



San Francisco Village

Monthly Newsletter August 2017

From The Executive Director

Dear Members and Friends,

The time has arrived! Thanks to the hard work of a number of people and everyone's patience with the process, we will be moving into our new home at 3220 Fulton St. on August 7th. This is a special moment in the development of San Francisco Village, like getting the keys to our first apartment. It's exciting to imagine the freedom and creativity that our new digs will inspire in us, while deepening our sense of commitment to the larger San Francisco community. From a fledgling grassroots start-up eight years ago to a long-term community asset today, we're announcing, "We're here to stay!"

We'd love to see you at one of two gatherings planned for later this month to show you around, share our plans for how we think we'll inhabit the space, and activate your thinking about ways to flourish in our new home: Tuesday, August 29 from 4:00 – 6:30 p.m. and Thursday, August 31 from 10:00 a.m. – noon. Friends, family, and volunteers welcome!

On October 12th we will host a ribbon-cutting event from 4:00 – 7:00 p.m. We hope you can drop by as we say thank you to City officials, donors, volunteers and members whose consistent support of our mission has made this achievement possible. Every day I am reminded that we are part of a much larger aging services network in San Francisco that includes advocates, service providers, thought leaders and colleagues who share our vision for an intergenerational community that dignifies aging.

Not coincidentally, this is also the month that we launch our new website. I think you will be as delighted as we are with its fresh, contemporary look and ease of navigation. We're planning some training sessions in the fall to familiarize you with it and demonstrate how it can make communication with us easier. So stay tuned!



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Finally, I'm thrilled that San Francisco Village is forming a team to participate in the Walk to End Alzheimer's on Sunday, September 10th at Crissy Field. The length of the walk varies from one to three miles, depending on your preference and Sarah is scheduling some practice walks between now and then. Please consider joining the team for a delightful day in the sun and a sense of camaraderie that together, we're helping to change the course of this devastating disease.

I look forward to seeing you soon!

Warmly,
Kate

San Francisco Village Thanks the Charles Schwab Foundation!



The Charles Schwab Foundation recently awarded San Francisco Village a grant for general operating support, which will be used to fund continuing programs in 2017. Charles Schwab Foundation is a long-time donor to the Village, and we are grateful for their continued support.

To learn more about Charles Schwab and the work they do in their local communities, please visit <https://www.aboutschwab.com/citizenship/community>.

Did You Know?

UCSF offers a Housecalls Program through the Division of Geriatrics at UCSF. The purpose of the program is to provide doctors and service to homebound seniors. Older adults can become homebound for a variety of reasons. Narrow staircases, hills, architecture of San Francisco, physical illness, and mobility issues are just a few things that might influence the use of the program. If you would like to learn more, please call (415) 514-3577 or visit

<http://geriatrics.ucsf.edu/care/housecalls.html>.



August Events



On the Road to the Summer of Love Docent Tour

Friday, August 4, 11:00 AM

California Historical Society, 678 Mission St.

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

CHS's ambitious exhibition in celebration of the 50th anniversary of the Summer of Love tells the story of the countercultural movement in San Francisco through photographs. In the summer of 1967, young people from across the country

converged in San Francisco's Haight-Ashbury district. In this exhibition, guest curators Dennis McNally and Alisa Leslie explore the cultural context—from the Beat poets to the experimental art scene—that put San Francisco at the center of a social revolution.

The story begins in the late 1950s with the Beatniks in North Beach and ends in late 1967 with the Diggers' Death of the Hippie ceremony. The exhibition explores iconic moments—such as Jack Weinberg in a police car at UC Berkeley at the birth of the Free Speech Movement—as well as less well-known, but none-the-less formative, events. Photographs and ephemera from CHS collections are featured alongside materials from private and institutional lenders.

City Strolls

Tuesdays, August 8, 15, 22 & 29, 10:00 – 11:00 AM

Location varies

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

San Francisco Village is an official team in the 2017 Walk to End Alzheimer's. Join us for a weekly stroll in August as we prepare for the official walk. All are welcome, whether you're able to be a part of the team or not.



Tuesday, August 8: The Embarcadero – meet outside the main entrance to the Ferry Building; walk towards AT&T Park and back (about 2 miles)

Tuesday, August 15: Great Highway – meet at Judah near the public bathrooms; walk towards Ulloa and back (about 3 miles)

Tuesday, August 22: Crissy Field (where the official walk will also take place) – meet at Warming Hut Café; walk to Crissy Field East Beach and back (about 3 miles)

Tuesday, August 29: Golden Gate Park – meet at Conservatory of Flowers; walk around Music Concourse and back (about 2 miles)

All walks can and should be adjusted to what you feel safe doing—1 mile, 15 minutes, the full 3 miles, additional wanders, etc. We can all use a chance to stroll with others, even if only for a block or two.

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!

The official 3 mile walk (with optional 1 mile shortcut) takes place on Sunday, September 10 at 9:00 AM at Crissy Field.

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



Open Death Conversation

Thursday, August 10, 6:30 – 8:30 PM

Guest House at Zen Hospice Project, 273 Page St.

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

San Francisco Village is partnering with Zen Hospice Project to explore conversations dealing with end of life. The Open Death Conversation is a forum for discussing the many aspects of death and dying, without attachment to any outcome or conversation direction. There is no agenda other than to generate meaningful,

energetic conversation free from judgment. The only requirement is that participants show up with an open heart and open mind, and allow themselves to go where they need to go. People from all backgrounds are welcome to attend the conversations: young, old, people who have not had experience with death, and people who are facing their own end of life.

This gathering is open to San Francisco Village members, volunteers, and their friends and family. RSVP is required.

Summer of Love: Your Aging Brain

Monday, August 21, 7:00 – 8:30 PM

Auditorium, IOA, 3575 Geary Blvd.

Tickets \$5-\$15

Purchase online at <https://www.eventbrite.com/e/the-summer-of-love-your-aging-brain-tickets-36235829341>

According to the MacArthur Foundation, health that continues into old age is only about 15 to 30% determined by our genetic heritage. The remainder is mainly determined by our lifestyle choices and behaviors, psychology, environment and life events. While it's true that we lose brain cells as we age, the myth that we lose thousands that cannot be replaced is simply that – a myth.



We invite you to join Jefferson-Award Winner, Patrick Arbore, EdD, Founder of The Friendship Line at Institute on Aging, as he takes us on a summer-evening trip through the aging brain.

The facts will, indeed, set us free.

Print Making

Fridays, August 25 – September 29 (6 weeks)

10:00 AM – 12:00 PM

This series is rescheduled from the previous May start date

The Journal Building, 1540 Market St. (near Van Ness)

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



Printmaking 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, collegraph 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.

San Francisco Village New Office Tours

Tuesday, August 29, 4:00 -- 6:30 PM

Thursday, August 31, 10:00 AM – 12:00 PM

3220 Fulton St. (at 8th Ave.)

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

We are so excited to welcome members and volunteers to a soft opening of our new home! Come check out our staff offices and program area. We'll share the ways in which we imagine the space being utilized in ways both structured and casual. Refreshments will be provided.



Mark your calendars for our grand opening ribbon-cutting on Thursday, October 12, 4:00 – 7:00 PM! Details to be announced soon.

Recurring Events



Aging Well With Meditation

Wednesdays, August 2, 9, 16 & 30, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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, August 9 & 23, 3:30 – 5:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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.

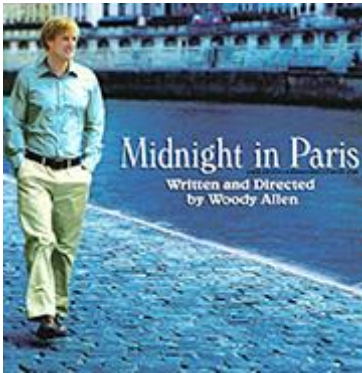


Many members have attended the Writers Workshop with Elaine Ellison, though that is not a requirement to join. Some members are published, some just write for pleasure and some are new to creative writing—all experiences welcomed.

Play Reading Group

Thursday, August 10, 4:00 – 6:00 PM
150 Lombard St., Telegraph Landing Club Room

The one-act play reading group will read two plays, on Sundays by Lynne Alvarez and Naomi in the Living Room by Christopher Durant. Both can be found in Plays in One Act edited by Daniel Halpern.



Film Group

Wednesday, August 16, 3PM
RSVP for location to Ralph Beren (415) 929-8309

The film group will watch the film *Midnight in Paris*. The film highlights the imagination of a screen writer in Paris who plants himself in Paris at an earlier era.

Knitting & Crocheting Group

Friday, August 18, 1:30 – 3:00 PM
Location TBA
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 improve your technique and chat, 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.



Let's Play Games!

Thursday, August 24, 1:00 – 3:00 PM
Location TBA
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!



San Francisco Village Volunteer Training

Saturday, August 19, 10:00 AM to Noon

3220 Fulton Street (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.

What's Trending

Volunteer of the Month-Jill Waller

Jill Waller was introduced to San Francisco Village by her neighbor, Ellen Sandler, an SFV member and Board member. Ellen invited Jill to attend the Transforming Lives and Community Luncheon as her guest, and after doing so, Jill decided to get involved with the Village community. She started volunteering for members by helping out with projects like organizing, rearranging back decks, gardening, and participating in the spring Day of Service.



Jill has also taken advantage of the benefits offered to volunteers, most recently by attending the SF Deltas soccer game with her husband, as guests of the Village. This social gathering became an opportunity for Jill to meet other volunteers and members of the organization.

In a few short months, Jill has immersed herself in the Village community and become a trusted and valued volunteer. We are grateful for Jill's dedication and are proud to honor her as volunteer of the month!

What has surprised you most about volunteering for SFV?

Everyone is so friendly and open to conversation ... Not that this is surprising, but I've found it relatively easy to make a connection with the people I've met. We've had really nice visits, and I hope to see them more.

What are the benefits of volunteering with SFV?

For me, the primary benefits are making new friends, and doing something aligned with my beliefs and values.

What advice would you give to those thinking about volunteering?

Volunteering at SFV is very flexible – it's a great opportunity to help people without needing to commit to a certain time frame or duration. It's easy to fit in and so enjoyable.

Does volunteering with SFV help foster community?

Activities and events, such as the SF Deltas soccer game and the Day of Service are certainly community-oriented. I also believe that the more we volunteer, the more receptive and open we are to others we encounter in the community in our daily lives.

Final thoughts

I am interested in, and believe in, the right to quality of life at all ages and stages. I'm so glad to have an opportunity to be a part of SFV!

Acrosports launches AcroFit 50+ Program

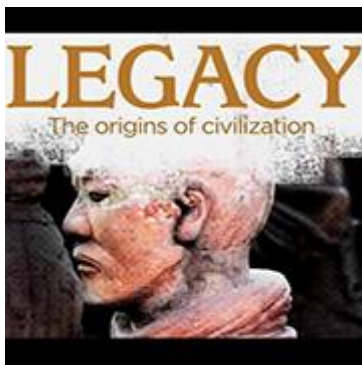
Acrosports is launching their AcroFit 50+ program for older adults. The class will focus on mobility, balance, muscular endurance, and strength building in a fun and relaxed atmosphere. This class is free and runs weekly on Wednesdays.

Their coaches have extensive movement experience in a variety of modalities and have worked with adults one-to-one and in group settings. Coaches will use resistance bands, free weights, and bodyweight movements to create a dynamic movement class. All exercises can be adapted for participants with limited mobility. They will also utilize chairs as an additional support when exercising.

If you are interested, please contact Acrosports at (415) 665-2276.



Member to Member



Legacy: the Origins of Civilization

A member-led planning committee will host a series of viewings and discussions of the PBS series Legacy: the Origins of Civilization; each of the six episodes charts the origin of civilization in a different country. The narrator is Oxford-educated Michael Wood, author of 11 books, creator of dozens of acclaimed documentaries and a fellow of the Royal Historical Society of London.

The series will likely start in late September, probably on Tuesday mornings from 11:00 AM – 12:30 PM. If you are interested in attending, please contact the SFV office and let them know if you'd rather meet weekly for six weeks or every other week for 12 weeks. For further information please contact Bill Haskell at bhaskell@sonic.net or Mary Moore Gaines at mmg@sonic.net.

Life in Focus: Sharing Experiences on Single Subjects

In this new six-part series, SFV members will be asked to focus on memories related to a specific subject and why they formed part of who we are. By hearing many experiences—important to trivial—from a variety of angles, we should enrich our understanding of both the topic at hand and each other. Come to share or just listen.



This is continuing in the vein of the recent WOW! series that proved to be so rewarding. The first program will deal with the subject of Animals: What is a memorable experience you've had with an animal? Do animals really communicate, have empathy? Can they be prophetic? In subsequent meetings, we'll share our thoughts about such things as: Children That Weren't Mine, Political Activism, Friendship, Public Speaking, Making a Home, The Military, and Childbirth. The organizers are open to further suggestions.

Contact Karen Crommie for more information, including when the series will begin, at kcrommie@comcast.net or 415-431-1414.



Do You Have a Piano to Donate To SFV?

We are looking for a good small upright piano, for the new SFV headquarters. We want to have lots of music there and a piano is critical to our plan. If yes, please contact Mary Moore Gaines at mmg@sonic.net or 415-387-7774. And, if you have one to sell, let us know that too.

Singing Is Heaven!

Our small but mighty Rounds and Canons Group is looking for a new leader and more singers. Our wonderful teacher, Dorothy Barnhouse, is no longer able to lead us. We are happy to sing many kinds of music. Do you know someone who would like to lead? A stipend could be available. Maybe you? Please contact Mary Moore Gaines with suggestions, and/or to express interest in joining the group at mmg@sonic.net or 415-387-7774.



Mitchell Bonner's Trip to Asia

SFV member Mitchell Bonner recently returned from 12 weeks in Laos, Thailand, and Burma. He would like to invite members who are interested in a slideshow of his travels to join him. He will tailor the presentation to your interests. "In Laos I have pictures of the Lao New Year 'water festival', scenes of various Lao cities, and pictures of many different Lao Buddhist temples. Burma, now called Myanmar, is a Buddhist 'wonderland' with about a million Buddhist temples, pagodas, and stupas. The ShweDagon Pagoda is the 'National Buddhist temple' covered with 60 tons of gold and about \$1B worth of gem stones." If you are interested, please contact Mitchell at (415) 335-3182. Once Mitchell finds out if there is interest, he will set a date and time.

Neighborhood Circles

94117

The 94117 Neighborhood Circle will meet on Friday, August 11, from 2:00 to 4:00 PM, at the home of Kitty Brody to socialize and further deepen our relationships as neighbors and friends. Topics will include: (1) aging at home and in community; (2) a lack of a sense of security and /or a sense of belonging, especially for members who live alone; and (3) the challenges in asking for help. Please contact Bill Haskell at bhaskell@sonic.net or at (415) 374-9729 if you have any questions. Please contact Key at SF Village for address information.



94118

The 94118 Circle will meet on Wednesday, September 6 at the home of Glady Thacher to socialize and further deepen our relationships. Specifics of the meeting will be provided at a later date. Please RSVP to Gabie at (415) 751-3766 or gberliner@comcast.net.

94121

The ranks are growing at the 94121 Circle. Please join us! At our last meeting we were 11 members. We would love it if YOU TOO, would join in. The 94121 Circle meets at mutually agreed upon dates and times. The next gathering will be held at the home of Ellie and Larry Lurie at 3:00 PM on Friday, September 15. Part of our discussion will ask "how people spend their time in retirement and how it has changed (and is changing) over time". Please RSVP to Patricia Kaussen at (415) 387-7299 or patriciamkaussen@gmail.com. If you have any questions, don't hesitate to ask Patricia.

LGBT Circle

The LGBT circle will meet on Thursday, August 17, from 1:30 to 3:00 PM in the small library of the Castro Senior Center, 110 Diamond St. and enjoy an afternoon of brain games. We'll spend the time engaging in fun, educational games to stimulate brain function and memory. RSVP to Key at (415) 387-1375 or Key@sfvillage.org if you would like to participate.

Sunset Circle

The Sunset Circle will meet at the home of Judy Winn-Bell on Wednesday, August 16 from 3:00 to 4:30 PM to socialize and deepen our relationships. A topic of discussion will be decided at a later time. Please RSVP to Judy at (415) 298-4178 or judywb@rocketmail.com.

West of Twin Peaks Circle

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. Note: Our events are open to all interested Village members regardless of circle affiliation.

Friday, August 18, 4:00 – 5:30 PM

Wine and cheese; tea and cookies
Planning Meeting

Tuesday, August 29, 5:00 – 7:00 PM

Potluck supper
Planning Meeting

Save The Dates!



Walk to End Alzheimer's

Saturday, 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>.

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's 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 Value of Community and Choice as We Grow Older

Monday, September 25, 2:00 – 4:00 PM

Location TBA

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.



Community Thrift Store

Donate to Community Thrift Store and Support San Francisco 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.communitythrifsf.org).

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**.