



San Francisco Village

OUR GENERATION. OUR CHOICE.

July 2015

DAY OF SERVICE Friday August 14th

Looking to finish off those pesky items on your to-do list? Well, look no further. San Francisco Village is partnering with two local businesses, Honor and Zephyr Real Estate, who would like to contribute to their community by supporting Village members on Friday August 14th.



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 a.m. to 4:00 pm and will work in groups of 2 to 4 at each residence. You may request a morning shift or an afternoon shift.



A Village staff member will make a home visit prior to the projects to approve each list. This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists

completed!! All participating volunteers will be screened before approval.

Please submit your list to Keyatta at Key@sfvillage.org or by calling (415) 387-1375 no later than Friday July 31st. Participation is limited to ten homes.

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New Members in June:

Dimi Becker

Judith Cohen

Eugene Courtois

Betty Dy

Roy Dy

Dr. Lapsley Malcolm

June Oerth

Doreen Provost

Elaine Rodahl

Kathleen Wesner

Dan Sullivan

DID YOU KNOW?

Standard 5&10 Ace offers 10% discounts for seniors 55+ every Monday at the Laurel Village Shopping Center. *Your one-stop variety store since 1939!* (The senior discount is also available at their sister store, Main Ace, San Rafael's mom & pop hardware store.) Laurel Village Shopping Center is located at 3545 California Street (415) 751-5767.

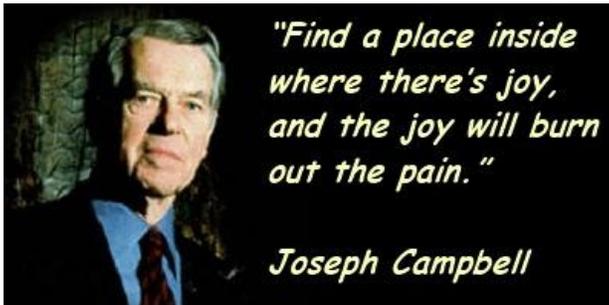


NEW MEMBER ORIENTATION

Wednesday July 22nd, 3:00 - 4:30 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 (since January 2015), 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.

LEARNING ABOUT THE POWER OF MYTH:



Enjoying Six Conversations between Joseph Campbell and Bill Moyers

This new group will be watching the fascinating series of interviews of the renowned scholar Joseph Campbell by journalist Bill Moyers, recorded 25 years ago in 1990, called "The Power of Myth". This series became one of the most enduringly popular programs ever aired on PBS. These two men discuss myths as metaphors for human

experience and the path to transcendence, touching on topics as diverse as world religion, heroic figures, and pop culture. This new group is an outgrowth of the recently concluded Exploring Elderhood group.

There will be six meetings and each will be two hours, from 11:00 am to 1:00 pm. The meetings will be organized as follows: (1) each of the six sections of "The Power of Myth" will be shown for one hour; and then (2) participants will have a discussion of what was explored for another hour. A study guide will provide the focus for the discussions. Participants are encouraged to bring lunch to enjoy during the second hour of each meeting.

The first meeting will be introductory. At the conclusion of the first meeting, participants will be asked to commit to being part of the group for the five remaining meetings. This group will meet on the first and third Tuesdays of September, October and November. The dates are: 9/1 and 9/15; 10/6 and 10/20; and 11/3 and 11/17.

If you would like to participate in this new group, please email Bill Haskell at: bhaskell@sonic.net (415) 661-2670— and provide him with your contact information. Contact SF Village for room information at (415) 387-1375 or Info@sfvillage.org.

STORY CIRCLE: A STORYTELLING WORKSHOP SERIES

6 Sessions: 10:30 AM - 12:00 PM
July 16, 23, 30, August 6, 20, 27 [skip August 13]
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org



Often, the best way to unearth a story is by talking it through with a group of delighted listeners. In this six-session Story Circle, we'll use the tools of storytelling to discover and develop our stories. If your life is rich with experiences that you'd like to turn into tellable tales, this is the group for you. If you love to invent new worlds, we'll play improvisation games to strengthen your imagination and then unleash it! Whether your goal is a spoken performance or a written story, you'll develop new material here. (You can even have your story recorded and emailed to you, to make it easier to transcribe.) Meeting weekly for 90 minutes, participants have an allotted time to discover their story by telling it aloud, while we listen delightedly. It would be great if you could attend the whole series, and drop-ins are also welcome.

Led by **Ruth Halpern**, who has been teaching storytelling workshops and performing for over 20 years. Working with business people, performing artists, elders and children, Ruth helps people become the heroes of their own life stories. Her repertoire of games and exercises includes tools from theatre, improvisation, storytelling, and make-believe. She creates safe story circles in which all of our stories can be shared. As a performer, Ruth tells a mixture of world folktales, personal stories, and improvised stories made up on the spot. Her audiotape, *She Set Out to Seek Her Fortune*, won a Parents' Choice Gold Award. The *LA Times* says Ruth Halpern is "A spell-binding master storyteller."

FLY FISHING AND YOU



Thursday July 16th from 1:00 to 2:00 PM
IOA, Ponderosa Room
3575 Geary Blvd.
Please arrive on time
RSVP to Info@sfvillage.org or (415) 387-1375

San Francisco Village invites you to learn about the history of fly fishing, with an emphasis on the evolution of fly fishing for women. Learn how women infiltrated a sport dominated by men, and how the community accepted them. Finally, we will look at the prominence of women in all aspects of fly fishing. Presented by SF Village Member Fanny Krieger, who founded the Golden West Women Fly Fishers as well as the International Women Fly Fishers, and has been inducted into the Northern California Council/Federation of Fly Fishers Hall of Fame for her contributions in the

world of fly fishing.

Fanny's Bio:

Fanny was born and raised in France and is a Holocaust survivor. In November 1943, her parents and sister were taken by the Germans and sent to Auschwitz. At 17, she came to America when it became

obvious that her family was not coming back. After spending five years in New York, Fanny moved on to Houston, Texas where she met her future husband Mel, a passionate fly fisherman. Fanny knew nothing of fishing, so she got Mel to take her on a fishing date. And so started a new life. Fanny is responsible for the GWWF Jo Clark Youth Fund, which allows 6 to 7 youngsters to spend a week at The Fish Camp learning to fly cast and fly fish, with great excitement. Fanny is also a certified casting instructor.

SELECTED LETTERS OF LANGSTON HUGHES **Editor Arnold Rampersad in conversation with** **Journalist Elaine Elinson**

Thursday July 9th at 6:00 PM
Mechanic's Insitute, 57 Post Street
Questions: contact Pam Troy at (415) 393-0116
Tickets:

<http://www.milibrary.org/events/selected-letters-langston-hughes-jul-09-2015>



The life and times of this great American writer are explored by Professor Rampersad, Senior Associate Dean for the Humanities at Stanford University, and activist Elaine Elinson.

Elaine Elinson is author of *Wherever There's a Fight: How Runaway Slaves, Suffragists, Immigrants, Strikers, and Poets Shaped Civil Liberties in California*, written with Stan Yogi and published by Heyday. She also co-authored *Development Debacle: The World Bank in the Philippines*, which was banned by the Marcos regime. Her articles have been published in the *Los Angeles Daily Journal* and other publications. She served as the communications director of the ACLU of Northern California and editor of the ACLU News for more than two decades. *Elaine is also the Writer's Workshop instructor for SF Village.*

CHAIR YOGA



Wednesday, July 15th, 1:00 - 2:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org
Attendance limited to 12 people

Learn breathing and movement practices to build body awareness and stability -- all using a chair as a yoga prop! This engaging and portable yoga sequence teaches diaphragmatic breathing, develops your postural awareness, works your feet and legs, and teaches movement for balance and strength to prevent falls as you age. Mind-body practices using a chair may benefit those of us with limited mobility, as well as anyone who wants to learn ways to support fitness, health, and well-being.

Rachel Lanzerotti, Certified Yoga Therapist, offers therapeutic group practices at UCSF's Osher Center for Integrative Medicine as well as individual yoga therapy sessions in her private practice, *Five Rivers Yoga*.

WALKING TOUR: Rooftop Gardens & Open Spaces in Downtown San Francisco with Marilyn Straka

Tuesday July 21st, 10:15 AM - 12:30 PM, at Rincon Center (121 Spear). Enter on Mission Street between Spear and Steuart, restrooms available. Marilyn will be wearing aqua. RSVP to (415) 387-1375 or info@sfvillage.org Tell us if you have mobility limitations.



Rooftop gardens open to the public? Open spaces and waterfalls in Downtown San Francisco? Yes, to both questions! Join our guide, *On The Level* Marilyn Straka, who's also an SF Village member, for a mile-long walking tour of downtown San Francisco to see these hidden treasures.

One percent of the funds spent on any private building in San Francisco must go toward public spaces. Sometimes this is an art exhibit in the lobby but sometimes it's a waterfall or a rooftop garden with a great view. Many are unknown to the general public.

Optional group lunch following the tour, and Marilyn will make suggestions so those who are interested can choose their dining spot.

BUDDHIST ART -- Thematic Tour of the Asian Art Museum of San Francisco



**Wednesday, July 29th, 11:00 AM - 12:00 PM
200 Larkin Street, Civic Center (opposite City Hall)
RSVP to (415) 387-1375 or info@sfvillage.org
Limited to 8 people. Please arrive by 10:45 AM.
Meet on the bench outside the museum entrance.**

Artworks in this private tour for SF Village members will unlock the life story of the Buddha and show how Buddhist ideas were expressed in art at different times in various ways across Asia. Please RSVP, as spaces are limited.

VOLUNTEER OF THE MONTH-CAROL ROTHMAN by Keyatta Shade

Carol Rothman continues to expand her social network through volunteering with San Francisco Village. Carol, who first began volunteering in 2011 with her sidekick and service dog Willie, has helped numerous members by providing companionship, transportation and administrative help for the Village. While her assistance is invaluable for members, Carol says she benefits just as much from these relationships. "The best thing I find about the Village are the people I meet," Carol said. "Sometimes endearing, sometimes surprising, but always interesting."



Most recently, Carol has started working with San Francisco Village members Tom and Sally Lagerquist. Carol drives the couple weekly to the Osher Lifelong Learning Institute for Tom's Thai Chi Class which has enormous benefits for Tom's health and wellness. "We couldn't have benefitted from the 10 Thai Chi sessions without her," Sally said.

Carol isn't just a ride for the Lagerquists. She genuinely takes time to get to know the members she works with, sharing her perspective on a number of life situations. "We've learned so much from her," say Tom and Sally, "especially her upbeat, positive view of life. Her sense of humor and interest in us has made all the difference each Wednesday."

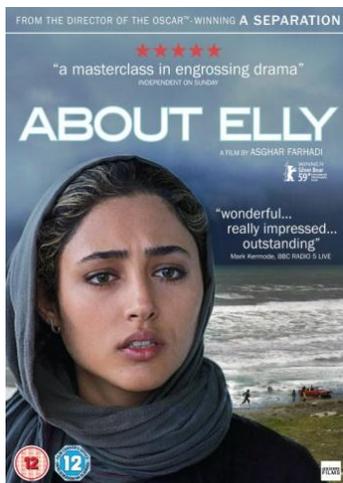
Through her work with us, Carol feels she's made lifelong friends with members, even those who have moved on to assisted living. "SF Village has afforded me the opportunity to meet some very special and dear people that have become dear friends," she said.

Carol is considering joining the Village as a member within the next year. Whether as a member or a volunteer, one thing will remain constant: she will continue to help other members while she experiences in her words, "the many problems, and yes, joys of aging."

This is Carol's second honor as Volunteer of the month in the last three years.

AT THE MOVIES WITH RALPH BEREN

About Elly



Picture a group of Iranian men trying to dig out a car stuck in the mud with little chance of succeeding. This is an excellent metaphor for the story that unfolds in the film *About Elly*. A group of close friends, former classmates and their families, get together for a relaxing vacation on the Caspian Sea. The trip is planned by Sepideh, who brings along her daughter's kindergarten teacher, Elly, in order to introduce her to Ahmad, a divorced friend, visiting from Germany. The lies they tell one another, and the disappearance of Elly, are the centerpiece of the film.

What happened to her? Did she just leave without telling anyone? Did she drown? All kinds of stories are made up to explain her whereabouts. We find out along the way that Elly is engaged to a man she despises, which only Sepideh knows about. The members of the group soon start to blame each other for the series of events leading up to her disappearance.

To a small degree there is some commentary about the roles of Iranian men and women but that is not the point of the story. This film expertly shows what happens when one lie grows larger than another and soon the entire story becomes convoluted. It is an excellent film leaving us with the thought about the little lies we tell and the consequences of such tall tales.

MEMBER TO MEMBER

TREK & TALK-Linda Lewin

Join SFV member Linda Lewin for a one-hour walk and talk in Golden Gate Park.

Tentative schedule:

Wednesday July 8th at 1:30 PM, we will meet at the Rose Garden entrance at Presidio Park and Fulton St. Walk through garden to JFK Blvd., then to Conservatory of Flowers to enjoy the show, *Stranded: Tropical Island Survival* (\$5.00 for SF Seniors). Learn more at:

<http://www.conservatoryofflowers.org/special-exhibits/tropical#sthash.uWae9omw.dpuf>



Thursday July 23th at 1:30 PM, we will meet at Stowe Lake parking lot near restrooms. Walk to Redwood Memorial Grove and back. For meeting information and to get on list to be notified, please contact Linda at 168storyspinner@gmail.com or (415) 386-0156.

NEIGHBORHOOD CIRCLES

94102 Circle

The 94102 Circle will meet on Wednesday July 8, at Books Inc.(Opera Plaza, 601 Van Ness Avenue), from 2:00 PM to 3:00 PM. We will be using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*. The July topic is Embracing Nature. Angeles writes: "Attending to the natural world immediately deepens our experience of gratitude. We are grateful when we bear witness to nature's infinite beauty."

Open to all SF Village members, and space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416. Our next meeting will take place on August 5th.



Circles 94123 & 94115

The circle will visit Stanford University on **Monday, August 3rd**. We will leave the City at 10:30 AM in car pools; visit the Cantor Center and see the Jacob Lawrence exhibit as well as other sights; plan to have informal lunch in the nearby cafe, and after lunch perhaps visit other new buildings at Stanford University. We'll head home by 2:30. Please RSVP to Eva at eva3auch@comcast.net or by calling (415) 563-7519.

94131 Neighborhood Get Together

SF Village members Demetri Polites and Gill Smith invite members in the 94131 neighborhood for a get together in their home. This is a great way to create friendships with Village members living close by! The event will be held on Tuesday, July 21st from 4pm to 5:30pm. Refreshments will be provided. To RSVP, please contact Demetri at (415) 826-3666 or politesd@yahoo.com

West of Twin Peaks Circle

RSVP to Elaine Mannon for all WTP events at (415) 469-9832

Movie Group-Matinee

Wednesday, July 8th

Stonestown Theatre or Empire Theatre on West Portal

Details to follow, once we know what movies are showing

Movie Discussion following the film

With Movie Critic, Toni Illick

Home of Elaine Mannon

RSVP to Elaine for address information

Game Day - Scrabble and/or Rummy Cubes

Wednesday July 15th 1:00 – 3:00 p.m.

Home of Toni Illick

RSVP to Elaine for address information

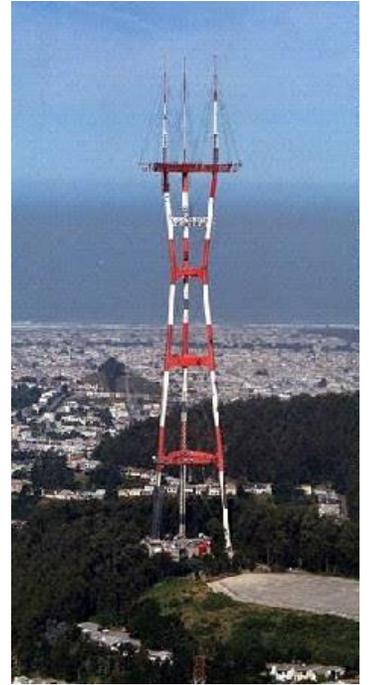
Lunch Bunch

Wednesday, July 22nd at 1:00 PM

Bursa's Middle Eastern Restaurant

60 West Portal Avenue

RSVP to Elaine Mannon



SAVE THE DATES

OPTIMIZING AGING, presentation by Dr. Louise Aronson



Wednesday August 12

3:30 PM - 5:00 PM

Auditorium, IOA, 3575 Geary Blvd.

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

Using stories, science, humor, and art, Dr. Aronson will discuss what's normal and what isn't as we age; under-recognized myths and opportunities of old age; and strategies for staying independent and healthy, including how to move from *what's the matter with you?* to *what matters to you?*

Louise Aronson MD, MFA is a geriatrician, author and professor of medicine at the University of California, San Francisco (UCSF) where she is chief of Geriatrics Education and holds a Gold Professorship in Humanism in Medicine. Dr. Aronson also directs the Northern California Geriatrics Education Center and UCSF Medical Humanities and sees patients in the UCSF Care at Home Program. She writes regularly for newspapers, literary and medical journals, including the *New York Times*, the *San Francisco Chronicle*, the *New England Journal of Medicine*, and the *Lancet*. Dr. Aronson is the author of the PEN America debut fiction award finalist, *A History of the Present Illness*, and was the 2014 American Geriatrics Society Clinician-Educator of the Year.

AT&T PARK: A PLAYER'S VIEW



Wednesday August 19th, 11:30 AM- 1:00 PM
SF Village has 4 discounted tickets left for members and your friends, only \$10 each! Meet at the Giants' Dugout Store
RSVP to Key@sfvillage.org or (415) 387-1375

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.

VOLUNTEER TRAINING WITH KEYATTA SHADE

Saturday July 25th from 10:00 AM to noon
Location: IOA, 3575 Geary Blvd
RSVP to Key at (415) 387-1375 or Key@sfvillage.org

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.



JULY EVENTS

Play Reading Group
Thursday July 9th from 4:00 PM to 6:00 PM

The one-act play reading group will be reading the second act of *The Odd Couple*, the version with female protagonists.

Contact: RSVP to Mary Fox at (415) 984-0613, and for a photocopy of the play
 Location: Telegraph Landing Club Room at 150 Lombard Street



SFV MEDITATION GROUP - Note new day, time & location!

Wednesdays, July 8th & 22nd, 11:30 AM to 12:30 PM

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. **Note that this group now meets the 2nd and 4th Wednesday mornings.**



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

Location: Sequoia Room, IOA, 3575 Geary Blvd.

Film Group

Wednesday July 15th from 4:00 PM to 6:00 PM

The next film club will watch one of America's favorite films, *Butch Cassidy and the Sundance Kid*.



Contact: RSVP to Ralph at (415) 929-8309

Location: Contact SFV for address information

Lunch Bunch

Friday July 17th at 11:30 AM

The Lunch Bunch will meet at the Presidio Social Club.

Contact: RSVP to Marci Fogg at (415) 821-6333 or by email at mjfogg@hotmail.com, Presidio Social Club: (415) 885-1888

Location: 563 Ruger Street

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.communitythrifsf.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. 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|*

|3575 Geary Blvd-San Francisco, CA 94118| *|Ph: (415) 387-1375|*