



FROM THE EXECUTIVE DIRECTOR



Dear Members and Friends:

We are busy planning for our second annual *Transforming Lives and Community Luncheon*

which will take place on Thursday May 22nd at the Four Seasons Hotel. The awards luncheon is a new tradition for SF Village, providing a unique opportunity to celebrate aging and remind us of what's possible well into our 7th and 8th decades. This year we are honoring two individuals who have made extraordinary contributions to their community throughout their lives and continue to do so as they age. Led by a conversation with KQED's Michael Krasny, we will honor two people truly deserving of this recognition, Belva Davis and Henry Safrit, MD.

IN THIS ISSUE

1. From the E.D.
2. Did You Know
3. Right to Die Update
4. Meditation Group
5. OLLI
6. Resource Fair
7. Neighborhood Circles
8. Volunteer Training
9. April Events
10. April Weekly Events

WELCOME NEW MEMBERS--March

Joan Aragone
David Davis
Detline Davis
Sharon Martinas
Karen Mendelsohn
Alice Polesky
Ken Prag
Steve Collins
Suzanne Sampson
Elizabeth Strong
Denis Wade

Ms. Davis is well known for her impressive and groundbreaking career as a journalist in California. For nineteen years she hosted KQED's *This Week in Northern California*. Since retiring Ms. Davis has written a book called *Never in My Wildest Dreams*. Commenting on the book, Gloria Steinem said "Belva Davis has lived this country's history as only a brave black woman could and has witnessed it as a journalist with a world-class head and heart."

Dr. Henry Safrit, an accomplished San Francisco endocrinologist, is highly regarded for establishing the *Meritus College Fund* which awards scholarships to high school students who often fall below the cutoff for other financial award programs. In 2008, Dr. Safrit started *SF Achievers*, which focuses specifically on supporting young African-American males who are striving for success.

The luncheon promises to be an inspiring afternoon. We hope you can be there! Tickets can be purchased by calling SF Village at [\(415\) 387-1375](tel:4153871375) or directly online at <http://tinyurl.com/lpxeu5t>.
Kind Regards,
Kate

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DID YOU KNOW?

The UCSF Comprehensive Cancer Center at 1600 Divisadero provides a free support group for men whose female partners are dealing with cancer. Drop-ins are welcome, on the 2nd and 4th Tuesdays of each month, 6:30 PM. For more information, contact Jim Murdoch at [\(415\) 885-7225](tel:4158857225).

COFFEE & CONVERSATION:

Transportation Options Panel Presentation & Discussion



Wednesday April 9, 3:00 - 5:00 PM
Auditorium, Institute on Aging

Our expert panelists, Kate Toran from SF MTA Paratransit (www.sfparatransit.com) and Jake Haffner from Lift Hero (www.lifthero.com), will help us navigate transportation topics that include ride sharing services and Paratransit. They'll discuss and answer your questions about how these services may complement and compete with each other to meet the needs of older riders in San Francisco.

Presenters:

Kate Toran has been the Paratransit Coordinator/Manager for the San Francisco Municipal Transportation Agency since 1999. She has over 24 years of experience encompassing transit planning, policy development, community organizing and working with disabled and marginalized populations. Along with Kate's technical transit planning skills, she brings a devotion to her work and the paratransit community of riders and drivers. Kate is proud of the 26 paratransit vans in the SF Paratransit fleet that are named in memory of paratransit advocates, as well as her work as an informal videographer of some of the many stories of SF Paratransit.

Jake Haffner is the Head of Business Development at Lift Hero where he is helping to connect seniors and their family caregivers with reliable, trusted drivers. Jake has a lifetime of senior care experience from working for his family's business that owns, operates and develops senior care communities throughout California.

All members and your guests are welcome. Wednesday April 9 in the Institute on Aging's Auditorium at 3575 Geary Blvd from 3:00 - 5:00 PM. Please RSVP to Info@sfvillage.org or **(415) 387-1375** for more information.

DEATH WITH DIGNITY AND THE RIGHT TO DIE
with Dr. Richard MacDonald



Monday, April 21

1:00 - 3:00 PM

Auditorium, Institute on Aging

SF Village, in cooperation with the Women's Political Study Group, will host Richard MacDonald, M.D. to discuss the current status of the right to die movement in the United States.

Dr. MacDonald is a renowned and knowledgeable member of the right to die movement. He is the Senior Medical Adviser of the Final Exit Network and was the medical director of the Hemlock Society USA. In addition, he was President of the World Federation of Right to Die Societies.

Please contact key@sfvillage.org by Monday April 14 to reserve a space.

SF VILLAGE MEDITATION GROUP STARTS

APRIL 15TH



Meditation is a mind-body training that improves your ability to pay attention to the things that matter.

Mindfulness meditation-- paying attention purposefully and non-judgmentally in the present moment-- is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?

We are pleased to announce an ongoing **SF Village Meditation Group** for beginners as well as those with meditation experience. The group meets on the following Tuesdays, from 11:00 to 12 noon at the Institute on Aging, room 202; **April 15, May 6, May 20, June 3.**

Please plan to arrive on time, as we meet for one hour only. The group is led by Rachel Lanzerotti, an experienced teacher of Mindfulness Meditation and longtime *Vipassana* (insight) meditation practitioner. Members are welcome to invite friends and family. Please RSVP to info@sfvillage.org

SPECIAL OPPORTUNITY FOR SF VILLAGE MEMBERS



We are pleased to announce a special opportunity for SF Village members who are new to classes at OLLI, the Osher Lifelong Learning Institute at SF State University.

Enroll in your first class at OLLI for a discounted rate of only \$75. Courses start April 7th so register now. First, check out the course listings at olli.sfsu.edu, and then call Sandra Halladey at [\(415\) 817-4243](tel:4158174243) to register. Tell Sandra you are an SF Village member. This offer is for SF Village members who have never taken a class at OLLI before.

OLLI is a community committed to the joy of learning, with small classes of no more than 42 students that are taught by SF State faculty and other experts in their field. Most courses are 2 hours a week for 6 weeks. OLLI is conveniently located at the Westfield Center 835 Market Street, Sixth Floor near the Powell St. MUNI/BART.

Spring 2014 course titles include: Everything You Wanted to Know About Computers but Were Afraid to Ask, Book Magic, The Ecology of SF Bay, Current Trends in Counterinsurgency, Writers Workshop, and more!

VOLUNTEER OF THE MONTH-JAMES CLARKE

by Keyatta Shade

Volunteer James Clarke is making a difference in Village members' lives -- one smart phone at a time. James and his wife, Kathy, learned about the Village when they recently returned to the City after spending most of their careers in the central valley.



“I felt a need to get involved in a volunteer capacity that allows me to connect with others and be of value to the community.”

James, who began his volunteer work in January 2014, worked in technology and healthcare before retiring. He began his career teaching college students in respiratory care where he incorporated technology in his work over the years. Self-taught, he became so good at using technology that he stopped teaching students altogether and trained faculty on the use of technology in the classroom. He would eventually retire as the Faculty Development Coordinator of Technology at Modesto Junior College.

Since joining the Village as a volunteer, James has helped members with basic computer training, smart phone usage and other technology issues. When member Ralph Beren needed help with an e-mail problem, James responded without hesitation. “He was good at listening to my computer issues and managed to fix the

e-mail problem quickly,” Ralph said. “He is quite skilled and patient and I would recommend him highly.”

Member Sylvia Saunders needed someone to help her set up her new Kindle e-reader. Once again James responded. He even gave her some bonus help with some other computer problems. “I knew, without even asking, that he must have been a teacher by profession, and an excellent one at that,” Sylvia said. “The entire experience could not have been more positive. He was exceptionally generous with his time and knowledge.”

In addition to assisting members with tech issues, James also has driven members to Village related meetings and events. He’s even helped flyer neighborhoods with announcements regarding upcoming Village community meetings.

As a recent retiree and transplant to the city, these volunteer opportunities have given James a chance to meet new people in San Francisco. He’s hoping to develop friendships that will endure as he ages. “Not only am I getting to know people but I feel like I have a purpose,” James says. He also hopes the Village continues to grow and expand in San Francisco. He believes in the Village concept and recognizes that he himself may need services in the future. As James concludes, “There is so much potential to be realized when we reach a critical mass of members and volunteers.”

ART OF AGING GRACEFULLY RESOURCE FAIR

On Thursday April 10th, SF Village will host a table at the Art of Aging Gracefully Resource Fair. Hosted by Jewish Community Center of San Francisco and sponsored by UCSF Medical Center, the fair offers opportunities to engage with UCSF medical experts and representatives from local businesses and organizations who offer valuable resources to help you stay healthy and energized. Join us at the Jewish Community Center of San Francisco at 3200 California Street



(at Presidio Avenue). The event is free and open to the public. Speakers 9:30 a.m. to 3:00 p.m. Resource Fair, 10:00 a.m. to 2:00 p.m.

COMMUNITY VOLUNTEER OPPORTUNITIES



Conservatory of Flowers. Greeters welcome visitors on weekends, take tickets, and answer general questions. This is the perfect opportunity if you enjoy chatting with people from all over the world and want to spend time in a beautiful living museum without needing to learn about the plants. Greeters do two shifts per month. Shifts are 10:00 - 1:00 or 1:00 - 4:00 on Saturday or Sunday. To volunteer, contact Erika Frank at efrank@sfcof.org or **415 637 4326**.

NEIGHBORHOOD CIRCLES

94109. On Monday April 28th at 11:00 a.m., the 94109 group will visit the Contemporary Jewish Museum (CJM) located on Mission Between 3rd and 4th Streets. We'll join a public tour of *Arthur Szyk and the Art of the Haggadah*. In addition we will be able to see an exhibit on *Designing Home: Jews and Midcentury Modernism*. Regular priced tickets are available at \$10 each, but thanks to SFV members Leszek and Maria Wolfram we have several complimentary tickets available. We will have lunch at Wise Sons Jewish Delicatessen located on the ground floor of the museum. It's dedicated to building community through traditional Jewish comfort food, pairing classic Jewish recipes with the best California ingredients. The result is delicious deli fare that would make their bubbies proud. Each person will be able to order and pay separately.



To RSVP or arrange carpool, please contact Bobbie Rothman by April 18th at rrothman2174@gmail.com or [\(415\) 345-9034](tel:4153459034). 94109 only as space is limited.

94123. Members of the 94123 circle will have an outing to Pier 24 for a photography exhibit on April 14th at 10:00 a.m. Only 20 reservations are allowed and the group is currently at capacity for the outing. If anyone is interested in joining, you may call Eva Auchincloss at [\(415\) 563-7519](tel:(415)563-7519) to be added to the waiting list.

Diamond Heights. On Saturday April 12th, at 8pm, the Diamond Heights Circle invites all village members to an outing to see the Ruth Asawa San Francisco School of the Arts (SOTA) Theatre Department presentation of *HAIR*. The musical that introduced rock 'n' roll to the theatrical stage, *HAIR* is a living history lesson about the 1960s Summer of Love. Featuring phenomenal musical numbers including "Aquarius," "Hair," "Good Morning Starshine," "I Got Life," and "What a Piece of Work Is Man," *HAIR* is a story of personal identity, the Vietnam War, and the sexual revolution. Members should try to purchase tickets in advance at <http://www.brownpapertickets.com/event/567532>. Senior tickets available at \$15 per person. Members will meet at 7:30pm in front of the venue. For more information, visit [\(415\) 695-5700](tel:(415)695-5700) & www.SFSOTATheatre.org. RSVP to Info@sfvillage.org or [\(415\) 387-1375](tel:(415)387-1375).

VILLAGE VOLUNTEER TRAINING
with Keyatta Shade

Saturday April 12th from 9:30 a.m. to noon
Location: IOA, 3575 Geary Blvd

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.



If you are interested in attending, please contact Volunteer & Member Manager, Keyatta Shade at [\(415\) 387-1375](tel:4153871375) or Key@sfvillage.org.

APRIL EVENTS

Who says there's no free lunch?

Wednesday April 2nd from 12:00 p.m. to 1:00 p.m.

St. Aidan's Episcopal Church (101 Gold Mine Drive, San Francisco) generously extends a luncheon invitation to all San Francisco Village members. The free lunch is held the 1st Wednesday of each month from 12 - 1 pm. We hear that about 25 people currently attend for a hearty meal. Drop-ins are welcome.

Location: St. Aidan's Episcopal Church, 101 Gold Mine Drive

Contact: David Stickley at [\(415\) 285-9540](tel:4152859540) for more information

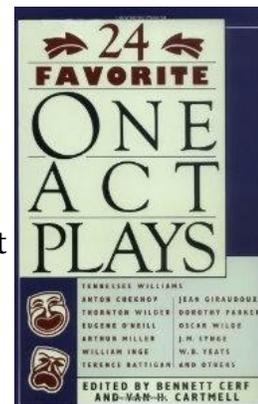
The Play Reading Group

Thursday April 3rd at 4:00pm

The Play Reading group will read *Spreading the News* and *The Ugly Duckling* from *24 Favorite One Act Plays*, edited by Bennett Cerf.

Location: Club Room at 150 Lombard Street. The room is wheelchair accessible

Contact: RSVP to Martha Nell Beatty at [\(415\) 921-1415](tel:4159211415) or marthanellbeatty@hotmail.com



The Movie Group

Wednesday April 16th at 4:00 p.m.

The movie group will watch *La Dolce Vita*, 1960 comedy-drama film written and directed by the critically acclaimed director Federico Fellini. The film follows Marcello Rubini, a journalist writing for gossip magazines, over seven days and nights on his journey through the "sweet life" of Rome in a fruitless search for love and happiness.



Location: TBA

Contact: RSVP to Ralph Beren at [\(415\) 929-8309](tel:4159298309)

The Discussion Group

Friday April 18th at 3:00 p.m.

Members of the discussion group will bring their individual opinions on addressing immigration reform. In preparation, Bobbie Rothman will provide a summary of the current laws that effect immigrants in this country in contrast to other countries. Eva will distribute the summary to those who plan to attend when you RSVP.

Location: Eva Auchincloss's home (Contact SFV for address info)

Contact: RSVP to Eva at [\(415\) 563-7519](tel:4155637519)

Early Retirement Years (New Group)

Thursday April 24th at 5:00 p.m.

This group will focus on topics related to our early retirement



years, such as striking a balance in structuring our time and how we maintain connections. Our first gathering, on April 24, will start with a brainstorming session to generate future topics of interest and structure for our discussions. Then we'll share a potluck dinner! Please bring a dish to share.

Location: Lauren Chaitkin's home (Contact SFV for address info)

Contact: RSVP to Info@sfvillage.org.

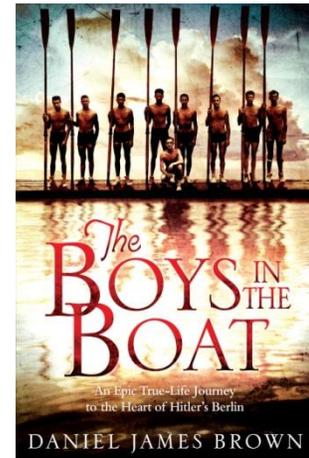
The Book Group

Monday April 28th at 10:00 a.m.

The book group will discuss *The Boys in the Boat* by Daniel James Brown, a true story of the 1936 Olympic Rowing Team whose members were sons of loggers, shipyard workers and farmers from the American West.

Location: Margaret Johnson's home (contact SFV for address info)

Contact: RSVP to Margaret at (415) 673-7130 or mhjohn@comcast.net



Mentoring Exchange Program

Wednesday April 30th from 10:00 a.m. to 11:30 a.m.

SFV members will meet with 9th graders from City Arts & Technology High School one-on-one so that the students can gain perspective on your career paths.

“What a wonderful idea to have such a creative program that benefits the young & old alike. I made an immediate connection with my partner, Michelle. We have a lot in common – like our love of dancing and writing.” -SFV Member Jean-Marie Campbell

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

Contact: RSVP to Info@sfvillage.org or (415) 387-1375 for more information.

APRIL WEEKLY EVENTS

Friday Meditation Group for Seniors **Fridays at 11:00 a.m. to noon**



SF Village members are invited to join an ongoing, weekly drop-in meditation group for seniors with David Lewis at the Sequoias SF. Beginners are welcome. David Lewis has practiced meditation for 40 years. He is a graduate of Spirit Rock Meditation Center's Dedicated Practitioners Program and periodically teaches at the Gay Buddhist Fellowship. He also teaches an Introduction to Insight Meditation class at Mission Dharma and has led a meditation group for seniors for three years.

Location: Sequoias San Francisco, 1400 Geary Street. Enter from either Geary or Post.

Contact: For more information contact Rachel at Rachel@sfvillage.org. No RSVP needed as this is a drop-in group.

Walking Group **Every Thursday at 11:00 a.m.**



Join SFV member Helen Rubardt and her friends on a stroll at Ocean Beach. The group will walk on the wet sand closest to the beach as it has the most solid ground for secure footing. The group will walk towards the Cliff House and then have a picnic on the beach before heading back. You will need to bring your own lunch.

Location: Meet at the Java Beach Café, 1396 La Playa Street, at the end of the N Judah Line and begin walking at 11:15 a.m.

Contact: Contact Helen at (415) 834-0224 for more information

Yoga!

Thursdays from 9:00 a.m. 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>

Yoga! 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>

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