



San Francisco Village

Monthly Newsletter

May 2021

From Executive Director, Kate Hoepke:

Dear Members and Friends:

During the past year, I've given a lot of thought to how I can be a better ally to people who are different from me and don't enjoy the same privileges I do as a middle-class White woman in my mid-60's. Black, Indigenous, People of Color (BIPOC); immigrant and LGBTQ communities; younger generations sounding the alarm about inequality and the climate crisis. The magnitude of social change right now is breathtaking. How do we keep up with this accelerated pace? How do we meaningfully engage in the social discourse of our time?



Sometimes I feel uncomfortable with the reckoning taking place. Other times I feel a great relief in telling my own story and acknowledging what is true. This was the case two months ago when 12 SFV members met with Jessica Da Silva and me to explore our identities.

We heard a variety of honest heartfelt stories about where people come from; their racial and ethnic identity; multi-generational immigration stories; and what it was like growing up in an insular religious community. Several White members said they never considered their Whiteness to be a part of their identity until now. This makes sense, in a culture based on Whiteness.

At our second session in April, we talked about how we have experienced privilege in our lives, either because of our race or social status. For me, acknowledging the privileges that come with being White has helped me better understand the systemic nature of racism. I was never denied a job interview because I had an unusual name. I've always been able to qualify for a mortgage with few questions and decide where I want to live. I never had to teach my children to protect themselves from the police.

One of our members told a story that epitomizes the reality of White privilege. As a young man in the mid-1960's, he was told to report for the military draft at his local induction center. He was the only White

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Ann Rovere 94112
John Eng 94109
Susanne Baum 94121
Danan Barnett 94118
Joan Aragone 94115
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man reporting to the center that day; everyone else was Black. The doctor conducting the physical exams was also White. At one point, when his exam was completed, the White doctor told him directly, "Son, you go home." He knew in that moment that he was being spared military duty, because he was White, and the young Black men reporting that day would go to Viet Nam.

Acknowledging the injustices that we have witnessed is an important step in becoming an ally. Giving voice to them is crucial because it takes them out of the shadows and leads us to demand change. Listening to one another without judgement, reflecting on our own life experience, and telling the truth is where healing can begin.

I invite you to join us for our third session about Identity on May 27. Newcomers welcome! Other opportunities for understanding this moment in history and supporting our young people:

- May 4: The Future of Democracy is... An intergenerational community conversation, sponsored by Generation Citizen, featuring Arianna Nassiri and me.
- May 6: An intergenerational dialogue with Youth v. the Apocalypse, a diverse group of young climate justice activists ages 12-20 working together to lift the voices of youth, in particular youth of color and working-class youth.
- May 18: The San Francisco LGBT Center's Host Homes Program matches San Francisco volunteer hosts with young adults (ages 18 to 24) who need stable housing for a period of three months to one year.
- May 27: Third session of How Do You Identify, facilitated by me (Jessica will be out on maternity leave).

Of course, there are many other programs to choose from this month, including a new Zumba class, a walking tour of the Salesforce Tower and Transbay Terminal, and the Spring Fling (party on Zoom). Members of the Board and Staff are hatching a post-Covid plan for a new hybrid model of SFV programs: some safely distanced face-to-face gatherings and some programs remaining on Zoom. Stay tuned....

For now, I look forward to seeing you on Zoom!

Love,



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/>

Did You Know?



Holiday Schedule

The SFV Virtual Office will be closed on Monday, May 31 in observance of Memorial Day.

Update Information for Printed Member Directory

We are in the process of updating the Member Directory. If you have any email, address, or phone changes to report, please email jill@sfvillage.org before 5/15/21.

Fraud Alert

There are many scams and phishing schemes flying around the internet, and this is one to be aware of. When a person's *personal email* gets hacked, the hacker uses the hacked person's email address to send out a message such as this:

"I am sorry for bothering you with this mail, I need to get an iTunes gift card for my Niece, Its her birthday but I can't do this now because I'm currently traveling and I tried purchasing online but unfortunately had no luck with that. Can you get it from any store around you? I'll pay back as soon as I am back. Kindly let me know if you can handle this."

There are many variations of the "ask" but the intention is for you to reply and eventually supply them with information. For all intents and purposes it will appear to be a request from your friend. **DO NOT REPLY** to an email such as this. If you get a suspicious email such as this from a friend, give them a call or text to let them know they may have been hacked, and promptly delete the email. Replying to the email could put your own personal email account in danger of a hack.

New Event Online System!

We are changing our event tracking system and how zoom information will be emailed out. It's becoming more automated, making it easier, more precise, and faster for staff. Members will soon be able to sign up for events through the SFV website, in addition to emailing and calling the SFV office. We're rolling it out slowly in May and will have more updates and ways to learn how to use it come June!

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

Member to Member

Let's Take Action on Climate Change Together

Next large climate action session set for Friday, May 14th

Thanks to a creative collaboration between Ashby Village (AV) and San Francisco Village (SFV), Villagers have discovered concrete ways to convert their concern for climate change into local action. AV's Rochelle Lefkowitz and SFV's Bill Haskell began working on this effort back in December.



The first large climate action session held in March drew 65 people, who got an overview of what five organizations (350 Bay Area, Active Allies, Elders Climate Action, Sierra Club, & 1,000 Grandmothers for Future Generations) are doing to address the climate emergency. Following that first session, four Friday Morning Climate Talks held in April gave folks a chance to probe the specific activities of each organization and hear how they could help with supporting those efforts. Did you miss any of these events? All were recorded, which you can view here:

<https://tinyurl.com/ClimateActionAVSFV>

The last of the five Friday Morning Climate Talks is set for Friday, May 7th, from 11am to 12 noon – with 1000 Grandmothers for Future Generations. Learn what this organization is doing in the Bay Area and CA to impact climate change and what you can do to contribute.

Registration: Please RSVP to info@ashbyvillage.org. Your confirmation will provide you the Zoom link. You will also receive a reminder email on the morning of the event with the same Zoom link.

The Second Large Climate Action Session will be held on Friday, May 14th, from 10:00 to 11:30 am – when a summary from each of the five Friday Morning Climate Talks will be provided. Villagers who attended the earlier Climate Talks will return to discover what steps people have taken, and to share their own thoughts and plans for getting involved in climate actions. Every person's contribution to this discussion will be valuable. We can learn from and motivate each other to act on the climate emergency that threatens us and future generations.

Registration: Please RSVP to info@ashbyvillage.org. Indicate you are registering for the 2nd Large Climate Action Session on 5/14. Your confirmation will provide you the Zoom link. You will also receive a reminder email on the morning of the event with the same Zoom link.

"This has been an extraordinary opportunity for our Village communities to see exactly how they can get involved in addressing climate change and to act in a way that works for them," says SFV member Bill Haskell, who is now working with AV's Maryl Gearhart, Julie Freestone, Joanne Carder and Craig Griffith to mobilize all interested Village members in climate action.

Need more information? Contact SFV member Bill Haskell.

May Events

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 to receive the Zoom link and telephone number. Space limited to 12 participants. Those added to waitlist will have priority enrollment in next scheduled writing program.



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.



Intergenerational Dialogue about the Climate Crisis

Thursday, May 6, 3:30 – 4:30 PM

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

Join us in an intergenerational dialogue with Youth Vs. Apocalypse, a diverse group of young climate justice activists ages 12-20 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, and learn how intersectionality and identity play into the environmental justice movement and climate change solutions. This session will be recorded for a video project by the YvA ambassadors.

Mentoring Exchange: USF Students

Fridays, May 7 & 21, 2:30-3:30 PM

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



Member Walking Group: Salesforce Garden, the new TransBay Terminal and nearby Rooftop Gardens

Tuesday, May 11, 10:30 AM

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

Meet at corner of Fremont and Mission at the benches near gondola. Space limited to meet Covid regulations.

Salesforce 61-story tower is the new tallest building in San Francisco! The garden is at its base above the Transbay Terminal in the SOMA neighborhood. We will start our

walking tour at the Salesforce Plaza at Mission and Fremont and see the intriguing lobby of the Transbay Terminal building. Then we head to the 4th level garden where the "awe factor" continues.

We will do several blocks of walking to loop through the complete garden above the new transit center. This huge open space in the middle of downtown San Francisco is complete with fountains and spaces for entertainment as well as many benches and tables to rest, eat and socialize. This tour is fully level and nearby bathrooms are open.

Please be prepared to follow current state and city requirements in regards to masks and social distancing. It is also requested that you are vaccinated.

This tour is led by SFV member and volunteer Marilyn Straka, owner of On the Level SF, an accessible walking tour company.

Spring Fling, via Zoom

Wednesday, May 12, 4:00 – 5:00 PM

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

Grab your flower crown, your green clothing, some strawberries, a sparkly beverage and/or whatever helps you transform your zoom space into a Spring Fling party zone! This casual get together is to connect and enjoy each other's company.





Experience Exchange

Thursday, May 13, 11:00 AM – 12:00 PM

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

Join us for an experience exchange with working professionals! 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.

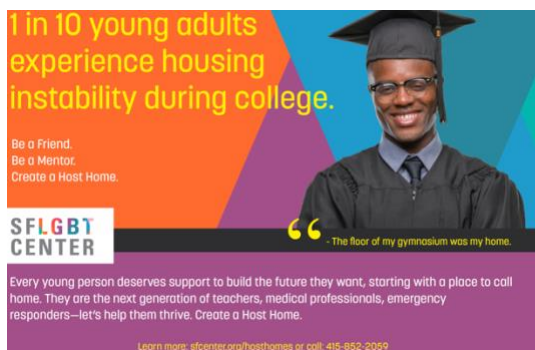
This program is an opportunity through Visit.org, whose mission is to enhance the mission of impactful social organizations by facilitating mutually beneficial interactions between people and communities around the world.

DeYoung Virtual Tour: Hidden Stories

Friday, May 14, 1:00 – 2:00 PM

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

Many paintings and objects have hidden messages or stories. Artists use their imagination to tell interesting stories and often to portray the moral expectations of their times. These ideas go all the way from almost magical thinking to actual mythological and biblical stories. We will explore several of these from the Legion of Honor.



A New Alternative Housing Model: Host Homes

Tuesday, May 18, 10:30 – 11:30 AM

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

Join representatives from the Host Homes Program at the SF LGBT Center to discuss a new alternative housing model.

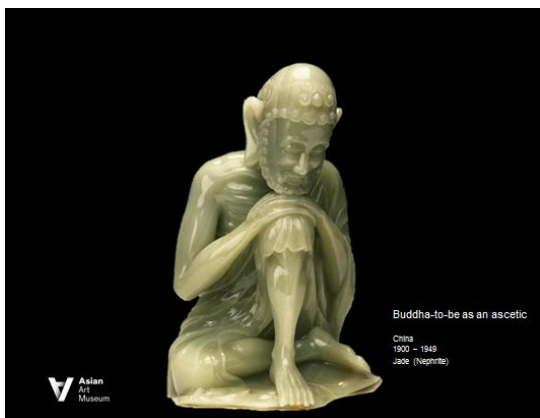
The San Francisco LGBT Center's Host Homes Program matches San Francisco volunteer hosts with young adults (ages 18 to 24) who need stable housing for a period of three months to one year. During this time, the young adult pursues their education and employment goals alongside support from our case management team and is then positioned to find their own housing after the program period ends. The young adult participants have previously experienced unstable housing situations like couch surfing, sleeping in cars, and living in non-affirming households.

Brain Health with UCSF Memory & Aging Center

Tuesday, May 18, 2:00 – 3:00 PM

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

Join a conversation with experts from the UCSF Memory and Aging Center on brain health and what we can do to support healthy aging. Our session will include a brief introduction to modifiable risk factors that can promote brain health. Bring your questions! The session will be interactive and we will save plenty of time for Q&A with a clinician.



Virtual Tour with the Asian Art Museum, Mind and Form: Images of Buddhism

Friday, May 21, 1:00 – 2:00 PM

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

Buddhas and bodhisattvas. Taras and Dakinis. Avalokiteshvara, Guanyin, and Kannon. Highlighting objects from the Asian Art Museum, explore how the various sects of Buddhism have portrayed Buddha and their deities over the ages, and in the various countries of Asia.

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.

Zumba Gold

Tuesday, May 25 – June 15, 10:30 – 11:15 AM

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

If you like cardio but don't like any jumping or crazy moves, this class is for you! Jam out to all kinds of oldies songs, get ready to sweat and burn calories in this low impact class. The routines featured are easy to follow.



This series is lead by Claudia Rodas, founder of ClaRofitness Virtual Wellness Studio, whose passion is to help people in the most simple and realistic way possible. Originally from El Salvador, Latin rhythm is in her blood and led her to become a Zumba instructor. Before the Covid-19 Pandemic Shelter in Place, she was teaching 33 classes a week in 9 different locations, including gyms, corporate and health institutions to youth, young adults, adults and seniors, beginner level to very advanced. Now virtual classes allow her to optimize facility usage across all

hours of operation and provide a workout to those members who are ready to sweat just by simply turning on their computer or phones.



Staying Safe Online and Avoiding Cyber Scams

Tuesday, May 25, 2:00 – 3:00 PM

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

Concerned about the increased risk around cyber scams that may impact you and your loved ones? We live in an increasingly digital world where everything is conducted online. This has led to an increase in scammers trying to steal

people's online identities and information which allows them to defraud people and steal money from them.

- How do we identify potential scammers online?
- What can we do to protect ourselves?
- If a family member or spouse dies or becomes incapacitated, why is it important to clean up their digital accounts and identities?
- How do we manage and clean up our digital identities?

Maria Pienaar currently serves on the Board for Cyber Security startup iCrypto (USA), and she previously served on the Board of Directors of The Number Porting Company (South Africa). She is a Founding Partner of Blue Label Ventures, whose portfolio focuses on investments in Digital Health, IOT, Cyber Security, and Fintech (including Insurance Tech). She has worked in many international markets including the US, South Africa, Mexico, Brazil, and the UK.

How our Identity Shapes our World View

Thursday, May 27, 11:00 AM – 12:00 PM

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

Facilitated by Kate Hoepke

In the past two months, members have been meeting to explore questions of identity and privilege. These are questions that young people often ask and many of us older people haven't considered, especially those of us who identify as White. We've been exchanging insightful and heartfelt stories about where we come from, how we know ourselves and how our identities have evolved over time.



Join us as we continue the conversation. All members are welcome to join, whether you attended the first session or not. 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.

Reoccurring Events



Longevity Explorers Circle

Tuesday, May 4, 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, May 5, 19, & 26, 11:00 AM – 12:00 PM

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

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. The group is led by Rachel Lanzerotti, IAYT-Certified Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group.



Tai Chi and Qigong

Part 1: Thursdays, May 6, 13, 20, & 27, 2:30 – 3:15 PM

Part 2: Mondays, May 3, 10, 17, & 24, 1:00 – 1:45 PM

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

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.

Play Reading Group

Thursdays, May 6 & 20, 4:00 – 6:00 PM

RSVP to Midge Fox to receive the Zoom link and telephone number.

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



Member to Member Coffee Chat

Mondays, May 10, 10:00 – 11:00 AM

Monday, May 24, 2:00 -- 3:00 PM

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

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.

Grupo de Conversación en Español

Mondays, May 10 & 24, 11:00 AM – 12:00 PM

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

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!



Makers & Crafters

Monday, May 10, 2:00 – 3:00 PM

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

Thinking back to all of the things that you have created, manifested and crafted over the years, we will be talking today about those that we are the most proud of and those that didn't go as planned. Was it a dinner party, memoir, knitted sweater or a painting? All creation stories welcomed as well as the usual sharing of our creative works in progress. Knitting, watercolor, cooking, crochet, needlework, drawing, woodworking, bead and jewelry making, origami, poetry...creativity of all

kinds welcome!

Solo-Agers Circle

Friday, May 14, 10:30 -- 11:30 AM

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



Solo-Agers will invite visiting experts every other month and will be holding friendship support discussions in the alternating months. For May we will share our experience of what the pandemic has taught us about asking for help. This issue is particularly important to solo-agers because we are "solo." Our discussion is a next step of the recent *With A Little Help from Our Friends* presentation at the Village. For more information, contact Betty Burr.

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, May 6 & 20, 3:30 – 4:30 PM

RSVP to Gabie Berliner or Karen Franklin

We continue to meet on Zoom the 1st and 3rd Thursday of the month. We start with a check-in about what's been going on for each of us since last time which leads into free-flowing conversation and sometimes we have a topic to converse about, like vacation memories and dreams. We'd love to see new faces.

LGBTQ Circle

Fridays, May 7, 21, & 28, 1:00 – 2:00 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.

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

Sunset Circle

Wednesdays, May 12 & 26, 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, May 12, 3:00 PM

Walking Group: Wednesday, May 26, 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!

94121

Thursday, May 13, 2:00PM

RSVP and questions to Patricia Kaussen or (415) 387-7299 or Carol Rothman.

The 94121 Circle has moved to face to face outdoor gatherings! Our next gathering will be at the home of Judi Irani and Ralph Stone. We are usually about 10 to 12 folks that like good conversation and good vibes.

West of Twin Peaks Circle

Thursday, May 13, 4:00 PM

RSVP and Zoom questions to LeeAnn DeSalles.

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, May 14, 1:00 – 2:00 PM

Thursday, May 27, 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, May 15, 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, May 19, 2:00 PM

RSVP to Bobbie Rothman or Juliet Rothman.

We'll be sharing our favorite book - a really difficult decision for many of us, we know - but offering interesting suggestions and choices for others' future reading! We will be meeting either in person or Zoom, as members prefer.

Save the Dates



Brain Health with UCSF Memory & Aging Center: A 6 week series

Tuesdays, June 15 – July 20, 2:00 – 3:00 PM

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

Curious about brain health? Are you wondering how diet, physical activity, and social engagement all play a role in healthy aging? Join experts from the UCSF Memory and Aging Center and SFV for a series of sessions where we will talk about how our behaviors, like staying active and socially engaged, affect our brain health. We will also talk about aging, Alzheimer's disease, and general health conditions.

An Intergenerational Conversation in honor of PRIDE month

Tuesday, June 29, 11:00 AM - 12:00 PM

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

Meet representatives and youth from the SF LGBT Center as they facilitate an intergenerational conversation with themes related to pride, identity, and belonging during the month of Pride 2021.



Community Events



The Future of Democracy is...An intergenerational community conversation

Featuring Kate Hoepke and Arianna Nassiri

Tuesday, May 4, 4:30 PM

Register here: <https://tinyurl.com/futureofdemocracy>

Generation Citizen, a local nonprofit dedicated to civics education that prepares youth for participation in our democracy, is sponsoring an intergenerational community

conversation. Panelists, including Kate Hoepke and Arianna Nassiri, will share their thoughts on where we are and where we're headed, voting accessibility, and why youth civics education is more crucial than ever. Arianna is a San Francisco Youth Commissioner and was our guest at the 2020 State of the Village meeting. She is a dynamic young leader, currently a freshman at Georgetown University.

Volunteer Support

Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other.

Contact Jill Ellefsen at jill@sfvillage.org or (415) 387-1375 ext. 2 to sign up to receive our twice weekly emails detailing the many volunteer options available to you.



Reach out to Jill for help with:

- grocery shopping and essential errand running
- online shopping assistance
- technology assistance by phone for help with Zoom or any other tech issues
- assistance connecting with your healthcare provider online (Telehealth)
- friendly caller connections
- outdoor gardening



SFV volunteers want to spend time with you!!!

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

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

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

How to Support San Francisco Village Year-Round



AmazonSmile

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

Community Thrift Store

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



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

Please note that the programs and events listed in this newsletter are offered to members of San Francisco Village.

To learn more about registering for membership, please contact Jill Ellefsen (listed below).

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

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

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

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

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

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

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

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