



TELL YOUR FRIENDS AND NEIGHBORS!



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.

We have three community meetings planned in June 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.

June 14th, 2:30 PM - 4:00 PM
Noe Valley Recreation Center
295 Day Street

June 20th, 2:30 PM - 4:00 PM
St. Francisco Episcopal Church
399 San Fernando Way

June 28th, 2:30 PM - 4:00 PM
San Francisco County Fair Building
9th Avenue and Lincoln Way (at Golden Gate Park)

IN THIS ISSUE

1. Community Meetings
2. Tell Your Story
3. Story Circle
4. iPad Tips I
5. Password Management
6. Stay or Go
7. Mentor Follow Up
8. WTP Transportation Fair
9. Susan Poor
10. Beatles
11. Home Safety
12. At the Movies
13. Member to Member
14. Neighborhood Circles
15. Save the Dates
16. June Events
17. June Weekly Events

New Members in May:

Marilyn Straka
John Vaillancourt

TLC: A GREAT SUCCESS!!!



Our Third Annual Transforming Lives and Community Luncheon was a huge success!! We honored two amazing women: Toni Rembe and Roselyn (Cissie) Swig who have made a profound impact on the lives of San Franciscans and beyond, and who exemplify what it means to age with continued meaning and purpose. The highlight of the program was a conversation with our honorees moderated by Belva Davis, award-winning journalist. Kind thanks to all who contributed!

LEARN TO TELL YOUR STORY

Each of us is living a narrative that deserves to be told. The big dramas as well as the everyday wonders; the choices that changed everything and the seemingly insignificant ones that left their own imprint.

Our stories define us -- yet rarely are we invited to tell them. Storytelling is at the heart of building community. It's an art form that builds trust and mutual understanding, unlocks passion and generates feelings, and is inherently collaborative. Both teller and listener are required to participate fully for the magic to happen. Will Rogers said, "Stories can accomplish what no other form of communication can – they can get through to our hearts."

Starting in July, SF Village will offer a 6-session storytelling workshop called Story Circle, with Ruth Halpern, a professional storytelling coach with over 20 years of experience. We hope it's just the beginning of a shared adventure that illuminates our memories, deepens our connections with each other, and invites younger generations to know us in a meaningful way.

STORY CIRCLE: A STORYTELLING WORKSHOP SERIES

6 Sessions: 10:30 AM - 12:00 PM
July 16, 23, 30, August 6, 20, 27 [skip August 13]
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



Often, the best way to unearth a story is by talking it through with a group of delighted listeners. In this six-session Story Circle, we'll use the tools of storytelling to discover and develop our

stories. If your life is rich with experiences that you'd like to turn into tellable tales, this is the group for you. If you love to invent new worlds, we'll play improvisation games to strengthen your imagination and then unleash it! Whether your goal is a spoken performance or a written story, you'll develop new material here. (You can even have your story recorded and emailed to you, to make it easier to transcribe.) Meeting weekly for 90 minutes, participants have an allotted time to discover their story by telling it aloud, while we listen delightedly. It would be great if you could attend the whole series, and drop-ins are also welcome.

Led by **Ruth Halpern**, who has been teaching storytelling workshops and performing for over 20 years. Working with business people, performing artists, elders and children, Ruth helps people become the heroes of their own life stories. Her repertoire of games and exercises includes tools from theatre, improvisation, storytelling, and make-believe. She creates safe story circles in which all of our stories can be shared. As a performer, Ruth tells a mixture of world folktales, personal stories, and improvised stories made up on the spot. Her audiotope, "She Set Out to Seek Her Fortune," won a Parents' Choice Gold Award. The *LA Times* says Ruth Halpern is "A spell-binding master storyteller."

IPAD TIPS & TRICKS: PART I

Monday June 8, 10:30 AM to 12:00 PM
Sequoia Room, Institute on Aging 3575 Geary Blvd
RSVP to (415) 387-1375 or Info@sfvillage.org.
Class size is limited



SF Village volunteer Jim Clarke invites SF Village members to join him for tips and 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 WiFi networks
- Reserving your battery How to use common apps

MANAGE YOUR PASSWORDS

Friday June 12, 10:30 AM to 12:00 PM
Sequoia Room, Institute on Aging 3575 Geary Blvd
RSVP to (415) 387-1375 or Info@sfvillage.org. Class size is limited

In this workshop, you'll learn techniques to help you do away with all of those post-it notes, notebooks and scraps of paper used to currently remember all of your passwords. We'll focus on learning how to use free software solutions to keep track of those passwords for you. All you'll need to do is to remember one master password. This will be a demonstration workshop only. Please do not bring your computer or tablet.

SHOULD I STAY, OR SHOULD I GO?



Thursday June 25, 3:00 PM - 4:30 PM
Auditorium, Institute on Aging 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

How do we navigate the transitions that accompany aging when it comes to our real estate? If you're a homeowner, or if you have investment properties, it's a good idea to think ahead. We'll review topics to consider as part of your five-year-plan, including market trends, "aging in place," other housing options, estate planning, financing, taxes, organizing, decluttering, and little-known scenarios that benefit elders and their families. There will be a generous amount of time reserved for your questions, and if you have particular concerns or questions, please consider submitting them in advance to key@sfvillage.org so the panel can be sure to address them.

The panel:

Cynthia Cummins: Partner and Top Producer at McGuire Real Estate, and a Seniors Real Estate Specialist (SRES) with three decades' experience helping San Francisco families sustain, protect and make the most of their valuable assets.

Deb L. Kinney: Partner at Johnson, Kinney & Zulaica LLP, a law firm providing comprehensive and competent estate planning, trust administration and probate services. She has an extensive background in real estate and elder law.

Mary-Alice Cardenas: Reverse Mortgage Specialist and former director of Boston Alzheimer's Center, as well as a former Recreation Specialist at On Lok Senior Health Services in San Francisco.

MENTORING EXCHANGE FOLLOW UP

Friday June 26th from 11:00 AM to Noon
IOA Sequoia Room, 3575 Geary Blvd
RSVP to (415) 387-1375 or Key@sfvillage.org

If you have attended any of the Mentoring Exchange sessions with City Arts & Technology High School students, please join us for a discussion to evaluate the program. Your thoughts regarding what worked well and what might be improved are welcome. As we prepare to begin our third year of this unique and valuable program, your feedback will be most appreciated.



WEST OF TWIN PEAKS CIRCLE INVITES ALL SFV MEMBERS TO ATTEND A TRANSPORTATION FAIR



Friday, June 26, 1:30 PM - 3:30 PM
St. Francis Episcopal Church Parish Hall
399 San Fernando Way @ Ocean Ave.
RSVP to Keith at (415) 334-1590

Transportation is a significant issue for seniors and those with disabilities citywide. Many people are unaware of the options available, so St. Francis Episcopal Church, in cooperation with Community Living Campaign, will host a Transportation Fair. This is a perfect opportunity for Village members to learn about what's available and to give feedback on programs they have used in the past.

Representatives from a variety of public and private transportation services will be on hand to describe their services and programs, including accessible MUNI; taxi services such as Luxor, Desoto and Yellow Cab; ride-sharing services like Lyft and Lift Hero; and Paratransit. Representatives would love to hear from you so that they may improve their programs.

A new MUNI bus will be there for demonstrations of how to get on and off the bus safely. Help us raise awareness about older adults' transportation needs! Light refreshments will be served.

SUSAN POOR ELECTED AS CO-PRESIDENT OF THE NATIONAL VILLAGE NETWORK

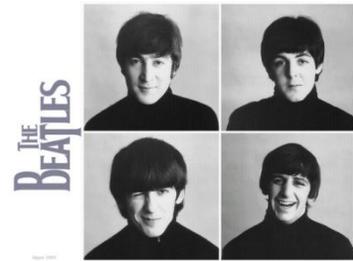


national level.”

Susan Poor, a founding and current San Francisco Village board member, has been elected Co-President of the national Village to Village Network Board of Directors. About 165 Villages are part of the Network, with another 160 in development. The Network board members all have strong ties to their local Villages and are familiar with “on the ground” as well as bigger picture issues Villages deal with every day. “It’s an exciting time for Villages and the Village movement,” Susan says. “I look forward to being active at the

SAN FRANCISCO PUBLIC LIBRARY PRESENTS: THE BEATLES AND THEIR SONGS -- A MUSICAL REVOLUTION

Wednesday June 24th at 7:00 PM
Merced Branch Library
San Francisco Public Library
155 Winston Drive (at 19th Avenue)
More info at (415) 355-2825, sfpl.org



Beatles songs continue to stand the test of time. The group's contribution to the history of 20th century popular music remains unprecedented and unchallenged. Musician Dulais Rhys outlines the history of the group's formation and focuses on their songs, influences, form, stylistic development, and legacy. His talk includes musical examples, slides, and audience interaction – singing along is encouraged!

FALLS PREVENTION & HOME SAFETY PROGRAM



As your partner in active aging, San Francisco Village is committed to helping you remain independent and safe in your own home. As we age, our risk of falling increases. Falls and the injuries associated with them can significantly limit our ability to remain self-sufficient.

Modification of our homes to support our ability to age in place is an essential aspect of falls prevention and home safety.

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

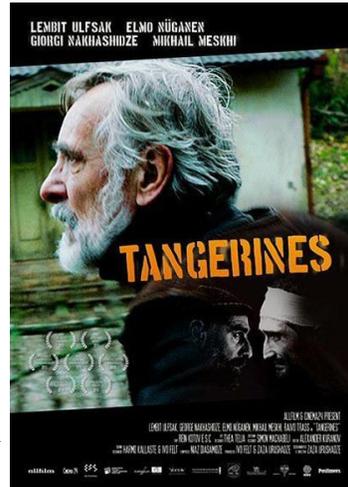
If you are interested in a free home safety assessment please contact Rachel Lanzerotti at (415) 387-1375 or Rachel@sfvillage.org.

AT THE MOVIES w/ Ralph Beren TANGERINES

This Russian anti-war film was an Oscar nominee for best foreign film. Set in the early 1990's, it tells the tale of 2 Estonians--Ivo and Margus—caught in the war between Georgia and Chechnya, who fear being attacked and losing their tangerine grove.

As the war draws closer Ivo shelters two severely wounded soldiers: Ahmed a Chechen and Nika a Georgian, who had killed Ahmed's best friend. While both are convalescing in Ivo's home in separate bedrooms, each swears to kill the other as soon as they are able. Ivo will simply not allow this under his roof and makes them swear not to do bodily harm to the other. That does not prevent them from making snide remarks to each other.

Through the daily rituals of tea and repast the two enemies form a surprising bond. In an act of generosity, they promise to help gather the harvest of tangerines. All goes well for a short period until the war shows up on the doorstep of Ivo's home. A haunting ending, but a gem of a film.



VILLAGE VOLUNTEER TRAINING WITH KEYATTA SHADE

Saturday June 27th 10:00 AM 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 Key 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.



MEMBER TO MEMBER

TREK & TALK-Linda Lewin

Join SFV member Linda Lewin for a one-hour walk and talk in Golden Gate Park. Tentative schedule: Wednesday June 10th & Thursday June 25th at 1:30 PM. For meeting information and to get on list to be notified, please contact Linda at 168storyspinner@gmail.com or (415) 386-0156.



NEIGHBORHOOD CIRCLES

94102 Circle

Please join us to continue exploring the art of giving thanks every day. On Wednesday, July 8th, we'll meet at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 PM to 3:00 PM, using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*. The July topic is Embracing Nature. "Attending to the natural world immediately deepens our experience of gratitude," Angeles writes. "We are grateful when we bear witness to nature's infinite beauty." Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.



94121 Circle



Join us at the Legion of Honor on Thursday, June 4th from 10:00 AM to noon for a Curator Lecture: *Luminous Worlds: J.M.W. Turner and his Contemporaries*, by Emerson Bowyer, Research Assistant, European Art FAMSF. We will meet afterwards at the museum café for discussion and lunch. If you are not a member of the museum, you can join one of us as our guest. RSVP to Maeve at (415) 379-8921 or e-mail maeve@vom.com.

94123 & 94115 Circle

On Tuesday, June 2nd members of the 94123 & 94115 circle are invited to Jean Phleger's Woodside home for a walk in the woods starting at 11:00 AM followed by a picnic lunch. Bring your own lunch and we'll supply the drinks. Contact Marilyn Campbell at mcampbell2675@comcast.net or (415) 531-3716 to RSVP and to arrange rides, if you have not done so already.

West of Twin Peaks Circle
RSVP to Elaine Mannon for all WTP events at
(415) 469-9832

Movie Group

Wednesday, June 3rd
Matinee-Stonestown Theatre or
Empire Theatre on West Portal
Details to follow, once we know what movies are showing

Movie Discussion following the film

With Movie Critic, Toni Illick
Home of Elaine Mannon

Book Group

Wednesday June 10th, 1:00 – 2:30 PM
***There's No Place Like Home – Aging Actively to
be Safe, Healthy and Independent*** by Ashley Weston
Home of Elaine Mannon

Lunch Bunch

Wednesday, June 17th , 1:00 PM
Olive Garden Italian Restaurant , Stonestown Galleria



SAVE THE DATES!

FLY FISHING AND YOU



Thursday July 16th from 1:00 to 2:00 PM
IOA, Ponderosa Room
3575 Geary Blvd (@ Arguello)
Please arrive by 12:45 PM
RSVP to Info@sfvillage.org or (415) 387-1375

San Francisco Village invites you to learn about the history of fly fishing, with an emphasis on the evolution of fly fishing for women. Learn how women infiltrated a sport dominated by men, and how the community accepted them. Finally, we will look at the prominence of women in all aspects of fly fishing. Presented by SF Village member Fanny Krieger, who founded the Golden West Women Fly Fishers as well as the International Women Fly Fishers, and has been inducted into the Northern California Council/Federation of Fly Fishers Hall of Fame for her contributions in the world of fly fishing.

Fanny's Bio:

Fanny was born and raised in France and is a Holocaust survivor. In November 1943, her parents and sister were taken by the Germans and sent to Auschwitz. At 17, she came to America when it became obvious that her family was not coming back. After spending five years in New York, Fanny moved on to Houston, Texas where she met her future husband Mel, a passionate fly fisherman. Fanny knew nothing of fishing, so she got Mel to take her on a fishing date. And so started a new life. Fanny is responsible for the GWWF Jo Clark Youth Fund, which allows 6 to 7 youngsters to spend a week at The Fish Camp learning to fly cast and fly fish, with great excitement. Fanny is also a certified casting instructor.

AT&T PARK: A PLAYER'S VIEW

Wednesday August 19th, 11:30 AM- 1:00 PM
SF Village has 7 discounted tickets for members and your friends, only \$10 each! We'll meet at the Giants Dugout Store on 3rd St.

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



Along with other SF Village members and baseball fans, come tour the ballpark where home runs can be "splash hits" and the breathtaking Bay view rivals the action on the field. It's where one of baseball's most hallowed franchises plays inside an architectural landmark. On your behind-the-scenes tour of AT&T Park, you will get to go to places only the players and staff go including: the Field Warning Track, a Major League Dugout, Visitor's Indoor Batting Cage, Visitor's Clubhouse, the Press Box, and a Luxury Suite.

JUNE EVENTS

Meditation Group

Tuesday June 9 & 23 11:00 AM - noon

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness mediation-paying attention purposefully and nonjudgmentally 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 mediation group is led by Rachel Lanzerotti, a long-time practitioner and teacher of yoga, mindfulness, and vipassana meditation, and SFV Board Member Bill Haskell will facilitate on June 9.



Location: IOA Ponderosa & Sequoia, 3575 Geary Blvd
Contact: RSVP to (415) 387-1375 or Rachel@sfvillage.org

Exploring Elderhood

Tuesday June 9th from noon to 1:30 PM

The focus of this group is to examine the original vision of SF Village: to change the way older adults feel about aging, to change the way American society views older adults and how that relates to each one of us every day. This could be life-changing! All are welcome and encouraged to attend. For more information contact Bill Haskell at (415) 661-2670 or bhaskell@sonic.net, or Mary Moore Gaines at (415) 387-7774 or mmg@sonic.net

Location: IOA Pondersosa, 3575 Geary Blvd

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

Writers Workshop

Wednesdays June 10th & 24th from 3:30 - 5:00 PM

Have you always wanted to write your memoir but don't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper -- wondering if poetry, an essay or a short story will emerge? If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. The Writers Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco as well as San Francisco Village.



Location: IOA Board Room, 2nd Floor, 3575 Geary Blvd

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

Play Reading Group

Thursday June 11th from 4:00 - 6:00 PM

The one-act play reading group will be doing something different this month - reading a multi-act play. We will be reading *The Odd Couple*, thanks to the other SFV play reading group who provided the copies. Thank you, Sarah Goldman. Midge Fox has copies for new members.



Location: Telegraph Landing Club Room, 150 Lombard

Contact: Midge Fox at (415) 984-0613

Film Group

Wednesday June 17th at 4:00 PM

The film group will watch the haunting film, *Gaslight*. It is one of the great classic cloak and dagger films, starring Charles Boyer and Ingrid Bergman.

Location: Eva Auchincloss home (Contact SFV for address)
Contact: RSVP to Eva at (415) 563-7519



Book Group

Monday June 29th at 11:00 AM

The book group will read Karen Jay Fowler's *We Are All Completely Beside Ourselves*.

Location: Ralph Beren's home (Contact SFV for address)
Contact: RSVP to Ralph at (415) 929-8309 or ralphberen@comcast.net

JUNE WEEKLY EVENTS

Yoga!

Thursdays from 9:00 AM to 10:30 AM

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 AM to 11:15 AM

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.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.

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.

Copyright © *|2015|* *|San Francisco Village|* All rights reserved.

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

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