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 8th, 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 18th, 3:00 - 4:30 PM  
Auditorium, Institute on Aging  
RSVP to (415) 387-1375 or 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 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.

iPAD TIPS & TRICKS: PART I

Wednesday March 11th, 11:30 AM to 1:00 PM
IOA Sequoia Room
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

MIND ALTERING SUBSTANCES: A HISTORICAL PERSPECTIVE

Presentation by SF Village Member Angela Little
Thursday March 19th, 10:30 AM - 12 noon
IOA Sequoia Room
RSVP to (415) 387-1375 or 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 25th, 10:30 AM**  
Main Gate: Ninth and Lincoln Way  
Tour Guide: Gordon  
RSVP to 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/](http://www.sfbotanicalgarden.org/)

**SF BALLET: CAPRICE**

**Thursday April 16th at 8:00 PM**  
RSVP to 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.
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.
SPRING MENTORING EXCHANGE PROGRAM

Wednesday March 25th 10:00 AM to 11:45 AM
St. John’s Presbyterian Church, 25 Lake Street
RSVP to 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 9th 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 25th & April 22nd.

VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday March 28th 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.
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 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 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.

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 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 17th. 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 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 7th from 4:00 PM to 5:30 PM. Please contact SFVillage at (415) 387-1375 or 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 8th at 11:30 AM
RSVP to 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 8th, 3:00 PM
Home of Eva Auchincloss (contact SFV for address)
Facilitated by Kate Hoepke
RSVP to 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 for more information. To RSVP for the SF Village Death Café please RSVP to info@sfvillage.org or (415) 387-1375.

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

**IOA Board Room, 3575 Geary Blvd**
**April 15th at 10:00 AM**
**RSVP to 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 mediation—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
Exploring Elderhood
Tuesdays March 10th & 24th 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. 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.

Play Reading Group
Thursday March 12th from 4:00 PM to 6:00 PM

The group will be reading Audience, the first in a trilogy by Vaclav Havel. This play can be found in The Garden Party and Other Plays available from 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 13th 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 24th Street at Sanchez
Contact: RSVP to Marci Fogg at (415) 821-6333 or mjfogg@hotmail.com

The Film Group
Wednesday March 18th 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 20th 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 23rd 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

Book Group
March 23rd 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, 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 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.**