

SFV MEMBER INTEREST SURVEY



We have questions for you! Fill out a survey about your interests, and you can be part of planning SF Village 2014 programs. Everyone who completes a survey by January 14 will be entered into a drawing for a \$100

gift certificate. It could be your lucky day, and even more importantly you will help to shape the future offerings of our Village. Fill out your survey on paper and mail it to back to the office, or complete it online here: <https://www.surveymonkey.com/s/7RCD9R2>

Remember to answer all the questions to be entered into the drawing.



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WELCOME NEW MEMBERS-- December

Paule Anglim
Bryan Hemming
Marvin Lehrman
Paisha Rochlin
Lucy Marton
Shirley Olsen
Bonnie Weiss

Editors

Kate Hoepke
Keyatta Shade
Rachel Lanzerotti

FROM THE EXECUTIVE DIRECTOR—Kate Hoepke

Dear Members:



At this time of year I welcome moments to reflect on the gifts of 2013 and where I hope 2014 will take me. A good time to measure growth, give thanks and set intentions for the year ahead. No New Year's resolutions for me, but rather a conscious re-framing of what I've learned and where I want to focus.

Looking back I can say that the events of 2013 brought me face-to-face with some of life's most important lessons. In March, my former husband of 27 years died. Since our divorce he had been estranged from our two adult daughters and me. A week before he died we learned he was in the hospital. The four of us were reunited in time to say good bye, before making the decision to take him off of life support. During that week a good friend gave me some priceless advice. She said that there are only four things that need to be said before Michael passes from this world: I love you, thank you, please forgive me for any of the ways that I may have hurt you, and I forgive you too. I trust this exchange helped to liberate us both.

The experience continues to shape me and my choices. In May I learned that my uncle, a single 69-year-old stroke victim living in Noe Valley, needed help. He could no longer care for himself and needed to move out of his home into a care facility. His finances were in disarray, he had no health care directive, powers of attorney or will. He and I were not very close, especially since he and my mother had been at odds for decades. On the heels of Michael's death, I was once again faced with a choice to forgive the differences that existed among us, and act lovingly on his behalf. Since then he has been diagnosed with a terminal illness and is on hospice. In early December my 87-year-old mother traveled from Michigan to see him for the last time. Their final moments together were singing a song she used to sing to him when he was a baby. Healing happens!

I suspect that my family is not the only one that suffers from broken relationships and the fear that we don't know how to repair them. Perhaps we think that the wounds are too deep or our capacity to forgive is too limited. In fact, what I'm learning is that when I resolve to put the pain associated with the past aside, and focus on this human being right in front of me, I discover new ways to love and be loved.

Dr. Fred Luskin, Director of the Stanford Forgiveness Project, has conducted years of research and workshops that offer practical skills for learning how to forgive. He says, "I have seen time and time again that people have the capacity to make peace with their past. They regain their ability to trust, love and stop blaming other people for their emotional distress. They take more time to count their blessings and less to complain about what went wrong. They learn to forgive and heal in both body and mind."

May it be so. Wishing you a healthy and happy 2014!

Kate

DID YOU KNOW...?

Residents of San Francisco now have the ability to obtain information about City services, and/or report problems in need of attention right from their Smartphone through the **San Francisco SF311 App**.



Users can provide a picture of a problem and track the status of the service request. Potholes, graffiti, street light outages, street cleaning and abandoned vehicles are examples of issues that can easily be reported through the app. The **free SF311 APP** also has an 'alerts' feature to help users stay up-to-date on traffic, events or other impact situations.

Download the Official SF311 App and get connected to your city government.

COFFEE & CONVERSATION: Caregiver Support Panel



Now or in the future, many of us will find ourselves caring for family members, friends, neighbors, partners, and loved ones. As caregivers, we are faced with challenges and stresses from giving daily support for frailty, chronic illness, or dementia care. We may feel depleted and isolated, wondering how we can find practical and emotional support for ourselves.

During this panel discussion, our expert presenters will offer their diverse perspectives on caregiver support, with plenty of time for small group discussion and dialogue. We'll discuss what it means to be a caregiver, ways of finding resources for ourselves, and mindfulness practices to rejuvenate and find balance.

All members and guests welcome, even if you're not currently in a caregiving role.

The panel discussion will take place on Thursday January 23rd in the Institute on Aging's auditorium at 3575 Geary Blvd from 3:00 p.m. to 5:00 p.m. Please RSVP to **Info@sfvillage.org** or (415) 387-1375 for more information.

FRIDAY MEDITATION GROUP FOR SENIORS

SF Village members are invited to join an ongoing, weekly drop-in meditation group for seniors with David Lewis at the Sequoias SF. Beginners are welcome. Meditation has been shown to lower blood pressure, ease anxiety and depression, and alleviate pain and stress. Learn to meditate and discuss its benefits and applications in our daily lives. No cost.

Every Friday 11 am - 12 pm.
Sequoias San Francisco, 1400 Geary Street. Enter from either Geary or Post. Limited parking available. Check in with receptionist for room location.

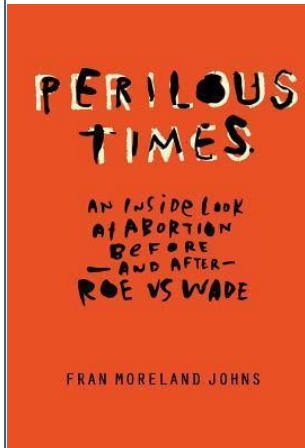
For more information contact rachel@sfvillage.org. No RSVP needed as this is a drop-in group.

Instructor David Lewis has practiced meditation for 40 years. He is a graduate of Spirit Rock Meditation Center's Dedicated Practitioners Program and periodically teaches at the Gay Buddhist Fellowship. He also teaches an *Introduction to Insight Meditation* class at Mission Dharma and has led a meditation group for seniors for three years.



AUTHOR SERIES with Fran Moreland Johns:

Perilous Times: An Inside Look at Abortion Before- and After- Roe v. Wade



On January 16th, SF Village proudly welcomes San Francisco writer Fran Moreland Johns, reading from and discussing her new book, *Perilous Times: An Inside Look at Abortion Before - and after- Roe V. Wade*.

Forty years after the Supreme Court guaranteed a woman's right to choose an abortion, that right is currently being challenged in statehouses across the country and in the U.S. Congress. *Perilous Times* is written for lay readers, making a strong case for reproductive choice and a plea for informed dialogue. *Perilous Times* expands on the issue through true stories of women and men whose lives have been impacted by unplanned pregnancies, and comments from leaders in the field of reproductive rights.

ABOUT THE AUTHOR:

Fran Moreland Johns is the author of *Dying Unafraid* (Synergistic Press), a nonfiction book telling of people who did just that, and of essays, articles, columns and short stories published since the 1950s. Inspired by her personal experiences, *Dying Unafraid* led to other published work on end-of-life issues – including contributions to *Beliefnet.com* – and activism in that field including offices on the board of Compassion & Choices of Northern California and the San Francisco Bay Area Network for End of Life Care. As the author of *Perilous Times*, Fran Moreland Johns' comments on abortion rights have appeared recently in *The New York Times* and *New Yorker* magazine. A native of Virginia who spent much of her adult life in Atlanta, she now lives in San Francisco where she is also active in interfaith and arts causes.

The meeting will take place from 3:30 p.m. to 5:00 p.m. in the Institute on Aging's auditorium at 3575 Geary Blvd. For more information or to RSVP, please email Info@sfvillage.org or [\(415\) 387-1375](tel:4153871375).

VOLUNTEER APPRECIATION & HOLIDAY PARTY

By Keyatta Shade

Nearly 100 village members and guests attended the 2013 Holiday Party and Volunteer Appreciation event in December. Guests were treated to bites provided by Choice Catering, wine donated by Eva Auchincloss, decorations by Nicole Krassner and enjoyed live music from musicians Dan Fabricant and Eric Vogler.

In addition to marking the holidays, it was a time to celebrate community: reconnecting with old friends, reaching out to new ones and recognizing the many volunteers who make SF Village possible. Volunteers Gabie Berliner, Jeanne Fracchia, Frances Gorman and Lawrence Button were all honored for their generous spirit and joyful heart with gift certificates donated from local favorites Mazen, the Salsalito Taco Shop, DOSA, the Supperclub and 1300 on Fillmore. Several members including Peg Kaplan and Bill Haskell spoke eloquently about how these individuals have made an important difference in their lives.



Going above and beyond the call of duty describes the 2013 Volunteer of the Year, Bill Carlson, who said the distinction came as a surprise. “I am grateful and honored for the recognition, but feel somewhat undeserving.” This kind of humility is what makes Bill the perfect candidate. During the month of November alone, Bill responded to 9 different member requests. If you add to that the requests for his handyman services, that number grows to 26. Indeed, a man in demand!

During the two years Bill has been involved with the Village, he has met several new people that he now calls friends. “Many of these friends I would never have met had it

not been for my work with SF Village,” Bill said. “Consequently, many of my assignments are moments I look forward to.”

One of those moments is spending time with Ralph Beren. “Bill is the most generous person I know when it comes to giving his time to others,” Ralph said. “He has brought me delicious food and joined me to watch football, but rarely lets me pay for anything.”

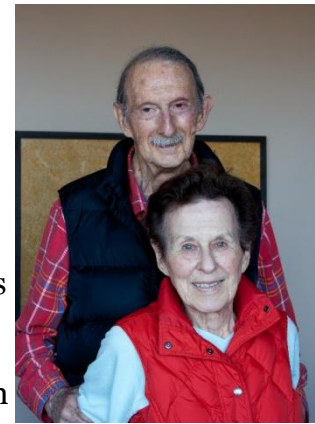
Ralph enjoys telling the story of the time he was angry that Bill was late to a performance of the Play Reading Group at a Village event. Performers were already nervous, but increasingly so as one of the main characters was nowhere to be found. Two minutes before show time, in walks Bill apologizing for holding them up. “He was picking up members who needed a ride to the party,” Ralph said. “Now that’s Bill!”

Congratulations to Bill and ALL the volunteers who help our members stay independent and connected in the home and neighborhood they love. Your time, energy, and commitment are the heartbeat of this community.

HOME DEPOT RENOVATION

by Keyatta Shade

For the third time in 2 years SFV members have been selected by Home Depot and Hands on Bay Area (HOBA) to receive home renovations. Home Depot has dedicated 30 million dollars to repair and upgrade the homes of veterans across the country as part of their Celebration of Service program. This year’s recipients were Alexis and Marilyn Benioff.



The Benioff’s project list included a new toilet, tiles for the kitchen and LED light fixture replacements for longer lasting lights and cost savings on their monthly PG&E bill.

Julia Valledor, store manager at the San Jose Home Depot, said she looks forward to working with these veterans each year. “It’s an incredible honor,” Julia said. “The best part is hearing their life stories. It really brings full circle what this experience is all about.”

In fact, while Al and the volunteers shared lunch, he told them a harrowing story from his time in the rifleman infantry, giving the experience extra meaning. “I really wanted them to know who it was they were serving,” Al said.

In 1945 while stationed in Germany, Al and his comrades were crossing the Danube River when they came under fire. As the rifleman, it was Al’s duty to cover his fellow soldiers. The group barely escaped with their lives, holding up in a nearby village to rest after the incident. During the commotion he had been shot. What saved him was the ammunition packet which housed a small metal flask containing cleaner fluid. The bullet actually hit the ammunition packet, piercing the flask instead of Al. The

keepsake, complete with its jagged torn metal from where the bullet entered the flask, is a reminder to Al of what some may see as a miracle.

Tearfully, he expressed gratitude for the volunteers' generosity. "This group is just phenomenal," Al said. "Their gift of support means so much to me."

Thanks to Home Depot and Hands on Bay Area for honoring veterans in this special way. To Al and all those who have served our country by risking their lives, we are grateful. We look forward to working with Home Depot and HOBA again in the spring!

AT THE MOVIES WITH Ralph Beren

NEBRASKA



This is a masterpiece of a film about mid-America in decline, with several outstanding performances. Bruce Dern plays the lead role of Woody, a seemingly senile man who is convinced that he has won a million dollar prize. In fact, what he has is only a sweepstakes coupon from a chain store in Lincoln, Nebraska. He is so stubbornly convinced that he has won, he starts walking from

his home in Montana to Nebraska, a distance of 800 miles.

Dern is supported by a wonderful cast including his devoted son David (Will Forte of *Saturday Night Live*) and his wife Kate (June Squibb of *About Schmidt*) who loves her husband in spite of his deficiencies.

David agrees to drive his Dad to Lincoln. In spite of his father's confusion, alcoholism, and laconic personality, David is driven to know more about him. Stopping along the way in Dad's home town David discovers that his father was a far better man than he realized. Even though he was not a very good father, he was a decent man. Once the town folk find out that Woody is going to be a millionaire, the vultures come out of the woodwork. They claim some part of the prize because "Willy owes them something." In one of the best scenes of the movie Woody's wife, June, straightens them out about who owes money to whom.

The movie is made in black and white which emphasizes both the bleakness as well as the expanse of the land. The film asks us to consider how well we knew our own parents and how well our children know us. A message we can all identify with.

NEIGHBORHOOD CIRCLES

94109. The group will host a brown bag lunch on Monday January 13, 2014, at the Lombard St. home of Kathy McNeil. Bring a sandwich or salad for yourself. Kathy will provide drinks, cookies, and fruit. To get directions or request a ride, RSVP by January 6th to Roberta Rothman at rrothman2174@gmail.com, or call her at 345-9034. This meeting is for 94109 Circle members only.

94123. The group will host a potluck on Sunday, January 12th at 5:30 p.m. at the home of Eva Auchincloss. To get directions and to RSVP, contact Eva at [\(415\) 563-7519](tel:4155637519) or eva3auch@gmail.com.

JANUARY EVENTS

Belly Dance with Village Friends
Wednesdays January 8, 15 & 22nd from
3:00 p.m. to 4:30 p.m.

Get ready to shimmy, flow, and dance! Yes, the rumors are true. Beginning belly dance classes for all body shapes, sizes and ages are coming to SF Village. Belly dance is good for your memory and for moving your body. Enjoy muscles you never knew you had. Bring your curiosity and sense of adventure to these playful, joyful classes with instructor Laurie Edison. Everyone's modesty, comfort and limits will be respected. Please wear comfortable tops and pants or a skirt (long skirts are helpful). Bring a scarf to tie around your hips.



Laurie studied with San Francisco's original belly dance teacher, Roman Baladine. At age 71, she has been teaching belly dance for over 40 years. In her classes, very diverse students can learn to dance. She especially enjoys teaching beginners.

Location: Institute on Aging Auditorium, 3575 Geary Blvd.
Contact: RSVP to Info@sfvillage.org or [\(415\) 387-1375](tel:4153871375).

Film Group

Wednesday January 15th from 4:00 p.m. to 6:00 p.m.

Join the film club to watch Truffaut's classic, *Jules and Jim*. It is a memorable tale of three people in love, their inter-relationships, and how the years affect them.

Location: Ralph Beren's home (contact SF Village for address information)

Contact: RSVP to Ralph at [\(415\) 929-8309](tel:4159298309)



The Discussion Group

Friday January 17th at 3:00 p.m.

The group will discuss the big divide in the United States between the wealthy and the poor: causes, effects on the middle class, what it means for our society, and what its results might yield.

Location: Eva Auchincloss's home

Contact: RSVP to Eva at [\(415\) 563-7519](tel:4155637519) or eva3auch@gmail.com

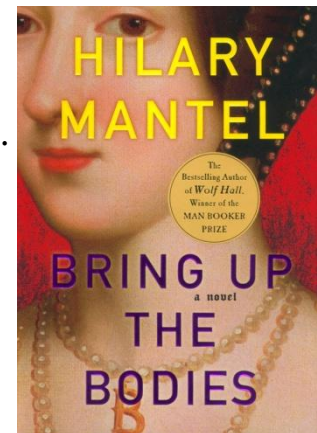
Book Group

Monday January 27th at 10:00 a.m.

The Book Group will discuss Hilary Mantel's *Bring Up the Bodies*.

Location: Margaret Johnson's home (contact SF Village for address information)

Contact: RSVP to Margaret at [\(415\) 673-7130](tel:4156737130)



Join Us At The Village Mixer!

Wednesday January 29th from 5:00 p.m. to 6:30 p.m.

Let's mix it up and get to know each other better! Please join us for a glass of wine and lively conversation at *Inclusions Art Gallery* (inclusionsgallery.com). Also, Cortland Ave. boasts a number of fine restaurants for dinner after the Mixer. Hope to see you there!

Location: Inclusions Art Gallery, 627 Cortland Avenue in Bernal Heights (cross is Anderson)

Accessible via the 24 Divisadero and 67 buses, street parking available.

Contact: RSVP to Info@sfvillage.org or [\(415\) 387-1375](tel:4153871375)

JANUARY WEEKLY EVENTS

Meditation Group for Seniors Every Friday 11 am - 12 pm.

SF Village members are invited to join an ongoing, weekly drop-in meditation group for seniors with David Lewis at the Sequoias. Beginners are welcome.

Location: Sequoias Retirement Community, 1400 Geary Street, parking and entrances from Geary and Post Streets. Check in with receptionist for room location.

Contact: For more information contact [**rachel@sfvillage.org**](mailto:rachel@sfvillage.org). No RSVP needed as this is a drop-in group.

Yoga! Thursdays from 9:00 a.m. to 10:30 a.m.

Yoga Levels 1-2 (some experience required) Cost for SF Village Members: donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [**\(415\) 425-5086**](tel:4154255086) or [**aurelecarlat@gmail.com**](mailto:aurelecarlat@gmail.com), Website: [**http://www.twinpeaksyoga.com**](http://www.twinpeaksyoga.com)

Yoga! For Beginners! Fridays from 10:00 a.m. to 11:15 a.m.

Anyone in good health who can manage stairs is welcome. No experience necessary.

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at [**\(415\) 425-5086**](tel:4154255086) or [**aurelecarlat@gmail.com**](mailto:aurelecarlat@gmail.com), Website: [**http://www.twinpeaksyoga.com**](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](tel:415-861-4910)

www.communitythriftsf.org

Take your old but usable items to the store and provide the ***SF Village code #122.***

They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you. This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members.

So, gather your usable goods and drop them off at Community Thrift. Be sure to mention

SF Village account # 122.

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

|3575 Geary Blvd-San Francisco, CA 94116| *|Ph: [\(415\) 387-1375](tel:415-387-1375)-Fax: (415) 387-1295|*