



FROM THE EXECUTIVE DIRECTOR- Kate Hoepke



Dear Members:

Our outreach efforts this fall have produced some outstanding results: just over 200 people attended three community meetings in the Sunset, Richmond and

Marina and so far, we have welcomed 31 new members! We're successfully increasing awareness about the benefits of belonging to SF Village and growing by leaps and bounds!

With each new member our community gains dimension: the curiosity of new ideas, expressions of individual talent, and the willingness to invest in a collective future. I am deeply gratified by the participation of so many skillful people in building this uniquely caring community.

Help us shape our program plans in 2015. I invite you to consider what will give you joy and satisfaction in the year ahead, and share your thoughts in the Member Survey. Once again this year, the survey will be available to complete at the Holiday Party or on our website.

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November 2014 Members

Anne Averill
Sue Brown
Dee Caliman
Betty Connell-Eberhardt
Rita Fabri
Nancy Fowler
Claudia Schumann
Emma Joel
Fran Keane
Fanny Krieger
Sally & Tom Lagerquist
Corinne Levy
Marilyn McMillan
Maeve Metzger
David & Lynn Nelson
Julia O'Meara
Charles H. Peterson
Michele Praeger
Marie Scott
Lee Sevey & Tim Hatfield

You will also receive an email with a link to the survey in mid-December.

We'd love to see you at the Holiday Party on December 10th where we will honor the work of our volunteers who contribute so graciously all year. We'll share some good food and good cheer so please plan to join us!

Kind regards,
Kate

DID YOU KNOW?



The IOA department of psychology provides supportive home-based psychotherapy services tailored to the unique needs of older adults. Fees for service are now offered at a flat rate of \$50 per hour. For further information, please call IOA Connect at (415) 750-4111.

SF VILLAGE HOLIDAY PARTY & VOLUNTEER RECOGNITION EVENT!



Wednesday December 10th 5:00 – 7:00 p.m.
Jewish Community Center SF
Fisher Family Hall, 3200 California Street
Please RSVP to Key at key@sfvillage.org or
(415) 387-1375

San Francisco Village members and volunteers are cordially invited to a joyous night of merry making as we celebrate the holiday season together. We will also honor our many non-member volunteers who give so generously of themselves throughout the year to help build this unique intergenerational community. Hors d'oeuvres, wine and fellowship at the JCCSF will be provided!

This is a great opportunity for new and existing members to become better acquainted!

GIVE THE GIFT OF LOVE AND VILLAGE MEMBERSHIP THIS HOLIDAY

Perhaps you know someone who would benefit from SF Village membership and they need just a little encouragement to join. Consider giving the gift of an annual membership as a way to get them started. Please contact Key or Kate at (415) 387-1375 or kate@sfvillage.org

BOOST YOUR BRAIN **8-week Class & Research Study**



Information Session -
Thursday January 15, 11:00 AM -12:30 PM,
IOA Sequoia Room, 3575 Geary Blvd
Session 1: starts January 22
Session 2: starts April 2
Each session will consist of eight
consecutive mornings from 11 a.m. to 12:30 p.m.

The *Boost Your Brain* class will teach you about lifestyle changes that promote brain health and simple strategies that can improve your memory. This 8-week class is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!

To be part of the class, you must attend the Information Session on January 15. Each person who participates will be assigned randomly to one of two 8-week classes: Session 1 begins January 22, and Session 2 begins April 2. You must be equally available for either session and willing to attend the session to which you are assigned. **Sign up for the Information Session on January 15 to learn more about the classes, meet the UC Berkeley researchers, and to receive your random assignment to either Session 1 or Session 2.**

Researchers from UC Berkeley will evaluate the effectiveness of this innovative program. You will be asked to fill out a questionnaire at the first and last class meeting. For research purposes, participants must be over 55, speak English, be a member of the Village and not have been told by a doctor that you have dementia.

To learn more or to sign up for the January 15 Information Session, please contact SF Village Membership Coordinator Rachel Lanzerotti, at rachel@sfvillage.org or (415) 387-1375.

TECHNOLOGY DROP-IN with Jim Clarke



Thursday December 10th 1:30 – 3:30 p.m.
Ponderosa Room, I.O.A.
Please RSVP to Key at key@sfvillage.org or
(415) 387-1375

You are invited to sign up in advance for an individual 20-minute consultation with our technology volunteer, Jim Clarke. Space is limited so be one of the first four members to sign up! Bring your device to the Village office and Jim will help you resolve any problems you are having. The devices Jim will help with include: Windows laptops; Apple iPhone or iPad. Jim will NOT be

working on any Apple laptops. Please contact the office in advance of your meeting to discuss your exact technology needs. Available time slots: 1:30 p.m., 2:00 p.m., 2:30 p.m. & 3:00 p.m.

ARTS & CULTURE COMMITTEE

NEW San Francisco Village Arts & Culture Committee is forming and in search of organizers and coordinating members who have an interest in planning group outings to theater, music, dance, and other performance arts. The Committee welcomes members with performing arts contacts, discount or partner tickets, or those who simply like the idea of getting members together to go to a show. Contact SF Village Membership Coordinator, Rachel Lanzerotti at rachel@sfvillage.org to express your interest.



FALL & SPRING MENTORING EXCHANGE PROGRAM

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 will 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 will 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'll be able to follow up with your student.

Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00 a.m. – noon on the following dates:

- December 3rd
- January 28th
- February 25th
- April 22nd

We will host a final convening for those who participated this fall on December 12th from 11:00 am to noon in the Sequoia Room to discuss the entire experience and its value. Please RSVP to Key Shade at (415) 387-1375 for more information.

HOLIDAY CONNECTIONS

As the holidays approach, we realize some people may not have family or friends nearby to connect with during the holiday season. If you are interested in opening your home or you would like to connect with other members during the holidays, please contact the SFV office and we will do our best to help arrange a connection.



VOLUNTEER OF THE MONTH-Peter Heldman

With little fanfare, Peter Heldman has become the *Champion of Admin* for our office, one piece of paper at a time. His assistance with office projects over the last year has been invaluable to the staff. Peter regularly manages large mailing projects and fills in for staff when needed.



“Having Peter fill in when I’m traveling for work or even on vacation helps keep my workload in check upon my return to the office,” said Volunteer and Member Manager Key Shade. “It’s important that we have someone answering the phones every day so knowing Peter is backing me up is a huge relief.”

Peter says he enjoys the SF Village work because it allows him to be a part of a great team of individuals on a regular basis. “I sought out the opportunity to give back to a local social service organization with a clear mission,” Peter said. He says it helps to have a staff that appreciates the work that is being done. “They are very thankful and welcome my efforts, which makes coming to help very rewarding!” Peter said.

Working with SFV has given Peter the opportunity to meet new friends. He and the other office volunteers discuss a variety of topics including hobbies, world events, travel, family and politics while working on projects together.

Member Lilian Markinson, who also has received volunteer rides from Peter, worked with him on a Village mailing project. She said that talking with Peter is always enjoyable. “He’s just a very kind human being that I have a lot of respect for,” Lilian said. “He is always willing to donate as much time as he can.”

Peter’s connection with SF Village came about as he helped his parents deal with their own aging challenges. “That experience made me keenly aware of the challenges that older adults face, and I wanted to make a contribution to an organization focused on the needs of seniors,” Peter said.

He is an invaluable addition to the Village volunteer corps!

AT THE MOVIES WITH RALPH BEREN Whiplash

Whiplash is about a young college student, Andrew, trying to make it big as a drummer in a prestigious New York City Jazz band. In fact, he is obsessed with being the best. He is so obsessed that he is willing to endure bullying and humiliation from the band leader, Fletcher. He suffers silently though, not sharing his misery with his family or girlfriend. He's even willing to break up with his girlfriend due to the demands placed on him by Fletcher.

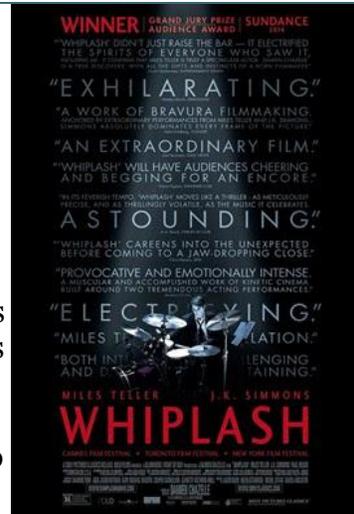
As the movie progresses, Andrew gets tougher, proving to Fletcher that he can keep up with whatever he dishes out. In fact, Fletcher only becomes more infuriated, sadistically targeting Andrew for being out of rhythm, not being loud enough, being too loud etc. There is no let up. Instead of collapsing under the pressure, Andrew becomes more determined. Soon enough we find out that one of Fletcher's former students had committed suicide.

Andrew will do anything to win Fletcher's approval. But at what price? The film is intense and inspiring; and the acting is riveting.

MEMBER TO MEMBER

Trek & Talk-Linda Lewin

New SFV member Linda Lewin invites other members to join her and her friends for a one-hour week-day walk in Golden Gate Park. Walks are held on alternating Wednesdays at 2:00 p.m. or Thursdays at 1:30 p.m. The first December walk will take place on Wednesday 12/3 at 2:00 p.m. in front of Land's End Visitor Center. Walks will continue on 12/11, 12/17 and 12/25. For schedule and details please contact Linda at 168storyspinner@gmail.com or call her at (415) 386-0156. Please RSVP each week if you plan on attending.



Staying Engaged for a Lifetime-Lynn Davis

SFV member Lynn Davis would like to inform members about a free series at the San Francisco Public Library Main Branch, 100 Larkin Street. This interactive class, led by Hope Levy of City College, explores free and low-cost opportunities for intellectual, social and physical activities in and around San Francisco. Mondays, 1:30 p.m. to 3:30 p.m. December 1, 8, 15, 22, 2014.

DECEMBER EVENTS

Yoga!

Thursday December 4th from 9:00 a.m. to 10:30 a.m.

Yoga Levels 1-2 (some experience required) Cost for SF Village members: donation only. Yoga Levels 1-2 will be on hiatus from December 12th through January 3rd.



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!

Friday December 5th from 10:00 a.m. to 11:15 a.m.

Anyone in good health who can manage stairs is welcome. No experience necessary. Yoga! For Beginners will be on hiatus December 12th through January 3rd.

Location: 120 St. Germain Avenue near Twin Peaks
Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com, Website: <http://www.twinpeaksyoga.com>

Meditation Group

Tuesday December 9th from 11:00 a.m. 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 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?



Location: IOA, 3575 Geary Blvd. Ponderosa Room
Contact: RSVP to [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org

Aging as a Spiritual Practice Book Group
Tuesday December 9th from noon to 1:30 p.m.

Explore spirituality as it relates to aging. The initial framework for discussion is the book *Aging as a Spiritual Practice* by Lewis Richmond. Read this interview here:

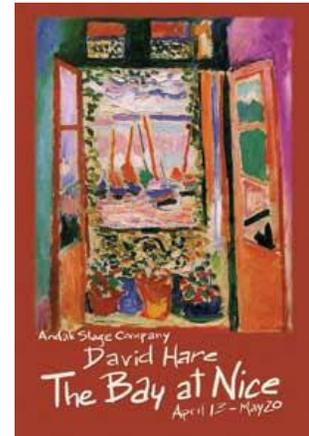
<http://www.tricycle.com/practice/aging-spiritual-practice>.

Location: IOA, 3575 Geary Blvd, Ponderosa Room
Contact: RSVP to [\(415\) 387-1375](tel:4153871375) or Info@sfvillage.org

Play Reading Group
Thursday December 11th at 4:00 p.m.

The one-act play reading group will read *The Bay at Nice* by David Hare. This play can be found in *Plays in One Act* edited by Daniel Halpern.

Location: Telegraph Landing Club Room, 150 Lombard
Contact: RSVP to Mary Fox at [\(415\) 984-0613](tel:4159840613)



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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