



From Executive Director, Kate Hoepke:

Dear Members and Friends,

In mid-September, I'll be attending the 6th Annual Village Movement California (VMC) conference in San Diego. I'm proud to be a founding partner and current Board Chair of VMC, a statewide coalition of nearly 50 villages. Our purpose is to accelerate growth, deepen impact and ensure the sustainability of this life-affirming model of social care. Belonging to an effort bigger than ourselves reassures me that San Francisco Village will endure long after I'm gone.



One of the themes of the conference this year is the intersection of health care and social care: how villages contribute to better health outcomes for their members. Research tells us that social connection is critically important to a healthy life, no matter our age. Last year the U.S. Surgeon General released an Advisory on the Epidemic of Social Isolation and Loneliness that lays out a framework for a national strategy to advance social connection.

"Given the significant health consequences of loneliness and isolation, we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders. Together, we can build a country that's healthier, more resilient, less lonely, and more connected." *U.S. Surgeon General Vivek Murthy M.D.*

I'm gratified to know that San Francisco Village and Village Movement CA are contributing to better health for everyone involved, and at the same time we're helping to heal our communities. Social healing at a state and national level can feel out of reach, so I take solace in knowing that it starts locally, one relationship at a time.

Ways to get connected this month....a multi-cultural writer's group with elders from IT Bookman Community Center in the Lakeview district; a few new discussion groups focused on your lived experience and personal values; a film screening of *All We've Got* and a conversation with the director; and a presentation about charitable giving options that highlights how to maximize the impact of your giving while minimizing taxes.

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Arlene Gemmill 94117
John Carr & Michael Lownie 94117
Eugene Lew 94118
Ada Plotner 94118
Michael Ahern 94110
Eugenie Marek 94110
Barbara Gersh 94134

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Featured Partner



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As always, I'm deeply grateful for all the ways you invest in San Francisco Village – with your enthusiasm, leadership, volunteerism, and donations. Together we've created something quite extraordinary!

Grateful to be in community with you!

Kate

Did You Know?

Holiday Office Closure

The San Francisco Village Office will be closed on Monday, September 2 in observance of Labor Day.

In Memoriam

Gloria Mann, 94134

Gloria Mann was a proud member of the LGBTQ community and a longtime SFV member. She was a cat lover and a published poet/prose writer who celebrated diversity.

Maria Eitz, 94112

Maria will always be remembered for her kind, quiet, and thoughtful words, as well as her graceful, brave, and adventurous spirit. She loved San Francisco, was a staple of the Inner Sunset Community, and loved walking her dogs through Golden Gate Park, always saying hello to passing trees, animals, and people. She was an unwavering advocate for children, women, and social justice, and above all, she was a loving and constant presence in our lives. Her love will live on through her husband, four children, eleven grandchildren, and three great-grandchildren, who survive her.

Jeanne Glennon, 94117

As a San Francisco native there wasn't much about the city that Jeanne didn't know. She enjoyed walking in Golden Gate Park, the Presidio, McLaren Park, Candlestick Point, Angel Island, Treasure Island, Mission Bay, and the Embarcadero. She believed in taking MUNI wherever she could and took the lead in several civic causes. Though she always said she couldn't sing a note, she loved the arts and was a lifelong patron of the symphony and opera. Jeanne led and participated in many SFV programs—the 94118 Circle, the Intergenerational Book Group, the Page and the Stage, the Weekend Walking Group, museum docent tours, Conversations about Race, and more. She will be greatly missed.

Judy Luhan, 94127

Judy was a lifelong teacher and learner who spent more than 43 years in education, and her kindness and warmth will be remembered by everyone who was lucky enough to know her. She had a remarkable talent for striking up conversation with anyone anywhere, and within minutes she would be hearing their life story and have made a new friend. Judy loved reading, especially with her dear friends in her book club, and music; she was a long-time patron of the San Francisco Symphony and

Opera, and a talented pianist, organist, and singer in her own right, often playing the organ for Christmas services at St. Mary's.

Upcoming Events



Durable Medical Equipment: How it helps, how to get it, and what to do with it when you're through

Wednesday, September 4, 3:30 -- 4:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

West Side Second Chance Assist is a small non-profit organization dedicated to connecting people in need of durable medical equipment (DME) with those who wish to donate it. DME refers to equipment designed to enhance safety and independence, especially for those with disabilities due to surgery, medical conditions, or general weakness. Some common examples of DME include walkers, wheelchairs, crutches, canes, shower chairs, commodes, dressing aids, grab bars, and more.

Come learn about the different types of DME commonly used to improve safety and independence. We'll also cover which items are typically covered by insurance and share how West Side Second Chance Assist is helping the community access second-hand DME. We'll bring some commonly used DME items, demonstrate how to use them and offer them to attendees at no cost. Join us to learn how DME can enhance your life and help prevent falls.

West Side Second Chance Assist is run by an intergenerational team of 3: Lisa, an Occupational Therapist with over 20 years of experience serving the Bay Area geriatric population, Chloe, a high school senior at the Urban School of SF, and Tanner, a high school senior at St Ignatius.

Share Your Story!

Mondays, September 9 & 16, 10:30 AM – 12:00 PM

***San Francisco Village, 3220 Fulton St* (9/9)**

***IT Bookman Community Center, 446 Randolph St* (9/16)**



New series starting!

Mondays, September 30-December 16, 10:30 AM – 12:00 PM

***San Francisco Village, 3220 Fulton St* (Sept 30, Oct 14, Oct 28, Nov 11, Nov 25, Dec 9)**

***Bookman Community Center, 446 Randolph St* (Oct 7, Oct 21, Nov 4, Nov 18, Dec 2, Dec 16)**

Register with SFV at (415) 387-1375 or info@sfvillage.org

Explore your experiences and memories, and share them with others, in a 12-week series from SFV, Southwest Community Corporation @ IT Bookman Community Center & Litquake's Elder Project.

Evocative writing prompts will inspire you to dig deep into both past and present to tell your story. A supportive writing teacher helps you discover the stories you carry within. If you'd rather tell your experiences aloud, instead of writing, we will record them. At the end of each session, share your words with the group.

Come together to talk, write, and find community. Classes alternate between San Francisco Village

and the I.T. Bookman Community Center. Let us know if you can offer a ride or need a ride. We will try to make transportation matches. (Same goes with Muni companionship).

We hope you attend the whole series. You are also welcome to drop in to as many sessions as you can attend!



Identifying Scams, Red Flags and Tools for Elder Financial Scams

Wednesday, September 11, 2:00 – 3:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

The Elder Abuse Prevention program of the Institute on Aging will be offering a presentation on Identifying Scams, Red Flags and Tools for Elder Financial Scams. We will recognize the top ten most common financial scams, examples of what to look out for, as well as how to report and prevent scams. We will provide resources and local connections where elders in our community can receive support.

Fine Arts Museums Virtual Tour

Friday, September 13, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Tunes through the Ages: Music in Art Do you like to listen to or make music? As Leopold Stokowski said: "A painter paints pictures on canvas. But musicians paint their pictures on silence." FAMSF docents Victoria Kirby and Margery Zirin will present artworks that are about music from various eras, using various media types.



Organizing and Sharing Important Information

Tuesday, September 17, 10:30 AM – 12:00 PM at *SFV Office, 3220 Fulton*

Thursday, September 19, 10:30 AM – 12:00 PM on Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join SFV member and retired lawyer Susan Pollack for a conversation about organizing and sharing information about one's estate and other critical documents - both for oneself and for those who will have to deal with it. We'll talk about all the kinds of information you want to consider, such as: important contact details, estate and health care documents, property arrangements, where to find things, accounts to stop/monitor/pay, insurance, automobiles, etc.

Rather than legal advice and how to fill out a will, trust, or health care directive, we'll be focusing on how to think about the types of information and documents you should have, who you want to share it with, and the necessary conversations to have with people you've chosen. The outline Susan works from is one she developed for herself after her husband died, and now uses in discussions with her friends and colleagues. Think of something else? Bring it to the group so we can all think about it together!

Asian Art Museum Virtual Tour

Friday, September 20, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Glorious Civilizations of Southeast Asia Eleven countries, thousands of years, millions of people: explore the cultures of Southeast Asia as reflected in secular and religious artworks from this fascinating region. This program features objects from the collection of the Asian Art Museum, including sculptures from Angkor Wat in Cambodia; Buddhas from Myanmar and Thailand; ceramics from Vietnam; and textiles from the Philippines.



Monthly InnerYoga

Wednesdays, 9/25, & 10/30, 3:00 – 4:15 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

InnerYoga is an approach to yoga. Awareness, breath, ease, and kindness are intertwined in all the yoga styles we teach: meditation and breathing, Jin Shin Jyutsu, Yin, Gentle Hatha Flow and Restorative. All levels and abilities are welcome. We will meet you at your level and support you in your practice. Each month will have a theme: September 25 - Yin Yoga & Jin Shin Jyutsu Practices; October 30 - Restorative Yoga

Led by Jaime Yamamura, CYT, CMT and Cheryl McCue, CYT. Both Jaime and Cheryl are San Francisco natives and have been teaching for over 10 years. Pre-Covid, they taught at the Doelger Senior Center for over five years and are looking forward to sharing their practice with San Francisco Village.

Exploring Our Self and Our Values

Thursdays, September 26, Oct 17, Nov 7, & Dec 5, 10:00 -11:30 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org



Join a new reflection and discussion group facilitated by SFV member Peter Gross. The goal is that by exploring our self and our values in conversation with others, we'll deepen our own self-understanding and learn from the experience of others. Each session has a topic, with one or more discussion questions, such as "What qualities of yours do you value most? Why do you value those qualities – what benefits do they bring you?" The group will generate a list of possible topics and, at the end of each session, we'll decide on the topic for the next session. In order to foster continuity and trust in our sharing, this is a fixed group and limited to 12 people -- restricted to those who signed up at the outset.



Charitable Giving: How to Maximize Impact and Minimize Taxes

Friday, September 27, 12:00 – 1:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

From Qualified Charitable Distributions to Donor-Advised Funds to harnessing the value of appreciated stock, there are many ways to maximize the value of your gifts to causes you believe in,

while reducing your own tax burden. We'll talk about which donations are deductible, when you need receipts or appraisals, and some ways to get a tax break even if you're not itemizing.

Heather C. Liston is a Certified Financial Planner, and the Principal of Clarity Financial, a fiduciary financial planning firm based in San Francisco.

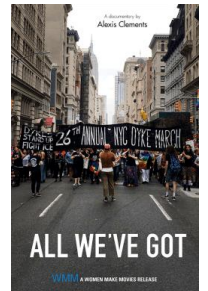
All We've Got Film Screening and Talk Back with Director

Monday, September 30, 2:00 – 4:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org by September 20

All We've Got is an inspiring and timely documentary about the power of community and the crucial impact of sharing physical space. Focused on LGBTQI+ women, it offers insights that resonate with anyone seeking to build resilient communities. At a time when queer and trans individuals are under attack in many parts of the country and hundreds of queer spaces have closed, this film offers an insider's view of the powerful cultural and social justice work we can accomplish when we come together. It also explores why preserving these spaces benefits everyone.



Director Alexis Clements takes us on a sweeping journey from Oklahoma to Texas to New York City, and beyond, showing us that the places where we seek shelter are more inclusive and active than ever. She will be joining us via zoom after the screening.



Eldership Connections

Fridays, October 4 – November 22, 10:30 AM – 12:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org by September 20

What are your experiences with getting older or just being old? Join us for 8 sessions as we dive into issues that come up with aging-- for yourself, for your family, for your friends. Sessions won't have agendas, but the group will collectively land on what would be helpful for us to talk about. We ask all to plan to attend all sessions (we understand if you get sick or a last-minute doctor appointment pops up). Before the group starts, Ellen and Joanne will meet with each person individually to learn what your goals and hopes are for the group.

Joanne Seltzer is a psychiatrist who recently retired and is looking for a way to give back in a meaningful way. Ellen Klutznick has been a therapist for half of her life and she'd like to give back to other older adults like herself. Both Joanne and Ellen are members and have benefited from belonging to San Francisco Village.

Recurring Events

Let's Play Games

Tuesday, September 3, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

Register with SFV at (415) 387-1375 or info@sfvillage.org



Come play games with us and have fun while meeting new people. You can bring a game you like or

enjoy the ones we have such as Rummikub, Scrabble, Uno, playing cards etc.



Intergenerational Book Club

Wednesday, September 4, 10:00 – 11:00 AM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join our monthly intergenerational book club on the first Wednesday of the month to discuss the chosen book together. We pick books that we all want to read from all generations. Our discussions are lively and create an environment to share diverse viewpoints. Whether you're a regular at this book club or just dropping in one time, everyone's welcome to share, learn, and grow together.

Our September book is *Sing, Unburied, Sing* by Jesmyn Ward. Our 10/2 book will be *Heaven and Earth Grocery Store* by James McBride.

Aging Well with Mindfulness Meditation

Wednesdays, September 4, 11, 18, & 25, 10:00 – 10:45 AM

Zoom

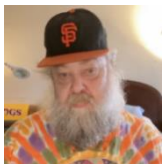
Register with SFV at (415) 387-1375 or info@sfvillage.org



Mindfulness is a way of paying attention with kindness and curiosity to what is arising in the present moment. Mindfulness meditation is associated with cognitive, emotional, and physiological benefits, including emotional regulation, stress management, and improved sleep. Mindfulness can help us navigate everyday life, including changes that are a part of the aging process. Come learn and practice mindfulness and engage in discussion. All levels of experience are welcome for this drop-in group.

Terre Passero, the founder of [Mindful Stress Management](#), has been teaching mindfulness since 2005. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor, and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.

September 25-October 30, the group will be led by Rebecca Dixon (she/her) who has maintained a daily practice since 1992, with numerous long retreats. She has led Insight Oakland for over 20 years and was a guiding teacher at Alameda Sangha for 12 years.



Music Chat with Marko

Thursday, September 5, 1:00 – 2:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

A safe space to share thoughts about music you enjoy, hosted by SFV member Mark "Marko" Fenton. Bring a song, artist, and/or genre, maybe a favorite, maybe a classic, maybe one that has recently stirred something in you. Ideally the music can be found on YouTube or some other way to share with the group so we can listen together and discuss what the music means to us.

Fitness Exercise

Thursdays, Sept 5, 12, 19, & 26, 2:30 – 3:30 PM at *SFV office, 3220 Fulton St,*
Mondays, September 9, 16, 23, & 30, 1:00 – 2:00 PM on Zoom
Register with SFV at (415) 387-1375 or info@sfvillage.org



Simple, slow and gentle exercises to help keep the body limber with an emphasis on improving balance, strength and flexibility. Exercises can be modified for your level. Feel free to join at any time. Led by Caroline Lew, a certified Senior Fitness and Tai Chi Instructor.



Makers and Crafters

Friday, September 6, 2:00 – 3:30 PM
SFV office, 3220 Fulton St, 94118
Register with SFV at (415) 387-1375 or info@sfvillage.org

Do you watercolor? Knit or crochet? Bead? Applique? Open to learning to knit or sharing your craft with others? If so, we welcome you to join our lively group of makers and bring whatever hand craft and creative projects you are working on as well as completed pieces you would like to show off. Everyone is welcome at the Makers Group, no matter your craft, handwork or art form.

Virtual Social Hour

Saturdays, September 7, 14, 21, & 28, 5:00 – 6:30 PM
Zoom
Register with Leslie Stafford



Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries! Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!



Member to Member Coffee Chat

Mondays, September 9, 16, & 30 10:00 – 11:00 AM
Monday, September 23, 2:00 – 3:00 PM
Zoom
Register with SFV at (415) 387-1375 or info@sfvillage.org

Note: You need to send in new RSVPs every month

Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!

Play Mah Jongg

Mondays, September 9 & 23, 2:00 – 4:00 PM
SFV office, 3220 Fulton St, 94118
Register with SFV at (415) 387-1375 or info@sfvillage.org



Mah Jongg is a game of skill and chance like no other. Mah Jongg is a game of skill and chance like

no other. We have an American Style Mah Jongg set at the office.



Over 90!

Monday, September 9, 2:30 – 3:30 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Gather on zoom with your fellow nonagenarians! Requested by a few members, we hope to build new connections and have space to talk about life in this decade of life.

Grupo de Conversación en Español

Tuesdays, September 10 & 24, 1:00 – 2:00 PM

Thursdays, September 12 & 26, 1:00 – 2:00 PM

SFV Office, 3220 Fulton

Register with SFV at (415) 387-1375 or info@sfvillage.org



Add a little more Spanish conversation to your life! This group is led by members and there will be no formal instruction. We meet on the 2nd and 4th Tuesdays and Thursdays of each month. Not sure if your Spanish is up for it? Check it out! We're a fun and lively group who help each other.



The Page and the Stage

Tuesday, September 10 & 24, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

We're a playreading/discussion group that meets twice a month. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage. We welcome your voice. Drop a note to Barbara Scrafford for more information and the title of the next play on our schedule.

Artists Circle

Register with Gayle Geary or Jay Davidson

Wednesday, September 11, 1:00 PM

We will meet at the Berggruen Gallery, at 10 Hawthorne Street, close to SFMOMA and then we will go to the Dolby Chadwick Gallery at 210 Post Street, Suite 205. For those who wish, we can stop for a coffee or tea and discuss what we've seen.



Wednesday, September 18, 2:00 PM

Let's get together for another stimulating art sharing and discussion at Jay Davidson's house.



The Weekend Walking Group

Planning Meeting: Thursday, September 12, 10:30 – 11:30 AM on zoom

Walk: Saturday, September 21, 11:30 AM *Meet at 2201 Bayshore Blvd*

Register with SFV at (415) 387-1375 or info@sfvillage.org

Calling all interested in the Weekend Walking Group! Help plan the next series of walks to introduce SFV members to your neighborhood or favorite spot in SF. Walks are scheduled for the third Saturday of each month. They should be on flat terrain and about 1.5 to 2 miles. Start times can differ but

somewhere around 11:30 to 12:30 works best. Public transportation should be available. We are especially looking for members to help plan and lead walks to make sure this popular program can continue!

Visitation Valley resident Cynthia Cox would like to introduce you to three neighborhood micro-enclaves east of Bayshore Boulevard. Learn where household locks and keys were manufactured for 70+ years, where Mae West once lived (or did she?), where a famous movie director filmed background scenes for one of his scariest films, and where your and your neighbors' trash is transformed into wildly creative art.

We begin at 11:30 at the corner of Bayshore Boulevard and Blanken Avenue (2201 Bayshore Boulevard), less than a block from stops for Muni buses #8 and #9, as well as the T streetcar line. If driving, there should be easy street parking along Tunnel Avenue or other nearby streets in Little Hollywood. This is a mostly level walk with only a single one-block uphill.



Solo-Agers Circle

Friday, September 13, 10:30 AM – 12:00 PM

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

We gather to provide support for the journey of solo aging as well as problem solving together.

Explorers (formerly Travel Connections)

Haight-Ashbury Street Fair, Tour and Lunch

Sunday, September 15, 11:00 AM

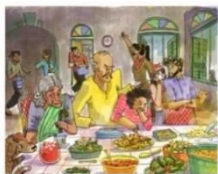
Start with us on a two-hour tour of Haight Ashbury neighborhood given by City Tours from 11:00 AM - 1:00 PM for which a donation is requested. After the tour, we may grab a quick lunch and then enjoy the music, food, arts and shopping at the Street Fair. RSVP to Mae Go.



Join us on 10/7 for our planning meeting! We will have an outing in Sausalito on 10/23, with dinner at The Trident and the Tonga Room at the Fairmont Hotel in November, exact date TBD.

Hearst Castle and Cambria Christmas Market, December 9 - 12, 4 days/3 nights

Estimated cost of the trip is \$1100. Please Note: This trip is very popular! Hotels and tickets sell out very quickly. For more information, text LeeAnn DeSalles.



Potluck Group

Sunday, September 15, 4:00 – 6:00 PM

Outside in the Back Garden of Clint Seiter in Cole Valley. Bring sunscreen.

Register with Marvin Berkowitz

Share food and make new friends at members' homes monthly. Please bring a small dish and beverage to share.

There is a limit of 10 for this event, so if you're interested, please register quickly. Parking on the street near Clint's house can be difficult. Muni N, and #6 and #7 buses come close.

We're looking for more members to host from all over the city, so please let Marvin know if you can host or co-host in the coming months. This is a fun way to get to know other SFV members. Typical attendance is in the 15 range but could be less, depending on your space.

Any Book Book Club

Tuesday, September 17, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org



The Any Book Book Club is the easiest book club around! There is no assigned book to read - we get together and discuss what we've been reading and what we plan to read next.



The San Francisco Village View: A Current Events Discussion Group

New additional session! Friday, September 20, 2:30 – 4:00 PM

Thursday, September 26 12:30 – 2:00 PM

SFV office, 3220 Fulton St, 94118

Register with SFV at (415) 387-1375 or info@sfvillage.org

Space limited, Registration required

Let's gather in community and conversation about what's happening in our world--this could be global or local. Please bring a topic and the group will vote at the beginning of each session. Knowing our identities are wrapped up in the political landscape, we will engage each other with respect and an ear to understanding others' views. We are committed to learning, not debating. We allow everyone the chance to speak, and we avoid assumptions about individuals or generalizations about social groups. We ask that all who attend check sources/facts and be prepared to share them; we don't want to contribute to misinformation.

The 3rd Friday group is led by member Marymelissa Grafflin and 4th Thursday group is led by members Marymelissa Grafflin and Alexander Williams. The topics and viewpoints discussed are individual member's beliefs, not necessarily those held by the organization.

San Francisco Village Book Club

Monday, September 23, 4:00 PM

Zoom

Register with Sharon Kuester



We will be discussing *The Master and Margarita* by Mikhail Bulgakov.



All-Village Lunch

Tuesday, September 24, 12:00 PM

***CCSF cafeteria, 52-82 Cloud Circle ***

Register with SFV at (415) 387-1375 or info@sfvillage.org

Join other SFV members for lunch at the CCSF cafeteria or restaurant, where all the food is prepared by the college's culinary department and is very reasonably priced. The cafeteria setting needs no reservation. We have dined once in the cafeteria and once in the restaurant because a large table

opened up and we were able to get in there. There is no way of knowing in advance if a table will be available in the restaurant. Note that the cafeteria closes at 1:00 PM.

To see the menu in advance, go to <https://www.ccsf.edu/sites/default/files/2023/document/special-menu.pdf>

Neighborhood Circles

Neighborhood Circles are smaller, hyper-local groups that enable members to develop relationships closer to home, led by members and volunteers. Members are welcome to attend any circle, even if it is outside of their zip code/neighborhood.

LGBTQ+ Circle

Friday, September 6, 1:00 – 2:15 PM Zoom

Friday, September 20, 1:00 – 2:30 PM TBD if in person or on zoom

Register with Bill Haskell

The LGBTQ Circle meets twice a month - on the first and third Fridays. The second session will be online or in person. If we meet in person, the location will be determined at the first meeting. The location will be sent to members on the LGBTQ master list two weeks before this get-together. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94114/94131 Circle

Register/get more information with Jay Davidson or Rena Burns

Monday, September 9, 12:30 PM at *Lunch at Starbilly, 3583 16th Street*

Please confirm your registration with Jay Davidson

Tuesday, September 17, 10:00 AM at *Morning Due, corner of 17th & Church Streets*

Everyone is welcome to meet us for coffee. No need to RSVP.

Monday, September 23, 11:00 AM on Zoom

RSVP not required; everyone in the Circle will get an email reminder with Zoom link a few days before the call.

94121 Circle

Tuesday, September 10, 2:00 PM at *a member's home*

Register with Judi Iranyi or Carol Rothman

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132
St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/ Mission/Visitacion Valley/Bayview

94107/94103: South of Market/Mission/ Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

Embarcadero/FiDi: 94111/94104/ 94105/941108

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBTQ Circle: Citywide

We meet the second Tuesday of every month. We alternate meetings in the library or a member's home. We meet to create community, provide support and share our experiences, we look forward to welcoming new members.

94107/94103 Circle

**Wednesday, September 11, 1:30 PM at *Delancey Street Restaurant, 600 The Embarcadero*
Register with Dian Miller**

Join us for lunch and conversation on September 11—there's room for eight of us. We are not scheduling a Happy Hour for September since they have not been well attended. Let us know if you want to continue happy hours and if you have suggestions for other types of events that you would like to attend.

94109/94133 Circle

**Wednesday, September 11, 2:00 PM at *St. Ignatius Church at 650 Parker Avenue*
Register with Bobbie Rothman or Juliet Rothman**

Continuing with our theme of visiting religious and cultural institutions, our group will be visiting St. Ignatius Church. A fellow San Francisco Village member, Peter Dexter, will meet us, give us a tour, and share with us the church's history, practices, and the current refurbishment, which will have just been completed. After our visit, we will go to the cafeteria at the USF campus for sharing and discussion.

94118 Circle

**Thursday, September 12, 3:00 – 4:30 PM at *Karen Franklin's house*
Register with Karen Franklin**

It's an afternoon coffee break at Karen's house. Karen provides beverages and snacks. We enjoy good conversation and fellowship. Contributions to help Karen with provisions are welcome but certainly not obligatory. If you would like to use Karen's elevator, contact her to arrange entry. Remember that all Circle meetings are open to all members, so encourage your Village friends to join us.

Sunset Circle

**Thursdays, September 12, 4:30 – 5:30 PM on Zoom
Register with Steve Hayashi**

Monday, September 16, 11:00 AM at *Java Beach Café on La Playa and Judah*

Join us on zoom on 9/12. We'll also have another coffee shop meet up this month! No need to RSVP, just show up.

94117 Circle

Friday, September 13, 1:00 – 2:15 PM on Zoom

Friday, September 27, 1:00 – 2:30 PM TBD if in person or on zoom

Register with Bill Haskell

The 94117 Circle meets twice a month, once on zoom and the second could be in person or on zoom. If we meet in person, the location will be determined at the first meeting. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

94102 Circle

Sunday, September 15, 1:00 PM at *SPRO Cafe 198 McAllister Street (inside the UC Law School building in the back left corner)*

Register with Christine Valentine or Georgia Finnigan

We are planning a casual 94102 Circle gathering at the new SPRO Cafe inside the new UC Law School building at Hyde and McAllister Streets. If you have not discovered SPRO, it has a nice selection of breakfast and lunch food and drinks for you to purchase. You may want to use this trip to visit other places in the area such as the main library and the Heart of the City Farmer's Market which has great bargains in the afternoon and is open 7:30 am until 3 pm on Sunday. We are happy to offer other suggestions.

If you would like to join us, please let us know so we can save you a place at one of SPRO's tables. This is a great opportunity to get to know other SF Villagers in the Civic Center area.

Bernal Circle

Sunday, September 22, 2:00 PM at *Susan Kahn and David Kaskowitz's home, near Holly Park*

For more information or to register, email Susan

Please join us as we get to know each other and create a supportive, active group.

West of Twin Peaks Circle

Tuesday, September 24, 2:45 PM at * Elena's Mexican Restaurant, 255 West Portal Ave *

Register by 9/19 with Roberta Gordon (text okay)

We request that you have cash to pay your individual bill. We each add 36% to our order--which accounts for tax, tip, and health mandate. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

94115+ Circle

Tuesday, September 24, 3:00 – 5:00 PM location *Gayle Geary's home*

Register with Gayle Geary or Lynne Fox

Please join us for tea, coffee, delicious treats, and a lively conversation. Because we can only seat 12-13 people comfortably, RSVP to Gayle Geary and/or Lynne Fox by September 17th.

Save The Dates



Death Literacy Series

Tuesdays, October 1, 15, 22, and 29 (not 10/8), 11:00 AM – 12:30 PM

^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^

Register with SFV at (415) 387-1375 or info@sfvillage.org

Death is an event that we will all face, yet there are few spaces to learn and talk openly about our inevitable fate. Through focusing on preparation and practical knowledge, as well as developing an honest relationship with our mortality, we become more death literate, and better equipped to make decisions about end-of-life care.

Join Stephanie Crawford, hospice nurse and death doula, for this four-part series that will cover a broad range of end-of-life topics including: hospice vs. palliative care, the emerging role of death doulas, advanced care planning, alternative burial options, medical aid in dying (MAID), voluntarily stopping eating and drinking (VSED), end of life symptoms, and practical wisdom for showing up at the bedside. Each 90-minute session will include a presentation and time for Q+A. Bring your notepads, a curious mind, and open heart!

What's on the SF Ballot This November?

Monday, October 7, 2:30 – 4:00 PM

^Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom^

Register with SFV at (415) 387-1375 or info@sfvillage.org



Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots? The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions.



Caregiver Series

Zoom

Register with SFV at (415) 387-1375 or info@sfvillage.org

Tech Tools for Caregivers

Wednesday, October 9, 2:00 – 3:30 PM

This class will offer a practical overview of how technology tools may help family caregivers provide care for a frail or ill family member, partner, or friend at home. Technology products like smart phone apps, communication aids, in home sensors, and webcams can help make a home safer and reduce the caregiving workload. It will include information on how to determine what your needs are, the costs of tech tools, privacy considerations, and ease of use.

Talking to Your Doctor

Wednesday, October 16, 2:00 – 3:30 PM

Navigating our health care system can be a daunting experience, often leaving family caregivers confused and frustrated by an unsympathetic and bureaucratic system. This workshop will help to clarify the current realities of the health care experience for caregivers. Participants will learn to use effective communication techniques, and powerful communication tools to be a better advocate for the person for whom they are caring with health care professionals.

Volunteer Support

Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other. Contact Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 ext. 2 to sign up to receive our weekly emails detailing the many volunteer options available to you.



Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- outdoor gardening
- friendly caller connections and/or walking partners
- and more!

Volunteer Connect Phone Number

Thanks to improvements in technology, you'll see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect! Our office number remains the same (415) 387-1375. This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

Programs are in person **^Programs^** are hybrid **Programs** are virtual.

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.

San Francisco Village

is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

Mission

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

Vision

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

What We Value

Intersection of Health Care and Social Care • Eldership • Intergenerational Relationships
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

San Francisco Village

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www.sfvillage.org • www.facebook.com/sfvillage • www.twitter.com/SF_village



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