



# San Francisco Village

## Monthly Newsletter

June 2021

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

The post-Covid re-opening of California is just around the corner! Come June 15 we can heave a collective sigh of relief that the lockdown is behind us. Movie theaters, restaurants, museums and travel will once again be part of our daily lives. So will meeting face-to-face with family and friends.

I know that many of you are eager to connect with fellow members and staff. Plans for re-opening the San Francisco Village office are still taking shape, but we're aiming for July 6. We're relying on the most [recent information](#), dated May 20, from San Francisco Department of Public Health (SFDPH). Guidelines from the CDC are less conservative. I expect guidelines will continue to evolve in the month of the June, but we're taking a conservative approach to start.



- SFDPH is saying that unvaccinated older adults should avoid indoor settings. For this reason, SFV will require anyone in our building to be vaccinated, including all staff members.
- SFDPH is recommending that anyone meeting in the office maintain a six-foot distance and wear a mask when in proximity to other people. SFDPH is also recommending that capacity be limited to 50%. The [CDC](#) is saying that vaccinated people do not need to wear masks indoors or maintain physical distancing. I anticipate SFDPH will update its guidance soon.
- The ventilation system will be inspected June 7 by Cooper Hawkins, a local HVAC expert. Proper filters will be installed and other safety recommendations will be implemented.
- The office will be professionally cleaned and sanitized prior to re-opening.
- Neighborhood circles are continuing to meet virtually, outdoors and, in some cases, meeting indoors. The decision to meet in someone's home is at the discretion of the host.
- Vaccinations will be required of volunteers who agree to assist a member indoors.

We are planning to develop a hybrid program schedule: some programs will continue to take place on Zoom and some will take place at the office after July 6. We still have a lot of details to figure

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#### New Members In May

Laura Meltsner 94121  
Beth Wells 94115  
Rose-Anne Donner Colt  
94122  
Naomi Cooper 94103  
Stacey Sobel 94123  
Virginia Lewis Spiegel  
Betty Tom 94109  
Carolyn O'Brien 94122  
Joanne Whitney 94127  
Gardner Haskell 94123  
Barry Rothman 94127  
Etta Hallock 94122  
Celeste Barrios-Tilton 94116  
Eric Ha 94127  
Mary Plovanic 94134  
Patricia Dunbar 94127  
Elvia Juarez 94132

out like whether or not we need to purchase special equipment to deliver a high-quality remote experience. So stay tuned...

If you are still considering vaccination, I hope your desire to reunite with friends and neighbors is a good incentive. Please contact Jill if you need support in making the decision and visit this website <https://sf.gov/covid-19-vaccine-san-francisco> for easy access to the vaccine. It's time to put this public health threat behind us and reach out and hug somebody!

Thank you in advance for your patience with our re-opening. I look forward to seeing you soon!!

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?



### Welcome Karina!!

We're so happy to have Karina Fastovsky as Interim Wellness Program coordinator while Jessica DaSilva is out on maternity leave!

Her love of creating and being part of a community that provides a sense of belonging has attracted her to work at SF Village. A bachelor's degree in Human Geography with a minor in Communication Studies from San Francisco State University satisfied her fascination in human interaction, the physical world and its systems. With a master's degree in Public Health, focused in Community Health Education, she works to reduce gaps in healthcare needs and link people to the services they

need most for optimum health. Karina is a lifelong learner, loves being out in nature, crafting, and enjoys listening to people's life stories and experiences.

To reach Karina, please email [karina@sfvillage.org](mailto:karina@sfvillage.org) or call (415) 387 -1375 ext 4.

## New Event Online System!

You can now sign up for programs on our website! Check out <https://www.sfvillage.org/events/>. As we learn a new event system, you may receive double emails to ensure everyone receives the needed information. It's recommended you add [sfvillage@monami.io](mailto:sfvillage@monami.io) to your email contacts. If you are not receiving the automated email, please check your spam and reach out to staff! We'll let the developers know and they'll help us sort out the answers. As always, reach out with concerns and questions!

## 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)

## June Events

### Virtual Zumba Gold

**Tuesday, June 1 – June 15, 10:30 – 11:15 AM**

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

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

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.



## Personal Preparedness Training

**Thursday, June 10, 10:30 – 11:30 AM**

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

Come learn SF CARD's personal preparedness training! You will receive guidance on what steps to take to prepare your family, friends, and pets for disasters, such as a home fire and earthquake.

Topic highlights of the training include: Suggestions on what supplies you will need in your home kits; Tips on self-care during a disaster, such as, COVID-19; Tips to care for your pets.

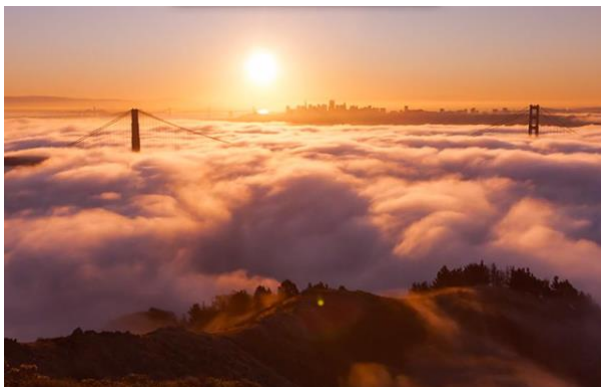
SF CARD – San Francisco Community Agencies Responding to Disaster – connects nonprofit, faith-based and private organizations with the network and knowledge they need to continue providing critical services after a disaster. We help organizations prepare for emergencies as small as a one-alarm fire and as large as a massive disaster wreaking havoc across the region. SF CARD's function is threefold: Preparedness, Response and Recovery.

## DeYoung Virtual Tour: Hidden Stories

**Friday, June 11, 1:00 – 2:00 PM**

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

This Art of the Americas tours will start in the Arctic, move south to the coast of British Columbia, ending in the southwest US, the land of Hopi pots and Navajo weavings. Comparisons will be made between old objects, made for daily use or cultural ceremonies, and contemporary pieces made as art. Present-day Native artists are learning the traditional creative methods of their ancestors in an exploration to rededicate themselves to their ancient culture, heritage and language.



## Summer Solstice Virtual Gathering

**Monday June 14, 2:00 - 3:30 PM**

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

Together we celebrate the living Earth and the light of the longest daylight in our upper hemisphere. Midsummer arrives, even in foggy San Francisco— the traditional and unceded territory of the Ramaytush Ohlone people and their descendants. We'll gather by

zoom to prepare for the 2021 summer solstice.



If you wish, bring a short reading, poem or song to share on the theme of summer and sunshine, fire and spirals, or vitality and balance. To get in the mood, you're welcome to dress in bright colors that honor the Earth and the season. You may want to reflect on the gifts of summer and our home on this generative, living earth.

Note that Summer Solstice 2021 in the Northern Hemisphere is Sunday, June 20, at 8:32 PM Pacific. This event precedes it by one week.

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

**Tuesdays, June 15 – July 13, 2:00 – 3:00 PM**

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



## **Member Walking Group: Embarcadero Waterfront**

**Wednesday June 16, 11:00 AM**

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

Meet at the Willie Mays Plaza at Oracle Park; the Willie Mays statue at the corner of King Street and 3rd Street

Space limited to meet Covid regulations

This walk is designed for the active walker looking for outdoor exercise in a beautiful venue. We'll walk about 3 miles round trip with level terrain. Starting at Oracle Park, on the Embarcadero to Pier 5, and continue our round-trip walk checking out the Ferry Building, an iconic landmark. Restrooms available at the Ferry Building. A number of restaurants will be pointed out for those wanting to lunch after the walk.

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

This walk is led by SFV member and volunteer Linda Winn.

## How to Keep San Francisco Clean: Trash 101

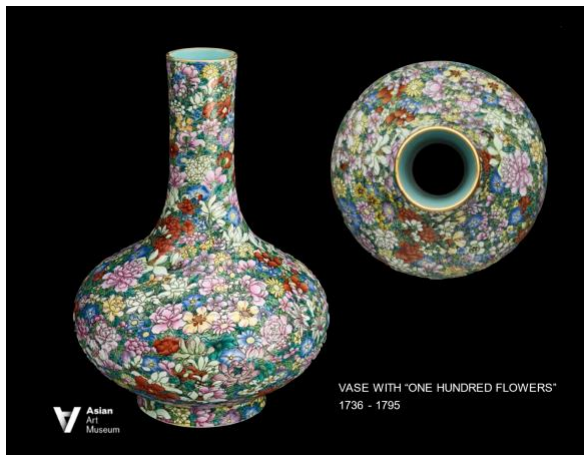
**Thursday, June 17, 10:30 – 11:30 AM**

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

Meet Vince, a self-described average, previously unengaged citizen. He's lived in SF since 2003 and now lives in the Inner Richmond with his wife and two young children. Vince often walked the streets of SF and thought to himself, "I want to make the city cleaner as quickly as possible."

So in 2020 he turned his thoughts into action and started [Refuse Refuse SF](#). He now uses the group to educate people on litter abatement, organize clean-up events in each neighborhood, and influence public policy related to waste management.

Want to learn more from Vince? He will share why trash management is such a problem in SF, who is responsible for cleaning, the importance of clean streets and public spaces, possible solutions, and what you can do to help.



## Virtual Tour with the Asian Art Museum: The Language of Flowers

**Friday, June 18, 1:00 – 2:00 PM**

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

The Language of Flowers in Asian Art showcases the expressive power of flowers in the arts and cultures of Asia. Since ancient times flowers have been cultivated in gardens, and represented in art. The properties of flowers have come to symbolize both human and divine qualities. Our program featuring objects from the Asian Art Museum's permanent collection focuses on six

celebrated flowers - lotus, plum blossom, cherry blossom, chrysanthemum, tulip, and rose – and the message they convey.

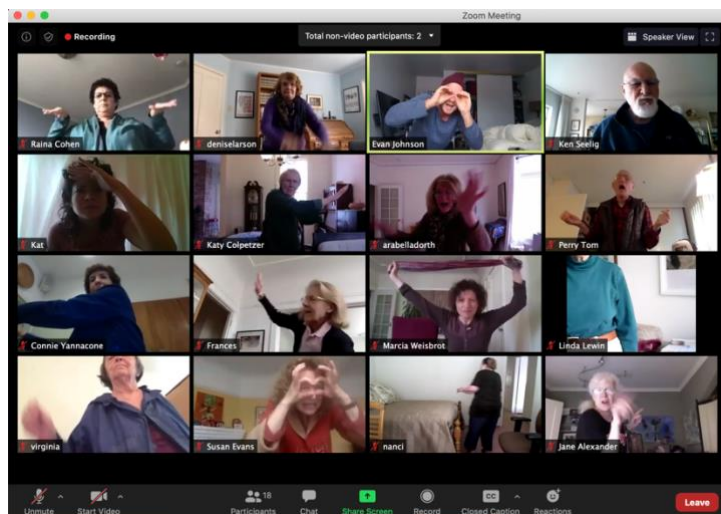
The Asian Art Museum of San Francisco connects art to life. Our mission is to inspire new ways of thinking by connecting diverse communities to historical and contemporary Asian art and culture through our world-class collection, exhibitions and programs.

## Curiosity Lab: Creative Connections

Tuesdays, June 22 – July 27, 10:30 – 11:30 AM

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

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



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



## Understanding Victim Services

Thursday, June 24, 10:30 -- 11:30 AM

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

Join us in a presentation that will provide an overview of the Victim Services Division at the San Francisco District Attorney's Office. The Victim Services Division provides information on victim's rights, the criminal justice system, the California Victim Compensation Program, community resources and safety suggestions. Throughout this presentation, you will have an opportunity to ask questions and gain a better understanding of the assistance available through the Victim Services Division.

## How our Identity Shapes our World View

**Friday, June 25, 11:00 AM – 12:00 PM**

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

Facilitated by Kate Hoepke.

In the past three 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.



## Intergenerational Pride: What do we need to thrive?

**Tuesday, June 29, 12:00 – 1:00 PM**

RSVP here: <https://tinyurl.com/Intergenerational-Pride>

What do we need from elders to thrive? What do we need from youth to thrive? Come hear from 4 panelists sharing their stories of resilience, with plenty of time for Q & A.

Working with film professionals from VideoOut, our four panelists will build a bridge of shared narratives by highlighting their unique lived experiences through storytelling. We hope you can join this intergenerational Pride month event sponsored by SF LGBT Center, San Francisco Village, Community Living Campaign, and Open House.



## Reoccurring Events

### Aging Well with Meditation

**Wednesdays, June 2, 9, 16, & 30, 11:00 AM – 12:00 PM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, June 3, 10, 17, & 24, 2:30 – 3:15 PM**

**Part 2: Mondays, June 7, 14, 21, & 28, 1:00 – 1:45 PM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, June 3 & 17, 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, June 7 & 14, 10:00 – 11:00 AM**

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

### Grupo de Conversación en Español

**Mondays, June 7 & 21, 11:00 AM – 12:00 PM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, June 7, 2:00 – 3:00 PM**

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

This month we are rolling out the welcome mat to new members and new participants to join and share with us their creative projects and creative processes. 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, June 11, 10:30 -- 11:30 AM**

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 June we'll talk about real estate and housing options for solo agers and take this opportunity to talk about life in the City. 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!

### 94123

**Wednesdays, June 2, 16 & 30, 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.

### 94118

**Thursdays, June 3, TBD, & June 17, 3:30 – 4:30 PM**

RSVP to Gabie Berliner or Karen Franklin.

On June 3 we are celebrating our first in-person meeting after 15 months by going to the cafe at the deYoung Museum. On June 17, we'll have our usual zoom meeting. 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, June 4, 18 & 25, 1:00 – 2:00 PM**

RSVP to Bill Haskell for zoom information.

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.

### Sunset Circle

**Wednesdays, June 9 & 23, 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

**Wednesday, June 9, 3:00 PM**

RSVP to Heather Solway or Shelley Fernandez.

### 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

We are continuing to meet via Zoom. Join us!

### **94121**

**Thursday, June 10, 2:00PM**

RSVP and questions to Patricia Kaussen or Carol Rothman.

The 94121 Circle has moved to face-to-face outdoor gatherings! Our next gathering location is still to be determined. We are usually about 10 to 12 folks that like good conversation and good vibes.

### **94117**

**Friday, June 11, 1:00 – 2:30 PM**

**Thursday, June 24, 1:00 – 2:30 PM**

RSVP to Bill Haskell for zoom information.

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.

### **94109/94133**

**Wednesday, June 23, 2:00 PM**

RSVP to Bobbie Rothman or Juliet Rothman.

We'll be meeting in person at an as yet to be determined location. As things begin to open up, we have the perfect theme for the month: what is the first place you would like to travel to outside California? Please join us!

### **Bernal**

**Saturday, June 26, 7:00 – 8:30 PM**

RSVP to Joan Miro for zoom information.

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

### **West of Twin Peaks Circle**

**Tuesday, June 29, 7:00 PM**

RSVP and Zoom questions to LeeAnn DeSalles.

Share three statements about yourself – with only one being true. We'll play "guess which one is true."



## Community Events



### Pride Movie Night at Oracle Park

Friday & Saturday, June 11-12, 6:30 PM

Purchase tickets at

<https://www.mlb.com/giants/ballpark/events/movie-night>

SF Pride is very excited to collaborate on two film screenings at Oracle Park in cooperation with [Frameline](#) and the San Francisco Giants. These ticketed, socially distanced events, subject to state-

mandated capacity limits, grow out of SF Pride's longstanding relationship with the nation's longest-running LGBTQ+ film festival.

### Bayview Opera House Juneteenth

Saturday, June 19, 1:00 – 3:00 PM

4705 3rd St., San Francisco, CA

<https://www.eventbrite.com/e/juneteenth-at-bvoh-tickets-153078214059>

We are re-opening the outdoor stage! Come out and join BVOH for our first outdoor event since the Shelter-In-Place order began. Join us for sun, community and live music.

As the sun begins to set on the pandemic, BVOH is excited to reopen our outdoor stage. We invite our community in, to celebrate the historic day that the enslaved peoples of Texas discovered they were free. A perfect way to celebrate being liberated from our homes and seeing a world beyond the pandemic!

We have a jam-packed lineup featuring:

- \* Live Drumming from Batuci
- \* An original dance routine from Feline Finesse
- \* Poetry/Spoken Word from Queen Niyah
- \* Uplifting music by Christopher Street, XPress and GoodBrutha
- \* With a finishing touch of Blues and Jazz by Pat Wilder and her band.





## Free Screening of **PROGNOSIS - notes on living** at the Frameline45 San Francisco International LGBTQ+ Film Festival

**Saturday, June 19, 4:00 PM**

Virtual Event

[www.groundspark.org/prognosis-notes-on-living](http://www.groundspark.org/prognosis-notes-on-living)

In **PROGNOSIS - notes on living** Academy Award-winning documentary filmmaker Debra Chasnoff is diagnosed with stage-4 cancer. She faces down injustice as she always has - with her camera. With the help of her wife Nancy and their extended LGBTQ+ family, she traces a journey through the twists and turns of the end of her life. What emerges is an emotionally raw, funny and profoundly intimate portrait of shifting relationships and identities — a story about hanging onto life, as you prepare to let it go.

The World Premiere of **PROGNOSIS - notes on living** will take place June 19 at the Frameline45 San Francisco International LGBTQ+ Film Festival. The fully virtual event includes a screening of the documentary film followed by a Q&A with the filmmakers. San Francisco Village is a proud partner with this film!

## Got an iPod You're No Longer Using?

Jeanine Catalano is collecting them to send to Music & Memory, a non-profit helping people with Alzheimer's and other dementias through personalized music.

Mail or drop off to Jeanine at 2190 Washington St. #906, SF or call/text her at 415/310-9467 to pick up.

To learn more, go to [www.musicandmemory.org](http://www.musicandmemory.org)



## 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
- 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, most of our programs are taking place 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

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