



San Francisco Village

Monthly Newsletter

October 2021

From Executive Director, Kate Hoepke:

Dear Members and Friends:

I just returned from a two-week road trip to Yellowstone National Park with my daughter. It was a glorious vacation on so many levels: the magnificence of the

Tetons, wildlife and forests; uninterrupted time with my daughter; and the freedom to just let each day unfold. I loved the late afternoons on the front porch of our cabin meditating on the Rocky Mountains and watching the wind animate the aspen tree in the front yard. We felt connected to the natural world in ways that felt new and ancient at the same time - trusting that we belong to something so much bigger than ourselves.



While traveling, I listened to a podcast with Suzanne Simard, the forest ecologist who has proven that trees communicate with one another in vast underground networks. Every tree is linked to every other tree. The forest, she says, is a single organism that relies on mutuality and reciprocity to flourish. Just like highly-functioning human social systems!

In her new book, *Finding the Mother Tree: Discovering the Wisdom of the Forest*, Dr. Simard says that a forest is wired for wisdom and care. Mature trees, called "mother trees" serve as hubs in the underground fungal network supplying younger saplings with the information, nutrients and water they need to thrive. The age of the mature tree is an advantage because of its bigger root system and its "great big photosynthetic crown" that transmits energy into the ground and feeds the network.

Simard describes the mother trees as elders of the forest, the nuclei that everything else is linked into. These trees mirror the intelligence that human beings possess in parenting or eldering: passing on wisdom, sending warning signals, aiding others through sickness and distress, delivering nutrients. She is discovering how these complex relationships contribute to forest resiliency, adaptability and recovery.

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Marjorie Chester 94116

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Human social systems and ecosystems are built in fundamentally similar ways. Native people and aboriginal science have known this for millennia. It makes sense to my modern brain. Mutuality and reciprocity lead to cooperation and collaboration. Working together fosters resilience and recovery. Younger generations look to elders for resources and wisdom. It's as if Simard is describing the Village Movement! I love finding out that we're in synch with a much larger story, a universal intelligence.

One last point about forests, it turns out that trees don't discriminate based on species. Ash communicate with birch; cedar feeds aspen. Another valuable lesson for us humans as we strive to bridge differences and heal social injustice. Look to the trees!!

Love,

Kate

In Memorium



Marilyn Benioff (94111)

Marilyn passed away in her home on Sunday, August 22, 2021. She and her husband Al were pioneers at TeleGraph Landing, a condominium on Sansome and Lombard, when it opened in 1976. They had raised their children in the Laurel Heights District of San Francisco but played a large part in making TeleGraph Landing a community. Marilyn was raised in New York but moved west as a young woman to attend Stanford University. She soon met Al Benioff, the love of her life. They were married for 69 years until Al's passing in 2016. When neighbors were asked to describe Marilyn, the most common words used were smart, elegant, caring, non-judgmental, supportive, genuine, and a wicked sense of humor. Marilyn would say the greatest accomplishment of her life were her three talented children, Jeanne,

Carol, and Louis. She was an avid theatergoer, a passionate supporter of the San Francisco Giants, and active in politics. Even as she began to decline and her hands were shaky, she wrote post cards in support of her favorite candidates, and in favor of human rights. We will miss her physical presence, but always feel her spirit.

Ruth Cowan (94118)

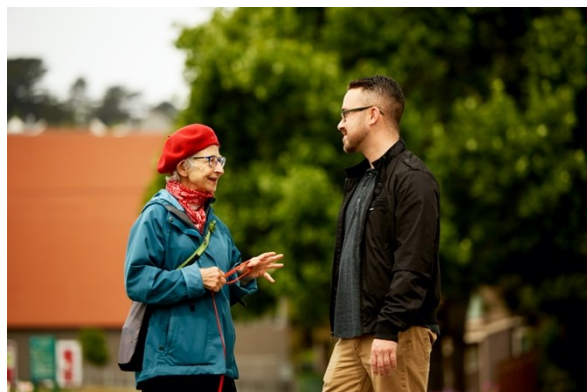
Ruth passed away on August 19, 2021. Born in Conneaut Lake, Pennsylvania, she headed west to receive her BA from Akron State University, graduate work at Case Western Reserve and the University of Colorado, and the CORO Foundation's Public Affairs Training for Women. She met her husband Bruce in Boulder, CO and the two moved to San Francisco. They joined the First Unitarian Universalist Society of San Francisco in 1968, where she remained an active and beloved member until her death.



Ruth received the Society's Rheiner Award in 1995 in recognition for decades of public service, earning her the mayor's proclamation of Ruth Cowan Day in San Francisco. Ruth helped found the San Francisco Education Auxiliary (School Volunteers) and was a member and board president of the League of Women Voters. She joined the San Francisco Youth Guidance Center Auxiliary Board where she served as Vice President, President, and Liaison to the Juvenile Justice Commission. She helped found Huckleberry House, which evolved to be Huckleberry Youth Programs. She joined the board of Hospice of San Francisco, and she was a member of the SF Planning Commission for Urban Renewal, the Friends of the San Francisco Public Library, and the Civil Grand Jury. Ruth was active in the campaigns of Diane Feinstein, Barbara Boxer and Nancy Pelosi and volunteered her garage as a voting precinct for 30 years.

Along with her warm, gentle, loyal and generous nature, Ruth was open, fun-loving, and outspoken in her beliefs. She was a trailblazer wherever she went, and she leaves behind a valuable legacy of service to her family, community, church and city.

October Events



How to Use San Francisco Village: An Introduction (or a Refresher!)

Friday, October 1, 11:00 AM – 12:00 PM

Zoom

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

Can you count the ways that you lean on San Francisco Village? There are probably many more that you haven't thought of yet. Join SFV staff to hear real life stories and examples of ways to utilize your membership. We'll talk about referrals, counseling, volunteer connections, programs, and most importantly, our relationships with each other. Whether you're a new member or you've been a member for over a decade, we're sure you'll hear something new or be reminded of that forgotten resource at just the right time.

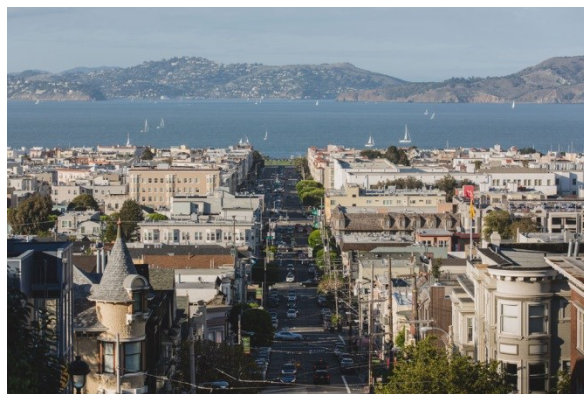
Member Walking Group: Cow Hollow

Monday, October 4, 10:30 AM

Meet at corner of Vallejo St and Fillmore

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

Come and explore Pacific Heights and Cow Hollow with your On the Level walking guide, Marilyn Straka. No hills or steps! We start at my front door (after an optional bathroom break) and walk along Vallejo with insights into the eclectic architecture. At Van Ness, we walk to Green Street where we explore Cow Hollow. In the 1860's, Cow Hollow had 39 dairy farms with a predominance of cow pastures! Today we have a neighborhood with a variety of interesting architecture, from 'backward' Victorians to the 1940's Bay Region styles. We will learn the history of the area from the street names.



The walk is 15 city blocks - all level walkways - takes about an hour. To return to Marilyn's condo and your car, a car shuttle will be offered or it is one block to the Fillmore bus. You can walk directly to the condo but there is one steep hill to negotiate.

You can optionally continue walking using your free self-guided walking tour booklet of our route with a map and points of interest. Union St is nearby if you wish to eat out. OR return to Marilyn's condo for a view of the Bay from her 5th floor deck (elevator is available but must be able to walk up four steps with a railing). Bring a bag lunch and stay for the view. You will have about an hour until you need to return to your car. Two-hour parking in the neighborhood.

Driving is an option to get to the start. There is level parking on Vallejo St. Alternately, the Fillmore bus stops one block away at Steiner and Vallejo.



Virtual Cuddle Club with Muttville

Wednesday, October 6, 2:00 – 3:00 PM

Zoom

RSVP to (415) 387-1375 or 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 currently 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.

The Legion of Honor Virtual Tour: Pastels: Color into Line

Friday, October 8, 1:00 – 2:00 PM

Zoom

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

Join Docent Elaine Kohn who will lead a virtual highlights tour of the *Pastels: Color into Line* exhibition at the Legion of Honor. This exhibition presents a powerful selection of masterpiece drawings done with pastel, one of the most versatile and adaptable media



in art history. Spanning the Renaissance to most recent artistic experimentations, the narrative highlights technical aspects with an emphasis on the design process behind the works. Drawn mostly from the Fine Arts Museums' own holdings in the Achenbach Foundation for Graphic Arts, the Museums' department of works on paper, the exhibition celebrates the artistry of pastel through the richness of the Bay Area art collections with selected loans from local private collections and public institutions.



How to See a Bird

Wednesday, October 13, 10:00 AM – 12:00 PM

***San Francisco Botanical Garden (Free for SF residents, please bring ID)**

Meet at the bookstore inside the 9th Ave. entrance*

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

birding! Linda has been an avid Bay Area bird watcher since college. Spend the morning with other SFV members and volunteers in the Botanical Garden and learn how to find birds by sight and sound. Linda will bring field logs and share tips about how to clue into the birds that are all around us. Bring your binoculars and open your ears and eyes to this beautiful habitat! Don't forget to bring your own sun protection, layered clothing for potentially cool weather and water.

The Storytelling Connection

Fridays, October 15 - November 5, 11:00 AM -- 12:15 PM

Zoom

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

Storytelling strengthens community. It has ancient roots. Strong roots make a resilient community. Listening together is like traveling one shared landscape of wonder. Hearts open. Memories dance at the edges. Sighs and laughter harmonize. Let's share the moment.



Come and be transported into the universal story themes, by listening and, if desired, reflecting and sharing your own experiences. San Francisco Village resident storyteller Olive Shaughnessy has been a professional storyteller for over 30 years, sharing the gifts of her trade through mesmerizing listening experiences. Visit her website <https://olivestoryteller.com/>

In this series, she'll also dive into the elements and qualities of fairy tales, fables, myths, and legends. A fairytale becomes a real-life example when she shows how to apply the same principles to personal stories and a prop becomes a prompt for further reflection and sharing. Our community is strengthened by storytelling.

This series was intentionally planned for zoom so we can see each other's faces rather than masked. We know connections are different virtually and that facial expression, words and voice carry the story. Writers, actors, storytellers, people who want to be mesmerized, people who want personal connection, people who want to try something new or something familiar, there is space for all. We hope you join us!

Mindfulness and Connection for Challenging Times

Tuesdays, October 19-November 9, 10:30 – 11:30 AM

Zoom

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



Would you like to recharge, reconnect, and learn simple practices to help change your relationship to stress? Join us for a 4-week online series. The series includes a combination of mindfulness and stress management practices, interaction and discussion (including breakout sessions), some journaling, and instruction of how stress impacts the brain and body. Simple evidence-based practices include breathing practices, focused attention, body scan, cultivating compassion, gentle movement, and everyday activities like walking, eating, talking where you can practice mindfulness. You will walk away with practices and strategies you can easily integrate into daily life, and maybe with some new connections as well!

Terre Passero has a passion for helping individuals grow personally and professionally. She founded Mindful Stress Management, whose mission is to help eliminate roadblocks to success and wellbeing. She has been teaching mindfulness since 2005 and has decades of experience leading global teams in organizations. She is a Certified Mindfulness-Based Stress Reduction (MBSR) Instructor and a Certified Stress Mastery Educator. She also spent five years in Japan where she practiced (and still practices) Zen meditation.



SFV Telephone Support Team

Tuesday, October 19, 2:00 – 3:00 PM

Zoom

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

This is the second meeting to organize a peer-to-peer support team. If you attended in September, you do not need to attend this session in October. As requested, this meeting is now being offered virtually.

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. Staying connected and knowing how to access resources is critically important to long-term health and well-being, especially during this prolonged

pandemic. Join us on Tuesday October 19 at 2pm if you are interested in being a caller and/or organizer of this valuable new SFV program.

Conversations about Race

Thursday, October 21, 11:00 AM – 12:00 PM

Zoom

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

Facilitated by Kate Hoepke and Joanne Low.

Since early this year, members have been meeting to explore questions about identity, white dominant culture, and racial disparities. We welcome the opportunity to better understand the complexities of an increasingly diverse America and how our unique experience is relevant in the current social discourse.

Join us as we continue the conversation about race. All members are welcome to join, whether you attended earlier sessions or not.



Asian Art Museum Virtual Tour: Demons, Creatures, And Monsters – Oh My!

Friday, October 22, 1:00 – 2:00 PM (this is the 4th Friday rather than the usual 3rd Friday)

Zoom

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

Mythical creatures, legendary beasts, terrifying monsters... they are supernatural, mystical, often god-like or demon-like beings, and they have fascinated us since ancient times. Even today, they continue to thrill, terrify, entertain, and inspire us. They have filled folklore, stories, songs, and works of art. They may even be able to protect us – from viruses.

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.

Movies with Steve: Humphry Bogart Series

Tuesday, October 26, November 9, and November 16, 1:00 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

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

Come to the San Francisco Village office to see 3 Classic Humphry Bogart movies: *The Maltese Falcon*, with Mary Astor, *Casablanca*, with Ingrid



Bergman, and *To Have and Have Not*, with Lauren Bacall. Hosted by SFV member and board member Steve Hayashi.



Volunteer Appreciation Party

Wednesday, October 27, 4:00 – 5:00 PM

Zoom

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

Our multi-generational corps of volunteers makes visible what is often invisible: that as humans we are inherently relational, responsive beings and the human condition is one of connectedness and interdependence. More than 200 non-member volunteers contribute their time, energy and

love to building the infrastructure that delivers social care to our members: the vital connections that research tells us are crucial to healthy aging. At the same time, members graciously volunteer for one another. In fact, over half of all volunteer hours are provided by SFV members.

Join us in celebrating this generous exchange of love! All members and volunteers are welcome—and we have a few surprises up our sleeves!

Writing a Musical – The Inside Scoop

Friday, October 29, 1:00 – 2:00 PM

Zoom

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

In the old days (when you could actually sit in a theatre and hear the orchestra tuning up and playing the overture) did you ever wonder how the magic you were about to see on stage was made? How did the creators decide what to write about? Which came first, the music or the lyrics? What do they mean by the “book” of a musical? Get the skinny on these and other questions

from Lauren Mayer and Diane Sampson, co-creators of *Living Large*, a new musical about Marie Dressler set for a staged reading in San Francisco this December.



Lauren Mayer (composer/co-lyricist) is a singer-songwriter working in musical revues, cabaret acts, and her own comedy performances. She is a 5-time recipient of the San Francisco Cabaret Gold Award.

Diane Sampson (libretto/co-lyricist) is a playwright with 4 other musicals under her belt. Her short non-musical plays have been produced in venues as far afield as Seattle, Miami and London.

Reoccurring Events



Makers & Crafters

Friday, October 1, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, SF 94118

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

Bring your creativity along with whatever handcraft projects you are working on and join our lively group of makers. We will show off our latest creations and take some time to catch up with each other. This month we will review *Knitting 101* for those who have never knit before but would like to learn or brush up on the basics. We will have the yarn and needles needed to start, but feel free to bring your

own.

Longevity Explorers Circle

Tuesday, October 5, 2:00 -- 3:30 PM

Zoom

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, October 6, 20, & 27, 11:00 AM – 12:00 PM

Zoom

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

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

Tai Chi and Qigong

Thursdays, October 7, 14, 21, & 28, 2:30 – 3:15 PM

SFV office, 3220 Fulton St, 94118

Mondays, October 4, 11, 18, & 25, 1:00 – 1:45 PM

Zoom

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



Tai Chi and Qigong are exercises designed for health of mind and body. The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This class is ideal for any experience level, from beginner to seasoned practitioner.

The virtual Monday class is currently learning the Chen Style 24 movements. If you don't have any Tai Chi experience, these moves may take longer to learn and understand.

Feel free to join at any time as the moves are broken down and repeated. Both classes emphasize improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Play Reading Group

Thursdays, October 7 & 21, 4:00 – 6:00 PM

Zoom

RSVP to Midge Fox

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

Solo-Agers Circle

Friday, October 8, 10:30 AM – 12:00 PM

Zoom

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

Please call Betty Burr with any questions.

Based upon the positive reactions of members who attended the book study in August and September, we will continue it once a month. The book is *Who will Take Care of Me When I'm Old* by Joy Loverde, who talks about how to be a solo ager and covers questions ranging from housing to medical decisions to social engagement. It is available to purchase online (or your local bookstore can order it for you) and the SF library has plenty of copies in print and as an e-book. Prior to October 8, if you haven't already done so, please read the chapters 1-4.



NOTE: We are extending the total time for this Circle. The first hour will be a book discussion and the last half hour will be a "fellowship" with members sharing questions, issues and ideas. Please plan to attend the entire time if you can.

Member to Member Coffee Chat

Monday, October 11, 2:00 – 3:00 PM

Mondays, October 18 & 25, 10:00 – 11:00 AM

Zoom

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

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



Barbara Kivowitz, SFV member and board member, will facilitate October 11, Gretchen Addi, SFV board co-chair, via zoom on October 18 and Bill Haskell, SFV member and board co-chair, will facilitate on October 25.



Grupo de Conversación en Español

Mondays, October 11 & 25, 11:00 AM – 12:00 PM

Zoom

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

Add a little more Spanish conversation to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for

it? Check it out!

Let's Play Games

Tuesday, October 12, 3:00 – 4:30 PM

SFV office, 3220 Fulton Street

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

The game group is back!! Plain and simple - let's have fun! We play cards and board games and love when you introduce us to a new game. Join us!





Intergenerational Book Club

Wednesday, October 27, 10:00 – 11:00 AM

Zoom

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

A new program for SFV—an intergenerational book club started by volunteer Kiki Couchman! The group will meet the last Tuesday morning of the month. This month the group is reading and discussing *Detransition Baby* by

Torrey Peters.

Street Clean Up: 8th and Fulton

Thursday, October 28, 10:30 – 11:30 AM

SFV Office, 3220 Fulton Street

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

There is a new organization forming dedicated to litter abatement in San Francisco!!! If you are tired of walking on food wrappers, cigarette butts, coffee cups, etc. this is your opportunity to do something about it. Vince, a self-described average, previously unengaged citizen, recently founded [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.



Mark your calendars, put on your old clothes, gloves, face masks (if you want) and join us to clean up the neighborhood around the San Francisco Village office. Everything else you'll need is provided.

Want to get started in your own neighborhood? Join us and Vince can help set up a date to organize your neighborhood circle and neighbors!

Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. As SF reopens, some circles are starting to meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

LGBTQ Circle

Fridays, October 1, 15, 22, & 29, 1:00 – 2:00 PM

Zoom

RSVP to Bill Haskell

For these virtual get-togethers, we will share what is going on in our lives. We will also share what brings us pleasure, what we are enjoying, and what is positive.

94107/94103

Wednesday, October 6, 1:30 – 3:00 PM

Lunch location TBD

RSVP to Eve Menger

We'll be meeting for an outdoor lunch and conversation.

West of Twin Peaks Circle

Thursday, October 7, 1:00 PM

The Beach Chalet, 1000 Great Highway

RSVP to Roberta Gordon by October 1

The Beach Chalet is an historic landmark, built by Willis Polk in 1925 as an Army headquarters, and originally called the Golden Gate Park Chalet. Over the years it has had its ups and downs, from dangerous dive bar to its current renovation as the Beach Chalet Restaurant. Lucien Labault painted the frescos depicting life in San Francisco during the Great Depression and the building and artwork were funded by President Franklin Roosevelt's WPA.

We request that you have cash to pay your individual bill. We all add 30% to our order which includes tax and tip.

Please bring a mask with you as San Francisco restaurants require wearing one upon entering the restaurant and bring ID and proof of vaccination. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to The Village!

Neighborhood Circles:

Sunset Circle: 94122/94116

West of Twin Peaks: 94127/94132

St. Francis Wood, West Portal, Forest Hill, Park Merced, Ingleside Terraces, Oceanview, Merced Heights and Ingleside

94110/94134: Bernal Hts /Potrero/

Mission/Visitation Valley/Bayview

94107/94103: South of Market/Mission/Potrero

94109/94133: Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill

94111/94104/05/08: Financial Dist/Embarcadero

94112: Excelsior/Ingleside TBD

94114/94131: Castro/Noe Valley/Glen Park

94115: Pacific Heights/Western Addition/Japantown

94117: Cole Valley/Haight

94118/94129: Inner Richmond

94121: Outer Richmond

94123: Marina/Cow Hollow

LGBT Circle: Citywide

Tuesday, October 26, 7:00 – 8:00 p.m.

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our theme will be “What movie character would you like most to play and why?”

94117

Friday, October 8, 1:00 – 2:30 PM

Thursday, October 21, 1:00 – 2:00 PM

Zoom

RSVP to Bill Haskell

For these get-togethers, we can share what is going on in our lives. We can also share what brings us pleasure, what we are enjoying, and what is positive. If you are interested in joining, email Bill. He will send a Zoom invitation - on the morning of the virtual get-togethers.

94121

Friday, October 8, 2:00PM

Location TBD

RSVP and questions to Barbara Scrafford or Carol Rothman

The 94121 Outer Richmond District Circle is continuing to meet in person with masks optional in both indoor and outdoor settings. Our next meeting is scheduled for Friday, October 8 at 2:00, place yet to be determined. We intend to discuss our careers, current and former.

94115+

Friday, October 8, 2:30 PM

RSVP to Lynne Fox or Gayle Geary

The first meeting of the 94115+ (see note below about the + sign) Circle was held on September 10th via Zoom with a very enthusiastic group of folks. We shared information about ourselves and enjoyed visiting with each other. We decided that we would continue to meet on Zoom for the time being but we hope to meet in person as soon as feasible. Our next meeting will be on October 8th at 2:30pm. Please feel free to contact Gayle or Lynne if you are interested in joining our group and we will be happy to send you a Zoom invitation.

Sunset Circle

Wednesdays, October 13 and 27, 2:30 – 3:30 PM

Zoom

RSVP to Steve Hayashi

Sunset Circle continues to meet on Zoom with lively conversations and a monthly biography that has us all enthusiastic for the riches among us. New members have joined in as well. We will continue meeting from 2:30-3:30 on Wednesday October 13 and 27. If this time does not work for

you, or if you have not joined in a while and want to reconnect, please email or call Olive Shaughnessy. Maybe our timing is not good for you? Or you are shy to join us after a long absence.

94114/94131

Wednesday, October 13, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

Bernal

Saturday, October 16, 7:00 – 8:30 PM

Zoom

RSVP to Joan Miro

We are staying on Zoom, but getting together once in a while to share a meal "out in the world." We continue to share our stories, our challenges and successes with mutual care and concern.

94109/94133

Questions to Bobbie Rothman or Juliet Rothman

As our group will hold its annual planning meeting in late September, our plans for October have not yet been developed. Please watch your email carefully - we'll be sending updates and notes after our meeting!

94118

TBA

Questions to Gabie Berliner or Karen Franklin

We're sorting out our future plans! Reach out to Gabie or Karen with questions and ideas.

Save The Dates



Fiduciary Services 101

Thursday, November 4, 10:30 – 11:45 AM

Zoom

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

A fiduciary relationship is one of confidence and trust. A professional fiduciary assists those who may no longer be able to manage their financial or personal affairs. At times these responsibilities are handled by close family members and friends, there are often times when an experienced, qualified, independent professional can serve you and your loved ones' best interests.

Hear from Erin Markey at Best Interest Fiduciary Services about the ins and out of what a professional fiduciary does and what to look for in hiring one.

Following Erin's presentation and Q&A, we'll hear from two San Francisco Village members and their decision making process in hiring their fiduciaries. Spoiler alert—they arrived at very different answers and who they hired since this is such a personal decision! We hope their journeys and learnings can help other Village members.

Writers Workshop

Tuesdays, November 16-December 21, 10:00 - 11:30 AM

Zoom

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

Have you always wanted to write your memoir but didn't know where to start?

Have you got some poems tucked away in a drawer?

Do you have an idea for a gripping novel?

Or do you just want to put pen to paper -- wondering if a poem, an essay or a short story will emerge?



San Francisco Village Writers' Workshop welcomes writers of all levels. You can start from a completely blank page or bring something you are already working on. We will explore different writing styles – from memoir to poetry to short and long fiction. We will also read poets and authors that resonate with us – and try to figure out how they transfer their experiences, thoughts and feelings to the written page. You will receive a robust bibliography of books about writing – and we will draw special examples from *A Swim in a Pond in the Rain: In Which Four Russians Give a Master Class on Writing, Reading and Life* by George Saunders (available at SF Public Library). 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 a book reviewer for the Los Angeles Review of Books. Elinson has led writing workshops at SFV since 2015. We welcome those who have been part of the Writers Workshop in the past and we also welcome newcomers! No experience necessary!

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!

Due to the COVID-19 pandemic, many of our programs are taking place virtually.
Events are taking place in person.

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.

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.

San Francisco Village
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