



FROM THE EXECUTIVE DIRECTOR- KATE HOEPKE



Dear Members:

San Francisco Village was founded on the principle of reciprocity: I give as well as I receive. The gifts can take many forms: talent, time, love, participation, expertise, and financial support. In some ways, each of us is building our own karma bank, knowing that when the time comes to ask for help, we'll feel more inclined because for years we've been making a contribution.

As a non-profit organization, we rely on a combination of resources to make our Village work: membership fees, foundation grants, in-kind contributions, fundraising events, volunteers, and contributions from individual donors. Membership fees cover only about 25% of our operating budget, so these other forms of capital are critical to our success.

We thought it was time to introduce you to some of the individuals behind-the-scenes, who are shaping San Francisco Village with their commitment, generosity and know-how. Each month in the newsletter we will be sharing a story about someone who gives, and why they give. This month, you'll meet Ellen Sandler, a member since 2012, Vice President of the Board of Directors, Event Chair for the Transforming Lives and Community Luncheon, Village donor, and all-around spark plug!

This month we will be hosting our ***Fourth Annual Transforming Lives and Community Luncheon*** on May 10th, which is our primary fundraising activity. It's also an uplifting afternoon celebrating the contributions that older adults make to the City they love. This year, our Founders' Awards will be presented to Lewis Butler and Louise Renne, both of whom continue to shape the world around them in inspiring ways.

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New Members in April:

- Alan Blackman
- William Farnan
- Olive Shaughnessy
- Linda Grant
- Roland E. Holmes
- Edwin Ness
- Niels Nebel
- Ti-Ti Wang
- Serena Wong

If you're interested in attending the luncheon but don't feel you can afford the ticket, please contact the office. We've heard from several generous donors that they have seats available at their table and would love to welcome San Francisco Village members as their guests.

Ours is a community built on generosity.

Warm regards,
Kate

DID YOU KNOW?

SF Paratransit provides van and taxi services to people with disabilities, unable to independently use public transit due to a disability or disabling health condition. SF Paratransit provides complementary paratransit services for the SFMTA in accordance with the Americans with Disabilities Act (ADA).



SF Paratransit also provides premium paratransit services not required by the ADA: Paratransit Taxi, SFMTA Group Van, DAAS Group Van, DAAS Shopping Shuttle, and Shop-a-Round.

For more information, contact (415) 351-7000 or sfparatransit@sfparatransit.com

MAY EVENTS

Lunch With Provocative People



May 3 and May 17, 11:30 AM – 1:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to info@sfvillage.org or (415) 387-1375

Who would you like to have lunch with? We provide the people – you bring your lunch!

Tuesday, May 3rd: *One woman's courage and vision to raise awareness about the environment around us. "In nature nothing exists alone." Rachel Carson, marine biologist and conservationist.* Presented by Pat Snyder

Tuesday, May 17th: *Exploring the heart of healing to be more fully alive. Steven Levine, poet, author, and teacher best known for his work on death and dying through mediation, softening our hearts, and loving kindness.* Presented by Judy Jacobs

Richmond Community Health Festival

Saturday May 7th, 10:00 AM – 2:00 PM
Richmond Recreation Center
251 18th Avenue

You are invited to join the 2016 Richmond Community Health Festival, co-hosted by Supervisor Eric Mar and community partners, Kaiser Permanente, Richmond Area Multi-Services, Inc. (RAMS), Compassionate Community Care, and Self-Help for the Elderly. The purpose of this free health festival is to encourage a healthy lifestyle and provide access to resources that help meet the health needs of our diverse community. Attendees can benefit from a variety of activities such as health screenings, medication review, and access to various community-based organizations. We hope to encourage healthy living for an expected 1,000 participants and 100 volunteers.

Connections for Healthy Aging Workshops

Thursdays, May 12, 19, 26, and
June 2, 10:00 AM – 1:00 PM
(please attend all 4 sessions)
Fireside Room, St John's Church
25 Lake St. (at Arguello)
RSVP to (415) 387-1375 or info@sfvillage.org



We are thrilled to be partnering with the Community Living Campaign for a second time to offer a Connections for Healthy Aging Workshop, one of our most popular programs in 2015.

This four-session series is a great way for members to meet in a small group, explore common issues, prepare for health emergencies, strengthen their support network, and learn to advocate for one's self and others.

"I loved the class. We were presented with sensitive topics around dying, illness and aging by very warm, engaging and thoughtful presenters. A couple of examples -- my children now know exactly what I want at the end of my life and paramedics have all of my medical information in a packet on my refrigerator. They created an environment which encouraged sharing among the participants. I highly recommend the class." - Connie Yannacone, SFV member

Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors & other guests. Lunch is included. Please let us know if you have any dietary concerns.

Day of Service



**Saturday, May 14 from 10:00 AM – 4:00 PM
(two-hour shifts at your home)
Submit your list to Keyatta at (415) 387-1375
or Key@sfvillage.org no later than Friday, May 6
Participation is limited to 10 homes**

Looking to cross off those pesky items on your to-do list? Well, look no further. San Francisco Village volunteers are ready, willing and able to help you get things done on Saturday, May 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 either a morning or afternoon shift. A Village staff member will need to approve your list of home projects, which should fill a two-hour time slot.

This is a wonderful opportunity to create some intergenerational community, have some fun and get those nagging to-do lists completed!!

What's the Political Scoop!?! with John Rothmann

**Monday, May 16, 10:00 – 11:30 AM
Auditorium, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org
Guests are welcome**



What is happening in the political sphere? The media is saturated with information and there always seems to be more to sink your teeth into. Village members and their guests are invited to an engaging current events lecture with radio host and political analyst, John Rothmann.

John Rothmann is a radio talk show host on KGO 810 AM. He is a frequent lecturer on American politics and the Presidency, and has spoken at over 150 campuses throughout the United States, Canada, and Israel. He has been involved in many political campaigns on the national, state, and local levels. He has also published a wide range of articles on American political history, the Middle East, and education. His personal love is his 15,000-volume library - one of the finest private libraries in the country - specializing in American political history and political biographies.

Final Spring Mentoring Exchange

Wednesday, May 18 from 10:00 AM – noon
Congregation Emanu-El
2 Lake St. (corner of Arguello)
RSVP to Key at (415) 387-1375 or info@sfvillage.org

This program, in its third year, brings together Village members and 9th grade students from City Arts & Technology High School to engage in deep meaningful conversations about what matters in life. Members and students meet one-on-one so that the students can gain perspective on your career paths, life choices and much more. Members will also have the opportunity to get to know the students, asking questions about their families, goals and interests. Students may come prepared with a list of questions to help frame the conversation. At the end of each session, both students and members will have the opportunity to share what they have learned from the experience.



Member and Volunteer Spring Fling!



Sunday, May 22, 4:00 – 6:00 PM
The Red Victorian, 1665 Haight St.
RSVP to (415) 387-1375 or info@sfvillage.org

San Francisco Village invites you to join us for a delightful afternoon of conversation and community. There will be nibbles, drinks, music, and maybe a little dancing! Get to know your fellow members and the volunteers that help enrich this unique community. Hope to see you there!

San Francisco Botanical Garden Tour

Tuesday, May 24, 1:00 PM
Inside Main Gate: 9th Ave. and Lincoln Way
RSVP to (415) 387-1375 or info@sfvillage.org

Take in the bright blue wild lilac amidst a carpet of meadow-foam, iris, poppies and other amazing plants in the California Native Garden. Stroll through the brilliance of the Mediterranean habitats that flourish in our Bay Area climate. Don't miss this Village tour of the Botanical Garden, one of the most diverse gardens in the world.



PILOT STUDY OF MEDICATION SUPPORT SYSTEM

Often times we need help remembering to take our medications. Would you like to participate in a short pilot project aimed at developing a new medication support system? If you use a smartphone/tablet and take regular medication, your input is needed!

Two researchers and friends of San Francisco Village, Eric Beattie and Marymoore Patterson, will be conducting interviews to learn more about people's experience taking their prescription medication. In addition, there will be a short trial to test the medication support system that they are helping to develop with a local company called Appamark.

Participants will be given an honorarium for their involvement in the study and all information will be kept confidential. The data collected during this study will be anonymous and used solely for the purpose of making medication routines safer and easier.

If you're interested, please email marymooreanderic@gmail.com or call (415) 218-4191.

WHY I GIVE: IN MY OWN WORDS

Each month we will be sharing a story about someone who gives to San Francisco Village, and why they give. This month, we sat down with Ellen Sandler, San Francisco Village member, board vice president and donor, to learn more about her and why she contributes to our community.



Q: How did you get involved with San Francisco Village?

A: *I heard about San Francisco Village four or five years ago, when I was finishing my term as committee chair for Temple Emanu-El's Caring Community.*

I met Gayle Geary, former San Francisco Village board president, to find out more about how I could get involved. She invited me to join the board of directors, but before I did I wanted to become a member. Within a few months, I knew San Francisco Village was an organization that I wanted to help build, and assuming a leadership position would allow me to do that.

I met with the founding members – Eva Auchincloss, Mary Moore Gaines and Gladys Thacher – prior to formally joining the board and, wow, I was so impressed with them! Listening to them talk about what they were doing and the impact they wanted to have on the community was so meaningful.

San Francisco Village was a community I wanted to get involved with – so I jumped in and started doing a lot of things – I participated in outreach events, planned meetings, spoke to potential members, helped develop neighborhood circles, chaired the holiday party and took the lead planning our fundraising luncheon.

I also took it upon myself to welcome new members. I think it's important that when people join they feel like they are part of a community and don't just wonder what happens after they send in a check and are approved.

Q: Why do you give – both your time and money – to San Francisco Village? What does the organization mean to you?

A: *I want to be supportive because I'm very into the mission – the idea of villages, and what they represent for older adults, not just in San Francisco, but anywhere in the country, is a fabulous thing. I've never explained the village model to someone who said 'this is a terrible idea' – they all say 'oh my god, that's wonderful!'*

I'm very proud of what San Francisco Village has accomplished and believe that we are at the forefront of the Village Movement. There are so many things that inspire me: the breadth of our programming, our innovative approach to funding – securing municipal dollars is no small feat! – and my fellow members, we have so many interesting people in the village, and there is so much potential for leadership and engagement – we are San Francisco Village's best advocates after all!

Q: What are your hopes for the future of San Francisco Village?

A: *Of course I want us to grow and add more members to the village, but more importantly I want people to be aware of who we are and what we do. It'll be a great day when I mention San Francisco Village to someone and they respond with 'oh, of course I know them!'*

MEMBER TO MEMBER

The History Hub Marches On!

Discussion topics for the next meeting are still being finalized; check out the May mid-month E-Newsletter for details. We know it will be fun and fascinating.

All are welcome! The group will meet on Thursday, May 26 at 3 p.m.

For more information, contact Cosi Pavalko at (415) 564-2275 or cosiefabian@mindspring.com.

Brain Health Registry

The purpose of the Brain Health Registry is to promote healthy brain function through the prevention of brain diseases, brain disorders and brain injuries that affect brain function in adults.

Village member, Dr. Jeanne Powell, invites members to participate in an Alzheimer's research study that is being conducted by the Brain Health Registry. In order to qualify for the study, members cannot have an Alzheimer's diagnosis. Participants will be asked to take a few memory tests in-person, as well as online, and will be awarded \$80 for their time.

If you're interested in getting involved, please contact nvp@brainhealthregistry.org or call (415) 221-4810 ext 22824 and leave a message. In-person tests are conducted at the VA Medical Center on Clement St. (at 42nd Ave.).



NEIGHBORHOOD CIRCLES

94102

Please join the 94102 Circle on Wednesday, May 11th at Books Inc. at Opera Plaza, 601 Van Ness Ave., from 2 p.m. to 3 p.m. We'll explore the idea of thwarted expectations and the question "What do I feel is incomplete in my life at this moment?"



If you have a favorite book, poem, or essay that has given you insight, bring it to our table. Books Inc. staff are always available to suggest reading materials which might deepen our conversations.

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

94123 / 94115

SFV member Marilyn Straka will host a gathering of up to 15 people for drinks and snacks on Friday, May 6 from 5 to 7 PM on the deck of her apartment building: 2295 Vallejo St. Attendees may bring snacks or drinks to share, but please RSVP in advance to Eva Auchincloss at eva3auch@comcast.net or (415) 563-7519.

94131

The 94131 Circle will host its monthly social gathering on Saturday, May 7 from 2:30-4:30 PM in the clubhouse at 43 Ora Way. Key Shade from San Francisco Village will facilitate a discussion regarding the future of this circle. For more information or to RSVP, please contact Phyllis Lund at (415) 826-7826 or phyllisnsf@aol.com.

West of Twin Peaks Circle

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



Movie and Discussion over tea

Friday, May 27
Details to follow

Lunch Bunch

Tuesday, May 3
11:30 a.m.
Cypress Grill
Harding Park (Lake Merced Golf Course), 99 Harding Road (off of Skyline Blvd.)

MAY RECURRING EVENTS

Longevity Explorer Circle

First Tuesday of the Month – May 3, June 7 from 2:00 PM – 3:30 PM

Join an intimate group of your peers to discuss new & 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.



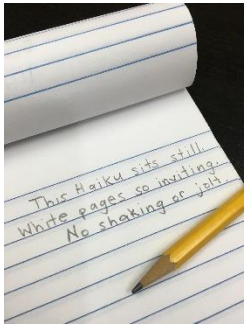
Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.

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

Location: Sequoia Room, IOA, 3575 Geary Blvd.

Poetry Group

Thursdays, May 5 and 12, June 2 and 16, 11:00 AM – 12:30 PM



Poetry allows us to connect with a deeper part of ourselves, and through this sharing we build intimacy and community. Join your fellow Village poetry enthusiasts as we give and receive feedback on our own work, share the work of writers we love, and use prompts to encourage our writing.

This member-led group is open to all. Poets at every level of experience are welcome. Just bring attentive ears, a willing mind, pencil and paper, and a desire to converse in a slightly different way. You can also bring a snack or lunch to eat as we write and talk.

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

Location: Ponderosa and Sequoia Rooms, IOA, 3575 Geary Blvd.

Aging Well with Meditation

Wednesdays, May 11 and 25, 11:30 AM – 12:30 PM

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 are welcome for these drop-in groups.

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?

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

Location: Sequoia Room, IOA, 3575 Geary Blvd.



One-Act Play Reading Group

Thursday, May 12 from 4:00 – 6:00 PM

The one-act play reading group will read *Tone Clusters* by Joyce Carol Oates from *Plays in One Act*, edited by Daniel Halpern.

Contact: RSVP to Midge Fox at (415) 984-0613 or midgefox@comcast.net

Location: Telegraph Landing Club Room, 150 Lombard St.

Lunch Bunch

Friday, May 13 at 11:30 AM

The Lunch Bunch will meet for a meal and conversation at the Magic Flute Restaurant in Laurel Heights.

Contact: RSVP to Marci Fogg at (415) 922-1225

Location: Magic Flute, 3673 Sacramento Street



Film Group

Wednesday, May 18 at 2:00 PM

The film group will watch and discuss *Dr. Zhivago*, the much acclaimed film that won several Oscars. The film takes us from pre-revolution Russia to the early heights of the Soviet Union and highlights a wonderful love story between a doctor and a nurse.

Contact: RSVP to Barbara Hancock at (415) 750-0865 or ladybekh@gmail.com

Location: Barbara's home (Contact SFV for address info)

Discussion Group

Friday, May 20 at 3:00 PM

The discussion group will discuss citizenship and several related questions. Should non-citizens who have lived here for x number of years vote in local elections? How can more citizens be persuaded to cast a ballot? Do lobbyists have a positive or negative effect on voting? What is the effect of media attention and celebrity opinion on voting? Do registered voters have a responsibility to cast a ballot? Any statistical or informed information regarding this topic is welcome.



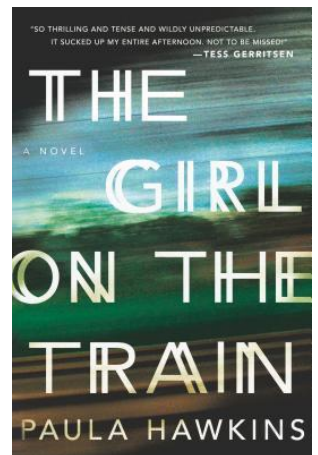
Contact: RSVP to Eva Auchincloss at eva3auch@comcast.net or (415) 563-7519
Location: Eva's home (Contact SFV for address info)

Book Group

Monday, May 23 at 4:00 PM

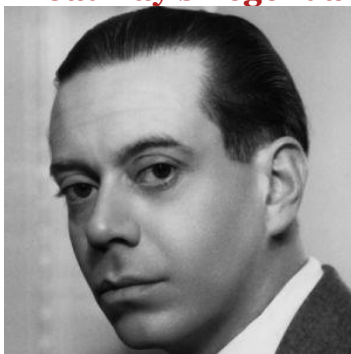
The book group will read and discuss Paula Hawkins' *The Girl on the Train*.

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



SAVE THE DATE!

Broadway's Legendary Composers: Cole Porter



Thursday, June 3, 3:00 – 5:00 PM
Telegraph Landing Club Room, 150 Lombard St.
RSVP by calling Florence (415) 982-1497 or by emailing Elaine at 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 20th century: *Begin the Beguine*, *Night and Day*, *Love for Sale*, *I Concentrate on You* and many others. In this presentation you'll see Mr. Porter 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 and cabaret producer. She teaches musical theatre appreciation at San Francisco State, U.C. Berkeley, Santa Clara, 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, June 8, June 22, July 13, July 27,
 Aug. 10, Aug. 24, 3:30 – 5 :00 PM
 Sequoia, IOA, 3575 Geary Blvd.
 RSVP (415) 387-1375 or info@sfvillage.org



Have you always wanted to write your memoir but didn't know where to start? Do you have 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 what emerges? If you answered “yes” to any of these questions, we invite you to join 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. A pen, a pad of paper and a wild imagination are 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*. Elaine, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco as well as San Francisco Village.

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

San Francisco Village has a unique opportunity to receive cash donations from
 Community Thrift Store
 623 Valencia Street-SF 94110-Ph:415-861-4910
www.communitythriftsf.org

Take your old but usable items to the store and provide the **SF Village code #122**. They will deduct their operating costs and give us the rest in cash. They welcome donations of clean clothing, jewelry and accessories, costumes, leather goods, shoes and boots that are still wearable, art and decorations, sports equipment, house wares, lamps, luggage and much more. For large amounts (over 20 bags of goods) they will pick up at your house.

If you are unable to take your things to the Thrift Store, please call the office to coordinate a pick-up time when we will collect your goods and drop them off for you.

This is a wonderful way to bring in funds that will help us improve our programs, offer reduced fee memberships and update our office systems to better serve our members. So, gather your usable goods and drop them off at Community Thrift. Be sure to mention

SF Village account # 122.

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