



San Francisco Village

Monthly Newsletter

March 2021

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Last summer, in the wake of Black Lives Matter uprisings, SFV staff and board members felt moved to take a stand for racial justice and commit ourselves to some organizational introspection. We felt the need to explore questions of racial equity and how it relates to the community we're building. We wanted to know how to engage communities of color in meaningful ways and help our members participate in conversations that would enlarge their understanding of this extraordinary moment we find ourselves in: A moment of reckoning with colossal injustice that has been swept under the rug for centuries.

We hired a consulting firm called [b*free](#) to help us on the journey. They're coaching us in how to talk about race, how to be an anti-racist organization, and how to navigate the discomfort that will likely arise from this intentional effort. We grapple with the slow pace of change and how much we would prefer a quick fix. They remind us that it's a process we will be engaged in for a long time.

Since our inception, SFV has been a predominantly White organization. That was not by design; more a result of unconscious choices that kept us stuck in a vicious circle. Doing the same things over and over and expecting different results. For example, we use language in our marketing materials and on our website to welcome people of all backgrounds, orientations and economic means. Being welcoming is not the same as reaching out to communities of color and asking what they may need from San Francisco Village. That would require vulnerability and humility and create an opening for real connection.

As several Black friends and colleagues have said this past year, it is not their role to educate us White people about racial injustice. That's



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our job. I don't believe this is a moment for blame or guilt, but rather a life-affirming opportunity to know ourselves better and discover how we can be good allies to our neighbors. I've come to realize that White Supremacy and anti-Black racism are systemic and unless I'm acting against it, I'm acting in support of it. Becoming more self-reflective and honest, has set me and our leadership team on a new course towards a more equitable and inclusive Village. I invite you to join us.

Later this month, Jessica DaSilva and I will be co-facilitating a session called *How Do You Identify?* It's a common question among younger people, but not one that many of us older people have considered, especially those of us who identify as White. Race, gender, immigration status, sexual orientation, age, ethnicity and geography all play a role in how we know ourselves and others, consciously and unconsciously. Younger people talk about how these identities are intersectional and determine who is privileged and who isn't.

Also, this month we welcome young organizers from Youth vs. Apocalypse to talk about the urgency of climate change and how it disproportionately impacts communities of color. Evan Johnson and Liv Schafer are starting a new intergenerational series to explore differing perspectives, challenge assumptions, affirm lived experiences, and share new resources for social progress, accountability, and growth.

Finally, don't miss the annual State of the Village meeting on March 10!! We'll review results of the recent survey and share what's on the agenda for 2021. In honor of Women's History month, SFV staff members will participate in a panel discussion, facilitated by Olive Shaughnessy, about female leadership and what it means to work on an all-female team, especially from home during the pandemic.

For all the challenges and pain of the past year, opportunities for growth abound. I'm thrilled to be in this historical moment together!

With love and gratitude,

Kate



In Solidarity

Racist attacks against Asian Americans, and Chinese Americans in particular, are on the rise, following a year of xenophobic rhetoric. From recent news reports we're learning that **older** Asian Americans are especially targeted for violence.

Our hearts break for our neighbors fearful of leaving their homes, not knowing if they will be safe. Please contact Jill to request a volunteer to accompany you on a walk or trip

to the local store. Please feel free to refer an older Asian neighbor or friend, whether or not they are a member of SFV. jill@sfvillage.org or 415-387-1375 x. 2

If you stand in solidarity with our Asian American neighbors, you may want to consider a contribution to one of many organizations fighting hate crimes. One such organization is *Stop AAPI Hate* and you can visit their website here <https://stopaapihate.org/>

In Memoriam

Hank McKenzie, 94111, was a familiar figure around our neighborhood joyfully riding his bright red scooter at top speed right down the Embarcadero. Other times, he would sit in the sunny courtyard of our building greeting everyone who passed with a wide smile and a kind word. Often, we would join Hank there, and before we knew it, he would regale us with fascinating stories about his time in the military during the Korean conflict or maybe reminisce about his experiences in San Francisco and the many people who were his friends. Hank faced many challenges and adversity in his long life. He met each one with courage, a steady faith in God and good Irish humor. You could not be long in Hank's cheerful presence with our sharing a good laugh.

Did You Know?

Notice of upcoming change

SFV generates a weekly "Volunteer Requests and Information Bulletin" which many of you receive via email on Tuesday's & Thursday's. Sometime in March, we will be generating this bulletin using an expanded contact list so if you are not presently receiving the email bulletin you can expect to in March. We will also be switching from a Tue/Thurs distribution to once a week on Wednesday. If you have any questions call or email jill@sfvillage.org 415-387-1375 x2.



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 Together: A Collaboration between SF Village and Ashby Village

Friday, March 5th, 10:00 – 11:30 AM

RSVP and questions to Bill Haskell

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.



The Biden Administration will coordinate structural change at the policy level, along with states like California, Oregon and Washington. But there is much we can do at the local community and state levels. Villages are well-suited to join this effort.

Bill Haskell, SF Village board member, has been collaborating with Rochelle Lefkowitz, Ashby Village board member, so that together, we can harness the power of older adults who are determined to leave future generations a planet that will sustain them. Several options are on the table, such as joining with an existing nonprofit focused on climate action. This exploratory meeting is being held with the support of Village Movement California.

Below is a summary of organizations and speakers who will be presenting:

- **1,000 Grandmothers for Future Generations: Bay Area**: Elder women working to address the climate crisis. Auxiliary members included - men, friends and relations, young and old. Particularly focused on climate justice. Presenter: Rochelle Towers.
- **Elders Climate Action: NorCal Chapter**: Mobilizing elders to address climate change while there is still time to protect the well-being of our grandchildren and future generations. Dedicated to using the power of our caring, wisdom and our numbers to push for strong policies to reduce greenhouse gases in our atmosphere to a level consistent with life thriving on our planet. Presenter: Todd Weber.
- **Active Allies**: Working to advance climate action and climate justice through youth employment and intergenerational collaboration. Sponsors, Mentors, Advisors, and Project Managers all are working together to defend, repair, and regenerate our communities and our world. As individuals, we're limited in what we can achieve. Presenters: Felix Kramer & Costanza Gonzalo.
- **350 Bay Area**: Volunteers, working to: (1) raise awareness and urgency about the climate crisis; (2) mobilize to demand action 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 emissions reductions actions passed. Presenters: Nan Farley & Nik Evasco.
- **Sierra Club: Bay Area**: One of the most enduring environmental organizations in the nation, the Sierra Club practices and promotes the responsible use of the earth's ecosystems and resources. Its mission is to educate and enlist humanity to protect and restore the quality of the natural and human environment; and to use all lawful means to carry out these objectives. Presenter: Julia Foote.

Even if you have already expressed interest, or if you now want to participate and are letting us know for the first time, we need you to RSVP to Bill Haskell (contact info listed above) – so that we can: (1) have an accurate count of attendees; & (2) send you a Zoom invitation to this upcoming meeting.

This is the first time SF Village and Ashby Village have collaborated to create what we believe will be an exciting, informative climate action initiative. We hope you will join us in discovering how we will leverage our numbers to make a lasting difference for generations to come. When we join together, our power will be a force to be reckoned with. The climate crisis requires that force!

If you are not able to attend this exploratory meeting on Friday, March 5th, and would like to hear the presentations from the climate action organizations, alert Bill Haskell so he can have the link to the presentations sent to you.

March Events



Life Story Club

Tuesdays, March 2 – April 20, 2:00 – 3:00 PM

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

Share anecdotes and memories with other SFV members in a relaxed and fun *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. At the end of the series, there will be a showcase event to share your

stories as a performance (participation not required).

March 2: What was something you were afraid of when you were young, and how did you overcome that fear? / Tell a story about a time you gave into (or resisted!) peer pressure.

March 9: If you could go back and relive any day of your life, which day would you choose? / What was the longest night of your life?

March 16: What was the greatest thing your parents or caretakers taught you? / Who was your favorite teacher in school and why were they your favorite?

March 23: What was hard about growing up? / How are you different from the family you grew up with?

March 30: Was there a time you felt you need to speak up, or should have spoken up? / What was the greatest historical event you lived through?

April 6: Where or who do you go to, to find peace? / What is something you do that is just for you?

April 13: Rehearsal

April 20: Showcase Event

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.

State of the Village

Wednesday March 10, 2:00 - 3:00 PM

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

Almost one year to the date after we started Shelter in Place, we hope you can join us for our annual stake holder meeting virtually. We'll share all we've accomplished in the past year, our visions for the future, and results from the member survey. We'll also have a panel interview of the SFV staff to learn more about working during a global pandemic.



San Francisco
Village



Youth vs Apocalypse: Youth Addressing the Climate Crisis

Thursday, March 11 & 18, 3:30 – 4:30 PM

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

Join us to learn about Youth Vs. Apocalypse, a diverse group of young climate justice activists working together to lift the voices of youth, in particular youth of color and working class youth. Their collective action aims to fight for a livable climate and an equitable, sustainable, and just world. Our hope is to build connections between

generations, particularly about how intersectionality and identity play into the environmental justice movement and radical solutions towards climate change.

DeYoung Virtual Tour: The Color Green

Friday, March 12, 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. The theme this month is *The Color Green* led by docent Victoria Kirby, who says, “We respond emotionally to colors as individuals and society. Colors have embodied both the demonic and divine. In this tour I’m going to explore the color green. Green is an ambiguous color: a symbol of life, luck, and hope on the one hand, and a symbol of disorder, poison, the devil and all his creatures on the other. Landscapes are usually full of green as well.”



Mentoring Exchange: USF Students

Fridays, March 12 & 26, April 9 & 23, May 7 & 21, 2:30-3:30 PM

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

To be old and wise, you must first be young and foolish - as an adage would say. But is being young and foolish the only way to become wise?

The University of San Francisco Doctor of Nursing Practice-Family Nurse Practitioner students, Missy and Hannah, invite you to engage in this initiative to connect with the "Young Ones." Millennial and Generation Z students from USF will join SF Village members in discussions and story sharing. Share your stories and your wisdom and get to know the younger generations in your community. Our goal is to appreciate our role in one another's growth and the growth of the community we share. Are we different? Or are we going through what you have gone through in the past?

All members are welcome to join this Zoom meet-up.

Spring Equinox Gathering

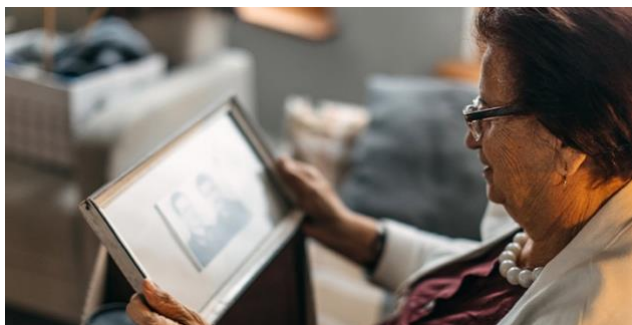
Monday March 15, 2:00 - 3:30 PM

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

Together we herald the first day of spring and renewal, balance and transition.

If you wish, prepare to share a short reading, poem or song on the theme of spring. To get in the mood, you're welcome to dress in colors of green, zoom in with your houseplants/garden or even buy yourself flowers (or find images or drawings of flowers!) to add to our "virtual altar." Prepare cut lemons or oranges and enjoy their light scents in your space while we zoom. With all of your senses, welcome spring.

To ready yourself for the equinox, you may want to reflect on metaphorical or actual seeds you intend to plant and cultivate. Listen to music as you engage in spring cleaning to refresh. Move your body a little more. Meditate or walk outside, or open a window to let in air, sounds and light. When we meet, we'll talk about other ideas and rituals that celebrate spring's promise.



Death and Grief during Covid-19

March 19, 11:30 AM – 12:30 PM

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

We are in tender times. Many of us have found ourselves in mourning. Grief is compounded by the ways in which death, funerals, memorial services and shivas have had to be conducted in isolation. Join us in an intentional hour to discuss our losses, our fears, our anxieties, and the range of emotions and experiences that are accompanied by death during a global pandemic.

This session will be facilitated by Rabbi Eric Weiss of the Bay Area Jewish Healing Center. In addition to his rabbinic seminary work, Rabbi Weiss is formally trained in Jewish education, clinical pastoral care, and spiritual direction. He is a spiritual direction supervisor, and is a co-founder of *Grief & Growing™: A Healing Weekend for Individuals and Families* and *Kol Haneshama: A Jewish Hospice/End-of-life Care Volunteer Program*.

Virtual Tour with the Asian Art Museum: The Goddess, Images of Power

Friday, March 19, 1:00 – 2:00 PM

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

Join us for a virtual presentation by the Asian Art Museum's Community Speakers Program. Explore the myriad and fascinating depictions of female deities throughout Asia. From fierce warriors and dakinis to peaceful and benevolent bodhisattvas, these goddesses cover all the bases. Goddesses play a prominent role in all the Asian religions. From fertile earth maidens, to nurturing mothers, from wrathful avengers, to wise advisors – these deities provide for their supplicants and followers.



Experience Exchange

Tuesday, March 23, 11:00 AM – 12:00 PM

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

Join us for an experience exchange with a team from State Farm. By spending time in conversation, both parties will gain a better understanding and connection to a different generation. You will discuss topics such as your backgrounds, interests, life experiences, and thoughts about the future.

The employees at State Farm arranged this opportunity through Visit.org, a platform for delivering purpose for a more engaged workforce, especially during this time of working remotely. Visit.org has a mission to enhance the mission of impactful social organizations by facilitating mutually beneficial interactions between people and communities around the world.

Intergenerational Social Justice Working Group: Creative methods for social change

Wednesdays, March 24 – April 28, 3:00 – 4:00 PM

RSVP to (415) 387-1375

or info@sfvillage.org



You're invited to participate in an intergenerational conversation at the intersection of identity and social justice. Join theater maker Evan Johnson (Place in Place!, Curiosity Lab), dance maker Liv Schaffer (University of San Francisco/Dance Generators), and 15 undergraduate students in embodied experiences, creative research, and provocative dialogue rooted in racial equity, anti-ageism, and restorative justice. Activities will include structured storytelling, guided and improvisational movement, creative writing, and dynamic group discussion.

Drawing on a wide spectrum of lived experiences, the goals of this group are to hold space for differing perspectives, challenge assumptions, affirm lived experiences, and share new resources for social progress, accountability, and growth.

This programming is in partnership with University of San Francisco's Performing Arts & Social Justice Department's *Dance in the Community* course; a service learning course designed to familiarize students with the role that dance can play in community engagement. This semester, the course explores what roles intergenerational and dance based relationships play in combating elder isolation during the Covid-19 pandemic.



How Do You Identify? Co-facilitated by Jessica DaSilva and Kate Hoepke

Thursday March 25, 11:00 AM – 12:00 PM

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

This is a common question among younger people when they discuss social and racial justice issues, especially in the context of community. Millennials and Generation Z are the most multi-racial, multi-cultural generations in American history and how they identify is central to who they are and how they feel they belong. Race, gender, sexual orientation, age, ethnicity, immigration status and geography all play a role in how we know ourselves and others, consciously and unconsciously. It's not a question that many of us older people have ever considered, especially those of us who identify as White. We hope this conversation leads to some new

understanding about the complexities of an increasingly diverse America, how YOU identify, and its relevance in the current social discourse.

Virtual Tech Session with the Junior League of San Francisco

Thursday, March 25, 6:30 - 7:45 PM

RSVP to jill@sfvillage.org or 415-387-1375 x2

Do you have some general questions regarding technology such as "How do I use Venmo or Paypal?" or "What is the best way to listen to podcasts?" or "How do I sign up for a dating site?" Junior League of San Francisco volunteers will be on hand to answer your basic tech questions and help you navigate the virtual world. We will also breakout into 1:1 rooms for a chance at some personal connections as well as personalized tech help. RSVP to jill@sfvillage.org or 415-387-1375 x2 and be prepared to tell us what your tech question(s) will be.





First but Not Last: SF Bay Area's Female Political Leaders

Friday, March 26, 1:00 – 2:00 PM

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

This interactive discussion will explore the rise of some Bay Area women political trailblazers onto the national scene - namely - VP Harris, House Speaker Pelosi, Senator Feinstein, and Congresswoman Lee. How are they similar and different? Why are key female national leaders originating from the Bay Area and how are women faring generally during these challenging times?

This session will be facilitated by Ms. Nina Senn. Nina is a parent of two young adult students trying to “Learn by Zoom,” an attorney/mediator/facilitator, non-profit leader and a former local elected official. She serves on the Board of the League of Women Voters of Oakland (LWVO), was formerly an OUSD School Board Director and President of SEEDS Community Resolution Center. Last year, she co-produced LWVO's *Empowering Voters, Strengthening Democracy* celebrating the 100th anniversary of the 19th Amendment's ratification. Recently, Nina was unanimously elected by Alameda County's 14 Mayors to serve on the Alameda County Commission on the Status of Women.

Writers Workshop

Tuesdays, March 30 – May 4, 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. Due to popularity, spots are offered to those on the waitlist from previous series.

Do you have an idea for a gripping novel? Have you got some poems tucked away in a drawer? 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).

Reoccurring Events



Grupo de Conversación en Español

Mondays, March 1, 15, & 29, 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!

Tai Chi and Qigong

Part 1: Thursdays, March 4, 18, & 25, 2:30 – 3:15 PM

Part 2: Mondays, March 1, 8, 15, 22, & 29, 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 (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.



Longevity Explorers Circle

Tuesday, March 2, 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 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, March 3, 10, 24, & 31, 11:00 AM – 12:00 PM

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.



Member to Member Coffee Chat

Monday, March 8, 10:00 – 11:00 AM

Monday, March 22, 2:00 -- 3:00 PM

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

Life during a global pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other.

Lightly facilitated by Barbara Kivowitz, SFV member and board member and Bill Haskell, SFV member and board co-chair.

Makers & Crafters

Monday, March 8, 2:00 – 3:00 PM

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

"Busy hands are happy hands" What have your hands been busy doing this winter? Let's get together and share our ongoing or completed creations and artworks. Think painting, photography, knitting, crocheting, jewelry making, quilting, drawing, collage, pottery, woodworking. Bring your creativity to the table and share your process. Everyone welcome!





Play Reading Group

Thursdays, March 11 and 25, 4:00 – 6:00 PM

RSVP to Midge Fox

Contact Midge to find out what play the group will be reading!

Solo-Agers Circle

Friday, March 12, 10:30 -- 11:30 AM

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

Join the staff of Seniors At Home, a division of Jewish Family and Children's Services, as they provide an overview of their comprehensive services to help solo-agers transition safely and independently at home. Learn more about their care management program, fiduciary services, the Futures program and more.



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 .



Discussion Group

Friday, March 26 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!

94123

Wednesdays, March 3, 10, 17, 24, & 31, 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.

94118

Thursdays, March 4 and 18, 3:30 – 4:30 PM

RSVP to Gabie Berliner or Karen Franklin

We've been having interesting and cheerful 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, March 5, 19, & 26, 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.

94121

Wednesday, March 10, 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 Kauseen or Carol Rothman.

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

94114

Zoom: Wednesday, March 10, 3:00 PM

Walking Group: Wednesday, March 24, 2:00 PM

RSVP to Heather Solway or Shelley Fernandez.

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). Reach out to Heather for the latest plan.

West of Twin Peaks Circle

Thursday, March 11, 4:00 PM

Contact LeeAnn DeSalles

We continue to meet on zoom and will discuss the charming, bittersweet movie *I'll See You In My Dreams* starring Blythe Danner, Sam Elliot, Rhea Perlman, and Martin Starr available on Prime Video. Please bring your ideas for themes, films, books we might enjoy discussing at future meetings.

94117

Friday, March 12, 2:00 – 3:30 PM

Thursday, March 25, 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, March 13, 7:00 – 8:30 PM

RSVP to Joan Miro

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

Sunset Circle

Wednesday, March 17, 2:00 – 3:00 PM

Wednesday, March 31, 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 .

94109/94133

Thursday, March 25, 2:00 PM

Contact Bobbie Rothman or Juliet Rothman

Our neighborhood circle will continue our monthly Zoom meetings on March 25th at 3 PM., sharing our experiences and then focusing on our special “theme of the month”: our favorite movie.

We all have our favorites - maybe from childhood, or from our teens - or perhaps even some more contemporary films, like Star Wars! Please join us as we share the films that were special to us - and, of course, WHY they were special!!

Save the Dates



Virtual Cuddle Club with Muttville

Wednesday, April 7, 2:00 PM

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

Before COVID quarantine, Cuddle Club took place at Muttville's headquarters, providing a social event for those who were unable to care for a dog. This was a fun opportunity for our guests to interact with dogs as well as to visit with one another. Muttville volunteers and staff discussed what we knew about each dog - age, health, breed, where it came from, etc., and the Mutts got to play, cuddle, sleep, run around or do other

doggie things. If weather permitted and guests were interested, some Mutts went for a brief walk outdoors with senior guests.

While Virtual Cuddle Club doesn't provide actual "cuddling", guests visit and learn about some of our Mutts virtually via Zoom. As we've learned with human interactions on Zoom, we work with what's available and dogs are still sweet to "play" with via camera!

Muttville is able to accept senior Mutts during this unusual time, and they're being fostered by our terrific volunteers. Wonderfully, many Mutts are being adopted into forever homes during the quarantine.

Memory and Meaning: A Memoir Writing Series

Thursday, May 6- 27, 10:30 AM – 12:00 PM

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

Space limited to 12 participants. Due to popularity, we can only enroll you in either Writers Workshop or Memoir workshop (not both).



Is your life or your head filled with experiences that you wish you could preserve in some way? Try writing about them. Over the course of four sessions you can begin to shape your own memories into mini-memoirs – or even begin a project that will carry you forward. Using prompts and professional assistance, Jackie Davis Martin will guide your writing to shape your own experiences into essays or vignettes that become meaningful not only to you but to others.

Jackie Davis Martin has had stories and essays published in online and print journals that include Flash, Flashquake, Fastforward, Dogwood, 35th Parallel and Dogzplot, New Millennium Writings contest (first place) and in several anthologies. Her memoir, Surviving Susan, was published in

2012. Presently she's an instructor of Creative Writing and Literature at City College of San Francisco.

Community Events



A Healthy Aging Workshop: The Benefits of Vitamin D

Wednesday March 17, 12:30 – 1:30pm

RSVP with Seniors at Home

<https://www.eventbrite.com/e/a-healthy-aging-workshop-the-benefits-of-vitamin-d-tickets-141344734907?aff=Mailchimp>

Learn the myths and facts about vitamin D, calcium, osteoporosis, and aging well!

Led by: Steven T. Harris MD FACP FASBMR, a board-certified internist and endocrinologist with a subspecialty focus on osteoporosis, metabolic bone disease and disorders of mineral metabolism.

Volunteer Support



2020 Volunteer Hall of Fame Winners

We are thrilled to announce our first ever Hall of Fame nominees for 2020. The people on this list are being recognized for their outstanding assistance and ongoing dedication to the San Francisco Village community during Covid. Our volunteers are a testament to the fact that interdependence is a key factor in independence when it comes to aging. If you don't see your favorite volunteer on this list, let us know! We will take nominations for 2021 throughout the year. Congratulations and much gratitude go out to these volunteers,

and thanks to those members who sent in the nominations for this year!

Volunteers

Steve Almeida
Gabie Berliner
Lawrence Button
Elise Cabral
Colleen Curlin
Lindy Damato
Natali Feyzbakhsh
Kristina Fiflis
Maria Goodavage
Jim Greer
Tanvi Gupta
Carol High

Kevin Kappell
Howard Levitt
Laura Luu
Robin Mayforth
Shriram Narayanan
Jaylee Richardson
Lori Roby
Will Sandman
Bobbie Smith
Allison Sponseller
Greg Sumner
Robert Weiner & Karen Rhodes
Rebecca Wooten & Michael Kramer

SFV Members who volunteer

Miles Anderson
Cyndi Bakir
Patricia Crosby
Warren Dear
Amanda Hamilton
Susan Kahn & David Kaskowitz
Carol Rothman
Phyllis Scaduto
Marilyn Straka

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!

Preferred Provider Network

Sometimes a member's request for support requires professional expertise such as a referral to a financial advisor, home care agency or handyman. Our provider network includes dozens of categories and is growing all the time.

Your feedback matters! We all benefit from knowing first-hand who to trust. If you have a good experience with a provider or a bad one, please share it with us so we may pass it along. Also, if you have a referral such as a gardener or acupuncturist you would like to share with the community, we would love to hear from you. To share or receive referral information, contact Jill Ellefsen jill@sfvillage.org.



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).

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

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

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

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

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

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

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

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