



San Francisco Village

Monthly Newsletter

February 2022

From Executive Director, Kate Hoepke:

Dear Members and Friends:

As we start what is hopefully the final year of the pandemic, I'm excited to introduce you to the 2022-2026 Strategic Plan at the State of the Village meeting on February 23. A map for our organizational future and who we hope to become. It is the result of a long and vigorous journey that started just before the lockdown in early 2020.



Amid confusion and uncertainty at that time, SFV members, staff, board and volunteers took quick action and learned new ways to stay connected, resourced, and safe. A few months later, George Floyd was murdered and Black

Lives Matter protests erupted around the world. SFV responded in solidarity and felt compelled to begin an examination of what it means to be a predominantly white organization in a white dominant culture. The strategic plan is born from that honest self-reflection and desire for inclusive community that represents all San Franciscans, across race, culture, gender, and ability.

In the course of this two-year journey, we have reaffirmed our commitment to connecting older San Franciscans to the community, resources, and expertise they need to navigate the transitions of aging in a changing world. At the same time, we are making explicit our commitment to a bigger vision that includes people of all ages, races, cultures and abilities working together to create a community of belonging and in so doing, demonstrate possibilities for relationship and connection that benefit the greater good.

Rooted in shared values, the Strategic Plan provides all of us with a framework for decision making as we carry out the work of San Francisco Village. The ways we connect and communicate, the programs and services we develop, the partnerships we engage in, and the things we stand for. You can read a full description of our values on the final pages of this newsletter.

I look forward to hearing what you think and how you want to help

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**New Members
in January**
Lily O'Connor 94118
Richard Rothman 94121
Abby Lehrman 94131
Frances Payne 94131
David Dietrich 94114
Linda Kosut Lyon 94121

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make this aspirational plan a reality. My hope is that we can transform the losses and suffering of the past two years to guide us in creating a community of belonging for greater numbers of people. Please RSVP to Sarah so she can send you the Zoom link for the State of the Village meeting Wednesday February 23 at 1:00 p.m.

Grateful to be in community with you!

Kate

Did You Know? Holiday Schedule

The San Francisco Village office will be closed Monday, February 21 for Presidents' Day.



New Volunteer Connect Phone Number

Thanks to improvements in technology, you'll soon see (415) 212-6908 on your caller ID when San Francisco Village volunteers call you. Save it to your contacts as SFV Volunteer Connect!

Our office number remains the same (415) 387-1375.

Note: This only works after being matched with a volunteer. If you haven't been matched yet or have any questions, please call Jill at (415) 387-1375 ext 2.

Belonging: Art Exhibit by San Francisco Village Members

Deadline for submission: Friday, February 25

SFV office gallery, 3220 Fulton St.

Questions and submissions to Sarah Kent at sarah@sfvillage.org or (415) 387 – 1375 ext 3

What does it mean to belong? San Francisco Village artists will take over the office for a gallery exhibit exploring our human need to be a part of something bigger than ourselves.



We invite makers of all experience levels and mediums to submit a piece of work for our first group exhibition. Whether you create something new or find something you created ages ago, we want to hear from you! Please share an image of your ready to hang or display piece and how it fits the theme *Belonging* by February 25 and arrange for a time to drop off. The show will be hung and date of opening will be announced in March.

February Events



Art Salon

Wednesday, February 2, 2:00 – 3:30 PM

SFV Office, 3220 Fulton St, 94118

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

Come show off what you've been creating! We'd love to see paintings, drawings, photographs, needle work, crafts, hear some of your writings, listen to your songs, and more. Let us know what you'd like to share when you RSVP so we can craft a loose plan for the afternoon and create the space to show everything off.

Intergenerational Social Justice Working Group: Creative methods for social change

Mondays, February 7 – March 7 (not 2/21), 2:00 – 3:00 PM

Zoom

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

This series started Jan 31 and you can join at anytime



You're invited to participate in an intergenerational conversation at the intersection of identity and social justice. Join dance maker Liv Schaffer (University of San Francisco/Dance Generators) and 15 undergraduate students in embodied experiences, creative research, and provocative dialogue rooted in racial equity, anti-ageism, and restorative justice. Activities will include structured storytelling, guided and improvisational movement, creative writing, and dynamic group discussion. Drawing on a wide spectrum of lived experiences, the goals of this group are to hold space for differing perspectives, challenge assumptions, affirm lived experiences, and share new resources for social progress, accountability, and growth.

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

Movies with Steve

Tuesdays, February 8, 16, & 22, 1:00 – 4:00 PM

SFV Office, 3220 Fulton St.

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

RSVP required and space limited

Come enjoy a film in the SFV conference room! SFV member and board member Steve Hayashi curates a trio of films every month. All movies this month are directed by Akira Kurosawa, and feature Toshiro Mifune 2/8 *Hidden Fortress* 2/15 *Yojimbo* 2/22 *The Seven Samurai* (will run until 5:00 PM).





Engaging Elders in Climate Action: San Francisco Village Discussion

Thursday, February 10, 10:00 – 11:00 AM

Zoom

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

This is a call to all elders in San Francisco Village concerned about climate change and wanting to

engage in climate action to impact the growing climate crisis!

On January 9th, Ashby Village had a presentation by climate visionary and activist Bill McKibben. He presented his new organization, the [Third Act](#), a national network of elders supporting younger activists engaged in climate action. He explained how to tap our strengths— our experience, networks, time, and wisdom—for our most valuable legacy: protecting the future of our children, grandchildren and the human species living on planet earth.

Several SFV members heard this powerful presentation and we were struck by its crucial importance for all of us at this time. Bill McKibben clearly lays out the urgency before us - and the need for older adults to get involved in collective climate action. Now!

[Here is the link](#) to the talk (or search Ashby Village YouTube). We urge you to make the time to listen to Bill McKibben. Then we would like to have an open discussion – involving members, board and staff – to consider how SFV can collaborate with the Third Act. Like Bill McKibben said, organizing is hard. We can join with Ashby Village, other Villages, and older adults across the US in collective action to make a difference in the growing climate crisis.

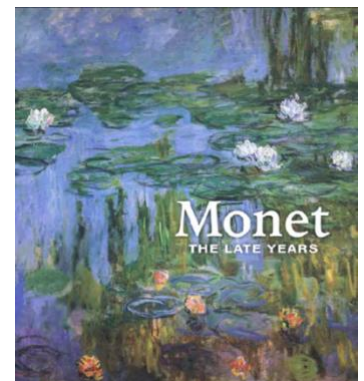
Fine Arts Museums Virtual Tour: Claude Monet, the later years

Friday, February 11, 1:00 – 2:00 PM

Zoom

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

A retrospective of the works of Claude Monet during his later years at his home in Giverny, and the large canvases that were later on display at the Musee de l'Orangerie. This talk is based on an exhibition that was on display at the DeYoung Museum in 2019.



Comic & Satiric Love Songs From Stage, Screen & Cabaret

Monday, February 14, 2:00 – 3:00 PM

Zoom

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

The songwriters who penned these numbers take the traditional concepts of love, often with idealized fantasies about romance, and turn them on their heads.

After a brief overview of the evolution of satirical love songs, you will see performances by legendary stars of yesteryear and today playfully mocking such topics as incompatibility, infidelity, ambivalence, dating dilemmas, wedding jitters and more.

Video clips demonstrating these relationship plights and predicaments include performances by such legends of yesteryear and today as Eddie Cantor, Fred Astaire & Ginger Rogers, Mickey Rooney & Judy Garland, Carol Burnett, Mandy Patinkin, Barbara Cook, Audra McDonald and Kristin Chenoweth.

And your instructor Bonnie Weiss will include her own warbling of a truly twisted, but refreshingly inventive look at love penned by lyricist Yip Harburg (*The Wizard of Oz*, *Finian's Rainbow*) and composer Burton Lane, (*Finian's Rainbow*, *On a Clear Day You Can See Forever*).

Global Influence of Jazz

Thursday, February 17, 10:30 – 11:30 AM

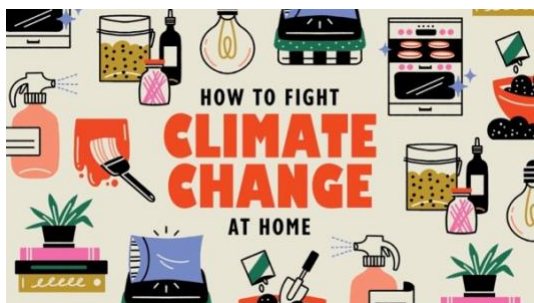
Zoom

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

Come discover the global influence of jazz music and how Black communities, such as the Western Addition in San Francisco, used jazz as an economic basis for Black capitalism...and how much of that was subsequently destroyed either through redevelopment or other outside forces. We will also talk about the same phenomenon in France where Black jazz expats built an economy through jazz in the arrondissement of Montmartre, or Cuba or Los Angeles or New Orleans during the birth of jazz.



Dr. Nicholas L. Baham III is a Professor of Ethnic Studies at California State University East Bay and teaches courses in Black Studies and Genders & Sexualities in Communities of Color. Dr. Baham is a San Francisco native. He attended college at the University of Chicago where he earned a Bachelor's degree in Political Science; earned his Master's degree in Anthropology at Stanford University; and received his Ph.D. in Anthropology at Indiana University, Bloomington. His academic research focuses on African American religious experience, sexuality, and artistic expression. His book, *The Coltrane Church: Apostles of Sound, Agents of Social Justice* was published in 2015 by McFarland Press.



Next Steps in Taking Climate Action

Fridays, February 18, March 18, & April 15, 11:00 AM -- 12:00 PM

Zoom

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

What are we doing in our personal lives to respond to the growing crisis of climate change? If you could change one personal habit that would benefit the climate, what would that be? Change is hard, especially alone. What prevents it? What is doable? Let's talk. We will meet on the 3rd Friday morning of each month - for six months. We can share our experiences and together, make new choices. Please bring your ideas to our monthly meetings.

This will be our 2nd session on the vitally important topic of plastic and plastic pollution, which is both an environmental crisis and a climate crisis. First, we will discuss PLASTIC WARS, the excellent Frontline documentary. The link is: <https://www.youtube.com/watch?v=-dk3NOEgX7o>.

Then we will explore: What is green washing? What are the benefits of individual actions versus collective actions? What are some excellent examples of successful collective actions impacting plastic pollution in SF, CA, the US, and around the world? Which organizations are already working collectively to combat plastic pollution? What legislation is passed or pending that will impact plastic pollution? How can we as citizens take collective actions in SF, CA, and the US? Working on climate action is easier together. Please join us - you will learn a lot! Bring your ideas to this and future monthly meetings. Bill Haskell and Linda Lewin will facilitate this discussion.

Asian Art Museum Virtual Tour: Lunar New Year

Friday, February 18, 1:00 – 2:00 PM

Zoom

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

Lanterns and couplets. Dragons and oranges. Red envelopes and housecleaning. Learn about the fascinating and colorful traditions, and symbolism which enrich the celebration of the Lunar New Year throughout Asian cultures. February 1, 2022 on the Gregorian calendar marks the beginning of the year of the Water Tiger, year 4719 on the Chinese calendar. What does this mean and how should we celebrate?



Member Walking Group: Pacific Heights East

Tuesday, February 22, 10:30 AM

Meet at 2280 Broadway (corner of Fillmore)

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

Put on your walking shoes to explore the Eastern part of Pacific Heights – with no hills or steps! Victorians and mansions are the highlight but we will also visit a church which survived the 1906 earthquake. Learn the history of San Francisco and take in the grand and diverse architecture of one of San Francisco's finest neighborhoods with your *On The Level* walking guide, Marilyn Straka.

The walk is 16 blocks - about a mile - takes about 1 ½ hours. There is a bathroom mid-way and lunch is an option after at Alta Plaza Park. Bring your own bag lunch or buy food at a deli along the way.

You will receive a free self-guided walking tour booklet of our route with a map and points of interest. Driving is an option to get to the start. Two hour parking in the neighborhood. Alternately, the 22 Fillmore bus stops at the corner where we start.

State of the Village

Wednesday, February 23, 1:00 – 2:00 PM

Zoom

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



San Francisco
Village

We hope you can join us for our annual stake holder meeting, held virtually again this year. We're excited to share with you the highlights of the 2022-2026 Strategic Plan completed in December. Thanks to the committee who dedicated their time, energy and love to articulating a brave new direction for San Francisco Village. Rooted in shared values, the Strategic Plan provides us with a framework for building inclusive community that represents all San Franciscans, across race, culture, gender, and ability.



Memory and the Brain

Friday, February 25, 10:30 – 11:30 AM

Zoom

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

What do we know about memory and the brain? Specific topics that will be covered include the neuroanatomy of memory, erroneous ideas about memory, and neurological conditions that affect memory. We'll also talk about short term memory loss, what is normal, how to deal with it, and

how medicines can affect your brain and memory.

Charles J. Vella, Ph.D., started his career as a psychologist doing psychotherapy and psychological testing, then became Chief Psychologist and a Behavioral Manager in the Kaiser Permanente Hospital, San Francisco, Psychiatry Dept., from 1978 to 2009. He founded the Neuropsychology Service there and trained postdoctoral psychology students. Since retirement in 2009, he has continued to attend the Thursday morning Neuropsychology Conference as a volunteer consultant and gives lectures to the staff and students. He does public lectures on neuropsychological topics, including Brain Fitness, Memory, Visual Illusions, and Depression in the Older Adults.

Reoccurring Events



Let's Play Games

Tuesday, February 1, 1:00 – 3:00 PM

SFV office, 3220 Fulton Street

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

The game group is back to meeting the first Tuesday of every month. Let's have fun! We play cards and board games and love when you introduce us to a new game. Join us! Mark your calendars too for next

month—3/1.

Aging Well with Meditation

Wednesdays, February 2, 16, & 23, 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



Chair Based Tai Chi and Qigong

Thursdays, February 3 – March 24, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

This series is full. Please sign up for waiting list.

who are unable to stand for long periods. We will offer an in-person standing Tai Chi class at the end of March. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This 8-week class is ideal for any experience level, from beginner to seasoned practitioner and will be geared towards those

Member to Member Coffee Chat

Mondays, February 7 & 14, 10:00 – 11:00 AM

Monday, February 28, 2:00 – 3:00 PM

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.



Gretchen Addi, board co-chair, will facilitate on 2/7, Pat Miller, SFV member, on 2/14 and Barbara Kivowitz, SFV member and board member, on 2/28.

¡Hola!

Grupo de Conversación en Español

Mondays, February 7 & 28, 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!

Virtual Tai Chi and Qigong

Mondays, February 7, 14, & 28, 1:00 – 2:00 PM

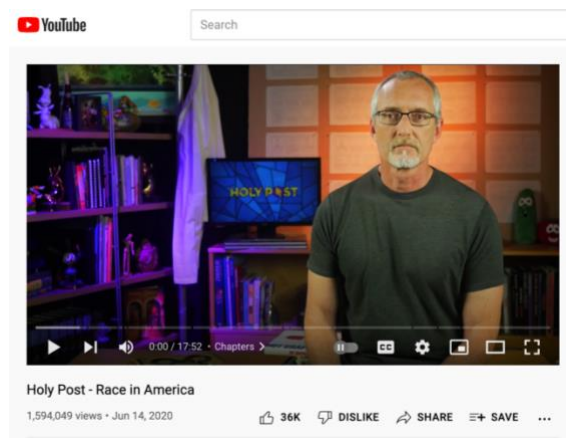
Zoom

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

Tai Chi and Qigong are exercises designed for health of mind and body. This 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. This class emphasizes improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Listening to Black Voices Forum

Tuesday, February 8

Location and time TBD

RSVP and questions to Sharon Kuester

The Listening to Black Voices Forum invites other SFV members to join our provocative discussions and fun activities. Our next meeting is February 8th at a time and location agreed upon by participants. We will be discussing two videos (Parts 1 and 2) from YouTube: [Holy Post - Race in America](#) and [Holy Post -](#)

[Race in America - Part 2](#)

Play Reading Group

Thursdays, February 10 & 24, 4:00 – 6:00 PM

Zoom

Questions to Midge Fox

This group is at capacity

This play reading group is at capacity. Contact Sarah Kent (sarah@sfvillage.org) if you are interested in starting and/or joining a new group. Midge has offered to share tips on how to run a group and books to get a new group started.



Solo-Agers Circle

Friday, February 11, 10:30 AM – 12:00 PM

Zoom

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

We're happily working our way through the book, *Who will Take Care of Me*

When I'm Old, by Joy Love. It's 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 , please read up through and including chapter 8. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions.

Street Clean Up: 8th and Fulton

Thursday, February 24, 10:30 AM– 12:00 PM

SFV Office, 3220 Fulton Street

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

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](#). We love the organization and have committed to a monthly cleanup of the neighborhood—we provide pickers, masks, bags, and route. This is often an intergenerational event as other neighbors join in the clean up!



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!



Conversations about Race

Friday, February 25, 2:00 – 3:00 PM

Zoom

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

Facilitated by Kate Hoepke, Sarah Kent and Jessica Da Silva

Since early 2021, 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.

As a group, we've decided to use the book [So you want to talk about race](#) by Ijeoma Oluo to guide our conversations. For the February meeting, we'll focus on chapters 4 and 5 *Why am I always being told to "check my privilege"?* and *What is intersectionality and why do I need it?* All members are welcome to join, whether you attended earlier sessions or not.

Intergenerational Book Club

Wednesday, March 2, 10:00 – 11:00 AM

Zoom

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

Join our intergenerational book club started by volunteer Kiki Couchman. This month the group is reading and discussing *Severance* by Ling Ma.



Neighborhood Circles

Many of our circles have been gathering virtually and connecting with each other via phone and email. Some circles are starting to meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

Sunset Circle

Thursdays, February 3 & 17, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

Sunset Circle is changing its schedule hoping that a change will make it easier for some to join our ongoing discovery of our community. Sometimes we have a theme. Sometimes, not. On February 3 we are going to reflect on how we have changed after two Pandemic Years.

LGBTQ Circle

Fridays, February 4, 18, & 25, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

We can share what is going on in our lives—what brings us pleasure, what we are enjoying, and what is positive. Also, we can share any challenges we are facing.

94107/94103

Wednesday, February 9, 1:30 – 3:00 PM

E&O Kitchen and Bar

RSVP to Eve Menger

We meet for lunch and conversation on the 2nd Wednesday of every month. Join us February 9th at E&O Kitchen and Bar—don't forget to RSVP!

94115+

Wednesday, February 9, 2:00 PM

Zoom

RSVP to Lynne Fox or Gayle Geary

Because of Omicron, we are continuing to meet via Zoom. If you would like to be included in this month's fun and lively discussion, we will be happy to send you a Zoom invitation.

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

94114/94131

Wednesday, February 9, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

94117

Friday, February 11, 1:00 – 2:15 PM

Thursday, February 24, 1:00 – 2:15 PM

Zoom

RSVP to Bill Haskell

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. Also, we can share any challenges we are facing.

Bernal

Saturday, February 12, 7:00 – 8:30 PM

Zoom

RSVP to Joan Miro

We will continue sharing our stories and offering support to each other during these difficult times, along with some much-needed laughter.

94118

Tuesday, February 15, 12:30 PM

Zoom

RSVP and Questions to Gabie Berliner or Karen Franklin

The 94118 Circle will meet via zoom this month. Our January meeting, on Zoom, was very interesting and helpful. Several of us are in the process of or thinking about moving to a senior independent living facility, and we shared ideas and resources.

West of Twin Peaks Circle

We are not proceeding with our planned Brunch at Cypress Grill on Friday, February 11th but will reschedule once it is safe to hold in-person events again.

Tuesday, February 22, 7:00 – 8:00 p.m.

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our icebreaker will be “How are you doing with your New Year’s Resolutions?”

94121

TBA

Questions to Barbara Scrafford or Carol Rothman

We like to switch up days, times, and locations so more people can join us! Hope to see you in February! Reach out to Barbara to learn more.

94109/94133

Date and location TBA

RSVP to Bobbie Rothman or Juliet Rothman

Our group enjoyed a very interesting visit to Sherith Israel synagogue, followed by a delicious pizza lunch in January. We will continue our religious institution theme, and will visit the beautiful Holy Virgin Cathedral, the Russian Orthodox Church, during the first week in March. The date and time are yet to be determined, and further information will follow.

Save The Dates



End of Life Care

Friday, March 4, 11:00 AM – 12:00 PM

Zoom

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

Join Stephanie Crawford, RN and death doula, for a unique discussion on end-of-life care. Death doulas are non-medical professionals who transform the death and dying experience by helping folks discover and live out their unique end-of-life wishes, as well as provide support and guidance to the dying person and their loved ones before, during, and after death. During this presentation, we will learn more about the death doula role, how dying is different when accompanied by a death doula, ways to ritualize death, and the differences between hospice and palliative care. The presentation will be followed by Q+A and an open and inclusive discussion about what makes a good death.

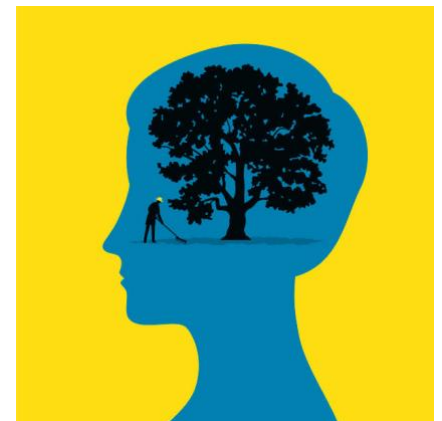
Planting SEEDS for a Healthy Brain

Wednesday, March 23, 1:00 – 2:00 PM

Zoom

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

There is tremendous misinformation about brain health in the popular press and in the pop psychotherapy genre. Every year there is a new fad which very soon drifts away when a new one emerges that supposedly improves the brain. This seminar describes five key factors that research has consistently shown to support brain health.



Attendees can remember those five by using the mnemonic “SEEDS.” The SEEDS formula (Social, Exercise, Education, Diet, Sleep) represents the important healthy brain factors that you need to “plant” now and cultivate through the rest of your life.

John Arden, PhD, ABPP, is the author of 15 books, including his most recent, *Mind-Brain-Gene: Toward Psychotherapy Integration*, *Brain2Brain*, *The Brain Bible*, as well as *Rewire Your Brain*, and *Brain-Based Therapy with Adults* and *Brain-Based Therapy with Children and Adolescents*. Dr. Arden previously served as Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees the training programs in 24 medical centers where over 150 postdoctoral residents and interns are trained each year. He has presented seminars and workshops in over 30 countries and in all US States.

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

Mission, Vision, and Values

San Francisco Village is a membership organization designed with, by and for older San Franciscans and the extended community that champions them.

Mission *Our purpose: what we do and why we do it*

We operationalize love for elders in an ageist society by mobilizing the power of intergenerational relationships and mutual support.

Vision *The long-term transformational change we aim for*

We envision a future in which people of all ages, races, cultures and abilities work together to create communities of belonging and in so doing, model possibilities for relationship and connection that benefit the greater good.

What We Value *The essence of our organization: the shared principles that guide our work*

Intersection of health care and social care

We believe optimal health, especially as it relates to navigating the transitions of aging, requires social connection, access to care and knowing that we belong to something bigger than ourselves.

Eldership

We believe the wisdom and lived experience of elders is precious and much needed in the world today. We encourage our members to embrace new learning as we orient to a changing future, seeking opportunities to share and lead as we deepen our community.

Intergenerational Relationships

We believe people of all ages need each other to thrive and that the world needs intergenerational solutions to complex problems like inequality, climate crisis, racial justice, isolation and loneliness. We come together to explore the possibilities.

Co-Creation

We believe in standing shoulder to shoulder with one another to build a caring community that reflects the beauty of its varied members.

Equitable Community

We strive to be an anti-racist organization and commit to challenge white dominant culture through our words and actions.

Self-Reflection

As agents of change in the outer world, we accept the responsibility to do our own inner work and the discomfort and opportunities that may bring. We strive to live our values in all our words and behaviors, and to hold ourselves accountable for our growth.

Humility

As leaders in the Village movement, we promise to let go of old assumptions about aging and individualism, to challenge conventions that create separation and hierarchy, and to act in ways that inspire trust, growth and connection.

Spontaneity

We believe in saying YES to play, partnerships, collaboration and opportunities that arise unexpectedly and help take us to new places.

Our mission, vision and values provide the foundation for the critical relationships that comprise San Francisco Village. During the past 13 years, these foundational precepts have evolved to meet the needs of a growing community and a changing world. What remains unchanged is our belief that humans are inherently relational, responsive beings and the human condition is one of connectedness and interdependence. ¹

¹ Dr. Carol Gilligan, Ethics of Care, <https://ethicsofcare.org/carol-gilligan/>

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.

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