

# SAN FRANCISCO VILLAGE

Monthly Newsletter

July 2017



**FROM THE EXECUTIVE  
DIRECTOR: KATE HOEPKE**



Dear Members and Friends:

Here we are at the halfway point in the year already! It's been an exciting and productive six months for us at San Francisco Village. Renovations are underway at our new office space, located at 3220 Fulton St., and if all goes according to plan, we'll be moving in the first week in August. Several programs are still scheduled to take place at the Institute on Aging during August, and hopefully we will be fully transitioned by the middle of the month. Please read the next few newsletters carefully to learn where programs will take place.

The staff has spent the past several months working with the talented team at Mission Minded to design and build a new website. It will be live in the next couple of weeks, so please check it out and let us know what you think. We will be scheduling meetings in the next few months to familiarize you with how to use the website to stay current with all that's going on in San Francisco Village.

The development of a three-year (2018-2020) strategic plan is nearly complete; as we look back at our accomplishments over the last three years, it's inspiring to see how much progress we have made as an organization. The number of members has doubled, volunteers have tripled, staff members have doubled and the number of monthly program offerings has quadrupled! We're feeling confident in our vision for the future: to grow as a diverse, inter-generational community that dignifies aging.

As we look ahead to the next six months, we'll be introducing new opportunities for you to build your sense of community, contribute your talent and learn new ways to feel strong. In our Fulton St. space, we imagine art exhibits, poetry readings, a singing group accompanied by a piano we're still looking for, TED talk discussions, parties, classes, coffee klatches and so much more. Stay tuned...

Warm regards,  
*Kate*

## **TABLE OF CONTENTS:**

**From the E.D.**

**NCCLF**

**Did You Know?**

### **July Events**

Boost Your Brain  
Skeletal Health  
Writers' Group  
Knitting & Crocheting  
Group  
Fire Safety  
Video Games  
Alzheimer's Walk

### **Member to Member**

### **Neighborhood Circles**

### **Save the Dates**

### **New Members in June**

Patricia Dahs  
Susie Huang  
Patricia Miller  
Joan Miro  
Manny Miro  
Joan Risely

## SAN FRANCISCO VILLAGE THANKS THE NORTHERN CALIFORNIA COMMUNITY LOAN FUND (NCCLF)!



Investing in Opportunity, Together

The Northern California Community Loan Fund recently awarded San Francisco Village a Nonprofit Space Stabilization Program grant to support the costs associated with our move: professional services, rent stipend, moving expenses, tenant improvements, and furniture, fixtures, and equipment. We are deeply grateful to NCCLF for their continued support, and look forward to moving into the 3220 Fulton St. space in August!

The Northern California Community Loan Fund promotes economic justice and alleviates poverty by increasing the financial resilience and sustainability of community-based nonprofits and enterprises. Through flexible financial products and sound advice, NCCLF creates opportunities to make socially responsible investments that revitalize Northern and Central California communities. To learn more, please visit <https://www.ncclf.org/>.

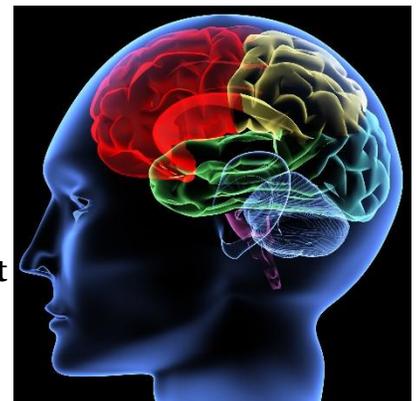
### DID YOU KNOW?

**SF RESERVE** You can find paid work opportunities through the SF Reserve Program. Launched by the Community Living Campaign (CLC), SF Reserve matches part-time jobs at community organizations with talented older people and people with disabilities. The program is the San Francisco affiliate of Reserve, a national non-profit that has successfully matched hundreds of older people with community organizations since it began in New York 12 years ago. Interested participants should contact CLC for more information at (415) 821-1003.

### JULY EVENTS

#### Boost Your Brain

**Mondays, July 10 – August 28, 2:30 – 4:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**  
**RSVP required to ensure enough materials for participants**  
**Space is limited and participants are expected to attend at least 7 sessions**



Back by popular demand, this eight-week class will teach you about lifestyle changes that promote brain health and simple strategies that can improve your memory. Boost Your Brain is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!



## Guidelines for Skeletal Health and Aging

**Tuesday, July 11, 10:30 AM – 12:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

In this presentation, we will discuss current guidelines for physical activity essential to healthy aging, and the prevention and treatment of osteoporosis.

Wendy Katzman, PT, DPTSc (DSc) is a professor at the University of California, San Francisco in the Department of Physical Therapy and Rehabilitation Science. She is a physical therapist and board-certified Orthopedic Clinical Specialist, and has practiced physical therapy for over 40 years.

## Writers' Group

**Wednesdays, July 12 & 26, 3:30 – 5:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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.



## Knitting & Crocheting Group

**Thursday, July 13, 1:30 – 3:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 year-long competitions at conventions of both.

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.

## Fire Safety Education

**Tuesday, July 18, 2:00 – 3:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



There were 4,322 building fires in San Francisco from 2003 to 2016 ... do you know what to do? The San Francisco Fire Department wants you to feel confident in your basic fire safety skills.

Join us for fire safety information from the National Fire Protection Association to learn fire safety in the home, home escape planning, what to do if you are trapped by a fire, the top causes of fire in the home and how to prevent them and earthquake awareness. The presentation will also include information about smoke alarms, carbon monoxide alarms and fire extinguishers. There will even be a hands-on fire extinguisher training using an indoor electronic fire simulator!



## Using Video Games to Enhance Brain Health

**Thursday, July 20, 11:00 AM – 12:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

This talk will describe the use of scientifically-based video games as tools for assessment and intervention in a number of different populations: from children to older adults, healthy or cognitively impaired populations. Through the use of digital health technologies, there is not only the potential to provide meaningful improvements in one's cognitive control abilities (attention, working memory, goal management) and assess these changes in a real-time fashion, but to also make these efforts fun.

Dr. Joaquin Anguera is a neuroscientist who specializes in developing and implementing cognitive training interventions. He is especially interested in integrating mobile technologies (tablet, phone) into existing interventions and paradigms to leverage data collection outside of the laboratory.

Josh Volponi grew up in the Bay Area and completed his B.A. in Molecular and Cell Biology, emphasis in Neurobiology at UC Berkeley. He is a research associate at the Gazzaley Lab where he administers neuropsychological studies to assess the cognitive levels of older adults and is the coordinator of the Brain Body Training team, which involves joint cognitive and physical training.

Dr. Christian J. Thompson is an Associate Professor in the Department of Kinesiology at the University of San Francisco (USF) and the owner of Thompson Fitness Solutions, LLC. At USF, Christian is engaged in numerous research and community projects investigating exercise programming for falls prevention in older adults.

## San Francisco Village Team Kick-off for Walk to End Alzheimer's

**Wednesday, July 26, 5:30 – 7:00 PM**  
**Day Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



San Francisco Village is forming a team for the 2017 Walk to End Alzheimer's! Our inter-generational team of members, volunteers, and donors will be raising awareness and funds for Alzheimer's care, support and research. Our goal is to have at least 20 walkers and raise over \$2,000! Friends and family are welcome to join.

Learn more about the Alzheimer's Association and the walk taking place on Sunday, September 10 at 9:00 AM. This is also a chance to get to know your fellow teammates, brainstorm fundraising ideas, and join a weekly walking group. We'll have refreshments and an official representative from the San Francisco Walk to End Alzheimer's team to share information.

If you're not able to join us on July 26, please register and/or donate for the San Francisco Village team by going to <https://tinyurl.com/SFV-AlzWalk>.

## RECURRING EVENTS



### Lunch Bunch

**Thursday, July 6, 12:00 PM**  
**Greens Restaurant**  
**Fort Mason Center, Landmark Bldg A**  
**2 Marina Blvd, (415) 771-6222**  
**Please contact Marci Fogg, (415) 821-6333**  
**or [mjfogg@hotmail.com](mailto:mjfogg@hotmail.com)**

The lunch bunch will meet for food and fellowship at Greens Restaurant located at the Fort Mason Center. Greens is a celebrated mainstay of San Francisco for inventive and sustainable vegetarian dishes as well as panoramic bay views.

### Longevity Explorer Circle

**Tuesday, July 11, 2:00 – 3:30 PM**  
**(please note this is the 2nd Tuesday of the month)**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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).



## Aging Well with Meditation

**Wednesdays, July 12 & 26, 11:30 AM – 12:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**No RSVP required**

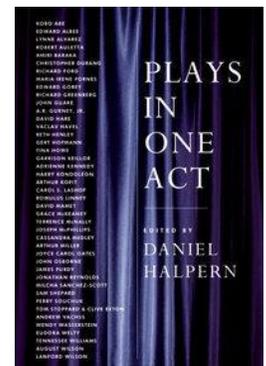
Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, 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.

## Play Reading Group

**Thursday, July 13, 4:00 – 6:00 PM**  
**150 Lombard St., Telegraph Landing Club Room**

The one act play reading group will read two plays, *Bye Bye Brevoort* by Eudora Welty and *The Chalky White Substance* by Tennessee Williams. Both plays can be found in *Plays in One Act* edited by Daniel Halpern.





## San Francisco Village Volunteer Training

**Saturday, July 15, 10:00 AM to Noon**  
**Sandbox Suites, 1385 Mission St. (at 10th St.)**  
**Contact Key at (415) 387-1375 or [Key@sfvillage.org](mailto: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.

## Film Group

**Wednesday, July 19, 3:00 PM**  
**Contact Ralph for address location at (415) 929-8309**

The film group will watch and discuss *Under the Tuscan Sun* featuring Diane Lane. The 2003 film is an American romantic comedy drama film written, produced, and directed by Audrey Wells. Based on Frances Mayes 1996 memoir *Under the Tuscan Sun*, the film is about a recently divorced writer who buys a villa in Tuscany on a whim, hoping it will lead to a change in her life.



## Let’s Play Games!

**Friday, July 28, 1:00 – 3:00 PM**  
**Ponderosa Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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!

## MEMBER TO MEMBER

### 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](mailto:kcrommie@comcast.net) or (415) 431-1414.

## NEIGHBORHOOD CIRCLES

### Circle Learn & Lunch

We're inviting all Neighborhood Circle leaders and those interested in launching a Circle to join us for a 'learn and lunch' on Tuesday, July 25 from 11:00 AM to 1:00 PM in the Sequoia Room at the IOA (3575 Geary Blvd.). We'll spend our time together discussing successes and challenges since our last meeting in January, how SFV can continue to support you in your efforts, and some new ideas circles can assist in, with regards to SFV at large. Please confirm your attendance to Key at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org) no later than Friday, July 14 at noon. Lunch will be provided.

### 94102 & 94103

The 94102/94103 Circle will have a summer outing to visit the Tenderloin Museum which celebrates the rich history of one of San Francisco's most misunderstood neighborhoods.

The 31 blocks of the Tenderloin district are the beating heart of the city "peopled by immigrants and iconoclasts, artists and activists, sinners and saints."



We will meet on Thursday, July 20 at 2:00 PM at the Museum at 398 Eddy St. at Leavenworth. The Tenderloin Museum is a five-minute walk from either Powell or Civic Center BART, and close to the SFMTA bus lines 5, 8, 30, 31, 38, 47 and 49. Open to all SF Village members. Please call or e-mail Lynn Davis if you have questions: (415) 377-9999 or [Treebarque@aol.com](mailto:Treebarque@aol.com).

### 94109 & 94133

94109/94133 Circle will visit the Botanical Gardens to enjoy Piano Extravaganza 2 on Saturday, July 22 from 12:00 – 2:00 PM. The 12 Flower Pianos are set up in various areas of the Gardens, in a celebration of "music, nature, and creativity," each played by a different musician, with a different theme. Join us for a walk in the gardens, and bring a snack, drink, or lunch to enjoy at the Garden

after our walk. Please RSVP to Bobbie Rothman at (510) 435-4185 or Juliet Rothman at (415) 786-2399 for further details.

## 94117



The next 94117 Circle meeting will take place on Friday, July 21 from 2:00 to 4:00 PM – at the home of Karen and David Crommie – to enjoy socializing and further deepening our relationships as neighbors and friends. Members will discuss: (1) our personal experiences about how the neighborhood has changed over the years, both the good and the bad; and (2) our concerns about aging at home and in community, and if we experience any lack in our sense of security or sense of belonging in our lives. We will continue to develop a 94117 Circle contact strategy for the safety of our members in case of emergencies. Contact Bill Haskell at [bhaskell@sonic.net](mailto:bhaskell@sonic.net) or at (415) 661-2670 if you have any questions. Contact Key at SFV for address information.

## 94118

The 94118 Circle will meet at the home of Gabie Berliner on Tuesday, July 18 at 5:00 PM for a potluck dinner. Come with ideas of what you want for future meetings or outings. Please contact Gabie to RSVP and for address information at (415) 751-3766.

## 94121

The 94121 Circle will meet at the home of Patricia Kaussen on Friday, July 7 from 2:00 to 5:00 PM to socialize and strengthen our relationships. We'd like to identify one member who is interested in sharing a short presentation of something they do as a hobby, or an interest they are presently researching. If that is you, please contact Patricia at (415) 387-7299.

## 94131

The 94131 Circle will visit Pianos in the Park at the SF Botanical Gardens on Saturday, July 15 from 1:00 to 4:00 PM (free for SF residents with proof of residency).

Flower Pianos is a special 12-day long community event from July 13-24 only, where 12 pianos are placed at dramatic, picturesque locations throughout the Garden's 55 acres for anyone to play. All 12 pianos will be available for the public to play between 9am and 6pm each day, except during performances. Flower Pianos is free following regular admission to the Garden (free for members and San Francisco residents with proof of residency, \$8 for non-resident adults).



In addition, featured performances by over 50 renowned local and international musicians as well as special programming take place at select times on the weekends, and on some weekdays. For a

complete schedule of events visit: <http://fbotanicalgarden.org/flowerpiano/>

## Bernal Heights & Potrero Hill Circle

The new Bernal Heights and Potrero Hill Circle will meet in the conference room or the outside garden, pending a nice day, at Notre Dame Senior Plaza, 347 Dolores St. on Wednesday, July 26 from 1:30 to 3:00 PM to strengthen our relationships and hear from those members who missed the first meeting about their interests in the group. For more details and to RSVP, contact Key at (415) 387-1375.

## LGBT Circle



The LGBT Circle invites all members who are interested, regardless of sexual preference, to join us for a tour at Openhouse and their next door neighbors the LGBT Center on Thursday, July 27. We'll meet in front of Openhouse, 65 Laguna St. (at Market) at 1:00 PM and end at the LGBT Center. The tour will end around 2:30 PM. Please RSVP to Key at (415) 387-1375.

## Sunset Circle

The Sunset Circle will continue to meet on Wednesday, July 19 from 3:00 to 4:30 PM at the home of Judy Winn-Bell to socialize and strengthen our relationships. RSVP to Judy at (415) 298-4178.

## 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.

### Lunch Bunch

Tuesday, July 11, 1:00 PM

Cypress Grill, Harding Park Golf Course

99 Harding Rd.

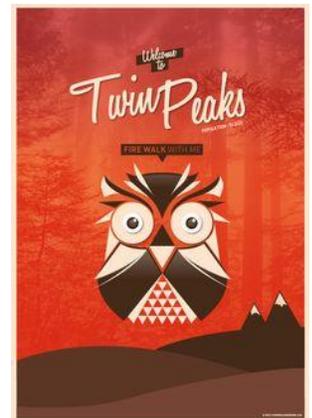
### Matinee Movie with Movie Critic Toni Illick

Wednesday, July 26

Neighborhood movie theater

Discussion and tea at home of Elaine Mannon following movie

Details to follow, once we know what's showing



## SAVE THE DATES



### 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](mailto: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.

### 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](mailto: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 small gathering is open to San Francisco Village members, volunteers, and their friends and family.

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