



San Francisco Village
OUR GENERATION. OUR CHOICE.

April 2013



**SAN FRANCISCO VILLAGE
FIRST ANNUAL AWARD LUNCHEON
May 22, 2013**



The Village luncheon, called *Transforming Lives and Community*, is being held at the St. Regis San Francisco on May 22, 2013. We will be honoring three remarkable

women –Gladly Thacher, Eva Auchincloss and Mary Moore Gaines, all civic leaders who helped to found San Francisco Village four years ago, when all three were approaching 80. This was just a continuation of a lifetime of good works by each of these women. It is our hope that these recipients and the award will inspire older adults and younger generations alike to continue giving back to the community throughout their lives.

SF Village intends that the *Transforming Lives and Community Luncheon* becomes its annual signature fundraising event. The hallmark of the luncheon will be an annual award to one or more persons in their 70's or older who have made a significant difference in the lives of San Franciscans and beyond, and who demonstrate what it means to age with continued meaning and purpose. Recipients may include politicians, civic leaders, artists, scientists, philanthropists and others who continue to transform lives and community into

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their later years.

We hope you will join us in celebrating our village and our founders, while reminding ourselves of what is possible at every age. For more information and to RSVP, go to our website www.sfvillage.org or call the office at [415-387-1375](tel:415-387-1375).

WHY IS IT SO DIFFICULT TO ASK FOR HELP?

Last month 30 members joined 4 panelists for a lively discussion about this basic conundrum. We're all familiar with our own personal barriers to seeking help from others: we don't want to burden family and friends, we learned as children that it's not OK, we don't want to give up a power position, especially with adult children. For many, asking for help means admitting that we're getting older and we're less capable of managing what we previously took for granted.

Dr. Elinore Lurie offered some social theories as explanation, including the fact that seeking help is a relatively new phenomenon in society. Earlier generations had distinct role identities and helpers were clearly identified. She described the "pay it forward" culture in Jackson Hole WY where friends and neighbors commonly exchange goods and services with each other knowing that they will reap future benefits.

Stories about asking and receiving help through the Village were shared by several participants, resulting in some common themes. It may be difficult to ask the same friends or family members for assistance for fear of over-burdening them. Asking through the Village allows for the help to be spread over the community, among willing volunteers who find gratification in their role. Secondly, if an offer of help is a natural occurrence, such as picking

WELCOME NEW MEMBERS--March

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up groceries because I'm going to the store anyway, then status between the giver and receiver is equalized. In this way, helping one another becomes normalized.

Thanks to all who participated and we look forward to continuing this important dialogue.

FROM THE EXECUTIVE DIRECTOR--Kate Hoepke



Dear Members:

True to the season, we are seeing signs of new growth all around us. Our first Annual Awards Luncheon, *Transforming Lives and Community*, will take place May 22nd. It promises to inspire us and demonstrate what it means to age with continued meaning and purpose. The committee is doing a brilliant job in a short amount of time to ensure a memorable event. I hope you can join us, and please share the invitation with friends, neighbors and colleagues.

On Sunday April 21st at 1:00 p.m. SF Village will be hosting an informational open house for residents of the West Portal/Ingleside Terrace/Forest Hill/St. Francis Woods neighborhoods. If you know anyone in the area that would like to learn more about the benefits of membership in SF Village, please invite them to the meeting at Barbagelata Realty, 45 West Portal Ave. Please suggest they call the office to RSVP.

Did you see Victoria Colliver's article in the March 27th San Francisco Chronicle *Volunteers Help Seniors Age in Place*? She did a wonderful job capturing the heart of the Village movement in the Bay Area. If you missed the article, you can see it on our website www.sfvillage.org

I'm delighted that our Quality of Life Curriculum has been so positively received since we launched in January. Last month's panel discussion on *Why it's so Difficult to Ask for Help* was attended by 30 members and prompted a lively dialogue. The *Deepening our Connections* workshop in February led to the formation of an ongoing group of 9 members who will be exploring interpersonal connections for the next few months. On April 18th Michael Finney, consumer reporter for ABC News and KGO radio, will speak to us about consumer tips, as well as scams and frauds to watch out for. As always, your ideas and feedback inform our planning so don't hesitate to call or send me an e-mail. I continue to find inspiration in the work we're doing together – enriching lives and building community. Thank you for the opportunity.

Kind Regards,
Kate

DID YOU KNOW...

You can get any errands or chores done using TaskRabbit?

TaskRabbits are your own personal assistants cleaning your home, delivering groceries, running errands, building IKEA furniture, and so much more for a negotiable fee. Simply download the online application to your phone or computer to get started at www.taskrabbit.com.

PROTECTING YOURSELF FROM SCAMS

By Koko Kawasaki

Scams targeting older adults seem to be on the rise; however, only a fraction of the abuse is reported. Scam artists often prey on older adults because they are more likely to have material assets such as homes and pensions. Perpetrators may be strangers who conduct their crime over the phone or via the Internet. Others may be trusted professionals, such as financial planning advisors. Surprisingly, there are also many who are family members and friends. Victims of scams are often embarrassed to speak out, thus this silence perpetuates fraudulent schemes. In 2008, older adults lost a combined total of \$2.9 billion dollars. The financial loss is great, and the loss of human dignity is even greater.



There is a range of scams targeting older adults, and though such crimes are identified as “low-risk,” they can be devastating to older adults who may not be able to recoup their losses. The National Council on Aging (NCOA) provides this list of the top ten potential scams:

1. Health Care Insurance and Medicare
2. Counterfeit Prescription Drugs
3. Funeral and Cemetery Scams
4. Anti-Aging Products
5. Telemarketing
6. Internet Fraud
7. Investment Schemes
8. Homeowner and Reverse Mortgage Scams
9. Sweepstakes Scams
10. Grandparent Scam:

Example: An impostor posing as a grandchild may contact older adult to ask for money

While perpetrators often possess skills that may fool even the smartest consumers, there are ways to outsmart scam artists and possibly avoid them all together. In the article, *Scams Even You Could Fall For — And How to Avoid Them*, author Susan Stellin offers practical ways to protect yourself from common types of scams, from

high-tech to low-tech varieties.

The Internet has generated many different types of scams, including bogus gift offers on Facebook. Stellin advises to be especially careful if an offer comes in the form of an email attachment. Scam perpetrators often send email attachments that can hijack email accounts, spread viruses, and install malicious software on your computer. The best way to protect yourself is not opening attachments unless you are certain where they came from. Online sources, such as Snopes.com, Consumerist.com and the Coupon Information Corporation (<http://www.couponinformationcenter.com/>), can help verify authenticity of offers and the legitimacy of organizations.

In addition to social network scams, some fraudulent online sellers lure buyers into purchasing items that may never arrive or may differ considerably from products advertised. These types of scams are the most frequently reported, and consequently, various consumer protection agencies have been working to stop the perpetrators. Stellin suggests carefully verifying that the item being purchased is the same as what is being advertised. This is especially important when purchasing on sites such as Craigslist and other reseller websites. If there is no way to be sure, it is best to not make the purchase. When purchasing from any website, it is important to read the return policy before entering payment. Lastly, it is important to have the seller's contact information so they may be reported if there is suspicion of fraud.

In her article, Stellin provides many other helpful tips on protecting consumers from various types of scams including charity cons, password scams, vacation rental dilemmas, door-to-door sales scams, and credit-repair scams. To read more from the article *Scams Even You Can Fall For And How To Avoid Them*, go to: <http://tinyurl.com/cjxlla4>.

References

Scams That Anyone Can Fall For:

<http://tinyurl.com/cjxlla4>

Older Americans and Scams:

<http://tinyurl.com/c8omf9t>

Top 10 Scams:

<http://tinyurl.com/d2ouk2z>

ORAL HISTORY PROJECT NEEDS YOU

San Francisco Village is partnering with students from the Drew School, a private high school in San Francisco that encourages community service projects, to create an oral history project with our members. Members and students will meet at the Institute on Aging on Saturday May 11th from 1:00 – 3:30 p.m., where students will be paired with members for an autobiographical interview. Using your words and life story, the students will create a presentation to be shared with you at a future date. The students are really excited, so we hope this project excites you too. Please contact Key at **(415)387-1375** or **Key@sfvillage.org** if you would like to participate.

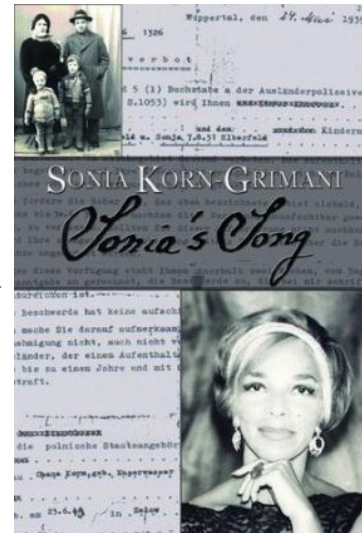
VILLAGE AUTHOR SERIES with Sonia Catravas-Grimani

Come and join friends and fellow members as Sonia Korn-Grimani discusses her book, *Sonia's Song*, which chronicles her harrowing experiences as a young girl escaping Nazi Germany into Belgium during World War II. This San Francisco Village event will take place on Tuesday, April 23rd from 4-6pm, at Internos Wine Café, 3240 Geary Boulevard, San Francisco 94118. The first round of wine is compliments of SF Village!

About the Book: This remarkable story follows Sonia Korn-Grimani's life as a young girl, who, along with other Jewish children, is disguised as a Catholic orphan to escape Nazi persecution. As Sonia enters young adulthood, her life blossoms as her post-war adventures take her from Belgium to Australia, Malaysia, France, and the Americas. Witnessing the horrific tragedies in childhood strengthened Sonia's indomitable spirit to never be defeated.

In praise of Sonia's book, Elie Wiesel writes, "Korn-Grimani describes not only suffering she had to endure, but how she succeeded in overcoming it...I am sure that *Sonia's Song* will touch the hearts of many readers."

Sonia will read from the book, share her experiences, and answer questions. Guests are encouraged to attend.



VOLUNTEER OF THE MONTH-GABIE BERLINER

By Keyatta Shade



Gabie first heard of the Village in 2009 when she attended a party at Gayle Geary's home, introducing the idea of a Village in San Francisco. While she hasn't become a member yet, she decided to start as a volunteer to test the Village waters. Gabie is thriving as a volunteer, helping members one-on-one with rides, getting organized, accompanying members on walks, to doctor's appointments to interpret post care instructions, picking up prescriptions and much more.

"I get a great deal of satisfaction helping others in practical ways. In my professional life I help people emotionally and psychologically," Gabie said. "It takes a long time to see results. Helping someone with any of these things is immediate gratification."

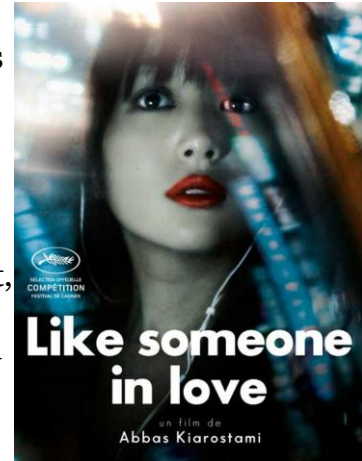
Member Peg Kaplan says Gabie has played an important role in helping her to organize her late husband's collectibles. With Gabie's help, Peg was able to put together a binder of his poetry and haiku which she plans to make into a book for her children and grandchildren. Spending time together, the two women have discovered common interests. "In the course of working together we found that we like similar music," Peg said. "In fact, I have an extra ticket to a performance at the Legion of Honor for a chamber series that we both love, so I plan on taking Gabie with me in April." Member Martha Johanson has also benefited from Gabie's thoughtful and caring approach. "She was very gracious when she picked me up from the hospital. She even called me a few days after the appointment and offered to take me to my follow up appointment," Martha said.

Gabie is such an effective volunteer because she connects with people easily and feels confident to improvise while finding a solution. She cites these two examples. "Several months ago I accompanied a member to a doctor's appointment, whose physician prescribed specific exercises that were new to her. I stayed with her a while and helped her practice until she got the hang of it." On another occasion Gabie recalls bringing a member home from the hospital and felt she should stay a while. So they shared tea and travel stories until our member felt safe to be alone. Gabie says these these kinds of meaningful experiences have added value to her own life.

She is a strong supporter of the Village and believes that volunteers of all ages are needed for long-term sustainability. "I highly recommend that anyone, no matter what age you are, get involved and help in some way," Gabie said. "It might be stuffing envelopes in the office or driving someone somewhere. It can be on your own terms and fit your own schedule. Key is wonderful about supporting the volunteers and there's no pressure. And it's a great way to make new friends."

AT THE MOVIES with Ralph Beren LIKE SOMEONE IN LOVE

Like Someone in Love is a Japanese-language film written and directed by Iranian director **Abbas Kiarostami**. It tells the story of a young Japanese woman, named Akiko, who finances her studies through prostitution. The film opens with a young woman sitting in a restaurant talking on the phone with someone she clearly does not want to speak to. It takes a while, but we figure out she is speaking with her pimp and trying to avoid his orders to meet with an older man. But, meet him she does and their relationship becomes a focus of the film. Blurry boundaries, including the plot line, become a leitmotif throughout the movie. Whatever you are expecting to happen in this film does not play out in any predictable way. For example, her grandmother is visiting Tokyo for a day and hoping to see Akiko. Akiko loves her Grandmother, but never returns her calls and even circles a few times in a cab--which is taking her to meet her client-- around the train station from where the grandmother is calling. Also involved in the story is her boyfriend who is a complicated person. He is kind of sweet but has an uncontrollable temper which provides part of the very surprising ending in this film.



The film is enigmatic but carefully crafted. It does not follow a traditional story form, but is more like a happening. Very engaging. We get to know the characters as though we were carefully studying a painting which catches our eye but we do not exactly know why. Go see this film knowing and enjoying that it's unpredictable and beautiful.



THE ART OF AGING GRACEFULLY RESOURCE FAIR

Join San Francisco Village, and a wide range of businesses and organizations, at the JCCSF's Art of Aging Gracefully Resource Fair. Engage with local businesses and organizations, and gain valuable resources to help you stay healthy and energized. Enjoy presentations from UCSF Medical Center professionals on healthy living, and take advantage of sample classes, health screenings, chair massages, giveaways and much more!

April 25, 2013

Speakers and Classes: 9:30 am – 3:30 pm | Resource Fair: 10:00 am – 2:00 pm
Jewish Community Center of San Francisco, 3200 California Street (at Presidio Avenue)

To learn more about this event, visit www.jccsf.org/aginggracefully. To register, please call [415.292.1200](tel:415.292.1200). Free and open to all.

LGBT AGING SURVEY

The San Francisco LGBT Aging Policy Task Force, established this past fall by the San Francisco Board of Supervisors, has been charged to bring back actionable policy recommendations to advance services for and improve the lives of LGBT seniors in San Francisco. The Task Force, in partnership with the Institute for Multigenerational Health at the University of Washington, has developed an online community needs survey to better understand the aging and health needs of San Francisco's LGBT seniors. The Task Force needs your help completing the survey to ensure that historically underrepresented groups, LGBT seniors of color, lesbians and transgender seniors are adequately represented in both the research and policy recommendations.

To participate in this project you must be LGBT (lesbian, gay, bisexual, or transgender)--or someone who is attracted to or has had an intimate or sexual relationship with someone of your same sex or gender--60 years of age or older and living in San Francisco. The survey will be available in English, Chinese, Spanish, Russian and Tagalog. Please help us ensure that all LGBT seniors are represented.

For further information about taking the online survey, please email Jason Alley at alleyjason@earthlink.net or call him at **(415) 260-4597** and he will be able to direct you to the survey site. If you prefer a hard copy of the survey, you may contact Meals On Wheels of San Francisco at **(415) 920-1111**.

VILLAGE VOLUNTEER TRAINING with Keyatta Shade



Individuals with little or no experience working with seniors can get volunteer training at one of the Village monthly training programs. Led by our staff and our community partner, Home Instead Senior Care, the training includes a discussion of important issues facing seniors, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

When: Saturday April 20th from 9:30 a.m. to 12:30 p.m.
Location: IOA, 3575 Geary Blvd, Sequoia Room

If you are interested in attending, please contact our Volunteer and Member Manager, Keyatta Shade at [\(415\) 387-1375](tel:(415)387-1375) or key@sfvillage.org.

NEIGHBORHOOD CIRCLES

San Francisco Village is expanding! We are partnering with Barbagelata Realty to reach out to older adults in the West Portal/St. Francis Woods/Forest Hill/Ingleside Terrace neighborhoods. On Sunday April 21st at 1:00 p.m. we will host an informational open house at their office located at 45 West Portal Ave. If you know anyone in the area that might be interested in learning more about SF Village membership, please share the invitation and ask them call the office to RSVP 387-1375 or info@sfvillage.org.

94123. The 94123 Circle group is planning a pot luck at the home of the Livingston's for Thursday April 25th at 6:00 p.m. Please RSVP to Carol Livingston at [\(415\) 567-8611](tel:4155678611) or you may email Info@sfvillage.org.

94109. A group of seven neighbors enjoyed lunch together at Aux Delices on Polk St. last month. They are planning another lunch date for mid-May and will contact all members in the neighborhood. If you would like to reach out to them, please contact Bobbie Rothman at 345-9034 or Winnie Siegel at 673-4459. Suggestions for other types of activities are welcome!

APRIL EVENTS

Discussion Group

Friday April 12th at 3:00 p.m.

The Discussion group will meet to debate & discuss "Violence". Participants should submit articles or other materials that they would like to discuss. Members wishing to join the group should contact Eva Auchincloss.

Location: Eva's home, 3620 Lyon Street

Contact: RSVP to eva3auch@gmail.com or by calling Key at [\(415\) 387-1375](tel:4153871375)

Movie Group

Wednesday April 17th from 4:00 p.m. to 6:00 p.m.

The movie group will watch *Chinatown*. This film, which won several Oscars, focuses on crime in L.A., and stars Jack Nicholson.

Location: Barbara Hancock's home, 141 2nd Avenue near Lake Street

Contact: RSVP to Barbara at [\(415\) 750-0865](tel:4157500865), or by email to Info@sfvillage.org

Coffee & Conversation

Consumer Tips with Michael Finney

Thursday April 18th from 3:00 p.m. to 4:30 p.m.

ABC7 News consumer reporter and author Michael Finney will discuss consumer tips, how to be aware of potential fraudulent scams, and take audience questions at this month's Coffee & Conversation meeting.

Location: TBA

Contact: RSVP to Key Shade at [\(415\) 387-1375](tel:(415)387-1375) or at Info@sfvillage.org

Book Group

Monday April 22nd at 10:00 a.m.

The Book Group will read *The Eye in the Door*, part of the Pat Barker trilogy *Regeneration*. The book was first published in 1993, and forms the second part of the trilogy. *The Eye in the Door* is set in **London**, beginning in mid-April, 1918, and continues the interwoven stories of **Dr. William Rivers**, Billy Prior, and **Siegfried Sassoon** begun in *Regeneration*. It ends some time before the conclusion of the **First World War**, later the same year. The third part of the trilogy, *The Ghost Road*, continues the story.

Location: Ralph Beren's home, 1914 Lyon St.

Contact: Please RSVP to Ralph at [\(415\) 929-8309](tel:(415)929-8309); ralphberen@comcast.net, or to Margaret Johnson, 673-7130; mhjohn@comcast.net.

Author Series with Sonia Catravas-Grimani

Tuesday April 23rd from 4:00 p.m. to 6:00 p.m.

The Village author series will feature member Sonia Catravas-Grimani's book *Sonia's Song*. It is the story of her escape from Nazi Germany to the Belgium border after being declared an enemy of the state. Sonia will discuss her book, read passages and take questions from the audience.

Location: Interno's Café, 3240 Geary Blvd

Contact: Key Shade at [\(415\) 387-1375](tel:(415)387-1375) or Info@sfvillage.org

Art of Aging Gracefully Resource Fair

Thursday April 25th from 9:30 a.m. to 3:30 p.m.

Engage with local businesses and organizations, and gain valuable resources to help you stay healthy and energized. Free and open to the public.

Location: Jewish Community Center of San Francisco, 3200 California Street

Contact: Visit www.jccsf.org/aginggracefully. To register, please call [415.292.1200](tel:415.292.1200).

APRIL WEEKLY EVENTS

Men's Group

Thursdays at 12:00 noon

This confidential group of up to 8 male participants consists of SF Village members and meets weekly to discuss relevant issues affecting older men. The facilitator, Alex Pellegrini has over 30 years of experience in counseling and guidance. The group meets every Thursday afternoon from 12:00 p.m. to 1:00 p.m.

Location: Aquatic Park Senior Center, 890 Beach Street

Contact: Space is limited so please RSVP at Key@sfvillage.org or [415.387-1375](tel:415.387.1375)

Walking Group

Tuesdays at 10:00 a.m.

The Walking Group meets every Thursday morning at the Creighton Bakery in Diamond Heights for an hour to an hour-and-a-half light walk. The group may take walks in other parts of the city from time-to-time.

Location: Meet at Creighton Bakery, 5214 Diamond Heights Blvd

Contact: Key Shade at [415.387-1375](tel:415.387.1375) or Info@sfvillage.org

Yoga, Hosted by Aurele Carlat

Thursdays from 9:00 to 10:30 a.m.

Yoga Levels 1-2 (some experience required) Cost for SF Village Members: donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com Website: <http://www.twinpeaksyoga.com/>

Donate to Community Thrift Store and Support the Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from
Community Thrift Store

623 Valencia Street-SF 94110-Ph:415-861-4910

www.communitythriftsf.org

Take your old but usable items to the store and provide the ***SF Village code #122.***

They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you. This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members.

So, gather your usable goods and drop them off at Community Thrift. Be sure to mention

SF Village account # 122.

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|www.sfvillage.org| *|Aging-In-Place|*

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