



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

*And now let us welcome the new year, full
of things that have never been.*

~ Rainer Maria Rilke

Dear Members:

I'm inspired by the promise of Rilke's notion that we stand in front of all that has never been before, like an empty canvas calling to be painted. I feel invited to imagine what I desire, stirred by its potential and how I will bring that desire to life. I know I'll need curiosity, creativity, courage and my SF Village friends. Together, I wonder what will we create in 2016!

As you will see in this issue of the newsletter, there is a rich palette of opportunities planned in the next few months for you to meet new people, explore new ideas, learn new skills and connect with your community. *Lunch with Provocative People* is a new program designed by Bill Haskell and Mary Moore Gaines introducing you to a new character twice a month – authors, leaders, artists and humanitarians. Each session will be taught by a different SFV member.

Professional storyteller, Olive Shaughnessy, will be teaching a workshop to spark your imagination and connect you with universal themes, striking memory chords for a personal story that wants a voice: *A Harmony of Past, Present and Future through Storytelling*. We have classes on fall prevention, technology to keep you safe at home, elder abuse awareness, managing your passwords, and many other activities calling your name.

I often say that satisfaction with your Village membership is correlated with participation. The more we put in, the more we get out. I'm also aware that fully participating is more difficult for some people than others. In the next several months, we will be making phone calls to members that we don't hear from or see very often. Rachel Lanzerotti, Aging



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New Members in December:

Betty Caluen
Bertha Canty
Jeremy Jefferys
Cosi Pavalko
Virginia Richardson
Wesley Wayne Webb
Billy Fite
Helena C. Yen

Well Coordinator, will be making calls together with Colette Chiparo, an intern working on her Masters degree in Gerontology. Our goal is to help members make the connections that have them feel engaged, valued and vital.

If you haven't already done so, please complete and return the Annual Program Survey, which will guide us throughout the year. Your feedback is an important link that lets us know if we're on the right track.

Please join us this year in adding color to the canvas and layers to this collective masterpiece!

Kind Regards,
Kate

DID YOU KNOW?

For money saving tips, you can go to *Deal Tracker SF* at <http://www.dealtrackersf.com>. If you live in the San Francisco Bay Area, this blog is your go-to spot for insider information and money-saving tips on everything from events, museums, artist open studios, warehouse sales, author talks, food-trucks, brick and mortar finds, the arts, dog-centric activities, online gems, pop-ups, and more.



2016 PROGRAM INTEREST SURVEY



Your feedback and suggestions are integral to planning events, programs, workshops, and outings in the coming year. Please share your thoughts and preferences by filling out the enclosed program interest survey. You can also fill it out online at <https://www.surveymonkey.com/r/HJYW72W>. Fill out the survey by January 15th and your name will be entered in a raffle.

Curious about the results? Attend the State of the Village on February 24th and keep reading your newsletters!

SFV STORYCORPS

**Fridays Jan 8th - 29th and Feb 12th - March 25th
10:00 AM to 11:00 AM
Sequoia Room, IOA 3575 Geary Blvd
For more information contact Sarah Kent
(415) 387-1375 or sarah@sfvillage.org
(Other days and times can also be arranged by appointment)**



Your individual stories and experiences are the world's shared history and are invaluable for future generations. Storycorps provides the opportunity to have and 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. We want to record the history of SFV members!

Interviews can be scheduled with Sarah Kent at the IOA on Friday mornings. If you prefer, they can also be scheduled at other times between members, either in members' homes or at the Main Library in the Storycorps booth. Please call Sarah to schedule a date or to learn more.

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 NPR broadcasts, podcasts, animated shorts, digital platforms, and bestselling books.

PREVENTING AND RESPONDING TO ELDER FINANCIAL ABUSE



Monday, January 11th from 1:30 PM to 3:00 PM
Sequoia Room, IOA 3575 Geary Blvd
RSVP to (415) 387-1375 or info@sfvillage.org

Elder financial abuse is a growing problem in America. Attend this presentation to learn how to detect, prevent, and report elder financial abuse. Learn about factors that put seniors at risk for abuse and ways that abusers earn seniors' trust to carry out their schemes.

Learn about the latest scams and how to get help. There will be time for sharing and asking questions.

Shawna Reeves is Director of Elder Abuse Prevention at the Institute on Aging in San Francisco and has authored several articles on the topic of preventing elder financial abuse. Shawna taught social welfare policy analysis at San Jose State University and currently advises Smith College School for Social Work students on their community practice projects. Shawna received her bachelor's degree in political science from Santa Clara University and her master's degree in social work from Smith College.

ALWAYS ACTIVE PROGRAM: Fall Prevention with Dr. Chris Thompson

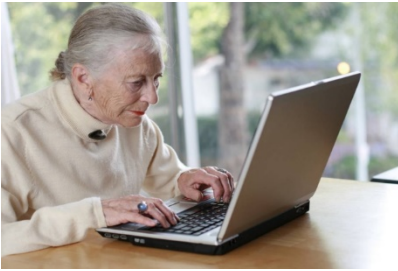
Thursday, January 21st from 10:30 AM to noon
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

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

MANAGING YOUR PASSWORDS



Friday, January November 22nd
10:00 AM to 11:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org
(Please let us know what kind of tablet, laptop, or smartphone you will be bringing)

In this workshop, you'll learn techniques to help you do away with all of those annoying post-it notes, notebooks and scraps of paper you currently use to remember your passwords. Participants will learn how to use a free software solution (Dashlane) to keep track of your passwords. All you'll need to do is to remember one master password.

This is a hands-on session, so space is limited. Enroll early to assure your spot. Bring your tablet or laptop to the session to install Dashlane and practice using the program with support.

Jim Clarke worked at Modesto Junior College for thirty years. At the time he retired in 2013, he was serving as the Director of Distance Education and Instructional Technology. In this capacity he was responsible for managing the online learning management system (Blackboard) and for teaching other faculty how to integrate and use technology in order to enhance instruction. Jim has been a pioneer in using new methods to engage learners in the instructional process since the 80's.

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

Mondays,
Jan 25th, Feb 1st, 8th, 22nd, 29th, & March 7th
1:00 PM to 2:30 PM
Sequoia Room, IOA 3575 Geary Blvd
RSVP to (415) 387-1375 or info@sfvillage.org



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 and stages and career paths including: students, parents, teachers, writers, nurses, patients, accountants, veterans, pre-schoolers and senior citizens. Her voice entrances. Her rich vocabulary is the artist's brush. Her presentations and workshops are lively interactive experiences that encourage compassion and community.

NEW TECHNOLOGY TO KEEP ELDERS SAFELY AT HOME



Tuesday, January 26th from 10:30 AM to noon
Sequoia Room, IOA 3575 Geary Blvd
RSVP to (415) 387-1375 or info@sfvillage.org

Learn about the pros and cons of various products and technology currently being marketed to keep seniors safely at home. Do these products work? Do they do what they promise? Mary Hulme has tested many of the products and will share some surprising conclusions.

Mary Hulme, founder of Moonstone Geriatrics, has almost 20 years of experience working in the fields of geriatrics, dementia and healthcare advocacy and received her Master's in Social Welfare from the University of California, Berkeley. In addition to running her practice, Mary is a consultant for Tech-enhanced Life, a company focused on utilizing technology to improve the quality of life for the aging population. Mary recently co-wrote "Caring from Afar: A Guide to Home Sensor Systems for Aging Parents."

A SUMMIT OF OLDER ADULT CHOIRS

Wednesday, January 27th, 2:30 PM to 4:30 PM
Herbst Theatre 401 Van Ness Ave
RSVP to (415) 387-1375 or info@sfvillage.org
Free and open to all friends and family



SFV is proud to be a community partner with the Choir Summit and invites members to help pack the house for this performance. The 2016 summit coincides with Community Music Center's 95th anniversary and brings together nearly 200 voices at the Herbst Theatre from seven choirs in partnership with senior centers around San Francisco.

Community Music Center's Older Adult Choir Program was conceived in 2011 as a way to reach out to older adults and provide them the many personal, social, artistic, and quality of life benefits that musical activity can bring. These choirs are free for older adults (ages 55 and up) to join.

GOLDSWORTHY IN THE PRESIDIO TOUR



Thursday, January 28th from 1:00 PM to 4:00 PM
Officers' Club historic Moraga Ballroom
50 Moraga Avenue on the Presidio's Main Post
RSVP to (415) 387-1375 or info@sfvillage.org
Free. Members only. Space is limited to 10 participants.

Did you know that the Presidio is home to the largest collection of Andy Goldsworthy sculptures on public view in North America?

Join fellow SFV members in a guided presentation and viewing of installation pieces *Tree Fall*, *Earth Wall*, and a short film about Goldsworthy and his work in the park. Members also have the option to continue a self-guided 3 mile hike through the Presidio to see his two other pieces, *Spire* and *Wood Line*.

SPRING MENTORING EXCHANGE

**Jan 27th, Feb 24th, March 23rd
 April 13th & May 4th
 Wednesdays 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**



This program, in its third year, brings together Village members and 9th 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.

HEALTHIER LIVING: free 6 week workshop



**Friday January 15th to February 19th
 2:00 PM to 4:30 PM
 Excelsior Branch Library
 4400 Mission Street (at Cotter)
 San Francisco, CA 94112
 (415) 355-2868**

Do you or someone you love or care for have arthritis, diabetes, high blood pressure, heart problems, and other chronic health problems? In this workshop you will learn how to manage pain, stress, and fatigue; be more fit and eat healthier; work more effectively with your doctor and healthcare professionals; set goals and problem solve to make positive changes in your life; and feel better and reduce your healthcare costs.

Pre-registration is required. Please contact Excelsior Branch to register. Workshop will be in English. Free gifts and awards will be given to participants completing the workshop!

Developed by Stanford University School of Medicine. Co-sponsored by San Francisco Department of Aging and Adult Services, City College of SF, San Francisco Public Library and 30th Street Senior Center. All programs at the library are free.

HOME INSTEAD EMPLOYMENT OPPORTUNITY

Home Instead Senior Care is looking for caring and compassionate San Francisco Village members interested in finding paid work as members of their Caregiving Team. Home Instead Senior Care provides a variety of non-medical services that allow seniors to remain in their home and meet the challenges of aging with dignity, care and compassion.



Duties include:

- Companionship and conversation
- Light housekeeping tasks and meal preparation
- Assistance with activities of daily living

Home Instead has a variety of shifts available and offer competitive pay. For more information contact Bethany McGuire at (415) 441-6490 or apply online at www.homeinstead.com/220

AT THE MOVIES with Ralph Beren SPOTLIGHT



Spotlight is a gut-wrenching and explosive film, exposing the Catholic Church's decades-long cover up of sexual crimes committed by priests against children. The film focuses on a team of reporters from the Boston Globe who painstakingly expose the system-wide abuse.

The film explains how boys and girls, who believe in the teachings of the church, too easily slide into sexually pleasing a priest who is a person of God. The lifelong damage is exemplified by addiction, suicide, and victims whose lives are devoid of meaning.

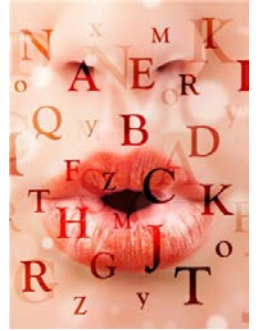
The spotlight team that uncovers the scope of the abuse is an impressive mix of different personalities that ranges from Mark Ruffalo playing the impatient reporter who wants to go to press right away, to Michael Keaton who wants to wait and discover how widespread the abuse is.

Rachel McAdams plays the common sense sister and Billy Crudup is a slick lawyer moving priests around and covering for the head of the diocese in Boston, who is caught lying and committing his own crimes. The film culminates in exposing the insidious and far-reaching nature of systemic crimes against children.

MEMBER TO MEMBER

Allegra Demery-Learn Lip-reading at City College

Do you have difficulty hearing? Did you know that lip-reading may help? Do you want to learn how to use your hearing aid more effectively? Attend this free, non-credit class to learn how to maximize communication through lip-reading, stress reduction, creative problem solving and assertiveness. Instruction is taught in a supportive group environment. Call (415) 561-1005 for more information. Sponsored by City College of San Francisco. Taught by licensed speech-language pathologists.



Mary Moore Gaines-Your Place or Mine

Have you ever considered sharing your home with another person or living in another's home? I am part of a small group of people who are exploring the pros and cons of sharing a home. We will meet Wednesday January 13th at 2:30 pm at my home to begin the discussion. If you are interested, please contact me at (415) 387-7774 or mmg@sonic.net for more information.

NEIGHBORHOOD CIRCLES

94102 Circle



The 94102 circle greets the New Year with a continuing journey toward living in gratitude. January's discussion is *Begin Anew*.

We meet on Wednesday, January 6th, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 PM to 3:00 PM., using reflections and practices from *Living in Gratitude*, written by internationally respected cultural anthropologist Angeles Arrien.

"At the start of the new year we can begin again to address what Reverend Alan Jones at Grace Cathedral in San Francisco calls the four concerns of life: love, death, power and time," writes Angeles Arrien. Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.

94131 Circle

The 94131 Circle will meet for social engagement in the clubhouse at 43 Ora Way. For more information or to RSVP, contact Demetri Polites at (415) 826-3666 or 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 or (415) 586-9386.

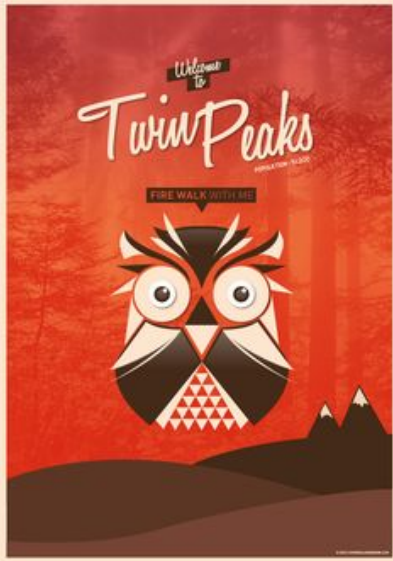


Noe Valley Circle

The Noe Valley Circle will meet on Saturday January 30th from 5:00 PM to 7:00 PM for a potluck and social engagement at the home of Marian Anderson. For more information or to RSVP, contact Key Shade at (415) 387-1375 or Key@sfvillag.org. Circle members and guests only. Space is limited.

West of Twin Peaks Circle

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



Lunch Bunch

Thursday, January 14, 2016

11:30 a.m.

Bursa Restaurant
60 West Portal Ave.

Movie Group

Wednesday, January 20, 2016

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

Movie Discussion Following the Film

Wednesday, January 20, 2016

With Movie Critic, Toni Illick
Home of Elaine Mannon

SAVE THE DATE!

LUNCH WITH PROVOCATIVE PEOPLE

1st and 3rd Tuesdays from Feb to May

11:30 AM to 1:00 PM

Feb. 2 & 16, March 1 & 15, April 5 & 19, May 3 & 17

Ponderosa, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 or info@sfvillage.org

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, 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 am to 1:00 pm – 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 and lead the initial eight sessions. The underlying notion is that each of us has something to teach – and we enjoy learning from one another.

Aging Well with Chair Yoga

Four Tuesdays: January 5th, 12th, 19th & 26th from 2:00 PM to 3:00 PM

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 people.

Contact: RSVP to (415) 387-1375 or Info@sfvillage.org

Location: Five Rivers Yoga Therapy, Noe Valley (1589 Sanchez Street)



Aging Well with Meditation

Tuesdays January 5th & 19th from 3:15 PM to 4:00 PM at Five Rivers Yoga, Noe Valley
Wednesdays January 13th & 27th from 11:30 AM to 12:30 PM, at IOA, 3575 Geary Blvd.

Come learn to practice meditation together. All levels of experience 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?

The groups are led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation.

Contact: RSVP to (415) 387-1375 or Info@sfvillage.org

Location: Five Rivers Yoga Therapy, Noe Valley (1589 Sanchez Street) and IOA, 3575 Geary Blvd



Play Reading Group

Thursday January 14th from 4:00 PM to 6:00 PM

The SF Village one-act play reading group will read two plays, *Linda Her* by Harry Kondoleon and *Success* by Arthur Kopit. These plays can be found in the collection *Plays in One Act* edited by Daniel Halpern.

Contact: RSVP to Midge Fox at (415) 984-0613

Location: Telegraph Landing Club Room at 150 Lombard Street



Lunch Bunch
Friday January 15th at 11:30 AM

By popular demand, the Lunch Bunch will meet at Delancey Street Restaurant on the Embarcadero.
 Contact: RSVP to Marci Fogg at (415) 821-6333.
 Location: Delancey Street Restaurant, the Embarcadero at Brannon, (415) 512-5179

Film Group
Wednesday January 20th from 4:00 PM to 6:00 PM

The film group will watch the much acclaimed film, *The Day of the Locusts*. Made in 1975 it exposes the underbelly of Hollywood.
 Contact: RSVP to Barbara Hancock at (415) 586-3082
 Location: Barbara's home (Contact SFV for address info)



The Book Group
Monday January 25th at 4:00 PM

The book group will read and discuss *The Founding Brothers* by Joseph Ellis
 Contact: RSVP to Margaret Johnson at
 Location: Margaret's home (Contact SFV for address info)

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.communitythrifsf.org

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

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

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up. This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention SF Village account # 122.

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

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