



# San Francisco Village

## Monthly Newsletter

April 2018

### From The Executive Director: Kate Hoepke

Dear Members and Friends,

I recently telephoned one of our members about renewing her annual membership. She left me a return message saying she wasn't planning to renew because she isn't as mobile as she used to be and therefore hasn't been attending monthly programs. Participating in programs had so far been the extent of her engagement with San Francisco Village.

In the days that it took for us to actually connect by phone, she had been sorting through some piles of paper and came across the illustration we fondly refer to as the Blue House: a list of reasons why a member would call San Francisco Village. To get a ride to a doctor's appointment, to schedule a home safety assessment, to find a meal delivery service, to get some help sorting through those piles that seem to grow exponentially overnight. She chuckled and said, "I guess this is when I really need San Francisco Village. Please count me back in!"

For your reference, we are including the Blue House inside this newsletter. Please tack it to your refrigerator or bulletin board as a daily reminder that you belong to a caring community, eager to support you as you navigate the changes that come with aging. We're not just here for the programs and parties, we're here to help you adjust to a new health condition, recover from a hospitalization, find a resource that makes your life easier, and take the next step in discovering what has value for you now.

For many of us, picking up the phone and asking for help is something we've been conditioned not to do. We think it diminishes us or makes us look incompetent. Perhaps it's a source of shame. The truth is, we're social animals hardwired for cooperation. We're designed to need each other. In theory, anyway. In practice, we find it difficult to reach out and allow that reciprocity to occur. Yet, it enriches everyone involved. It's complicated, but worth every effort to untangle our emotional resistance and discover new ways of belonging; transforming vulnerability into vitality.



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From the E.D.

TLC 2018

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#### New Members in March

- Patricia Brown
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So please, pick up the phone and let us know how you are. We notice when we haven't seen you in a while.

Warm Regards,  
*Kate*

## Transforming Lives and Community Luncheon

**Wednesday, May 2, 11:30 AM – 1:30 PM**  
**Julia Morgan Ballroom, The Merchants Exchange Building, 15th floor**  
**465 California St.**

Save the date for our sixth annual Transforming Lives and Community Luncheon! This year, we'll be honoring two remarkable people – Mark Buell and Rita Semel – for their lifelong contributions to public service, the environment and uniting diverse interfaith communities.

If you have any questions, feel free to contact Maya Kamath at (415) 387-1375 ext. 4 or at [maya@sfvillage.org](mailto:maya@sfvillage.org). Information is also available on the SFV website: <https://sfvillage.org/events/annual-luncheon/>

## Did You Know?

### Beware of New Medicare Card Phone Scams

Senior Medicare Patrol program with California Health Advocates is getting several reports about a phone scam where beneficiaries are told that new Medicare cards are coming in the mail. This is true. But, the scammers say that before the cards come, the beneficiary needs to get a temporary card, which costs between \$5-\$50 and you need to give them some personal information. This is NOT TRUE. In California, the new Medicare cards will arrive between April and June 2018. They are free, and Medicare will not call beneficiaries about their new card.

If you or someone you know comes across such Medicare related phone scams, call the Senior Medicare Patrol at 1-855-613-7080. If you need help with your Medicare, call the Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222. Visit: [cahealthadvocates.org](http://cahealthadvocates.org).

## Events in the Community

**Art of Aging Gracefully Resource Fair**  
**Tuesday, April 10, 9:30 AM – 3:00 PM**  
**JCCSF, 3200 California St.**  
For more information, call (415) 292-1200

Stay vital, healthy and fit! Make it a day of discovery. Engage with local businesses and organizations who are valuable resources to help you stay healthy and energized through:

- Presentations from medical professionals and local experts on healthy living.
- Insights and opportunities to support active, creative aging.

### **Dignity Fund Coalition Mayoral Candidate Town Hall**

**Thursday, April 26, 10:30 AM – 12:00 PM**

**Herbst Theater, 401 Van Ness Ave.**

The Dignity Fund Coalition, of which San Francisco Village is a member, is hosting a town hall with the top four mayoral candidates: Angela Alioto, London Breed, Jane Kim and Mark Leno. This conversation comes at a critical time:

- 25% of San Francisco residents are seniors and people with disabilities.
- In 2030, there will be 100,000 NEW seniors in San Francisco, reaching nearly 1/3 of the City's population.
- Of San Francisco residents 60 and older, a full 57% lack basic economic security because of the increasing cost of living.

The event is free and open to the public; for more information, visit

<https://www.eventbrite.com/e/dignity-fund-coalition-mayoral-candidate-town-hall-tickets-43911257754> or call (415) 400-7546.

### **Creative Wellness Fair**

**Friday, April 27, 11:00 AM – 5:30 PM**

**Community Music Center, 544 Capp St.**

Ruth's Table Creative Wellness Fair creates an opportunity for older adults to explore ways in which they can enhance their quality of life. This interactive event offers a chance to meet professionals that work to support everything from our mind, bodies, and spirits right down to our neighborhoods and the planet we all call home.

Schedule:

11:00 AM – 12:00 PM: Always Active Strength and Balance Training

12:30 – 4:30 PM: Resource Fair

4:30 – 5:30 PM: CMC Instrument Zoo

This one-day, free event is hosted by the Community Music Center and sponsored by Rainbow Grocery. For more information visit: <http://www.ruthstable.org/events.html>

## **April Events**



### **Free Your Voice and Sound Healing**

**Monday, April 2, 1:00 – 2:00 PM**

**SFV, 3220 Fulton St. at 8th Ave.**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

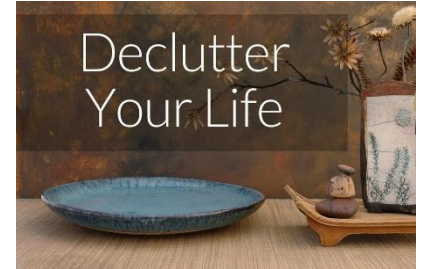
Free your voice with Amber Field [www.amberfieldmusic.com](http://www.amberfieldmusic.com). Sing, sound & speak your truth with confidence. We will do light movement with sounding to open your chakras, or energy centers, and then sing uplifting songs. Lots of play and creative expression will help you feel the resonance of sound vibration in your body and connect with others. Afterward, receive a didgeridoo sound healing over your heart and receive a sound bath of healing instruments and voice. You will leave energized, refreshed, calm, and connected to yourself and others.

### Eliminate Clutter Workshop

Wednesday, April 4, 2:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



Getting ready for spring cleaning? After this workshop, participants will better understand how clutter happens and why it causes so much stress. Learn to overcome the negative feelings associated with cluttering, and understand the difference between cluttering and hoarding. We will discuss ways to eliminate and prevent clutter, and how to create systems that make decision-making easier.

Presenter: Author Gloria Valoris, *Overcome Hoarding and Transform Your Life: How to Choose Hope and Life Instead of Things*, has spent over 50 years working with hundreds of clients, relatives, neighbors, tenants, students, and friends on clutter. She started the first San Francisco Taskforce on Hoarding in 1986 while serving as the Director of Counseling and Placement for Independent Housing Services. Her Psychology and Counseling degrees provide clinical insight into hoarding, while her experiences with body awareness and tension-reducing methods provide understanding of the physical roots of change. She taught the highly rated "Overcome Hoarding and Transform Your Life" 10-week workshop for City College of San Francisco for five years and offers a newsletter and other resources to support students.



### Maintaining Mobility Six Week Series

Thursdays, April 5 – April 19, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) – please note that this class is full

We practice movements of everyday life - such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, changing 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.

Using a variety of techniques from the many physical disciplines – physical therapy, Feldenkrais, martial arts – 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 Livelong Learning Institute and as a physical therapist at Kaiser



Permanente. A 5th degree black belt in the Japanese martial art of Aikido, Penny has created an adapted form of this art for seniors and people with disabilities.

### **Brown Bag Lunch Authors' Series: Barbara Kivowitz**

**Friday, April 6, 12:00 – 1:00 PM**

**SFV, 3220 Fulton St. at 8th Ave.**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



A new SFV member and Board member, Barbara is a consultant and author specializing in health care innovation. She works with health care systems nationally to help them shift to more relationship-based models of care. She is the author of *Love in the Time of Chronic Illness: How to Fight the Sickness, Not Each Other* – a guide for patient-caregiver partners and for the clinicians who help them. She has delivered programs based on her book to doctors and nurses at Stanford Health Care, UCSF, Massachusetts General Hospital, and Dana Farber Cancer Center; and she is a frequent speaker at conferences for patient-caregiver groups. She is on the Patient and Family Advisory Councils of Stanford Health Care and Sutter Health. In this session, she will read from her book and talk about her research on how illness affects the patient-caregiver relationship and what patients and caregivers can do to build relationship resilience.



### **Mothering Middle-Aged Daughters**

**Sunday, April 8, 2:00 – 3:30 PM**

**SFV, 3220 Fulton St. at 8th Ave.**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

*It Never Ends: Mothering Middle-Aged Daughters* explores the complex challenges and unexpected rewards of aging mothers in their relationships with their midlife daughters. Based on interviews with women between 65 and 85, it illuminates issues of closeness, distance, longing, and need that arise. Mothers speak openly about the ongoing effects of the past on the present, the cultural, familial, and interpersonal conflicts that remain, and the varied and often invisible ways they continue mothering.

Sandra Butler has written dozens of articles, reviews, and essays that have appeared in a range of periodicals and anthologies. Over the past three decades she has facilitated workshops for community activists, social workers, and psychologists on the intersecting political, economic, cultural, and psychological dimensions of violence against women, and has lectured on women's issues nationally and internationally. Butler served on the editorial board of *Persimmon Tree: An Online Magazine of the Arts by Women Over Sixty*. Now, in her late-seventies with two adult daughters, Butler has completed her third book, *It Never Ends: Mothering Middle-Aged Daughters*, with Nan Gefen.

### **A Mindful Walk in the Park**

**Monday, April 9, 2:00 – 4:00 PM**

**Meet at the large center fountain in the Music Concourse in Golden Gate Park**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Come spend an afternoon outdoors. Reconnect with your natural self.

During this creative day of practice, we will repeatedly attune to the breath, the body, and the natural world to wake up to this moment and renew ourselves in nature. The two-hour experience in Golden Gate Park will be mostly spent in silence to support the meditative process. We will walk a bit, sit, and meander through nature based on the group's preference for movement. Mindfulness practice guidance includes: focused attention, sensory awareness, open awareness, interconnection with nature—each followed by group discussion about the experience. Afterward, we'll be more attuned to our interconnection with the natural world, our bodies, and our beings.

Guide: Andrew Chaikin has taught meditation and mindfulness in many settings: wilderness, prisons, corporations, even the U.S. Congress. Passionate about bringing heart-based wisdom to everyday life, he leads a weekly San Francisco sitting group called Heart Camp, and teaches new meditators—adults, teens and kids—at Spirit Rock Meditation Center.

A meditation practitioner since 2001, certified Search Inside Yourself teacher ([www.siyli.org](http://www.siyli.org)), and Coordinating Teacher of meditation and yoga programs at the San Francisco County Jail in an award-winning restorative justice program, Andrew has studied with Jack Kornfield, Eugene Cash, Phillip Moffitt, Sally Armstrong, and many others. He graduated Phi Beta Kappa from Brown University in Providence, RI.



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

Tuesday, April 10, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, 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.

### Dan Lettieri: Sinatra Songs

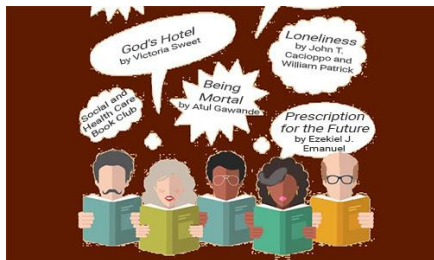
Friday, April 13, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Take a musical journey down memory lane with vocalist Dan Lettieri and accompanist Larry Marietta as they pay tribute to the great Frank Sinatra. Songs include *Come Fly with Me*, *Fly Me to the Moon*, *Girl from Ipanema*, *Strangers in the Night*, *I've Got You Under My Skin* & *Summer Wind*. Bring your dancing shoes!





## 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](mailto: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, 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

**Tuesday, June 19:** *God's Hotel* by Victoria Sweet

## Reimagine End of Life Week

Join San Francisco Village as we open our doors to the community and participate in a citywide effort to raise awareness of end of life issues. We will host two events during the week: one in partnership with USF School of Nursing on conscious grieving and the other on advanced planning.



## Reimagine event – Conscious Grieving: Sacred Practices for Transforming the Energy of Loss, Co-hosted with the USF School of Nursing

Wednesday, April 18, 6:00 – 8:00 PM

USF School of Nursing, Cowell Hall – Room 106

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

“Pain that is not transformed will be transmitted.” – Richard Rohr

Grief shakes us loose from our spiritual lethargy by creating more than just a wound. It also creates an opening that can lead us to higher awareness if we allow it to take us there. To grieve consciously means that we go mindfully into the process, as fearlessly as possible, with our focus on inner transformation rather than external events. In this way, we are invited to view our suffering not as a random, meaningless experience, but as an invitation to explore our life's purpose. Through the use of mystical practices such as guided inner journeying and sacred ceremony, we can acquire new and effective healing tools that are not usually found in traditional counseling, religious, or support group settings.

Speaker: Terri Daniel, MA, CT, clinical chaplain, ordained interfaith minister and end-of-life educator certified in death, dying and bereavement by the Association of Death Education and Counseling

## Reimagine event – Getting Your Affairs in Order: Wills, Trusts, and Estate Planning

Friday, April 20, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)





If you think your plan is complete or need to finally start your estate planning, Deb L. Kinney, partner at Johnston, Kinney & Zulaica LLP [www.jkzllp.com](http://www.jkzllp.com), the largest boutique estate planning firm in SF, gives an interactive and informative seminar on the nuts and bolts of estate planning along with her insights on practical and family harmony considerations. Whether you're single, partnered, or married, learn about the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. What are the differences between trusts and wills? Bring your questions and enjoy learning how to protect yourself and your loved ones.



### **Volunteer and Member Hike: Mt. Sutro**

**Saturday, April 21, 11:00 AM – 2:00 PM (estimated)**

**Meet at the wooden staircase, Stryan & 17th Streets**

**RSVP to Jill Ellefsen at (415) 387-1375 or [jill@sfvillage.org](mailto:jill@sfvillage.org)**

This is a great chance for members and volunteers to meet up and enjoy a Saturday afternoon hiking in our hidden urban oasis, Mt. Sutro Open Space. Marilyn Straka and Jill Ellefsen will lead the three-mile hike that will include dirt trails and some elevation. On sunny days, you can see peek-a-boo views of GG Bridge and the ocean. On foggy days, you won't see many panoramic views - but the forest takes on a majestic quality as the trees disappear in the fog. When we get to a clearing near the top we will stop for a brown bag lunch before we descend back into civilization. Please bring your own lunch and water. Feel free to bring a friend!

P.S. If a three-mile hike is not your thing, we will be doing a more leisurely volunteer/member event in the future, so stay tuned.

### **UCSF Neuroscape Speakers Series: Joaquin Anguera**

**Tuesday, April 24, 11:00 AM– 12:30 PM (this event was originally scheduled in March)**

**SFV, 3220 Fulton St. at 8th Ave.**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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](http://neuroscape.ucsf.edu).

This talk will cover how scientifically-based video games can be used as assessment and intervention tools 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 real-time, and also to make it fun. Joaquin will bring some iPads for us to test out some of the latest technologies.

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).



### New Member Orientation

Monday, April 30, 1:30 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

If you've joined the Village in the past few months or haven't participated in a while, we'd love to see you at this welcoming event.

Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved. Researchers studying Villages and their impact on people have concluded that "satisfaction is correlated with participation." We encourage you to jump in! Stay for the coffee/tea and cookie social after the orientation to meet some new faces!

### Coffee/Tea & Cookies Social Hour

Monday, April 30, 2:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Join us for tea, coffee and cookies to visit with fellow members and meet new members too! We may answer some question cards in small groups to break the ice.



## Recurring Events



### Longevity Explorer Circle

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

3220 Fulton St. at 8th Ave.

Tuesday, May 1, 2:00 – 3:30 PM (at The Sequoias)

The Franciscan Room, The Sequoias Continuing Care Community,

1400 Geary Blvd. (between Laguna and Gough)

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, April 4, 11, 18, 25, 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.



### Writers Group

2nd and 4th Wednesdays, April 11 and 25, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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 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.

### Play Reading Group

Thursday, April 12, 4:00 PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613 or [midgefox@comcast.net](mailto:midgefox@comcast.net)

The Play Reading group will read Arthur Miller's *The Last Yankee*, the revised version with an extra scene (the wives' point of view). Copies of the play with the new scene will be provided at the meeting.



### Knitting Circle and Crafting Hangout

3rd Monday of the month, Monday, April 16, 1:30 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

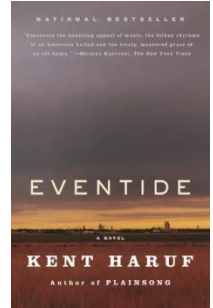
Knitters and crafters alike, bring in your projects at any stage. Jill Ellefsen, our resident knitting expert will host and help answer questions as well as share insights that she continues to pick up along the way. If anyone is interested in learning how to knit or working on a beginner scarf project, you are welcome to join too! Beginners, please ask for a supply list when you RSVP.

## Book Group

Monday, April 23, 4:00 PM

Frieda Weiner's Home (Contact SFV for address)

The Book Group will meet and discuss book to be discussed is *Eventide* by Kent Haruf



## Let's Play Games!

Thursday, April 26, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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!

## Member Perks

### Dandelion Chocolate Factory Private Tour

Monday, April 23, 12:30 – 2:00 PM; please arrive by 12:30 PM so the tour can begin on time

Dandelion Chocolate, 740 Valencia St. (at 18th St.)

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Join us on a private, introductory look into bean-to-bar chocolate making. Visitors will be walked through each step of the production process in our working chocolate factory. We'll examine the how and why behind the journey from cacao farm to Dandelion hot chocolate and taste cacao from cocoa beans to liquid chocolate, and finally single origin bar. Due to the intimate size of the production space, tours are limited to ten guests. For safety reasons, closed-toed footwear is required.

### San Francisco Conservatory of Music Partnership

We've received FREE tickets to the following San Francisco Conservatory of Music events; let us know if you'd like to attend an event. RSVP with San Francisco Village at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to reserve a seat. All events take place at the San Francisco Conservatory of Music, Caroline H. Hume Concert Hall, 50 Oak St. Reserved tickets will be under your name at the Box Office.

Chamber Opera: Bolcom's *Lucrezia* and Musto's *Bastianello*

Friday, May 4, 7:30 PM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

William Bolcom's *Lucrezia*

John Musto's *Bastianello*

Libretti by Mark Campbell

Performed by SFCM voice students, Curt Pajer, conductor and Heather Mathews, '97, director.

## Member To Member

### Help Wanted to Assist Woman with Mild Cognitive Impairment

Retired couple, and SFV members, living near SFSU is looking for a person to help the wife in exchange for room and board, and a small salary. The wife is dealing with mild cognitive impairment, but is very bright and an enjoyable person to be around.

Tasks include helping her with breakfast and dinner at least five times per week, helping her get up in the morning and also occasionally driving her to doctor's appointments.

The house has a private bedroom, with a full bathroom and private entrance, which are included as compensation for the position. This is a great job for a student or part-time worker.

References are required. If you are interested, or know someone who is, please contact Paul Kameny at (415) 334-8421.

### Special Ed Tutor for 1st through 6th Graders

Former SFUSD Special Ed. teacher and substitute teacher (for 40 years) available to tutor 1st through 6th grade students in English and Language Arts. Great at motivating students, making learning relevant and fun, supporting students' skills and talents, and helping them find their passion.

Especially good with reluctant readers! Fee negotiable. Please contact Paula Ginsburg at paula.onesimplething@gmail.com or call (415) 282-4590.

## In Memoriam

### Joanne Heffelfinger

June 2, 1931 – February 4, 2018

It is with deep sadness that we say farewell to Joanne Dawson Callery Heffelfinger who died surrounded by her family on February 4, 2018. Her beloved husband of 64 years, Totton P. Heffelfinger, preceded her in death just one year ago.

Joanne matriculated at Radcliffe College, graduating in 1952 with honors. It was at Radcliffe that she met Tot, who was attending Harvard Law School. Joanne enrolled in Harvard Law School - which had opened to women two years earlier - and completed her first year before marrying and moving to Washington D.C., where Tot worked at the Pentagon. While in D.C., Joanne spent a semester at George Washington University Law School before another move: to San Francisco in 1954. Her studies were interrupted by the arrival of her first four children, but she persevered and graduated from the University of San Francisco Law School in 1960. Upon passing the California bar exam, Joanne became active in the civil rights movement, both with the Congress on Racial Equality (CORE), and later with the YWCA.

In 1967, Joanne volunteered for Marin Country Day School, ultimately serving on its board of trustees, and she prodded her children to accompany her on peace marches and anti-war demonstrations. She also embarked on one of the greatest adventures of her life: the acquisition of a second BA (in



ancient Greek from SF State), an MA in Classics from UC Berkeley and a PhD in 1991, also from Berkeley, in Ancient History and Mediterranean Archaeology.

In the 1980's Joanne and Tot were introduced to Nepal by their close friend Olga Murray who had started the Nepal Youth Foundation to help Nepalese children. As a result, they became surrogate parents over many years for two young Nepalese girls, Bishnu Maya Dhungana and Durga Thapa, who came to San Francisco for treatment at Shriner's Hospital. Durga later became a shared seventh child with her Nepalese family.

Travel remained important to Joanne and Tot. Trekking in Nepal, kayaking both in Alaska and in Siberia, boating down the Nile were all on their itinerary, as were trips to southern Africa, Australia, the Mediterranean and Antarctica

Joanne sometimes remarked that her political awareness and philosophy bloomed as a young government major at Radcliffe. To those who knew her, Joanne's philosophy, indeed, her life, might best be defined as a quest for social justice, one ideally pursued both academically and at a hands-on level within the broader community. On a personal level, she never hesitated when met with an occasion to help; over the years, she went to bat for many causes and many individuals whose paths crossed her own.

To the last, Joanne was an academic, an activist, an adventurer and an advocate, ever curious about people, places and ideas. As her Latin club might put it, she was *sui generis*! She was greatly loved and will be dearly missed.

## Neighborhood Circles

### 94123 & 94115

Jeanne Lacy is hosting a potluck dinner at her home on Tuesday, April 10 for up to 10 members of the Circle.

The Circle will also be taking an hour-long tour of the historic Victorian, Haas Lilienthal House (2007 Franklin between Washington and Jackson), and this is open to everyone. The tour is on Thursday, April 19 at 11:00 AM and the cost is \$8 per senior.

Marilyn will gather people after the tour to walk a couple of blocks to lunch (the restaurant is on the corner of Jackson and Polk).

To RSVP to either event, contact Marilyn Campbell at (415) 531-3716 or at [mcampbell@larkinstreetyouth.org](mailto:mcampbell@larkinstreetyouth.org).

In May, the Circle will tour the Octagonal House (2645 Gough off of Union); the tour will be at 2:00 PM, but we will meet for lunch ahead of time on Union Street (date and location TBD). Interested members should contact Eva Auchincloss for more information: (415) 563-7519 or [eva3auch@gmail.com](mailto:eva3auch@gmail.com).



The Discussion Group will meet at Eva's house on Friday, May 11 at 3:00 PM. The topic of Immigration and Refugees will begin with an introduction of US's historical immigration/refugee policies. RSVP to Eva Auchincloss at (415) 563-7519 or [eva3auch@gmail.com](mailto:eva3auch@gmail.com).

## 94121

If you live in the 94121 area, please join us for a neighborhood social event at the home of SF Village member Maeve Metzger on Monday, April 9 at 1:30 PM. Discussion topics will include current events in the city such as fine arts, theatre, trails of the city, transportation, and much more! Beverages and appetizers provided.

Contact Maeve at (415) 379-8921 or at [maeve@vom.com](mailto:maeve@vom.com) for RSVP, directions, and questions. The entrance to Maeve's apartment is on the street level and there are 12 stairs inside the building leading to the apartment.

## 94109/94133

Our next get together will be on Wednesday, April 11 at 3:00 PM. At a meeting of Circle leaders, we were interested to learn the ways in which different circles act upon the different needs of members. This is an important consideration as we try to develop a Circle that is meaningful and valued by each of us. At this month's meeting, we will try to understand the role the Circle plays in each of our lives today, and the way that we might envision it playing a role in the future. Our goal is to develop a deeper understanding of our members, and to develop a meaningful relationship with each other in the context of our Circle and the Village. Each of us sees the circle through a slightly different lens: friendship, safety, information, support. This discussion will give us an opportunity to create the circle of care and support we envision together.

As we get closer to the date, we will let you know the place and would welcome any ideas you have for discussion. This meeting is open to all members of the 94109/94133 Circle. To RSVP or find out more, please contact Bobbie Rothman at [rrothman2174@gmail.com](mailto:rrothman2174@gmail.com) or Juliet Rothman at [rothman@berkeley.edu](mailto:rothman@berkeley.edu).

## 94117

The 94117 Neighborhood Circle will meet on Friday, April 13, 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](mailto:bhaskell@sonic.net) or at (415) 374-9729 if you have any questions. Please contact Jill at SF Village for address information.

## 94118

The 94118 Circle will meet on Thursday, May 10 from 3:30 to 5:30 PM at Gabie Berliner's house. What are your earliest memories of San Francisco? What was San Francisco like when you first lived here? How has the city changed? Let's have a lively conversation. Light refreshments will be served. RSVP to Gabie at [gberliner@comcast.net](mailto:gberliner@comcast.net) or via phone at (415) 751-3766. Save the date for the rescheduled trip to the Presidio on Wednesday, June 20, from 10:00 AM to 2:00 PM.

## 94102 & 94103

On Tuesday, April 24, the 94102/94103 Circle will discuss all that is fresh, new, and unexpected. We'll share what we do with the unexpected in our lives. We will meet from 2:00 to 3:00 PM at Books Inc. at

Opera Plaza. Any SF Village member is welcome. Please call or e-mail Lynn Davis if you have questions: (415) 377-9999 or [Treebarque@aol.com](mailto:Treebarque@aol.com).

## LGBTQ Circle

Picnic at Stow Lake, 50 Stow Lake Dr.

Friday, April 13, 12:00 – 2:00 PM

RSVP to Jill Ellefsen at (415) 387-1375 or [jill@sfvillage.org](mailto:jill@sfvillage.org) required

Everyone is welcome! Join us at the beautiful Stow Lake picnic area. We will eat some good food (lunch will be provided) and enjoy each other's company while gazing at the nearby waterfall and listening to the ducks. After lunch we can take a leisurely stroll around the lake. Let us know if you have any dietary restrictions.

The picnic area is on Stow Lake Drive, at the far end of the parking lot across from the Boathouse. From the parking lot, look for the balloons that will mark where we are. Restrooms are located onsite.

## West of Twin Peaks Circle

We are trying out a new event in April! The Lunch Bunch will be combined with a movie discussion. We will meet at Chaiya's, a quiet restaurant where we can linger and talk about the movie, which you can see any time that is convenient for you.

April Lunch and Movie Discussion

Thursday, April 12, 1:00 PM

Chaiya Thai Restaurant, 277 Claremont Blvd.

The April movie is *Red Sparrow* – Jennifer Lawrence plays a Russian ballerina turned murderous spy. "Preposterously entertaining," according to the *New York Times*.

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

## Save The Dates!

### Qigong – for Relaxation, Increased Energy and More Restful Sleep (Six-Week Series)

Mondays, May 7, 14, 21 and June 4, 11, 18, 2:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



Learn the art of Dayan ('Wild Goose') Qigong, a moving meditation technique that is known to improve flexibility, balance, and mind-body connection. It has been linked to everything from treating pain to lowering blood pressure. Many people find that Qigong is a perfect fit because it's easy to do and offers a sense of flow. Students at any level of fitness are invited to enjoy this extremely adaptable form!

Jordan Gray has been practicing Dayan Qigong for more than eight years and is certified to teach by Grandmaster Hui Liu of the Wen Wu school in El Cerrito.



### Better Breath Works

Tuesday, May 8, 11:00 AM – 12:00 PM  
SFV, 3220 Fulton St. at 8th Ave.  
RSVP to (415) 387-1375 or info@sfvillage.org

How we breathe is important. Come join Rachel Lanzerotti of Five Rivers Yoga Therapy for an intimate and free presentation to learn better breath skills—help your mind focus, your body relax, and your energy rebalance. Learn how breath relates to your mood and energy, and how to breathe better for overall well-being. Rachel will share practices from her background in mindfulness meditation, Yoga Therapy and Ayurveda, as well as tips about the science of breathing. You'll leave with basic yet potent breath skills that you can use right away.

Rachel Lanzerotti, MSW, E-RYT500, IAYT-Certified Yoga Therapist is the Founder of Five Rivers Yoga Therapy. She is a Body Systems Yoga Therapist, guide of mindfulness meditation and yoga teacher, social worker and health educator and a specialist in pain relief. In addition to personalized, one-on-one programs, Rachel leads small groups on topics such as: Therapeutic Yoga to Move, Breathe & Relax, Aging Well with Meditation, and Breathing for Clarity & Energy.

### UCSF Brain Health Series

4th Tuesday of the month, May 22 – July 24, 11:00 AM – 12:00 PM  
SFV, 3220 Fulton St. at 8th Ave.  
RSVP to (415) 387-1375 or info@sfvillage.org

#### 'Active Minds, Healthy Brains' by the Global Brain Health Institute Memory & Aging Center

Did you know that there are things you can do to affect how your brain ages? We invite you to join us as we examine some modifiable factors such as physical activity, and cognitive stimulation that can have an impact in our brain's health.



#### Tuesday, May 22

##### Our aging brains: What is Alzheimer's Disease? - Sergio Lanata, MD., MS

Would you like to know what is dementia? How is it different from Alzheimer's disease? Come join us as we explore what both expressions mean as well as the basics of Alzheimer's disease.

#### Tuesday, June 26

##### Physical activity and Brain Health – Workshop with Claire Sexton, PhD

What does the latest research show us in regard to how physical activity maintain brain's health.

#### Tuesday, July 24

##### What is cognitive stimulation? Our brains join the gym! - Devyn Cotter, MS.

How can you keep your brain active? Everyday activities that nurture our cognitive functions.