



San Francisco Village

Monthly Newsletter November 2019

From Executive Director, Kate Hoepke:

Dear Members and Friends:

San Francisco Village is an intentional caring community built on principles of reciprocity and pro-social values like empathy, compassion, and contributing to the greater good. After ten years, we have demonstrated time and again that San Franciscans of all ages are eager to connect with their neighbors, provide support when needed and develop meaningful relationships across generations.



Last month, we celebrated our volunteers who generously give of themselves to make life a little easier for our members. They help with laundry, shopping, transportation, and technology. They visit housebound members, take out the trash, and weed gardens. They discuss current events, tell personal stories and ask about the history of San Francisco.

SFV members also volunteer to help each other, and in the process, they help our community to thrive. Neighborhood Circle leaders, the newsletter mailing crew, and the Board of Directors regularly contribute their time and talent. Any given week, we find neighbors driving neighbors, friends delivering a meal, and members leading a program.

The Dalai Lama once said, "We have been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor." At San Francisco Village, our volunteers take time to cross the street.

Last year, they provided more than 5500 hours of time, each hour valued at \$30 in California. So, it's fair to say that the time invested last year is equivalent to \$170,000, approximately 25 percent of our annual revenue. But that doesn't account for the exchange of love, or the deep satisfaction and sense of purpose that volunteering provides. These are measured differently - in the development of a generous spirit; in the knowledge that we belong to something bigger than ourselves; in the pride we feel because we're making a difference for someone else.

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San Francisco Village is built on an ethos of volunteerism and asking ourselves the question, “What is mine to give?”

Kind regards,
Kate

Did You Know?



Member Satisfaction Survey- We Need Your Help!

San Francisco Village receives more than half of our funding from private foundations and the City of San Francisco, which require that we demonstrate the impact we’re having on our members’ lives. This survey is the primary source of data that we use to tell that story. Our City funder, the Department of Aging and Adult Services, is asking that 75% of our membership complete this survey. In order to accomplish this, we’ve included the survey and instructions on returning it in the print edition of our newsletter; members can

alternatively complete it online at www.surveymonkey.com/r/SFV2020membersurvey. Please complete this survey by Friday, January 10, 2020.

Volunteer Opportunities

San Francisco Village offers numerous volunteer opportunities year-round, supporting both office operations and members across the city. We’d love to have you join the crew! Contact Jill Ellefsen at jill@sfvillage.org to sign up to **receive our twice weekly emails** detailing the many volunteer options available to you through San Francisco Village.

Newsletter Mailing

Monday, Nov. 25, 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.



November Events



Día de los Muertos Ceremony

Friday, November 1, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

For many years, SFV member Joan Miro has been going to Oaxaca during Dia de los Muertos, the Day of the Dead celebrations. She became fascinated with this amazing and moving celebration of remembering loved ones.

In her experience of Anglo culture, death was a terrible thing with no ritual that made any sense to remember those loved ones we had lost. She decided to make an altar in her home. As she thought about what her loved ones would like to eat and drink and gathered pictures and pieces of their lives, she felt very close to them. It became a loving experience and a positive way to honor and remember them. Every year since, she has put up an altar in her home, becoming more crowded over the years with new additions, memories, and emotions. Joan has also created personal altars for SOMarts Gallery, The Oakland Museum and other public places.

Joan will be creating a public altar for The San Francisco Village Community and invites all to a celebration honoring our loved ones on November 1. **We encourage you to bring a 4x6 photo of your loved one and a small memento to place on the altar.** We will be providing candles for you to light in their memory. Joan is available to answer any questions– joanmiro@mindspring.com.

SF Opera: Giacomo Puccini's *Manon Lescaut*

Dress Rehearsal: Tuesday, November 5, 1:00 -- 4:30 PM

Meet in lobby at 12:30 to get ticket

War Memorial Opera House, 301 Van Ness Ave (at Grove)

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



The early opera that skyrocketed Puccini to success, *Manon Lescaut* brings Italian passion to the tale of a young woman's conflicted search for satisfaction. Too easily seduced by luxury, Manon leaves her true love for a wealthy older man only to realize her childish mistake ...but it may be too late. Sung in Italian with English supertitles.



LGBTQ Film Festival

Wednesdays, November 6 & 20, December 4, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in September and you are welcomed to join at any time

The popular LGBTQ film festival continues! Join us for one, join us for all. Films curated by SFV member and humorist, Ralph Beren.

November 6: *Before Night Falls* (2000) is an American biographical romantic drama directed by Julian Schnabel. The film is based on both the autobiography of the same name by Reinaldo Arenas, as well as Jana Boková's 1990 documentary *Havana*. It spans the whole of Arenas' life, from his rural childhood and his early embrace of the Revolution to the persecution he would later experience as a writer and homosexual in Castro's Cuba; from his departure from Cuba in the Mariel Harbor exodus of 1980 to his exile and death in the United States.

November 20: *God's Own Country* (2017) is a British drama written and directed by Francis Lee. The film stars Josh O'Connor and Alec Secăreanu. The plot follows a young sheep farmer in Yorkshire whose life is transformed by a Romanian migrant worker. The film was the only UK-based production to feature in the world drama category at the 2017 Sundance Film Festival, where it won the world cinema directing award.

December 4: *Tangerine* (2015) is an American comedy-drama film directed by Sean Baker. The story follows a transgender sex worker who discovers her boyfriend and pimp has been cheating on her. The film was shot with three iPhone 5S smartphones.

Follow Me for an Afternoon of Tai Chi and Qigong

Thursdays, November 7 - December 12, 2:30 – 3:15 PM

Will not meet on Thanksgiving, 11/28

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in October and you are welcomed to join at any time



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 9 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 Caroline Lew - a Certified Instructor from Tai Chi for Health Institute.



The Oral Tradition: A Harmony of Past, Present and Future through Storytelling

Mondays, November 11 -- December 16, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join a storytelling circle to learn the traditional forms of fairy tale, folk tale, fable, myth, and legend. Learn techniques through group exercises, play and practice. Olive Hackett-Shaughnessy has been a professional storyteller since 1986. She is a wandering bard/consultant who brings folk tales, fairy tales and myths from the ancient oral tradition back to life for audiences of all ages and stages and career paths including: students, parents, teachers, writers, nurses, patients, accountants, veterans, pre-schoolers and older adults. Her voice entrances. Her rich vocabulary is the artist's brush. Her presentations and workshops are lively interactive experiences that encourage compassion and community.

Lunch with Provocative People

Tuesdays, Nov 12 & 26, Dec 10, 11:30 AM – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This series started in October and you are welcomed to join at any time

Who would you like to have lunch with? We provide the people – you bring your lunch! The focus of this group will be on learning about provocative people in our midst (in the USA & elsewhere). Written and video material will be used to discover the wisdom and character of each person. Bring your lunch to enjoy during the discussion period. A planning committee of members was created to organize and lead the sessions. The underlying notion is that each of us has something to teach – and learn from one another.



November 12: Greta Tintin Eleonora Ernman Thunberg is a Swedish activist who, at age 15, began protesting outside the Swedish parliament in August 2018 about the need for immediate action to

combat climate change. She's now 16 and will travel to New York in a boat to address the U.N. on the urgency of action. Presented by Linda Lewin

November 26: "Leave the door open for the unknown, the door into the dark. That's where the most important things come from, where you yourself came from, and where you will go." Rebecca Solnit is an incisive voice on topics ranging from feminism to the environment, western and indigenous history to literary criticism, and from hope and disaster to popular power and social change. Presented by Lynn Davis

December 10: "The most powerful woman in the world," so designated by Forbes Magazine for a record fourteenth time. Germany's Chancellor Angela Merkel has led her country for four consecutive terms, but says she will not run again. Learn the fascinating backstory of a remarkable woman who has been the de facto leader of the European Union for the last decade. Presented by Karen Crommie



Author Talk: *Elderhood* by Louise Aronson

November 13, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In *Elderhood*: *Redefining Aging, Transforming Medicine, Reimagining Life*, Harvard-trained and San Francisco-born geriatrician Louise Aronson uses stories from her quarter century of caring for patients and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy—a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and life itself.

Louise Aronson, MD MFA, is a geriatrician, writer, and professor of medicine at the University of California, San Francisco. The author of *Elderhood* and *A History of the Present Illness*, she is a regular contributor to the New York Times and the New England Journal of Medicine among other publications. Recognition of Louise's work includes a MacDowell fellowship, four Pushcart nominations, the American Geriatrics Society Clinician-Teacher of the Year award, and a Gold Professorship for Humanism in Medicine. She lives in San Francisco.

Learn about the Department of Aging and Adult Services Resource and Referral Hub!

Thursday, November 14, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



The San Francisco Department of Aging and Adult Services (DAAS) supports the well-being, safety, and independence of adults with disabilities, older people, and veterans. With a single call or visit to our Benefits and Resources Hub, you can learn about and apply for available services. Directly and in partnership with more than 50 community organizations, they help coordinate care, serve meals, provide socialization and recreation activities, and offer many other services throughout the City. This includes the hotline for Adult Protective Services reports and intake applications for several services, such as the Community Living Fund, In-Home Supportive Services (IHSS) (including Care Transitions for those IHSS referrals discharging

from the hospital), our Home Delivered Meals Program, and the Office On Aging Case Management Program.



Paper Collage Making

Friday, November 15, 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.

Reframing Aging Campaign and Faces Places Viewing

Tuesday, November 19, 10:30 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



The San Francisco Reframing Aging Campaign is a collaborative effort to increase public awareness of ageism, disrupt negative stereotypes of aging, and connect residents with supportive resources and services. The campaign is a partnership between the San Francisco Department of Aging and Adult Services (DAAS), the Community Living Campaign, the Metta Fund, and numerous community-based organizations and neighbors, including San Francisco Village's Executive Director Kate Hoepke. Join us to hear more about the campaign about making San Francisco a truly age- and disability- friendly city.

To further the discussion, we'll view the 2017 French film *Faces Places*. The documentary follows Agnes Varda, one of the leading lights of France's honored French New Wave cinema era, and professional photographer and muralist, J.R., as they undertake a special art project. Together, they travel around France in a special box truck equipped as a portable photo booth and traveling printing facility as they take photographs of people around the country. With that inspiration, they also create colossal mural pictures of individuals, communities and places they want to honor and celebrate. Along the way, the old cinematic veteran and the young artistic idealist enjoy an odd friendship as they chat and explore their views on the world as only they can.



Learn more about your iPhone with App Easy

Wednesday, November 20, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

App Easy is a SF based startup that teaches older adults how to use technology to enrich their lives and enable them to age in place more comfortably and cost effectively. Students are taught in-person and receive on-demand support through our app. Together with San Francisco Village, we

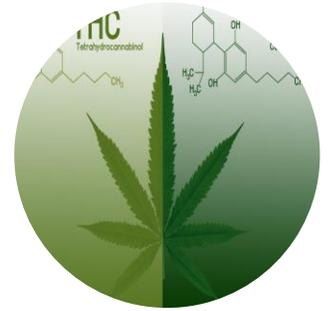
will be piloting an iPhone/iPad based curriculum for SF Village members. This curriculum will enable students to achieve a greater level of independence in their daily lives and has the potential to reduce personal care bills by 20% per month. If you would like to find out more about App Easy, please come out to our info session on November 20th at 10:30 AM.

Cannabis Therapeutics: Advising Patients on Safe and Effective Use

Friday, November 22, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



This presentation will cover cannabis constituents, drug interactions, and rules of thumb for cannabis dosing which may be used to guide patients in safe and effective use of cannabis medications under the law.

Mariavittoria Mangini, PhD, FNP, has been a family nurse practitioner since 1982. She has written extensively on the impact of psychedelic experiences in shaping the lives of her contemporaries and has worked closely with many of the most distinguished investigators in this field. Her current project is the development of a Thanatology program for the study of death and dying. She completed her doctorate in Community Health Nursing at UCSF, where her research centered on drug use and drug policy. Currently she is the director of the MSN/FNP program at Holy Names University in Oakland. She has 35 years experience in Family Practice and Women's Health including 24 years with the primary care practice of Dr. Frank Lucido, one of the pioneers of the medical cannabis movement. Their practice was one of the first to implement the California Compassionate Use Act of 1996, one of the first medical cannabis laws nationwide, when it became law.

Recurring Events



Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Nov. 4 and 18, 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.

Grupo de Conversación en Español

Mondays, November 4, 11, 18, 25, 9:30 -- 10:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

Add a little more conversation in Spanish to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for it? Check it out!



Longevity Explorers Circle

Tuesday, Nov 5, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Tuesday, December 3, 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”.

Aging Well with Meditation

Wednesdays, November 6 & 27, 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.



Solo Agers' Circle

Friday, Nov. 8, 10:30AM – 12PM

SFV, 3220 Fulton St. at 8th Ave.

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

Planning Ahead to Prevent Suffering in Dementia.

Experts predict that 50% of people over 85 may suffer from dementia. In this unusual presentation, learn how an effective living will can help prevent prolonged suffering from advanced dementia. Our presenter, Dr. Stanley A. Terman, PhD, MD, is a psychiatrist and bioethicist. Since 2000, he has led a non-profit organization devoted to preventing prolonged dying with severe suffering in advanced dementia (www.CaringAdvocates.org). First, he will explain why it is so challenging to create an effective living will for advanced dementia. Then, he will point out some common flaws in living wills. Finally, he will summarize what qualities to look for if seeking an effective living will. To illustrate these points, he will show examples from others' living wills, and his "My Way Cards."

Play Reading Group

Thursday, Nov. 14, 4PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613.



Have an urge to emote? To be a drama queen? To be someone completely different from or even the same as yourself? If the answer is yes, then come join our One-Act Play Reading group. We meet on the second Thursday of the month from 4:00-6:00 at 150 Lombard St. in the Telegraph Landing Club Room. On November 14, we will be reading *Sorry, Wrong Number* by Lucille Fletcher. This play is in the anthology we are currently working our way through, *24 Favorite One Act Plays* edited by Bennett Cerf and Van H. Cartmell. Future plays are by Eugene O'Neill, Anton Chekhov, Dorothy Parker and Oscar Wilde, just to name a few of the playwrights.

If you have questions, please call or write Midge Fox at (415) 819-2230 or midgefox@comcast.net. No audition required. All readers/actors welcome. Feel free to come in costume appropriate to the play, if desired. Bringing snacks or beverage to share, purely optional. We look forward to welcoming new thespians to our group.



Sing-A-Long

Tuesday, November 19, 1:30 – 3:00 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. 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!

Let's Play Games!

Thursday, November 21, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Plain and simple - let's have fun! We play cards and board games and love when you introduce us to a new game. Join us!



Discussion Group

Friday, Nov. 22, 2:30 PM

Home of SFV member, Eva Auchincloss

RSVP to eva3auch@gmail.com

A lively discussion group continues to meet once a month, usually on Fridays toward the end of the month. Contact Eva Auchincloss for more details about

the next meet-up, which will include conversation on current affairs (local, statewide and national). FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. Come on over! All members welcome.

Book Group

Monday, November 25, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location



Book title and venue are tbd at the moment. If you are interested in joining the group, please contact Brooke Anderson at the number above.

Neighborhood Circles



One of our members recently noted that Neighborhood Circles are a great way for her friends to learn more about San Francisco Village. Please feel free to extend an invitation to a friend to “dip their toe” into the Village by participating in an upcoming outing. If he/she is further interested in membership, please contact Jill Ellefsen at jill@sfvillage.org or 415-387-1375 x 2.

94117

The 94117 Neighborhood Circle (Haight-Ashbury) will next meet on Friday, November 8th, from 2-4 pm. For this get-together, we have decided to leave the agenda open. We find topics arise during our monthly conversations. 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 get-together will be at the home of Bob Gordon and Bill Haskell. 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.

94123/94115

For the **94123** zip code, we have a limited gathering on Saturday, November 23rd at Sally Kaufmann-Cowan's home, 10am-12pm. Come for bagels & cream cheese and good talk. The **94115** gathering at Bill and Marilyn Campbell's home will be on Saturday, November 26th from 5-6:30pm. It is limited to those who can manage their multiple stairs with railing and willing to bring a drink or nibble to share with others. For both **94115 and 94123** (and for those who used to live in one of these zip codes) we will have the usual gathering during election day, November 5th, again at Jean Phleger's home. Please bring drink of choice and/or nibble to share. This will begin as polls close and predictions begin.

In all cases, we are limiting the number of participants to keep our gatherings small, but a RSVP to Eva Auchincloss (415-563-7519 or eva3auch@gmail.com) in advance is required; she will let you know if you make the list.

94118

We continue to have stimulating and enjoyable conversations at our gathering. Nov. 14, 3pm we'll meet again at Cup & Cake, corner of Geary and Jordan. Mark your calendar and do come! Dec. 12, 5pm, Potluck supper to celebrate whatever holiday you want to celebrate. Or no holiday. At Karen Franklin's house. Definitely mark your calendars for this one. RSVP with Gabie Berliner for address details, gberliner@comcast.net.

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, Nov. 20th 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 meetups will be the third Wednesday of the month.

Bernal Circle

The Bernal Circle will be meeting on Saturday, Nov. 23rd at 7:00pm at Kathy and Liz's house. Details to follow. For info, please call Joan Miro at 415-285-6919.

LGBTQ Circle

Friday, Nov. 15th, 1pm - 3:30pm. There's something special about Thanksgiving that causes us to reflect on what's really important and brings a fresh perspective into our lives. There are amazing benefits to being grateful, and this meeting we will each share a few things that we are grateful for. Please join us - everyone is welcome! Please RSVP to Jill@sfvillage.org or 415-387-1375 x2.

94109/94133

Our neighborhood Circle will next meet on December 11th at 3pm at a member's home. We will be catching up on each others' lives, discussing our visit to the Italian Community Center and North Beach, and, given as it will be December, we'll also share our favorite holiday memory. Please RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for more details.

94102/94103

Until our regular meetings resume, meet up with 94102/03 circle members 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 or 415-387-1375 x2.

94121

San Francisco Village members and friends from 94121 and beyond continue to meet at various venues around our zip code. Please call Patricia Kaussen at 415 387-7299 if you wish to join 10 to 15 friendly neighbors and friends sharing in some convivial and scintillating conversation. We meet about every 4 to 6 weeks.

West of Twin Peaks Circle

Nov. 16 - Holiday Wreath Making and Paper Bag Lunch. Come at 11:00am; refreshments and dessert provided by Roberta. Please respond by Nov 11th so materials can be gathered for a successful, fun event. \$10 for materials. RSVP to Roberta Gordon for address at robertatnt@comcast.net or 415-823-7819.

Nov. 22 – Happy Hour. Come join from 3-5pm, Franco’s Latin Table, 24 West Portal Ave. Featuring inventive takes on Peruvian classics and reduced prices on drinks. RSVP to Elaine Mannon at elaine@mannon.com or 415-469-9832.

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

Village Neighbors

Learn more about who’s here at San Francisco Village... who’s a part of our story. Whether a member, volunteer, donor, staff, or community supporter, we have so many great folks who make the Village community strong. Please nominate yourself or a friend for us to highlight in our monthly newsletter by emailing Sara Roliz at sroliz@sfvillage.org.

SFV Board member, Brittney Doyle – Brittney, a San Francisco native, is the founder of WISE Health, a senior health solutions agency that addresses health disparities among the aging populations living throughout the San Francisco Bay Area. She has over 15 years of experience developing, leading, and managing health programs and services in San Francisco, St. Louis, Houston and Austin, Texas. Brittney believes strategic community health collaborations are key to ensuring that our aging community is “touched,” or reached, where they work, live, play and pray. She is passionate about developing innovative, interactive, and effective health programming that will appeal to diverse communities of all ages.

Brittney earned a Master of Public Health degree with a concentration in health education and communication from Saint Louis University and an undergraduate degree in Consumer Science and Education from the University of Memphis.





SFV volunteer and member, Larry Zabo - Larry grew up in Cleveland, Ohio and began studying piano at age seven. He took lessons for the next 15 years and will never forget when after playing a solo at a 7th grade assembly, the principal brought him to the front of the stage, held up his right hand and said, "This young man will never have to work for a living." Would that such a rosy prediction could have come true! He did continue playing for theater productions and swanky parties in beautiful venues in San Francisco.

Working as an administrator in a variety of settings, allowed him to travel in Europe, Japan, and South America. He realized a lifelong dream of seeing a complete Wagner Ring Cycle in Bayreuth. Music and the visual arts are what give his life meaning and he supports the SF Conservatory of Music.

Now, in the 17th year of retirement, he has joined the Village to explore the joy of belonging and sharing in the LGBTQ and Bernal Circles, bring out the "Broadway Baby" in members of the Sing-a-long group and sample the rich buffet of savory and life-enhancing offerings at SF Village!

Member to Member

Invitation from Betty Burr

Village member, Betty Burr, is taking part in the Re-Imagine End of Life Festival with two presentations of her program: *Carefree Solo-Aging: Plan and Be Prepared*. In these free events, people who are aging alone will learn keys to creating community with other solo-agers and begin to prepare their specific plans for a successful and carefree solo journey. Dates: Sat 10/26; Sat 11/2 time: 1-3 pm; 280 Claremont Blvd, SF 94127. Contact Betty at 415-602-0012 or betty@transitionsteps.com.

My Commitment to Positive Climate Action: Bill Haskell

At the last session of the excellent Climate Crisis series that ended in September, I made a commitment to organize a letter writing campaign for members who want SFV to: (1) endorse particular climate legislation at the federal, state, or local level; or (2) thank a political or social leader working on behalf of positive climate action.

My request is this: if you have legislation you want endorsed by SFV members, please send me an email stating what that legislation is AND why you believe it should be endorsed. If you have a political or social leader you believe should be thanked by SFV members for her or his work on behalf of positive climate action, please send an email to me stating who that person is AND why you believe they should be thanked. My email address is bhaskell@sonic.net. I will take the information you send me and convert it into an endorsement letter or a thank-you letter and place it on SFV stationery. FYI – the date for letter signing will be Thursday, December 12th, from 1:30 to 2:15 pm. The SFV conference room will be reserved, if possible, for this member letter signing event. In the coming months, if there are sufficient pieces of legislation to be endorsed, or a number of political or social leaders to be thanked, this could be a monthly event. **This letter writing campaign can be our collective effort to achieve ongoing positive climate action!**

Around Town

Community Health Resource Center (CHRC)

The CHRC is a non-profit organization that provides a range of beneficial health education programs including nutritional guidance, social work counseling, educational lectures and more. They have ongoing support groups such as the Cancer Buddy Program, Stroke Survivor and Coping with Cancer. For more info about the groups call the CHRC at 415-923-3155 or ask SFV staff for a flyer. Also, on November 4th, from 12 to 1pm, they will have Scott Plymale, PHD, LCSW, presenting on the topic of Advance Health Directives. Registration required. \$10 fee contribution. Call 415-923-3155 or email cpmcchrc@sutterhealth.org.

The JCCSF's Embracing the Journey: End of Life Resource Fair

Sunday, November 3rd, 9:15am – 5:00pm. At this fifth annual event, learn compassionate and dignified ways to navigate the pathways that we and our loved ones will all travel. Throughout the day speakers share spiritual wisdom embodied in various traditions concerning the end-of-life journey. Businesses and organizations will be offering a wealth of end-of-life resources. Stay for the day or attend select sessions! Advance registration is highly recommended. To register, call 415-292-1200. Visit www.jccsf.org/eol for more details.

Volunteer Opportunities at the Botanical Garden

Our neighbor across the park is seeking volunteer docents. No previous experience needed; training sessions start November 14th and run Thursdays and Saturdays. Opportunities are also available in garden upkeep. Please visit sfbg.org/volunteers for more information.

Renter Seeking New Home

Responsible, single 39-year old woman seeks opportunity for a shared living situation in San Francisco. Able to assist with household chores, cooking, running errands, tech assistance, and pet care for reduced rent. College graduate with a degree in architecture, professional experience in property management, and was on-site building manager in high-end Pac Heights building for 7.5 years. Licensed real estate agent, lover of yoga and reading, Vespa rider, pet lover. Also available for house sitting and pet sitting! Recommended by long time SF Village member. Background check cleared by SFV staff. Local references available. Availability starting mid-December, preferably January 2020. Contact jill@sfvillage.org, 415-387-1375 x2 for more information.

Save The Dates!

Nutcracker Chair Dance Ballet Class and Lecture

Tuesday, December 3, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

2020 Census: Why Your Participation Matters

Thursday, December 5, 2019 10:30 AM -12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Beyond Grumps and Spinsters: American Movies Take On Aging

Friday, December 6, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Annual Holiday Party

Wednesday, December 11, 5:45 – 8:00 PM, boarding starts at 5:30 PM

Empress Cruise, meet at SF Pier 40, 89 King Street

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

San Francisco Holiday Lights Walking Tour

Tuesday, December 17, 4:30 – 6:30 PM

Starting Place: Sheraton Palace Hotel (meet inside at Market Street entrance)

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

RSVP required; Space limited

Current Psychedelic Research: A Resurgence of Interest

Wednesday, December 18, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen (listed below).

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: Amy Bergstein – amy@sfvillage.org, ext. 3

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

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

Staff & Member Support: Stephanie Tranter – stephanie@sfvillage.org, ext. 5

Wellness Program: Jessica Da Silva – jessica@sfvillage.org, ext. 6