



**FROM THE EXECUTIVE DIRECTOR—
Kate Hoepke**

Dear Members:



I recently had lunch with a colleague who is preparing for retirement. When I asked her how she felt about it, she said that newly retired people often talk about legacy: what they've created and what they're leaving

behind. Instead, she prefers to consider what deeply satisfies her about her work. By giving time and attention to this meaningful inquiry, she is constructing this notion of satisfaction. An opportunity available to all of us!

SF Village is one of 9 villages participating in the research being conducted by UC Berkeley and sponsored by the Archstone Foundation. Over the past several months we have been reviewing the results of nearly 800 member surveys compiled from all 9 villages, which tell us about demographics, service utilization, social impact and satisfaction. Some of the key findings for me are the correlations between how members participate and how satisfied they feel. For example:

- People who volunteer for the Village are more likely to be extremely satisfied with their membership.

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- People who volunteer more frequently are more likely to be extremely satisfied.
- People who get together with other Village members more frequently are more likely to be extremely satisfied
- People who talk to other Village members more often are more likely to be extremely satisfied.

These results tell me that satisfied members are those who are fully engaged in what the Village is all about: giving as well as receiving, feeling purposeful and relevant, and proactively building community at this stage of life. For members who utilize services such as transportation or technology assistance, satisfaction is even higher. Overall, 82% of SF Village members say they are very or extremely satisfied with their membership.

So it seems that our sense of satisfaction depends on the choices we're making to be actively engaged with others; and then how we construct meaning from those choices. We're driving this bus! I hope you'll join together with other members at one of the many gatherings taking place this month or next. I encourage you to step out, meet someone new, or say YES the next time you're invited to volunteer. Happy Thanksgiving!

With gratitude and appreciation,
Kate



SFVillage Members take part in an art walk at Crissy Field.

WELCOME NEW MEMBERS--October

- Evi Altschuler
- Anatole Anton
- Kathryn K. Johnson
- Jeanne Halpren
- Louis Prisco
- Julienne Hannak
- Avelina Leanos
- William Elsbernd
- Barbara Lewis
- Bob Lewis
- AnMarie B. Roache
- Chester A. Roaman
- Gabriella Schultz
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SF VILLAGE WANT ADS

In this growing community of over 250 members, there is abundant talent, knowledge and experience. The SFV Board of Directors is looking for some volunteers willing to contribute their expertise on the planning committee for the 2014 *Transforming Lives and Community Luncheon*.



Now that you're retired, you may be looking for a way to become "re-fired!" If you have skills that can be applied to the following positions, please contact Kate (415) 387-1375 or kate@sfvillage.org.

- Program Coordinator
- Donor/Host Committee Coordinator
- Corporate Sponsor Coordinator
- Public Relations Coordinator
- Project Manager
- Graphic Designer

COFFEE & CONVERSATION

Sensory Loss & Adaptive Solutions Panel

On Thursday November 21st, SFV will host a panel of experts from LightHouse for the Blind and the Hearing & Speech Center of Northern California to discuss sensory changes as we age. How we adapt to these changes can deeply affect our confidence and our ability to live a full life.

Panelists include Kathy Abrahamson, Director of Rehabilitation Services at LightHouse for the Blind, Tracy Peck, Clinical Audiologist, and Jessie Johnson, Clinical Practice Manager with the Hearing & Speech Center of Northern California. They will discuss communication strategies, assistive technology devices, available training and rehabilitation, and the social implications of sensory losses, i.e. awareness of how we can potentially isolate ourselves and how to guard against it. We'll meet from 3:00 – 4:30 p.m. in the Auditorium at the Institute on Aging.

DID YOU KNOW...

The CARE program through PG & E provides a monthly discount on energy bills for income-qualified households. For more information visit their website at <http://www.pge.com/myhome/customerservice/financialassistance/care/>

GROWING VILLAGE MEMBERSHIP

Our efforts to expand and diversify Village membership are gaining strength. We've held community meetings in Noe Valley, the Castro and Glen Park during the past several months and so far we have welcomed 35 new members!

Our next community meeting will take place at the Bernal Heights library on Saturday November 16th from 1:30 – 3:30. If you know anyone interested in learning more about the value of Village membership, please invite them to attend.

HOLIDAY PARTY - SAVE THE DATE

Please plan to attend the SF Village holiday party on Wednesday December 18th from 5:00 – 7:00 p.m. at the JCCSF, located at 3200 California Street. It's a wonderful opportunity to share some holiday cheer and honor our valued volunteers. We're planning on live music, great food, lots of laughs, and sending you home with a warm heart.



INSTITUTE ON AGING FIDUCIARY PROGRAM



A fiduciary is a person or institution given the power to act on someone else's behalf in situations that require great trust, such as the management of personal finances.

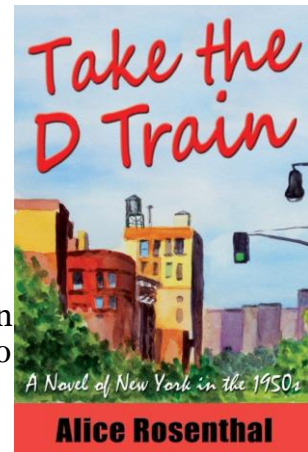
For many older adults, managing their finances can become difficult. Unpaid bills may start to pile up, account statements appear confusing, and worries about staying independent begin to mount. Some of us plan ahead and ask a friend or family member to take on the role of fiduciary when we can no longer manage. But for some of us, it makes more sense to ask a professional to be ready to step in when needed. The Institute on Aging's Fiduciary Services Program offers a wide-range of financial services that provide peace of mind for older adults and their families.

Should you or someone you know need immediate help with money management, Institute on Aging bookkeepers can sort the mail, organize documents, pay bills and reconcile bank statements. For long-term planning, a Licensed Fiduciary may serve as a trustee, conservator, executor of a will, or power of attorney for financial decision making. In case of suspected financial abuse, Institute on Aging may be called on to act as an advocate and put an end to the abuse.

Often times Institute on Aging professional staff work with older adults to create a plan for the future, should the time come when they need it. Until that time, the plan remains dormant, like an insurance policy. Agents check in by phone or in person every 6 months or so to stay in touch. To learn more about any of these financial services, contact Institute on Aging Connect at (415) 750-4111.

AUTHOR SERIES: TAKE THE D TRAIN
by Alice Rosenthal

Remember the Fifties? Women's lib is unknown, the pill doesn't exist, and the United States and the Soviet Union are trying their best to scare each other to death. Into this mix come two Bronx-born young women, Frima and her sister-in-law Beth, fast friends who are now physically connected by the D train between the Bronx and Manhattan and emotionally allied in a struggle for personal growth. To achieve this they must take on-in their strikingly different styles-the tangle of orthodoxies that is the 1950s.



Join author and SFV member Alice Rosenthal who will read excerpts and take questions about her book *Take the D Train* at the home of Gladys Thacher on Thursday December 5th from 3:30 p.m. to 5:00 p.m. Contact the SFV office to RSVP and for address information.

A VILLAGE LOSS-HENRY BREEN

SF Village member Hank J. Breen passed away after a prolonged illness on June 30, 2013.

Appointed by Teamsters General President James R. Hoffa, he assumed the position of Airline Division Director in 1961 at a time when the air cargo industry was largely unrepresented within the unionized air passenger industry.

Breen was a flight engineer – part mechanical genius and part artist - who managed incredibly complex systems and made constant calculations on everything from fuel loads to hydraulic system pressures, weight and balance to density altitude and manifold pressures, mixing this and tweaking that, while providing the pilots the information they needed to operate the aircraft safely.

“Hank Breen set the standard for the Airline Division and built a tradition and legacy that is impossible to match,” said Airline Division Director David Bourne. “His vision for what the airline industry would be and what could be attained is something no one else in the history of the airline industry could see. He cast a great shadow and we are constantly reminded of that every day as we strive to

continue his legacy.”

Henry J. “Hank” Breen is survived by his wife Marilyn Breen, two sons; Kevin and Kerry, two grandchildren and his great grandson. His son Kenneth preceded him in death.

VOLUNTEER OF THE MONTH- LAWRENCE BUTTON

By Keyatta Shade

Lawrence Button is making a difference, while making new friends volunteering with San Francisco Village. Lawrence, who began his volunteer work this past summer, has jumped right in: driving members to doctor’s appointments, taking them shopping, helping with laundry, and providing much needed respite for a caregiving member. By all reports, Lawrence is thriving in the position.



Beyond the tangible tasks, what Lawrence is really offering is a deeper connection, a sense of emotional support that comes easily for him. Member Katherine Layton, who receives weekly assistance from Lawrence, knows this first hand. He’s assisted her with laundry, installing a digital radio, even helped her pick out a new flat screen TV. “All these little things have made a big difference in my life,” Katherine said. “But really I find that I just enjoy the time he’s here.”

Lawrence and Katherine find time to talk about a variety of topics while he’s helping around the house. When he told Katherine he’d be travelling to Italy, she was happy to loan him some guide books and offer advice on sights not to miss. “We’re discovering mutual interests. In fact, we’re becoming friends,” she said.

Lawrence stepped in on short notice last weekend to provide an afternoon off for Bill Haskell, who has been caring for his partner, Bob, recovering from a surgical procedure. While Lawrence stayed with Bob, Bill was able to run some errands and even go swimming. “I needed this time for both my physical and mental well-being,” Bill said. “Caregivers need help and support in their roles, especially when it’s for an extended period of time. Volunteers like Lawrence are a godsend. I am so happy he is being recognized for his good work.”

Lawrence recognizes that it’s the little things that mean a lot to an older person. “Driving to a doctor’s appointment or helping with groceries can be a big deal if you don’t drive or lack the strength or energy to do so,” Lawrence said. “It gives me a sense of fulfillment when I’m able to help someone accomplish their goals. Not to mention I’ve met a bunch of wonderful people and discovered we have a lot in common.”

Lawrence says San Francisco Village fills an important need in our community: helping people stay independent in their own homes. “My parents had to move into a retirement community because they needed more help than what was available to them. SF Village would have made a big difference. I think most of us want to live independently for as long as possible and SF Village can make that happen.”

NEIGHBORHOOD CIRCLES

Noe Valley/Glen Park Circle - Anyone in the Noe Valley, Glen Park, Miraloma Park, Castro neighborhoods is welcome to join us for coffee, cookies and a casual conversation in an effort to become better acquainted. We aim to organize more events in the neighborhood and would love your thoughts and ideas. We'll meet Tuesday December 3rd at 3:00 p.m. at St. Aidan's Church, 101 Gold Mine Dr. This meeting will help launch an ongoing neighborhood circle.

94109 Circle members will enjoy an outing to the new Exploratorium on the Embarcadero on Tuesday, November 17th starting at 11:00 a.m. The Exploratorium is a twenty-first-century learning laboratory, an eye-opening, always-changing, playful place to explore and tinker for people of all ages. Entry is \$15 per person.

After spending time in the Exploratorium we will go to the Seaglass Restaurant. It is a casual, waterside venue with stunning views located at the east end of the museum. Individuals will be able to order their own food and pay separately.

Parking is an issue so consider carpooling. The #1 bus goes down to Davis Street, and it is then about a 10 minute walk or half-mile to the Exploratorium. Please RSVP to Roberta Rothman by November 10. You can reply by e-mail to (rrothman2174@gmail.com) or call 345-9034. Roberta is also happy to arrange rides for circle members.

The Diamond Heights Circle is organizing a group outing to see the Okeanos performance at Aquarium by the Bay, Pier 39, on Saturday November 16th at 7:00 p.m. Okeanos is a unique blend of acrobatics, dance and science that delivers a sensory experience of the ocean unlike anything you've seen before. All SFV members and their guests are welcome! Call (415) 623-5300 or click here for more information

<http://aquariumofthebay.org/product/okeanos>



Ticket information: Village members can purchase discounted tickets for \$20 by calling the SFV office to receive a special promo code which can either be used online or at the Box Office window. Regular priced tickets are \$30.00. Free aquarium tickets with show ticket purchase and preshow talks with ocean scientists. Please contact the SFV office to arrange a ride.

MEMBER TO MEMBER

Robert Kaufmann. In October, I completed the 6-week *Healthier Living Workshop*, co-sponsored by SF Village and the Department of Aging and Adult Services. *Healthier Living* is a self-management education program for people with chronic health conditions including arthritis, diabetes, heart disease, and lung disease. The workshop covers topics such as: techniques to deal with problems associated with chronic health conditions, appropriate exercise, appropriate use of medications, communicating effectively with family, friends, and health care professionals, nutrition, and how to evaluate new treatments. The program was developed at Stanford University School of Medicine.

According to the instructors, by using appropriate and easily implemented techniques, the impact and progression of chronic disease can be delayed and minimized. The first step is acceptance of our condition as a prerequisite for self-management and a better life as we age. I have no doubt that the techniques we explored can extend our lives and improve quality of life.

The workshop consists of six two-and-a-half hour sessions, which were held on successive Tuesday afternoons at the Institute on Aging. There was great mutual respect among the culturally diverse participants and instructors. An optional easy-to-read textbook is available. If you are interested in attending a future workshop, please contact Ken Wong, the Healthier Living Program Coordinator, at (415) 550-6002.

Ted Johnson. Last month, I visited the StoryCorps booth at the Contemporary Jewish Museum, with Rachel Lanzerotti, our new Membership Coordinator. We settled in to the StoryCorps "radio" booth and Rachel asked me to talk about my arrival in San Francisco in 1968. Instead I chose to begin my story prior to that, having just completed teaching American school children overseas in such exotic places as Morocco, Japan, France and Germany. It was wonderful to relive this long-ago period in my life in this fashion with such a good and perceptive interviewer as Rachel. I encourage my fellow villagers to do a StoryCorps interview just for the experience. It would probably be a treasure for children and grandchildren to hear many years from now, as we were able to bring home a CD recording of our conversation.

In November at your local library, StoryCorps is recording stories on the theme of growing up in San Francisco: your high school experience, your neighborhood and family, or social justice efforts you participated in here in the Bay Area. As part of this project, StoryCorps has mobile recording booths at the Main Library and at your public library branches!

See a list of branches (including Presidio, Merced, Excelsior), as well as dates here: <http://sfpl.org/index.php?pg=1014370701&sl=1> Schedule an appointment to record your San Francisco story by calling (415) 557-4277 or

email at publicaffairs@sfpl.org. Find more information about StoryCorps at www.storycorps.org.

Grace Stoneham. Several members have started an informal bridge group meeting a few times a month. If you are interested in joining the group, please contact Grace Stoneham at (415) 922-5296 for more information. The group has found that those of us who have not played the game in years tend to recoup our memory of how to play after a few games. So please don't be shy about trying it out.

NOVEMBER EVENTS

Lunch Bunch

Friday November 15th at 12:30 p.m.

The Lunch Bunch will meet at the Presidio Social Club. Serving up a classic Northern California vibe, attentive hospitality, and a locally sourced, seasonal menu, San Francisco's iconic Presidio Social Club is open every day for all your social gatherings. Nestled within the beautiful Presidio National Park, PSC is at once an inviting urban oasis and a lively destination fit for an intimate dinner for two or a celebratory venue for large groups. Erected in 1903 as a military barracks, the historical building has been converted into a modern eatery sure to put anyone "at-ease" featuring contemporary twists on San Francisco staples and artfully crafted cocktails.



Location: Presidio Social Club, near the Lombard Gate at 562 Rucker Street
Contact: RSVP to Vera Fields at veracurtis@earthlink.net or (415) 567-8991

Holiday Concert Invitation

SF Village members Susan Poor, Alice Rosenthal and Julia Rothman, who sing with the San Francisco City Chorus, invite you to two upcoming musical events.

Friday November 15th at 8:00 p.m.

Fall Concert: Mass in F Minor by Anton Bruckner & Mass in G Major by Carl Maria Von Weber

Location: Mission Dolores, 3321 16th Street at Dolores
Contact: Admission for seniors: \$12 advanced, \$15 door. For tickets or more information call (415) 968-9523

Sunday December 1st at 3:00 p.m.

Sing-Along Messiah, Larry Marietta, Conductor, with SFFCC Messiah Chamber Orchestra

Location: Lakeside Presbyterian Church, 201 Eucalyptus Drive at 19th Ave.,
Contact: Admission: \$10 door. Bake sale at intermission. All proceeds benefit the SF City Chorus. For tickets or for more information call (415) 968-9523.

Discussion Group
Friday November 22nd at 3:00 p.m.

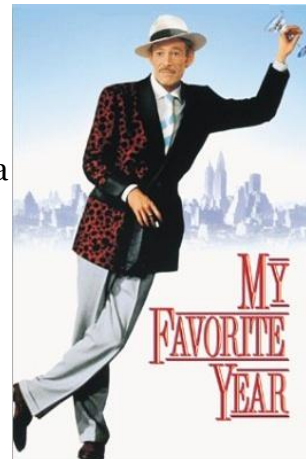
The Discussion Group will continue their discussion of *Fear and how it is manifested in our Society*. People are asked to review the same readings we used for the last discussion (if anyone needs them they should contact Eva at eva3auch@gmail.com).

Location: Eva Auchincloss's home
Contact: RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com for address info

Movie Group
Wednesday November 20th at 4:00 p.m.

The movie group will watch *My Favorite Year* with Peter O'Toole. The film is a romp that takes place in 1954 about a young writer who is to chaperone a big star. But things go awry.

Location: Vera Field's home
Contact: RSVP to Vera Fields at (415) 567-8991 for address info.



Coffee & Conversation: Sensory Loss & Adaptive Solutions Panel
Thursday November 21st 3:00 – 4:30 p.m.

San Francisco Village will host a panel of experts from LightHouse for the Blind and the Hearing & Speech Center of Northern California to discuss sensory changes as we age. How we adapt to these changes can deeply affect our confidence and our ability to live a full life.

Location: IOA Auditorium, 3575 Geary Blvd
Contact: RSVP to Info@sfvillage.org or (415) 387-1375

Book Group

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

The Book Group will read and discuss Sally B. Smith's *Elizabeth the Queen*. Drawing on numerous interviews and never-before-revealed documents, acclaimed biographer Sally Bedell Smith pulls back the curtain to show in extraordinary detail the public and private life of one of the world's most fascinating and enigmatic women.

Location: Jeanne Lacy's home

Contact: RSVP to Jeanne at (415) 922-6517 for address info



NOVEMBER 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/>

Yoga! For Beginners!

Fridays from 10:00 a.m. to 11:15 a.m.

Anyone in good health who can manage stairs is welcome. No experience necessary.



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

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