



# San Francisco Village

## Monthly Newsletter

January 2021

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

Phew! We made it. With 2020 in the rear-view mirror, we can take stock of what we survived and begin to imagine what we want to create in 2021. As I reflect on some moments of deep despair last year, I'm strengthened by knowing that we're on the other side of the election; the new administration is looking more like us; vaccines are being distributed; we're engaged in more honest conversations about racial equity; and San Francisco Village is stronger than ever.



As deep as my despair was a few months ago, so is the hope I feel for the future. History teaches us that times of crises are rife with opportunities for learning and innovation. After the 1918 flu pandemic, European countries moved to centralized health care systems. The Great Depression led to Social Security and WWII spawned countless technological and medical advances such as the commercial production of penicillin. What will human ingenuity produce from the events of 2020?

As Americans, we face some enormous challenges in 2021 and beyond: the climate crisis, rebuilding our democracy so it serves everyone; re-ordering our economic priorities; dismantling white supremacy; and re-establishing our shared sense of truth. We're talking systems-level change, which can feel overwhelming. What can we do as individuals to make a difference? That's the question I'll take into my heart at the start of this new year.

Later this month, SFV is partnering with My Life, My Stories to offer an intergenerational dialogue series for women to explore their civic consciousness. Sharing stories from our lived experience, we'll ask questions like: How did we develop our sense of civic responsibility? What happened in your life that made you turn towards community? How can individual acts of caring help to repair the broken places in

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#### New Members In December

Grace Jajeh 94118  
Marlene Cohen 94114  
Rita Bagdasarian 94122

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our culture? We'll conclude with an invitation to create our own individual action plan for the new year.

Also this month, Bill Haskell is asking you to care about the climate crisis by attending a meeting with other Villagers from around the state to consider what we can do collectively to prevent further devastation of our planet. Let's take advantage of the fact that we're part of a larger Village Movement in California, comprised of caring, socially conscious people committed to future generations and the preservation of Mother Earth! By joining together with others, our individual efforts will be accelerated.

I'll close with this verse from Emily Dickinson: *Hope is the thing with feathers - that perches in the soul - and sings the tune without the words and never stops at all.* May your heart be filled with hope and possibility as we turn the corner on this year that has changed us all.

With gratitude and love,



## Did You Know?



### Annual Member Survey

Your feedback is important! San Francisco Village receives more than half of its funding from the City of San Francisco and private foundations, which require that we demonstrate the impact of membership in people's lives. This survey is the primary source of data that we use to tell that story.

Please complete by Friday, January 22, 2021. You can mail us a copy of the paper survey we included in this mailing or fill it out online at

<https://www.surveymonkey.com/r/SFV2021membersurvey>

Our City funder, the Department of Aging and Adult Services, is asking that 75% of our membership complete this survey. Please help us reach that goal by completing and returning it to us today.

### It's Annual Membership Renewal Time!

For those members who renew annually, you received a renewal notice in the mail in December and we ask that you return it to us promptly. For those of you who pay monthly, there's nothing you need to 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, or have any membership questions, please give Jill a call at 415-387-1375 ext. 2.

## Holiday Schedule

San Francisco Village will be closed until January 4<sup>th</sup>. Happy New Year! We will also be closed on Monday, January 18<sup>th</sup> in honor of Martin Luther King Jr. Day.



## Nominate a Volunteer for the 2020 San Francisco Village Volunteer Hall of Fame

One of the bright spots of 2020 was the way members and volunteers came to each other's aid through a trying and stressful year. Week in and week out, volunteers responded to requests that kept members connected, supplied and safe. We saw volunteers bring pets to the vet, grocery shop for others, coach us on Zoom, make a friendly phone call, weed a garden and meet up as a walking partner.

For the first time ever, we are asking members to nominate a volunteer who went the extra mile for our 2020 SFV Volunteer Hall of Fame. Has an SFV member or volunteer done something special or extraordinary for you in 2020? Has a volunteer been there for you month after month and in some cases year after year? To nominate a volunteer, send an email to [jill@sfvillage.org](mailto:jill@sfvillage.org) or call Jill at 415-387-1375 x2 and let her know who you are nominating and why. The deadline for nominations is January 15<sup>th</sup>. *Alone we can do so little, together we can do so much* - Helen Keller

## 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.



## Member to Member



## Let's Take Action On Climate Change

The pace of climate change is accelerating and so must our response to it. Individual lifestyle changes are important, but the climate crisis requires collective solutions if we are going to slow change and prevent devastation of our planet. There is renewed hope that the Biden Administration will coordinate structural change at the policy level, along with states like California, Oregon and Washington. But there is much to be done at the local community level and villages are well-suited to join that effort. We're caring, socially conscious, committed to future generations and organized!

Bill Haskell, SFV Board Co-Chair, is proposing that SFV members join together with other Villages in California to harness the power of older adults who are determined to leave future generations a planet that will sustain them. Together with Village Movement CA ([VMC](#)) and Ashby Village in the East Bay, interested SFV members can start by attending an exploratory meeting in late January or early February. Several options are on the table, such as joining with an existing nonprofit focused on climate action. A few examples:

- [1,000 Grandmothers Bay Area](#): *Elder women working to address the climate crisis. Auxiliary members are included - friends and relations, young and old. Particularly focused on climate justice.*
- [350.Org Bay Area](#): *Volunteers, working to: (1) raise awareness and urgency about the climate crisis; (2) mobilize to demand action required to protect us all from the worst impacts; (3) support young people calling for a livable planet; and (4) dig into policy options to get real emissions reductions actions passed.*
- [Environment California](#): *Environment California is a nonprofit political organization that lobbies for environmental legislation in the U.S. - and California. It is affiliated with Environment America and the Fund for the Public Interest.*
- [Nature Conservancy of California](#): *We work to protect the ecosystems, species and natural resources that make the Golden State unlike anywhere else. From stopping mega-fires to restoring our coasts, we access the power of nature to protect what matters: our home.*
- [Active Allies](#): *Working to advance climate action and justice through youth employment and intergenerational collaboration. Sponsors, Mentors, Advisors, and Project Managers all work together to defend, repair, and regenerate our communities and our world.*

As individuals, we're limited in what we can achieve. When we join together, our power is a force to be reckoned with. The climate crisis requires that force! Join us in discovering how we will leverage our numbers to make a lasting difference for generations to come. Contact Bill Haskell [bhaskell@sonic.net](mailto:bhaskell@sonic.net) to learn more.

## January Events

### Life Story Club

Tuesdays, January 5 - January 19, 12:00 – 1:00 PM

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

**This series started in December and you can join at any time**

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.



**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.



### **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](mailto: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.

## DeYoung Virtual Tour: American Style by Melissa Aurand

Friday, January 8, 1:00 – 2:00 PM

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

Join us for a virtual tour of the permanent collection at the DeYoung. We will highlight 3-5 paintings in the de Young's American Art collection that are quintessentially American. The tour will begin with a brief interactive slide show to demonstrate how ingrained the European sensibility for style, technique and subject matter is for many American artists of the 17<sup>th</sup> through early 20<sup>th</sup> centuries. Then we will dig into the specifically selected works that have a unique American character and chat about what we see that makes them so.



Boatmen on the Missouri, George Caleb Bingham, 1846



## Portable Memories in Rising Seas

Thursday, January 14, 10:30 AM – 12:00 PM

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

What is the relationship between climate change, grief, and memory? The Fifty-Fifty art collective will lead a participatory workshop that focuses on this question, in conjunction with their project *Portable Memories in Rising Seas* currently on view in the exhibition [AFTERLIFE \(we survive\)](#) at the Yerba Buena Center for the Arts.

[Portable Memories in Rising Seas](#) is a participatory project that materializes personal and collective responses to climate change. The project seeks to connect our living past with our unwritten futures and frame anticipatory grief as potentially transformational.

Fifty-Fifty works from the belief that reflection and imagination are important ways of processing thoughts and feelings about the way our planet and our homes are changing. At this workshop, they are engaging residents of the Bay Area to generate dialogue and create an archive of reflections. Two short films will be screened, and you will be invited to record your responses through doodling and mark-making on scratchboard (provided in advance by SFV after you RSVP for the event).

Your drawings will become part of *Portable Memories in Rising Seas* and will inspire the prints that Fifty-Fifty shows in the next iteration of the project. Your drawings will also be shown underwater to sea life as an attempt to further transmit your memories.

This project depends on local participation. Your contribution is vital! It will help to create a heightened sense of interdependence that can lead to action and empathy for near and distant neighbors.

## COVID 19 Prevention and Vaccines

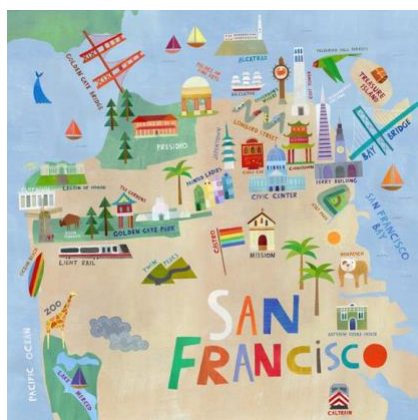
Friday, January 15, 10:30 AM – 12:00 PM

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



The San Francisco Department of Public Health (SFDPH) has been working on another vaccine with AstraZeneca. Learn more about their progress as well as distribution plans for approved vaccines and the overall state of COVID-19 in the Bay Area. There will be plenty of time for Q & A!

Rafael Gonzalez is the Community Programs Manager of a clinical trials unit within the SFDPH which has been conducting COVID-19 prevention research since the pandemic began. He is a knowledgeable and dynamic speaker!



## Neighborhood Circle Leaders' Zoom Lunch

Tuesday, January 19, 12:30 -- 2:30 PM

RSVP to Jill Ellefsen, [jill@sfvillage.org](mailto:jill@sfvillage.org) or 415-387-1375 x2.

If you are a current leader, or have an interest in leading a neighborhood circle, you are invited to attend. Ellen Sandler and Bobby Rothman will facilitate.

## Curiosity Lab: Creative Connections

Thursdays, January 21 – February 25, 1:00 – 2:00 PM

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

This joy-filled virtual workshop series explores the fundamentals of spontaneous play through games and group activities tailored to tickle your funny bone and enliven your creative spirit. How can we still engage with one another in a playful way from the comfort of our own homes? What is the value in creating fellowship around "curiosity"? How can we explore humor together? There are no prerequisites, so come see what happens in this unique interactive experience!



Evan Johnson, host of the SFV holiday party, is a San Francisco based theatre-maker, playwright and teaching artist. His past art interventions with older adults have produced The Cosmic Elders Theater Ensemble and weekly Senior Theater Games & Improv classes (for SF Rec and Parks). Recently, Evan developed a highly successful Zoom-based program Play in Place! sponsored by San Francisco Village. He's also partnered with Toronto's Center for Aging and Brain Health Innovation (CABHI) where he's been asked to develop a series of quick (2min) interactive creative engagements ("mini improvs") that invite a global network of older adults to participate remotely while providing necessary feedback for CABHI's innovators.



## Masterworks of the Asian Art Museum

Friday, January 22, 1:00 – 2:00 PM

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

Join us for a virtual presentation by the Asian Art Museum's Community Speakers Program and discover what constitutes a "masterwork" as illustrated by some of the museum's very best treasures.

The Asian Art Museum of San Francisco connects art to life. Our mission is to inspire new ways of thinking by connecting diverse communities to historical and contemporary Asian

art and culture through our world-class collection, exhibitions and programs.

## 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](mailto: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.



## Dazzling Dames of Broadway: Celebrating The 100th Birthday of Carol Channing

Friday, January 29, 2:00 – 3:30 PM

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

Carol Channing is one of the greatest comic musical theatre stars, and one of the most imitated, in musical theatre history. We'll cover her start in San Francisco, her early career as a dancer, her big break in *Gentlemen Prefer Blondes*, and her

legendary status in *Hello Dolly*. We'll also look at her gift for doing outrageous impressions of one of the famous movie stars of her era.

Bonnie Weiss is a seasoned theatre educator, writer and cabaret producer. She teaches musical theatre appreciation for San Francisco State, Santa Clara, Cal State and Dominican University,



Osher Lifelong Learning (OLLI) programs and for Road Scholars and professional groups throughout California. She has also been an instructor in musical theatre at The San Francisco Conservatory of Music, U.C. Berkeley Extension and the Colleges of Marin and San Mateo. She holds a B.A. in Theatre Education and an M.A. in Counseling Psychology, both from New York University.

## Reoccurring Events



### Member to Member Coffee Chat

**Mondays, January 4 & 25, 2:00 -- 3:00 PM**

**Monday, January 11, 10:00 – 11:00 AM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, and Bill Haskell, SFV member and board co-chair.

### Longevity Explorers Circle

**Tuesday, January 5, 2:00 -- 3:30 PM**

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

Join an intimate group to discuss solutions to the challenges of growing older. The group is facilitated by Dr. Richard Caro, co-founder of TechEnhanced Life, PBC & Longevity Explorers which focus on the intersection of healthcare, aging, and technology. Find out about new products that can help postpone the day when growing older starts to get in the way of living life to the fullest. Share your ideas about what works and what does not work well with others from your community and members of other circles. Add your ideas and hear from your peers about “solutions someone needs to develop.”



### Aging Well with Meditation

**Wednesdays, January 6, 13, 20, and 27, 11:00 AM – 12:00 PM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, January 7, 14, 21, & 28, 2:30 – 3:15 PM**

**Part 2: Mondays, January 4, 11, & 25, 1:00 – 1:45 PM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 (Part 2)

We will practice different forms that will focus on balance, muscle and joint health, flexibility and increased energy. 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.



## Solo-Agers Circle

**Friday, January 8, 10:30 -- 11:30 AM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 at 415-602-0012 or [Betty@transitionsteps.com](mailto:Betty@transitionsteps.com).

## Grupo de Conversación en Español

**Mondays, January 11 & 25, 11:00 AM – 12:00 PM**

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

*¡Hola!*



## Makers & Crafters

**Monday, January 11, 2:00 – 3:00 PM**

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

It's a fresh new year and a wonderful time to gather and discuss our projects for 2021. Let's also share any ongoing or recently completed creations. Think knitting, watercolor, cooking, crochet, needlework, drawing, woodworking, bead and jewelry making, origami, poetry. Creativity of all kinds welcome!

## Play Reading Group

**Thursdays, January 14 and 28, 4:00 – 6:00 PM**

RSVP to Midge Fox

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



## Discussion Group

**Friday, January 22, 2:00 PM**

RSVP to Eva Auchincloss

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

### LGBTQ Circle

**Fridays, January 1, 15, 22 & 29, 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.

### 94123

**Wednesdays, January 6, 13, 20, and 27, 1:00 – 2:00 PM**

Contact circle leaders Sally Kaufmann Cowan or Jean Halvorson for more information.

Either on Zoom or walking in the neighborhood (when allowed according to city and state regulations). Call or email Jean or Sally for the plan for the week.

### 94117

**Friday, January 8, 2:00 – 3:30 PM**

**Thursday, January 28, 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.

### Sunset Circle

**Wednesdays, January 13 and 27, 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

## 94121

**Wednesday, January 13, 1:00PM**

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.

## West of Twin Peaks Circle

**Thursday, January 14, 4:00 PM**

Contact LeeAnn DeSalles

Watch at your leisure and then come together to talk about the film *To Walk Invisible* that chronicles the Bronte sisters' battle to overcome obstacles and publish their novels, which would become classics in the English language. Available on PBS Passport, which KQED members can access on their computers. Also available on Vudu.

Save the Date and start reading for our February book discussion meeting! February 11, 4:00 PM *Little Fires Everywhere* by Celeste Ng. Themes of class, individuality vs. community, shadows from the past, and the true meaning of motherhood play out in this story of how two very different families both came together and broke apart.

## Bernal

**Saturday, January 16, 7:00 – 8:30 PM**

RSVP to Joan Miro

We will continue to share our stories, laughter, and some glimmers of hope!

## 94114

**Wednesday, January 20, 3:00 PM**

**Walking Group TBA**

RSVP to Heather Solway (

We are continuing to meet via Zoom. Join us!

Our afternoon safe distanced walks on Sanchez Street (closed to traffic as part of Slow Streets response to Covid) are currently TBA. Reach out to Heather for the latest plan!

## 94109/94133

**Wednesday, January 20, 1:00 PM**

Contact Bobbie Rothman or Juliet Rothman

We would especially like to welcome everyone to join us - we will be exploring some of our wishes and plans and ideas and opportunities for this new year of 2021.

## Community Partners



# OLLI

at San Francisco State University

### OLLI San Francisco State

is a community of inquiring adults, age 50+, who believe in lifelong learning, engagement, and exploration.

OLLI instructors are experts in their fields and skilled educators who are enthusiastic about teaching.

San Francisco Village members are invited to a free Speaker Series course in January (via Zoom). *Comedy vs. The Apocalypse* with comedy writer & producer David Misch on Tuesday, January 19, 12:30 - 1:30 pm and *How We Keep Spinning* with columnist Kevin Fisher-Paulson, date and time TBD.

Visit [www.oli.sfsu.edu](http://www.oli.sfsu.edu) to sign up and to discover our other offerings.

## 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](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

### 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 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).

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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.

**Administration & Community Collaborations:** Kate Hoepke – [kate@sfvillage.org](mailto:kate@sfvillage.org), ext. 1  
**Membership & Volunteering:** Jill Ellefsen -- [jill@sfvillage.org](mailto:jill@sfvillage.org), ext. 2  
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