



### ARE YOU CONCERENED ABOUT MEMORY LOSS?

In partnership with the Alzheimer's Association, SF Village is offering a new, free program to assist persons with memory loss who live alone.



If you have memory problems, or think you do, including MCI or early Alzheimer's, dementia, or other cognitive impairments, we would like to work with you to help you stay in your home for as long as possible.

The program includes:

- Home visits to determine needs (and wants)
- Help in coordinating support
- Connection to support agencies and their services
- Information and tools for families, friends, care circles, and others who provide support.

If you are interested in this program, or know someone who may be interested, please call Rachel Lanzerotti at SF Village, at (415) 387-1375.

### DID YOU KNOW?



**You can get useful information about aging and caregiving from DailyCaring.com**, a free website and email newsletter that supports older adults and families who care for them. Get useful caregiving and aging tips that help you make informed decisions. Browse topics at [DailyCaring.com](http://DailyCaring.com) or sign up for the email newsletter to stay up to date

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## NEW MEMBERS IN JULY

Sharon Borden, Josie Brownbuck, Nancy Catena, David & Myrle Ching, Sandra Church, Diana & William Curl, Eleanor Ewing, Allegra Fortunati, Charles Krausie & George Hatzis, Elaine Rodahl, Nora Sabelli, Neil Gendel, Esther Sichel, Pat Snyder, Philip Snyder, Kay Taneyhill & George Matiasz, Clara Tengan, Nancy Wakeman, Joan Walton

## SAFE AT HOME WITH SFV FALLS PREVENTION



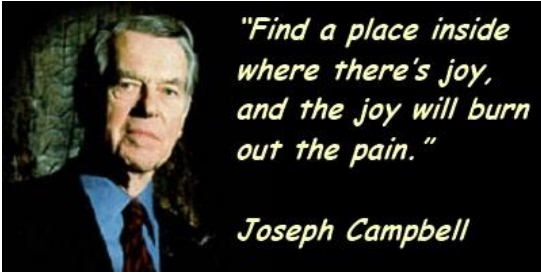
Staying healthy in our homes as we age means creating a safe environment for ourselves, free from hazards that could contribute to slips, trips and falls. After age 65, one in three adults fall each year, and 20% of those suffer moderate to severe injuries that challenge their ability to live independently. Understanding home safety is a key aspect of falls prevention and a Safe Home Assessment will provide information that can empower you to think ahead about injury prevention in your home. Since January 2015, SF Village has offered free home safety assessments and dozens of you have taken advantage of this valuable benefit.

We are partnering with Orlanda Wilson, a licensed general contractor and Certified Aging in Place Specialist, to help you make simple modifications that increase your safety, comfort and security. Orlanda's small fixes that can make a big difference include: grab bars and handrails, gardening handholds, updated rugs, comfort-height toilets, improved security measures, stairway access, and lighting. All members who request a home visit receive a personalized report and recommendations to promote aging in your own home safely.

Jeanne Halpern, SF Village member in Glen Park says, "Orlanda visited us in March and did a VERY thorough safety assessment of our home, including the garage, decks and garden. We invited her because I was feeling uneasy about my balance. She and I walked up and down the trails of my huge cliff garden together. Her observations were keen and tactful, and the letter that followed her visit was full of specific, helpful recommendations." Harlean Donaldson, a member who lives in Noe Valley told us, "I have a vision impairment so when SF Village offered a free home safety assessment, I jumped at the opportunity. Orlanda pointed out hazards and made suggestions for how to correct them, such as improved lighting which is so important for the visually impaired. Afterwards, Orlanda sent me a list of the recommendations so I did not need to remember everything. I highly recommend this free valuable service!"

If you would like to sign up for a Safe Home Assessment please email [info@sfvillage.org](mailto:info@sfvillage.org) or call Key at (415) 387-1375.

## LEARNING ABOUT THE POWER OF MYTH: Six Conversations between Joseph Campbell and Bill Moyers



Sept 1 & 15, Oct 6 & 20, Nov 3 & 17  
IOA Ponderosa Room, 11:00 AM to 1:00 PM  
3575 Geary Blvd, San Francisco, CA  
RSVP to Bill Haskell at:  
[bhaskell@sonic.net](mailto:bhaskell@sonic.net) or (415) 661-2670

This new group, a continuation of the Exploring Elderhood group, will watch *The Power of Myth*, the fascinating series of interviews of the renowned scholar Joseph Campbell by journalist Bill Moyers, recorded 25 years ago in 1990. These two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, heroic figures, and pop culture. This series became one of the most enduringly popular programs ever aired on PBS.

There will be six meetings and each will be two hours, from 11:00 am to 1:00 pm. During the first hour we will view one of the six sections of the series and in the second hour there will be a discussion of the material. A study guide will provide the focus for the discussions. Participants are encouraged to bring lunch to enjoy during the second hour of each meeting.

The first meeting will be introductory. At the conclusion of the first meeting, participants will be asked to commit to the five remaining meetings.

## OPTIMIZING AGING: A Presentation by Dr. Louise Aronson

Wednesday August 12th  
3:30 - 5:00 PM  
Auditorium, IOA, 3575 Geary Blvd.  
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Using stories, science, humor, and art, Dr. Aronson will discuss what's normal and what isn't as we age; under-recognized myths and opportunities of old age; and strategies for staying independent and healthy, including how to move from *what's the matter with you* to *what matters to you*?



Louise Aronson MD, MFA is a geriatrician, author and professor of medicine at UCSF where she is chief of Geriatric Education and holds a Gold Professorship in Humanism in Medicine. Dr. Aronson also directs the Northern California Geriatrics Education Center and UCSF Medical Humanities and sees patients in the UCSF Care at Home Program. She writes regularly for newspapers, literary and medical journals, including the New York Times, the San Francisco Chronicle, the New England Journal of Medicine, and the Lancet. Dr. Aronson is a PEN America debut fiction award finalist, author of *A History of the Present Illness*, and was the 2014 American Geriatrics Society Clinician-Educator of the Year.

## STORY CIRCLE: A STORYTELLING WORKSHOP SERIES



**10:30 AM - 12:00 PM**

**August 6, 20, 27 [skip August 13]**

**Ponderosa Room, IOA, 3575 Geary Blvd.**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Often, the best way to unearth a story is by talking it through with a group of delighted listeners. In this multi-session Story Circle, we'll use the tools of storytelling to discover and develop our stories. If your life is rich with experiences that you'd like to turn into tellable tales, this is the group for you. If you love to invent new worlds, we'll play improvisation games to strengthen your imagination and then unleash it! Whether your goal is a spoken performance or a written story, you'll develop new material here. (You can even have your story recorded and emailed to you, to make it easier to transcribe.) Meeting weekly for 90 minutes, participants have an allotted time to discover their story by telling it aloud, while we listen delightedly. It would be great if you could attend the whole series, and drop-ins are also welcome as we started in July.

Led by Ruth Halpern, who has been teaching storytelling workshops and performing for over 20 years. Working with business people, performing artists, elders and children, Ruth helps people become the heroes of their own life stories. Her repertoire of games and exercises includes tools from theatre, improvisation, storytelling, and make-believe. She creates safe story circles in which all of our stories can be shared. As a performer, Ruth tells a mixture of world folktales, personal stories, and improvised stories made up on the spot. Her audiotope, *She Set Out to Seek Her Fortune*, won a Parents' Choice Gold Award. The LA Times says Ruth Halpern is "A spell-binding master storyteller."

## SECOND ANNUAL PIER TO PIER WALK FOR ADULTS 50+

**Saturday, August 29th**

**Registration opens at 8 AM, walk begins at 9 AM**

**On the waterfront behind Ghirardelli Square at the**

**San Francisco Senior Center located in the SF**

**Maritime Historical National Park,**

**890 Beach Street at Polk (415) 775-1866**

**[www.sfsenior.com/pier-to-pier-walk](http://www.sfsenior.com/pier-to-pier-walk)**

**for early registration**



It's time for the **Second Annual Pier to Pier Walk** - from the Municipal Pier to the Hyde Street Pier - with a world class view of the Golden Gate Bridge, Alcatraz, the San Francisco Bay, and maybe a little fog. Join us in promoting outdoor exercise for adults 50+. Everyone is welcome to this family event. Spend an event filled day including resource tables, a great raffle, fitness class demos; Hula, Zumba, Yoga, and more. Visit the art programs and galleries. This event is brought to you by NCPHS, SF Senior Center, and the National Park Service. San Francisco Village will staff an information table at the event.

## VOLUNTEER OF THE MONTH-JANE MACFARLAND

By Keyatta Shade



Jane MacFarland is helping San Francisco Village get organized one member at a time. Since becoming an SFV volunteer, she's helped several members who found themselves stuck and struggling to make decisions when it came to getting their homes in order.

Sandy Chaves was overwhelmed with the disorder and lack of space in her home. She reached out to SFV hoping we might be able to connect her with a professional organizer. It just so happened that we had the near equivalent of a professional organizer, Jane MacFarland, willing to volunteer her time to help. Jane had spent 30 years as an Executive Assistant in top management, a position which required her to learn the do's and don'ts of professional organization.

Jane connected with Sandy right away. She took Sandy's wishes into account, and coordinated a new filing system with the help of two St. Ignatius high school students. "I gained two free drawers by the time they were finished," Sandy said. After filing, Jane and Sandy tackled the bedroom and walk-in closet. Jane has now visited four times to assist with other projects.

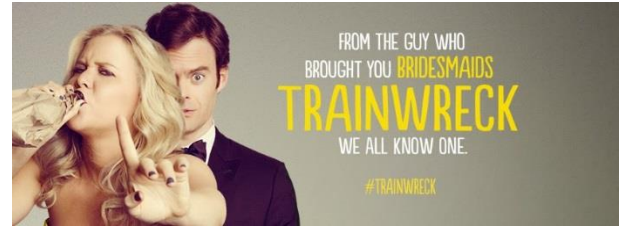
Barbara Batts found herself overwhelmed with a hall closet. "It seemed like an insurmountable task," she said. "Jane did the job with enthusiasm and made it look easy. She left me tips on how to keep it organized and also suggested the types of containers I'll need to purchase to complete the job. I was amazed. She actually had fun doing the job!"

Sarah Goldman sought aid and comfort from SFV in preparing to move to a senior community. Again, Jane stepped up without hesitation. The two met to assess Sarah's situation and put together a work plan that puts Sarah's mind at ease. "I'm actually looking forward to getting my home organized for the move with Jane's support and expertise," Sarah said.

Each member described Jane as personable, enthusiastic and genuinely interested in them and the work that needed to be done. Jane and Sandy have been working together the longest and both describe a budding friendship. "We have shared our history and our daily lives and that has brought us closer," Sandy says.

Currently, Jane is helping Sandy to organize her memoirs, make progress on downsizing, while freeing up more space in her home. She explains that you naturally learn about people when you are organizing their belongings. "Connecting with these incredibly intelligent, funny, positive, and open women has been the highlight of my volunteer experience," Jane said. "I hope to be just like them as I age."

## AT THE MOVIES WITH RALPH BEREN TRAIN WRECK



Here is a film with a title that perfectly describes the problem. Amy, the protagonist, is a train wreck. All of us carry around baggage from our childhood and Amy's includes a message from her father: Never be monogamous. She stays true to his advice throughout her young adult life and sleeps with whomever she pleases. Surprisingly she has a boyfriend who knows nothing about all this. When she spends an evening with him trying to correct his sexual positions and he cannot comply, Amy gets rid of him.

In the meantime she works at a fashion magazine called *s'nuff*, which is run by an unrecognizable and demanding Tilda Swinton. Swinton is a witch and because Amy hates sports, Swinton sends her out to interview a somewhat well-known sports doctor. What follows is hilarious repartee between the two where Amy tries to bluff her way through several sports questions. Much to her surprise Amy likes the doctor and a most unlikely affair begins.

To tell you more would spoil the movie for you. However hats off to a great supporting cast, led by LeBron James who plays himself with incredible ease. Maybe a movie career after basketball? And Tilda Swinton is deliciously awful. John Cena, who plays the boyfriend unable to handle sex or Amy, is hilarious as a beefed up homophobic gym guy.

Have fun! Go see the movie.

## MEMBER TO MEMBER



### Trek & Talk-Linda Lewin

Join SFV member Linda Lewin for a one-hour walk and talk in Golden Gate Park.

### Tentative Schedule:

Wednesday August 12<sup>th</sup> at 1:30 p.m. Meet at Rose Garden entrance at Park Presidio and Fulton St. Walk through garden to JFK Blvd, then to Conservatory of Flowers for the show

entitled, *Stranded: Tropical Island Survival* (\$5.00 for SF Seniors). In this new exhibit, visitors “wash up” on an uncharted tropical shore to learn the ins and outs of island survival. Stroll through a living jungle of life-saving plants and discover the best sources of building materials, food and water, even weaponry. See more at: <http://www.conservatoryofflowers.org/special-exhibits/tropical#sthash.uWae9omw.dpuf>. Please contact Linda at 168storyspinner@gmail.com or (415) 386-0156.

## NEIGHBORHOOD CIRCLES

### 94102 Circle

The 94102 circle continues to explore what it means to live in gratitude, with a greater sense of peace. They will meet on Wednesday, August 8, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2 p.m. to 3 p.m., using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*.



The topic for August is Cultivating Peace. "Did you know that the practice of gratitude on a daily basis, over time, increases our resilience and our experiences of contentment, peace, and satisfaction?" writes Angeles Arrien.

Open to all SF Village members, but space is limited. E-mail Lynn Davis at [treebarque@aol.com](mailto:treebarque@aol.com) or call (415) 826-5416.

### 94123/94115 Circle

We will visit the Stanford Cantor Museum on Monday, August 3<sup>rd</sup> for a guided tour followed by lunch. For further information and to RSVP, interested members should contact Eva Auchincloss at (415) 563-7519 or by email at [eva3auch@gmail.com](mailto:eva3auch@gmail.com).

### West of Twin Peaks Circle

RSVP to Elaine Mannon for all WTP events at (415) 469-9832

#### Lunch Bunch

Wednesday, August 26

11:30 a.m. (Note change of time)

El Toreador Mexican Restaurant

50 West Portal Ave.

## SAVE THE DATES!!!

### BEING MORTAL

Thursday September 10th 2:00 – 5:00 PM

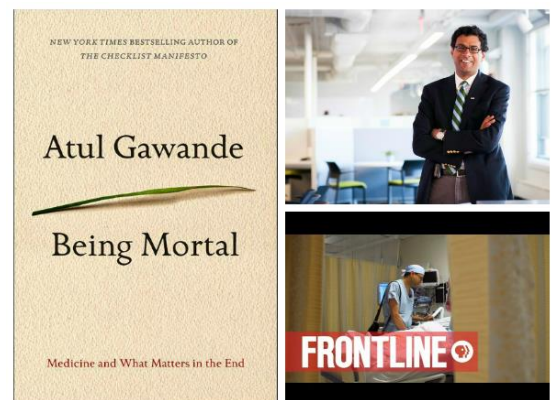
Weinberg Auditorium, Institute on Aging

3575 Geary Blvd.

RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387 1375

If you thought you were dying, what would matter most? Join a national dialogue taking place in our community concerning an inescapable reality of life: Death. Gather with friends, neighbors and peers to watch the FRONTLINE

documentary *Being Mortal*, which explores what matters most to patients and families experiencing serious illness. Based on the book, *Being Mortal* by Dr. Atul Gawande, the film will be shown in



Institute on Aging's Weinberg Auditorium. After the screening, Dr. Patrick Arbore, Director of the Center for Elderly Suicide Prevention (CESP) and The Friendship Line, will facilitate an audience discussion of insights and reflections, as well as present the process and issues related to Advance Care Planning. He will then provide audience members with user-friendly self-help tip sheets, work sheets, suggestions and resources, to support communicating what is most important to them in the face of serious illness.

**DAZZLING DAMES OF BROADWAY**  
**-a Telegraph Landing Circle presentation**  
***The Sound of Music* and its star Julie Andrews**



**Thursday September 17<sup>th</sup> from 3:00 - 5:00 PM.**  
**Telegraph Landing Club Room, 150 Lombard Street**  
**Celebrating the 50<sup>th</sup> Anniversary of the film-**  
**Presented by Bonnie Weiss, musical theatre educator/historian**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Julie Andrews is one of those rare Broadway stars who had an equally successful career in films. Born in Great Britain to a vaudeville family, she made her Broadway debut in 1954, at the age of 20, in *The Boyfriend*. She achieved stardom on Broadway in two legendary Lerner and Lowe musicals, *My Fair Lady* and *Camelot*.

She was passed over for the 1963 film version of *My Fair Lady* because she was not yet a "bankable movie star". Yet the very same year, she played the title role in the film musical *Mary Poppins* for which she won an Academy Award. From then on, her film career soared, including the hugely successful movie version of *The Sound of Music*, *Thoroughly Modern Millie*, *The Americanization of Emily* and a host of others.

**LONGEVITY EXPLORERS: *Better Quality Life,***  
***leveraging crowd-sourced insights, and technology***

**Presentation by Dr. Richard Caro, co-founder of**  
**Tech-enhanced Life**

**Wednesday, September 23<sup>rd</sup> 1:30 - 3:30PM**  
**Auditorium, IOA, 3575 Geary Blvd**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Whether it's hearing, vision, mobility, or mental sharpness, a gradual decline in our ability to function happens to us all. But what if technology could be developed that would delay when decline starts to impact daily life? And what if there are things we can do now to make growing older less challenging, but we just haven't heard about them yet?



In this interactive forum, Dr. Richard Caro will describe some recently developed, technology-enabled products that are improving the lives of older adults. In addition, he will introduce an experimental *sharing and ideation community* called the Longevity Explorers. Longevity Explorers meet regularly to leverage the insights, years of accumulated wisdom, and the enthusiasm of older adults to accelerate the emergence of novel solutions to some of the challenges of aging. **San Francisco Village and Tech-enhanced Life will convene an ongoing group of Longevity Explorers beginning on October 6<sup>th</sup>. Learn how you can be part of this group!**

## MENTORING EXCHANGE

This Fall SFV is once again partnering with City Art's & Technology High School for a Mentoring Exchange Experience between our members and 9<sup>th</sup> grade students.

Members and students will meet one-on-one so that the students can gain perspective on your career paths and life choices. Members will also be given the opportunity to get to know the students-asking questions about their families and interests. Students will come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members will have the opportunity to share what they learned from the experience.



Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00 a.m. –11:45 a.m. on the following dates: September 23<sup>rd</sup>, October 28<sup>th</sup>, November 18<sup>th</sup> and December 16<sup>th</sup>. You are not required to attend every session.

## 5th ANNUAL LEGACY FILM FESTIVAL ON AGING



September 18<sup>TH</sup> to 20<sup>th</sup>  
 New People Cinema  
 1746 Post St. in Japan Town  
 For more information, go to:  
<http://www.legacyfilmfestivalonaging.org/>

The films' themes are about Love, Sexuality, Generations, Memory, Friendships, Creativity, and Empowerment.

Sheila Malkind, the director and creator of the film festival says:

*“For many people, ‘old’ connotes frailty, loss. I’m not going to deny the downside, but viewers will experience thought-provoking, poignant and humorous films about people who have triumphed over these challenges.”*

## VOLUNTEER TRAINING WITH KEYATTA SHADE



**Saturday August 22<sup>nd</sup> from 10:00 AM to noon**

**Location: IOA, 3575 Geary Blvd**

**RSVP to Key at (415) 387-1375 or [Key@sfvillage.org](mailto: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 Key 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

**Wednesday August 12<sup>th</sup>, 11:30 AM to 12:30 PM**

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and nonjudgmentally 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? The meditation group is led by Rachel Lanzerotti, a long-time practitioner and teacher of yoga, mindfulness, and vipassana meditation. **Note that this group only meets once in August, and will resume in September.**



Contact: RSVP to Key at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Location: IOA Sequoia Room, 3575 Geary Blvd.

### Play Reading Group

**Thursday August 13<sup>th</sup> from 4:00 - 6:00 PM**

The SF Village one-act play reading group will be reading the second act of *The Odd Couple*.

Contact: RSVP to Midge Fox at (415) 819-2230

Location: 150 Lombard Club Room



## Discussion Group

**Friday August 14th at 3:00 PM**

The Discussion will talk about keeping San Francisco beautiful and unspoiled by shopping centers, housing and high rises along the shore, over crowding, etc. The discussion is really about what we love about the city and how to keep it that way. We'll cover what agencies are involved and various positive and negative influences on the city.

Contact: RSVP to Eva Auchincloss at (415) 563-7519 or by email at [eva3auch@gmail.com](mailto:eva3auch@gmail.com).

Location: Eva's home (contact SFV for address)

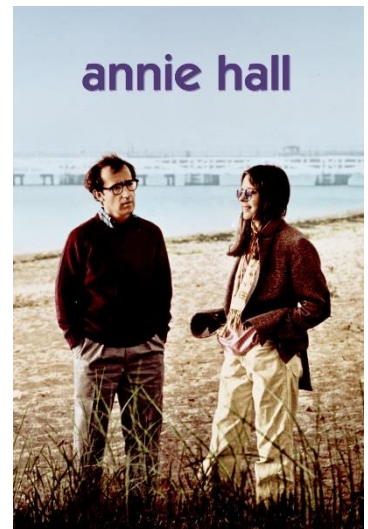
## Film Group

**Wednesday August 19<sup>th</sup> from 4:00 PM to 6:00 PM**

The next film club will watch Woody Allen's greatest film, *Annie Hall*.

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

Location: Contact Ralph or SFV for location.



## AUGUST WEEKLY EVENTS

### Yoga!

**Thursdays from 9:00 AM to 10:30 AM**

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](mailto:aurelecarlat@gmail.com), Website:

<http://www.twinpeaksyoga.com>



### Yoga! For Beginners!

**Fridays from 10:00 AM to 11:15 AM**

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](mailto: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](http://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. 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](http://www.sfvillage.org)|\* \*|Aging-In-Place|\*

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