



San Francisco Village

Monthly Newsletter

March 2022

From Executive Director, Kate Hoepke:

Dear Members and Friends:

I can't tell you how many times I've wondered, "Why is it so difficult to ask for help?" In my career I've seen it play out hundreds of times. Older adults protecting their independence, fearful of being a burden, unable or unwilling to let someone see their vulnerability. In our individualistic society, we equate vulnerability with weakness, failure and a loss of dignity. Who wants to own up to that?



This got real for me a few weeks ago when I fell in my driveway and broke my hip. Several neighbors heard my screams and came to my aid. I called my daughter who dropped what she was doing, drove me to the emergency room and then moved in with me. SFV staff and board members jumped into action, setting up a "meal train" for the next two weeks. I alerted friends who showed up with flowers, an ice machine, homemade soup, and all the durable medical equipment I could possibly need. Phone calls, text messages, emails and Hallmark cards flooded in to remind me how much I'm loved.

It wasn't lost on me that all this support was a result of my willingness to say, "I'm hurt, and I need your help." What else could I do? As I lay in the hospital bed recovering from surgery, the reality of living alone on the second floor without an elevator became clear. I can't even get home by myself. I need care. I need to let people help me.

I'm discovering the truth about reciprocity: when I allow someone to care for me, their need to be appreciated is met at the same time. This is no small thing. Feeling appreciated is a fundamental human need and without it, relationships can't thrive. When our acts of kindness and generosity are met with open arms, we're enriched and inspired to do more. A virtuous cycle. Refusing offers of support with false modesty like "I don't want to be a burden," prevents this natural cycle of mutuality to occur. It interrupts the possibility to discover that we're loved beyond our small and immediate circle.

In This Issue:

From the E.D.
Did You Know?
March Events
Reoccurring Events
Neighborhood Circles
Save the Dates
Community Partners
Volunteer Support

New Members in February

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Rebecca Rosen
Lum 94110
Glenn & Jackie
Kwan 94107
Marcia Peterzell & Linda
Silver 94115
Leah Hoskin 94129

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Several times during the past two weeks, Sarah Kent has asked me what I'm learning from this experience. This has to be the frontrunner: When I let down the drawbridge, I allow the truth in. I am loved beyond measure.

Grateful to be in community with you!

Kate

Did You Know?

Member Directory Updates

Each spring, we update the SFV Member Directory so if you have any address, phone number or email changes to report, please email them to nidhi@sfvillage.org before 4/15/22.

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.



March Events



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.

Salonen And Thibaudet at the SF Symphony

Saturday, March 5, 7:30 PM

Davies Symphony Hall, 201 Van Ness Ave.

RSVP to (415) 387-1375

or info@sfvillage.org

Tickets limited and will be emailed

Pianist Jean-Yves Thibaudet joins Esa-Pekka Salonen and the SF Symphony in a program of myths and mysticism. Experience the explosive drama of Franz Liszt's vivid symphonic poem Prometheus, along with the composer's exquisitely romantic Piano Concerto No. 2. Fang Man's Song of the Flaming Phoenix, heard here in its world premiere, blends myths of different traditions in a showcase for sheng virtuoso Wu Wei. The program concludes with Alexander Scriabin's bewitching The Poem of Ecstasy.



Intergenerational Social Justice Working Group

Monday, March 7, 3:00 – 4:00 PM

Zoom

RSVP to (415) 387-1375 or

info@sfvillage.org

This series started Jan 31

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. 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.

Movies with Steve

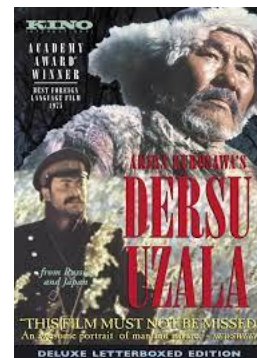
Tuesdays, March 8, 15, & 22, 1:00 – 4:00 PM

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. 3/8 *Yojimbo*. Starring Toshiro Mifune, Directed by Akira Kurosawa. 3/15 *Sanjuro*, Same Star and Director 3/22 *Dersu Uzala* Directed by Kurosawa.





Fine Arts Museums Virtual Tour: Women of Substance

Friday, March 11, 1:00 – 2:00 PM

Zoom

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

Women in history are often not seen or heard -- with a few major exceptions. However, in art women have always played an important role as the subjects of artists. Not all of these subjects have been flattering or uplifting. On our tour we are going to look at portraits from the deYoung of four women, two of whom are named, and two who are representing beliefs and attitudes. Each is uplifting and inspiring in their own way—women of substance in their time and culture.

Acute Care for the Elderly Hospital Unit

Monday, March 14, 3:00 – 4:00 PM

Zoom

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

In 2018, California Pacific Medical Center (CPMC) opened its new, specialized hospital care unit for older adults. Located at the Mission Bernal Campus, the Acute Care for the Elderly (ACE) Unit has interdisciplinary teams that create personalized care plans to help shorten patient stay and improve mobilization. Join us for a virtual presentation led by Sara Cohen, ACE Unit Clinical Nurse Specialist.



Discover Turkey

Tuesday, March 15, 10:30 – 11:30 AM

Zoom

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

fascinating G-20 country. One of our SFV members, Aydin Koc, felt that he can provide a worthwhile service by familiarizing the SFV community about Turkey.

Turkey is not sufficiently well-known in the world, given its history, accomplishments and potential. Travelers, as well as business people, can uncover many opportunities by better understanding this

Aydin and his family are well-qualified for this role. After completing his first 30 years in Turkey, Aydin then earned his MBA from Stanford University. He has spent his entire 40-year career in the Bay Area in technology and consulting fields. His family travels to Turkey frequently, thereby keeping his knowledge base current. This session will be conducive to lots of Q&A.

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

A black and white photograph showing the backs of three individuals at a protest. They are wearing dark t-shirts with the slogan 'OUR TIME IS NOW' printed in white. The person on the left is wearing a light-colored baseball cap. All three have their right arms raised high. The background is slightly out of focus, showing other people and structures at the event.

[illegible]

This series started in December and you can join at any time.

What capacities do we need to refresh, in order to venture safely outside our homes again? to tolerate sustained walking after months of short-distance ambulation in the home? to balance on outdoor surfaces which are so much more challenging than those indoors? We'll practice increasing balance, strength, endurance, power in our gait and ease of movement. And we'll do this with each other, that potent ingredient we thankfully have access to again.

Penny Sablove is a physical therapist who specializes in improving the mobility of seniors. She developed senior programs to improve balance, gait, agility, endurance and strength for over 20 years and has developed programs for Kaiser Permanente and Osher Livelong Learning Institute. She is also a 5th degree black belt in the Japanese martial art of Aikido and has also adapted the art for seniors and people with disabilities. Penny will be assisted by two USF students.



Asian Art Museum Virtual Tour: The Goddess: Images of Power

Friday, March 18, 1:00 – 2:00 PM

Zoom

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

Explore the myriad and fascinating depictions of female deities throughout Asia. From fierce warriors and dakinis to peaceful and benevolent bodhisattvas, these goddesses cover all the bases. Goddesses play an important and prominent role in all the Asian religions. From fertile earth maidens, to nurturing mothers, from wrathful avengers, to wise advisors – these deities provide for their supplicants and followers.

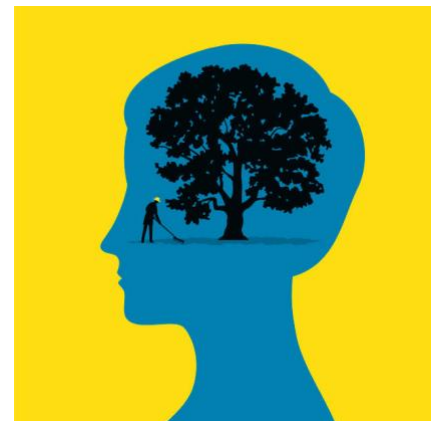
Planting SEEDS for a Healthy Brain

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*. 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.



How to Keep San Francisco Clean: Trash 101

Thursday, March 24, 11:00 AM – 12:00 PM

Zoom

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

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.

San Francisco Village is a proud partner of Refuse Refuse and have been hosting a monthly neighborhood clean up. We'd love if you joined us!

When the Heart Breaks Open – Looking at Loss and Grief with TLC

Friday, March 25 2:00 – 3:00 PM

Zoom

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

Especially during the last two years of the pandemic, everyone has had to deal with some kind of loss. When we or our friends and family are bereaved and/or dealing with all this entails, we often don't know how to talk about it. One of the most difficult times of life is

when we're grieving. Every spiritual tradition offers some kind of support toward healing, but how do we open that door?



Representing TLC Transitional Life Care, a Buddhist end-of-life education and support program centered in the Bay Area, Julie Rogers will open this conversation. Accepting the reality of bereavement, we aspire to assist each other with empathy and understanding, and to help ourselves move through loss with grace. How do we manage to do this? There will be time for questions during this meaningful discussion, which will also include an overview of TLC's resources. Julie Rogers is the Founder and Director of TLC Transitional Life Care. She has received hospice and bereavement training and worked as a caregiver for two decades. She is also a poet, author of TLC's end of life manual, *Instructions for the Transitional State*, and she teaches creative writing for elders through the SF literary organization, Litquake. For more information go to: tlcserves.org.



Experience Exchange: Visit.org

Monday, March 28, 10:00– 11:00 AM

Zoom

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

San Francisco Village has been partnering with Visit.org, a business whose mission is to enhance the mission of social organizations by facilitating mutually beneficial interactions between people and communities around the world. We've been thrilled to host experience exchanges with working

professionals from all over the country. These events are warm, genuine, and an incredible hour to spend in a one-on-one conversation with someone in a different generation. So often participants from both SFV and the corporation we're matched with share that it is the best meeting of the week!

Please join us for an experience exchange with working professionals from the teams at GoTo. In particular, this team of women+ is excited to connect with older adults to talk about women's history month.

Reoccurring Events



Let's Play Games

Tuesday, March 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 April 5.

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. In March the group is reading and discussing *Severance* by Ling Ma and for the April 6 meeting we will be reading *Whereabouts* by Jhumpa Lahiri.





Aging Well with Meditation

Wednesdays, March 2, 9, 16, 23, & 30, 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. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group. In March, the meditation group will be led by Terre Passero. 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.

In person Tai Chi and Qigong

8 week chair based series: Thursdays, February 3 – March 24, 2:30 – 3:30 PM

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

8 week chair and standing series: Thursdays, March 31 – May 19, 2:30 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

Space limited for Covid safety



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. The chair based series is geared towards those who are unable to stand for long periods and the chair and standing series is open to all abilities. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.



Makers and Crafters

Friday, March 4, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

We are excited to be meeting once again in person this month! Join our lively group of makers and bring whatever hand craft projects you are working on as well as completed pieces you would like to show off. Those of us who started the macrame project in December will resume knotting away to complete our wall hangings. Everyone is welcome to join, no matter what your craft or art form is.

Member to Member Coffee Chat

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

Mondays, March 21 & 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, SFV board co-chair, will facilitate on 3/7, Bill Haskell, board co-chair and SFV member, on 3/14, Barbara Kivowitz, SFV member and board member, on 3/21, and Pat Miller, SFV member, on 3/28.



Virtual Tai Chi and Qigong

Mondays, March 7, 14, 21, & 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.

Play Reading Group

Thursdays, March 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, March 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 Loverde. 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.

Please read up through and including chapter 9. (Please come even if you haven't read it all - the discussion will give you good information.) Call Betty Burr with any questions.

Grupo de Conversación en Español

Mondays, March 14 & 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!

¡hola!



Conversations about Race

Friday, March 25, 11:00 AM – 12:00 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 March meeting, we'll focus on chapters 6-11 (they're short!) All members are welcome to join, whether you attended earlier sessions or not.

Street Clean Up: 8th and Fulton

Thursday, March 31, 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!



Can't make it? Check out the full calendar of clean ups here! <https://refuserefusesf.org/events>

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

Thursday, March 3, 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.

LGBTQ Circle

Fridays, March 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, March 9, 1:30 – 3:00 PM

Local Restaurant

RSVP to Eve Menger

We meet for lunch and conversation on the 2nd Wednesday of every month for lunch, companionship, and good cheer—don't forget to RSVP!

94115+

Wednesday, March 9, 1:30 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, March 9, 3:00 PM

Zoom

RSVP to Heather Solway or Shelley Fernandez

We are continuing to meet via Zoom. Join us!

West of Twin Peaks Circle

Thursday, March 10, 1:00 PM

Trattoria da Vittorio, 150 West Portal Avenue

RVSP by March 4 to Roberta Gordon

Calabrian inspired pizzas and handmade pastas are featured at this cozy eatery. Outdoor dining available. 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, your ID and proof of vaccination in case the restaurant requires it.

Tuesday, March 29, 5:00 – 6:00 PM

Zoom

RSVP and zoom questions to LeeAnn DeSalles

Our icebreaker will be "What is the best piece of advice you have ever been given?"

94117

Friday, March 11, 12:00 – 1:00 PM (note earlier start time so members can attend virtual museum tours)

Thursday, March 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, March 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, March 15, 12:30 PM

TBD if Zoom or in person

RSVP and Questions to Gabie Berliner or Karen Franklin

We haven't decided if our March meeting will still be on Zoom or in person. Save the date, Tues. March 15, 12:30. Circle members will receive an email within a week before that date.

94109/94133

Wednesday, March 16

*** Holy Virgin Cathedral, 6210 Geary Blvd.***

RSVP to Bobbie Rothman or Juliet Rothman

Continuing with our theme of religious institutions, our group will visit and tour Holy Virgin Cathedral, the Russian Orthodox cathedral, on Wednesday, March 16th, followed by a light lunch/coffee nearby - though it will be a challenge to find a place as great as Apizza, our restaurant following our last visit! The Russian Orthodox Church is famous world-wide as the burial site of a saint and is also one of the largest Russian Orthodox churches outside of Russia.

94121

TBA

Questions to Barbara Scrafford or Carol Rothman

Our circle planning is off sync with the newsletter deadline. We usually meet in person at the Anza branch library or the SFV office. Hope to see you!! Reach out to Barbara to learn more.

Save The Dates



Art Salon

Wednesday, April 6, 2:00 – 3:00 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.

Aging Intrigues Us: Let's talk taboo

**Wednesdays, April 13 & 20, May 4, 11 & 25, and June 1,
2:30 - 3:30 PM**

All must attend April 13 and at least four of the six dates.

Zoom

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



Topics like **sex, money, incapacity, aloneness** and **death** have a special flavor when combined with getting old. These are subjects that “old people” aren’t expected to tackle or talk about directly. Gather your courage and curiosity to explore how we relate to taboo topics. In six facilitated discussions among San Francisco Village members, we will surface touchy topics, shedding light on what’s often concealed or scary or awkward. We’ll ask: What have we lost? What have we gained or reconciled? What are our wishes for ourselves? What is it like for us now?

This is not a therapy group, though it is a chance to connect on topics that scare, anger or confuse us; make us laugh or perhaps feel gratitude. Led by Rachel Lanzerotti, each session will have a brief framing, solid set of discussion agreements, and a set of bold starting questions. You will be invited to listen to others and speak from your personal experience. Please commit to attend at least four of the six conversations by zoom, including the first meeting on February 16.

Rachel Lanzerotti, MSW, C-IAYT (she/they) is a seasoned teacher and facilitator. She is a longtime social worker at the intersections of gender, sexuality, aging, social justice, and embodied contemplative practices. Rachel launched the Aging Well program of San Francisco Village, where since 2014 she leads weekly meditation.



Experience Exchange: Masters of Public Health students

Tuesday, April 26, 5:00 – 6:15 PM
Zoom

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

San Francisco Village is thrilled to be partnering with USF for our third annual experience exchange between members and Masters of Public Health students. By spending time in a one-on-one conversation, both parties will gain a

better understanding and connection to a different generation. Topics discussed can include, but are not limited to backgrounds, interests, life experiences, and thoughts about the future.

Community Partners



Seminar Series: Technologies for Aging in Place

Wondering which products and services can help an older adult live independently, with autonomy, as long as possible? Sign up for this seminar series to learn the answers. Together with a community of older adults called the Longevity Explorers, Tech-enhanced Life has spent the last 8 years exploring the intersection of aging and technology, and evaluating a wide range of products

and services designed to help people live independently for as long as possible. In this seminar series, we synthesize what we have learned. SFV members will get a 10% discount on a regular season ticket if they use the promo code "SFV" when they checkout. Learn more at <https://www.techenhancedlife.com/citizen-research/seminar-series-technologies-aging-place>

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 weekly emails detailing the many volunteer options available to you.

Reach out to Jill for help with:

- shopping and errand assistance
- technology assistance
- friendly caller connections and/or walking partners
- outdoor gardening
- and more!

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

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

Mission

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

Vision

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

Intersection of health care and social care • Eldership • Intergenerational Relationships
Co-Creation • Equitable Community • Self-Reflection • Humility • Spontaneity

San Francisco Village

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