



San Francisco Village

Monthly Newsletter

September 2021

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Every now and then it's good to be reminded of what we thought we knew, but maybe forgot. Like all the different ways you can use your San Francisco Village membership. When you first joined, you might not have been thinking about a change in health condition or the documents that need organizing. But with time, circumstances change. We want you to feel prepared for whatever lies ahead. Knowing that you're connected to a caring community dedicated to your well-being is a good start.



The first of October, Jill Ellefsen and I will meet with you via Zoom to talk about how to get the most out of your membership. We'll talk about referrals, counseling, volunteer connections, programs, and most importantly, our relationships with each other. Whether you're a new member or you've been a member for over a decade, we're sure you'll hear something new or be reminded of that forgotten resource at just the right time. Zoom in with us on October 1st!

Also this month we'll hear from an attorney about Advance Planning, a social worker about Palliative Care, and a new technology company called My Nurse that helps you manage chronic conditions from home. To feed our souls, Evan Johnson is teaching a new theater class about how to tell your own story; Rachel Lanzerotti is leading us in an autumn equinox gathering; and there is an ongoing group of us meeting to learn about race and racial equity. You're welcome to join us!

Our small but mighty staff is experiencing some transitions this month and I'll ask for your patience up front. I'm taking a two-week vacation (driving to Yellowstone with my older daughter - yay!!) followed immediately by Jill taking off a week. Jessica is coming back to work on the 2nd after a three-month maternity leave and her replacement,

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New Members in August

Jeffrey Jones & Angelo Pagano 94115
Janet Wusthoff 94115
Dolores Monye 94102
M. Lara Arguelles 94110
Diane & John Vollmer 94109
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Administrative Assistant
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Karina, will be leaving us. Finally, we hired a full-time administrative assistant named Nidhi Patel. Please help me welcome her!

We're living through some extraordinary times, aren't we? I can hardly catch my breath some days with news of another crisis. I've taken to skimming the headlines and reducing TV news to 30 minutes. I'm reading a lot about social healing and researching life-affirming strategies for building a better world. I found this amazing [video](#) yesterday that I think you will love. It's called *Resilient* by Rising Appalachia. It awakens me to the wisdom and brilliance of younger generations and why we need to listen to them.

If you have any strategies getting you through these gut-wrenching times that you would like to share, please email me.

With hope and appreciation,

Kate

Did You Know?



Welcome Nidhi!

Nidhi Patel is the newest employee at San Francisco Village as the full time administrative assistant. We're thrilled to have her on the team and hope you get a chance to meet her soon, whether in person, on zoom, through email, or on the phone. You can reach her by emailing nidhi@sfvillage.org or (415) 387 -1375 ext 5.

Throughout most of my life, I've found myself moving every few years from one town to another. Having had the opportunity to live in various communities around the country, each vibrant and lively in their own way, I met a myriad of people who each had a story to tell and love to share. Ultimately, it was this joy that I found from meeting countless individuals and cultivating relationships with many communities that led me to pursue an undergraduate degree in

Marketing while at SFSU. I hope to use my experiences and background to share the stories of as many communities as I can.

Outside of my professional career, I enjoy reading, exercising, exploring the outdoors, and adventuring to discover new chocolate shops. I have been dancing from a very young age and consider it to be one of my favorite pastimes as well. Having been involved in various dance groups/communities in the past, I've come to value it quite a bit in life.

Holiday Closure + Staff Vacations

The San Francisco Village office is closed Monday, September 6 in observation of Labor Day. Several staff members are also taking vacations in September—thank you for your patience and understanding as we cover for each other to make sure all get much needed time off!

Have an iPod You Are No Longer Using?

Let's give them a new home and help bring music to those in need. As more and more people switch their music collections from music players to smartphones, there's a growing supply of second-hand music players. We want to put them into the hands of elders who can really benefit from the healing power of their favorite music and keep these devices out of landfills. [Music & Memory](#) is a non-profit that brings the joy of personalized music to individuals living with Alzheimer's, dementia, and other cognitive limitations. Any type of listening device that is no longer being used but still works will do. iPod Chargers and cables are also appreciated. Once iPods are received, they will be cleaned, erased, and re-assigned to caregivers and nursing homes where they will change lives for the better- a true miracle. Contact Jeanine Catalano if you want to donate (410)-310-9467 or email goughalano@gmail.com



Send in Your Requests: October Day of Service Saturday, October 9, 11:00 AM – 3:00 PM

We are now taking submissions for an upcoming Day of Service in October. We are partnering with employees of HKS Architect who will be volunteering in teams to help members with tasks in their homes or gardens. They will be available to tackle requests such as gardening projects, tech tutoring/troubleshooting, light cleaning (like windows or a fridge clean out) organizing assistance and more. If you have a task that could be handled by a team of 2 people that would take about 3-4 hours, email the details to jill@sfvillage.org. Slots will fill up fast, so get your requests in early. All volunteers from HKS will be background checked and will submit proof of Covid vaccination prior to service.

September Events

Art Salon: Pandemic Edition

Wednesday, September 1, 2:30 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or info@sfvillage.org

Art making was just one of the many coping and life giving outlets during months of pandemic living. Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more! Let us know what you'd like to share when you RSVP so we can craft a loose plan for the afternoon and cultivate the space to show everything off!





Let's Get Moving Again, Post Pandemic

Tuesday, September 7, 11:00 AM – 12:15 PM

This series started in August

SFV Office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or info@sfvillage.org

Proof of vaccination required

Let's get moving again, and let's have fun doing it. What capacities do we need to refresh, in order to venture safely outside our homes again?

We'll practice increasing balance, strength, endurance, power in our gait and ease of movement. And we'll do this with each other, that potent

ingredient we thankfully have access to again. And while we're at it, we will explore reconnecting with others through human touch, giving and receiving, and coming fully alive to each other again.

Penny Sablove is a physical therapist who specializes in improving the mobility of seniors. She developed senior programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Livelong Learning Institute. She is also a 5th degree black belt in the Japanese martial art of Aikido and has also adapted the art for seniors and people with disabilities.

The Legion of Honor Virtual Tour: Mother and Children

Friday, September 10, 1:00 – 2:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Mothers with their children are one of the most popular subjects for artists throughout time. The Legion has an excellent collection of mothers in different periods and with different stories. These paintings will tell us much about the time in which they were painted as well as the story of the mother and child in each.



SFV Telephone Support Team

Friday, September 10, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, SF 94118

RSVP to (415) 387-1375 or info@sfvillage.org

The recent Member Survey reveals that there are a number of SFV members who do not use a computer, the Internet or Zoom. They may be at higher risk for isolation and

loneliness. Join us on Friday, September 10th at 2pm for our very first meeting of the SFV Telephone Support Team. This will be a gathering of SFV members who are interested in

volunteering to connect and offer support to other SFV members by phone. What are your visions of the scope and purpose of the telephone support team? During this hour, we will have an interactive discussion to frame out the mission of our new peer-to-peer support team and form a plan to get the ball rolling.

Taking Care of Hearing Loss

Monday, September 13, 2:30 – 3:30 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Did you know that 1/3 of people over the age of 65 have hearing loss? Recent studies show that untreated hearing loss increases your risk of cognitive decline. Join us to hear from Jessie Johnson on what today's technology can do to improve the lives of people with hearing loss. We will discuss the recent studies linking untreated hearing loss to cognitive decline, new hearing aid technology and how to find out if your insurance will cover the cost of hearing aids.



Jessie Johnson has been working for the Hearing and Speech Center of Northern California for 21 years. She delivers educational presentations throughout the community on hearing healthcare. Jessie provides compassionate and knowledgeable service to our clients, and helps people understand their insurance process and how to advocate for themselves.



Advance Planning

Tuesday, September 14, 11:00 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

A way of thinking of advance planning is to look at it as dictating how your personal and financial affairs will be managed should you become unable to do so yourself. This can become necessary should one lose the mental capacity to manage their affairs or if they are not physically available to do so.

In this session, we'll discuss the fundamental advance planning documents, durable powers of attorney for health care and finance, the use of trusts other more informal arrangements. This will include a discussion of who to nominate as your agents or trustees, including the nominations of professional fiduciaries. Lastly, we'll discuss conservatorships as the alternative of last resort to managing the affairs of a person who has lost the capacity or is being subject to undue influence and does not have any effective advance planning documents in place.

These topics have been a large part of the Kato, Feder & Suzuki LLP law practice for over 40 years. Brent Kato and Bruce Feder started their firm in 1987 after working together at Legal Assistance to the Elderly for ten years. Their practice has focused on legal issues affecting the elderly as well as

general estate planning and administration. Primary areas of practice also include conservatorships, long term care planning, special needs planning and probate. Please visit www.kfslaw.net for more information about their practice and attorneys.

Personal Stories Salon

Tuesday, September 14 – October 19, 2:00 – 3:15 PM

A hybrid program (our first!) where you can choose to participate in person at the SFV Office or on Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Do you have a story to tell? Would you benefit from the creative support of a professional performance artist eager to help you bring your story to life? Join acclaimed solo performer and local playwright Evan Johnson (Pansy, Barn Owl) for a supportive cohort-centered workshop designed to support the creation and development of original personal story sharing.



Over the course of 6 exciting weeks, participants will write, share, workshop, and present a self-penned, 10 minute solo. Connect with other storytellers and learn to make use of theatrical elements like sound effects, lighting, set design, props and costume pieces, to help translate your original idea from the page to the stage. Offer and receive valuable feedback and develop your theatrical imagination through a collaborative process with others, honoring your intentions and unique perspectives and prioritizing your project goals. The workshop culminates in a live presentation for invited guests.



Take Me Out to the Ballgame: Giants vs Padres

Thursday, September 16, 12:45 PM

Oracle Park, 24 Willie Mays Plaza

Meet at Willie Mayes Statue at 12:30 PM

RSVP to (415) 387-1375 or info@sfvillage.org

RSVP required for a complimentary ticket

Take me out to the ballgame, take me out to the crowd ... join your fellow San Francisco Village members and

volunteers in cheering on our home team at the ballpark for a mid-afternoon game against the San Diego Padres. We requested accessible seats, but we don't yet know their location. Let us know if you have accessibility needs when you RSVP.

Palliative Care

Friday, September 17, 10:30 – 11:30 AM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

What is Palliative Care? Join us for a session to learn more about the differences between Palliative Care and Hospice, the professionals on the Palliative Care Interdisciplinary Team, how to access and incorporate Palliative Care services into your care plan, and the inequalities that exist within Palliative Care field and efforts to overcome those inequalities.



Brittany McLaren is a licensed clinical social worker with over 8 years' experience in geriatrics, palliative care and hospice. She previously worked as a geriatric social worker for Upham's PACE in Boston MA before returning to her home state of CA and working as the palliative care social worker at CPMC.



Asian Art Museum Virtual Tour of When The Tiger Smoked A Pipe: The Art Of Korea

Friday, September 17, 1:00 – 2:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Korean stories of long ago begin “When the tiger smoked a pipe...” Explore the varied and fascinating art that Koreans have produced for thousands of years. Renowned throughout Asia for

their ceramics and textiles, Korea also has created, adapted, and refined a broad spectrum of art forms. Today Korea is one of the leaders in contemporary art production.

The Asian Art Museum of San Francisco connects art to life. Our mission is to inspire new ways of thinking by connecting diverse communities to historical and contemporary Asian art and culture through our world-class collection, exhibitions and programs.

Fall Equinox Gathering

Monday, September 20, 2:00 – 3:30 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

We'll gather to mark the seasonal transition of fall equinox as a time for balance, realignment and expressing gratitude for abundance and the “harvests” of our lives. If you wish, prepare to share a short reading, poem or song about autumnal themes. You're welcome to dress in browns, golds, reds! Perhaps even decorate your personal space for this



zoom get-together and ritual.

Rachel Lanzerotti (MSW, C-IAYT) is a Certified Yoga Therapist and dedicated soup maker. Rachel has taught group wellness workshops for decades.



Make Sense of Medicare

Wednesday, September 22, 3:00 – 4:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Since 2002, d'Este du Plessis has been helping people understand Medicare and how to choose the option that's right for them. What she doesn't know in this constantly changing environment, she will research to provide the resources for smart and proactive decision-making. This workshop applies to both Medicare newcomers and those

who want or need to make a change to their existing Medicare. The overview will include the differences between Medicare stand-alone plans, Medicare Supplement options and Medicare Advantage and PDP plans.

Conversations about Race

Friday, September 24, 11:00 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org.

Facilitated by Kate Hoepke and Joanne Low.

Since early this year, members have been meeting to explore questions of identity and privilege.

Join us as we continue the conversation about race. All members are welcome to join, whether you attended earlier sessions or not. Our aim is to better understand the complexities of an increasingly diverse America and how our unique experience is relevant in the current social discourse.



Help is On the Way! Managing Chronic Health Conditions At Home with Village Movement California and MyNurse.ai

Tuesday, September 28, 10:30 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

It's challenging to manage a chronic condition, and it's essential to staying well connected and healthy. You may

have been on top of things before Covid-19 made it difficult to see your doctor. You may be asking yourself, "How do I find someone to help me manage my chronic healthcare problem on my own terms, in my own home?" Village Movement California, representing the 45 Villages in our state, is working with MyNurse.ai to answer this question. MyNurse.ai is a covered benefit with Traditional Medicare that provides health testing devices to track vital signs, and a personal, licensed clinician to help track your data, connect with your physician, and make lifestyle changes.

Street Clean Up: 8th and Fulton

Thursday, September 30, 10:30 – 11:30 AM

SFV Office, 3220 Fulton Street

RSVP to (415) 387-1375 or info@sfvillage.org

There is a new organization forming dedicated to litter abatement in San Francisco!!! If you are tired of walking on food wrappers, cigarette butts, coffee cups, etc. this is your opportunity to do something about it. Vince, a self-described average, previously unengaged citizen, recently founded [Refuse Refuse SF](#). He now uses the group to educate people on litter abatement, organize clean-up events in each neighborhood, and influence public policy related to waste management.



Mark your calendars, put on your old clothes, gloves, face masks (if you want) and join us to clean up the neighborhood around the San Francisco Village office. Everything else you'll need is provided.

Want to get started in your own neighborhood? Join us and Vince can help set up a date to organize your neighborhood circle and neighbors!



How to Use San Francisco Village: An Introduction (or a Refresher!)

Friday, October 1, 11:00 AM – 12:00 PM

On Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Can you count the ways that you lean on San Francisco Village? There are probably many more that you haven't thought of yet. Join SFV staff to hear real life stories and examples of ways to utilize your membership. We'll talk about referrals, counseling, volunteer connections, programs, and most importantly, our relationships with each other. Whether you're a new member or you've been a member for over a decade, we're sure you'll hear something new or be reminded of that forgotten resource at just the right time.

Reoccurring Events



Aging Well with Meditation

Wednesdays, September 1, 15, 22, & 29, 11:00 AM – 12:00 PM
Zoom

Monday, September 27, 2:00 – 3:00 PM

SFV Office, 3220 Fulton St, 94118

RSVP to (415) 387-1375 or info@sfvillage.org

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

Thursdays, September 2, 9, 16 & 23, 2:30 – 3:15 PM

SFV office, 3220 Fulton St, 94118

Mondays, September 13, 20, & 27 1:00 – 1:45 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org



Tai Chi and Qigong are exercises designed for health of mind and body. The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This class is ideal for any experience level, from beginner to seasoned practitioner.

The virtual Monday class is currently learning the Chen Style 24 movements. If you don't have any Tai Chi experience, these moves may take longer to learn and understand.

Feel free to join at any time as the moves are broken down and repeated. Both classes emphasize improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Makers & Crafters

Friday, September 3, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, SF 94118

RSVP to (415) 387-1375 or info@sfvillage.org

Please note the day change—we're now meeting on Fridays! Bring your creativity along with the handcrafts you're working on and join our lively group of makers. We will show off our latest creations and take some time to catch up with each other. This month we will also have a hands-on

demonstration on how to make tassels and pom-poms. We'll have extra yarn and tools to make some for yourself.

Longevity Explorers Circle

Tuesday, September 7, 2:00 -- 3:30 PM

Zoom

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

Join an intimate group to discuss solutions to the challenges of growing older. The group is 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."



Play Reading Group

Thursdays, September 9 & 23, 4:00 – 6:00 PM

Zoom

RSVP to Midge Fox

Contact Midge to find out what play we'll read together!

Solo-Agers Circle

Friday, September 10, 10:30 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Based upon the positive reactions of members who attended the book study in August, we will continue it once a month. The book is *Who will Take Care of Me When I'm Old* by Joy Loverde, who talks about how to be a solo ager and covers questions ranging from housing to medical decisions to social engagement. It is available to purchase online (or your local bookstore can order it for you) and the SF library has plenty of copies in print and as an e-book. Prior to September 10, if you haven't already done so, please read the introduction and pages 1-25. Call Betty Burr with any questions.



NOTE: We are extending the total time for this Circle. The first hour will be a book discussion and the last half hour will be a "fellowship" with members sharing questions, issues and ideas. Please plan to attend the entire time if you can.

Member to Member Coffee Chat

Mondays, September 13 & 27, 10:00 – 11:00 AM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

Life during a global pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other.



Gretchen Addi, SFV board co-chair, via zoom on September 13 and Bill Haskell, SFV member and board co-chair, will facilitate on September 27.



Grupo de Conversación en Español

Mondays, September 13 & 27, 11:00 AM – 12:00 PM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

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!

Intergenerational Book Club

Wednesday, September 29, 10:00 – 11:00 AM

Zoom

RSVP to (415) 387-1375 or info@sfvillage.org

A new program for SFV—an intergenerational book club started by volunteer Kiki Couchman! The group will meet the last Wednesday morning of the month. This month the group is reading and discussing *The Nickel Boys* by Colson Whitehead.



Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. As SF reopens, some circles are starting to meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

Sunset Circle

Wednesdays, September 1, 15, and 29, 2:30 – 3:30 PM

Zoom

RSVP to Steve Hayashi

Sunset Circle is still Zooming together with new members joining in. As with other circles, mobility issues make Zoom a gift, while for others missing the liveliness of gathering in person is a continual loss. However, we have a good group and we get to hear a member share a biography once a month. This has been rich for all of us.

94118

Thursday, September 2, 3:30 PM

Java Cup (Cup and Cake), corner of Geary and Jordan

Thursday, September 16, 3:30 PM

Zoom

RSVP to Gabie Berliner or Karen Franklin

On September 2 we'll gather at a coffee shop and on September 16 on Zoom. We start with a check-in about what's been going on for each of us since last time we met, which leads into free-flowing conversation and sometimes we have a topic to converse about, like vacation memories and dreams. We'd love to see new faces.

LGBTQ Circle

Fridays, September 3, 17, and 24, 1:00 – 2:00 PM

Zoom

RSVP to Bill Haskell

For these virtual get-togethers, we will share what is going on in our lives. We will also share what brings us pleasure, what we are enjoying, and what is positive.

94107/94103

Wednesday, September 8, 1:30 – 3:00 PM

Lunch location TBD

RSVP to Eve Menger

We'll be meeting for an outdoor lunch and conversation – with focus on hobbies.

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

94114/94131

Wednesday, September 8, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

West of Twin Peaks Circle

Thursday, September 9, 1:00 PM

Moss Beach Distillery 140 Beach Way Moss Beach, CA

RSVP to Roberta Gordon by September 1

The distillery sits at the edge of a cliff overlooking the Pacific Ocean and the restaurant dates back to the 1920's. It was a speakeasy that purchased bootlegged spirits during prohibition. There is a Ghost Story about the Blue Lady and you might see her at lunch.

We request that you have cash to pay your share of the bill. Each of us adds 30% to our order which will cover tax and tip. One of our honest, in-charge and understanding members will collect the money at each table. Be sure and bring a mask!

We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

Thursday September 23, 2021

Lunch and Tour of the SF Botanical Garden

Lunch at 12:15 PM: Pacific Catch, 1200 9th Ave

Tour: SF Botanical Garden at 1:30, limited to 12, there will be a wait list

RSVP to Roberta Gordon by September 1

Joanne Whitney, a new member to WTP Circle, is a docent at the SF Botanical Garden. She enjoys combining her knowledge of chemistry and pharmacy with her passion for plants. She is going to facilitate a tour of the garden for us and will connect with everyone about what we are interested in and how far everyone can walk about the gardens. Lunch will be a fascinating discussion with Joanne about our interests.

We request that you bring cash to pay for your portion of the check and add 30% to your order which will cover tax and tip. Be sure and bring a mask!

If you have a handicapped placard, you can park on 9th Ave at a blue zone meter or else park in the park. The restaurant is on the corner of Lincoln and 9th and the Botanical Garden is within walking distance of the restaurant.

Tuesday, September 28, 7:00 – 8:00 p.m.

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our theme will be "What is one of your proudest moments?"

94117

Friday, September 10, 1:00 – 2:30 PM

Thursday, September 23, 1:00 – 2:00 PM

Zoom

RSVP to Bill Haskell

For these get-togethers, we can share what is going on in our lives. We can also share what brings us pleasure, what we are enjoying, and what is positive. If you are interested in joining, email Bill. He will send a Zoom invitation - on the morning of the virtual get-togethers.

94121

Friday, September 10, 2:00PM

Location TBD

RSVP and questions to Barbara Scrafford or Carol Rothman

The 94121 Outer Richmond District Circle has been, and is continuing to meet in person with masks optional in both indoor and outdoor settings. Our next meeting is scheduled for Friday, September 10 at 2:00, place yet to be determined. The topic for discussion at that meeting is the Richmond District. Bring your restaurant, shopping, walking recommendations, historical information, and anecdotes of all sorts.

Bernal

Saturday, September 18, 7:00 – 8:30 PM

Zoom

RSVP to Joan Miro

We are staying on Zoom, but getting together once in a while to share a meal "out in the World." We continue to share our stories, our challenges and successes with mutual care and concern.

94109/94133

Wednesday, September 29, 3:00 PM

Zoom

RSVP to Bobbie Rothman or Juliet Rothman

Our circle will meet on September 29th at 3 PM on Zoom. Though we have been meeting outdoors in person during the past few months, the latest news and concerns about COVID, together with the need to communicate easily as we discuss and plan our theme and programs for the year has made us return to Zoom for this September meeting. Please join us and share your thoughts, ideas, and interests as we develop our plans!



Volunteer Support

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
- 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!

Due to the COVID-19 pandemic, many of our programs are taking place virtually.
Events are taking place in person.

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.

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.

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