



## FROM THE EXECUTIVE DIRECTOR- Kate Hoepke



Dear Members:

It was good to see so many of you at the *State of the Village* meeting last month! We reviewed our accomplishments from 2014, the results of the Member Survey, and

focused on what we want to achieve in 2015. Our overarching goals for this year are to strengthen SF Village for the long-term and to continually increase the value of your membership. We will strengthen SFV by improving the ways in which we use technology, build strategic partnerships and ensure financial stability. We will increase the value of your membership by adding programs and services that meet your needs and touch your heart, while improving communication and accessibility, making participation as easy as possible.

For those of you who typically receive your monthly newsletter by e-mail, you will also receive a hard copy by snail mail each month. Our hope is that the hard copy will be easier to reference

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## February 2015 Members:

Sandy Chavez  
Alger Ciabattoni  
Kathleen Ciabattoni  
Vera DeMarco  
William Gregory  
Julie Jordan  
Dr. Demetri J. Polites  
Marshall "Gill" Smith  
Pauline Proshcan

throughout the month, thereby encouraging you to try a new class or meet some new friends. This month, you will also find a pull-out calendar to post on your refrigerator to make it even easier! If you prefer to receive your newsletter only by e-mail, please call the office.

At the *State of the Village* meeting we introduced you to Orlanda Wilson, a contractor and “safe home advisor,” whom we have partnered with to provide you with a home safety assessment, free of charge as a member benefit. Please take advantage of this high-quality service that will reduce the risk of falling and enable you to age successfully in the home you love. Call Rachel or Key to find out how to schedule a visit with Orlanda and watch the program calendar in the months ahead for a variety of Falls Prevention and Balance programs.

Guided by the new three-year strategic plan completed by the Board of Directors, and the results of the Member Survey, program planning for 2015 will focus on the following areas, with a few examples of specific topics:

- **Health and Wellness:** Boost Your Brain, pain management, Love in Old Age
- **Be Prepared:** palliative care, protect yourself from fraud, estate planning decisions
- **Cultural Outings:** SF Ballet, SF Jazz, SF Botanical Gardens Tour (in March)
- **Reflection and Spirituality:** Writers Workshop, Death Café, Exploring Elderhood, storytelling, meditation
- **Technology:** iPad training, aging-in-place technology
- **Fascinating Members, Fascinating Topics:** Medical History of Hallucinogens, Broadway Stories, more to come...
- **Intergenerational and Mentoring:** Reading Partners, Mentor Exchange, Technology Transfer
- **Social gatherings:** new member orientations, neighborhood mixers

I look forward to seeing you soon and as always, please feel free to call or stop by the office!

Kind regards,  
*Kate*

### **DID YOU KNOW?**

The Friendship Line at the Institute on Aging is the only national toll-free hotline that's on-call 24/7, to provide the services seniors need, whether during an emergency or for daily self-care. From crisis intervention to suicide and grief counseling to simple check-ins regarding a person's well-being, the phone staff of the Friendship Line are properly trained and well-equipped to handle difficult and sensitive crises of all sorts. You can dial (800) 971-0016 nationally or (415) 752-3778 locally for support.



## TRANSFORMING LIVES & COMMUNITY LUNCHEON



**Friday May 8<sup>th</sup>, 11:30 AM to 2:00 PM**  
**Four Seasons Hotel, 757 Market Street**  
**For ticket information, call (415) 387-1375**

Please join us on May 8th at the Four Seasons in San Francisco as we honor two remarkable women who have made a significant difference in the lives of San Franciscans and beyond, Roselyne "Cissie" Swig and Toni Rembe. In conversation with Belva Davis, the afternoon promises to inspire and remind us of what is possible at any age.

Please watch for your invitation in the mail. We look forward to seeing you there!

## NEW MEMBER ORIENTATION

**Wednesday March 18<sup>th</sup>, 3:00 - 4:30 PM**  
**Auditorium, Institute on Aging**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

All Village members are invited, and if you've joined the Village in the past six months (since October 2014), we'd particularly 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.



## CONNECTIONS FOR HEALTHY AGING WORKSHOP SERIES



**Presented in partnership with**  
**Community Living Campaign**  
**Meets four Tuesdays: March 10, 17, 24 & 31**  
**Participants should attend all dates**  
**10:30 AM - 1:30 PM, Lunch provided.**  
**Sequoia Room, Institute on Aging 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) before March 10th**

Staying healthy and engaged as we age is no easy matter these days. But with a little help from our friends, we can be informed and empowered to do just that. Building on techniques for peer learning, this workshop helps weave connections to support healthy aging. Workshop topics, presented in a fun and interactive way, will include:

- Assessing your own personal goals for Healthy Aging
- Learning how to build a network of support to help you reach those goals.

- Important documents every senior should have prepared and stored in a manner that is safe, secure and accessible in an emergency.
- Proven ways to prevent isolation and loneliness
- Tips and resources for how you or a loved one can survive a hospital stay and enjoy a smooth transition back home.
- Simple, on-line tools that can support us to be informed and empowered as we age.

**Participants should plan to attend all 4 sessions. Plan to arrive 15 minutes early on the first day to sign-in and get material.** Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors & other guests.

To sign up or for more information, contact Keyatta Shade at (415) 387-1375 or [key@sfvillage.org](mailto:key@sfvillage.org).

### **IPAD TIPS & TRICKS: PART I**

**Wednesday March 11<sup>th</sup>, 11:30 AM to 1:00 PM**  
**IOA Sequoia Room**  
**RSVP to (415) 387-1375 or [Info@sfvillage.org](mailto: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

### **MIND ALTERING SUBSTANCES: A HISTORICAL PERSPECTIVE**



**Presentation by SF Village Member Angela Little**  
**Thursday March 19<sup>th</sup>, 10:30 AM - 12 noon**  
**IOA Sequoia Room**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Historical evidence of the human use of mind altering substances extends back several thousand years and covers virtually the entire earth with the possible exception of one ethnic group. The list of substances is long and is constantly being added to. In this talk, Angela will focus on three plant species from which a number of active chemicals have been isolated: *Erythroxylum* spp (coca), *Papaver somniferum* (opium poppy) and *Cannabis* spp (marijuana).

Angela Little, PhD spent the better part of her life at the University of California at Berkeley; first as an undergraduate where she earned her BA in biochemistry and bacteriology. Then after a hiatus of eleven years she returned as a graduate student for an MSc degree in food science, and later a PhD in agricultural chemistry. Dr. Little remained at UC Berkeley until she retired, as a full professor in the department of nutritional sciences and toxicology. After retirement she continued with various activities on the Berkeley campus and taught for four years at the Fromm Institute at USF. She has been actively pursuing her interest in history of medicine and belongs to the Bay Area History of Medicine Society.

### **SF BOTANICAL GARDENS TOUR**

**Wednesday March 25<sup>th</sup>, 10:30 AM**  
**Main Gate: Ninth and Lincoln Way**  
**Tour Guide: Gordon**  
**RSVP to [key@sfvillage.org](mailto:key@sfvillage.org) or (415) 387-1375**



We will meet at the SF Botanical Gardens and then receive a private tour of all that's growing. Perhaps magnificent magnolias! Bring your bag lunch for afterwards, and we'll picnic together as weather permits. We'll meet just inside the main gate (Ninth Avenue and Lincoln Way) at 10:30 a.m. <http://www.sfbotanicalgarden.org/>

### **SF BALLET: CAPRICE**

**Thursday April 16<sup>th</sup> at 8:00 PM**  
**RSVP to [Key@sfvillage.org](mailto:Key@sfvillage.org) or (415) 387-1375**  
**with payment information**



A group of AFV members will attend Helgi Tomasson's newest work for the Company, **Caprice**, an energetic yet elegant ballet hailed by San Francisco Classical Voice as "an expansive neoclassic piece...with inverted lifts and catches that inspired gasps from the audience." The program continues with a world premiere of **Swimmer** by Yuri Possokhov, SF Ballet's choreographer in residence. The program concludes with one of George Balanchine's most iconic works: **The Four Temperaments**, a large-scale 'sublime study of beauty, spiritual longing and poise.'

Ticket price is \$93.20 for SF Village members and their guests.



## WRITERS WORKSHOP



**Thursdays March 12<sup>th</sup> & 26<sup>th</sup>, 3:30 PM - 5:00 PM**  
**IOA Ponderosa Room**  
RSVP at [Info@sfvillage.org](mailto:Info@sfvillage.org) or (415) 387-1375

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 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. This group has met in January and February, and we have two final sessions in March. SF Village members are welcome to drop in. 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.

## 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 an Assessment 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](mailto:Rachel@sfvillage.org).

## **SPRING MENTORING EXCHANGE PROGRAM**



**Wednesday March 25<sup>th</sup> 10:00 AM to 11:45 AM**  
**St. John's Presbyterian Church, 25 Lake Street**  
**RSVP to [Key@sfvillage.org](mailto:Key@sfvillage.org) or (415) 387-1375**

Once again, SFV is partnering with City Art's & Technology High School for a Mentoring Exchange Experience between our members and 9<sup>th</sup> grade students.

Members and students will meet one-on-one so that the students can gain perspective on your life choices. Members will also be given the opportunity to get to know the students-asking questions about their families and interests. Students will come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members will have the opportunity to share what they learned from the experience.

This spring we will be working with the same students who attended during the fall semester, so you may have the opportunity to follow up with a student you have already met or meet a new student. Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00 a.m. –11:45 a.m. on the following dates: March 25<sup>th</sup> & April 22<sup>nd</sup>.

## **VILLAGE VOLUNTEER TRAINING with Keyatta Shade**

**Saturday March 28<sup>th</sup> from 10:00 AM to noon**  
**Location: IOA, 3575 Geary Blvd**

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.

If you are interested in attending, please contact Volunteer & Member Manager, Keyatta Shade at (415) 387-1375 or [\*\*Key@sfvillage.org\*\*](mailto:Key@sfvillage.org).



## MEMBER TO MEMBER

### Linda Lewin-Trek & Talk

Member Linda Lewin invites other members to join her and her friends for a one-hour week-day walk in Golden Gate Park. Walks usually take place on Wednesdays or Thursdays at 1:30 PM.



For schedule and details please contact Linda at [168storyspinner@gmail.com](mailto:168storyspinner@gmail.com) or call her at (415) 386-0156 or if same day as hike, call her cell at (415) 509-3378. Please RSVP each week if you plan on attending.

### Lynn Davis - An important note

It's important to let your insurance company and mortgage holder know if you have transferred title of property to another name such as a trust, partnership, or LLC. In 2014 I transferred title of my condominium into a trust but my lawyer failed to mention that I should contact my insurance company and mortgage holder. Both needed to revise my policies to reflect my transfer of property!

If my personal experience can help you, please do not hesitate to contact me at (415) 377-9999 or [Treebarque@aol.com](mailto:Treebarque@aol.com) to hear my story.

## NEIGHBORHOOD CIRCLES

### Richmond 94121 Circle

A new neighborhood circle is forming! If you live in the 94121 zip code, please join us for a wine & cheese event at the home of SF Village member Maeve Metzger. Thursday March 12 at 3:00 PM. Refreshments provided. RSVP to Maeve Metzger at (415) 379-8921 or e-mail [maeve@vom.com](mailto:maeve@vom.com).



### 94123 / 94115 Circle - Group Outing

The 94123/94115 group is planning a trip to Pier 24 on St Patrick's Day, March 17. We will go to lunch at 11:30 AM and then walk to the pier to enjoy a photography exhibit featuring a special Pilara Foundation collection called *Secondhand*. Reservations are required as space is limited. Please contact Marilyn Campbell at (415) 531-3716 or email her at [mcampbell2675@comcast.net](mailto:mcampbell2675@comcast.net) to RSVP.



## **West of Twin Peaks Circle - Lunch at the Park Chalet Garden Restaurant**

The West of Twin Peaks circle will meet for lunch at the Park Chalet Garden Restaurant at 1000 Great highway at noon on Tuesday March 17<sup>th</sup>. The Garden Restaurant is located behind the Beach Chalet on the bottom floor. Please contact Elaine Mannon at (415) 469-9832 or by email at [elaine@mannon.com](mailto:elaine@mannon.com) to RSVP.

## **Sunset Neighborhood Get Together**

SFV Members David and Lynn Nelson would like to invite Village members from the Sunset neighborhood to their home for a wine, cheese and get-to-know-your-neighbor gathering. The event will take place on April 7<sup>th</sup> from 4:00 PM to 5:30 PM. Please contact SFVillage at (415) 387-1375 or [Info@sfvillage.org](mailto:Info@sfvillage.org) to RSVP and for address information. Refreshments provided.

## **SAVE THE DATE: APRIL EVENTS**

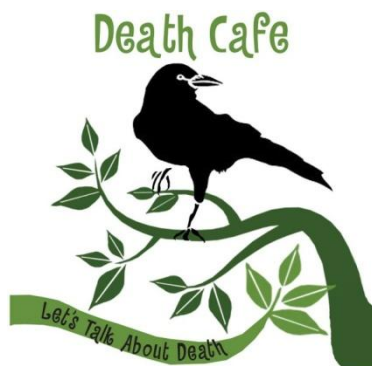
### **iPAD TIPS PART II with JIM CLARKE**

**IOA Sequoia Room, 3575 Geary Blvd**  
**April 8<sup>th</sup> at 11:30 AM**  
**RSVP to [Key@sfvillage.org](mailto:Key@sfvillage.org) or (415) 387-1375**



SF Village volunteer Jim Clarke invites SF Village members who have completed iPad Tips Part I to continue their education with even more tips and tricks. Bring your iPad, and be ready to try hands-on ways of getting the most out of your device.

## **TEA, CAKE & DEATH CAFÉ**



**Wednesday April 8<sup>th</sup>, 3:00 PM**  
**Home of Eva Auchincloss (contact SFV for address)**  
**Facilitated by Kate Hoepke**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or 415-387-1375**

At Death Cafés people drink tea, eat cake and discuss death. A Death Café is a special occasion — a discussion group where the only topic is death. And it makes for a fantastic conversation! Conversation begins with no intention of leading to any conclusion, product or course of action; as an open, respectful and confidential space where people can express their views safely; and alongside refreshing drinks and nourishing food — including cake!

The SF Village Death Café will be facilitated by Kate Hoepke. Family and friends are warmly welcome. Death Café was founded by Jon Underwood based on the work of Bernard Crettaz. Go to [www.deathcafe.com](http://www.deathcafe.com) for more information. To RSVP for the SF Village Death Cafe please RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375.

**BETTER BALANCE MEANS BETTER LIVING with MINDY MARANTZ**

**IOA Board Room, 3575 Geary Blvd  
April 15<sup>th</sup> at 10:00 AM  
RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or 415-387-1375**



Balance is something we count on every day. It is central to our well-being. What happens when you notice that your balance has diminished? How does balance escape us? What are the causes of compromised balance and what can you do about it?

Mindy Marantz, licensed physical therapist, and founder/owner of Healthwell Physical Therapy Group in San Francisco, will share how to check your balance and what you can do about improving your balance. Her presentation will be followed by individual balance testing (sign up in advance).

**MARCH EVENTS**

**Meditation Group  
Tuesdays March 10th & 24th from 11:00 AM to noon**

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 meditation group is led by Rachel Lanzerotti, a long-time practitioner and teacher of yoga, mindfulness, and *vipassana* meditation.



Location: IOA, Ponderosa Room, 3575 Geary Blvd  
Contact: RSVP to (415) 387-1375 or [rachel@sfvillage.org](mailto:rachel@sfvillage.org)

## Exploring Elderhood

**Tuesdays March 10<sup>th</sup> & 24<sup>th</sup> 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.

Location: IOA Ponderosa Room, 3575 Geary Blvd

Contact: RSVP to Key at (415) 387-1375 or [Info@sfvillage.org](mailto:Info@sfvillage.org). For more information contact Bill Haskell at (415) 661-2670 or [bhaskell@sonic.net](mailto:bhaskell@sonic.net), or Mary Moore Gaines at (415) 387-7774 or [mmg@sonic.net](mailto:mmg@sonic.net).

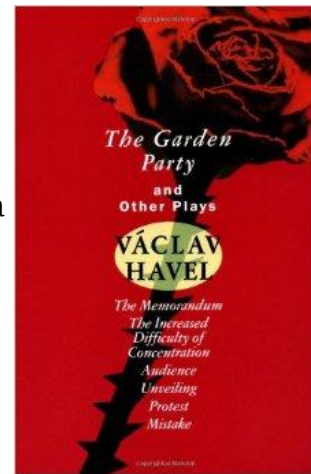
## Play Reading Group

**Thursday March 12<sup>th</sup> from 4:00 PM to 6:00 PM**

The group will be reading *Audience*, the first in a trilogy by Václav Havel. This play can be found in *The Garden Party and Other Plays* available from [alibris.com](http://alibris.com) or you can get a photo-copy of it from Midge Fox. We will be reading the second of the trilogy in a following month.

Location: Telegraph Landing Club Room, 150 Lombard

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



## Lunch Bunch

**Friday March 13<sup>th</sup> at 11:30 AM**

The Lunch Bunch will meet and greet one another at Savor Restaurant in Noe Valley. Please RSVP as space is limited.

Location: 3913 24<sup>th</sup> Street at Sanchez

Contact: RSVP to Marci Fogg at (415) 821-6333 or [mjfogg@hotmail.com](mailto:mjfogg@hotmail.com)

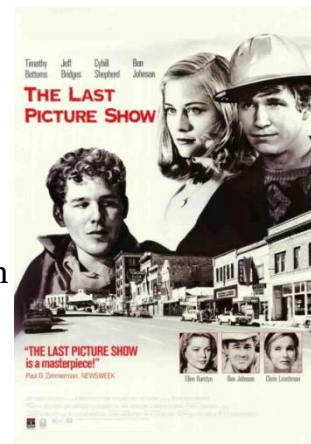
## The Film Group

**Wednesday March 18<sup>th</sup> at 4:00 PM**

The film group will watch *The Last Picture Show*. The film depicts a group of 1950s high schoolers, as they come of age in a bleak, isolated West Texas town that is slowly dying, both economically and culturally.

Location: Barbara Hancock's home (contact SFV for address)

Contact: RSVP to Barbara at (415) 750-0865



**Discussion Group**  
**Friday March 20<sup>th</sup> at 2:00 PM**

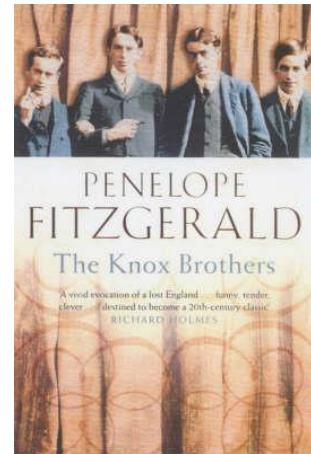
The discussion group will meet and discuss *Saudia Arabia, Foe or Ally?* There is a full page commentary in the February 23<sup>rd</sup> issue of TIME to get you started, but bring your own opinions, thoughts or articles.

Location: Eva Auchincloss's home (contact SFV for address)  
Contact: RSVP to Eva at (415) 563-7519 or [eva3auch@comcast.net](mailto:eva3auch@comcast.net)

**Book Group**  
**March 23<sup>rd</sup> at 10:00 AM**

The book group will read *Knox Brothers* by Penelope Fitzgerald. Penelope Fitzgerald tells the stories of four extraordinary Englishmen-her father and his brothers-with style and wit.

Location: Ralph Beren's home (contact SFV for address)  
Contact: RSVP to Margaret Johnson at (415) 673-7130



**MARCH 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](mailto: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](mailto: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](http://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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\*|[www.sfvillage.org](http://www.sfvillage.org)|\* \*|Aging-In-Place|\*

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