



FROM THE EXECUTIVE DIRECTOR- Kate Hoepke



Dear Members:

Our goal is to continually increase the value of your membership and we strive to do that by enriching our offerings, communicating them effectively and making it simple for you to access them. In February we began mailing all members a hardcopy newsletter hoping that it would make for easy reference throughout the month and increase participation in Village-sponsored events and programs. In March we added a pull-out calendar to post on your refrigerator and so far we're hearing a lot of positive comments about the changes. Next month we're taking it one step further by printing in black and white so that we can control costs while still maintaining a high quality publication. Of course, the electronic copy will remain in color. As always, let us know what you think!

For years, we have relied on the generosity of CitiScape Property Management and their print shop to produce our newsletters.

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March 2015 Members:

Brooke Anderson
Don Chappell
Grace Chappell
Donald Fink
Karen Finch
Karen Gretch
Mary Jenness
Shirley Lee-Poo
June Oerth
Mary F. Reade
Patricia Southard

As many of you know, the management team at CitiScape has a deep commitment to supporting their older homeowners so that they may age independently in the home and neighborhood they love. We share a vision for empowering people to stay connected, engaged and in charge of their lives. My heartfelt gratitude to the CitiScape team for their enduring support!

Our third annual *Transforming Lives and Community Luncheon* is coming up on Friday May 8th at the Four Seasons Hotel. This is our only fundraising event each year and the proceeds mean a lot to our operating budget. Thanks to Ellen Sandler's committee leadership, this year's luncheon looks to be a tremendous success. If you'd like to attend or make a contribution, please contact us at the office or on our website at www.sfvillage.org.

We have a vibrant program planned for April: some fun outings including a tour of AT&T Park, a balance class with Mindy Marantz, our first death café, iPad tips and tricks with Jim Clarke and ongoing groups focusing on meditation, creative writing, exploring elderhood, and much more. New opportunities for meeting your neighbors are sprouting all the time – enjoy the spring!

Warm Regards,
Kate

TRANSFORMING LIVES & COMMUNITY LUNCHEON



Friday May 8th 11:30 AM to 1:30 PM
Four Seasons Hotel, 757 Market Street
For ticket information, call (415) 387-1375

Please join us on May 8th at the Four Seasons in San Francisco as we honor two remarkable women who have made a significant difference in the lives of San Franciscans and beyond, Roselyne "Cissie"

Swig and Toni Rembe. In conversation with Belva Davis, the afternoon promises to inspire and remind us of what is possible at any age.

Please watch for your invitation in the mail. We look forward to seeing you there!

BETTER BALANCE MEANS BETTER LIVING, WITH MINDY MARANTZ

Wednesday April 15th at 10:00 AM
IOA Board Room, 3575 Geary Blvd
RSVP to info@sfvillage.org or (415) 387-1375



Balance is something we count on every day. It is central to our well-being. What happens when you notice that your balance has diminished? How does balance escape us? What are the causes of compromised balance and what can you do about it? Mindy Marantz, licensed physical therapist, and founder/owner of Healthwell Physical Therapy Group in San Francisco, will share how to check your balance and what you can do about improving it. Her presentation will be followed by individual balance testing (sign up in advance).

AT&T PARK TOUR: A Player's Eye View



Wednesday April 22nd, 12:30 - 2:00 PM
SF Village has 7 discounted tickets for members and your friends, \$15 each!
Call the SF Village office to order your tickets.
We'll meet at the Giants Dugout Store on 3rd St.
RSVP to Key@sfvillage.org or (415) 387-1375

April means... Opening Day! Baseball season begins! Along with other SF Village members and baseball fans, come tour the ballpark where home runs can be "splash hits" and the breathtaking Bay view rivals the action on the field. It's where one of baseball's most hallowed franchises plays inside an architectural landmark. On your behind-the-scenes tour of AT&T Park, you will get to go to places only the players and staff go including: the Field Warning Track, a Major League Dugout, Visitor's Indoor Batting Cage, Visitor's Clubhouse, the Press Box, and a Luxury Suite.

SUNDAY AFTERNOON MUSICAL THEATER OUTING

The Paul Drescher Ensemble - Max Understood

Cowell Theater, Fort Mason
Sunday April 26th, 3:00 PM
SF Village has 5 discounted tickets for members and your friends for \$20 each!

Optional: Early dinner together afterwards at Greens Restaurant. RSVP by April 20th to Key@sfvillage.org or (415) 387-1375



Max Understood, by Nancy Carlin & Michael Rasbury is a musical invitation into the life of a seven year-old boy with autism. Max embarks on a transformative odyssey beyond the confines of his parents' apartments. His world will never be the same again. Co-presented by Fort Mason Center and the Paul Dresher Ensemble. Directed by David Schweizer. For more information: dresherensemble.org/max.html

SF BALLET: CAPRICE



Thursday April 16th at 8:00 PM
RSVP to Key@sfvillage.org or (415) 387-1375
with payment information.

A group of SFV members will attend Helgi Tomasson's newest work for the Company, *Caprice*, an energetic yet elegant ballet hailed by San Francisco Classical Voice as "an expansive neoclassic piece...with inverted lifts and catches that inspired gasps from the audience." The program continues with a world premiere of *Swimmer* by Yuri Possokhov, SF Ballet's choreographer in residence. The program concludes with one of George Balanchine's most iconic works: *The Four Temperaments*, a large-scale 'sublime study of beauty, spiritual longing and poise.' Discounted group ticket price is \$93.20 for SF Village members and their guests.

iPAD TIPS PART II, WITH JIM CLARKE

Wednesday April 8th at 11:30 AM
IOA Sequoia Room, 3575 Geary Blvd
RSVP to Key@sfvillage.org or (415) 387-1375

SF Village volunteer Jim Clarke invites members who have completed iPad Tips Part I to continue their education with even more tips and tricks. Bring your iPad, and be ready to try hands-on ways of getting the most out of your device.



FINAL SPRING MENTORING EXCHANGE



Wednesday April 22nd 10:00 - 11:45 AM
St. John's Presbyterian Church, 25 Lake Street
RSVP to Key@sfvillage.org or (415) 387-1375

Once again, SFV is partnering with City Art's & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students. Members and students meet one-on-one so that the students can gain perspective on your career paths and life choices. Members will also be given the opportunity to get to know the students-asking questions about their families and interests.

Students will come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members have the opportunity to share what they learned from the experience. This spring we will be working with the same students who attended during the fall semester, so you may have the opportunity to follow up with a student you have already met or meet a new student. Members who are interested should call the office to sign up for a spot.

OWL SF PRESENTS: MUSLIM WOMEN IN TODAY'S WORLD

Saturday April 25th from 10:00 AM to noon
Sequoias San Francisco, California Suite
1400 Geary Blvd.
Wheel Chair Accessible
Convenient to Geary St. MUNI
Paid Parking at Japantown



Featured speakers Ameena Jandali, founding member of Islamic Network Group for Cultural Literacy and Mutual Respect, and Samina Faheem Sundas, founder of American Muslim Voice Foundation, will discuss the Muslim faith and culture, and life for Muslim women in the U.S. A question and answer session will follow the presentation. For more information visit www.owlsf.org or (415) 989-4422, or contact SF Village member Amy Hittner at (415) 254-5231.

IN MEMORY

Suzanne Sampson May 4, 1934 to March 4, 2015



SFV member Suzanne Sampson spent her early life in the Midwest and Southern California. She graduated Northwestern University and UC San Francisco to become a Physical Therapist. After traveling extensively, she settled in San Francisco in the late 60's. She raised her family in the Glen Park district of SF.

Suzanne had a strong love of travel, and of rivers. She spent many years camping and kayaking. After starting a family, she purchased land on the Yuba River, and built a summer home there. Suzanne loved music, and spent 30 years singing

in the Oakland Symphony Choir.

She passed away in her own home, which was her wish, and spent her last days surrounded by friends and family. She is survived by her son, Aaron.

AT THE MOVIES WITH RALPH BEREN WILD TALES

This film explores the dark side of revenge and the result is surprising. Every so often we are crossed by some one who is so rude, so arrogant, so selfish, that we would consider wreaking havoc that would haunt them forever. In the new film *Wild Tales* from Argentina, revenge is the overwhelming theme in each of six unrelated tales. When horrible things happen to the lead character in each story, the concocted revenge is beyond the norm of human behavior. When ordinary people suffer from extreme humiliation, they go to unimaginable lengths to get even.



Watching the film, I was rooting for the wronged person and enjoying the vindictiveness that "evened the playing field." In one incident a man blows up a car towing lot because of the unfairness of the charges against him when his car is towed and he has to pay an outrageous sum to get his car out. In another tale, a cook working in a seedy restaurant says that she would rather be in prison than work in this hell hole. When a murderous mobster comes into the restaurant she puts rat poison in his food. He dies and she gets her wish: she goes to prison.

You would think that this film is so dark that it is unbearable, but it's not. It is actually funny. The sub-human behavior is so imaginative and eerily appealing that you just find it creatively hilarious. If we thought we could get away with pulling off these vindictive stunts we might just do it.



VOLUNTEER OF THE MONTH- AMY CLEMENS By Keyatta Shade

SF Village volunteer Amy Clemens is impressing village members one car ride at a time. Amy found the Village through the website Volunteer Match and was drawn to the fact that the opportunities to volunteer and connect with people were so flexible and varied.

To date, Amy has had the opportunity to drive a number of members to appointments including taking members Sally and Tom Lagerquist to a medical appointment and an

ongoing opportunity taking Patricia Rodgers grocery shopping every few weeks.

“Sally and Tom are a lovely and engaging couple,” Amy said. “I enjoyed learning some fascinating history about the Lagerquist family in SF.” Sally and Tom think Amy is delightful. “She was professional, very active, and her skills as a driver and companion were outstanding,” Sally said. “It’s nice for senior citizens to have the help of a young person from time to time. We would love to see her again.”

In addition to the Lagerquists, Amy has also begun building a relationship with member Patricia Rodgers whom she takes grocery shopping every couple of weeks. Amy enjoys the small talk that arises as the two ride in her car and grocery shop. “If you dig around a little, you can find some kind of common ground with just about anyone, and it's fun to try to build on that and find shared experiences, or things you can teach each other,” Amy said. “Patricia actually introduced me to some new stores and has a great sense of humor.”

Patricia has also enjoyed getting to know Amy too. “I’m able to talk to her about what’s going on in my life, and she is a good listener,” said Patricia, who is grateful for the support. “I get the impression Amy really enjoys helping. That reassures me that I’m not imposing too much on her.”

One of Amy’s favorite things about the Village is how easy it is to support and relate to the mission. “Volunteering for SF Village is just helping your neighbors with some practical everyday things. Simple! I love the flexibility. There is no set schedule, there are dozens of different skills sets needed and some of the ‘jobs’ take an hour or less, but are still impactful. An hour or two a week makes a big difference!”

VILLAGE VOLUNTEER TRAINING with Keyatta Shade

Saturday April 11th from 10:00 AM 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 Key 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 or Key@sfvillage.org.

FALLS PREVENTION & HOME SAFETY PROGRAM



As your partner in active aging, San Francisco Village is committed to helping you remain independent and safe in your own home. As we age, our risk of falling increases. Falls and the injuries associated with them can significantly limit our ability to remain self-sufficient. Modification of our homes to support our ability to age in place is an essential aspect of falls prevention and home safety.

We invite you to request a complimentary Home Visit in order to identify modifications that can increase safety and reduce the risk of falling at home. You will receive an Assessment Report with personalized recommendations. The recommendations may include items such as installation of grab bars or hand railings, door handles, proper lighting, or simply removing tripping hazards like area rugs.

If you are interested in a free home safety assessment please contact Rachel Lanzerotti at (415) 387-1375 or Rachel@sfvillage.org.

MEMBER TO MEMBER

LGBT Social Circle-Ken Prag

SFV Member Ken Prag is interested in finding out if any members would like to be a part of an LGBT Social Circle. Please contact Ken at kprag@planeteria.net or (415) 586-9386 if you are interested.



TREK & TALK-Linda Lewin



- | | | | |
|----------------------|-----------------------------|------------------------------------|-----------------------------|
| 1. Dutch Windmill | 10. Spreckles Lake | 20. M.H. de Young Memorial Museum | 30. Stranier Art Studio |
| 2. Beach Chapel | 11. Spence & Pugh Fountains | 21. Drilling Art Museum | 31. Children's Playground |
| 3. Sutro Clubhouse | 12. Balboa Pool | 22. Main Concourse | 32. Carucci |
| 4. Spence Fountains | 13. Peralta Plaza | 23. California Academy of Sciences | 33. Azule Station |
| 5. Buffalo Padlock | 14. Bohannon Road Rentals | 24. Shakespeare Garden | 34. Conservatory of Flowers |
| 6. Angles Lodge | 15. Strawberry Fields | 25. Horebath Courts | 35. Dog Run |
| 7. Fly Casting Pools | 16. Playground | 26. Baseball Fields | 36. Horvath Pool |
| 8. Dog Run | 17. Stone Lake | 27. AIDS Memorial Quilt | 37. Mullan Lodge |
| 9. Model Yacht Club | 18. Japanese Tea Garden | 28. Tennis Courts | 38. Basketball Courts |
| | 19. Disc Golf Course | 29. Bowling Green | |

Join us on a one-hour walk and talk in Golden Gate Park with SFV member Linda Lewin. Tentative schedule: Wed., Apr. 8, 1:30, meet at ticket booth at entrance to Botanic Gardens at 9th & Lincoln. Thurs., Apr. 23, 1:30 meet in front of Land's End Visitor Center, just up from the Cliff House. Linda Lewin will send out announcements when finalized. To get on the list please contact her at 168storyspinner@gmail.com or (415) 386-0156.

NEIGHBORHOOD CIRCLES

94102

Please join the 94102 Circle in exploring the art of giving thanks every day. On Friday, April 24, we'll meet at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2 p.m. to 3 p.m., using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*.



"The practice of gratitude bestows many benefits," wrote Angeles Arrien. "Anger, arrogance, and jealousy melt in its embrace. Fear and defensiveness dissolve. Gratitude diminishes barriers to love and evokes happiness."

Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.



94123/94115 Circle

The 94123/94115 group will host a potluck dinner gathering at Jeanne Lacy's home on Thursday, April 23rd at 6 PM for the first 10 people to respond. Please RSVP to Eva Auchincloss at eva3auch@comcast.net or (415) 563-7519 ASAP as space is limited.

Diamond Heights Neighborhood Get Together

SFV Members Demetri Polites and Gill Smith invite SFV members from the Diamond Heights neighborhood for a wine and cheese get together in their home. This is a great way to meet your SFV neighbors! The event will take place on Tuesday, April 14th from 3:00 PM to 4:30 PM. To RSVP, please contact the SF Village office at (415) 387-1375 or Info@sfvillage.org. Refreshments provided.

Richmond 94121

The 94121 Circle is growing! If you live in the 94121 zip code, please join us for a neighborhood party at the home of SF Village member Maeve Metzger on Thursday April 30th at 4:00 PM. Beverages and Appetizers provided. RSVP to Maeve at (415) 379-8921 or e-mail maeve@vom.com.

Sunset Neighborhood Get Together

SFV Members David and Lynn Nelson invite SFV members from the Sunset neighborhood to their home for a wine, cheese and a get-to-know-your neighbor gathering. The event will take place on April 7th from 4:00 PM to 5:30 PM. Please contact SF Village at (415) 387-1375 or Info@sfvillage.org to RSVP and for address information. Refreshments provided.

West of Twin Peaks (WTP) Circle Events
RSVP to Elaine Mannon for all
WTP events at (415) 469-9832

WTP: Book Group

Wednesday, April 8th from 1:00 to 2:30 PM
Aging as a Spiritual Practice by Lewis Richmond
Discussion: How has this book affected your outlook on aging? Home of Elaine Mannon, 295 Urbano Drive

WTP: Protecting Yourself From Senior Fraud

Thursday April 23rd from 1:00 PM to 2:00 PM
People over 50 account for over half of all victims of fraud according to AARP. Learn why seniors are at risk and how to protect yourself and your home.
Presenter: Nancy Meyer
St. Francis Episcopal Church Parish Hall
399 San Fernando Way at Ocean Ave.
Muni K Line and neighborhood parking

WTP: Lunch Bunch

Thursday, April 30th at 11:30 a.m.
Jitra Thai Cuisine
2545 Ocean Ave in Lakeside Village

APRIL EVENTS

Writers Workshop

Wednesdays April 8th & 22nd,
May 13th from 3:30 PM to 5:00 PM

Have you always wanted to write your memoir but don't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper -- wondering if poetry, an essay or a short story will emerge? If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. The Writers Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco as well as San Francisco Village.

Location: IOA Board Room, 2nd Floor
Contact: RSVP to Info@sfvillage.org or (415) 387-1375



Play Reading Group

Thursday April 9th from 4:00 PM to 6:00 PM

The group will be reading *Audience*, the first in a trilogy by Václav Havel. This play can be found in *The Garden Party and Other Plays* available from Alibris.com or you can get a photo-copy of it from Midge Fox. We will be reading the second of the trilogy in a later month.

Location: Telegraph Landing Club Room, 150 Lombard
Contact: Midge Fox at (415) 984-0613

Meditation Group

Tuesdays April 14th & 28th from 11:00 AM to noon

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation—paying attention purposefully and nonjudgmentally 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? The meditation group is led by Rachel Lanzerotti, a long-time practitioner and teacher of yoga, mindfulness, and vipassana meditation.



Location: Ponderosa Room, 3575 Geary Blvd
Contact: RSVP to (415) 387-1375 or rachel@sfvillage.org

Exploring Elderhood

Tuesday April 14th & 28th from noon to 1:30 PM

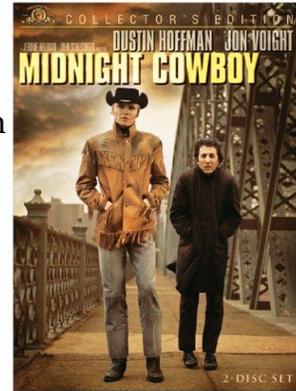
The focus of this group is to examine the original vision of SF Village: to change the way older adults feel about aging, to change the way American society views older adults and how that relates to each one of us every day. This could be life-changing! All are welcome and encouraged to attend.

Location: Ponderosa Room, 3575 Geary Blvd.
Contact: RSVP to (415) 387-1375 or info@sfvillage.org. For more information contact Bill Haskell at (415) 661-2670 or bhaskell@sonic.net, or Mary Moore Gaines at (415) 387-7774 or mmg@sonic.net.

Film Group
Wednesday April 15th at 4:00 PM

The film group will watch *Midnight Cowboy*. This film, which won the Academy Award in 1969, focuses on the relationship between a naive cowboy who wants to make it big in New York and a seedy New Yorker named Ratso Rizzo.

Location: Barbara Hancock's home (contact SFV for address info)
RSVP to (415) 750-086



Discussion Group
Friday April 17th at 2:00 PM

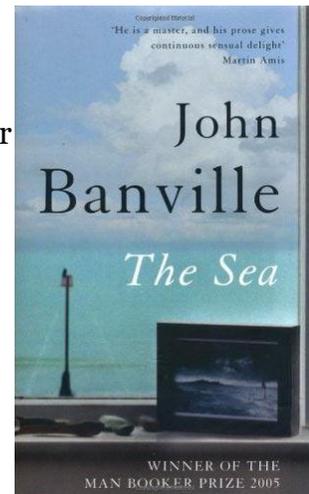
The discussion group will discuss the pros and cons of our constitutional democracy versus the parliamentary system. The article in the March 16th issue of the *New Yorker*, called "Richer and Poorer" is recommended reading. Also please be familiar with the difference between our system of government and that of England and Canada.

Location: Eva Auchincloss's home (contact SFV for info)
Contact: RSVP to Eva at eva3auch@comcast.net or (415) 563-7519

Book Group
Monday April 27th at 11:00 AM

The book group will discuss John Banville's *The Sea*, a Booker Prize winner.

Location: Suzie Zacharias' home (Contact SFV for address)
Contact: RSVP to (415) 913-7138 or
susan.zacharias@yahoo.com



APRIL WEEKLY EVENTS

Yoga!

Thursdays from 9:00 AM to 10:30 AM

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 AM to 11:15 AM

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>



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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