



San Francisco Village

Monthly Newsletter

July 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends,

Since 2012, San Francisco Village has received funding from the City and County of San Francisco, Department of Aging and Adult Services, and I'm happy to report that our funding has been renewed for another two years beginning July 1. This strong and steady support has enabled us to grow in ways we couldn't have imagined just seven years ago. We've doubled the number of staff members, purchased a new database software system, refreshed our website, tripled our membership, as well as the number of programs offered each month, and moved into a home we can call our own.



This visionary investment from our civic leaders is unique in the Village Movement; only a handful of villages nationally receive municipal funding. It started with the Board of Supervisors in 2010 recognizing that the number of older San Franciscans was rapidly increasing and their freedom to choose where they call home is threatened by a number of forces: escalating cost of living, evictions from rent-controlled apartments, impaired mobility due to the hills we live on and the two dozen stairs that lead to the front door, and irrespective of geography, the threat is compounded by social isolation and loneliness. Their objective was to find ways to help older San Franciscans remain in the homes, neighborhoods and city they love.

The Board of Supervisors saw San Francisco Village as part of the solution so they provided "add-back" funds and directed the Department of Aging and Adult Services (DAAS) to work with us on building our infrastructure, in order to expand programs and grow the membership. Since then, SFV has been awarded three multi-year grants including this one. The leadership at DAAS shares our belief that older adults, of all economic means and backgrounds, need resources, connections and relationships to stay resilient, to make good choices and to age with dignity and self-

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determination. We are deeply grateful for their confidence in this life-affirming model for social change.

More good news ... we're having a party on July 18 to celebrate summer, to welcome Sarah Kent back from maternity leave, and to thank Tina Shibue for filling in during Sarah's absence. Please mark your calendar and bring a friend or neighbor. Great food and wine, live music, new friends, a few laughs – a perfect formula for fun!

I look forward to seeing you soon!

Warm Regards,
Kate

Did You Know?

Day of Service

Saturday, August 11

If you are interested in having a team of 3-4 volunteers come to your home to work on projects such as gardening, cleaning, technology, mattress flipping or changing out your incandescent light bulbs for free LED light bulbs, please contact Jill Ellefsen at jill@sfvillage.org or (415) 387-1375.

July Events



Everyday Better Breath

Monday, July 9, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

We breathe thousands of times each day without conscious thought. As with any repeated action, we form habits of breathing. Some habits are more helpful and healthful than others. Learn tips to clear congestion, improve your breath, and better support your body's energy and ease. Learn the surprising ways breathing really works in this presentation about respiratory physiology paired with yogic wisdom for your everyday better breath! *This is Part 2 in the Better Breath Works series with Rachel. All are welcome, even if you missed Part 1 in May. Come breathe and learn with us!

Rachel Lanzerotti, MSW, E-RYT500, IAYT-Certified Yoga Therapist is the Founder of Five Rivers Yoga Therapy. She is a Body Systems Yoga Therapist, guide of mindfulness meditation and yoga teacher, social worker and health educator and a specialist in pain relief. In addition to personalized, one-on-one programs, Rachel leads small groups on topics such as: Therapeutic Yoga to Move, Breathe & Relax, Aging Well with Meditation, and Breathing for Clarity & Energy.

Self and Community Connections

Tuesday, July 10, 3:00 – 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.



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

Come experience the healing power of expressive arts through drawing, movement, sound, and writing as we explore our relationships with ourselves and each other in community. No experience with the arts is necessary as we draw on everyone's innate creativity. Shy people are welcome.

Amber Field is a Tamalpa Associate Teacher of Expressive Arts. They love to help free people's voices and sing, sound and speak their truths with confidence. Amber is a multi-instrumentalist and singer featured in *SF Magazine's* Best of the Bay. They also facilitate diversity and solidarity workshops using embodied creative practices.



Make Some Senior Dog Friends with Muttville

Thursday, July 12, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us to learn about Muttville Senior Dog Rescue, a San Francisco organization whose mission is to change the way the world thinks about and treats older dogs and to create better lives for them through rescue, foster, adoption, hospice, education and advocacy. Learn about Muttville's programs for senior humans – our Seniors for Seniors adoption program and Cuddle Club. We'll have a couple of mutts on hand who will love some attention!

Founded by Sherry Franklin in 2007 to save the lives of the older dogs that were considered “unadoptable” and routinely euthanized in area shelters, Muttville has become a national model. Franklin, who worked from her house to save 27 dogs that first year, said she “wanted to make senior dogs sexy” – and she now speaks at conferences around the country about animal rescue, senior dogs, and Muttville’s innovative programs.

Paper Flower Making for the Summer Party

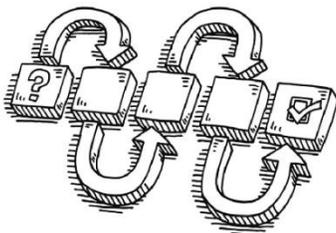
Friday, July 13, 2:00 PM – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Join Jill Ellefsen for some creative flower making and help decorate for our summer party! You can pick up your creations at the end of the party if you would like to take them home with you. Please let Jill know if you’d like to keep your decorations at this fun workshop!



Who should I turn to? Demystifying Estate Planning and Fiduciary Services

Tuesday, July 17, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for an interactive seminar on estate planning with a special focus on who would or could be a good back-up agent, whether for health care or financial decision making. Deb L. Kinney, an attorney from Johnston Kinney and Zulacia LLP and Rebecca Paul, Director of Fiduciary Services at Jewish Family and Children Services will cover a host of relevant topics including what documents one needs to be prepared, how to choose agents and why, options for agents when a successor is not obvious, and an overview of the Seniors At Home project of JFCS. Bring your questions, concerns and experiences to this session and ask the experts!

Elaine Elinson – Writing Workshop (Six-Week Series)

3rd and 4th Wednesdays*, July 18 and 25, August 8 and 22, 3:00 – 4:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

*Please note the date change due to the 4th of July holiday



Have you always wanted to write your memoir but didn't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writing Workshop. All levels welcome, but space is limited.

This workshop will be 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 led this popular workshop at San Francisco Village for three years.

We will try different writing styles – from memoir to poetry to essays and fiction. We will explore the work of poets and authors – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to "surprise our readers, and ourselves, with our words."



Summer Party!

Wednesday, July 18, 5:00 PM – 7:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for an evening of food, wine and live music; let's welcome back Sarah Kent, give thanks to Tina Shibue and celebrate summer in the city.

Bridging Eastern and Western Medicine

Thursday, July 19, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



You may have afflictions that have not responded to conventional Western treatment. And wonder, should I seek alternative treatments? One option is traditional Chinese medicine in the form of acupuncture or Chinese herbs. But then you may have further

questions such as, 'Will they work? Will they conflict with my existing Western treatments? How long should I give them to work?' If you see a Chinese practitioner, you may not understand her explanation of your condition or her treatment because she is speaking from an unfamiliar Eastern medical paradigm. Dr. Tsang will explain the difference between the Eastern and Western medical paradigms. They are based on two very different philosophies. Both have advantages and limitations. She will explain how Eastern and Western medicine can be best used to complement one another.

Dr. Patricia Tsang received her M.D. from the UCSF School of Medicine in 1963. She studied traditional Chinese medicine (TCM) at the American College of Traditional Chinese Medicine, San Francisco in 1981 and then continued her studies under the personal tutelage of her lifelong teacher and mentor, Dr. Yat Ki Lai, O.M.D., L.ac. She practiced an integration of Western family practice and TCM from 1982-1999 and wrote *Optimal Healing: a Guide to Traditional Chinese Medicine*, which was published in 2008. In it, she translates mystical sounding Chinese medical language into common Western terminology and shares from her personal experience about conditions she successfully treated using an integration of Eastern and Western medicine. Pat has lectured widely to health care professionals and to the lay public on this subject. Her book retails for \$19.95 and will be discounted to \$15.00 for SFV attendees.



Docent-led Walking Tour of the Gardens

Friday, July 20, 1:30 – 3:30 PM

San Francisco Botanical Garden (free for SF residents, please bring I.D.),

Meet at the Main Gate of the 9th Ave. entrance

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

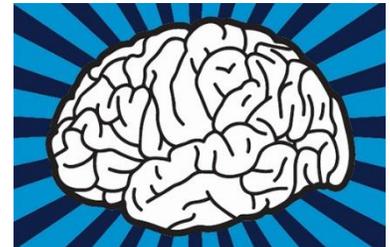
Join the San Francisco Village community and others from our greater San Francisco community on this tour of the Botanical Garden led by trained docents. Don't forget to bring your own sun protection and water since the garden can be warm in July!

Active Minds, Healthy Brains: from the Global Brain Health Institute and the UCSF Memory and Aging Center

4th Tuesday of the month, July 24, August 28, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Did you know that there are things you can do to affect how your brain ages? We invite you to join us as we examine some modifiable factors such as physical activity and cognitive stimulation that can have an impact on our brain's health.

Tuesday, July 24

What is cognitive stimulation? Our brains join the gym! with Devyn Cotter, MS.

How can you keep your brain active? Learn about the everyday activities that nurture our cognitive functions.

Tuesday, August 28

Loneliness and social impact—how feeling connected protects our brains with Phaedra D. Bell, PhD in Theatre and Performance Studies. As an Atlantic Fellow, Phaedra is working to develop a program pairing university students with local older adults who have been screened for loneliness and social

isolation. Once matched, the intergenerational partners develop a creative project together over the course of three months. Phaedra is passionate about education and health equity. Working toward equity starts and ends in our communities—communities just like ours!



July Birthday Social

Thursday, July 26, 3:00 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Come gather with fellow members and friends to wish the birthday folks a happy birthday and enjoy a sweet treat together! Stay and chat while you're here. We may find some fun ways to get to know each other better.

Art With Elders (6-session series over the course of 12 weeks)

Mondays every other week, July 30, August 13, 27, September 10, 24 &

October 8, 10:30 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Art With Elders (AWE) uses the power of art, creativity, and community to enrich the journey of aging. In this six-session series, we will venture into watercolors, acrylics, pencils, pastels, collage and possibly 3D art.

AWE provides 2,000 art classes each year for more than 400 seniors throughout the San Francisco Bay Area. AWE is distinctive in its program quality; these are not craft activities, but instead the focus is on skill-building – ranging from color and composition to perspective and background. Each year, artists submit their work for an annual, juried exhibit. After an opening reception for artists, family, friends, and caregivers, the exhibit then travels to several locations in the Bay Area, where it is viewed by an estimated 30,000 people.

The series will be taught by the esteemed artist instructor Yvette Brown. Her own artwork is about the deep psychological and physical responses people have to motion. She finds doing art brings light to the recesses of the brain that rarely get tapped into. Once you start, there is this zone similar to meditation that is reached. While she doesn't have the science behind this, she does have the experience!



Stories from My Time in Africa

Tuesday, July 31, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

For over a thousand years, the nomadic Hadendowa tribe have wandered the arid lands from the Eritrean Mountains to the Red Sea with camels and goats, following ancient routes to hidden

wells and campsites that their forefathers established. They pray five times daily in accordance with the Quran but mutter and sing to the forces and elements that inhabit the desert, wind, and stars all day long.

During the terrible drought that gripped East Africa in the 1980s that threatened the lives of the people and animals, and altered the very landscape, Maria Eitz took a team of medical people to help the Hadendowa battle for their survival. Over three years, she came to know and love these remarkable people. Honored by their friendship, her life has been enriched by their ancient courage, respect for life, and the wisdom that their Imam taught. In stories, she has tried to capture what she learned.

Inspired by a commitment to social justice, Maria Eitz has devoted her personal life and career to improving the lives of children locally and internationally. Founder and director for Respite Care in San Francisco, for 35 years she offered free child care; early assessment; interventions for at-risk children; and support for parents. Also the founder and former director of Medical Volunteers International, Maria developed human rights programs in Asia and Africa for children and their parents affected by war, natural disaster, and famine. Maria was born in Germany in 1939 and studied psychology and theology. Perhaps her most important role is as a mother and grandmother. During her time in Vietnam, Maria adopted 4 children and now has 9 grandchildren. Since retirement in 2012, she was ordained a Roman Catholic Woman Priest and has a ministry here in San Francisco at the Sophia in Trinity community.

Recurring Events

Aging Well With Meditation

Wednesdays, July 11, 18, 25, 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

Wednesday, July 11, 4:00 – 6:00 PM

Telegraph Landing Club Room, 150 Lombard St.

The group will be reading *The Land of Hearts Desire* by William Butler Yeats. If you have questions, call or email Midge Fox at (415) 984-0613 or midgefox@comcast.net.

Discussion Group

Friday, July 13, 3:30 PM

Home of Eva Aucincloss; contact SFV for address information

The group will discuss climate change. Linda Lewin will bring information from Elders Climate Action to the meeting. This group is open to everyone. Please RSVP to Eva if you are not a regular and are planning to come: (415) 563-7519 or eva3auch@gmail.com.



Knitting Circle and Crafting Hangout

Monday, July 16, 1:30 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Knitters and crafters alike, bring in your projects at any stage. Jill Ellefsen, our resident seasoned knitter, 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.

Lunch Bunch

Thursday, July 19, 11:30 AM

Magic Flute Restaurant, 3673 Sacramento St. (at Spruce)

The Lunch Bunch is open to all SFV members. For more information and to RSVP, please contact Marci Fogg at (415) 821-6333 or mjffogg@hotmail.com.



Film Group

Wednesday, July 25, 3:00 PM

Ralph Beren's Home, 1914 Lyon St. at Clay

RSVP to Ralph at ralphberen@comcast.net

The Film Group will meet to watch the acclaimed film *Separate Tables*. Starring David Niven, Burt Lancaster and Rita Hayworth, the film won two Academy Awards in 1958.

Let's Play Games!

Thursday, July 26, 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!



Member to Member

Interested in small theater performances in SF?

SFV member Clint Seiter has co-founded a MeetUp Group focused on enjoying small theatre performances in San Francisco. If you are interested in joining and/or learning more, contact him at clintonseiter@gmail.com or visit the group's website: <https://www.meetup.com/meetup-group-SWCyqYMq/>

Lodger to Share Your Home for Greater Ease & Security

An excellent choice: mid-60s gentleman, educated, employed, healthy, able and a 40-year San Francisco resident will happily provide wide-ranging home maintenance, repairs, computer help, errands and much more, in exchange for reduced rent. Long-term volunteer and/or employee with non-profit community organizations, including Friends of SFPL. Superior reference available from older owner of home he's shared for decades. Background check, lodging agreement and support provided free by Home Match SF, if requested. Contact Mary Moore Gaines to meet him and explore possibilities: gainesmarymoore@gmail.com or (415) 387-7774.

Neighborhood Circles

94102/94103

On Tuesday, July 31, the 94102/94103 Circle will gather from 2:00 to 3:00 PM at Books Inc. at Opera Plaza. Members are invited consider the topic: "Facing New Experiences and the Unknown." Any SFV member is welcome. Please call or e-mail Lynn Davis if you have questions (415) 377-9999 or Treebarque@aol.com.

94109/94133

Our next meeting will be held on Wednesday, July 11 at 3:00 PM, at a member's home. We will be planning our theme and activities for the next year. RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu.

94123/94115

Members residing in 94123 and 94115 plus any other Village members interested are invited to join Academy of Sciences docent, Frances Gorman, Eva Auchincloss and Marilyn Campbell for a special introduction to the latest exhibits at the Academy. We will gather outside the museum on Thursday, July 26 at 2:00 PM. Hopefully there will be enough Academy members who can bring a guest to avoid payment by those who are not members, since the Senior Admission is \$30.95. We will need to know if you are an Academy member when you sign up.

The new exhibitions are "Giants of Land and Sea" and "Expedition Reef" and the "Rain Forest" has been redone.



Depending on timing we'll visit both new exhibitions (this will not be a guided tour, but an opportunity to visit with likeminded Village friends) and there will be time to explore other avenues of interest before sitting down in the cafeteria for a late afternoon tea together. Please contact Eva Auchincloss at eva3auch@gmail.com or (415) 563-7519 if you plan to join us.

94132

The 94131 Circle get together will be held on the 3rd Saturday of the month, July 21, from 1:00 to 3:00 PM at the Ora Way Club House located at 45 Ora Way. For more information and to RSVP, contact Marci Fogg at (415) 821-6333.

94121

The 94121 Circle will meet on Friday, July 20 at 2:00 PM at the home of member Mary Hudson. (Please note that we have changed the time – the meeting is now taking place at 2:00 PM). For address information and any questions please call Patricia Kaussen at (415) 387-7299. We look forward to welcoming any new members!

94117

The 94117 Neighborhood Circle will meet on Friday, July 13, from 2:00 to 4:00 PM, at the home of Kitty Brody to socialize together, and to further deepen our relationships as neighbors and friends. We will enjoy sharing what is going on in our lives, and then talking about the emotional and physical challenges of “downsizing” and letting go of outdated images of ourselves. Contact Bill Haskell at bhaskell@sonic.net or at (415) 661-2670, if you have questions. Please contact Jill at SF Village for address information.

94118

The 94118 Circle will meet on Thursday, Aug. 2 we will meet at new member Karen Franklin's house. We'll enjoy getting to know one another better. Let Gabie know if you are coming and if you need access to the elevator (Karen's house is accessible and ADA-compliant): call her at (415) 751-3766 and leave a message.

Sunset Circle (94122)

The Sunset Circle will meet on Wednesday, July 18 from 3:00 – 4:30 PM, location TBD, for a lively discussion of current events, recent activities, and future plans. New members are welcome. For more information and to RSVP, please contact Judy Winn-Bell at (415) 298-417 or Joan Walton at (415) 681-8275.

LGBT Circle

The LGBT Circle will meet on Tuesday, July 24 from 2:00 – 3:30 PM for a walk through the AIDS Memorial Grove. Please meet at the main entrance where the inscribed boulder is located at the intersection of Bowling Green Drive and Nancy Pelosi Drive.

Please join us on a walk through the grove which will commence with us finding a nice place to sit and talk. We can share memories and thoughts of our own histories in San Francisco and how the AIDS epidemic impacted our lives. Hot tea, beverages and sweet treats provided. Much of the Grove, including the Circle of Friends, has been made wheelchair accessible. RSVP to Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 ext. 2. Everyone is welcome.

West of Twin Peaks Circle

The WTP Circle Lunch Bunch is getting together on Tuesday, July 17 at 1:00 PM at Fresca – Peruvian Restaurant (24 West Portal Ave.) Please RSVP to Elaine Mannon at elaine@mannon.com or (415) 469-9832.

Save The Dates!

LGBT Film Series

Fridays, August 3, 10, 17, 24, 31, September 7, 1:00 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org



What a nice way to spend the summer—watching films—especially those with a message. We will go on a journey for six consecutive weeks watching the changing landscape of LGBT films. We begin with the classic film, *Boys in the Band* and end with *Call Me by Your Name*. We will talk about how the films move from self-loathing to self-acceptance over a span of fifty years. Each film presents a different point of view and perspective regarding society's view of gay men and women.

August 3 – *Boys in the Band* (1970)
August 10 – *Maurice* (1973)
August 17 – *Longtime Companion* (1990)
August 24 – *The Kids are All Right* (2010)
August 31 – *Milk* (2008)
September 7 – *Call Me by Your Name* (2017)



Mindfulness Meditation Mini-Retreat

Sunday, August 5, 10:00 AM – 2:00 PM
SFV Office + Golden Gate Park
RSVP to (415) 387-1375 or info@sfvillage.org

Explore the spacious ease of mindfulness practice with our SFV community, through a mini-retreat with guided instruction, silent and walking meditation, gentle standing yoga, and discussion. As weather and group mobility allow, we'll cross the street into Golden Gate Park for mindful walking, so please bring appropriate outdoor layers. Also bring your own food for lunch, as we will take a break to eat together. Led by Rachel Lanzerotti, who guides the weekly meditation group at SFV.

Mobile App Technology – Travel Around Town Without Waiting Around

Tuesday, August 7, 1:00 – 3:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Michael Chang and Brian Castagne from The Bridge at San Francisco Public Library will teach the class using a large-screen display. Specifically, they will



explain how to use both Android and Apple smartphones, tablets, or computers to:

- Get real-time MUNI and BART information
- Use map and directions apps/software
- Utilize ridesharing/taxi services like Lyft, Uber, and Flywheel

Part of Bolder Adults TechTime, these classes are geared for adults 50 years & beyond.



Palliative Care 101: Improving quality of life for people with serious illness and their families

Friday, August 17, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Most of us, when we are sick, experience our illness at multiple levels—physically, emotionally, relationally and spiritually. Palliative care comes alongside people with serious illness and their loved ones to support them as they journey through their illness. In this talk, we will discuss the origins of palliative care, what palliative care is and does, how palliative care is important at every stage of a serious illness, and how you can get palliative care when you need it.

Christine Ritchie, MD, MSPH, FACP, FAAHPM, is the Harris Fishbon Distinguished Professor in Clinical Translational Research and Aging in the Division of Geriatrics, Department of Medicine at the University of California San Francisco (UCSF). A graduate of Davidson College and the University of North Carolina at Chapel Hill School of Medicine, she completed her internal medicine residency, chief residency and geriatric fellowship at the University of Alabama at Birmingham. A board-certified geriatrician and palliative care physician with expertise in clinical care delivery models, medical home care and advanced illness research, she is the recipient of an NIA-funded Geriatric Academic Leadership Award in Advanced Illness and Multimorbidity, an inaugural member of the NIH-funded national Palliative Care Research Cooperative, and an Associate Editor for the Journal of Palliative Medicine. Serving on multiple boards relating to Gerontology, Palliative Care medicine, and Home Care, Dr. Ritchie has built and directed integrated health care programs spanning many care settings.

Dr. Ritchie conducts research at UCSF at the intersection of palliative care and geriatrics to improve quality of life and patient outcomes for those with complex serious illnesses. She also serves as Director of Clinical Programs in the UCSF Office of Population Health. Her current studies address the impact of symptom burden on health care utilization in individuals with multiple chronic conditions including cancer. She is also evaluating healthcare delivery models focused on patients and families with serious illness living at home.

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