

SAN FRANCISCO VILLAGE

Monthly Newsletter
April 2017



FROM THE EXECUTIVE DIRECTOR: KATE HOEPKE

Dear Members:

Happy news! We have secured a new home for San Francisco Village, just ten blocks from the IOA, at 3220 Fulton St. near 8th Ave., right across the street from Golden Gate Park. It is spacious enough for current and future staff, member programs, and even informal gatherings among members. It's a space we can grow into and we can't wait to share it with you!

We are interviewing contractors to complete some renovations like moving a few walls, painting and carpeting, which should be complete in June or July. In the meantime, the staff will relocate to a shared office space at Mission and 10th St. for a few months, **while member programs will continue to take place at the IOA.** We are thankful to the IOA staff for their commitment to SFV and their desire to make this transition as smooth as possible. Our goal is to minimize any disruption in programs and services for all of you. That said, we will appreciate your patience as we navigate the relocation.

This is truly a developmental milestone for SFV. A home of our own that will provide comfort and security as we carry out our mission and imagine our future. We've already begun to discuss member art exhibits, poetry readings, TED Talk discussions, drop-in consultations, and informal coffee klatches. We're planning for regular open houses so you can invite friends and neighbors to learn more about why they should join too. The long-term lease will allow us to deepen our roots, broaden our branches, and say to the larger San Francisco community – we're here to stay!

We're taking our phone number with us and of course e-mail addresses and the website will all stay the same. Please don't hesitate to contact us if you have any questions or concerns. Although moves are always disruptive, with a little luck and a lot of collaboration, we'll be on the other side of it before we know it.

Warm regards,
Kate



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New Members in March

Patrick Arbore
Jeffery Pearl

5TH ANNUAL FUNDRAISER

Transforming Lives and Community Luncheon

Tuesday, May 2, 11:30 AM – 1:30 PM

Julia Morgan Ballroom

Merchants Exchange Building, 15th floor

465 California St.

Tickets available at: <http://tinyurl.com/gqgta4a>

Transforming
Lives and Community
Luncheon

Save the date for our fifth annual Transforming Lives and Community Luncheon!

This year, we'll be honoring two remarkable women - Dagmar Dolby and Fran A. Streets - for their lifelong contributions to education, health, improving the lives of girls and women and the arts.

If you have any questions, feel free to email Maya Kamath at maya@sfvillage.org.

DID YOU KNOW?

You can give back to San Francisco Village while shopping online!

AmazonSmile is a simple and automatic way for you to support San Francisco Village every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, but with the added bonus that Amazon will donate 0.5% of the purchase price of your items to San Francisco Village.

To support San Francisco Village, use this link: <https://smile.amazon.com/ch/26-1300020> or search for San Francisco Village on smile.amazon.com.

You can use your existing Amazon.com account and there are tens of millions of products on the site that are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

There are nearly one million non-profit organizations registered with AmazonSmile, and since November 2016, this program has given \$37 million to charities across the world.

If you have any questions about how AmazonSmile works, please contact Maya Kamath, maya@sfvillage.org or (415) 387-1375.

APRIL EVENTS



Maintaining Mobility Six-Week Series

Thursdays, April 6 through May 11, 1:00 – 2:30 PM

Slovenian Hall, 2101 Mariposa St.

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

We will practice movements of everyday life - such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, turning direction, taking stairs and anything else that concerns you. As you learn more efficient ways of moving, you will also find yourself moving with more grace and pleasure.

We will use techniques from many physical disciplines - including physical therapy, Feldenkrais, and martial arts - making the class a lot of fun. The class is designed so that it carries over into daily life.

We are not merely exercising. We are practicing a new way of moving through the world.

Penny Sablove is a physical therapist who specializes in improving the mobility of older adults. She developed programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Livelong Learning Institute. She is also a 4th degree black belt in the Japanese martial art of Aikido and has also adapted the art for older adults and people with disabilities.

Day of Service

Saturday, April 8

Morning and afternoon shifts

(10:00 AM to Noon & 1:30 to 3:30 PM)

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

Space is limited

SFV is once again partnering with high school students from the Boys Hope, Girls Hope After School Program to assist you with household chores and projects around your home. These phenomenal teens are ready, willing and able to help you complete those pesky to-do lists.



Please submit your 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.



The WOW! Factor

Tuesday, April 11, 11:30 AM – 1:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

This series started in February but you are welcome to join at any time.

Join fellow Village members in conversations focusing on those little moments in our lives that “literally caught our breath, caused us to pause, and say WOW!” We’ll explore how those experiences deepened us, made us laugh, tested our courage, or altered our life purpose. At each session, several members will come prepared with stories to share and discuss.

Conversations include An Amazing Synchronization, Mama’s Green Coat at Lyndon Johnson’s 1964 Inauguration, How I Met my Husband of 65 years, The Medicine Man and the Hawk, and The Encounter that Altered my Life Completely. Bring along your WOW! story or just enjoy those of others.

E-mail Lynn Davis at treebarque@aol.com or call (415) 826-5416 for more information.

Gen Silent Documentary Film Screening & Discussion

Tuesday, April 11, 4:00 – 6:30 PM

Location to be announced

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

Join San Francisco Village and Openhouse for a screening and discussion of the 2010 award winning documentary film *Gen Silent*. The



film follows the lives of six LGBT seniors living in the Boston area who must choose if they will hide their sexuality in order to survive in the long-term health care system. The film will be followed by a discussion, and how it relates to today's world, led by Patrick Arbore, the Director of Grief Support at the Institute on Aging. The screening is open to all members and caregivers, regardless of sexuality. The program is funded by the Department of Aging & Adult Services (DAAS).



Writers Workshop

Wednesdays, April 12, 26, May 10, 3:30 – 5:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

This series started in March and space is limited. Call or email to see if there is a spot available.

Have you always wanted to write your memoir but didn't know where to start? Do you have some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper – and see whether poetry, an essay or a short story will emerge?

If you answered “yes” to any of these questions, we invite you to the SF Village Writers Workshop. We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. All are welcome – no writing experience necessary! A pen, a pad of paper and a wild imagination is all you need.

The Writers Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the *ACLU News*. Elinson, who holds an MFA in Creative Writing, has taught writing at several senior centers in San Francisco, as well as at San Francisco Village.

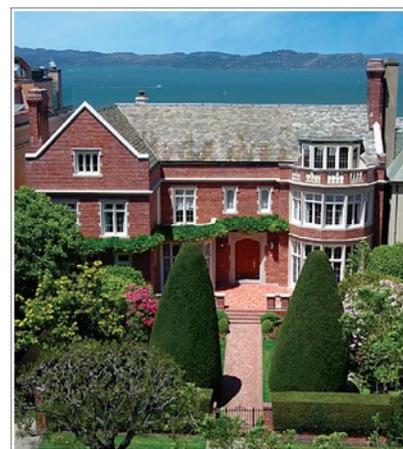
Billionaires Row in Western Pacific Heights Tour

Tuesday, April 18, 10:30 AM

Meeting place is the top of the Lyon St. stairs at Broadway

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

Pacific Heights West is one of the most exclusive neighborhoods in San Francisco. Broadway is often called “Billionaires Row”. Join Marilyn Straka for an intriguing walk of the area, which includes incredible views, gardens in bloom and a look at the homes of the rich and famous. The tour is full of fun facts about the history, the designers and the early owners of the huge homes along the route. Learn the secrets of the current owners as well as what they paid for their homes!



This walk of eight city blocks follows a path along well-maintained city sidewalks. A free book about the walk is included.



Understanding Dementia & Adapting to Changes

Wednesday, April 19, 1:30 – 3:00 PM

Alzheimer's Association

100 Pine St., Suite 2040

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

This workshop will offer an overview of dementia , with a focus on

communication and behavior changes. You'll receive information about how to better communicate with people with dementia. You'll also learn about common behaviors associated with dementia, and strategies to manage those symptoms. While the training is primarily designed for SF Village volunteers, we also welcome members who are caregivers or friends of people with early stage dementia and who may find it helpful.

Please check in with security in the lobby, who will open an elevator for the ride to the 20th floor. You may need to provide a picture ID.

Vial of Life: Your Basic Medical Information Can Save Your Life

Monday, April 24, 1:30 – 3:00 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

The Vial of L.I.F.E. (Lifesaving Information For Emergencies) is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. The first thing first responders want to know is your list of medications. The difference between life and death when you've had a heart attack could be a copy of your previous EKG. When you can't speak for yourself, when you are confused, in pain or scared, the Vial of Life can speak for you.



Come to this informative and hands-on session and have the opportunity to fill out the Vial of Life. Participants will receive the decals needed to communicate to EMTs where their vital medical information is located and can opt into a yearly renewal process to make sure medical information is up to date. Please bring all important medical information such as insurance information, doctor's numbers and preferred hospital, list of medications, emergency contact(s), and anything else you'd like emergency responders to know in order to provide the best care.

This session will be facilitated by Elaine Chow of Franklin Pharmacy.



Poetry Workshop

Fridays, April 28, May 19, 1:30 – 3:00 PM
Ponderosa Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org

Please join us for a monthly Poetry Workshop, led by SFV members. Following up on our Fall Poetry Class with Cary Pepper, we will be sharing and discussing our own poems. We may also share our experience with writing poetry and trying to get our poems out into the world. Beginners and experienced poets are equally welcome. For more information, contact Holly Veldhuis at haveld99@gmail.com.

RECURRING EVENTS

Longevity Explorer Circle

**Tuesdays, April 4, May 9 (note: this is the 2nd Tuesday),
2:00 – 3:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org**



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.

The meeting begins at 2:00 PM. However, you are welcome to come early, introduce yourself, and get to know the other explorers in a mini-social 30 minutes prior to the meeting. From 1:30 – 2:00 PM, Richard Caro will be available to answer one-on-one questions about your iPhone or iPad (maybe your Android).



Rounds & Canons

**Tuesdays, 4:30 – 6:00 PM
Susie Zacharias’ home
RSVP to Susie at (415) 913-7138 or suziez11@gmail.com**

Start the week with joyful song and your days will be filled with happiness. Join the Rounds and Canons Group and sing songs from around the world. Dorothy Barnhouse, who has decades of experience teaching singing and leading groups, is our secret weapon. Reading music not necessary – just a love for singing and togetherness.

Give us a try! For more information, contact Susie.

Aging Well With Meditation

**Wednesdays, April 5, 19, 26, 11:30 AM – 12:30 PM
Sequoia Room, IOA, 3575 Geary Blvd.
RSVP to (415) 387-1375 or info@sfvillage.org**

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. So why not give it a try?

Led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner



and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.



Play Reading Group

Thursday, April 13, 4:00 – 6:00 PM

150 Lombard St., Telegraph Landing Club Room

RSVP to Midge Fox at (415) 984-0613 or

midgefox@comcast.net

The play reading group will read *The Boundary*, by Tom Stoppard and Clive Exton, in *Plays in One Act*, edited by Daniel Halpern.

Film Group

Wednesday, April 19, 3:00 PM

Ralph Beren's home (contact SFV for address info)

RSVP to Ralph at (415) 929-8309

The Film Group will watch the award-winning movie, *All About Eve* starring Bette Davis and Anne Baxter. Filmed in 1950, it's the story of an aging film star and the woman who will eventually replace her. The Film Group is a great way to meet new friends within the Village.

Let's Play Games!

Thursday, April 20, 1:00 – 3:00 PM

Ponderosa Room, IOA, 3575 Geary Blvd.

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

Plain and simple - let's have fun! We'll play cards and board games and see what else seems fun in the upcoming months. Let us know your favorite game! Games and snacks will be provided. Join us!

Book Group

Monday, April 24, 4:00 PM

Venue TBA

RSVP to Margaret Johnson at (415) 673-7130 or marhiljoh@gmail.com

The book group will meet and discuss Zadie Smith's *NW*. The book group is a wonderful opportunity to meet members and expand your social network.

Spring Mentoring Exchange

Wednesday, April 26, 10:00 AM – Noon

Temple Emanu-El, 2 Lake St. (entrance on Arguello)

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

SF Village partners with City Arts & Technology High School for a mentoring Exchange Experience between our members and 9th grade students. Members and students meet one-on-one so that the students can gain perspective on your life choices. Members get to know the students by 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 have learned from the experience.

We will continue to meet with the same classes who participated this past fall. There is no requirement to attend prior sessions to participate.

MEMBER PERKS

Jewish Community Center (JCCSF) Art and Ideas Partnership

We've received FREE tickets to a number of JCCSF events in April; let us know if you'd like to attend any of them. RSVP with San Francisco Village at (415) 387-1375 or info@sfvillage.org to save a seat. All events take place at the JCCSF and tickets will be reserved under your name at the Box Office, 3200 California St.

Giants of Jazz on Film: Great Vocalist of Note Saturday, April 22, 7:30 PM

All new clips! Our esteemed host, film archivist Mark Cantor, culls priceless performances by some of our audience's favorite vocalists for this special evening of song including Ella Fitzgerald, Sarah Vaughan, June Christy, Mel Tormé, Joe Williams, Louis Armstrong and many more. Featuring music by The Klipptones at 7pm

Stephen Tobolowsky Monday, April 24, 7:00 PM

Best known for roles like Ned Ryerson in Groundhog Day, Sammy Jankis in Memento, and Sandy Ryerson on Glee, legendary character actor Stephen Tobolowsky is also a master storyteller. In his books *The Dangerous Animals Club* and *My Adventures with God*, and on his podcast *The Tobolowsky Files*, he shares stories about life, love, catastrophe, triumph and the entertainment industry.

The Victim As Icon: Moral Dilemmas In Appropriations Of Anne Frank Tuesday, April 25, 7:00 pm

From face of the Holocaust to symbol of the BDS movement, from beacon of hope for victims of Hurricane Sandy to a key figure in Japan's peace cult, Anne Frank has attained iconic status and has become a household name representing a wide range of causes. Anne's father, who published his daughter's diary after the war, hoped it would inspire people all over the world to build a better future. But should Anne Frank be deployed for any good cause? Do we need to protect her from appropriations we feel are inappropriate? And who defines 'we' and what is meant by 'inappropriate'?

With Ronald Leopold, Executive Director of the Anne Frank House.

WHAT'S TRENDING



**Art of Aging Gracefully Resource Fair
Thursday, April 6, 9:30 AM – 3:30 PM
JCCSF, 3200 California St.
For more information, call (415) 292-1200**

Stay vital, healthy and fit. Make it a day of discovery. Engage with

local businesses and organizations who are valuable resources to help you stay healthy and energized through:

- Presentations from medical professionals and local experts on healthy living.
- Insights and opportunities to support active, creative aging.

San Francisco Village Volunteer Training

Saturday, April 15, 10:00 AM to Noon

Sandbox Suites, 123 10th St. at Mission

Contact Key at (415) 387-1375 or Key@sfvillage.org for more information



Individuals with little or no experience working with older adults can get volunteer training at one of the Village's monthly training programs. Led by Key and our community partner, Home Care Assistance, the training includes a discussion of important issues facing older San Franciscans, myths and facts about aging, active listening techniques, identifying hazards in the home and more.

NEIGHBORHOOD CIRCLES



94109-94133

The 94109-94133 Circle will meet for afternoon tea to be held on April 19 at 3:00 PM at a member's home. Continuing with our San Francisco theme, the subject will be public transportation as it affects seniors in our city. We will have a speaker from MUNI, who will share information about MUNI, Shop-A-Round, and Paratransit. Please RSVP to Bobbie at rothman2174@gmail.com or Juliet at rothman@berkeley.edu for more information.

94117

The 94117 Circle will meet on Friday, April 7 from 2:00 to 4:00 PM at the home of Kitty Brody to socialize and further deepen our relationship as neighbors. One of the topics we will discuss will be planning for earthquake safety in the Haight. We will cover: (1) what you should have in place at home; (2) what you should plan to do; (3) where you should go; (4) how to connect with others; and (5) what to do about food and medications. Please contact Bill Haskell at bhaskell@sonic.net or at (415) 374-9729 if you have any questions. Contact the SFV office for Kitty's address.

94118

The 94118 Circle will meet on Thursday, April 27 from 2:00 to 3:30 PM to share stories from each of our own experiences that made an impact on our lives. Everyone has a voice. We hope you will share. We will meet at the home of Gladys Thacher. For address information and to RSVP, contact Key at (415) 387-1375 or Key@sfvillage.org.

94121 Circle Launch

The 94121 Circle will meet on Friday, April 7 from 4:00 to 5:30 PM at the home of Patricia Kaussen to introduce ourselves, meet our circle leadership, and discuss what we as neighbors hope to contribute, and to get out of our participation in a neighborhood circle. Everyone has a voice. Key Shade will be on hand to facilitate the first meeting. We hope you will participate in our inaugural group meeting. Please RSVP to Key at Key@sfvillage.org or (415) 387-1375. Contact the office for address information.

94123-94115

The 94123 & 94115 Circle will take a tour of the Matisse/Diebenkorn exhibits at the MOMA on Tuesday, April 18 at 11:00 AM led by docent/tour guide and Village member Jean Halvorsen. Tickets are \$20 for MOMA members and \$39 for non-members. In addition, we will

take a guided tour of the Bay Model in Sausalito on Thursday, April 27 at 10:30 AM. There is no charge, but space is limited. Carpools will be arranged. RSVP to Eva Auchincloss at [\(415\) 563-7519](tel:4155637519) for more details. These events are open to all Village members.

LGBT Circle

San Francisco Village is hosting a screening of *Gen Silent* on April 11 in lieu of the next LGBT circle meeting. We will meet again at our regularly scheduled time on Thursday, May 18 at 1:30 PM.

Sunset Circle

The Sunset Circle will have a social gathering to deepen our connections at the home of Judy Winn-Bell on Wednesday, April 19 from 3:00 to 5:00 PM. Snacks and beverages will be provided. For address information and to RSVP, contact Judy at (415) 298-4178 or judywb@rocketmail.com.

West of Twin Peaks Circle

Contact Elaine Mannon to RSVP and for address info for all WTP events at (415) 469-9832. NOTE: Our events are open to all interested Village members!

Lunch Bunch

Thursday, April 13
12:30 p.m.
Regent Thai Restaurant
1700 Church St.

Matinee Movie with Movie Critic

Toni Illick
Tuesday, April 25
Neighborhood movie theater

Discussion and tea at home of Elaine Mannon following movie. Details to follow, once we know what's showing

SAVE THE DATES



Emanuel Ax Plays Mozart: An Open Rehearsal

Wednesday, May 10, 10:00 AM
(recommended arrival at 8:30 AM)

Must RSVP by Wednesday, April 5
in order to confirm group rate

Davies Symphony Hall, 201 Van Ness Ave.

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

SFV members \$10; guests \$22.50

Seven-time Grammy Award-winner Emanuel Ax joins internationally renowned conductor Charles Dutoit for Mozart's sparkling Piano Concerto No. 22. Then, *La Mer*, one of Debussy's most famous works, offers a dazzling symphonic impression of the composer's childhood visits to the ocean. Listen as Dutoit weaves together the themes of a symphony with the passion of the performers.

This special behind-the-scenes experience begins at 8:30 AM with coffee and complimentary doughnuts, and a half-hour informative talk at 9 AM. Katharine Hanrahan Open Rehearsal is a working rehearsal. The pieces rehearsed are at the conductor's discretion.

Member and Volunteer Spring Fling!

Monday, May 15, 2:00 – 4:00 PM

Spark Arts, 4229 18th St.

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

You're invited to a delightful afternoon of conversation and community. There will be nibbles, drinks, music, and great company. Get to know your fellow members and the volunteers



that help enrich this unique community. Hope to see you there!



Willpower Workshop

Monday, May 22, 1:30 – 3:00 PM

Sequoia Room, IOA, 3575 Geary Blvd.

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

If we can't resist chocolate, choose to lollygag instead of exercising, or simply forget to brush our teeth (you can come up with your own examples, most likely) how do we notice and change habits in the direction of wellbeing? What is "will power," after all? Let's talk about what research tells us, as well as wisdom teachings, and how we can begin to establish personal practices for positive change.

Led by Rachel Lanzerotti, MSW, Certified Yoga Therapist and Aging Well Coordinator at San Francisco Village. One aspect of Yoga Therapy is learning to see and shift habits of body and mind through mindfulness, movement, breathing and contemplation. Rachel sees clients one-on-one in her Noe Valley office, Five Rivers Yoga [fiveriversyoga.com] in addition to leading groups, including the weekly meditation group at San Francisco Village.

American History in Golden Gate Park Walking Tour

Thursday, May 25, 10:00 AM – Noon

Meet at the front steps of the Conservatory of Flowers

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

There are statues, plaques, monuments and trees in Golden Gate Park that commemorate events in American history. This two hour walk takes you to sites familiar and unfamiliar to most visitors. Come for a nice walk in the Park as we review American history.



City Guides, founded in 1978, is a non-profit organization with more than 200 trained volunteers who lead history and architectural walking tours in San Francisco. They are sponsored by the San Francisco Public Library and are a San Francisco Parks Alliance Partner. Join us for a walk along the streets, sidewalks, and byways of America's most beautiful – and fascinating – city!

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