

FROM THE EXECUTIVE DIRECTOR-KATE HOEPKE

Dear Members:

You may have noticed in the past two newsletters that Sarah Kent is offering you the opportunity to record your personal story for the Storycorps Project (https://storycorps.org/). StoryCorps' mission is to preserve and share humanity's



stories in order to build connections between people and create a more just and compassionate world. We share their belief that every story matters.

So far, Sarah has interviewed 7 members and recorded a wide variety of stories that shed light on who that member is, what she/he values, and what stands out in a life well-lived. She submits the recordings to Storycorps, who then archives it at the Library of Congress. In addition, she's planning to weave them into our website to help us tell the San Francisco Village story, which might go something like this...

At San Francisco Village, we believe relationships across generations are transformative. Every day, we foster the connections that keep our members engaged, curious and giving back, whether by mentoring a young person, tackling the latest technology or simply sharing their own personal stories. Because when older adults value themselves, and are valued by the community, we *all*benefit and create a vastly better experience of aging than the one we have known before.

Join us in creating this unique illustration of what SF Village is. Sarah will be scheduling interviews throughout March, so please add your voice to this community montage.

Warm regards, *Kate*

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New Members in February:

Persis Ainey Michael Benincasa Elaine Connerty Paula Ginsberg Karl Kaussen Patricia Kaussen Eva Kelley Nancy Leavens June McNulty Dr. Jeanne Powell Norman Prince Carol Rothman Joanna Venneri

March 2016

TRANSFORMING LIVES & COMMUNITY AWARDS LUNCHEON



Tuesday, May 10, 11:30 AM to 2:00 PM Julia Morgan Ballroom The Merchants' Exchange Building, 15th floor 465 California Street

Save the date for our fourth annual Transforming Lives and Community Luncheon! This year, we'll be honoring two remarkable San Franciscans -Lewis H. Butler and Louise H. Renne - who have dedicated their careers to improving our local community. More information, including formal invitations, will be sent out in April.

LUNCH WITH PROVOCATIVE PEOPLE

1st and 3rd Tuesdays from March-May 3/1, 3/15, 4/5, 4/19, 5/3, 5/17 11:30 AM – 1:00 PM Ponderosa Room, IOA, 3575 Geary Blvd. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375



Who would you like to have lunch with? We provide the people - you bring your lunch!

The focus of this new group will be on learning about provocative people in our midst (in the USA & elsewhere). The individuals include Elie Wiesel, Nelson Mandela, Richard Dawkins, Christopher Hitchens, Yoko Ono, and Rachel Carson--authors, religious and spiritual leaders, leaders of important movements, artists, and humanitarians. Written and video material will be used to discover the wisdom and character of each person. We are starting with eight sessions. If the group desires additional sessions, these will be held on Tuesday, June 7 and Tuesday, June 21.

Tuesday, March 1st: "To remain silent and indifferent is the greatest sin of all"- Elie Wiesel's views on life and the driving force for his work; a Romanian-born Holocaust survivor, professor, and Nobel prize-winning author of 40 books. Presented by Linda Lewin.

Tuesday, March 15th: A historical giant who moved a nation, and in the process, millions of people around the world: Nelson Mandela, Anti-Apartheid Revolutionary, Politician & Champion of Freedom. Presented by Bill Haskell.

Tuesday, April 5th: Is belief in God an innate human compulsion? Experience the ideas of British scientist Richard Dawkins and be prepared to open your mind to a different spectrum of miracles. Presented by Karen Crommie.

Tuesday, April 19th: Yoko Ono: the most famous of unknown artists; an expert in Japanese music, a conceptual poet, a visual artist, a performer, and a film-maker. Presented by Michèle Praeger.

SFV STORYCORPS

Fridays, 3/4-3/25 from 10:00 AM to 11 AM (by appointment; other days can also be arranged) Room 202, IOA 3575 Geary Blvd. For more information: (415) 387-1375 or <u>sarah@sfvillage.org</u>



Your individual stories and experiences are the world's shared history and are invaluable for generations to come. Storycorps provides the opportunity to record an intentional and meaningful conversation about the important moments in your life: your earliest memories, things you've learned, seen, and overcome, the people you've loved, and more. Join us to capture the rich histories of SFV members.

Interviews can be scheduled at the IOA on Friday mornings with Sarah Kent or can be scheduled at other times between members, either in member's homes or at the Main Library in the Storycorps booth. Please call to schedule a date.

Your 40-minute interview will be added to the archive of stories in the Library of Congress. StoryCorps shares selected edited excerpts with millions each week through popular weekly NPR broadcasts, podcasts, animated shorts, digital platforms, and bestselling books.

DANDELION CHOCOLATE FACTORY TOUR



Friday, March 4th from 12:45 PM to 2:45 PM Dandelion Chocolate, 740 Valencia St. (at 18th) RSVP to <u>info@sfvillage.org</u> or (415) 387-1375 Space limited to 10 members

This guided tour through Dandelion Chocolate's small-batch, bean-tobar chocolate factory involves discussions, demonstrations, and tasting

our way through the chocolate making process. Find out the answers to all of your questions about production, bean sourcing, cacao farms, and chocolate in general!

Born in early 2010, Dandelion Chocolate is a bean-to-bar chocolate factory based in the Mission District. They make chocolate from only two ingredients: cocoa beans and organic cane sugar. They roast, crack, sort, winnow, grind, conch, and temper small batches of beans in order to preserve the characteristics and nuanced flavors of each single origin. Dandelion Chocolate sources directly and travels to the location of origin as frequently as possible to build strong relationships with its partners.

GIANTS OF JAZZ ON FILM: When Swing Was King

Saturday, March 5th at 8:00 PM Kanbar Hall, JCCSF, 3200 California St. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375 10 free tickets for SFV members: first come- first serve

Hip hop is the music of today's youth. In the 1930s, however, it was



the big bands and swing! From Harlem and the Paramount Theatre in New York City, to the Palomar Ballroom and the Castro Theatre on the West Coast, big band sounds reigned supreme. We invite you to revisit the sounds of the big bands, both classic and modern, with the music of Benny Goodman, Count Basie, Duke Ellington, Stan Kenton, Gene Krupa, Quincy Jones and more!

With a live performance by the Klipptones.

THE ORAL TRADITION:

A Harmony of Past, Present and Future through Storytelling



Monday, March 7th from 1:00 PM to 2:30 PM Sequoia Room, IOA 3575 Geary Blvd. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375

Join a storytelling circle to learn the traditional forms of fairy tale, folk tale, fable, myth, and legend. Deep listening to universal themes tunes the imagination and strikes memory chords for a personal story that wants a voice. Learn techniques through group exercises, play and

practice.

Olive Hackett-Shaughnessy has been a professional storyteller since 1986. She is a wandering bard/consultant who brings folk tales, fairy tales and myths from the ancient oral tradition back to life for audiences of all ages, stages and career paths including; students, parents, teachers, writers, nurses, patients, accountants, veterans, pre-schoolers and older adults. Her voice entrances. Her rich vocabulary is the artist's brush. Her presentations and workshops are lively interactive experiences that encourage compassion and community.

BOOST YOUR BRAIN INFORMATION SESSION

Wednesday, March 9th from 2:00 PM to 3:00 PM IOA Sequoia Room, 3575 Geary Blvd. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375

Join us to learn more about the content and commitment of the Boost Your Brain class. Boost Your Brain is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!

Boost Your Brain is an 8-week series on Wednesdays, April 6th-May 25th from 2-3:30 p.m. in the IOA Sequoia Room. RSVPs are required.



SHIRIN EBADI: Until We Are Free



Thursday, March 10 at 7:00 PM Kanbar Hall, JCCSF, 3200 California St. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375 10 free tickets for SFV members: first come- first serve

The first Muslim woman to receive the Nobel Peace Prize, Dr. Shirin Ebadi has inspired millions around the globe through her work as a human rights lawyer defending women and children against a brutal regime in Iran. In her new book, *Until We Are Free: My Fight for Human Rights in Iran*, Ebadi describes the years of intimidation from the Islamic Republic – that shut down her lectures, fired up mobs to attack her home, seized her offices and nailed a death

threat to her front door. Although the Iranian government took her marriage, friends and colleagues, home, legal career and even her Nobel Prize, it could never steal her spirit to fight for justice and a better future. Hear this story of a woman who, despite seemingly insurmountable risks, never gave up.

CARE OPTIONS FOR OLDER ADULTS: What's Available and Who Pays?

Monday, March 14th from 11 AM to 12:30 PM Sequoia Room, IOA, 3575 Geary Blvd. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375

What are the care options in the home, in the community, and upon discharge from the hospital? This presentation will review how to hire help, describe the differences between board and care



homes, assisted living facilities and nursing homes, and provide details about the costs and quality of these care options.

Mary Hulme, founder of Moonstone Geriatrics, has almost 20 years of experience working in the fields of geriatrics, dementia and healthcare advocacy and holds a Masters in Social Welfare from the University of California, Berkeley. In addition to running her practice, Mary is a consultant for Techenhanced Life, a company focused on utilizing technology to improve the quality of life for the aging population. Mary recently co-wrote *Caring from Afar: A Guide to Home Sensor Systems for Aging Parents*.

NEW MEMBER ORIENTATION



Wednesday, March 16th from 3:00 PM to 4:30 PM Sequoia Room, IOA, 3575 Geary Blvd. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375

All Village members are invited, and if you've joined the Village in the past six months, 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. Researchers studying Villages and their impact on people have concluded that "satisfaction is correlated with participation." We encourage you to jump in!

SHARING ECONOMY PANEL

Thursday, March 24th 1:30 PM to -3:00 PM Auditorium, IOA 3575 Geary Blvd. RSVP to (415) 387-1375 or <u>info@sfvillage.org</u>

Airbnb, Lyft, Instacart ... what exactly is the sharing economy? The "gig" economy is in headlines daily and

many of the peer-to-peer marketplaces call San Francisco home. These technology platforms are not only for the young and savvy; there's opportunity for all ages.

We're presenting a panel discussion to explore what the sharing economy is, how it works, and why an older adult may or may not choose to participate in it. The panel will be facilitated by Denise Cheng, a recent fellow at the SF Mayor's Office of Civic Innovation. She will be joined by Cathyrn Blum, an older adult who rents out space in her home as an Airbnb host, and Veronica Juarez, the Head of Enterprise Initiatives at Lyft.

Denise Cheng has a background in research, journalism, and community building, and consults on issues including the gig economy, digital inclusion, and civic engagement. Prior to arriving in San Francisco, Denise was a researcher at the MIT Media Lab, where she focused on building a worker support infrastructure in the gig/sharing economy. She has spoken at the U.S. Department of Labor and the Roosevelt Institute, has been quoted by NPR, *Forbes*, and *Fast Company*, and has written for the*New York Times* and *Harvard Business Review*.



Cathryn Blum has lived in San Francisco since 1979 and has spent the majority of her career working as an independent film and photography contractor (**www.catbirdscouts.com**). She purchased a townhouse in Potrero Hill in 1996 where she's enjoyed hosting short-term rental guests for almost six years. The flexibility, as well as the extra income that short-term hosting provides, fits nicely into her lifestyle, helping her make ends meet in the times when there's more "free" between the "lance" of freelancing.

Veronica Juarez joined Lyft in 2013 as its first government relations hire. Last year, she was named one of *Fast Company*'s Most Creative People in Business for 2015 and was later named one of Levo League's inaugural Levo 100, which profiles millennials who are transforming the world as we know it. She is a graduate of Stanford University, a Board Member for Meals on Wheels, and loves living close by in Russian Hill.

BANDALOOP: Performance and Conversation



Tuesday, March 29th at 7:00 PM Kanbar Hall, JCCSF, 3200 California St. RSVP to <u>info@sfvillage.org</u> or (415) 387-1375 10 free tickets for SFV members: first come- first serve

A pioneer in vertical performance, BANDALOOP has turned the dance floor on its side. The company has mesmerized crowds with its powerful

physicality and dynamic choreography, performed on skyscrapers, bridges, billboards, cliffs and historical sites.

This event includes a 15-minute performance in the gymnasium that will be standing room and bleacher seating, followed by a film, discussion and live demonstration in Kanbar Hall.

SPRING MENTORING EXCHANGE

March 23rd from 10:00 AM to noon Congregation Emanu-El 2 Lake Street (corner of Arguello) RSVP to Key at (415) 387-1375 or<u>Info@sfvillage.org</u>



This program, in its third year, brings together Village members and

9th grade students from City Arts & Technology High School to engage in deep and meaningful conversations about what matters in life. Members and students meet one-on-one so that the students can gain perspective on your career paths, life choices and much more. Members will also have the opportunity to get to know the students, asking questions about their families, goals and interests. Students may 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.

VOLUNTEER TRAINING with Keyatta Shade



Saturday April 2nd, from 10:00 AM to noon IOA, 3575 Geary Blvd. RSVP to Key at (415) 387-1375 or <u>Key@sfvillage.org</u>

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, identifying hazards in the home and more.

IN MEMORIAM Louis Frederick Prisco

San Francisco Village member Louis Frederick Prisco, a gentle man with a strong conscience, died at UCSF Medical Center on December 17th, 2015, with Jeanne Halpern, his partner of twenty-years, whispering to him and holding his hand.



For 26 years, Louis worked for the San Francisco Department of Human Services, where he produced the first computerized "Child Welfare

Handbook." A staunch union supporter, he was active in the SEIU Local 535 as secretary, treasurer, and executive board member. He was also a long-time member of the IWW, Industrial Workers of the World.

An adventurous Sierra Club hike leader, Louis preferred 10-15-mile hikes on Mt. Tamalpais. Sitting on a log there one sunny day in 1993, he met fellow hike leader Jeanne Halpern, a meeting that changed their lives. To celebrate, they created the Valentine Lovers' Hike on Mt. Tam in 1997, the year they registered as domestic partners. Louis' most popular city hike commemorated the 50th anniversary of the 1934 SF Waterfront Strike. Though it started as a ten-mile Sierra Club hike, he honed it to two miles and led it every July as part of LaborFest. The accompanying booklet he wrote, "San Francisco Waterfront," impressed participants with its photos, thorough notes and bibliography; it was republished three times.

Gatherings to celebrate his life were held in Providence and San Francisco in January 2016. To read more about Louis, visit: http://www.legacy.com/obituaries/sfgate/obituary.aspx?pid=177698475#sthash.9ekOliVF.dpuf

MEMBER TO MEMBER

SF Village History Group: San Francisco's First Ten Thousand Years – From Ice Age to the 'Rancho' Period



"We are not the makers of history. We are made by history" Dr. M.L. King, Jr.

When we were young, too often history was boring and seemed irrelevant. But when we bring our adult curiosity and sensibilities to the table, history becomes much more interesting. San Francisco is

blessed with a slew of new historians asking new questions - all available for talks and/or guided walks. We also have SF Village members with knowledge and stories to share.

To kick off this new group, member Cosi Pavalko will offer a brief introduction to SF's earliest history, discussing a time when people could walk to the Farralones Islands up to when our city was covered in orchards and farms. Please join us in the IOA Ponderosa Room on Thursday March 31st from 3:30 PM to 5:00 PM. RSVP to Cosi at **cosi7@comcast.net** or (415) 564-2275.

Play Reading Group I is accepting new members

The SF Village Play Reading Group I that began in April 2009 is open for a few new members. We meet in each other's homes, on the second Wednesday of every month, and live in zip codes 94121, 94115, 94115, 94111. Please contact Sarah Goldman at (415) 921-8233 for additional information.

NEIGHBORHOOD CIRCLES

94102



The 94102 Circle completes a year of thoughtful consideration on living in Gratitude. Our discussion in March is "Compassionate Service."

We meet on Wednesday, March 2, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2 p.m. to 3 p.m., using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*. "Compassionate generosity and gratitude are inextricably linked," writes Angeles Arrien.

Open to all SF Village members, but space is limited. E-mail Lynn Davis at **treebarque@aol.com** or call (415) 826-5416.

94109/94133

The 94109/94133 Circle will visit the Contemporary Jewish Museum on March 14th. Please contact Roberta Rothman for more information at (415) 345-9034 or **<u>RRothman2174@gmail.com</u>**.

94123

The 94123 Circle will have lunch at the Slanted Door and take the Historical Society's Embarcadero Art tour on Thursday March 3rd at 10:00 AM. Contact Eva Auchincloss for more information at (415) 563-7519 or **eva3auch@comcast.net**.

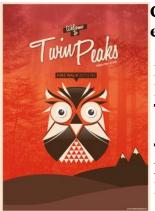
94131

The 94131 Circle will have its monthly social gathering on Saturday March 19th from 2:00 PM to 4:00 PM in the clubhouse on Ora Way. For more information or to RSVP, please contact Demetri Polities at (415) 826-3666 or **politesd@yahoo.com**.

LGBT Circle

The SF Village LGBT Social Circle will meet this month for social engagement and to discuss matters important to this community. Please contact Ken Prag for more information or to RSVP at **kprag@planetaria.net** or (415) 586-9386.

West of Twin Peaks Circle



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

Friday, March 18 Lunch Bunch Time and place to be announced

Thursday, March 31 Movie and Discussion over tea Details to follow

SAVE THE DATE!!!

SAN FRANCISCO BALLET

Friday, April 15th at 8:00 PM --Meet the Artist interview at 7:00 PM War Memorial Opera House, 301 Van Ness Ave.



Join us at the San Francisco Ballet to see Program 7, featuring 3 distinct

performances of *Continuum, In the Countenance of Kings*, and *Theme and Variations*. Set to a mysterious score by György Ligeti, *Continuum* is an exercise in "using the movement to break the code" of the music. Next up is SF Ballet's first new work, *In the Countenance of Kings*, by celebrated young choreographer Justin Peck, New York City Ballet's resident choreographer. Closing the evening is Balanchine's glittering *Theme and Variations* which, in the choreographer's own words, was meant "to evoke that great period in classical dancing when Russian ballet flourished with the aid of Tchaikovsky's music."

San Francisco Village secured a discounted group rate of \$46 a ticket if at least 10 tickets are purchased. This unique deal is only valid until March 15th. You can purchase tickets by going to **https://www.sfballet.org/tickets/groups/repertory/village** and using promo code SFVIP. Please call Sarah at **(415) 387-1375** with any questions.

DAY TRIP WITH JCCSF: Spring at Filoli Gardens



Friday, April 15 from 9:15 AM to 4:00 PM Meet at JCCSF 3200 California St. RSVP with Jewish Community Center at (415) 292-1200 \$85--discounted rate for San Francisco Village members (please mention when registering)

Spring is a lovely season to tour the timeless beauty of Filoli Gardens in Woodside. A National Trust for Historic Preservation site, Filoli is one of the finest remaining country estates of the early 20th century. The tour includes lunch at a Belmont restaurant, which was originally erected in 1915, as part of the Japanese exhibit at the Panama-Pacific International Exposition.

The ticket price includes round-trip transportation, lunch and gratuities. Please wear comfortable walking shoes. The fee will increase to \$90 on April 1.

9th ANNUAL ART OF AGING GRACEFULLY RESOURCE FAIR

Thursday April 7, 2016 from 9:30AM to 3:30 PM JCCSF, 3200 California Street For registration information contact the JCCSF at: (415) 292-1200, Free Event

Join the JCCSF and UCSF Medical Center at the Ninth Annual Art of Aging Gracefully Resource Fair. Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help you stay healthy and energized. There will be presentations from UCSF



Medical Center professionals, sharing insights on healthy living and active, creative aging.

MARCH MONTHLY EVENTS

Longevity Explorer Circle First Tuesday of the Month – March 1st & April 5th 2:00 PM to 3:30 PM

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 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.

Contact: RSVP to **info@sfvillage.org** or (415) 387-1375 Location: Sequoia Room, IOA 3575 Geary Blvd.

Aging Well with Meditation Wednesdays, March 9th and 30th, 11:30 AM - 12:30 PM

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

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?

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation.

Contact: RSVP to **info@sfvillage.org** or (415) 387-1375 Location: Sequoia Room, IOA 3575 Geary Blvd.





Play Reading Group II Thursday, March 10th at 4:00 PM

The Play Reading Group will read *A Life With No Joy In It* by David Mamet and *Chicks* by Grace McKeaney. These plays can be found in *Plays in One Act* edited by Daniel Halpern.

Contact: RSVP to Midge Fox at (415) 984-0613 Location: Telegraph Landing Club Room, 150 Lombard

The Film Group Wednesday, March 16th at 4:00 PM

The film group will watch the Oscar winning film *Moonstruck*, a delightful story of an Italian-American family and an intelligent woman who falls for her fiance's brother.

Contact: RSVP to Barbara Hancock at (415) 750-0865 or <u>ladybekh@gmail.com</u> Location: Barbara Hancock's home (Contact SFV for address info)

Lunch Bunch Friday, March 18th at 11:30 AM

The lunch bunch will eat at Cypress Grill at Harding Park Golf Course on Lake Merced.

Contact: RSVP to Marci Fogg at (415) 664-4690 or mjfogg@hotmail.com Location: 99 Harding Road, San Francisco, CA 94132

Discussion Group Friday, March 18th at 3:00 PM

We have all lived through many presidential elections. Which one or two do you think were the most interesting? How and why? This topic should provide fodder for a lively discussion.

Contact: RSVP to Eva Auchincloss at (415) 563-7519 or<u>eva3auch@comcast.net</u> Location: Eva's home (Contact SFV for address info)

The Book Group Monday March 28th at 4:00 PM The book group will read and discuss *The Children Act* by Ian McEwan.

Contact: RSVP to Susie Zacharias at **(415) 913-7138** or **suziez11@gmail.com** Location: Susie Zacharias's home (Contact SFV for address info)

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