



San Francisco Village

Monthly Newsletter

April 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends,

San Francisco Village launched 10 years ago, thanks to the creative energy of a group of people who imagined a better way to age – in community. They were building on the work of visionaries in Boston who had pioneered the village model in the early 2000's. Since then, this life-affirming model for social change has evolved to meet the needs of communities across the country. Here in San Francisco, we're proud to say that our village reflects our city's diversity, culture of innovation, and deep respect for history.



Over the years we have grown into an identity for which our founders planted the seeds.

Principles of reciprocity and pro-social values like empathy and volunteering have sprouted an intentional caring community that enriches the lives of thousands. Together, we share an ethics of care, which starts from the premise that humans are inherently relational, connected, & interdependent. In other words, we're social animals, and we need each other.

As lifelong learners, we're allowing this experience of community to shape our perspectives and choices. Maybe you've opted into the Solo Agers circle or made a new friend in the storytelling group; given a ride to a member or learned how to fall from physical therapist, Penny Sablove; led a neighborhood circle or found the courage to ask for help. In April, we invite you to an intergenerational mentoring exchange with USF Masters of Public Health students interested in who you are and what you think.

We become who we are in the reflection of other people. San Francisco Village provides myriad opportunities for discovering who we are today, and how our presence contributes to the greater good.

Hope to see you soon!
Kate

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Did You Know?



Safe Disposal of Unwanted and Expired Medication

Do you have expired or no longer necessary prescriptions taking up useful space? When stored or disposed of improperly, they can pose a threat to the environment, to children and pets, and to the original recipient of the medications. San Francisco Environment, a city-run department, offers multiple means for safe and convenient disposal such as pill/cream/ointment drop-off kiosks at dozens of sites across town and free mailing envelopes (postage included) to send off your items if you're not able to leave home. To learn more, visit <https://sfenvironment.org/safe-medicine-disposal> or call 415-355-3700.

Volunteer Opportunities

Newsletter Mailing

Friday, April 26, 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.



April Events



Follow Me for An Afternoon of Tai Chi and Qigong

Thursdays, April 4 – May 23, 2:30 – 3:15 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Practice Tai Chi without worrying about memorizing forms and learn from an instructor who uses the stepwise method --- watch me, follow me, and let's do it together. These 8 sessions will include skills of Qigong discipline, the perfect blend of Tai Chi and Qigong. This program holds the endorsement of many leading organizations, including the CDC, Arthritis Foundation, Administration on Aging, and American College of Sports Medicine. For more information visit <https://taichiforhealthinstitute.org/>. Led by Erika Cruz - a Certified Instructor from Tai Chi for Health Institute.

Grupo de Conversación en Español

Los lunes, 8 & 22 de abril, 6 & 20 de mayo, 11:00 AM -- 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



¡Añade un poco más de conversación en español a tu vida! Este grupo, liderado por miembros, está dirigido a hablantes intermedios y los que habla con fluidez; no habrá instrucción formal.



Mentoring Exchange: Masters of Public Health Students

Monday, April 8, 4:45 – 6:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village is thrilled to be partnering with USF for a mentoring exchange between members and Masters of Public Health students as one of their class times. By spending time in one-on-one conversations, both parties will gain a better understanding and connection to a different generation. Topics discussed can include, but are not limited to, backgrounds, interests, life experiences, and thoughts about the future.

Crime Awareness

Tuesday, April 9, 2:00 PM – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



The San Francisco District Attorney's Office is committed to fighting elder and dependent adult abuse and improving the quality of life for San Francisco seniors and dependent adults. The District Attorney's Office, among other things, seeks to protect victims from further abuse, prosecute perpetrators of abuse, obtain restitution for victims of financial abuse, and help victims procure the support they require. Come learn about DA services, scams that target older adults, and resources.



Graduation Stories: Mentoring Exchange with College Students

Friday, April 12, 30-minute conversations between 1-4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

RSVP to Mon Ami at joy@monami.io or (650) 691-5796 for your 30-minute time slot

What do you remember about college graduation? Did you have a job lined up? Loans? Were you living in the same town or planning a move? What did you think about your role in the state of the world? Join SFV and Mon Ami as members and current college students pair in a mentoring exchange to share experiences about this time in life. Film and audio clips will be recorded of the inter-generational connections to be shared with graduates across the country.

Mon Ami is an online marketplace where families can find and book activity companions to spend time with a loved one who is socially isolated in some way - by dementia, or autism, or simply by age and distance. Companions are college students from the local area - many of them are pre-med or public health-oriented, and they learn a lot from interacting with other families.

Ibasho

Thursday, April 18, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



This lecture introduces the “Ibasho” approach that challenges perceptions about aging and the social role of elders. This approach derives from a meaning of Ibasho– a Japanese term meaning a place where one feels a sense of belonging and purpose, and is accepted as oneself. This Ibasho approach recognizes elders as valuable assets to their community, empowering them to be active participants and changing the harmful outcomes created by society’s negative expectations. With elders actively engaged, Ibasho project in Japan has been operational for five years and the space is building social capital and resilience.

Dr. Emi Kiyota is the founder of the international non-profit Ibasho and a current Atlantic Fellow at the Global Brain Health Institute. She consults to numerous age-friendly design projects for senior housing, hospitals, and clinical-care centers in the United States, Europe, Asia and Africa.



Paper Collage Making

Friday, April 19, 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.

Ten Years That Shook the City

Thursday, April 25, 6:00 – 8:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Shaping San Francisco, a participatory community history project and living archive, published *Ten Years That Shook the City: San Francisco, 1968–1978* to document the power of communities coming together during the Sixties. A collection of first-person and historical essays following the Summer of Love, *Ten Years* discusses various social and labor movements that continue to shape SF today.

Co-editor LisaRuth Elliott and contributors share stories from a time when



transformative social values burrowed deeply into San Francisco and spread far beyond. Shaping San Francisco (<http://shapingsf.org/>) facilitates the discovery and preservation of local history through public discussions, publications, bicycle & walking tours, and the digital archive, Foundsf.org.



Basics of Creative Writing

Wed., April 24, May 8 & 22, June 12 & 26, July 10, 3:00–4:30 PM
SFV, 3220 Fulton St. at 8th Ave.

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

Each of us has a story to tell – but we often lack the tools to tell it well. This class will help provide you with those tools! We will study the elements of the craft: voice, setting, dialogue, and narrative arc, and each session will provide readings and prompts to get you started. If you are just beginning to set pen to paper, you will find support from fellow writers as we share our work. Just bring a pen, paper, and lots of imagination!

Basics of Creative Writing is 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 taught writing at several senior centers in San Francisco, as well as at San Francisco Village.

Discussion Group: Asking for Help and Receiving Care

Tuesday, April 30, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Most of us were raised to think we should be able to do everything for ourselves, and yet everyone needs care and support at various points. We need care when we are very young, when we are sick, and as we age. This will be a discussion group on the difficult and important work of asking for help and accepting care, and unlearning the idea that vulnerability and weakness are the same thing. We will explore together the spiritual gifts of allowing others to care for us, and the intimacy that comes from sharing tender moments of care-giving and taking.

The discussion will be led by Rabbi Elliot Kukla, who provides spiritual care at the Bay Area Jewish Healing Center to those who are ill, dying, and bereaved. Rabbi Kukla is also chronically ill and has had to learn how to receive care in multiple ways.



Writers Workshop

Wednesdays, May 1, June 5 & 19, July 3, 17, & 31, 3:00 – 4:30
SFV, 3220 Fulton St. at 8th Ave.

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

The Writers Workshop at San Francisco Village provides advanced writers with a supportive and inspiring setting to share and hone their work. Writers can bring material in any genre –

poetry, memoir, short story, long form fiction – and learn from fellow writers what resonates with readers and what would help you take the work deeper.

Angela Walls holds a Ph.D. in English. She writes primarily critical essays and non-fiction prose, though loves to read, write, and perform improv whenever she can. She teaches at a several Bay Area high schools and is a lecturer with the Prison University Project at San Quentin State Prison.

Recurring Events

Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Mondays, April 1 & 15, 1:30 – 3 PM
SFV, 3220 Fulton St. at 8th Ave.

Knitters, crocheters, and crafters alike, bring in your projects at any stage. If you are interested in learning to knit or crochet, you are welcome to join too! We have a large amount of donated yarn that is available for these projects. Please RSVP to Jill jill@sfvillage.org or 415-387-1375 x2.



Longevity Explorer Circle

Tuesday, April 2, 2:00 – 3:30 PM
SFV, 3220 Fulton St. at 8th Ave.

Tuesday, May 7, 2:00 – 3:30 PM
The Franciscan Room, The Sequoias Continuing Care Community
1400 Geary Blvd. (between Laguna and Gough)

Join an intimate group to discuss solutions to the challenges of growing older. The group will be facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers which focus on the intersection of healthcare, aging, and technology.

- 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 and hear from your peers about “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.

Aging Well with Meditation

Wednesdays, April 3, 10 and May 1, 11:00 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
No RSVP required. All levels of experience are welcome.

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, April 11, 4-6PM

150 Lombard St., Telegraph Landing Club Room

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

We'll read *The Knave of Hearts* by Louise Saunders. The play can be found in *Twelve Classic One-Act Plays*, Dover Thrift Editions. In May, we will begin reading plays from *24 Favorite One-Act Plays* edited by Bennett Cerf and Van H. Cartmell. Look for this anthology online, at the library, or in new and used bookstores.

Book Group

Monday, April 22, 4:00 PM

Location TBD

RSVP to Brooke Anderson at (415) 672-2437

You're invited! Book selection tbd, but please contact Brooke Anderson for more information and to join.



Let's Play Games!

Thursday, April 25, 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!

Solo Agers Circle – What are the Rules around Asking for Adaptations to Our Apartments?

Friday, April 26, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Victoria Tedder from the Independent Living Resource Center will make a presentation on the Fair Housing Act and Disability Rights. As we age, there might come a time when adaptations need to be made to our living spaces, because of increasing frailty, in order to stay in our homes. Who is responsible, who has to pay, can a landlord refuse to accommodate his or her tenants? What are the options available to tenants? These and other questions will be addressed by our speaker.

Neighborhood Circles



94121

The 94121 Circle continues to enjoy meeting and sharing stories. The next gathering will be on Friday, April 12 at 1:30PM. Venue TBD. You are heartily invited so please email or call Patricia Kaussen for more information: patriciamkaussen@gmail.com or (415)387-7299

94102 & 94103

All are invited, regardless of zip code! Come and join us at Books, Inc. Opera Plaza on Tuesday, April 16th from 2:30-4pm. The discussion will center around the upcoming release of the Mueller Report as well as planning some neighborhood outings and events for the group. Please RSVP to jill@sfvillage.org, 415-387-1375 x2.

94109 & 94133

Continuing with this year's theme of exploring the arts and culture of San Francisco's communities, our Circle will next be learning about the history and cultures of San Francisco's African American community. We will visit sites in the Bayview, including the famous Bayview Opera House, and have lunch in a local restaurant on Wednesday, April 10th, from 12- 3pm. Please contact Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for details.

The Sunset Circle

The Sunset Circle meeting on April 17th, from 2:30-4pm, will continue a very meaningful conversation started in the last few meetings. Members are discussing relationships such as new or existing friendships and how to be support for others in our Circle. We are "digging deep" and getting to know one another while sharing our experiences with local resources that can help us along our way. We will gather in Olive's living room. Her home has no stairs and is 50 yards from the last stop on the N Judah line. Bring snacks to share, and RSVP to Olive at 415 566-1149 or olivestories@gmail.com. All future meetings will be on the 3rd Wednesday of every month.

LGBT Circle

Spring is here! Let's celebrate the season and each other at our next meeting on Friday, April 19th from 1-2:30pm by discussing new beginnings, awakenings, and renewals during different parts of our lives. What does this time of year mean to you? We will meet at San Francisco Village. Please RSVP to Jill Ellefsen at jill@sfvillage.org or 415-387-1375 x 2.

94117

The 94117 Neighborhood Circle will next meet on Friday, April 12th, from 2-4 pm. For this get-together, we have decided to leave the agenda open. We will enjoy getting to know each other better and sharing what we have done in 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 location and to RSVP.

94123 & 94115

For April we are planning a visit to the California Historical Society, 678 Mission Street (between 3rd and Montgomery) on Thursday, April 25th to view their special Railroad Exhibition. Non museum member seniors are \$5 and members are free. We will meet at a local restaurant (place to be determined) at noon ahead of our visit (when you sign up we will let you know where). Parking is available at the Mission Street garage between 4th and 5th streets. Contact Eva Auchincloss at eva3auch@gmail.com if you would like to join us.

West of Twin Peaks Circle

April 2 - Happy Hour, 3-5pm. Park Chalet, 1000 Great Highway. Bargain drinks and small plates. RSVP to Elaine at 415-469-9832 or elaine@mannon.com.

April 11 - Lunch Bunch, 1:00 p.m. Roti Indian Bistro, 53 West Portal Avenue. RSVP to Elaine at 415-469-9832 or elaine@mannon.com.

April 24 - Tour of Filoli, 11:00 a.m. Filoli,, 88 Canada Road, Woodside. You're invited to join docent Phyllis Scaduto, a member of the West of Twin Peaks Village Circle, on a tour of Filoli, a small English manor house and 16 acres of formal gardens in Woodside. If you are not already a member of Filoli, the senior ticket price is \$18, which you can purchase onsite. We will meet at the Visitors Center and begin our tour, which will run about 1-1/2 hours. Afterwards, we can enjoy lunch at the cafe or discuss other options in Woodside. In your response, share if you can provide a ride for others, or need a ride. RSVP to Phyllis Scaduto, pscadut@hotmail.com or 415-731-1569."

April 30 - \$5 Tuesday Movie, Empire Theater, 85 West Portal Ave. Lunch/brunch at Squat and Gobble, 1 West Portal Avenue, at 11:15 to get together and chat away before the movie. After the movie, enjoy a treat at Noe Valley Bakery, 28 West Portal Avenue which has a Happy Hour from 3-5pm with all drinks \$2.00 and share your thoughts about the movie you saw. The title and time of the movie to be announced by e-mail the preceding Friday. RSVP to Roberta Gordon at 415-823-7819 or robertatnt@comcast.net.

Searching for Your Neighborhood Circle?

Check out our listing of all circles and contact Jill Ellefsen if you'd like to join, jill@sfvillage.org:

Bernal, Potrero, Mission, Bayview, 94110, 94107, 94121, 94134
Castro, Noe Valley, 94114
Cole Valley, Haight, 94117
Financial Dist., Embarcadero, Nob Hill, 94111, 94014, 94105, 94108
Inner Richmond, 94118, 94129
Marina, Cow Hollow, Pacific Heights, Western Addition, 94123, 94115
North Beach, Telegraph Hill, Chinatown, Russian Hill, 94109, 94133
Outer Richmond, 94121
SOMA, Hayes Valley, Opera Plaza, 94102, 94103
Sunset, 94122, 94116
Twin Peaks, Diamond Hts., Glen Park, Excelsior, Ingleside, 94131, 94112
West of Twin Peaks, 94127, 94132
LGBT Circle – citywide
Solo Ager Circle – citywide

Village Neighbors

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. This month, we introduce you to one member and one group who make the Village community strong. Don't forget to contact SFV to share a bit about yourself too by emailing Sara Roliz at sroliz@sfvillage.org.

Margaret Johnson – Margaret is San Francisco Village's first registered member! She was born into a Quaker family in Salem, New Jersey, and after high school, she worked for AT&T, served as a bank auditor, later joined TWA, also worked for Memorial Sloan-Kettering, and the VA in Palo Alto! With her husband, she lived in 19 different residences across the country where they raised three children. Eventually she discovered book binding and repaired books for 40 years, also serving as editor for 20 years of the Newsletter for the Guild of Book Workers. Margaret first learned about the "village concept" in Boston, where a friend told her one was opening. Later here, she learned about SFV and jumped right in. She recollects great memories of the early days, especially the Christmas parties and open houses that she hosted in her home for new members. Margaret is a treasure to us, and we are delighted for her ongoing rallying of our community.



Knitting Circle Crafts Caps for Pre-mature Babies

Last month, participants in our Knitting Circle completed four dozen caps to donate to preemie babies at UCSF Children's Hospital Intensive Care Nursery; scarves and larger hats for other kids were also given, and previous to that, they completed scarves for the homeless. We extend a special thanks to Dominique Lefranc, Allegra Demery, Judy Dunworth, Joan Walton, Nancy Wakeman, Judy Jacobs, and Jill Ellefsen. All are welcome to join the group, so please let us know if you're interested -

beginners and pros alike.

Member to Member

Welcome Kit for Refugee Family

The 94123 & 94115 Circle invites you to join them in the fulfillment of a "Welcome Kit" for a refugee family of four moving to the Bay Area. Last year the circle successfully provided a kit, and this time, want to open the opportunity to everyone in the Village. Eva Auchincloss will collect all donations at her house (during April), and she will deliver the kit to the International Rescue Committee.



Specific items (regulated by our government) are needed for these kits, and anyone interested can receive a list from Eva at eva3auch@comcast.net. Copies of the list will also be available at SFV. Alternatively, the refugee families need gift cards from local chain stores such as Target, Walgreens,

Trader Joes, etc., and these can also be sent to Eva. All gifts will be acknowledged by the non-profit International Rescue Committee in Oakland. If you have any questions, contact Eva at 415-563-7519.



Open Studio

SFV member, Frank Warner invites you to Frank's Open Studio! Come Saturday and Sunday, April 6 and 7, 1-4pm. 1921 Jefferson St., Suite 201 (corner of Divisadero). 75+ paintings to view.

The Only Metric of Success that Really Matters

Thanks to Judy Dunworth for sharing this eloquent essay on the power of community:
<https://bit.ly/2XVxToU>

Around Town

Art of Aging Gracefully Resource Fair

This 12th annual event will be held on Tuesday, April 9th from 9:20am-3pm at the Jewish Community Center of San Francisco. SFV will be on site for the event too! Make it a day of discovery and engage with local businesses and medical professionals on healthy living. The event is FREE to the public, but registration is recommended. Call 415-292-1200 with questions or to register.



Luncheon and Tour of New ACE Unit at CPMC Mission Bernal

CPMC's Mission Bernal Campus strives to deliver ideal care for older adults. That's why they opened an Acute Care for the Elderly (ACE) Unit. The ACE's interdisciplinary team creates personalized care plans that help reduce patient stay and improve mobilization. Come celebrate the launch of ACE on Friday, April 12th, 12-2pm at 3555 Cesar Chavez St. (1st floor conference room). RSVP to Sara Cohen at cohensf@sutterhealth.org or 415-641-6673.

Save The Dates!

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

Our 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.



The Gift of Each Other: Finding Community in a Lonely Time

Thursday, May 30, 2:00 –3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

“We need each other, now more than ever.” That’s the simple but crucial message of Karin Evans’s new book, *The Gift of Each Other: Finding Community in a Lonely Time*. The current forecasts

for longevity indicate that a large portion of us will live into our 80s and beyond. Yet a recent study showed that one in four older Americans say they have no one to talk to on a daily basis, no access to that comfort zone of human relationships known as *community*.

For anyone who has ever experienced loneliness or loss; for anyone who has ever cherished community, lost it, or searched for ways to deepen it, *The Gift of Each Other* explores many roads to community—volunteerism, spiritual involvement, gathering together around common interests, a revival of neighborhoods, athletic pursuits, new social experiments aided by the digital age.

Karin Evans is a veteran reporter and author who began her career at the San Francisco and Hong Kong bureaus of *Newsweek*. Her book *The Lost Daughters of China: Abandoned Girls, Their Journey to America, and the Search for a Missing Past* was a national best seller. A second book, *The Grace to Race*, tells the life story of octogenarian Ironman champion Sister Madonna Buder. A resident of Berkeley, California, Evans is a volunteer for Ashby Village. She’s also a certified yoga instructor, and active in the rescue and care of wayward huskies.

Is there anything we can help you with? Don’t hesitate to ask! For:

Programs: Sarah Kent -- sarah@sfvillage.org

Membership & Volunteering: Jill Ellefsen -- jill@sfvillage.org

Donations & Newsletter: Sara Roliz – sroliz@sfvillage.org

Wellness Program: Jessica Da Silva – jessica@sfvillage.org

Staff & Member Support: Yousra Sebiaa – yousra@sfvillage.org

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org