



From Executive Director, Kate Hoepke:

Dear Members and Friends:

The events of the past several weeks have been truly astounding. George Floyd’s murder and the ensuing mass protests have blown a hole in our collective consciousness about racism and policing in America. At the same time, Covid 19 and its disproportionate impact on communities of color, has laid bare the economic and health disparities many White people have been unable or unwilling to see, until now. Voter suppression efforts in primary elections reveal the desperate actions of a shrinking minority, trying to hold on to power by disenfranchising people of color. All the while, our planet continues to warm as elected leaders demonstrate their disdain for science and reverse decades of environmental progress.



I want to scream STOP! No more shocks to my system. Too much distress!

I’ve concluded that my discomfort is a signal to pay attention. To wake up from a long slumber, educate myself about the reality of being Black in the United States, and the role White people inadvertently play in maintaining a system that oppresses our neighbors. I’m learning that racism isn’t personal; its systemic. It’s baked into every American institution. Now that I’m seeing it more clearly, it’s impossible to un-see it. How are we going to dismantle it?

This month, we’re offering an Experience Exchange with recent high school graduates from [Generation Citizen](#), a nonprofit organization that teaches young people how to drive change through the political process. Arianna Nassiri, whom you met at the State of the Village meeting in February, is co-hosting a four-part dialogue series beginning July 8. She has invited several GC students to join us in exploring substantive topics through the lens of racial injustice. We’ll discuss police relations, climate justice, health care disparities, and

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New Members in May and June

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voter suppression. Of course, discussions will take place via Zoom. Everybody will be required to read a case study or news analysis ahead of time, so RSVP is a must.

The intention is to broaden our understanding of these complex issues from a cross-generational perspective. Younger generations bring a diverse spectrum of ideas, and the developmental capacity for re-imagining the future. We need them, to find our way out of this morass. I believe our job as elders is to listen and learn, then leverage our positions of power to support their emerging vision.

If the events of the past few months have taught me anything, it's that we're all connected. As Martin Luther King, Jr. said, "We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." This is an urgent moment. We can't stay silent, on the sidelines, or separate from those with whom we share the future. There's too much at stake.

With hope for a more equitable future,

Kate

Did You Know?

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 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

Member Directory Update: 2020/2021 Edition

We are working to publish the new SFV member directory and need your help. If you have changes to your address, phone number or email that you would like reflected in the new directory, please let us know by July 10. Also, let us know if you would prefer not to be listed. Please send updates to jill@sfvillage.org or 415-387-1375 x2. Once the new edition is ready, it will be mailed to each SFV member.

The 2020/2021 directory will also include a new **LGBTQ community member listing** in the *Members by Zip Code* section. If you would like to be included in this listing please let Jill know: jill@sfvillage.org or 415-387-1375 x2.

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.

July Events



Aging Well with Meditation

Wednesdays, July 1, 15, 22, and 29, 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, July 2, 9, 16, 23 and 30, 2:30 – 3:15 PM

Part 2: Mondays, July 13, 20, and 27, 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 the 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. The teaching and emphasis will be the same as Part 1. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Play Reading Group

Thursdays, 4:00 PM

RSVP to Midge Fox for Zoom link

July 2 - The Apollo of Bellac by Jean Giraudoux

July 16 - Trifles by Susan Glaspell

July 30 - The Ugly Duckling by A. A. Milne

Grupo de Conversación en Español

Mondays, July 6 and 27, 9:30 – 10:30 AM

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!



Coffee Chat: COVID 19

Tuesdays, July 7, 21, and 28, 11:00 AM – 12:00 PM

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

The current information about Covid-19 is uncertain and shifting, and questions about transmission avenues, antibody effect, infection surges, treatment and vaccine research, and safety protocols abound. The great majority of information about all these areas is not specific to, and may not be applicable to, older populations and those with chronic health conditions. This leaves us confused about what to believe, and uncertain about the precautions we want to take as things open up. This session is an informal member-to-member chat to give us an opportunity to connect with each other, share our experiences, and learn from each other. Barbara Kivowitz, SFV member and board member, will facilitate the conversation on 7/11, Bill Haskell, SFV member and board co-chair, will facilitate on 7/21, and Gretchen Addi, SFV board co-chair will facilitate on 7/28.

Experience Exchange: Racial Injustice

Tuesdays, July 7 - July 28, 12:30 - 1:45 PM

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

At the State of the Village meeting in February we introduced you to Arianna Nassiri, a 17-year-old member of the Mayor's Youth Commission and Generation Citizen, an organization committed to empowering youth as leaders of social change. Before she leaves for Georgetown in the fall, she has agreed to co-facilitate an intergenerational dialogue on topics related to racial injustice: police relations, climate justice, health care disparities, and voter suppression.



Our intention is to broaden your understanding of these complex issues from a cross-generational perspective. To ensure an informed discussion, youth and elders will be required to read background material, such as case studies, news analyses, or statistics. Please be sure to RSVP so that we can email the material ahead of each session.

We request that you commit to all four sessions in the series.



Longevity Explorers Circle

Tuesday, July 7, 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.”



Solo Agers

Friday July 10, 10:30 – 11:30 AM

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

We will expand on previous discussions generated about what the most likely future scenario of living with COVID -19, the “New Normal” will look like, and the importance of being a part of a “Virtual Resilient Community”. The discussion will also include individual or group activities for increasing

racial equity.

Shelter in Love: Coping Creatively

Monday, July 13, 2:00 – 3:15 PM

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

Let's gather together to talk about 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.



San Francisco Village Players: Play in Place!

Thursdays, July 16 – Sept 3, 11:00 AM – 12:30 PM

Please note earlier start time of a new series!

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

What does it take to build a new world? How can we use what we already have?

SF Village is thrilled to announce an all new workshop with theatre maker and teaching artist Evan Johnson! Log-on and join a supportive group of performance makers. We're going to dive into on-camera acting techniques, character development, and ensemble devised play-making, all from the comforts of home! We will explore the power of sharing stories, inspiration, and creativity. Through games, poetry, creative movement, and improvisation, we will form shared connections, trace our paths to the here and now, and explore new avenues of self-expression and creation. Through a series of co-created projects, participants will harness enthusiasm and build relationships through the art of making, developing and refining original remote performances. All workshops and rehearsals will be held on Zoom. Open to all levels.

Makers & Crafters: Show and Tell

Monday, July 20, 2:00 -- 3:00 PM

RSVP to (415) 387-1375 or 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, July 31, 3:00 PM

RSVP to Eva Auchincloss 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.

Paint the Void: Street Art Now

Friday, July 31, 10:00 – 11:00 AM

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

A virtual tour of highlights will create a way of seeing a place you know well - with a new face, a new outlook and adjust to a new reality. Annice Jacoby will give an overview of the visual mood of some usually bustling hoods, through the lens of the art that has erupted, with and without permission. Some art is commissioned, some pasted, sprayed or scrawled silently with nobody around to see. This talk will journey around town and inventory the dynamism and impact of the art, mostly painted on plywood to protect boarded up retail, when we do not know what is in store.



Creativity bubbles up in times of calamity. The strange shift to a city of empty streets and isolation has presented an invitation for artists to literally “paint the void.” The result is a kaleidoscope of comfort and cleverness, criticism and command cooperation, complaints, bad jokes, fantasy and sharp political invective. The idiom, aesthetic, message and meaning is as noisy, exciting, revelatory and disturbing as scrolling an Instagram feed. The work is provocative and generous, crude and virtuoso.

Street art has flourished in direct proportion to San Francisco’s mix of culture, politics and cutting edge technology. The city’s every-changing outdoor gallery is as fresh as the morning’s news report and as eternal as cave paintings. Annice Jacoby chronicled acclaimed Mission art and artists in her book, *Street Art San Francisco: Mission Muralismo* (Abrams) and at the year-long deYoung series, Cultural Encounters. Her approach mixes art history, politics and popular culture.

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,

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.

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!). Stop, say hello, and/or wave as you pass. We look forward to seeing you!

July 8, Sally Cowan

July 15, Carol and Barry Livingston

July 22, Eva Auchincloss

July 29, Jeanne Lacy

LGBTQ Circle

Fridays, July 3, 17, 24, and 31, 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.

94114

Wednesday, July 8, 3:00 PM

RSVP to Heather Solway

We are continuing to meet via Zoom. Join us!

94118

Thursdays, July 9 and 23, 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

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

by email. Who knows, we might continue this after the SIP order is lifted in addition to our coffee shop gathering!

West of Twin Peaks Circle

Thursday, July 9, 3:00 PM

RSVP to Elaine Mannon

Join us for happy hour on Zoom!

94117

Friday, July 10, 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 Circle

Saturday, July 11, 7:00 – 8:30 PM

RSVP to Joan Miro

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

Sunset Circle

Wednesday, July 15, 2:30 – 3:30 PM

Following on the conversations of the last few months, we will continue to look at how we can become more of a resilient virtual community at the present time. In addition, we will look forward, asking: What accountability action can we take either as individuals or as a group as we move into our "new normal"? If you are a regular member of the Circle, please use the link found in your invitation email. If you are not on our list, you are welcome to join us by sending a registration to Sarah Kent at the SF Village so we can send you the link. sarah@sfvillage.org

94109/94133

Wednesday, July 22, 2:00 PM

Contact Juliet Rothman or Bobbie Rothman

We will be selecting the "theme" for our next year, and planning some possible events - both virtual and in-person, as time and the coronavirus permits - for the year.

94121 Circle

We continue to stay connected by having Zoom meetings, connecting through walks and telephone conversations. If you are interested in learning about our connections please contact Patricia Kaussen

Community Events



SF LGBT Center's Smart Money Coaching

July 2, 5:00 – 6:00 PM

July 8, 11: AM – 12:00 PM

July 14, 3:00 – 4:00 PM

RSVP with Andrea Coombes, 415.865.5652 or andreac@sfcenter.org

Are you looking for help managing your money? The SF LGBT Center's Smart Money Coaching program, offered in partnership with SF's Office of Financial Empowerment, offers free, confidential, one-on-one coaching on topics such as budgeting, saving, debt, credit, banking and more. Find out more at this information session.

My Life, My Stories Intergenerational Conversations: Racial Injustice

Sunday, July 26, 4:00 – 6:00 PM

RSVP with [My Life My Stories for Zoom Link](#)



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 Black older adults and young adults 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.

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



Enduring Inspiration: Creativity at Home Exhibition at Ruth's Table Gallery in the Fall 2020

This project aims to encourage and inspire each of us to celebrate simple moments of creativity to fuel our resiliency and bring us together. Use creativity as emotional support during this challenging time and share your inspiration at home through this community-driven installation.

Creative expression comes in a variety of forms – whether you created a poem or a recipe, a painting or drawing, collage or pottery, everyone is an artist in their own way. Artists using all mediums of expression are welcome to apply. Please send a short story behind your creative project, image (if applicable), and short bio (2-3 sentences).

Maximum Dimensions: 12x12 inches

Submission Deadline: September 1, 2020

Questions? Reach out to us at contact@ruthstable.org or 415-505-3269.

Panel: 30th Anniversary of ADA #ADA30InColor

Sunday, July 26, 4:00 – 5:15 PM

Reservations required: <https://bit.ly/ADA30-7-26-20>

To mark the 30th anniversary of the Americans with Disabilities Act (ADA), the Disability Visibility Project is publishing a book of essays by Disabled People of Color, *#ADA30InColor*, an important publication looking at what the law has and hasn't done for this often overlooked group.

The panel of #ADA30InColor contributors will discuss the future of disability and the remaining work to be done post-ADA



#ADA30InColor



Virtual Movement Opportunities

The YMCA of SF has dozens of classes everyday online for older adults—Zumba, strength training, yoga, Tai Chi, Feldenkrais, relaxation, and more! Check out <https://www.ymcasf.org/senior-classes-schedule> for their daily schedule.

Dance at a Distance: Ballet Class for Active Seniors is offered by the SF Ballet School on Tuesdays, 2:30 – 3:30 PM. For more information contact: Cecelia at cbeam@sfballet.org.

ODC has live streamed classes at home via Zoom. Senior specific classes include Stretch, Strength & Tone, Absolute Beginner Ballet, Global Dance Sampler, and Aging Backwards – Essentrics. Visit <https://odc.dance/schedule>

Save the Dates

What Does It Mean To Live On Ohlone Land?

Tuesday, August 18 1:00 – 2:00 PM

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

Come learn more about Sogorea Te, an urban Indigenous women-led land trust based in the SF Bay Area that returns indigenous land to Indigenous people. Through the practices of rematriation, cultural revitalization, and land restoration, STLT calls on native and non-native peoples to heal and transform legacies of colonization, genocide, and patriarchy and to do the work our ancestors and future generations are calling us to do. One of the ways in which non-native people can contribute is by paying a volunteer land tax to Indigenous people who call it home.



Corrina Gould (Lisjan Ohlone) is the chair and spokesperson for the Confederated Villages of Lisjan— she was born and raised in Oakland, CA, the village of Huichin. A mother of three and grandmother of four, Corrina is the Co-Founder and Lead Organizer for Indian People Organizing for Change, a small Native run organization that works on Indigenous people issues and sponsored annual Shellmound Peace Walks from 2005 to 2009. These walks brought about education and awareness of the desecration of sacred sites in the greater Bay Area. As a tribal leader, she has continued to fight for the protection of the Shellmounds, uphold her nation's inherent right to sovereignty, and stand in solidarity with her Indigenous relatives to protect our sacred waters, mountains, and lands all over the world. Her life's work has led to the creation of Sogorea Te' Land Trust.

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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