



San Francisco Village

Monthly Newsletter

September 2017

From The Executive Director: Kate Hoepke

Dear Member,

New carpet, fresh paint, furniture delivered – we're moved in! Of course, there are still boxes to be unpacked, Internet glitches to be solved, and bare walls to be adorned, but we're well on our way to warming up our new San Francisco Village home. I can't wait for you to see it! If you weren't able to attend one of the open houses last month, please feel free to come by whenever you're in the neighborhood. You're always welcome!

At the same time that we were moving, our new website was launched. If you haven't seen it already, please check it out at www.sfvillage.org. Our goal was to make it a warm and inviting reflection of who are: a spirited intergenerational community that dignifies aging. The new website, redesigned newsletter and our new home all signify an important developmental milestone for San Francisco Village. We're growing into a larger vision that requires more square footage and a new color palette!

That vision is captured in the new three-year strategic plan that the Board of Directors is putting finishing touches on. In summary, the plan emphasizes relationship building: among members, intergenerational neighbors and volunteers, and your loved ones; as well as with community partners who share a common vision for changing the experience of aging in San Francisco. In the years ahead, programs and services will be designed with these relationships in mind. We're thrilled with the development of Neighborhood Circles, of which there are now 13, and we will continue to find ways to strengthen these relationships and enrich vital neighborhood connections. Overall, we want to openly encourage members to claim joint ownership of San Francisco Village; to share your talent and leadership in order to sustain this vibrant community.

As we approach our 9th anniversary, San Francisco Village has amassed enough social capital to claim an increasingly important role: as a convener of conversations that deepen our understanding of ourselves and the community we live in, the people we share it with, and the values that underlie our social contracts: learning, reciprocity, compassion, interdependence, and mutual respect. Our potential as a community is unbounded!

Warmly,
Kate

P.S. The staff has created an informative member handbook, a roadmap for getting the most out of your membership. Please be sure to pick one up this month.



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Karen Braseth
Ed Dean
Sally Dean
Robert Dunn
Sherry Sandel

Did You Know?



Institute on Aging (IOA) just launched Support at Home (S@H), a new voucher program designed to provide home care to San Francisco adults with disabilities and seniors that are not currently being served because their income is too high. The new program allows for up to 15 hours of subsidized care per week. Depending on one's income, the recipient will be responsible for a co-payment between 20 – 50% of the actual cost. The program will pay the rest. For more information, contact the IOA at (415) 750-4111 or call Key at San Francisco Village (415) 387-1375.

September Events

Print Making

Fridays, September 1 – October 6 (skipping September 15), 10:00 AM – 12:00 PM

**This 6-week series started in August; contact the SFV office to see if there is space available
The Journal Building, 1540 Market St. (near Van Ness)
RSVP to (415) 387-1375 or info@sfvillage.org**



Print making is a form of art that involves transferring ink to paper. In this six-week overview, we will experiment with making mono prints, relief prints like linocuts, collage and etching. All experience levels are welcome—from beginners who are curious to try something new to the well-versed artists looking to create with other Village members. Participants are invited to make many looser works or concentrate on one more detailed piece in the later classes.

Nancer LeMoins is a teaching artist who seeks to create a cultural shift through her work, which often reflects social and political issues. She has a BFA from New College of San Francisco and has continued to study art and take art classes since. She has exhibited more than 40 times in the Bay Area, Washington D.C., St. Louis, New York, Toronto, and Louisiana, and her piece Radiant Presence was shown internationally for World AIDS Day by Visual AID, New York. She currently teaches fine arts with the Community Arts Program, Positive Arts, and has also led workshops with the California Arts Council and SOMArts.



Research Updates: Latest in Alzheimer's Treatment and Research

Wednesday, September 6, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join the Alzheimer's Association for a session about the tremendous advances in Alzheimer's research that have taken place over recent years. This includes genetic risk factors for Alzheimer's, imaging studies to identify Alzheimer's in the living brain, blood tests and other biomarkers that may one day be used to diagnose Alzheimer's, how our lifestyle influences our risk of Alzheimer's as we age, and more.

Walk to End Alzheimer's

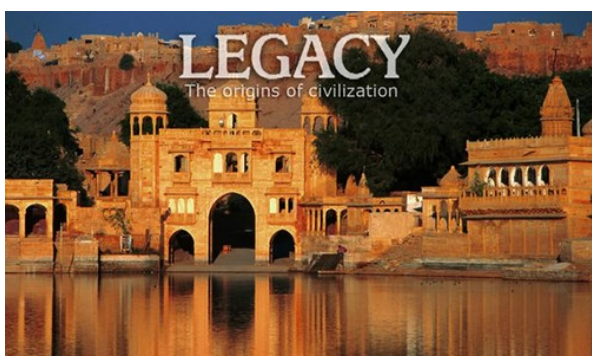
Sunday, September 10, 9:00 AM

Crissy Field

San Francisco Village is an official team for the 2017 Walk to End Alzheimer's!

All members and volunteers, and their friends and family, are invited to join us in walking, fundraising, and/or donating to raise awareness and funds for Alzheimer's care, support and research. You do not have to fundraise to walk with us and you do not have to walk with us to fundraise! Our goal is to have at least 20 walkers and raise over \$2,000.

Register and/or donate for the San Francisco Village team by calling the office or going to <https://tinyurl.com/SFV-AlzWalk>.



Legacy: the Origins of Civilization

Tuesdays, September 12 – October 17,

11:00 AM – 12:30 PM (6-week series)

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.

How to See a Bird

Thursday, September 14, 10:30 AM – 12:30 PM

San Francisco Botanical Garden

(free for SF residents, please bring I.D.)

Meet at the bookstore inside the 9th Ave. entrance

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

Do you want to spend more time in the beautiful outdoors and make new friends?



Those two things are SFV member Linda Grant's favorite parts of birding! Linda is an avid Bay Area bird watcher who has been doing so since college. Spend the morning with other SFV members in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and ears and eyes ready for observation! Don't forget sun protection and water since the garden can be warm in September.



The 7th Annual Legacy Film Festival on Aging

Friday to Sunday, September 15 – 17

New People Cinema (Japantown), 1746 Post St.

For additional information or for tickets:

www.legacyfilmfestivalonaging.org

This year's Legacy Film Festival will feature nine programs of documentary and fictional films on topics such as Discovering the Self; Life's Choices; Making a Difference; Final Exit; Stay, or Move; and Caring. Each program is two hours long,

including 30 minutes of Q&A with the audience, led by LFFOA staff, or key experts in the multi-faceted fields of aging.

4th Annual Pier to Pier Walk

Saturday, September 16

Registration begins at 8:00 AM, walk begins at 9:00 AM

Contact Jan Freeman to RSVP or to volunteer at

(415) 775-1869

Join Aquatic Park, and other community organizations including SF Village, for another great day by the Bay! The 4th Annual Pier to Pier Walk is a celebration of the Aquatic Park center with a special extra cheer for the 70th Anniversary of San Francisco Senior Center.



This event will promote the benefit of outdoor exercise for people 50+ in the beautiful environs of the San Francisco Maritime Historical Park.



Everything Old is New Again: San Francisco's State-of-the-Art Recycling System

Monday, September 18, 2:00 - 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join Shawn Rosenmoss, from San Francisco's Department of the Environment, for a conversation about the City's efforts to get to Zero Waste and getting rid of toxics that impact our health. You will learn about changes to San Francisco's state-of-the-art recycling system that will make your life easier, and

most importantly, share some of your own stories and ideas for reducing, re-using and recycling. Free giveaways for all attendees

Christopher Park Festival

Saturday, September 23, 10:00 AM to 2:00 PM

George Christopher Playground,

5210 Diamond Heights Blvd.,

behind Diamond Heights Shopping Center

The Christopher Park Festival will be the first of its kind to celebrate this hidden gem of San Francisco, building connections among the diverse organizations, projects, businesses and individuals that comprise our beautiful community.

The free festival will offer community resource booths, including one sponsored by San Francisco Village, live music, children's entertainment, scavenger hunt, art activities and prizes.



Friends of Christopher Park and the Diamond Heights Community Association are delighted to present this festival and spread the word about our organizations and proposed park improvements.



The Value of Community and Choice as We Grow Older

Monday, September 25, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for a lively conversation about community and choice in aging with renowned surgeon and author Atul Gawande. More than 150 villages across the country will be participating via simulcast with the *Being Mortal* author as we celebrate the 15th anniversary of Beacon Hill Village, the village that started this movement. This event is rescheduled from a previous date in February.

Advance Care Directives, POLST and End of Life Option Act

Thursday, September 28, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In this presentation, we will cover advance directives, Physician's Orders for Life Sustaining Treatment (POLST), and the newly passed Physician Aid in Dying Act. There will also be time to answer any other questions you have on these and other topics related to hospice, palliative care, and grief.



Dr. Nate Hinerman, PhD teaches in the School of Nursing and Health Professions and the Department of Theology and Religious Studies at the University of San Francisco. He serves as Chair of the San Francisco Bay Area Network for End-of-Life Care, and he is an active member of the USF Faculty-Association PTFA Policy Board. He also maintains a psychotherapy practice, helping clients transition amidst loss.

Recurring Events



Longevity Explorer Circle

Tuesday, September 5, 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).

Lunch Bunch

Monday, September 11, 11:30 AM

Presidio Social Club, 563 Ruger St.

RSVP to Marci Fogg at (415) 821-6333 or mjfogg@hotmail.com

The lunch bunch will meet at the Presidio Social Club to enjoy an afternoon of food and fellowship with their fellow Village members. Each member will get their own bill and is responsible for paying for their own meal.



Aging Well With Meditation

Wednesdays, September 13, 20, and 27,

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.

Writers' Group

Wednesdays, September 13 and 27, 3:30 – 5:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The San Francisco Village Writers' Group is a member-led writing group that meets to read and discuss members' work in a friendly and supportive atmosphere.

Many members have attended the Writers Workshop with Elaine Ellison, though that is not a requirement to join. Some members are published, some just write for pleasure and some are new to creative writing—all experiences welcomed.



Let's Play Games!


Thursday, September 14, 1:30 – 3:30 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'll play cards and board games and see what else seems fun in the upcoming months. Let us know your favorite game. Games and snacks will be provided. Join us!

Friday, September 15, 1:30 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

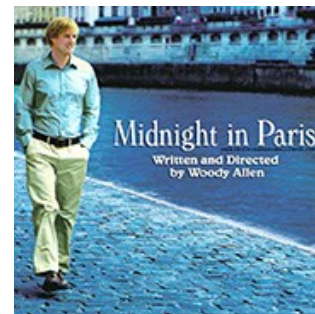


Rounds and Canons II

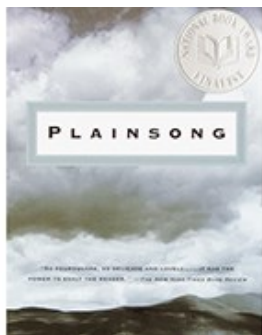
Tuesdays, September 19 & 26, 4:00 - 5:30 PM
Elaine Mannon's home and SFV Office
(Contact SFV for address info)
RSVP to (415) 387-1375 or info@sfvillage.org



Wednesday, September 20, 3:00 PM
Eva Auchincloss's home
For address info and to RSVP, contact Ralph Beren at (415) 929-8309



Monday, September 25, 4:00 PM
Margaret Johnson's home
RSVP to Margaret at (415) 673-7130



The book group will read *Plain Song* by Kent Haruf. Set in the fictional town of Holt, Colorado, it tells the interlocking stories of some of the inhabitants.

Saturday, September 30, 10:00 AM to Noon
3220 Fulton Street (at 8th Ave.)
Contact Key at (415) 387-1375 or Key@sfvillage.org
for more information

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. Give us a try! For more information, contact Dorothy.

Member To Member



Mitchell Bonner's Trip to Asia

SFV Member Mitchell Bonner will showcase a collection of digital photos of his trip to Burma at the new SFV offices at 3220 Fulton St. on Thursday, September 21, from 1:00 – 2:30 PM. Mitchell, who is very knowledgeable about Asian culture, would like to share his experiences with the membership at large. You may RSVP to Mitchell directly at (415) 335-3182 or bonner1944@hotmail.com.

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 intervention 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 Dantzlers are associate producers of the play; it runs September 26 - November 11.

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.

94109/94133

The 94109/94133 Circle will meet at the home of Juliet Rothman for afternoon tea on Wednesday, September 13 at 3:00 PM. We will be discussing and adopting a theme for the year, and planning future meetings. This invitation is extended to 94109/94133 circle members only. We hope all will attend and share their thoughts and ideas. RSVP to Juliet Rothman at (415) 775-5200 or rothman@berkeley.edu.

94114

The 94114 Circle will join the regularly scheduled City Guides tour in the Dogpatch & Potrero Point area on Friday, September 8. In addition, the group will meet for socializing and to strengthen our relationships as neighbors at Sofia Café at 3463 16th Ave. on Wednesday, September 20 at 2:00 PM. To RSVP or for more information, contact Gabriella Schultz at (415) 626-6130 or gabriellASF@gmail.com.

94117

The 94117 Circle will meet on Friday, September 8, from 2:00 – 4:00 PM, at the home of Lauren Chaitkin 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 if you have any questions. Please contact Key key@sfvillage.org for address information.

94118

The 94118 Circle will meet on Wednesday, September 6 at 6:00 PM at the home of Gladys Thacher to discuss our earliest, funniest, most life-changing memories. What is a stand-out memory of yours? We hope you will come ready to engage so that we may get to know each other better as neighbors. If you have ideas for other activities and outings, please do not hesitate to let us know. To RSVP or include your input, contact Gabie Berliner at (415) 751-3766.

94121

The 94121 Circle will meet Friday, September 15 from 3:00 – 5:00 PM at the home of Ellie and Larry Lurie. We invite all San Francisco Village members who live in 94121 to join in. We will discuss how people spend their time in retirement and how it has changed (and is changing). RSVP to Patricia Kaussen at (415) 387-7299 or patriciamkaussen@gmail.com if you have any questions. Please contact Key at key@sfvillage.org for address information.

LGBT Circle

The LGBT Circle will meet on Wednesday, September 20 from 1:30 – 3:00 PM in the small conference room at the SFV offices at 3220 Fulton St. to enjoy an afternoon of brain games, facilitated by staff members Keyatta Shade and Rachel Lanzerotti. RSVP to Key at (415) 387-1375 or Key@sfvillage.org.

Sunset Circle

The Sunset Circle will meet on the third Wednesday of the month, in this case, September 20, from 3:00 to 4:30 PM, at the home of Judy Winn-Bell. Plans for the September meeting include each member sharing a picture that is meaningful to them and explaining why it is meaningful, and bringing suggestions for *Things to do in the Sunset* information sheet. Members who missed the last meeting will also be encouraged (but not required) to continue last month's activity of sharing *Two Truths and a Tall Tale* about themselves. Contact Judy for further details if needed, (415) 665-8633 or judywb@rocketmail.com.

West of Twin Peaks

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. Note: These events are only open to WTP residents.

Lunch Bunch

Thursday September 14, 1:00 PM
Trattoria da Vittorio Italian Restaurant,
150 West Portal Ave.

Matinee Movie with Movie Critic Toni Illick

Tuesday, September 26
Neighborhood movie theater
Discussion and refreshments at home of Elaine Mannon following movie
Details to follow, once we know what's showing

Save The Dates!



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!

Fort Mason Walking Tour: Military History in a Park Setting

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

Meet inside gate at Bay and Franklin

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

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 view WWII barracks (now a hostel), officer's houses (now rental units) and a panoramic view of SF Bay and the piers used as the Port of Embarkation (dispatching over a million soldiers to the Pacific during the World Wars) – all in a park-like setting 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 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

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.

SAVE THE DATE
Thursday, October 12, 4:00 - 7:00 PM

GRAND OPENING CELEBRATION

New Location:
3220 Fulton Street
San Francisco, CA

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 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.



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 live 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.

Attendees must wear closed toe sturdy shoes and long pants are recommended. Recology has adapted this tour to be accessible for San Francisco Village members; the steep and slippery stairs, loud noises, and strong smells that are normally a part of public tours will NOT be a part of this tour.

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.communitythriftsf.org