



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE



Dear Members:

San Francisco Village has been growing by leaps and bounds. Just since January, 45 new members have joined, our volunteer corps has increased to 176 people, and we added a full-time staff person, as well as an intern to our team. Additionally, we have seen immense growth in our programming, averaging 26 program events a month – a 63% increase over last year!

As we strengthen our infrastructure with staff, volunteers and consistently high-quality programming, I feel compelled to share our good fortune with others. I often ask myself, how do we reach older San Franciscans and their families, who don't already know how Village membership can improve their lives? Without question, our members are our most effective ambassadors.

Sharing your experience with friends and neighbors can open them to possibilities they may not have considered. At the same time, inviting them to share their talent and interest ensures our community a degree of vitality and diversity that deepens our roots and widens our branches.

Help us spread the word! Sarah and Maya have created new informational brochures to be distributed throughout the city, at locations that are frequented by older adults, like doctor's offices, libraries, community centers, etc. The next time you visit your doctor, chiropractor, ophthalmologist, or physical therapist you could ask to leave a stack of brochures in the waiting room. Just stop by the Village office to pick up a bundle or two. Share the joy!

Together, we're building a caring community that reflects the values that sustain us: lifelong learning, mutual respect, compassion for others and a passion for life.

Warm Regards,
Kate

From the E.D. Did You Know?

August Events

1. Spinal Health
2. Noontime Concert
3. Writers Workshop
4. iPhone or iPad
5. Ice Cream Social
6. Mechanic's Institute
7. End of Life Option Act
8. StoryWorth
9. Grief & Growing
10. Giants vs. Diamondbacks Baseball Game

What's Trending

1. Dignity Fund
2. Vocational Partnership
3. Volunteer of the Month
4. Volunteer Training

Member to Member Neighborhood Circles Recurring Events Save the Dates

New Members in July

Patricia Axelrod
Ulla M. Da Silva
Franchelle Howes
Robert La Cava
Britta Rosenthal
Philip Tsui

DID YOU KNOW?



HOME MATCH San Francisco is launching its innovative program to help alleviate the housing crisis in the City on August 10. HOME MATCH SF was born from the collaboration between Supervisor Katie Tang's Office, United Way Bay Area, the Mayor's Office of Housing & Community Development (MOHCD), and the Department of Aging and Adult Services. The program is jointly administered by Northern California Presbyterian Homes and Services (NCPHS) and Episcopal Senior Services (ESC), and will pair homeowners who may have extra space in their homes with home seekers who make under the 90% Area Median Income (\$67,850 for one person).

The program is modeled after the successful home sharing program operated by HIP Housing in San Mateo. The partnership allows homeowners to save money and share costs, while providing home seekers with affordable housing. HOME MATCH will be host a launch event on August 10 from 11:00 to 11:30 AM at the South Sunset Senior Center, located at 2601 40th St. in San Francisco. Everyone is welcome! If you would like more information about the program, please contact HOME MATCH San Francisco at (415) 351-1000 or visit their website at www.homematchsf.org.

AUGUST EVENTS

HOMEOPATHIC APPROACH TO JOINT AND SPINAL HEALTH

Wednesday, August 3, 12:00 – 1:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP (415) 387-1375 or info@sfvillage.org

Homeopathy is over 200 years old, and a system of medicine that utilizes small amounts of substances to stimulate the body's own healing response, bringing about greater health of the whole person. Homeopathy is extremely popular throughout Europe, South America, and India and is growing in the U.S.

Join us for an overview of some of the top indicated homeopathic remedies in spinal and joint health, and some examples of how real people got better using homeopathy for arthritis and back injury pain.



Kathleen Scheible, Certified Classical Homeopath, has a private homeopathic medicine practice in Bernal Heights, called Bernal Homeopathy. She has held a bi-monthly free homeopathy clinic for seniors at the Bernal Heights Neighborhood Center since 2011. Kathleen is also the founder and director of the Bay Area Homeopathy Association, and the President of the California Homeopathic Medical Society.

NOONTIME CONCERT: HILDA HUANG



Tuesday, August 9, 12:30 – 1:30 PM
Old St. Mary's Cathedral, 660 California St.
RSVP to (415) 387-1375 or info@sfvillage.org

Noontime Concerts has remained a treasured Bay Area landmark, presenting hundreds of classical concerts performed by outstanding local and international musicians each Tuesday afternoon in the heart of San Francisco. Founded at Old St. Mary's Cathedral, the series is now in its 26th year, and is recognized as a valued local institution that continues to fulfill its mission to enrich the community and cultural life of the Bay Area.

Hilda Huang will be playing L.V. Beethoven: Piano Sonata No. 29 in B flat Major, Hammerklavier, Op. 106. Hilda, age 16, studies piano with John McCarthy and harpsichord with Corey Jamason in the Preparatory Division at the San Francisco Conservatory of Music. In March 2010, she became the first American and the youngest prizewinner in the 20 year history of the J.S. Bach Competition. Next season, Hilda will debut as a soloist with San Francisco Chamber Orchestra. Last season, Hilda performed as concerto soloist with the Philharmonic Baroque Orchestra under the baton of Nicolas McGegan and also with the Peninsula and Fremont Symphonies.

WRITERS WORKSHOP

Wednesdays, August 10 and 24, 3:30 – 5:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Have you always wanted to write your memoir but didn't know where to start? Do you have 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 – and see whether poetry, an essay or a short story will emerge? If you answered “yes” to any of these questions, we invite you to the SF Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All are welcome – no writing experience necessary! A pen, a pad of paper and a wild imagination is all you need.



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*. Elaine, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco, as well as at San Francisco Village.

GET TO KNOW YOUR iPhone OR iPad



Mondays, August 15 and 22
Beginning Class 10:30 AM – 12:00 PM
Intermediate Class 1:00 – 2:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Bring your iPhone or iPad and learn how powerful these devices can be! Learn the tips you need to get the most benefit from this technology. This two-session workshop allows you to learn some tricks, fiddle with your device on your own time, and come back to have your questions answered.

Class size is limited for the best learning environment and there are no drop in's so RSVP early!

Jim Clarke worked at Modesto Junior College for thirty years. At the time he retired in 2013, he was serving as the Director of Distance Education and Instructional Technology. In this capacity he was responsible for managing the online learning management system (Blackboard) and for teaching other faculty how to integrate and use technology in order to enhance instruction. Jim first began using technology in the classroom in the 80's and was an pioneer in using new methods to engage learners in the instructional process.

ICE CREAM SOCIAL

Friday, August 19, 2:00 – 4:00 PM
Audre Lorde Room, The Women's Building, 3543 18th St.
RSVP to (415) 387-1375 or info@sfvillage.org

Did you know the first ice cream social in America was in 1744, when Maryland governor Thomas Bladen served ice cream for a dinner party?

We're making history in August with the first San Francisco Village Ice Cream Social. Humphry Slocombe, a local ice cream producer, has generously donated a few gallons of their delicious frozen treats for us to enjoy. Join us for some sweet treats and swell community time!



MECHANICS' INSTITUTE OF SAN FRANCISCO TOUR



Tuesday, August 23, 10:30 – 11:30 AM
Mechanics' Institute, 57 Post St.
RSVP to (415) 387-1375 or info@sfvillage.org

During California's Gold Rush, the Mechanics' Institute of San Francisco was founded in 1854 with four books and a mission to start an organization to serve the education, information and social needs of the city's mechanics, artisans, and industrialists. Within a few years the Institute was offering classes in such subjects as mechanical drawing, industrial design, electrical science, and applied mathematics, had started a chess club and had

acquired a magnificent library that slaked San Francisco's voracious appetite for technical and pleasurable reading material.

Today the Mechanics' Institute continues as an independent organization boasting a fantastic general-interest library, active cultural event calendar, and world renowned chess club. It is a favorite of avid readers, writers, downtown employees, students, film lovers, chess players, and the 21st Century nomadic worker in search of a place for literary pursuits, thinking, research and study.

This tours of the Institute will include an overview of its history and mission, its landmark building's architectural merits, an outline of its current services and the benefits of membership.

Meet on the 3rd floor and be prepared for navigating 3 flights of stairs and travelling through some narrow spaces.

CALIFORNIA'S END OF LIFE OPTION ACT

Thursday, August 25, 2:00 – 3:30 PM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org
Guests welcomed!



The End of Life Option Act went into effect in June 2016, giving an option of medical aid in dying in California. Join fellow Village members and their guests to learn the qualifications, requirements, and restrictions of this newly passed legislation.

Nancy Jacobsen & Regina Sneed, Compassion & Choices volunteers, will be leading the session with plenty of time for questions and discussion. Compassion & Choices is the nation's oldest, largest, and most active nonprofit organization committed to improving care and expanding choices at the end of life. Their vision is a society where people receive state-of-the-art care and a full range of choices for dying in comfort, dignity and control. They aim to ensure individuals understand the risks and rewards of all feasible treatment options, treatment decisions are fully respected, and that care reflects a person's values and priorities for life's final chapter.

STORYWORTH: A WEEKLY WAY TO TELL YOUR STORY



Tuesday, August 29, 2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

“Since the dawn of language, people have shared stories with others to entertain, persuade, make sense of what happened to them and bond.”
 (WSJ, 2016)

Our lives are full of memories, but we seldom take the time to write down the stories, both the small or epic tales, that make up the tapestry of our lives. Storytelling is fun, rewarding, and even therapeutic - psychologists emphasize the importance of telling one's stories and sharing them with others.

StoryWorth believes that everyone has stories to tell, and they know it's not always easy to get started. That's why they developed a library of question prompts to get you inspired: each week, you receive an automated email with a question about your life, like "Do you remember the best date you've been on (...or the most awkward)?" or "What things are you proudest of in your life?" Simply reply to the email with your story, and it will be saved to your personal, private StoryWorth account - down the line, you can print your stories in hardbound books.

In this session, we'll go over how to use StoryWorth to write your stories, and collaborate with the class to share them.

GRIEF & GROWING: A healing weekend for bereaved individuals and families



August 26-28, 2016

Camp Newman

For more information and an application, call (415) 750-3436 or visit www.jewishhealingcenter.org

This is a weekend program for adults, children, teens and families of all kinds who are experiencing grief in their lives from recent or past losses of relatives or friends.

Grief & Growing is professionally guided by griefcare specialists, providing a supportive Jewish environment where people of all ages and backgrounds can meet, learn and explore with those who have experienced similar losses. Give yourself time to reflect and renew in a loving and caring Jewish community.

GIANTS VS. DIAMONDBACKS BASEBALL GAME

Wednesday, August 31, 12:45 PM

AT&T Park, 24 Willie Mays Plaza

RSVP to (415) 387-1375 or info@sfvillage.org

Must RSVP for a complimentary ticket



Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members in cheering on our home team G-Men at the ball park for a mid-afternoon game against the National League West fifth place team the Arizona Diamondbacks.

WHAT'S TRENDING?

UPDATE ON THE DIGNITY FUND



At the San Francisco Board of Supervisors meeting on Tuesday, July 19th, the Dignity Fund received the final stamp of approval it needed to move forward and be placed on the November ballot. This ballot measure aims to preserve a baseline level of funding - ensuring that today's demand for services will be met and allows for the planning

required to accommodate the growing need for services for seniors and people with disabilities.

Now, we must shift our focus to the fundraising needed to inform all voters of the measure to ensure they vote for it. As you know, the ballot will be quite long this year, and we want to be sure that voters are committed to finding and voting for the measure.

San Francisco Village is proud to be a coalition member of The Dignity Fund and we hope you will support our efforts today by making your contribution online at <https://sfdignityfund.nationbuilder.com/donate>

JEWISH VOCATIONAL PARTNERSHIP

Would you like to mentor a young person who is just entering the job market? Did you have a career in the building trades, environmental technology/public utilities, early care and education, nursing and allied health care, or the automotive field? San Francisco Village and Jewish Vocational Services are exploring a potential mentoring program to match high school students entering one of these fields and members with a relevant background. If you are interested in participating or learning more, please email sarah@sfvillage.org or call the SFV office at (415) 387-1375.



VOLUNTEER OF THE MONTH: JUSTIN COLLACO



How long have you been a volunteer with San Francisco Village?

A little over 3 months.

What kinds of activities have you engaged in and with whom?

In the short time I've been a volunteer, I've volunteered at a fundraiser, at private residences and attended a social event at the Red Victorian. I participated in a day of service with a group of volunteers, where we did everything from scrubbing a backyard porch, to flipping a mattress,

to organizing a member's home and garage. I also worked one-on-one with a member helping her get organized, and even driving her and her cat to the SPCA for a vet-check appointment.

What do you find most rewarding about volunteering for SF Village?

Connecting with different types of people and hearing their stories. I've met some fantastic human beings since volunteering, both older adults and other volunteers. I definitely feel a sense of community. Oh and I've also connected with some member's pets ... I love animals.

Do you think it's important for this type of inter-generational connection to take place? If yes, why?

Absolutely. I feel it's important for younger and older people to interact so they can learn from each other. Both have wisdom and knowledge to offer one another.

Would you recommend volunteering with SF Village to others? If so, why?

Yes. I feel that SFV is an example of a real community effort to keep seniors connected to their neighbors and loved ones. Personally, I think volunteering at SFV is important for my work/life balance and it is definitely something everyone should have the opportunity to experience.

Final thoughts on your experience as a volunteer:

The opportunity came to me at a time when I really needed it in my life. I wasn't working at the time and was dealing with the stresses that come with job-hunting in the Bay Area. Volunteering gave me an outlet to focus my energy during those difficult times and my experience has been great so far. I think that SFV is a well-run organization and I'm genuinely happy to be a part of it.

SAN FRANCISCO VILLAGE VOLUNTEER TRAINING



Saturday, August 27, 10:00 AM – noon
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to Key@sfvillage.org or (415) 387-1375

Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Honor, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

MEMBER TO MEMBER

SINGING GROUP



Do you want to get together to sing some rounds and canons? Dorothy Barnhouse, a new Village member, formerly on the faculty of the SF Conservatory, and currently on the faculty of the Community Music Center, has led groups in singing these wonderful songs for many years.

You don't have to read music to join. The only requirement is that you can carry a tune "with a little help from your friends." Dorothy has a large collection of canons and rounds, ranging from very simple and manageable, to more challenging, covering many centuries and languages. But we will start at the level of the group that shows up and take it from there. Please call or email Dorothy for more information at dorbarn@sbcglobal.net or (415) 221-5915. Time and place will be decided to suit whomever shows up.

THE HISTORY HUB

The History Hub invites you to the San Francisco History Association's August meeting *How to Research Your San Francisco Home – For FREE* by John Blackburn and Vicky Walker. The meeting is Tuesday, August 30 at St. Philip's Church, 725 Diamond St. (between Elizabeth St. & 24th St.). Doors open at 7:00 PM, the program starts at 7:45 PM, and general admission is \$5. For more information (or a to find a fellow Village member at the meeting), contact Claire Lindberg at clairelind@hotmail.com or (415) 624-3365.



The History Hub continues to meet on an ad hoc basis – depending on what's happening and when. If you have any suggestions, or to be notified of future plans, please contact Cosi Pavalko at (415) 564-2275 or cosi7@comcast.net.

NEIGHBORHOOD CIRCLES

94114



The 94114 Circle is having a dinner at Haystack Pizza on Thursday, August 18 at 6:00 PM. While the dinner will be open to all at SFV, members need to contact George Matiasz to RSVP; he can be reached at (415) 241-0422. Please respond by Friday, August 12 if you plan to attend.

94123 & 94115

The 94123 & 94115 Circles will meet at the SF MOMA for a tour with SFV member and tour guide Jean Halvorsen, on Monday, August 8 at 1:00 PM. If you would like to join, whether you are a member of SF MOMA or not, you need to sign up for a reservation, sfmoma.org, (SF MOMA members and one guest are free; non-SF MOMA members will be charged \$22). Please contact Eva Auchincloss at (415) 563-7519 or oreva3auch@comcast.net to RSVP for you and any guests.

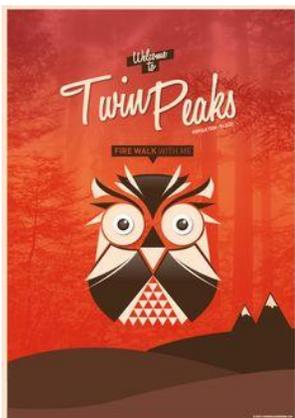


94131

The 94131 Circle will meet in the Ora Way Club House on Saturday, August 20th from 2:00 - 4:00 PM for a scintillating discussion of current events, intellectual topics, as well as a discussion of ideas for future group activities. All 94131 SFV members are invited to attend.

WEST OF TWIN PEAKS CIRCLE

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832



Lunch Bunch

Wednesday, August 10

1:00 PM

Novy's Restaurant

4000 24th St.

(Corner of 24th St. and Noe)

Movie and Discussion over Tea

Wednesday, August 31

Details to follow once we know what is playing

RECURRING EVENTS

AGING WELL WITH MEDITATION

Wednesdays, August 10 and 31, 11:30 AM – 12:30 PM

Sequoia Room, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 or info@sfvillage.org

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?

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation, come learn to practice meditation together. All levels of experience welcome for these drop-in groups.



PLAYREADING GROUP



Thursday, August 11, 4:00 – 6:00 PM

Telegraph Landing Club Room

150 Lombard St.

Contact Midge Fox with questions midgefox@comcast.net or (415) 984-0613

The One Act Play Reading group will read *The Cuban Swimmer* by Milcha Sanchez-Scott in *Plays in One Act* edited by Daniel Halpern.

SAVE THE DATES!

POETRY WRITING WORKSHOP

**Fridays, September 9, 23, October 14, 28, November 11,
18, 1:30 – 3:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org**



For those who write poetry, it's often a satisfying, artful celebration of language and form. For those who don't, creating poetry can be mystifying and intimidating. But it doesn't have to be. This creative writing seminar is geared to both poets and potential poets. We'll look at what poetry is, and how to write it. We'll demystify it, and explore different types of poems. And we'll write some poems, which may turn out to be easier than you think. If you're already writing poetry, this is an opportunity to write more. If you think you might want to start, or you're just curious and want to learn more about poetry, this is a chance to begin. It's an introductory class for people just getting started, as well as a workshop for people who want to take their poetry to the next level. What will it be for you? Whatever you want it to be.

Cary Pepper is a playwright, novelist, screenwriter, and nonfiction writer. His plays have been presented throughout the United States and internationally. He's a four-time contributor to the Best American Short Plays series from Applause Books, and he's published dozens of articles as well as other nonfiction. His one-act play *Small Things* is currently airing on National Public Radio. He has taught writing at Media Alliance, the San Francisco Art Institute, the Fromm Institute, OLLI, and privately.

DAY OF SERVICE

**Fridays, September 16 & 23
from 10:00 AM to 12:00 PM
(a two-hour shift at your home)
Submit your list to Keyatta at (415) 387-1375
Or Key@sfvillage.org no later than Friday, Aug. 12
Participation is limited to 10 homes**



Looking to finish off those pesky items on your to-do list? Well, look no further. San Francisco Village is partnering with staff at Honor who are ready, willing and able to volunteer to help you complete those tasks.

SFV 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, organization, 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 your iPad, Macbook or smartphone.

Volunteers will be available to assist in homes from 10:00 AM to noon on one of the two offered days, and will work in groups of 4 at each residence. A Village staff member will need to approve your list of home projects, which should fill a two-hour time slot.

This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!!

3RD ANNUAL PIER TO PIER WALK

Saturday, September 17 at 9:00 AM

Registration at 8:00 AM

On the waterfront behind Ghirardelli Square at the

San Francisco Senior Center located in the

SF Maritime Historical National Park

890 Beach St. (at Polk)

(415) 775-1866



Time for the Third Annual Pier to Pier Walk from the Municipal Pier to the Hyde Street Pier with a world-class view of the Golden Gate Bridge, Alcatraz, the San Francisco Bay, and maybe a little fog. Join us in promoting outdoor exercise for adults 50+; everyone is welcome to this family event. Spend an eventful morning of health and resource tables, a great raffle, fitness class demos, ranger-led historic walks and more. Visit the art programs and galleries. Pre-registration is available at www.sfsenior.com. This event is sponsored by NCPHS, SFSC, and the National Park Service.

NEW MEMBER ORIENTATION

Wednesday, September 21, 2:00 –4:00 PM

Auditorium, IOA, 3575 Geary Blvd.

RSVP to (415) 387-1375 or info@sfvillage.org



All Village members are invited, and if you've joined the Village in the past six months, we'd particularly love to see you at this welcoming event. Learn about programs and services, get to know the staff, meet other members, and discover how you can become more involved. Researchers studying Villages and their impact on people have concluded that “satisfaction is correlated with participation.” We encourage you to jump in!

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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