



San Francisco Village

Monthly Newsletter

August 2018

From The Executive Director: Kate Hoepke

Dear Members and Friends,

A few months ago, we started a new program called the Meaning of Place. Those who attended enjoyed it so much, we've decided to schedule it several times a year, including Monday, August 27th. Using art and storytelling as prompts, we will explore what it means to belong: to a community, a neighborhood, a family, a group of friends. What anchors us in this particular time and place? We'll elicit memories in the process, but also focus on the present; who are we now and what do we want to create for our future? You'll find it deeply personal, and at the same time you'll discover just how much our stories have in common. If you're looking for connection, I think you'll find it here.



As many of you know, we are actively trying to grow our membership and the best way to do that is by word-of-mouth; inviting friends, neighbors and colleagues to hear from YOU about who we are, what we do and why it matters. On Thursday, August 16th I will lead a workshop about the San Francisco Village brand and the language we can use to attract new members, volunteers, donors and other supporters. The nature of our community is creative, dynamic and ever-changing; its sustainability relies on increasing awareness and inviting new people to join us in creating the kind of caring community we imagine and deserve. I hope you'll come and learn how you can more easily share with others why San Francisco Village is an important part of your life.

Also this month ...

- Our own LGBT Film Series chronicling the changing sociological landscape for LGBT men and women, with six films from 1970 to 2017.
- On August 17th Dr. Christine Ritchie will help us better understand palliative care as a way to reduce the pain and suffering of serious illness, and how to ask for it.

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New Members in July

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- Art with Elders, a distinguished program that focuses on skill-building – ranging from color and composition to perspective and background - will continue a six-session series on August 13th. You may have seen their juried exhibits at the de Young, Laguna Honda and other public spaces in the City.
- Whatever your experience in the arts, paper collage is a fun and relaxing activity. On August 23rd SFV member, Dennis Treanor, will lead us in discovering our inner artist.
- Learn about the Islamic faith, its teachings and practices in an informative discussion with Ameena Jandaliis, a founding member of the Islamic Networks Group.

As always, I invite you to join us for a program, attend a neighborhood circle, call the office for volunteer support, or volunteer yourself to help another member.

Warm Regards,
Kate

Did You Know?

Call us if you need a ride!

Transportation is one of the most frequent volunteer requests among our members.

While many ride requests are fulfilled, there are times when a volunteer match can't be found. If you request a volunteer to drive you to a doctor's appointment, SFV program, the grocery store, etc. and SFV is unable to find one, we will reserve a Lyft ride for you, free of charge.

SFV has a partnership with Lyft, called Lyft Concierge, which allows us to book rides for members up to one week in advance. We ask that all members who take advantage of this program have a cellphone (it need not be a smartphone) so that we can contact you in case anything changes while you are out. The free Lyft program is available to any member who is unable to get a ride after submitting a volunteer request.

August Events



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)

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.



Elaine Elinson – Writing Workshop (Six-Week Series)

Wednesdays, 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

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

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."

California Phones: Keeping You Connected

Tuesday, August 14, 10:00 – 11:00 AM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org



California Phones
Keeping you connected.

Do you have difficulty hearing on a standard telephone or difficulty getting to the telephone before it stops ringing? Do you have difficulty seeing the numbers on a standard telephone, dialing telephone

numbers, or remembering telephone numbers? Do people have difficulty hearing or understanding you on the telephone? If you answered yes to any of these questions, you can benefit from the specialized telephone equipment of the California Telephone Access Program (CTAP).

Every day, specialized California Phones from the California Telephone Access Program (CTAP) enable over half a million Californians to stay connected. There's a California Phone for every need. For example, there are amplified phones that make it easier to hear conversations, big button phones that are easier to dial, phones with lights that flash for incoming calls, and convenient portable phones. CTAP provides free specialized phones and accessories for your mobile phone to all qualified Californians. There is no age or income requirement. Learn more about the available assistive technology and this state funded program.



Yerba Buena Neighborhood Walking Tour

Thursday, August 16, 10:00 – 11:30 AM

Meeting Spot TBA

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

Hidden stories, surprises, and live performances abound in a 90-minute walking tour in downtown San Francisco's Yerba Buena Neighborhood.

Local history, activism, music, and pirating are brought to life as actors portray the larger than life historical figures that gave this city its quirky and unique reputation.

This free public tour we are joining is sponsored by the Yerba Buena Community Benefit District and Wild SF Walking Tours. It covers about 6 blocks in distance and seated rest opportunities are limited.

How to Talk About San Francisco Village

Thursday, August 16, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Have you ever been asked about San Francisco Village and not known how to describe it? Would you like to be able to share with friends and neighbors why SFV is an important part of your life? The best way to grow our community is by word-of-mouth; inviting friends, neighbors and colleagues to hear from YOU about who we are, what we do and why it matters.



Join Kate Hoepke, Executive Director, for this session about the San Francisco Village brand and the language we can use to attract new members, volunteers, donors and other supporters. The nature of our community is creative, dynamic and ever-changing; its sustainability relies on increasing awareness and inviting new people to join us in creating the kind of caring community we imagine and deserve.



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.

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

**Mondays every other week, 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

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



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!



Social Care and Health Care Book Club

Tuesday, August 21, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Village members continue exploring the connections between social care and health care and turn to published writings to inspire conversation. This month, the group will discuss *Disrupt Aging* by Jo

Ann Jenkins.

Paper Collage Making

Thursday, August 23, 10:30 AM – 12:00 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org



Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists.

Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.



Meaning of Place

Monday, August 27, 3:00 – 4:30 PM
SFV, 3220 Fulton St. at 8th Ave.
RSVP to (415) 387-1375 or info@sfvillage.org

Our attachments to the places we call home – apartment, house, neighborhood, city – are fundamental to how we know ourselves, our sense of belonging, the memories that anchor us in our own history and how we harmonize with others. We'll use art and storytelling to explore the meaning of place in our own lives and how our identities are shaped by that understanding. We'll introduce you to Olive Shaughnessy, SFV member and professional storyteller, and Emelle Sonh, a local artist and gerontologist who studies the meaning of place and how to elicit individual stories as a means to deepen relationships and our social fabric.

We encourage all members, especially newer members, to attend as a way to build connections. New connections can and will be made every time this program is offered; we'd love to see you again if you attended this event in the past!

Olive Hackett-Shaughnessy is a storyteller, writer, workshop leader and curriculum consultant in San Francisco, where she has been an artist-in-residence in public and private schools for more than 30

years. She's a member of SFV and has taught storytelling workshops to our members several times in the past few years. Each time she does, something magical happens.

Emelle Sonh is a gerontologist and lifelong practicing artist. She is Founder and Artistic Director of Motion Arts Company and The ELDER Project. She brings her work as an artist to develop materials which support community conversation.

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

Tuesday, 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.

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!



Getting to Know American Muslims and Their Faith

Thursday, August 30, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Islam means peace through following God's guidance. Learn about the Islamic faith, its teachings and practices in this informative discussion, as we explore the world's religions.

Ameena Jandaliis a founding member of the Islamic Networks Group. She co-designs and develops ING's educational presentations and cultural competency seminars. Ameena has delivered hundreds of presentations in schools, colleges, universities, churches, and other venues on Islam and related subjects. She's also appeared on many news outlets speaking on issues relating to American Muslims. She currently team-teaches a class on Islam at San Francisco City College. Ameena received her M.A. in Near Eastern Studies from the University of California, Berkeley, and B.A. in History from the University of Illinois.

Recurring Events

Aging Well With Meditation

Wednesdays, August 1, 8, 15, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.



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

Discussion Group

The Discussion Group will take a break for the month of August and meet again in late September.

Member to Member

Weekly Walking Companion

A member who lives in Park Merced (near Stonestown) is looking for a weekly walking companion for leisurely strolls and good conversation. Interested? Contact Jill at (415) 387-1375 ext. 2 or jill@sfvillage.org and she will connect you with the member.

Members who also volunteer: please submit your hours!

If you have volunteered for another SFV member, at an SFV event or as part of our Board of Directors or Advisory Council, please submit your volunteer hours via e-mail to Jill Ellefsen (jill@sfvillage.org) each month. Whether it is a friendly visit, a ride to an event or help at home, these hours are all valuable data that we compile to help with our funding and grants. If you have any questions, contact Jill at (415) 387-1375 ext. 2 or jill@sfvillage.org.

Trustworthy Gentleman Will Provide Home Assistance in Exchange for Reduced Rent

Mid-60s gentleman will happily provide wide-ranging home maintenance, repairs, computer help, errands and much more, in exchange for reduced rent. A trustworthy 40-year SF resident, he is educated, employed, healthy, and capable; he is a long-time volunteer and employee with several non-profit community organizations. Superior references available. Background check, lodging agreement, and ongoing support provided free by Home Match SF, if desired. Contact Mary Moore Gaines to meet him and explore possibilities: gainesmarymoore@gmail.com or (415) 387-7774.

Neighborhood Circles

94109/94133

On Tuesday, August 28, the 94102/94103 Circle will gather from 2:00 to 3:00 PM at Books Inc. at Opera Plaza. Members are invited to share stories of hips and back, feet and hands, and browse through dozens of books/magazines and articles. Any SF Village member is welcome. Please call or e-mail Lynn Davis if you have questions: (415) 377-9999 or Treebarque@aol.com.

94109/94133

The 94109/94133 Circle will not meet in August.

94123/94115

The Circle will be going on a 1.5 hour tour of the Frank Lloyd Wright Marin Civic Center (\$5 per senior)



on Wednesday, August 15 at 10:30 AM followed by Dutch lunch with the group at a nearby restaurant. Carpools will be organized to leave SF at 10:00 AM. Please call or email Eva Auchincloss, (415) 563-7519 or eva3auch@gmail.com, if you are interested in attending.

94131

The 94131 Circle will meet on Saturday, August 18 from 1:00 – 3:00 PM at the Gold Mine Rec Room, 43 Ora Way. For more information and to RSVP, contact Marci Fogg at (415) 821-6333.

94117

The 94117 Neighborhood Circle will meet on Friday, August 17, from 2:00 to 4:00 PM, at the home of Jay and Marcia Lenard, to socialize together and further deepen our relationships as neighbors and friends. We will enjoy first 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. Please contact Bill Haskell at bhaskell@sonic.net or at (415) 661-2670 if you have questions. Contact Jill at SFV for address information.

94118

The 94118 Circle will meet on Thursday, August 2 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.

94121

The 94121 Circle will meet on Monday, August 27 at the home of Kris Getz. Please call Patricia Kausen for more information at (415) 387-7299.

Sunset Circle (94122)

The Sunset Circle will meet on Wednesday, August 15 from 3:00 – 4:30 PM for a lively discussion of current events, recent activities, and future plans. New members are welcome. For address information and to RSVP, please contact Judy Winn-Bell at (415) 298-4178 or Joan Walton at (415) 681-8275.

LGBT Circle

Please join us for Ralph Beren's LGBT Film Series every Friday in August from 1:00 – 3:00 PM. Check the listing under August Events for more details, as well as the schedule of movies.

West of Twin Peaks Circle

The WTP Circle will meet for lunch on Wednesday, August 22 at 1:00 PM at the Nordstrom’s Basement Restaurant at Stonestown. Order and pay for your food at the counter and they will deliver it to our table. RSVP to Elaine Mannon at elaine@mannon.com or (415) 469-9832.

Circle Spotlight

The 94123/94115 Circle Gives Back to the Local Refugee Community

In 2016, the 94123/94115 Circle worked with the International Rescue Committee (IRC) to provide a family of four with everything that they needed to get settled into their new home and life here in the

Bay Area. Members donated household items, gift cards, and cash, and their efforts were coordinated by friends of the Village Bill and Marilyn Campbell, and long-time member and founder Eva Auchincloss. The project was such a success that the Circle members decided to participate in a follow-up project this year.

Last month, 18 Circle members and friends collected in excess of \$1,000 in gift cards to local chain stores such as Safeway, Target, Walgreens, Old Navy, and Walmart. These cards were then provided to the IRC, who will distribute them to several families in the area. The project brought SFV members together for a good cause and they will likely repeat it next year.

In an effort to learn more about the immigrant and refugee experience, the Circle has participated in a couple of cultural activities this year as well. Members visited an art installation in the Presidio, reflecting the immigrant experience in the beauty and design of rugs. They also met a friend of Eva's, Tania Amochaev, (she writes under the name Tania Romanov) who spoke to the group about her book, *Mother Tongue*, which focuses on her family's experiences as immigrants through three generations, herself included. It was a wonderful experience that the Circle loved.

If you're interested in learning more about the work that the IRC does, and/or would like to get involved in refugee efforts in the Bay Area, please visit their website: <https://www.rescue.org/>.

Save The Dates!

Legislative Update with Assemblymember Phil Ting

Wednesday, September 5, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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



Assemblymember Phil Ting will present a state budget and legislative update. Is there an issue you are especially interested in? Let us know and we'll make sure he addresses it. In addition, he will take time for questions.



Effects of Climate Change

Thursday, September 6, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Join us for a lively and informative discussion about the effects of climate change. These will include the obvious, like natural disasters and their costs, but also the less obvious, like the impact on refugee and immigration crises around the globe and the impact on health issues.

Carol Vollen was trained at Al Gore's Climate Reality Project (CRP) last October in Pittsburgh. She is also an active member of Elders for Climate Action (ECA), an organization whose members are concerned about the planet they are leaving to future generations. It is ECA's goal to engage elders in sufficient numbers to make Congress and other elected officials take note. Elders vote in larger numbers than most other demographic groups. If we can make our voices heard, we will not be ignored. Find out what you can do.

Giants vs. Braves

Wednesday, September 12, 12:45 PM

AT&T Park, 24 Willie Mays Plaza

RSVP to (415) 387-1375 or info@sfvillage.org; RSVP required for a complimentary ticket

Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members and volunteers in cheering on our home team at the ball park for a mid-afternoon game against the Atlanta Braves. BYO peanuts and crackerjacks.



Mindfulness Meditation Mini-Retreat

Friday, September 21, 11:00 AM – 3:00 PM

SFV Office + Golden Gate Park

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

Please note this program has been moved from August 5 to September 21

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.

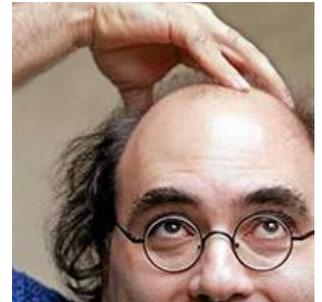
Brain Improvs with Josh Kornbuth

Friday, September 28, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Josh Kornbluth has spent over a quarter century as a theatrical monologist, performing autobiographical tales for diverse audiences around the United States, Poland and India. Now he is applying his passion and skill for storytelling to the subject of dementia with three new projects—a theatrical monologue, a feature film and a series of videos—about the connections between brain science and social justice. He is completing a residency as an Atlantic Fellow for Equity in Brain Health at the Global Brain Health Institute, a collaboration between the Memory and Aging Center at UCSF and Trinity College, Dublin, Ireland.



Josh develops his monologues via improvisations in front of audiences, which he then crafts into a full-length, touring, one-man play. These shows are fundamentally comedic, but they often deal with very serious subjects. Josh plans to deliver a series of improvs on the subject of dementia that he will shape into a finished show designed to be performed on stages around the United States and elsewhere. He intends for this piece to educate audiences about the exciting research being done on brain disease and to help remove the stigma that society often attaches to people with dementia and their caregivers.

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