



### From Executive Director, Kate Hoepke:

Dear Members and Friends:

This newsletter is back in business! Our routine got a little interrupted with the shelter-in-place order, but I'm delighted to send members their hardcopy edition once again.

The coronavirus has brought so many changes and adaptations to daily life. I hope you are coping with physical distancing and finding new ways to thrive. I know that many of you are connecting with SFV members and volunteers via telephone, email and Zoom. If you're not, please reach out to Jill, Sarah, Jessica or me to connect to a program, a volunteer, or another member. We're dreaming and scheming new ideas for connection every day!



I was recently part of an intergenerational discussion group on Zoom and one of the young women asked us to share something that we had learned in the past week. What a delightful question! I can't remember how I answered it then, but today I would say that I learned about kindness from a clerk at Trader Joe's. I was looking for a bunch of peonies and I didn't want to stand in the long line if they didn't have them. He went inside, picked up the last bunch they had and handed it to me. Please accept these as a gift, he said. My eyes welled with tears feeling his kind gesture. My afternoon looked different after that.

Everyday I'm aware of the paradox that we're living in: death and devastation on the one hand and creative expressions of love on the other. Since mid-March, we have welcomed 100 new volunteers, mostly Millennials, motivated by empathy and civic love to care for their older neighbors. They combined with some SFV members and long-time volunteers to make phone calls to each of you in early April, so that we could prepare for supporting you while sheltering-in-place. We asked the outreach team to complete a survey and tell us something that they learned. Here are a few of their answers:

#### In This Issue:

From the E.D.  
Did You Know?  
Volunteer Requests &  
Opportunities  
June Events  
Recurring Events  
Neighborhood Circles  
Community Events

#### New Members in March, April, and May

Susan Sunderland and  
Marjorie Duggins, 94112  
Mary Ann Sullivan, 94112  
Ron Bean, 94121  
Jane Pannell, 94109  
Roger Christensen, 94121  
Mark Schreiber, 94127  
Catherine Lyon, 94127  
Katy Colpetzer, 94110  
Jim Blacksten, 94105  
Cyndi Bakir, 94118  
Sandra Finnegan, 94115  
Krista Carlson, 94121  
Merle Easton, 94115  
Jane Alexander, 94122  
Susan Evans, 94118  
Raina Cohen, 94122  
Paulann Sternberg,  
94112  
Michael Bennett, 94124  
Geri Lafferty, 94131  
Louise Gross, 94110  
Marcia Weisbrot, 94114  
Irene Cohn, 94102  
Margaret James, 94124

- I learned what a Seder is.
- I learned not to be apprehensive about calling "strangers." People are happy to hear from me.
- I learned a lot about sexism in the medical field in the 70s!
- How much I take for granted that Wi-Fi and technology are second nature to me.
- Just to take things day by day.
- I learned a lot about the evolution of women's rights throughout history and how the chronology is divided into different waves. It's interesting how changes in society's needs were pivotal in shifting women's historical gender role.
- Empathy

There are at least a dozen conversation-starting questions in these comments! Feel free to dream some up for your next Neighborhood Circle Zoom call or the next time you connect with a volunteer or phone buddy. My hope is that meaningful conversations help us emerge from this experience more in tune with ourselves and others; knowing that we're all connected and it's OK to need each other.

Warm regards,

*Kate*

Kate

## Did You Know?



### Great Plates Delivered

On May 18<sup>th</sup>, Mayor London N. Breed announced the launch of Great Plates Delivered SF (GPD), an emergency food assistance program for seniors sheltering in place due to the COVID-19 pandemic. The program will provide freshly made and nutritious meals while providing much-needed help to local restaurants. GPD can offer three free meals a day and the program runs through June 10, 2020.

In order to participate, you must meet all of the following: **a)** Aged 65 or older, or between the ages of 60-64 with certain underlying health conditions; **b)** Unable to obtain or make own meals; **c)** Live alone or with another eligible senior; **d)** Earn less than \$74,940 for a single-person household or \$101,460 for a two-person household.

If you or someone you know would like to participate in this home-delivered meals program or have any questions please contact the Department of Disability and Aging Services (DAS) helpline at **415-355-6700**. The helpline is available seven days a week from 8:00 a.m. to 5:00 p.m.

### Essential Trip Card

The City of San Francisco is now offering the [Essential Trip Card](#) program for residents 65+. The program allows residents to get discounted taxi rides for essential trips such as grocery shopping or medical visits. For every \$6 you load on your card, you will receive a \$30 value, up to a monthly maximum value of \$60. Simply call 311 to apply.

## Wright Institute Older Adult Counseling and Psychological Services

The Wright Institute Older Adult Counseling and Psychological Services (OCPS) offers individual and group therapy for older adults. Our culturally sensitive and evidence-based services will provide a resource to address troubling feelings you may be experiencing like depression, anxiety, loneliness, and loss. We believe everyone has a right to thoughtful, respectful care and help that supports the specific issues that come with aging. For services call (510) 239-2017 or e-mail [OCPS@wi.edu](mailto:OCPS@wi.edu). Please visit our [website](#) for more information.

## Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other. Before COVID 19, volunteers of all ages responded to requests for help with a ride to a medical appointment, assistance with laundry or grocery shopping, technology troubleshooting, a friendly conversation, or our monthly mailings.



Since sheltering-in-place began in mid-March, we have on-boarded more than 100 Millennial volunteers eager to support their older neighbors who are at higher risk of infection. It's a humanitarian response motivated by empathy and civic love. A testimonial to the character of younger generations who understand that we're all connected, and our future depends on working together. Our members continue to support each other as they are able.

Contact Jill Ellefsen at [jill@sfvillage.org](mailto:jill@sfvillage.org) or (415) 387-1375 ext. 2 to sign up to receive our twice weekly **emails** detailing the many volunteer options available to you through San Francisco Village.

Reach out to Jill for help with:

- grocery shopping and essential errand running, (no contact delivery)
- online shopping assistance
- technology assistance by phone for help with Zoom or any other tech issues
- assistance connecting with your healthcare provider online (Telehealth)
- friendly caller connections
- outdoor gardening



## In Memoriam

Terry Berman, 94109  
David Miller, 94121  
Anna Young, 94118  
Philip Snyder, 94117

## June Events

### Shelter in Love: Coping Creatively

Monday, June 8, 2:00 – 3:15 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.



### Home Body Yoga

Tuesdays, June 9, 16, 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

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.

### Maintaining Mobility: An Online Wellness Class

Wednesdays, June 17, 24, and July 1, 1:00 – 2:00 PM

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

The goal of this class is to improve 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, turning direction, taking 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.

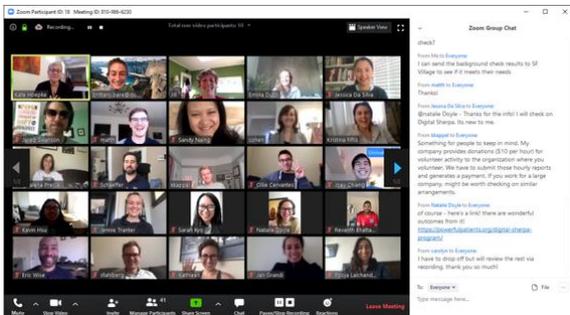


The class content is designed to carry over into daily life. We are not merely exercising; we are practicing a new way of moving through the world.

In the process of transitioning this course from in-person to online, in the interests of safety, there are several requirements for participation:

- Ability to walk indoors without an assistive device
- Ability to walk outdoors for 20 minutes
- Meet with instructor on Zoom before hand to help position your digital device – computer, smart phone or iPad – so that your whole body can be visible during a zoom class.

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.



## Experience Exchange: COVID-19

**Monday, June 22, 3:00 – 4:00 PM**

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

SFV volunteer, Michael Cramer, wants to introduce you to a small team of Salesforce.org employees who want to learn about your shelter-in-place experiences and share their own. What does life look like for a single

person during shelter in place? A couple? A person who is 35 or 75? How do you spend your days if you are retired or working from home full time? How does a family with young kids handle schools, day cares, and play grounds being closed? What's it like not being able to hug your grandkids? What experiences have you lived through that help you deal with a global pandemic? We invite San Francisco Village members and volunteers to come together and share what their lives have been like during shelter in place. Conversation will take place via Zoom with opportunities for large group sharing and one on one with someone of a different generation. Participants can join via computer, smart phone, tablet, and/or a landline.

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

**Tuesday, June 23, 2:00 – 3:30 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.

## Recurring Events

### Grupo de Conversación en Español

**Mondays, June 1, 15, and 29, 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!



### Longevity Explorers Circle

**Tuesday, June 2, 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, June 3, 10, 17, and 24, 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

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness mediation – 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, IAYT-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 Players: Play in Place!

Thursdays, June 4, 11, 18, and 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.

## Follow Me (on Zoom!) for an Afternoon of Tai Chi and Qigong

Thursdays, June 4, 11, 18, and 25, 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 9 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. All levels welcome.



## Play Reading Group

Thursday, June 4, 4:00 PM

RSVP to Midge Fox at [midgefox@comcast.net](mailto:midgefox@comcast.net) for Zoom link

We will be reading *The Maker Of Dreams* by William Oliphant Down, from 24 Favorite One Act Plays.

## Solo Agers

Friday, June 12, 10:30 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

Sharing our experiences as Solo Agers coping with Sheltering in Place and Social Distancing and exploring what "the New Normal" will look like.



Group members are invited to share what has been helpful in getting support, staying connected with friends, family and the SF Village community. We will expand on the discussion we started in May about living with Covid 19, the new normal and the importance of belonging to a virtual resilient community.



### **Dance Generators**

**Saturdays, June 13 and 27, 11:00 AM – 12:00 PM**

Register with Liv Schaffer at least 24 hours before session--  
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!

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

**Mondays, June 15 1:00 -- 2:00 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, June 26, 3:00 PM**

RSVP to Eva Auchincloss at [eva3auch@gmail.com](mailto:eva3auch@gmail.com) for Zoom link

We will discuss current events. Members and guests welcomed. FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. Come on over! All members welcome.

## Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. Reach out to Jill Ellefsen to be introduced to your circle leader. Please note, this list of events is not complete due to the challenges of a newsletter deadline during COVID-19. Your circle leader will be keeping you up to date about virtual get togethers!

### 94123

Contact Eva Auchincloss for more information.

#### **Zoom Lesson, June 3, 1:00 – 2:00 PM**

There are many questions regarding links, hosts, timing, privacy, video, mute, etc. Sally Kaufmann Cowan's granddaughter, Matilde Macierira-Kaufmann, will be your answering questions. She prefers that you email your questions ahead of time to [mk.matilde@gmail.com](mailto:mk.matilde@gmail.com) and she's happy to answer questions that arise.

**Walking Wednesdays** Make a point of getting out of your house or apartment on Wednesdays at 1 PM to visit one of us (from a distance, of course!). Stop, say hello, and/or wave as you pass. We look forward to seeing you!

June 10, 1:00 – 2:00 PM Sally Kaufmann Cowan will be sitting in her garage at 324 Avila

June 17, 1:00 – 2:00 PM Carol and Barry Livingston will be in their garage at 2867 Green Street.

June 24, 1:00 – 2:00 PM Eva Auchincloss will be at her garage at 3620 Lyon Street (by Palace of Fine Arts)

#### **Phone Tree, Wednesday, July 1, 1:00 – 2:00 PM**

Whether you'd like to make a call or receive one, please email Eva to participate.

### 94118

#### **Thursdays, June 4, 11, 18, and 24, 3:00 PM**

RSVP to Gabie Berlinger or Karen Franklin

We've been having lively Zoom get togethers! Circle members will get the Zoom login information by email. Who knows, we might continue this after the SIP order is lifted in addition to our coffee shop gathering!

### LGBTQ Circle

#### **Fridays, June 5, 19, and 26, 1:00 – 2:30 PM**

RSVP to Bill Haskell

For these get-togethers, 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.

### Neighborhood Circles:

Bernal, Potrero, Mission, Bayview:  
94110, 94107, 94134

Castro, Noe Valley: 94114

Cole Valley, Haight: 94117

Financial Dist., Embarcadero: 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

Circle Leaders: Jill Ellefsen, Eva Auchincloss

## 94117

**Friday, June 12, 2:00 – 4:00 PM**

RSVP to Bill Haskell

For this virtual 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.

## Bernal

**Saturday, June 13, 7:00 – 8:30 PM**

RSVP to Joan Miro

We will continue sharing our stories, our fears, and our joys.

## 94114

**Wednesday, June 10 and 24, 3:00 PM**

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

## 94109/94133

**Date TBA**

Contact Juliet Rothman or Bobbie Rothman

Continuing our zoom gatherings, our Circle will be meeting again toward the end of June. Date and theme of the meeting to be discussed at the May meeting (happening after newsletter deadline).

## Community Events



### Reimagine: Life, Loss, & Love

**Worldwide Virtual Festival, May 1 – July 9**

<https://letsreimagine.org/worldwide/schedule>

In this unprecedented moment of illness, death, and isolation, let's come together and embrace life. Changemakers in the arts, spirituality, healthcare, and design have come together to provide offerings that will transform our approach to life and death as we all navigate this global pandemic.

## Intergenerational Conversations: Racial Injustice

Sunday, June 14, 4:00 PM

RSVP with [My Life My Stories](#)



*My Life, My Stories*

My Life, My Stories is a non-profit dedicated to bringing people of all ages together in a safe space to share and learn. It's our mission to offer opportunities for our intergenerational community to be honest and vulnerable with one another during a time that is filled with so much tragedy and suffering.

Please join us for our next virtual intergenerational event to discuss racial injustice. We'll have the opportunity to hear from three African American elders as they share their experiences related to racism. After hearing their stories, we'll break out into small intergenerational discussion groups led by volunteer facilitators.

ANNETTE grew up in segregated West Virginia and has spent most of her adult life fighting for the justice of her father, who was wrongly diagnosed with schizophrenia and locked away in an insane asylum for more than 30 years. Her father's journey started when he was injured in a West Virginia coal mine and was denied Worker's Comp. Annette will share what it's been like to have her family's rights denied on the basis of race for many decades.

SAM, an Army vet, grew up in segregated Baton Rouge, Louisiana and has offered to share his experiences living in America as a black man.

SUKARI grew up in segregated Richmond, Virginia. In the 1960s, as a young adult, Sukari participated in sit-ins at her local Woolworths. Sit-ins were popular in 1960 as an effort to get young people involved in activism and was a form of non-violent protest to promote social change.

We'll discuss questions such as, "Who are you most afraid of having conversations about race with?" and "How can I become more aware of my own unconscious prejudices?" or "How have race relations changed during the last five decades?"

All we ask is that you be curious, respectful, and authentic.



## Lavender Talks: A Celebration of Pride 50 Awardees

Thursday, June 25, 12:00 PM

RSVP with the [Commonwealth Club](#)

Join the Commonwealth Club for the third in the new series of Lavender Talks—produced in partnership with San Francisco Pride, which is celebrating 50 years in 2020.

This live streamed program will feature a conversation with three of our Pride 50 awardees—Cleve Jones (Gilbert Baker Pride Founders Award), Gabby Rivera (José Julio Sarria History Maker Award) and Mike Wong (Audrey Joseph LGBTQ Entertainment Award).

Due to the COVID-19 pandemic, all of our programs are offered virtually.

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).

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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.

**Administration & Community Collaborations:** Kate Hoepke – [kate@sfvillage.org](mailto:kate@sfvillage.org), ext. 1

**Membership & Volunteering:** Jill Ellefsen -- [jill@sfvillage.org](mailto:jill@sfvillage.org), ext. 2

**Programs & RSVPs:** Sarah Kent -- [sarah@sfvillage.org](mailto:sarah@sfvillage.org), ext. 3

**Staff & Member Support:** Yousra Sebiaa – [yousra@sfvillage.org](mailto:yousra@sfvillage.org), ext. 5

**Wellness Program:** Jessica Da Silva – [jessica@sfvillage.org](mailto:jessica@sfvillage.org), ext. 6

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