



San Francisco Village

Monthly Newsletter

February 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends,

As we enter our eleventh year, I'm delighted to report that San Francisco Village is in fine fettle. We're financially strong, staffed by an extraordinary group of caring people, delivering on our promise and well-regarded by the larger community. An astounding 100% of surveyed members say they are satisfied or extremely satisfied with their membership and participation is on the upswing. As our friends at UC Berkeley Center for the Advanced Study of Aging told us years ago, "satisfaction is correlated with participation." Our return is proportional to our investment.



I'm grateful to all the investors that make SFV possible: founders, members, volunteers, board members, donors, foundations, and the City and County of San Francisco. Our shared values, intentions and actions are the seeds we plant to continually grow this loving, caring community.

From our inception, the aim has been to create a membership that reflects the rich diversity of San Francisco. Recent data from the Department of Aging and Adult Services (DAAS) shows that San Francisco is among the nation's most ethnically diverse cities and that socio-economically, an increasing number of older adults have to make do with less. According to DAAS, nearly 50% of older San Franciscans earn less than \$40,000 annually.

Late last year, our Board of Directors responded by approving a graduated fee schedule that allows members to choose a fee based on their ability to pay. For those who cannot afford \$50 per month, individual members may opt for \$25 or \$10. Consistent with our values, the intention is to make membership affordable for anyone who wants to join.

Looking ahead to 2019 and beyond, I'm confident that we will continue to secure the resources we need to sustain this innovative model for social change. San Francisco Village has a life of its own now, propelled by a shared vision that values older adults and their important contribution to society.

Warm regards,
Kate

In This Issue:

From the E.D.

Did You Know?

Volunteer Opportunities

February Events

MoADTour
Tips from the Trenches
Navigating the Road Ahead
Heart to Heart
State of the Village
Falling Less
Paper Collage Making
Personal Stories
SF Civil Grand Jury

Recurring Events

Neighborhood Circles

Village Neighbors

Save the Dates

Around Town

New Members in January

Joanne Kini 94114
Jeanne Katz 94103
Harriet Rafter 94118
Carolyn Nuite 94121
Mary Holder 94116

Did You Know?

Temporary Closure of the SFV Office

Following a two-week closure of the SFV Office for renovations, we will be re-opening on Monday, February 11th. Information about where our programs and events will be temporarily housed are included within this newsletter and on our website under Events.

Also, Monday, February 18th, the office will be closed in honor of Presidents' Day.

Free Tax Preparation Program with St. Mary's Medical Center & AARP

Saint Mary's Medical Center and AARP have partnered to provide a free tax-preparation program for the upcoming 2019 tax season. The program runs each Friday from February 8th to April 12th and provides free tax preparation services by certified volunteer AARP counselors. At each appointment, AARP counselors help participants prepare their taxes, print out the prepared tax forms and advise them on how to file the prepared taxes.

Participants must register beforehand at (415) 750-5800. If we are not able to take your call, please leave a message and speak slowly and clearly state your name and phone number. Your call will be returned in the order it was received.

We Want to Hear from You

Your Annual Membership Renewal – If you haven't done so already, please send in your membership renewal cards and payment. We want to ensure that you have access to all that SFV offers, so please turn those in ASAP.

Recommendations of service providers – We are always working to beef up our referral list. Knowing that the best referrals come from our members, we are asking you to share your experience and service provider's information with us. This month we are asking for referrals to tax preparers to add to our service provider list. If you have the name of a tax preparer that you would recommend, please submit to Jill Ellefsen, jill@sfvillage.org, 415-387-1375x2. Thank you!

Volunteer Opportunities



Newsletter Mailing

Tuesday, February 26, 11:00am – 1:00 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.

February Events

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.



Tips from the Trenches - Does your safety net have holes?

Wednesday, February 6, 1:30 – 2:30 PM

Richmond/Senator Milton Marks Branch Library, 351 9th Ave

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

Join us for an insurance and preparedness check-up to discuss how to make sure you have the right kind and right amount of

home/renters insurance in case of a wildfire, house fire, earthquake or other disaster.

Since 1991, the non-profit organization, United Policyholders, has helped disaster survivors navigate the insurance claim process and long term recovery. Through the preparedness program they pass along lessons learned from disaster survivors as well as information from leading experts in insurance and financial preparedness. They do not sell insurance or take money from insurance companies - visit www.uphelp.org for more information.

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 prospect of senior housing. 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 find 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.



Heart to Heart

Thursday, February 14, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

A 2015 article in the NY Times told a story about 36 questions that can make two strangers fall in love. The article went viral, the possibility for deep connection irresistible. Follow up stories came from those who asked the questions on blind dates, over the phone between friends, and people 60+ in long term relationships.

While red roses and romantic love is sold to us on Valentine's Day, we at San Francisco Village seek to build a loving community every day. We know about the power of being vulnerable, and that mutual vulnerability fosters closeness. As stated in the study the article refers to, "One key pattern associated with the development of a close relationship among peers is sustained, escalating, reciprocal, personal disclosure."

We will use these questions as a tool to know each other in a more meaningful way. The questions are broken up into 3 sets, each set becoming more probing than the previous one. Invite your partner or good friend, call up a new person in your neighborhood circle, or show up solo to be paired with someone here. We'll get into pairs and take turns asking and sharing. Let's celebrate Valentine's Day in 2019 with genuine connection. Maybe some chocolate too.

Want to know what the questions are and read the study? Check out

<https://www.nytimes.com/2015/01/11/fashion/modern-love-to-fall-in-love-with-anyone-do-this.html>

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 & Wednesdays, February 18 – March 20,
12:30 – 2:00 PM**

AcroSports, 639 Frederick St.

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

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 a 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 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, these are additional requirements:
 - Able to manage 5 step + 4 step 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 prior to the series start date.

Penny Sablove, PT, specializes in senior mobility and teaches the SFV 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.

Paper Collage Making

Friday, February 22, 10:30 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists.



Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.



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, 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.

San Francisco Civil Grand Jury

Tuesday, February 26, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

The San Francisco Civil Grand Jury is comprised of citizens who investigate and issue reports with recommendations for increasing the effectiveness of our government that controls a budget of over 11 billion dollars. Although the history of the civilian oversight started with the Magna Carter, California is one of the few remaining states that seeks citizens to be involved to understand their local government, and to participate in improving how services are provided to local citizens.



It is a year's commitment, but it is a year that provides a wealth of information, a new perspective on local government, and how a group of citizens come together to make a difference. Please join two Forepersons from earlier juries to discuss and ask questions about the experience of sitting on a grand jury, the annual process that you through to get to your published reports, and changes in San Francisco government that have resulted from the work of the civil grand jury.

Recurring Events

Knitting Circle and Crafting Hangout

February 4, 1:30 – 3:00 PM

Recess Collective, 2226 Taraval St., between 32nd and 33rd Ave.

February 19, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.



Due to the SFV office closure, our Monday, February 4th meeting will be held at Recess Collective, located on the L-Taraval line. Recess Collective is a hub for social development and early learning where families can play, explore, and learn together, so expect some inter-generational interactions. They will be allowing us use of a meeting space.

Our second meeting of the month will occur on Tues., February 19th due to the President's Day holiday on 2/18.



Longevity Explorer Circle

Tuesday, February 5, 2:00 – 3:30 PM

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

Tuesday, March 5, 2:00 – 3:30 PM

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

Wednesday, February 6, 11:00 AM – 12:00 PM

Jeanne Lacy’s Home

Wednesdays, February 20 and 27, 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.



Play Reading Group

Thursday, February 14, 5:00 – 7:00 PM

150 Lombard St., Telegraph Landing Club Room

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

The group will meet on its usual second Thursday but at a later time, from 5:00 to 7:00. Location stays the same - 150 Lombard. St. We will be reading *Aria Da Capo* by Edna St. Vincent Millay. This play can be found in Twelve Classic One-

Act Plays, Dover Thrift Editions.

San Francisco Village Singers

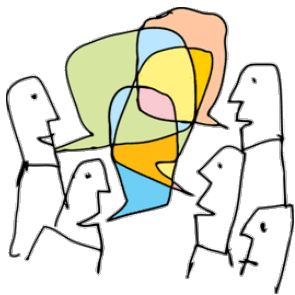
Thursday, February 7, 10:30 AM – 12:00 PM
Susie Zacharias's home

Thursdays, February 14, 21, and 28, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org



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.



Discussion Group

Friday, February 22, 2:00 PM
Home of Eva Auchincloss, call SFV for address information
RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com

This month, we will discuss issues to be resolved for California under Gavin Newsom and for San Francisco under London Breed.

Book Group

Monday, February 25, 4:00 PM
Location TBD
RSVP to Brooke Anderson at (415) 672-2437

Our book group will be discussing *Turncoat: Benedict Arnold* by S. Brumwell. Contact Brooke by phone or text for venue location and/or to answer questions.



Solo Agers Circle

Tuesday, February 26, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

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. For more detailed information call Allegra Fortunati at 415-552-9078 or Betty Burr at 415-602-0012.

Let's Play Games!

Thursday, February 28, 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!



Neighborhood Circles



Neighborhood Circle Leader Lunch

The next meeting of the Neighborhood Circle Leaders will be on Wednesday, February 13th from 12:30 -- 2:30 PM at the SFV offices. If you are a current leader, or are interested in getting involved, you are invited to attend. Lunch will be provided. Please RSVP to Jill Ellefsen, jill@sfvillage.org or 415-387-1375x2.

94121

The 94121 Village Circle meets about once a month in the home of one of our members. Date, time and place are decided at each gathering. Any SF Village member and friends are welcome. You can contact Patricia Kaussen at (415) 387-7299 for information.

94109 & 94133

Continuing with our theme of learning about the arts and cultures of diverse communities in San Francisco, in January our group had a delicious Filipino lunch, followed by a visit to the Filipino Cultural Center, where we learned about the history, culture, and traditions of Filipinos, both in San Francisco and in the Philippines. Our next meeting will be hosted at a member's home on March 20th. Details to follow.

94117

The 94117 Neighborhood Circle will next meet on Friday, February 8th, from 2:00 to 4:00 PM. For this get-together, we have decided to leave the agenda open. We will enjoy sharing what we have done over the past month—our pleasures, challenges, and insights. This next meeting will be at the home of Kitty Brody. Contact Bill Haskell, at bhaskell@sonic.net or at 415-661-2670, for our meeting location and to RSVP.

94118

The 94118 Circle will be reconvening again in March. Stay tuned for more information!

94123, 94115, & 94109

We decided it would be nice to gather as a group of friends and include members with limited mobility and are therefore inviting all of you who are interested in joining us at these two handicapped accessible venues: To celebrate Valentine's Day we will meet Monday February 11th, at 12:30 PM for Tea (high tea or otherwise) at "Crown & Crumpet", 1746 Post Street (just opposite Japantown garage) which serves high tea of tea sandwiches, scones etc. which can be shared with another person at \$20 each plus tip. (this can be lunch for them) Individual teas can also be ordered.

Then on Monday, February 25th we'll meet at 11:30 AM for lunch at the Presidio Golf Club Cafe, 300 Finley Road in the Presidio. Again this is wheelchair accessible and members are invited to invite their caregivers to join us if they so wish (at either venue). If you are available to drive or need a ride let Eva know.

We will reschedule the trip to the Rosie The Riveter museum and tour by "Betty" in Richmond once the government reopens.

94131

The circle will be gathering the 3rd Saturday of every month (unless noted otherwise in future posts). Our next meeting will Saturday, Feb. 16th from 1:00 – 3:00 PM at the Ora Way Club House. We look forward to seeing you all! Cheers!

94102 & 94103

February 12th, 2:30 – 4:00 PM at Books Inc. Please join us for our February meeting at Books Inc @ Opera Plaza. We will continue to plan the new direction of the circle as well as ponder the prompt: *"If you could go back in time, what era would you visit?"* We will also be tasting a few kinds of chocolate, so bring your favorite beverage to pair with it. Everyone welcome!

The Sunset Circle

Please come out and join us on February 20th from 2:30 – 4:00 PM at Olive Shaughnessy's house for a meeting filled with warmth and laughter. If you think of it, bring a photo from your past to share with the group. 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

Our next get together will be on Friday, February 22nd, from 1:00 to 3:00 PM at San Francisco Village, 3220 Fulton St. In this new year, we would like to take the LGBT circle to the next level - and spend this month's meeting exploring our personal narratives and deepening our connections. Please come prepared to share memories of your youth, as well as the process of growing older and how being LGBT has played a part in your life. If you like, please bring a piece of memorabilia to share with the circle. This may be a photo, piece of art or jewelry, a letter from a loved one, or anything of that nature. Each person will have approximately 10 minutes to talk. Bill Haskell will help to facilitate our meeting this month. In addition, we would also like to hear from our LGBT circle members about event ideas and direction in 2019. Please RSVP to Jill Ellefsen - jill@sfvillage.org 415-387-1375x2. Everyone welcome.

West of Twin Peaks Circle

Join us for Happy Hour, bargain drinks and small plates, on Monday, February 4th, 3:00 – 5:00 PM, Park Chalet, 1000 Great Highway. RSVP to Elaine at 415-469-9832 or elaine@mannon.com.

Also coming up, \$5 Tuesday Movie! Tuesday, February 26th, Century 20 Daly City, 1901 Junipero Serra Blvd. The title and time of the movie to be announced by e-mail the preceding Friday. Optional lunch and discussion following movie at Tomo's (sushi and teriyaki) next to the theater. For more information, contact Roberta Gordon at 415-823-7819 or robertatnt@comcast.net

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 one member and one volunteer who were kind enough to share a small glimpse of their lives.



Norman Prince – Norman has a full story with a strong theme of focusing forward. After moving from New York to attend Cal, he saw the world for 10 years, became a self-taught freelance editorial photographer, an assistant professor of English, and has also run his own tutoring service since the late 80s. After being diagnosed with liver cancer recently, he's happy to share that he has fully recovered from surgery, which removed 60% of his liver. Because his name is 'Norman,' not 'Normal,' he reports that he went back to work full time after being released from the hospital. As to advising those undergoing

liver cancer treatments, he recommends that "they do everything possible to find the most knowledgeable hepatologist and acupuncturist, practitioners highly experienced with liver cancer treatments. I'm confident that getting the best advice from healing professionals that I trusted played a large part in my recovery, along with regular meditation, listening to healing music, and making affirmations." We're happy to have Norman here at San Francisco Village!

Kathleen Grusenski – An SFV volunteer, Kathleen also works at UCSF Medical Center, and she teaches dance fitness classes at ODC in the Mission District. Above and beyond that, she volunteers with the Death Row Support Project too! Community is one of her core values, and she notes that she and her partner have found it challenging to build intentional community since moving to San Francisco in 2016. Kathleen grew up in an urban neighborhood where she knew the ins and outs of everyone's home and backyard on her block, so she was looking for an opportunity to volunteer in her Inner Richmond neighborhood. She previously worked in Milwaukee, Wisconsin with seniors as a dance and creative movement teacher through intergenerational community partnerships, so SFV was a great fit for her. Since joining us, she's expressed how much she cherishes the lasting friendships she's cultivating with our many members.



Save The Dates!



Day of Service

Clover Health, a San Francisco based healthcare startup, has approached us to volunteer for a Day of Service in March. We don't have all of the details yet, but if you have a tech or home project that a team of volunteers could tackle in

March, send your information to Jill and she will let you know details as the date gets closer.

California Senior Legislature

Tuesday, March 7, 2:00 - 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Begun in 1981, the California Senior Legislature (CSL) is made up of 120 elected members, 60 years of age or older. 40 Senior Senators (including SFV member, Allegra Fortunati) and 80 Senior Assembly Members are elected by their peers to represent seniors around the state. Throughout the year, CSL representatives develop state and federal proposals to improve the lives of older adults and adults with disabilities. Since its founding, CSL has shepherded over 230 proposals into law.



Anne Warren and Bettye Hammond, San Francisco's Senior Assembly Members, and Allegra Fortunati, newly elected SF Senior Senator, will talk about the CSL, this year's legislative priorities and how you can be involved in formulating future proposals.



Historic Trolley Tour of Cypress Lawn

Tuesday, March 19, 11:30 AM – 1:00 PM

1370 El Camino Real, Colma, CA 94014

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

Cypress Lawn is the cemetery for the most prominent and powerful families in San Francisco and California. Magnificent monuments and edifices to memorialize the achievement of the men and women who helped shape the Golden State were built by the leading architects, sculptors, and stained glass artists of the early 20th century. In fact, it's been said that Cypress Lawn's outdoor and indoor collection has more elegant works of art than many museums.

This trolley tour consists of a general excursion of the historic grounds: the grand mausoleums, stained glass, statuary and historical figures such as Hearst, Flood, Speckles, Crocker, etc. A box lunch will be provided by Cypress Lawn.

Tech Support Appointments with Senior Surf

Monday, March 25, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

REQUIRED 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.



It is required 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.

Transforming Lives and Community Luncheon

Transforming Lives and Community Luncheon

Tuesday, May 7

Julia Morgan Ballroom, San Francisco

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.

Around Town

The Art of Dying Well: A Practical Guide to a Good End of Life

Friday, February 22, 7:00 PM

Books Inc., 601 Van Ness Avenue

National Magazine Award-finalist and New York Times-bestselling author Katy Butler discusses her eloquent new book, *The Art of Dying Well: A Practical Guide to a Good End of Life*.

A reassuring and thoroughly researched guide to maintaining a high quality of life--from resilient old age to the first inklings of a serious illness to the final breath--by the New York Times bestselling author of *Knocking on Heaven's Door*.



The Art of Dying Well is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist and prominent end-of-life speaker Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own "good death" more likely. This handbook of step by step preparations--practical, communal, physical, and sometimes spiritual--will help you make the most of your remaining time, be it decades, years, or months.

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