



From Executive Director, Kate Hoepke:

Dear Members and Friends:

Several months ago, one of our members asked if we could plan an educational series on the climate crisis. He said he was not only interested in information, but also what he could do about it. Specifically, he wondered out loud how to connect with other SFV members who share his desire to take action.



Sarah Kent got busy planning a multi-faceted series that examines the crisis from different angles: 350 Bay Area will talk about resisting fossil fuels and transitioning to clean energy; the youth-led Sunrise Movement will discuss the Green New Deal; a local professor will address the consequences of extreme weather on healthy aging; and an author and psychotherapist will teach us about emotional resilience as we consider the world our children will inherit. The first of eight sessions starts August 8th.

We hope that the connections and conversations will inspire you to act! We invite you to a planning meeting on September 19th to discuss how we can support millions of students worldwide who will be walking out of their classrooms to march in the Global Climate Strike on September 20th. They're asking all generations to join them that week in demanding emergency action to prevent climate breakdown. Your participation is needed!

For year-round action, learn more about *1000 Grandmothers*, elder women activists working to address the climate crisis. Good news: you don't need to be a grandmother, or a woman, to participate. Representatives will speak to SFV members on September 9th. In the meantime, check them out on Facebook - <https://www.facebook.com/1000GrBA/>.

"We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects." ~ Herman Melville

Warm regards,
Kate

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Did You Know?



Member Directory Updates

We are currently updating our Member Directory for 2019 and would like to ask for your input. If you have any change of information (address, email, phone number) since the printing of the last directory, please submit them to Jill Ellefsen, jill@sfvillage.org / 415-387-1375 ext. 2. If you do not want to be listed in the new directory, please let us know that as well. Thank you!

Member & Volunteer Photos

We occasionally use pictures of members & volunteers to help promote the organization and reach more people across the city. We might use these pictures in our print publications, our website, or on social media. Our most recent members - starting 2018 forward - have signed a photo release form when they joined SFV indicating their permission (or no permission) for us to use their image. If you are not comfortable with SFV using your picture and/or you have not signed a photo release form, please contact Jill Ellefsen at jill@sfvillage.org.

Volunteer Opportunities

San Francisco Village offers numerous volunteer opportunities year-round, supporting both office operations and members across the city. We'd love to have you join the crew! Contact Jill Ellefsen at jill@sfvillage.org to sign up to receive our twice weekly emails detailing the many volunteer options available to you through San Francisco Village.

Call for Volunteers

Open and ongoing, citywide

In March we shared with you our new Wellness Program, in partnership with California Pacific Medical Center-Mission Bernal Campus. This pilot program connects SFV volunteers to recently discharged patients in an effort to reduce hospital readmissions, emergency room visits and improve health outcomes. CPMC will provide these patients with a 90-day membership, and our hope is that they will convert to full membership on their own. We are looking for a special group of volunteers to extend our caring community to benefit folks who could use some extra support during an especially vulnerable time. Volunteer activities may include: friendly visits, daily phone check-ins, occasional grocery shopping, medication pick-up, and transportation. Join us in this pioneering program, bridging health care and social care. Another investment in your karma bank! Contact our Wellness Program Coordinator, Jessica Da Silva for more information, jessica@sfvillage.org or 415-387-1375 x 6.



Newsletter Mailing

Thursday, August 29, 1:00 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Every month, San Francisco Village seeks a handful of volunteers to prepare the newsletters for mailing. The tasks are fairly simple – stuffing, labeling, stamping and sealing envelopes – but with a small staff, we would not be able to get them done on our own. If you are interested and able to help with the mailing, please let us know! We are grateful for your support.

August Events

Summer Party: Celebrating 10 Years!

Thursday, August 1, 5:00 – 7:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Whether it's 50 degrees and foggy or 80 and sunny, we all know the magic of summer in the city! Let's gather as members and volunteers to enjoy some nibbles, drinks, and captivating conversations.



Coffee Shop Hop

Coffee shops all around San Francisco

By member request - a new casual social! We'll meet in a cafe to connect with one another and form new friendships over coffee, tea, and scones! Have a favorite coffee shop? We're looking for members to take over this program--all you need to do is plan a day, time, and place to meet and be there to chat with members.

Friday, August 2, 3:00 – 4:00 PM

20th Century Cafe, 198 Gough St.

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

Friday, August 9, 10:30 – 11:30 AM

Home Café, 1222 Noriega St.

RSVP to SFV member Pat Miller (415) 416-4776

Monday, August 12, 3:00 – 4:00 PM

Precita Park Café, 500 Precita Ave.

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

Wednesday, August 21, 9:00 – 10:00 AM

Coffee To The People, 1206 Masonic Ave.

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

Tuesday, August 27, 10:30 AM – 11:30 AM

NOOK, 1500 Hyde St.

RSVP to SFV Member Anne Averill (415) 441-2211

Maintaining Mobility – Six Week Series

Tuesdays, August 6 – August 20, 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 July. Please call to see if there is space available.



We will practice movements of everyday life - such as walking confidently, reaching, getting up and sitting down, changing direction, ascending/descending stairs, and anything else that concerns you. As you learn efficient ways of moving, you'll find yourself moving with more grace and pleasure. Group leader 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.



An Introduction to Falling Less But Enjoying It More

Tuesday, August 6, 12:30 – 2:00 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, how to fall! 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 realistic, everyday obstacles safely – cracks in the sidewalk, slippery surfaces, stones that shift underfoot, etc. Using videos of participants in the Netherlands, Penny Sablove, PT, will describe this program as well as the impressive research findings about its effectiveness. Penny was certified in this Dutch method in January 2019, and she will be teaching it for the second time to SFV members later this summer. You'll be able to sign up for the twice-a-week 5 week course during this intro session.

Climate Crisis Series

Thursdays, August 8 – September 19, 1:30 – 3:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In October 2018, the UN Intergovernmental Panel on Climate Change released a report warning there are only a dozen years for global warming to be kept to a maximum of 1.5C, beyond which even half a degree will significantly worsen the risks of drought, floods, extreme heat and poverty for hundreds of millions of people. In this series, we will explore the basics of climate change science, connect with youth working to call attention to the crisis, discuss how older adults will be disproportionately affected by climate change, and more.



August 8: Climate Crisis 101 -- This session will provide an overview to understand the causes and impact of global warming and greenhouse gasses. Learn about climate change and study the effects of fossil fuels on the Earth's atmosphere. Presenters from 350BayArea.org, a grassroots climate movement, will discuss socially equitable solutions and a just transition to clean energy.

August 15: Sunrise Movement and the Green New Deal -- Come out to hear from the Sunrise Movement, a youth led organization to stop climate change and create millions of good jobs in the process. Through their strategic and moral actions over the past 6 months, they've shifted the national conversation on climate change and have been pushing presidential candidates to support a

Green New Deal. Come hear about their story, strategy, theory of change, and how you can best support them!

August 22: Fossil Fuel Resistance -- With its five oil refineries and multiple export terminals, the Bay Area is an important nexus for the fossil fuel industry. 350.org has a campaign that stretches from hearing rooms to front porches to the streets to stop infrastructure expansion projects, extreme forms of oil extraction, and the shipping of dangerous fossil fuels through our communities. Learn about the need and the ways to build sustainable alternatives instead.

August 29: Climate Change and Healthy Aging -- In the months and years to come extreme weather events will increasingly affect healthy aging. Rising temperatures, flooding, and changing wind patterns are just a few factors that will directly affect how people live and age. Lisa Brown, Ph.D., Professor at Palo Alto University, will explain the consequences of extreme weather on healthy aging and will describe actions people can take to contribute to a healthy environment.

September 5: Earth Friendly Nutrition -- Common dietary patterns and agricultural production systems contribute to acute and chronic diseases and widespread environmental degradation, including climate change. Changes in dietary habits and food production will be necessary in order to feed a growing global population while staying within planetary boundaries for a safe operating space for humanity. This presentation will summarize those impacts, barriers to change, and discuss alternatives that can result in improved health for individuals and entire ecologic systems. Ted Schettler MD, MPH, the Science Director of the Science and Environmental Health Network and Science Advisor to Health Care Without Harm, will be leading this conversation.

September 12: Cultivating Emotional Resilience in the Era of Climate Crisis

As we learn about devastating fires and storms, and scientific projections of how the impacts of global warming are likely to touch all of us, we can't help feeling distressed about the world our children and grandchildren are growing into. Leslie Davenport will offer tools and perspectives to build emotional resilience and explore creative possibilities for sustainability that include every one of us. Leslie is a psychotherapist and author of three books including *Emotional Resiliency in the Era of Climate Change*. She is an associate professor at the California Institute of Integral Studies.

September 19: Prep for SFV's role in the Global Climate Strike -- San Francisco Village will be participating in the Global Climate Strike September 20--27. Let's gather to discuss what that will look like, make our plan to march with youth, and/or other ways we can support the strike.

September 20-27: Global Climate Strike -- In August 2018, Greta Thunberg, a 16-year-old student in Sweden, began a solo school strike. Every Friday, she sat outside her country's parliament, protesting inaction on the climate crisis. Since then, millions of students around the world have been inspired by Greta's bold actions and joined her, leaving their classrooms on Fridays. During the week of March 15, 2019, there were at least 1.6 million strikers on all 7 continents, in more than 125 countries and in well over 2000 places.

School strikers are calling on everyone: young people, parents, workers, and all concerned citizens to join massive climate strikes and a week of actions starting on September 20th. People all over the world will use their power to stop "business as usual" in the face of the climate emergency. We will join young people in the streets to demand an end to the age of fossil fuels and emergency action to avoid climate breakdown.



Inter-generational Play Date at SFV

Monday, August 12, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

Kids are taking over the SFV office for a Monday morning! Staff are bringing their kids, nieces, and nephews to play and would love if you joined us listening to stories and free play. We know the magic that

happens when babies, kids, and adults interact! If you have a little one in your life, they are welcome to join as well. Master storyteller Olive Hackett-Shaughnessy will share tales for all ages and will especially entice those ages 2-5.

Strike a Pose Viewing and Discussion

Wednesday, August 14, 1:30 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

In 1990, seven young, wild, and talented dancers joined pop star Madonna on her most controversial world tour. Their journey was captured in *Truth or Dare*, one of the highest-grossing

documentaries ever. As a self-proclaimed mother to her six gay dancers plus straight Oliver, Madonna used the film to take a stand on gay rights, freedom of expression and the fight against AIDS.

Madonna's flamboyant dancers became icons of sexual freedom, inspiring people all over the world.

25 years later, they reveal the truth about life during and after the tour in the documentary *Strike a Pose*.

SFV member, Sue Trupin, is in the film representing her late son Gabriel Trupin, one of Madonna's 7 dancers. He died of AIDS in 1995. She'll do a Q & A after the screening.



Codesign the Advance Health Care Directive with Kaiser

Friday, August 16, 10:00 – 11:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

The Innovation team at Kaiser Permanente is in the process of redesigning the advanced healthcare directive and looking for folks to help us make it better. You can help co-design a better

experience. This interactive session will ask for feedback on initial prototypes of the advanced health care directive and a coaching tool. There will be physical examples to compare, contrast, and create an ideal experience.

Health Care Advocacy

Wednesday, August 21, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

This presentation will provide useful suggestions for navigating the system and taking control of your own health care.



Sara Stephens is a graduate of Stanford University School of Nursing. Her clinical background includes medical surgical nursing, intensive care units, transitional care units and in pre-operative nursing facilitation. She has served as nursing liaison between the board of managers and the health care center at The Heritage, a life care retirement community. Currently she serves on the Board of Directors for San Francisco's Laguna Honda Hospital Volunteers. Her book, *A Medical Workbook*, will be for sale for \$25 + tax.



Paper Collage Making

Friday, August 23, 10:30 AM – 12:30 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. 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.

Day of Service

Saturday, August 24

Location: Your Home!

We will be once again partnering with the SF Junior League for a Day of Service. If you have a home project that would be good for a team of 2-3 volunteers to tackle in a few hours please let me know. Common tasks are gardening, light cleaning, or organizing. Contact Jill at 415-387-1375 x 2 or jill@sfvillage.org.



Recurring Events



Grupo de Conversación en Español

Los lunes, 5, 12, 19, y 26 de Agosto 9:30 -- 10:30 AM

SFV, 3220 Fulton St. at 8th Ave.

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

¡Añade un poco más de conversación en español a tu vida! Este grupo, liderado por miembros, está dirigido a hablantes intermedios y los que habla con fluidez; no habrá instrucción formal.

Knitting Circle and Crafting Hangout

1st and 3rd Monday every month, Mondays, August 5 & 19, 1:30 – 3 PM

SFV, 3220 Fulton St. at 8th Ave.

Knitters, crocheters, and crafters alike, bring in your projects at any stage. If you are interested in learning to knit or crochet, you are welcome to join too! We have a large amount of donated yarn that is available for these projects. Please RSVP to Jill jill@sfvillage.org or 415-387-1375 x2.





Aging Well with Meditation

Wednesdays, August 7, 14, 21, & 28, 11:00 AM – 12:00 PM

SFV, 3220 Fulton St. at 8th Ave.

No RSVP required. All levels of experience are welcome.

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. The group is led by Rachel Lanzerotti, Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.

Play Reading Group

Thursday, August 8, 4-6PM

150 Lombard St., Telegraph Landing Club Room

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

Our next meeting is August 8, and we will be reading *The Browning Version* by Terrence Rattigan. The play can be found in *24 Favorite One Act Plays*, edited by Bennett Cerf and Van H. Cartmell.



Sing-A-Long

Tuesday, August 20, 1:00 – 2:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

If you would like to sing some of the popular Broadway and love songs you grew up with and would like to lend your voice to an informal sing-a-long group, join member and piano player Larry Zabo. Larry has played at The Fairmont Hotel, San Francisco Yacht Club, and private parties over the last 40 years. Before retiring, he had a checkered career in mental health, politics, and philanthropy, but music has always been the thing that sustains and gives him joy in his life. Come share what some songs have meant to you (both happy and sad) and maybe discover some new ones that will move you!

Let's Play Games!

Friday, August 23, 1:30 – 3:00 PM *

*please note change in day this month!

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!



Book Group

Monday, August 26, 4pm

RSVP to Brooke Anderson at (415) 672-2437

Call for time and location

Our book group will be discussing Pat Barker's *Regeneration*. Please contact Brooke Anderson for details. See you there!

Solo Agers' Circle

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

SFV, 3220 Fulton St. at 8th Ave.

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



One of the most important challenges in being a solo-ager is figuring out who to ask to be your health care advocate/agent/proxy and knowing how to have the conversation with them about your wishes. To keep us going on this challenge, the August 30th presentation will be led by Nancy Belza and Paul Paccinette from Dyalogues who will present on how to make your wishes clear and get them met. Included in our 90-minute program will be one hour of working with tools that help us get clear and communicate with our agents, including the Go Wish cards. In our last 30 minutes, we will work in small groups to help each other actually identify who in our lives these advocates might be. Don't miss this one!



Neighborhood Circles

One of our members recently noted that Neighborhood Circles are a great way for her friends to learn more about San Francisco Village. Please feel free to extend an invitation to a friend to “dip their toe” into the Village by participating in an upcoming outing. If he/she is further interested in membership, please contact Jill Ellefsen at jill@sfvillage.org

or 415-387-1375 x 2.

94102/94103

Our circle will be taking a summer break from meetings, but you can still meet up with us every Tuesday night at the *Orbit Room's Trivia Night*, 1900 Market St., starting at 8pm. Join Team Village as we battle wits with the younger generation. All are welcome! RSVP to jill@sfvillage.org 415-387-1375 x2.

94121

San Francisco Village members and friends from 94121 and beyond continue to meet at various venues around our zip code. Please call Patricia Kaussen at 415 387-7299 if you wish to join 10 to 15 friendly neighbors and friends in sharing in some convivial and scintillating conversation. We meet about every 4 to 6 weeks.

LGBT Circle

Join us on Wednesday, August 7th from 2-3:30 pm at San Francisco Village. We will be listening to an audio excerpt from Perry Brass's *We Did It* which should spark some interesting conversation. Refreshments will be served. Please RSVP to jill@sfvillage.org or 415-387-1375 x 2. Everyone is welcome!

94117

The 94117 Neighborhood Circle will next meet on Friday, August 9th, from 2 to 4 pm. For this get-together, we have decided to leave the agenda open. We will enjoy getting to know each other better and sharing what we have done over the past month—our pleasures, challenges and insights. This gathering will be at the home of Bob Gordon and Bill Haskell. For location details, please contact Bill Haskell at bhaskell@sonic.net, or 415-661-2670. Or contact Jill Ellefsen at jill@sfvillage.org, or 415-387-1375 x 2.

94111

Come for the program, stay for the lemonade and cookies. Join your fellow Village members for a hands-on demonstration of the new changes being made to the November ballot. These significant changes will affect you whether you vote by mail or go to the polls. At this program the team from the Department of Elections will welcome your feedback and questions. This is an important event for every voter. Thursday, August 15th, 2:00-3:00pm, Telegraph Landing Clubroom. 150-156 Lombard St. SF. RSVP to Elaine at fredpark1026@comcast.net or Florence Schwartz 415-982-1497.

94131

The 94131 Circle meeting will be held at the Clubhouse at 43 Ora Way on Saturday, August 17th between 1-3pm. Available parking on the property is open to everyone. All future meetings will be on the third Saturday of the month.

The Sunset Circle

The Sunset Circle will continue getting to know each other and will also discuss, "Making Friends at a Later Age." To that end, some of us will be continuing the conversation over coffee at one of the local coffee houses. We'll first meet at Olive's house on Wednesday, August 21st from 2:30-4PM. She lives at the end of the N Judah line, and her home has no stairs. RSVP to Olive at olivestories@gmail.com or 415-566-1149. All future meet-ups will be the third Wednesday of the month.

94118

We had a fun time in June watching the Playland-at-the-Beach film, sharing memories, and snacking on popcorn and It's It ice-cream sandwiches. Thank you Jill for providing the latter. On Thursday, Aug. 22nd, 3pm, we will meet at the Cup & Cake coffee shop at the corner of Jordan and Geary. No agenda, just a pleasant social gathering. All members welcome. Also, bring a friend who might be interested in SFV. RSVP to Gabie at gberliner@comcast.net or 415-359-3669. We look forward to seeing you there. Meantime, Happy Summer.

Bernal Circle

The next Bernal Circle meeting will be Saturday, August 24th at 7:00pm at Joan and Manny's house. Remember there are stairs leading up to our house. We will continue to get to know one another and share our common interests. For more info please contact joanmiro@mindspring.com.

94123/94115

We are planning to gather on Thursday, August 29th for lunch and visit to the Internment exhibit in the Presidio at the former Officer's Headquarters at the end of the parade grounds. We will meet at noon in the Arguello Cafe (a Mexican restaurant which is attached to the Officer's Club) and tour the exhibit afterward. All RSVPs should be sent to Eva Auchincloss at eva3auch@gmail.com.

West of Twin Peaks Circle

August 8 - Happy Hour

Please join us for Happy Hour at La Costanera, a contemporary Peruvian restaurant, 5-7pm, 8150 Cabrillo Highway, Montara. Chairs around a fire pit in the patio, service in the patio, and manageable stairs. It is set atop one of the most beautiful perches overlooking the Pacific Ocean in the entire Bay Area. Pisco sour, anyone? **RSVP** to Phyllis Scaduto, pscadut@hotmail.com or 415-731-1569.

August 13 - Village Lunch

Come at 12:30pm to Roti's Restaurant – traditional Indian and vegetarian cuisine. 53 West Portal Avenue. RSVP to Elaine Mannon, elaine@mannon.com or 415 469-9832.

August 23 - Lunch and Tour

11:00 a.m. Meet at 495 DeHaro Street to carpool to The Ramp for lunch at noon. 855 Terry A. Francois Blvd. A tour of Anchor Brewery will start at 2pm, 495 DeHaro St. RSVP to Roberta Gordon, robertatnt@comcast.net or 415 823-7819.

If anyone needs a ride to these events, please contact Roberta Gordon at robertatnt@comcast.net or 415-823-7819.

Searching for Your Neighborhood Circle?

Check out our listing of all circles and contact Jill Ellefsen if you'd like to join, jill@sfvillage.org:

Bernal, Potrero, Mission, Bayview, 94110, 94107, 94134
Castro, Noe Valley, 94114
Cole Valley, Haight, 94117
Financial Dist., Embarcadero, Nob Hill, 94111, 94104, 94105, 94108
Inner Richmond, 94118, 94129
Marina, Cow Hollow, Pacific Heights, Western Addition, 94123, 94115
Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill, 94109, 94133
Outer Richmond, 94121
SOMA, Hayes Valley, Opera Plaza, 94102, 94103
Sunset, 94122, 94116
Twin Peaks, Diamond Hts., Glen Park, Excelsior, Ingleside, 94131, 94112
West of Twin Peaks, 94127, 94132
LGBT Circle – citywide
Solo Agers' Circle – citywide

Village Neighbors

Learn more about who's here at San Francisco Village... who's a part of our story. Whether a member, volunteer, donor, or community supporter, we have so many great folks who make the Village community strong. Please nominate yourself or a friend for us to highlight in our monthly newsletter; and as a friendly reminder, please email us pictures from your Neighborhood Circles too. We are proud of how these circles are bursting with activity and want to share with others. For all communications about Village Neighbors, email Sara Roliz at sroliz@sfvillage.org.

Patricia Southard, SFV member, is an independent scholar who uses the experiences and interests of herself and others as a basis for research. She has training and degrees in Information and Library Science, History, Psychology, and Gerontology. She has written and presented at national conferences on a variety of subjects of historical interest, libraries as an informational hub for services, alternative therapies, and caregiving. Well – that’s the professional side of Pat.



She was born in Beacon New York, on the Hudson, Pete Seeger country, into a family of people who remained active and vital into their 80s and 90s. She has had to remake herself on three occasions which has taught her that no experience is ever lost, and especially that no one survives without the help of others. This is why SFV is so important to her. She remains busy and working for as long as she is able to. Her interests include technology and aging, cognitive changes and aging, and the twin journeys of caregiver and care receiver and lost voices in American history. She has given presentations to Village members in the last three years, and we are so grateful for her!

Member to Member



Backpacks for Refugees – A Great Success!

Update from SFV member, Joan Miro - Over 20 backpacks filled with first aid and hygiene supplies plus stuffed animals and coloring books were delivered to the International Rescue Committee (IRC) offices in Oakland in July. I was overwhelmed by the amazing generosity of our Village members. A very special thanks to all the circle leaders who led the way and all the members, who helped bring a little comfort, a warm welcome from our country, and put a smile on a child's face. There are many other ways to support this amazing organization. Please visit their website: <https://www.rescue.org/united-states/oakland-ca>.

Karen Ferguson, PhD, the Executive Director of the IRC Northern California says, “These families have been detained by ICE after presenting themselves with valid asylum claims. When ICE releases them, IRC helps them begin their journeys to designated family members across the U.S. San Francisco Village filled the need to assemble backpacks to provide families with better support for the long journey they face. We are deeply grateful for the care and kindness put into this donation. Each asylum seeking family will know that despite the terrible journey they are facing, there are people sending love and compassion.”

Vision Project with the International Rescue Committee

From SFV member, Eva Auchincloss - The 4th cohort of the Vision Project will run August 5-9. The Vision Project empowers middle school and high school refugee girls by mentoring them in the skills and support they need to envision their futures as women in America. We invite you to support the Vision Project by donating time, supplies, food, and of course, dollars. Approximately 12 girls will meet in a private workshop during the week of August 5–9 at Oakland’s City Hall with their facilitators and mentors. To sign up to volunteer, or to donate, please contact Mary Biasotti at (510) 326 5598 or mary.biasotti@rescue.org.



Around Town

Home Repairs and Improvements

San Francisco Village would like to introduce Diana Carey of Spotlight Home Improvement Services, www.spotlighthis.com. Diana is a great new addition to our community of professional referrals, and she is excited to help our San Francisco Village members with home improvement jobs such as carpentry, painting, tile setting, renovations and repairs. Serving seniors has been part of her renovation & repair services, while delivering quality work on schedule with 100% satisfaction. Diana is bonded and insured, and you can call her for a free quote at 650-833-9380.

Free Museum Days

You can visit these museums free on the first Tuesday of EVERY month! Check these places out on August 6th: Conservatory of Flowers, Contemporary Jewish Museum, de Young, Legion of Honor, Museum of Craft and Design, Yerba Buena Center for the Arts.

AgeOn Summer Film and Lecture with Dr. Patrick Arbore (SFV Board Member) @ Institute on Aging (3575 Geary Blvd., 94118)

Monday, August 12th, 4-7 pm. The acclaimed German/Japanese film, *Cherry Blossoms*, written and directed by the talented Doris Dorrie, is a profoundly poignant tale of loss, with the impermanence of life at its core. Other issues embraced by the film are sudden death, grief, family, rituals, and the healing power of creativity expressed through the Japanese dance called Butoh.

Registration/Information can be found at <https://ioacherryblossoms.eventbrite.com>.

Save The Dates!



Falling Less but Enjoying It More

Mondays & Wednesdays, Sept. 4 – Oct. 7, 12:30 – 2:00 PM

AcroSports, 639 Frederick St.

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

A fun, effective, and unique Dutch program has been developed to teach people how to fall safely (onto tall soft mats) in addition to navigating common environmental obstacles, such as cracks in the sidewalk, curbs, stairs, slippery or squishy surfaces, etc. Enroll in this series today!

Requirements for enrollment include:

- You can reliably attend the entire program 2 times a week for 5 weeks
- Approval from your primary care provider
- Due to the particular environment of AcroSports, these are additional requirements:
 - o Able to manage 5 step + 4 step stairways into and out of the building
 - o Able to walk indoors without an assistive device such as a cane

All applicants will have an in-person meeting with Penny prior to the series start date.

Penny Sablove, PT, specializes in senior mobility and teaches the SFV course Maintaining Mobility. She was certified to teach the Dutch program in early 2019. Penny is also a 5th degree black belt in the martial art of Aikido and has been teaching people to fall safely for decades.

Cooler Conversation About Heatwaves

Friday, September 6, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Climate Change means that there will be more heat waves more often. Let's discuss how that will impact our wellbeing.

- Do we need special clothing; why or why not?
- What is the difference between heat stress and heat strain?
- How safe is exercising during a typical heat day? Why are Tai chi and Qigong a good idea?



Bring your ideas and add value to the roundtable conversation with Erika Cruz, a Health and Wellbeing Professional and Certified Taichi instructor.



Climate Justice Organizing: Meet with 1000 Grandmothers for Future Generations

Monday, September 9, 2:30 – 4:00 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Do you wish you had a group of elder activists who shared your deep concern about the effects of the climate crisis on your children, grandchildren and future generations?

1000 Grandmothers are elder women activists working to address the climate crisis. The indigenous definition of grandmothers is Elder Women concerned about future generations. 1000 Grandmothers has worked now for a number of years with indigenous groups such as Idle No More, fighting against KXL, DAPL and other pipelines, and against increasing the capacity of the Bay Area infrastructure to accommodate Canadian Tar Sands oil; youth groups such as Sunrise Movement on the Green New Deal; training for nonviolent direct action; legislative work with 350 Bay Area, and more. Soon after this presentation 1000 Grandmothers plans to show up to support the Bay Area youth who are calling for a Global Climate Strike September 20-27, 2019.

Managing Personal Affairs and Finances

Tuesday, September 10, 2:00 – 3:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

Today, people are living longer than ever before, however, there often comes a time when help is needed with daily tasks or managing personal affairs and finances. Learn what steps you can take ahead of time so that services will be in place when you need them. Discover how care managers and fiduciary services can relieve the burden of managing finances, insurance, appointments, and the



numerous details that are typically left to the aging adult or family members and how home care can make life easier (and safer).

Traci Dobronravova, MSW, is the director at Seniors At Home. She has over 20 years of experience in working with older adults in healthcare and social service settings. She has devoted most of this time to developing and managing programs that support older adults in maintaining their independence at home.



Stuff and Stories: Sharing Personal Narratives with Objects and Dioramas

September 17 and 24, 11:00 AM – 12:30 PM

SFV, 3220 Fulton St. at 8th Ave.

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

What is the significance of the objects we use, identify with, cherish, carry with us, live with? How might we reinvent these objects, and the narratives attached to them? In session one, we will explore a piece of our personal narrative through the objects we share. Participants are invited to bring in a memento and tell a story that relates to it. In session 2, individuals will build a diorama for the memento to live in, creating a new context for their familiar objects.

Amy Bergstein is an arts-in-education advocate, working as a Teaching Artist in the Bay Area. She teaches filmmaking at a cinema workshop for teens, facilitates collage workshops for adults and elders, and develops intergenerational art workshops bridging communities of elders and youth through storytelling.

How to Support San Francisco Village Year-Round

AmazonSmile - 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 at <https://smile.amazon.com/ch/26-1300020>. Happy shopping & thank you!



Community Thrift Store – This store accepts donations on behalf of San Francisco Village, sells the items, and then shares the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. Last year for example, we 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**.

San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us. You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension.

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village. To learn more about registering for membership, please contact Jill Ellefsen (listed below).

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org, ext. 1

Membership & Volunteering: Jill Ellefsen – jill@sfvillage.org, ext. 2

Programs & RSVPs: Sarah Kent – sarah@sfvillage.org, ext. 3

Donations & Newsletter: Sara Roliz – sroliz@sfvillage.org, ext. 4

Staff & Member Support: Yousra Sebiaa – yousra@sfvillage.org, ext. 5

Staff & Member Support: Stephanie Tranter – stephanie@sfvillage.org, ext. 5

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