



## FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE



Dear Members:

How true that old saying, “a picture is worth a thousand words.” In today’s language we might say “a video is worth a lot more than that!” The brand new San Francisco Village video debuted at our Transforming Lives and Community Luncheon last month to a very warm response. If you haven’t seen it yet, please watch at <https://www.youtube.com/watch?v=ATSHvcgq9Bg>.

It’s a mosaic of individual expressions that gives life to who we are, what we do and why it matters. In a few minutes, it reveals the many layers of our community and the value of meaningful connection that we have come to cherish. It shows how we have evolved to include multiple generations and diverse perspectives in our vision of a better experience of aging. Our hope is that this lively graphic illustration will help us tell the San Francisco Village story to increasing numbers of people as we grow our membership and deepen our presence in the larger San Francisco community.

We will be showing the video at three outreach meetings scheduled this month to attract new members and volunteers. We’ll be in Pacific Heights on June 5<sup>th</sup>, Potrero Hill on June 12<sup>th</sup> and the Western Addition/NOPA on June 26<sup>th</sup>. Please invite your friends, family, neighbors and associates to learn more about SF Village and the benefits of belonging to this joyful, life-affirming community.

As we have come to expect, this month’s program is jam packed with artful ways to learn and have fun with other Village members. A few highlights....Don’t miss a visit with the penguins at the SF Zoo with zookeeper (and SFV intern) Colette Chiparo! Join us to learn about *The History Project*, an innovative Bay Area endeavor that empowers us to build our own modern time capsule to reconnect to the moments that matter most.

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### **New Members in May:**

Alan Blackman  
Joe Da Silva  
Ulla Da Silva  
Judith Grogan Shorb  
Sarah S. Guo

They say, “As we capture the past with the technology of today, we create positive impact for generations to come.” You’ll want to join the discussion about *Understanding Your Hospital Stay and Discharge* with SFV member, Mary Lu Christie, and two medical professionals from CPMC. After a 6-month hiatus, the Writer’s Workshop with Elaine Elinson is re-convening and all newcomers are welcome. Please read on for much more!

I look forward to seeing you soon!

Warm regards,  
Kate

## **DID YOU KNOW?**

As the membership of SF Village continues to grow, so does our sense of community and connection. With each new member, we’re introduced to a whole life story that includes an individual’s talents, curiosity and ideas that expands our notions of what is possible. We have three community meetings planned in June to inform prospective members about the benefits of belonging to SF Village. Please help us get the word out by sharing this invitation with friends and neighbors.



### **Sunday, June 5**

Unity SF: 2222 Bush St.

2:30 PM – 4:00 PM

Neighborhood: Pacific Heights

### **Sunday, June 12**

Potrero Hill Recreation Center (Auditorium): 801 Arkansas St.

2:30 PM – 4:00 PM

Neighborhood: Potrero Hill

### **Sunday, June 26**

Jewish Community High School: 1835 Ellis St.

2:30 PM– 4:00 PM

Neighborhood(s): Western Addition, Fillmore, Japantown, Hayes Valley

## JUNE EVENTS

### BROADWAY'S LEGENDARY COMPOSERS: COLE PORTER



**Thursday, June 2, 3:00 PM – 5:00 PM**  
**Telegraph Landing Clubroom, 150 Lombard St.**  
**RSVP by calling Florence (415) 982-1497 or emailing**  
**Elaine [fredpark1026@comcast.net](mailto:fredpark1026@comcast.net)**

Cole Porter brought sensuality and sophistication to the musical with such smash hits as *Anything Goes* and *Kiss Me Kate*, and such witty “list” songs as *You’re the Top*, *Let’s Do It* and *It’s Delovely*. He also composed some of the most lovely and haunting ballads of the 20<sup>th</sup> Century: *Begin the Beguine*, *Night and Day*, *Love for Sale*, and many others. In this presentation you’ll see Mr. Porter himself in an appearance on the Milton Berle Show and will learn about his fascinating life. You’ll also see such legendary performers as Ethel Merman, Mary Martin, Frank Sinatra, Bert Lahr and many others performing some of Porter's most beloved songs.

Bonnie Weiss is a seasoned theatre educator, writer, radio & cabaret producer. She teaches musical theatre appreciation at San Francisco State, U.C. Berkeley, Santa Clara University, and Cal State East Bay Universities and has taught at The San Francisco Conservatory of Music, U.C. Berkeley Extension, Dominican College and the Colleges of Marin and San Mateo.

### WRITERS WORKSHOP

**Wednesdays, 6/8, 6/22, 7/13, 7/20, 8/10, 8/24**  
**3:30 PM – 5:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto: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*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco, as well as at San Francisco Village.

## STROLL AT THE ZOO

**Thursday, June 9, 9:00 AM – 11:00 AM**  
**San Francisco Zoo, Sloat Blvd.**  
**at The Great Highway**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



Meet at the Zoo's Main Entrance. Come learn about animals, flora, and fauna at the Zoo with the awesome zoo keepers and knowledgeable docents while on a leisurely stroll.

San Francisco Village intern Colette Chiparo will also give members a zoo keeper's talk at the penguin exhibit where she is a full-time bird keeper.

## TERRY TEMPEST WILLIAMS: A Personal Topography of America's National Parks



**Thursday, June 9, 7:00 PM**  
**Kanbar Hall, JCCSF, 3200 California St.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**  
**10 free tickets for SFV members: first come, first served**

Our national parks stand at the intersection of humanity and wildness, and there's no one better than author, conservationist and activist Terry Tempest Williams to guide us through them. Her new book *The Hour of Land* celebrates the centennial of the National Park Service and features lyrical portraits of twelve parks — from Yellowstone in Wyoming, to Acadia in Maine, to Big Bend in Texas — that illuminate the unique grandeur of each place. Images by some of our finest photographers (Lee Friedlander, Sally Mann, Sebastião Salgado) complement this meditation and manifesto on why wild lands matter to the soul of America.

## UNDERSTANDING YOUR HOSPITAL STAY AND DISCHARGE

**Friday, June 10, 2:30 PM – 4:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**



As we get older, we can all anticipate a hospital stay in our future. Whether your stay is planned or unexpected, you can learn what to expect, what decisions you may need to make, and how to evaluate your options during this session.



Do you know the difference between being "admitted" as a patient and being in for "observation?" How can it affect benefits? Who decides when you go home? What is a Skilled Nursing Facility and should you go there before going home? All hospitals follow Medicare standards so you have time to prepare and decide what is best for your own care.

Mary Lu Christie is a new member of SF Village. After three hospital stays and a year of volunteering at CPMC Pacific Heights, she is intrigued by the confusing labyrinth of health care delivery. Mary Lu has had two careers, one as an employment lawyer and another as an early childhood teacher.

Aravind Mani, M.D., is a hospital-based internal medicine doctor (a "hospitalist") at CPMC. He chairs the hospital's Utilization Management Committee, and he is particularly interested in the coordination of patients' care as they transition from the hospital to home.

Amy Lou Sealman started her nursing career over eight years ago at patients' bedsides in a small 24-bed community hospital located in Alaska. Since then she has worked at six magnet hospitals and, over the past two years she has shifted gears to more of a care coordination/education and transitions coordinator RN. She recently transitioned out of the hospital environment to the PCP clinic at The Institute for Health and Healing, Sutter Pacific Medical Foundation.

## GET TO KNOW YOUR IPHONE OR IPAD



**Mondays, June 13 and 20, 2:00 PM – 3:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

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

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.

## ORGANIZING A LEGACY: The History Project

**Friday, June 17, 1:30 PM – 3:00 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**



The History Project is a local company that has developed tools backed by *The New York Times* and the *Associated Press* to help you capture and create multi-media life narratives through memories, stories and artifacts. In this presentation, you will learn how this innovative platform will help you:

- unify online and physical assets to create a wonderful story of yourself or someone in your family
- import and search content from multiple sources
- publish a dynamic view of your project's content over an interactive timeline and map
- collaborate with family and friends to create an interactive narrative that transcends generations

Come learn more about what they do and also bring an artifact or photo that captures one of your own important memories. There will be a photo scanning machine on hand and you can digitize up to five photos per person!

Niles X. Lichtenstein is the co-founder and CEO of The History Project, a modern re-invention of a digital time capsule that empowers individuals and organizations to build meaningful and interactive digital narratives and memory boards. He is a native son of the Bay Area, graduating from Berkeley High School and Harvard University. He has spent much of his life in the worlds of storytelling and technology and was recently named one of 7x7's top 20 influencers in the Bay Area for 2016. His inspiration for creating The History Project was finding a richer and more dynamic way to capture his late father's legacy, while also engaging with his mother on archiving and curating her own remarkable narrative.

## EAR ACUPUNCTURE AND TEA



**Wednesday, June 29, 12:00 PM – 1:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Join Den Bloome Bremond, RN, LAc, for a cup of tea and an opportunity to experience acupuncture in a relaxed and enjoyable group setting. This is a great way to be introduced to acupuncture and its benefits, or as a supplement to your regular treatments. This is generally a pleasant and calming experience.

Ear acupuncture has proven to be an efficient method of treating a wide variety of conditions, from headaches and allergies to addictions and pain disorders. Although acupuncture evolved in the context of Traditional Chinese Medicine, the specialty of ear acupuncture was developed in the 1950's by French neurologist, Dr. Paul Nogier. Come see what it can do for you!

## RESEARCHING FAMILY HISTORY with the San Francisco Public Library

Thursday, June 30, 3:00 PM  
 Potrero Branch of the San Francisco Public Library  
 1616 20th St. (near Connecticut St.)  
 RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



Where did previous generations come from? How did they live? What did they fight for? And how did their lives affect yours?

Historical records and photos hold so many answers about fascinating people in history. The Ancestry Institution puts history at your fingertips through Ancestry.com. Learn how to use the site, a free resource for San Francisco Public Library card holders. Just bring your family name(s), your library card, and we'll get you started discovering your history.

## WHAT'S TRENDING...

### THE DIGNITY FUND



**The move to create The Dignity Fund to support services for older adults and adults with disabilities in San Francisco**

Funding levels in San Francisco for many services for older adults and adults with disabilities have not kept pace with population growth, and at the same time, growing income inequality compounds the need. Right now, people 60 and over represent 20% of the city's population, but by 2030, that number will grow to 25%. Many older adults and adults with disabilities are living on fixed incomes as the cost of living here continues to rise.

**The Dignity Fund** will do two things: 1) stabilize funding for today's services and support for seniors, veterans, adults with disabilities, and adults with chronic and life-threatening conditions and; 2) establish a fund created with 2% of future property taxes set aside to address currently unmet and emerging needs. The creation of this Fund does not raise taxes.

The process: A vote of at least six of the eleven members of the Board of Supervisors is required to place this initiative on the November 2016 ballot. As a proposed amendment to San Francisco's City Charter, it must be approved by a majority of voters at the ballot.

Accountability: The Department of Aging and Adult Services would administer the fund. The legislation would establish an Oversight and Advisory Committee to develop and oversee the needs assessment, planning and allocation process, and to ensure that the funds are spent equitably, where best practices are employed and where the needs are highest.

**The Dignity Fund Coalition** is a broad coalition of over 40 not-for-profit and community organizations and advocates in San Francisco, including [San Francisco Village](#), that have come together to address the growing need for services and support for older adults, adults with disabilities, veterans, and those living with chronic illnesses, to ensure San Francisco becomes a more aging and disability friendly place.

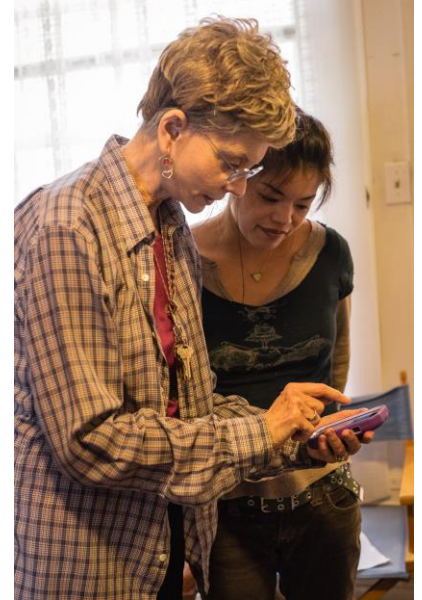
Please contact your district supervisor and encourage him/her to support the Dignity Fund. If you have any questions, or would like more information, please call Bill Haskell at 415-661-2670 or email him at [bhaskell@sonic.net](mailto:bhaskell@sonic.net).

## **VOLUNTEER OF THE MONTH – Betty Chen**

**How long have you been a volunteer with SF Village?** My first experience was two years ago for an SFV Day of Service, and I have assisted whenever I could since then.

**What kinds of activities have you engaged in and with whom?** I usually tackle the technical issues people have in their homes like teaching them how to use devices such as their smartphones. I made friendly visits to San Francisco Village member Dr. Bertram Koel for a short time, recently spent some time with Norman Prince assisting with his online photo hobby, and helped Jean-Marie Campbell with her technology gadgets.

**What do you find most rewarding about volunteering for SF Village?** Everything! The knowledge I get from seniors is priceless. So many life lessons learned from each person as I spend time with them; I can't get enough. I've never had grandparents and being around these amazing people fills that void. I shared my struggles of job interviewing with Jean-Marie and she gave me some great advice that changed the way I approached it. I'm happy to say I've got a steady gig now! Norman has also been a wonderful source of information, steering me to various sites and products related to my job search and good health. They e-mail me snippets of yummy information and I feel so grateful that they think of me in such a caring way. These are real relationships that I'm so happy to be a part of.



**Do you think it's important for this type of inter-generational connection to take place? If yes, why?** Absolutely! These amazing people are full of true spirit, wisdom, patience and compassion. They've molded the world we live in. We should all be grateful for the journey they have made and celebrate their own unique process in navigating this world. Some of their struggles are beyond our comprehension because they were the fighters for the future that we live in now. There is only more knowledge to be had when hanging with these rockstars. Can't beat the power of knowledge.

**Would you recommend volunteering with SF Village to others? If so, why?** Yes! It's well-organized by Keyatta and everyone has each other in mind. Fueled with empathy and compassion, everyone wins.

**Final thoughts on your experience as a volunteer:** It's a big world out there and we all need each other in some way or another. We all have the ability to make someone's life better. But don't think of it as giving, think of it as a way to live. We should all be living in a way where we are mindful of each other's needs.



## SAN FRANCISCO VILLAGE VOLUNTEER TRAINING



**Saturday, June 25, 10:00 AM - noon**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to [Key@sfvillage.org](mailto: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, Home Instead Senior Care, 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.

## DEMENTIA SAFETY NET PROGRAM

This year, over a dozen SF Village members approached staff with questions and concerns related to memory changes. Most had heard about our collaboration with the Alzheimer's Association and the San Francisco Dementia Safety Net Program. The program offers information and support for any SF Village member who has concerns about memory loss.



If you have concerns, Rachel Lanzerotti, MSW, Aging Well Coordinator, will talk with you about the changes you're noticing. She may suggest, or you may request, a home visit. During the home visit, we talk about what you've noticed, how memory changes are affecting you, and ways that SF Village can help with supportive next steps.

If you're curious about memory changes and whether or not they may be related to dementia or MCI (mild cognitive impairment) and want information or support, we encourage you to call the SF Village office and talk to Key, Kate, or Rachel: (415) 387-1375.

## DOCENTS NEEDED AT THE CONSERVATORY OF FLOWERS



The Conservatory of Flowers invites San Francisco Village members to apply to become a volunteer docent. Docents educate adult visitors about the Conservatory's fascinating collection of tropical plants and San Francisco's stunning historic greenhouse. Jungle Guides introduce elementary school students to the wonders of the rainforest. The comprehensive training program prepares new volunteers to lead tours for adults or children. The Conservatory welcomes volunteers of all experience levels. The training program includes gallery tours, lectures, and one-on-one sessions with mentors. The training will be held Thursdays from 1:00 PM – 4:00 PM from July 14th through August 25th. For more information, contact Erika Frank at (415) 637-4326 or [efrank@sfcof.org](mailto:efrank@sfcof.org).

## MEMBER TO MEMBER

### THE HISTORY HUB MARCHES ON

During the summer, the History Hub will be meeting off-site for exploration and conversation 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 [orcosi7@comcast.net](mailto:orcosi7@comcast.net).



### PART-TIME PERSONAL ASSISTANCE NEEDED

SFV member and semi-retired professional photographer Christine Torrington is looking for a part-time personal assistant to help her in her studio near Union Square and occasionally in her Pacific Heights residence:

- Must be Mac-literate and capable of entering data accurately
- Familiarity with Word required, and FileMaker helpful
- Good organization skills: ability to quickly review and prioritize concurrent projects
- Ability to work independently
- Excellent spoken and written English communication skills
- Legible and neat handwriting and printing a must
- Resumé and references requested
- About 10-15 hours per week: must be flexible
- Compensation \$15/hour starting, then \$20/hour; independent contractor status (no benefits or insurance)

Call (415) 613-5050 for an appointment and email resume/references to [christine@sfphotopro.com](mailto:christine@sfphotopro.com).

## NEIGHBORHOOD CIRCLES



### 94102

Learn more about the pleasures available only later in life. The art of living well in old age is our topic. Join the 94102 Circle in a discussion of *Travels with Epicurus, A Journey to a Greek Island in Search of a Fulfilled Life*, by Daniel Klein. We will meet on Wednesday, June 15th, at Books Inc. at Opera Plaza, 601 Van Ness Ave., from 2:00 PM to 3:00 PM. Open to all SF Village members, but space is limited. E-mail Lynn Davis at [treebarque@aol.com](mailto:treebarque@aol.com) or call (415) 826-5416.

**94109**

The 94109 Circle will take a Pacific Heights Walking Tour on Sunday, June 26th at 12:30 PM. The tour will start at the **Haas-Lilienthal House** (2007 Franklin St.) and end near Jackson and Gough Streets. We would also like to go for coffee after the tour. The cost for seniors is \$5. The tour covers approximately fifteen to twenty blocks and takes about two hours.



Layered clothing and comfortable walking shoes are recommended, but the tour was designed with limited uphill portions, and the pace is comfortable for most people. Water is available for purchase at the Haas-Lilienthal House.

Reservations are not required; tickets are available for purchase at the Haas-Lilienthal House before each tour. **HOWEVER**, please let Claire know if you plan to go on this tour. (Bobbie Rothman will be out of town for most of June). Please respond to Claire Lindberg at (415) 624-3365 or [clairelind@hotmail.com](mailto:clairelind@hotmail.com).

**94123**

The 94123 Circle is planning a potluck at Sally Kaufman's home on Monday, June 20th at 6:00 PM. Those wishing to attend should notify Eva Auchincloss at [eva3auch@comcast.net](mailto:eva3auch@comcast.net). The hostess will provide the main course and attendees should bring a side dish, dessert or wine. Eva will provide address upon RSVP confirmation. A chair lift is available for access. Space is limited to 15.

**94131**

The 94131 Circle will host its monthly social gathering on Saturday, June 18th from 2:00 PM to 3:30 PM in the clubhouse at 43 Ora Way. For more information or to RSVP, please contact Jill Ellefson at (415) 661-1890 or [jillelf@yahoo.com](mailto:jillelf@yahoo.com).

**West of Twin Peaks Circle**

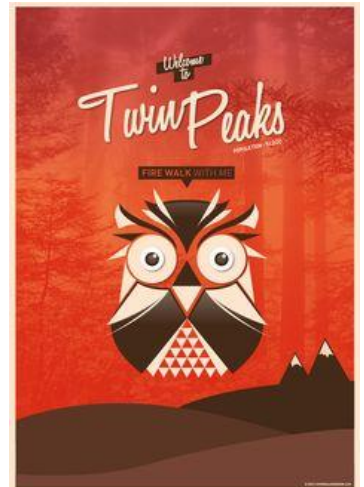
Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832

**Lunch Bunch**

Wednesday, June 8, 11:30 AM  
El Toreador Restaurant  
50 West Portal Ave.

**Neighborhood Movie and Discussion over Tea**

Thursday, June 23  
Contact Elaine for Details



## JUNE RECURRING EVENTS

### LONGEVITY EXPLORER CIRCLE



**First Tuesday of the Month, June 7, 2:00 PM – 3:30 PM**  
**Note: the circle will not meet in July and August for summer break**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**

Join an intimate group of your peers to discuss new and emerging solutions to the challenges of growing older.

- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.

Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.

### PLAYREADING GROUP

**Thursday, June 9, 4:00 PM – 6:00 PM**  
**Telegraph Landing Club Room, 150 Lombard**  
**RSVP to Midge Fox at [midgefox@comcast.net](mailto:midgefox@comcast.net) or (415) 984-0613**



The Playreading Group will read and discuss John Osborne's *A Bond Honored* from *Plays in One Act*, edited by Daniel Halpern.

### AGING WELL WITH MEDITATION



**Wednesdays, June 8 and 22, 11:30 AM – 12:30 PM**  
**Sequoia Room, IOA, 3575 Geary Blvd.**  
**RSVP to [info@sfvillage.org](mailto:info@sfvillage.org) or (415) 387-1375**

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.



## FILM GROUP

**Wednesday, June 15, 3:00 PM**  
**3927 Washington St.**  
**RSVP to Ralph Beren at (415) 929-8309**

The film group will watch the hilarious film *The Russians are Coming...* with an all-star cast including Alan Arkin, Jonathan Winters, Eva Marie Saint, among others. It's the story of a Russian submarine that accidentally lands in a New England town and the consequences that ensue.



## DISCUSSION GROUP



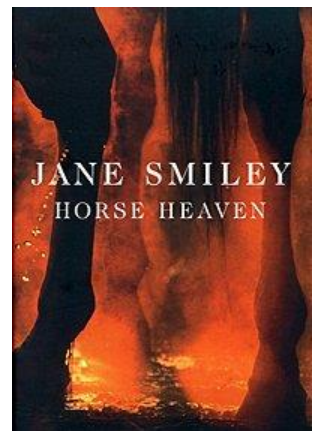
**Friday, June 24, 3:00 PM**  
**Eva's home (Contact SFV for address information)**  
**RSVP to Eva at (415) 563-7519 or [eva3auch@comcast.net](mailto:eva3auch@comcast.net)**

The group will meet at the home of Eva Auchincloss to discuss the results of the primaries. Regulars are not asked to RSVP but new members should email or call so that the group has an approximate headcount.

## BOOK GROUP

**Monday, June 27, 4:00 PM**  
**RSVP to Susie Zacharias at (415) 913-7138 or [orsusiez11@gmail.com](mailto:orsusiez11@gmail.com)**  
**Contact SFV for address information**

The book group will read and discuss Jane Smiley's *Horse Heaven*, about the mysterious universe of horse racing like never told before.



## SAVE THE DATE!!!

### TALK TO ME: Conversations That Matter



**Thursday, July 14, 7:00 PM – 8:30 PM**  
**Genentech Auditorium**  
**UCSF Mission Bay, 600 16th St.**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**  
**Members and volunteers are invited to bring guests**

San Francisco Village and the Optimizing Aging Collaborative at UCSF invite you to learn about conversations across generations that matter.

Whether you're an older parent or the adult daughter or son who loves them, we all seem to struggle with the barriers that prevent meaningful conversations about planning for the future: changes in health condition, end-of-life care options, advance health care directives, financial plans, ethical wills and what is, as yet, unspoken.

We will explore what gets in the way of meaningful conversations and offer practical suggestions for changing the dynamics. Our distinguished panel of speakers includes:

- **Dr. Patrick Arbore**, Founder of the Friendship Line at the Institute on Aging
- **Sarah Hooper**, Executive Director of UCSF/UC Hastings Consortium on Law, Science & Health Policy
- **Eric Widera**, M.D., Associate Professor of Clinical Medicine, Division of Geriatrics, UCSF
- **Stefanie Elkins**, CA Medical Outreach Manager for Compassion and Choices

Parking is available at 1625 Owens Street, located next to the Mission Bay Community Center and 1835 Owens Street, located across from the Mission Bay Hospital. The campus can also be easily reached by public transportation. The MUNI T-Third Street train line has a stop at Mission Bay and the #22 and #55, bus lines stop only a few blocks away.

## VICTORIAN HOME WALKING TOUR

**Tuesday, July 19, 10:30 AM – 1:00 PM**  
**Meet at Queen Anne Hotel, 1590 Sutter St.**  
**RSVP (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Come and experience a wonderful journey and fascinating insight into the Victorians of Pacific Heights and Cow Hollow. Marilyn Straka, SF Village member, long-time Pacific Heights resident and owner of *On the Level Walking Tours*, will be leading this tour. Starting at the beautiful Queen Anne Hotel, we will then stroll past more 100 beautifully restored Victorian homes and mansions. If you've never really taken the time to explore this area, you are in for a treat, hearing stories from Marilyn and taking in the grand and diverse architecture of one San Francisco's finest neighborhoods. The tour finishes at Pierce and Union Streets. where there are many lunch options.



The walk is easy, mostly level with only one slight uphill stretch. There are three downhill blocks on the route, and we will be traveling about 18 blocks total. There are convenient options to make the walk shorter. Since the starting point and finish location are not close together, riding Muni would be advisable. The Queen Anne is on the corner of Octavia and Sutter Streets. From Downtown, the #3 Jackson and #2 Sutter Muni stop right across the street. At the end of the tour the #45 Union Street Muni can take you back to Van Ness or downtown. If you drive, the Queen Anne Hotel offers inexpensive hourly parking (go inside to pay and get location).

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