



San Francisco Village

Monthly Newsletter

May 2018

From the Executive Director: Kate Hoepke

Dear Members and Friends,

Last month, the American Society on Aging (ASA), a national organization for professionals in the field of aging, hosted its annual conference, Aging in America, in San Francisco.

San Francisco Village was honored to be selected as a site visit. We welcomed 50 professionals from around the country to spend the afternoon learning about who we are, what we do and why it matters. We wanted to give them an experience, not a lecture, so we engaged them in a conversation about the meaning of place: the places we call home – apartment, house, neighborhood, city. Our attachments to place are fundamental to how we know ourselves, our sense of belonging, the memories that anchor us in our own history and how we harmonize with others.



The afternoon was such fun and our guests were so inspired, we'd like to share the experience with you on Thursday, May 31 from 2:00 – 4:00 PM. We'll use the art of storytelling to explore the meaning of place in our own lives and how our identities are shaped by that understanding. We'll introduce you to Olive Shaughnessy, SFV member and professional storyteller, and Emelle Sonh, a local artist and gerontologist who studies the meaning of place and how to elicit individual stories as a means to deepen relationships and our social fabric.

In addition to deepening relationships, stories play another important role in our lives. As Olive says, our perspective about ourselves can change in the telling of the story. Have you ever noticed that we tell the same story over and over again until it becomes part of our identity? When you tell it out loud to a new group of people, there is an opening to hear it differently and ask if it still fits.

This happened for me about three years ago. I noticed that when asked to talk about myself, I typically started with "I was married for 27 years and

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lived on the peninsula..." even though I had been divorced for seven. A light bulb went on and I realized that I needed a new story that reflected who I am today, that would inspire me to live into my future with less baggage and more creativity. So today I say, "I'm the Executive Director of San Francisco Village and I live in Oakland, because it's arty, political, diverse and full of potential!"

Yes, we want to stay in the places we call home as we age, but we don't want to become stuck – tied to the past, telling ourselves stories that limit us to an identity we outgrew long ago. We're interested in who we are now.

Please join us on May 31st for different kind of afternoon that may open your eyes and warm your heart!

Warm Regards,
Kate

What's New at SFV?

Member-to-Member Bulletin Board

The next time you come to San Francisco Village you will see a new addition to our main room. We have installed a member-to-member bulletin board to help facilitate communication within our organization. It is a place to post an item for sale, ask for a ride to a program, put up a flyer for an event, post a photo or make an announcement. If you want to post something to the board you can either do it in person, or you can call Jill at (415) 387-1375 ext. 2 and she will post it for you. Make sure you check it out the next time you are here!

Volunteer Opportunity

Volunteers are an integral part of our community – kind-hearted people who are generously sharing their time and talent with us. We are grateful for your support.

Every month, San Francisco Village seeks 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!

The next newsletter mailing is scheduled for:

Tuesday, May 29
1:00 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

May Events



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

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!

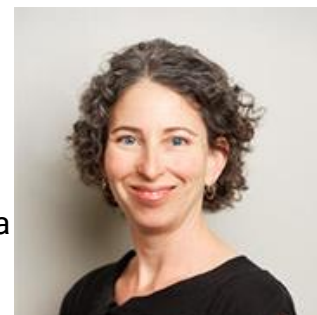
Jordan Gray has been practicing Dayan Qigong for more than eight years and is certified to teach by Grandmaster Hui Liu of the Wen Wu school in El Cerrito.

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 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.

Recology Workshop: What can I use that blue bin for?



Tuesday, May 8, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you know what is acceptable in San Francisco's recycling and composting programs? Have you ever wondered where to safely dispose of medicine or old clothes? Helen Lei, Waste Zero Specialist from Recology will

be speaking about San Francisco's 2020 Zero Waste Goals. Learn about new guidelines for the blue recycling bin, and what can and can't be picked up. How can you get rid of larger items that need to be disposed of? Bring all of your questions about garbage, waste, recycling and composting.

Helen has worked with Recology for the last five years and looks forward to sharing information about San Francisco and Recology's partnership, Recology's residential programs, and zero waste tips and tricks, Helen will also be bringing a limited supply of kitchen pails for SF residents to help encourage composting!

Android/Smartphone: Basics – don't dread the droid!

Friday, May 11, 10:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Your Android-based smartphone (including the Lifeline Assistance "Obamaphone") is a powerful and versatile computer that can take some figuring out.



Michael Chang and Brian Castagne from The Bridge at San Francisco Public Library will teach the class using a large-screen display to demonstrate easy ways to use and enjoy your Android phone (or tablet). Join us – no phone/tablet needed.

This is part of San Francisco Connect with Tech Week, 2018 and Bolder Adults TechTime, an ongoing series of classes geared for adults 50 years and beyond.



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 continue exploring the connections between social care and health care and turn to published writings to inspire conversation. Here's what we're reading and discussing in the coming months!

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

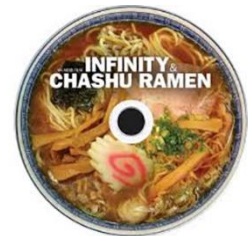
Tuesday, June 19: *God's Hotel* by Victoria Sweet

Film Screening: Infinity & Chashu Ramen

Thursday, May 17, 1:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Join us for a film screening that is set here in our very own J-town! The universe unfolds a little differently in San Francisco's Japantown, a sleepy little neighborhood in the heart of the city where magic is in the air and unseen spirits wander the streets. A mischievous obake and his young apprentice wreak comic havoc as they meander in and out of the lives of dozens of unsuspecting residents as they try to keep the universe running smoothly.

The film ensemble features Hiroshi Kashiwagi, Wendy Woo, Sandra Young, Todd Nakagawa, Suz Takeda, Jean Franco, Larry Kitagawa, Ben Arikawa, Chizu Omori and Anna Jones.



May Birthday Social

Friday, May 18, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

We are kicking off our monthly birthday festivities! Get together with your fellow members and friends to wish the birthday folks a happy birthday and enjoy a sweet treat together. Stay and chat while you're here. We may find some fun ways to get to know each other better.

Active Minds, Healthy Brains: from the Global Brain Health Institute and the UCSF Memory and Aging Center

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



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 on 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 dementia is? How does it differ 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 about how physical activity maintains 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? Learn about the everyday activities that nurture our cognitive functions.



UCSF Neuroscape Speakers Series – Peter Wais: Lifespan Changes in the Brain and in Memory

Wednesday, May 30, 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.

The talk will explain how the brain makes memory possible via networks of different regions, and how those networks change in normal aging. Having framed a foundation about memory, the talk will describe the very early stages of research to develop video games to improve memory capability, and perhaps generalize to broader cognitive health.

Dr. Wais utilizes fMRI and non-invasive brain stimulation techniques to study the neural mechanisms from which memory arises. He is particularly interested in the complex brain networks that enable learning and memory and how cognitive training games may have potential therapeutic use to treat memory decline.

The Meaning of Place

Thursday, May 31, 2:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Our attachments to the places we call home – apartment, house, neighborhood, city - are fundamental to how we know ourselves, our sense of belonging, the memories that anchor us in our own history and how we harmonize with others.



During this two-hour session, we'll use the art of storytelling to explore the meaning of place in our own lives and how our identities are shaped by that understanding. We'll introduce you to Olive Shaughnessy, SFV member and professional storyteller, and Emelle Sonh, a local artist and gerontologist who studies the meaning of place and how to elicit individual stories as a means to deepen relationships and our social fabric.

Olive Hackett-Shaughnessy is a storyteller, writer, workshop leader and curriculum consultant in San Francisco, where she has been an artist-in-residence in public and private schools for more than 30 years. She's a member of SFV and has taught storytelling workshops to our members several times in the past few years. Each time she does, something magical happens.

Emelle Sonh is a gerontologist and lifelong practicing artist. She is Founder and Artistic Director of Motion Arts Company and The ELDER Project. She brings her work as an artist to develop materials which support community conversations and creative projects about the experience of aging and meaningful places in our lives.

Recurring Events



Longevity Explorer Circle

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)

**Tuesday, June 5, 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.

Aging Well with Meditation

**Wednesdays, May 9, 16, 23, 30, 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, May 9 and 23, 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. Elaine returns this summer! Please bring a 1-2 page piece to share and discuss with the group.





Play Reading Group

Thursday, May 10, 4:00 PM

150 Lombard St., Telegraph Landing Club Room

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

The Play Reading group will be reading *The Countess of Escarbagna* by Molière. This play can be found in *Twelve Classic One-Act Plays*, Dover Thrift Edition.

Film Group

Wednesday, May 16, 3:00 PM

Ralph Beren's home: 1914 Lyon St.

RSVP to Ralph at ralphberen@comcast.net

The Film Group will be watching *When Harry Met Sally*. One of the funnier films of the early 1990's, it concerns the relationship of two young people who do not want to get romantically involved with each other until things change.



Knitting Circle and Crafting Hangout

3rd Monday of the month, Monday, May 21, 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.

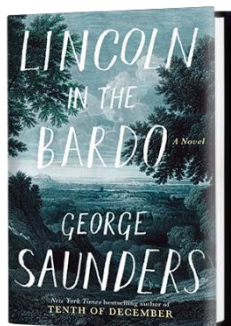
Let's Play Games!

Thursday, May 24, 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

Tuesday, May 29, 4:00 PM

Jeanne Lacy's Home (Contact SFV for address)

The Book Group will read and discuss *Lincoln in the Bardo* by George Saunders.

Member Perks

The Jewish Community Center of San Francisco Arts & Ideas Partnership

We've received FREE tickets to an upcoming event. Please RSVP with San Francisco Village at (415) 387-1375 or info@sfvillage.org to save your seat(s). All events take place at the JCCSF and tickets will be reserved under your name at the JCCSF Box Office. RSVP to (415) 387-1375 or info@sfvillage.org.

Former Israeli Prime Minister Ehud Barak with Janine Zacharia Wednesday, May 16, 7PM

In 2000, former Israeli Prime Minister Ehud Barak took the unprecedented step of proposing a two-state solution to the Israeli–Palestinian conflict. In his definitive new memoir, *My Country, My Life: Fighting for Israel, Searching for Peace*, he takes us inside that critical moment – and the lifetime that led up to it. From being born on a kibbutz to commanding Israel's special forces to serving as prime minister, Barak's story is the story of the nation itself, in all its complexity. Join this veteran soldier–statesman for a look back at his life of service for Israel and a look ahead at what lies in store for the country and the Middle East. Ehud Barak served as Israel's Prime Minister from 1999 – 2001. He was the leader of the Labor Party from 2007 until 2011, and Minister of Defense, first in Olmert's and then in Netanyahu's government, from 2007 – 2013.

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 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

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.

Neighborhood Circles

94123 & 94115

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.

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 the history of US immigration/refugee policies. RSVP to Eva Auchincloss at (415) 563-7519 or eva3auch@gmail.com.

94109/94133

Our Circle will be visiting the Home Front National Historical Park in Richmond on Wednesday, May 30, to explore the park and learn about the role of Rosie the Riveter during World War II. This event is open to all interested Village members. Please contact Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for further details.

94102/94103

On Tuesday, May 29, the 94102/94103 Circle will gather from 2:00 to 3:00 PM at Books Inc. at Opera Plaza. Members are invited to bring a "young" photograph of themselves as a prompt to begin interesting conversations! All SF Village members are welcome. Please call or e-mail Lynn Davis if you have questions: (415) 377-9999 or Treebarque@aol.com.

94117

The 94117 Neighborhood Circle will meet on Friday, May 11, from 2:00 to 4:00 PM at the home of Lauren Chaitkin to socialize and deepen our relationships as neighbors and friends. Topics will include: Who am I – at this time in my life? Do I hold on to a past image of myself? Is it time for a new narrative? How do I think about myself today? Please contact Bill Haskell at bhaskell@sonic.net or at (415) 661-2670 if you have any questions. Contact SFV 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 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.

Sunset Circle

The Sunset Circle will meet on the third Wednesday of the month, May 16, from 3:00 – 4:30 p.m. For location information and to RSVP, please call Joan Walton at (415) 681-8275.

LGBTQ Circle

The LGBT Circle will take a tour of the *Surrounded by Reality* exhibit at the Harvey Milk Photo Center on Tuesday, May 8 from 3:00 – 4:30 PM. Plan to meet in front of photo center at 50 Scott St. This event is free and open to everyone.

The San Francisco Street Photography Group (SFSP) is proud to announce its second exhibition at the renowned Harvey Milk Photo Center. This exhibition aims to demonstrate the breadth, scope and skills of the group members capturing the vastness that is today's San Francisco.

Join us in checking out this very San Francisco exhibit, and feel free to bring a friend. RSVP to Jill Ellefsen at (415) 387-1375 or jill@sfvillage.org.

West of Twin Peaks Circle

The WTP Circle will host a discussion of June ballot issues over wine and cheese on Thursday, May 24 from 4:00 – 5:30 PM at Elaine Mannon's home. Bring your voter's handbook, campaign literature and recommendations. For address information and to RSVP, contact Elaine at (415) 469-9832 or elaine@mannon.com.

Save The Dates!

Tech Support Drop-In

Friday, June 8, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Schedule an appointment to meet with Dave Casuto of Senior Surf here at San Francisco Village. Bring your tablets, smart phones, laptops, or simply bring your questions to address with a technical expert. Please call or email the office to reserve an appointment in advance. Dave will help address issues such as slow computers, file management, photo management, malware and viruses, customizing the computer for readability, browsers, slow internet speed, etc.



Elaine Elinson – Writing Workshop (Six-Week Series)

2nd and 4th Wednesdays, June 13, 27, July 11, 25, August 8 and 22,

3:00 – 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Have you always wanted to write your memoir but didn't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writing Workshop. All levels welcome, but space is limited; please register in advance.

This workshop will be led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has led this popular workshop at San Francisco Village for three years.

We will try different writing styles – from memoir to poetry to essays and fiction. We will explore the work of poets and authors – and try to figure out how they transfer their experiences, thoughts and

feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

Donate to the Community Thrift Store – Support San Francisco Village!

San Francisco Village has a unique opportunity to receive cash donations from Community Thrift Store. Take your old but usable items to the store and provide the San Francisco Village code #122. When the items sell, Community Thrift will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will arrange for pick-up from your house. Community Thrift Store is located at 623 Valencia St., San Francisco, CA 94110. To learn more call (415) 861-4910 or visit their website: www.communitythrifsf.org.

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