



From the Executive Director, Kate Hoepke:

Dear Members and Friends:

SFV Board of Directors and Advisory Council members recently met with Shireen McSpadden, Executive Director of the Department of Aging and Adult Services, to learn her perspective on demographic trends, department initiatives, and how these may impact the future of San Francisco Village. She explained that in just 12 years one in three San Franciscans will be age 60 or older, the fastest growing age group in the city, and that investing in older adults is critical for the future of San Francisco and the region. Investments like the Dignity Fund, which passed with voter approval last year, stabilizes funding and sets aside additional money each year to address the emerging needs of older San Franciscans. Programs like Support at Home provide in-home care services for moderate to middle income people and exemplifies Shireen's intention to make aging-in-community a priority. The combination of visionary leadership and our local culture of innovation and ingenuity make it possible for older San Franciscans to take charge of our own aging.



San Francisco Village is founded on similar values, and in partnership with DAAS we are making significant progress in creating a caring community that dignifies aging. As I contemplate our upcoming 10th anniversary, I'm reflecting on all the people who have contributed to our success: Shireen and her staff, community partners, founding members, individual donors, volunteers, foundations, staff, advisors, and board members. It really does take a village!

Two board members in particular deserve our praise and gratitude: Lauren Chaitkin and Claudia Lewis, both of whom are retiring this month. Lauren has served as Treasurer for five years, guiding us in an expansion that

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New Members in November:

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Sally Ketchum, 94109
David Kaskowitz & Susan
Kahn, 94110
Jeanne Schoch, 94110
Ayanna Moore (rejoined),
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Ronald W. Mayer, 94116
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doubled our budget while maintaining a reserve fund for the future. Claudia is a founding board member whose tenure started in the pre-launch days of 2007. Her vision, tenacity and strong stewardship have left a legacy that will outlast us all. I will miss them both, and as I'm fond of saying, "I know how to find you!"

Warm wishes for a loving holiday season!

Kate

Did You Know?

Temporary Closure of SFV Offices

Our beautiful SFV site will be getting a grand upgrade. Starting Monday, January 28th through Friday, February 8th (two weeks), the office will be closed and we will explore alternative locations for programs, so stay tuned!

Appearance of Your Online Newsletter

Your San Francisco Village e-newsletter is getting a new look! You will still be receiving all the valuable Village content including classes, events, and save-the-dates, but the way you receive our e-newsletter will be slightly different starting January 2019. When you open your newsletter email, instead of seeing our normal listings run down the page, you'll be prompted to click on a pdf link. That link will open up to a new webpage where you'll see everything you're normally used to. No changes will be made to the delivery of your print newsletter.



Volunteer Opportunities

Newsletter Mailing

Friday, Dec. 21st, 11am-1pm

SFV, 3220 Fulton St. at 8th Ave.

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

Every month, San Francisco Village seeks out a handful of volunteers to prepare the newsletters for mailing. The tasks are fairly simple – stuffing, labeling, stamping and sealing envelopes. If you are interested and able to help with the mailing, please let us know! We are grateful for your support.



Transportation Volunteers

Are you looking for a way to get more involved in the San Francisco Village community? We are seeking members who drive and are interested in connecting with other members to provide rides to

programs, doctor appointments and other trips around town. If you would like to assist with SFV members transportation needs and become a volunteer driver, you can sign up to receive the volunteer email newsletter which includes all of the transportation, technology and other volunteer requests from SFV members. Please contact Jill, the Member & Volunteer Coordinator, at Jill@sfvillage.org or 415-387-1375 x2 to be added to our volunteer newsletter list.

General Training for Volunteers

Interested in helping your fellow SFV members? Perhaps through some support at home, running an errand, or simply spending time together? Please contact our Member & Volunteer Coordinator, Jill Ellefsen, at jill@sfvillage.org or 415-387-1375 x 2. Our next Volunteer Training Session will be **Saturday, December 8th** from 10am - 12pm here at 3220 Fulton St.

We Want to Hear from You!

Emergency Contact Information - We want to ensure that we have all of your current emergency contact information. Please submit the form you received in November's mailed newsletter either by mail or in-person at our offices. You'll find an online link in December's emailed newsletter.

Annual Member Survey - We've come a long way in ten years: four full-time staff, a beautiful new office and member meeting space, a rich and responsive program, scores of donors and volunteers, and consistent funding from the City of San Francisco and private foundations. All our funders want to know how you value your membership, so we kindly ask you to complete the Annual Member Survey, which you will find enclosed in the newsletter we mail to your home. It's important that you return it to us by January 11th or complete it online at www.surveymonkey.com/r/SFV2019membersurvey. Future funding may depend on an adequate number of responses. We very much appreciate your participation!

Ask and You Shall Receive - ... but you need to ask! We have a generous community of volunteers (including some of our members reading this newsletter now) wanting to help you with projects big and small. But sometimes we hear reluctance from members that maybe a request is a bother or a waste of someone's time. This couldn't be further from the truth. San Francisco Village exists for several purposes, but one central reason is to provide volunteer help for our members. We are here to assist, whether that's tech support, grocery runs, home repairs and organizing, or a variety of other problem solving issues. But first, we need to hear from you. Please give us a holler at info@sfvillage.org or 415-387-1375, or when you're in next, let Member and Volunteer Coordinator, Jill Ellefsen, know that you're on the search. We're ready to help!

Village Neighbors

Welcome to the launch of our new series, **Village Neighbors**. Last month we put out a call requesting members share a little something about themselves, whether that be a recent milestone, a career accomplishment, or any bit of good news. Thank you to everyone for sending in your stories. As San

Francisco Village will soon be entering our 11th year, we thought this would be a great opportunity to learn more about who makes our community thrive. Please take a moment now, and enjoy our inaugural batch of neighbor highlights:



Fanny Krieger - After having lost her parents and sister who were taken to Auschwitz, Fanny Krieger left her homeland of France and came to America when she was seventeen – first New York, then Houston, and ultimately San Francisco where she settled with her husband and two children. The family enjoyed leisure fly fishing, and eventually, it became their business: travel agency for fly fishers, fly fishing schools, and a book, videos and DVDs. Fanny is now celebrating 35 years as co-founder of The Golden West Women Flyfishers. It has over 150 members and is very involved with conservation, education, social, and fishing programs. She's also celebrating 24 years as an inductee in the Northern California

Council/Federation of Fly Fishers Hall of Fame, and 22 years organizing the International Festival of Women Fly Fishers. In 2009, Fanny produced the DVD "Tomorrow's Fly Fishers – Fly Fishing for Young People," which has received great reviews! We applaud Fanny's efforts in creating a strong sense of connection women in fly fishing have with other women, sharing and enjoying adventure, independence, the pursuit of conservation commitments and the sport of fly fishing.



Allegra Fortunati - Allegra was recently installed as the Senior Senator from San Francisco to participate in the California Senior Legislature. It is a shadow legislature of 80 Assembly persons and 40 Senators, who propose and debate bills on health care and long-term care, elder abuse, affordable housing, transportation, and other issues affecting older adults. The top 10 state proposals and four federal proposals are voted on in an annual session every October. These priorities are then considered by California's regularly-elected legislators. Allegra will serve a four-year term, working to find state and federal lawmakers to author and adopt priority Senior Legislative Proposals. To contact Allegra with any questions or for further

information, please email allegrafortunati@yahoo.com.



Marilyn Straka - Marilyn is celebrating 19 years as President and Founder of **On the Level SF** walking tour company. Marilyn's primary goal is to share the joys of walking in San Francisco with people of all abilities, ages, and interests who seek sightseeing tours that are more personal, intimate and can reveal hidden gems of this magnificent city of San Francisco. On The Level started with an emphasis on senior/disabled excursion programs and accessibility, but today it also offers a wide variety of programs appealing to all abilities, including "Tours for Everyone", and "Kid-Friendly Tours", and tours for those who enjoy the challenge of San Francisco's 650 stairways! Check out page 10 of *The New Fillmore*

newspaper for a glimpse into On the Level SF. Want to learn more about Billionaire's Row in Pacific Heights or Victorians, mansions, and gardens? Just ask Marilyn! When you're at the SFV office next,

please pick up a free copy of Marilyn's book [Cow Hollow, A Self-Guided Neighborhood Walk of One Mile](#).



Angela Little - Earlier in 2018, Angela gave a presentation to the Leonardo da Vinci Society on Italian Women in Medicine. And to what do we attribute this field of interest and expertise? Dr. Little herself has three degrees from UC Berkeley: a BA in biochemistry and bacteriology, an MS in Food Science, and PhD in Agricultural Chemistry. She was a research specialist and professor of the Department of Nutritional Sciences and Toxicology and focused on the role of the sensory apparatus on appetite, food intake and the effect of nutritional status on the sensory organs. In the 1990's she served as President of the Bay Area History of Medicine Society, and it was there that she developed her interest in the history of medicine and especially Italian women in medicine. Above and beyond this, she was recently awarded a Lifetime Achievement Award by Marquis Who's Who.

We want to hear from you too!

Have you been a mover and shaker and haven't let us know? Share your good news so we can share with the SFV community. Some examples may include: you've recently authored a book or publication, you co-founded a community garden, you received an award or honorable mention, you celebrated a milestone year as a volunteer or leader at an organization, you competed athletically, or any accomplishment you're proud of. Don't be shy. We'd love to hear from you. Please contact Sara Ortega Roliz with info at sroliz@sfvillage.org.

December Events



Maintaining Mobility Six-Week Series

Mondays, December 3 - 17, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

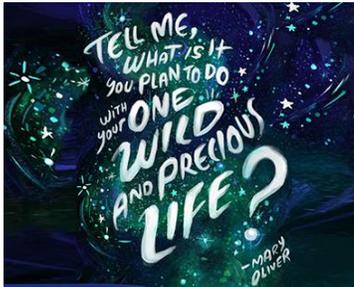
RSVP to (415) 387-1375 or info@sfvillage.org

This series started in November. Please call/email if you'd like to attend to see if space allows for it.

We will practice movements of everyday life - such as walking steadily and confidently through a crowded room, reaching, getting up and down from a chair or other low surface, changing direction, ascending and descending 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.



Agents of Our Own Change—Exploring Personal Narratives

Tuesday, December 4, 10:30 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

This series started in September. Please call/email if you'd like to attend to see if space allows for it.

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

Poet Mary Oliver asks “Tell me, what is it you plan to do with your one wild and precious life?” What were the major turning points, or big events, that changed your life irrevocably? How do we each think about ourselves today? Who are we at this time in our lives? We will explore these questions in this six session series - using TED talks, videos, stories, poetry, books, articles, discussions, writing, and personal sharing.

This series has been planned by and will be facilitated by SFV members. The six sessions are progressive, so each one builds on those that came before. For this reason, it is best if you were able to attend the first session in September and can plan to attend the remaining five sessions.



Annual Holiday Party

Wednesday, December 5, 5:00 – 7:00 PM

LGBT Center, 1800 Market Street

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

Join us for an evening of food, wine and merrymaking to celebrate the holidays! In the spirit of the season, let's come together as a community and share some laughter and gratitude with fellow Village members and volunteers. We are also inviting you to participate in an optional dessert potluck. So many of our fondest holiday memories involve food, and particularly sharing food with friends and family; if this is true for you as well, please feel free to make and bring a tasty treat to the party.

Need a ride? Call the office and we can help with a carpool or Lyft ride for you. Street Parking is limited. The MUNI METRO LINES J,K,L,M,N, the F STREETCAR, or MUNI BUS LINES 6, 9, 14, 21, 47, 49,

66 and 71 all run within 5 blocks of the Center, many run within 1 block. Also, take BART to SF Civic Center, then transfer to Muni Metro or F lines.



Musician Film Series

Thursdays in December, 1:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Come unwind and watch a film! All are available on Netflix so if you can't make it, you can watch it on your own.

December 6 *How the Beatles Changed the World* Interviews and rare archival footage illuminate how the Beatles' influence over music and culture continues to be felt around the world.

December 14 *Chasing Trane* Featuring interviews, insights and archival footage, this documentary aims to reveal how historical events shaped the music of John Coltrane.

December 20 *Miss Sharon Jones!* This uplifting documentary follows R&B singer Sharon Jones's battle with pancreatic cancer while keeping her band intact for a return to the stage.

Falling Less But Enjoying It More

Monday, December 10, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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



A wonderful new program in the Netherlands teaches older adults how to fall. Yes, you read that right, how to fall. Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness. On top of being effective, it's also a lot of fun. Penny is in the process of becoming certified in this Dutch method and she will be teaching it for SFV members in early 2019.

Participants practice falling skills on very soft mats several feet thick, starting from sitting and progressing gently to falling from a standing position. The course also includes skills of navigating very realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc. For a fuller description of the program, see the January 2nd 2018 article in the New York Times: <https://www.nytimes.com/2018/01/02/world/europe/netherlands-falling-elderly.html>



Building a Social Movement

with Kate Hoepke and Charlotte Dickson

Tuesday, December 11, 11:00AM

SFV, [3220 Fulton St.](#) at 8th Ave.

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

Village Movement California, a statewide coalition of more than 50 villages in California, launched in May of this year with funding from Archstone Foundation, for the purpose of strengthening and scaling the Village Movement. Kate is the Chair of the Leadership Team, and San Francisco Village is the fiscal sponsor. Charlotte was hired as Executive Director in April and together, they delivered the keynote speech at the national Village to Village Network conference in October. They received a standing ovation! Their talk is visionary and inspirational, reminding us why community building is so vital, especially as we age.



San Francisco Holiday Lights Walking Tour

Tuesday, December 11, 4:30 – 6:30 PM

Starting Place: Sheraton Palace Hotel (meet inside at Market Street entrance)

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

RSVP required; Space limited

Back by popular demand! This fun-filled tour is unique every year with new and fun decorations and surprises along the way, and provides insights into San Francisco history as well as current city trivia.

The tour will be led by SFV member, Marilyn Straka, who runs On the Level Tours with no hills or steps. Join Marilyn and other members for a private tour to see downtown San Francisco and all that glitters during the Season!



Solstice Paper Collage Making: Shapes and Lines

Friday, December 21, 1:30 – 3:30 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. During this session, we will explore how to use shapes and lines in our compositions. 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.



Movie Viewing: Bound

Thursday, December 27, 1pm

SFV, 3220 Fulton St. at 8th Ave.

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

Join us on Thursday, December 27th at 1pm for a viewing of the movie BOUND. In a movie review from 1996, Robert Ebert wrote: "Bound" is one of those movies that works you up, wrings you out and leaves you gasping. It's pure cinema, spread over several genres. It's a caper movie, a gangster movie, a sex movie and a slapstick comedy." Starring Gina Gershon, Jennifer Tilly and Joe Pantoliano. RSVP to Jill Ellefsen: jill@sfvillage.org or 415-387-1375 x 2. Bring a friend, everyone welcome. Popcorn and refreshments provided.

Recurring Events



Knitting Circle and Crafting Hang-out

1st and 3rd Mondays, Dec. 3rd and 17th, 1:30-3:30pm

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 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. A few members of the group will be making scarves that they can provide to the homeless community for the cooler months ahead – if you're interested in joining them, let us know!



Longevity Explorer Circle

Longevity Explorer Circle

Tuesday, December 4, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

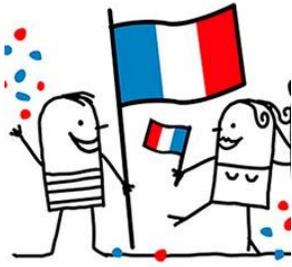
Tuesday, January 8, 2:00 – 3:30 PM

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

Join an intimate group of your peers to discuss new & emerging solutions to the challenges of growing older.

- Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest.
- Share your ideas about what works and what does not work well with others from your community and members of other circles.
- Add your ideas for “solutions someone needs to develop” to the Longevity Explorer’s growing list of new product ideas.
- Hear what your peers from other circles of older adults have to say.

Facilitated by Dr. Richard Caro, co-founder of Tech-enhanced Life, PBC & Longevity Explorers. Dr. Caro’s work focuses on the intersection of healthcare, aging and technology.



Le Cercle Français

Mardi le 4 et le 18 Décembre de 2:00 à 3:00 de l’après-midi
 SFV, 3220 Fulton St. at 8th Ave.
 RSVP à (415) 387-1375 ou à: info@sfvillage.org

Attention Francophones! C’est avec un grand plaisir que nous vous invitons à vous joindre à notre groupe français. Le but de ce groupe est de parler et discuter en français pour célébrer et conserver notre héritage. Cependant, nous vous demandons de ne pas assister à ce groupe si vous n’êtes pas bilingue.



Aging Well with Meditation

Wednesdays, December 5, 12, and 19, 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.



San Francisco Village Singers

Thursdays, December 6, 13, and 20, 10:30 AM – 12:00 PM
 SFV, 3220 Fulton St. at 8th Ave.
 RSVP to (415) 387-1375 or info@sfvillage.org

Do you love to sing? San Francisco Village is thrilled to partner with the Community Music Center (www.sfcmc.org) for a weekly singing group to bring together members who shyly sing in the shower, people who have decades of

experience, and everyone in between! Singing with others provides many personal, social, artistic and quality of life benefits and is pure joy inducing.

Beth Wilmurt has worked at CMC since 2000. She is the Children's Chorus Director and Older Adult Choir Director leading choirs at Richmond District Choir at the Richmond District Neighborhood Center and at Aquatic Park and OMI Senior Centers. Alongside singing instruction, she is an actress, singer, and theater director. Beth teaches a delightfully diverse repertoire including 40s 50s 60s pop, jazz standards, Broadway tunes, folk and international music with an emphasis on songs that lend themselves to harmony.



Play Reading Group (Telegraph Landing)

Thursday, Dec. 14, 4:00 – 6:00 PM

Telegraph Landing Club Room, 150 Lombard St.

The group will be reading *Trifles* by Susan Glaspell. This play can be found In Twelve Classic One-Act Plays, Dover Thrift Editions. If you have questions, call or email Midge Fox at (415) 984-0613 or midgefox@comcast.net.



November and December Birthday Social

Tuesday, December 18, 1:00 – 2:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Come gather with fellow members and friends! We've heard that members want to have more informal socials and we love a good celebration. Come if it's your birthday month and come if you were born another part of the year! We'll wish the birthday folks a happy birthday and enjoy a sweet treat together.



Writers' Group

Wednesday, December 19, 3:00 – 4:30 PM

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, December 20, 1:30 – 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 introduce us to a new game. Join us!



Play Reading Group

The Play Reading Group that began in April 2009 is seeking a few new members. We meet in one another's homes or apartments and mostly live in zip code areas 94109, 94115, 94118 and 94121.

Note: There will be no meeting in December. In January we will meet on Wednesday, January 8, from 2-4 p.m. at the home of Sarah Goldman who lives at Sequoias in Japantown. Please call Persis Ainey (415/776-5036) for more information and directions.

Neighborhood Circles

94121

The 94121 Circle will gather at a member's home on Friday, December 14th at 1:30PM. We'll enjoy one another's company, sharing stories and laughter. All are welcome. Please contact Patricia Kaussen at 415 387-7299 for location information.

94123

We will not be meeting this month and encourage you to attend San Francisco Village's Holiday Party on Wednesday, December 5th from 5-7pm.

94117

The 94117 Neighborhood Circle will meet on Friday, December 14th, 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. First, we will enjoy sharing what is going on in our lives. Then we will be doing something completely different! One member, Brenda Besdanský, will be leading us in improv games. Brenda tells us this will be fun, which is something you can have at any age. Please contact Bill Haskell at bhaskell@sonic.net or at 415-661-2670 if you have questions. Please contact Jill Ellefsen at SF Village for address information.

LGBT Circle

Join us on Thursday, December 27th at 1pm for a viewing of the movie BOUND. In a movie review from 1996, Robert Ebert wrote: "Bound is one of those movies that works you up, wrings you out and leaves you gasping. It's pure cinema, spread over several genres. It's a caper movie, a gangster movie, a sex movie, and a slapstick comedy." Starring Gina Gershon, Jennifer Tilly and Joe Pantoliano. Please RSVP to Jill Ellefsen: jill@sfvillage.org or 415-387-1375 x 2. Bring a friend, everyone welcome. Popcorn and refreshments provided.

Sunset Circle

The next Sunset Circle meeting will be on Wednesday, December 12th at Olive Shaughnessy's house. Come prepared to "show or tell" a holiday memory through a story, object, ornament, recipe, etc. Tea and coffee provided, bring a snack to share. Please RSVP to Olive at 415-566-1149.

94131

The 94131 Circle meeting will be held on Saturday, December 15th at the Goldmine Clubhouse, 43 Ora Way, 1.00pm - 3.00pm.

West of Twin Peaks Circle

Our December lunch bunch is scheduled! Thursday, December 6th @ 1:00 p.m. L'Amour de Saigon – Vietnamese Cuisine. 321 West Portal Ave. Please RSVP to Elaine Mannon at elaine@mannon.com or (415) 469-9832.

94102/94013

On Tuesday, December 11th, from 2:00-3:00 p.m., the 94102/94103 members will celebrate the holidays with a "brain-storming" meeting. Christmas cookies included! What topics would we like to pick in 2019? How might we re-envision the circle? We'll meet at Books Inc. at Opera Plaza, 601 Van Ness Avenue. Open to all SF Village members. Please call or e-mail if you have questions: Lynn Davis (415) 377-9999 or Treebarque@gmail.com.

94109/94133

Our group met on November 7th at a member's home. We welcomed two new members, discussed what we had learned about Latino culture from our trip to the Mission, and had the wonderful opportunity to learn about SFV services and resources from our guest, Jill Ellefsen. Jill provided much needed information and also answered our many questions! In keeping with our theme of the year, exploring communities, our group will visit cultural sites related to Filipino culture in January. Please RSVP to Bobbie Rothman at rrothman2174@gmail.com or Juliet Rothman at rothman@berkeley.edu for further details.

Save the Dates



Declutter and Organize Your Life

Thursday, January 11, 2:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

How are those New Year's Resolutions going to get decluttered? Join Judith Dold, Professional Organizer and owner of Twilight Organizing, as she provides residential and home office organizational tips. She'll discuss the steps it takes to clear it out so you get to what you want to be doing in 2019. Come out of the presentation feeling ready to tackle those goals!



Prepare and Serve Meal for Inter-faith Winter Shelter

Wednesday, January 16, 5:00 – 8:30 PM

St. Mark's Lutheran Church, 1111 O'Farrell St

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

Since 1988, the San Francisco Interfaith Council (SFIC), Episcopal Community Services (ECS) and the current Department of Homelessness and Supportive Housing (HSH) have partnered to operate the San Francisco Interfaith Winter Shelter. Designed to augment existing shelter opportunities during the coldest months of the year (Sunday before

Thanksgiving through the end of February), the Interfaith Winter Shelter provides breakfast, dinner, and a safe and warm overnight rest for up to 100 homeless men each night.

San Francisco Village staff, members and volunteers will prepare and serve a meal for people staying at St Mark's Lutheran Church on Wednesday, January 16.



Tech Day of Service

Friday, January 18

SFV and Your Home!

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

Compas Technology, a software company in San Francisco is hosting our next Tech Day of Service on Friday, January 18th. Compas will be providing volunteers to assist members with their technology needs here at SFV and also through in home visits. **By appointment only**, so please call or email Jill with your request and include what device you need help with (such as an iphone, android, PC or Mac computer) and the nature of the request (such as photo management, social media assistance, or email assistance). RSVP to jill@sfvillage.org or 415-387-1375 x 2.

(TV) (G) A Film by Sky Bergman (TV) (G)
LIVES WELL LIVED
Celebrating the Secrets, Wit and Wisdom of Age



Lives Well Lived Screening

Wednesday, January 30, 6:00 – 8:30 PM

Cloudflare, 101 Townsend Street

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

Lives Well Lived celebrates the incredible wit, wisdom and experiences of people aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their insights on living a meaningful life. These men and women open the vault on their journey into old age through family histories,

personal triumph and tragedies, loves and losses - seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you.

Memorial Celebration



Please join us in celebrating the life of San Francisco Village member, Sonia Catravas-Grimani. A memorial will be held on Sunday, December 2, 2018 at 3:00PM at:

Temple Sinai
Albers Chapel
2808 Summit Street
Oakland, CA 94609

As a Holocaust survivor she made it her life's mission to share her horrifying childhood experience by speaking to communities around the world to stand against all forms of destructive discrimination and hate crimes. She was an active and tireless educator with the Jewish Family and Children's Services (JFCS). If you wish to donate to the JFCS Holocaust Education Sonia Catravas-Grimani Fund, please mail your gifts to: JFCS, P.O. Box 159004, San Francisco, CA 94115. You can also make a donation on the JFCS website at: <https://donate.jfcs.org/give/176103/#!/donation/checkout> .

Holiday Connections



The holidays are a great time to connect with friends and neighbors but not everyone has a built-in community. Due to circumstances out of our control, sometimes related to aging, we can find ourselves alone during the holidays. Are you interested in connecting with or welcoming a Village member(s) this holiday season for a meal, conversation and fellowship?

Please let staff members know if you have room at your table, or if you'd like us to help make a connection during the holidays. Contact us at (415)387-1375 or Info@sfvillage.org and include "San Francisco Village

Holiday Connection" in the subject line.

How to Support San Francisco Village Year-Round



AmazonSmile - You Shop, Amazon Gives. AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start by clicking on [Amazon Smile](#) or <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!



Community Thrift Store - Your donated goods make a difference! Several years ago, San Francisco Village became a 'charity partner' with Community Thrift Store on Valencia St. They accept donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. So far this year, we have received \$2000 in donations because of this partnership. Please keep us in mind when you drop your used and well-loved items off at Community Thrift Store, 623 Valencia St. Let them know our reference number for donations is 122.

Warm Wishes to You

Thank you for what you make possible month after month, and year after year. As we bring 2018 to a close, the Board and Staff of San Francisco Village extend our warmest gratitude to you - our community of supporters, volunteers, members, and friends. We can't wait to make 2019 fantastic with you by our side.