



# San Francisco Village

## Monthly Newsletter

April 2021

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

It's been a year since the office on Fulton St. closed and we were ordered to shelter in place. At the outset, I went through a period of denial, and then came defiance, followed by deep sadness. I worried that someone close to me would get sick and die. I prayed for safe passage for my family, friends and our SFV community. Fear and uncertainty ruled those early days, but by and large, my prayers were answered.



In spite of the tumult, we pivoted quickly and found sources of strength we didn't know we had. Our staff, volunteers and members huddled together to provide a lifeline so that we stayed connected, supplied and safe. We learned how to support each other over the phone and on Zoom. We welcomed Millennial volunteers, shared inspiring videos and paired up for physically distanced walks. Our community has revealed itself to be a source of care and connection during one of the most hostile years of our lives.

This hostility has taken many forms socially and politically, but none more evident than the inequality and racism laid bare these past 12 months. Police brutality against Black Americans reached a crescendo last summer with BLM protests across the country. Violent attacks against older Asian Americans, those that are most vulnerable, have surged during the pandemic. News reports suggest that these attacks on Asian Americans are a result of blaming them for the spread of the coronavirus, which started in China.

Blame is an example of what Resmaa Menakem, author of *My Grandmother's Hands*, calls "dirty pain." It's at the root of racism. As humans of all races and ethnicities, we experience trauma which results in pain. If we don't metabolize it, work through it with integrity and honest self-reflection, resulting in "clean pain," we will project it onto others as dirty pain. It's part of the fight or flight response which

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#### New Members In March

Giuditta Fabian 94117  
Marvin Berkowitz 94110  
Kathie Piccagli 94122  
Val & Robert Flood 94107  
Maria Galatti 94131  
Charles LaFollette 94109

#### 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

originates in our lizard brain and lives in our bodies. It can be expressed as bullying, hatred and violence towards someone perceived to be defenseless.

Menakem suggests that by metabolizing our pain we can learn to settle our bodies which allows us to harmonize and connect with other bodies around us. A calm, settled body is the foundation for health, for healing, for helping others and for changing the world. He goes on to say, "Gather together a large group of unsettled bodies and you get a mob or a riot. But bring a large group of settled bodies together and you have a movement - a force for tremendous good in the world."

Every chapter of Menakem's book contains practices for settling our bodies. We can teach ourselves to mend and grow up, he says, because as long as we are alive, none of us is done. We will need to create new culture, a new ethos, one in which we center respect, caring and a willingness to help others, so we can repair the places where trust has been broken.

San Francisco Village stands in solidarity with our Asian members and neighbors, knowing that violence against one of us is violence against all of us. As Martin Luther King said, "We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

Love,

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](mailto: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/>

## Did You Know?



### Telephone Support Team

The recent Member Survey reveals that there are a number of SFV members who do not use a computer, the Internet or Zoom. They may be at higher risk for isolation and loneliness. In response, some other members suggested that we organize a telephone support team to make outbound calls on a regular basis. Great idea! If you are interested in volunteering to make calls, please contact Jill at 415-387-1375 x. 2 or [jill@sfvillage.org](mailto:jill@sfvillage.org)

### 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



### Listening to Black Voices

A new activity for SF Villagers — *Listening to Black Voices*. A monthly meeting, similar to a book club, where members will discuss the works of Black artists or spokespersons, American or foreign. It would differ from a book club in that any medium of communication — fiction, non-fiction, poetry, prose, essay, manifesto, film, photography, works of art, etc. — could be the month's focus of discussion. Each month a different member of the group will lead the discussion. Upon joining the group, each member would agree to choose a work that they would like to discuss and be prepared to lead the discussion when their turn comes. If interested in participating, email Sharon Kuester.

### Let's Take Action on Climate Change

***SF Village and Ashby Village Members Moving from Enduring Their Concerns Alone to Exploring Climate Action Together***

"Climate change is a collective crisis," said Village Movement California (VMC) Executive Director Charlotte Dickson. "It requires collective, not individual solutions. Our real power comes when we work together".



Recently, members of Ashby Village (AV) and SF Village (SFV) joined forces to collaborate on how to respond to climate change. Their goal is to leverage the power of older adults who are determined to leave their legacy for future generations: a planet that will sustain them.

The first large group session, *Let's Take Action on Climate Change Together*, took place March 5<sup>th</sup>. There were more than 65 people who attended. Organizers tapped five existing Bay Area nonprofits already focused on climate action:

- [1,000 Grandmothers Bay Area](#)
- [Active Allies](#)
- [350.0rg Bay Area](#)
- [Sierra Club San Francisco Bay Chapter](#)
- [Elders Climate Action/NorCal Chapter](#)

To view the 80-minute video of this inspiring event on AV's YouTube channel, visit <https://tinyurl.com/SFV-AV-Climate>

Well known climate writer and activist Bill McKibben recently announced his new focus: bringing older adults fully onboard for climate action. "That's the hardest political bloc in this country to crack, and I think we need to do it."

He added, "If you can get grandparents answering the call of the Sunrise Movement generation, then we've got a chance for political shifts that will make rapid progress easier." Sounds like Bill McKibben needs to get to know our Villages!

While we still must stay apart because of the pandemic, we are no longer alone with our climate concerns. When we join together in taking climate actions, our power and impact will be a force to be reckoned with.

### **What's Next?**

#### **Friday Morning Talks with Climate Action Organization Speakers**

**Fridays, April 9, 16, 23, 30, and May 7, 11:00 – 12:00 PM**

**RSVP to [info@ashbyvillage.org](mailto:info@ashbyvillage.org) for Zoom link.**

To dig deeper and spend more time with each organization present last month, we have scheduled Friday Morning Talks. Presenters can share upcoming activities, and explain the role older adults can play in the organization's climate actions. Some of these may be working with younger, yet more experienced climate action leaders. There will be time for dialogue with the presenters plus questions and answers. Please come to one, a few, or all!

**4/9:** 350 Bay Area

**4/16:** Active Allies

**4/23:** Elders Climate Action

**4/30:** Sierra Club

**5/7:** 1000 Grandmothers

## Next Let's Take Action on Climate Change session

Friday May 14, 10:00 - 11:30 a.m. Future dates TBD.

Email [info@ashbyvillage.org](mailto:info@ashbyvillage.org) to get on mailing list. Send questions to Bill Haskell.

Representatives of those in attendance at each of the Friday Morning Talks will share what they learned and what climate actions those on the call expressed interest in.

In addition, we will learn about the climate crisis from the point of view of a person of color and understand more what the goal of climate justice means. We will also learn about how climate change is already harming the health of California's older adults, especially in Black and Brown communities.

## April Events



### Life Story Club

**Tuesdays, April 6 – April 20, 2:00 – 3:00 PM**

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

This series started in March and you are welcome to join at any time

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).

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.

## Virtual Cuddle Club with Muttville

**Wednesday, April 7, 2:00 – 3:00 PM**

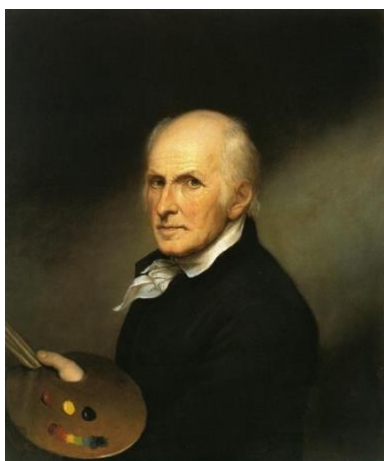
RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

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.



## DeYoung Virtual Tour: Teachers by Anne Burns Johnson

**Friday, April 9, 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. Teachers....we all have favorite teachers that we remember fondly. Well, artists too have teachers who shaped their work and developed their painterly techniques. This talk will examine artist instructors and their proteges who have influenced and shaped American Art.

## Mentoring Exchange: USF Students

**Fridays, April 9 & 23, May 7 & 21, 2:30-3:30 PM**

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

This series started in March and you are welcome to join at any time

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?



**Intergenerational Social Justice  
Working Group: Creative  
methods for social change**  
**Wednesdays, April 7 – April 28, 3:00  
– 4:00 PM**

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

This series started in March and you are welcome to join at any time

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 program 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.

## Writers Workshop

**Tuesdays, April 7 – May 4, 10:00 -- 11:30 AM**

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

This series started in March. 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*).



### Trivia Throwdown

**Monday, April 12, 2:00 – 3:15 PM**

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

Join us for a trivia session with Michael Wade, Owner/Operator/Trivia Expert of Trivia Throwdown Online LLC (TTO)!

The game, played via Zoom, includes five rounds with a final showdown (20 total questions) and takes roughly 75 minutes. Each round is a different question type designed to challenge you and your teams in new and interesting ways. The content covers all things movies, music, history, science, sports, pop culture, and everything in between. You'll play on a team; Michael asks the question and then sends everyone into their breakout rooms to decide answers. One member from each team will act as the "caller," the person who submits the answers. Michael will keep track of scoring and will screen share the scoreboard from time to time.

All you have to do is sit back on your couch and play along, so why not?

### Intergenerational Experience Exchange: Social Movements

**Tuesday, April 13, 4:45 -- 6:00 PM**

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

You are invited to participate in a conversation with undergraduate students enrolled in *Rhetoric of Caring: Digital Literacy in the Era of Loneliness*, a USF community engaged learning course that pairs students with different generations in meaningful discussions. Students are especially interested in hearing from an older generation about their personal experiences in working towards peace, equality, and social justice. Hear from students about the social movements they are involved in for a better world and how they use technology to stay connected. This meaningful program will be a chance to dialogue one-on-one about personal experiences in current and historical social movements.





## Hidden Meaning in Chinese Art: Virtual Tour with the Asian Art Museum

**Friday, April 16, 1:00 – 2:00 PM**

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

Bats, peaches, ducks, ribbons, monkeys, horses. What do they all mean? As the Chinese language is an exquisite conduit for rebuses (visual puns) and symbolism, motifs that appear in Chinese art often represent wishes for good fortune and auspicious messages. Join us as we decipher hidden meanings of prosperity, health, and happiness throughout traditional Chinese art.

Presented by the Asian Art Museum of San Francisco Community

Speakers Program.

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.

## With a Little Help From My Friends

**Monday, April 19, 10:30 – 11:30 AM**

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

At the State of the Village meeting last month, we heard some inspiring stories about members asking for help from SFV. Listeners were surprised to learn that they didn't need to know the specific help they required; they just needed to tell their story and staff would help them identify sources of support. This program will use storytelling, myth, fable, and real-life examples, to help you connect with parts of your own story.



Join resident storyteller Olive Shaughnessy as she shares fables, myths, and legends. SFV staff will share real life examples of the different ways members have asked for help, whether they know what they need or not. There will be time to connect in small groups to share your own stories about exchanging help and identifying your own needs.



## How our Identity Shapes our World View

**Thursday, April 22, 11:00 AM – 12:00 PM**

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

Facilitated by Kate Hoepke and Jessica Da Silva

Last month, 12 members came together to ask ourselves, "How do I identify?" It's a question that young people ask and many of us older people haven't considered, especially those of us who identify as White. We exchanged insightful and heartfelt stories about where we come from, how we know ourselves and how our identities have evolved over time.

For this next session we will discuss how our identities have shaped our world view and what role they play in assigning privilege in our culture. Our aim is to better understand the complexities of

an increasingly diverse America and how our unique experience is relevant in the current social discourse.

All members are welcome to join, whether you attended the first session or not.

## Promoting Wellness in 3 Habits

**Friday, April 23, 10:30 –11:30 AM**

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

Evidence shows us that changing or adding new behaviors can improve our psychological health.

We will discuss three habits – gratitude, getting out in nature, and mindfulness which are evidenced based to help everyone, not just those suffering from depression and anxiety.



For 30 years, Community Health Resource Center has supported the health and well-being of individuals and families in the San Francisco Bay Area. As a non-profit organization, CHRC provides a range of beneficial health education programs including dietitians, social work counseling, nutrition guidance, community health screenings, educational lectures, health information and local resources, employee and group wellness presentations, and support groups.



## Celebrate Baby DaSilva!

**Friday, April 30, 11:00 AM -- 12:00 PM**

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

Wellness coordinator Jessica DaSilva and spouse Vinny DaSilva are expecting their first child in May! Join us in showering them with love, support, and well wishes for this big life event!

## Reoccurring Events



### Member to Member Coffee Chat

**Mondays, April 5, 10:00 – 11:00 AM**

**Monday, April 19, 2:00 -- 3:00 PM**

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

Life during a global pandemic can be isolating, especially after 12 months of physical distancing. 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.

## Tai Chi and Qigong

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

**Part 2: Mondays, April 5, 12, 19, & 26, 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.



## Makers & Crafters

**Monday, April 5, 2:00 – 3:00 PM**

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

How have you expressed your creativity this past year? Have you found yourself more creative than usual or less? What tips and tricks can you share with the group about fostering & sparking creativity?

Think knitting, watercolor, cooking, crochet, needlework, drawing, woodworking, bead and jewelry making, origami, poetry. Creativity of all kinds welcome!

## Longevity Explorers Circle

**Tuesday, April 6, 2:00 -- 3:30 PM**

If not already on the Longevity Explorers email list, please

RSVP to (415) 387-1375 or [info@sfvillage.org](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, April 7, 14, 21, & 28, 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.

### **Play Reading Group**

**Thursdays, April 8 & 22, 4:00 – 6:00 PM**

RSVP to Midge Fox.

Contact Midge to find out what play we'll read together!



### **Solo-Agers Circle**

**Friday, April 9, 10:30 -- 11:30 AM**

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

Bunnie Quint is a *Personal Concierge*. Her compassionate work in the world is to help people who have a need for assistance in performing some of the work of daily life. For example, people at our age often require post-surgery support. Bunnie can provide that help. For solo-agers, Bunnies' services can fill the gap that family might have done, like being an advocate for medical, legal or financial situations; clutter busting, packing for moves, or nutrition for optimal health. Facilitated by Betty Burr. For more information, contact Betty.

### **Grupo de Conversación en Español**

**Mondays, April 12 & 26, 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!



## 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 may not be 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!

### 94118

**Thursdays, April 1 & 15, 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. We're looking forward to meeting in person, maybe even in April, once everyone has had their 2nd COVID vaccination plus 2 weeks. Hope to see some new faces along with our regulars!

### LGBTQ Circle

**Fridays, April 2, 16, 23, & 30, 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, , April 7, 14, 21, & 28, 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. Call or email Jean or Sally for the plan for the week.

### 94121

**Wednesday, April 7, 1:00PM**

The 94121 Circle is staying connected via Zoom meetings, safely-distanced walks and telephone conversations. April is a bit up in the air because we will try to meet mask to mask. The place is yet to be decided.

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

### West of Twin Peaks Circle

**Thursday, April 8, 4:00 PM**

RSVP and Zoom questions to LeeAnn DeSalles

### 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

Let's share how we are doing after a year of Sheltering in Place. Bring your ideas about themes, films, books that we might enjoy discussing at future meetings.

## **94117**

**Friday, April 9, 1:00 – 2:00 PM**

**Thursday, April 22, 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, April 14 & 28, 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.

## **94114**

**Zoom: Wednesday, April 14, 3:00 PM**

**Walking Group: Wednesday, April 21, 3:00 PM**

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

Our afternoon safely distanced walks take place on Sanchez Street (closed to traffic as part of Slow Streets response to Covid) Reach out to Heather or Shelley for the meeting spot!

## **Bernal**

**Saturday, April 17, 7:00 – 8:30 PM**

RSVP to Joan Miro

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

## **94109/94133**

**Wednesday, April 21, 1:00 PM**

RSVP to Bobbie Rothman or Juliet Rothman

Our circle has been focusing on travel, and our next meeting will continue this theme with sharing adventures in international travel and our favorite memory. We hope to meet in-person, outdoors, appropriately masked and socially distanced, or, alternatively, continue with our Zoom meetings on April 21st at 3 PM. We look forward to seeing everyone!

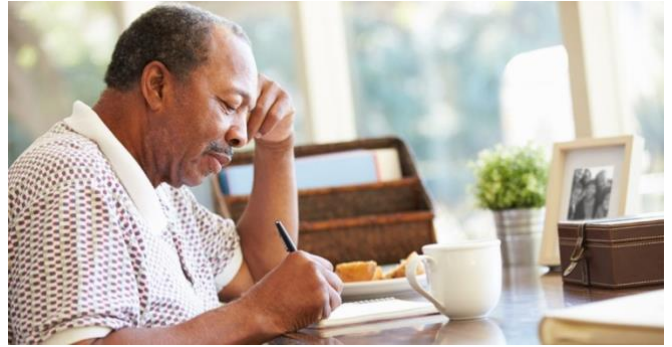
## Save the Dates

### 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](mailto: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



### Chair Tai Chi via Zoom

**Wednesdays, April 7 - June 30, 2:30 - 3:30 PM**

This class is designed for people 60+ who have difficulty standing or want to practice their Tai Chi skills. There is no cost to join but you must be a SF resident. The class is being hosted by Kimochi Senior Center in Japantown and taught by Caroline Lew (our SF Village Tai Chi instructor). If you are interested in registering or want additional information, please

contact Grace Hulleza at [ghulleza@kimochi-inc.org](mailto:ghulleza@kimochi-inc.org) or (415)931-2294.

### Time Capsule Project for LGBT Elders

**Monday, April 5, 1:00 – 2:00 PM**

More information here: <https://sfcommunityliving.org/event/lgbt-time-capsule/2021-04-05/>

Where were you 50 years ago? What do you want people 50 years from now to know? Join 35-year-old theater maker and teaching artist Evan Johnson for this 2-part experimental storytelling endeavor. Connecting with other LGBT Elders, together we will explore the power of sharing intergenerational stories and experiences, as well as inspiration and creativity! Through writing prompts, dialogue, poetry, creative movement, and improvisation, we will form shared connections,



trace our paths to where we are now, and explore new avenues of self-expression. This project culminates in an edited video document of this shared moment in time.

## 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](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).

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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

**Programs & RSVPs:** Sarah Kent -- [sarah@sfvillage.org](mailto:sarah@sfvillage.org), ext. 3

**Staff & Member Support:** Yousra Sebiaa – [yousra@sfvillage.org](mailto:yousra@sfvillage.org), ext. 5

**Wellness Program:** Jessica Da Silva – [jessica@sfvillage.org](mailto:jessica@sfvillage.org), ext. 6

San Francisco Village  
3220 Fulton St., San Francisco, CA 94118 | (415) 387-1375  
[www.sfvillage.org](http://www.sfvillage.org) | [www.facebook.com/sfvillage](https://www.facebook.com/sfvillage) | [www.twitter.com/SF\\_village](https://www.twitter.com/SF_village)