



From Executive Director, Kate Hoepke:

Dear Members and Friends:

As I write this, it has started to rain. A blessed welcome site after the worst fire season in California history. The beginning of the northern California winter.

This is the time of year when we traditionally go inside to hibernate and modify the rhythms of our lives. Reflect in solitude, sleep a little longer, eat comfort foods, binge watch movies, and dig into the pile of books on our nightstand. But thanks to Covid, we've been doing all that since March!



So, now what? Hopefully, we've learned a thing or two these past nine months about how to stay satisfied and connected during a pandemic. We now know how to order groceries online, arrange a physically-distanced walk, ask a volunteer for help, or navigate a program on Zoom. If you're still not using Zoom, I have a good reason to change your mind: **The Holiday Party!** On Wednesday December 9th we will gather virtually to celebrate our triumph over 2020! Theater artist, Evan Johnson, will host a fun-filled two hours beginning at 4:00 p.m. You must RSVP so we can prepare a surprise delivery for you.

We know that we won't be able to gather in person for some time, even if the vaccines currently in development are successful. We need to dig deeper to find the creative resilience that will sustain us. Try some of the nourishing programs Sarah has scheduled this month like *Resiliency Practices in Everyday Life* and *Rituals for Winter Solstice*. Or pop into a casual conversation about favorite books, movies and TV series to binge watch! We're excited to offer a six-week series called *Life Story Club*. A skilled facilitator will provide question prompts so you can share your own anecdotes and memories with other SFV members. You're bound to make some new connections, find some joy and deepen your appreciation for the gift of your life.

In This Issue:

From the E.D.
Did You Know?
December Events
Reoccurring Events
Neighborhood Circles
Save the Dates
Volunteer Support
How to Support SFV

New Members In November

Maria Martinez, 94107
June Fisher, 94110
Ruth Schoenbach, 94117

San Francisco Village Staff Contact

(415) 387-1375
info@sfvillage.org

Kate Hoepke
Executive Director
kate@sfvillage.org, ext. 1

Jill Ellefsen
Member & Volunteer
Coordinator
jill@sfvillage.org, ext. 2

Sarah Kent
Program Coordinator
sarah@sfvillage.org, ext. 3

Jessica Da Silva
Wellness Coordinator
jessica@sfvillage.org, ext. 6

Yousra Sebiaa
Administrative Assistant
yousra@sfvillage.org, ext. 5

If you're like me and feeling fatigued by the events of this extraordinary year, please reach out this holiday season and connect with another member, a volunteer, or someone on staff. An unexpected friendly conversation has changed more than one bad mood for me this year. I'm especially energized after I talk with someone several decades younger than me. I come away saying, "I have to do that more often."

With love and a grateful heart,

Kate

P.S. The Board of Directors has agreed to close the office from December 24 - January 3 so the staff have time to rest and recharge. Please join me in thanking Jill, Sarah, Jessica and Yousra for their big hearts and open arms. They have said YES to dozens of requests this year that were not in their job descriptions, and our community is stronger because of it. BRAVA!

Did You Know?



It's Annual Membership Renewal Time!

For those members who renew annually, please keep an eye out for your renewal notice in the mail and return it to us before the end of the year. For those of you who pay monthly, there's nothing you need do at this time.

We're grateful to ALL of you who have stayed with San Francisco Village during the tumult of 2020. We believe there is no better time to be connected to a loving, responsive community of friends and neighbors.

We're so glad you joined when you did!

If you'd like to renew your membership by phone, please give Jill a call at 415-387-1375 ext.2.

Holiday Schedule

San Francisco Village will be closed December 24 – January 3rd. We wish you a happy holiday season and look forward to connecting with you in 2021!



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.

December Events

In-depth Advance Care Directive Workshop (Part 2)

Thursday, December 3, 3:30 – 5:30 PM

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

This 2 part workshop started in November

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 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 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.



A Place for Recommendations: What Are You Reading, Watching, and Listening To?

Friday, December 4, 1:00 – 2:00 PM

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

Have you been able to distract yourself with a movie? Find wisdom in a book? Learn — or laugh — thanks to a podcast? Join us and share what you've been consuming! Maybe you'll discover your next book or Netflix binge!

Intergenerational Phone Connections

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

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



Life Story Club

Tuesdays, December 8 - January 19, 12:00 – 1:00 PM

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

Share anecdotes and memories with other SFV members in a relaxed and fun six-week *Life Story Club* series! An experienced facilitator will provide you with question prompts each week so that you can regale one another with stories begging to be shared. You'll have the option to audio record during the workshop so you can create your own collection to save as a keepsake or as a gift to loved ones.

Dec 8: Can you describe the neighborhood you grew up in? / What did you get in trouble for when you were young?

Dec 15: How are you different from the family you grew up with? / Tell us a story about an ancestor of yours.

Dec 22: What's the most memorable celebration or party you've ever attended? / Tell us about your favorite local or family tradition.

Jan 5: Tell us about your childhood best friend. / Tell us about an adventure you had with friends.

Jan 12: What was your most extraordinary day at work? / How did your work or career influence who you are now?

Jan 19: What comes to mind when you hear the word "beauty?" / What was the easiest decision you've ever made?

Vita Story Club is a nonprofit dedicated to promoting healthy aging and reducing social isolation of older adults. They guide groups of participants in sharing and preserving their life stories, and have worked with various community-based organizations, including public libraries, the Alzheimer's Foundation of America, as well as hundreds of individuals to preserve the life stories of their loved ones.

Resiliency Practices in Everyday Life

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

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



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

Themes include: Attentional balance and grounding, positive intention setting, emotional balance, gratitude practice, and cultivating a positive mindset. Participants will receive a free Wellness Journal.

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



Holiday Party, Zoom Style!

Wednesday, December 9, 4:00 – 6:00 PM

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

Hosted by local theatre maker Evan Johnson, our intention is to connect with each other and celebrate our community by virtually joining together in joy and merriment! We're scheming up surprises and fun and will have plenty of time to just talk with each other too.

Mark your calendars and start searching for that party hat and sparkler for some extra zoom pizzazz. Make sure to RSVP now so we can count you in for a surprise delivery!

DeYoung Virtual Tour: Power by Victoria Kirby

Friday, December 11, 1:00 – 2:00 PM

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

Join us for a virtual tour of the permanent collection at the DeYoung! We will look at and discuss 6 or 7 art works, both paintings and sculptures, from the Legion of Honor Museum in which the artist has explored and depicted power - whether it be political, social, military, financial or medical. The earliest work was made in the 2nd century BC and the latest in 1882.





Hidden in Plain Sites: A Virtual Tour of San Francisco Landmarks

Friday, December 18, 10:30-11:30 AM

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

Do you know who invented television and where? Would you like to know the location of the first local Jewish service of Yom Kippur in 1849? For

these answers and more, join SFV member Frances Gorman, Certified San Francisco Tour Guide, for a virtual tour of San Francisco sites that contain histories that may surprise you. Impress your friends with little-known, fascinating facts about our City!

Rituals for Winter Solstice

Monday, December 21, 2:00 – 3:00 PM

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

In this community contemplation of Winter Solstice, we'll meet darkness with the light of connection. Bring your favorite short poem, brief reading, song or other inspiration on darkness and illumination to share with other SFV members. If you wish to light a candle or otherwise brighten your home during the event, you may want to prepare for that in advance. Facilitator Rachel Lanzerotti will open and conclude the event with short rituals to mark this shortest, darkest day and the season.



Reoccurring Events

Longevity Explorers Circle

Tuesday, December 1, 2:00 -- 3:30 PM

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 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, December 2, 9, 16, 11:00 AM – 12:00 PM

Wednesday, December 23, 11:00 AM – 12:00 PM (without facilitation)

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

Part 1: Thursdays, December 3, 10, & 17, 2:30 – 3:15 PM

Part 2: Mondays, December 7, 14, & 21, 1:00 – 1:45 PM

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

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.



Member to Member Coffee Chat

Mondays, December 7 & 14, 2:00 -- 3:00 PM

Monday, December 21, 10:00 – 11:00 AM

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

Life during a global pandemic can be isolating, especially as we are physically distanced during the holiday season. 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.



Play Reading Group

Thursdays, December 3, 17 & 31 (tentative), 4:00 – 6:00 PM
RSVP to Midge Fox

We will be reading from *Plays In One Act* edited by Daniel Halpern.

Holiday Recipes and Traditional Foods: Hosted by the Makers & Crafters group

Monday, December 7, 2:00 – 3:00 PM
RSVP to (415) 387-1375 or info@sfvillage.org

We all connect this time of year with certain smells, tastes and family dishes. Join us to share your traditions, recipes and favorite things to create in these winter months. We also welcome those who would like to show us what they have been knitting, painting, quilting, crocheting or potting.



Solo-Agers Circle

Friday, December 11, 10:30 -- 11:30 AM
RSVP to (415) 387-1375 or info@sfvillage.org

Have you been going through this high-pressure time pretty much alone? 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 other “solos.” Pick up hints from people you have met in the solo circle. Maybe find an activity partner, within physical distance guidelines, of course. We may be solo, but we don't have to feel alone. For more information, contact Betty Burr.

Grupo de Conversación en Español

Mondays, December 7 & 21, 11:00 AM – 12:00 PM
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!





Discussion Group

Friday, December 18, 2:00 PM

RSVP to Eva Auchincloss

We will discuss current political events (local, statewide and national). Members and guests welcomed. FYI, Eva sends out a reminder to those who have attended in the past so it keeps going. 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!

Sunset Circle

Wednesdays, November 2, 16, & 30, 2:30 – 3:30 PM

Sunset Circle is connecting 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.

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

94118

Thursdays, December 3 & 17, 3:30 – 4:30 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. Hope to see some new faces along with our regulars!

LGBTQ Circle

Fridays, December 4, 18, and 25, January 1, 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, December 9, 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 response to Covid). Contact Heather to find out the dates and times!

West of Twin Peaks Circle

Monday, December 10, 4:30 PM

RSVP to Roberta Gordon and a list of materials to make the decorative eggs will be e-mailed to you.

Pat Hess, a talented member of the Village, will show us via Zoom her jeweled Faberge eggs that she is offering to help us make as holiday decorations.

94117

Friday, December 11, 2:00 – 3:30 PM

Wednesday, December 23 1:00 – 2:00 PM

RSVP to Bill Haskell

For these virtual get-togethers, we can share what is going on in our lives during this challenging time. We can also share what brings us pleasure, what we are enjoying, our coping strategies, and what is positive.

Bernal

Saturday, December 12, 7:00 – 8:30 PM

RSVP to Joan Miro

We will continue to share our stories, laughter, and some Holiday Cheer!

94121

Wednesday, December 16, 1:30PM

The 94121 Circle is staying connected via Zoom meetings, safely-distanced walks and telephone conversations. Steven Hayashi has generously jumped in to be our Zoom Master, so watch for his email with the Zoom link.

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

94109/94133

Wednesday, December 16, 2:00 PM

Contact Bobbie Rothman or Juliet Rothman

Our December meeting will, of course, focus on the upcoming holidays! We will be sharing a memory, an event, a gathering, or a ritual that has been special to us during this season over the years.

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!

Save the Dates



Stress Management: Filling the Tank in 2021

Tuesdays, January 5, 12, 19 & 26 , 2:00 – 3:00 PM

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

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

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.

Conscious Conversations: Our Role in Community

Wednesdays, January 27 – February 24,

6:00 – 7:15 PM

RSVP to (415) 387-1375

or info@sfvillage.org



You're invited to participate in *Conscious Conversations: Our Role in Community*, a five-week intergenerational dialogue series for women, centered on lived experiences that shaped our civic consciousness and the meaning of community. Regardless of age, we can both teach and learn, serving as mentors for one another, as we navigate our individual and collective responses to the perils we face together: internal threats to democracy, climate inaction, racial injustice, and a prolonged viral pandemic. We'll explore our values and choices and chart a course of personal action in 2021. We'll meet on Zoom every Wednesday from 6pm-7:15pm PST starting January 27. Space will be limited.

Community Events



ODC/Dance Presents Drinks & Dance: Transit

Thursday, December 10, 2020

5:15 PM Drinks

5:45 Discussion with Choreographer

6:00 PM Streaming

Tickets at <https://www.odc.dance/transit>

Use the code **SFVillage** for a 15% discount on the full priced ticket.

Together, we'll watch a screening of KT Nelson's *Transit*, a soaring full-company work, celebrating the chaotic pulse of our urban centers – where high and low technology exist side-by-side – walking, biking, and high-speed transit. Dancing with bicycles designed by Max Chen, *Transit* rides through the shape of a day, from the first coffee fix to the roll home at night, followed by a virtual Q&A with the artists.

Well Connected

Contact (877) 797-7299, or coviaconnections@covia.org to register or learn more

<https://covia.org/services/well-connected/>

In this time of physical distancing, Well Connected and Well Connected Español are here for you, to provide laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online. [Well Connected](#) is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value human connection. All groups are accessible by phone from wherever you are at no cost to you. Whether you like art or zoology, music or meditation, there is a program for you, 365 days a year!



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, (no contact delivery)
- online shopping assistance
- technology assistance by phone for help with Zoom or any other tech issues
- assistance connecting with your healthcare provider online (Telehealth)
- friendly caller connections
- outdoor gardening

SFV volunteers want to spend time with you!!!

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

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



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

How to Support San Francisco Village Year-Round



AmazonSmile

We encourage buying locally as much as we can, but if you find yourself needing to purchase something from Amazon, we ask you shop on AmazonSmile! The AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start by clicking on [Amazon Smile](https://smile.amazon.com/ch/26-1300020) or <https://smile.amazon.com/ch/26-1300020>.

Community Thrift Store

This store accepts donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. So far this year, we have received \$2000 in donations because of this partnership. Please keep us in mind when you drop your used and well-loved items off at Community Thrift Store, 623 Valencia St. Let them know our reference number for donations is 122.



Due to the COVID-19 pandemic, all of our programs are offered virtually.

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village.
To learn more about registering for membership, please contact Jill Ellefsen (listed below).

San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us.

You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension.

Administration & Community Collaborations: Kate Hoepke – kate@sfvillage.org, ext. 1

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

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

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

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

San Francisco Village
3220 Fulton St., San Francisco, CA 94118 | (415) 387-1375
www.sfvillage.org | www.facebook.com/sfvillage | www.twitter.com/SF_village