



San Francisco Village
OUR GENERATION. OUR CHOICE.

September
2013



**FROM THE EXECUTIVE
DIRECTOR—Kate Hoepke**

Dear Members:



As the membership of SF Village continues to grow, so does our sense of community and connection. With each new member, we're introduced to a whole life story that includes an individual's talents, curiosity and resources that automatically expands our network and our sense of what is possible. There is something exponential about this process that never ceases to excite me.

Since our meeting in Noe Valley in July, we've welcomed 12 new members, met many more prospective members, and made dozens of new contacts that will strengthen the Village. Our next community meeting is scheduled for Saturday September 28th at the LGBT Community Center at 1800 Market St. The following Saturday, October 5th, we will host a meeting at the Glen Park branch

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library at 2825 Diamond St. Please invite friends and neighbors to call us for more information.

While reaching out this summer we've been fortunate to connect with One Medical Group, a primary care practice with 10 offices in San Francisco. They have expressed an interest in our mission to build community among older adults and they'd like to make a contribution. Some of their providers and administrative staff will volunteer for a *Day of Service* on Saturday September 28th. Do you need a little light housekeeping, small home repairs, your mattress flipped, help finishing a gardening project or assistance with technology? Please call the office and we will coordinate with their team of volunteers to get the job done!

We've heard from several of you that we need more FUN in our lives, like dancing kind of fun. Coincidentally, we received a phone call from the folks who organize *Sunday Streets* asking if SF Village would like to join the fun at *Richmond Sunday Streets* on October 27th. So we connected those dots and imagined a group of Villagers dancing down Clement St. on a gorgeous October afternoon! Are you in? Join us for two dance classes between now and then, the first one on Thursday September 26th. We're talking simple dance steps guaranteed to make you smile.

This month we added a new part-time staff person, Rachel Lanzerotti, who has wasted no time in expanding our network of possibilities. She has arranged for a small group of

New Members-August

Cynthia Anderson
Barbara Batts
Rose Fraden
Helen Friedman
Patricia Heldman
Patricia Pfeiffer
Robert J. Pfeiffer
Gail Siegel
Anne J. Scalf
Eleanor Stern
Ivan Stern
Barbara Wanvig

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members (up to 9) to visit the StoryCorps booth at the Jewish Museum on September 19th. We'll learn a little about what StoryCorps is and then groups of 2-3 will meet "in the booth" with a facilitator to tell stories based on their experiences. This is a slightly different twist on the typical StoryCorps experience, which usually focuses on one individual's life story. In this case, members will be paired with other members for a different kind of storytelling adventure!

As always, I love to hear from you. Keep me informed about your preferences for programs and services that make your life a little richer, less stressful, and more fun!!

Warmly,
Kate



Images from the
2013 Transitioning Lives &
Community Awards
Luncheon. View gallery at:
<http://tinyurl.com/lvw54sv>

DID YOU KNOW?

San Francisco SPCA provides an animal trust program. The San Francisco SPCA Sido Program helps you plan now for your pets' future, so they will be cared for if you predecease them. For more information visit, <http://www.sfspca.org/support/donate/plan-your-pets-future>. For Sido enrollment, please contact Sandy Irber, Planned Giving Manager, at [415.554.3027](tel:415.554.3027) or sirber@sfspca.org.



NEW STAFF MEMBERS

Please join us in welcoming two new part-time staff members: Rachel Lanzerotti, Membership Coordinator and Martin Costa, Administrative Assistant, a high school student from the Enterprise Program.

About Rachel Lanzerotti, Membership Coordinator: A San Francisco native, Rachel has long been immersed in direct service, organizing, and consulting with Bay Area community groups. Rachel has a Master of Social Work from SF State, focused on social change movements and racial justice in LGBTQ communities. When not at SF Village, Rachel can be found teaching yoga, mindfulness meditation, and stress reduction in her yoga therapy practice, ***Five Rivers Yoga*** and at UCSF's Osher Center for Integrative Medicine. She especially enjoys the outdoors, singing and making soup with friends, and playing with her nieces. Rachel says, "There's a wealth of experience and insights here, and I'm grateful to be part of the growing SF Village community."



About Martin Costa, Administrative Assistant: Martin is a senior at Lowell High School. For the past three years he has served as the business manager of the school newspaper. He's also worked for the Asia Society of Northern California and Turner Construction. In his spare time Martin enjoys hiking, bicycling, discovering new places to go in San Francisco, and developing his computer programming skills. Martin sought work with SF Village because he wants to help others, while gaining experience working with people. "I want to help San Francisco Village in the office, but I also want to help members directly," Martin said. "I'm good with technology, so I hope to be able to teach members how to use computers and iPads."



Martin's longer term goals include contributing to the world in a meaningful way. "I want to invent a new technology that improves the quality of life for people living on this planet," Martin said. "I think that the older you get, the more you know about life. I hope that advances in technology and human psychology improve the quality of life for this generation of seniors and the generations to come."

RECORD YOUR STORY WITH STORYCORPS

StoryCorps is an independent nonprofit whose mission is to provide people of all backgrounds and beliefs with the opportunity to record, share, and preserve the stories of their lives. Since 2003, StoryCorps has collected and archived more than 45,000 interviews with nearly 90,000 participants. Each conversation is recorded on a free CD to share, and is preserved at the American Folklife Center at the Library of Congress. StoryCorps is one of the largest oral history projects of its kind, and millions listen to their weekly broadcasts on NPR's *Morning Edition*. Locally, the StoryCorps booth is located at the Contemporary Jewish Museum, 736 Mission St., between 3rd and 4th Streets.



StoryCorps is partnering with San Francisco Village to give up to 9 Village members the opportunity to experiment with this unique storytelling medium. We'll start with a 15-minute presentation about StoryCorps. Then 2-3 members at a time will record 30-minute interviews with each other led by a StoryCorps staff facilitator, conversing on topics like: What was the happiest moment of your life? What are you most proud of? What is your earliest memory? How would you like to be remembered?

While a small group is recording stories, the rest of the group may enjoy exhibits

at the Contemporary Jewish Museum. We will meet at the front of the museum at 1:45 p.m. on Thursday September 19th. Please plan to stay until 4:30 p.m. There's no cost for this opportunity, although donations are encouraged. Please note that the Village will be charged a \$50 cancellation fee, should anyone cancel during their appointed timeslot.

Members who are interested in telling their personal life story are welcome to make their own appointment at the booth until October 13th. The StoryCorps booth will be closed from mid-October until early 2014. To join our group of storytelling members on September 19th, RSVP to the SF Village office.

VOLUNTEER OF THE MONTH-Frances Gorman
by Keyatta Shade

Frances Gorman sees her involvement as a volunteer as a natural stepping stone to membership. “I intend to remain in San Francisco the rest of my life, by whatever means,” Frances said. “San Francisco Village, and other organizations for aging Baby Boomers, will hopefully make that possible.” As a Village volunteer, she has assisted with office support and helping at the Transitioning Lives and Community Awards Luncheon. But her most rewarding experience so far, has been spending time with and getting to know member, Noah Levin.



Facing a medical procedure and painful recovery, Noah reached out to the Village for help. A fairly new volunteer, Frances stepped up to provide transportation to and from her medical appointment. What was supposed to be one trip, became much more as time went on. “I want to assist people in a more personal way,” Gorman said. This was the perfect opportunity for her to do just that.

On that first visit, Frances learned that Noah was an artist and since then she has learned more about her paintings. “I was surprised and impressed with her talent,” Gorman said. “Her series on koi (fish) especially struck a chord with me, since I love Japanese art and culture.” Now whenever Frances sees a card with a Koi image, she sends it to Noah.

Noah also enjoys getting to know Frances. “Her great uncle was Ogden Nash, a poet and radio personality. She’s modest about it, but to people my age, he was simply amazing.”

From these simple connections, a friendship has begun to flourish. Noah says that Frances has offered physical and emotional support that she would not have had otherwise. “It was practical support that I needed. She was so dependable and nurturing,” Noah said. Unable to spend too much time on her feet, Noah needed help with running errands. Once again Frances stepped up to the plate. They visited the library to return audio books and when Noah needed a new CD player, they made a trip to Best Buy. Frances even helped her install it!

When Noah learned that the surgical procedure would need to be repeated, she felt devastated. Frances was there to provide the support Noah needed. “I cried when I found out, and she held me,” Noah said. “In that moment, I really felt she was my friend.” When the surgery was over, Frances was one of the first people Noah called. “She called to tell me that the surgery was successful this time around, and I was absolutely thrilled for her,” Frances said.

Frances Gorman’s motto is “Keep Laughing!” and while she is a volunteer at San Francisco Village, she hopes to keep doing just that, with the intention to heal body and soul. “To me, volunteering for SF Village is the essence of *Give and ye shall receive*. It means saying to yourself, ‘it’s not convenient today, but I’m going to do it anyway,’” Frances said. “To me, making someone’s life a little better, in whatever way I can, makes *me* truly happy.”

DANCING IN THE STREETS

If you can walk, you can dance.

If you can talk, you can sing.

- Zimbabwean saying

Dancing is a wonderfully joyous way to get the cobwebs out, boost your immune system, and make you feel more alive. Whether you're a lifelong dancer or it's been years since you tried, we invite you to join this friendly group of movers and shakers. Guaranteed to make you smile!



The first class, with a professional instructor, will take place Thursday September 26th from 3:00 p.m. to 4:30 p.m. at St. John's Presbyterian Church at 25 Lake St. No prior experience necessary! A second class to hone your skills will take place in October, the date to be determined. Depending on group interest, this may become a regular Village activity.

The stars seemed to have aligned with an opportunity to participate in *Richmond Sunday Streets* on October 27th. It's not difficult to imagine a group of us joyfully kicking up our heels down Clement St. on a gorgeous October afternoon. The two classes should make you feel confident and a little daring.

What do you say? Are you in?

Contact Key to sign up!

ONE MEDICAL GROUP DAY OF SERVICE

San Francisco Village is partnering with doctors and administrators at One Medical Group to provide a day of service for Village members on Saturday September 28th. Members are asked to submit a list of home maintenance

projects that do not require a professional such as gardening, light house cleaning, mattress flipping, light bulb changing, light painting, etc. Members may also request some basic technology assistance such as help with e-mail, accessing the Internet, or training on their iPad or smartphone.

One Medical staff will be available to assist in homes from noon to 5:00 pm and will work in groups of 2 to 4 at each residence. A Village staff member will make a home visit prior to the projects to approve each list and a Village volunteer will be available on the 28th to coordinate efforts. This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!!

Please submit your list to Keyatta no later than Monday September 16th. Home visits will take place that week.

6-WEEK HEALTHIER LIVING WORKSHOP

Hosted by SF Village, the San Francisco

Healthier Living Coalition presents a free six-



week (2.5 hours per week) Healthier Living workshop aimed at teaching individuals with chronic health problems like diabetes, high blood pressure, heart problems and arthritis, how to self-manage for optimal health.

Participants will learn how to: manage pain, stress, and fatigue; be more fit and eat healthier, work more effectively with your doctor and healthcare professionals, set goals and problem solve to make positive changes in your life; and feel better and reduce healthcare costs.

The workshop will take place every Tuesday from 2:00 p.m. to 4:30 p.m. at the Institute on Aging's Sequoia Room, 3575 Geary Blvd., **beginning September 10th and ending October 15th.**

Participants are asked to attend all 6 sessions. Gifts and awards will be given to those who complete the workshop. The Healthier Living Workshop was developed by Stanford University School of Medicine. The Healthier Living Coalition includes San Francisco Dept. of Aging & Adult Services, 30th Street Senior Center/On-Lok, Mercy Housing and Dept. of Public Health. If you are interested in participating, please contact Keyatta Shade at San Francisco Village at **(415) 387-1375** or **Key@sfvillage.org** as space is limited.

AT THE MOVIES WITH RALPH BEREN

BLUE JASMINE, A NEW FILM BY WOODY ALLEN

Try not to miss this wonderful film. In addition to magnificent acting, this film is characterized by a minimalist quality reserved for a true masterpiece. The cast, led by the great Cate Blanchett, gives you just what you need to know about each of the characters. She is joined by Alec Baldwin and Peter Saarsgard, both of whom reflect her vapid and narcissistic character.



The plot is simple. Blanchett is a once wealthy woman who has fallen on hard times. She lives in NYC with her thieving and philandering husband (Baldwin). She lacks coping skills and even though she's aware of Baldwin's nastiness, she cannot face the reality of her situation. Baldwin goes to prison after she calls the FBI in an out of character move, where he commits suicide. Jasmine has nowhere to go except to her sister Ginger, who lives in a rundown apartment in San Francisco. Ginger is Jasmine's opposite. She is practical, accepting, and a little whacky. Her rough and boisterous boyfriend, played beautifully by Bobby Cannavale, offends Jasmine's sensibilities, reminding us of Blanche and Stanley in *A Streetcar Named Desire*.

Eventually, she meets the man who can save her, played by Saarsgard. He is wealthy and politically ambitious. She seems like a perfect match until he finds out that she's lied to him about her past. Jasmine's lack of soul finally catches up with her, evoking sympathy from the audience in spite of her emptiness.

A note: Many have commented on how seedy San Francisco appears in the movie, in contrast to scenes of NYC, which look magnificent. The difference is an important part of the story.

MEMBER TO MEMBER

Chamber Music Group

Member Ivan Stern invites any amateur musicians interested in getting together to play chamber music, to contact him at [**Ivans369@gmail.com**](mailto:Ivans369@gmail.com). Ivan, who is a second chair violin, hopes to have four to six members participate.

Making New Friends

After her husband passed away, Peg Kaplan found that she had two tickets to everything: the symphony, theater and Giants baseball. She mentioned it to Key and he spread the word among members that Peg had an extra ticket to share. Mary Swope responded, saying she'd be delighted to go to the symphony with Peg. The two of them hit it off and have been enjoying each other's company ever

since. Most recently, Peg invited Mary to a baseball game between the Giants and the Boston Red Sox, Mary's home team. They both dressed in full regalia and according to Mary's report, they drew considerable attention. The gentleman who snapped this photo quipped, "A Mixed Marriage?" We're delighted to report that the Village is facilitating new friendships while feeding an olds ports rivalry.



Lending a hand

For many of us it's difficult to let our friends and neighbors know that we could use a little help sometimes. Maybe you're recovering from an illness or recent surgery and it doesn't occur to you to call the Village office and say you'd like a home-cooked meal from another member or someone to stop at the grocery store for you. Our obstacles to asking for help may be deeply rooted in our own personal history, and certainly in our broader cultural experiences.

One of the primary benefits of belonging to SF Village is the availability of support. Other people in a similar boat who are ready, willing and able to prepare a meal, stop at the store, or chat on the phone. We've all had the experience of feeling gratified after helping someone else, but we resist being the one in need of the help. As members of SFV we have the opportunity to challenge this old behavior. Another option is to watch out for fellow members in need and make a call on their behalf.

If you know of someone in the Village who could use a friendly call, a home-cooked meal, a supply of gossip magazines, or a bag of groceries, please call the office. Key will be delighted to set the wheels in motion.

NEIGHBORHOOD CIRCLES

Diamond Heights. San Francisco Village invites residents at Goldmine Hill to a presentation on September 17th at 3:00 p.m. regarding the Resilient Diamond Heights project.

The Resilient Diamond Heights project is a community-led initiative that is committed to making investments in the community's capacity to respond in times of stress, so as to mitigate their impact on its residents and

institutions. Investments range from replacing faulty water pipes in the streets to creating a local disaster registry for community members who want to be checked on in the case of major lifeline disruption. This meeting is open to all residents of Ora Way. Space is limited so please RSVP at **(415) 387-1375** or **Info@sfvillage.org**. Refreshments will be served.

Learn more at: **<http://empowersf.org/resilient-diamond-heights/>**

94109 Circle. Lunch and Art. The circle will meet on Tuesday September 17th at 11:30 a.m. at the Museo Italo Americano, Building C, Fort Mason. The museum is reserving a room for the group. Participants have the option of bringing their own lunch or purchasing a lunch at the nearby Green's counter or from the public library bookstore. At 12:30 p.m. museum staff will discuss the collection. This activity is restricted to 94109 Circle members. Interested parties should contact Roberta Rothman at **[\(415\) 345-9034](tel:4153459034)**.

94123 Circle. Shopping expedition. We will meet at 11:00 a.m. at Hayes Street Grill, and then proceed to stop at several stores in the neighborhood including jewelry, home décor and clothing shops. We will finish our tour with lunch at Stacks, 501 Hayes Street. This activity is specifically for 94123 circle members. Interested parties should RSVP to Eva Auchincloss, 415-56-7519 or **eva3auch@gmail.com**.

SEPTEMBER EVENTS

Play Reading Group

Thursday September 12th at 4:00 p.m.

The Play Reading group will read *The Browning Version*, followed by *The Traveler*. Both poems can be found in *24 Favorite One Act Plays*, edited by Bennett Cerf.

Location: 156 Lombard #34

Contact: To RSVP, contact Martha Nell Beatty at [415-921-1415](tel:415-921-1415)

Movie Group

Wednesday September 18th from 4:00 p.m. to 6:00 p.m.



The movie group will watch Alfred Hitchcock's 1938 classic *The Lady Vanishes*. The film is about a beautiful English tourist travelling by train in Europe who discovers that her elderly companion seems to have disappeared from the train. After her fellow passengers deny ever having seen the elderly lady, the young woman is helped by a young musicologist, and the two proceed to search the train for clues to the old woman's disappearance.

Location: Barbara Hancock's home

Contact: For address and to RSVP, contact Barbara at [\(415\) 750-0865](tel:415-750-0865).

Coffee & Conversation: Self-Defense with Carey Rockland and Sharon Sanghera

Friday September 13th from 3:00p.m. to 4:30p.m.



This 90 minute seminar will teach you how to prevent, de-escalate and defend yourself should you find yourself in a potentially violent encounter. Self-preservation happens before self-defense is necessary. Self-preservation is the ability to stop something before it starts, to know what to look for and when to exit a dangerous situation. If an incident starts, learn how to de-escalate it so that it does not become violent. If there is no other option, learn how to defend yourself effectively, and fight back so that you can get home safely. All of our techniques are simple, effective and easy to learn. There are no guarantees when it comes to personal safety, but increasing your odds is an empowering step. Join your community for this fun and informative event.

This seminar will be presented by Carey Rockland and Sharon Sanghera of Women's Self Preservation. Together they have created an organization dedicated to educate and empower women through their system of self-preservation in the realms of physical safety, assertiveness, mindfulness, exercise and nutrition. They present to co-ed and special populations in addition to their focus on women's wellness.

Carey Rockland is a full-time fitness trainer and has been studying Brazilian Jiu-Jitsu since 2004. She and has learned street-style self-preservation from several elite mentors in martial disciplines. Carey has a Masters in Sport Management and physical training certifications through the NSCA (CSCS) and NPTI. For a full bio please visit: CareyRockland.com

Sharon Sanghera is the Editor-in-Chief of Vinct Magazine, a mixed martial arts magazine, and CoFounder of Major Combat Sports. Sharon has been training in martial arts for over 12 years, has a Blackbelt in JKD/Kali with a background in other martial arts as well as boxing and has been using martial arts and wellness coaching to help empower men and women of all ages. She has certification in various training systems such as Advance Tactical FireArms, Security Intelligence Specialist, MX26-X26 Taser, Tear Gas/Pepper Spray Chemical Agents, Rapid Assault Tactics and many more. For a full bio please visit: SharonSanghera.com

Location: IOA, Sequioa Room, 3575 Geary Blvd

Contact: RSVP to Key at [\(415\) 387-1375](tel:4153871375) or Key@sfvillage.org

Lunch Bunch

Friday September 20th at 12:30 p.m.

The Lunch Bunch will meet at *Savor* in Noe Valley. The menu reflects the lush offerings of the Mediterranean with a rustic mix of the Southwest. Laced into this latticework is a fantastic array of Crepes, a house specialty. The combination of these cultural cuisines is a rich blend of flavors and ingredients.

Location: Savor, 3913 - 24th street

Contact: RSVP to Ellen Sandler at [\(415\) 678-5354](tel:4156785354) or esandler@earthlink.net

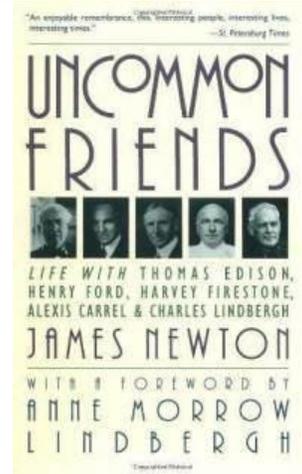
Book Group

Monday September 23rd at 10:00 a.m.

The Book Group will read James Newton's *Uncommon Friends*, in which Newton engagingly recalls a lifetime of friendship with five giants of the twentieth century.

Location: TBA, Margaret Johnson for information

Contact: Margaret Johnson, [415-673-7130](tel:415-673-7130)



Dance Group

Thursday September 26th from 3:00 p.m. to 4:30 p.m.

SFVillage will host its first ever line dance class with a professional instructor. Come and enjoy the pleasure of dance and the company of fellow members. Guaranteed to make you smile! A second class to hone your skills will take place in October. For those interested, an opportunity to present what you've learned will take place at the *Sunday City Streets* in the Richmond District on Sunday October 27th (optional, but highly encouraged!)

Location: St. John's Presbyterian Church, 25 Lake Street

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

Western Addition Senior Center Health Fair

Friday September 27th from 11 a.m. to 2:00 p.m.

The Western Addition Senior Center will hold its annual Health Fair and SF Village will staff an information table. Feel free to drop by or volunteer to staff the table.

Location: 1390 1/2 Turk Street (between Webster Street & Fillmore Street)

Contact: For more information, contact Amber Carroll, [415-487-3300 ext. 6811](tel:415-487-3300)

Discussion Group

Friday September 27th at 3:00 p.m.

The Discussion group will revisit last week's talk on growing economic divides in the US and discuss solutions. What can we do, as individuals and as a community, to help mitigate these growing inequities and address the lack of shared responsibility?

Location: Eva Auchincloss's home

Contact: For address or to RSVP, contact Eva at [\(415\) 563-7519](tel:415-563-7519) or eva3auch@gmail.com

Castro Community Meeting

Saturday September 28th from 1:00 p.m. to 3:00 p.m.

The Village continues its outreach efforts with a community meeting at the LGBT Community Center on Market Street. Residents of the Castro and Eureka Valley neighborhood are invited to learn more about the value of Village membership.

Location: 1800 Market Street

Contact: RSVP to Kate Hoepke at [\(415\) 387-1375](tel:4153871375) or Kate@sfvillage.org

WEEKLY SEPTEMBER EVENTS

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](tel:4154255086) or aurelecarlat@gmail.com

Website: <http://www.twinpeaksyoga.com/>

Yoga! New Class for Beginners!

Fridays from 10:00 a.m. to 11:15 a.m.

Anyone in good health who can manage stairs is welcome. No experience necessary.

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com, Website:

<http://www.twinpeaksyoga.com>

SAVE THE DATE

Glen Park Community Meeting

Saturday October 5th from 1:30 p.m. to 3:30 p.m.

The Village continues its outreach efforts with a community meeting at the Glen Park Public Library, inviting Glen Park residents and guests to attend an informational meeting about the value of Village membership.

Location: Glen Park Library, 2825 Diamond St.

Contact: RSVP to Kate Hoepke at (415) 387-1375 or Kate@sfvillage.org.

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.communitythrifsf.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|*

|3575 Geary Blvd-San Francisco, CA 94116| *|Ph: (415) 387-1375-Fax: (415) 387-1295|