



FROM THE EXECUTIVE DIRECTOR- Kate Hoepke



Dear Members:

I hope that you are planning to join us on Thursday February 5th for our State of the Village meeting from 3:00 – 5:00. Staff and board members are eager to share with you our plans for 2015, which we think will strengthen SF

Village in the long term and continue to increase the value of your membership. We'll briefly revisit 2014 and what was accomplished, learn about the results of the Annual Member Survey, and spend most of our time introducing you to our ambitions for this year.

We are especially invested in developing more intergenerational mentoring programs now and in the future. There is so much to learn from each other! I recently read an article in the New York Times <http://tinyurl.com/pl3252c> called *The Liberation of Growing Old* that discussed ageism in our society. A bias that we internalize and has been described as “prejudice against one’s future self.” I suspect the bias is exacerbated by the dearth of opportunities for the generations to interact with each other outside of their immediate families. We pass each other on the street without knowing how to reach out and

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January 2015 Members:

Marie Bartee
Jackie Haug-Schulz
Sharon Hefke
Clark Lawrence
Janet Lawrence
David Nelson
Lynn Nelson
Bonnie Wong

connect, face-to-face, and tell our stories. I believe that if we can sit down together, look each other in the eye and be curious, we can begin to break through some of that bias.

Our relationship with City Arts & Technology High School students this past year has produced meaningful results for both students and elders, and will continue this year. Some of the students will attend State of the Village and recount what the experience has meant to them. In addition, we are delighted to introduce you to *Reading Partners*, a one-on-one tutoring program for elementary school students that started here in the Bay Area and has grown nationally. Jennifer Mao, Director of Community Engagement, will also join us on February 5th to share her enthusiasm and enroll you as a volunteer if you're interested. Finally, we will introduce you to Eric Beattie, a scientist and father of two teenagers, who sees ways of bridging the digital divide by connecting elders with teenage mentors.

No matter what our age, it seems the human condition is to struggle at times with a sense of belonging and relevance. How am I needed and what do I have to offer? These questions are not limited to older adults. Young people struggle to know their place in the order of things too. Two years ago, I asked a 17-year-old volunteer, named Jesus, how he felt about teaching our members to use an i-phone. He beamed when he said, "I had no idea I had anything to teach anybody." The world needs all of us.

Warmly,
Kate

DID YOU KNOW?

As of March 1st, SF MUNI will offer free rides to all disabled persons (ages 18-65) and seniors 65+. Interested parties will need to begin the process of applying for a RTC card (for younger disabled) or a Senior Clipper card for those 65+ prior to applying for the free ride program outlined here:

<http://www.sfmta.com/getting-around/transit/fares-passes/free-muni>.



STATE OF THE VILLAGE ANNUAL MEETING

Thursday February 5th from 3:00 – 5:00 pm
IOA Auditorium, 3575 Geary Blvd.
Please RSVP to key@sfvillage.org or (415) 387-1375

Please join us for an update on how SF Village is growing, our financial health, and exciting programs planned for 2015. Our focus will be on the three mentoring programs we have planned in 2015: Reading Partners, Teen-Elder Technology Transfer, and City Arts & Technology High School.

READING PARTNERS: Help a child learn to read

San Francisco Village is partnering with Reading Partners to provide one-on-one tutoring to students at some of the City's highest need public schools. This year they are committed to serving over 1400 students in the San Francisco Bay Area, and are seeking dedicated community volunteers to make that happen! No previous experience is necessary - tutors are provided an easy-to-follow curriculum and a staff member is present for ongoing support. Tutors are paired to work with the same student for an hour per week.



The program runs Monday - Thursday at 26 San Francisco Bay Area schools, with sessions running between 9am - 6pm (hours vary by school site).

Be sure to attend the State of the Village meeting, or call (415) 387-1375 or email Info@sfvillage.org, to learn more about the Reading Partners program.

MEMBER DIRECTORY UPDATE

It's time to update our Member Directory. If you have any changes or additions for the 2015 directory, please contact the Village office by email or phone. All members will be included in the upcoming directory, unless you tell us that you prefer not to be included. SFV will not share your personal information with anyone outside of our membership.



FALLS PREVENTION & HOME SAFETY PROGRAM

As your partner in active aging, San Francisco Village is committed to helping you remain independent and safe in your own home. 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.

We invite you to request a **complimentary Home Visit** in order to identify modifications that can increase safety and reduce the risk of falling at home. You will receive an Assessment Report with personalized recommendations. The recommendations may include items such as installation of grab bars or hand railings, door handles, proper lighting, or simply removing tripping hazards like area rugs.

SFV has engaged licensed contractor and Certified Aging-in-Place Specialist, Orlanda Wilson, to conduct the visits. Orlanda brings decades of experience helping older adults maintain optimal independence and well-being. To meet Orlanda in person, attend the State of the Village meeting on February 5th. **To request your complimentary home visit, contact rachel@sfvillage.org or (415) 387-1375 ext 3.**

Also, please look for related events in the coming months as part of the SFV Falls Prevention & Home Safety Program, such as Dr. Christian Thompson's *Get on Your Feet & Stay There!* presentation on February 12.

CONNECTIONS FOR HEALTHY AGING WORKSHOP

Introductory Meeting Tuesday, February 17th from 10:30 am - noon

Ponderosa Room, IOA 3575 Geary Blvd

RSVP to Key at (415) 387-1375 or Info@sfvillage.org.



On Tuesday **February 17**, meet the facilitators of the upcoming Healthy Aging Series as well as other SF Village members who are interested in empowered and healthy aging. This informational session will introduce you to the content of the 4-week class series that begins in March and will be brought to you by the Community Living Campaign. All SF Village members who attend on February 17 will receive a Vial of Life packet and an Empowered Elder To-Do form.

About the Four Week Sessions: Staying healthy and engaged as we age is no easy matter these days. But with a little help from our friends, we can be informed and empowered to do just that. Building on techniques for peer learning, this workshop helps weave connections to support healthy aging.

Workshop topics, presented in a fun and interactive way, will include:

- Assessing your own personal goals for Healthy Aging
- Learning how to build a network of support to help you reach those goals.
- Important documents every senior should have prepared and stored in a manner that is safe, security and accessible in an emergency.
- Proven ways to prevent isolation and loneliness
- Tips and resources for how you or a loved one can survive a hospital stay and enjoy a smooth transition back home.
- Simple, on-line tools that can support us to be informed and empowered as we age.

Participants should plan to attend all 4 sessions. **Sessions will take place Tuesdays March 10th, 17th, 24th & 31st from 10:30 am to 1:30 pm at the Institute on Aging.**

**ALWAYS ACTIVE PROGRAM:
Fall Prevention with Dr. Chris Thompson**



Thursday February 12th from 1:00 to 2:00 pm
Hearing & Speech Center, 1234 Divisadero
Parking lot entrance on Divisadero
and abundant street parking
RSVP to Key@sfvillage.org or (415) 387-1375

Dr. Chris Thompson, Ph.D., Associate Professor in the Department of Exercise and Sports Science at the University of San Francisco, and Chair of the Council on Aging and Adult Development (CAAD) will present information on the Always Active program, which offers seniors the chance to participate in general exercise classes and receive a personalized wellness plan designed with their doctor and the program coordinator.

Dr. Thompson will also demonstrate some fall prevention exercises and balance techniques during the hour - long session. A short question and answer period will follow.

HEARING AND SPEECH TOUR & TALK
w/ Jessie Johnson



Thursday February 19th at 3:00 pm
Hearing & Speech Center, 1234 Divisadero
Parking lot entrance on Divisadero and abundant street parking
RSVP to Key@sfvillage.org or (415) 387-1375

Please join other Village members for a tour of the Hearing and Speech Center, the services they offer to the community, and a presentation on hearing loss and cognition. If you have untreated hearing loss, the brain has to work harder to understand the auditory input. The more effort that is used to do this results in the whole cognitive system not functioning as well. Other processes such as comprehension and memory tasks that rely on the cognitive system are then compromised. We will discuss the new studies that are helping to understand what the consequences of hearing loss are on cognition.

FRIDAY DAY OF SERVICE



Friday February 27th from 10am to 4pm
Your place of residence
RSVP to Keyatta Shade at
Key@sfvillage.org or (415) 387-1375

Looking to finish off those pesky to-do list items and connect with a younger generation? Look no further. San Francisco Village is partnering with staff of Sona Labs, a technology start-up, to provide a day of service for Village members.

SFV members are asked to submit a list of home maintenance projects that do not require a professional such as gardening, light house cleaning, mattress flipping, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail, accessing the Internet, or training on their i-pad or smartphone. Volunteers will be available to assist in homes from 10:00 am to 4:00 pm and will work in groups of 2 to 4 at each residence.

Participation is limited to 6 homes based on the current number of volunteers available. This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!! All participating volunteers will be screened before approval.

Please submit your list to Keyatta at Key@sfvillage.org or by calling (415) 387-1375 no later than noon Monday February 16th.

WRITERS WORKSHOP

Thursdays 3:30 - 5:00 pm
February 12th & 19th [note date change]
and March 12th & 26th
IOA Ponderosa Room, 3575 Geary Blvd.
RSVP at Info@sfvillage.org or (415) 387-1375



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 don't know where to start?
- Have you got some poems tucked away in a drawer?
- Do you have an idea for a gripping novel?
- Or do you just want to put pen to paper -- wondering if poetry, an essay or a short story will emerge?

If you answered "yes" to any of these questions, 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.”

We will have six 90 minute sessions. Part of each session will be devoted to writing. We welcome those who joined the first Writers Workshop last fall to return and continue your wonderful writing – or start something new! We also welcome all newcomers! Drop in is OK, but members are encouraged to attend at least the first two sessions in a row to become familiar with the process of the Writers Workshop. All welcome, no experience necessary!

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 as well as San Francisco Village.

SPRING MENTORING EXCHANGE PROGRAM

Wednesday February 25th 10:00 am to noon
Red Vic Creative Lounge
1665 Haight Street [note change of location]
RSVP to Key@sfvillage.org or (415) 387-1375



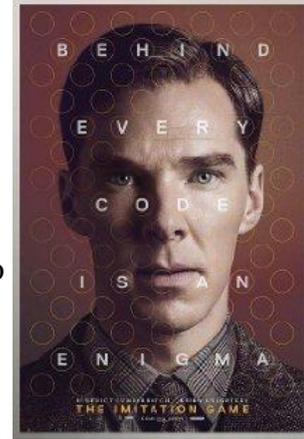
Join us in this popular Mentoring Exchange Experience with 9th grade students from City Art’s & Technology High School.

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 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 learned from the experience.

This spring we will be working with the same students who attended during the fall semester, so you may have the opportunity to follow up with a student you have already met, or meet a new student. Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00–11:45 am on the following dates: February 25th & April 22nd.

AT THE MOVIES WITH RALPH BEREN THE IMITATION GAME

Synopsis: An obsessive and brilliant English mathematician leads a group of other brilliant mathematicians to solve the Nazi enigma code, thereby saving 200,000 Allied lives during WWII. In return he is punished and sent away for his homosexuality. He was not honored for his work until 50 years later.



Many of us are familiar with Alan Turing, the Englishman who broke the enigma code which helped turned the tide of the Second World War in favor of the West against the Germans. Are you also familiar with the English actor, Benedict Cumberbatch, who has become all the rage in England? He is a tall, handsome, magnificent actor whose personal intensity is well-matched to his character.

There are criticisms of the film: some viewers were offended by the desultory treatment of his homosexuality, which was a crime in the late 1940's. What did these critics want? Turing to be caught in the bushes? I disagree. The last 10-15 minutes of the film does devote time to the cruel punishment he suffered for his "crime." Another criticism of the film had to do with a rather vertical treatment of his life. The film moves about from 1928 to 1956 and then back to the 40's. Again I disagree. The film insists that the viewer do some work and put the pieces together.

In closing, there is no doubt that Turing was an unusual and difficult person to work with. Although his science required teamwork, it played second fiddle to his ego. If you wish to see a magnificent piece of acting, go see Cumberbatch whose portrayal is single minded, obsessed, slightly Asperger-like, but always magnificent.

WHAT'S YOUR TALENT?



**Auditions February 23rd, 24th & 25th
Jewish Community Center of SF
3200 California Street**

Show us! The JCCSF's third annual amateur talent show is your chance to take center stage, whatever your act – big, small, curious or even weird. Individuals and groups ages 21 and older are encouraged to participate. Perform your talent before an all-ages audience, or just come to watch the show.

All talents are welcome, including dancing, singing, comedy, acting, instrumental music, magic, acrobatics and more! To schedule an audition please complete the

audition application by February 6, 2015. For more information visit jccsf.org/talent or contact Jackie Lewis at (415) 292-1241 or jlewis@jccsf.org.

VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday February 28th from 10:00 am to noon
Location: IOA, 3575 Geary Blvd

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.

If you are interested in attending, please contact Volunteer & Member Manager, Keyatta Shade at (415) 387-1375 or Key@sfvillage.org.



SAVE THE DATE!

NEW MEMBER ORIENTATION

Wednesday March 18th from 3:00 to 4:30 pm
IOA, Auditorium, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

If you've joined the Village in the past six months or have not yet attended a new member orientation, we'd love to see you at this welcoming event. Learn about programs and services, become familiar with the office and staff, meet other members and discover how you can become more involved.

TRANSFORMING LIVES & COMMUNITY AWARDS LUNCHEON

Friday May 8th from 11:30 am to 2:00 pm
Four Seasons Hotel San Francisco

Join San Francisco Village as we honor two remarkable women, Toni Rembe and Roselyne "Cissie" Swig, who are making a significant difference in the lives of San Franciscans and beyond. Watch for your invitation in the mail.



MEMBER TO MEMBER

Trek & Talk with Linda Lewin

Member Linda Lewin invites other members to join her and her friends for a one-hour week-day walk in Golden Gate Park.

- Friday, Feb. 6, 1:30 Meet at Land's End Visitor Center, up from Cliff House
- Wed., Feb. 11, 1:30 Meet behind Senior Center at 36th Ave. & Fulton St.
- Thurs., Feb. 19, 1:30, Meet at Conservatory of Flowers ticket kiosk
- Thurs., Feb. 26, 1:30 Meet at Land's End Visitor Center



For schedule and details please contact Linda at 168storyspinner@gmail.com or call her at (415) 386-0156 or if same day as hike, call her cell at (415) 509-3378. Please RSVP each week if you plan on attending.

Book Recommendation from Marilyn McGregor

Marilyn McGregor recommends this nuanced review of Atul Gawande's best-selling book *Being Mortal - Medicine and What Matters in the End*:

<http://www.nybooks.com/contributors/marcia-angell/>

NEIGHBORHOOD CIRCLES

94123/94115

The 94123/94115 Circle will meet monthly for movie outings. On Friday February 13th, we will choose a yet to be determined film to be shown sometime after 4:00 p.m. Once a decision is made, all circle members will be notified. If you are interested in joining this outing, please contact Eva Auchincloss at eva3auch@gmail.com or (415) 563-7519.



West of Twin Peaks Circle

The West of Twin Peaks Circle will meet at Cypress Grill and Lounge, Lake Merced Golf Course Restaurant, 99 Harding Road, for lunch on Tuesday, February 10, 2015 at noon. Please RSVP to Elaine Mannon (415) 469-9832 or elaine@mannon.com. Please contact SFVillage at (415) 387-1375 to arrange rides.

FEBRUARY EVENTS

Meditation Group

Tuesdays February 10th & 24th from 11:00 am 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. Ponderosa Room
Contact: RSVP to (415) 387-1375 or Info@sfvillage.org



Exploring Elderhood:

**Changing the way older adults feel about aging,
and changing the way society views older adults
Tuesdays February 10th & 24th noon to 1:30 pm**

The focus of this group is to examine the original vision of SF Village: to change the way older adults feel about aging, to change the way American society views older adults and how that relates to each one of us every day. This could be life-changing! All are welcome and encouraged to attend.

Location: IOA Ponderosa Room, 3575 Geary Blvd
Contact: RSVP to Key at (415) 387-1375 or Info@sfvillage.org. For more information contact Bill Haskell at (415) 661-2670 or bhaskell@sonic.net, or Mary Moore Gaines at (415) 387-7774 or mmg@sonic.net.



Discussion Group

Friday February 13th at 2:00 pm

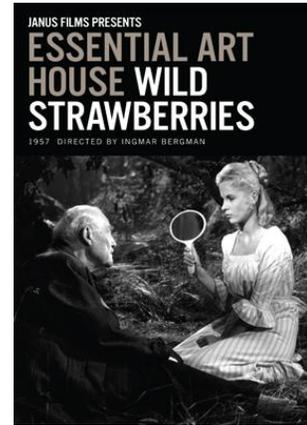
The group will discuss Freedom of Speech. How do you define freedom of speech, how is it defined by ISIS, by Israel, by France, etc.? Is it limited and if so by what? We'll refer to the current "baker" legal actions here in the United States: re a baker's right to refuse to write a negative slur on a cake and another's right to refuse to write on a gay couple's wedding cake. Please bring any articles or information on this issue or others related to freedom of speech to the meeting.

Location: Eva Auchincloss's home (Contact SFV for address)
Contact: RSVP to eva3auch@comcast.net or (415) 563-7519

Film Group
Wednesday February 18th at 4:00 pm

The film group will watch *Wild Strawberries*. This classic is one of Ingmar Bergman's finest movies regarding an aging Swedish professor on his trip to receive an honorary degree from a Swedish University. The film consists of flashbacks from his earlier life. The acting by Max Von Sydow and the rest of the cast is superb.

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



Play Reading Group
Thursday February 19th from 4:00 to 6:00 pm

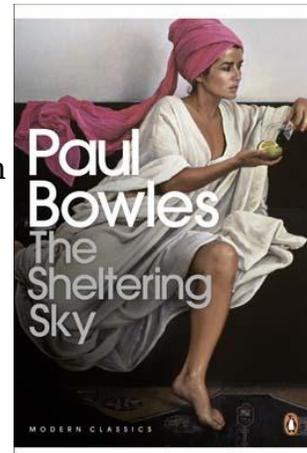
The SF Village One Act Play Reading group will be reading *Am I Blue* by Beth Henley which can be found in *Plays in One Act* edited by Daniel Halpern.

Location: Telegraph Landing Club Room, 150 Lombard
Contact: RSVP to Midge Fox at (415) 984-0613

Book Group
Monday February 23rd at 10:00 am

The book group will discuss *The Sheltering Sky*, a 1949 novel of post-colonial alienation and existential despair by American writer and composer Paul Bowles.

Location: Margaret Johnson's home (contact SFV for address info)
Contact: RSVP to Margaret at (415)-673-7130 or mhjohn@comcast.net



**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, 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.

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. Be sure to mention

SF Village account # 122.

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|www.sfvillage.org| *|Aging-In-Place|*

|3575 Geary Blvd-San Francisco, CA 94118| *|Ph: (415) 387-1375|*