

SAN FRANCISCO VILLAGE

Monthly Newsletter

June 2017



FROM THE EXECUTIVE DIRECTOR: KATE HOEPKE



Dear Members and Friends:

2017 is turning out to be a year of many transitions and adjustments – a test of our resilience. Our move out of the Institute on Aging marks a significant milestone in our development, like a young adult who moves into their own apartment for the first time. As a staff, we've adjusted to the close quarters in our temporary office, and eagerly anticipate what it will be like to inhabit 2,500 square feet on Fulton St.! We expect construction to be complete in early to mid-August and of course, we'll keep you posted if anything changes.

Many of you have expressed concern and exasperation with the events in Washington – a true test of our resilience - and have requested some kind of forum to process the unprecedented events of the past few months. We're thrilled to offer you an exceptional opportunity to engage in a meaningful conversation with Dr. Rebecca Gordon from USF entitled, *(World) Citizenship in the Age of Donald Trump: Three Vital Conversations about the Present Moment*. Dr. Gordon will focus each session on the following questions: Where are we now, How did we get here, and Where do we want to go? Our hope is that we'll come away feeling better informed and more prepared for how to respond.

June is Pride Month and we're delighted to support the many ways that the LGBT community is celebrating diversity and LGBT rights this month. In particular, San Francisco Village joins with the Institute on Aging in inviting you to the *Senior Prom* on June 17th. Maybe you loved prom when you were in high school, maybe you hated it, maybe you didn't attend. No matter what your associations with prom used to be, this is a second chance to reclaim prom with a proud LGBT senior community.

Finally, we've scheduled a New Member Orientation for June 26th. Our apologies for cancelling the March meeting, due to our move. If you've joined within the past year or haven't participated in a while, we'd love to see you at this welcoming event. Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved. As we're fond of saying: satisfaction with San Francisco Village correlates with participation. We encourage you to jump in!

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Barbara Kivowitz

Warm Regards,
Kate

P.S. For those of you who prefer to express yourself without words, we're excited to offer a series of printmaking classes with professional artist Nancer LeMoins this month. All levels of experience welcome!

SAN FRANCISCO VILLAGE THANKS SUTTER HEALTH CPMC

Sutter Health CPMC recently awarded SFV funds to expand its Aging Well Program in 2017. As a result of this grant, SFV is able to expand our capacity to support members who are experiencing a variety of aging-related changes, including memory loss, to proactively face the challenges of aging and encourage positive aspects of "aging well."



Led by staff member Rachel Lanzerotti, the Aging Well Program consists of four key areas related to aging that arise most frequently or with the greatest impact: purpose, connection, transition and memory.

We are grateful for the support of Sutter Health CPMC and look forward to deepening our relationship in the months ahead.

California Pacific Medical Center is one of the largest private, not-for-profit, academic medical centers in California and is a Sutter Health affiliate. Its mission is to enhance the well-being of people in the communities it serves through a not-for-profit commitment to compassion and excellence in health care services. To learn more, visit <http://www.cpmc.org/about/community>.

DID YOU KNOW?



SF Paratransit provides a grocery shopping shuttle called Shop-a-Round, which offers convenient, low-cost group grocery shopping transportation to registered riders. It also gives registered seniors and people with disabilities personalized assistance that is not available on Muni bus and rail lines. Shop-a-Round trips are currently FREE. Starting July 1, 2017, Shop-a-Round trips will cost \$2.50 per one-way trip. The driver will help carry groceries on and off the shuttle. You must register through SF

Paratransit at (415) 351-7094 or by visiting <http://www.sfparatransit.com/general-info/shop--a--round.htm>.

JUNE EVENTS

How to See a Bird

Thursday, June 1, 10:30 AM – 12:00 PM

San Francisco Botanical Garden

(free for SF residents, please bring I.D.)

Meet at the bookstore inside the 9th Ave. entrance

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



Do you want to spend more time in the beautiful outdoors and make new friends? Those two things are SFV member's Linda Grant's favorite parts of birding!

Linda is an avid Bay Area bird watcher who has been doing so since college. Spend the morning with other SFV members in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and ears and eyes ready for observation!

ElliQ: The Gizmo That Gets You

Thursday, June 8, 1:30 – 3:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

Join a lecture on the state of social robotics to date, specifically as it applies to older people. Intuition Robotics is a company that develops social companion technologies to positively impact the lives of older adults. In the lecture, Intuition Robotics will reveal ElliQ, their first active aging companion, designed to keep us engaged and connected with our loved ones. In addition, ElliQ helps us connect to digital content such as music, Ted Talks, and cognitive games.



Gene Kelly: A Presentation by Musical Theatre Expert Bonnie Weiss

Friday, June 9, 2:00 – 3:30 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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



Gene Kelly is one of the most celebrated dancers in film. But he also made his mark as a film innovator, choreographer and, later, as a director.

In this presentation, you'll see Gene performing some of his most famous song and dance numbers from *On the Town*, *An American in Paris* and *Singin' in the Rain*, as well as rare and highly innovative numbers that he brilliantly choreographed and performed from films that are not as well known, but that deserve greater recognition.

You'll also learn about Gene's childhood, higher education (he studied law), and how he was discovered for the stage and the screen. And you'll find out about his personal life and his role as a political activist.

Bonnie Weiss is a seasoned theatre educator, writer, radio & cabaret producer. She teaches classes on musical theatre history and appreciation for San Francisco State, U.C. Berkeley, Santa Clara University, and Osher Lifelong Learning Institute. Among the many educational and community organizations through which she has offered her acclaimed presentations are The Commonwealth and Concorida Clubs, The Stanford Women's Alumni Association, The Sixty Plus Club of San Francisco State Univ., San Francisco Conservatory of Music, U.C. Berkeley Extension, the colleges of Marin and San Mateo, as well as Elder Hostels and senior retirement communities throughout California.

Bonnie also writes reviews and feature articles for *Stage Directions*, a national magazine for theatre educators and *The Sondheim Review*.

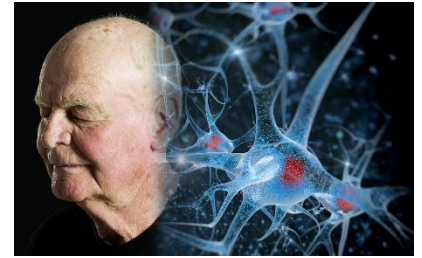
Brain Fitness Forum

Sunday, June 11, 9:15 AM — 4:15 PM

Jewish Community Center SF, 3200 California St.

For more information, contact Shiva Schulz
at sschulz@jccsf.org or (415) 292-1260

Advanced registration is highly recommended; to register, call
(415) 292-1200



Celebrate Brain Awareness Month with us by participating in the JCCSF's inaugural Brain Fitness Forum. Visit jccsf.org/brainfitness for a schedule of speakers and activities.

- Gain useful information from experts on ways to maintain cognitive sharpness
- Experience hands-on activities to stimulate your mind
- Learn new strategies for brain health



(World) Citizenship in the Age of Donald Trump: Three Vital Conversations About the Present Moment

Tuesdays, June 13, 20 & 27, 10:30 AM – 12:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

June 13: Where are we now?

Donald Trump's election is already affecting the lives of people in this city, in this country, and around the world. In this session, we'll discuss some of the key implications of the new alignment in Washington – for the U.S. economy, for health care, for communities of color and women. We'll look as well at the possibilities of war and peace in this new period.

June 20: How did we get here?

What are some of the many economic, political, and social conditions and forces that led to the Republican sweep of Congress and Donald Trump's election? We'll examine what the November election tells us about fault lines in the United States of 2017. We'll ask what people who care about the common good can learn by thinking about these questions.

June 27: Where do we want to go, and how do we get there?

We'll discuss our vision of a just United States. What resources does each of us turn to when we imagine that vision? Do we look to religious traditions? To secular personal values? To the ideas in the founding documents of this country, like the Declaration of Independence, or the Constitution? We'll discuss concrete steps we can take in the near term – between now and the 2018 elections, for example – and we'll look at longer term changes, and how we can be part of them.

Rebecca Gordon received her Ph.D. from the Graduate Theological Union. She teaches at the University of San Francisco, in both the Philosophy Department and the McCarthy Center for Public Service and the Common Good. Prior to her academic work, she spent years as an activist in a variety of movements – for women's liberation, LGBT rights, racial justice, and in solidarity with the peoples of Central America and South Africa. She was a founding member of the War Times/Tiempo de guerras collective, and is the author of several books, including *Letters from Nicaragua*, *Mainstreaming Torture: Ethical Approaches in the Post-9/11 United States*, and *American Nuremberg: the U.S. Officials Who Should Stand Trial for Post-9/11 War Crimes*.



Spotlighting Undiagnosed Dementia
Wednesday, June 14, 6:00 – 8:00 PM
St. Anne’s Catholic Church, Moriarty Hall
1371 Funston Ave.
There is ample parking; the entrance to the parking lot is on the 1300 block of Funston Ave.

Please join us for an evening of answers from Elizabeth Landsverk MD, Geriatric and Adjunct Professor at Stanford University and Founder of ElderConsult Geriatric Medicine. Dr. Landsverk will discuss how to clearly diagnose when something is wrong even after dementia evaluation test results are normal. The discussion will include how pain affects brain function, how to avoid risks of financial security and what to do.

San Francisco Village will have an information table at the event.

Happy Pride!
LGBTQ Senior Prom: A Celebration for Lesbian, Gay, Bisexual and Transgender Older Adults and Allies
Saturday, June 17, 4:00 – 7:00 PM
Auditorium, IOA, 3575 Geary Blvd.
RSVP required, (415) 750-4141 or <https://lgbtqprom.eventbrite.com>



Pride Prom is an LGBTQ Senior Prom for older adults and seniors in high school; it is open to all and free of charge. This intergenerational event is especially for LGBTQ seniors in the community who could only dream about bringing a same-sex sweetheart and “coming as you are” to their high school proms. From décor to dancing to photographs to punch, this is a traditional prom for San Francisco’s LGBTQ seniors.



Maximize your Memory: Tips and Strategies
Monday, June 19, 2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Join the Alzheimer's Association for an informative session about how memory works, the difference between normal and abnormal memory loss, tips for increasing your memory, and three keys to maintaining brain health.

Print Making
Fridays, June 23, 30, July 7, 14, 21, 28, 10:00 – 11:30 AM
The Journal Building, 1540 Market St. (near Van Ness)
RSVP to (415) 387-1375 or info@sfvillage.org



Printmaking is a form of art that involves transferring ink to paper. In this six-week overview, we will experiment with making mono prints, relief prints like linocuts, collegraph and etching. All experience levels are welcome—from beginners who are curious to try something new to the well-versed artists looking to create with other Village members. Participants are invited to make many looser works or concentrate on one more detailed piece in the later classes.

Nancer LeMoins is a teaching artist who seeks to create a cultural shift through her work, which often reflects social and political issues. She has a BFA from New College of San Francisco and has continued to study art and take art classes since. She has exhibited more than 40 times in the Bay Area, Washington D.C., St. Louis, New York, Toronto, and Louisiana, and her piece *Radiant Presence* was shown internationally shown for World AIDS Day by Visual AID, New York. She currently teaches fine arts with the Community Arts Program, Positive Arts, and has also led workshops with the California Arts Council and SOMArts.



New Member Orientation

Monday, June 26, 3:00 – 4:30 PM

Auditorium, IOA, 3575 Geary Blvd.

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

If you've joined the Village in the past few months or haven't participated in a while, we'd love to see you at this welcoming event. Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved. Researchers

studying Villages and their impact on people have concluded that "satisfaction is correlated with participation." We encourage you to jump in!

RECURRING EVENTS

Longevity Explorer Circle

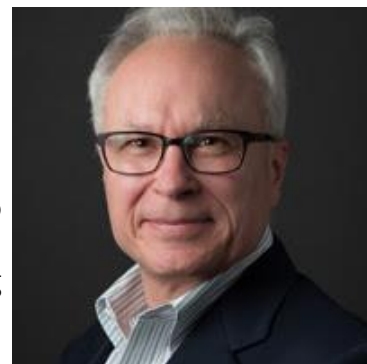
Tuesday, June 6, 2:00 – 3:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.

- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for "solutions someone needs to develop" to the Longevity Explorer's growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.



Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro's work focuses on the intersection of healthcare, aging and technology.

The meeting begins at 2:00 PM. However, you are welcome to come early, introduce yourself, and get to know the other explorers in a mini-social 30 minutes prior to the meeting. From 1:30 – 2:00 PM, Richard Caro will be available to answer one-on-one questions about your iPhone or iPad (maybe your Android).



Aging Well with Meditation

Wednesdays, June 7, 14, 21, 28, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

No RSVP required

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 are welcome for this drop-in group.

Play Reading Group

Thursday, June 8, 4:00 PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613

The one-act play reading group will read and discuss *Protest* by Václav Havel. This can be found in *Plays in One Act* edited by Daniel Halpern.



Film Group

Wednesday, June 21, 4:00 PM

Barbara Hancock's home

RSVP to Ralph Beren at (415) 929-8309

The film group will watch and discuss the delightful film, *Under the Tuscan Sun* with Diane Lane. A recent divorcee decides on impulse to move from NYC to Italy and experiences many challenging struggles.



Let's Play Games!

Thursday, June 22, 1:00 – 3:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

Plain and simple - let's have fun! We'll play cards and board games and see what else seems fun in the upcoming months. Let us know your favorite game! Games and snacks will be provided. Join us!

PARTNERSHIP WITH JCCSF

Ashland 2017 Oregon Shakespeare Festival

Monday – Friday, October 23 – 27, 5 days/4 nights

For an application or more information, contact JCCSF Adult Programs Manager Shiva Schulz at (415) 292-260 or sschulz@jccsf.org.

Visit the Ashland 2017 Oregon Shakespeare Festival with the JCCSF; the trip includes:

- Great seats for these plays: *Julius Caesar* by William Shakespeare, *Shakespeare in Love* adapted by Lee Hall, *Henry IV, Part One* by William Shakespeare, *Off the Rails* by Randy Reinholz, *UniSon* by Universes, and optional play *Henry IV, Part Two* by William Shakespeare
- Transportation to and from Ashland, lunch included and four nights at The Plaza Inn & Suites in Ashland Creek, breakfast included
- And more! Contact Shiva for details.

San Francisco Village and JCCSF Members \$1,495, general public \$1,645, and single supplement \$425.

WHAT'S TRENDING?

Day of Service: Call for Projects

SFV is partnering with the Canvas Church women's group to assist our members with household chores and projects around their homes. These phenomenal women are ready, willing and able to help you complete those pesky to-do tasks.



Interested SFV members should submit a list of home maintenance projects that do not require a professional such as gardening, light house-cleaning, mattress flipping, organization, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail, accessing the Internet, or training on your iPad, Macbook or smartphone. Key Shade will need to approve your list of home projects, which should fill a two-hour time slot.

Volunteers will come to your home in groups of four on Saturday, July 29 between the hours of 10:00 AM and noon for shift one, and between 1:30 and 3:30 PM for shift two. This is a wonderful opportunity to create some intergenerational community, have some fun and get those pesky tasks completed!

Please submit your list no later than July 15, as space is limited: (415) 387-1375 or key@sfvillage.org.



Volunteer of the Month – Natasha Hazer

Natasha Hazer has been a San Francisco Village volunteer for a mere three months, but the friendships she's developing will last her a lifetime. SFV members Sheila Simon, Dione Bowers and Jim Blacksten each speak highly of Natasha's talents and personal nature.

Sheila Simon needed help with her 'Epson printer from Hell' as she describes it. Her first meeting with Natasha was more than she expected. "This tech savvy, energetic, self -possessed volunteer showed up on my door step. It was immediately apparent to me that this woman was

filled with warmth, curiosity and a genuine exuberance for life! She’s also a hugger, if you are needing that!”

After the initial task – fixing the printer – was complete, Natasha and Sheila spent the afternoon having tea, and sharing personal stories about their lives, and the need to stay grateful and positive for all that the world offers. “She has this quality of observing all the stuff in our lives that matter to us, valuing 70 years of photos, cherished knickknacks, art, and books that make up who I am,” Sheila said. “She could pull a snail out of its shell with the exuberance for life she has.”

Dione Bowers also received tech assistance from Natasha. “Not only did she help me with my problem, but we found that we had things in common on a more personal level. I met her husband, who is from Normandie, which is where my son lived for close to a year. She’s just a wonderful person and I appreciate her willingness to help an old lady who is technologically stupid.”

New SFV member Jim Blacksten met Natasha every two weeks so that she could help out with filing and office work in his home. “Natasha is smart, capable, efficient, and friendly as a volunteer. From time-to-time, if our schedules allow, we even go to lunch or a special event together. I’m grateful for her time, efforts and energy.”

Since March, Natasha has provided basic assistance to SFV members that has ranged from administrative work on a weekly basis to one-off help changing a light bulb to tech troubleshooting, such as printer assistance, laptop and iPad training, posting items for sale on Craigslist and even setting up Gmail accounts. She volunteered her time at SFV’s annual fundraising luncheon and even lends a hand at the 94131 Circle meeting as needed. Despite all of the work that she does, Natasha says she benefits just as equally from her experience as a volunteer: “It’s been a win-win situation. Not only have I made new friends during this experience, but it’s also been eye-opening for me in that it’s gotten me thinking about retirement and my later years. A direct impact is that I’ve been exercising, eating healthier, and drinking more water.”

She advises anyone interested in this type of volunteer work to bring to it a sense of humor, patience, as well as an open heart and mind, “I’ve been talking to my friends about this experience and encouraging them to reach out to Key if they would like to get involved. I’m grateful to be a part of the Village community.”



San Francisco Village Volunteer Training

Saturday, June 24, 10:00 AM to Noon

Sandbox Suites, 123 10th St. (at Mission St.)

Contact Key at (415) 387-1375 or Key@sfvillage.org for more information

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, Home Care Assistance, 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

Book Recommendation

San Francisco Village member Lois Roth recommends the book *Option B* by Sheryl Sandberg, the COO of Facebook.



“Sheryl Sandberg’s husband died suddenly while they were on vacation in Mexico. They are in their 40s. The subtitle is Facing adversity, building resilience, and finding joy. It’s beautifully written with lots of personal examples from the author, and many others who are facing grief. Deeply researched with lots of contributions from other people. No clichés. I think it might be of interest to SFV members and others, especially us older ones.”

NEIGHBORHOOD CIRCLES



Save the Date: Circle Learn & Lunch

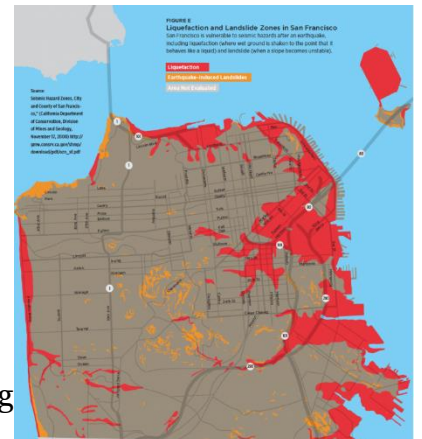
We’re inviting all Neighborhood Circle leaders and those interested in launching a Circle to join us for a 'learn and lunch' on Tuesday, July 25 from 11:00 AM to 1:00 PM in the Sequoia Room at the IOA (3575 Geary Blvd.). We’ll spend our time together discussing successes and challenges since our last meeting in January, how SFV can continue to support you in your efforts, and hear from Rachel Lanzerotti about a new program idea that SFV will be implementing in the fall. Please confirm your attendance to Key at (415) 387-1375 or Key@sfvillage.org no later than Friday, July 14 at noon. Lunch will be provided.

94109/94133

SAVE THE DATE! On Saturday, July 22, our circle will be going to the SF Botanical Gardens to hear the 12 Flower Pianos, each played by a professional pianist, each playing pieces on a different theme, and each in its own special area of the gardens. Time is yet to be determined. Please do plan to join us for this very special outing! RSVP to Juliet Rothman at (415) 775-5200.

94117

The next 94117 Circle meeting will be held on Friday, June 23, from 2:00 to 4:00 PM, at the home of Eileen Lemus, to socialize and further deepen our relationship as neighbors. At this meeting, in addition to a variety of interesting topics that may come up, we plan to continue our discussion on Planning for Earthquake Safety. We will review what we already learned about: (1) what you should have in place at home; (2) what you should plan to do; (3) where you should go; & (4) how to connect with others. We will also discuss: (5) how to deal with natural gas, electricity, and water service; and (6) fire safety and prevention. Finally, (7) we will consider the idea of setting up a 94117 Circle phone tree to check on each other after an earthquake. Please bring along any snacks you would like to share. Contact Bill Haskell at bhaskell@sonic.net or at [415-661-2670](tel:415-661-2670) if you have any questions. Contact Key at SFV for address information.





94131

The 94131 Circle has been invited to join Brenda of Brenda's Decadent Chocolates and Other Fine Sweets in her home for a private tasting and pairing of chocolates with wines Saturday, June 24 from 1:00 to 3:00 PM. Brenda will also set up a strawberry dipping station for members to enjoy. There will be chocolates for sale. To RSVP, contact Jennifer Kauffman at jak@jaksf.com or (415) 652-8100.

LGBT

The LGBTQ Circle will participate in the LGBT Senior Prom on Saturday, June 17 at the IOA, 3575 Geary Blvd., in honor of Pride.

Bernal & Potrero Hill Circle Launch

The joint Bernal and Potrero Hill Circle will meet on Wednesday, June 7 from 1:30 to 3:00 PM at the home of SF Village member Chet Roaman. Key will be on hand to facilitate this inaugural meeting. Members will discuss what they hope to gain from their involvement in a Circle, what they would like to contribute and what types of activities they would like to engage in. To RSVP and for address information, contact Key at (415) 387-1375 or Key@sfvillage.org.

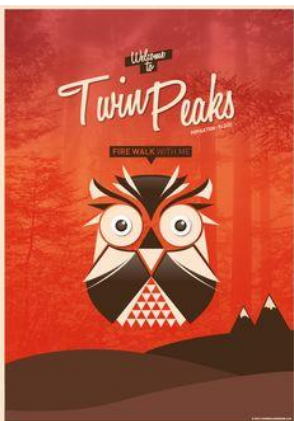


Sunset Circle

The Sunset Circle will continue to meet on the third Wednesday of the month, which is June 21, from 3:00 to 5:00 PM, at Judy Winn-Bell's house. Among the planned activities will be reports on new endeavors/excursions that members embarked on from a list generated at our first meeting, including visits to museums and attending plays in small groups. To RSVP and for address information, contact Judy at (415) 298-4178.

West of Twin Peaks Circle

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. Note: Our events are open to all interested Village members regardless of circle affiliation.



Lunch Bunch

Thursday, June 8, 1:00 PM
Roti Indian Bistro Restaurant
53 West Portal Ave.

Matinee Movie with Movie Critic Toni Illick

Wednesday, June 28
Neighborhood movie theater
Discussion and tea at home of Elaine Mannon following movie
Details to follow, once we know what's showing

SAVE THE DATES!

Boost Your Brain

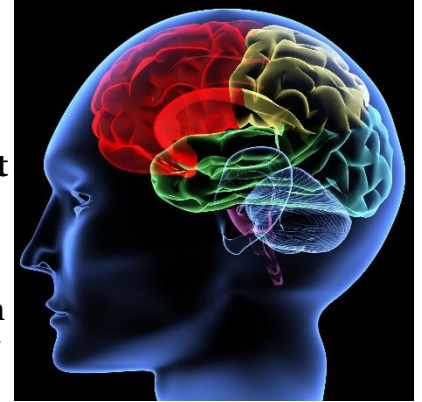
Mondays, July 10 – August 28, 2:30 – 4:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Space is limited and participants are expected to attend at least 7 sessions

Back by popular demand, this eight-week class will teach you about lifestyle changes that promote brain health and simple strategies that can improve your memory. Boost Your Brain is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!



Guidelines for Skeletal Health and Aging

Tuesday, July 11, 10:30 AM – 12:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

In this presentation, we will discuss current guidelines for physical activity essential to healthy aging, and the prevention and treatment of osteoporosis.

Wendy Katzman, PT, DPTSc (DSc) is a professor at the University of California, San Francisco in the Department of Physical Therapy and Rehabilitation Science. She is a physical therapist and board-certified

Orthopedic Clinical Specialist, and has practiced physical therapy for over 40 years.

Walk to End Alzheimer's

Sunday, September 10, 9:00 AM

Crissy Field

For more information, call (415) 387-1375 or info@sfvillage.org

San Francisco Village is an official team for the 2017 Walk to End Alzheimer's. We'd love to have you join us in walking, fundraising, and/or donating to raise awareness and funds for Alzheimer's care, support and research. Our goal is to have at least 20 walkers and raise over \$2,000! Friends and family are welcome to join. Register and/or donate for the San Francisco Village team by going to <https://tinyurl.com/SFV-AlzWalk>



Stay tuned for an informational session! If you are interested in joining a weekly SFV walking group to prepare for the three-mile walk (there is a single mile shortcut option), please let us know.

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3575 Geary Blvd., San Francisco, CA 94118 | (415) 387-1375

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