



FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members and Friends:

Three years ago the SFV Board of Directors completed a strategic plan that would see us through 2014.

Earlier this year, they began the process of revision – identifying what is still true and what needs to be updated. They've begun to ask questions such as: What are SF Village's strengths, weaknesses, and opportunities? What are the programs and services our members need now and in the future? How do we continue developing the capacity to deliver on our promise to members?

How do we ensure financial sustainability for the long term success of SF Village?

One of our greatest strengths is the sense of community and connection that exists for all who choose it. As we know, community means different things to different people. Some of its characteristics may include:

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WELCOME NEW MEMBERS--June

Erica Anderson
Miles Anderson
Bani Bhattacharya
David Crommie
Karen Crommie
Dwight Fitterer
Marjie Fitterer
Maria Geczy
Patricia Rodgers
Nathan Segal

- Trusting other people, especially when we're feeling vulnerable
- Belonging to something bigger than ourselves, which offers comfort and security
- Taking risks to become known and to know others
- Sharing experiences, interests, and a sense of purpose

The word *exponential* comes to mind when I describe community – the infinite possibilities that are created when hundreds of people share their talent, knowledge, passion and resources.

As we plan for the next several years we are looking to grow our network of friends, supporters and funders since membership fees still only cover about 30% of what it costs to operate SF Village. We've learned that corporate foundations are more likely to engage with us if an employee or retiree is involved with SF Village. The same is true with small family foundations or large health care foundations. If you are able to facilitate a connection to a foundation or corporation that grants community non-profits, I would love to hear from you. Any thoughts and suggestions for the strategic planning committee are most welcome too.

As SF Village grows - adding members, volunteers, friends and supporters - we are at the same time deepening our organizational roots in the City. Individual members, their families, professional colleagues and other organizations have come to depend on what we offer to older San Franciscans: community, support and guidance in navigating the transitions of aging, in order to remain independent in the homes and neighborhoods we love. I envision a long and bountiful future for many generations of members.

With deep appreciation,
Kate

DID YOU KNOW?

Google Express Shopping offers same day shopping delivery for FREE. Shop local stores online and get items delivered on the same day. Sign up for six months of free same-day delivery in the San Francisco Bay Area.

Learn more at <https://www.google.com/shopping/express/>.



NEW MEMBER ORIENTATION

Thursday July 17, 3 - 5 PM
Ponderosa Room, Institute on Aging
RSVP to (415) 387-1375 or info@sfvillage.org

If you've joined the Village in the past six months (since January 2014), 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.

IPAD TIPS & TRICKS

Wednesday July 16, 11:00 AM to 12:30 PM
Room 202, Institute on Aging
RSVP: RSVP to info@sfvillage.org by July 10

SF Village volunteer Jim Clarke will present a workshop on iPad Tips & Tricks. Bring your iPad and be ready to try hands-on ways of getting the most out of your device, including:

- Basic operating principles
- Updating operating system and apps
- Connecting to Wi-Fi networks
- Reserving your battery
- How to use common apps



Class size is limited to eight members. Bring your iPad.

CULTURAL OUTINGS



Sutro Heights Park Walk

Thursday July 10, 11:00 AM
Entrance to Sutro Heights Park, 48th Avenue & Point Lobos
RSVP to info@sfvillage.org by July 8

Take a moderate walk at Sutro Heights Park and visit the vistas where San Francisco meets the Pacific Ocean. Hear some stories about Mayor Sutro, a self-taught engineer, a philanthropist, an environmentalist, a Progressive, and one of San Francisco's most

interesting people. Wear walking shoes and dress in layers for fog and sunshine.

The walk is led by Michael Shaughnessy, a fourth generation San Franciscan who has been teaching for 40 years. He has trained to be a City Guide (a program of the San Francisco Public Library) in order to learn more about the City and share those stories with interested people.

We'll meet at the entrance to Sutro Heights Park (50 feet west of the corner of Point Lobos and 48th Avenue across from the Seal Rock Inn, where the statues of the lions are). Street parking available or park in the lot at the Land's End Visitors Center.

Private Tour of *Designing Home: Jews & Midcentury Modernism* The Contemporary Jewish Museum

Thursday July 10

736 Mission Street (between 3rd and 4th Streets)

2:00 PM Wise Sons Jewish Delicatessen if you want to share a gnosh (snack!)

3:00 PM tour with a museum educator

RSVP to info@sfvillage.org by July 3



Village members will receive a private tour of *Designing Home*, which explores the role of Jewish architects, designers, and historians in the formation of a new American domestic landscape during the middle decades of the 20th Century. Featuring modern household items, from furniture and textiles to dinnerware and serving utensils. Those who wish to

gather before the tour begins may choose to meet at the Wise Sons Deli (in the museum) at 2 PM. Tour begins at 3 PM. If you are a CJM member please let us know in advance. Museum admission is FREE for SFV members and \$9 for friends and guests.

SFV MEDITATION

Tuesdays July 1 and July 15

11:00 AM to 12 noon

Please RSVP to info@sfvillage.org

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



The group meets at the Institute on Aging. Please be seated in the main lobby, and Rachel will meet you there right before 11:00 AM.

Arrive on time, as we meet for one hour only. The group is led by Rachel Lanzerotti, an experienced teacher of Mindfulness Meditation and longtime Vipassana (insight) meditation practitioner, as well as the Membership Coordinator of SF Village.

Members are welcome to invite friends and family.

SAN FRANCISCO JEWISH FILM FESTIVAL



The SFJewish Film Festival's hallmark program is a renowned three-week summer Festival, screening in four Bay Area venues, featuring the highest quality Jewish films from around the world. As the first of more than 100 Jewish film festivals worldwide—and still the largest, with some 30,000 attendees—SFJFF is an influential showcase bringing together filmmakers and audiences to celebrate Jewish cinema and explore its new frontiers.

The films presented by SFJFF make up a very special and unique collection—one that is unlike any other—because they celebrate both independence and community. For ticket information visit: <http://tinyurl.com/ke6haey>

VOLUNTEER OF THE MONTH- Patience Porter by Keyatta Shade

Patience Porter has been anything but “patient” when it comes to immersing herself into volunteering for San Francisco Village. Patience, who first saw a piece on 60 minutes about the Village movement nearly 4 years ago, was fascinated by the concept from the get go.

Since becoming a volunteer almost a year ago, Patience has hit the ground running, accompanying members to doctor's appointment, distributing flyers for Village presentations, helping with Village monthly mailings, and picking up clothing donations from various members to deliver them to the Community Thrift Store.



These opportunities have given her the opportunity to expand her social network, an important reason many members join the organization. “SF Village has provided me with a keen sense of community,” Porter said. I’ve met many diverse and interesting people throughout San Francisco.”

One of those people, Lucy Howard Cohen, says Patience was a saint during their visit. “Her mother named her aptly for her personality,” Lucy said. “She was really kind and gentle, not only with me, but with my dogs as well.”

When Lucy requested volunteer help from the Village, she said she felt overwhelmed and stranded. Recovering from an injury, she had been homebound and unable to take care of little things around her home for quite some time. Patience helped Lucy get caught up with laundry, changing bed linens, watering the garden, purchasing a new cell phone, and light cleaning around the house. “Patience did everything I asked with a sense of good will and demonstrated that she genuinely wanted to help. She also didn’t coddle me which I appreciated,” Lucy said.

Lucy was also impressed with Patience’s intuition. “Not all of my limitations are visible. Yet somehow she was able to anticipate my needs, which I found most impressive.”

The appreciation was mutual. “I found Lucy to be interesting, inspirational and determined to continue to live independently for as long as she is able despite her disabilities,” Patience said.

Patience is enthusiastic to be a part of the Village movement, which she sees as changing the culture of aging in this country. “SF Village enables seasoned adults to live active, social and intellectually stimulating lives, and provides comfort in knowing that there is help nearby if there is a need.”

Volunteering increases self-confidence, combats depression, and is a great way to meet new people while participating in fun and fulfilling activities. “Today I am fortunate to be able to help others by volunteering my time, but tomorrow I may be the recipient of someone’s else’s volunteer effort. If you haven’t tried volunteering with SF Village, I highly recommend it,” Patience said.

AT THE MOVIES with Ralph Beren

LOCKE



From my perspective, *Locke* is one of the best films of the year. A man driving by himself from Birmingham to London is trying to right a mistake while risking his job and his family relationships to do it. He has two children and a wife who adore him, a very successful job and is reputed to be Britain's best concrete pourer. He has the largest concrete contract in Britain starting the next morning, yet he can't be there because he has to deal with the mess he's created during the past year.

All his dealings and decisions take place in the car. His only companion is his telephone. The tension builds as he confronts questions and makes decisions while keeping a lid on a simmering situation. Jumping from one crisis to another, from one phone call to another, we watch Locke, perfectly played by Tom Hardy, begin to crack his calm surface exterior. He sheds a tear while raging at his dead father who abandoned him at a very young age. He is haunted by the emotional bruising from his father and driven to live his life differently.

Great movies touch us in some way. They raise questions that are both personal and universal. What would we do in a similar situation? Would we act on our principles? Are we willing to sacrifice for the sake of them?

MEMBER TO MEMBER

Temporary Housing Needed.

Former SFV Member Jean Goldings is moving back to SF from Florida and is looking for a room to rent temporarily while she searches for a more permanent solution. If you have something available or have any referrals, please contact her directly at (617) 832-5380.

LGBT Social Circle.

SFV Member Ken Prag is interested in finding out if any members would like to be a part of an LGBT Social Circle. Please contact Ken at kprag@planeteria.net or (415) 586-9386 if you are interested.



Home for the Holidays.

Some of us don't have families in the Bay Area with whom to celebrate holidays. Instead of spending these occasions alone, SF Village members may want to consider sharing them together. If you are interested in exploring the possibility of holiday get-togethers, please contact Paisha at (415) 552-6674.

Botanical Gardens June Member Outing.

Five enthusiastic garden-lovers, Lynn Davis, Marvin Lehrman, Paisha Rocklin, Peter Heldman, and Juliette Rothman, met at the SF Botanical Garden on May 12th for a tour of the gardens' special blooms. Our Docent Guide, Gordon Wilson, began our tour with a brief history of the Garden, and then we toured several areas and learned about their special plants. We focused primarily on flowers currently in bloom.



A bit of history - plans for the garden were originally laid out by John McLaren, but there were not enough funds for development. Helen Strybing was interested, and left funds for the Garden in her will. These were supplemented by donations, and planting was finally begun. The Garden opened to the public in 1940.

Although it's officially managed by the City of SF, which also manages Golden Gate Park, the San Francisco Botanical Garden Society has major responsibilities - they coordinate volunteers, run programs, and oversee staff. Although I've seen plant sales at the Gardens many times, I was delighted to learn that the Society has a plant sale every month. This is a good resource for members with gardens!!

After our tour we enjoyed lunch, a rest, and some good conversation. We hope to be able to continue exploring the seasons in the Botanical Garden by visiting four times a year - once each season. Gordon has already kindly offered to be our guide!

NEIGHBORHOOD CIRCLES

94115/94118.

We would like to invite members to join us at the JCCSF Café, 3200 California Street, on Monday July 16th from 4:00 p.m. to 5:30 p.m. as we discuss what kinds of activities, both fun and educational, members in these zipcodes would like to engage in. Let yourself be heard as we come up with a fluid list. Interested parties should RSVP to Alida Silverman at alidas@comcast.net or (415) 926-8601.

94114/94131.

The new 94114 and 94131 Neighborhood Circle met in June for the first time, with 17 members attending. After about an hour of socializing, the group circled up to talk about their reasons for meeting and ideas for forming interest-based groups in their neighborhood. Ideas included a neighborhood circle movie group, folk singing, trips to the Symphony and Opera, and a book club! Next up, Neighborhood Circle Leaders Lucy and Eleanor will send an email update to 94114 and 94131 members.



SF VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday July 26th from 9:30 a.m. to noon
Location: IOA, 3575 Geary Blvd
RSVP to Key at (415) 387-1375 or 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 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.



SAVE THE DATE!

Nutrition Presentation: Eating Well As We Age

The July 23rd Nutrition presentation has been postponed until August. Date TBA.

SFVillage Informational Meeting

August 10th, 1:30 p.m. to 3:30p.m.
Ingleside Library, 1298 Ocean Avenue
RSVP to Info@sfvillage.org or (415) 387-1375

SF Village is growing! Invite friends and neighbors to come to an informational meeting and learn more about the benefits of membership. Hear from current members, staff and volunteers how the Village is making a difference in their lives and community.

SF Village Writers' Workshop

Wednesdays August 13, August 27th &
September 10, 3:30 - 4:30 PM

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 didn't know where to start?
- Have you got some poems tucked away in a drawer?
- Do you have an idea for a gripping novel?



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

Join our Writers’ Workshop, 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.

JULY EVENTS

Play Reading Group

Thursday July 10th from 4:00 p.m. to 6:00 p.m.

The SF Village One Act Play Reading group will be reading *The Man Who Turned into a Stick* by Kobo Abe and *Finding the Sun* by Edward Albee. Both plays 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

The Film Group

Wednesday June 16th from 4:00 p.m. to 6:00 p.m.

The film group will watch *Ghost Writer*, a Roman Polanski film about the former P. M. of England whose aide dies under mysterious circumstances. The film stars Ewan McGregor and Pierce Brosnan.

Location: home of Ralph Beren (contact SFV for address)

Contact: RSVP to Ralph at (415) 929-8309



Lunch Bunch

Friday July 18th at 12:30 p.m.

The lunch Bunch will meet at Troya Restaurant. Space is limited to 8 members. Please know it is CASH ONLY.

Location: 549 Clement Street at corner of 5th Avenue

Contact: RSVP to Vera at (415) 567-8991 or veracurtis@earthlink.net.

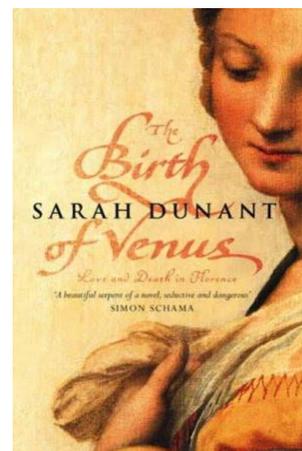
The Book Group

Monday July 28th at 10:00 a.m.

The book group will read Sarah Dunant's *Birth of Venus*.

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

Contact: RSVP to Margaret Johnson at (415) 673-7130, or mhjohn@comcast.net for more information.



JULY WEEKLY EVENTS

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 or aurelecarlat@gmail.com, Website:

<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 or
aurelecarlat@gmail.com, Website:
<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
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, 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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