

April 7, 2020

Dear Members and Friends:

As we enter our fourth week of sheltering-in-place, I'm noticing some of the things I miss: face-to-face interactions, casual conversations with the staff throughout the day, hugging my daughter, joyfully anticipating a planned vacation to the east coast next month. At the same time, I'm making new discoveries that probably would have eluded me without these forced circumstances.

At San Francisco Village, we're learning how quickly we can adapt to change and reinvent the ways we operationalize support and human connection. We're redefining what we mean by intergenerational community, allowing ourselves to be cared for by younger people with an extraordinary capacity for civic love. We're proving that San Francisco Village is a vital infrastructure for rapid response: a bulwark of resilience in the face of uncertain danger.

So far, the volunteer outreach team has spoken with two-thirds of our members, gathering the data that will inform next steps in keeping them connected and supplied. All calls should be completed by tomorrow. Thanks to Jill's ingenuity, our volunteer corps has grown by 100 since mid-March. And thanks to Jessica's agility, the website is up-to-date with valuable resources for safe shopping and delivery services. **We urge you to visit the [website](#) regularly to learn about upcoming programs.**

Programs have moved online and Sarah has curated a schedule for the [month of April](#) that I think you will find nourishing, reflective and provocative. Many of the programs described below involve the art of storytelling - a perfect way to make sense of what is happening right now. In particular, we're launching an 11-week series called [Play in Place](#): an online improv/theater workshop with Evan Johnson. The series will culminate in a short video, a little gift to history. A great way to reduce stress, express yourself (or an alter ego) and laugh outloud. Evan asks, "What can we record together in this moment that expresses how we feel?"

This is a long email that follows, so please scroll all the way down to see how much SFV has to offer you right now. Wisely, Sarah is focusing on programs that emphasize connections among people, as opposed to lectures or presentations. If you're still not using Zoom, please contact Jill and request a volunteer to show you the ropes.

Stay home and save lives!

Love,

*Kate*

Kate Hoepke  
Executive Director  
[kate@sfvillage.org](mailto:kate@sfvillage.org)

The screenshot shows a web browser window with the URL [sfvillage.org/programs/](http://sfvillage.org/programs/). The website header includes the San Francisco Village logo and navigation buttons for Join, Programs, News, Volunteer, About, Donate, and Search. The main content area displays a calendar for April 2020 with a list of events:

Date	Event Name	Time
03 Apr 2020	LGBTQ Circle	4/3/2020 from 1:00 PM to 2:30 PM PT
06 Apr 2020	Grupo de Conversación en Español	4/6/2020 from 11:00 AM to 12:00 PM PT
06 Apr 2020	The Use of Indigenous Carvings for Healing and Problem-solving	4/6/2020 from 1:00 PM to 3:00 PM PT
06 Apr 2020	94109/94133 Neighborhood Circle	4/6/2020 from 4:00 PM to 6:00 PM PT
07 Apr 2020	Zoom Coffee Date	4/7/2020 from 10:00 AM to 11:00 AM PT

On the right side of the calendar, there is a search section with the following options:

- Search Tags
- One-time Events
- TLC
- Community Meeting
- Search button

Stay up to date on all of the upcoming programs by visiting  
<https://www.sfvillage.org/events/>

## Upcoming Events

### **Zoom Coffee Date**

**Tuesdays, April 7, 14, 21, and 28, 10:00 -- 11:00 AM**

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

An experiment in online connection—let's have coffee together while we are physically distancing ourselves. We'll log on to Zoom and connect.

### **Longevity Explorers Circle**

**Tuesday, April 7, 2:00 -- 3:30 PM**

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

Join an intimate group to discuss solutions to the challenges of growing older. The group will be facilitated by Dr. Richard Caro, co-founder of Techenhanced Life, PBC & Longevity Explorers which focus on the intersection of healthcare, aging, and technology. 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 and hear from your peers about "solutions someone needs to develop".

### **Aging Well with Meditation**

**Wednesdays, April 8, 15, 23, and 30, 11:00 AM – 12:00 PM**

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

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. All levels of experience are welcome.

### **Tai Chi and Qigong**

**Thursdays, April 9, 16, 23, and 30, 2:30 – 3:15 PM**

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

Practice Tai Chi to improve your balance, help with arthritis, and increase your energy. Learn from an instructor who uses the stepwise method --watch me, follow me, and let's do it together. These sessions will include skills of Qigong discipline, the perfect blend of Tai Chi and Qigong. This program holds the endorsement of many leading organizations, including the CDC, Arthritis Foundation, Administration on Aging, and American College of Sports Medicine. For more information visit <https://taichiforhealthinstitute.org/>. Led by Caroline Lew - a Certified Instructor from Tai Chi for Health Institute.

### **Makers and Crafters: Show and Tell**

**Monday, April 13, 1:30 -- 2:30 PM**

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

Calling all visual artists and crafters! We'll join together on Zoom for a "show and tell" session. It's time to get that favorite creation or current project and use your camera to show it to the group. No camera for your computer or ipad? Get descriptive to tell the group about your project on the phone!

### **Hidden San Francisco: Author's Talk by Chris Carlsson**

**Tuesday, April 14, 2:00 -- 3:30 PM**

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

San Francisco is an iconic and symbolic city. But only when you look beyond the

picture-postcards of the Golden Gate Bridge and the quaint cable cars do you realize that the city's most interesting stories are not the Summer of Love, the Beats, or even the latest Gold Rush in Silicon Valley.

*Hidden San Francisco* is a guidebook like no other. Structured around the four major themes of ecology, labor, transit and dissent, Chris Carlsson peels back the layers of San Francisco's history to reveal a storied past. Carlsson delves into the Bay Area's long prehistory as well, examining the region's geography and the lives of its inhabitants before the 1849 Gold Rush changed everything, setting in motion the clash between capital and labor that shaped the modern city.

From the perspective of the students and secretaries, longshoremen and waitresses, *Hidden San Francisco* uncovers dozens of overlooked, forgotten, and flushed histories that pulse through the streets and hills even today, inviting the reader to see themselves in the middle of the ongoing, everyday process of making history . . . together.

### **San Francisco Village Players: Play in Place!**

**Thursdays, April 16 – June 25, 12:30 – 2:00 PM**

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

Who says sheltering in place has to be dull? Add some playful creativity to your week by joining local theater maker and teaching artist Evan Johnson and The SF Village Players! This weekly experiential online workshop will culminate in a fabulous video project, filmed in the comforts of your own home. All you have to do is log-on and join the fun! Shake off the blues and manifest fellowship around creative ideas and theatrical exploration. Come create a fun character, practice improvisation and tap into inspiration and joy as we create a digital record of this unique time. Check out Evan's [promo video](#) to learn more!

### **Stories Connect Us All**

**Fridays, April 17, April 24, and May 1, 10:30 AM – 12:00 PM**

As we continue to shelter in place, join San Francisco Village's resident storyteller Olive Hackett-Shaughnessy as she tells the old stories through this new Zoom form. We can see and hear one another while listening to Wisdom and Wonder Tales that are timeless reminders of resilience, hope and humor during times of trouble.

### **Grupo de Conversación en Español**

**Monday, April 20, 11:00 AM – 12:00 PM**

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

Add a little more Spanish conversation to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for it? Check it out!

### **Mentoring Exchange: Masters of Public Health students**

**Monday, April 20, 4:45 – 6:30 PM**

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

San Francisco Village is thrilled to be partnering with USF for a mentoring exchange between members and Masters of Public Health students. By spending time in a one-on-one conversation, both parties will gain a better understanding and connection to a different generation. Topics discussed can include, but are not limited to backgrounds, interests, life experiences, and thoughts about the future. This meeting will take place via Zoom, utilizing the break out room feature so conversations between 2-3 people can take place.

### **Statewide Village Member Coffee Chat**

**Wednesday, April 29, 2:00 -- 3:00 PM**

[Register with Village Movement California](#)

Our experiences in this global pandemic are both shared and individual. Join us for a state-wide virtual "coffee chat" for members of villages throughout California to

connect with each other and continue building community as we shelter in place. We'll meet via Zoom so you can join with video and audio via your computer, tablet, or smartphone or call in for audio only with your cellphone or landline.

## Circles

### **94109/94133 Circle**

**Monday, April 6, 2:00 PM**

Our first Zoom gathering! Please contact Bobbie Rothman or Juliet Rothman for information.

Just a reminder that it's Census time, and that it's really important to fill out the census forms, which can be accessed online. The census numbers, as we know, will have a major effect on each of us, and on all of us, politically, economically, and in so many other ways for at least the next ten years. The formal deadline was April 1st, but there's still time, and the form takes just a few minutes to complete.

To fill out the form and ensure that you will be counted, just go to [www.2020census.gov](http://www.2020census.gov) and follow their simple directions.

### **LGBTQ Circle**

**Thursday, April 9, 11:00 AM – 12:00 PM**

For this get-together, we will share what is going on in our lives during this challenging time. We will share what brings us pleasure, our coping mechanisms, and what is positive. This get-together will be via Zoom. If you are interested in attending, please email Bill Haskell at [bhaskell@sonic.net](mailto:bhaskell@sonic.net). He will add your email address to the LGBTQ Circle list and he will then send you a Zoom invitation. If you have questions, you can call Bill at 415-661-2670.

### **Solo Agers Circle**

**Friday, April 10, 10:30 AM -- 12:00 PM**

Please join the Solo Ager Circle featuring Patrick Arbore, the founder of the Friendship Line at the Institute on Aging. He will offer his insights into the life-saving consequences of connections. As we age, sharing, exchanging resources, and emotional support are critical, especially during crises, such as global pandemics, divorce or ill health. Allowing ourselves to receive help is an important protection against loneliness. RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link

### **94117 Circle (Haight-Ashbury/Cole Valley)**

**Friday, April 10, 2:00 – 4:00 PM**

For this get-together, we have decided to leave the agenda open. We find topics arise during our monthly conversations. 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 get-together will be via Zoom. If you are interested in attending, please email Bill Haskell at [bhaskell@sonic.net](mailto:bhaskell@sonic.net). He will add your email address to the 94117 Neighborhood Circle list and he will then send you a Zoom invitation. If you have questions, you can call Bill at 415-661-2670.

### **94123 Circle**

**Thursday, April 16, 5:00 PM**

Zoom in with drink of choice in hand and meet with the 94123 group of members. I hope everyone will join us. We will have a short presentation from Isaac Macierira-Kaufmann (Sally's grandson) about the Parnassus Funds. To RSVP or ask questions, contact Eva Auchincloss [eva3auch@gmail.com](mailto:eva3auch@gmail.com) or 415-563-7519.

## **Community Events**

### **Frommcast Access**

In a new partnership with the Fromm Institute, San Francisco Village members



have access to Frommcast-- an online program of previously recorded lectures at the Fromm Institute. It is FREE now through July 30, 2020 and we hope that this will help us all stay connected while we are physically distant from one another.

If you are not a current member of the Fromm Institute, please [click here](#) to provide some basic information. If you would like to preview the Frommcast, please visit <https://fromminstitute.org/frommcast>

If you have any questions or concerns, email [fromm@usfca.edu](mailto:fromm@usfca.edu).

## **COVID Conversations: Medical Decision Making in the Face of Serious Illness**

**Wednesday, April 8, 12:00 - 1:00 PM**

[Register here](#)

Presented by Judy Thomas, JD, CEO of Coalition for Compassionate Care and Karl Steinberg, MD, Medical Director, Hospice by the Sea

Join us for the first of our "COVID Conversations" webinar series on Wednesday, April 8, at 12:00 pm to learn why conversations with patients about their personal values and wishes regarding medical treatment are even more important than ever during the COVID-19 pandemic.

Webinar Objectives:

- Explain the importance of conversations in advance care planning and POLST
- Describe purpose and content of an advance health care directive and POLST form
- Discuss how the COVID-19 crisis is impacting advance care planning and POLST

**What Matters Most? A free in-depth Advance Directive Workshop**

**Tuesday, April 14 & 28, 12:00 - 2:00 pm**

**Tuesday, April 21 & May 5, 5:30 - 7:30pm**

[Register Here](#)

UCSF MERI Center for Education in Palliative offers free two-part workshops in advanced care planning for patients, staff, and caregivers. In the first session, participants will learn about the Advance Directive Form, what questions to ask yourself and your family, things to consider about your wishes, and how to complete the form. In the second session, participants will bring completed forms to the workshop and ask additional questions.