPOTLIGHT-JUDITH FAST

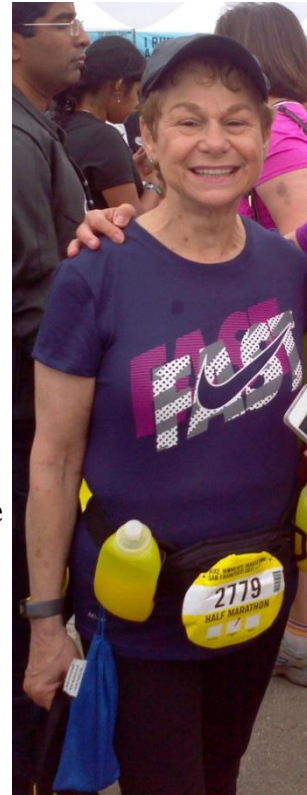
by Keyatta Shade

On February 3rd, at the age of 83, San Francisco Village member Judith Fast completed her third Kaiser half marathon. That's 13 miles to you and me! The San Francisco-based marathon allows participants to walk or run the route, which leads runners through the Panhandle, Golden Gate Park and the Great Highway.

Judith, who completed the race in three hours and 32 minutes, felt it was a personal challenge that motivated her rather than competing with fellow runners. "I compete in marathons for the camaraderie of the event, and to challenge my own ability," she said.

Before moving to San Francisco in 2007, Judith had never competed in a race before. At the age of 71, and with encouragement from her daughter, she completed her first marathon sponsored by Nike in 2008 with "Team in Training." She is convinced that walking is the best exercise and easy for anyone to enjoy. "No one is too old to walk!" Judith says. "It can be done at any pace, any time, alone or with friends and it provides a wonderful opportunity to see the city."

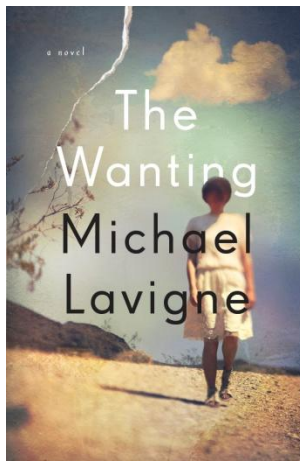
In addition to improved health and fitness, Judith has met some terrific people. She is delighted to have met a walking partner who has joined her in nine half marathons. Judith encourages other members to walk as a means to stay connected with one another and stay fit, even if it's not on the same scale as a marathon. "I know I will keep walking as long as I am able so I can experience the splendor of San Francisco," Judith said.



Note: We've launched a new section of our newsletter to highlight members' accomplishments. If you would like to nominate a fellow member or yourself, please contact Key Shade at [\(415\) 387-1375](tel:4153871375) or by email at Key@sfvillage.org.

VILLAGE AUTHOR SERIES:

Michael Lavigne



Join friends and fellow members as we kick off the Village Author Series with a celebration of the release of Michael Lavigne's new novel *The Wanting*. The event, which is co-sponsored by San Francisco Village and Congregation Emanu-El, will take place on March 21st at 6:30 p.m. at the Jewish Community Library, 1835 Ellis Street in San Francisco, CA.

About the Book: From the author of *NOT ME*, this powerful novel of an Israeli father and daughter brings to life a rich canvas of events and unexpected change in the aftermath of a suicide bombing.

“In this exquisite novel of longing and loss, Lavigne has woven multiple stories of intersecting lives and conflicting desires. From the snowy streets of communist Moscow to the scorching heat of a Palestinian-controlled desert, we travel with characters teetering on the edge of madness, at once ruined and resilient, some idealistic, others world-weary—all pursuing that most essential but elusive want: a place to call home. A beautiful meditation on love, and on all the ways in which stories are remembered and told.” –Dalia Sofer, bestselling author of *The Septembers of Shiraz*

Michael will read, answer questions and sign books. Refreshments will be

served. Guests are encouraged to attend.

This is the first of a new series that will take place over the course of the next year to allow authors who are members of San Francisco Village to showcase their work to other Village members and the community at large.

HOME DEPOT SEEKS SFV MILITARY VETERANS



Home Depot has once again offered to partner with San Francisco Village in honoring U.S. military veterans who need some help with home renovations. Last year 7 Village members were chosen to have their gardens refurbished, homes painted, decks built, and much more.

In response to their generous offer, we would like to identify some Village members who are U.S. veterans with some home maintenance projects that need attention. Home Depot will provide materials and the volunteer labor. If you have a project or list of projects you would like Home Depot to consider, please contact Key Shade at [\(415\) 387-1375](tel:4153871375) or by email at Key@sfvillage.org

AT THE MOVIES with Ralph Beren

Quartet



We should all be so lucky to end up in an English senior residence called Beecham House, an endearing retirement community for musicians. It's where all the great artists retire. When the news breaks that the home will have to close, the residents pull together and come up with a money-making scheme to save it. The plot really takes shape when Maggie Smith arrives as a newcomer to the house. She will be the fourth member of the quartet to sing the aria from Rigoletto. We soon learn that Smith and Tom Courtney have a tempestuous history, providing each of them with bitter feelings and the real drama for the film. Can the trio pull Maggie Smith back into singing with the Quartet? Can they raise enough money to save the home from being sold to a higher bidder? Will Maggie Smith finally agree to be the fourth member of the quartet?

Magnificent performances save what some critics view as a thin plot. Directed by Dustin Hoffman.

TOAST OF THE TOWN

featuring Rita Moreno



San Francisco Senior Center Aquatic Park presents *Toast of the Town*, celebrating 65 years of service to seniors, with special guest

Rita Moreno. The event will take place on Thursday March 21st from 5:30 p.m. to 9:30 p.m. at the General's Residence, Upper Fort Mason, and will consist of restaurant tastings, live music, a special champagne reception with Rita Moreno, personal book signing of her memoir, and more. Tickets range from \$75 to \$125.

Acclaimed singer, dancer, actress, and author Rita Moreno is one of the few performers to have won an Emmy, Grammy, Oscar and a Tony, and only the second Puerto Rican to win an Academy Award.

For event & donation information, contact: [415-202-7815](tel:415-202-7815) or amarino@ncphs.org The Senior Center is funded by NCPHS, both are community partners of San Francisco Village. To learn more about San Francisco Senior Center Aquatic Park visit <http://www.sfsenior.com>

NEIGHBORHOOD CIRCLES

94118 Circle will meet to get to know each other better by discussing our origins, our family stories, etc. The event will take place at the home of Emily and Bill Leider, 1520 Lake Street on Tuesday March 12th from 5:30 p.m. to 7:00 p.m. Please bring a snack or beverage of your choice. Attendees should RSVP by March 10th to lake@clementst.com or Key at [\(415\) 387-1375](tel:415-387-1375) to arrange a ride.

The 94123 area members are planning a trip for up to 20 people to visit SFMOMA on Monday March 18th to see the photographic exhibit of seldom seen works by highly regarded photographer, Garry Wineguard. SF Village member and docent manager, Jean Halvorsen, will conduct the tour. The group will meet at the museum's café at 10:30 a.m. to begin tour at 11:00 a.m. No fee for museum members and if there are enough guest tickets there will be no charge for non-members, but non-members should be prepared to pay. There are still spaces available so if interested contact Eva Auchincloss at eva3auch@gmail.com

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 March 30th, 9:30 a.m. to 12:30 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 key@sfvillage.org.

MARCH EVENTS

Discussion Group

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

Discussion Group will meet to debate & discuss “Drones: the pros and cons.” Members wishing to join the group should contact Eva at

eva3auch@gmail.com

Location: Home of Eva Auchincloss, 3620 Lyon Street

Contact: RSVP at **eva3auch@gmail.com**

Coffee & Conversation

Panel Discussion: *Why is it so difficult to ask for help?*

Thursday March 14th from 3:00 p.m. to 4:30 p.m.

Join us for a frank discussion about the barriers that keep us from getting the help we need and possible new strategies to let others support us. Rabbi Eric Weiss, President and CEO of Bay Area Jewish Healing Center, Cherie Golant, LCSW, Director of Homecare and Care Management Services at IOA, Elinore Lurie Ph.D, Gerontologist, and San Francisco Village member Ralph Beren will explore this rich topic.

Location: Sequoia Room at Institute on Aging, 3575 Geary Blvd.

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

The Movie Group

Wednesday March 20th from 4:00 p.m. to 6:00 p.m.

The movie group will watch the romantic comedy *Moonstruck*, starring Cher and Nicholas Cage. Space is limited to eight participants. You must RSVP in order to attend.

Location: Vera Field's home, 2841 Baker Street, [\(415\) 567-8991](tel:4155678991)

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

Lunch Bunch

Friday March 22nd at 12:30 p.m.

The lunch bunch will meet for food, friends and conversation at Eliza's, one of the most popular family-owned Chinese restaurants in San Francisco. Please note the time change, as the group usually meets at noon, but will meet at 12:30 p.m. this time around.

Location: Eliza's Restaurant, 2877 California Street (near Divisadero)

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

Book Group

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

The Village Book Group will discuss Pat Barker's *Regeneration*. We are also celebrating Kathy's total recovery from her surgery and her return to the book group.

Location: Kathy McNeil's home, 1150 Lombard Street #38 (Lombard is steep and parking is difficult. Carpooling is a good idea.)

Contact: RSVP at Key@sfvillage.org, or [\(415\)387-1375](tel:4153871375) or contact Kathy for more information at [\(415\) 567-1458](tel:4155671458)

MARCH WEEKLY EVENTS

Men's Group

Thursdays at 12:00 noon

This confidential group of up to 8 male participants consists of SF Village members and meets weekly to discuss relevant issues affecting older men. The facilitator, Alex Pellegrini has over 30 years of experience in counseling and guidance. The group meets every Thursday afternoon from 12:00 p.m. to 1:00 p.m.

Location: Aquatic Park Senior Center, 890 Beach Street

Contact: Space is limited so please RSVP at Key@sfvillage.org or [\(415\)387-1375](tel:(415)387-1375).

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 at Key@sfvillage.org or (415) 387-1375

Yoga, Hosted by Aurele Carlat

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