



FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members:

Recently I spoke to a group of potential members from the Sunnyside Neighborhood Association. I was joined by a few of our current members who offered their insight into why they joined SF Village and the value of their membership. I was especially struck by comments from Elaine Mannon who joined SFV earlier this year, hoping to create a sense of community and friendship in the wake of losing three close friends. They had become one another's support circle over the years and Elaine knew she needed to replace it. She imagined SF Village could help her do that.

She jumped in and volunteered to lead a neighborhood circle, thinking that her own neighborhood, Ingleside Terraces, would provide enough members to form a natural circle. After hosting several meetings and hearing a lot of "I'm not ready yet" responses, she felt discouraged and ready to give up. Maybe this wasn't such a good idea after all.

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WELCOME NEW MEMBERS--September

Patricia Bashaw
Eugene Segre
Paul Murphy
Patty Murphy
Caroljean Wisnieski

I suggested to Elaine that we expand the boundaries of the neighborhood circle. Instead of thinking in terms of Ingleside Terraces, let's try organizing people West of Twin Peaks. We already had several members in the area who would be eager to form closer friendships and strengthen their sense of community.

As Elaine says, "That's when things took off!" Members of the circle have met several times at different homes to become better acquainted and next month they are gathering to discuss the November ballot. Connections are being made, just as Elaine imagined. Expanding beyond her geographic boundaries and her comfort zone, things changed. It didn't happen immediately as she originally envisioned, but with patience, perseverance and a little imagination she is discovering what she came looking for...a supportive community of friends and connections that will help her navigate the years ahead.

Elaine's story is an eloquent reminder that as we age our life naturally contracts: friends move away or die, health conditions may restrict activity, energy levels may taper off. How then will we choose to keep expanding? Perhaps by challenging assumptions, going beyond our comfort zone, and taking the risk to become known in a new community. It's up to us to counter the forces of contraction. This month's newsletter is full of opportunities to meet new people, explore new ideas and stretch a little. Hope to see you soon!

Warm Regards,

Kate

DID YOU KNOW?



Roommates4Boomers.com (R4B) is a shared housing site that matches women seeking a home with those who have homes to share. This includes all types of housing (condo, apartment, homes, etc.)

Beginning October 1st, R4B will offer their service free to SF Village members until January 1, 2015. If you're interested, please visit Roommates4Boomers.com and click on 'Get Started Now'. On that page, make sure to select "San Francisco Village" as the Membership Organization in the scroll down list. This allows R4B to keep track of who is using the service. This is important as they will contribute 5% of their fee to the SF Village beginning next year.

COMMUNITY MEETINGS

SF Village is growing! Invite your friends and neighbors to an informational meeting to learn more about the benefits of membership. Hear from current members, staff and volunteers how the Village is making a difference in their lives and community.

Sunday October 19th Sunset Recreation Center 2:30-4:00
2201 Lawton Street

Sunday October 26th Richmond Recreation Center 2:30-4:00
251 18th Avenue

Sunday November 2nd Moscone Recreation Center in the Marina 2:30 -4:00
1800 Chestnut Street

NEW MEMBER ORIENTATION

Wednesday October 15th, 3:00 p.m. to 5:00 p.m.
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 April 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.

COFFEE & CONVERSATION



Panel Discussion:
Why Is It So Difficult To Ask For Help?
October 9th 3:00 – 5:00 p.m.
Presidio branch library - 3150 Sacramento St.
RSVP to (415) 387-1375 or Info@sfvillage.org

Join panelists Patrick Arbore Ed.D and Beth Macleod LCSW in this provocative discussion about our hindrances to vulnerability and ways that we might challenge ourselves to think differently about receiving help from friends and neighbors.

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.

Beth MacLeod is a licensed clinical social worker (LCSW) who specializes in the field of aging and services to older adults and their families. Beth earned her master's in social work from University of California, Berkeley. She has taught at SFSU in the Gerontology Program, and at UCB, School of Social Welfare, and is a clinical supervisor at Family Service Agency and Family Caregiver Alliance. Beth is in private practice in San Francisco, offering psychotherapy and consultations on care-giving and care receiving.

LIFE AFTER RETIREMENT GROUP

**Tuesdays October 21 and 28,
November 4 and 11, 3:00 – 5:00 p.m.
IOA 3575 Geary Blvd.
RSVP to (415) 387-1375 or Info@sfvillage.org**



Facilitated by Donna Schempp LCSW, this four-part workshop will look at:

- Where you've been in your life, what you've accomplished so far
- Your values and passions at this time
- Your plan for the future and how to actualize it

Donna Schempp, LCSW, now semiretired, was the program director at Family Caregiver Alliance, a San Francisco nonprofit that helps caregivers find support. She also worked as a clinical supervisor and senior case manager at Jewish Family and Children's Services of the East Bay and as a social worker at the UCSF Memory and Aging Clinic. She has a private therapy practice, specializing in working with clients over 50, and a consulting practice with agencies in the Bay Area.

FALL MENTORING EXCHANGE PROGRAM



paths and life choices.

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 at St. John's Presbyterian Church, 25 Lake Street, so that the students can gain perspective on our member's career

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.

Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00 a.m. – noon on the following dates:

- October 1st
- October 29th
- November 12th
- December 3rd

The Village will host a final convening specifically for members in December to discuss the entire experience and its value. RSVP to SF Village at (415) 387-1375 for more information.

SF VILLAGE WRITER'S WORKSHOP

Wednesdays October 8 & 22, 3:30 to 5:00 PM
IOA Boardroom , 2nd floor (note room change)
Workshop size is limited, please RSVP to
info@sfvillage.org



The Writers' Workshop started meeting in September and continues this month with an exploration of writing styles. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. We will explore poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

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. Part of each session of it will be devoted to writing. All welcome, no experience necessary!

SATURDAY DAY OF SERVICE

Saturday October 11th



Looking to finish off those pesky to-do list items? Look no further. San Francisco Village is partnering with local community members to provide a day of service for Village members on Saturday October 11th.

SFV members are asked to submit a list of home maintenance projects that do not require a professional such as gardening, light house cleaning, mattress flipping, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail, accessing the Internet, or training on their i-pad or smartphone. Volunteers will be available to assist in homes from 10:00 a.m. to 4:00 pm and will work in groups of 2 to 4 at each residence.

A Village staff member will make a home visit prior to the projects to approve each list. Participation is limited to 10 homes based on the current number of volunteer participants. This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!! All participating volunteers will be screened before approval.

Please submit your list to Keyatta at Key@sfvillage.org or by calling (415) 387-1375 no later than noon Friday October 3rd. A home visit will take place the following week.

COMPUTER TEEN CORPS

San Francisco Public Library

On Saturday October 25th, the SFPL Computer Teen Corps of volunteers will be available at the West Portal Public Library, 190 Lenox Way, between 1pm and 5pm to assist SFV members with technology issues including: Kindles, Email, Laptops, Tablets, Cell phones, Digital Cameras and other electronic gadgets. This assistance is limited to 10 members. Please RSVP to Info@sfvillage.org if you would like to sign up.



A COMMUNITY OF SWIMMERS



In August 2014, three SF Village members travelled to the 15th FINA World Masters Championships in Montréal, an international competition of 5,800 swimmers from all over the world. As part of USF Masters Swimming, Margaret Voorhees (85-89 age group, backstroke and freestyle) and Janet Bensusan (80-84 age group, backstroke and freestyle) medaled twice for second and third place in shared relays, and Lauren Chaitkin (70-74 age group, butterfly, backstroke, and freestyle) also competed. We interviewed these inspiring women to learn more about competition, aging, swimming, and community.

Q: Why do you swim?

Lauren: I always liked the feel of being in water. It feels delicious. I feel elegant in water. I started with USF Masters Swimming when I turned 50, exactly 20 years ago. I swim for the love of swimming, and we all swim for the community. As Janet says, it sets up our day! We see people we like. We swim with them, and swimming makes us feel good. After practice, it's only 8:30 in the morning, and the day's ahead of us.

Q: How does aging impact your competitiveness?

Margaret: I keep track of my scores, my times. I compete in the 85-89 years age group. Every year we age, we lose some of our strength. So I swim, and, like Janet, I work out. My training goal is to improve or maintain my speed. Last year, I set a goal of trying to get faster in the short races. I keep working at it. As an old woman, I have time. It's a good goal. It's a practical goal for my age, too! Because I enjoy the sport and it's the only sport I can do, I keep working at it.

Q: Tell me more about the team.

Janet: It is a community. There are about 10 people on that swim team that I could call for help without hesitation. That's a nice thing to have. Also, we all feel committed to the team, in terms of doing our best and being there.

Q: How do you feel when you get out of the pool?

Lauren: Tired, and exhilarated.

Margaret: Alive!

Janet: Ready to begin the day.

Q: What else do you want SF Village members to know about swimming?

Lauren: Village members who like to swim should know that older swimmers are welcome on our team. You have to be able to swim, and otherwise there are no requirements.

Janet: If someone is interested in trying it out, one of us will offer to be your buddy the first few times and would introduce you to the other swimmers. Remember, I started swimming with the team at age 70!

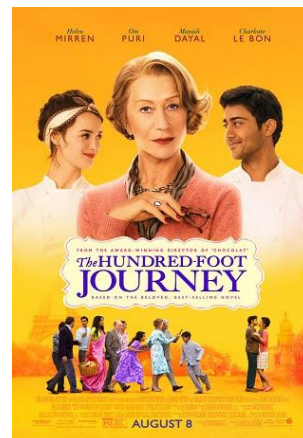
For more about USF Masters Swimming:

<http://www.usfca.edu/Koret/Aquatics/Masters/>

To buddy up for swim practice, contact rachel@sfvillage.org or (415) 387-1375.

AT THE MOVIES with Ralph Beren **THE HUNDRED FOOT JOURNEY**

If ever there was a recipe for disaster in film, here it is: dull, boring predictability and a budding romance that is totally expected. There are two solutions: don't go near it or find something that draws you in. In *The Hundred Foot Journey* it is the acting that draws you in. When you have one of the finest actors of our time, Dame Helen Mirren, co-starring with the equally fine Indian actor Om Puri, all of the negative aspects heretofore mentioned disappear. The potentially disastrous aspects of the film are replaced by delicious delight.



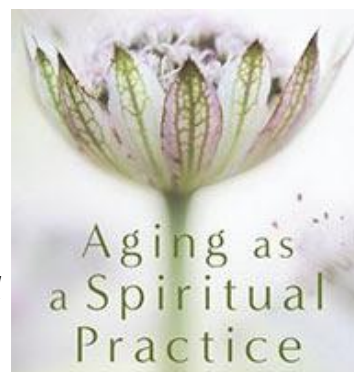
Om Puri plays a stubborn and often irascible patriarch of a family who has picked up roots in India because of the turmoil in that country. He travels here and there looking for a spot to replace his fine Indian restaurant. At last he finds the perfect spot to open up an Indian Bistro in Provence. The only problem is that there is a classique French restaurant just one hundred feet away, run by the imperious Helen Mirren, and it's the most popular eatery in the area. This is not going to stop Mr. Puri despite the objections of his family.

Puri's son and sous chef, played by Manish Dayal, plays a significant role in making peace between the haughty Mirren and his irascible father. Mirren even borrows Dayal to spice up her own food which helps all concerned. However, this is really a minor theme in the film. The heart of the film is the mutual respect and the blending of 2 different cultures in the relationship between the two main characters. What begins as dull predictability ends up to be pretty spicy.

MEMBER TO MEMBER

Aging as a Spiritual Practice – Marilyn McGregor

Some SF Village members have begun meeting twice a month, on the 2nd and 4th Tuesdays, to begin an exploration of spirituality as it relates to aging. The initial framework for discussion is the book *Aging as a Spiritual Practice* by Lewis Richmond. Read his interview here:



<http://www.tricycle.com/practice/aging-spiritual-practice>.

Anyone interested in attending the group may contact the Village office at (415) 387-1375 or info@sfvillage.org

Litquake-Lynn Davis



Have you heard about Litquake? It's coming to San Francisco and the Bay Area from Friday, October 10th through Saturday, October 18th.

This nine-day literary spectacle is for book lovers and features cutting-edge panel discussions, unique cross-media events, and hundreds of readings. Whether it's poets reciting in a cathedral, authors discussing science versus religion in a library, or novelists reading in a beekeeping supply store, the goal remains the same: whet a broad range of literary appetites, present the literary fare in a variety of traditional and unlikely venues, and make it vivid, real, and entertaining.

Many events are free. Some events require a ticket: www.litquake.org.

SF Trolley Dances 2014-Lynn Davis

San Francisco Trolley Dances (SFTD) is a free annual festival presented since 2004 along the City's trolley lines, which features new site-specific works by Bay Area choreographers. This year's route will feature 16 free performances along Muni's J Church line.

Start Point: Church Produce, 1798 Church St (at 30th)

When: 10/18 (Sat.) & 10/19 (Sun.)

Tours: 11am, 11:45am, 12:30pm, 1:15pm, 2:00pm, 2:45pm (*each tour lasts 2 hours approximately*)

Artists: Epiphany Productions with CCSF Strong Pulse Dance Crew, Alayo Dance Company, Alternativa, Mision Flamenca, Paradizo Dance, Printz Dance Project

Tickets: Free to public. Only Muni fare is needed (\$2.25 adults, \$0.75 seniors & youth)

For additional information: <http://www.epiphanydance.org/>

NEIGHBORHOOD CIRCLES

94118 would like to announce a new monthly program called *Lunch & Matinee* beginning in October. We will be meeting for lunch near the JCCSF and then watch a free movie at the JCC as part of their Movie Matinee program. Our initial group will meet Thursday October 16th at Giribaldi, 347 Presidio Avenue at 11:30 a.m. and then watch the 1994 Chinese film *Eat, Pray, Man, Woman*. Please RSVP as soon as possible to Alida Silverman at ALIDAS@comcast.net or (415) 926-8601 so she can make reservations for lunch. Neighboring zipcodes are welcome to join this outing.



94123 & 94115 will host a potluck dinner at the home of Jeanne Lacy on October 9th from 6:00 p.m. to 8:00 p.m. Please contact Marilyn Campbell to RSVP and for address information at: mcampbell2675@comcast.net or (415) 531-3716. Jeanne will provide the main course and everyone else is to bring something to help fill in (wine and/or a side dish). This is always a popular event, but there is a limit to the number Jeanne can accommodate so make your reservation early.

The West of Twin Peaks group will gather on Wednesday, October 29 at 1:00 p.m. at the home of Elaine and Joe Mannon to discuss the November ballot measures. Please RSVP to Elaine Mannon at (415) 469-9832.

SF VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday October 18th from 9:30 a.m. to noon
IOA, 3575 Geary Blvd.
RSVP to Key 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 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.



SAVE THE DATE

End-of-Life Choices with September Williams MD – November 6 and 20, 1:00 – 3:00 p.m.

Dr. Williams, a bioethicist and film maker, will use film to guide the group in deepening their conversation about the questions they might consider about developing their own end-of-life plan.

OCTOBER EVENTS

Play Reading Group Thursday October 2nd from 4:00 p.m. to 6:00 p.m.

The SF Village One Act Play Reading Group will read *Life Under Water* by Richard Greenberg. This play can be found in *Plays in One Act*, edited by Daniel Halpern.

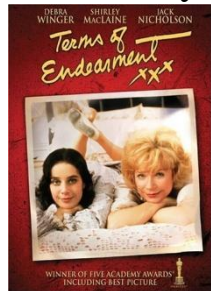
Location: Telegraph Landing Club Room, 150 Lombard Street
Contact: RSVP to Midge Fox at (415) 984-0613

Meditation Group Tuesday October 14th & 28th from 11:00 a.m. to noon

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and non-judgmentally in the present moment—is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?

Location: IOA, 3575 Geary Blvd. Ponderosa Room.
Contact: RSVP to Info@sfvillage.org if you are new to the group

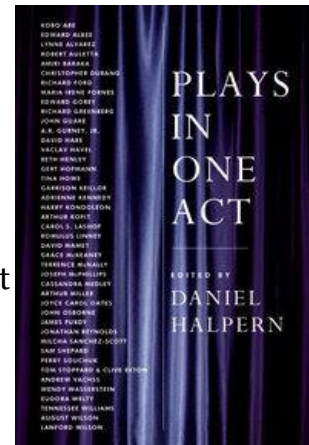
Film Group Wednesday October 15th at 4:00 p.m.



The film group will watch *Terms of Endearment* with Jack Nicholson and Shirley MacLaine. This film, which won two Oscars for its leading actors, has moments of pathos and humor and is beautifully paced and heartfelt.

Location: Carol and Barry Livingston's home (Contact SFV for address)

Contact: RSVP to the Livingston's at (415) 567-8611



Discussion Group
Friday October 17th at 3:00 p.m.



The Discussion group will address the extremist state of ISIS from the point of view of a variety of people including Arabs, Turks, Syrians, Iranians, Americans, Sunnis, Israeli etc. Each person attending is being asked to address the problem from the point of view of a person living in that country. So far we have volunteers preparing to represent the point of view of Sunnis, Peter Galbraith, Turks, and white American women. If you would like to join the discussion please contact Eva regarding the point of view you would like to represent. We want as wide a variety as possible.

Location: Eva Auchincloss's home (Contact SFV for address info)
Contact: RSVP to Eva at (415) 563-7519 or evazauch@gmail.com

Book Group
Monday October 27th at 1:30 p.m.

The book group will read Marsha Gessen's *Words Will Break Cement*, a non-fiction account of the Russian Pussy Riot girls affair, written by a journalist for the NYTimes

Location: Margaret Johnson's Home (Please contact SFV for address)
Contact: RSVP to Maragert at (415) 673-7130

OCTOBER WEEKLY EVENTS

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 or 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 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.

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