



FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members and
Friends,

One of the primary reasons people join SF Village is to meet new people – to share interests, to become better acquainted and hopefully to develop some lasting

friendships. Some members accomplish this within special interest groups like the play reading, movie or book groups. Others are exploring ideas together like the newly forming *Aging as a Spiritual Practice* group that starts in September and the new writing workshop with Elaine Elinson that begins later this month.

Many of you have expressed a desire to know other members closer to home which has inspired us to organize Neighborhood Circles. Our vision for these Circles is to provide some regularly scheduled activities in different parts of the City so that you can become familiar with one another and build relationships over time. We imagine a book group in Civic Center, a poetry group in Glen Park or a game night in Noe Valley. Several members have volunteered to lead the Circles by acting as communication liaisons and activity coordinators. If you haven't been introduced to a Circle leader

IN THIS ISSUE

1. From the E.D.
2. Did You Know?
3. Directory Update
4. West of Twin Peaks Meeting
5. Writer's Workshop
6. Cooking Class
7. Long Term Care Insurance
8. Aging as a Spiritual Practice
9. Choir Project
10. Pier to Pier Walk
11. In Memory
12. At The Movies
13. Member to Member
14. Neighborhood Circles
15. Volunteer Training
16. August Events
17. August Weekly Events

in your neighborhood yet, please contact the office and we'll connect you. If you live in a neighborhood where we haven't formed a Circle yet, we'd like to invite you to join a group nearby. Active Neighborhood Circles are meeting in the following neighborhoods:

- Marina/Cow Hollow (94123)
- Nob Hill and beyond (94109)
- Glen Park, Noe Valley, Diamond Heights, Castro, Eureka Valley
- West of Twin Peaks
- 94118
- Civic Center/Opera Plaza
- North Waterfront

At our recent New Member Orientation we had fun with some getting-to-know-you questions in a "speed dating" format. Members were paired with another member for 5 minutes to answer the question "What I enjoy is..." Then members moved into different pairs to answer a second and third question. The closing invitation was to make eye contact with two people in the room and before you leave, introduce yourself to those people. Folks left with smiles on their faces, warm feelings and a few new phone numbers.

Neighborhood Circle leader Lynn Davis is compiling a list of questions that can prompt good conversation. Here is a sampling:

- Who or what has inspired me?
- Who or what surprises me?
- Who gave me the gift of laughter?
- What celebration has recently "knocked your socks off?"

You may consider using these conversation starters in one of your SF Village groups or at your next dinner party. May they open new doors to deepening our understanding of one another.

Warm Regards, *Kate*

WELCOME NEW MEMBERS--July

Katherine Brody

Jo Brownold

Claude Cappelle

Colette Cappelle

Josephine Coffey

John G. Gardner

Bob Horn

Deborah Keeve

Raymond Keeve

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DID YOU KNOW?

Your iPad can do almost anything - including getting you a new iPad! Recycling your iPad could get you up to \$200 in credit. Bring it to any Apple Retail Store and you can get immediate credit. Or mail your iPad and get an Apple Store Gift Card. Learn more at <http://tinyurl.com/pft9ooc>.



UPDATE TO THE MEMBER DIRECTORY

With so many new members, it's time to update our Member Directory. In September, we plan to send an addendum that will include members who have joined since February 2014. This insert will only be mailed to SFV members and your personal information will not be shared with outside parties. **If you prefer that we not include your name and contact information in the Member Directory, please contact the Village office no later than August 20th.**

WEST OF TWIN PEAKS COMMUNITY MEETING

Sunday August 10th 1:30 pm to 3:30 p.m.
Ingleside Library
1298 Ocean Avenue
San Francisco, CA 94112



SF Village is growing! Come to an informational meeting and learn more about the benefits of membership. Hear from current members, staff and volunteers how the Village is making a difference in their lives and community.

West of Twin Peaks includes Balboa Terrace, Forest Hill, Forest Knolls, Golden Gate Heights, Greater West Portal, Ingleside Terraces, Lakeshore, Lakeside, Merced Manor, Midtown Terrace, Miraloma Park, Monterey Heights, Mount Sutro, Pinelake Park, St. Francis Woods, Sherwood Forest and Sunnyside.

SF VILLAGE WRITER'S WORKSHOP



Wednesdays August 13, August 27 & September 10th, 3:30 p.m. to 4:30 p.m.
IOA Ponderosa Room, 3575 Geary Blvd.
Workshop size is limited, please RSVP to info@sfvillage.org

There are significant moments in everyone's day that can make literature. That's what you ought to write about. (Raymond Carver, On Being a Writer)

- Have you always wanted to write your memoir but didn't know where to start?
- Have you got some poems tucked away in a drawer?
- Do you have an idea for a gripping novel?

If you answered "yes" to any of these questions, then we invite you to the San Francisco Village Writers' Workshop.

We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. We will explore poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

The Writers' Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing has taught writing at several senior centers in San Francisco. We will have three one-hour sessions. Part of each session of it will be devoted to writing. All welcome, no experience necessary!

HOME COOKING CLASS-FRESH & EASY

Thursday August 21, 2014 from 3:00 to 6:00 p.m.
Bernal Heights, San Francisco
Cost: \$50 for SFV members /
\$75 for non-member friends
Limited to 8 people. RSVP and pay by August 15.

Learn to cook a Fresh & Easy meal, and then sit down to enjoy it with other San Francisco Village members. We'll prepare dishes made with ingredients from a local farmer's market. When cooking for one or two we want dishes that are fast and easy to make that can last for several days. Our menu will include:



- Bean dip with vegetables: Create an appetizer in minutes with tons of flavor
- Cucumber Soup: Make a chilled soup with cucumber, mint, and jalapeno to taste, a five minute soup for summer freshness
- Halibut Bouillabaisse style: Enjoy fish with a delicious sauce with saffron, fennel and fast aioli
- Hazelnut Cake: Bake a fast batter cake with a delicious orange sauce

Instructor Douglas Leach has been putting dinner on the table at home almost every night for over 30 years and has a passion for food. He began cooking at age 16 starting as a bus boy and dishwasher and working his way up through the ranks until he was cooking full time at fine restaurants in Maine. His career led him from cooking in a French restaurant preparing classic dishes with heavy cream sauces and multiple courses to an organic restaurant where he came in every day to grind the wheat to make flour for the bread dough being used that day.

In 1999 Douglas began studying with the founders of the French Laundry restaurant, Sally and Don Schmidt at their Apple Farm Cooking School in Philo, CA, and for the next ten years made annual pilgrimages to learn the art of getting dinner on the table.

MAKING THE MOST OF YOUR LONG TERM CARE INSURANCE POLICY



Thursday August 28th 3:00 p.m. to 5:00 p.m.
IOA Auditorium, 3575 Geary Blvd.

RSVP to info@sfvillage.org

**** Bring Your Long Term Care Insurance Policy**

Many of us may have long-term care insurance policies but don't understand how they work. Are you unsure how much it will pay or when you should make a claim? Have you received rate increases and aren't sure whether it is worth keeping the policy?

Please bring your policy and join us for a practical workshop with long term care insurance expert, Denise Michaud. We will review what needs to happen to collect benefits, when your benefits begin and how long they pay. We will discuss why companies are raising rates and what to expect in the future.

Denise has been in the insurance industry for 32 years, and for the last 22 years, has specialized in long term care planning. Her advisory work with the California Department of Health Care Services and California Senate Sub-Committee on Aging brings a respected level of planning expertise to her clients. Denise has trained hundreds of agents and developed the first continuing education course on

long term care insurance suitability, which helps agents design a strategy with their clients' needs and values in mind.

She is currently authoring a book (*Beyond the Sales Pitch- Five Steps to Selecting the Right Long Term Care Insurance Policy*) so consumers can get objective guidance on planning for long term care expenses.

AGING AS A SPIRITUAL PRACTICE

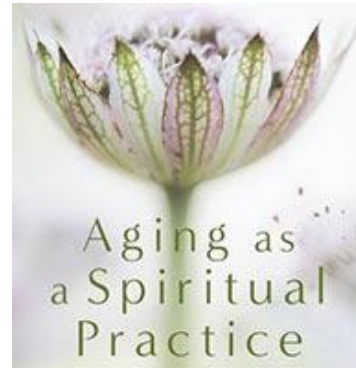
Tuesdays September 9 and 23rd

12:00 noon – 1:30 p.m.

IOA, 3575 Geary Blvd.

Please bring a brown bag lunch

RSVP to info@sfvillage.org or (415) 387-1375



We will be reviewing the book, *Aging as a Spiritual Practice* by Lewis Richmond over the course of several weeks, beginning with the first three chapters on 9/9. We plan to meet twice in September and twice in October (October dates to be announced shortly). After 4 meetings we will decide whether or not to continue with other books on the same theme, depending on the interest of our members. This book is available from Amazon or Mary Moore Gaines will be happy to order it for you. Call her at (415) 387-7774 to request a book or to learn more about the new group. Please feel free to bring friends whether or not they are members of SFV.

COMMUNITY OF VOICES CHOIR PROJECT



If you can walk, you can dance. If you can talk, you can sing.

~Zimbabwean saying

Come sing in a new community choir! Participate in a study to find out if singing in a choir helps you stay healthy. This opportunity is open to persons 60 years and older who are not currently singing in a choir. No experience is necessary. The study involves singing in a weekly choir for one year. Participation is voluntary and all information will be kept private. Participants will receive a \$105 stipend for completing three interviews. All music will be in Spanish and English. Currently enrolling at:

- Aquatic Park Senior Center (890 Beach Street, San Francisco)
- 30th Street Senior Center (225 30th St., San Francisco)

Enrollment has begun and will occur during August and September. RSVP to Rachel Freyre at (415) 476-5903 or visit www.communityofvoices.org.

PIER TO PIER WALK

Saturday September 6th

Registration at 8:00 a.m., Walk at 9:00 a.m.

SF Aquatic Park Center, 890 Beach Street

Sign up with Jan Freeman at (415) 775-1869

Aquatic Park Center is promoting outdoor exercise for adults 50+ in the stunning setting of the SF Maritime Historical National Park.



The day will include health & resource tables, fitness demos, great raffle prizes, a SCAN Health Van and Wii Bowling. Free to participate. All ages welcome.

IN MEMORY

ELEANOR KENT

SF Village member, Eleanor Kent, one of the early Bay Area artists to pioneer new technology as an art form, died of lung disease in her San Francisco home on July 17. She was 83.

Born in San Francisco, Ms. Kent was the youngest child of the philanthropic Kent family in Marin County. Her grandfather, California Rep. William Kent, helped author legislation to create the national park system. He helped create Muir Woods as a national monument by donating the land to the federal government.



Eleanor was an artistic innovator, using technology in new ways to express beauty. According to her son, James Schermerhorn, "My mom did things other artists simply didn't do." Her work was exhibited widely, including at the San Francisco Museum of Modern Art, the Exploratorium, the University of London, the Tech Museum of Innovation in San Jose and the Burning Man art festival in the Nevada desert.

A public celebration of her life will be held at 5 p.m. Aug. 7 at SOMArts in San Francisco.

Read Eleanor's obituary here: <http://tinyurl.com/q936syy>.

TOM PURVIS

SFV member, Thomas A. Purvis, a long-time resident of San Francisco, died on July 18, 2014 of natural causes at his home. He was 78. Born in Brooklyn, NY on March 11, 1936, he was raised in Chatman, NJ and attended the local schools there. He graduated with a BA from Harvard College and a Masters from American University after which he began a long career in public service with postings in Newark, NJ and Washington, DC. In 1972, he moved to San Francisco where he was deputy regional director of the Department of Health, Education and Welfare. He retired in 2009 from the San Francisco office of the U.S. Department of Health and Human Services, office of the Inspector General. Mr. Purvis was long devoted to improving the lives of those suffering from mental illness. He was appointed to the San Francisco Board of Mental Health and served as a member of the board of AASCEND, an organization founded by and for those on the autism spectrum.

Memorial Service on Wednesday, July 30th at 2:00 pm in the Library at Buena Vista Manor House, 399 Buena Vista Avenue East, San Francisco, CA 94117. See more at: <http://tinyurl.com/n9lx2or>

AT THE MOVIES with Ralph Beren CHEF



Sometimes it is very difficult for a reviewer to put their finger on why a film is good and CHEF qualifies as one of those films. There is an excellent ensemble cast including Jon Favreau, Dustin Hoffman (a minor part as the only bad person in the film) Scarlett Johansson, Robert Downey Jr. and the always amusing John Leguizamo.

The plot, which lacks a good deal of drama, focuses on Favreau and his trouble with his boss (Hoffman) who wants to serve up the same menu day after day. Favreau is no longer inspired and makes this very plain to Hoffman. Favreau loses his job, which creates some slight tension in the film. How is he going to recreate himself? He decides to go on the road with a food truck, beginning in Miami and ending in Austin, TX. The sweetness of the movie is that he takes his son along, with whom he has a hard time connecting, and the boy becomes his sous chef. He reconnects with his Dad, has a wonderful time making food and learning to be responsible.

I do have a few criticisms of the film – it lacks big moments and any real drama. I would have preferred more action, but nevertheless, it was a good movie with a good group of actors.

MEMBER TO MEMBER

LGBT Social Circle – Ken Prag

Ken Prag would like to find out if any members are interested in participating in an LGBT Social Circle. Please contact Ken at kprag@planeteria.net or (415) 586-9386 if you are interested.



High Tea – Mary Moore Gaines

Tuesday September 16th 3:00 – 5:00 p.m.
Ella Health, 2211 Bush St.

Mary Moore invites women members of SF Village to High Tea and an Introduction to Ella Health, a new physical therapy and wellness center located in Pacific Heights. Ella Health's mission is to provide customized, supportive and innovative treatment including Pilates, equipment classes, yoga and social events related to women's health. Call Mary Moore for further information about her interest in the center.



Personal Assistant – Glady Thacher

Glady is looking for a tech-savvy personal assistant with good interpersonal skills to help her with filing, scheduling and staying organized. She needs someone 2 half days per week who can start soon. This may be a good opportunity for a college student or young adult, so if you know anyone who would be interested in applying, have them contact Glady at (415) 751-1731 or thacher711@gmail.com.



Lunch Bunch Liaison – Vera Fields

Vera is looking for someone to take over the lead in coordinating the bi-monthly lunch bunch. “One of the advantages of coordinating the lunch bunch is that I’ve made many new friends. I’ve also enjoyed doing something for SF Village, and I get to choose the restaurants!”



Vera is happy to meet with the new coordinator to go over the process so that everything runs smoothly. She has also built a valuable list of restaurants that allow separate checks. If you are interested in taking over this role, please contact Key at (415) 387-1375 or Info@sfvillage.org.

NEIGHBORHOOD CIRCLES

Joint Neighborhood Circle. Come join members in the Noe Valley, Castro, Glen Park, Diamond Heights and related areas Saturday, August 9, from 2 to 4 p.m. at St. Aidan's Church, 101 Gold Mine Drive at Diamond Heights Blvd. Find out about future activities and how we can share interests and get to know each other. For more information or to RSVP, please contact Ken Prag at (415) 586-9386, kprag@planeteria.net or Gail Bensinger at (415) 648-5339, gailbensinger@gmail.com. Please use the entry ramp starting on Diamond Heights Blvd. - no stairs! It's O.K. to park in the Safeway parking lot. We look forward to seeing you!



94123/94115. Join the 94123 and 94115 circles on an outing to Benicia Thursday August 7th. This quaint, historical city has lots to see including artists' shops and historical buildings. For a brief time in the 19th century, it served as the capital of California. The Historical Park is open from 12 to 4 and the local museum is open 1 to 4. We plan on leaving San Francisco at 11:00 am and will return around 4:00 p.m. Lots to see and do! <http://www.visitbenicia.org/>

RSVP to Eva Auchincloss by Tuesday, August 5th, for questions and to coordinate transportation. Eva3auch@gmail.com

94118/94115. Following our initial meeting, food and friendship seemed to go hand-in-hand. For this reason, we will be having a brunch get-together on Sunday Aug. 24th at noon at the Magic Flute Restaurant. The restaurant is located at 3673 Sacramento Street between Locust and Spruce. Street parking is available. Hopefully, if the weather cooperates, we'll be able to enjoy their lovely flower-filled patio. The restaurant will allow individual bills but space is limited to 10 participants. RSVP to Alida at alidas@comcast.net or contact SFV at (415) 387-1375 if you plan on attending.

94102. To bid the *Dog Days of Summer* goodbye, the 94102 circle will meet at Books Inc. at Opera Plaza, Van Ness Avenue and Turk Street, on Thursday, August 28th from 3 p.m. to 4 p.m. to plan our fall season. We'll consider fine arts events, movies and books. Some members play bridge--so game on! RSVP to Lynn Davis (415) 826-5416 or Treebarque@aol.com. PS: The phrase *dog days* refers to the sultry days of summer: feet up, hats on, ice tea at hand, taking an afternoon nap.

SF VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday August 30th from 9:30 a.m. to noon
IOA, 3575 Geary Blvd.
RSVP to Key at (415) 387-1375 or Key@sfvillage.org

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.



AUGUST EVENTS

Meditation Group
Tuesday August 12th & 26th from 11:00 a.m. to noon

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and non-judgmentally in the present moment—is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?

Location: IOA, 3575 Geary Blvd. Please be seated in the main lobby, and Rachel will meet you there right before 11:00 a.m.
Contact: RSVP to Rachel at (415) 387-1375 or Rachel@sfvillage.org

Play Reading Group
Thursday August 14th from 4:00 p.m. to 6:00 p.m.

The play reading group will read *On Sundays* by Lynn Alvarez and *Stops* by Robert Auletta. Both plays can be found in *Plays in One Act* edited by Daniel Halpern.

Location: 150 Lombard Street, Club Room
Contact: For more information contact Midge Fox at (415) 984-0613 or midgefox@comcast.net

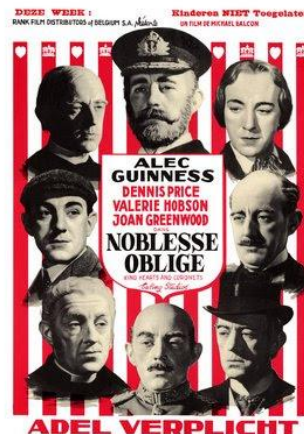
Film Group

Wednesday August 20th at 4:00 p.m.

The film group will watch Alec Guinness's *Kind Hearts and Coronets* in which Guinness decides to knock off all the aristocratic members of his family. There are eight all together and he plays each role by himself.

Location: Ralph Beren's home (contact SFV for address info)

Contact: RSVP to Ralph at (415) 929-8309



AUGUST WEEKLY EVENTS

Yoga!

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.communitythrifthsf.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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