



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE

Dear Members:

Belonging to San Francisco Village means exposing yourself to new people, fresh ideas and a little guidance in navigating the transitions of getting older. Questions arise for all of us that we may not know how to answer, especially when it comes to planning for our future care and the end of our life. Time and again experts implore us to have conversations with our loved ones about advance directives, financial plans, and how we prefer to die, but most of us can find plenty of reasons to postpone those interactions.



We say we'd rather not think about it, let alone discuss it, or maybe it's our family members who'd rather remain in the dark. We carry familiar messages that have been passed on from generation to generation: it's none of your business, you're not listening to me, if we talk about it then we make it more real. Roz Chast's popular book title kind of sums it up, *Can't We Talk About Something More Pleasant?*

On July 14th at 7:00 p.m. San Francisco Village and the Optimizing Aging Collaborative at UCSF will present *TALK TO ME: Conversations that Matter*. We will explore what gets in the way of meaningful conversations and offer practical suggestions for changing the dynamics. Our distinguished panelists include:

- Patrick Arbore, Ed.D., Founder of the Friendship Line at the Institute on Aging
- Stefanie Elkins, M.A., M.M., CA Medical Outreach Manager for Compassion & Choices
- Sarah Hooper, J.D., Executive Director of UCSF/UC Hastings Consortium on Law, Science & Health Policy
- Eric Widera, M.D., Associate Professor of Clinical Medicine, Division of Geriatrics, UCSF

From the E.D. New Members June We Need Your Help Did You Know?

July Events

1. Brain Game Friday!
2. Writers Workshop
3. Talk to Me!
4. Tenants Rights 101
5. Walking Tour
6. SPCA Tour
7. Awareness through Movement
8. Strokes

In Memoriam

1. Sheana Butler
2. Kathryn McNeil

What's Trending

1. Community Meeting
2. Mentoring Partnership
3. Dignity Fund
4. Brain Health Registry
5. Why I Give
6. Volunteer Training

Member to Member Neighborhood Circles Recurring Events Save the Dates

The free event will take place at UCSF Mission Bay (details inside this newsletter) and family and friends are most welcome. We hope that this will be just the first in a series of programs that will help us learn to be more skillful in talking with those we love and demystify the topics we tend to avoid.

I hope to see you there!

Warm Regards,
Kate

NEW MEMBERS - JUNE

Elizabeth "Betty" Angevine, Dorothy Barnhouse, Myles E. Dixon, Patricia Farber, Sarah Guo, Carol Hamby, Shari Jacobs, Karen Zehring, Daniel R. McCall, Peggy Cartwright, Clinton Seiter, Dr. Alyce Tarcher, Barbara Webb

WE NEED YOUR HELP!

SUMMER OUTREACH PROGRAM

Last month, we held community meetings in three city neighborhoods to inform prospective members about the benefits of joining San Francisco Village. To build on that momentum, we will be engaging in some grassroots efforts this summer and would love your help! The team has created new informational trifolds that we will distribute throughout the city, at locations that are often frequented by older adults (libraries, doctor's offices, community centers, churches and the like). If you have connections in your neighborhood and/or visit any of these places, please help us out! Our request is simple: take a few trifolds and ask if they can be displayed.



If you are willing to get involved, please call Maya at (415) 750-8748 or email her at atmaya@sfvillage.org.

DID YOU KNOW?



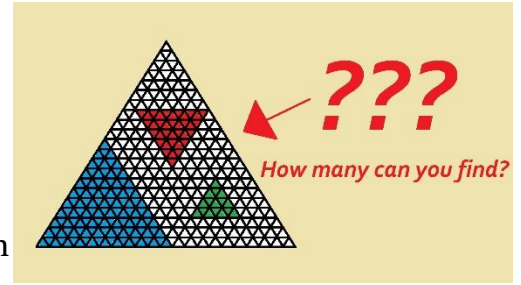
Seniorly.com is a website that catalogues hundreds of senior living communities throughout California. Families and advocates can search by pricing and availability and also browse thousands of photos, videos, reviews, and inspection reports. Seniorly.com provides older adults with a comprehensive online database of housing information at no cost. For more information, call (415) 570-4370.

JULY EVENTS

BRAIN GAME FRIDAY!

Fridays, July 8, 15, and 22, 1:00 – 2:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org

Come join your fellow Village members for fun and engaging brain games that will be sure to get your neurons firing! San Francisco Village staff will be leading activities to challenge your attention span and memory, get a visual workout with optical illusions, play with language and logic puzzles, and more.



WRITERS WORKSHOP



Wednesdays, July 13, 20, August 10, 24, 3:30 – 5:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org

Have you always wanted to write your memoir but didn't know where to start? Do you have 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 – and see whether poetry, an essay or a short story will emerge? If you answered “yes” to any of these questions, we invite you to the SF Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All are welcome – no writing experience necessary! A pen, a pad of paper and a wild imagination is all you need.

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 at San Francisco Village.

TALK TO ME: Conversations That Matter

Thursday, July 14, 7:00 – 8:30 PM
Byers Auditorium, Genentech Hall,
UCSF Mission Bay, 600 16th St.
RSVP (415) 387-1375 or info@sfvillage.org
Members and volunteers are invited to bring guests

San Francisco Village and the Optimizing Aging Collaborative at UCSF invite you to learn about conversations across generations that matter. Whether you're an older parent or the adult daughter or son who loves them, we all seem to struggle with the barriers that prevent meaningful conversations about planning for the future: changes in health condition, end-of-life care options, advance health care directives, financial plans, ethical wills and any or all of what remains unspoken.



We will explore what gets in the way of meaningful conversations and offer practical suggestions for changing the dynamics. Our distinguished panel of speakers includes:

- Patrick Arbore, Ed.D., Friendship Line at the Institute on Aging
- Stefanie Elkins, M.A., M.M., CA Compassion & Choices
- Sarah Hooper, J.D., UC Hastings College of the Law
- Eric Widera, M.D., Division of Geriatrics, UCSF

Parking is available at 1625 Owens Street, located next to the Mission Bay Community Center and 1835 Owens Street, located across from the Mission Bay Hospital. The campus can also be easily reached by public transportation. The MUNI T-Third Street train line has a stop at Mission Bay and the #22 and #55, bus lines stop only a few blocks away. Signs and volunteers will be guiding you from the parking garage to the auditorium.

TENANTS RIGHTS 101 WORKSHOP



Monday, July 18, 1:30 – 3:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org

Do you know your rights as a tenant regarding landlord responsibilities, habitability, rent increases and evictions? This informative and interactive presentation will allow ample time for questions and discussion. If you have specific questions related to

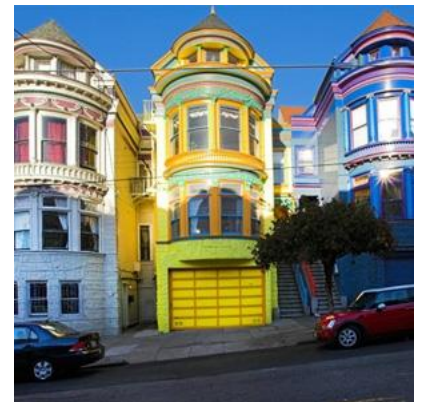
your own living situation, stop by the Housing Rights Committee office during the tenant counseling hours to receive one-on-one attention.

Housing Rights Committee is a tenants' rights organization that offers free counseling for San Francisco tenants in all types of housing, including rent-control, SROs, public housing and Section 8. They have been fighting for the rights of tenants since 1979 when a group of seniors at Old St. Mary's Church came together to organize against condo conversions that were displacing the elderly. Housing Rights Committee counselors provide help to over 5,000 tenants a year. The 1663 Mission Street office is open for counseling Monday through Thursday, 1-5 PM and can be reached at **415-703-8644**. There is also a Housing Rights Committee Richmond branch, which offers counseling 9 AM-noon Monday, Wednesday, Thursday and Friday at 4301 Geary Blvd. and can be reached at **415-947-9085**.

VICTORIAN HOME WALKING TOUR

Tuesday, July 19, 10:30 AM – 1:00 PM
Meet at Queen Anne Hotel, 1590 Sutter St.
RSVP (415) 387-1375 or info@sfvillage.org

Experience a wonderful journey and gain fascinating insight into the Victorians of Pacific Heights and Cow Hollow. Marilyn Straka, San Francisco Village member, long-time Pacific Heights resident and owner of On the Level Walking Tours, will be leading this tour. Starting at the beautiful Queen Anne Hotel, we will then stroll past more 100 restored



Victorian homes and mansions. If you've never really taken the time to explore this area, you are in for a treat, hearing stories from Marilyn and taking in the grand and diverse architecture of one San Francisco's finest neighborhoods. The tour finishes at Pierce and Union Streets, where there are many lunch options.

The walk is easy, mostly level with only one slight uphill stretch. There are three downhill blocks on the route, and we will be traveling about 18 blocks total. Since the starting point and finish location are not close together, riding Muni back to the starting point is advisable.

SPCA MISSION CAMPUS TOUR



Monday, July 25, 2:00 – 3:00 PM
250 Florida St.
RSVP (415) 387-1375 or info@sfvillage.org

Join fellow Village animal lovers and visit the Adoption Center to learn about services and volunteer opportunities available at the SF SPCA, the fourth oldest humane society in the U.S. and the founders of the No-Kill movement. You'll get to visit with hundreds of cute cuddly creatures (there may be some cankerous ones too) and find out the many ways you can get involved.

Recently, Animal Assisted Therapy with the San Francisco SPCA developed the Peer-to-Peer program, pairing older adult volunteers with other older adults within the community to enhance their quality of life and increase connectedness. As a member of San Francisco Village, we are exploring opportunities to make this program available to you. If you are interested in either having an animal visit you or bringing your pet to visit someone else, please call the office to learn more.

AWARENESS THROUGH MOVEMENT: Benefits of the Feldenkrais Method

Wednesday, July 27, 1:30 – 3:00 PM
Auditorium, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org



To keep moving comfortably throughout life takes awareness.

Whatever your movement challenge, the Feldenkrais Method offers a way to function with less effort, greater ease, less pain, and more satisfaction. The unique approach of *Awareness Through Movement* teaches us to notice how we accomplish everyday tasks: reaching, walking, schlepping, cooking, dancing, breathing... Thousands of people in San Francisco have benefited from Feldenkrais lessons to manage pain, feel more flexible and increase pleasurable sensations.

Experienced Feldenkrais teachers Deborah Bowes and Cliff Smyth will introduce you to the method, review the principles, discuss the applications, present the research, and lead you through a simple *Awareness Through Movement* lesson in sitting.

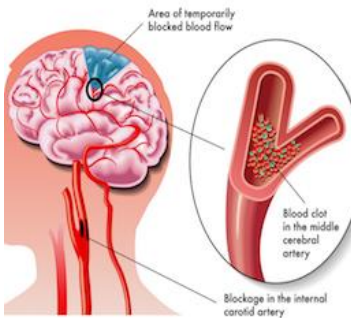
Deborah Bowes is a doctor of physical therapy and has practiced the Feldenkrais Method for 29 years, working with people with all kinds of challenges, and specializing in working with people with chronic

pain, pelvic floor issues, and neurological conditions.

Cliff Smyth has a M.S. in Mind-Body medicine, and is currently completing his PhD. He has taught the Feldenkrais Method in Melbourne and San Francisco for 25 years, working especially with people dealing with pain, stress, and repetitive strain injuries.

Deborah and Cliff are co-owners of the Feldenkrais Center for Movement & Awareness in Glen Park, which has been offering Feldenkrais classes and individual sessions for almost 30 years. They are two of the most experienced Feldenkrais practitioners in the Bay Area.

WISING UP ABOUT STROKES



Thursday, July 28, 11:00 AM – 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org

Every 45 seconds someone in America suffers a stroke, robbing them of their ability to live a full and productive life. The good news is that up to 80 percent of strokes are preventable. And for those who do have strokes, early and prompt treatment can dramatically lessen chances of disability and death.

Ann Bedenk, of the CPMC Comprehensive Stroke Center, will discuss types of stroke, risk factors, lifestyle changes to prevent stroke and current treatment. She has been a nurse for 38 years, and spent the last 10 years caring for stroke patients at CPMC.

IN MEMORIAM

SHEANA WOHLFORD BUTLER

Sheana Wohlford Butler (April 29, 1932—June 1, 2016) longtime resident of San Francisco, died peacefully at home on June 1, 2016. Sheana graduated from Stanford University in 1953, where she met her husband, Lewis Hanchett ("Lew") Butler and they were married that same year.

In 1961, the family set out on a three-year adventure, moving to Kuala Lumpur, Malaysia where Lew would serve as the Peace Corps Director. There, Sheana energetically took on the unique challenges of raising two children in the tropics. She was so admired by the Peace Corps volunteers that several later named their daughters Sheana. Upon their return to San Francisco, their third child, Serra, was born.



Sheana was an active member of the San Francisco community, serving on many boards including Booker T. Washington Community Center, Enterprise for High School Students, Student Conservation Association (SCA) and the Good Samaritan Family Resource Center in San Francisco's Mission district. Perhaps her greatest gift was her remarkable empathy and the way she always put others first. She will be remembered for her kindness, generosity, sense of humor and a radiant smile that made everyone feel welcome and appreciated.

Read the full obituary here:

<http://www.legacy.com/obituaries/sfgate/obituary.aspx?pid=180342538#sthash.yEQe8oHZ.dpuf>

ROSE KATHRYN KENDRICK MCNEIL

Rose Kathryn Kendrick McNeil (Jan. 9, 1922 – May 22, 2016) was a third-generation San Franciscan and the daughter of industrialist and civic leader Charles Kendrick and Kathryn Clarke. Kathryn was married to Voit Gilmore of Southern Pines, NC (1945-1972) and they had five children. Kathryn leaves 11 grandchildren and 10 great-grandchildren. Kathryn is survived by her sister, Barbara Callander, of San Francisco, and her late-in-life partner, Dr. John Erskine of San Francisco, who shared her passion for Sierra hiking and preservation of California parks and wilderness.



Kathryn was affectionately known as “KK” to family and friends from her early years at the Convent of the Sacred Heart and Miss Burkes School. She graduated from Vassar College in 1943, and attended her 70th reunion in 2013. Her marriage to Voit Gilmore took her to North Carolina where she raised her children in Southern Pines and fell in love with the Great Smoky Mountains. *Purchase Knob* is her lyrical memoir of three decades of summers spent near Waynesville, NC. In 2000, she and Voit Gilmore donated their mountain home and 600 acre property, The Purchase, to the Great Smoky Mountains National Park. Today, the Purchase serves scientists, teachers, and students as the Appalachian Highlands Science Learning Center.

Read the full obituary here: <http://www.legacy.com/obituaries/sfgate/obituary.aspx?n=kathryn-mcneil&pid=180103505>

WHAT’S TRENDING

SFV COMMUNITY MEETING



Sunday, July 17

2:00 - 4:00 p.m.

West Portal Library, 190 Lenox Way

The meeting will take place in the Children's Area of the library.

As the membership of SF Village continues to grow, so does our sense of community and connection. With each new member, we’re introduced to a whole life story that includes an individual’s talents, curiosity and ideas that expands our notions of what is possible. Join our July community meeting to inform prospective members about the benefits of belonging to SF Village. Please help us get the word out by sharing this invitation with friends and neighbors.

JEWISH VOCATIONAL MENTORING PARTNERSHIP

Would you like to mentor a young person who is just entering the job market? Did you have a career in the building trades, environmental technology/public utilities, early care and education, nursing and allied health care, or the automotive field? San Francisco Village and Jewish Vocational Services are exploring a potential mentoring program to match high school students entering one of these fields and members with a relevant background. If you are interested in participating or learning more, please email sarah@sfvillage.org or call the SFV office at (415) 387-1375.



UPDATE ON THE DIGNITY FUND



The discussions with the Board of Supervisors and the Mayor have resulted in a tentative agreement on key elements of the Dignity Fund legislation. The next step will be a vote at the Board of Supervisors meeting – most likely July 12 at 2:00 PM. There will likely be a rally and press event at 12:00 or 12:30 PM on the steps of City Hall. For the most up-to-date information, you can visit the campaign website at www.sfdignityfund.org. The creation of the Dignity Fund will assure baseline spending on current critical services for older San Franciscans and guarantee an increased investment in each of the next 20 years.

MEMORY STUDY WITH THE BRAIN HEALTH REGISTRY

The BrainHealthRegistry.org (BHR) is an online research registry developed to accelerate the discovery of treatments for brain disease and neurological conditions.

The BHR is conducting a study to determine if online memory testing is useful and meaningful for clinical trials. BHR is seeking people aged 60 and older, who are fluent in English, have no dementia diagnosis, and have the ability to use the internet. Participation in the study involves a two-hour visit at the San Francisco VA Medical Center that consists of memory testing and providing a saliva sample, as well as one hour of at-home memory testing. Participants will be compensated \$80 for their time. If you are interested in participating in this study, please contact nvp@brainhealthregistry.org or call (415) 221-4810 ext. 22824.



WHY I GIVE: IN MY OWN WORDS



Every other month we will be sharing a story about someone who gives to San Francisco Village, and why they give. This month, we sat down with Peter Heldman, San Francisco Village volunteer and donor, to learn more about him and why he contributes to our community.

Q: How long have you lived in San Francisco? What brought you here?

A: *I moved to the city in September 1988. I was living and working in Manhattan and had come out to wine country on a bicycling vacation. I fell in love with the area and asked my company to transfer me to their San Francisco office when I returned. My first year in San Francisco was an eventful one – I hunkered down in my Marina apartment during the earthquake in 1989, and moved to Laurel Heights immediately after!*

Q: How did you get involved with San Francisco Village?

A: *I heard about San Francisco Village from my landlord, believe it or not, and when I read about the organization's mission, and realized how close it was to my apartment, I thought I should get involved. This was a little more than three years ago.*

I have aging parents and I'm on the frontlines of helping out with their care, even though they live across the country. Getting involved with the Village allows me to help other older people, here in my community. It's also reinforced my belief in the importance of building connections at any age – we seek out like-minded people and try to find commonalities with them.

If you think about it, we are all aging together, even though we're in different stages of the process; aging is something that everyone is going to experience, so we can learn from each other. By helping others now, I hope that I can get help in the future when I need it.

Q: Why do you give to San Francisco Village?

A: *I like what San Francisco Village stands for. From my perspective it's unity – trying to bring disparate types of people together as they deal with the experience of aging. It gives individuals hope that they are not alone in this process.*

I like to offer my assistance where I can; I've been volunteering with one SFV member for more than a year now. She has some health issues, and as a result, can't get out of her apartment as much as she used to. I see her every couple of weeks and we share some nice activities together – whether that's walking around the neighborhood or going out to lunch. Sometimes we just talk, and our meetings give her the opportunity to share her feelings and express what she's going through and how that impacts her. I look forward to it as well – spending time with her gets me out of my day-to-day routine, and allows me to help someone who has more challenges in her life than I do right now. My involvement as a volunteer is valuable to both of us.

We're grateful to Peter for his generous heart and cheerful presence!

SAN FRANCISCO VILLAGE VOLUNTEER TRAINING

Saturday, July 30, 10:00 AM – noon
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to Key@sfvillage.org or (415) 387-1375

Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Honor, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.



MEMBER TO MEMBER

THE HISTORY HUB MARCHES ON



During the summer, the History Hub will be meeting off-site for exploration and conversation on an ad hoc basis – depending on what's happening and when. If you have any suggestions, or to be notified of future plans, please contact Cosi Pavalko at (415) 564-2275 or cosi7@comcast.net.

OPPORTUNITY FOR LIVE-IN HELP



San Francisco Village member Robert Horn has an opportunity for any member who would like to have an expert part-time, caregiver live in their home.

Robert's friend of 35 years, John Kelly has lived with and cared for a disabled person, who recently died, in Berkeley for the last few years. John is looking for a similar situation to move into now. "I first met John when he came to work for a company where I was CEO," Robert said. "Since then he has had a fascinating life as a teacher, consultant, futurist, workshop facilitator, and writer (mostly fiction). He is kind, gentle, and out-of-the-box interesting! I would like to personally recommend him."

If you know someone who would benefit from this kind of exchange, please call John directly at (510) 725-8877 or email him at jnkelly68@gmail.com.

NEIGHBORHOOD CIRCLES

94102

We continue to explore the art of living well in old age. Bring a poem or a short reading that resonates with you about joy in old age.

We'll also continue a discussion of *Travels with Epicurus, A Journey to a Greek Island in Search of a Fulfilled Life*, by Daniel Klein. We will meet on Thursday, July 21, at Books Inc. at Opera Plaza, 601 Van Ness Ave., from 2:00 to 3:00 PM. Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.



94114



The 94114 Circle is planning a leisurely three-mile walk at Lands End on Saturday, July 16 at 10:00 AM. For more information or to RSVP, please contact Kathleen Wesner at (415) 626-8153 or kwesner@live.com. Open to all Village members.

94131

The 94131 Circle will host its monthly social gathering on Saturday, July 16 from 2:00 to 4:00 PM in the clubhouse at 43 Ora Way. For more information or to RSVP, please contact Jill Ellefson at (415) 661-1890 or jillelf@yahoo.com.

West of Twin Peaks Circle

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

Lunch Bunch

Tuesday, July 5, 2016

11:30 A.M.

Roti's Indian Bistro

53 West Portal Ave.

Neighborhood Movie and Discussion over Tea

Thursday, July 21

Details to follow once we know what is playing



JULY RECURRING EVENTS

AGING WELL WITH MEDITATION



Wednesdays, July 13 and 27, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

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

PLAYREADING GROUP

Thursday, July 21, 4:00 – 6:00 PM

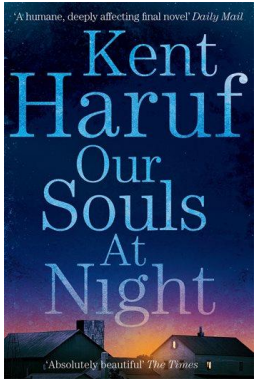
150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613 or ormidgefox@comcast.net

The Plays in One Act group will read and discuss *The Last Yankee* by Arthur Miller and *Heatstroke* by James Purdy from *Plays in One Act*, edited by Daniel Halpern.



BOOK GROUP



Monday, July 25, 4:00 PM

Location TBA

RSVP to Margaret Johnson at (415) 673-7130

The Village book group continues to meet for stimulating discussion of literary works by some of the best writers of our time. This month the group will meet to discuss Kent Haruf's *Our Souls at Night*. Please contact Margaret regarding the meeting location.

SAVE THE DATES!

HOMEOPATHIC APPROACH TO JOINT AND SPINAL HEALTH

Wednesday, August 3, 12:00 – 1:30 PM

Sequoia Room, IOA 3575 Geary Blvd.

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

Homeopathy is over 200 years old, and a system of medicine that utilizes small amounts of substances to stimulate the body's own healing response, bringing about greater health of the whole person. Homeopathy is extremely popular throughout Europe, South America, and India and is growing in the U.S.

Join us for an overview of some of the top indicated homeopathic remedies in spinal and joint health, and some examples of how real people got better using homeopathy for arthritis and back injury pain.

Kathleen Scheible, Certified Classical Homeopath, has a private homeopathic medicine practice in Bernal Heights, called Bernal Homeopathy. She has held a bi-monthly free homeopathy clinic for seniors at the Bernal Heights Neighborhood Center since 2011. Kathleen is also the founder and director of the Bay Area Homeopathy Association, and the President of the California Homeopathic Medical Society.



GRIEF & GROWING: A healing weekend for bereaved individuals and families



August 26-28, 2016

Camp Newman

For more information and an application, call (415) 750-3436 or visit www.jewishhealingcenter.org

This is a weekend program for adults, children, teens and families of all kinds who are experiencing grief in their lives from recent or past losses of relatives or friends.

Grief & Growing is professionally guided by griefcare specialists, providing a supportive Jewish environment where people of all ages and backgrounds can meet, learn and explore with those who have experienced similar losses. Give yourself time to reflect and renew in a loving and caring Jewish community.

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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