



**TRANSFORMING LIVES &  
COMMUNITY LUNCHEON!**

The second annual  
*Transforming Lives  
and Community  
Luncheon* will take  
place on Thursday



May 22, 2014 at the Four Seasons Hotel in San Francisco. Please join us in honoring two individuals who have made extraordinary contributions to their community throughout their lives and continue to do so as they age. Led by a conversation with KQED's Michael Krasny, we will honor two individuals truly deserving of this recognition, Belva Davis and Henry Safrit, MD.

Ms. Davis is well known for her impressive and groundbreaking career as a journalist in California. For nineteen years she hosted KQED's *This Week in Northern California*. Since retiring Ms. Davis has written a book called *Never in My Wildest*

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**NEW MEMBERS—April**

Janet Bensus  
Goolshan Chinoy  
Moontaik Chung  
Myung Chung  
Irene Cohn  
Eileen Downey  
Mariln McGregor  
Suzanne Sampson  
Roberta Smith  
Nancy Spero  
Margaret Voorhees  
Ralph Voorhees  
Linda Wilson

*Dreams*. Commenting on the book, Gloria Steinem said “Belva Davis has lived this country’s history as only a brave black woman could and has witnessed it as a journalist with a world-class head and heart.”

Dr. Henry Safrit, an accomplished San Francisco endocrinologist, is highly regarded for establishing the *Meritus College Fund* which awards scholarships to high school students who often fall below the cutoff for other financial award programs. In 2008, Dr. Safrit started *SF Achievers*, which focuses specifically on supporting young African-American males who are striving for success.

The luncheon promises to be an inspiring afternoon. We hope you can be there! Tickets can be purchased by calling SF Village at [\(415\) 387-1375](tel:4153871375) or directly online at <http://tinyurl.com/lpxeu5t>.

#### **FROM THE EXECUTIVE DIRECTOR:**

Dear Members and Friends:

We’ve been in a growth mode for many months and like the wisteria blooming all over town, it arouses in me a sense of awe and delight. Our current membership of 280 has doubled since the Spring of 2012. Our focus on developing Neighborhood Circles came to life last week with the first of three NC leader trainings. A dozen individuals have volunteered to help us manifest a vision for strengthening relationships and offering support closer to home. Deepening the conversations with one another about this stage of life and how we plan for our preferred future is a natural next step.



On a recent Friday afternoon a group of SFV members gathered to begin exploring the question, “What is going to happen to me as I need more care?” As you might guess, this prompted many more questions than answers and led to a rich

discussion. Some highlights:

- I live alone and don't have family nearby. Who can I trust to notice that I shouldn't be driving anymore or need help with daily activities?
- As members of the Village, what can we do for each other in lieu of calling on family or hiring outside help?
- How involved do I want my children to be and when do I allow them to "be in charge?"
- What role can SFV play in helping us plan for the future?

One of the many benefits of your Village membership is access to resources and solutions that help you navigate the transitions of getting older. For all of us, aging is uncharted territory. Situations will arise that cause us to question: who do I need to consult with, what are the right questions to ask, and what are my options? There are several ways that SFV can provide roadmaps for the journey up ahead.

Some groups of members may be ready to initiate these thoughtful conversations and would like some support in framing them. Conversation starters, questions that will provoke a meaningful dialogue to clarify what you want, are available. In addition, SFV can provide knowledgeable facilitators to keep the discussion on track and ensure productive and satisfying results.

On a larger scale, we are planning a panel discussion for late June called *Knowing Your Care Options* or as one of our members calls it, *You May Not Need it Now...* We are inviting a group of professionals that specialize in services to older adults to explain what they do and the right time to call on them: a geriatric care manager, a fiduciary, and a home care agency. Depending on member response, we hope this will be just the first in a series of panel discussions to better prepare you for making good choices that support your preferred future.

Kind Regards,

*Kate*

## DID YOU KNOW?

MUNI welcomes your feedback! The Transit Effectiveness Project (TEP) <http://tellmuni.com/> includes a variety of proposed service and route changes to improve service reliability, reduce travel time on transit, and improve customer experiences and service efficiency. Developed over several years, the proposals are a result of extensive data collection and community engagement and will modernize Muni for its 700,000 daily riders. To learn more, visit [www.sfmta.com/tep](http://www.sfmta.com/tep). To learn about the specific TEP proposals, click here: [www.sfmta.com/node/97906](http://www.sfmta.com/node/97906)



## COFFEE & CONVERSATION

### Hearing Education Workshop



Thursday May 15<sup>th</sup> at 3:00 p.m.-4:30 p.m.

SFV Auditorium, 3575 Geary Blvd

Hearing and Speech Center will host a consolidated version of their HEAR U class series taught by Clinical Practice Manager Jessie Johnson. The session will cover an introduction to hearing loss and hearing aids, communication strategies, as well as auditory training and cognition.

Even with a well-fit hearing aid, communication can still present a problem for many hard of hearing individuals. We strongly encourage you to come to HEAR U for information about hearing health and ways to better utilize hearing aids and get tips/strategies to maximize communication.

## **STRESS, AGING & EXERCISE**

Thursday May 29, 3:00 PM - 4:30 PM

Institute on Aging, Ponderosa Room

Dr. Eli Puterman, Assistant Professor of Psychiatry at UCSF School of Medicine will discuss the important behaviors that buffer against the chromosomal effects of high stress. He will talk about the role of physical activity as a stress buffer, especially for caregivers, and how to motivate yourself if you're having a difficult time being active. Learn the science behind how staying active increases resiliency and supports healthy aging. RSVP to [Key@sfvillage.org](mailto:Key@sfvillage.org).

## **SUMMIT OF OLDER CHOIRS**

Friday May 9<sup>th</sup>, 1:00 p.m.-Free

Community Music Center Concert Hall

544 Capp Street, San Francisco, CA 94110



On Friday, May 9 at 1:00pm, the University of California San Francisco (UCSF) Community of Voices study choirs and Community Music Center (CMC) choirs will present their first ever Summit of Older Adult Choirs at the Community Music Center. The summit will feature a performance of four choirs - nearly 100 older adults - joining their voices together as a group for the first time. The concert will be recorded. The Summit of Older Adult Choirs is free and open to the public. For more information: <http://communityofvoices.org/home/>

## **SF VOTER RESOURCES FOR JUNE 3<sup>rd</sup> ELECTION**



Remember to vote in the upcoming election, Tuesday June 3, on local and state measures and candidates. May 19 is the deadline to register to vote, and May 27 is the deadline to request a "vote by mail" ballot. Here is a list of online election resources and information:

City & County of San Francisco Dept. of Elections

**<http://www.sfgov2.org/index.aspx?page=4279>**

Easy Voter Guide

**<http://www.easyvoterguide.org/wp-content/uploads/2010/09/EVG-Jun14-Eng-FINAL.pdf>**

League of Women Voters

**<http://www.lwvsf.org/>**

San Francisco Public Library - Election Information

**<http://sfpl.org/index.php?pg=2000563701>**

## **SF VILLAGE MEDITATION GROUP**



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?

We are pleased to announce an ongoing **SF Village Meditation Group** for beginners as well as those with meditation experience. The group meets on the following Tuesdays, from 11:00 to 12 noon at the Institute on Aging, room 202.

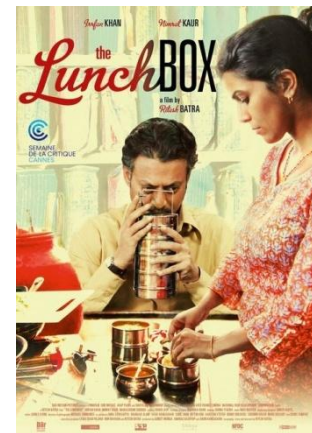
Tuesday **May 6** & Tuesday **May 20**

**Please plan to arrive on time, as we meet for one hour only.** The group is led by Rachel Lanzerotti, an experienced teacher of Mindfulness Meditation and longtime *Vipassana* (insight) meditation practitioner.

Members are welcome to invite friends and family. Please RSVP to [\*\*info@sfvillage.org\*\*](mailto:info@sfvillage.org)

### **AT THE MOVIES with Ralph Beren** **LUNCHBOX**

Lunchbox is a wonderfully old fashioned movie about the relationship between an unhappy, beautiful, ignored housewife and a dissatisfied, isolated middle-aged widower. Ila (Nimrat Kaur) prepares succulent lunches with special care for her oblivious husband, with which she hopes to rekindle their former passion. Her husband pays so little attention that he doesn't notice when his lunches are mistakenly switched. The surprised and delighted recipient of her delicious food, who usually gets take out from a local restaurant, is Sajaan (Irrfan Khan of the *Life of Pi* and *The Namesake*) a man leading a hum drum life who is lonely, bored, and about to retire.



The delectable lunches, made with spices and curries, reawaken Sajaan who finds fresh meaning in his life through the food. Sajaan and Ila begin to exchange notes

as she realizes the mix up in the meals. They agree to meet in a restaurant where things go awry and the meeting does not materialize. In the meantime Ila, smelling perfume on her husbands' shirts, decides she has little to lose in pursuing this written relationship with Sajaan.

The film is set against the hustle and bustle of Mumbai where a lorry delivers hundreds of lunch boxes to the office each day. It is a miracle that the mix up is unusual. The film has a very slow pace and the viewer is left to wonder what will happen between these two special people who are brought together by a simple mistake.

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

Saturday May 24<sup>th</sup> from 9:30 a.m. 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 our staff 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](tel:4153871375) or [Key@sfvillage.org](mailto:Key@sfvillage.org).



## **MAY EVENTS**

### **Mentoring Exchange Program**

**Wednesday May 14<sup>th</sup> and May 21<sup>st</sup> from 10:00 a.m. to 11:30 a.m.**



SFV members will meet with 9<sup>th</sup> graders from City Arts & Technology High School one-on-one so that the students can gain perspective on your career paths. Members will also have the opportunity to get to know the students and learn about their dreams and interests. We need 14 to 16 members to fill in each date. Volunteer one or both days.

“What a wonderful idea to have such a creative program that benefits the young & old alike. I made an immediate connection with my partner, Michelle. We have a lot in common – like dancing, writing.” -SFV Member Jean-Marie Campbell

Location: St. John’s Presbyterian, 25 Lake Street at Arguello

Contact: RSVP to [Info@sfvillage.org](mailto:Info@sfvillage.org) or [\(415\) 387-1375](tel:415-387-1375) for more information

### **Lunch Bunch**

**Friday May 16<sup>th</sup> at 12:30 p.m.**

The lunch bunch will meet in the small back room at Perry’s Restaurant, which can only accommodate 8 people. Only cash will be accepted. Perry’s, a San Francisco institution for 43 years, is known for its classic American food, its warm personable service and its bustling bar.

Location: 1944 Union Street, San Francisco, CA

Contact: RSVP to Vera Fields at [415-567-8991](tel:415-567-8991) or [veracurtis@earthlink.net](mailto:veracurtis@earthlink.net)

## Movie Group

**Wednesday May 21st from 4:00 p.m. to 6:00 p.m.**

The movie group will watch *The English Patient*, starring Kristin Scott Thomas and Ralph Fiennes. At the close of WWII, a young nurse tends to a badly-burned plane crash victim. His past is shown in flashbacks, revealing an involvement in a fateful love affair.

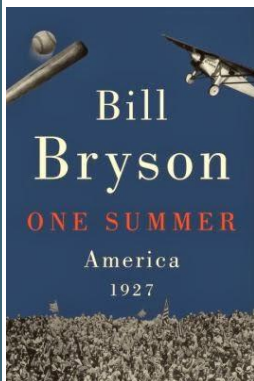


Location: Ralph Beren's home (contact SF Village for address info)

Contact: RSVP to Ralph Beren at [\(415\) 929 8309](tel:4159298309)

## Book Group

**Monday May 26<sup>th</sup> at 10:00 a.m.**



The book group will read *One Summer*, by Bill Bryson, a history of the summer of 1927 in the United States. The book focuses on various key events of that summer as lenses through which to view American life: what it had recently been and what it was becoming.

Location: Margaret Johnson's home (contact SFV for address info)

Contact: For more info contact [\(415\) 673-7130](tel:4156737130) or [mhjohn@comcast.net](mailto:mhjohn@comcast.net).

## **MAY WEEKLY EVENTS**

### **Family Caregiver Support Group**

**First Thursday of Each Month from 5:30 p.m. to 7:30 p.m.**

Eldercare Services: Family Caregiver Support Group, addressing the fears of Alzheimer's disease and other issues associated with aging. No fee.

Location: Calvary Presbyterian Church, 2515 Fillmore Street

Contact: RSVP to [\(415\) 469-8300](tel:4154698300).

### **Friday Meditation Group for Seniors**

**Fridays at 11:00 a.m. to noon**



SF Village members are invited to join an ongoing, weekly drop-in meditation group for seniors with David Lewis at the Sequoias

SF. Beginners are welcome. David Lewis has practiced meditation for 40 years. He is a graduate of Spirit Rock Meditation Center's Dedicated Practitioners Program and periodically teaches at the Gay Buddhist Fellowship. He also teaches an Introduction to Insight Meditation class at Mission Dharma and has led a meditation group for seniors for three years.

Location: Sequoias San Francisco, 1400 Geary Street. Enter from either Geary or Post.

Contact: For more information contact Rachel at [\*\*Rachel@sfvillage.org\*\*](mailto:Rachel@sfvillage.org). No RSVP needed as this is a drop-in group.

## **Yoga!**

**Thursdays from 9:00 a.m. to 10:30 a.m.**

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](tel:(415)425-5086) or [aurelecarlat@gmail.com](mailto:aurelecarlat@gmail.com), Website: <http://www.twinpeaksyoga.com>

## **Yoga! For Beginners!**

**Fridays from 10:00 a.m. to 11:15 a.m.**

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](tel:(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](tel:415-861-4910)

[www.communitythriftsf.org](http://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.***

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

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[387-1295](tel:415-387-1295)|\*