



### TAKE ADVANTAGE OF OUR NETWORK!

One of the primary benefits of your SFV membership is having access to a broad network of professionals that can help you solve a problem or provide a needed service. We maintain a data base of vetted service providers for a wide variety of requests, some of whom offer a discount. Examples include:



- Home maintenance professionals: plumbers, painters, contractors
- Handymen
- Home organizers and downsizing specialists
- Meal preparation and delivery
- Home health care agencies
- Geriatric care managers
- Legal and financial experts
- Health and wellness specialists: physical therapy, yoga, massage, vision and hearing, patient advocates, meditation, physicians, dentists who make house calls, insurance counselling
- Emergency response systems
- Technology trainers and troubleshooters

### IN THIS ISSUE

1. SFV Network
2. TLC Luncheon
3. State of the Village Recap
4. Transportation Options
5. In Memory
6. At the Movies
7. Cultural Outings
8. Member to Member
9. Neighborhood Circles
10. Art of Aging Gracefully
11. Rowuena Lao
12. Volunteer Training
13. March Events
14. March Weekly Events

### WELCOME NEW MEMBERS--February

Gene Graham  
 Kathy O'Loughlin  
 Elaine Park  
 Fred Park  
 Judith Sandoval  
 Sylvia Saunders

### CONTRIBUTORS

#### Editor

Kate Hoepke  
 Keyatta Shade

#### Content

Kate Hoepke  
 Rachel Lanzerotti  
 Keyatta Shade  
 Ralph Beren  
 Eva Auchincloss

Since SFV launched 5 years ago, the data base of individual providers has undergone changes and so have the categories. Some enterprises have gone out of business; others have only recently been discovered. We rely on your feedback to let us know who gets five stars for service and who gets one. In compiling the data base, we've made certain assumptions about what you might want or need and so we think it covers the basics. Every month we receive requests that require us to do new research to help a member with their unique situation: a coin collection appraiser, an arborist, a hair stylist who makes house calls, a pet B&B. Our invitation to you is to use SF Village as a portal: a place to get information and referrals to professionals or volunteers who can help you save time, solve a problem, and stay independent in your own home.

Our corps of volunteers, which includes 120 members and 75 non-members, responds to dozens of requests every month. The most frequent requests are for transportation, technology support, companionship, errands, and small jobs around the house. Our volunteers describe the sense of satisfaction and community they enjoy through their SFV connections. So, please don't hesitate to call us with a request, a question, a quandary big or small. We're here to help!

### **TLC LUNCHEON SAVE THE DATE!**

The second annual *Transforming Lives and Community Luncheon* is scheduled for Thursday May 22, 2014 at the Four Seasons Hotel. Please join us in honoring two individuals who have made extraordinary contributions to their community throughout their lives and continue to do so as they age. Belva Davis and Henry Safrit, MD are truly deserving of this recognition.



Ms. Davis is well known for her impressive and groundbreaking career as a journalist in California. For nineteen years she hosted KQED's *This Week in Northern California*. Since retiring Ms. Davis has written a book called *Never in My Wildest Dreams*. Commenting on the book, Gloria Steinem said "Belva Davis has lived this country's history as only a brave black woman could and has witnessed it as a journalist with a world-class head and heart."

Dr. Henry Safrit, an accomplished San Francisco endocrinologist, is highly regarded for establishing the *Meritus College Fund* which awards scholarships to high school students who often fall below the cutoff for other financial award programs. In 2008, Dr. Safrit started *SF Achievers*, which focuses specifically on supporting young African-American males who are striving for success.

The luncheon promises to be an inspiring afternoon. We hope you can be there!

## THE STATE OF THE VILLAGE MEETING RECAP

Many of you completed the SF Village member survey in December that asked about your interest in programs, classes and member benefits. At the State of the Village gathering in February, we presented key findings from the survey that will inform 2014 planning. Most notable is that 70% of members who responded said they would utilize neighborhood circles as a member benefit, and another 70% of respondents said that activities located in their neighborhood would encourage them to participate more in Village events. Clearly, we want the Village in our neighborhoods!



In response to this strong interest in local membership activities, the State of the Village meeting focused on neighborhood circles. We discussed these questions: What do you imagine a neighborhood circle could add to your quality of life? What support, talents or ideas would you be willing to offer a neighborhood circle?

What we heard back is that meeting other members who live nearby would create a sense of community and connection, expanding networks of friendship and support. Also, we confirmed once again that Village members are a talented bunch and have much to offer each other as fellow travelers. In 2014, SF Village will continue to develop leadership and build infrastructure for membership circles in your neighborhoods. If you weren't able to attend the State of the Village and you want to weigh in on the discussion questions about neighborhood circles, you can email [rachel@sfvillage.org](mailto:rachel@sfvillage.org) with your reflections.

Lastly, we're pleased to announce that SF Village member Chet Roaman is the winner of the member survey drawing for a \$100 gift card to the Old Skool Cafe, a youth-run supper club featured on CNN: [www.oldskoolcafe.org](http://www.oldskoolcafe.org) Congratulations, Chet! And thank you to all members who returned the survey.

## TRANSPORTATION OPTIONS PANEL

Save the Date: Wednesday April 9, 3:00 - 5:00 PM  
Transportation Options Presentation & Discussion  
Auditorium, Institute on Aging



Many of us find new challenges with getting around the City as we age. Traveling to medical appointments, going grocery shopping, and attending social events require that we understand our transportation options. Our expert panelists from SFMTA and Lift Hero will help us navigate through topics that include ride sharing, SFMTA Paratransit, and deciding whether to give up the car keys.

All members and guests welcome. Wednesday April 9 in the Institute on Aging's Auditorium at 3575 Geary Blvd from 3:00 - 5:00 PM. Please RSVP to [Info@sfvillage.org](mailto:Info@sfvillage.org) or **(415) 387-1375** for more information. If you need a ride to this event, please RSVP by April 1.

## IN MEMORY

Leslie Kessler, member of the SF Village Board of Directors, passed away February 18, 2014 from complications due to leukemia. She was 56 years old.

Leslie was a strategic marketing consultant who generously donated her time and talent to the Village strategic planning process in 2010/11 and refreshing the website in 2012. She was thoughtful, caring, funny and loved by many. SFV founder Mary Moore Gaines said, "She had a beautiful creative spirit and the energy and drive to make her ideas real. What a gift she was to SFV and to all of us who knew her."



Gayle Geary, former SFV Board Chair, said, "Leslie died as she lived, with a generous and caring spirit, filled with love for her numerous family members and friends. As a close personal friend, I will cherish all my hours spent with her. She brought joy and humor to every situation."

SF Village has made a donation to the Leukemia and Lymphoma Society in her honor.

## AT THE MOVIES with Ralph Beren

### LIKE FATHER, LIKE SON



This Japanese film provides much to ponder: the class system that exists in Japan, their traditional work ethic, and how children are raised in this cultural context. Director Hirokazu Kore-eda creates a two family story; each with its own values and views of how to live life. Ryota, a successful and rather cold workaholic, is the father of his only child, Keita. Keita, at age six, is growing up in a privileged family where his mother dotes on him while his father is often too

busy to play with him. There is tension in the family regarding how to raise the boy mainly due to Ryota's belief that his life is his work. Family comes second. The other family is very different. The father, Yukai, is good hearted, child-like and somewhat irresponsible, but his values lie with his heart. You even catch him taking a bath with his son, Ryusei, and enjoying every minute of it. Because he doesn't earn enough money on his own, his wife works too. A marked difference from Ryota's family structure.

Then the bomb drops. Each family has a boy who was born on the same day at the same hospital. The hospital makes a dreadful mistake by switching the babies at birth and each family has the others child. The drama takes hold when the families begin a series of meetings with each other. The fathers are at odds due to class differences and values. As the film progresses the two boys go to live temporarily with their blood parents but the question of where they should remain is never answered. The film leaves us with this ethical dilemma to grapple with ourselves.

## SF VILLAGE GROUP CULTURAL OUTINGS

A majority of members who responded to the recent member survey have expressed interest in Village-organized cultural outings such as theater, live performances, and group-led museum tours. We hear you! Please contact the Village office if you'd like to attend any of these upcoming events.



**SF Ballet:** A group of SF Village members will attend the SF Ballet's performance of Cinderella on the evening of Friday March 14. If you already have purchased a ticket, please contact [Key@sfvillage.org](mailto:Key@sfvillage.org) to arrange pick-up or to have it mailed to you. We have only one ticket left at the group rate (\$56) for one lucky person. Again, contact [Key@sfvillage.org](mailto:Key@sfvillage.org) if you're interested.

**Asian Art Museum:** On March 27, we have a private group tour for SF Village members of the world's first major art exhibition about yoga, *Yoga: The Art of Transformation*. This is a landmark exhibition of more than 130 rare and compelling artworks tracing yoga's historical transformation over the past 2,500 years. No cost to members, however space is limited. For more information:

[http://www.asianart.org/exhibitions\\_index/yoga](http://www.asianart.org/exhibitions_index/yoga)

Please RSVP for the tour by March 15 to [key@sfvillage.org](mailto:key@sfvillage.org)

**SF Jazz Center:** SF Village has group tickets to Regina Carter's new program *Southern Comfort* on Sunday May 4 at 4:00 PM

"Trading the West African kora for a slide guitar, Regina Carter has collected songs redolent of her father's roots in Alabama for a celebration of the joyous music that infused her early childhood. Since being awarded a 2006 MacArthur Foundation "Genius" Fellowship, Regina Carter began researching the African roots of the violin, which resulted in her acclaimed 2010 album *Reverse Thread*, an entrancing sojourn exploring compositions by artists from Kenya, Mali and Senegal. "...Carter is a knockout violinist who leads a knockout band." — *O Magazine*



Cost: \$50 per ticket. To join our SF Village group for the performance on May 4, please RSVP to [key@sfvillage.org](mailto:key@sfvillage.org) by March 21. You will need to pay (check or credit card) for your ticket(s) by March 31. Important: indicate if wheelchair access is needed by March 31. For more information on this performance:

<http://www.sfjazz.org/events/season2/may4-regina-carter>



### MEMBER TO MEMBER

**Stroll on the Beach.** SFV Member Helen Rubardt would like to invite Village members to join her and friends for a walk at Ocean Beach every Thursday at 11am. The group will meet at the Java Beach Café, 1396 La Playa St, at the end of the N Judah Line and begin walking around 11:15am. The group will walk on the wet sand closest to the beach as it has the most solid ground for secure footing. We will walk towards the Cliff House and then have a picnic on the beach before heading back. You will need to bring your own lunch. If you have any questions, please contact Helen at (415) 834-0224.

**Looking for a member to host a second Lunch Bunch.** Member Vera Fields would like to help coordinate a second lunch bunch in the coming months. Because interest is growing in the group and space is limited, we would like to identify another member who can host another lunch bunch on the opposite months from the first group. Vera will be happy to meet with you to help get you started. If interested, please contact Rachel Lanzerotti at (415) 387-1375 or [Rachel@sfvillage.org](mailto:Rachel@sfvillage.org).

**Jeanne Halpern and the SFV Walkers.** The first meeting of the SFV Walkers on Sunday March 9<sup>th</sup> has been postponed. We will let you know once the group resumes its activities.

### **NEIGHBORHOOD CIRCLES**

**94109.** The 94109 members will meet at the home of member Nina Van Rensselaer to view her ceramics and art collection. Members will bring a lunch to enjoy during the tour. Nina is a lifelong sculptor and ceramics artist. She earned her Master's degree from the UC Davis Art Department in the 1960's when, faculty and students included artists such as now famous Arneson, Thiebaud, Wile, deforest, Neri and others. This activity is limited to 94109 members as space is limited. Members should contact Bobby Rothman at (415) 345-9034 for more information.

### **ART OF AGING GRACEFULLY RESOURCE FAIR**



On Thursday April 10, SF Village will host a table at *The Art of Aging Gracefully Resource Fair*. Hosted by the Jewish Community Center of San Francisco and sponsored by UCSF Medical Center, the fair offers opportunities to engage with UCSF medical experts and representatives from local businesses and organizations who offer valuable resources to help you stay healthy and energized. Free seminar topics include: Sexual Health and the Aging Woman, How to NOT Have a Heart Attack, Sleep in a Society that Never Sleeps, An Evidenced-Based Look at Popular Dietary Supplements. At the JCCSF: 3200 California Street, Thursday April 10 9:30 am - 2:45 pm. Information: (415) 292-1200.

## Q&A WITH SFV NEW ADMINISTRATIVE ASSISTANT ROWUENA LAO



1. What grade are you in and what school do you attend?  
I am currently a senior at George Washington High School and a part of the Enterprise for High School Students Program.
2. What attracted you to the position at San Francisco Village?  
I was looking for a job so I could save up money for college. I became interested in what this organization did and decided that this was a job I would look forward to going to.
3. What are your hobbies/interests?  
I love playing tennis, going on hikes, and reading a good book.
4. What do you hope to gain from your time working at SF Village?  
I hope to gain new experiences working in a non-profit organization such as SF Village. I would also like to be able to apply the new skills learned from this position to my experience in college next year.
5. What are your plans after you graduate?  
I plan on attending a 4-year college majoring in either Environmental Science or Psychology.

## 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 March 22<sup>nd</sup> from 9:30 a.m. to 12:30 p.m.

Location: IOA, 3575 Geary Blvd

If you are interested in attending, please contact Volunteer & Member Manager, Keyatta Shade at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org).



## MARCH EVENTS

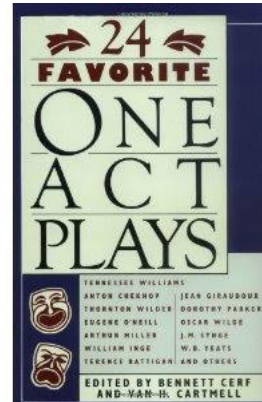
### Play Reading Group II

Tuesday March 4<sup>th</sup> at 4:00 p.m.

The Play Reading Group will read and discuss *In the Shadow of the Glen* and time permitting, *A Marriage Proposal*, both from *21 Favorite One-Act Plays*, edited by Bennett Cerf.

Location: Club Room at 150 Lombard Street. The location is wheelchair accessible.

Contact: RSVP to Martha Nell Beatty at (415) 921-1415 or [marthanellebeatty@hotmail.com](mailto:marthanellebeatty@hotmail.com).



### Lunch Bunch

Wednesday March 12<sup>th</sup> at noon

The Lunch Bunch will meet at Troya Restaurant. Important to note that your lunch will need to be paid in cash and that the restaurant will provide separate checks.

Location: Troya, 379 Clement Street, corner of 5<sup>th</sup> Avenue (415) 563-1000

Contact: RSVP to Vera Fields at (415) or . Space is limited to the first eight people to respond.

### Movie Group

Wednesday March 19<sup>th</sup> from 4:00 p.m. to 6:00 p.m.

The movie group will watch the classic film, *The African Queen*, an Oscar winning movie pairing two unlikely stars Humphrey Bogart and Katherine Hepburn, who through necessity set out on a wild trip together in Africa. Quite the adventure!

Location: Vera Field's home (Contact SFV for address information)

Contact: RSVP to Vera at (415) 567-8991



## **Discussion Group**

Friday March 21<sup>st</sup> at 3:00 p.m.

The Discussion Group will meet and discuss *The Future of Jobs in America*: the changing outlook of the job picture, the loss of manual manufacturing jobs, job training or lack thereof, the jobs of the future, and what it will take to get them, job mobility etc. Everyone is urged to watch out for interesting stories related to the jobs picture and pass them around or bring information with them. There is an interesting article in the January 18th issue of the Economist on *The Future of Jobs*.

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

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

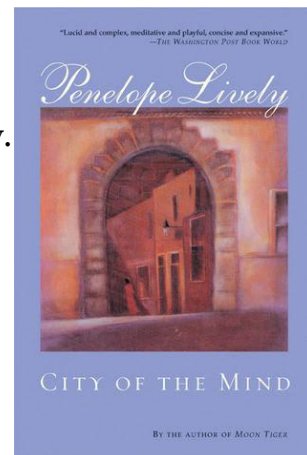
## **Book Group**

Monday March 24<sup>th</sup> at 10:00 a.m.

The Book Group will read *City of the Mind* by Penelope Lively.

Location: Jean Lacy's Home (Contact SFV for address information)

Contact: RSVP to Jean at (415) 922-6517 or [jlacysf@pacbell.net](mailto:jlacysf@pacbell.net)



## **Mentoring Exchange Program**

Wednesday March 26<sup>th</sup> at 10:00 a.m.

SFV members will meet with 9<sup>th</sup> graders from City Arts & Technology High School one-on-one so that the students can gain perspective on your career paths. In exchange for your wisdom, students will offer technology assistance with smart phones and tablets so please bring them along! Members who volunteered will be contacted the week of this event.

Location: IOA Auditorium, 3575 Geary Blvd

Contact: For more information contact Key at (415) 387-1375 or [Key@sfvillage.org](mailto:Key@sfvillage.org).

## **MARCH WEEKLY EVENTS**

### **Friday Meditation Group for Seniors**

Fridays at 11:00 a.m. to noon

SF Village members are invited to join an ongoing, weekly drop-in meditation group for seniors with David Lewis at the Sequoias SF. Beginners are welcome. 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.



Location: Sequoias San Francisco, 1400 Geary Street. Enter from either Geary or Post.

Contact: For more information contact Rachel at [Rachel@sfvillage.org](mailto:Rachel@sfvillage.org). No RSVP needed as this is a drop-in group.

### **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](mailto: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](mailto: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](http://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.***