



San Francisco Village

Monthly Newsletter February 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends:

This month marks the ninth anniversary for San Francisco Village, and the beginning of our 10th year. Writing this at my desk in our new office on Fulton St. and reflecting on how we got here, I am filled with gratitude for all the love and dedication that has built this community. Throughout the years people have given of themselves in ways big and small: board members, volunteers, members, staff, donors, foundations, and colleagues. Their vision for what San Francisco Village could become is writ large on the walls of our new home, in the relationships that we all cherish, and in the countless daily interactions that bring that vision to life: to create an intergenerational community that dignifies aging. On the threshold of a new year I send my deepest appreciation to those supporters on whose shoulders we stand.



Ellen Sandler, Susan Poor and Claudia Lewis are three sets of shoulders that deserve a shout-out. Susan and Claudia were part of the original team that met in living rooms and at kitchen tables 12 years ago to erect the scaffolding that would become San Francisco Village, and then went on to serve as board members until just last month. Claudia will continue for one more year as immediate past chair and Susan and Ellen will remain members. To all of them I say: thank you. Your investment of time, talent, vision and heart has made us who we are today. Your fingerprints are everywhere.

Our annual State of the Village meeting on Friday, February 16 is another way to measure growth, take stock and imagine what's next. It's also a wonderful opportunity to get better acquainted and connect with people you haven't met before. In addition, we have invited a group of preferred service providers so that you can become more familiar with what they do and how they may support you, now or in the future. Finally, we will review the results of the member survey and discuss our plans for 2018. Please note that the meeting will take place at the Institute on Aging, 3575 Geary Blvd., because

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our new office isn't big enough for all the people we expect. If you need a ride, please call Jill Ellefsen at (415) 387-1375.

We're sending Sarah Kent our heartfelt best wishes for the safe delivery of a beautiful baby early this month. She expects to be back in the office sometime in May. Please join me in warmly welcoming her replacement, Tina Shibue, whom you can read more about in this newsletter. We're delighted to have you on the team, Tina!

I hope to see you soon!

Warm regards,
Kate

Welcome Tina Shibue, Interim Program Coordinator

One of those rare San Francisco residents born in the city, Tina grew up in Oregon and returned to California for her undergraduate studies. Tina has an MBA from UC Berkeley-Haas and a BA in English from Santa Clara University. She likes to stay active by practicing yoga and learning qi gong, hiking around the Bay Area, skiing, and traveling.



Inspired by her grandfather, who aged with grace and maintained his independence well into his 90's, Tina wanted to make the transition from the tech sector to working to improve the lives of seniors living and aging in the U.S. She has volunteered with the Jewish Home of San Francisco and first learned of San Francisco Village when she attended the live-streamed Atul Gawande talk. A lively discussion followed and Tina was engaged. That discussion led to the development of the 'Agents of Change' speaker series, and Tina joined the group's planning committee.

She is grateful for the opportunity to step into this field with the welcoming and vibrant San Francisco Village community, and looks forward to getting to know members in the coming months.

Did You Know?

Volunteers are an integral part of our community – kind-hearted people who are generously sharing their time and talent with us. Volunteers join SFV for a variety of reasons: to give back to the community, to learn about someone they otherwise would not meet, to feel like they are needed, to know they belong to something bigger than themselves, the list goes on.

Every month, San Francisco Village seeks out a handful of volunteers to prepare the newsletters for mailing. The tasks are fairly simple – stuffing, labeling, stamping and sealing envelopes – but with a small staff, we would not be able to get them done on our own. If you are interested and able to help, please let us know! We are grateful for your support.

The next newsletter mailing is scheduled for Monday, February 26 from 11:00 AM to 1:00 PM. If you are able to participate, please RSVP to Jill Ellefsen at (415) 387-1375 or jill@sfvillage.org.

February Events



iPhone Workshop

Fridays, February 2 and 9, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

This workshop is currently full and RSVPs will be added to a waitlist.

Take a dive into the world of the iPhone. Village members will learn how to use iCal (calendar app), Notes and Reminders that can be used on both iPhones and iPads. Find out how to enter a calendar event on your iPad and see how it shows up on your iPhone (and vice versa!). Class size is limited for the best learning environment and there are no drop-in's so RSVP early!

Jim Clarke worked at Modesto Junior College for 30 years. At the time he retired in 2013, he was serving as the Director of Distance Education and Instructional Technology. Jim first began using technology in the classroom in the 80's and was a pioneer in using new methods to engage learners in the instructional process.

Brown Bag Lunch Authors' Series: Sonia Catravas-Grimani

Friday, February 2, 12:00 – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village has an extremely creative and accomplished membership. Join us for an authors' series on the first Friday of each month; a selected SFV member will read their work aloud and answer a few questions. We'll hear from poets, novelists, autobiographers, non-fiction writers, and more! We encourage you to bring your lunch and enjoy an hour together.



Born in Germany, Sonia lived in Paris for most of her life married to an Australian diplomat. Her family fled Nazi Germany when she was a young girl. She sought refuge in a Catholic orphanage in Belgium and France, which was a mixed blessing, as she suffered from hunger, fear and neglect for over two years.

She migrated to Australia after World War II. She developed talents in music and in languages; she speaks four fluently! Sonia worked in radio, television, film and the United Nations. She taught French to the Queen of Malaysia and other celebrities. She obtained a PhD in French and French Literature from the University of Paris and several degrees in Music. She sang all over the world. She was decorated twice Officer of the Academic Palms by the French Government for services rendered to France and the French language teaching and culture. Sonia published three books, one in French, English and German.



Personal Stories with Universal Themes: Listen to and Tell Stories Together

Mondays, Feb 5, 12, 26 and March 5, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.

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

This series started in January, but you are welcome to join at any time.

A story can be sparked by almost anything – a wooden spoon, a flower, a photo, someone else's story. It could be a personal story, a family folklore, a fiction tale, a myth, a fairy tale. Join this storytelling workshop to build on and expand techniques useful in how you share your stories in a way to captivate listeners. Workshop themes, prompts, and tales can be used in future neighborhood circles, gatherings of friends and family, and SFV programs. As we listen and share, our San Francisco Village community grows stronger.

Olive Hackett-Shaughnessy returns to SF Village as performer, teacher and guide into the oral tradition as shared experience in community.

Medicare, Medi-Cal and Social Security are Under Attack

Thursday, February 8, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



The California Alliance for Retired Americans (CARA) has prepared a presentation about the current threats to Social Security, Medicare, and Medi-Cal. CARA is a statewide non-profit organization that unites retired workers and community groups to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families, and future generations. It is building a statewide network of hundreds of organizations for the purpose of educating and informing its membership, the public, and elected officials about issues that affect the well-being of California's older adults. CARA is working towards the advancement and achievement of just and equitable living conditions for seniors within the state and the nation through legislative advocacy consistent with the educational and charitable purposes of an advocacy organization.

Ruth Carter is the co-chair of the North Bay chapter of CARA and the current Chair of the California Democratic Party Senior Caucus. As a mother, grandmother and great-grandmother, she is a strong advocate for social and economic justice.



Agents of Change: Exploring and Strengthening the Connection between Health Care and Social Care

Tuesdays, Feb 13, 27, March 13, 27, and April 10, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in January but you are welcome to join at

any time.

Inspired by the recording of Atul Gawande's talk about community and choice hosted by Beacon Hill Village in September, San Francisco Village – as well as its individual members – have been seeking ways to explore and strengthen the connection between health care and social care.

Tuesday, February 13: Carrie Wong, SF Department of Aging and Adult Services, Director of Long-Term-Care Operations

From 2012-2014, SF Department of Aging and Adult Services had a hospital-to-home transitional care service for older adults and adults with disabilities, funded by the Centers for Medicare and Medicaid Services under the Affordable Care Act. In this session, we will discuss what the program was designed to address, when did it actually operate, what hospitals were involved, what services were provided, what worked, what did not work, why it ended, and what was learned.

Tuesday, February 27: Maureen Grannan, Executive Director, Newton At Home (NAH) Village

Join us for a conference call with Maureen Grannan, Executive Director of the Newton at Home Village in Newton, Massachusetts, to learn about its innovative collaboration with Wellesley Hospital on a Re-admission Prevention Program. The NAH collaboration with Wellesley Hospital designed to help people so they are not readmitted after discharge. In addition to learning how the program works, what services NAH does and does not provide, we'll also hear more about the outcomes and impact of this program on the participants, how many participants enroll in NAH following this program, and what NAH has learned from collaborating on this undertaking.

Tuesday, March 13: A representative of the San Francisco/Marin Medical Society

More details to come!

Tuesday, March 27: Viewing of Dr. Ezekiel Emanuel recorded talk and discussion

Dr. Ezekiel Emanuel is the chair of the Medical Ethics & Health Policy at the University of Pennsylvania, School of Medicine & the Wharton School, and former Obama administration healthcare advisor. He often speaks on practices to create patient-centric and efficient models of care that can result in health care transformation.

Tuesday, April 10: Kate Hoepke, Executive Director, San Francisco Village

How can San Francisco Village and its members become change agents at the intersection of health care and social care? We'll discuss what San Francisco Village attempted in the past to create a

hospital-to-home transition program and why it did not work and hear about current opportunities for SF Village to improve the relationship between medical and social care in San Francisco.

State of the Village

Friday, February 16, 2:00 – 4:00 PM

Institute on Aging Auditorium, 3575 Geary Blvd.

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



The State of the Village meeting is our version of an Annual Shareholders Meeting, marking our ninth anniversary. It's a great opportunity to feel connected to SF Village, meet the staff, and get better acquainted with one another. Please join us as we review results of the Member Satisfaction/Program Survey, our accomplishments from 2017, and discuss our goals for 2018.



Social Care and Health Care Book Club

3rd Tuesday of the month, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Village members are exploring the connections between social care and health care and are turning to published writings to inspire conversation. Here's what's we're reading and discussing in the upcoming months!

Tuesday, February 20: *God's Hotel* by Victoria Sweet

Tuesday, March 20: *Prescription for the Future: The Twelve Transformational Practices of Highly Effective Medical Organizations* by Ezekiel J. Emanuel

Tuesday, April 17: *Loneliness: Human Nature and the Need for Social Connection* by John T. Cacioppo and William Patrick

Tuesday, May 15: *Being Mortal: Medicine and What Matters in the End* by Atul Gawande

Community Meeting

Tuesday, February 27, 2:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

As the membership of San Francisco Village continues to grow, so does our sense of community and connection. With each new member, we're introduced to a life story that includes an individual's talents, curiosity and ideas that expands our notions of what is possible. We have a



community meeting scheduled this month to inform prospective members about the benefits of belonging to SF Village. Please help us get the word out by sharing this with friends and neighbors.



Getting Started with Cannabis

Thursday, March 1, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Learning about cannabis therapy can be especially daunting since many medical doctors can't answer your questions. Most physicians haven't been trained to have cannabis-related discussions with their patients.

This presentation will go over therapeutic benefits of cannabis and what conditions can be treated, the chemistry of cannabis, and ways that it can be consumed (there may be more than you ever expected!) and doses. Learn about Octavia's easy-to-access services to purchase cannabis products made especially for older adults.

Octavia Wellness is proud to be the premier, in-home, direct sales cannabis choice. Octavia collaborates with a network of board certified doctors, scientists, wellness consultants and community advocates to provide education and easy-to-use products which empower safe and effective cannabis consumption.

Recurring Events

Longevity Explorer Circle

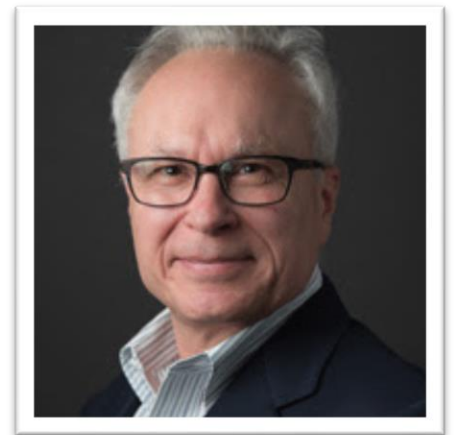
Tuesday, February 6, 2:00 – 3:30 PM (at SFV)

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.



Aging Well With Meditation

Wednesdays, February 7, 14, 21, 28, 11:00 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

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, February 8, 4:00 – 6:00 PM
150 Lombard St., Telegraph Landing Club Room

The group will be reading *The Birds* by Aristophanes. This play can be found in *Twelve Classic One-Act Plays*, Dover Thrift Editions; it is available in both print and Kindle versions. If you have questions, call Midge Fox, (415) 984-0613 or email, midgefox@comcast.net.



Writers Group

Wednesdays, February 14 and 28, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

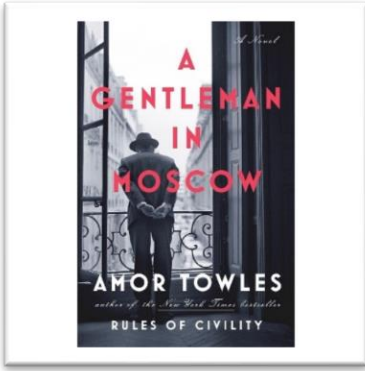
The San Francisco Village Writers Group is a member-led writing group that meets to read and discuss members' work in a friendly and supportive atmosphere. Many members have previously attended the Writers Workshop with Elaine Ellison, though that is not a requirement to join. Please bring a 1-2 page piece to share and discuss with the group.

Let's Play Games!

Thursday, February 22, 1:00 – 3:00 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 play cards and board games and love when you bring your favorite game too! Join us!





Book Group

Monday, February 26, 4:00 PM

Frieda Weiner's home (Contact SFV for address)

The book group will meet and discuss *A Gentleman in Moscow* by Amor Towle.

Member Perks

Jewish Community Center (JCCSF) Art and Ideas Partnership

We've received FREE tickets to the following JCCSF events; let us know if you'd like to attend any of them. RSVP with San Francisco Village at (415) 387-1375 or info@sfvillage.org to save a seat. All events take place at the JCCSF and tickets will be reserved under your name at the JCCSF Box Office, 3200 California St.

Robert Sapolsky, Tuesday, February 6, 7:00 PM

What drives human behavior? Why do we do what we do? Is free will an illusion? Has civilization made us better? Can we escape our tribal past? These questions are the subject of Stanford biology professor Robert Sapolsky's new book *Behave: The Biology of Humans at Our Best and Worst*. Join him as he explores why we are the way we are and explains why we ultimately do the things we do ... for good and for ill.

Dan Pink, Wednesday, February 14, 7:00 PM

Timing, it's often assumed, is an art. But in his new book *When, Daniel Pink (Drive, To Sell Is Human)* shows it's really a science. How can we use the hidden patterns of the day to build the ideal schedule? Why do certain breaks dramatically improve student test scores? How can we turn a stumbling beginning into a fresh start? And what is the ideal time to quit a job, switch careers or get married? Join Dan as he unveils the scientific secrets to good timing and how you can use them to help you flourish.

Science on the Screen: Wargames, Saturday, March 3, 6:00 PM

Gamers, don't miss this chance to peek behind the scenes! *Science on the Screen* creatively pairs cutting-edge science presented by leading science and technology experts with classic science fiction films. The series reveals the science of everyday living, explores where science and art connect, and inspires students to explore the fields of science, technology, engineering, arts and math (STEAM). Dive in to the real-life impact of gaming with game developer Jane McGonigal, author of *Reality is Broken* and the creator of *SuperBetter*, a game that has helped nearly half a million players tackle real-life health and wellness challenges. She explains the technology of video game development behind the 1983 classic *WarGames* (PG) starring Matthew Broderick and Ally Sheedy.

Member to Member

Room Exchange

Do you have an extra room? Would you like loving care and walks for your dog(s) while away or physically unable to walk them as much as they need? Perhaps you are an elder who would prefer not to be alone in the house anymore. Perhaps you need a little companionship and help with some things. Maybe you're a super busy person who needs some office help. What do you need in exchange for a quiet room?

Chea Ryan is a mature female, clean, quiet, non-smoker with a good sense of humor and energy to share. Chea has much experience with dog-sitting/walking, as well as experience working with the elderly and infirm. She also has great organizing skills, plus online, web skills. She is CPR and Basic First Aid certified, too.

If you have an open room in your home and/or are interested in learning more about Chea, please contact Gabriella Schultz, SFV member, at gabriellasf@gmail.com.

Neighborhood Circles

94123 & 94115

Marilyn Campbell will host a dessert party at her house just before Valentine's Day on Tuesday, February 13 at 7:00 PM. Members are welcome to bring their favorite dessert to share with the group.

Jim Seely, a retired lawyer, has offered to host a two-hour discussion on legal issues at his apartment on Thursday, February 15 at 3:00 PM. Members who want to know more about their legal rights, how and when to choose a lawyer, how you might solve your own problems, the pros and cons of mediation, small claims court, agreements, etc. are welcome to attend. Jim will not be giving advice or any legal counsel.

This is for members who currently do not have a legal issue, but are curious about specific issues that have or may occur in the future and how to handle them.

To RSVP to either of these events, please contact Eva Auchincloss at (415) 563-7519 or eva3auch@gmail.com.

94118

The 94118 Circle will meet on Tuesday, February 13 at 3:00 PM at Gabie's house. We will talk about plans for 2018. Come with ideas about: best day of the week to meet, if we want to stick to a regular day every month, how often we want to meet: every 4 weeks, 6 weeks, 2 months, if we want a theme for the year, and if so what? (some possibilities: San Francisco, nature, historical events, around the



world, etc.) RSVP to Gabie at (415) 751-3766 or gberliner@comcast.net.

94109/94133

Our Circle met at a member's home on January 10. Following our theme of water/ferries/boats, we shared stories of experiences we had had on water. Stories ranged from Stowe Lake to the South Pacific and Mediterranean, and were enjoyed by all.

Our next meeting will be held on Wednesday, February 21. We will take the ferry to Jack London Square in the morning, where we will tour the USS Potomac, FDR's yacht, followed by lunch in the square before returning to the city by ferry. Reservations for the tour must be made in advance for groups larger than 10, so it is essential that interested people contact either Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu as soon as possible.

94121

The 94121 Circle is enjoying regular gatherings approximately every 6 weeks. The last one was a holiday gathering; on December 15, 9 of us shared in a hilarious "white elephant" gift exchange, continued to get acquainted and the continuing discussion of what exactly we would like to get out of our 94121 Circle. It is definitely a group that is just starting to bloom! We invite all members of 94121 to join us! The group will not meet in February; the next meeting will be Monday, March 5, venue and time TBD.

94117

The 94117 Neighborhood Circle will meet on Thursday, February 8, 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) exploring how we feel about our own aging; (2) our challenges in asking for help; and (3) how to get out of our own isolation. Please contact Bill Haskell at bhaskell@sonic.net, or at (415) 661-2670, if you have questions. Contact Jill at SF Village for address information.

94131

The 94131 Circle will be celebrating Chinese New Year – 2018 is the year of the dog – at our monthly gathering! The festivities will be on Saturday, February 17 from 1:00 - 3:00 PM at the Ora Way Clubhouse. Please RSVP to Jennifer Kauffman at (415) 652-8100 or jak@jaksf.com.

94102 & 94103

On Tuesday, February 13, the 94102/94103 Circle will celebrate Valentine's Day with cookies and books from 2:00 – 3:00 PM at Books Inc. at Opera Plaza. The latest mysteries, romance, intrigue will be on our table to browse through and we'll have an open discussion. All SF Village members are welcome. Please call or e-mail Lynn Davis if you have questions (415) 377-9999 or Treebarque@aol.com.

LGBT Circle

The LGBT Circle will meet on Wednesday, February 7 from 2:00 – 3:00 PM at the SFV office (3220 Fulton St.). This meeting will give the Circle a chance to reconvene after Keyatta's departure and to forge a path for 2018. Jill Ellefsen, the new Volunteer and Member Coordinator will be facilitating the meeting. All members and volunteers are welcome! RSVP to Jill at (415) 387-1375 or jill@sfvillage.org.

Sunset Circle

The Sunset Circle will continue to meet at its usual time, the third Wednesday of the month, February 21, from 3:00 – 4:30 PM at the home of Judy Winn-Bell. If you'd like more details about the meeting, contact Judy at (415) 298-4178 or judywb@rocketmail.com. RSVPs are appreciated.

West of Twin Peaks Circle

The WTP Circle invites any and all Village members to join their February Lunch Bunch. They will be meeting on Thursday, February 15 at 11:30 AM at Chaiya Thai Restaurant, 272 Claremont Blvd. (which is around the corner from West Portal Muni station).

RSVP to Elaine Mannon at (415) 469-9832 or elaine@mannon.com.

Save the Dates!

Brown Bag Lunch Authors' Series: Emily Leider

Friday, March 2, 12:00 – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village has an extremely creative and accomplished membership. Join us for an authors' series on the first Friday of each month; a selected SFV member will read their work aloud and answer a few questions. We'll hear from poets, novelists, autobiographers, non-fiction writers, and more! We encourage you to bring your lunch and enjoy an hour together.



Emily Wortis Leider is a professional writer and a film historian with expertise in the stardom of the 1920's, 30's, and 40's. She will read from her 3 Hollywood biographies *Becoming Mae West*, *Dark Lover: The Life and Death of Rudolph Valentino*, and *Myrna Loy: The Only Good Girl in Hollywood*. Her other books include *Rapid Eye Movement & Other Poems* and the biography *California's Daughter: Gertrude Atherton*.



Wills, Trusts, and Estate Planning

Wednesday, March 7, 2:30 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Whether you think your plan is complete or need to finally do your estate planning, Deb L. Kinney, a partner at Johnston, Kinney and Zulaica LLP (www.jkzllp.com), the largest boutique estate planning firm in SF, will give an interactive and informative seminar on the nuts and bolts of estate planning along with her insights as to practical and family harmony considerations. Whether you are single, partnered or married, Deb will address the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. She will also demystify the differences between trusts and wills. Bring your questions and enjoy learning about protecting yourself and your loved ones.

Maintaining Mobility Introduction

Thursday, March 8, 10:00 – 11:30 AM

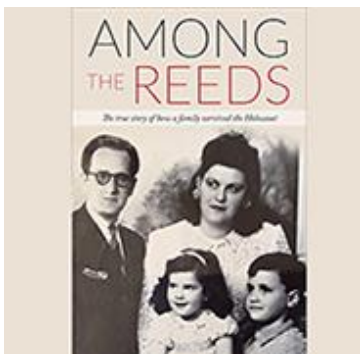
SFV, 3220 Fulton St. at 8th Ave.

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



A lot of age-related mobility loss is unnecessary because there are simple things we can do to make a real difference. We all have longstanding movement habits that perhaps we got away with while young but that aren't serving us very well anymore. The trick is to learn more efficient ways of moving. You will have an opportunity to try some new strategies for common mobility issues such as walking fluidly with balance, turning to look behind you and getting up easily from a low chair. An overview of the six-session Maintaining Mobility class – scheduled to start the following week on March 15 – will also be presented.

Penny Sablove specializes in improving the mobility of seniors. She has been developing senior programs to improve balance, gait, agility, endurance and strength for over 20 years for community organizations, including Osher Livelong Learning Institute and as a physical therapist at Kaiser Permanente. She is also a 5th degree black belt in the Japanese martial art of Aikido and she has created an adapted form of this art for seniors and people with disabilities.



Among the Reeds: Author's Reading

Friday, March 9, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In her best-selling book *Among the Reeds: the true Story of how a Family Survived the Holocaust*, Dr. Tammy Bottner recounts an astonishing story of courage and resilience. In order to save their young children, Bottner's grandparents gave them up, sending them into hiding alone during WW2.

Miraculously they all survived and were reunited. But did the experience change their genes forever?

Dr. Bottner will read from her book and discuss epigenetics, the science showing that life events modify our DNA.

Maintaining Mobility Six Week Series

Thursdays, March 15 – April 19, 10:00 –11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

We will practice movements of everyday life - such walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, turning direction, taking stairs and anything else that concerns you. As you learn more efficient ways of moving, you will also find yourself moving with more grace and pleasure.



We will use techniques from the many physical disciplines – physical therapy, Feldenkrais, martial arts – and this makes the class a lot of fun. The class content is designed to carry over into daily life. We are not merely exercising; we are practicing a new way of moving through the world.

Penny Sablove specializes in improving the mobility of seniors. She has been developing senior programs to improve balance, gait, agility, endurance and strength for over 20 years for community organizations, including Osher Lifelong Learning Institute and as a physical therapist at Kaiser Permanente. She is also a 5th degree black belt in the Japanese martial art of Aikido and she has created an adapted form of this art for seniors and people with disabilities.



UCSF Neuroscape Speakers Series: Joaquin Anguera

Thursday, March 15, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village is thrilled to partner with Neuroscape for a bi-monthly speaker series, with talks by faculty members, program directors, and lead research staff. Neuroscape is a translational neuroscience center at UCSF engaged in technology creation and scientific research to better assess and optimize brain function of both healthy and impaired individuals. Check out the website for more information: neuroscape.ucsf.edu.

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 senior citizens, 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. Joaquin will be bringing by some iPads to allow those at the talk to test out some of our latest technologies as well.

Dr. Joaquin Anguera is a neuroscientist who specializes in developing & 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. Given his training in Kinesiology and Neuroscience, Joaquin's research targets unique aspects of cognitive & motor performance and how each are affected in healthy (young adults, older adults, children) and/or impaired individuals (autistic, ADHD, depression).

Rediscovering Play: An Experiential Workshop to Let Loose the Kid in All of Us

Friday, March 16, 1:00 – 2:30 PM (please note the date change)

SFV, 3220 Fulton St. at 8th Ave.

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

Improvitational play is something we all did naturally as kids but as adults may have "forgotten" how to do. Play has many benefits including stress relief, humor and helping us to increase spontaneity.



Rob Sarison has over 20 years professional experience leading groups and individuals of all ages in improvisational play. Rob currently directs the Irene Swindells Program at California Pacific Medical Center.

Community Thrift Store

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store. When your items sell, they will deduct their operating costs and give SFV the rest in cash. Community Thrift welcomes 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 (more than 20 bags) they will arrange a pick-up at your house. If you are unable to take your things to their location, please call the SFV office to coordinate a time when we can collect your goods and drop them off for you.

This is a wonderful way for SFV to bring in additional monetary donations. Be sure to mention the San Francisco Village account # 122.

Community Thrift is located at 623 Valencia St., San Francisco 94110; their phone number is (415) 861-4910, and website is www.communitythriftsf.org.

