



San Francisco Village

Monthly Newsletter

January 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends,

At this time of year I like to remember a favorite quote from a favorite poet, Rainer Maria Rilke: *And now we welcome the new year, full of things that have never been.*

For me, the sentiment is rich with potential and promise; it stirs excitement about what we will create as individuals and as a community; it gives me hope that out of the darkness of winter comes spring light; and it reminds me that the natural cycles of change bring new growth.

Last month we said goodbye to Key and wished him well in his new endeavors. This month, on the threshold of a new year, we welcome Jill Ellefsen as Membership and Volunteer Coordinator. Jill has a unique and fascinating background that I invite you to ask her about. She has a masters degree in gerontology from SFSU and has worked with older adults in a variety of ways for many years. She's warm, creative, easy to connect with and passionate about building community. I'm confident that she will earn your trust and soon you will be as smitten as I am. Please join us for programs in January so that you can meet her, or just stop by to say hello.

Speaking of threshold events, Sarah Kent will be going on maternity leave January 19th for three to four months. Please join me in wishing Sarah and her husband, Patrick, a rewarding journey into parenthood. On January 11th at 1:30 p.m. you're invited to gather with other members and staff to share favorite poems, lullabies, children's stories and recipes as a loving send-off for Sarah.

During Sarah's maternity leave, we are delighted that Tina Shibue will take over her responsibilities. Tina's career has been in software product marketing for the past 15 years, which she thinks may have run its course. She wants to do work that is more meaningful and connected to people's lives, especially older people. As a volunteer for SFV, she has been working with Sarah and some members on developing a speaker series for 2018 called *Exploring the Connection between Health Care and Social Care*. She is quickly falling in love with SFV and looks forward to meeting you in the coming months.

Certainly change is in the air. But I'm confident that the strength of our relationships and commitment to our community will reveal a resilience we didn't know we had. Thanks for your patience and support as we navigate



In This Issue:

From the ED

Jill Ellefsen

2018 Directory

January Events

New Year Reflection

Once Upon a Time

Creativity & Wellness

Travel & Community

UCSF Neuroscape Series

Personal Stories

Agents of Change

Community Finance

Recurring Events

Member Perks

In Memoriam

Neighborhood Circles

Save the Dates

New Members in December

Jim Budke, MD

Jean Cleverly

Frank Warner

Judy Kerr

Roberta Maggenti

this transitional time.

I look forward to seeing you soon!

Warmly,
Kate

Welcome Jill Ellefsen, Volunteer & Member Coordinator



Jill Ellefsen is a long-time San Francisco resident hailing from the East Coast, and has been involved with San Francisco Village as a volunteer since 2014. Her background in senior services started in 2001 as a home care worker for a disabled senior. She loved the work and continued on the path of caregiving for the next 10 years. Wanting to further her knowledge and education in the field, she went back to school and got a Masters of Gerontology from San Francisco State in 2013. While in school, she concentrated in the field of Narrative Gerontology and has conducted workshops in autobiographical storytelling.

Jill and her wife live at Ocean Beach with their dog Benny and they love to take walks at Fort Funston. She has an extensive sea glass collection as well as a sand collection from all over the world. Jill also enjoys urban hiking in SF, cycling, knitting and traveling and exploring other countries and cultures. You can find her and her wife shopping at the Stonestown Farmer's Market every Sunday morning enjoying the bounty of seasonal fruits and veggies that are offered there.

"It has always been my dream to work at San Francisco Village and one of my beliefs is that as we age, a sense of community, social interaction and support coupled with continued learning are keys to thriving. I am really looking forward to meeting and getting to know the members and the volunteers at San Francisco Village and will work hard to listen to the needs of our community and maintain the high level of service that you have received over the years from Keyatta Shade."

2018 Member Directory

San Francisco Village is compiling a 2018 Membership Directory that will be shared with all of our active members. The directory will include contact information including member's names, addresses, phone numbers and email addresses. Please contact the SFV office at (415) 387-1375 or info@sfvillage.org no later than January 15th to opt out. If we don't hear from you, your information will be included in the directory.

January Events

New Year Reflection & Discussion

Tuesday, January 2, 2:00-3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

As we welcome 2018, let's reflect on what the past year has been and what this new year brings. We'll spend some intentional time together; our conversation will center around what we hold on to and let go of.



Brown Bag Lunch Author's Series: Jeanne Powell

Friday, January 5, 12:00 PM - 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.



Jeanne Powell is a poet and essayist with four books in print. Taurean Horn Books has published *My Own Silence* and *Word Dancing* and Regent Press has published *Two Seasons* and *Carousel*. For 10 years Jeanne hosted a popular spoken word series in San Francisco, "Celebration of the Word." She has taught in the College Summit and Upward Bound programs. Her cultural reviews appear online. Jeanne has published 20 other poets through her literary press, Meridien PressWorks™. She will read from *My Own Silence* and *Word Dancing* and have copies for sale.



Once Upon a Time

Thursday, January 11, 1:30 PM-3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Sarah Kent is starting her journey into parenting! She'll be out on maternity leave for a few months starting mid-January and would love to celebrate with Village members before she goes.

All are welcome to share a favorite children's book, lullaby, poem, or recipe. Don't forget to include why it's so special to you!

Creativity & Wellness

Tuesday, January 16, 11:00 AM-12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you know what creativity is and who does or does not have it? Join us to learn about how creativity is valuable for health and wellness as we age. We will also share own experiences with creative engagement and discuss ways to incorporate creativity into our daily lives.

Emelle Sonh has been a practicing and teaching artist for over 40 years, working with colleges, universities and many community arts organizations and galleries. She is also a gerontologist and creative aging specialist and consultant. Exploring the meaning of literal and metaphoric place(s) is the central theme in her work.





friendship force

and has over 350 clubs in 60 countries around the world.

Travel & Community: The Friendship Force

Wednesday, January 17, 1:00-2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The Friendship Force believes that a World of Friends is a World of Peace. Friendship Force is a private, non-profit organization that promotes friendship, peace, and understanding throughout the world. Through home-stays, it brings people of all ages and backgrounds together to experience different views, and to discover common ground. The Friendship Force was founded by Wayne Smith in 1977

Martha LeRoy of Fremont and Dee Gustavson of Los Altos will present a program based on their travel and hosting experiences in the San Francisco Bay Area Friendship Force Club.

Martha has been a member of the Bay Area Club for nine years. She has hosted at least once each of those years. She's made friends with people through exchanges both here and abroad. She has a yen for traveling and loves learning about other cultures.

Dee and her husband, Dave, joined the Bay Area Club in 1984, in time to travel with 40 other club members on their first outbound exchange to New Plymouth, New Zealand. Since then, they have traveled to several countries, attended several FF International Conferences, and hosted international visitors from many countries, such as Uzbekistan, Kyrgistan, England, Japan, Brazil, Germany, and Canada. They both enjoy meeting people, studying their language, and learning about their culture.

UCSF Neuroscape Speakers Series:

David Ziegler

Thursday, January 18, 1:00 PM-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.



Dr. Ziegler completed his Ph.D. in Systems Neuroscience in the Department of Brain and Cognitive Sciences at the Massachusetts Institute of Technology. The current focus of his research is on unmasking the neural mechanisms that account for age-related changes in cognitive control and to translate these basic neuroscience findings into interventions to alleviate impairments in attention. He has a particular interest in merging complementary mind-body approaches, such as meditation and yoga, with neuroplasticity-based interventions to improve cognition while also enhancing overall wellbeing. His research has been featured in *The New York Times*, the *Faculty of 1000*, the *MIT Spotlight*, *Nature Outlook*, and numerous regional media outlets.

SFV, 3220 Fulton St. at 8th Ave.

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.

**Tuesdays, Jan 23, Feb 13, 27, March 13, 27, and April 10,
10:30 AM - 12:00 PM**

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

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.

In this session, we will hear about the limitations of medical practitioners and ideas for how to personalize the experience. There will also be an overview of what's happening in healthcare as it may impact seniors and what to pay attention to.

Dr. Ofman is a graduate of Princeton University, Harvard Medical School, and has an MA in Government from Harvard University. He formerly served as Medical Director of North of Market Senior Services/Curry Senior Center, and as Medical Director of Primary Care for the San Francisco Department of Public Health. He is currently providing clinical care at Curry Senior Center, where he has been serving San Francisco's seniors since 1983, and serves as the Chief Medical Officer for the SF Community Clinic Consortium.

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.

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 provides, 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.



Community Finance: Understanding Medicare & Long-Term Care

Saturday, January 27, 3:00 - 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you fully understand what Medicare covers and what it doesn't? Does Medicare cover Long-Term Care costs? Long-Term Care is a growing problem that families have to deal with. 70% of people over age 65 will require some Long-Term Care Services and 40% of those receiving Long-Term Care Services are between 18 and 64. The cost of Long-Term Care

is astounding; the average annual cost of a nursing home is over \$80,000 in the U.S.

The Heartland Institute of Financial Education (HIFE) is a non-profit that started in 1997 when Alan Gappinger began considering a more effective method for bringing financial education to adults. It quickly became evident that most adults never received effective guidance about managing their finances and preparing for the future. Supported by a Consortium of Colleges and Universities across the United States, HIFE began specializing in the offering of financial wellness education courses for companies and their employees. This quickly expanded to include organizations and entities of all types, shapes and sizes, including general classes for the public, as people everywhere realized the need for hands-on instruction and guidance.

Recurring Events

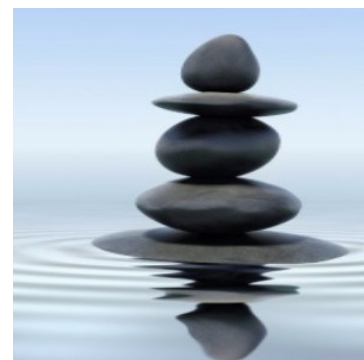
Aging Well with Meditation

Wednesdays, January 3, 10, 17, 24, 31, 11:00 AM-12:00 PM

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.



Rounds & Cannons

Thursdays, January 4, 11, 18, 25, 3:15-4:45 PM

SFV, 3220 Fulton St. at 8th Ave.

To RSVP, get more information and encouragement, call Mary Moore Gaines at (415) 387-7774 or e-mail mmg@sonic.net

Do you want to get together to sing some rounds and canons? You don't have to read music to join. The only requirement is that you can carry a tune.

Dorothy Barnhouse, a Village member, formerly on the faculty of the SF Conservatory and currently on the faculty of the Community Music Center, has led groups singing these wonderful songs for many years. She has a large collection of canons and rounds, ranging from very simple and manageable, to more challenging, that span many centuries and languages.

Longevity Explorer Circle

Tuesday, January 9, 2:00 – 3:30 PM (at The Sequoias)

The Franciscan Room, The Sequoias Continuing Care Community, 1400 Geary Blvd. (between Laguna and Gough)

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

3220 Fulton St. at 8th Ave.

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.

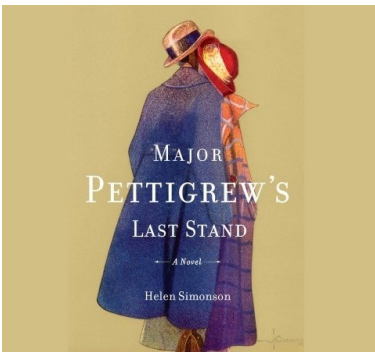
Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.

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).

Writers Group

Wednesdays, January 10 and 24, 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.



Book Group

Monday, January 22, 4:00 PM
Margaret Johnson's home (Contact SFV for address)

The book group will read and discuss Helen Simonson's *Major Pettigrew's Last Stand*.

Let's Play Games

Thursday, January 25, 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!



Lunch Bunch

Friday, January 26, 11:30 AM
The Magic Flute Restaurant
3673 Sacramento St.
RSVP to (415) 821-6333 or mjfogg@hotmail.com

Join the lunch bunch for food and fellowship with SFV members at the Magic Flute restaurant in Laurel/Pacific Heights area.

Member Perks

Jewish Community Center (JCCSF) Art & 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.

Science on the Screen: Ponyo

Saturday, January 6, 6:00 PM

Science lovers unite! Science on the Screen, geared for middle and high school students, 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). For our first Science on the Screen event, dig into climate change science with Juli Berwald, ocean scientist and author of *Spineless*, an exploration of the jellyfish's unique positioning for success in today's carbon-rich, polluted, overfished and overdeveloped ocean. Berwald explains the real marine biology behind the Hayao Miyazaki classic *Ponyo* (G).

Mark Cantor's Giants of Jazz on Film: Treasures from the Archive

Saturday, January 27, 7:30 PM

Featuring a Live Performance by the Klipptones at 7:00 PM and swing dancing.

The 2018 Giants of Jazz on Film season opens with Treasures from the Archive, a compilation of clips new to JCCSF audiences, featuring some of the greatest names in music including instrumentalists, jazz vocalists and jazz dancers. Join us as we enjoy the talents of Louis Armstrong, Duke Ellington, Benny Goodman, Count Basie, Django Reinhardt, Slim Gaillard, Billie Holiday and many more.

Women's March San Francisco and the JCCSF Present: We Marched, We Rallied, Now What? On Racial Justice

Tuesday, January 30, 7:00 PM

Racial discrimination continues to permeate 21st Century America. Widely publicized incidents involving law enforcement and President Trump's attempted immigration ban are examples of discrimination that women of color experience on a daily basis. In this panel discussion, representatives from local non-profit organizations discuss their work defending civil liberties for all. Come to learn how you can support the work of these organizations as an advocate and ally.

In Memoriam-Joe Mannon

San Francisco Village member Joe Mannon passed away on Monday, November 6 of congestive heart failure, one day short of his 86th birthday. Joe participated in the West of Twin Peaks Circle hosted by his wife Elaine, graciously greeting members at their home. He was a retired Purchasing Agent for the City and County of San Francisco. Joe is survived by his wife of nearly 60 years, Elaine.

Neighborhood Circles

94102/94103

The 94102/94103 joint Circle will meet on Tuesday, January 23, from 2:00 to 3:00 PM, and learn about the "next wave." Podcasts! According to the *Cambridge Dictionary*, "Podcasting represents the next wave of do-it-yourself peer-to-peer broadcasting." We'll meet at Books Inc. at Opera Plaza, 601 Van Ness Ave., and share how to enjoy listening and/or creating podcasts. Open to all SF Village members. Please call or e-mail Lynn Davis if



you have questions at (415) 377-9999 or Treebarque@aol.com.

94109/94133

Our Circle will be meeting at the home of Loni and Bob Dantzler on Wednesday, January 10 at 3:00 PM. In keeping with this year's theme of water and traveling over water, we will share an experience – interesting, exhilarating, challenging, difficult, wonderful – we have had with water and/or boats. Please join us! RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu.

94117

The 94117 Circle will meet at the home of Lauren Chaitkin on Friday, January 12 from 2:00 PM to 4:00 PM to socialize and strengthen our relationships with our neighbors. For address info and to RSVP, contact Lauren at (415) 681-7713.

94118

The 94118 Circle will meet at the home of Gladys Thacher on Wednesday, January 3 at 1:30 PM for dessert, coffee and tea to discuss personal aging-changing views, experiences, roadblocks and opportunities. Members are encouraged to share what has or hasn't helped them. We hope to refresh the spirit of our circle this year and up the regular attendance. For address information and to RSVP, contact Gladys at (415) 751-1731.

94123

The 94123 Circle will meet at the home of Eva Auchincloss on Monday, January 22 from 5:00 to 7:00 PM to discuss our theme for the year and activities members would like to schedule. It will also be an opportunity to socialize, strengthen our relationships and meet our newest members. Wine and soft drinks will be served. For address information and to RSVP, contact Eva at (415) 563-7519 or eva3auch@gmail.com.

94131

In 2018, the 94131 Circle will try something new. We are going to be having a regular 94131 Circle gathering the 3rd Saturday of every month at the Ora Way Club House. That means our next get together will be Saturday, January 20 from 1:00 to 3:00 PM. We are hoping that in this way we can build the circle and then plan an occasional function from there as we move forward. Please RSVP to Jennifer Kauffman at jak@jaksf.com or at (415) 652-8100.

Sunset Circle

The Sunset Circle will meet at the home of Judy Winn-Bell on Wednesday, January 17 from 3:00 to 4:30 PM. Suggested discussion topics include humorous holiday memories (any holiday, any year) and plans/resolutions for 2018. Please RSVP to Judy at (415) 298-4178 or judywb@rocketmail.com.

West of Twin Peaks Circle

The WTP Circle invites any and all Village members to attend outings in January 2018. RSVP to Elaine at (415) 469-9832 or elaine@mannon.com.

Lunch Bunch

Wednesday, January 10, 11:30 AM
All Season Restaurant – Dim Sum – 5238 Diamond Heights Blvd.
Safeway Shopping Center
[All SFV members are invited]

Wine and Cheese Get-Together

Thursday, January 25, 4:00 – 6:00 PM
Home of Peg Kaplan
[Only WTP Circle members are invited]

Save The Dates!



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

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. In this capacity he was responsible for managing the online learning management system (Blackboard) and for teaching other faculty how to integrate and use technology in order to enhance instruction. 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 PM-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.



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

Friday, February 9, 1:00 PM-2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Improviseational 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 improviseational play. Rob currently directs the Irene Swindells Program at California Pacific Medical Center.

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 9th 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