



## FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE



Dear Members:

SF Village just celebrated its 7 anniversary! We've come a long way from our founders' vision and those early days of imagining what would be possible for this innovative new organization. Membership has grown to 375 with an intergenerational volunteer corps of 150. Programs and services have expanded to connect you with resources, solutions, creative ideas and new friends. Every month a new suggestion emerges adding dimension to our mission of helping you to grow and stay in charge of your life.

Seven years ago, there were a few dozen villages cropping up around the country in response to a New York Times article about Beacon Hill Village in Boston. Today there are over 200 with another 150 in development. In California alone, there are 60+ villages either established or in development, confirming that social connection and community are essential to being healthy humans.

Village leaders from around the state believe that the time has come to leverage this growth by forming a California Village Coalition (CVC), acknowledging that our potential for positively effecting people's lives is much greater when we come together. San Francisco Village, along with Ashby Village in Berkeley, is leading the effort.

Archstone Foundation of Long Beach has funded a one-year planning grant to gather broad input, assess feasibility, and design an implementation plan to launch CVC, which will focus on: strengthening advocacy efforts; developing sustainable business models; achieving economies of scale and building greater public awareness of the positive impact Village membership is having for older Californians.

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## New Members in January:

Mitchell Bonner

Jay Lenard

Marcia Lenard

My commitment to this new coalition is rooted in my vision for SF Village: that 40 years from now my daughters will join a Village as naturally as they enroll in Medicare.

To celebrate our 7<sup>th</sup> anniversary and look ahead at 2016 I hope you will join us for the State of the Village meeting on Wednesday February 24<sup>th</sup> at 2:00 p.m. It's a wonderful opportunity to feel the breadth and depth of our community, to become better acquainted with staff and members, and to remember that we're part of a movement that is changing the experience of aging.

I look forward to seeing you there!

*Kate*

## DID YOU KNOW?

Super Bowl 50 may impact your commute in San Francisco. Plan ahead, pack your patience and take transit or walk where you need to go. Transportation will likely be impacted from January 23 - February 12, with these dates subject to change. Make sure you have access to the latest information by visiting <https://www.sfmta.com/sb50>



## TRANSFORMING LIVES & COMMUNITY AWARDS LUNCHEON

Transforming  
Lives and Community  
Luncheon

**Tuesday, May 10, 11:30 AM to 2:00 PM**  
**Julia Morgan Ballroom**  
**The Merchants' Exchange Building, 15th floor**  
**465 California Street**

Save the date for our fourth annual Transforming Lives and Community Luncheon! This year, we'll be honoring two remarkable San Franciscans - Lewis H. Butler and Louise H. Renne - who have dedicated their careers to improving our local community. More information, including formal invitations, will be sent out in the spring.

## THE ORAL TRADITION: A Harmony of Past, Present and Future through Storytelling

**Mondays: February 1st, 8th, 22nd, 29th, and  
March 7th, 1:00 - 2:30 PM**  
**Sequoia Room, IOA 3575 Geary Blvd**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**



Join a storytelling circle to learn the traditional forms of fairy tale, folk tale, fable, myth, and legend. Deep listening to universal themes tunes the imagination and strikes memory chords for a personal story that wants a voice. Learn techniques through group exercises, play and practice.

Olive Hackett-Shaughnessy has been a professional storyteller since 1986. She is a wandering bard/consultant who brings folk tales, fairy tales and myths from the ancient oral tradition back to life for audiences of all ages, stages and career paths including; students, parents, teachers, writers, nurses, patients, accountants, veterans, pre-schoolers and older adults. Her voice entrances. Her rich

vocabulary is the artist's brush. Her presentations and workshops are lively interactive experiences that encourage compassion and community.

## LUNCH WITH PROVOCATIVE PEOPLE



**1st and 3rd Tuesdays from February-May**

**2/2, 2/16, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17**

**11:30 AM – 1:00 PM**

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

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

Who would you like to have lunch with? We provide the people – you bring your lunch!

The focus of this new group will be on learning about provocative people in our midst (in the USA & elsewhere). The individuals include Angeles Arrien, Helen Luke, Elie Wiesel, Nelson Mandela, Richard Dawkins, Christopher Hitchens, Yoko Ono, and Rachel Carson--authors, religious and spiritual leaders, leaders of important movements, artists, and humanitarians. Written and video material will be used to discover the wisdom and character of each person.

Meetings will be from 11:30 a.m. to 1:00 p.m. – so bring your lunch to enjoy during the discussion period. Initially, there will be eight sessions. If the group desires additional sessions, these will be held on Tuesday, June 7 and Tuesday, June 21.

We're trying something new! A Planning Committee of members was created to organize the initial eight sessions and to lead them. The underlying notion is that each of us has something to teach – and learn from one another.

**Tuesday, February 2nd:** *Walking the practical path with mystical feet. Explore Cornerstones of Wisdom of Angeles Arrien, (1940-2014) a Bay Area cultural anthropologist, author and educator.* Presented by Lynn Davis.

**Tuesday, February 16th:** *The search for meaning, the feminine principle, individuation, old age, and the link between spirituality and psychology. Helen Luke, Renaissance Woman, Jungian Analyst and Author.* Presented by Mary Moore Gaines.

**Tuesday, March 1st:** *"To remain silent and indifferent is the greatest sin of all" stands as a succinct summary of Elie Wiesel's views on life and serves as the driving force of his work. A Romanian-born Holocaust survivor, professor, and Nobel prize-winning author of 40 books.* Presented by Linda Lewin.

**Tuesday, March 15th:** *A giant of history who moved a nation, and in the process, millions of people around the world: Nelson Mandela, Anti-Apartheid Revolutionary, Politician & Champion of Freedom.* Presented by Bill Haskell.

## AGING WELL WITH CHAIR YOGA

**Four Tuesdays: Feb. 2nd & 9th, March 1st & 8th  
(please plan to attend all sessions), 2:00 - 3:00 PM**

**Five Rivers Yoga Therapy  
1589 Sanchez Street**

**Free for SFV members**

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



Yoga offers ways to meet the fullness of our experience of aging— all the joys, sorrows, challenges, and opportunities. These mind-body practices include contemplation, movement, breathing, and mindfulness. We can work with common aches and pains, support the body's stability and flexibility, address chronic conditions, and support emotional health. Postures can be learned while seated in a chair or standing, with floor-based options.

Class size limited to 8 members, so please RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or **415.387.1375**. While the class fills up quickly, there is a waiting list that you can be added to. This list is also used to gauge interest for future classes.

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation.

## AGING IN YOUR CURRENT HOME: Home Safety with Orlanda Wilson



**Thursday, February 4<sup>th</sup> 1:00 - 2:30 PM**

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

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

As we age, our risk of falling increases. Falls and the injuries associated with them can significantly limit our ability to remain self-sufficient. Modification of our homes to support our ability to age in place is an essential aspect of falls prevention and home safety. Learn about common recommendations and what the home assessment entails.

Orlanda Wilson is a licensed contractor and Certified Aging-in-Place Specialist and brings decades of experience helping older adults maintain optimal independence and well-being. In the past year, she has provided over 30 SF Village households with a complimentary home visit and assessment report with personalized recommendations of her findings.

## SFV STORYCORPS

**By appointment on Fridays, Feb. 12 - March 25  
from 10:00 – 11:00 AM**

**(other days and times can be arranged)**

**Room 202, IOA 3575 Geary Blvd**

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



Your individual stories are the world's shared history and a precious legacy for generations to come. Storycorps provides the opportunity to record an intentional and meaningful conversation about the important moments in your life, your earliest memories, things you've learned, seen, and

overcome, the people you've loved, and more. Your story matters and we want to record it!

Interviews can be scheduled on Friday mornings with Sarah Kent at the IOA. If you prefer, they can take place between members, either in your home or at the Main Library in the StoryCorps booth. Please call Sarah to learn more and schedule a date.

Your 40 minute interview will be added to the archive of stories in the Library of Congress. StoryCorps shares selected edited excerpts of these recordings with millions each week through popular weekly NPR broadcasts, podcasts, animated shorts, digital platforms, and bestselling books.

## ESTATE PLANNING SEMINAR



**Wednesday, February 10th, 1:30 – 3:00 PM**  
**Sequoia Room, IOA 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**

Whether you think your plan is complete or you haven't even begun, you will benefit from this seminar. Deb L. Kinney, a partner at Johnston, Kinney and Zulaica LLP, the largest boutique estate planning firm in SF, will give an interactive and informative presentation on the nuts and bolts of estate planning along with her insights about maintaining family harmony.

Whether you are single, partnered or married, Deb will address the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. She will also demystify the differences between trusts and wills. Bring your questions and leave feeling more confident about protecting yourself and your loved ones.

## POETRY SERIES

**Thursdays: Feb 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup>**  
**11:00 AM - 12:30 PM**  
**Ponderosa Room, IOA 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**

*"A poem is the shortest distance between two people."*  
 Lawrence Ferlinghetti, First Poet Laureate of San Francisco



Poetry not only allows us to connect with a deeper part of ourselves, but through the sharing we build intimacy and community. In this 3 session series, we will explore several styles of poetry, then leap into our own creative expression. All that is needed are attentive ears, willing minds, pencil and paper, and a desire to converse in a slightly different way. All are welcome!

Annice Jacoby has produced a body of groundbreaking public art work and contributed to the discourse on the place of art in public life. She employs visual arts, literature, theater and media. Her work includes *Saving Grace* with Appalshop and the Interfaith Center of New York, *Gossipgospel*, with the United Nations Conference on Women, *City of Poets*, for the San Francisco Public Library, *Watershed & River of Words*, national literature and environmental programs with Poet Laureate Robert Hass. With support from the National Endowment for the Arts and the California Arts Council, she has developed the book *Street Art San Francisco: Mission Murals* on the SF Mission District muralism movement, commissioned by Precita Eyes Mural Arts Center.



## SPRING MENTORING EXCHANGE

**Feb 24th from 10:00 AM to noon**  
**Congregation Emanu-El**  
**2 Lake Street (corner of Arguello)**  
**RSVP to Key at: (415) 387-1375 or [Info@sfvillage.org](mailto:Info@sfvillage.org)**



This program, in its third year, brings together Village members and 9<sup>th</sup> grade students from City Arts & Technology High School to engage in deep and meaningful conversations about what matters in life.

Members and students meet one-on-one so that the students can gain perspective on your career paths, life choices and much more. Members will also have the opportunity to get to know the students—asking questions about their families, goals and interests. Students may 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.

## DANDELION CHOCOLATE FACTORY TOUR

**Friday, March 4th 12:45 - 2:45 PM**  
**Dandelion Chocolate, 740 Valencia St (at 18th)**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**  
**Space limited to 10 members**



This guided tour through Dandelion Chocolate's small-batch, bean-to-bar chocolate factory involves discussions, demonstrations, and tasting our way through the chocolate making process. Find out the answers to all of your questions about production, bean sourcing, cacao farms, and chocolate in general!

Born in early 2010, Dandelion Chocolate is a bean-to-bar chocolate factory based in the Mission District. They make chocolate from only two ingredients: cocoa beans and organic cane sugar. They roast, crack, sort, winnow, grind, conch, and temper small batches of beans in order to preserve the characteristics and nuanced flavors of each single origin. Dandelion Chocolate sources directly and travels to the location of origin as frequently as possible to build strong relationships with its partners.

## BECOME A READING PARTNER: Change a Child's World and Yours

Want to give back to your local community this year? Become a volunteer with Reading Partners!



Reading Partners mobilizes community volunteers to provide one-on-one reading support for students at some of the City's highest need public schools. No prior experience is required to volunteer, since the program provides initial and ongoing training, an easy-to-follow curriculum, and on-site staff support.

This year they are committing to serving over 1600 students in the San Francisco Bay Area, and are seeking dedicated community volunteers to make that happen! Tutors are paired to work with the same student for one hour per week.

Tutoring takes place Monday – Thursday, with available sessions running between 10am - 6pm within **15 San Francisco schools** (hours vary by school site).

For more information and to get involved, please contact Jennifer Mao, Associate Director of Community Engagement, at [jennifer.mao@readingpartners.org](mailto:jennifer.mao@readingpartners.org), or at (510) 612-5261.

## **MAYA KAMATH: New Communications & Fund Development Coordinator**

Maya Kamath has spent most of her professional career working in public relations and communications. She held various in-house positions, at such companies as Course Hero, Inc. and Ubisoft; worked on the agency side at Zeno Group in Los Angeles; and did a stint as an independent consultant focusing on event management and content development. While most of her work has been in consumer products and technology, she is well-versed in corporate and internal communications. In 2014, she took a break from the corporate world and went to pastry school to pursue a personal passion. “It was - hands down - the most exhausting work I've ever done, and while I won't be a pastry chef anytime soon, I cherish the experience and what it taught me.”



Maya attended UCLA, and graduated with a bachelor's degree in mass communications and a minor in political science. While at UCLA, she studied abroad for a summer at Cambridge University, in England, and traveled to South Africa for an educational and cultural exchange. These trips left their mark and have fueled her desire to see as much of the world as possible.

Maya has always been involved in her community - in high school she volunteered at her local library; in college, she tutored underserved kids on the weekends; and currently, she is a pro-bono consultant with the Taproot Foundation, as well as an after-school volunteer for Reading Partners.

“This job is my first professional foray into the non-profit sector.” After spending nearly a decade working hard without much personal satisfaction, Maya felt it was time for a change. She wanted to find a way that she could use her skills to do something more gratifying. “When I heard about SFV, something clicked and I knew I had found where I wanted to be. Luckily, Kate and the team felt the same way!”

In her free time, Maya enjoys reading (the last book she loved: *Half of a Yellow Sun*, by Chimamanda Ngozi Adichie), traveling (her most recent trip: Japan in September), exploring the Bay Area (there's always something new to discover), and being more creative (next up: pottery).

“I'm excited to be a part of the San Francisco Village team and am looking forward to meeting many of you over the next few months.”

## **WELCOME COLETTE CHIPARO: Intern**

Colette Chiparo is a student at Concordia University currently pursuing a Masters in Gerontology. She works full-time at the San Francisco Zoo as a bird keeper. Originally from Chicago, she's lived in both New Zealand and Africa, before deciding to make San Francisco her home.

Colette's interest in working with older adults stems from the special bond she developed when caring for her grandmother. She was introduced to SF Village a couple of years ago by a good friend who described it as a caring community where neighbors help neighbors stay in their homes among friends. "It sounded like something I would choose for myself," she said. "So I kept it in the back of my mind as something to explore in the future."

Colette also volunteers at Little Brothers/Friends of the Elderly as a friendly visitor here in San Francisco. In her spare time she enjoys hiking, learning the ukulele, playing with her nieces and planning her next travel adventure (the Galapagos!).

"I am so excited to be here, not only as a part of this great community, but also to help SF Village improve its services and activities for its members. I look forward to meeting all of you and hope you will reach out if there is any way that I can make SF Village work better for you."

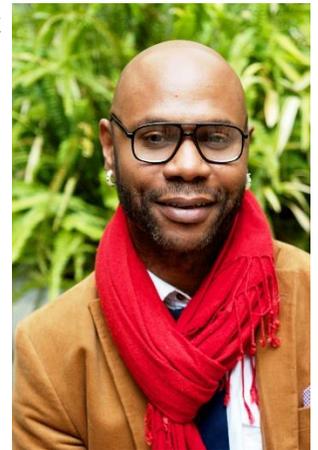


## **VOLUNTEER TRAINING with Keyatta Shade**

**Saturday, February 6<sup>th</sup> from 10:00 AM to noon**  
**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.



## **MEMBER TO MEMBER**

### **Out-goers Circle - Maeve Metzger**

Maeve Metzger invites Village members to join the *Out-goers* group at the Legion of Honor for the Member Preview art exhibit of Pierre Bonnard on Friday, February 5<sup>th</sup>. We will meet for lunch at 12:15 PM in the Legion Café and attend the Bonnard exhibit after lunch. For questions or to RSVP, contact Maeve at (415) 379-8921 or [maeve@vom.com](mailto:maeve@vom.com).



### **History Group Exploratory Meeting – Cosi Pavalko**

Are you fascinated by the history of San Francisco? Want to network with others who share your particular historical interests? Maybe listen to a fun guest speaker? Want to share your enthusiasms with others? (I enjoy the history of Ancient Near Eastern religion, Mediaeval Europe, Women and S.F.) Maybe we could even instigate some new research?



I envision a regular History Group. I want to hear your ideas! We'll confirm a date and place once we have an idea of who is interested. For more info contact Cosi Pavalko at (415) 564-2275 or [Cosi7@Comcast.net](mailto:Cosi7@Comcast.net)

## NEIGHBORHOOD CIRCLES

### 94102 Circle



The 94102 circle takes a heartfelt look at living in gratitude during the month of February. Our discussion is *Attend to the Heart*.

We will meet on Wednesday, February 3, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 – 3:00 p.m., using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*.

"We always have the opportunity and choice to express the love that flows between us and within our circles of influence, and extend it to all living peoples, creatures and plants," 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.

### 94131 Circle

The 94131 Circle will have its monthly social meeting on Saturday, February 20th, from 2:00 – 4:00 p.m. in the clubhouse at 43 Ora way. For more information or to RSVP please contact Demetri Polites at (415) 826-3666 or [politesd@yahoo.com](mailto:politesd@yahoo.com).

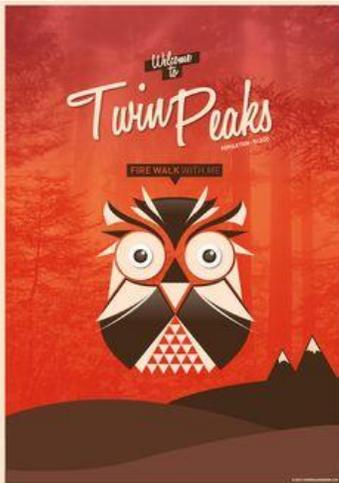
### LGBT Circle

The SF Village LGBT Social Circle continues to meet monthly for social engagement and to discuss matters important to this community. Please contact Ken Prag for more information or RSVP at [kprag@planetaria.net](mailto:kprag@planetaria.net) or (415) 586-9386.



### West of Twin Peaks Circle

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



#### Movie Group

Wednesday, February 17  
Stonestown Theater Matinee or Empire Theatre on West Portal  
Details to follow, once we know what movies are showing

#### Movie Discussion Following the Film

Wednesday, February 17  
With Movie Critic, Toni Illick

#### Lunch Bunch

Thursday, February 25 11:30 a.m.  
Trattoria da Vittorio  
150 West Portal Ave.

## SAVE THE DATES!!!

### Boost Your Brain Information Session

**Wednesday, March 9th, 2:00 – 3:00 PM**  
**IOA Sequoia Room, 3575 Geary**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**



Take an hour to learn more about the content and commitment of the Boost Your Brain class. The 8-week class will teach you about lifestyle changes that promote brain health and simple strategies that can improve your memory. Boost Your Brain is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!

Boost Your Brain will be an 8-week series on Wednesdays, April 6th-May 25th from 2-3:30 p.m. in the IOA Sequoia Room. RSVPs are required.

### New Member Orientation

**Wednesday, March 16th, 3:00 - 4:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**



All Village members are invited, and if you've joined the Village in the past six months, we'd particularly love to see you at this welcoming event. Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved.

## FEBRUARY WEEKLY EVENTS

**Longevity Explorer Circle**  
**First Tuesday of the Month - 2/2, 3/1, from 2:00 PM - 3:30 PM**

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.

Contact: RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375  
 Location: Sequoia Room, IOA 3575 Geary Blvd

## Aging Well with Meditation

Wednesdays, February 3rd and 17th, 11:30 AM - 12:30 PM



Come learn to practice meditation together. All levels of experience are welcome for these drop-in groups.

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.

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

Location: Sequoia Room, IOA 3575 Geary Blvd

## Film Group

Wednesday, February 17th at 4:00 PM

The film group will watch and discuss *The Green Prince*, which is the story of a Mosab who is the son of a Hamas leader, and spied for Israel's Shin Bet for ten years.

Contact: RSVP to Barbara Hancock at (415) 750-08656 or

[ladybekh@gmail.com](mailto:ladybekh@gmail.com)

Location: Barbara Hancock's home (Contact SFV for address info)



## Book Group

Monday February 22nd at 4:00 PM

The book group will read and discuss Oliver Sack's *The Man Who Mistook His Wife for a Hat*.

Contact: RSVP to Jean Lacy at (415) 922-6517 or email at [jlacysf@pacbell.net](mailto:jlacysf@pacbell.net).

Location: Jean Lacy's home (Contact SFV for address info)

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