



San Francisco Village

Monthly Newsletter

January 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends,

It's that time of the year when we heave a sigh of relief and say "Phew! Glad that one's over." Wildfires, criminal indictments, climate change report, jaw-dropping corruption, and thank goodness, the mid-terms.

I think 2018 was here to wake us up – to injustice, our own complacency, and what happens when we take democracy for granted. At least I'm feeling woke; aware that time is of the essence and collective action is required for creating the kind of world we want to live in. To everybody who worked to flip a district, get a woman elected, or expose voter suppression - THANK YOU! To those of you who support refugee families, volunteer at a food bank, or collect money for fire victims, I am grateful.



In the face of so many threats I must ask myself, "What is within my power to do?" Usually the answers are local and involve other people. I can volunteer, donate to causes I believe in, and participate in groups that uplift our common humanity. I'm inspired by the power of community to achieve social change, so I lead an organization built on empathy and pro-social values, which invites people to discover how they belong to a larger family.

In the past ten years, San Francisco Village has become another place we call home; where we can share our experiences, rely on each other and receive the caring connection we all need. Throughout 2019 we will be celebrating our ten-year anniversary, beginning with a film later this month called *Lives Well Lived*. We've invited young women from the Junior League who want to gain a better understanding of the generations that precede them. Please join the conversation!

Also this month, we have invited Rev. Valerie McEntee, from the San Francisco Night Ministry, to talk with us about the crisis of homelessness in our city. Then on January 16th a group of us will prepare a meal for

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homeless people through the Interfaith Winter Shelter. We need your help, so please sign up.

We are infinitely more powerful as humans when we join forces. I look forward to seeing you soon!

Warm Regards,
Kate

Did You Know?

Temporary Closure of the SFV Office

The SFV Office will be closed on Mondays, January 1st (New Year's Day) and 21st (Martin Luther King, Jr. Day).

Also, Monday, January 28th through Friday, February 8th (two weeks), the office will be closed for renovations. Please note alternative locations in the events sections below, which you'll also find on our website.

We Want to Hear from You

Your Emergency Info - We want to ensure that we have all of your current emergency contact information. Please submit the form you received in November's mailed newsletter or pick on up at SFV when you're in next.

Annual Member Survey - We've come a long way in ten years: four full-time staff, a beautiful new office and member meeting space, a rich and responsive program, scores of donors and volunteers, and consistent funding from the City of San Francisco and private foundations. All our funders want to know how you value your membership, so we kindly ask you to complete the Annual Member Survey. You can do it online at www.surveymonkey.com/r/SFV2019membersurvey or pick up a paper version at San Francisco Village. Future funding may depend on an adequate number of responses. We very much appreciate your participation! *Please respond by January 11th.*

Volunteer Support - We have a generous community of volunteers wanting to help you with projects big and small. But sometimes we hear reluctance from members that maybe a request is a bother or a waste of someone's time. This couldn't be further from the truth. San Francisco Village exists for several purposes, but one central reason is to provide volunteer help for our members. We are here to connect, whether that's tech support, grocery runs, home repairs and organizing, or a variety of other problem-solving issues. But first, we need to hear from you. Please give us a holler at jill@sfvillage.org or 415-387-1375, or when you're in next, let Member and Volunteer Coordinator, Jill Ellefsen, know that you're on the search. We're ready to help!



Volunteer Opportunities

General Training for Volunteers

Saturday, January 12, 10am - 12pm
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org



Do you know anybody who might be interested in helping SFV members? Perhaps through some support at home, running an errand, or simply spending time together? Please pass this information along to your friends and family and have them contact our Member & Volunteer Coordinator, Jill Ellefsen. Our next training will be Sat., 1/12.

Newsletter Mailing

Wednesday, January 30, 1:00 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

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

Transportation Volunteers

Are you looking for a way to get more involved in the San Francisco Village community? We are seeking members who drive and are interested in connecting with other members to provide rides to programs, doctor appointments and other trips around town. If you would like to assist with SFV members transportation needs and become a volunteer driver, you can sign up to receive the volunteer email newsletter which includes all of the transportation, technology and other volunteer requests from SFV members. Please contact Jill, the Member & Volunteer Coordinator, at Jill@sfvillage.org or 415-387-1375 x2 to be added to our volunteer newsletter list.

January Events



The Crisis in Our City: What Contributes to Homelessness and What Can Change the System

Monday, January 7, 1:30 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

The humanitarian crisis of homelessness in San Francisco has received world-wide attention. Join Rev. Valerie McEntee of the

Night Ministry to learn about the many systemic issues that contribute to homelessness as well some of the efforts to change those systems. She will also speak about her experience as the Night Minister.

San Francisco Night Ministry, now at 54 years, is often referred to as the Church's "Night Shift." Engaging in over 21,000 significant conversations, and serving over 9,500 meals each year, they are an important bridge and steady support for many people as they face the darkness of the night. They provide compassionate, non-judgmental pastoral care, care of the soul, counseling, referrals, and crisis intervention to anyone in any kind of distress, every night of the year between the hours of 10:00 p.m. and 4:00 a.m.

Agents of Our Own Change—Exploring Personal Narratives

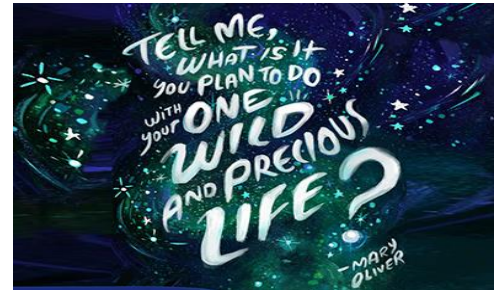
Tuesday, January 8*, 10:30 AM – 12:00 PM

*Note date change from previous newsletters

SFV, 3220 Fulton St. at 8th Ave.

This series started in September. Please call/email if you'd like to attend to see if space allows for it.

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



Poet Mary Oliver asks "Tell me, what is it you plan to do with your one wild and precious life?" What were the major turning points, or big events, that changed your life irrevocably? How do we each think about ourselves today? Who are we at this time in our lives? We will explore these questions in this six-session series - using TED talks, videos, stories, poetry, books, articles, discussions, writing, and personal sharing.

This series has been planned by and will be facilitated by SFV members. The six sessions are progressive, so each one builds on those that came before. For this reason, it is best if you were able to attend the first session in September and can plan to attend the remaining five sessions.



Follow Me for An Afternoon of Tai Chi and Qigong

Thursdays, January 10, 17, and 24, 2:30 – 3:15 PM

SFV, 3220 Fulton St. at 8th Ave.

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

An effective way to practice Tai Chi without worrying about memorizing forms is learning from an instructor that use the stepwise method, composed of three steps--watch me, follow me, and let's do it together. If you would like to practice with a group, in a memorization-free environment, please join us! These 3 sessions will include skills of Qigong discipline, which will create the perfect blend of Tai Chi and Qigong. This program holds the endorsement of many leading organizations and government bodies around the world, including the US Centers for Disease Control and Prevention, Arthritis Foundation, Administration on Aging, and American College of Sports Medicine. For more information visit <https://taichiforhealthinstitute.org/>.

Erika Cruz is a Certified Instructor from Tai Chi for Health Institute. She will bring her experience and passion to invigorate your mind and body. Bring your curiosity, comfortable clothes and shoes and follow Erika!

Declutter and Organize Your Life

Friday, January 11, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

How are you doing with your New Year's Resolutions to get decluttered? Please join Judith Dold, Professional Organizer and owner of Twilight Organizing, as she provides residential and home office organizational tips. She will discuss the steps it takes to clear it out so you can get to what you want to be doing in 2019. Come out of the presentation feeling ready to tackle those goals!



End of Life Planning Workshop

Monday, January 14, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The beginning of the year is a great time to get your affairs in order! In this two-hour workshop, you will learn the basics of end-of-life planning including will preparation, Advanced Healthcare Directives and Powers of Attorney. Presenting attorneys will provide an overview of the items needed to create end-of-life planning documents, a review of the decisions that an individual needs to make in order to complete the documents, and an opportunity to conduct intakes and begin the process of drafting documents. For attendees who are prepared and bring identification (driver's license, ID or passport), attorneys will also be available to draft and notarize these documents. This training will help to simplify the process of end-of-life planning and provide much-needed peace of mind.

This workshop is offered through a partnership by AIDS Legal Referral Panel and Legal Assistance to the Elderly.

Prepare and Serve Meal for Inter-faith Winter Shelter

Wednesday, January 16, 5:00 – 8:30 PM

St. Mark's Lutheran Church, 1111 O'Farrell St

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

Since 1988, the San Francisco Interfaith Council (SFIC), Episcopal Community Services (ECS) and the current Department of Homelessness and Supportive Housing (HSH) have partnered to operate the San Francisco Interfaith Winter Shelter. Designed to augment existing shelter opportunities during the coldest months of the year (Sunday before Thanksgiving through the end of February), the Interfaith Winter Shelter provides breakfast, dinner, and a safe and warm overnight rest for up to 100 homeless men each night. San Francisco Village staff, members and volunteers will prepare and serve a meal for people staying at St Mark's Lutheran Church on Wednesday, January 16.





Tech Day of Service

Friday, January 18

SFV and Your Home!

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

Compas Technology, a software company in San Francisco is hosting our next Tech Day of Service on Friday, January 18th.

Compas will be providing volunteers to assist members with their technology needs here at SFV and also through in-home visits. **By appointment only**, so please call or email Jill with your request and include what device you need help with (such as an iphone, android, PC or Mac computer) and the nature of the request (such as photo management, social media assistance, or email assistance).

Song & Dance Men of the Silver Screen: The Fabulous Fred Astaire

Wednesday, January 23, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Join musical theatre historian Bonnie Weiss as she shares about Fred Astaire's life and career. We will find out why great songwriters like Irving Berlin, George Gershwin, and Cole Porter loved to have Fred sing their songs and view memorable moments from such great Fred and Ginger flicks as "Flying Down to Rio", "The Gay Divorcee", and more. We will also see clips of Fred's remarkable gifts as a solo dancer and in delightful duets with other dancers such as Joan Crawford, Eleanor Powell, and Cyd Charisse and discover who Fred's favorite dancing partner was (Hint: It wasn't Ginger!). And best of all – we will watch Fred perform one of the most wildly inventive dance routines ever filmed – which he choreographed himself – and which is rarely shown.

Bonnie Weiss, is a seasoned theatre educator, historian and writer. She teaches musical theatre appreciation for San Francisco State and U.C. Berkeley and for professional and educational groups throughout California.



Movie Viewing: Reel in the Closet

Friday, January 25th, 2pm

SFV, 3220 Fulton St. at 8th Ave.

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

We have a very special event this month! Don't miss the screening of "Reel In The Closet", a locally made, award winning film featuring home movies by LGBT people dating from the 1940's on. Creators Stu Maddux & Joseph Applebaum will be on hand to talk about the movie afterwards. Space is limited, so please RSVP to Jill Ellefsen: jill@sfvillage.org or 415-387-1375 x 2. Friday, January 25th @ 2pm, here at SFV. Bring a friend, everyone welcome! Popcorn and refreshments provided.

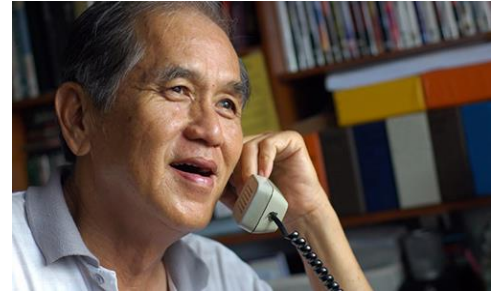
The Friendship Line: Information and Tour

Monday, January 28, 11:00 AM – 12:30 PM

Institute on Aging, 3575 Geary Blvd.

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

Learn more about the Friendship Line, a crisis intervention hotline and a warmline for non-urgent calls. This session will go into detail about the support services available, volunteer opportunities, and tour the call center.



Founded in 1973, The Friendship Line provides around-the-clock crisis support services for active suicide intervention, emotional support, elder abuse prevention and counseling, well-being checks, grief support through assistance and reassurance, and information and referrals for isolated older adults, and adults living with disabilities.

LIVES WELL LIVED

Celebrating the Secrets, Wit and Wisdom of Age



Lives Well Lived Screening

Wednesday, January 30, 6:00 – 8:30 PM

Cloudflare, 101 Townsend Street

Doors open at 6:00 PM, program starts at 6:15 PM

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

San Francisco Village is thrilled to be partnering with the Junior League of San Francisco to host a screening of *Lives Well Lived*.

This group of young, civic-minded women want to gain a better understanding of the generations that precede them. Join us for the film and stay for the inter-generational discussion afterwards.

Lives Well Lived celebrates the incredible wit, wisdom and experiences of people aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their insights on living a meaningful life. These men and women open the vault on their journey into old age through family histories, personal triumph and tragedies, loves and losses - seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you.

Museum of the African Diaspora Tour

Friday, February 1, 2:00 – 3:00 PM

685 Mission Street (at 3rd Street)

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

Museum of the African Diaspora is the inaugural venue for *Black Refractions: Highlights from The Studio Museum in Harlem*, a major traveling exhibition created by the American

Federation of Arts (AFA) in collaboration with The Studio Museum in Harlem. MoAD's showing of the exhibition includes over sixty works by over fifty artists across all media dating from the 1920s to the present. The landmark exhibition explores the vital contributions of artists of African descent, proposing a plurality of narratives of black artistic production and multiple approaches to



understanding these works. MoAD, a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora.

Recurring Events

Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Monday, January 7, 1:30 –2:30 PM

(Note: not held 1/21, SFV Office closed)

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.



Longevity Explorer Circle

Tuesdays, January 8 and February 5, 2:00 – 3:30 PM

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.

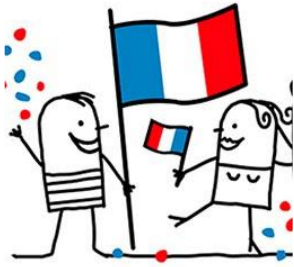
- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone 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.

Play Reading Group

The group will meet on Wednesday, January 8th from 2-4 p.m. at the home of Sarah Goldman who lives at The Sequoias in Japantown. Please call Persis Ainey (415) 776-5036 for more information and directions.





Le Cercle Français

Mardi le 8 et le 22 Janvier de 2:00 à 3:00 de l'après-midi
SFV, 3220 Fulton St. at 8th Ave.
RSVP à (415) 387-1375 ou à: info@sfvillage.org

Attention Francophones! C'est avec un grand plaisir que nous vous invitons à vous joindre à notre groupe français. Le but de ce groupe est de parler et discuter en français pour célébrer et conserver notre héritage. Cependant, nous vous demandons de ne pas assister à ce groupe si vous n'êtes pas

bilingue.

Aging Well with Meditation

Wednesdays, January 9, 16, and 23, 11:00 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
No RSVP required

Wednesday, January 30, 11:00 AM – 12:00 PM
Jeanne Lacy's home (has 5 steps to get inside)



Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try? Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.



Play Reading Group

Thursday, January 10, 4:00 PM
150 Lombard St., Telegraph Landing Club Room
RSVP to Midge Fox at (415) 984-0613 or midgefox@comcast.net

Our next session will be January 10. We will be reading *Moon of the Caribbees* by Eugene O'Neill. This can be found in Twelve Classic One-Act Plays.

San Francisco Village Singers

Thursdays, January 10, 17, and 24, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Thursday, January 31, 10:30 AM – 12:00 PM
TBA member's home



If you love to sing, then you know the joy that can come from it! Recent studies on older adult choirs have shown that singing with others provides many personal, social, artistic and quality of life benefits. Join other members in singing together—all experiences and talents welcomed. The delightfully diverse repertoire includes English Ballads, African folk songs, contemporary, and rag time with an Andrews sisters spin-- all catchy, fun, and beautiful, with an emphasis on harmony.

The group is led by Beth Wilmurt, the Children's Chorus Director and Older Adult Choir Director at Community Music Center. Alongside singing instruction, she is an actress, singer, and theater director.



Let's Play Games!

Thursday, January 24, 1:30 – 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 introduce us to a new game. Join us!

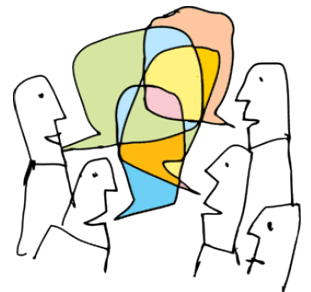
Discussion Group

Friday, January 18, 2PM

Home of Eva Auchincloss, call SFV for address information

RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com

Discussion is open to everyone. In December, the Discussion Group met to discuss What to Do about Climate Change? In January, the group will be focusing on The Opioid Crisis and will be meeting at the home of Eva Auchincloss so please call her if you want to join. She has stairs with an iron railing. We are going to meet earlier so people can get home before dark sets in and start at 2 PM.



Book Group

Monday, January 28, 4:00 PM

Location TBD

RSVP to Brooke Anderson at (415) 672-2437

The venue and the book selection have not been determined at this time. Please contact Brooke Anderson to join.

Neighborhood Circles

NEW: Solo-Ager Circle

Are you a "solo-ager" – a person who doesn't have a partner or children, or whose family is remote? This new circle offers support for the added concerns of aging without an obvious advocate/agent. Led by Betty Burr and Allegra Fortunati, the first meeting will be at the SFV office on Friday, January 25th from 10:30 to 12:00 noon, with the possibility of lunch together after. Registration requested. To register call Sarah Kent (415) 387-1375 or email sarah@sfvillage.org. For more detailed information call Allegra at 415-552-9078 or Betty at 415-602-0012.



94121

The 94121 circle gathers approximately every 4 to 6 weeks. We are presently 17 men and women, and are always welcoming more. We socialize by getting to know one another better each time we meet. Sometimes we have a subject we have chosen to discuss, or an action to take, but mostly we are a congenial, happy group that enjoys getting together! If you would like to join our group this month on Friday, January 25th, please contact Patricia Kaussen at (415) 387-7299.

94109/94133

Continuing with this year's theme of exploring San Francisco's diverse communities, our next excursion, on January 9th, will focus on the Filipino community. We will meet for lunch at a Filipino cafe at noon, and then visit two nearby murals by Filipino mural artists. From there, we will walk a short distance to the Filipino Cultural Center on Mission Street for a talk with a docent on Filipino arts and on the history of San Francisco's Filipino community. Details to follow. Please RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu

94117

The 94117 Neighborhood Circle will meet on Friday, January 11th, from 2:00 to 4:00 pm, at the home of Kitty Brody to socialize together, and to further deepen our relationships as neighbors and friends. First, we will enjoy briefly sharing what we have been experiencing in our lives. Then, one member, Brenda Besdansky, will continue leading us in improv games. Brenda told us this would be fun (and it was!). We had a great start at improv at the December gathering. Please contact Bill Haskell at bhaskell@sonic.net or at 415-661-2670 if you have any questions. Please contact Jill Ellefsen at SF Village for address information.

94118

Mark your calendar! The next 94118 Circle get-together is Thursday, Jan. 31, 3pm at Gabie Berliner's house. We will welcome the New Year and share ideas for future topics, outings, speakers, etc. Come, bring your ideas, hear about some thoughts we already have, and bring a friend. And most of all, we'll enjoy companionship. If you want, bring a favorite treat to share. Beverages and nibbles will be provided. RSVP to Gabie at 415-751-3766 or gberliner@comcast.net. If you need the address ask for it when you RSVP.

94102 & 94103

Tuesday, January 22nd, 2-3:30pm, Books Inc, Opera Plaza, 601 Van Ness Ave. If you haven't come to a 94102/94103 circle meeting in a while, this is the one to attend. We will be rolling out a fresh and new circle concept for 2019, but need the input from our members. What is it that you would like to see in your neighborhood circle? Where would you like our circle meetings to be held this year? What themes and topics would you like discussed? It is a new year, and a new 94102/94103 - help shape the future of this group and join us. Everyone welcome. Jill Ellefsen, our Member & Volunteer Coordinator will be facilitating. Please RSVP to Jill: 415-387-1375 x2 or jill@sfvillage.org.

The Sunset Circle

Wednesday, January 16th 2:30-4pm. Meet us by the sea at Olive Shaughnessy's house for personal reflections on 2018, especially as it relates to aging. Tea and coffee provided, bring a snack to share. Please RSVP to Olive at 415-566-1149 or olivestories@gmail.com. Plentiful parking, moments from the N Judah line, no stairs.

LGBT Circle

We have a very special event this month! Don't miss the screening of "Reel in the Closet", a locally made, award winning film featuring home movies by LGBT people dating from the 1940's on. Creators Stu Maddux & Joseph Applebaum will be on hand to talk about the movie afterwards. Space is limited, so please RSVP to Jill Ellefsen: jill@sfvillage.org or 415-387-1375 x 2. Bring a friend, everyone welcome! Popcorn and refreshments provided. Friday, January 25th @ 2pm, here at SFV.

West of Twin Peaks Circle

Lunch Bunch is scheduled for Thursday, January 10 at 1pm. Come to Franco's Latin Table @ 24 West Portal Ave. Please let Elaine Mannon know by e-mail or phone if you are able to attend: elaine@mannon.com or 415-469-9832.

Village Neighbors

In our new series that started December 2018 - Village Neighbors - you can learn more about who's here at San Francisco Village... who's a part of our story, whether that be a member, volunteer, donor, or community supporter at large. This month, we introduce you to two members who were kind enough to share a small glimpse of their lives.



Dominique Lefranc – Dominique has been enjoying retirement for five years and tells us it's without a dull moment. She is an avid walker and exercises three to four times per week. Born in Paris 70 years ago, she worked for almost 12 years at Time Life Magazine there. She came to America in 1980, moved to San Francisco, and divorced in 1982. In SF, she worked for a steamship line for 10 years and for a financial institution for 24 years. Dominique notes that she was shaped significantly by 1) Barbara Bush "what you see is what you get," and 2) the movie *Harold and Maude*. "Maude's joy for life in her later years with no restrictions was a big turn on for me. I don't

dwell on the past, the most important is NOW, and even the future is exciting". She is proud to call

San Francisco her home and to be an American. She wants us to remember that age is only a number! Her motto: "Be happy, let's rock!"



Michèle Praeger – Michèle was born in England, brought up in France, and now she resides in San Francisco. She's a fiction writer and was previously published in *11 Voices*, in the online review *Vistas & Byways*, and has published a collection of flash fiction, "Baby, You Can Drive My Car". Michèle shares with SFV that she recently authored [Talk Turkey: Thirty Three Animals and Language Pieces](#). These 33 pieces of fiction, marvelously illustrated, speak of animals and language, and of the language of animals speaking like humans. They also address issues of language among humans; how we get tied up in our own words, how we use words as weapons, how we play with

words. Order your copy today through Amazon!

We want to hear from you too!

Please share your good news with us so we can share with the SFV community. Some examples may include: you've recently authored a publication, you received an award or honorable mention, you celebrated a milestone year, you competed athletically, or any accomplishment you're proud of. Don't be shy. We'd love to hear from you. Please contact Sara Ortega Roliz with info at sroliz@sfvillage.org.

Around Town

Muttville's Monthly Cuddle Clubs

Muttville Senior Dog Rescue is hosting a monthly Cuddle Club the last Friday of every month from 2:00 – 3:30 PM at Muttville headquarters. If you would like to join us and give the dogs some love while they wait for their forever homes, please RSVP to margot.lee@muttville.org.



Membership 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.

Steven Pinker

Tuesday, January 15, 7:00 PM

Steven Pinker, an acclaimed cognitive psychologist and best-selling science writer, first rose to prominence with his theory that evolution can explain our species' innate capacity for language. His latest book, *Enlightenment Now*, defends the idea that reason drives history forward, and that the principles of science and humanism are directly enhancing the quality of life for everyone – not just those in the West.

Tracy K. Smith, Poet Laureate of the United States

Wednesday, January 30, 7:00 PM

Join us for a conversation with Tracy K. Smith, the current Poet Laureate of the United States. In that role, she has traveled the country on a quest to bring poetry to people living in rural America. Smith authored the critically-acclaimed memoir *Ordinary Light* and three books of poetry including her most recent, *Wade in the Water*. Her collection *Life on Mars* won the 2012 Pulitzer Prize and was selected as the New York Times Notable Book.

Save The Dates!

Navigating the Road Ahead

Monday, February 11, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for an in-depth presentation on the decision-making process and how to best approach thinking about aging and the reality that we will all need some help one day. We will cover the various options available as we age, including a cost overview, resources to pay for long-term care, and the pros and cons of each option.

Exceptional Senior Placement is a local family-owned firm specializing in helping seniors and their families navigate finding the right licensed Senior Community. Owners Rachel and David Cohen have helped guide hundreds of seniors through this process and have a unique perspective of what lies ahead.



State of the Village

Friday, February 15, 1:00 – 3:00 PM

Auditorium, Institute on Aging, 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 tenth anniversary. It's a great opportunity to feel connected to San Francisco Village, meet the staff, and get better acquainted with one another. Please join us for a vendor fair, our accomplishments over 10 years, and discuss our goals for 2019.

Falling Less but Enjoying It More

Mondays and Wednesdays, February 18 – March 20, 12:30 – 2:00 PM

AcroSports, 639 Frederick St.

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



Seniors are eager to learn about fall reduction and balance programs, recognizing that reducing fall risk is intimately tied to the goal of aging in place and more generally, to creating a better experience of aging.

When you fall, it happens super quickly - by the time you remember the warning to tuck your head when you fall backwards, you are already down. Intensive, repeated and challenging practice is needed in order to acquire another learned reflex that kicks in immediately. A fun, effective, and unique Dutch program has been developed to teach people how to fall safely (onto tall soft mats) in addition to practicing navigating common environmental obstacles, such as cracks in the sidewalk, curbs, stairs, slippery or squishy surfaces, etc.

Requirements for enrollment include:

- You can reliably attend the entire program 2 times a week for 5 weeks
- Approval from your primary care provider
- Due to the particular environment of AcroSports for our initial offering, these are additional requirements at this time:
 - Able to manage 5 steps + 4 steps stairways into and out of the building
 - Able to walk indoors without an assistive device such as a cane.

All applicants will have an in-person meeting with Penny in January.

Penny Sablove, PT, specializes in senior mobility and teaches the course Maintaining Mobility. She will become certified to teach the Dutch program in early 2019. Penny is also a 5th degree black belt in the martial art of Aikido and has been teaching people to fall safely for decades.



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

Mondays, February 25 – April 1, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

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

Transforming Lives and
Community Luncheon
Tuesday, May 7
Julia Morgan Ballroom, San
Francisco

Transforming Lives and Community Luncheon

The Transforming Lives and Community Luncheon is a celebration of aging and our annual signature fundraising event. The hallmark of the luncheon is an award to one or more persons in their 70's or older who have made a profound impact on the lives of San Franciscans and beyond, and who exemplify what it means to age with continued meaning and purpose. Recipients may include politicians, civic leaders, artists, scientists, philanthropists and others who continue to transform lives and community into their older years.

How to Support San Francisco Village Year-Round



AmazonSmile - When you shop on AmazonSmile, the AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start by clicking on [Amazon Smile](https://smile.amazon.com) or <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!

Community Thrift Store – This store accepts donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. So far this year, we have received \$2000 in donations because of this partnership. Please keep us in mind when you drop your used and well-loved items off at Community Thrift Store, 623 Valencia St. Let them know our reference number for donations is 122.



A Special Thanks to our Volunteers

San Francisco Village attributes a significant amount of our success to individuals and groups that warmly and generously approach us asking how they can help. And help is indeed truly needed. From working with our members to go grocery shopping, attend doctors' appointments, set up tech devices, or do light clean-up around the home, our volunteers say, "Yes! I'd love to help. What do you need?" At our village HQ as well, our work moves forward seamlessly because of volunteer hands – everything from carrying out our monthly mailings to serving on our Board of Directors, you make it all happen. Thank you, friends, for being you.

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