



San Francisco Village

Monthly Newsletter

July 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last month several members met with college graduates to share stories about graduation, first love, and leaving the nest. It was a wonderful way to connect across generations and discover what we have in common. You can see the video at www.sfvillage.org/news.

I'm thrilled that SFV serves as a platform to bring generations together to engage in respectful, curious dialogue that leads to better understanding. As an older adult, I'm interested in what younger adults have to teach me. In response to gun violence, threats to reproductive rights and climate change the youth of America are making their voices heard.

Next month we're offering an eight-part series on Climate Change. Most notably, we'll hear from representatives of the Sunrise Movement, a youth-led organization making climate change an urgent priority. Through their strategic actions, they've shifted the national conversation and are pushing presidential candidates to support a Green New Deal. Come hear about their story, strategy, theory of change, and how you can best support them!

The climate change series will culminate in a Global Climate Strike on September 20 and SFV members are invited to march in the streets! Youth leaders are calling on people of all ages to take a stand to demand an end to the age of fossil fuels and emergency action to avoid climate breakdown. People all over the world will use their power to stop "business as usual" in the face of the climate emergency.

At a time when social isolation and loneliness have become epidemic across generations, when our planet and democracy are in peril, when we feel like our voices don't matter, it's time that we forge a common vision, take action and let young people take the lead.

Warm regards,
Kate



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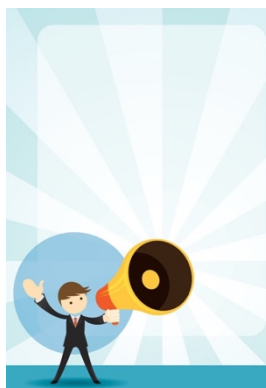
Save the Dates

Supporting SFV Year-Round

New Members in June

Linda Blacketer, 94124
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Did You Know?



Member Directory Updates

We are currently updating our Member Directory for 2019 and would like to ask for your input. If you have any change of information (address, email, phone number) since the printing of the last directory, please submit them to Jill Ellefsen, jill@sfvillage.org / 415-387-1375 x2. If you do not want to be listed in the new directory, please let us know that as well. Thank you!

Preparing for Fire Season

During the summer of 2018, much of California (and especially the Bay Area) was impacted by overwhelming fires that contributed to weeks of severely poor air quality. With fire season starting up again, now's the time to stock your home with emergency supplies -- get your masks, fans, air purifiers, and make plans about how to cope. Please note that San Francisco Village is air conditioned if you need somewhere to go to escape weather extremes.

Volunteer Opportunities

Call for Volunteers

Open and ongoing, citywide

In March we shared with you our new Wellness Program, in partnership with California Pacific Medical Center-Mission Bernal Campus. This pilot program connects SFV volunteers to recently discharged patients in an effort to reduce hospital readmissions, emergency room visits and improve health outcomes. CPMC will provide these patients with a 90-day membership, and our hope is that they will convert to full membership on their own.



We are looking for a special group of volunteers to extend our caring community to benefit folks who could use some extra support during an especially vulnerable time. Volunteer activities may include: friendly visits, daily phone check-ins, occasional grocery shopping, medication pick-up, and transportation. Join us in this pioneering program, bridging health care and social care. Another investment in your karma bank! Contact our Wellness Program Coordinator, Jessica Da Silva for more information, jessica@sfvillage.org or 415-387-1375 x 6.



Newsletter Mailing

Tuesday, July 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 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.

July Events

"Healthy" Brain Aging: What is it and how to get it!

Tuesday, July 2, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

As we age, we face increased risk of cognitive problems. Come hear Dr. Kaitlin Casaletto, an Assistant Professor of Neuropsychology from UCSF, discuss the latest evidence on the modifiable lifestyle activities you can do to support your aging brain. Dr. Casaletto and her team will also present ongoing opportunities to participate in brain health research in San Francisco. Bring questions, and don't miss out!



Writers' Workshop

Wednesdays, July 3, 17, & 31, 3:00 – 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in May. Please call to see if a spot is available.

This workshop 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. Instructor 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 several Bay Area high schools and is a lecturer with the Prison University Project at San Quentin State Prison.

Coffee Shop Hop

Coffee shops all around San Francisco

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

By member request - a new casual social! We'll meet in a cafe to connect with one another and form new friendships over coffee, scones, and empanadas! Have a favorite coffee shop? We're looking for members to take over this program starting in August. All you need to do is plan a day, time, and place to meet and be there to chat with members.



Monday, July 8, 9:00 – 10:00 AM

Café Reverie, 848 Cole St. @ Carl St.

Thursday, July 18, 9:00 – 10:00 AM

Chalos, 2240 Taraval St. @ 32nd Ave

Wednesday, July 24, 2:00 – 3:00 PM

Peet's, the Ferry Building

Friday, August 2, 3:00 – 4:00 PM

20th Century Cafe, 198 Gough St. @ Oak St.



Traveling with Global Volunteers

Monday, July 8, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join SFV member Allegra Fortunati as she describes her travel and service with Global Volunteers, a leader in worldwide volunteering in seventeen countries. Author Paul Bowles once said: "I feel life is very short and the world is there to see and one should know as

much about it as possible. One belongs to the whole world, not just one part of it." This presentation is for those who you are interested in a very different travel experience and want to learn about service opportunities worldwide with a great organization.

Healthy Aging and the Environment

Tuesday, July 9, 10:30AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Environmental factors greatly impact healthy aging. Science has shown that environmental risks are linked to cognitive decline, Alzheimer's disease, Parkinson's, cancers, and other chronic diseases. Come hear Karen Wang, PhD, talk about the latest science of how environmental factors impact healthy aging. You'll also learn specifically about what changes you can make to create a non-toxic home environment. This workshop will leave you with the confidence to make informed, science-based consumer choices. We will also talk about public policy changes in order to make healthy aging available to all.



Maintaining Mobility – Six Week Series

Tuesdays, July 16 – August 20, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

We will practice movements of everyday life - such as walking confidently, reaching, getting up and sitting down, changing direction, ascending/descending stairs, and anything else that

concerns you. As you learn efficient ways of moving, you'll also find yourself moving with more grace and pleasure. Group leader Penny Sablove specializes in improving the mobility of seniors. She has been developing senior programs to improve balance, gait, agility, endurance and strength for over 20 years for community organizations, including Osher Lifelong Learning Institute and as a physical therapist at Kaiser Permanente. She is also a 5th degree black belt in the Japanese martial art of Aikido and she has created an adapted form of this art for seniors and people with disabilities.

Sing-A-Long

Tuesday, July 16, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

If you would like to sing some of the popular Broadway and love songs you grew up with and would like to lend your voice to an



informal sing-a-long group, join member and piano player Larry Zabo. Let us know if there is a particular song/show you love when you RSVP, and we can work on getting the lyrics to share. Otherwise, just come and enjoy! Larry has played at The Fairmont Hotel, San Francisco Yacht Club, and private parties over the last 40 years. Before retiring, he had a checkered career in mental health, politics, and philanthropy, but music has always been the thing that sustains and gives him joy in his life. Come share what some songs have meant to you (both happy and sad) and maybe discover some new ones that will move you!



Exploring the Embarcadero in San Francisco – Walking Tour

Thursday, July 18, 1:00 – 3:30 PM

Meet at Mission Bay Branch Library, 960 4th Street

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

The Embarcadero has it all: boats, views, sports, restaurants, art, shopping and more! This tour with lively commentary on history and current city trivia will be about a mile of walking. There will be a coffee/food option at South Beach after we're done. From hidden secrets in Mission Bay to a water taxi boat ride from South Beach, this tour offers a look at the best of what's new and fun along the waterfront. After the tour, feel free to hop in the water taxi (\$15) -- the boat will meet us at South Beach pier near the ball park, and people can ride the boat to the Ferry Building or Pier 39 or to Hyde St. Pier.

Games at The Game Parlour

Monday, July 22, 2:00 – 4:00 PM

The Game Parlor, 1342 Irving St.

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

The Game Parlour is a place for people to come together and have fun playing from a huge selection of over 1,000 games spanning old classics to new challenges. Join other game playing loving members and check out this incredible game selection! RSVP to make sure we get enough tables.



The Many Ways to Get Around Town

Tuesday, July 23, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

At San Francisco's Paratransit Mobility Management Center, our goal is to connect older adults and people with disabilities to the rich transportation network that San Francisco has to offer with an emphasis on public and active transportation. We want to empower people by making them aware of their transportation choices and giving them the tools they need to get where they need or want to go. Come join a conversation with Mobility Management Specialist Kate Fitzpatrick on The Many Ways to Get Around Town.

ReServe

Thursday, July 25, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



The SF ReServe program is a part of the Community Living Campaign that supports adults 60+ and adults living with disabilities stay connected to their communities through ongoing and short-term employment. Come learn about ways to supplement your income and meet new people while using your skills and talents to support your community. SF ReServe will also provide information about other programs and resources to help older adults and adults with disabilities move into purposeful, part-time work.



Summer Party: Celebrating 10 Years!

Thursday, August 1, 5:00 – 7:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Whether it's 50 degrees and foggy or 80 and sunny, we all know the magic of summer in the city! Let's gather as members and volunteers to enjoy some nibbles, drinks, and captivating

conversations.

Recurring Events

Grupo de Conversación en Español

Los lunes, 1, 8, 15, 22, y 29 de julio 11:30 AM - 12:30 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.



Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Mondays, July 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 Jilljill@sfvillage.org or 415-387-1375 x2.

Aging Well with Meditation

Wednesdays, July 3, 10, 17, 31, 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. The group is 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, July 11, 4-6PM

150 Lombard St., Telegraph Landing Club Room

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

We will be reading *The Browning Version* by Terrence Rattigan. This play can be found in 24 Favorite One Act Plays edited by Bennett Cerf and Van H. Cartmell.

Intergenerational Play Date

Friday, July 12, 11:00 AM – 12:00 PM

Friday, July 19, 4:00 – 5:00 PM

Recess Collective, 2226 Taraval

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

When babies, kids, and older adults interact, something truly special happens! These play dates bring young children (ages 0-4) and their parents, and older adults together to have fun and develop meaningful relationships.



Join us at Recess Collective for art and sensory play. Recess Collective is an inclusive community centered space committed to supporting families from the time of pregnancy through the first four years by providing opportunities for perinatal education, play, creativity, support & connection. In addition to providing space for families with young children to gather and receive support, they partner with other community organizations to provide vetted experts to parents, work with seniors to build multi-generational volunteer opportunities, and leverage collaboration to build a true web of support among families.



Let's Play Games!

Thursday, July 18, 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!

Book Group

Monday, July 22, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location

In July, our book group will meet at Bill Gregory's house at 550 Battery, 4 Bostonship Pl. 94111. Call 415-550-8320 for directions. We will be discussing "An Equal Music" by Vikram Seth.





Solo Agers' Circle

Friday, July 26, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Solo Agers Circle members continue to search for housing options to offset any housing insecurity they might feel, in terms of affordability or frailty. Our July presentation/discussion will focus on the Mayor's Office on Housing and Community Development (MOHCD).

Our speaker is Mara Blitzer, MOHCD Director of Housing Development. She will be describing senior housing in SF, the small sites program and other ideas that are floating around San Francisco, in terms of developing affordable and safe housing. We have also invited representatives from StarCity, a corporation that is developing co-living spaces in San Francisco and Los Angeles, and President Norman Yee (or a member of his staff) who is proposing more housing subsidies for low-income seniors. Updated information will be provided in the mid-month SFV email.

Neighborhood Circles

94102/94103

Our circle will be taking a summer break from meetings, but you can still meet up with us every Tuesday night at the *Orbit Room's Trivia Night*, 1900 Market St., starting at 8pm. Join Team Village as we battle wits with the younger generation. All are welcome! RSVP to jill@sfvillage.org 415-387-1375 x2



94123/94115

Join us Tuesday, July 9th at 7pm for a potluck dessert party at Jeanne Lacy's home. RSVP to Eva for location and details. Eva3auch@gmail.com or 415-563-7519.

94121

Stay tuned for July's date and location! For any questions please call Patricia Kaussen at 415 387-7299 or email patriciamkaussen@gmail.com.

94117

The 94117 Neighborhood Circle will next meet on Friday, July 12th, from 2-4pm. 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 over the past month—our pleasures, challenges and insights. This gathering will be at the home of Karen and David Crommie. For location details, please contact Bill Haskell at bhaskell@sonic.net or 415-661-2670. Or contact Jill Ellefsen at jill@sfvillage.org or 415-387-1375 x 2.

The Sunset Circle

The Sunset Circle will continue getting to know each other and will also discuss, "Making Friends at a Later Age." To that end, some of us will be continuing the conversation over coffee at one of the local coffee houses. We'll first meet at Olive's house on Wednesday, July 17th from 2:30-4PM. She lives at the end of the N Judah line, and her home has no stairs. RSVP to Olive at olivestories@gmail.com or 415-566-1149. All future meet-ups will be the third Wednesday of the month.

LGBT Circle

It's summer in the city! Grab your down jacket, and meet us at The Castro Fountain, 554 Castro St. & 18th, for an old-fashioned ice cream experience on Friday, July 19th at 3pm. All SFV members and volunteers welcome & feel free to bring a friend. RSVP to jill@sfvillage.org or 415-387-1375 x 2.

94131

The 94131 circle meeting will be held at the Clubhouse at 43 Ora Way on Saturday, July 20th between 1-3pm. Available parking on the property is open to everyone. All future meetings will be on the third Saturday of the month.

94114

Please join the 94114 Circle for a private SF City Guides walking tour of the Mission Murals. We are meeting at the Women's Building, 3543 18th St. at 12:40 pm on Sunday, July 21st. Contact George Matiasz at 415-241-0422 or gamatiasz@mac.com to RSVP or for more information. RSVPs required, \$12 per person. Walking route is flat.

Bernal Circle

We are a fairly new circle and are enjoying getting to know one another and sharing our stories. The meetings are at Joan & Manny Miro's home on the third or fourth Saturday each month at 7:00pm. We are becoming a wonderful support system for each other as well as a lively bunch, always ending our meetings with snacks and drinks. The next meeting will be Saturday, July 27th @ 7pm. Please note that there are stairs leading up to the home. Come and join us! 206 Virginia Ave. up from Safeway. For more info please contact joanmiro@mindspring.com. Looking forward to meeting you!

94118

Our group will be on summer vacation in July, but keep your eyes peeled for upcoming events in the coming months. If you have any great ideas for an outing or would like to host an upcoming gathering, please contact Gabie Berliner at 415-751-3766 / gberliner@comcast.net.

West of Twin Peaks Circle

July 2 – Happy Hour

Join us for drinks and bites overlooking the Pacific Ocean. Beach Chalet, 1000 Great Highway, 3-6pm. Contact Phyllis Scaduto at pscadut@hotmail.com or 415-731-1569 to confirm.

July 10 - Sausalito Outing

Meet at the entrance to the Golden Gate Ferry, located behind the Ferry Building at 10:45am for a ferry ride to Sausalito and lunch at Trident Restaurant. The ferry departs at 11:10am. We'll take off again from Sausalito at 3:15pm. Contact Roberta Gordon before **July 3rd** so that lunch reservations can be made, robertatnt@comcast.net or 415.823.7819. The Embarcadero Bart Station is walking distance to the Ferry Building and the F Street Car stops at the Ferry Building. If you use the Clipper Card, Ferry round trip \$12.50. The card can be refilled at the ticket machine near the Ferry. One can purchase a ticket on line.

July 23 - Lunch

This month we will retreat to San Francisco's favorite public golf course for good food and spectacular lake views. Cypress Grill, Harding Park, 99 Harding Road, San Francisco, 1:00pm
Contact Phyllis Scaduto, pscadut@hotmail.com or 415-731-1569 to confirm.

If anyone needs a ride to any of these social event, please contact Roberta Gordon
robertatnt@comcast.net or 415.823.7819

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, 94134
Castro, Noe Valley, 94114
Cole Valley, Haight, 94117
Financial Dist., Embarcadero, Nob Hill, 94111, 94104, 94105, 94108
Inner Richmond, 94118, 94129
Marina, Cow Hollow, Pacific Heights, Western Addition, 94123, 94115
Nob Hill, 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 Agers' Circle – citywide

Sharing Snippets of Your Neighborhood Circles

As you can see, our Neighborhood Circles are bursting with activities. Please send your pictures from your circle outings to the Village so that we can share with others on our San Francisco Village Members Facebook group page. Only current members are allowed to be a part of / view this page. Please email Sara Roliz at sroliz@sfvillage.org with your highlights.

Village News!

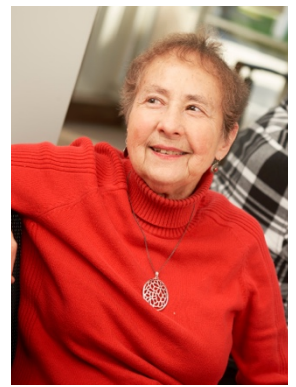


Stephanie Tranter joined us in May as a part-time Administrative Assistant. She will be supporting member and staff activities throughout 2019. Prior to her retirement, she spent many years in various administrative rolls in small and large companies. Originally from the Midwest, she moved to San Francisco over 30 years ago and still lives in the same building. Her daughter, granddaughters, and great granddaughter live in Las Vegas, a quick trip away. She has a passion for travel and has small ship cruised a good part of the world. Her favorite trips were Asia - Beijing to Singapore and the north Atlantic region including Iceland. She loves to cook and hosts dinner parties for her friends whenever she can. She is also an active member at the Aquatic Park Senior Center.

Village Neighbors

Learn more about who's here at San Francisco Village... who's a part of our story, whether a member, volunteer, donor, or community supporter. This month, we introduce you to one member and one neighborhood circle 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.

Linda Lewin, a New Jersey native and a Village member since 2014, shares that her semi-autobiographical book Flowers for Jenny has recently been published! In summary, Jenny feels heartbroken when her mom tells her they are going to leave California and move to New York City. She misses walking with her best friend along her small street, lined with flowers. But in New York she discovers things she loves and a new kind of flowers. This book is geared toward children ages 6-9 and is available on Amazon.com. Linda is a former editor with Simon & Schuster Publishers and now lives in San Francisco where she has been a teacher. Her other children's books are – The Spider's Journey: A Modern-Day Myth, Tiny and Toony Teeth, Pioneer Women of California, and Fun-to-Read Animal Stories.



The **94109 / 94133 Circle** includes Nob Hill, North Beach, Telegraph Hill, Chinatown and Russian Hill. This month, Circle Co-chairs, Juliet Rothman and Roberta Rothman (not related) share their circle's experiences of exploring the many cultures within our beautiful city.

"Deciding the direction of an SFV circle is an important part of chairing one. The first year, we chose to visit San Francisco landmarks, and the following year, water and ferries. As one of our members said, 'We go places I would not have gone alone!' We decided as a circle during the third year to explore and learn about the various groups, mostly ethnic, that make up our city.

With an emphasis on food, art, and history, we first visited the Mission, viewing art, murals, having a docent tour of the La Raza Community Gallery, and also eating great pastries. At the Filipino Cultural Center, we learned that the Filipino community is one of the oldest and largest, and that it was displaced from their original area of settlement in the downtown area. Last month, we started out at an Afro-Cuban restaurant followed by a visit to the African -American Arts and Cultural Center and then an interesting lecture at the African American Historical Society. Most recently, we visited the Castro, including the Harvey Milk camera store (now a Human Rights Center), a lunch at Harvey's nearby, and a docent-led tour of the GLBT History Museum. Lots of fun! San Francisco has so much to offer."

More details about the 94109/94133 Circle will be up on San Francisco Village's blog www.sfvillage.org/news in mid-July!

Member to Member

Marin Headlands for the Arts Summer Open House

Open House provides a once-a-season opportunity to roam the various buildings on campus, meet current artists, view works in progress, and attend screenings, performances, and readings. You can enjoy a house-made lunch at the Mess Hall Café. Parking is limited, but the #76 bus goes from Van Ness to the Headlands and makes for a great one hour journey! If you are interested in going, call June McNulty at 415-441-2186. She doesn't answer her phone, but people can leave her a slow and clear voicemail, and she'll call them back.





Backpacks for Refugees Traveling on Greyhound

From SFV Member Joan Miro - The International Rescue Committee, IRC, is working in Tucson to help refugees who have been dumped at the Greyhound Bus Station with a ticket, paid for by relatives, who have agreed to take them into their homes to begin a new life in our country. The refugees arrive with just the clothes on their backs; we want to offer them supply-filled backpacks to offer a little welcoming comfort in the U.S.

They will have blankets, water bottles, toiletries, snacks, toys for the kids, etc., and a note in Spanish. Eva Auchincloss and myself have put together a list of items and where to buy them. A full pack is around \$75. A big Thank You to Eva for all your help! My husband Manny and I will bring the backpacks to the IRC office in Oakland, which will send them on to Tucson. These backpacks are already being distributed and more are needed, so the quicker we put them together the better. It is my great hope that we can all join in this small act of kindness, much needed in these terrible times! For questions or to get involved, please e-mail joanmiro@mindspring.com. Thank you!

Around Town

Ruth's Table Grand Re-Opening

On July 11th, Ruth's Table is celebrating its grand re-opening at a newly dedicated gallery space located at 3160 21st St. A reception from 6-9pm launches a year-long exploration of Bauhaus through a series of exhibits. Founded in 2009 with the support of artist Ruth Asawa, Ruth's Table began as an arts initiative integrated into Bethany Center, an affordable senior living community. The new building will serve as a gallery and creative learning space where people of all ages can come together to learn, connect, and create. For more information, visit <https://www.ruthstable.org/>.

Summer Festivals

Check out a few great upcoming events in the city: Stern Grove Festival (Sundays, June through August 18th), North Beach Festival (July 6 – 7), Botanical Gardens Flower Piano Festival (July 11-22), and the Fillmore Jazz Festival (August 3 – 4).

Save The Dates!

An Introduction to Falling Less But Enjoying It More

Tuesday, August 6, 12:30 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

A wonderful new program in the Netherlands teaches older adults how to fall. Yes, how to fall! Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness.

Penny was certified in this Dutch method in January 2019, and she will be teaching it for the second time to SFV members later this summer. Participants practice falling skills on very soft mats several feet thick, starting from sitting and progressing gently to falling from a standing position. The course also includes skills of navigating very realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc.





Strike a Pose Viewing and Discussion

Wednesday, August 14, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In 1990, seven young, wild, and talented dancers joined pop star Madonna on her most controversial world tour. Their journey was captured in *Truth or Dare*, one of the highest-grossing documentaries ever. As a self-proclaimed mother to her six gay dancers plus straight Oliver, Madonna used the film to take a stand on gay rights, freedom of expression and the fight against AIDS. Madonna's flamboyant dancers became icons of sexual freedom, inspiring people all over the world.

25 years later, they reveal the truth about life during and after the tour in the documentary *Strike a Pose*. The film is a dramatic tale about overcoming shame and finding the courage to be who you are. SFV member Sue Trupin is in the film representing her late son Gabriel Trupin, one of Madonna's 7 dancers. He died of AIDS in 1995. She'll do a Q & A after the screening.

Climate Crisis Series

Thursdays, August 8 – September 19, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In October 2018, the UN Intergovernmental Panel on Climate Change released a report warning there are only a dozen years for global warming to be kept to a maximum of 1.5C, beyond which even half a degree will significantly worsen the risks of drought, floods, extreme heat and poverty for hundreds of millions of people. In this series, we will explore the basics of climate change science, connect with youth working to call attention to the crisis, how older adults will be disproportionately affected by climate change, and more.



August 8: Climate Crisis 101 -- This session will provide an overview to understand the causes and impact of global warming and greenhouse gasses. Learn about climate change and study the effects of fossil fuels on the Earth's atmosphere. Presenters from 350BayArea.org, a grassroots climate movement, will discuss socially equitable solutions and a just transition to clean energy.

August 15: Sunrise Movement and the Green New Deal -- Come out to hear from the Sunrise Movement, a youth led organization to stop climate change and create millions of good jobs in the process. Through their strategic and moral actions over the past 6 months, they've shifted the national conversation on climate change and have been pushing presidential candidates to support a Green New Deal. Come hear about their story, strategy, theory of change, and how you can best support them!

August 22: Fossil Fuel Resistance -- With its five oil refineries and multiple export terminals, the Bay Area is an important nexus for the fossil fuel industry. 350.org has a campaign that stretches from hearing rooms to front porches to the streets to stop infrastructure expansion projects, extreme forms of oil extraction, and the shipping of dangerous fossil fuels through our communities. Learn about the need and the ways to build sustainable alternatives instead.

August 29: Climate Change and Healthy Aging -- In the months and years to come extreme weather events will increasingly affect healthy aging. Rising temperatures, flooding, and changing wind patterns are just a few factors that will directly affect how people live and age. Lisa Brown, Ph.D., Professor at Palo Alto University, will explain the consequences of extreme weather on healthy aging and will describe actions people can take to contribute to a healthy environment.

September 5: Earth Friendly Nutrition -- Common dietary patterns and agricultural production systems contribute to acute and chronic diseases and widespread environmental degradation, including climate change. Changes in dietary habits and food production will be necessary in order to feed a growing global population while staying within planetary boundaries for a safe operating space for humanity. This presentation will summarize those impacts, barriers to change, and discuss alternatives that can result in improved health for individuals and entire ecologic systems. Ted Schettler MD, MPH, the Science Director of the Science and Environmental Health Network and Science Advisor to Health Care Without Harm, will be leading this conversation.

September 12: Cultivating Emotional Resilience in the Era of Climate Crisis

As we learn about devastating fires and storms, and scientific projections of how the impacts of global warming are likely to touch all of us, we can't help feeling distressed about the world our children and grandchildren are growing into. Leslie Davenport will offer tools and perspectives to build emotional resilience and explore creative possibilities for sustainability that include every one of us. Leslie is a psychotherapist and author of three books including *Emotional Resiliency in the Era of Climate Change*. She is an associate professor at the California Institute of Integral Studies.

September 19: Prep for SFV's role in the Global Climate Strike -- San Francisco Village will be participating in the Global Climate Strike on September 20th. Let's gather to discuss what that will look like, make our plan to march with youth, and/or other ways we can support the strike.

September 20: Global Climate Strike -- In August 2018, Greta Thunberg, a 16-year-old student in Sweden, began a solo school strike. Every Friday, she sat outside her country's parliament, protesting inaction on the climate crisis. Since then, millions of students around the world have been inspired by Greta's bold actions and joined her, leaving their classrooms on Fridays. During the week of March 15, 2019, there were at least 1.6 million strikers on all 7 continents, in more than 125 countries and in well over 2000 places.

School strikers are calling on everyone: young people, parents, workers, and all concerned citizens to join massive climate strikes and a week of actions starting on September 20th. People all over the world will use their power to stop "business as usual" in the face of the climate emergency. We will join young people in the streets to demand an end to the age of fossil fuels and emergency action to avoid climate breakdown.



Health Care Advocacy

Wednesday, August 21, 2:00 – 3:30 PM

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We are at a point where patients need to begin to take control of their own healthcare. This presentation will provide some great suggestions for navigating the system.

Sara Stephens is a graduate of Stanford University School of Nursing with a Bachelor of Nursing Science and a Public Health Nursing Certification. Sara's clinical background includes medical surgical nursing, intensive care units, transitional care units and in pre-operative nursing facilitation. She has served as nursing liaison between the board of managers and the health care center at The Heritage, a life care retirement community. Currently she serves on the Board of Directors for San Francisco's Laguna Honda Hospital Volunteers, a non-profit organization that works to improve the quality of life for patients and to recruit and support hospital volunteers. Her book, *A Medical Workbook*, will be for sale for \$25 + tax.

Paper Collage Making

Friday, August 23, 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.



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 at <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!

Community Thrift Store – This store accepts donations on behalf of San Francisco Village, sells the items, and then shares the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. Last year for example, we 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**.



San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us. You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension:

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org, ext. 1

Membership & Volunteering: Jill Ellefsen – jill@sfvillage.org, ext. 2

Programs & RSVPs: Sarah Kent – sarah@sfvillage.org, ext. 3

Donations & Newsletter: Sara Roliz – sroliz@sfvillage.org, ext. 4

Staff & Member Support: Yousra Sebiaa – yousra@sfvillage.org, ext. 5

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