



March 16, 2020

Dear Members and Friends:

Last Wednesday was a turning point for me in understanding the scale of this epidemic. Prior to that, I believed that we were overreacting. Two new phrases have taken root in my consciousness: *flattening the curve* and *social distancing*. Stay home in order to control the spread. I've come to understand that what I do protects not only me, it protects everyone who comes in contact with me. I have a civic responsibility to stay home.

Today we learned that Mayor London Breed has ordered all San Franciscans to [shelter in place](#). That means no non-essential travel. People are still allowed to go outside to exercise or walk their pets, but are advised to keep six feet away from anyone with whom they don't already live. We will still be allowed to shop for necessary supplies, access health care, and engage in activities that involve helping family and friends who need it during the crisis.

There is no better time to be connected to a loving, responsive community of friends and neighbors. I'm so glad you joined SFV when you did!

As you know, SFV programs have been suspended until further notice. CDC guidelines are changing rapidly. Last Friday, we concluded that it was best for SFV staff to work from home and now the shelter-in-place order confirms our decision. Please be assured that we will stay connected with you and each other through email, Zoom video conferencing, telephone, and prayer :-)

All calls into the office will be transferred to our cell phones, so please continue to call 415-387-1375 if you need:

- Home deliveries of groceries, dry goods, household supplies, etc.;
- Transportation to a medical appointment with Lyft Concierge (you don't need a smart phone – we can call a car on your behalf);
- Friendly visitors via telephone;
- Volunteer support for learning how to use Zoom or any other request;
- Reassurance.

Sarah is working on converting in-person programs to Zoom video conferencing. So far we are offering:

Ageing Well with Meditation

Wednesdays, March 18 & 25, 11:00am – 12:00pm

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number

Spanish Film Showing - Discussion to follow after film

All About My Mother / Todo sobre mi madre (1999)

Monday, March 30th, 1-3:30pm

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link

We will send another email later this week or early next week with more programming options. If you have suggestions for virtual programs or experience with them, please contact Sarah sarah@sfvillage.org

We are in the process of activating outreach channels, like phone trees, email chains, and video conferencing utilizing a growing number of young volunteers who are reaching out to discover how they can help. Our goal is to stay connected and emotionally grounded, so we encourage you to call another member – get better acquainted with someone you met recently or check in with someone you’ve known for years.

Never before have I been so aware of how interconnected everything is. I’m coming to see this crisis as an opportunity to learn that my choices are not just about me; they have implications far beyond my horizon. I want to believe that the vast viral disease network is a metaphor for the contagion that’s possible when we humans act in loving cooperation with each other. How quickly can that spread? I suspect this pandemic is going to radically change the way I see the world and my role in it.

Stay well, reach out, try Zoom!

XO,



Kate Hoepke