



FROM THE EXECUTIVE DIRECTOR-Kate Hoepke



Dear Members:
I love this time of year because it allows me a moment to reflect on the past 12 months, consider what I've learned, and envision what the new year holds. For SF Village it has been a year of tremendous growth:

dozens of new members and volunteers, increased visibility in the City, a robust program that enriches members' experiences, a reinvigorated board of directors and a new three-year strategic plan. We celebrate 6 years and the knowledge that our Village has become an integral part of the aging services landscape in San Francisco, and a vital link for hundreds of older San Franciscans.

Our programs and services continue to evolve to meet members' needs thanks to your input and feedback. Please plan to attend the *State of the Village* meeting on February 5th to learn about what's in store for 2015. A primary focus in the new year will be mentoring, and how the generations can learn from one another. We're excited to introduce you to a program called *Reading Partners* that

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December 2014 Members:

Kate Archer
Peter Archer
Julia O'Meara
Arden Poole
Jean Riseman

provides one-on-one tutoring to students at some of the City's highest need public schools. It is a successful national program that started in the Bay Area. Ideal for members seeking a meaningful volunteer opportunity!

We are always looking for ways to build a bridge between tech-savvy teens and our members who want to improve their technology skills. We will be introducing you Dr. Eric Beattie, Ph.D. who is developing a program that trains teens, whom he calls “digital natives,” to mentor older adults in the use of hand-held devices and connectivity applications like Skype and FaceTime. In addition, we look forward to continuing our relationship with students from City Arts & Technology High School, which has proven gratifying for the students and dozens of SFV members.

I look forward to seeing you on February 5th at the State of the Village meeting!

All best wishes for a healthy and happy 2015,
Kate

“And now let us welcome the new year, full of things that have never been.”
Rainer Maria Rilke

COMMUNITY MEETING



Do you have friends or neighbors who might like to join SF Village? Please invite them to an informational meeting to learn more about the benefits of membership on January 25th at the West Portal Public Library, 190 Lenox Way from 2:30 p.m. to 4:00 p.m. Hear from current members, staff and volunteers about how the Village is making a difference in their lives and community. RSVP to

Info@sfvillage.org or (415) 387-1375.



MEMBER SURVEY

Please tell us what programs you want to see in 2015 by filling out the annual Member Survey.

You may fill out the survey online by going to surveymonkey.com/s/TY8JPC7 now, or call the SF Village office at (415) 387-1375 and ask us to mail you the survey.

Complete your survey by January 14th and we'll enter you into a gift card drawing. Plus you'll receive the satisfaction of knowing your interests will help direct our programming. Thank you!

SAVE THE DATE

State of the Village Annual Meeting

Thursday February 5th from 3:00 – 5:00

IOA Auditorium

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

Please join us for an update on how SF Village is growing, our financial health, and exciting programs planned for 2015. Our focus will be on the three mentoring programs we have planned in 2015: Reading Partners, Teen-Elder Technology Transfer, and City Arts & Technology High School.

BOOST YOUR BRAIN

Information Session about the 8-week Class & Research Study

Thursday January 15, 11:00 AM -12:30 PM, IOA

Sequoia Room, 3575 Geary 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.

READING PARTNERS: Help a child learn to read



Thursday February 5th from 3:00 p.m. to 5:00 p.m.
IOA Auditorium, 3575 Geary Blvd
RSVP at Info@sfvillage.org or (415) 387-1375

San Francisco Village is partnering with Reading Partners to provide one-on-one tutoring to students at some of the City's highest need public schools. This year they are committed to serving over 1400 students in the San Francisco Bay Area, and are seeking dedicated community volunteers to make that happen! No previous experience is necessary - tutors are provided an easy-to-follow curriculum and a staff member is present for ongoing support. Tutors are paired to work with the same student for an hr per week.

The program runs Monday - Thursday at 26 San Francisco Bay Area schools, with sessions running between 9am - 6pm (hours vary by school site).

Be sure to attend the State of the Village meeting to learn more about the Reading Partners program.

WRITER'S WORKSHOP

Thursdays 3:30 PM - 5:00 PM
January 15, 29, February 12, 26 and March 12, 26.
IOA Ponderosa Room
RSVP at Info@sfvillage.org or (415) 387-1375



There are significant moments in everyone's day that can make literature. That's what you ought to write about. (Raymond Carver, On Being a Writer).

- 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. We will explore poets and authors that

resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to “surprise our readers, and ourselves, with our words.”

We will have six 90 minute sessions. Part of each session will be devoted to writing. We welcome those who joined the first Writers Workshop last fall to return and continue your wonderful writing – or start something new! We also welcome all newcomers! Drop in is OK, but members are encouraged to attend at least the first two sessions in a row to become familiar with the process of the Writers Workshop. All welcome, no experience necessary!

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.

YOUR LIFE, YOUR HEALTHCARE, YOUR CHOICES



Wednesday January 28, 2:00 - 4:00 PM
Jewish Family and Children’s Services
2150 Post Street at Divisadero
RSVP at (415) 387-1375 or Info@sfvillage.org

A presentation and discussion with Judith Redwing Keyssar, RN, Director of Palliative Care at Jewish Family and Children’s Services and author of *Last Acts of Kindness; Lessons for the Living from the Bedsides of the Dying*. Ms.

Keyssar will lead a discussion focused on:

- What is Palliative Care?
- Being a Healthcare Advocate for Yourself and Others
- Advance Directives—How to Make them Meaningful

Judith Redwing Keyssar, RN, BA, Author, is the Director of the Palliative Care Program at Seniors at Home, a division of Jewish Family and Children’s Services of the San Francisco Bay Area. As a “midwife to the dying” she draws upon 20+ years of nursing experience in oncology, critical care and hospice, working in hospitals, non-profits and as a private consultant. Ms. Keyssar has taught courses in all aspects of care of the dying, has published numerous articles, and presents nationally on Palliative and End of Life issues. She is one of the founders of the California State University Institute for Palliative Care.

Her book, *Last Acts of Kindness; Lessons for the Living from the Bedsides of the Dying*, won a 2011 American Journal of Nursing Book of the Year Award.

TEEN-ELDER DIGITAL HEALTH TECHNOLOGY TRANSFER



San Francisco Village and the Project for Teen-Elder Digital Health Tech Transfer invite you to be a part of the pilot program matching students from local high schools to teach members how to use a variety of technological devices including smart phones, laptops, electronic medical devices and other technology. Beginning in February, students will meet with members up to three separate times to ensure you have a working knowledge of your device or program.

If you are interested or would like to know more about this project, please contact Keyatta Shade at (415) 387-1375 or Info@sfvillage.org.

The project is led by Eric Beattie, Ph.D., Biomedical Sciences from UCSF with postdoctoral fellowships in Cellular Neuroscience from both UCSF and Stanford.

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 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. Mentoring days are Wednesdays 10:00 a.m. – 11:45 a.m. on the following dates: January 28th, February 25th & April 22nd.

Please RSVP to Key Shade at (415) 387-1375 for more information.

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.



NEIGHBORHOOD CIRCLES

West of Twin Peaks Circle Events

Aging As A Spiritual Practice

Neighbors West of Twin Peaks will meet to discuss Lewis Richmond's book *Aging as a Spiritual Practice* on Wednesday January 7th at 1:00 p.m. at the home of Elaine and Joe Mannon. Contact (415) 469-9832 or Elaine@mannon.com for address and other information.



West of Twin Peaks luncheon

The WTP group will meet for lunch on Tuesday, January 13th at noon at Mozzarella di Bufala – Italian and Brazilian food, 69 West Portal Avenue. Please RSVP to Elaine Mannon at (415) 469-9832. Please let us know if you need a ride or can provide one for another member.

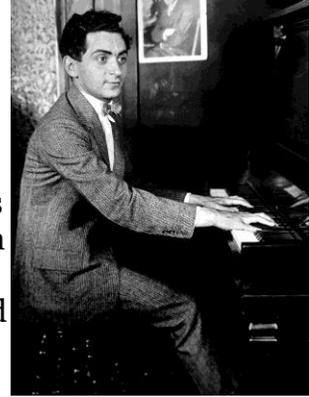
How to Let Go and Downsize

Professional Organizer, Virginia Maddan, will host a discussion on *How to Let Go and Downsize* at St. Francis Episcopal Church, 399 San Fernando Way at Ocean Avenue on Tuesday January 27th from 1:00 p.m. to 2:15 p.m. Virginia will share practical tips on how we can shift our mind-set and change the way we look at our possessions. She will also offer resources for helping us reorganize our belongings and give us specific places where we can sell or donate linens, silver, china, furniture and books. All S.F. Village members are invited to attend. RSVP to Elaine Mannon.

Telegraph Landing Neighborhood Circle

Broadway Show Tunes with Bonnie Weiss

All SF Village members are invited to a presentation about Irving Berlin's personal and professional life. Bonnie's in-depth presentation is aided by video and audio clips from his Broadway and Hollywood musicals featuring superstars such as Ethel Merman, Fred Astaire, Ginger Rogers, Judy Garland, Frank Sinatra, Donald O'Connor, Betty Hutton, and more.



Bonnie Weiss is a seasoned theatre educator, writer, radio and cabaret producer. She teaches musical theatre appreciation for Bay Area Classic Learning Road Scholar (Elder Hostel) programs and for S.F. State, Santa Clara, and Dominican University OLLI.

94109 Circle

Brown Bag Lunch

The 94109 group will meet at the home of Kathryn McNeil for a brown bag lunch on Monday January 19th at 12:30p.m. We will take this time to discuss our circle's future direction. For example, several circles are organizing their own book club, or looking to find interesting speakers in their area. We will also consider places in our zip code to visit. Please bring your own sandwich or salads and drinks will be provided. Guest parking is available. RSVP to Roberta Rothman for address and parking information at rrothman2174@gmail.com or (415) 345-9034 no later than January 12th.

MEMBER TO MEMBER

Guest accommodations in Hawaii

SFVillage Member Dee Caliman and her co-worker, both preschool teachers, are going to Maui for a well-deserved vacation but have not secured a place to stay for the trip. She is hoping someone within the Village community may have a condo to share for the week of January 20th through the 27th. If you can assist, please contact her at (415) 307-0743.



Trek & Talk-Linda Lewin

New member Linda Lewin invites other members to join her and her friends for a one-hour week-day walk in Golden Gate Park.

Tuesday January 6 at 1:30, meet at Land's End Visitor Center, walk to Legion of Honor Museum and visit museum (free day), Thursday January 15 at 1:30, meet in back of Senior Center at Fulton St. & 36th Ave. Walk to Queen Wilhelmina

Windmill and back; Wednesday January 21st at 1:30, meet at Conservatory of Flowers admissions kiosk. Walk around gardens, de Young Museum and Shakespeare's Garden and back; Wednesday Jan. 28 at 1:30, meet at Land's End Visitor Center. Walk to Java Beach Café on Judah & Great Highway and back.

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.

JANUARY EVENTS

**[New Group] Exploring Elderhood:
Changing the way older adults feel about
aging, and changing the way society views
older adults.**

Tuesday January 27th from noon to 1:00 p.m.



A new group is forming at San Francisco Village. *Exploring Elderhood* will 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! For more information, please call or e-mail Bill Haskell at (415) 661-2670 or bhaskell@sonic.net, or Mary Moore Gaines at (415) 387-7774 or mmg@sonic.net. All are welcome and encouraged to attend.

Location: IOA, 3575 Geary Blvd

Contact: RSVP to Key at (415) 387-1375 or Info@sfvillage.org.

Play Reading Group

Thursday January 8th at 4:00 p.m.

The One Act Play Reading group will read *Protest* by Vaclav Havel. The play can be found in *Plays in One Act*, edited by Daniel Halpern.

Location: Telegraph Landing Club Room, 150 Lombard Street

Contact: RSVP to Midge Fox at midgefox@comcast.net, or (415) 819-2230.

Meditation Group

Tuesdays January 13th & 27th 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 or Info@sfvillage.org



Aging as a Spiritual Practice Book Group

Tuesday January 13th 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 or Info@sfvillage.org

The Discussion Group

Friday January 16th at 2:00 p.m.

The discussion group will meet to discuss a topic to be decided at the beginning of the new year.

Location: Eva Auchincloss's home (contact SF Village for address)
Contact: RSVP to Eva at (415)563-7519

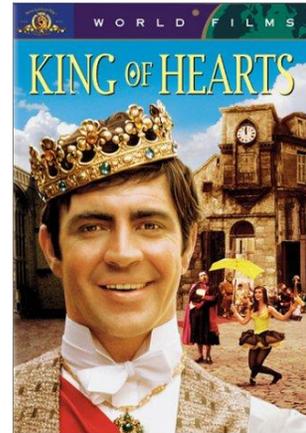
The Film Group

Wednesday January 21st at 4:00 p.m.

The film group will watch one of the funniest and most insightful films of the sixties, *The King of Hearts*. It brilliantly asks the question: Who's really crazy during wartime -- a bunch of soldiers on wartime maneuvers or inmates let out of a French insane asylum?

Location: Eva Auchincloss's home (contact SF Village for address)

Contact: RSVP to Eva at (415) 563-7519



Lunch Bunch

Friday January 23rd at 11:30 a.m.

Join a group of Village members for lunch at the Magic Flute Restaurant in Presidio/Laurel Heights. This is a great opportunity to meet new friends while enjoying a wonderful lunch. Space is limited so be sure to RSVP at your earliest convenience.

Location: Magic Flute Restaurant, 3673 Sacramento

Contact: RSVP to Marci Fogg at (415) 821-6333 or mjfogg@hotmail.com

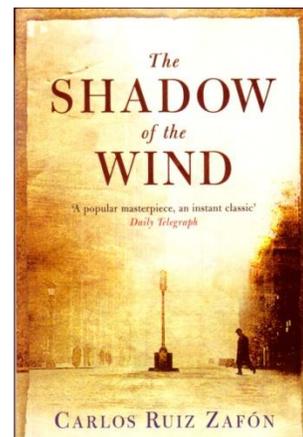
Book Group

Monday January 26th at 1:30p.m.

The Book Group will discuss the second half of Carlos Zafro's book, the Shadow of the Wind.

Location: Jeanne Lacy's home (contact SFV for address)

Contact: RSV to Jeanne at (415) 922-6517



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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