



# San Francisco Village

## Monthly Newsletter

August 2020

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

This past month we hosted an Experience Exchange with high school students to broaden our understanding of complex social issues from a cross-generational perspective. We discussed police brutality, environmental racism, health care disparities and voter suppression. We agreed to listen and speak respectfully, to acknowledge that each person is their own expert, and to allow our minds to be changed in the process.



Isaac, a high school junior from Montana, learned about the history of the women's movement, from women who experienced it firsthand. Ella, a recent high school graduate, told us about Vote16, an initiative on the San Francisco ballot in November that would lower the voting age in local elections. Josephine explained the concept of *intersectionality*: a term added to the Oxford English Dictionary in 2015 used to describe how race, class, gender, and other individual characteristics "intersect" with one another and overlap. It's a framework that helps to make sense of the lived experiences of people who are not part of the dominant culture. Intersectionality also describes how issues overlap like racism, the environment, and health care disparities.

Our perspectives are richly informed when we include young people in the conversation. They know things we don't know. Millennials and Generation Z are more racially and culturally diverse than any generation in history. Their worldviews are shaped by the forces of global migration, de-democratization and social media. They have come of age in what Daniel Pink calls the Conceptual Age and therefore they've developed skills for visual storytelling, creative problem solving, empathy, and re-visioning the future. Alison Gopnik says, "It is the gift of the young mind to be able to imagine different ways for the world to be." That's why adolescents are at the cutting edge of social change, because they have the capacity to imagine the possibilities. That was us in the 1960's!

#### In This Issue:

From the E.D.  
Did You Know?  
August Events  
Neighborhood Circles  
Community Events  
Save the Dates

#### New Members In July

Flomer Williams, 94134  
Danny Robinson, 94111  
Shannon Miller 94131  
John Geist, 94123  
Virginia Meyer, 94109  
Michele Sterling, 94132  
Carol and Timothy Ryan,  
94121

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Now that we're elders, it's our developmental imperative to bequeath the future to younger people. Human nature demands new visions be born commensurate with the times we live in. We have the opportunity to be good midwives. In response to the extraordinary times we find ourselves in, I'm proposing that we strengthen our connections across generations, cultures, and races different than our own, so we can give birth to a new civic consciousness that reimagines our democratic future.

Join me in this creative endeavor to build intergenerational relationships that will sustain our Village community and help leave the world a better place. Please let me know your thoughts, share your program ideas or introduce me to youth leadership organizations with which you may be affiliated. I'd love to hear from you!

Warm regards,

Kate

## Did You Know?

### Welcome Missy and Hannah!

In June, we began a new internship with the University of San Francisco's Doctor of Nursing Practice program (DNP). Melissa "Missy" Nagel and Hannah Mandecote, two DNP students, will be doing their community project and will be thinking about new strategies that can help SFV support its members through public health crises such as COVID19. Melissa and Hannah have begun to attend some of our Zoom meetings in order to get to know us better so you may be seeing them in one of our programs. Please join us in welcoming them when you see them in our "virtual rooms".



**My name is Maria Hannah Mandecote**, born and raised in the Philippines. I migrated in the United States after obtaining my BSN degree at Central Philippine University in Iloilo City, Philippines. I am currently in the DNP-FNP program at the University of San Francisco and a telemetry nurse at Kaiser Permanente San Francisco.

The reason I became a nurse was because of the encouragement of my elderly patients when I was a caregiver. If it wasn't for them, I wouldn't have realized that my true passion lies in caring for people. My introduction to San Francisco Village and their Aging-in-Place program will be my way of giving back to older people, who have always made a significant impact in my life. With that, I am delighted.

In general, I'm a foodie who loves to travel and learn about different cultures. I also believe that learning is endless, and helping others through nursing can give us endless joy and fulfillment.

**Melissa Nagel** is a doctoral student in the family nurse practitioner program at USF. She has been a nurse for seven years and currently works at Center for Elders' Independence in Oakland as a nurse case manager. Melissa moved to the Bay Area in 2018 from Washington state where she worked as a RN in a small community hospital. She loves to hike, read, do puzzles, and spend time with her husband and pets in her free time. She is excited to get to know the members of San Francisco Village and hopes to develop a doctoral project that will be beneficial for SFV members.



### Zoom Instructions

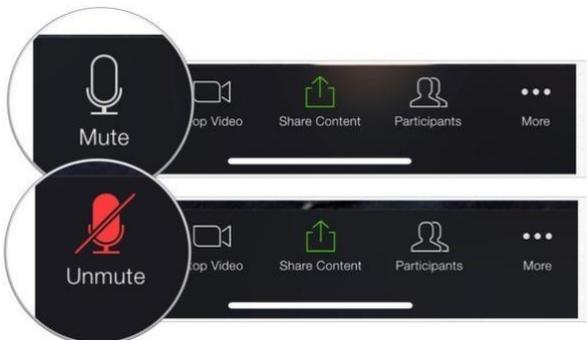
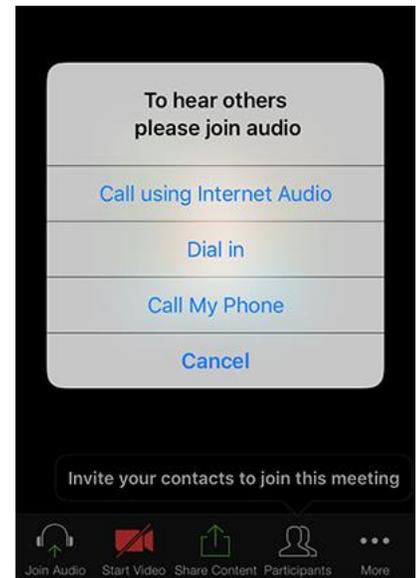


We're including Zoom instructions so that you may feel confident in signing up and joining some of the Zoom program offerings. If you have never used Zoom on your computer, tablet, smart phone, or landline, we recommend you let us know prior to an event, so that we may help you and ensure that you have it working properly in time. We have some amazing tech volunteers who have helped members remotely.

When you RSVP for a program, you'll receive an email the morning of the event that includes a link, meeting ID, and phone number. Click on the link --you'll then decide whether to "open the page in Zoom" or click on the small text that says "join from browser." You can also manually enter the meeting ID into the app.

If Zoom prompts you to allow "Access to your Camera" click OK. That means it recognizes a camera on your device and everyone will be able to see you! Then click "Join with Video" if prompted.

Do the same if it prompts you for "Microphone Access" and click to "Call Using Internet Audio" on phone or tablet or "join via computer audio" on your computer. If you click "cancel" on the prompt to join with audio, you won't be able to hear and we won't hear you! You also have the option to "dial in" and call the phone number provided. You will be prompted to type in the meeting ID number. This could be especially helpful if you have a land line set up to use with your hearing aides.



**Zoom Etiquette:** Remember to "mute" your microphone and "unmute" when you want to speak. It helps keep the audio clear and prevent background noises! We cannot hear you when it is red with a slash through the microphone image. It's usually in the lower left on computers and iPhone and the upper left on iPads. Sign on a few minutes early to test it if you're unsure.

## 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 make sure that it will be seen. We try our best to accommodate last minute decisions, but can't always be on email or the phone while also on a Zoom meeting.



## 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 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.

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

Paul Braseth 94115  
William Ehrlich 94132  
Gerald O'Connor 94109  
Joan Sasso 94110

# July Events

## Member to Member Coffee Chat

**Tuesdays, August 4 and 18, 3:00 – 4:00 PM**

**Tuesday, August 25, 10:00 – 11:00 AM**

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



Life during Covid-19 can leave us uncertain, wondering what decisions feel safe, as parts of society open and close in reaction to infection rates.

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. Gretchen Addi, SFV board co-chair will facilitate on 8/4, Barbara Kivowitz, SFV member and board member, will facilitate the conversation on 8/18, and Bill Haskell, SFV member and board co-chair, will facilitate on 8/25.



## Aging Well with Meditation

**Wednesdays, August 5, 19, and 26, 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 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.

## San Francisco Village Players: Play in Place!

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

This series started in July and you can join at any time  
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 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.



## Tai Chi and Qigong

**Part 1: Thursdays, August 6, 13, 21, and 27, 2:30 – 3:15 PM**

**Part 2: Mondays, August 3, 10, 17, 24, and 31, 1:00 – 1:45 PM**

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

## Grupo de Conversación en Español

**Mondays, August 10 and 24, 9:30 – 10:30 AM**

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!



## Indivisible San Francisco

**Tuesday, August 11, 10:30 – 11:30 AM**

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

Come hear from members of Indivisible SF, the local chapter of the national movement founded by former Congressional staffers after the 2016 election. Indivisible SF has organized to lobby Members of Congress, promote progressive values and hold elected officials accountable.

Learn about how Indivisible SF is active at the local and national level. Even with social distancing, there are many opportunities to reach out to fellow voters and elected representatives. They'll share what they've learned from their experiences and research. There will be time to discuss how to get more involved with Indivisible and learn about other social change organizations in which SFV members participate.

## Play Reading Group

Thursdays, 4:00 PM

RSVP to Midge Fox for Zoom link

8/13 - Jest of the Hahalaba by Lord Dunsany

8/27 - In the Shadow of the Glen by J.M.Synge

Both plays can be found in 24 Favorite One Act Plays, edited by Bennett Cerf and Van H. Cartmell.



## Makers & Crafters: Show and Tell

Monday, August 17, 2:00 -- 3:00 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

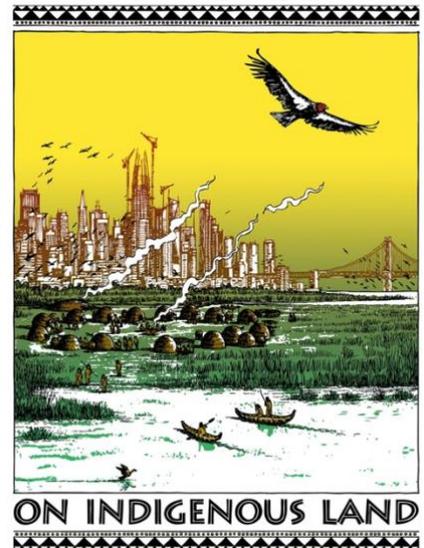
descriptive to tell the group about your project on the phone.

## 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](mailto: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 repatriation, cultural revitalization, and land restoration, STLTL 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.



## Creative Spark + Ruth's Table: Art Workshop Series

**Fridays, August 21, 28, and Sept 4, 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

Using self-reflection, drawing, poetry, and collage, this series of three workshops aims to encourage artists of all ages to spark your imagination, encourage experimentation and play, and celebrate our authentic selves through the act of making.

August 21: Feel This Way. Art is a captivating means for expressing our thoughts, emotions, experiences, and personality.

August 28: View from Here. What stories do objects and places around us carry? This session transforms mundane into extraordinary.

September 4: Image of Self. I am a work of art and I deserve to be seen. A portrait is a deeply personal depiction of self and can reveal our identity, individuality, and story.

Suggested Materials: A mix of everyday and recycled materials (i.e. cardboard rolls, colored paper, magazines), tape or glue, colored pencils or markers, scissors.

## Discussion Group

**Friday, August 28, 3:00 PM**

RSVP to Eva Auchincloss 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.



## Solo Agers

**Friday Sept 11, 10:30 – 11:30 AM**

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

We're taking the month of August off but gathering as a group again in September. Our subject will be how have our lives changed in the last decade since THE "9-11."

## 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 new circle leaders Sally Kaufmann Cowan Jean Halvorson for more information.

### Zoom Meetings, August 5 and 26, 5:30 – 6:30 PM

On 8/5 we'll talk about what we're doing during shelter in place that might be interesting to others and on 8/26 we'll talk about the history of the Palace of Fine Arts.

### Phone Tree, Wednesday, Aug 12, all day

Whether you'd like to make a call or receive one, please contact Jean or Sally to participate.

**Walking Wednesdays August 5,12,19, and 26** 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!

### LGBTQ Circle

#### Fridays, August 7, 21, and 28, 1:00 – 2:30 PM

RSVP to Bill Haskell 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, August 12, 3:00 PM

RSVP to Heather Solway

We are continuing to meet via Zoom. Join us!

### Sunset Circle

#### Wednesdays, August 12 and 26, 2:30 – 3:30 PM

While we shelter in place we want to stay connected by seeing and hearing one another more often. Circle leaders Betty Burr and Olive Shaughnessy are joined by Steve Hayashi as Technology Command Central. If you are a regular member of the Circle, please use the link found

### 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

in your invitation email. If you are not on our list, you are welcome to join us by sending a registration to Steve Hayashi.

### **94118**

**Thursdays, August 13 and 27, 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!

### **West of Twin Peaks Circle**

**Thursday, August 13, 3:00 – 4:00 PM**

Contact LeeAnn DeSalles for zoom information:

A time to check in and share your concerns and resources.

### **94117**

**Friday, August 14, 2:00 – 3:30 PM**

RSVP to Bill Haskell for Zoom link

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, August 15, 7:00 – 8:30 PM**

RSVP to Joan Miro for Zoom information

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

### **94109/94133**

**Wednesday, August 26, 2:00 PM**

Contact Juliet Rothman or Bobbie Rothman for Zoom information

We'll be sharing some thoughts about summertime - our favorite summers, and some of our experiences this summer as well.

### **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

## Hoodline San Francisco

The Bay Area's shelter-in-place order has brought countless events usually held as in-person gatherings online. Hoodline aims to support local businesses in San Francisco and Oakland by highlighting five of these events each day—check out <https://hoodline.com/news/san-francisco> for a daily dose of stay at home fun!



## Save the Dates



### Out of Frame

**Introduction: Tuesday, September 1, 11:00 AM –12:00 PM**  
**6 week series: Thursdays, September 17 – October 22, 12:30 – 1:30 PM**

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

Join theater maker Evan Johnson (Place in Place!), dance maker Liv Schaffer (University of San Francisco/Dance Generators), and a cohort of young activists as we look

internally to subvert traditional systems of power and consider what role art making plays in the face of racial and social justice. Using a variety of starting points, we will attempt to make sense of this national crisis by initiating an intergenerational dialogue about racial equity through embodied expression, storytelling, and project-based exploration.

This intergenerational workshop series will guide participants through creative activities, personal contemplations, and group conversations that recognize inherent racial biases, address racial equity, and celebrate Black brilliance. Learn more at the introduction session on September 1 and meet the team of creative guides and young activists participating, then sign up for the 6 week series to participate!

All minds, bodies, and creeds welcome.

### Open Death Conversation

**Tuesday, September 15, 11:00 AM – 1:00 PM**

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

Join us to discuss and explore the many aspects of death and dying. Becoming more comfortable and intimate with our own mortality allows us to look at life, and our relationship with others, through new eyes. The Open Death Conversation is an opportunity to discuss the many aspects of death and dying. People from all backgrounds attend with no agenda other than to generate meaningful, energetic conversation free from judgment.



Facilitated by Amanda Coggin through the Zen Caregiving Project (formerly known as Zen Hospice). Amanda discovered Zen Caregiving Project through a mindfulness grief group and became a volunteer caregiver in 2011, and later joined its staff as Volunteer Coordinator until 2014. She completed Clinical Pastoral Education training at the UCSF Medical Center and UCSF Benioff Children's Hospitals in 2016-2017 and recently returned to UCSF as a staff chaplain.

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.

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

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**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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