



# San Francisco Village

May 4, 2020

Dear Members and Friends:

Due to the coronavirus, we needed to cancel our 8<sup>th</sup> Annual Transforming Lives and Community luncheon, our biggest fundraiser of the year. The highlight of the luncheon is the presentation of the Founders' Award to two people in their 70's or older, who have made a profound impact on the lives of San Franciscans and beyond, and who exemplify what it means to age with continued meaning and purpose.

This year's honorees are Senator Dianne Feinstein and Rev. Dr. Amos Brown, the esteemed pastor of Third Baptist Church of San Francisco. Brilliant examples of the resiliency and wisdom our members exhibit every day. We are deeply grateful to them both for lending their name in support of our beloved community.

Last week we sent you several emails with embedded videos, one of which was a [greeting](#) from Senator Feinstein. In April, I had the pleasure of interviewing Rev. Brown, a student of Dr. Martin Luther King Jr. and a local legend. You can read a transcript of the interview [here](#) and you can access both on our [website](#).

Please visit our website regularly to learn about new programs and stay updated in this rapidly changing environment. On the [Covid 19](#) Response page you'll see eight weekly reports from the SFV Research and Advisory Committee: Barbara Kivowitz, Bob Horn and Patricia Tsang, all SFV members. They have done a magnificent job of compiling the latest research, trend analysis, public policies and recommendations for SFV members. Their work informs our decision-making, and we are deeply grateful.

We continue to welcome new volunteers, mostly young people in their 20's and 30's. In fact, many of them are eager to connect with you as a telephone buddy. They'll check in with you regularly to make sure you have what you need and that you're not stir crazy. I suggest accepting this as the gift that it is: an opportunity to get curious about someone of a different generation. Say YES to building a caring connection with a fellow San Franciscan who is

interested in knowing you. Call Jill to set it up.

I know we all miss seeing each other in person, but Zoom is really a miracle. If you haven't tried it yet, please request a volunteer to show you the ropes. Sarah has organized some wonderful programs this month (scroll down to see them) and dozens of members report they're enjoying the online experience. Come on in, the water's fine.

Warm regards,



Kate Hoepke  
Executive Director



*"In August of last year, I was part of a delegation of African American faith and civil rights leaders who visited Ghana, West Africa in honor of the 400th year of the commencement of the slave trade. While I was there, I was presented with a walking stick in which the representation of a Sankofa bird is carved. In African lore, the story of the Sankofa bird expresses the importance of reaching back to knowledge gained in the past and bringing it into the present in order to make positive progress. In the bird's mouth is an egg, which symbolizes possibilities, pregnant situations, positive things to come. The deeper lesson is that we must look back at our own history in order to go forward with*

*integrity.*

*That's what San Francisco Village is doing by connecting younger and older people in a common*

*effort. I believe that together we will get through this pandemic and create a better world in the process."*

*-Rev. Dr. Amos Brown in conversation with Kate Hoepke*

## Spotlight Events

### **Stay Safe: Scams During Covid-19**

**Friday, May 8, 10:00 –11:00 AM**

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

Join Glen Fishman, the Senior Program Coordinator of the Elder Abuse Prevention Program at the Institute on Aging as he discusses elder abuse. There will be a focus on the top ten scams older adults face especially in light of COVID-19.

### **Shelter in Love: Coping Creatively**

**Monday, May 11, 11:00 AM –12:15 PM**

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

Let's gather together to talk about our solutions for adapting, coping and self-care in trying times. We're tackling loneliness, the week's grocery list, zoom fatigue, health fears, changes in our routines, losing track of time or sleep... and also may be finding surprising joys at home, with new ways to connect and daily rituals. With a combo of small and large group conversation, we'll explore creative options and resources to sustain ourselves while we're asked to physically distance. Facilitated by Rachel Lanzerotti of Five Rivers Yoga.

### **Smart Money Coaching: Office of Financial Empowerment**

**Tuesday, May 12, 10:00 – 11:00 AM**

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

Smart Money Coaching provides free, confidential, personalized financial guidance. A certified financial coach can help you address financial challenges and goals, including debt reduction, improving your credit score and increasing your savings. Through a partnership with the

Department of Disability and Aging Services (DAS), Smart Money coaching is available to older adults and adults with disabilities. This session will focus on how financial coaching can help meet your goals in the areas of debt, savings, banking, and credit. They are unable to support questions related to retirement or investments.

## **Home Body Yoga**

**Tuesdays, May 12, 19, 26 and June 2, 11:00 AM – 12:00 PM**

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

Movement is essential to life and vitality— supporting immunity; improving mobility and stability; improving mood and lowering stress. Together from our homes, we'll move in gentle seated and standing postures, focusing on breathing and relaxation from therapeutic yoga. You'll need space to stand with your arms wide, an armless chair for sitting upright, comfy clothes you can move in... and your zoom hook up! Our class level and focus will accommodate those who sign up. Tell the instructor about relevant health and structural conditions. **Advance sign up and liability release form required.** Led by Rachel Lanzerotti of Five Rivers Yoga.

## **Dance Generators**

**Saturdays, May 16 and 30, 11:00 AM – 12:00 PM**

Register with Liv Schaffer at least 24 hours before session-- [aschaffer3@usfca.edu](mailto:aschaffer3@usfca.edu)

Join the University of San Francisco's Intergenerational Dance Company, Dance Generators, for movement workshops that will go back and forth between creative movement and reflective dialogue. Connect with University students, professional dance artists, and other older adults from the community! Wear clothing that is comfortable to move in and any kind of supportive footwear you prefer. Make dance and human history by joining this Zoom movement!

## **Song & Dance Men Of The Silver Screen: Donald O'Connor**

**Tuesday, May 19, 3:00 – 4:30 PM**

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

Donald O'Connor is best known for his tour-de-force performance of *Make 'Em Laugh* in the hit movie musical *Singin' in the Rain* and for his series of *Francis the Talking Mule* films. Besides being a superb dancer, fine actor and consummate clown, O'Connor is the only song and dance man who possessed such a fine singing voice, that he could have had a separate career as a crooner.

You will see Donald, age 13, in his very first film co-starring with Bing Crosby; delightful scenes from the films he made when a mere teenager; all the way to the height of his career in the 1950's. After seeing this presentation you may well agree that Donald deserved much more recognition for his talent than he actually received. But, as they say, "that's show biz."

Bonnie Weiss, M.A. is a seasoned theatre educator, and writer. She teaches musical theatre appreciation for S.F. State, U.C. Berkeley and Santa Clara University OLLI; for Road Scholar Elder Hostels and for professional and educational groups throughout California. She has taught at S.F. Conservatory of Music, U.C. Berkeley Extension and the Colleges of Marin and San Mateo. She has written articles and feature stories for *The Sondheim Review* and *Stage Directions* Magazines.

## Weekly and Monthly Events

### **Zoom Coffee Date**

**Tuesdays, May 5, 19, and 26, 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, May 5, 2:00 -- 3:30 PM**

If not already on the Longevity Explorers email list, please 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, 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, 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.

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

**Thursdays through 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 comfort 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!

## **Play Reading**

**Thursday, May 7, 4:00 PM**

RSVP to Midge Fox for Zoom link

We will be reading *The Moon of the Caribbees* by Eugene O'Neill, from 24 Favorite One Act Plays.

## **Grupo de Conversación en Español**

**Monday 18, 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!

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

**Mondays, May 18 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.

## **Discussion Group**

**Friday, May 22, 3:00 PM**

RSVP to Eva Auchincloss

We will discuss current events. Members and guests welcomed.

## Neighborhood Circles

Need an email or phone number? Please reach out to SFV staff at (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

### 94123

**Wednesday, May 6, 4:00 – 5:00 PM**

We are establishing a “check in” phone tree so you will receive a call and make a call between 4 and 5 PM. This was the day set aside for the Village Fundraiser that had to be cancelled. It is a way for us to feel connected to each other. Please do not break the chain. Eva will let each of you know who to call and will give you their number and/or email in advance.

**Thursday May 21, 3:30-- 4:45 PM**

We will have a Zoom conversation in which you can share your favorite podcasts, a simple recipe, or a favorite indoor activity. This Zoom meeting is for everyone who has a computer and is willing. Email or call Eva Auchincloss for Zoom information.

**Wednesday Walking Day** is starting with the objective to enjoy the great outdoors, perhaps Marina Green or another nearby park, and an excuse to get out of the house. The first of these will be on Wednesday, May 13th from 1:00 to 2:00 PM. Sally Kaufmann-Cowan will be seated behind a table in her garage to wave at you as you go by her driveway. On Wednesday May 27, from 1:00 – 2:00 PM, you are invited to walk by Eva Auchincloss’s on your outing around the Palace of Fine Arts and wave. We would like for this to be a regular Wednesday option for all Village members who live in the area. Call or email Eva for the addresses and remember to keep a safe distance!

### 94118

**Thursday, May 7, 3:00 PM**

We had our first Zoom meeting on April 30 with six of us, including two who haven’t attended



in-person meetings, and one prospective new member. We had a lively exchange, and everyone was enthusiastic to continue meeting by Zoom. We will meet again Thursday, May 7 at 3:00. Circle members will get the information for joining by email as before—email Gabie Berlinger or call Karen Franklin for more information. Who knows, we might continue this after the SIP order is lifted in addition to our coffee shop gathering!

### **Solo Agers Circle**

#### **Friday, May 8, 1:00 – 2:30 PM**

The Covid-19 pandemic has reminded us how interconnected and interdependent we are. Wesley Cheng, Executive Director of Televisit, will introduce the Resilient Virtual Community Project as a framework for everyone to do something positive for our community while practicing social distancing. It focuses on building a plan to stay connected during the lockdown, help those who have been hurt by the crisis, and build a better tomorrow. Wesley will also focus on the additional needs of solo-agers in a time of social distancing. In addition, he will share some of the latest aging technologies that were presented at the Consumer Electronics Show this past January in Las Vegas.

#### **94117**

#### **Friday, May 8, 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. We can share what we have done over the past month and what is going on in our lives during this challenging time. We can also share: what brings us pleasure, what we are enjoying, our coping mechanisms, and what is positive. This get-together will be via Zoom. If you are interested in participating online, email Bill Haskell. He will add your email address to the 94117 Neighborhood Circle list. He will then send you a Zoom invitation the morning of the Circle meeting.

#### **94114**

#### **Wednesday, May 13, 3pm**

Our first Zoom gathering! Please contact Gabriella Schultz for information since she is setting up the meeting.

## **LGBTQ Circle**

**Fridays, May 15, 22, and 29, 1:00 – 2:00 PM**

We will share what is going on in our lives in this challenging time. We will also share what brings us pleasure, what we are enjoying, our coping mechanisms, and what is positive. This get-together will be via Zoom. If you are interested in participating, email Bill Haskell. He will add your email address to the LGBTQ Circle list. He will then send you a Zoom invitation the morning of the Circle meeting.

## **Bernal Circle**

**Saturday, May 16, 7:00 PM**

Let's celebrate birthdays with two of our members have birthdays this week! Grab a cupcake, grab a candle, and sign on to Zoom for this virtual gathering. Contact Joan Miro for Zoom information.

## **94109/94133**

**Wednesday, May 27, 2:00 PM**

Our circle has had two meetings on Zoom. It is good to be able to see each other. Planning another one for May 27, with a theme to be determined. We are also in touch with each other via phone. Looking forward to the time when we will be together in person. Contact Bobbie Rothman or Juliet Rothman for Zoom information.

## **94121**

**Wednesday, May 27, 1:45 PM**

We had our first Zoom gathering on April 29 and another scheduled for May 27 at 1:45PM. If anyone would like to join us for a friendly check-in, please email or call Patricia Kaussen.

# **Community Events**

## **Dr. Chodos Chats**

**Fridays, 12:00 – 1:00 PM**

Senior Power is hosting a free conference call to hear from Anna Chodos, MD, Asst. Professor of Medicine, Dept of Geriatrics, UCSF. Dr. Chodos explains the Covid-19 pandemic: its history, impact, trends & current status with questions from audience, time permitting.

How to attend: Join from a PC, Mac, Linux, IOS or Android device at <https://ucsf.zoom.us/j/298110801>. Password is: 671492.

By Phone: call 669-900-6833 or 646-558-8656

Enter Meeting ID: 298 110 801# and then the password: 671492# (you will need this for admission to the call)

## **Walk Safe Streets for Seniors**

**May 7, 1:00 –2:00 PM**

RSVP with [Walk SF](#)

In the first part of a two-part online training, we'll discuss what makes streets unsafe and how they can be improved to provide safer intersections and slower speeds that work for everyone. We'll also talk about the city's Vision Zero efforts to end traffic deaths and serious injuries. Learn how to make your voice heard.

All attendees will be entered to win prizes including Safeway gift cards and SF walking maps during the training. Walk Safe Streets for Seniors trainings are free thanks to support from the San Francisco Department of Public Health.

## **Stroke Education & Screening**

**Wednesday, May 13, 4:00 -- 5:30 PM**

RSVP with the [Community Health Resource Center](#)

Stroke is a leading cause of death and long-term disability in the United States and affects people of all ages and backgrounds. This lecture will focus on prevention, risk factors, early detection, and treatment of stroke. Stroke survivors, caregivers, and others at risk are encouraged to attend.

## **My Life My Stories Intergenerational Conversations: Passion & Curiosity**

**Sunday, May 31, 4:00 PM**

RSVP with [My Life, My Stories](#)

Please join us for our second virtual intergenerational event! The theme will be passion and curiosity. We'll discuss questions in small intergenerational breakout groups such as, "How did you discover your interests?" and "What are you curious about?"

We'll have two volunteers of different generations tell personal stories about their process of finding new interests or rediscovering old hobbies. We'll then breakout into small intergenerational groups and we invite you to share what makes you happy or join us to listen to older and younger adults share how they've cultivated hobbies. Our mission at My Life, My Stories is to end age segregation by bringing people of all ages together to share memories and experiences.

No matter our age, we all have things, big and small, that bring us joy. Sharing enthusiasm about your interests and hearing others do the same enable all of us to act authentically and unapologetically. During a time in our history that has limited our ability to find deep connections, let's virtually come together to share our passions and curiosities and inspire one another.