



FROM THE EXECUTIVE DIRECTOR- Kate Hoepke



Dear Members and
Friends:

I recently spent time
with four old friends
reflecting on the
decades we've lived so
far: the people who
have influenced us on
our life's journey, what
we're grateful for and

what we want to consider
next. Exploring the questions together
brought invaluable insights that I
couldn't have accomplished alone, while
strengthening the bonds between
us. These are the gifts of community - -
discovering who we are now, in the
reflection of other people, and building
supportive relationships in the process.

SF Village is offering several
opportunities this Fall to connect with
others while exploring new
ideas. Beginning in late September,
we're excited to co-sponsor a four-part
workshop with Community Living
Campaign called *Connections for
Healthy Aging*. The interactive
workshop will explore insights and
obstacles to healthy aging; steps to being
better prepared, including how to
advocate for yourself, and make

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WELCOME NEW MEMBERS—August

Alan Laurence
Mazel Looney

informed choices. I suspect the workshop will raise many questions worth further consideration.

One of the questions that keeps surfacing in our Village is *Why is it so difficult to ask for help?* We convened a panel discussion on the topic last year and received a lot of positive feedback, including requests to repeat it. So on October 9th we will gather once again, with panelists Patrick Arbore Ed.D and Beth Macleod LCSW, to identify some of the hindrances to receiving help and how we might challenge ourselves to think differently.

I like to think of our community as a living, breathing organism that responds to whoever shows up and voices their needs. Several months ago a few members in their 60's and 70's requested a group that would focus on Life After Retirement: what's my purpose now that I'm not working; have my values changed; where have I been and where am I headed? So, we've asked our colleague Donna Schempp LCSW to facilitate a 4-part workshop starting in late October to begin the conversation.

Another group of members started meeting regularly this summer to talk about long term care planning. Questions came up like: who will care for me when I need it; what role will SF Village play; how do I select a health care agent; what are the end-of-life options I should consider? In response to their thoughtful questions, we have engaged September Williams MD, a bioethicist who will help members explore and verbalize their preferences at two meetings in November.

Please refer to the Save the Date section of this newsletter for more details about these upcoming events. As your partner in active aging, we are committed to providing you with access to expert guidance and support so that you can remain independent and connected as you age.

Kind regards,
Kate

COFFEE & CONVERSATION: Heat Wave!

Thursday September 18, 2014 from 3:00 - 4:30 PM
IOA Ponderosa Room, 3575 Geary Blvd.
RSVP to info@sfvillage.org

Heat waves in San Francisco?!
This presentation will provide information about extreme heat in San Francisco, types of heat-related illnesses, and what you can do to take care of yourself and others. Older adults are at greatest risk for a heat-related illness.



Few people view San Francisco as a place to be concerned about extreme heat events, because of its temperate climate. But climate change models project that heat waves will increase in frequency and severity. Further, the city showed specific vulnerabilities during the 2006 California heat wave, due to our lack of physiologic and technological adaptations for extreme heat events.

San Franciscans rarely experience extreme heat events, so our bodies have a more difficult time adapting which can increase the risk of heat related illness and death. We also have fewer technological adaptations, like central air conditioning, because of the typically cooler climate and older housing stock.

Presentation by Teri Dowling, MA, MPH from the San Francisco Department of Public Health.

HEALTHY AGING WORKSHOP SERIES

**Presented in partnership with
Community Living Campaign (CLC)
Meets four Thursdays: September 25,
October 2, 9 & 16**

Participants should attend all dates.

10:30 AM - 1:30 PM, Lunch provided.

Ponderosa Room, Institute on Aging 3575 Geary Blvd.

RSVP to info@sfvillage.org by Friday Sept 19



Staying healthy and engaged as we age is no easy matter these days. With a little help from our friends, we can be informed and empowered to do just that. Building on techniques of peer training and popular education, this workshop helps weave connections to support healthy aging.

Workshop topics, presented in a fun and interactive way, will include:

- Assessing your own personal goals for Healthy Aging
- Learning how to access a network of support to help you reach those goals
- Important documents every senior should have prepared and stored in a manner that is safe, secure, and accessible in an emergency
- Proven ways to prevent isolation and loneliness
- Tips and resources for how you or loved one can survive a hospital stay and enjoy a smooth transition back home
- Simple, on-line tools that can support us to be informed and empowered as we age

Participants should plan to attend all four sessions. Free lunch will be provided. Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors, SF Village staff, and other guests.

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 iPad 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 September 19th. A home visit will take place the following week.

FALL MENTORING EXCHANGE PROGRAM



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 a designated venue so that the students can gain perspective on our member's career paths and life choices.

Members will also be given the opportunity to get to know the students; ask 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 include Wednesdays 10:00 a.m. - noon:

- 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.

SUNNYSIDE NEIGHBORHOOD LUNCHEON

**Monday, Sept. 15, 2014, 11:00 am. to 1:00 pm
St. Finn Barr Auditorium, 419 Hearst Ave.**

Friends and neighbors are invited to a community meeting to learn more about the benefits of SFV membership. Lunch will be served compliments of the Sunnyside Neighborhood Association.



Our hope is to create a West of Twin Peaks Neighborhood Circle, so we can connect you to members in your own neighborhood for everything from friendship to emergency assistance. For more information, contact the SF Village office at (415) 387-1375.

THE 4TH ANNUAL LEGACY FILM FESTIVAL ON AGING

**Friday-Sunday, September 12-14, 2014
New People Cinema, 1746 Post St, b/t Webster
& Buchanan, Japantown**



The only event of its kind, the Legacy Film Festival on Aging presents 15 films from eight countries that address the challenges and triumphs of aging. The festival's programs showcase shorts, features, and documentaries from China, India, the Netherlands, the UK, Uruguay, Israel, France, Germany and the United States.

Each of the eight screening sessions explores themes such as: Perspectives on Growing Older; Physicality; Love and Loss; Memory. A Q&A follows each session.

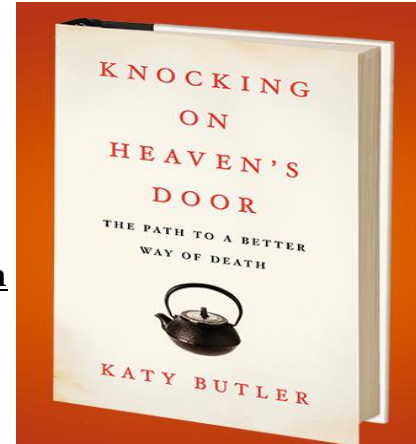
Tickets: For best prices, purchase tickets online, or get an All-Fest pass.
Single programs: \$10 (plus \$1.32 fee): Online (or (800) 838-3006), \$12: Box Office
ALL-FEST PASS: \$50 (plus \$2.74 fee): Online \$50: Box Office

For descriptions of the films as well as ticket information, schedule, location and parking, go to www.legacyfilmfestivalonaging.org. Contact: Sheila Malkind, info@legacyfilmfestivalonaging.org

THE PATH TO A BETTER WAY OF DEATH

With Katy Butler,
author of *Knocking on Heaven's Door*
Thursday Sept. 18th from
6:00 p.m. to 8:00 p.m.
Ed Robert's Campus,
3075 Adeline, Berkeley, CA
RSVP ssadler@AtHomeWithGrowingOld.com
Space is limited.

Katy Butler is the author of the highly-acclaimed *Knocking on Heaven's Door*. A memoir of shepherding her parents through their final declines, its provocative thesis is that modern medicine, by singlemindedly pursuing maximum longevity, often creates more suffering than it prevents. She has spoken to such diverse audiences as the incoming class of Harvard Medical School, as well as given the keynote speech at Ochsner Clinic's 2010 inaugural Bioethics Grand Rounds in New Orleans.



H.E.A.R. U: HEARING, EDUCATION AND REHABILITATION

Join us for HEAR U, a series of four classes, provided by Audiologists at the Hearing and Speech Center. Even with a well-fit hearing aid, communication can still present a problem for many individuals who are hard of hearing. We strongly encourage you to come to HEAR U for information about hearing health and ways to better utilize hearing aids.



HEAR U-101 Session Information:

1. Introduction to Audiology/Hearing Aids
2. Introduction to Amplification/Troubleshooting hearing aids
3. Assistive Technologies/ Hearing Aid Accessories
4. What else can I do? (Communication strategies, auditory training)

Session Dates:

Tuesday September 9th, 2014
Tuesday September 16th, 2014
Tuesday September 23rd, 2014
Tuesday September 30th, 2014
Time: 10:30 am – 12:00 pm

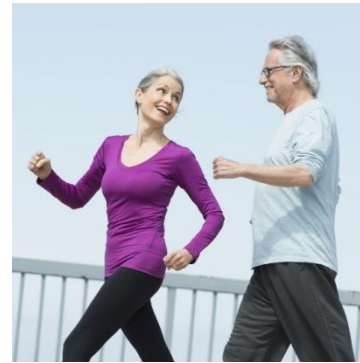
Location:

Community Lab at the Hearing and Speech Center (Please check in with the front desk) Space is limited. Call to sign up today! Contact (415) 921-7658 for more information. HEAR U is provided at no cost to participants thanks to the California Communication Access Foundation and charitable donations.

PIER TO PIER WALK

Saturday September 6th
Registration at 8:00 a.m., Walk at 9:00 a.m.
SF Aquatic Park Center, 890 Beach Street
Sign up with Jan Freeman at (415) 775-1869

Aquatic Park Center is promoting outdoor exercise for adults 50+ in the stunning setting of the SF Maritime Historical National Park.



The day will include health & resource tables, fitness demos, great raffle prizes, a SCAN Health Van and Wii Bowling. Free to participate. All ages welcome.

AGING AS A SPIRITUAL PRACTICE

Tuesdays September 9 and 23rd
12:00 noon – 1:30 p.m.
IOA, 3575 Geary Blvd.
Please bring a brown bag lunch
RSVP to info@sfvillage.org or (415) 387-1375

We will be reviewing the book, *Aging as a Spiritual Practice* by Lewis Richmond over the course of several weeks, beginning with the first three chapters on 9/9. We plan to meet twice in September and twice in October (October dates to be announced). After 4 meetings we will decide whether or not to continue with other books on the same theme, depending on the interest of our members. This book is available from Amazon or Mary Moore Gaines will be happy to order it for you. Call her at (415) 387-7774 to request a book or to learn more about the new group. Please feel free to bring friends whether or not they are members of SFV.

SF VILLAGE WRITER'S WORKSHOP

**Wednesdays September 10th & 24th
3:30 p.m. to 4:30 p.m.
IOA Ponderosa Room, 3575 Geary Blvd.
Workshop size is limited, please RSVP to
info@sfvillage.org**



There are significant moments in everyone's day that can make literature. That's what you ought to write about. (Raymond Carver, On Being a Writer)

- Have you always wanted to write your memoir but didn't know where to start?
- Have you got some poems tucked away in a drawer?
- Do you have an idea for a gripping novel?

If you answered "yes" to any of these questions, then 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. 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. We will have three one-hour sessions. Part of each session of it will be devoted to writing. All welcome, no experience necessary!

DIAMOND HEIGHTS 4TH ANNUAL COMMUNITY HEALTH & SAFETY FAIR

**Saturday September 13th
10:00 a.m. to 2:00 p.m.
San Francisco Police Academy Parking Lot
350 Amber Drive (Near Diamond Heights
Shopping Center) For more info, contact
Diamond Heights Shopping Center
Management Office at (415) 282-4647**



The Diamond Heights Community is sponsoring its 4th Health and Safety Fair so local agencies can share free health and safety information for people of all ages. The fair will include live music, free prize drawings for local restaurants and

disaster preparedness kits, activities for children, food trucks, agency booths, and health screenings. Community sponsors include the Diamond Heights Shopping Center, San Francisco Police Academy, Resilient Diamond Heights, Diamond Heights Community Association and St. Aidan's Episcopal Church.

To date, participating agencies include Safeway, Walgreens, SF Police Academy, SF Fire Department, SAFE, San Francisco Village, Resilient Diamond Heights, pet companion agencies, disaster preparedness organizations and various other City and social service agencies. The fair is free and open to the public.

VOLUNTEERS OF THE MONTH

Wynn and Will Burkett

by Keyatta Shade

Wynn Burkett, and her 13 year old son Will, spent the spring and summer volunteering with SFV member Steve Abensohn. Their efforts not only helped him continue to live independently in his home, but the three of them formed a special friendship.



Prior to working with Steve, the Burketts had done a few ad-hoc volunteer jobs for the Village, but were hoping for a more meaningful experience. “We really wanted an ongoing connection with someone,” Wynn said.

The door opened to a perfect opportunity when Steve’s previous volunteer retired in March. The Burketts assisted Steve with everyday things around his home, made sure the trash and recycling got to the right place, and even cleaned air filters. “Our biggest challenge was figuring out how to use the high-tech vacuum cleaner,” Wynn joked. “Luckily for us, Steve is a good teacher.”

The experience gave them the chance to know Steve on a personal level. They learned that Steve taught at a local college and that he had a good sense of humor. “We got to see the academic year from his perspective,” Wynn said. “Who knew that grading an exam is even more work than taking one?”

Will also found it interesting that Steve was a teacher. “I really liked hearing about computer science which he teaches,” Will said.

Steve expressed how important it was to have them at his home each week. “I am able to live a fulfilling life, getting help with my basic needs at home, thanks to them. It was impressive to see how they worked so well together.”

13 year old Will said he was surprised that helping with such simple tasks could make such a big difference in Steve’s life. “It felt really good helping him,” Will said. “Volunteering with SF Village is fun.”

Wynn saw the opportunity as a way to help Steve but also a meaningful way to bond with her son. “It was great to do this with Will, who is at an age where he wouldn’t necessarily choose to spend time with his mom,” Wynn said. “Volunteering with SFV was something we could do together that took the focus off of us and put it on doing something productive for someone else.”

WELCOME OUR NEW ADMINISTRATIVE ASSISTANT

SF Village welcomes a new part-time administrative assistant, Darlene Adena, from the Enterprise Program for High School Students. Darlene is just starting her junior year at George Washington High School. She enjoys dancing, playing softball, listening to music, and being with her friends or family. “I like being involved in activities where I’m either surrounded by people or creativity,” Darlene said.



Darlene says she hopes to gain more knowledge and wisdom from within the Village community as a result of working here. “I’m getting in touch with new skills and learning something new each time I come to work. I work with generous people who you can tell are very dedicated to their job each day, which makes the work atmosphere a wonderful one to work in.”

Darlene is close with her grandparents and feels a natural connection to the SF Village community. “I wanted to be a part of this organization to get in touch with the feeling I had growing up with them and to learn more about how SF Village members interact with each other and the program.”

MEMBER TO MEMBER

Let’s Make a Date of it!—Anita Strong

San Francisco Village member Anita Strong is hosting a singles mixer on the garden rooftop of her apartment complex, 1844 Market Street, on Monday September 22nd from 3:00 p.m. to 5:00 p.m. for San Francisco, Ashby and North Oakland Village members who are single. Snacks, beverages and music will be provided. This is a great opportunity to make a romantic connection or just to make a new friend. Guests are allowed. Please RSVP to Keyatta Shade at **(415) 387-1375** or **Info@sfvillage.org** if you plan on attending. Space is limited to 50 attendees so first come, first served. While the event is open to anyone who is single, regardless of sexual orientation, heterosexual men are encouraged to attend.



Preserving Seniors' Homes—Mary Moore Gaines

Family Caregiver Alliance presents a webinar on Wednesday September 24th from 1:00 p.m. to 2:00 p.m. on Medi-Cal benefits and protecting assets. Seniors sometimes hold back from claiming Medi-Cal coverage out of concern that, after they pass away, state collections might keep heirs from claiming the family home. Medi-Cal claims against estates are a real possibility but there are steps to take that may protect assets for a family's next generation.

Myths and rumors in this area keep too many seniors from obtaining needed benefits. Learn more about eligibility for Medi-Cal benefits and what asset protection steps may be available. Register at <https://www3.gotomeeting.com/register/480695062>. Cost: \$15

Need a Roommate?—Jean Goldings

If there is a SFV member looking to share an apartment, or has a studio or one bedroom apartment to rent, or knows of a studio or one bedroom apartment available for rent in San Francisco, please contact me at jgoldings2002@yahoo.com or (617) 832-5380.

Let's Go For a Walk – Karen Mendelsohn

If there is a Village member who would like to join me in the Noe Valley/Bernal Heights area to walk up and down the block for an hour a week please contact me. I am a 68 year old Village member who uses a walker. Please call Karen at (415) 550-0174 after 1 PM weekdays if you are interested. Thanks!

LGBT Social Circle – Ken Prag

Ken Prag would like to find out if any members are interested in participating in an LGBT Social Circle. Please contact Ken at kprag@planeteria.net or (415) 586-9386 if you are interested.



High Tea – Mary Moore Gaines

Mary Moore invites women members of SF Village to High Tea and an Introduction to Ella Health, a new physical therapy and wellness center located in Pacific Heights on Tuesday September 16th from 3:00 p.m. to 5:00 p.m. Ella Health's mission is to provide customized, supportive and innovative treatment including Pilates, equipment classes, yoga and social events related to women's health. Call Mary Moore for further information about her interest in the center. Ella Health is located at 2211 Bush Street.

NEIGHBORHOOD CIRCLES

94114 / 94131

94114/94131 circle is hosting a social gathering at St. Aidan's Church, 101 Goldmine Drive on Saturday September 27th from 2:00 p.m. to 4:00 p.m. The group will discuss future activities as well as activity groups. There will also be folk singing. Home-made cookies will be provided. RSVP to Lucy Marton at (415) 282-3676. Parking is available at Safeway or GoldMine Drive.



West of Twin Peaks Circle

The West of Twin Peaks circle is having a brown bag luncheon at the home of Peg Kalplan (contact SF Village for address) on September 4th at noon. The group will discuss future activities, and the individual needs and interests of those West of Twin Peaks. This event is limited to West of Twin Peaks Circle members. RSVP to Elaine Mannon at (415) 469-9832.

SF VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday September 20th 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-OCTOBER AND NOVEMBER EVENTS

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.



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.

**New Member Orientation-October 15th
3:00 – 5:00 p.m. Ponderosa Room, IOA
RSVP to (415)387-1375 or info@sfvillage.org**

If you've joined SF Village in the past six months, we'd love to see you at this welcoming event. Learn about programs and services, become familiar with the office and staff, meet other members and discover how you can become more involved.

**Life After Retirement Group – Tuesdays October 21 and 28,
November 4 and 11, 3:00 – 5:00 p.m.
IOA 3575 Geary Blvd.**



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

**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.

SEPTEMBER EVENTS

**Playreading Group
Thursday September 4th from 4:00 p.m. to 6:00 p.m.**

The Play Reading Group will read four plays - *Jack Pot Melting: A Commercial* by Amiri Baraka, *Naomi in the Living Room* by Christopher Durang, *American Tropical* by Richard Ford, and *Springtime* by Maria Irene Fornes. These plays can be found in *Plays in One Act* edited by Daniel Halpern.

Location: Telegraph Landing Club Room, 150 Lombard
Contact: RSVP to Midge Fox at (415) 984-0613 or midgefox@comcast.net.

Meditation Group

Tuesdays September 9th & 23rd 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 Rachel at (415) 387-1375 or Rachel@sfvillage.org

DISCUSSION GROUP

Friday September 12th at 3:00 p.m.

Continuing from our last discussion, the group will address End of Life Issues: Care, Concerns & Cash.

Location: Home of Eva Auchincloss (contact SFV for address info)

Contact: RSVP to Eva at eva3auch@gmail.com or (415) 563-7519

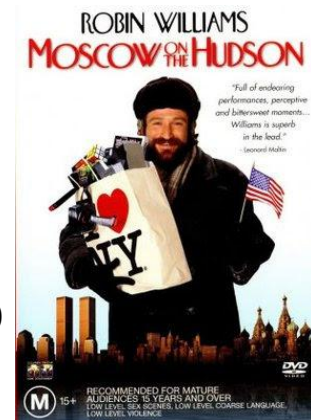
MOVIE GROUP

Wednesday September 17th from 4:00 p.m. to 6:00 p.m.

In the wake of Robin William's death, the film group will watch *Moscow on the Hudson*, which shows him at his very best: not too much humor but a lot of heart.

Location: Barbara Hancock's house (contact SFV for address)

Contact: RSVP to Barbara at (415) 750-0865



Lunch Bunch

Thursday September 18th at 11:30 a.m.

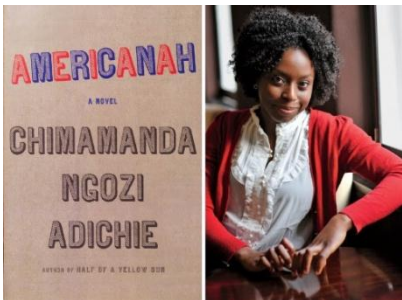
The lunch bunch will meet at Chow Restaurant. Chow supports local farms by offering fresh, organic, healthy ingredients. Their chicken is organic free-range, their beef - natural & organic. They serve only wild seafood. Their menu offers all-American staples like heaping bowls of Spaghetti and Meatballs, a great Cobb Salad, and an Organic Burger with Artisan Cheese. The restaurant will process separate checks and accepts cash only.

Location: Chow Restaurant, 215 Church Street at Market

Contact: RSVP to Marci Fogg at (415) 821-6333

BOOK GROUP

Monday Sept 22nd from 10:00 a.m. to noon



The book group will read *Americanah*, a novel by the Nigerian author Chimamanda Ngozi Adichie. Published in 2013 by Alfred A. Knopf, it tells the story of a young Nigerian woman who emigrates to America for a university education.

Location: Frieda Weiner's home. (contact SFV for address info)

Contact: RSVP to Frieda at (415) 421-7545

SEPTEMBER 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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|www.sfvillage.org| *|Aging-In-Place|*

|3575 Geary Blvd-San Francisco, CA 94118| *|Ph: (415) 387-1375|*