



ARCHSTONE FOUNDATION FUNDING



SF Village is fortunate to once again be awarded a grant from the Archstone Foundation, whose Board of Directors is committed to preparing society to meet the needs of an aging population. SFV received a two-year grant in 2011 as part of a California cohort that includes 9 other villages and the Center for the Advanced Study of Aging Services at UC Berkeley. This third year of funding will enable us to continue our efforts to strengthen our program, develop our corps of volunteers, and expand our reach into San Francisco neighborhoods.

“With these grants, the Archstone Foundation deepens its commitment to serving older adults,” said President and CEO, Joseph F. Prevratil, J.D. “The Foundation believes that the Village Movement, with its flexible models, will prove to be an effective vehicle for increasing the quality of life for older adults living independently in their community.”

The development and long-term sustainability of SF Village have been deeply enriched by the Archstone Foundation’s investment. In addition to funds, they have provided us with a learning community wherein we share our successes as well as our conundrums. We benefit from the strength of belonging to a group dedicated to the same vision and committed to innovating new models for an aging population. We are grateful to the Archstone Foundation for their vision, passion and steadfast support.

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WELCOME NEW MEMBERS--

- Cynthia Anderson
- Dr. Eveyln F. Barlow
- Barbara Batts
- Harlean C. Donaldson
- Rose Fraden
- Helen R. Friedman
- Kai Kristensen
- Bob Pfeiffer
- Patricia Pfeiffer
- Elena Sheehan
- Connie Yannacone

FROM THE EXECUTIVE DIRECTOR-Kate Hoepke

Dear Members:

Neighborhood by neighborhood, we are planting seeds for new awareness: as we age, we all benefit from strengthening ties that shape our community. Our potential for enhancing our quality of life is exponentially increased as we grow the Village network. New ideas, new connections, new possibilities!



I'm thrilled to learn that several neighborhood circles are becoming more cohesive because individuals are making the effort to step outside their comfort zone, to meet new people and to try new activities. Remember that old Woody Allen line? *80% of success in life is just showing up.*

In the 94109 circle, members have been showing up every 6 weeks or so to enjoy an art exhibit and lunch together. Aside from good food and culture, they're discovering the richness of each other's personal history. Bobbie Rothman, who shares group leadership with Winnie Siegel, appreciates the 25-year age range of individuals in the group. Members in their late 60's are fascinated by stories from members in their early 90's who describe living in San Francisco in the 1930's.

In Diamond Heights, members gathered recently for a lively dialogue about neighborhood resilience with Daniel Homsey, from the Neighborhood Empowerment Network. The NEN is a coalition of neighborhood and merchant organizations, nonprofits, academic institutions and city agencies working together to create a healthier and more sustainable San Francisco. Daniel has told us that he is willing to meet with any of our circles, so let us know if we can introduce you. <http://empowersf.org/>

In August, the 94118 circle organized a gathering at the home of Gladys Thacher to introduce us to Shahnaz Taplin, who captivated members with a discussion of her work focusing on the empowerment of Muslim women globally. In September, Jean Halvorsen orchestrated a thoughtful and engaging tour of the Hayes Valley neighborhood for 94123 circle members. If you haven't been over there in a while, you'll be delighted by the renewal that is taking place. The group especially loved Patricia's Green, an urban park surrounded by unique food, ice cream, and coffee shops.

We are looking forward to starting neighborhood circles in Noe Valley, Glen Park, the Castro and Bernal Heights as a result of our upcoming community meetings. We're also open to new circles where current members already live. From experience, we know that successful circles depend on group

leadership. It's fairly simple: someone volunteers for 6-12 months to be a point person, make some phone calls, set a date, liaison with the Village office. Co-chairs are a fun solution. If you would like closer connections in your neighborhood and you're willing to invest some time and energy, we'd love to hear from you. Consider the payoff your Return on Involvement!

Kind regards,
Kate

A DAY OF SERVICE FROM ONE MEDICAL VOLUNTEERS

On Saturday September 28th nearly 20 staff members from One Medical Group volunteered to help SF Village members cross a few more things off those pesky to-do lists. They flipped mattresses, climbed ladders, cleaned gardens, dusted bookshelves, and got the laundry done. Seven Village households raved about the help they received and the new friends they made. What's not to love – a few people I don't even know volunteer to come into my home and accomplish tasks that I can't do for myself. A simple formula for human kindness. Now that's heart-healthy!



DID YOU KNOW?

Spirituality and Practice.com is a multi-faith and inter-spiritual website devoted to resources for spiritual journeys. While respecting the differences among traditions, the site celebrates what they share in common.

They are currently offering two e-courses that may be of interest to SF Village members:

October 7 - November 1

The Blessings of Aging with Joan Chittister is a one-month e-course designed for elders and those who love them. Joan Chittister reframes aging and encourages us to discover through reflection and practice what new perceptions and attitudes about growing older can mean for our lives. She will explore such themes as regret, fear, the quest for meaning, the joys of this time of life, spirituality, wisdom, and legacy. Participants receive emails three times a week, video messages from Chittister, practice suggestions, and access to an online Practice Circle. Read more about this e-course and sign up on this page:

www.SpiritualityandPractice.com/BlessingsofAging

November 4 – 29

ReStorying Your Life with Christina Baldwin is a one-month e-course on the process commonly called "life review." It can occur at any stage of life, particularly around transitions, leaps of growth, awareness of aging, and desire for more consciousness in how we are living out our life stories. The leader is Christina Baldwin, who has contributed two classics on journaling as a spiritual practice and the healing power of telling your story. Emails delivered three times a week explore getting present with our stories; living in history, time, and place; grief and gratitude; and legacy through story. Participants will interact with Christina during a one-hour teleconference and in the online Practice Circle. Read more about this e-course and sign up on this page:

www.SpiritualityandPractice.com/ReStoryingYourLife

NEW MEMBER PROFILE: Kai A. Kristensen

By Keyatta Shade



Kai Kristensen is one of San Francisco Village's newest members. Born and raised in Denmark, he arrived under the Golden Gate Bridge in 1948 at age 15, after a six-week journey on a freighter. After medical school in Chicago and a residency in San Francisco, Kai moved to La Jolla, CA where he would spend the next 42 years. During that time he served as Hospital Pathologist and Laboratory Director at Scripps Memorial

Hospital for 27 years.

Kai has three happily married children, two sons and a daughter, and eight grandchildren. “We’re a close family, and after my wife died in 2006, I moved to San Francisco to be near them and start a new life at age 75,” Kai said. “I see them as often as possible.”

Kai enjoys walking, reading, shopping, exercising, cooking, crossword puzzles, time at the computer and dinners with friends. He hopes his membership in the Village will allow him to meet interesting people and to take advantage of activities offered, such as playing bridge and the play reading group. “I also enjoy the symphony, theater and occasional opera, but it might be more fun with a friend,” Kai said.

Due to some health problems and fear of a medical calamity while living alone, Kai hopes his membership in the Village will come in handy should such an event occur. “I value my independence and do not want institutional living,” Kai said.

He also looks forward to contributing to the Village community. “I can help others occasionally, with things such as driving and visiting homebound individuals for a chat and a cheer,” Kai said. “I enjoy talking with intelligent people, and finding new friends at this age is harder than before.”

A VILLAGE LOSS: Dilys Jackson-Lembi

We are sorry to announce the passing of member Dilys Jackson-Lembi. Dilys, a British citizen, was the granddaughter of Belgian nobility. She led a colorful life marked by romance, international travel and a fine sense for fashion, wearing pumps well into her 90’s! She died peacefully in her home on September 15th and will be missed by all who knew her. A memorial will take place in late October or early November at Grace Cathedral. You may contact the Village office for more information regarding the service.



JOIN US AT THE VILLAGE MIXER!

SF Village membership is expanding throughout the city and we need more opportunities to become better acquainted with one another. Please join us for a glass of wine and lively conversation on Wednesday October 30th from 5:00 – 6:30 p.m. at the *San Francisco Women Artists Gallery*. The gallery is located at 3489 Sacramento St., near Laurel St. Founded in 1887, it is a showcase celebrating the rich talent of established and emerging Bay Area women artists. Parking suggestion: Laurel Village is one block south. Hope to see you there!

ART WALK



The Village invites members and guests on a stroll with us to view the impressive steel sculptures of Mark Di Suvero at Crissy Field, against the backdrop of the Golden Gate Bridge. Pathway placards and a "mobile tour" will provide insights about the artist and exhibition.

Mark di Suvero is known for his bold, exuberant works that have shaped the language of modern sculpture. *Mark di Suvero at Crissy Field* is presented by the San Francisco Museum of Modern Art (SFMOMA) in partnership with the National Park Service and the Golden Gate National Parks Conservancy.

We'll meet at the Warming Hut, Presidio Building 983 (Marine Dr. & Long Ave.) at 10:00 a.m. on October 10th. After our walk, we'll return to The Warming Hut to linger over a cup of tea or hot chocolate. Please dress for San Francisco weather. Contact Rachel Lanzerotti at [\(415\) 387-1375](tel:4153871375) or Rachel@sfvillage.org to RSVP or for more information.

http://www.sfmoma.org/exhib_events/exhibitions/568
<http://www.yelp.com/biz/the-warming-hut-san-francisco>

"DOING IT FOR OURSELVES" (DIFO) DANCE!!!!... AND MORE

Help us kick off this first ever federally funded health and wellness project for lesbian/bisexual women age 40 and over. DIFO is a 12-week program that focuses on improving health at any size through increased physical activity, reduced stress and improved nutrition. We also believe that building community—and having fun while you're at it—is a great way to improve your health and wellbeing. So, come join us if you can at the LGBT Center for:

- Games, discussions, writing groups.
- Community building, crafts, health information.
- Healthy food & and drink, prizes.
- Dancing!!

Suggested donation: \$0 - \$5. Nobody turned away for lack of funds.

For lesbian / bisexual women 40 and over
October 19, 2013 2-5 pm
San Francisco LGBT Center
1800 Market Street (Parking on Valencia near Duboce Ave.)
For more info, contact **Deborah Craig**, deborah@bpacal.com, **510-717-3382**.

NEIGHBORHOOD CIRCLES

The 94123 and 94115 Joint Circle Event. Members of the 94123 and 94115 circles are invited to a showing of Becky Hayden's travel videos of Peru and Nepal, which she created from her long-ago travels to these countries. They are fascinating and very well done. Hubert Russell has reserved the Sequoia Room at the Sequoias San Francisco, 1400 Geary Blvd. on Friday October 18th at 4:00 p.m. Members are asked to bring a snack and/or drink to share with others. Please RSVP to Eva Auchincloss at [\(415\) 563-7519](tel:4155637519) if you would like to attend.

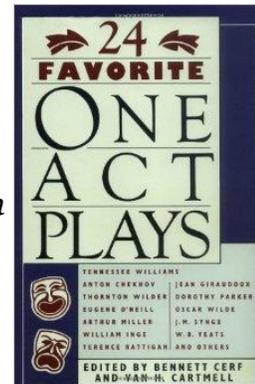
OCTOBER EVENTS

Play Reading Group II
Thursday October 3rd at 4:00 p.m.

The Play Reading Group will read 3 short plays from *24 Favorite One-Act Plays*, edited by Bennett Cerf. The plays are: *The Traveler* by Connelly, *The Still Alarm* by Kaufman, and *The Moon of the Caribbees* by O'Neill.

Location: Martha Nell Beatty's home. Contact the Village office for address.

Contact: RSVP to [\(415\) 921-1415](tel:4159211415).



Glen Park Community Meeting
Saturday October 5th from 1:30 p.m. to 3:30 p.m.

The Village continues its outreach efforts with a community meeting at the Glen Park Public Library, inviting Glen Park residents and guests to attend an informational meeting about the value of Village membership.

Location: Glen Park Library, 2825 Diamond St.

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

SF Village Volunteer Training
Saturday October 5th from 9:30 a.m. to 12:30 p.m.

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.

Location: IOA Sequoia Room, 3575 Geary Blvd
Contact: RSVP to Keyatta Shade at [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org

Art Walk
Thursday October 10th at 10:00 a.m.

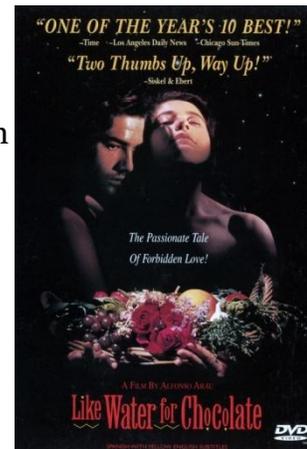
Members and guests are invited to view the steel sculptures of Mark Di Suvero at Crissy Field, against the backdrop of the Golden Gate Bridge. Pathway placards and a "mobile tour" will provide insights about the artist and exhibition. After our walk, we'll return to The Warming Hut to linger over a cup of tea or hot chocolate. Please dress for San Francisco weather.

Location: Meet @ Warming Hut, Presidio Building 983 (Marine Dr & Long Ave)
Contact: Rachel Lanzerotti at [\(415\) 387-1375](tel:4153871375) or Rachel@sfvillage.org

Movie Group
Wednesday October 16th from 4:00 p.m. to 6:00 p.m.

The movie group will watch *Like Water for Chocolate*. Made in Mexico, the film is about a young woman overly protected by her mother. The art of cooking is an important motif which eventually leads to the woman's freedom.

Location: Jeanne Lacy's home, contact the Village office for address information.
Contact: RSVP to Jeanne Lacy at [\(415\) 922-6517](tel:4159226517).



Dance Group

Monday October 21st from 3:00 p.m. to 4:30 p.m.

SF Village will host its second line dance class with a professional instructor. We think that participating in Sunday Streets on October 27th may have been overly ambitious so we've decided to cancel that. This class will simply provide some fun and healthy movements, guaranteed to make you laugh and smile! We had a blast at the first training session and hope more of you will join us on the dance floor this time around.

Location: IOA Auditorium, 3575 Geary Blvd

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

Discussion Group

Friday October 25th at 3:00 p.m.

The Discussion group will discuss *Speculations on the role of fear and related emotions in societal dysfunction*. Please be sure to RSVP if you plan on attending as reading materials will be sent to participants in advance of the meeting.

Location: Eva Auchincloss's home. Contact SF Village for address info.

Contact: RSVP to Eva at [\(415\) 563-7519](tel:4155637519) or eva3auch@comcast.net

Book Group

Monday October 28th at 10:00 a.m.

The book group will discuss *Sashenka* by Simon Montefiore, a Russian historian. *Sashenka* is an historical novel about the Russian revolution and a young Russian aristocrat named Sashenka.

Location: Jeanne Lacy's home, contact SF Village at [\(415\) 387-1375](tel:4153871375) for address info.

Contact: RSVP to Jeanne Lacy at [415-922-6517](tel:4159226517) or jlacysf@pacbell.net



Village Mixer

Wednesday October 30th from 5:00 p.m. to 6:30 p.m.

Join us for a new bi-monthly wine event for members and guests to enjoy each other. We look forward to a low key evening of fun, conversation and art!

Location: SF Women Artists Gallery, 3489 Sacramento Street

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

OCTOBER 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](tel:4154255086) 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](tel:4154255086) 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|*

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