



San Francisco Village
OUR GENERATION. OUR CHOICE.

May 2013



**SAN FRANCISCO VILLAGE
FIRST ANNUAL AWARD
LUNCHEON
MAY 22, 2013**



The Village luncheon, called *Transforming Lives and Community*, is being held at the St. Regis San Francisco on

May 22, 2013. We will be honoring three remarkable women – Gladly Thacher, Eva Auchincloss and Mary Moore Gaines, all civic leaders who helped to found San Francisco Village four years ago, when all three were approaching 80. This was just a continuation of a lifetime of good works by each of these women. It is our hope that these recipients and the award will inspire older adults and younger generations alike to continue giving back to the community throughout their lives.

SF Village intends that the *Transforming Lives and Community Luncheon* becomes its annual signature fundraising event. The hallmark of the luncheon will be an annual award to one or more persons in their 70's or older who have made a

IN THIS ISSUE

1. **Luncheon**
2. **From the ED**
3. **Did You Know?**
4. **Member Directory**
5. **Forgiving Others**
6. **Member Spotlight**
7. **LGBT Study**
8. **Memory Study**
9. **At the Movies**
10. **Volunteer Training**
11. **Hike & Picnic**
12. **Neighborhood Circles**
13. **May Events**
14. **May Weekly Events**

significant difference in the lives of San Franciscans and beyond, and who demonstrate what it means to age with continued meaning and purpose. Recipients may include politicians, civic leaders, artists, scientists, philanthropists and others who continue to transform lives and community into their later years.

We hope you will join us in celebrating our village and our founders, while reminding ourselves of what is possible at every age. For more information and to RSVP, go to our website www.sfvillage.org or call the office at [415-387-1375](tel:415-387-1375).

WELCOME NEW MEMBERS

Celia J. Hereford

Nathaniel L. Schmelzer

Marcia Schmelzer

Frank Traweek

FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members,

As many of you know, SF Village is one of nine villages in California granted funds from the Archstone Foundation www.archstone.org to help expand and develop the Village model. Along with the nine villages, Archstone wisely included The Center for the Advanced Study of Aging Services at UC Berkeley School of Social Welfare to collect data and study what impact Village membership is having on individual lives. The study concludes later this year, but last month we received some preliminary findings from lead researchers Dr. Andrew Sharlach and Dr. Carrie Graham that I'd like to share with you.

The preliminary data suggest that increased “social engagement” is an immediate impact of Village membership and social engagement has been associated with better overall health and well-being. In fact, many recent research studies have shown that older adults who are socially isolated are at higher risk for negative health outcomes, reduced quality of life and a shorter lifespan. Some of the key findings among 416 village members reporting so far:

- 77% say they know more people since joining the Village
- 61% say they feel more connected with other people
- 53% say they participate in activities and events more than they used to
- 37% say they are less lonely since joining the Village

While connecting with other people is a significant part of feeling socially engaged, knowing how to access care and services is a key to living independently. Too often we find ourselves in a quandary about a problem we have never had to face before. Who do we talk to, what are the questions we need to be asking, where do we find possible solutions? According to this Village survey:

- 81% are more likely to know how to get assistance when they need it
- 75% say they know more about community services
- 37% say they use community services more
- 27% say they are more likely to get the medical care they need

Dr. Sharlach points out that the findings are self-reported and therefore based on members' perceptions. At this point in the history of the Village movement it would be inaccurate to say that membership has been shown to prevent illness or extend someone's life. But we can say that members' subjective experience of belonging to a Village has resulted in feeling healthier and happier:

- 54% say their quality of life has improved
- 49% say they feel happier than they used to
- 35% say they feel healthier than they used to

The data supports what my intuition has told me all along. As human beings, we're better together than alone. I recognize that we're not all joiners or feel at ease participating in group activities. For some of us, joining the Village is a step outside our comfort zone. I applaud your courage and willingness to continue growing, whether it feels natural or against your grain. Bravo!

Warmly,
Kate

DID YOU KNOW?

About HICAP (Health Insurance Counseling and Advocacy Program)? If you have any questions about health insurance coverage, including Medicare, supplemental policies and prescription drug plans, you can call HICAP for free advice. Their telephone number is [415-677-7520](tel:415-677-7520) and website is [**www.hicap.org**](http://www.hicap.org)

MEMBER DIRECTORY UPDATE

It's time to update our Member Directory with current information. If you have any changes or additions to this year's directory, please contact the Village by email or phone. All members will be included in the upcoming directory, unless you tell us that you prefer not to be included.

FORGIVING OTHERS

by Koko Kawasaki

It is difficult to forgive someone who may have hurt or disappointed us. Nevertheless, forgiveness is important if we are to move ahead in our own lives. Dr. Fred Luskin, a leading researcher on the subject of forgiveness and the director of the Stanford University Forgiveness Project, has established nine practical steps for forgiveness to help reduce anger and create healthier relationships. Here is a summary of these steps:



1. Understand the situation and your own feelings, and be able to clearly state the particular aspects that are not acceptable to you.
2. Know that forgiveness is for you, and do whatever is necessary to heal.
3. Forgiveness is about finding peace in the process of understanding what happened. It does not have to involve reconciliation, nor forgetting past situations.
4. Understand that the source of the pain is coming from your current feelings, thoughts, and physical distress in the present; it is not from the initial event that occurred in the past. Hurt feelings can be healed.
5. Practice stress management techniques to eliminate the “fight-or-flight” reaction.
6. Acknowledge your own expectations of how you or others should be, and know that you can gain peace, love, and success through personal effort.
7. Rather than focusing on hurt feelings, focus on positive ways to achieve your goals.
8. Forgiveness can be empowering when you determine to live well and appreciate the kindness and love found in your current relationships.
9. Modify your past experience and know that forgiveness is a courageous endeavor.

Reference

Luskin, F. (2010). Forgive for Good. <http://learningtoforgive.com/9-steps>
To hear more on the topic of forgiveness, here is a link to Dr. Luskin's video, *Wanting 'Yes' and Getting 'No'* : <http://tinyurl.com/cpzz2tf>
Other links to videos and articles can be found on our Facebook page:
www.facebook.com/sfvillage

MEMBER SPOTLIGHT--OLGA CARLISLE

By Koko Kawasaki



Recently, I had the wonderful opportunity to meet and interview Olga Carlisle for a class project in my Aging and Diversity class at San Francisco State University. The purpose of the assignment was to learn about significant life events of an older adult from a culture that differed from my own. Olga is from a Russian-French heritage, which clearly differs from my Japanese-American heritage. Consequently, she turned out to be the ideal person to interview.

Olga Carlisle (née Andreyev) was born in Paris to Russian émigré parents, and she was raised with both Russian and French cultures. Olga comes from a literary family of writers and poets, and her grandfather, Leonid Andreyev, was a gifted, well-respected Russian author and playwright. As a young woman, Olga received a scholarship to Bard College in New York where she studied art and American literature. When she returned to Paris, she met and married Henry Carlisle, a San Francisco native, and moved back to the U.S. in the early 1950s. In 1960, Olga had an opportunity to interview Boris Pasternak, the author of *Dr. Zhivago*, for *The Paris Review*. Olga had never met Pasternak, but she had been a longtime admirer of his poetry. Furthermore, he was a family friend who had known her grandfather. Interviewing him remains one of the most positive experiences in Olga's life. In her prolific career, Olga interviewed notable authors such as Pasternak and Milan Kundera, published a wide range of books including anthologies of Russian poetry and literature, translated Russian novels including Dostoevsky's *The Idiot* (with Henry Carlisle), and wrote memoirs of her life experiences in France and in the United States.

In meeting with Olga, I learned about Russian, French, and American history. What I found most interesting, however, was her bicultural experience, which she referred to as the "double perspective." Olga stated that having the double perspective was beneficial in childhood because it gave her a greater depth of understanding in her studies. Furthermore, having the double perspective was beneficial in Olga's career as a writer, interviewer, and translator because she was able to understand varied viewpoints and to serve as an intermediary between Russian and Western cultures.

The Carlisles lived on both the East and West Coasts, but settled in San Francisco in the late 1970s. Although Henry passed away in 2010, the couple had collaborated on numerous projects throughout their marriage of nearly 60 years. One noteworthy project was their novel, *The Idealists* (1999), based on Olga's family's experiences during the Russian Revolution. Although Olga no longer writes, she continues to nurture her artistic talent through her beautifully expressive paintings.

I am grateful for having had the opportunity to meet with Olga and to learn about her life. It was a fascinating look into a world that is so different from my own, and this experience has broadened my views about cultural diversity. Furthermore, hearing Olga discuss her double perspective made me reflect on the benefits of my own bicultural upbringing. Lastly, I knew very little about Russian history prior to meeting Olga, and now I am eager to learn more.

LGBT AGING SURVEY

The San Francisco LGBT Aging Policy Task Force, established this past fall by the San Francisco Board of Supervisors, has been charged to bring back actionable policy recommendations to advance services for and improve the lives of LGBT seniors in San Francisco. The Task Force, in partnership with the Institute for Multigenerational Health at the University of Washington, has developed an online community needs survey to better understand the aging and health needs of San Francisco's LGBT seniors. The Task Force needs your help completing the survey to ensure that historically underrepresented groups, LGBT seniors of color, lesbians and transgender seniors are adequately represented in both the research and policy recommendations.

To participate in this project you must be LGBT (lesbian, gay, bisexual, or transgender)--or someone who is attracted to or has had an intimate or sexual relationship with someone of your same sex or gender--60 years of age or older and living in San Francisco. The survey will be available in English, Chinese, Spanish, Russian and Tagalog. Please help us ensure that all LGBT seniors are represented.

For further information about taking the online survey, please email Jason Alley at alleyjason@earthlink.net or call him at [\(415\) 260-4597](tel:4152604597) and he will be able to direct you to the survey site. If you prefer a hard copy of the survey, you may contact Meals On Wheels of San Francisco at [\(415\) 920-1111](tel:4159201111).

MEMORY STUDY

The Memory and Aging Center in the Department of Neurology at the University of California, San Francisco is conducting a study to understand the factors that make some healthy people age better than other healthy people. In particular, they want to characterize how aging works in normal, healthy adults.

We all want to age gracefully and retain our faculties, but even those with illnesses can benefit from this study. We believe that the same things that let healthy people age better can also hold neurodegenerative disorders at bay. For all these reasons, we highly value our volunteers' time. As such, we try to share our own enthusiasm for the research with participants at the MAC, and hope

that more members of San Francisco Village will join us.

UCSF would like healthy volunteers age 65 and up to participate to get a more accurate picture of how healthy aging works. If you are interested in the study, please contact research coordinator Nihar Patel at the UCSF Memory and Aging Center at [\(415\) 476-2918](tel:4154762918) or by email at NPatel@memory.ucsf.edu.

**AT THE MOVIES WITH
RALPH BEREN
THE PLACE BEYOND THE PINES**

This is a film not for the faint of heart. Since it is somewhat complicated, I am dividing the review into three parts.



PART I

Luke Glanton, played by Ryan Gosling, is a firebrand motorcycle racer and lives for dare devil races. He is a brute force of nature, atavistic, irresponsible and only committed to his racing. While in Schenectady, New York he drops in on one of his old girl friends, where he discovers that they had a child together. Surprisingly, he decides to stay and support his child. Without many skills, he turns to robbing banks to get money. Eventually he is caught and trapped in a home where he knows his time is up. There he is shot and killed by a young rookie cop, Avery Cross, played by Bradley Cooper.

PART II

At this point, the film becomes more complex, examining Officer Cross's motives for the shooting, his split-second decision making, and his need to be heroic. With his job and reputation on the line, he discovers corruption in his department and struggles with ethical questions of decency and betrayal. Eventually he reports the corruption and is promoted to Lieutenant. Not incidentally, Lt. Cross has a son with his wife (Rose Bryne) who turns out to be about the same age as Luke Glanton's son.

PART III

This part of the film, many years later, belongs to the sons of Gosling and Cooper. The 2 boys meet in high school and discover they are both attracted and repulsed by each other. Gosling's son, like his father, is a quiet loner. Cooper's son is loud and full of braggadocio. There is a menacing tension between the two of them which keeps us on the edge of our seats. While the film has moments of violence, it is worthwhile to see because it asks some very important questions about our lives and how we choose to lead them.

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 1st from 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.

HIKE & PICNIC AT JEAN PHLEGER'S



It's that time of year again -- for what's becoming our annual hike and picnic at Jean Phleger's lovely Woodside home, situated on 14 acres of redwoods. Take a break from the city and enjoy some fresh air, natural beauty and good conversation. Bring a bag lunch, although drinks and snacks will be provided. We will

gather at 11:00 a.m. and leave to return back to the city around 2:00 p.m.

If you prefer not to hike, there is a deck and family room for fun and conversation. Long and short walks will be available. The full hike will include a pretty gentle uphill on the first half of the hike, with a downhill back to the house.



If you would like to participate, or need a ride, please contact the Village to make arrangements at [\(415\) 387-1375](tel:4153871375).

NEIGHBORHOOD CIRCLES

The Diamond Heights Circle will meet Tuesday May 14th from 2:00 – 4:00 at Goldmine Hill Clubhouse, 43 Ora Way. We will discuss ways to strengthen leadership at the circle level. Any member that would like to attend is welcome! For more information contact the Village at [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org.

MAY EVENTS

Lunch Bunch

Wed May 15th at 12:30 p.m.

The Lunch Bunch will meet at L'Olivier's for food and conversation. Whether you dine in the rich color saturated dining room with its French antiques and mirrors, the airy greenhouse filled with plants, or the wood paneled "club room" perfect for group celebrations, the kitchen offers up flavorful French country recipes sure to make you say "ooh la la." Classic, yet light in calories. Luscious desserts made in house - including soufflés in several flavors - turn any meal into a memorable event.

Location: L'Olivier's, 463 Davis Court between Jackson and Washington. The No.1 bus goes directly there.

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

Coffee & Conversation

Always Active Program with Dr. Chris Thompson

Friday May 17th from 3:00 p.m. to 4:30 p.m.

Dr. Chris Thompson, Ph.D., Associate Professor in the Department of Exercise and Sports Science at the University of San Francisco, and Chair of the Council on Aging and Adult Development (CAAD) will present information on the *Always Active* program, which offers seniors the chance to participate in general exercise classes and receive a personalized wellness plan designed with their doctor and the program coordinator. Dr. Thompson will also demonstrate some fall prevention exercises and balance techniques during the hour-long session. A short question and answer period will follow. The program starts at 3:30 p.m. but feel free to come as early as 3:00 p.m. for coffee and conversation.

Location: St. John's Presbyterian Church, 25 Lake Street, enter main doors of the church. We will be in the back conference room.

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

Book Group

Monday May 20th at 10:00 a.m.

The book group will read and discuss Eudora Welty's *The Optimist's Daughter*. This story of a young woman's confrontation with death and her past is a poetic study of human relations.

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

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

Movie Group

Wednesday May 22nd from 4:00 p.m. to 6:00 p.m.

The Movie Group will watch *A Room with a View*. The film stars Helena Bonham Carter as a young woman in the restrictive Edwardian culture of turn-of-the-twentieth-century England and her love for a free-spirited young man.

Location: Ralph Beren's home, 1914 Lyon St. from 4 to 6.

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

Discussion Group

Friday May 24th at 3:00 p.m.

The Discussion Group will address whether we think the United States is "the greatest country in the world." The discussion group meets monthly to discuss current events, world affairs and other intellectual subjects.

Location: Eva Auchincloss's home, 3620 Lyon Street

Contact: RSVP to Eva at (415) 563-7519

MAY 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 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.

Copyright © *|2013|* *|San Francisco Village|* All rights reserved.

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

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