



SIX TIPS TO HELP YOU BUILD AN AMAZING INTERGENERATIONAL FRIENDSHIP!



One of the great benefits of aging in community is the opportunity to interact with people of all ages: neighbors,

volunteers, merchants, students and many others. Our sense of belonging to the same community is enlivened when we spend time together learning about what we have in common as well as the experiences that make us unique. Like all relationships, intergenerational ones need to be nourished with time, attention, and commitment.

Next Avenue, a website dedicated to grown-ups' continued growth, published an article by author Gail Rosenbloom introducing us to a friendship between 88-year-old Penny Jacobs and 54-year-old Erik Wardenaar. The unlikely duo met while ice-skating and came to "appreciate the beauty of a multi-generational relationship." Their story inspired these six tips to help you build an amazing intergenerational friendship that can be applied at any age.

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New Members in April:

Barbara Albert
Carol Ashworth
Francine Bondell
Sheila Simon
Marilyn Straka
John Vaillancourt

1. **Go where fun people are.** Join a community choir. Sign up for a wine club. Become your neighborhood's block leader. You'll likely meet people of all ages with shared passions. Penny met Erik by simply walking up to him as he shoveled out a skating oval.
2. **Look around your office, place of worship or gathering spot with fresh eyes.** Have you been avoiding conversations with certain co-workers or people in your congregation because you think they're too young or too old? Invite them to lunch or for coffee and prove yourself wrong. You might find your best friend there, or at least someone with whom you have lots in common.
3. **Seek opportunities to mentor and be mentored.** Tapping into your stories of wisdom is a gift for your mentee and gratifying for you. Penny loves sharing her home, friends and life experiences with Erik. But she also enjoys learning about Erik's home country and his unusual work at the university.
4. **Embrace differences, don't fret about them.** Penny knows that she'll never skate as fast as Erik. Who cares? They're both out on the ice doing what they love. Erik admires Penny's political activism and her desire to keep learning new things.
5. **Include your family in the fun.** Share your friends with your kids. This is a great way to celebrate and normalize intergenerational friendships and encourage the development of many more.
6. **Get rid of the kids table during holiday gatherings.** Or better, go sit at it.

Read Penny and Erik's story at:

<http://www.nextavenue.org/article/2015-03/how-build-amazing-intergenerational-friendship>

TRANSFORMING LIVES & COMMUNITY LUNCHEON



Friday May 8th 11:30 AM to 1:30 PM
Four Seasons Hotel, 757 Market Street
For ticket information, call (415) 387-1375

Please join us Friday May 8th at the Four Seasons in San Francisco as we honor two remarkable women who have made a significant difference in the lives of San Franciscans and beyond, Roselyne "Cissie"

Swig and Toni Rembe. In conversation with Belva Davis, the afternoon promises to inspire and remind us of what is possible at any age.

Please contact SF Village to purchase your ticket today! We look forward to seeing you there!

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

A workshop presented by the Alzheimer's Association

Thursday May 14, 1:00 - 2:00 PM
Sequoia Room, Institute on Aging
3575 Geary Blvd
RSVP to info@sfvillage.org or (415) 387-1375



The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. The sooner a diagnosis is made, the sooner interventions can begin. Early detection gives you a chance to plan for the future, to build a support system, begin drug therapy, and enroll in clinical studies. Attend this workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America.

At the workshop, you will learn:

- How to tell the difference between Alzheimer's and typical aging
- Steps to take if you recognize a warning sign in yourself or someone you know
- The process to receiving an Alzheimer's diagnosis
- Ways to connect with local resources

DAZZLING DAMES OF BROADWAY: JULIE ANDREWS!



Celebrating the 50th Anniversary of the film "The Sound of Music" and its star, Julie Andrews

Wednesday, May 20th 10:30 AM - 12:30 PM
Auditorium, Institute on Aging, 3575 Geary Blvd
RSVP to info@sfvillage.org or (415) 387-1375

Julie Andrews is one of those rare Broadway stars who had an equally successful career in films. Born in Great Britain to a vaudeville family, she made her Broadway debut in 1954, at the age of 20 in *The Boyfriend*. She achieved stardom on Broadway in two legendary Lerner and Lowe musicals, *My Fair Lady* and *Camelot*. Although she was bypassed for the film version of *My Fair Lady*, she won an Academy Award for her very first movie, *Mary Poppins*, and then starred in the most successful film version of a stage musical in history, *The Sound of Music*. In this lively lecture you'll learn all about the personal and professional life of this Broadway and Hollywood legend and see rare film and video clips of her

performances throughout her career.

Instructor and SF Village member Bonnie Weiss, M.A. is a seasoned theatre educator and writer. She teaches musical theatre appreciation at local universities, OLLI, Road Scholar Elder Hostels, and professional groups throughout California. She has taught at S.F. Conservatory of Music, U.C. Berkeley Extension and the Colleges of Marin and San Mateo. She writes for The Sondheim Review and Stage Directions.

CLEAR OUT CLUTTER & GET ORGANIZED

Late-Spring Cleaning Workshop
Wednesday May 27th, 10:00 - 11:30 AM
Ponderosa Room, Institute on Aging
3575 Geary Blvd.
RSVP to info@sfvillage.org or (415) 387-1375



It's time to get organized, clear out the clutter, simplify, and plan how to use your space more efficiently. Is it your closets, the garage, a spare room, your desk or work space that needs to be organized? This workshop will give you the tools and resources you need to begin to de-clutter those areas of your house that you have been thinking about clearing out, and get more organized.

Led by Ashby Village member Jean Goldman, a professional organizer and move manager who specializes in services for older adults and their families who face the physical and emotional demands of downsizing, relocating, or modifying their home or living situations.



FALLS PREVENTION & HOME SAFETY PROGRAM

As your partner in active aging, San Francisco Village is committed to helping you remain independent and safe in your own home. As we age, our risk of falling increases. Falls and the injuries associated with them can significantly limit our ability to remain self-sufficient.

Modification of our homes to support our ability to age in place is an essential aspect of falls prevention and home safety.

We invite you to request a complimentary Home Visit in order to identify modifications that can increase safety and reduce the risk of falling at home. You will receive a report with personalized recommendations. The recommendations may include items such as installation of grab bars or hand railings, door handles, proper lighting, or simply removing tripping hazards like area rugs.

If you are interested in a free home safety assessment please contact Rachel Lanzerotti at (415) 387-1375 or Rachel@sfvillage.org.

HEARING EDUCATION AND REHABILITATION: INTRODUCTION TO HEARING LOSS

Tuesdays May 5th, 12th, 26th, & 29th 12:30 - 2:00 PM
Community Lab at the Hearing & Speech Center
1234 Divisadero Street
Enroll by calling (415) 921-7658. Space is limited.



Join us for HEAR U, a series of four classes, provided by audiologists at the Hearing and Speech Center.

Even with a well-fit hearing aid, communication can still present a problem for many hard of hearing individuals. We strongly encourage you to come to HEAR U for information about hearing health and ways to better utilize hearing aids.

Hear U-101 Session Information:

1. Introduction to Audiology/Hearing Aids
2. Introduction to Amplification/Troubleshooting hearing aids
3. Assistive Technologies/Hearing Aid Accessories
4. What else can I do? (Communication strategies, auditory training)

MENTORING EXCHANGE EXHIBITION NIGHT- SERVICE LEARNING EXPERIENCE



Thursday May 28th 6:00 - 7:30 PM
City Arts & Technology High School
325 La Grande Avenue
RSVP to Erica Magnusson at
emagnusson@es-cat.org. Or Key at (415) 387-1375

All SFV members who participated in the Mentoring Exchange since last fall are cordially invited to attend City Arts and Technology Exhibition Night- Service Learning Experience.

Students will be showcasing documentary films that capture the answer to the question, "*How do I empower change in my community?*"

VOLUNTEER OF THE MONTH- Seana Canavan

Our Village community suffered a horrible loss with the passing of one of our young volunteers, Seana Canavan, who died after being struck by a vehicle while crossing the street. Seana was a vibrant student at International High School and a passionate athlete with ambitious plans for her future. She enjoyed playing volleyball and spending time with her friends and family.



Seana recently joined the Village family as a student volunteer assisting our members with technology in our Teen Tech Elder Program. SFV member, Lucy Marton, had the opportunity to work with Seana and was very impressed with her. The personal touch Seana brought to the training was something Lucy appreciated, considering her young age. “I enjoyed chatting with her towards the end of our training about school and her future plans,” Lucy said. “She was a very talented young lady and a hard worker. She was so full of life and potential.”

San Francisco Village honors Seana posthumously with this month’s Volunteer of the Month recognition.

VILLAGE VOLUNTEER TRAINING with Keyatta Shade



Saturday May 23rd 10:00 AM - 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.

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

MEMBER TO MEMBER

LGBT Social Circle-Ken Prag

SFV Member Ken Prag will host the first LGBT Social Circle at the home of Michael Haines on Wednesday May 6th at 2:00 PM. We'll have an informal get together to become better acquainted and discuss future activities. Please contact Ken Prag to RSVP or for address information at (415) 586-9386 or kprag@planeteria.net.



TREK & TALK-Linda Lewin

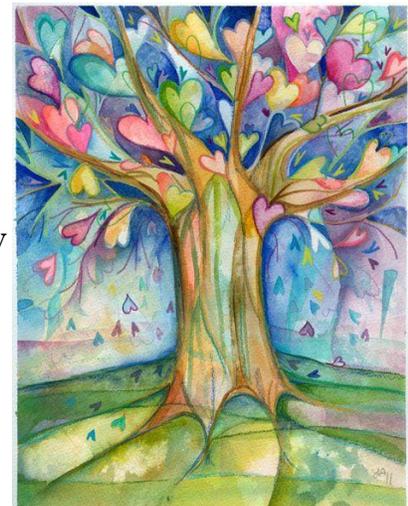
Join us on a one-hour walk and talk in Golden Gate Park with SFV member Linda Lewin. Tentative schedule: Thurs., May 7th at 1:30 PM we will meet at Boathouse in Stowe Lake, walk around lake. On Wednesday May 20th at 1:30 PM we will meet at Conservatory of Flowers ticket kiosk, walk to and around Rose Garden and back to de Young Museum area. Optional: have tea in Tea Garden, visit museum. Linda Lewin will send out announcements when finalized. To get on the list please contact her at 168storyspinner@gmail.com or (415) 386-0156.

NEIGHBORHOOD CIRCLES

94102—The Art of Giving Thanks

Please join us to continue exploring the art of giving thanks every day, using reflections and practices from internationally respected cultural anthropologist Angeles Arrien's book *Living in Gratitude*. On Monday May 11, we'll meet at Books Inc. at Opera Plaza, 601 Van Ness Avenue, from 2 p.m. to 3 p.m.

The May topic is *The Gift of Grace*. How are grace and gratitude intertwined? How does the gift of silence give us the opportunity to experience grace and ease in our life?



Open to all SF Village members, but space is limited. E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416.

94121 Richmond Circle

Join us for a road trip on Friday, May 22nd at 10:00 AM to Pt. Reyes Station and Bear Valley for lunch, walking, and exploring. Please RSVP to Maeve Metzger at (415) 379-8921 or e-mail at maeve@vom.com for details and to discuss carpooling.

94123 & 94115 Woodside Outing

On Tuesday, June 2nd the 94123 & 94115 circle is invited to Jean Phleger's Woodside home for a walk in the woods starting at 11AM followed by a picnic lunch. Bring your own bag lunch and we'll supply the drinks. Please contact Eva Auchincloss at (415) 563-7519 or evagauch@comcast.net for details and to discuss carpooling.

Sunset Neighborhood Wine & Cheese Social

SFV Members David and Lynn Nelson invite members from the Sunset neighborhood to their home for a wine and cheese social. Please bring your ideas and suggestions for future neighborhood activities so we can discuss ways to create an engaging, dynamic group! This event will take place on Tuesday, May 27th from 4:00-5:30pm. To RSVP, please contact the Nelsons' at (415) 681-7117 or the SF Village office at (415) 387-1375. Refreshments provided.



West of Twin Peaks Circle
RSVP to Elaine Mannon for all
WTP events at (415) 469-9832

Movie Group

Wednesday, May 6th

Matinee-Stonestown Theatre, 501 Buckingham Way – in back of Macy's – Lots of parking. Details to follow, once we know what movie is showing

Movie Discussion following the film-

With Movie Critic, Toni Illick

Home of Elaine Mannon, 295 Urbano Drive

Book Group

Wednesday, May 13th 1:00 - 2:30 PM

Being Mortal by Atul Gawande: In a personal meditation on how we can better live with age-related frailty, serious illness, and approaching death, Gawande asserts that medicine can comfort and enhance, providing not only a good life but a good end. Home of Elaine Mannon, 295 Urbano Drive

John-Paul Contador of the Urban Farmer's Store

Friday May 22nd from 1:00 PM to 2:00 PM. John-Paul Contador, a representative from the Urban Farmer Store will discuss effective drought landscaping and irrigation methods. Informational pamphlets and resources will be provided. **All SF Village members are invited to attend.** St. Francis Episcopal Church, 399 San Fernando Way at Ocean Avenue.

Lunch Bunch

Wednesday, May 27th at noon
Clay Oven, 385 West Portal Avenue
RSVP: Elaine Mannon

SAVE THE DATES

Falls Prevention Event: Chair Yoga for Strength and Balance June 23rd at 10:00 AM

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.



Should I Stay or Should I Go Panel Presentation Panel Presentation June 25th at 3:00 PM

How do we navigate the transitions that accompany aging when it comes to our real estate? If you're a homeowner, or if you have investment properties, it's a good idea to think ahead.

We'll review topics to consider as part of your five-year-plan, including market trends, aging-in-place, other housing options, estate planning, financing, taxes, organizing, decluttering, and little-known scenarios that benefit elders and their families. There will be a generous amount of time reserved for your questions.

MAY EVENTS

Meditation Group Tuesdays May 12th & 26th 11:00 AM - 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 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.



Location: Ponderosa Room, 3575 Geary Blvd
Contact: RSVP to (415)387-1375 or rachel@sfvillage.org

Exploring Elderhood
Tuesday May 12th & 26th noon - 1:30 PM

The focus of this group is to 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! All are welcome and encouraged to attend.

Location: Ponderosa Room, 3575 Geary Blvd.
Contact: RSVP to (415) 387-1375 or info@sfvillage.org. For more information contact Bill Haskell at (415) 661-2670 or bhaskell@sonic.net, or Mary Moore Gaines at (415) 387-7774 or mmg@sonic.net.

Writers Workshop
Wednesdays May 13th & 27th 3:30 - 5:00 PM

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.

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.

Location: IOA Board Room, 2nd Floor
Contact: RSVP to Info@sfvillage.org or (415) 387-1375

PlayReading Group I
Wednesday May 13th 4:00 - 6:00 PM

The Village playreading group that started in January 2009 would like to welcome a few more members to our lively group. Space is limited and we are looking for members to join us on an ongoing basis.

Location: Tom Benet's home (contact SFV for address)
Contact: RSVP to Key at (415) 387-1375



Play Reading Group II
Thursday May 14th 4:00 - 6:00 PM

The group will be reading *Unveiling*, the second in a trilogy by Václav Havel. This play can be found in *The Garden Party and Other Plays* available from Alibris.com or you can get a photo-copy of it from Midge Fox.

Location: Telegraph Landing Club Room, 150 Lombard
Contact: Midge Fox at (415) 984-0613

Discussion Group
Friday May 15th from 2:00 PM to 3:30 PM

The Discussion group will explore the question: *What will it take to reestablish a middle class in the US?* There are no specific readings tied to this discussion. Suggestions are welcomed. Everyone is welcome.



Location: Eva Auchincloss's home (contact SFV for address)
Contact: RSVP to Eva at (415) 563-7519 or eva3auch@comcast.net. If you have never been to Eva's home, you may contact her for exact directions.

The Lunch Bunch
Monday May 18th at 11:30 AM

The lunch bunch will dine at Garibaldi's Restaurant. Located in the heart of Pacific/Presidio Heights, Garibaldi's has been the quintessential San Francisco neighborhood restaurant for over 20 years.

Location: 347 Presidio Street between Clay & Sacramento Streets.
Contact: RSVP to Marci Fogg at (415) 821-6333 or mjfogg@hotmail.com

Film Group
Wednesday May 20th from 4:00 PM to 6:00 PM

The movie group will watch the brilliant adaptation of DH Lawrence's novel, *Women in Love*. It centers around the lives of two very different couples who live together for a while, and emphasizes class differences in England during the end of the 19th century. It is a Ken Russell movie which means both very colorful and some distortion of the novel. Glenda Jackson and Alan Bates are the two stars. Jackson won her first Academy Award for her brilliant portrayal.



Location: Barbara Hancock's home (contact SFV for address)
Contact: RSVP to Barbara at (415) 750-0865

The Book Group
Monday May 25th at 11:00 AM

The Book Group will read Graeme Simsion's *The Rosie Project*. "It's an utterly winning screwball comedy about a brilliant, emotionally challenged geneticist who's determined to find a suitable wife with the help of a carefully designed questionnaire, and the patently unsuitable woman who keeps distracting him from his search." –Heller McAlpin, NPR Books



Location: Margaret Johnson's home (contact SFV for address)
Contact: RSVP to Margaret at (415) 673-7130

MAY WEEKLY EVENTS

Yoga!

Thursdays from 9:00 AM to 10:30 AM

Yoga Levels 1-2 (some experience required) Cost for SF Village Members: donation only

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com, Website: <http://www.twinpeaksyoga.com>

Yoga! For Beginners!

Fridays from 10:00 AM to 11:15 AM

Anyone in good health who can manage stairs is welcome. No experience necessary.

Location: 120 St. Germain Avenue near Twin Peaks

Contact: Aurele Carlat at (415) 425-5086 or aurelecarlat@gmail.com, Website: <http://www.twinpeaksyoga.com>



Donate to Community Thrift Store and Support the Village at the Same Time!

San Francisco Village has a unique opportunity to receive cash donations from
Community Thrift Store

623 Valencia Street-SF 94110-Ph:[415-861-4910](tel: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 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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