



San Francisco Village

Monthly Newsletter

October 2017

From The Executive Director: Kate Hoepke

Dear Members and Friends,

Our new home on Fulton St. is beginning to take shape. In the next several weeks we should have some art on the walls, café tables and chairs in place, and a sign on the front window announcing to the city that we're here. I am deeply grateful to members of the Board of Directors and staff who have put so much time and thoughtful energy into this transformation.

Please join us at our Grand Opening Celebration on Thursday, October 12 from 4:00 – 7:00 p.m. We're expecting Supervisor Sandra Fewer, Department of Aging and Adult Services Director Shireen McSpadden and many other friends and colleagues who have helped us arrive at this important developmental milestone.

On October 25, we invite you to our annual Volunteer Appreciation party at 1890 Bryant St. from 5:00 – 7:00 p.m. These lively, socially-conscious volunteers help to define San Francisco Village as an intergenerational community that dignifies aging. Their generosity of spirit makes it possible for us to achieve our mission: to connect our members with the community, programming and expertise they need to live independently and stay in charge of their lives. Help us say thank you in grand style! As volunteer Peter Heldman, a man in his fifties, said, "We're all aging together, even though we're in different stages of the process."

This awareness of aging, throughout the life cycle, is something San Francisco Village stands for. In response to the ageism that permeates our culture, we strive to create positive learning experiences that honor our common humanity. On October 19 at 6:00 p.m. Dr. Patrick Arbore will moderate a panel discussion called Let's Face it: A Multi-Generational Conversation About Aging. Panelists will range in age from 19 to 92 and together we will explore the experiences and values we share, regardless of age, that make us who we are and provide common ground for connection. Please feel free to bring friends and family members.

I look forward to seeing you this month!

Warm regards,
Kate



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From the E.D.

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Did You Know?

Your RSVP is important! It helps us ensure we have the program space set up for the right amount of people. Sometimes space is limited and we start a waitlist, other times we might only have 2 people signed up and need to cancel. RSVPs are also useful when presenters cancel due to family emergencies or tours get rained out so we can let you know before you start your journey. You can RSVP by calling us (415-387-1375), sending us an email (info@sfvillage.org) or signing up through our website (<https://sfvillage.org/events/>).



October Events



Arts Meetup

Monday, October 2, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco is full of incredible arts and culture opportunities – museums, theatres, opera, symphony, dance, gallery openings, literature and poetry readings, movies, festivals and celebrations, and more!

If you are interested in meeting other San Francisco Village members who love experiencing this great city

through the arts, please join us for this meetup. Plan to talk about your favorite places to go, events on your wish list, and connect with members who might want to team up. We'll exchange contact information and interests so you can connect with others on the fly.

Have an idea for another interest-based meetup? Let us know!

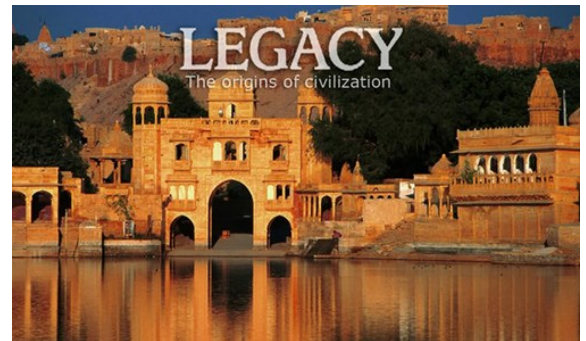
Legacy: The Origins of Civilization Wednesday,

Tuesdays, October 3, 10 and 17, 11:00 AM – 12:30 PM

**This 6-week series started in Sept, you can join at any time
SFV, 3220 Fulton St. at 8th Ave.**

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

What can the past teach us about the present? Come along as charismatic historian Michael Wood (*The Story of India*) travels the globe to trace the origins of six great civilizations: Iraq, India, China, Egypt, Central America, and Western Europe. Each journey offers surprising perspectives on questions that matter today-about the environment, the individual, society, and spirituality.



A member-led committee will host the series of viewings and discussions of the PBS series. For further information please contact Bill Haskell at bhaskell@sonic.net or Mary Moore Gaines at mmg@sonic.net.



Fort Mason Walking Tour

Wednesday, October 4, 10:30 AM – 12:30 PM

Meet inside the gate at Bay and Franklin

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

**Must RSVP by end of day October 2
or tour will be canceled**

Come and explore Fort Mason along the Embarcadero with your *On the Level* tour guide, Marilyn Straka (this means no hills or steps!). At Fort Mason (now part of local national park lands) we learn about military

history with a panoramic view of SF Bay –complete with artwork and a community garden. There will be less than a mile of walking and lots of resting spots along the way, including a coffee break at the hostel. This is a tour of the park above the Fort Mason piers.

Starting point: Fort Mason – inside the gate at Bay and Franklin. There is car parking nearby (drive in the gate and we will direct you) or we are 2 blocks from the #47 or #49 Van Ness bus stop.

Writers Workshop

Wednesdays, October 11, 18, November 8, 29,

December 13, 27, 3:30 – 5:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

RSVP required; Space limited



Have you always wanted to write your memoir but didn't know where to start? Do you have 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 – and see whether poetry, an essay or a short story will emerge?

If you answered “yes” to any of these questions, we invite you to the San Francisco Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All are 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 at San Francisco Village.

YOU'RE INVITED

Thursday, October 12, 4:00 - 7:00 PM

Program at 5:30 PM

**GRAND
OPENING
CELEBRATION**

**New Location:
3220 Fulton Street**

Grand Opening Celebration!

Thursday, October 12, 4:00 – 7:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village has a new home! Join us as we celebrate our grand opening. We've invited members of the Board of Supervisors, community partners, donors, volunteers and even Mayor Lee. We hope to see you there!

Let's Face It: A Multi-Generational Conversation about Aging

Thursday, October 19, 5:30 – 8:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

What do a 19-year-old and a 92-year-old have in common? What experiences do we share as humans and how do we gain from them throughout life? It doesn't matter where you are on the continuum—we are all aging from the moment we are born. Join us for an intergenerational panel discussion about what it means to get older, what may or may not be affected by chronological age and how we connect with our humanity.



Panelists will range in ages from their teens to their 90s and the evening will be facilitated by Dr. Patrick Arbore. Patrick began his career in the field of aging in 1973. He is the Founder and Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP), a program of Institute on Aging. Patrick conducts workshops and presents lectures locally and nationally on aging related subjects and he is the author of numerous articles and book chapters on a variety of aging related topics.



Informed Patient Workshop

Friday, October 20, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Being a patient in today's health care system can be daunting, however there are ways to prepare and be an advocate for yourself. The Community Living Campaign and San Francisco Village have partnered to offer a workshop on being an informed patient.

Richmond District: A Brief (but Fun) Illustrated History

Monday, October 23, 1:30 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Woody LaBounty from the local history group, Western Neighborhoods Project (WNP), will give a whirlwind history of San Francisco's Richmond District. See historical images from the old cemetery land at Lone Mountain to the Cliff House and Playland at Ocean Beach. Read more local history and see thousands of old photos at outsidelands.org.



Volunteer Recognition Party

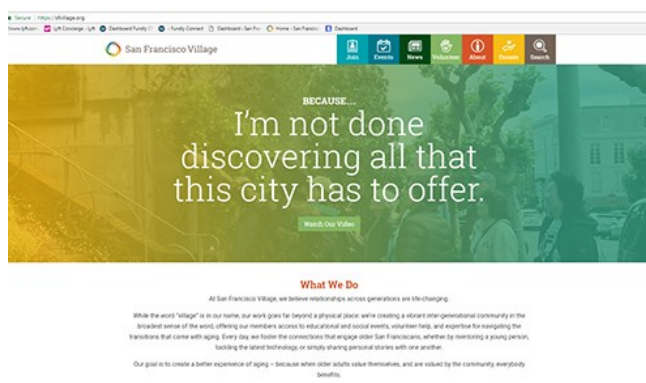
Wednesday, October 25, 5:00 – 7:00 PM

Bryant Street Studios, 1890 Bryant St., Suite 407

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

San Francisco Village invites all of our volunteers and members to our annual volunteer recognition party. Volunteers are the lifeblood of our organization. The success of San Francisco Village is a direct result of their dedication to our community.

Food, beverages and entertainment will be provided. Members will have the opportunity to share stories about their experiences working with these dedicated individuals. We will also present awards to several volunteers who have gone above and beyond the call of duty. We are thankful to all of the SFV volunteers for their hard work over this past year.



San Francisco Village Website “Tour”

Monday, October 30, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Have you seen our beautiful new website? If you want a guided tour of all the pages, please join us! We’ll be covering how to sign up for the newsletter, sign up for events, donate, and how to create an account so you can manage your own contact and payment information. Bring your own laptop if you want to navigate along with us; we’ll be projecting what to do on the

wall and have a handout so you can try it out on your own.

Recurring Events

Aging Well With Meditation

Wednesdays, October 4, 11, 18, 25, 11:00 AM – 12:00 PM

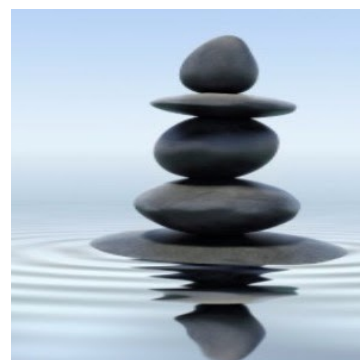
Please note the earlier start time

SFV, 3220 Fulton St. at 8th Ave.

No RSVP required

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?

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.



Longevity Explorer Circle

Tuesday, October 10, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

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 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.

The meeting begins at 2:00 PM. However, you are welcome to come early, introduce yourself, and get to know the other explorers in a mini-social 30 minutes prior to the meeting. From 1:30 – 2:00 PM, Richard Caro will be available to answer one-on-one questions about your iPhone or iPad (maybe your Android).

Film Group

Wednesday, October 18, 3:00 PM
Ralph Beren's home (Contact SFV for address)
RSVP to Ralph at (415) 929-8309

The film group will watch the acclaimed film *The Women*, starring Joan Crawford and Rosalind Russell. This is a unique film in that there are no men – just a group of divorced women hilariously chatting about their men and their lives without men.



Discussion Group

Friday, October 20, 3:00 PM
Eva Auchincloss's home (Contact SFV for address)
RSVP to Eva at (415) 563-7519



The discussion group will continue their discussion on the State legislature, State laws as they pertain to current events as well as jails and prisons. Several members have been given homework and will present on specific areas related to the topic. All members are welcome. Space is limited.

San Francisco Village Volunteer Training

Saturday, October 21, 10:00 AM to Noon
3220 Fulton St. at 8th Ave.
Contact Key at (415) 387-1375 or Key@sfvillage.org for more information

Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Home Care Assistance, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.



Let's Play Games!

Thursday, October 26, 1:00 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Plain and simple - let's have fun! We play cards and board games and love when you bring your favorite game too! Join us!



Knitting & Crocheting Group

Fridays, October 13 and 27, November 3 and 17, 1:30 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

For those of you who want to learn either knitting or crocheting or both, or wish to just come and create with other, join in! Peggy Cartwright is a Village member who earned the titles of Master Knitter and Master Crocheter, having served as a teacher of both in junior colleges in the Midwest and as a judge for several competitions.

Please bring your own needles, hooks, and yarn. If you are a beginner, a larger gauge needle (8 or 9) and light-colored yarn is recommended.

Rounds and Canons II

Tuesdays, October 3, 10, 17, 24, 4:00 - 5:30 PM
Please call Mary Moore Gaines at (415) 387-7774 for venue info
RSVP to (415) 387-1375 or info@sfvillage.org

Rounds and Canons, with the acclaimed Dorothy Barnhouse continuing to lead, will begin again at the home of Elaine Mannon. Thank you, Elaine! All are welcome to join. No audition necessary, only faithful attendance and a desire to learn and to sing in a group. This group will meet weekly. For more information about the group and location, call Mary Moore Gaines at (415) 387-7774 or email mmg@sonic.net.

Member Perks

Jewish Community Center (JCCSF) Art and Ideas Partnership

We've received FREE tickets to a number of JCCSF events; let us know if you'd like to attend any of them. RSVP with San Francisco Village at (415) 387-1375 or info@sfvillage.org to save a seat. All events take place at the JCCSF and tickets will be reserved under your name at the JCCSF Box Office, 3200 California St.

An Evening with Armistead Maupin **Wednesday, October 11, 7:00 PM**

Each year on October 11, the LGBTQ community celebrates National Coming Out Day, a holiday grounded in the philosophy that coming out of the closet and living openly as an LGBTQ person is a form of activism. In honor of the 29th anniversary of National Coming Out Day, the JCCSF is honored to present the incomparable Armistead Maupin (*Tales of the City*) for a conversation about his long-awaited memoir *Logical Family*, which chronicles his odyssey from the Old South to freewheeling San Francisco, and his evolution from curious youth to groundbreaking writer and gay rights pioneer.

Ed Asner **Thursday, October 19, 7:00 PM**

Ed Asner, the Emmy Award-winning television actor – a.k.a. Lou Grant – is also an activist and a self-proclaimed dauntless Democrat from the old days. In his new book *The Grouchy Historian*, he explains how liberals can reclaim the Constitution from the right-wingers who think that they – and only they – know how to interpret it. Asner is joined on stage by co-author and former Mary Tyler Moore Show producer Ed Weinberger.

Senator George Mitchell
Monday, October 30, 7:00 PM

Senator George Mitchell offers his insider account of how the Israelis and the Palestinians have progressed (and regressed) in their negotiations through the years and outlines the specific concessions each side must make to finally achieve lasting peace. A US Special Envoy for Middle East Peace from 2009 to 2011, he served as a Democratic senator from Maine from 1980 to 1995 and Senate Majority Leader from 1989 to 1995. He was also the primary architect of the 1998 Good Friday Agreement for peace in Northern Ireland.

Barry Blitt
Thursday, November 2, 7:00 PM

Barry Blitt's cartoons have been expertly lampooning politics and culture in America for more than two decades. His wry and provocative *New Yorker* covers often become the defining image of a political moment, earning him adoration from critics and fans and hate mail from his more thin-skinned targets. He joins us to discuss his most iconic work – from the infamous *New Yorker* Obama fist bump and George W. Bush's drowning cabinet to the many misadventures of Donald Trump – and offers us an exclusive view into the creative process of one of the foremost political cartoonists of our time. Blitt appears in conversation with Adrian Todd Zuniga, host and creator of Literary Death Match.

Member To Member



Young-at-Heart San Francisco Village Member Seeks Live-in Companion

Member looking for helper/companion:

- Someone to help with cooking and cleaning up after, sometimes with 1 or 2 guests
- Someone who drives and has a valid driver's license free of major driving infractions
- Someone willing to spend up to 10 hrs/week, driving to and helping with groceries, farmer's market, or other misc. errands
- Someone who can check each night and morning on member's well-being
- Someone who has outside activities such as part-time job, volunteer duties, classes, etc.
- Someone capable of carrying packages, groceries, garbage up and down two flights of stairs from garage to second floor apartment
- Someone with a positive cheerful attitude
- Non-smoker
- Moderate alcohol consumption only

Contact Key at SFV at (415) 387-1375 for more information.

Barbecue, A play

San Francisco Village members Loni and Bob Dantzler invite you to *Barbecue*, the hilarious stage production at the San Francisco Playhouse.

The play, written by award-winning writer and director Robert O'Hara, follows the foul-mouthed O'Mallery family as they stage an interven-



tion for their drug-addicted sister under the guise of a family barbecue.

Barbecue overturns our presumptions about race, poverty, and the American family in hilarious and incisive fashion.

For tickets, visit <https://www.sfplayhouse.org/sfph/2017-2018-season/barbecue/>. The Dantzlars are associate producers of the play; it runs October - November 11.

A Good and Accomplished Friend is looking for a position in San Francisco

Rhonda Thompson accompanies individuals through life transitions including - sickness, end-of-life, elderly.

She has over 20 years of professional experience working with many physical, psychological and situational challenges: (i.e., Cancer, Parkinson's, Dementia; Trauma/PTSD, HIV/AIDS, elderly, emergency situations; experienced with different cultures, religions, non-religious belief systems, education levels and ages). Rhonda is responsible, creative, flexible, maintains confidentiality, and has a good sense of humor.

Please call (415-387-7774) or e-mail (mmg@sonic.net) Mary Moore Gaines for Rhonda's contact information as well as a copy of her excellent resume. Deep references available.

Neighborhood Circles

94102/94103

The 94102/94103 Circle will meet on Thursday, October 5 to re-imagine the 94102/94103 Circle in an afternoon social from 2:00 – 3:00 PM at the SFV office at 3220 Fulton St. Help us inaugurate the Member Lending Library by bringing a book and then enjoy a circle conversation and snacks.

All SFV members are welcome to join our discussion. Please call or e-mail if you have questions: Lynn Davis (415) 377-9999 or Treebarque@aol.com.



94114

The 94114 Circle is having its third dinner at Haystack Pizza on Thursday, October 26 at 6:00 PM. Open to all but space is limited. If you're interested, contact George by October 21 at [415-241-0422](tel:415-241-0422).

94117

The 94117 Neighborhood Circle will meet on Friday, October 13, from 2:00 to 4:00 PM, at the home of Karen and David Crommie to socialize and further deepen our relationships as neighbors and friends. Topics will include: (1) continuing to talk about the challenges we all have in asking for help; and (2) discussing an article entitled "What is Wise Aging?" Please contact Bill Haskell at bhaskell@sonic.net or at [415-374-9729](tel:415-374-9729) if you have any questions. Please contact Key at SF Village for address information.

94118

The 94118 Circle will meet on Tuesday, October 10 at 2:00 PM at the home of Gladys Thacher for a discussion on technology issues by David Casuto, computer education founder of Senior Surf. From computers, cell phones and other smart devices, David will explain vocabulary and underlying systems to connect our gadgets. Please contact Gladys at thacher711@gmail.com in advance of the

presentation with areas related to technology that you would like him to discuss, and to RSVP. David will provide step-by-step instructions for each participant to take home. Contact SFV for address information.

94123/94115

The 94123 and 94115 Circles invite all members to attend a docent tour of the "sound installations" (there are quite a few) at the MOMA with docent Jean Halvorsen on Tuesday, October 17 at 11:00 AM, followed by lunch in the cafeteria. RSVP to Eva at eva3auch@gmail.com or (415) 563-7519. We will meet as a group at the head of the stairs at 10:45 AM. All members are welcome.

94131

The 94131 Circle will meet on Friday, October 13 at 7:00 PM at the Presidio Club for the Delphi Piano Trio - a house concert, experience jazz, contemporary, and classical music. This event is free. Interested members should contact Jennifer Kaufmann at jak@jaksf.com.

LGBT Circle

LGBT Circle will spend an evening with Armistead Maupin at the JCCSF on Wednesday October 11 at 7:00 PM. Maupin (*Tales of the City*) will discuss his long-awaited memoir *Logical Family*, which chronicles his odyssey from the Old South to freewheeling San Francisco, and his evolution from curious youth to groundbreaking writer and gay rights pioneer. Contact Key for a free ticket at (415) 387-1375. Space is limited.

Sunset Circle

The Sunset Circle will meet for socialization and to strengthen our relationships on Wednesday, October 18 from 3:00 to 4:30 PM at the home of Judy Winn Bell. RSVP to Judy at (415) 298-4178.

West of Twin Peaks

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. Note: All Members are welcome!

Lunch Bunch

Thursday, October 12, 1:00 PM
The Gold Mirror
800 Taraval St.

Wine and Cheese Get Together

Thursday, October 26, 4:00 – 5:30 PM
Home of Elaine Mannon
Contact SFV for address

Save The Dates!



Chinatown with Trish: A Walking Tour

Tuesday, November 7, 10:00 AM – 12:30 PM

Meet at the Chinatown Gate (Grant and Bush)

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

Learn all about San Francisco's Chinatown and its amazing history! We'll see back alleys, a fortune cookie factory, Buddhist temple, interesting architecture, Portsmouth square, a Chinese herbalist, and pearls! Wear your comfy shoes.

UCSF Neuroscape Speakers Series: Ted Zanto

Thursday, November 16, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village is thrilled to partner with Neuroscape for a bi-monthly speakers series, with talks by faculty members, program directors, and lead research staff.

Neuroscape is a translational neuroscience center at UCSF engaged in technology creation and scientific research to better assess and optimize brain function of both healthy and impaired individuals. Check out the website for more information neuroscape.ucsf.edu.



Dr. Theodore Zanto earned undergraduate degrees in Psychology and Physics from the University of Wisconsin, Whitewater, and obtained a Ph.D. in Complex Systems and Brain Sciences from Florida Atlantic University. He is currently an Assistant Professor in Neurology at UCSF and Director of the Neuroscape Neuroscience Research Program.

Dr. Zanto utilizes non-invasive brain stimulation techniques to study neural mechanisms at the intersection of attention, perception, and memory. He is particularly interested in the role of neural entrainment in cognitive control and how it may be used as a potential therapeutic.

Community Thrift Store

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store. Take your old but usable items to the store and provide the San Francisco 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 **San Francisco Village account # 122**.

Community Thrift is located at 623 Valencia Street, SF 94110, their phone number is (415) 861-4910, and website is www.communitythrifthsf.org

