



FROM THE EXECUTIVE DIRECTOR

Dear Members:

People join SF Village for a variety of reasons: some are planning for the future and want to know they're part of a like-minded community focused on healthy aging, some are looking to expand their immediate social network, and others are in need of services that support them aging independently in their own home. I have found that these motivations can change over time. Hopefully, members develop a sense of trust in the Village so that picking up the phone to make a request for help or guidance is the natural thing to do.



Earlier this month I had a conversation with a long-term member and her daughter about when to call us. The daughter was preparing for a trip; mom had recently been hospitalized and was concerned that she would be alone if something happened during her daughter's absence. They were concerned with simple things like getting to a doctor's appointment and help with meal preparation. We reassured them both that our volunteer network is ready to assist with all these things and should she need professional help, we could provide her with trustworthy referrals.

I could sense our member's apprehension with this conversation and the reality that her needs were changing. Her daughter tenderly pointed out that her self-sufficient mother was crossing a new line – acknowledging her vulnerability in a more public way – and that was difficult to do. Their story touches me because it illustrates the strength we derive when we allow ourselves to be vulnerable. In this case, the strength of the SFV community is made available only when we know that it's needed.

That's how this Village thing works! You let us know what's going on in your life and we offer support, suggestions, guidance and person-power. Inside the newsletter you will find a delightful drawing entitled *When do I call SF Village?* It's a graphic illustration of how you can utilize your membership, perhaps in ways you've never considered.

Warm Regards, *Kate*

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New Members in October:

Phil Fong
Susan Gross
Judy Jacobs
Patricia Tsang
Yolanda Woo
Anna Young

SF VILLAGE HOLIDAY PARTY & VOLUNTEER RECOGNITION!



Wednesday December 9th 5:30 PM to 7:30 PM
JCCSF Fisher Family Hall, 3200 California Street
Discounted \$9 per vehicle parking available
RSVP to Info@sfvillage.org or (415) 387-1375

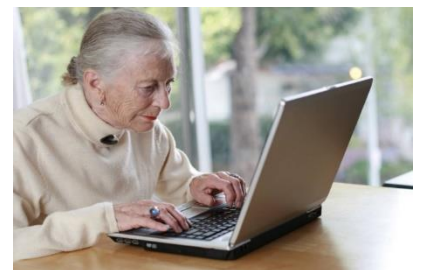
San Francisco Village members and volunteers are cordially invited to a joyous night of merry making as we celebrate the holiday season together. We will also honor our many non-member volunteers who give so generously of themselves throughout the year to help build this unique intergenerational community. Hors d'oeuvres, wine and fellowship at the JCCSF will be provided! This is a great opportunity for new and existing members, as well volunteers, to become better acquainted!

HOLIDAY CONNECTIONS

Some people may not have family or friends nearby with whom to share the holiday season. If you are interested in opening your home or you would like to connect with other members during the holidays, please contact Key Shade at Key@sfvillage.org or (415) 387-1375 and we will do our best to help arrange a connection.

DID YOU KNOW?

Comcast has launched a pilot program to offer its low-cost, high-speed internet adoption program, Internet Essentials, to qualified low income adults 62 or older in San Francisco. Eligible seniors can have Comcast Internet installed for \$9.95 a month. The program offers low cost desktop or laptop computers for \$149.99. Contact SF Village for eligibility requirements. You may sign up directly by going to www.internetessentials/Seniors or by calling (855) 804-8010.



When do I call SF Village?

- Before and after a hospitalization
- For companionship: friendly visits, check ins, and phone calls
- For garden clean up
- For help with organization and downsizing
- For help with light housekeeping, flipping a mattress, or laundry
- For meal preparation or delivery
- For referrals to roofers, plumbers, handy people, home care, and people you trust coming into your home
- For someone to come change a hard to reach lightbulb
- For technology help: computer, smart phone, digital photos, or TV
- To arrange a home safety assessment and aging in place modifications
- To find care for your pet
- To get rides to doctor's appointments, grocery store, errands, or carpool to Village events
- To RSVP to a social event
- When you have a resource to share
- **When you have a problem you need help solving**

Phone: (415)387-1375
Email: info@sfvillage.org



MEMBERS WHO HAVE MADE THE CALL

Treasure had several boxes of books to be donated but couldn't transport them herself, so she requested a volunteer. Within two hours we let her know that Luis would be calling her to make an appointment for pick up. "Wow, just like that!" she said. "This is the first time I've ever called to ask for a volunteer. I didn't realize it was that easy," she said with genuine surprise. Yes – it's just that easy!



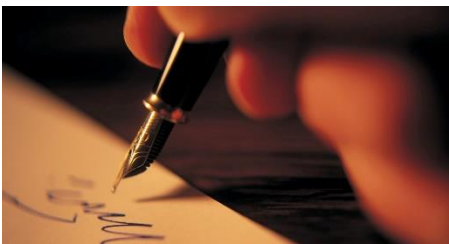
Overgrown vines in **Denis'** yard needed trimming. He wasn't sure if this was something a Village volunteer could help with, but he thought he'd give it a try. Within a few days we identified two volunteers who spent several hours at his home on a ladder trimming vines. The moral of the story is: ask for what you need even if you're not sure it's something Village volunteers can do. Moral #2: no more ladders!

Janey called us one day to say that her prescription drug coverage had changed without her knowledge and her quarterly bills had quadrupled. We advised her to contact the Health Insurance Counseling and Advocacy Program (HICAP) in San Francisco and within days the problem was solved.

Kai, who lives alone, had been discharged from the hospital and was in need of a little extra help around the house. Late on a Friday afternoon we called a home care agency and they were in touch within the hour.

Sandy had a big job in front of her - getting organized in order to downsize. She called the office for some referrals to professional organizers, and by happenstance we had just trained a new volunteer with professional organizing experience. They now meet bi-weekly for a few hours at a time, categorizing items in order of importance so that Sandy can make a decision about what can be purged. "More space means more serenity for me," Sandy says.

POETRY WORKSHOP with Annice Jacoby



**Friday, November 6th,
1:00 PM to 3:00 PM
Sequoia Room IOA,
3575 Geary Blvd
RSVP to Info@sfvillage.org or (415) 387-1375**

"A poem is the shortest distance between two people."

Lawrence Ferhlinghetti, First Poet Laureate of San Francisco

Poetry not only allows us to connect with a deeper part of ourselves, but through the sharing we build intimacy and community. In this 2 hour workshop, we will dig into and examine several styles of

poetry, then leap into our own creative expression. All that is needed are attentive ears, willing minds, pencil and paper, and a desire to converse in a slightly different way. All are welcome! This may become a regular series, depending on the interest of the group.

Annice Jacoby has produced a body of groundbreaking public art work and contributed to the discourse on the place of art in public life. She employs visual arts, literature, theater and media. Her work includes *Saving Grace* with Appalshop and the Interfaith Center of New York, *Gossipgospel*, with the United Nations Conference on Women, *City of Poets*, for the San Francisco Public Library, *Watershed & River of Words*, national literature and environmental programs with Poet Laureate Robert Hass. With support from the National Endowment for the Arts, the California Arts Council, she has developed the book *Street Art San Francisco: Mission Murals*, a collection of photography and over 25 scholarly, poetic, testimonial essays on the San Francisco Mission District muralism movement, commissioned by Precita Eyes Mural Arts Center.

HOW THE HECK DO I DATE AT THIS AGE?

Tuesday, November 10th 1:00 PM to 2:30 PM
Sequoia Room, IOA 3575 Geary Blvd
RSVP to Info@sfvillage.org or (415) 387-1375



You're ready to connect for dating, sex, love, companionship – but dating as a senior feels awkward and downright weird. What are the guidelines? How do you meet people? Do you have to use online dating? (If so, how do you navigate writing your profile and weeding through the responses?) How do you avoid the pitfalls that can send potential dates running in the other direction? When do you bring up safer sex, your personal sexual issues, or sex at all? Whether you're widowed, divorced, or a longtime single, you'll find this interactive workshop illuminating and fun, and you'll get to find out how other single seniors meet and mate (or try to). All genders and orientations welcome.

Joan Price, www.joanprice.com, author of *Naked at Our Age: Talking Out Loud about Senior Sex* and *The Ultimate Guide to Sex after 50* – and a 72-year-old widow figuring out how to date at her age – leads this workshop.

Bring paper and pen or a laptop -- and a sense of humor. Free goodies: lubricant samples and condoms, for when you need them!

HOME FOR THE HOLIDAYS



Thursday, November 12th, 10:30 AM to noon
Ponderosa Room, IOA 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Holidays can be a positive time for some people and a difficult time for others. Problems or emotions repressed during other months may surface during the holidays. It is not uncommon for people to experience

stress, frustration, sadness, loneliness, grief, lethargy, depression or resentment as the season changes from autumn to winter and the holidays draw closer. In this workshop, participants will have an opportunity to explore their own feelings about the holidays. Additionally participants will examine ways in which they can manage the stressors that often accompany holiday events. An emphasis will be placed on learning to trust our need to have limits so that we do not burn-out during the holiday season.

Patrick Arbore, Ed.D., Founder & Director, Center for Elderly Suicide Prevention, Institute on Aging, began his career in the field of aging in 1973. He conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, ageism, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of aging related topics.

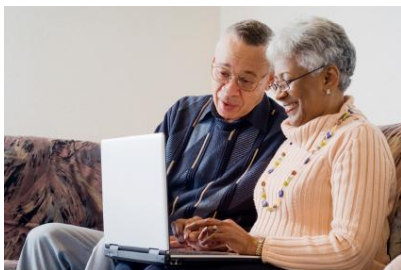
NEW MEMBER ORIENTATION

Wednesday, November 18th 3:00 PM to 4:30 PM
Auditorium, IOA, 3575 Geary Blvd.
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, 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.



MANAGING YOUR PASSWORDS with Jim Clarke



Friday, November 20th, 10:00 AM to 11:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

In this workshop, you'll learn techniques to help you do away with all of those post-it notes, notebooks and scraps of paper you currently use to remember all of your annoying passwords. Participants will focus on learning how to use a free software solution (Dashlane) to keep track of passwords for you. All you'll need to do is to remember one master password.

This is a hands-on session, so space is limited. Enroll early to assure your spot. Bring your tablet or laptop to the session to install Dashlane and practice using the program with support.

Jim Clarke worked at Modesto Junior College for thirty years. At the time he retired in 2013, he was serving as the Director of Distance Education and Instructional Technology. In this capacity he was responsible for managing the online learning management system (Blackboard) and for teaching other faculty how to integrate and use technology in order to enhance instruction. Jim has been a pioneer in using new methods to engage learners in the instructional process since the 80's.

“HEAR” FOR THE HOLIDAYS

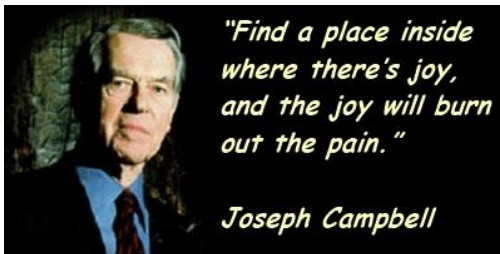
Thursday, November 12th from 10:00 AM to noon
1234 Divisadero Street
RSVP at (415) 441-6490 or
email Janet.drew@homeinstead.com by Nov 10th

The holidays are often the most difficult time for people with hearing loss. Join our partners at Home Instead Senior Care and Hearing and Speech Center to help you enjoy the laughter, conversations and joy during the season. Services will be provided at no charge including: hearing screenings, hearing aid assistance and maintenance, and free telephone communications through CTAP for eligible hearing-impaired individuals. Snacks, beverages and hearing maintenance kits provided to attendees. No walk-ins. Space is limited.



POWER OF MYTH

Six Conversations between Joseph Campbell and Bill Moyers



Tuesdays, Nov 3rd & 17th
from 11:00 AM to 1:00 PM
IOA Ponderosa Room,
3575 Geary Blvd, San Francisco, CA
RSVP to Bill Haskell at:
bhaskell@sonic.net or (415) 661-2670

This group, a continuation of Exploring Elderhood, is watching *The Power of Myth*, the fascinating series of interviews of the renowned scholar Joseph Campbell by journalist Bill Moyers, recorded in 1990. These two men discuss myths as metaphors for human experience and the path to transcendence, touching on topics as diverse as world religion, heroic figures, and pop culture. This series became one of the most enduringly popular programs ever aired on PBS.

The group has met four times already and will continue with two more meetings; each will be two hours, from 11:00 am to 1:00 pm. During the first hour we will view one of the six sections of the series and in the second hour there will be a discussion of the material. A study guide will provide the focus for the discussions. Participants are encouraged to bring lunch to enjoy during the second hour of each meeting.

WRITERS WORKSHOP

**Wednesdays, Nov 11th and Nov 25th, Dec 9th
from 3:30 PM to 5:00 PM
Sequoia Room, IOA 3575 Geary Blvd.
RSVP to Info@sfvillage.org or (415) 387-1375**

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 SF Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All welcome — no writing experience necessary! A pen, a pad of paper and a wild imagination is all you need.

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.

VOLUNTEER TRAINING WITH KEYATTA SHADE



**Saturday November 7th from 10:00 AM to noon
IOA, 3575 Geary Blvd
RSVP to Keyatta Shade at (415) 387-1375 or Key@sfvillage.org**

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.

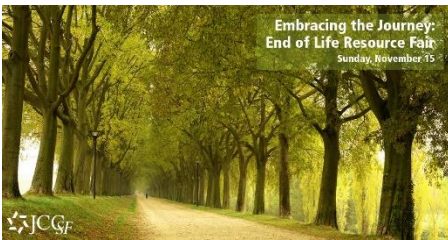
GUN VIOLENCE AND MENTAL HEALTH SUMMIT

November 7, 2015 10:00 AM – 12:30 PM
Jewish Community Center of San Francisco,
Kanbar Hall, 3200 California Street
Parking at the JCCSF is \$14

The Psychiatric Foundation of Northern California is presenting a free panel discussion, with several local experts including Congresswoman Jackie Speier, on Saturday November 7th. You must register online to attend at www.ncps.org. For more information please call Ashleigh Servadio at 415-334-2418.



EMBRACE THE JOURNEY: END OF LIFE RESOURCE FAIR



The JCCSF, in partnership with the Jewish Home of San Francisco, invite you to Embrace the Journey—our first annual End of Life Resource Fair on November 15th at the JCCSF, 3200 California Street.

Learn compassionate and dignified ways to navigate the pathways that we and our loved ones will all travel. Hear speakers on the spiritual wisdom embodied in Jewish and other traditions concerning the end-of-life journey. Engage with business and organizations offering a wealth of end-of-life resources. Experience a yoga class and meditation session.

To register, call (415) 292-1200 or visit jccsf.org/EOL for more details. The events is free.

SAVE THE DATES!

TOP 10 WARNING SIGNS

alzheimer's association®

KNOWthe
10 SIGNS
 EARLY DETECTION MATTERS

Wednesday, December 2nd from 1:30 PM to 3:00 PM
Ponderosa Room, IOA 3575 Geary Blvd.
RSVP to Info@sfvillage.org or (415) 387-1375

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. The sooner a diagnosis is made, the sooner you can plan for the future, build a support system, begin drug therapy, and enroll in clinical studies. Attend this workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's.

At the workshop, you will learn:

- How to tell the difference between dementia, Alzheimer's and typical aging
- Steps to take if you recognize a warning sign in yourself or someone you know
- The process to receiving a diagnosis
- Ways to connect with local resources

Stefanie Bonigut is a Family Care Specialist with the Alzheimer's Association. She provides care consultation and education to family caregivers, provides resource referrals on the Helpline, presents educational workshops to the community, and facilitates support groups for people in the early stage of Alzheimer's disease and caregivers. Stefanie has a MSW from the University of Washington and a Bachelor's degree in Physiology from UC Santa Barbara.

OPERA AT SAN FRANCISCO CONSERVATORY OF MUSIC

Sunday, December 6th from 1:00 PM to 4:00 PM
SFCM, the Caroline H. Hume Concert Hall,
50 Oak Street, Free Admission
RSVP to Info@sfvillage.org or (415) 387-1375

For drama and spectacle, it's hard to top Carmen and Don Giovanni. But the most compelling thing about opera at SFCM is watching young singers meet the unique demands of the art form.



San Francisco Conservatory of Music is a professional school that enables students to study music at the highest level. Their dedication to accessible classical and modern music includes over 500 student and faculty performances, most of which are free to the community.

Join your fellow Village members for a bite and a beverage before the show in the Café Crème at 1:00pm or come just for the opera at 2:00pm. There is \$10 parking available across the street from SFCM and carpooling is highly recommended!

HOLIDAY LIGHTS WALKING TOUR

Monday, December 14th, 4:30 PM to 6:30 PM
Starting Place: Sheraton Palace Hotel
RSVP to Info@sfvillage.org or (415) 387-1375

This fun-filled tour provides insights into San Francisco history as well as current city trivia. Highlights include a lighted garden, uniquely decorated and festival hotels, office lobbies, and retail locations.



Fellow SF Village member Marilyn Straka leads *On The Level* tours with no hills or steps. Join her for a private tour to see downtown San Francisco and all that glitters during the Season!

MEDICAL CANNABIS:

An overview of research, health conditions, and options for healing without "getting high"



Tuesday, December 15th 1:30 PM to 3:00 PM

Auditorium, IOA, 3575 Geary Blvd.

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

Friends and family welcome!

How can medical cannabis be used to treat age related health conditions? Have you wanted to learn more about latest research for using medicinal cannabis as an alternative and/or supplement to pain and sleep aid pharmaceuticals that have harmful side-effects?

This presentation will provide an overview of the medical and legal history of cannabis; an overview of the "endocannabinoid system" and how cannabis works to support balance and functioning of our central nervous system and immune system in a variety of ways; and an overview of ratios, dosage, and products to safely introduce medicinal cannabis as an alternative and/or supplement for treating health conditions such as inflammation, arthritis, chronic pain, and insomnia.

Amy Farah Weiss, M.A. in Organizational Development and Training, is an education consultant for Compassionate Health Options. From 2012-2015, Amy provided consulting to thousands of patients regarding the science, impacts, and health benefits of medicinal cannabis at the Apothecarium, a cannabis dispensary in San Francisco, and produced/facilitated the Apothecarium's *Aging with Compassion* symposium in Fall 2014.

NEIGHBORHOOD CIRCLES

94102 Circle

The 94102 group will continue to explore a journey toward living in gratitude. November's discussion is *Grateful Seeing*. We will meet on Wednesday, November 4th, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 to 3:00 pm, using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*.



"In November, we can readily see how much we have to be thankful for compared to our troubles and dissatisfactions," writes Angeles Arrien. Discussions will also focus on cross-cultural traditions of extending gratitude, harvest rituals, and ways of sharing bounty. Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or Call (415) 826-5416.

94131 Circle

The circle will meet at the Ora Way Club House at 43 Ora Way for snacks and a social gathering from 2:00 to 4:00 PM. RSVP to Demetri Polites at politesd@yahoo.com or (415) 826-3666.

LGBT Circle

The SF Village LGBT Social Circle is now meeting monthly, for social engagement and to discuss matters important to this community. Please contact Ken Prag for more information or to RSVP at kprag@planeteria.net or (415) 586-9386.



West of Twin Peaks Circle

RSVP to Elaine Mannon for all WTP events at (415) 469-9832



Movie Group

Wednesday, November 11

Matinee, Stonestown Theater or Empire Theatre on West Portal

Details to follow, once we know what movies are showing

Movie Discussion Following the movie with Film Critic, Toni Illick

Home of Elaine Mannon

Lunch Bunch

Wednesday, November 18, Time and Place to be decided

NOVEMBER EVENTS

Longevity Explorer Circle

Tuesday November 3rd, 2:00 to 3:30 pm
(Please note the earlier time)

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 yours 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 (415) 387-1375 or Info@sfvillage.org
 Location: IOA Sequoia Room, 3575 Geary Blvd

SFV Meditation Group
Wednesdays Nov 11th and 25th, 11:30 AM to 12:30 PM

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.

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



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

The SF Village one-act playreading group will read two plays, *Our Man in Madras* by Gert Hoffman and *Teeth* by Tina Howe. These plays can be found in the collection *Plays in One Act* edited by Daniel Halpern.

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



Discussion Group
Friday November 13th at 2:00 PM (note time change)

The group will discuss *What Outreach Might be done for Non-Citizens in the U.S.: issues related to non-citizens right to vote on local issues.*

Contact: RSVP to Eva Auchincloss at (415) 563-7519
 Location: Eva's home (contact Eva for address info)



The Film Group
Wednesday November 18th at 4:00 PM

The film group will watch *Klute* starring Jane Fonda and Donald Sutherland. Part mystery, character study, with some relevant confusion, the film is a real who dunnit with Fonda winning as Oscar for her role.

Contact: RSVP to Eva Auchincloss at (415) 563-7519
 Location: Eva's home (contact Eva for address info)



Book Group
Monday November 23rd at 4:00 PM

The book group will read Anthony Doerr's Pulitzer Prize winning novel, *All the Light We Cannot See*. Set in occupied France during World War II, the novel centers on a blind French girl and a German boy whose paths eventually cross.

Contact: RSVP to Suzie Zacharias 415-913-7138 or susiez11@gmail.com
 Location: Susie's house (contact Susie or SFV for address)

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. 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| *|Aging-In-Place|*

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