



**FROM THE EXECUTIVE
DIRECTOR-
Kate Hoepke**



Dear Members:

Last month Key and I attended the national Village to Village Gathering in Washington DC. Joining us was Susan Poor, one of our founders and a current board

member. The three of us met with people from all over the country who are committed to a similar vision for this growing social movement. We felt gratified to know that the questions we're asking about growth and impact are the same nationwide. In fact, we participated in a "visioning conversation" with about 25 of our colleagues to consider the broader picture and our shared future. Questions we discussed include:

- Why does the country need a Village Movement?
- How will our society be changed because the Village Movement is flourishing?
- As a national organization, what are the priorities we need to focus on?

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**WELCOME NEW
MEMBERS--October**

Judy Brady
Helen Embree
Linda Lewin
Carol Tufts
Diane Tufts
Judy Winn-Bell
Steve Hayashi

The result of our dialogue is a Vision statement that we are providing to the Board of Managers of the Village to Village Network to guide this next stage of development. In essence, the statement suggests that national leadership must educate, advocate and communicate the value that Villages bring to local communities in terms of public health, social capital, and middle-class solutions for a rapidly aging society. We want to get the attention of policy makers, business leaders and potential partners who can help the Village Movement thrive and therefore empower more people.

On the last day of the conference, Key, Susan and I joined with our colleagues for a *Capitol Hill Day*. The three of us met with staff people from the offices of Nancy Pelosi and Jackie Speier to educate them about San Francisco Village. We also asked their assistance in securing an invitation for national Village leadership to attend the 2015 White House Conference on Aging, which takes place every 10 years and makes policy recommendations to the president and Congress regarding aging-related issues. Some of our California colleagues had similar meetings with the staff of Senators Feinstein and Boxer.

This growing social movement, with more than 140 villages nationwide and another 100 in development, demonstrates the need for aging-friendly communities that support choice and interdependence at all ages. SF Village is strengthened by belonging to this larger effort and proud to be playing a role in advancing the movement to the next level.

Kind Regards,
Kate

DID YOU KNOW?

The Institute on Aging offers a 24-hour friendship line. The Friendship Line is the nation's only 24-hour toll-free hotline for older and disabled adults. Trained staff and volunteers make and receive calls to and from individuals who are either in crisis or just in need of a friend. You can get help from the friendship line by calling (415) 752-3778.



SF VILLAGE HOLIDAY PARTY & VOLUNTEER RECOGNITION

Wednesday December 10th 5:00 – 7:00 p.m.

Please RSVP to Key at key@sfvillage.org or (415) 387-1375

Details TBA

SFV will honor its many non-member volunteers who give so generously of themselves throughout the year to help build this unique intergenerational community of support. Live entertainment, food, wine and fellowship at the JCCSF.

GRIEF AND LOSS – A DISCUSSION

with Patrick Arbore

Thursday November 6th, 10:30 a.m. to noon

Ponderosa Room, Institute on Aging

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



The experience of grief and loss, though one of the most normal and natural events in life, is also one of its most challenging. The deaths of family members, friends, and pets can be an extremely painful experience whether the deaths were anticipated or not. Caring for loved ones who are dying as a result of dementia, cancer or other diseases can be traumatic as the person slips ever closer to death. Because of the universality of grief and mourning, we expect that people in our social networks will offer compassionate support to us in our bereavement. This empathic outreach, however, does not always occur and bereaved individuals feel more alone than at any other time in their lives.

Patrick Arbore, Ed.D., the Director and Founder Center for Elderly Suicide Prevention & Grief at the Institute on Aging, will oversee a discussion on: (a) our own losses and how to honor them; (b) what it means to grieve in today's society; (c) coping strategies; and (d) resources.

END-OF-LIFE CHOICES with

September Williams MD

November 6th and 20th, 1:00 – 3:00 p.m.

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

November 6th

Dr. Williams will show the film *When We Are Asked*, a 70-minute feature about end of life issues including race, class, culture, communication, advance



directives, pain and spirituality. It was developed to broaden understanding about end of life care for African Americans and those who serve African Americans. Over time, she has found that the film transcends race, class and culture and deals with universal themes. Dr. Williams will ask questions of the audience relevant to segments of the film to stimulate discussion.

November 20th

This session will include more detailed information about specific end of life issues. We will talk about the film Nebraska without screening it and how dementia changes what we thought we knew about end of life issues. Finally, participants will leave with a better understanding of the field of bioethics and the tools of autonomy: Informed Consent, POLST (Physicians Orders for Life Sustaining Treatment) and the Durable Power of Attorney for Health Care (DPOAH).

About September Williams

Dr. Williams is a bioethicist, writer and filmmaker whose 30-year clinical scope includes emergency, geriatric and palliative medicine. As a senior consultant in clinical medical ethics and communication she was part of the inaugural team opening the Tuskegee University Center for Bioethics in Research and Health Care. Retired from public medicine, Dr. Williams provides bioethics consultation through non-profit Ninth Month Consults: A Bioethics Consultation Practice based in the San Francisco Bay Area. <http://www.ninthmonthconsults.com/>

FINANCIAL LITERACY: Managing Your Money for the Long Term with Carrie Schwab-Pomerantz

Thursday November 13th 3:00 – 5:00
IOA Auditorium, 3575 Geary Blvd.
Please RSVP to key@sfvillage.org
or (415) 387-1375



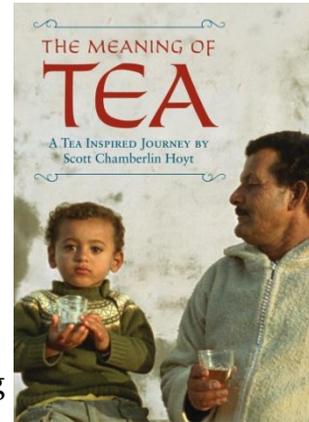
Please join us for a conversation with Carrie Schwab-Pomerantz, a Certified Financial Planner with more than 30 years' experience in the financial services industry. She is one of the nation's leading advocates for financial literacy. As President of Charles Schwab Foundation, she is devoted to making investing more accessible to the American public, encouraging men and women from all walks of life to take charge of their financial lives.

Carrie's latest book, *The Charles Schwab Guide to Finances After Fifty: Answers to Your Most Important Money Questions*, has earned accolades from major media outlets including the New York Times, USA Today, the Washington Post, Deepak Chopra's One World, and MarketWatch among many others.

Please invite your children and a friend in their 50's who will surely benefit from Carrie's message!

**THE MEANING OF TEA-
A Special Private Screening with Director Scott
Chamberlin Hoyt**

**Friday November 14th at 2:30p.m.
Hobart Building, 582 Market Street
RSVP at Info@sfvillage.org or (415) 387-1375
(space is limited)**



By special invitation, members of **San Francisco Village** are invited to attend a private screening of the award winning film, *The Meaning of Tea* at the Variety Preview Room in the Hobart Building. This 74 minute tea-inspired journey, travels from San Francisco to Northern India, to the mountains of Morocco, then on to Tea, South Dakota and Japan, and from Europe to Taiwan - subtitled in English.

In advance of the SF International Film Festival on Sunday, November 16th, there will be an introduction by the film's director, Scott Chamberlin Hoyt, followed by a tea tasting of highest quality, fresh teas. Please come 15 minutes early !!

The Variety Preview Room and Event Space is a private movie theater, meeting space and lounge owned and operated by Variety Children's Charity, a non-profit organization serving the needs of children throughout Northern California since 1947. Proceeds gained from the Variety Preview Room fund Variety's programs serving children challenged by physical and mental disabilities, poverty, abuse and neglect.



iPAD TIPS & TRICKS PART I

**Friday November 7th, 11:00 a.m. to 12:30 p.m.
Ponderosa Room, Institute on Aging
RSVP to (415) 387-1375 or Info@sfvillage.org
Class size is limited.**

SF Village volunteer Jim Clarke invites members who did not take the original iPad Tips & Tricks Part I class to join him this month. Bring your iPad and be ready to try hands-on ways of getting the most out of your device, including:

- Basic operating principles
- Updating operating system and apps
- Connecting to WiFi networks
- Reserving your battery
- How to use common apps

iPAD TIPS & TRICKS PART II

Wednesday November 12th from 11:30 a.m. to 1:00
Ponderosa Room, IOA
RSVP to (415) 387-1375 or Info@sfvillage.org

The iPad Part 2 class is designed to cover some of the advanced features of the iPad tablet. Users MUST have already completed the iPad Part 1 class (or its equivalent) prior to registering for this class. Also, anyone registering for this course MUST be running at least iOS 5 or higher on their iPad. Topics covered include - How to customize the look and feel of your iPad based on your own needs; How to use the App Store and iCloud to get more out of your iPad; How to use the Safari browser app, the iMessage app, the Contacts app, the Calendar app and the Reminder app. If time permits, there will be a discussion and demonstration of the FaceTime app as well.



STEPS TO MORE EASILY ASK FOR HELP AS WE AGE

Wednesday November 12th
from 3:00 p.m to 5:00 p.m.
Board Room, IOA, 3575 Geary Blvd
RSVP to (415) 387-1375 or Info@sfvillage.org

Please join us for this practical follow-up session to Beth Macleod's presentation on *Why is it so Difficult to Ask for Help?* Beth will guide the group to:

- Identify for yourself: What is changing, what has changed, what's new?
- Consider what arises in Self when thinking of asking for help: Unpack the old and the stuck
- Consider that asking for a helping hand is an opportunity for *connection* with someone
- Practice asking for help -- the small, the easy, the doable
- Consider who you might ask for what types of support
- Don't wait for the need for help to reach crisis proportions
- Offer an exchange -- don't lose sight of what you can do!

Be helpless, dumbfounded... be a mighty kindness. (Zero Circle, by Rumi)

Asking for Help:
Getting Past
Obstacles



SATURDAY DAY OF SERVICE PHOTO GALLERY

On Saturday October 11th 14 San Francisco Village community volunteers assisted SFV members with projects at their homes including gardening, computer training, flipping mattresses and changing light bulbs. A tremendous sense of belonging to a caring community was had by all!



S.I. HIGH SCHOOL STUDENTS MONTHLY SATURDAY DAY OF SERVICE

Inspired by our last Saturday Day of Service, SF Village has connected with a group of St. Ignatius High School students who belong to the Rays of Insight Service Club. The students' goal this year is to support seniors and make life easier for them to live in their homes. One Saturday per month a group of 3-5 students will assist a SFV member to accomplish some nagging home maintenance tasks. SFV members are asked to submit a list of projects that do not require a professional such as gardening, light house cleaning, mattress flipping, light bulb changing, light painting, etc.

Members may also request some basic technology assistance such as help with email, accessing the internet, or training on their ipad or smartphone. The group will be available for 2-3 hours depending on the size of the project.

Keyatta Shade, SFV staff member, will be onsite to chaperone. Please submit your request to Key and he will coordinate efforts based on demand and availability.

FALL MENTORING EXCHANGE PROGRAM

Once again, SFV is partnering with City Art's & Technology High School for a Mentoring Exchange Experience between our members and 9th grade students. Members and students will meet one-on-one so that the students can gain perspective on your career paths and life choices.



Members will also be given the opportunity to get to know the students - asking questions about their families and interests. Students will 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 learned from the experience.

Members who are interested should call the office to sign up for a spot. Mentoring days are Wednesdays 10:00 a.m. – noon on the following dates:

- November 12th
- December 3rd

The Village will host a final convening specifically for members in December to discuss the entire experience and its value. RSVP to SF Village at (415) 387-1375 for more information.

NEIGHBORHOOD CIRCLES

94123/94115. We will meet at the home of Jean Phleger on November 4th at 6:00 p.m. to watch election results (at least from the East Coast). Bring finger food to share and/or your own bottle. We will stay until we get tired of each other or the results are announced. RSVP to Eva Auchincloss at eva3auch@gmail.com.



MEMBER TO MEMBER

Free Spiritual Counseling-Paula Strom

Paula Strom, SFV Member, would like to offer her services as a spiritual counselor to San Francisco Village members free of charge. She offers energy healing, distance healing and life coaching from a spiritual non-judgmental perspective. Paula has a non-denominational minister's license and is a massage therapist with a degree from the National Holistic Institute in Emeryville, CA. If you are interested, please contact Paula at (415) 608-4625. Please be sure to leave your phone number.



Interested in a game of Mahjong?-Alida Silverman

Alida Silverman, SFV member, would like to reach out to other members who play Mahjong or who may be interested in learning the game of Mahjong. **Mahjong**, also spelled **majiang**, **mah jongg**, and numerous other variants, is a game that originated in China. It is commonly played by four players (with some three-player variations found in South Korea and Japan). The game and its regional variants are widely played throughout eastern and southeastern Asia and have a small following in western countries. Similar to the western card game rummy, mahjong is a game of skill, strategy, and calculation and involves a degree of chance. If you are interested, please contact Alida at (734) 358-5129 or (415) 926-8106.

Invitation to Open Studio-Noah Levin

Noah Levin, SFV member, is participating in the citywide Open Studio, which is sponsored by Artspan. Noah's neighborhood, the Sunset, is opening its studios on the last weekend of the event--November 8th and 9th from 11-6pm--and she would like to welcome all SF Village members to attend her studio at 1245 17th Avenue (between Lincoln & Irving). If you want to preview her work, you can check out her website: www.noahphyllislevin.com.

SAVE THE DATE!

Boost Your Brain

Memory loss is not inevitable, and dementia is not entirely determined by your genes. A recent study by the University of Cambridge suggests that about one-third of Alzheimer's disease cases are preventable. San Francisco Village is excited to be offering a new brain fitness class called BOOST YOUR BRAIN, starting in January 2015.



The Boost Your Brain class will teach you about lifestyle changes that promote brain health. You will also learn simple strategies that can improve your memory. This 8-week class is designed to improve memory and increase knowledge of behaviors that can help you improve brain health!

Researchers from the University of California, Berkeley, are evaluating the effectiveness of this innovative program. Participants will be assigned randomly to one of two 8-week classes, which meet Thursday mornings from 11 AM - 12 noon. One class begins in January 2015 and the other class begins in March 2015. You must be willing and available to attend the class session to which you are assigned, and you will be asked to fill out a questionnaire at the first and last class meetings.

There will be an introductory session where you can learn more Thursday January 15th from 11:00a.m. – 12:00 noon, in the Ponderosa Room Institute on Aging, 3575 Geary Blvd.

If you are interested in learning more, please contact SF Village Membership Coordinator, Rachel Lanzerotti at rachel@sfvillage.org

SF VILLAGE VOLUNTEER TRAINING with Keyatta Shade

**Saturday October 18th from 9:30 a.m. to noon
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 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.



NOVEMBER EVENTS

**Life After Retirement Group
Tuesday November 4th & 11th, 3:00 p.m. to 4:30 p.m.**

Join us for the last two sessions of this four-part workshop with Donna Schempp. We'll look at where you've been in your life, what you've accomplished so far, your values and passions at this time, your plan for the future and how to actualize it.

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

Meditation Group

Tuesdays November 11th & 25th from 11:00 a.m. to 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 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?



Location: IOA, 3575 Geary Blvd. Ponderosa Room

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

Aging as a Spiritual Practice Book Group

Tuesdays November 11th & 25th from noon to 1:30 p.m.

Explore spirituality as it relates to aging. The initial framework for discussion is the book *Aging as a Spiritual Practice* by Lewis Richmond. Read this interview here:

<http://www.tricycle.com/practice/aging-spiritual-practice>.

Location: IOA, 3575 Geary Blvd, Ponderosa Room

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

Play Reading Group

Thursday November 13th at 4:00 p.m.

The one-act play reading group will read *Four Baboons Adoring the Sun* by John Guare. This play can be found in *Plays in One Act* edited by Daniel Halpern.

Location: Telegraph Landing Club Room, 150 Lombard

Contact: RSVP to Mary Fox at (415) 984-0613

Lunch Bunch

Monday November 17th at 11:30 a.m.

The lunch bunch will meet and dine at Max's Opera Café. For over 25 years, Max's has served America's favorite foods with an upscale style at affordable prices.

Location: Max's Opera Café, 601 Van Ness Avenue

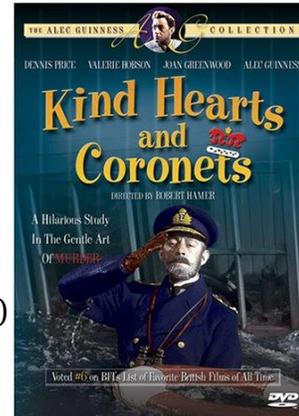
Contact: RSVP to Marci Fogg at (415) 821-6333

Film Group

November 19th from 4:00 p.m. to 6:00 p.m.

The film club will watch the wonderful and hilarious film with Alec Guinness called *Kind Hearts and Coronets*. This may be his finest role and one in which he has to play eight different parts, each one being a rascal.

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



Discussion Group

Friday November 21st at 2:00 p.m.

The discussion group will meet to discuss the election results and what we think they mean.

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

NOVEMBER WEEKLY EVENTS

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,
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, 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

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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