



STATE OF THE VILLAGE MEETING

February 13
3:00 – 5:00 PM
Auditorium, Institute on Aging



Please join fellow members, staff and the board of directors for a snapshot look

at our organization today. We will briefly review our finances, membership growth and 2014 initiatives. Our primary focus will be the results of the Member Survey conducted last month and how they will inform our planning. Small group discussions will help us dig a little deeper. Please come!

DID YOU KNOW?

The California Telephone Access Program (CTAP) offers a variety of free, specialized phones that make it easier to hear, dial, and call. They have phones that are designed for individuals who have restricted mobility, speech impairments, or who are blind or deaf. Contact SF Village for an application.

www.CaliforniaPhones.org

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WELCOME NEW MEMBERS - January

Carolyn Banchero
Gail Bensinger
Frances P. Gorman
Shirley Mayberry
William Richards
Ellen C. Ross
Helen Rubardt
Ken Rubardt
Alida Silverman
Leslie Wellbaum

FROM THE EXECUTIVE DIRECTOR-Kate Hoepke

Dear Members and Friends:



January marked the 5th anniversary of the SF Village launch. Planning began in 2006, with dozens of people contributing their time, dreams and talent to our founding. I try to imagine what that group experienced as incubators of this innovative community concept. To collectively hold a vision, and work through the demands of manifesting it, requires a special kind of fortitude. Heart and hands in equal measure. It also requires the willingness to struggle through the inevitable differences in the hope that consensus and shared understanding will emerge - eventually arriving at a sense of community and belonging that enriches us all. To our founders and early adopters I say *Thank you for your labor of love!!*

There is no doubt that the seeds they planted have taken root and begun to flower. SF Village is growing to meet the needs of people throughout the City. Community outreach meetings are scheduled in West Portal, Potrero Hill and Cole Valley between now and March 15th (see details below). Please invite your friends, neighbors and colleagues interested in learning more about this unique community and the benefits of membership.

I hope you can join us on Thursday February 13th for our *State of the Village* meeting. It is an opportunity for you to learn a little about the business of SF Village, our growth and current initiatives. We will be presenting the results of the Member Survey conducted last month, inviting discussion so that you can contribute your thoughts to future planning. In addition, it's a wonderful way to meet some neighbors and make some new friends!

As always, I welcome your feedback and look forward to seeing you soon!
Kate

SFV RECOGNIZES BLACK HISTORY MONTH

In honor of Black History Month, we'd like to remind our members that San Francisco Village values diversity and our hope is to create a community that reflects the richness of our city. Please reach out to your circle of friends and neighbors and invite them to learn more about the benefits of membership and consider the talent they may contribute. With each new member we gain perspective, insight, and new possibilities!



AN IMPORTANT NOTE REGARDING MEDITATION FRIDAYS

The Friday meditation group with David Lewis, which we announced in the January newsletter, has been on hold pending a quarantined outbreak of Norovirus at the Sequoias. We wish Sequoia residents well, and hope the drop-in meditation group may resume in the coming months. Meanwhile, please consider attending the Benefits of Meditation event on February 26, with David Lewis and Rachel Lanzerotti. (See below)



COFFEE & CONVERSATION: Benefits of Meditation

February 26
3:30 - 4:30 PM
Auditorium, Institute on Aging



If you're curious about meditation and why it's good for you, join us for this member event with David Lewis and Rachel Lanzerotti. We'll talk about what's understood about the benefits of meditation. It's a substantial list that includes feeling less stressed, changing the brain in positive ways, body and self-awareness, regulating emotion and attention, and making us more compassionate! Meditation has been shown to lower blood pressure and positively impact the immune system, among other health benefits. At this event, you'll have the chance to try meditation for yourself.

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. Rachel Lanzerotti is the Membership Coordinator at SF Village. When she's not at the Village, Rachel teaches yoga and meditation. She is an avid student of the body and a practitioner of Vipassana meditation, as well as a graduate of Spirit Rock's Mindfulness Yoga & Meditation Training Program and MBSR (Mindfulness Based Stress Reduction) Teacher Training. Here's a link to her blog post on why mindfulness matters: <http://www.fiveriversyoga.com/?s=five+reasons>

CAREGIVER SUPPORT GROUP



We've heard extremely positive feedback on the SF Village Caregiver Support panel presentation in January, which featured three expert speakers and a thoughtful discussion among all those who attended. Following on this event, we want to know if you are interested in being part of an ongoing, professionally-facilitated caregiver support group for members. If so, and for more information, please contact

rachel@sfvillage.org by February 20.

CITY ARTS & TECHNOLOGY HIGH SCHOOL MENTORING EXPERIENCE



We have an exciting opportunity to meet with high school students interested in exploring career paths in general, and specifically the one you chose. Ninth graders from City Arts & Technology High School would like to meet one-on-one with members of our community to gain perspective on different fields of study, their application, and how career paths can often be more circuitous than linear. In exchange for your wisdom, the students would like to offer some technology assistance with smart phones and tablets, so bring them along!

Many of you have had successful and storied careers in teaching, social work, medicine, finance, law, media, business, academia, the arts, and more. It is our intention to show the students that there are a variety of careers to consider, and that the trajectory of chosen paths do vary. For example, one of our members was in the field of finance for most of her career and then at the age of 60, decided her true passion was in the arts.

We think the students would be fascinated to hear about differences in communication tools that define eras of employment. Students today have access to instant information: cell phones, iPADS, and the internet. Past generations had to use libraries, send a letter or use a landline to get information. It will be valuable and fun for the students to hear how your career unfolded and how you accessed the resources you needed.

How it will work:

Each adult and student will have 45 minutes to an hour to get to know one another. You will tell your career path story, and then have time to ask the students about their interests and favorite subjects in school. Students will be available for an additional hour to assist with technology training on iPADS, Smart Phones and lap top computers, in addition to any other projects you bring, for those of you who are interested.

There are 60 to 70 students participating in the program. Once a month 15 new students will meet with Village mentors from 10:00 a.m. – 12:00 p.m. on the following dates:

Feb. 26th

March 26th

April 30th

May 14th

We encourage you to sign up for one or more sessions. We look forward to making this inter-generational experience rewarding for all!

AT THE MOVIES WITH RALPH BEREN

The Past

This is one of the most complex and intelligent films of the year. Made by the same director (Asghar Faradi) who made the Iranian film *The Separation*, it is mysteriously satisfying. Woven into the plot is a kind of who done it? Set in the poor section of Paris, *The Past* raises many more questions than it answers.

The main character, Ahmad, returns to Paris from Iran in order to finalize a divorce from his wife, Marie. They lived together for several years in a turbulent household with three children, none of whom belong to Ahmad, although he treats them as though they are his own. In fact, he relates to them better than Marie does. It is clear from the beginning that the two adults still care for each other, even though their relationship has become explosive. Marie is complicated - abrupt and easily upset by disorder in the household. Making matters worse, she wants her current boyfriend Samir, who is already married, to move in with her.

The plot thickens when we discover that Samir's wife is barely alive and in a coma. She tried to commit suicide after reading passionate e-mails between Samir and Marie, although their author is unknown. Just when we think we understand why she attempted suicide, another possible motive presents itself. The film tricks us again and again.

The Past is a story that asks more questions than it answers and reminds us that even when we know the answer, we may not like it.



VILLAGE VOLUNTEER TRAINING with Keyatta Shade

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.

When: Saturday February 22nd from 9:30 a.m. to 12:30 p.m.

Location: IOA, 3575 Geary Blvd, Sequoia Room

If you are interested in attending, please contact our Volunteer and Member Manager, Keyatta Shade at (415) 387-1375 or key@sfvillage.org.



MEMBER TO MEMBER



Jeanne Halpern. Discover SF on foot and meet new friends! Many Villagers have told us that they would enjoy group walks. Two of our newest members, Jeanne Halpern and Louis Prisco, have offered to lead a series of city walks beginning in March. Both are former Sierra Club hike leaders with over 60 years combined experience. They are looking forward to

devising city walks that suit our group.

SF Village walks will be flatter, slower and shorter than typical hikes, and they'll be fun. Members will explore parts of town that have changed amazingly in the last decade and they may even discover areas they've never visited before. Walks will range from flat, such as the murals and spray-can art area of the Mission; to relatively flat, such as the old industrial center at Pier 70 and the Dogpatch; to slightly hilly neighborhoods such as Glen Park. Walks will average two to three hours. For those who want longer or more challenging walks, the leaders can arrange extensions.

The first meeting of the SFV walkers will be in the northern part of the Presidio on Sunday, March 9, and in the unlikely event of rain, it will be one week later. Look for complete details in the next issue of San Francisco Village newsletter.



Bonnie Weiss. You are invited to a theater history presentation in honor of the 50th anniversary of *Fiddler on the Roof*. Bonnie, a theater history expert and member of SFV, will discuss the life and work of lyricist Sheldon Harnick, utilizing video clips and audio recordings.

Sunday February 16th

2:00 p.m. to 4:00 p.m.

Berkeley/Richmond JCC, 1414 Walnut Street in Berkeley, CA.

Tickets at www.jewishmusicfestival.org or (800) 838-3006.

NEIGHBORHOOD CIRCLES

Diamond Heights. Please join the Diamond Heights Neighborhood Circle in visiting the Exploratorium in its new location on Pier 15, which is on the Embarcadero at Green St., on Thursday, Feb. 27. The museum is open from 6-10 p.m. on Thursdays for adults only. Tickets are \$15. We will plan to meet inside the museum entrance at 6pm.



The Exploratorium has many unique exhibits/galleries, and you can explore whatever you'd like. There is also a special program on The Science of Mixing Color at 7 p.m. included in museum admission. Click [here](#) for directions/parking. Please contact the Village office if you need a ride. Your neighborhood coordinator, Denise, will be on site that evening. If you have any questions, please contact her at (215) 378-0648. All Village members are invited to attend regardless of neighborhood. Please RSVP to Info@sfvillage.org or (415) 387-1375 to confirm your attendance.

94109. Circle members will meet at the home of Nina Van Rensselaer to view her collection of ceramics and other works of art that over the years have become a substantial and unusual collection, much admired by those who've seen it. We will meet on Monday March 3rd at 12:30 p.m. *Please bring a brown bag lunch and Nina will provide lemonade and cookies.* The space can accommodate 16 people; many of the works are large and stand on the floor. Please be sure to RSVP to Roberta Rothman at rrothman2174@gmail.com) or by calling me at 345-9034. This event is limited to 94109 members.

FEBRUARY EVENTS

Play Reading Group II

Thursday February 13th from 4:00 p.m. to 6:00 p.m.

The play reading group will read *The Devil and Daniel Webster* by Stephen Vincent Benet from *24 Favorite One Act Plays*. If time permits, they will also cover *The Jest of Hahalaba* by Lord Dunsany from the same book.

Location: Martha Nell Beatty's home (Contact SFV for address info)

Contact: RSVP to Martha Nell Beatty at (415) 921-1415 or Info@sfvillage.org

Movie Group

**Wednesday February 19th
from 4:00 p.m. to 6:00 p.m.**

The movie group will watch one of the most beloved food films of all time, *Babette's Feast*. It is a tale of two ministers' daughters who never marry, grow old together, and live in Sweden. They take in a French woman with a special secret about food and in the process their lives are beautifully turned upside down.



Location: Barbara Hancock's home (please contact SFV for address information)

Contact: RSVP to Barbara Hancock at (415) 750-0865 or info@sfvillage.org

Discussion Group

Friday February 21st at 3:00 p.m.

The group will discuss the history of poverty in this country. During the last group, we discussed columnist David Brooks' assertion that inequality is not the problem, but a result. We will now question whether Brooks is correct in his framing of the problem, as well as the history of poverty and what government or others can do about it.

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

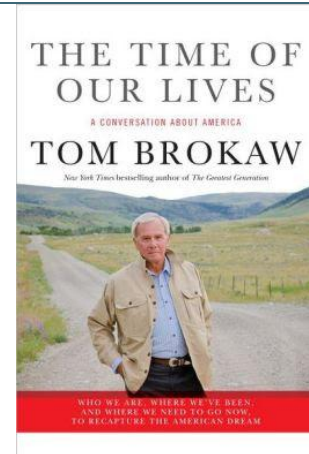
Contact: RSVP to Eva at (415) 563-7519 or eva3auch@gmail.com

Book Group

Monday February 24th at 10:00 a.m.

The book group will discuss Tom Brokaw's *The Time of Our Lives*.

Location: Frieda Weiner's home
(contact the SFV for address information)
Contact: RSVP to 415-421-7545; email:
friedaq206@gmail.com or **info@sfvillage.org**.



FEBRUARY WEEKLY EVENTS

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>

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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