



September 2015

FROM THE EXECUTIVE DIRECTOR-KATE HOEPKE

Dear Members:

September always feels like a new beginning – maybe its from all those years of living by the school calendar. New classes, new friends, new opportunities for enrichment. Our program this month is ripe with possibilities for you to discover innovative ways to engage with ideas, fellow travelers and even yourself.



Last month we told you about a new program, in partnership with the Alzheimer's Association, called the Dementia Safety Net. Rachel Lanzerotti will be working with members who are experiencing some degree of memory loss and live alone. Our intention is to help you remain safe and independent, so please give Rachel a call to start with a simple conversation.

On September 17th we've scheduled a presentation from Dr. Charles Vella, a retired Neuropsychologist from Kaiser Permanente, who will talk about the brain, memory and how we learn. One of the most exciting discoveries of the last decade regards neuroplasticity: our brain's ability to reorganize pathways, create new connections and, in some cases, even create new neurons throughout our entire lifetime.

Along the lines of learning something new, we invite you to meet Dr. Richard Caro on September 23rd, who will introduce you to a program he calls *Longevity Explorers*. Firstly, he'll describe some recently developed, technology-enabled products that are improving the lives of older adults. Next, he'll invite you to participate in a regularly scheduled group that will discuss how you can contribute to the emergence of novel solutions to some of the challenges of aging. It's groundbreaking and he would like you to be a part of it!

Some of us learn best when we tell a story or connect our own experience to a larger story. This month we offer you two opportunities to discover the magic of myth and story. On September 29th Olive Shaughnessy, a master storyteller, will regale us with folk tales, fairy tales and myths from the oral

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New Members in August:

Mary Bennion
John Kinch
Sheila Collins
Neil Gendel
Claire Lindberg
Ayanna Moore
Laura Neri
David Rosenkrantz
Gayle Rosenkrantz
Bill Zim
Nancy Zim

tradition. She has been entrancing audiences since 1986. On September 1st we begin a 6-part series exploring the PBS documentary *Power of Myth: a conversation between Joseph Campbell and Bill Moyers*. This is a continuation of the Exploring Elderhood group and all members are welcome!

Please join us for an engaging conversation about the bestselling book, *Being Mortal* by Atul Gawande, on September 10th. We will view the Frontline documentary based on the book, which explores what matters most to patients and families experiencing serious illness. After the film, Dr. Patrick Arbore will facilitate an audience discussion of insights and reflections, as well as the issues related to Advance Care Planning.

Finally, we are starting our third year of the Mentoring Exchange Program with 9th grade students from City Arts & Technology High School on September 23rd. This richly rewarding program has helped forge new understanding across the generations and reminded many of us that what we think are differences separating us, are simply questions we haven't asked yet.

With so much happening this month, I hope I see you soon!

Kind Regards,
Kate

HOW WE LEARN: Memory & The Brain

A presentation by Dr. Charles Vella

Thursday September 17, 10:30 AM - 12 NOON
IOA Sequoia Room
3575 Geary Blvd, San Francisco, CA
RSVP to info@sfvillage.org or (415) 387-1375



Dr. Vella will review what we know about memory and the brain. Specific topics that will be covered include the history of memorization, the neuroanatomy of memory, erroneous ideas about memory, and neurological conditions that affect memory. Dr. Vella will also challenge our assumptions about learning and offer some tips for improving memory.

Charles J. Vella, Ph.D., started his career as a psychologist doing psychotherapy and psychological testing, then became Chief Psychologist and a Behavioral Manager in the Kaiser Permanente Hospital, San Francisco, Psychiatry Dept., from 1978 to 2009. He founded the Neuropsychology Service there and trained postdoctoral psychology students. Since retirement in 2009, he has continued to attend the Thursday morning Neuropsychology Conference as a volunteer consultant and gives lectures to the staff and students. He does public lectures on neuropsychological topics, including Brain Fitness, Memory, Visual Illusions, and Depression in the Elderly.

ARE YOU CONCERNED ABOUT MEMORY LOSS?



In partnership with the Alzheimer's Association, SF Village is offering a new, free program to assist persons with memory loss who live alone. If you have memory problems, or think you do, including MCI or early Alzheimer's, dementia, or other cognitive impairments, we would like to work with you to help you remain independent in your home for as long as possible. The program includes:

- ~ Home visits to determine needs (and wants)
- ~ Help in coordinating support
- ~ Connection to support agencies and their services
- ~ Information and tools for families, friends, care circles, and others who provide support

If you are interested in this program, or know someone who may be interested, please call Rachel Lanzerotti at (415) 387-1375 or Rachel@sfvillage.org

TIME IS RUNNING OUT!



San Francisco Village is part of a national effort to gather evidence about how Village membership helps older adults live well in their own homes. Each summer we will conduct a survey to learn more about your experiences, the impact the Village is having on your life, and how we can improve our program and services to meet your needs. Your participation in the survey is vitally important to us! The higher the response rate, the more accurate our findings will be.

The survey, which must be completed by September 30th, may be conducted by phone, online, in person or on paper. It should take no more than 30 minutes to complete. Members who have joined since May 2015 will not be asked to complete the survey.

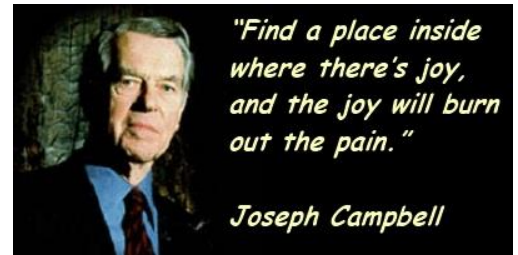
ALL INFORMATION YOU PROVIDE IS CONFIDENTIAL! Your name will not appear on your survey. Your questionnaire will only be identified by a number, and the information you provide will be shared anonymously with researchers from the Center for the Advanced Study of Aging Services at UC Berkeley, who are evaluating the Village model nationally. San Francisco Village staff will use your responses to help us improve our program.

Please contact Key Shade at your earliest convenience key@sfvillage.org or (415) 387-1375 to let him know how you'd like to complete the survey and your availability in the next two months.

Thank you for helping us improve our program and advance the Village Movement!

THE POWER OF MYTH: Six Conversations between Joseph Campbell and Bill Moyers

Sept 1 & 15, Oct 6 & 20, Nov 3 & 17
IOA Ponderosa Room, 11:00 AM to 1:00 PM
3575 Geary Blvd, San Francisco, CA
RSVP to Bill Haskell at:
bhaskell@sonic.net or (415) 661-2670



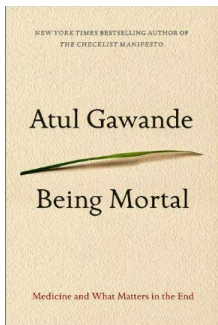
This new group, a continuation of Exploring Elderhood, will watch *The Power of Myth*, the fascinating series of interviews of the renowned scholar Joseph Campbell by journalist Bill Moyers, recorded in 1990. These two men discuss myths as metaphors for human experience and the path to transcendence, 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.

There will be six meetings and 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.

The first meeting will be introductory. At the conclusion of the first meeting, participants will be asked to commit to the five remaining meetings.

BEING MORTAL:

A film based on the popular bestseller by Atul Gawande



Thursday September 10th 2:00 – 5:00 PM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to info@sfvillage.org or (415) 387-1375
Reservations Required! No drop-ins!

If you thought you were dying, what would matter most? Join a national dialogue taking place in our community concerning an inescapable reality of life: Death. Gather with friends, neighbors and peers to watch the FRONTLINE documentary *Being Mortal*, which explores what matters most to patients and families experiencing serious illness. Based on the book, *Being Mortal* by Dr. Atul Gawande, the film will be shown in Institute on Aging's Weinberg Auditorium. After the screening, Dr. Patrick Arbore, Director of the Center for Elderly Suicide Prevention (CESP) and The Friendship Line, will facilitate an audience discussion of insights and reflections, as well as the process and issues related to Advance Care Planning. He will then provide audience members with user-friendly self-help tip sheets, work sheets, suggestions and resources, to support communicating what is most important to them in the face of serious illness.

LONGEVITY EXPLORERS: *How Can Technology Improve Your Life?*

A Presentation by Dr. Richard Caro, co-founder of Tech-enhanced Life

Wednesday, September 23rd 1:30PM - 3:30PM

Auditorium, IOA, 3575 Geary Blvd

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

Whether it's hearing, vision, mobility, or mental sharpness, a gradual decline in ability to function at our peak comes to us all. But what if technology could be developed that would put off the day when such decline starts to impact daily life? And what if there are things we can do now to make growing older less challenging, but we just haven't heard about them yet?



In this interactive forum, Dr. Richard Caro will describe some recently developed, technology-enabled products that are improving the lives of older adults. In addition, he will introduce an experimental *sharing and ideation community* called the Longevity Explorers. This community leverages the insights, years of accumulated wisdom, and the enthusiasm of older adults themselves to accelerate the emergence of novel solutions to some of the challenges of aging. **San Francisco Village and Tech-enhanced Life will start the first Village-based chapter of the Longevity Explorers on October 6th. Learn how you can be part of this group!**

About Dr. Richard Caro

Dr. Caro's work focuses on the intersection of healthcare, aging and technology. He is co-founder of Tech-enhanced Life; has broad experience in high tech companies in Boston and Silicon Valley; and is a former member of the research staff at Stanford University. Dr. Caro has a Ph.D. in Physics from Oxford University and is the co-author of *Caring from Afar: A Guide to Home Sensor Systems*.

ONCE UPON A TIME STORIES WERE FOR ALL AGES:

A storytelling performance with Olive Hackett-Shaughnessy



Tuesday September 29th 3:00 - 4:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

Guests are welcome.

Olive Hackett-Shaughnessy has been a professional storyteller since 1986. She is a wandering bard and consultant who brings folk tales, fairy tales and myths from the ancient oral tradition back to life for audiences of all ages and stages and paths. Her voice entrances. Her rich vocabulary is the artist's brush. Her presentations and workshops are lively interactive experiences that encourage compassion and community. Friends and family are welcome to this storytelling performance at SF Village.

SF BOTANICAL GARDENS TOUR

Wednesday September 30th, 11:00 AM
Inside Main Gate: Ninth and Lincoln Way
RSVP to key@sfbvillage.org or (415) 387-1375

We will meet at the SF Botanical Gardens and then receive a private tour of all that's growing. Perhaps magnificent magnolias! Bring your bag lunch for afterwards, and we'll picnic together as weather permits. Note that tour starts promptly at 11:00 AM. Please meet at the shop inside the main gate (Ninth Avenue and Lincoln Way).

<http://www.sfbotanicalgarden.org/>



UCSF SEEKING FAMILY CAREGIVERS FOR FITNESS STUDY



- ~Do you care for a family member with Alzheimer's disease or dementia?
- ~Do you want to exercise more?
- ~Are you 50-75 years of age?

If so, we'd like to hear from you! The UC San Francisco Fitness, Aging, and Stress Study is a 6-month exercise study for family caregivers.

Eligible caregivers will receive a free gym membership to the YMCA for 6-months and weekly or monthly support from a fitness coach to become more physically active. Don't like the gym? Exercise at home with videos or take brisk walks around your neighborhood while in the FAST Study. You will be asked to visit UCSF twice to complete a health assessment and answer online questionnaires. Participants are paid up to \$300 in cash. Please contact Samantha, the study coordinator, at (415) 476-3818 for more information or visit our website at FastStudy.ucsf.edu.

SENIOR CORPS SENIOR COMPANION PILOT PROJECT



Senior Corps is launching a new pilot project funded by SFMTA to provide Senior Companions to escort and ride the Paratransit van with clients from adult day programs. The Senior Companion volunteers will provide support and companionship to reduce loneliness and isolation, as well as support the clients to have a safe journey home. Senior Companion escorts have a unique opportunity to build rapport and provide the emotional support to clients so they are safe and reassured during the ride.

No special skills are required and Senior Corps will provide training. Volunteers must pass a background check. Successful candidates will meet income eligibility requirements and will be paid a modest stipend.

For more information, please contact Linda Fong, Volunteer Manager at (415) 751-9786 ext. 239. You can learn more about Senior Corps programs at: <http://www.nationalservice.gov/programs/senior-corps>.

MEDICAL SOCIOLOGY DOCTORAL STUDENT SEEKING VOLUNTEERS

SFV colleague, Jarmin Yeh, is conducting a study to learn more about how San Franciscans experience living in their own home and community as they grow older, how they adapt to changing circumstances, and what types of efforts make a difference in their lives.



As a participant, you will be asked to take part in two interviews, about 90 minutes each. During the time between scheduled interviews, you will be given a disposable camera and asked to photograph the aspects of your surroundings that help or hinder your ability to live safely, independently, and comfortably. What do you find aging-friendly or unfriendly about your city, your neighborhood, your home?

The total time commitment will be about 5 hours over the course of 3-4 weeks. If you are interested in learning more or volunteering to participate, you may contact the researcher, Jarmin Yeh, at Jarmin.Yeh@ucsf.edu or (415) 967-3243.

SEPTEMBER MENTORING EXCHANGE



Wednesday September 23rd 10:00 AM to noon
St. John's Presbyterian Church
25 Lake Street at Arguello
RSVP to Key at (415) 387-1375 or Info@sfvillage.org
for more information and to reserve your spot

This Fall SFV is once again partnering with City Arts & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students.

Members and students will meet one-on-one so that the students can gain perspective on your career paths and life choices. 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.

5th ANNUAL LEGACY FILM FESTIVAL ON AGING

September 18th - 20th

New People Cinema

1746 Post Street in Japan Town

For a complete list of films and times,

visit: <http://www.legacyfilmfestivalonaging.org/>



Presenting films portraying the richness of later life, the festival promises to inspire, educate and entertain intergenerational audiences on how to live well and enjoy life, despite life's challenges. This year's festival showcases many rarely-seen, independent short films, documentaries and feature-length stories made in the USA, as well as Australia, Iceland, Ireland, and Israel. The film's themes include love, sexuality, generations, memory, friendships, creativity, and empowerment.

Legacy Director Sheila Malkind says, "For many people, 'old' connotes frailty, loss. I'm not going to deny the downside, but viewers will experience thought-provoking, poignant and humorous films about people who have triumphed over these challenges."

DAZZLING DAMES OF BROADWAY: JULIE ANDREWS

A Bonnie Weiss Return Engagement!

Celebrating Julie's Life and Career, & the 50th anniversary of *The Sound of Music*



Thursday, September 17, 3:00–5:00pm

Telegraph Landing Clubroom

Light Refreshments will be served

Hosted by San Francisco Village and Florence and Elaine

RSVP Florence at (415) 982-1497

or Elaine at fredpark1026@comcast.net

Join Us for a Tuneful Afternoon of Music and Stories

In this lively lecture, you'll learn about the personal and professional life of this Broadway and Hollywood legend and see film and video clips of her stage, screen and television performances throughout her career. Included will be rare interviews with Julie and clips of performances from *My Fair Lady*, *Camelot*, *The Sound of Music*, *Victor Victoria* and more.

The presentation is open to all SFV members. Space is limited so please RSVP.

MEMBER TO MEMBER

Web Volunteer Needed

Allegra Fortunati and the San Francisco Chapter of the California Grand Jurors' Association is looking for a reliable volunteer to periodically manage their website. This would require making updates and additional changes to the site on an as-needed basis. Their platform is Wordpress, and they will supply the content. You may visit the website <http://www.sfcgja.org/> for more information. If you are interested in this opportunity, please contact Allegra at (415) 552-9078 or allegrafortunati@yahoo.com.



LGBT Social Circle

Ken Prag is forming an LGBT Social Circle and cordially invites you to join him and other SFV members. For more information, please contact Ken at kprag@planeteria.net or (415) 586-9386.



Juried Art Show

Noah Levin invites you to her juried art show, *The Left Coat: What does it mean to you?* sponsored by the Marin Society of Artists. Two of Noah's paintings have been selected for the exhibition. The opening reception is September 20th in Ross, CA from 4:00 to 7:00 PM. The show will run until October 24th. Contact Noah directly for further details at (415) 759-5774 or by email at noahphyllislevin@gmail.com.

NEIGHBORHOOD CIRCLES

94102 Circle

The 94102 circle continues to explore a journey toward living in gratitude. September's discussion is "Opening to Guidance and Wisdom". We meet on Wednesday, September 16th, at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2:00 – 3:00 PM, using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*.



"Opening to guidance and wisdom in a variety of ways affords us greater access to the infinite power of love and gratitude," writes Angeles Arrien.

Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.

94115 & 94123

Members will meet on Tuesday, September 8th at 11:00 AM to take a tour of the murals in the Mission District followed by lunch at a local restaurant. The tour, which costs \$10 per person, will last approximately an hour and 15 minutes and will be guided by a Precita Eyes Muralist. We will meet at the Precita Eyes Mural Arts Center 2981 24th Street, near Harrison at 10:50 AM. Interested members should contact Eva Auchincloss at eva3auch@comcast.net or (415) 563-7519.



Diamond Heights Circle

The Diamond Heights Circle will meet for a potluck lunch on Thursday, Sept. 17th from 12:00 – 2:00 PM in the club house of the Goldmine Hill condominium complex at 45 Ora Way. For more information or to RSVP, contact Demetri Polites at politesd@yahoo.com.

West of Twin Peaks Circle

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

Movie Group

Wednesday, September 9th Matinee
Stonestown Theatre or Empire Theatre on West Portal
Details to follow, once we know what movies are showing

Movie Discussion following the film

With Movie Critic, Toni Illick
Home of Elaine Mannon

Lunch Bunch

Wednesday, Sept 23rd
Restaurant & Time, TBA

VOLUNTEER TRAINING WITH KEYATTA SHADE



Saturday September 19th from 10:00 AM to noon

Location: 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 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.

FRIDAY DAY OF SERVICE

On Friday August 14th, volunteers from Honor and Zephyr Real Estate assisted SFV members with projects at their homes including gardening, computer training, flipping mattresses, changing light bulbs and more. A tremendous sense of belonging to a caring community was had by all!



SAVE THE DATES!

H.E.A.R. U

Tuesdays October 13th & 20th 4:00 to 5:30 PM
Community Lab at the Hearing & Speech Center
1234 Divisadero Avenue
Space is limited. Sign up today at (415) 921-7658

Join SFV partner Hearing & Speech Center for HEAR U: a series of classes, provided by audiologists at the center. Even with a well-fitted hearing aid, communication can still present a problem for many hard of hearing individuals. We strongly encourage you to come to HEAR U for information about hearing health and ways to better utilize hearing aids.



Sessions include introduction to audiology and demonstrations about assistive listening devices.

AGING WELL with Movement, Breath & Mindfulness Informational Open House



Sunday October 18th 1:00 -3:00 PM
Five Rivers Yoga Therapy Office, in Noe Valley
RSVP to Rachel@fiveriversyoga.com
or (415) 710-7407

What does "aging well" mean to you? At any age it's possible to learn new ways to face change and life transitions with greater ease, and to focus on what matters most. The practices of Yoga Therapy offer ways to meet the fullness of our experience of aging -- all the joys, sorrows, challenges, and opportunities. These mind-body practices include contemplation, movement, breathing, and mindfulness. We can work with common aches and pains, support the body's stability and flexibility, address chronic conditions, and support emotional health.

At her Noe Valley office, Rachel Lanzerotti, Certified Yoga Therapist, offers a **20% discount** on personalized therapeutic yoga sessions for SF Village Members. Also for SFV members and their friends, she teaches small classes (maximum 4 people) focused on Aging Well with Yoga. To learn more, visit www.fiveriversyoga.com. Make sure to mention the SFV discount.

SFV COMMUNITY MEETINGS - Tell a friend!

We have two community meetings planned in October to inform prospective members about the benefits of belonging to SF Village. Please help us get the word out by sharing this invitation with friends and neighbors.

Sunday October 18th for Nob Hill/Russian Hill:

Grace Cathedral (Gesham Hall), 1100 California Street 2:30 PM to 4:00 PM

Sunday, October 25th for Haight/Cole Valley:

Park Branch Library, 1833 Page Street, 2:30 PM to 4:00 PM

SEPTEMBER EVENTS

SFV Meditation Group

Wednesdays September 9th & 23rd from 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 Key at (415) 387-1375 or Info@sfvillage.org

Location: Sequoia Room, IOA, 3575 Geary Blvd.

Film Group

Wednesday September 16th from 4:00 to 6:00 PM

The film group will watch *The Visitor*, a wonderful film about the life of a lonely man whose wife has recently died. He lives in Connecticut and has a townhouse in NYC. On a visit to his NY residence he finds two strangers who have crashed there and the fun begins.

Contact: RSVP to Ralph Beren at (415) 929-8309

Location: Contact Ralph or SFV for location.



Discussion Group

Friday September 18th at 3:00 PM

The group will discuss the Prison System (local, state and federal). What could or should be done about it? A full discussion of the current prison system and laws will be included.

Contact: RSVP to Eva Auchincloss at (415) 563-7519 or eva3auch@comcast.net

Location: Eva's home (Contact Eva or SFV for address info)

Lunch Bunch

Monday September 21st at 11:30 AM

The lunch bunch will meet at the quaint *Magic Flute* restaurant in the Laurel Heights neighborhood. Members are responsible for purchasing their own lunch.

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

or mjfogg@hotmail.com

Location: Magic Flute, 3673 Sacramento St cross street Spruce.



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.communitythrifthsf.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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