



San Francisco Village

Monthly Newsletter

March 2018

From the Executive Director: Kate Hoepke

Dear Members and Friends,

Current research and our own life experience tell us that physical activity and movement have a profound effect on our physical, cognitive and emotional health. I was thrilled to learn today that a 98-year-old friend, at risk of becoming bed-bound, has recently gotten back on his feet and is attempting to run circles around his physical therapist. Keep moving David! There is still much for you to do. David reminds me that no matter our age, our lives are always moving forward, gaining momentum with the force of experience and curiosity pushing us on. Our pace may slow or we might become more forgetful, but the choice to expand or contract is always our own.



At San Francisco Village, we believe in providing you with options so that you can choose to continue growing and exploring, no matter your age. This month, we'd like to help you keep moving with some fun and energizing activities. Back by popular demand, Penny Sablove will be teaching a six-session series called *Maintaining Mobility*. Penny is a thoughtful, skilled physical therapist who believes in the joy of movement. She'll get you excited about it too!

On March 16th we invite you to move some energy with Rob Sarison, who will be conducting a workshop on improvisational play, something we all did naturally as kids but as adults may have "forgotten" how to do. Play has many benefits including stress relief, humor and helping us to increase spontaneity. On the 19th we welcome Jordan Gray who will introduce us to Dayan Qigong, a moving meditation technique that is known to improve flexibility, balance, and mind-body connection. At the end of the month, Marilyn Straka will lead a walking tour of the new UCSF Mission Bay campus, a world-class bio-medical research facility just a half mile south of busy downtown San Francisco. Marilyn says, "You'll feel like you're in a different world."

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At a time in our lives when we may be feeling some aches and pains, loss of connection or cognitive changes our choice to stay curious can be a lifeline. What are we doing to move our lives forward? Who are we yet to meet? What might they teach us? When was the last time we tried something new?

I hope to see you this month!

Warm Regards,
Kate

Welcome Baby Kent!

Sarah and Patrick are parents to a healthy, beautiful baby boy – Rowan James Newsham Kent – born on Valentine’s Day! The new parents are elated and exhausted, and extremely grateful for all the love they have received during this time. We could not be happier for them as they settle into life as a family of three!



Transforming Lives and Community Luncheon

Wednesday, May 2, 11:30 AM – 1:30 PM
Julia Morgan Ballroom, The Merchants Exchange
Building, 15th floor (465 California St.)

Save the date for our sixth annual Transforming Lives and Community Luncheon! This year, we'll be honoring two remarkable people – Mark Buell and Rita Semel – for their lifelong contributions to public service, the environment and uniting diverse interfaith communities.

If you have any questions, feel free to contact Maya Kamath at (415) 387-1375 ext. 4 or at maya@sfvillage.org.

Did You Know?

SFV Staff

There have been some changes to the SFV staff over the past few months and it seems that this may have resulted in some confusion about who does what. If you need a refresher, or aren't sure who to reach out to when you have a question, here's quick overview:

RSVPs, questions about programs, or suggestions for future events – Tina Shibue (filling in for Sarah Kent, who is on maternity leave) – tina@sfvillage.org

Questions about membership, requests for volunteer support – Jill Ellefsen – jill@sfvillage.org

Questions about fundraising and communication, including newsletter submissions/inquiries – Maya Kamath – maya@sfvillage.org

the *second* opinion

Established in 1969 in San Francisco, the *second* opinion provides free in-person comprehensive second opinions to adults in California diagnosed with cancer, using a panel format. Its purpose is to give cancer patients, with limited medical resources, and their family members the clarity they need to make decisions about treatment. More than 60 Bay Area volunteer physicians participate, meeting informally as panels of four or more with patients and their families. Services are available to any adult, residing in California, who has received a cancer diagnosis.

If you or someone you know can benefit from the *second* opinion, contact their office at (415) 775-9956 or visit their website to learn more: thesecondopinion.org.

March Events



Getting Started with Cannabis

Thursday, March 1, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Learning about cannabis therapy can be especially daunting since many medical doctors can't answer your questions. Most physicians haven't been trained to have cannabis-related discussions with their patients.

This presentation will go over therapeutic benefits of cannabis and what conditions can be treated, the chemistry of cannabis, and ways that it can be consumed (there may be more than you ever expected!) and doses. Learn about Octavia's easy-to-access services to purchase cannabis products made especially for older adults.

Octavia Wellness is proud to be the premier, in-home, direct sales cannabis choice. Octavia collaborates with a network of board certified doctors, scientists, wellness consultants and community advocates to provide education and easy-to-use products which empower safe and effective cannabis consumption.

Brown Bag Lunch Authors' Series: Emily Leider

Friday, March 2, 12:00 – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village has an extremely creative and accomplished membership. Join us for an authors' series on the first Friday of each month; a selected SFV member will read their work aloud and answer a few questions.



We'll hear from poets, novelists, autobiographers, non-fiction writers, and more! We encourage you to bring your lunch and enjoy an hour together.

Emily Wortis Leider is a professional writer and a film historian with expertise in the stardom of the 1920's, 30's, and 40's. She will read from her 3 Hollywood biographies *Becoming Mae West*, *Dark Lover: The Life and Death of Rudolph Valentino*, and *Myrna Loy: The Only Good Girl in Hollywood*. Her other books include *Rapid Eye Movement & Other Poems* and the biography *California's Daughter: Gertrude Atherton*.



Personal Stories with Universal Themes: Listen to and Tell Stories Together

Monday, March 5, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

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

A story can be sparked by almost anything – a wooden spoon, a flower, a photo, someone else's story. It could be a personal story, a family folklore, a fiction tale, a myth, a fairy tale. Join this storytelling workshop to build on and expand techniques useful in how you share your stories in a way to captivate listeners. Workshop themes, prompts, and tales can be used in future neighborhood circles, gatherings of friends and family, and SFV programs. As we listen and share, our San Francisco Village community grows stronger. Olive Hackett-Shaughnessy returns to SF Village as performer, teacher and guide into the oral tradition as shared experience in community.

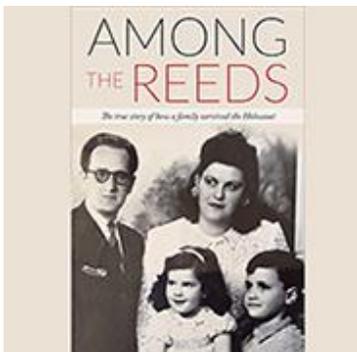
Maintaining Mobility Introduction

Thursday, March 8, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

A lot of age-related mobility loss is unnecessary because there are simple things we can do to make a real difference. We all have longstanding movement habits that perhaps we got away with while young but that aren't serving us very well anymore. The trick is to learn more efficient ways of moving. You will have an opportunity to try some new strategies for common mobility issues such as walking fluidly with balance, turning to look behind you and getting up easily from a low chair. An overview of the six-session Maintaining Mobility class will also be presented.



Among the Reeds: Author's Reading

Friday, March 9, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In her best-selling book *Among the Reeds: the true Story of how a Family Survived the Holocaust*, Dr. Tammy Bottner recounts an astonishing story of courage and resilience. In order to save their young children, Bottner's

grandparents gave them up, sending them into hiding alone during WW2. Miraculously they all survived and were reunited. But did the experience change their genes forever?

Dr. Bottner will read from her book and discuss epigenetics, the science showing that life events modify our DNA.



Agents of Change: Exploring and Strengthening the Connection between Health Care and Social Care

Tuesdays, March 13, 27, and April 10, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.

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

This series started in January but you are welcome to join.

Inspired by the recording of Atul Gawande's talk about community and choice hosted by Beacon Hill Village in September, San Francisco Village – as well as its individual members – have been seeking ways to explore and strengthen the connection between health care and social care.

Tuesday, March 13: (New Topic): "The Secret to Living Longer ..." TED Talk and Hosted Discussion on the Value of Community A representative of the San Francisco/Marin Medical Society

Together, we'll watch Susan Pinker's TED Talk as she makes a case for the extensive benefits of social interaction and concludes that social cohesion is the #1 predictor of a long and healthy life.

Patrick Arbore, Founder & Director of the Center for Elderly Suicide Prevention at the Institute on Aging, will follow by sharing his professional experience of the negative outcomes associated with isolation and loneliness, and conversely why social relationships are crucial to our health and well-being as we age.

Tuesday, March 27: Viewing of Dr. Ezekiel Emanuel recorded talk and discussion

Dr. Ezekiel Emanuel is the chair of the Medical Ethics & Health Policy at the University of Pennsylvania, School of Medicine & the Wharton School, and former Obama administration healthcare advisor. He often speaks on practices to create patient-centric and efficient models of care that can result in health care transformation.

Tuesday, April 10: Kate Hoepke, Executive Director, San Francisco Village

How can San Francisco Village and its members become change agents at the intersection of health care and social care? We'll discuss what San Francisco Village attempted in the past to create a hospital-to-home transition program and why it did not work and hear about current opportunities for SF Village to improve the relationship between medical and social care in San Francisco.

Maintaining Mobility Six Week Series

Thursdays, March 15 – April 19, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

We will practice movements of everyday life - such 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 the many physical disciplines – physical therapy, Feldenkrais, martial arts – and this makes the class a lot of fun. The class content is designed to carry over into daily life. We are not merely exercising; we are practicing a new way of moving through the world.

Penny Sablove specializes in improving the mobility of seniors. She has been developing senior programs to improve balance, gait, agility, endurance and strength for over 20 years for community organizations, including Osher Lifelong Learning Institute and as a physical therapist at Kaiser Permanente. She is also a 5th degree black belt in the Japanese martial art of Aikido and she has created an adapted form of this art for seniors and people with disabilities.



UCSF Neuroscape Speakers Series: Joaquin Anguera

Thursday, March 15, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

San Francisco Village is thrilled to partner with Neuroscape for a bi-monthly speaker series, with talks by faculty members, program directors, and lead research staff. Neuroscape is a translational neuroscience center at UCSF engaged in technology creation and scientific research to better assess and optimize brain function of both healthy and impaired individuals. Check out the website for more information: neuroscape.ucsf.edu.

This talk will describe the use of scientifically-based video games as tools for assessment and intervention in a number of different populations: from children to senior citizens, healthy or cognitively impaired populations. Through the use of digital health technologies, there is not only the potential to provide meaningful improvements in one's cognitive control abilities (attention, working memory, goal management) and assess these changes in a real-time fashion, but to also make these efforts fun. Joaquin will be bringing by some iPads to allow those at the talk to test out some of our latest technologies as well.

Dr. Joaquin Anguera is a neuroscientist who specializes in developing & implementing cognitive training interventions. He is especially interested in integrating mobile technologies (tablet, phone) into existing interventions and paradigms to leverage data collection outside of the laboratory. Given his training in Kinesiology and Neuroscience, Joaquin's research targets unique aspects of cognitive & motor performance and how each are affected in healthy (young adults, older adults, children) and/or impaired individuals (autistic, ADHD, depression).

Rediscovering Play: An Experiential Workshop to Let Loose the Kid in All of Us

Friday, March 16, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Improvational play is something we all did naturally as kids but as adults



may have “forgotten” how to do. Play has many benefits including stress relief, humor and helping us to increase spontaneity.

Rob Sarison has over 20 years professional experience leading groups and individuals of all ages in improvisational play. Rob currently directs the Irene Swindells Program at California Pacific Medical Center.



Intro to Qigong – for Relaxation, Increased Energy and More Restful Sleep

Monday, March 19, 1:30 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Learn the art of Dayan (“Wild Goose”) Qigong, a moving meditation technique that is known to improve flexibility, balance, and mind-body connection. It has been linked to everything from treating pain to lowering blood pressure. Many people find that Qigong is a perfect fit because it's easy to do and offers a sense of flow. Students at any level of fitness are invited to enjoy this extremely adaptable form.

Jordan Gray has been practicing Dayan Qigong for more than eight years and is certified to teach by Grandmaster Hui Liu of the Wen Wu School in El Cerrito.



Social Care and Health Care Book Club

3rd Tuesday of the month, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Village members are exploring the connections between social care and health care and are turning to published writings to inspire conversation. Here's what's we're reading and discussing in the upcoming months!

Tuesday, March 20: *Prescription for the Future: The Twelve Transformational Practices of Highly Effective Medical Organizations* by Ezekiel J. Emanuel

Tuesday, April 17: *Loneliness: Human Nature and the Need for Social Connection* by John T. Cacioppo and William Patrick

Tuesday, May 15: *Being Mortal: Medicine and What Matters in the End* by Atul Gawande

Tuesday, June 19: *God's Hotel* by Victoria Sweet

UCSF New Mission Bay Medical Campus & Public Art Walking Tour

Monday, March 26, 10:30 AM (2.5 hour tour, 1 mile of level walking)

Meet at 1675 Owens St. - the Rutter Community Center near 16th St. & 3rd St.

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



Join "On The Level" tour guide, Marilyn Straka, for a low-impact walking tour of the new 57.5-acre UCSF Mission Bay campus. It is well worth a visit to see and experience the energy of this world-class bio-medical research facility. Just ½ mile south of busy downtown San Francisco, you'll feel you are in a different world. It is inspirational to be surrounded by gigantic modern buildings, housing state-of-the-art research into cancer, heart disease and women's issues. Genentech Hall looks like an amphitheater with huge strands of DNA in its lobby. We will view more than a dozen pieces of art installed inside buildings and on the campus. We will walk through the lobbies of the new hospitals and learn about the amazing treatment and facilities. There are bathrooms and coffee/food available. Lunch (on your own) will be at Sparks Food Trucks or nearby cafes along the route.



Healthy Living for Your Brain and Body

Friday, March 30, 10:30 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

Stephanie Bonigut, LCSW, Family Care Manager from the Alzheimer's Association® is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program to help people age well. The workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

In each area, we'll discuss what we know from current research, as well as what we can do – steps to take now to improve or maintain overall health in each area. This workshop is designed for individuals of any age who are looking for information on ways to age as well as possible.

Recurring Events



Longevity Explorer Circle

First Tuesday of the Month

Tuesday, March 6, 2:00 – 3:30 PM (at The Sequoias)

The Franciscan Room, The Sequoias Continuing Care Community,
1400 Geary Blvd. (between Laguna and Gough)

Tuesday, April 3, 2:00 – 3:30 PM (at SFV)

3220 Fulton St. at 8th Ave.

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.

Aging Well with Meditation

Wednesdays, March 7, 14, 21, 28, 11:00 AM – 12:00 PM
 SFV, 3220 Fulton St. at 8th Ave.
 No RSVP required



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, March 8, 4:00 – 6:00 PM
 150 Lombard St., Telegraph Landing Club Room

The group will finish reading *The Birds* by Aristophanes. This play can be found in *Twelve Classic One-Act Plays*, Dover Thrift Editions; it is available in both print and Kindle versions. If you have questions, call Midge Fox, (415) 984-0613 or email, midgefox@comcast.net.

Knitting Circle

Monday, March 12, 1:30 – 2:30 PM
 SFV, 3220 Fulton St. at 8th Ave.
 RSVP to (415) 387-1375 or info@sfvillage.org

Knitters, bring in your knitting projects at any stage. Jill Ellefsen, our resident knitting expert will host and help answer questions as well as share insights that she continues to pick up along the way. If anyone is interested in learning how to knit or working on a beginner scarf project, you are welcome to join too! Beginners, please ask for a supply list when you RSVP.



Writers Group

Wednesday, March 14, 2:00 – 3:30 PM
 Second date TBD – call the office for details
 SFV, 3220 Fulton St. at 8th Ave.
 RSVP to (415) 387-1375 or info@sfvillage.org

The San Francisco Village Writers Group is a member-led writing group that meets to read and discuss members' work in a friendly and supportive atmosphere. Many members have previously attended the Writers Workshop with Elaine Ellison, though that is not a requirement to join. Please bring a 1-2 page piece to share and discuss with the group.

Let's Play Games

Thursday, March 22, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Plain and simple - let's have fun! We play cards and board games and love when you bring your favorite game too! Join us!



Lunch Bunch

Friday, March 23, 11:30 AM

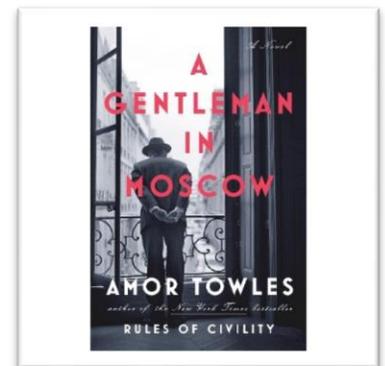
The Lunch Bunch will meet on Friday, March 23 at 11:30 AM at the Delancy Street Restaurant at 600 The Embarcadero (at Brannan St.) To RSVP, please contact Marci Fogg at (415) 821-6333 or mjffogg@hotmail.com. This is open to all SFV members.

Book Group

Monday, March 26, 4:00 PM

Ralph Beren's home (Contact SFV for address)

The book group will meet and discuss *A Gentleman in Moscow* by Amor Towle.



Member Perks

Jewish Community Center (JCCSF) Art and Ideas Partnership - free tickets to the JCCSF events will be temporarily unavailable while our contact there is away.

Helen Epstein & Elizabeth Rosner:

Intergenerational Trauma and the Holocaust

Monday, March 5, 7:00 PM

Reserve your FREE tickets online at <https://www.jccsf.org/arts-ideas/helen-epstein-and-elizabeth-rosner/>

Join acclaimed writers Helen Epstein and Elizabeth Rosner, daughters of Holocaust survivors, for an intimate conversation about the intergenerational aftermath of genocide. Hear how Epstein and Rosner's family pasts shaped their own lives and the writers that they became, as they discuss how inherited trauma persists both emotionally and physically through generations.

San Francisco Conservatory of Music Partnership

We've received FREE tickets to the following San Francisco Conservatory of Music events; let us know if you'd like to attend an event. RSVP with San Francisco Village at (415) 387-1375 or info@sfvillage.org to reserve a seat. All events take place at the San Francisco Conservatory of Music, Caroline H. Hume Concert Hall, 50 Oak St. Reserved tickets will be under your name at the Box Office.

Orchestra Concert

Saturday, March 3, 7:30PM

Join us for the following program:

Weber, Overture to Der Freischutz

Sibelius, Violin Concerto in D Minor, Op. 47

Bartók, Concerto for Orchestra

Directed by Eric Dudley, conducting chair

Rodelinda Concert

Saturday, March 10, 7:30PM and Sunday, March 11, 2:00PM

Join us for the following program:

Handel

Rodelinda

This is a concert version of Handel's 1725 operatic masterpiece performed by Baroque ensemble voice and instrumental students co-directed by Elisabeth Reed, Historical Performance Baroque Cello and Viola da Gamba, and Corey Jamason, Historical Performance Chair; Historical Performance Historical Keyboards.

Member to Member

Anyone up for ping pong?

SFV member, Aydin Koc, is interested in joining an existing ping pong group, or creating one with other members. He does not have access to a table, and his proficiency is medium. Aydin lives near the Civic Center. If you'd like to play ping pong as well, please contact him via email at baybars@pacbell.net, or call the SFV office for his phone number.

Looking for live-in help?

SFV member, Gladys Thacher, knows a great couple that is looking for a live-in situation, exchanging housing for performing the following duties:

- The wife is from the Philippines and trained as an excellent caregiver and practical nurse. She does laundry and keeps everything neat and tidy.
- The husband is industrious, a careful driver, skilled in gardening/indoor plant maintenance (using his past horticultural background). He also enjoys housekeeping chores, and willingly takes directions.

Both are pet lovers, and are generally lovely, respectful people.

If you're interested in learning more about the couple, please contact Glady at (415) 751-1731 or thacher711@gmail.com.

Calligraphy in the Main Library

Alan Blackman (94114 Circle) is a calligrapher/lettering artist of local distinction. Some of his work, and that of his colleagues in the local guild The Friends of Calligraphy, is in the Richard Harrison Collection of Calligraphy and Lettering Rare Book Room on the 6th floor of the San Francisco Main Library. This collection is one of the finest and most distinguished collections in the world.

SFV members are invited by librarian Andrea Grimes to visit the collection on Saturday, March 3, from 11:00 AM to noon. Alan will be happy to be our guide and answer questions.

Refugee Project

People have indicated that they like the idea of participating in another refugee project. For the refugees in the Bay Area we have decided to ask each of you to think about donating a gift card for any amount from any one of the following stores: Safeway, Target, Walgreens, Old Navy, Walmart or any other inexpensive chain store in your area. We have started with a \$100 donation and will keep adding to the total periodically letting you know where we stand. When we reach \$1,000 we will turn the cards over to the International Rescue Committee for equal distribution to the various refugees being served in the Bay Area. Your donation will be acknowledged by the IRC. Our goal is to celebrate our final donated achievement by the end of May and to celebrate that achievement at another gathering at Eva Auchincloss' house on Monday, June 4 with hopefully a former refugee present to share with us her/his experience in a refugee camp or coming to and living in America. For more information and to get involved with this project, contact Eva at eva3auch@gmail.com or (415) 563-7519.

In Memoriam

Eugene Courtois

January 10, 1933 – January 16, 2018

Eugene Courtois of San Francisco departed this life from natural causes Tuesday morning January 16th to re-join his beloved Diane, just after his 85th birthday following a short illness.

Born January 10, 1933 to Cecilia and Benedict Courtois of Appleton Wisconsin, Gene grew up their 2nd of three sons and 3rd child, graduating from the local high school in 1951 with an already blossoming interest in art and photography that led to entering the Layton School of Art in Milwaukee. His academic career was interrupted by a draft board notice to join the Army and man the anti-aircraft defenses of Pittsburgh, where his talents marked him for developing graphic aids and other visual materials.

After release, he returned to Milwaukee to complete his studies where he met the love of his life Diane (nee' Schaefer) who was completing her education degree from the University of Wisconsin. Married in 1959, they moved to the Bay Area where she began a distinguished career teaching at Piedmont High School, and he established a successful career as a commercial photographer and artist, with several group and solo exhibitions of his works over the years.

After experiencing San Francisco's changing culture of the 60's and early 70's, they settled into their home of many years on Whitney Street in Noe Valley, where their hospitality, great cooking, and Gene's always changing art projects entertained many friends and the occasional family visitors.

An avid traveler, Gene enjoyed many trips to Europe, Quebec and throughout the US, especially after her retirement in the early 90's. He continued his interests in art and travel, although to a lesser degree, after Diane's death in 2007. He will be greatly missed for his creativity, friendship, and love of the beauty and good things in this life.

Elizabeth "Betty" Marie Angevine June 8, 1937 - January 1, 2018

Betty passed away in Livermore on New Year's Day after a brave battle with cancer.

Born in New York City to Arthur and Nona Angevine, she grew up in Pennsylvania, Washington State and Virginia. She graduated high school from St. Mary's Academy in Alexandria, VA in 1955. She attended Holy Cross Hospital School of Nursing in Salt Lake City, UT and received her diploma in 1959.

Betty moved to San Francisco in 1962 and was a head nurse at St. Mary's Hospital. Later in her career she was a hospice nurse for Hospice by the Bay. After retiring, she helped lobby for affordable housing for the elderly in San Francisco.

She is survived by her sister Loraine A. Swaim of San Ramon, nephew Chris Swaim of Livermore, niece Mary A. Hickmott of Tracy, and grand nieces and nephews Ryan, Nikki, Andrew, and Megan. She will be greatly missed by her dear friend and companion Linda Forcier and her many other friends and colleagues.

Neighborhood Circles

94123/94115

The 94123/94115 Circle will be gathering for a bring your own picnic lunch in Golden Gate Park on Tuesday, March 20 (the first day of spring) at noon in the bandshell area. Lunch will be followed by a guided walk through the Japanese Tea Garden to view the cherry blossoms, which should be at their peak. The walk costs \$4 for SF seniors. This is open to all SFV members. To RSVP, contact Eva Auchincloss at (415) 563-7519 or email her at eva3auch@gmail.com.



Save the date for a potluck dinner at Jeanne Lacy's house on Tuesday, April 10 for up to 10 SFV members from the 94123 and 94115 area codes. Jeanne will make the main course and others can bring a side dish and/or wine. Please RSVP to Marilyn Campbell at (415) 531-3716 or at mcampbell@larkinstreetyouth.org.

94114

The 94114 Circle is having another dinner at Haystack Pizza on Thursday, March 22 at 6:00 PM. Open to all but space is limited. If you're interested, contact George Matiasz by March 17 at (415) 241-0422.

94117

The 94117 Neighborhood Circle will meet on Friday, March 9, from 2:00 to 4:00 PM, at the home of Kitty Brody to socialize and further deepen our relationships as neighbors and friends. Topics will include: (1) exploring how we feel about our own aging; (2) our challenges in asking for help; and (3) how to get out of our own isolation. Please contact Bill Haskell at bhaskell@sonic.net or at (415) 374-9729 if you have any questions. Please contact Jill at SF Village for address information.

94102/94103

Greet Spring at Books Inc. Opera Plaza! The 94102/94103 Circle will meet on Tuesday, March 20, from 2:00 to 3:00 PM at Books Inc. at Opera Plaza, 601 Van Ness Ave. (between Turk and Golden Gate Avenues). We'll explore the possibilities of spring – the impulse to grow and create. What new project, idea, friend, book have you brought into your life? RSVP to Lynn Davis at Treebarque@aol.com or (415) 377-9999. This event is open to all SFV members.

94118

The 94118 Circle is visiting the Presidio Officers Club, on Wednesday, March 21, to see the exhibit of San Francisco in WWII and the Japanese internment, followed by lunch at the Presidio Cafe. We will meet at Gladys Thacher's home at 10:30 AM to carpool. The plan is to spend 1-2 hours at the exhibit, then carpool to the cafe (at the golf club, just inside the Arguello Gate), then head back to Gladys's. Everyone is responsible for their own lunch, estimated at \$15-20. Please RSVP to Gabie Berliner at (415) 751-3766 or gberliner@comcast.net no later than March 18 so reservations can be made.

94121

The 94121 Circle will meet Monday, March 5 at 1:30 PM at the San Francisco Village offices at 3220 Fulton Street. All 94121 members are welcome! Bring a friend! Questions? Call Patricia Kaussen at (415) 387-7299.

Sunset Circle

The Sunset Circle will meet, as usual, on the third Wednesday of the month, March 21, from 3:00 – 4:30 PM, most likely at the home of Judy Winn-Bell. RSVPs appreciated to Judy at judywb@rocketmail.com or (415) 298-4178.

West of Twin Peaks Circle

The WTP Circle will be getting together for wine and cheese at the home of Peg Kaplan on Thursday, March 29 from 4:00 – 5:30 PM. For address information and to RSVP, contact Elaine Mannon at (415) 469-9832 or elaine@mannon.com.

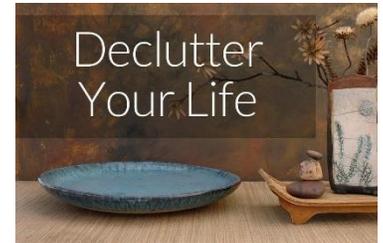
Save The Dates!

Eliminate Clutter Workshop

Wednesday, April 4, 2:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Getting ready for spring cleaning? After this workshop, participants will better understand how clutter happens and why it causes so much stress (which you might not expect!). Learn to overcome the negative feelings associated with cluttering, and understand the difference between cluttering and hoarding. Join author Gloria Valoris to ways to eliminate and prevent clutter, and how to create systems that make decision-making easier.



Brown Bag Lunch Authors' Series: Barbara Kivowitz

Friday, April 6, 12:00 – 1:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

A new member of the SFV Board, Barbara is a consultant and author specializing in health care innovation. She works with health care systems nationally to help them shift to more relationship-based models of care. She is the author of *Love in the Time of Chronic Illness: How to Fight the Sickness, Not Each Other* - a guide for patient-caregiver partners and for the clinicians who help them. She has delivered programs based on her book to doctors and nurses at Stanford Health Care, UCSF, Massachusetts General Hospital, and Dana Farber Cancer Center; and she is a frequent speaker at conferences for patient-caregiver groups. She is on the Patient and Family Advisory Councils of Stanford Health Care and Sutter Health. In this session, she will read from her book and talk about her research on how illness affects the patient-caregiver relationship and what patients and caregivers can do to build relationship resilience.

Mothering Middle-Aged Daughters

Sunday, April 8, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

It Never Ends: Mothering Middle-Aged Daughters explores the complex challenges and unexpected rewards of aging mothers in their relationships with their midlife daughters. Based on interviews with women between 65 and 85, it illuminates issues of closeness, distance, longing, and need that arise. Mothers speak openly about the ongoing effects of the past on the present, the cultural, familial, and interpersonal conflicts that remain, and the varied and often invisible ways they continue mothering.

Sandra Butler has written dozens of articles, reviews, and essays that have appeared in a range of periodicals and anthologies. Over the past three decades she has facilitated workshops for community activists, social workers, and psychologists on the intersecting political, economic,



cultural, and psychological dimensions of violence against women, and has lectured on women's issues nationally and internationally. Butler served on the editorial board of *Persimmon Tree: An Online Magazine of the Arts by Women Over Sixty*. Now, in her late-seventies with two adult daughters, Butler has completed her third book, *It Never Ends: Mothering Middle-Aged Daughters*, with Nan Gefen.



A Mindful Walk in the Park

Monday, April 9, 2:00 – 4:00 PM

Meet at the large center fountain in the Music Concourse in Golden Gate Park

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

Come spend an afternoon in nature. Reconnect with your natural self. During this creative day of practice, we will repeatedly attune to the breath, the body, and the natural world as a way to wake up to the preciousness of this moment and resource ourselves in nature. This two-hour experience in Golden Gate Park will be mostly in silence to support the meditative process. We will walk a little, then sit, meander through nature, and walk a bit more based on the group's preferences for movement. Mindfulness practice guidance will include: focused attention, sensory awareness, open awareness, interconnection with nature. Each will be followed by a group discussion about your experiences.

Guide: Dr. Kelly Werner loves guiding others to sense the stillness within themselves and our interconnection with the natural world. She received her Ph.D. in Clinical Psychology from UC Berkeley and completed her postdoctoral research at Stanford University. She practices as a clinical psychologist (<http://sf-act.com/home.php>) and an international mindfulness and emotional intelligence teacher (www.siyli.org).

Advanced Planning Workshop: Wills, Trusts, and Estate Planning

Friday, April 20, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

If you think your plan is complete or need to finally start your estate planning, Deb L. Kinney, partner at Johnston, Kinney & Zulaica LLP www.jkzllp.com, the largest boutique estate planning firm in SF, gives an interactive and informative seminar on the nuts and bolts of estate planning along with her insights on practical and family harmony considerations. Whether you're single, partnered, or married, Deb addresses the various documents everyone should have like health care directives, HIPAA releases, and powers of attorney. She also demystifies the differences between trusts and wills. Bring your questions and enjoy learning how to protect yourself and your loved ones.

