



San Francisco Village

Monthly Newsletter November 2020

From Executive Director, Kate Hoepke:

Dear Members and Friends:

On one thing we can all agree – this has been a strange and strenuous year! I don't think my nervous system can take one more assault, and we still don't know the election results. Every day a news story erupts that tops the last one for corruption, hatred, and betrayal. I struggle to make sense of it and retain my optimism in the face of so much upheaval. A friend reminded me this morning to take 10 minutes every day to remember the core goodness of people.



It's good advice, a solid place to connect with humanity, regardless of the propaganda telling us we're more polarized than ever. Dividing people is a well-worn tactic of the powerful to maintain power, especially when they're in the minority. They win when we lose hope and feel disconnected from one another.

Strengthening our connections is what San Francisco Village is all about. We believe in the power of community to give shape and purpose to our lives; to engender values of reciprocity and love; to sustain us when we feel lost or lonely. Feeling connected and cared for may be especially difficult during this 2020 holiday season when family and friend gatherings will be limited.

I invite you to use San Francisco Village as a hub for giving and receiving friendship this holiday season. Give someone the joy of light-hearted conversation. Break the mold, take a risk, call Jill and say that you want to be matched with another member or volunteer. Take a physically distanced walk together, meet for coffee at a parklet, or ride the Ferris wheel at Golden Gate Park. Pick three or four names from the Member Directory - people you may have seen on a Zoom call or live in your neighborhood - and send them a holiday card. Invite them to exchange letters or phone calls. Make someone's day!

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Patricia Crosby, 94122
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Despite the fact that we can't gather in person, we're planning a delightful virtual holiday party for you, full of surprises. Save December 9th from 4:00 – 6:00 p.m. We'll send you the Zoom link when you RSVP. If you're not yet on Zoom, please call us and we can get you set up in the next several weeks.

Feeling the warmth of connection this holiday season may require some ingenuity from all of us. A heartfelt intention to make someone's day brighter is a good place to start. Reach out, stay in touch.

With gratitude and love,

Kate

November Events

Writers Workshop

Tuesdays, November 3, 10, & 17, 10:00 -- 11:30 AM

This series started in October and workshop is full; those on the waitlist have priority the next time it's scheduled

RSVP to (415) 387-1375 or info@sfvillage.org to receive the Zoom link and telephone number
Space is limited to 12 participants



Have you always wanted to write your memoir but didn't know where to start? Have you got some poems tucked away in a drawer? Do you have an idea for a gripping novel? Or do you just want to put pen to paper -- wondering if poetry, an essay or a short story will emerge?

If you answered "yes" to any of these questions, we invite you to the San Francisco Village Writers' Workshop.

We welcome writers of all levels and will try different writing styles – from memoir, to poetry to short and long fiction. We will explore poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. And we will, to paraphrase poet Robert Frost, learn how to "surprise our readers, and ourselves, with our words."

The Writers' Workshop is led by writer and journalist Elaine Elinson, author of the award-winning *Wherever There's a Fight* and former editor of the ACLU News. Elinson, has led writing workshops at SFV since 2015. We will have six 1.5 hour sessions on ZOOM.

Mindfully Dealing with Stress

Tuesdays, November 3 & 10, 2:00 – 3:00 PM

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

This series started in October and you are welcome to join at any time



Would you like to recharge and learn simple practices to help deal with stress? Join us for a 4-week series to strengthen the health of the brain and body during these challenging times. The series includes a combination of interactive, experiential, and didactic approaches to stress management. Practical evidence-based strategies include breathing practices, the body scan, cultivating compassion, gentle movement and everyday activities like walking, eating, and talking where you can practice mindfulness. You will walk away with strategies you can easily integrate into daily life.

Week 1 (Oct 20): Stress: The Good, Bad, and the Ugly

Week 2 (Oct 27): The Body as a Tool of Perception

Week 3 (Nov 3): Stress and Communication

Week 4 (Nov 10): Everyday Mindfulness

Terre Passero has a passion for helping individuals grow personally and professionally. She founded Mindful Stress Management, whose mission is to help eliminate roadblocks to success and wellbeing. She has been teaching mindfulness since 2005 and has decades leading global teams in organizations. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.



Election Results: You May Need a Friend and a Plan

Thursday, November 5, 11:00 AM – 12:00 PM

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

2020 ELECTION RESULTS



What an emotional roller coaster this has been! We may all need a little hand holding this year. Please join together with friends for an intentional hour of listening and sharing reactions, feelings, and coping strategies as we learn the results of the election.

Intergenerational Phone Connections

Saturday, November 7, between 11:00 AM & 2:00 PM

Saturday, December 5, between 11:00 AM & 2:00 PM

The Junior League of San Francisco will once again be making phone calls to SFV members who are looking for intergenerational connections. They would love to learn about holiday traditions in your family, special dishes or desserts that you love to make this time of year, or just a little about your life and experiences. You can also ask them what it is like to be in your 20's or 30's, in this day and age, and about their hopes and dreams for the world. If you would like to be connected to a JLSF caller, please contact Jill@sfvillage.org.



DeYoung Virtual Tour: Ceramics and Sculptures with Jim Kohn

Friday, November 13, 1:00 – 2:00 PM

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

This tour will include sculptures from the collection at the Legion of Honor and will span the history of art from earliest times, 5000 years ago or more, up to the twentieth century. Sculpture in stone and bronze as well as ceramics and porcelain are included.

Village to Village Coffee Chat: Resilience

Tuesday, November 17, 2:00 – 3:00 PM

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

COVID-19 has impacted our daily lives for over 8 months now. How are you doing? How are you adjusting to a situation that keeps changing with indefinite uncertainty? How have you built your resiliency bank to continue to cope?

Join Village members across the state to engage in small group discussions about your life--what is hard, what is bringing pleasure, what your fears and hopes are. What parts of your day are spent with and without purpose? What makes you feel liberated, restored, hopeful? Let the community support you and be a support to others. Who knows, you might just hear (or share!) the exact idea that will make a day brighter!

Village Movement California is a coalition of grassroots community organizations called villages. Together with our partners, we seek to revolutionize the experience of aging.





Virtual Cuddle Club with Muttville

Thursday, November 19, 2:00 PM

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

Before COVID quarantine, Cuddle Club took place at Muttville's headquarters, providing a social event for those who were unable to care for a dog. This was a fun opportunity for our guests to interact with dogs as well as to visit with one another. Muttville volunteers and staff discussed what we knew about each dog - age, health, breed, where it came from, etc., and the Mutts got to play, cuddle, sleep, run around or do other

doggie things. If weather permitted and guests were interested, some Mutts went for a brief walk outdoors with senior guests.

While Virtual Cuddle Club doesn't provide actual "cuddling", guests visit and learn about some of our Mutts virtually via Zoom. As we've learned with human interactions on Zoom, we work with what's available and dogs are still sweet to "play" with via camera!

Muttville is able to accept senior Mutts during this unusual time, and they're being fostered by our terrific volunteers. Wonderfully, many Mutts are being adopted into forever homes during the quarantine.

In-depth Advance Care Directive Workshop

Thursdays, November 19 and December 3, 3:30 – 5:30 PM

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

A 2-part workshop offered by Redwing Keyssar, RN, Author, Director of Patient and Caregiver Education at the UCSF MERI Center for Education in Palliative Care to assist people in creating meaningful and personalized Advance Directives for Healthcare.

Advance Care planning is critical for everyone! It is not just for people who have an illness. Every adult in our country should have this paperwork in place.

Many people have created documents of this type in the past, but then have forgotten where they are or what they wrote down as being important. This workshop will give you an opportunity to review/revise what you have written in the past and create a new document that is specific and detailed regarding your wishes of how you would want to be cared for, if you had a medical event or serious illness and could not speak for yourself.

These issues are particularly important to consider, during this time of a global pandemic.

Please join the MERI Center and San Francisco Village in our unique workshop model that we have perfected over many years! There will be plenty of time for conversation and questions.



Did you Know: 90% of people believe talking with their loved ones about their medical wishes is important, but only 27% have done so. Let's make it 100%!



What Can I Do: Moving from Climate Despair to Climate Action

Friday, November 20, 10:00 – 11:30 AM

RSVP to (415) 387-1375 or info@sfvillage.org to receive Bill Haskell's contact information

This is the second session to discuss Jane Fonda's provocative book: *What Can I Do? Moving from Climate Despair to Climate Action*. We will continue learning about the climate crisis that we are witnessing in the wildfires in California and in the devastation across the globe. We will explore what actions we might take that will help slow and even stop climate destruction in the US and around the world.

Fonda notes: It is important for us all to do what we can as individuals, but our real power comes when we work together. Climate change is a collective crisis, and it requires collective, not individual, solutions. Also, women, young and old, are at the forefront of climate actions and solutions. Older women are the core of the climate movement - working in collaboration with younger leaders like Greta Thunberg. Taking the time to work across generations and movements makes climate actions stronger.

From our discussions, we will discover the actions that feel right for us to undertake. All members are welcome to join this second session who have read Jane Fonda's book. Contact Bill Haskell for more information.

Reoccurring Events



Member to Member Coffee Chat

Mondays, November 2 & 16 2:00 -- 3:00 PM

Mondays, November 23 & 30, 10:00 – 11:00 AM

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

Life during a global pandemic, election season, racial justice uprising, and fire season is a lot to take in, especially as we are physically distanced. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other.

Lightly facilitated by Gretchen Addi, SFV board co-chair, Barbara Kivowitz, SFV member and board member, Bill Haskell, SFV member and board co-chair, and Judy Jacobs, SFV member.

Longevity Explorers Circle

Tuesday, November 3, 2:00 -- 3:30 PM

If not already on the Longevity Explorers email list, please RSVP to (415) 387-1375 or 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

Wednesday, November 4, 10:30 AM – 12:00 PM *note early start time to have additional check in time, especially surrounding the election

Wednesdays, November 11, 18, 25, 11:00 AM – 12:00 PM

RSVP to (415) 387-1375 or 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 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, 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.

Tai Chi and Qigong

Part 1: Thursdays, November 5, 12, & 19, 2:30 – 3:15 PM

Part 2: Mondays, November 2, 9, 16, 23, & 30, 1:00 – 1:45 PM

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

Tai Chi and Qigong (Part 1) - Stand or Sit

Tai Chi and Qigong are exercises designed for health of mind and body. Practice the first six basic movements of the Sun Style form. No experience necessary and you are welcome to join at any time as the moves are broken down and repeated. The emphasis is on improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Tai Chi and Qigong (Part 2)

This is a continuation of Sun Style Tai Chi and the movements are more advanced which involve more movements and turning with the hands, legs, feet and body. If you have physical limitations, please let the instructor know and adjustments can be made to the exercises. You do not need to

know Part 1 and are welcome to join at any time. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Play Reading Group

Thursdays, November 5 & 19, 4:00 – 6:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive Midge Fox's contact information

We will be reading from "Play In One Act" edited by Daniel Halpern.

Spotlight on Collectors: Hosted by the Makers & Crafters group

Monday, November 9, 2:00 – 3:00 PM

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

Are you a collector? If so, it is time to dust off your comic book collection, your collection of purple suede boots or your vintage jewelry. Everyone has a collection of something, and this is your chance to show it off over Zoom. The more eclectic the collection the better! Spectators welcome! If you will be sharing a collection, please let us know what it will be.



Solo-Agers Circle: Covid, Wildfires and Election Concerns

Friday, November 13, 10:30 -- 11:30 AM

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



Hi Fellow Solo-Agers! Have you been going through this high-pressure time pretty much alone? While some things are opening up, there's an ongoing pandemic and more fires predicted. So perhaps it's time to connect with others who are also solo and trying to make things work.

"Zoom" to a discussion, moderated by Betty Burr, to connect with and help other "solos" through what you have learned. Pick up hints from people you have met in the solo circle. Figure out what you would really like to be able to do despite sheltering in place and see if anyone else would also like to join in. (With a social distance, of course.) In other words, don't be solo at a time like this! For more information, contact Betty Burr.

Grupo de Conversación en Español

Mondays, November 16 & 30, 11:00 AM – 12:00 PM

RSVP to (415) 387-1375 or 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!



Discussion Group

Friday, November 20, 2:00 PM

RSVP to (415) 387-1375 or info@sfvillage.org to receive Eva Auchincloss's contact information

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 circle leaders Sally Kaufmann Cowan or Jean Halvorson for more information.

Zoom Meetings, TBA

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 and with a mask, of course!) in our garages and gardens. Stop, say hello, and/or wave as you pass. Call or email Jean or Sally for addresses. We look forward to seeing you!

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
LGBTQ Circle: citywide

Sunset Circle

Wednesdays, November 4 & 18, 2:30 – 3:30 PM

Sunset Circle is reconnecting through Zoom with lively conversation. We are learning how important it is to see, hear and encourage one another. A theme or a question will be sent out before each meeting. If you are not on our list, you are welcome to join us by sending a registration to Steve Hayashi.

LGBTQ Circle

Fridays, November 6, 20, & 27, 1:00 – 2:00 PM

RSVP to Bill Haskell for Zoom link

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.

94114

Wednesday, November 11, 3:00 PM

Walking Group TBA

RSVP to Heather Solway for Zoom link

We are continuing to meet via Zoom. Join us!

In addition, Heather and Mae have been leading afternoon safe distanced walks on Sanchez Street (closed to traffic as part of Slow Streets in response to Covid). Contact Heather to find out the dates and times!

West of Twin Peaks Circle

Thursday, November 12, 4:00 – 5:00 PM

RSVP to LeeAnn DeSalles for Zoom link

Join us for Happy Hour --a time to check in and share your concerns and resources. If you are new to Zoom, please let me know if you would like to do a one-on-one practice session before this get together.

94117

Friday, November 13, 2:00 – 3:30 PM

Wednesday, November 25, 1:00 – 2:00 PM

RSVP to Bill Haskell for Zoom link

For these virtual get-togethers, we can share 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 strategies, and what is positive.

Bernal

Saturday, November 14, 7:00 – 8:30 PM

RSVP to Joan Miro for Zoom link *please reach out to SFV for new email address*

We continue to enjoy seeing each other and sharing our stories.

94121

Wednesday, November 18, 1:30PM

The 94121 Circle continues to stay connected by having Zoom meetings, connecting through walks and telephone conversations. Steven Hayashi has generously jumped in to by our Zoom Master, so watch for his email, regarding our Zoom meeting.

If you are interested in learning about our connections please contact Patricia at Kaussen or Carol Rothman.

94109/94133

Wednesday, November 18, 2:00 PM

Contact Bobbie Rothman or Juliet Rothman for Zoom information

Our theme will be our thoughts and insights into the election process as we observed and experienced it. We look forward to sharing our thoughts on this very important topic while sincerely hoping that the election will help to heal some of our divisions and unify our nation.

94118

Dates to be determined

RSVP to Gabie Berliner or Karen Franklin

We've been having lively Zoom get togethers! Circle members will get the Zoom login information by email.

Save the Dates



Holiday Party, Zoom Style!

Wednesday, December 9, 4:00 – 6:00 PM

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

We're scheming up a way to virtually join together in joy and merriment! It'll be a chance to connect with other members, celebrate our community and honor the challenges we've faced this past year. More details to be announced next month—mark your calendars and RSVP early to help us with our planning to make this special!

Resiliency Practices in Everyday Life

Tuesdays, December 8, 15, & 22, 3:00 – 4:00 PM

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



Join us and learn evidence-based skills to build resiliency that you can use right in the middle of everyday life. Teaching methods include brief lecture periods mixed with experiential exercises. You will also have opportunities to speak with others in structured break-out groups (pairs or triads) as well as in the larger group. Each class will have its own theme and the opportunity to practice new skills in a safe place so that they're more accessible.

Themes include: Attentional balance and grounding, positive intention setting, emotional balance, gratitude practice, What Works for Me' – Cultivate a positive mindset. Participants will receive a free Wellness Journal.

Judy Long is a palliative care chaplain and educator at UCSF, where she teaches resiliency for patients, family caregivers, and clinicians. Judy also teaches courses in Compassion Cultivation Training, Mindful Self-Compassion, Mindfulness Based Emotional Balance, and Mindfulness Based Stress Reduction.

Community Events



Virtual Medicare D Outreach Clinic

Questions? Contact Rajul A. Patel, PharmD, PhD at (209) 910- 3784 or medicareclinics@pacific.edu

Since 2007, University of the Pacific's Medicare Part D Outreach Clinics have assisted 8,686 beneficiaries with their Medicare Part D drug plan, helping beneficiaries (that's you!) save an estimated total of \$8.77 million.

Doctor of pharmacy (PharmD) students work with each beneficiary to evaluate all Part D prescription drug plan offerings to identify the one that will help minimize out-of-pocket prescription drug costs. We intend to serve as an objective, unbiased resource that beneficiaries can rely upon in getting accurate information about Medicare Part D plan offerings.

The need for these events is ongoing, as Medicare Part D plan offerings change each year, as do the formulary and cost-sharing structure of each plan. Students also provide Medication Therapy Management, a comprehensive evaluation of the patient's medications to ensure they are safe and effective to take together. If needed (and with permission from the patient), we will contact the beneficiary's physician and/or pharmacist and share with them our findings and make specific recommendations.

What you will need to have handy

1. Your red, white, and blue **Medicare card**.
2. All of your **prescription medications**.
3. Your MyMedicare.gov log in information.

Scheduled appointments are REQUIRED for all beneficiaries this year. Call the number by the date you wish to attend ASAP to make your appointment!

Friday, November 6, 9:30 a.m. - 4 p.m. (209) 369-1591
Saturday, November 7, 9:30 a.m. - 5:30 p.m. (209) 956.3400
Saturday, November 14, 9:30 a.m. - 4 p.m. (209) 280-0768
Saturday, November 21, 9:30 a.m. - 5:30 p.m. (209) 280-0768
Sunday, November 22, 9:30 a.m. - 4 p.m. (209) 951-8545

In Memoriam

Molly Brant, 94111, was gentle, open and gracious. Despite her painful physical challenges, she never failed to smile and to encourage others. Not only did she *offer* kindness, but she *accepted* kindness with a sweetness that is rare. She listened more than she spoke. She moved quietly with confidence and intelligence. Molly was active in Metropolitan Club (a women’s business organization) serving on committees and boards. She will be missed.



Did You Know?

Holiday Schedule

San Francisco Village staff will not be working Thursday, November 26 and Friday, November 27. Individual staff are taking vacation time throughout November so please be aware you might connect with someone different than expected or communication make take a few extra days.



Are You Ready for a Contested Election?

It's better to plan than to panic. If there is a contested election next month (or even a coup), what role can you play in supporting a free and fair election?

Choose Democracy has some useful tools, trainings, and resources to get started, including this Hold the Line Guide, which walks you through potential scenarios for a contested election.

RSVPs Needed!

Now that all of our connections are virtual, RSVPs are necessary for you to receive the log on information. We request you RSVP at least 24 hours before a program to give staff time to respond. We try our best to accommodate last minute decisions, but it's not always possible.



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.

Contact Jill Ellefsen at 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.

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

SFV volunteers want to spend time with you!!!

Volunteers often report that they gain more than they give. They're eager to connect, especially during this prolonged period of physical distancing. You'll be doing someone else a favor by requesting their presence for:

- A little outdoor gardening
- A meet-up in a park for a masked walk
- A backyard or front porch visit



Get to know some kind-hearted neighbors you would otherwise not meet!

How to Support San Francisco Village Year-Round



AmazonSmile

We encourage buying locally as much as we can, but if you find yourself needing to purchase something from Amazon, we ask 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 by clicking on [Amazon Smile](https://smile.amazon.com/ch/26-1300020) or <https://smile.amazon.com/ch/26-1300020>.

Community Thrift Store

This store accepts donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. So far this year, we have 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.



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).

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, ext. 1

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

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

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

Wellness Program: Jessica Da Silva – jessica@sfvillage.org, ext. 6

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