



FROM THE EXECUTIVE DIRECTOR - KATE HOEPKE



Dear Members:

I'm writing to you in mid-November, just one week after the election. This is the most precarious political moment of my lifetime, after a rancorous and divisive 18-month campaign. I've heard friends say they feel like they've been in a car crash, others compare it to the way they felt after 9/11: shaken, frightened, and bewildered. Norms and values that many of us take for granted in a presidential election have been upended. When we pleaded for the seemingly endless campaign to be over, little did we know that the real tumult was just beginning.

All of this disruption makes me want to connect with friends, family and community to remind myself that love really does transcend hate. Several Village members have requested that we convene for conversation about the election results and in particular, how we're feeling about what has transpired and what is yet ahead. Our friend, Dr. Patrick Arbore, has agreed to facilitate a thoughtful discussion, on December 9th at 10:30 a.m., that will explore what is happening externally and how it affects us internally. Our hope is that by coming together in a safe space to express our feelings, we will gain strength, a little clarity, and renewed hope in our shared future.

Also coming up in December is our Annual Holiday Party on Wednesday, December 7th at 5:00 p.m. Another opportunity to connect with caring people for the purpose of celebrating our community and letting ourselves feel loved. Please make it a point to join us! Throughout the month I hope you will take advantage of the program as a way to connect with people and focus on something other than the election. We're having a game day on Tuesday the 20th and a social teatime on Thursday the 29th – just for the fun of it!

From the E.D.

Did You Know?

December Events

1. Library Services
2. Mentoring Exchange
3. Holiday Party
4. Election Results
5. Aging Brains
6. Walking Tour
7. Letter Project
8. 100,000 Pictures
9. Let's Play Games!
10. Tea & Cookies

What's Trending

1. Forming Bonds
2. Volunteer Training

In Memoriam

Member to Member

Neighborhood Circles

Recurring Events

Save the Dates

New Members in November:

Carolyn Ingram

This week I was reflecting on the election with a member feeling his nearly 80 years of age, who told me if nothing else, this outcome has strengthened his resolve to live another four years! It's good to have a goal :) In the interim, we agreed that each of us must decide what we stand for, find out who needs help and then pitch in. In other words, this is a time for action.

I look forward to seeing you soon!

Warm Regards,
Kate

DID YOU KNOW?

MEDICARE BENEFITS

When is the last time you reviewed your Medicare Part D prescription drug plan and benefits? A recent survey conducted by Walgreens found that more than a third of beneficiaries say they aren't taking time to review their prescription plan prior to renewing it. Each year, plans change so reviewing your options can save you money.



This enrollment cycle, which ends December 7, take the time to review your Part D coverage and make sure you are getting the benefits you need at lowest possible cost.

The three most important things to check when renewing your Part D coverage this period are: 1. Make sure your prescriptions are covered, 2. Review the updated costs of premiums, deductibles and copays, 3. Verify whether your plan has preferred pharmacies and make sure the pharmacy you like is available to you under your plan.

To help you navigate these topics, Walgreens has teamed up with eHealth, an independent, fully licensed health insurance broker that works with more than 180 insurance carriers nationwide, to offer online support at ehealthmedicare.com/Walgreens. Medicare beneficiaries can also consult 1-800-MEDICARE and www.medicare.gov to review and compare plans. This enrollment period, make sure your Medicare Part D plan is truly working for you.

VISTAS & BYWAYS

Vistas & Byways is a beautiful online literary and visual arts review published quarterly by OLLI-SFSU. It deserves to be diffused more widely. As you may know, members at OLLI are over 50, some into their 80's. The review publishes fiction, non-fiction, poetry, reviews of current books and interviews, and art. It could be a very useful publishing outlet for SFV writers, of which there is a sizable number. Writing, unlike most of the other arts, only requires pencil and paper. In order to submit you need to become an OLLI member at \$25 a year.



Here is the latest issue: <http://www.vbreview.org/>

DECEMBER EVENTS

LIBRARY SERVICES FOR OLDER ADULTS



Thursday, December 1, 1:00 – 2:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Whether you are able to come into the library or not, the library has a service or material for you. Public libraries are part of the Healthy Aging Initiative. They provide the missing component to social services – mental stimulation.

Pat Southard, MLIS will discuss the San Francisco Public Library's programs, accessibility, and services for older adults (50+) aimed at providing that stimulation in addition to traditional services. Handouts will include applications for various services, search information and resources.

FALL MENTORING EXCHANGE – FINAL 2016 MEETING

Wednesday, December 7, 10:00 AM – noon
Temple Emanuel, 2 Lake St. (entrance on Arguello)
Contact Key at (415) 387-1375 or info@sfvillage.org for more information and to reserve your spot



SFV continues to partner with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students. Members and students meet one-on-one so that the students can gain perspective on your life choices. Members get to know the students by 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 have learned from the experience.

SAN FRANCISCO VILLAGE HOLIDAY PARTY!



Wednesday, December 7, 5:00 - 7:00 PM
St. Francis Hall at St. Mary's Cathedral
1111 Gough St. (free parking is available on-site)
RSVP to (415) 387-1375 or info@sfvillage.org

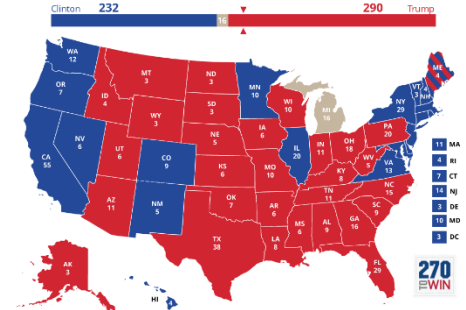
Join us for an evening of food, wine and merrymaking to celebrate the holidays! In the spirit of the season, let's come together as a community and share some laughter and gratitude with fellow Village members and volunteers.

We are also inviting you to participate in an optional dessert potluck. So many of our fondest holiday memories involve food, and particularly sharing food with friends and family; if this is true for you as well, please feel free to make and bring a tasty treat to the party.

ELECTION RESULTS CONVERSATION

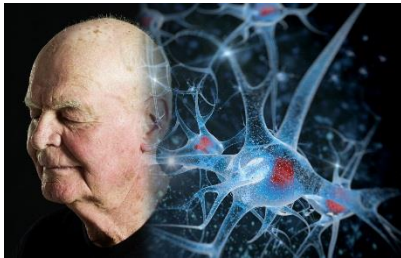
Friday, December 9, 10:30 AM - 12:00 PM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Many of us are experiencing strong emotions from the election results – despair, grief, anger, fear, numbness, and more. This election has revealed a deep divide in our country. Regardless of your political position, you may feel shaken.



San Francisco Village is a community organization – we're about connections, conversations, relationships, and belonging. Whatever you're feeling post-election, it's good to know that you're not alone. Join fellow members in this session, where we will explore what is happening externally and internally in a safe setting. Facilitated by Dr. Patrick Arbore, Founder of the Friendship Line at the Institute on Aging.

A LOOK INSIDE OUR AGING BRAINS



Tuesday, December 13, 10:00 – 11:30 AM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Come and join our conversations on how to keep your brain active and healthy! This kick-off presentation will cover notions, ideas, and myths about the process of getting older as well as healthy and pathological aging. The conversation will continue with Active Minds, Healthy Brains, a four-session series about lifestyle factors that promote healthy aging that will occur in early 2017.

The UCSF Memory and Aging Center (MAC), through the Global Brain Health Institute, offers a bilingual team (Spanish and English) dedicated to the improvement of health care quality of the San Francisco community, around issues related to brain health education, cognitive impairment assessment and management, as well as prevention of dementias. A large part of their efforts are focused on increasing brain health literacy in the community.

Dr. Sergio Lanata was raised in Peru, where he began his undergraduate studies in general science. He later earned a Bachelor of Science degree from the University of Florida. Dr. Lanata obtained his medical degree from the University of South Florida, and completed his internship and neurology residency at Brown University. He joined the UCSF Memory and Aging Center in July 2013 as a Clinical Instructor and Behavioral Neurology Fellow. He is now Assistant Adjunct Professor at the MAC, where he evaluates and treats patients referred to the clinic; Dr. Lanata also leads the MAC's outreach program.

Karen Dorsman was born and raised in Nicaragua where her interests in neuropsychology and

community health were nested. After moving to Uruguay, she graduated with a bachelor's degree in psychology and trained in neuropsychology assessment as well as psychogerontology. Karen joined the MAC in 2016 to coordinate and assess Latino participants who join MAC studies. She works alongside Dr. Lanata to manage outreach efforts at the MAC.

SAN FRANCISCO HOLIDAY LIGHTS WALKING TOUR



Wednesday, December 14, 4:00 – 6:00 PM
Starting Place: Sheraton Palace Hotel
RSVP to info@sfvillage.org or (415) 387-1375

Back by popular demand! This fun-filled tour provides insights into San Francisco history as well as current city trivia. Highlights include a lighted garden, uniquely decorated and festive hotels, office lobbies, and retail locations.

The tour will be led by SFV member, Marilyn Straka, who runs On the Level Tours with no hills or steps. Join Marilyn and other members for a private tour to see downtown San Francisco and all that glitters during the Season!

Optional: Enjoy dinner together at Lori's Diner, one block from where the tour ends.

STANFORD LETTER PROJECT: Writing a 'Last Letter' When You're Healthy

Thursday, December 15, 11:00 AM - 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Created by Dr. VJ Periyakoil, after spending 15 years in the field of geriatrics and palliative care, the Stanford Letter Project (SLP) is designed to help people write a "last letter." Through discussions and research, the team at Stanford University identified seven tasks of a life review: acknowledging important people in our lives; remembering treasured moments; apologizing to those we may have hurt; forgiving those who have hurt us; and saying "thank you," "I love you" and "goodbye." On completing the process of doing a life review, most people are able to achieve a measure of peace that comes from deep reflection about key life experiences, and the important relationships they have cultivated. Sadly, almost everyone forgets to do this or postpones it until it is too late. Thus, they never have an opportunity to express the deep love, gratitude, and commitment they feel towards their friends and family.

Members of the SLP team will present information about the project, share examples, and lead a letter writing session. While it is not mandatory, the SLP would appreciate if anyone would be willing to donate their letter anonymously, allowing patients the opportunity to review examples while completing their advance care planning. There will also be an option to read one's letter in front of a video camera to add it to the project's national Letter Library if one desires.

For more information, visit <https://med.stanford.edu/letter/friendsandfamily.html>.

100,000 PICTURES: HISTORICAL IMAGES OF SAN FRANCISCO



Monday, December 19, 1:00 – 2:30 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

One year ago, local history group Western Neighborhoods Project launched the OpenSFHistory program to archive and share an estimated 100,000 historical images of San Francisco. Over 9,000 images are already posted online at opensfhistory.org, and this presentation by Woody LaBounty will present many high-resolution gems of the collection and highlight the process of bringing them to the public.

LET'S PLAY GAMES!

Tuesday December 20, 12:30 – 2:30 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



This is a time to come together and play games! This month we'll play Scrabble and canasta and see what else seems fun in the upcoming months. Games and popcorn will be provided; join us!

TEA AND COOKIES SOCIAL



Thursday, December 29, 1:00 – 3:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Drop in for some nibbles and community time! Let's take the time to slow down and have a moment to enjoy each other's company. Share stories, snacks, and space.

WHAT'S TRENDING?

FORMING BONDS WITHIN THE VILLAGE

For some people, volunteering is about more than the act of giving, it's about the relationships that are formed as a result of a volunteer opportunity. This month, we are shining a light on just one of the many member-volunteer relationships that has developed within the San Francisco Village community.

SFV member Angela Little and volunteer Lori Roby have been working together for a little over two years. The two women have met regularly, every Tuesday afternoon, and on an as-needed basis since they were introduced to each other. Lori often helps Angela with her grocery shopping and takes her to/from doctor's appointments, but their interaction with each other goes far beyond that – the two have become dear friends and Angela recently recorded an audio memoir, with Lori as her interviewer.

We sat down with Angela and Lori to learn a bit more about their relationship and what it means to them.



What do you find most rewarding about working together?

Angela: Aside from the invaluable help with errands, she and I enjoy visits to museums and long discussions. We often have dinner together at a local restaurant.

Lori: The friendship.

How has this relationship impacted your life?

Angela: Lori has become a close and loving friend. For someone going on 97 and living alone, the benefits of this association are immeasurable. I do have other friends and family that give me joy, but the fact that she is so dependable on a regular basis is invaluable.

Lori: I'm afraid of my own aging; Angela, who leads a great aging life, encourages me through the process.

What, if anything, were you surprised to learn about each other?

Angela: It was great to learn that she is an artist (I am an art lover and have a modest collection), and that so many of her beliefs and interests are compatible with mine. The age difference matters not at all.

Lori: As a woman, it's really great to personally know a woman who was and is very progressive for her time – Angela researched and taught at UC Berkeley in the 1950s through the 1980s, when she was one of only a hand full of women in the sciences field – she's inspiring.

Are there any final thoughts you'd like to share?

Angela: I wish to thank the Village for having made this association possible. As a person who has outlived all of my close friends of the years and my husband of 56 years, and now depend for friendship on the children of my deceased friends and on new friends, having Lori as a volunteer has enriched my life.

Lori: I find her stories so interesting; it makes our time together very enjoyable. I look forward to seeing Angela, helping her is not difficult and she actually helps me.

SAN FRANCISCO VILLAGE VOLUNTEER TRAINING



Saturday, December 3, 10:00 AM – noon
Sequoia Room, IOA, 3575 Geary Blvd
RSVP to Key@sfvillage.org or (415) 387-1375

Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Home Care Assistance, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

IN MEMORIAM

ERICA SHARP ANDERSON (1927-2016)

San Francisco Village member Erika Kühn was born in Deutche Krone, Germany, now Walcz, Poland. Her parents were Hilmeyer Kühn of Izbica Kujawska, Poland and Dora Prinz of Preussisch Stargard, Germany, now Stargard, Poland. Erika's father was the cantor for the local congregation, and also performed many of the responsibilities of a rabbi. The rise of Nazism put severe pressure on the small Jewish community. At school Erika was not allowed to eat lunch with the gentile children. Her home was searched by the police and Hitler youth ridiculed her in public. Fortunately, her uncle Morris Keen had successfully emigrated to the U.S. earlier and was able to provide visas for Erika's family to leave Germany. In 1934, they emigrated to the United States, arriving in San Pedro, CA on July 23.



In time Erika Kühn became Erica Keen, and she grew up in mid-central Los Angeles. Economic and family issues made childhood challenging, but Erica learned English quickly and performed well in school, graduating with honors from Fairfax High School in January 1945. Early on Erica was attracted to music. She studied violin in her formative years becoming a highly respected member of the chamber string orchestra, the Brodetsky Ensemble.

Erica became a member of the San Francisco Symphony Orchestra in 1955 and remained with the orchestra until she resigned in 1975. For ten years during that period she also was a member of the San Francisco Opera orchestra. Through 1981 Erica worked in the Los Angeles music industry and then moved to Encinitas, California where she lived until moving back to San Francisco in 2009. In Encinitas Erica evolved into a performer of newer and sometimes experimental music. By 1987 she was playing a 5-string electric violin exclusively, taking advantage of electronic components to expand the sonic possibilities of her instrument. With her husband, trombonist Miles Anderson, she formed the duo (trom-bown) and toured extensively performing music that they had commissioned or composed themselves.

Erica was a voracious reader and was inspired to write. She composed a novel, many short stories and an extensive journal. In 1982 Erica wrote and published the first guide book on orchestra auditioning *How to Get an Orchestra Job—and Keep It*.

Volunteering in the community was important to Erica, especially at the public library. The now-vibrant Encinitas Library Book Store was begun by Erica in 1982 with a book cart that she loaded with used books to be sold for the benefit of the Friends of the Library.

In 2004 Erica was diagnosed with Parkinson's Disease which she fought with great dignity and courage until her death. She is survived by her husband of forty-three years, Miles Anderson, cousins Philip and Ron Prinz, cousin Uri Gorski, and stepdaughters Jana Anderson and Karen Ganley. Grateful thanks go to her extraordinary caregivers Jocelyn Viray and Maricel Enriquez. Donations in Erica's name may be made to street musicians that you may encounter on your life's path.

MEMBER TO MEMBER

THE WOW FACTOR!



Each of us can teach and we can learn from one another. A planning group is developing a series of conversations called The WOW Factor! – Sharing Personal Stories.

Do you have a personal WOW story of great excitement or joy in your life, or challenges that were overcome?

Would you enjoy sharing this experience? Would you be interested in joining the planning committee for the series, which we hope to start in late January 2017?

E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416 for more information.

ROUNDS & CANONS

The Rounds and Canons singing group has now had its 9th meeting. We have learned about 12 canons, so far spanning 500 years and several languages.

Some of our members say ...

"There's something very special about singing parts in a group. And there's such camaraderie in our group! It's really fun to be together."

Judy Winn-Bell

"Singing is a spiritually uplifting experience, and a beautiful way to connect with people. I love this class." Brooke Anderson

"I go home singing and inwardly happy after each meeting. Singing elates." Kai Kristensen

"They say, 'Singing is the magic that washes away the cares of the day' :-). I don't know about that, but I do know that if I didn't have our rounds and canons group I would be very sorry." Susie Zacharias



Please email Dorothy Barnhouse, dorbarn@sbcglobal.net, if you think you might want to join us once to see if this is for you. We meet Monday afternoons, 4:30 to 6:00 PM at the home of Susie Zacharias near Pacific and Laguna. Contact Dorothy for address. The group will meet December 5, 12 and 19. We'll be singing at the Holiday Party on December 7.

NEIGHBORHOOD CIRCLES

94114

SFV member Kathleen Wesner will be host a holiday/year end social gathering for the SF Village 94114 group on Thursday, December 15 at 5:00 PM. Bring drinks or snacks to share, along with your holiday spirit. For address information and to RSVP, contact Kathleen at kewsner@live.com or (415) 626-8153.



94117

The 94117 Circle will meet on Thursday, December 15 from 2:30 to 4:00 PM at the home of Bill Haskell and Bob Gordon. The group will meet for tea and cookies to get to know one another and discuss our interests. To RSVP and for address information, please contact Bill at (415) 661-2670 or bhaskell@sonic.net.

94118

During last month's 94118 Circle meeting, we recognized the talent and expertise within the group on a variety of topics and proposed the idea of using those talents to lead Circle presentations over the coming year. Taking a first stab at this idea, Mary Moore Gaines will share a bit about her own path to spirituality and religion and then facilitate a discussion for members present who are willing to share their own stories. Please join us for "Spiritual/Religious Paths - Then and Now" on Tuesday, December 13 from 2:30 to 4:00 PM at the home of Glady Thacher. To RSVP and for address information, please contact Key Shade at Key@sfvillage.org or (415) 387-1375. This presentation is only open to 94118 members.

West of Twin Peaks Circle

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832.



Lunch Bunch

Friday, December 2, 1:00 PM
Regent Thai
1700 Church St.

Matinee Movie

followed by discussion with movie critic Toni Illick
Wednesday, December 28
Neighborhood movie theater
Discussion and tea at home of Elaine Mannon

RECURRING EVENTS

LONGEVITY EXPLORER CIRCLE

First Tuesday of the Month, December 6, January 3, 2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.

Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.

Share your ideas about what works and what does not work well with others from your community and members of other circles.

Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.

Hear what your peers from other circles of older adults have to say.

Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.



AGING WELL WITH MEDITATION



Wednesday, December 14, 11:30 AM – 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

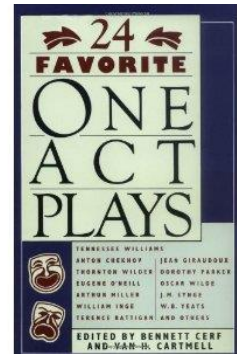
Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation--paying attention purposefully and non-judgmentally in the present moment— is associated with lower stress, improved self-awareness, positive brain changes, more compassion,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

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience welcome for this drop-in group.

PLAY READING GROUP

Friday, December 16, 4:00 – 6:00 PM
Telegraph Landing Club Room, 150 Lombard St.
Contact Midge Fox, midgefox@comcast.net or (415) 984-0613

The one-act play reading group will read *Tender Offer* by Wendy Wasserstein and *Bye-Bye Brevoort* by Eudora Welty. Both plays can be found in *Plays in One Act*, edited by Daniel Halpern.



THE FILM GROUP



Wednesday, December 21, 3:00 PM
Contact Ralph Beren at (415) 929-8309 for meeting place

The Film Group will watch and discuss the acclaimed film, *Pretty Woman*. This is an old story with an interesting twist regarding the relationship between a prostitute and a wealthy businessman - starring Julia Roberts and Richard Gere.

SAVE THE DATES!

TAKING CARE OF OUR PRECIOUS FEET

Tuesday, January 10, 10:30 AM – 12:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Join Susan Lorica, RN and Certified Foot Care Specialist, in looking at how normal aging affects our feet and why underlying systemic issues such as diabetes, vascular disease, autoimmune disorders, and many other common conditions can accelerate these effects, leading to disabling consequences. Many of these problems, however, can be alleviated or avoided with extra care and attention to the feet and lower legs. During this presentation, we will look at pictures of some of the most common foot ailments, as well as, more serious foot problems experienced by people as they age and/or confront health issues. Participants may recognize characteristics resembling their own feet or the feet of someone they know.



No one will be required to expose their feet! This is meant to be a fun and informative presentation and discussion. Our goal is to learn as much as we can about how to better take care of our feet - knowing what we can do for ourselves and when to ask for help from caregivers, family and professionals - thus maintaining optimal mobility and quality of life, no matter our age or unique situation.

PERSONAL STORIES AS FAMILY FOLKLORE AND CULTURAL HISTORY



Mondays, January 23, 30, February 6, 13, 1:30 – 3:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

We carry the stories told to us by elders, and now we are the elders with the legacy of their memories and our own lived experience. We hold history: each one of us a different piece. What shall we share as our gift to the future?

Olive Hackett-Shaughnessy returns to SF Village with exercises and prompts for storytelling in the oral tradition. When we listen deeply to one another's stories, our own memories take shape. Hidden treasures can be found that have renewed meaning and value. Storytelling techniques will be included in each class.

EXPLORING SPIRITUALITY

Tuesdays, January 24 and 31, 10:30 AM – 12:30 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



Have you ever wanted to take some time in a small group to explore spirituality and its components? Please join us as we consider a framework for understanding spiritual experience, the ways we cultivate it, how we respond to spirituality, and the ways it can influence the decisions we make, the lives we lead, and the communities we build. This two-part workshop is space limited and we request that you please make a commitment to attend both.

Rabbi Eric Weiss is CEO/President of Bay Area Jewish Healing Center. He is a spiritual director and has worked in the area of spiritual care for the past 20 years.

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