



San Francisco Village

Monthly Newsletter

October 2020

From Executive Director, Kate Hoepke:

Dear Members and Friends:

This newsletter is all about voting! Choice-making. The most fundamental right afforded citizens in a democracy. Our focus is in celebration of the 100th anniversary of the 19th amendment; in response to overt voter suppression across the country; in honor of those who have fought and died for the franchise; in recognition that majorities rule in democracies. No election in our lifetimes has been more consequential.



Our future as a democracy and the survival of our planet hang in the balance. I listened to a young New York Times journalist, Charlie Warzel, talk about the western fires and apocalyptic orange sky as a “radicalizing moment” for climate action. He means, we need to change our behavior NOW! And he says, we must turn to young people for their urgency and leadership. Their birthright is on the line.

As elders in the community, I believe we need to stand in solidarity with them. Send a signal that we think they’re smart and their opinions matter; we care as much as they do and we want to work together to ensure our future. Turn our anxiety into collaborative action! To demonstrate our faith in their equal voice, the SFV Board of Directors has voted to endorse Proposition G on the San Francisco ballot, extending voting rights to 16 and 17-year-olds in local elections. You can read about the proposition here--vote16sf.org.

What’s next? Starting this month, Bill Haskell has agreed to facilitate a book study group using Jane Fonda’s new book *What Can I Do? My Path from Climate Despair to Action*. Arianna Nassiri, a 17-year-old college freshman and San Francisco Youth Commissioner, will talk about Proposition G and ask for your support. Jessica Da Silva and Sarah Kent, Millennials and SFV staff members, will lead a discussion about Get Out the Vote efforts and share their perspective on what voting means to them. The League of Women Voters will explain the

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ballot initiatives and the San Francisco Department of Elections will talk about voting safely during the pandemic. Finally, you're invited to an intergenerational Experience Exchange with Millennial women to share personal stories that have shaped your civic consciousness.

A few years ago, Proposition I established the Dignity Fund in San Francisco, a budget set-aside that makes sure the growing older adult population in San Francisco is protected and cared for. Prop I passed with 66% of the vote; many of those votes coming from Generation X, Millennials and Generation Z. If ever there was a time to build a new majority, it is NOW!

Warm regards,

Kate

October Events



Vote 16: Prop G

Friday, October 2, 1:30 – 2:30 PM

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

San Francisco Village first welcomed Arianna Nassiri on stage with Kate at State of the Village this past February. We are thrilled to have her join us via Zoom to share about Prop G, the proposition to lower the voting age to 16 in San Francisco.

She'll discuss how extending voting rights to 16- and 17-year-olds is about increasing voter turnout and civic engagement in the long term.

Arianna leads the Vote 16 campaign in SF. She's been involved with the mayor's office since she was accepted for an internship (created for college students) at age 12 and now, at 17 years old, is a freshman at Georgetown University studying Political Science and Government.

Get Out the Vote!

Monday, October 5, 2:30 – 3:30 PM

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

2020 is one of the most important election years of our lifetime. Hear from SFV staff member, Jessica De Silva, about her experiences of working on a campaign and how she values voting, especially as someone who became a naturalized citizen. We'll all then share our favorite Get Out the Vote organizations that we support with our time and money. Bring your favorite action items or come just to learn more!

**GET
OUT
THE
VOTE**





SF Department of Elections: Voting Accessibility During COVID-19

Tuesday, October 6, 10:30 – 11:30 AM

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

What does voting look like during a global pandemic? Department of Elections staff will review accessible services and materials offered by the Department to ensure voters have the information and resources necessary to vote privately and independently.

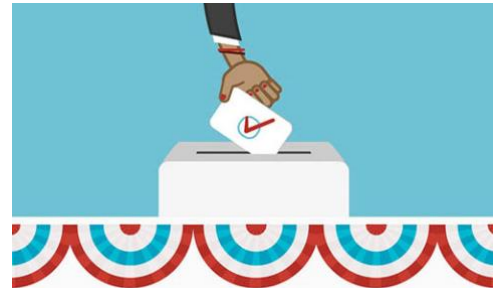
What's on the San Francisco Ballot this November?

Thursday, October 8, 10:30 – 11:30 AM

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

Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots?

The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions in an hour or less.



Active Aging in the Time of COVID-19

Friday, October 9, 1:00 – 2:00 PM

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

Take control of your fitness and add more variety into your exercise program! Join Dr. Chris Thompson for a lecture and small demo of exercises that encourages adopting a "Jack/Jill of All Trades" perspective with your exercise programming during this time - making time for everything from strength to cardio to balance & mobility

work.

Dr. Christian Thompson is an Associate Professor in the Department of Kinesiology at the University of San Francisco, an affiliate researcher in Neurology at UCSF Medical Center, and the owner of Thompson Fitness Solutions, LLC. Currently, Christian is engaged in numerous research and community projects investigating exercise programming for falls prevention in older adults. These projects, including Brain Body Trainer (neuroscape.ucsf.edu) and Always Active (www.alwaysactive.org) have been externally funded by the National Institutes of Health, San Francisco Department of Aging and Adult Services and Kaiser Permanente's Community Benefit Foundation.

Out of Frame

Thursdays, October 1, 8, 15, & 22, 12:30 – 1:30 PM

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

This 6 week series started in September and you are welcomed to join at any time



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 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 six-week series to participate!

All minds, bodies, and creeds welcome.



Active Coping Strategies for Patients and Caregivers

Monday, October 12, 3:00 – 4:00 PM

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

We are never prepared for the intrusion of illness or trauma into our lives; nor are we ready for the disruptions that illness introduces into the relationship we have with our partner. In this program, Barbara will share the deep and practical lessons she learned in doing research for her book, [*Love in the Time of Chronic Illness: How to Fight the Sickness, Not Each Other*](#), a guide for couples (and other patient/caregiver dyads) living with illness, and for the clinicians who help them.

Barbara will discuss the dynamics of patient/caregiver relationships, as well as active coping strategies patients and caregivers can use to: build the relationship resilience needed to cope with the turbulence of illness, work as a team when dealing with the health care system, and create hope. Clinicians who work with patient/caregiver partners will also find this talk very useful.

Barbara Kivowitz is a clinician, consultant, and author specializing in healthcare innovation. She is a frequent speaker at conferences for patient-caregiver groups and for clinicians. She is a Patient Family Advisor at Stanford Health Care, Sutter Health, and CPMC. She is on the Board of Directors of San Francisco Village, on the Honorary Board of Well Spouse Association, and on the Advisory Board of Patient and Family Centered Care Partners. Barbara's background is in the fields of organizational development and psychology. Barbara has been both the patient and the caregiver in her relationship with her husband.

Writers Workshop

Tuesdays, October 13, 20, & 27, November 3, 10, & 17, 10:00 -- 11:30 AM

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.

We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!

There are significant moments in everyone's day that can make literature. That's what you ought to write about. (Raymond Carver, On Being a Writer).



Intergenerational Experience Exchange: Voting and the 19th Amendment

Thursday, October 15, 6:00 – 7:15 PM

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

Join with members of the Junior League San Francisco in an experience exchange to discuss voting and the 19th amendment. These are young women in their 30's developing civic consciousness. Let's make it

personal! We'll break into pairs or small groups to have cross-generational dialogue about your own experiences and family history. Who was the first woman in your family to vote after the 19th amendment was ratified? What was the first presidential election you voted in and what does it mean to you? Was there a political moment that initiated your political activism? Who are your political heroes?

Mindfully Dealing with Stress

Tuesdays, October 20 & 27, 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



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, talking where you can practice mindfulness. You will walk away with strategies you can easily integrate into daily life.

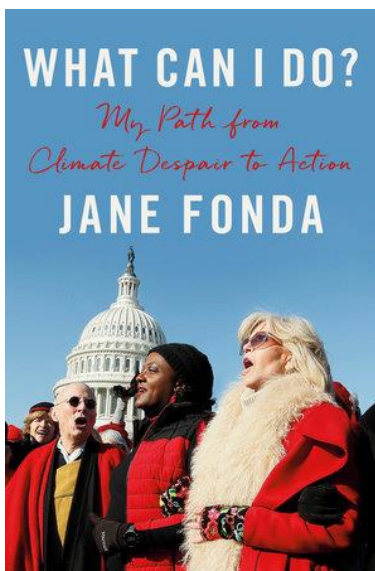
Week 1 (Oct 20): Stress: The Good, Bad, and the Ugly

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.



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

Thursday, October 22, 10:00 – 11:30 AM

RSVP to SFV member Bill Haskell for Zoom link.

At 82, Jane Fonda is articulate, persuasive, engaging and powerful. She is impassioned by action to improve the environment and stop further climate destruction. Now, with the fires raging, and becoming even more isolated by the smoke and bad air, let's gather to explore what climate actions might be possible!

Please order Fonda's new book *What Can I Do: Moving from Climate Despair to Climate Action* from your local bookstore and read before our meeting. From our discussions, we'll discover actions that feel right for us to undertake. The devastating fires in the West and hurricanes in the East are proof that we need to do something. And Fonda tells us

that our actions will make a difference. Moving from despair to action sounds like it might be just the ticket. Contact Bill Haskell with any questions.

Frida Kahlo Highlights at the DeYoung

Friday, October 23, 10:30 – 11:30 AM

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

Frida Kahlo: Appearances Can Be Deceiving examines the influence of politics, disability, and national identity on Kahlo's diverse modes of creativity. Featured items revealed to the public for the first time in 2004 at her lifelong home, La Casa Azul (now Museo Frida Kahlo) in Mexico City, include photographs, Tehuana costumes, personalized prosthetics, paintings, and drawings, reflecting her unique self-fashioning. In this highly descriptive presentation intended for an audience of people who have low-vision or are blind, docent Karen Libby will describe and explore Frida's life and art in 5 photographs and 2 paintings.



Reoccurring Events



Tai Chi and Qigong

Part 1: Thursdays, October 1, 8, 15, 22, & 29, 2:30 – 3:15 PM

Part 2: Mondays, October 5, 12, 19, & 26, 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, 4:00 PM

RSVP to Midge Fox for Zoom link

10/1: "Spreading the News" by Lady Gregory

10/15: "The Man Who Turned Into a Stick" by Kobo Abe

10/29: "Finding the Sun" by Edward Albee



The first two plays are from *24 Favorite One Act Plays* edited by Bennett Cerf and Van Cartmell. The last is from *Plays in One Act* edited by Daniel Halpern.



Member to Member Coffee Chat

Mondays, October 5 & 12, 10:00 – 11:00 AM

Mondays, October 19 & 26, 2:00 -- 3:00 PM

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, October 6, 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

Wednesdays, October 7, 14, 21, & 28, 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.

Solo-Agers Circle: Covid, Wildfires and Election Concerns

Friday, October 9, 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, October 12 & 26, 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, TBD, 2:00 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.



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!

LGBTQ Circle

Fridays, October 2, 16, 23 & 30, 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.

Sunset Circle

Wednesdays, October 7 & 21, 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.

94118

Thursdays, October 8 & 22, 3:00 PM

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. Themes this month are ballot measures and vacation memories.

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

West of Twin Peaks Circle

Thursday, October 8, 4:00 – 5:00 PM

Contact LeeAnn DeSalles for zoom information

Join us for Happy Hour --a time to check in and share your concerns and resources.

94117

Friday, October 9, 2:00 – 3:30 PM

Thursday, October 22, 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.

94121

Wednesday, October 14, 1:30PM

The 94121 Circle continues 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.

94114

Wednesday, October 14, 3:00 PM

Walking Group TBA

RSVP to Heather Solway

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!

Bernal

Saturday, October 17, 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, October 21, 2:00 PM

Contact Bobbie Rothman for Zoom information

Theme to be determined closer to the date! Hope you can join us!

Member to Member

Election Day is coming right up

November 3, 2020. Are you ready? Do you need help with voting?

San Francisco Village member, Pat Walker, is offering to help her neighbors in the Richmond or Sea Cliff area who need help with voting by mail, early voting, or even assistance with going to the polls in person (masked and distanced, of course).



The pandemic has brought a lot of changes to the voting process this year. Don't take any chances by waiting until the last minute to register or to figure out where your polling place is as you may discover you are unable to vote. Make a plan now. Ask for help, if you need it. The deadline to register to vote is October 19th.

Richmond/ Sea Cliff members please contact Pat if you need help this year.

Members outside of the Richmond/Sea Cliff area contact jill@sfvillage.org

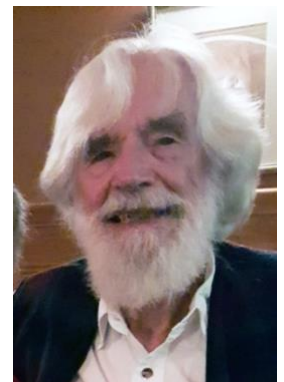


Chess Club Forming

Anyone interested in playing (or learning to play) chess, there is a club forming with Next Village and D2 University, a Village to Village thing. Beginners are welcome. Right now we periodically meet on Zoom to pair people up. Then play happens via email and can go on for days. You must be 60 or over, have a chess set, and access to email. It is a lot of fun and leads to some good conversation. More experienced players give pointers, and you can develop into a good player of this classic strategic game. Please notify SFV member, Allegra Fortunati if you are interested.

In Memoriam

Robert Hildreth (right) was an artist, a renaissance man of many talents, and a loving husband. He was an absolutely joyous presence, with his hearty laugh and good humor, at our 94114 Neighborhood Circle events, especially our holiday parties. Robert is survived by his wife, Mei-Ling Kwei. His obituary says, in his memory, he would ask you to VOTE!





William Wise (left, with wife Angie) worked as a chemist with USDA until he retired in 2002. He and Angie lived an active life of weekly hikes and camping and were members of the Unitarian Universalist Church. Bill suffered several strokes starting in July, and died, peacefully, at home in August with his wife Angie and son beside him. We extend our deepest sympathies to Angie and her family.

Save the Dates



Election Results: You May Need a Friend

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

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



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.



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%!

Did You Know?



Voting During a Pandemic!

This year, [all California residents](#) registered to vote will receive a vote-by-mail ballot. If voting by mail, please make sure your envelope is signed, since only signed envelopes are counted. Voters can still vote in-person if they choose to. Polling places are expected to be accessible, secure, and safe.

More info about elections here: <https://www.sos.ca.gov/elections/upcoming-elections/general-election-november-3-2020/>

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

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