



San Francisco Village

Monthly Newsletter

August 2022

From Executive Director, Kate Hoepke:

Dear Members and Friends:

Since 2009, San Francisco Village has been helping our members navigate the transitions of aging in a changing world. For most of us, aging is uncharted territory and the challenges that arise are difficult to plan for. We're not prepared for life-altering diagnoses or the care we'll need. It's hard to imagine that our social support networks will diminish, that friends and family members will die, and we could find ourselves isolated or lonely. We may think that one day, far off in the future, we'll need to move out of the homes we love but making the decision can be put off for another year or two.



Providing you with the information and support you need to make good choices is why SFV exists. Choosing how you participate is up to you and determines the value of your membership. Some members volunteer to help others, adding to their karma bank, so when the time comes, they'll feel comfortable asking for help. Some of you coordinate discussion groups or neighborhood circles to strengthen social ties and learn from one another. Others teach classes, show up as participants, make suggestions and provide feedback. We're always grateful when members ask for what they need.

Last month, one of our members said she was reluctantly looking into senior housing and didn't know where to begin. We do! Years ago, we discovered Exceptional Senior Placement, a local family-owned firm specializing in helping seniors and their families find the right licensed Senior Community. They will make a presentation via Zoom on August 30.

Whether or not you're ready to move, downsizing is a perennial challenge for most of us. How did I acquire all this stuff?!! Deciding what we really need and what has outlived its usefulness is often easier with the support of an objective guide. Deb Baida, a trusted professional organizer, promises to empower you with resources and

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Mary Nelson 94133
George Pagni 94116
Holly Veldhuis 94110
Martin Bloch 94129
Janice Kendall & Wesley Wiley 94127
Linda Aldrich 94115
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insights to help make donating and disposing a whole lot easier. Meet Deb on Zoom August 18.

Several months ago, we started a discussion series with Stephanie Crawford called *Transforming Death Care*. Stephanie, a registered nurse and death doula, wants to cultivate acceptance, compassion, and openness in facing our inevitable fate. Members and staff alike are taken with Stephanie's depth and commitment to normalizing conversations about death and dying. Join her in person August 17.

SFV can't prepare you for every eventuality but being part of a caring community centered on optimizing aging helps you create the future you deserve. Recently I overheard a conversation among members who had gathered in the office to make art. One of them said, "That's why we come. To inspire one another!" I think that says it all!

Grateful to be in community with you!

Kate

Did You Know?

Day of Service is Back!

We are happy to announce that on Tuesday, August 2nd we are partnering with a local Bay Area company and their employees for a Day of Service. Our request window is closed, but we hope to schedule another one soon. As always, you can reach out to Jill with volunteer requests to be met by our outstanding network of volunteers. Contact Jill at 415-387-1375 x2 or jill@sfvillage.org.

Call for Art! Line: Cross it, Hold it, Toe it, Draw it

A line is an identifiable path created by a point moving in space. It is one-dimensional and can vary in width, direction, and length. Lines often define the edges of a form. Lines can be horizontal, vertical, or diagonal, straight or curved, thick or thin. They lead your eye around the composition and can communicate information through their character and direction.

-The Getty Museum Education Department



We are living in a time of extraordinary change: at an identified point in time moving through space, seeking new ways to communicate, to connect, to make an impact. Are we at an edge? The edge of what?

There are lines of all kinds everywhere--simple, complex, solid, dotted, sketched, layered, bold, light, intentional, accidental, a boundary, an invitation. The impression has been made and will continue to grow as interpreted. We seek to amplify the mark.

The San Francisco Village Gallery invites members to submit newly created or formerly completed artwork for our next exhibition. Artists of all skill levels are welcomed, as are all art forms (paintings, drawings, photography, sculpture, quilt and fiber arts, short essays or poems, multi and mixed media, etc). Please bring artwork ready to hang with a description of how it fits the theme *Line: Cross it, Hold it, Toe it, Draw it* by September 16. Exhibition will be on display starting in mid-October, exact dates TBD.

Covid Precaution at the Office

While we do not need to see your vaccine card every time you come into the office, we do request that all who attend programs be vaccinated and boosted. We require well-fitting masks and request you eat your snack away from the group. Please remember to sign in at the door so we have the information we need for any necessary contact tracing.

August Events



Movies with Steve

Mondays, 1:00 – 4:00 PM

SFV Office, 3220 Fulton St, 94118

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

Join us in the theatre, aka SFV conference room, for movies curated by member and board member Steve Hayashi.

August 1: The Vast of Night

August 8: Attack the Block

August 15: A Woman, A Gun, and a Noodle Shop

August 22: Infinity & Chashu Ramen

August 29: Grave of the Fireflies

Mission Mural Tour

Monday, August 1 or Thursday, August 4, 11:00 AM – 12:00 PM

Meet in Precita Park, across from Precita Eyes Studio, 348 Precita Ave

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

Space limited; please pick one tour date

Mask required by Precita Eyes

Join us for a Precita Eyes Mural Tour! We'll hear stories about the beginnings of Precita Eyes and the rise of muralism in the Mission District as we go through the streets and parks of the beautiful Mission District neighborhood. Tour is about 6 blocks, no hills.





Writers Workshop

Tuesdays, August 2, 9, 16, 23, & 30, 10:00 - 11:30 AM

Zoom

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

This series is limited to 12 members. Those on waitlist will get priority enrollment for next series.

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. 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!

Art Salon

Wednesday, August 3, 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.



Understanding Your Transportation Options

Tuesday, August 9, 2:00 – 3:00 PM

This program was rescheduled after technology trouble

Zoom

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

Catherine Callahan from the SFMTA Mobility Management Center will be giving an overview of programs and benefits currently offered by SFMTA, as well as sharing helpful tips and resources for navigating the city. Join us to gain a better understanding of affordable and accessible transportation options in San Francisco.

Postcards to Voters

Wednesday, August 10, 10:30 AM – 12:00 PM

SFV Office, 3220 Fulton St, 94118

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

Write friendly cards that urge voters to sign up to vote by mail and direct them to a website where they can sign up. Voting by mail boosts voter turnout, because it tears down barriers to voting and gives voters more flexibility on when they vote. We are currently writing these cards to Wisconsin, with addresses obtained from Activate America. We will gather together to address these postcards and write our messages. Not to worry, message scripts will be provided.



Fine Arts Museums Virtual Tour: Faith Ringgold: American People

Friday, August 12, 1:00 – 2:00 PM

Zoom

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

Bringing together fifty years of work, this is the most comprehensive exhibition to date of Faith Ringgold's groundbreaking vision. Featuring works from across Ringgold's best-known series, this show tracks the development of her figurative style as it evolved to meet the urgency of political and social change. Throughout her career, Ringgold has drawn from personal and collective histories to both document her life and amplify the struggles for justice and equity. From creating some of the most indelible artworks of the civil rights era to challenging accepted hierarchies of art versus craft through her experimental story quilts, Ringgold has produced a body of work that bears witness to the complexity of the American experience. Long overdue, this retrospective provides a timely opportunity to engage with the art of an American icon.

Transforming Death Care

Wednesday, August 17, 1:00 – 2:30 PM

Future dates are 9/14, 10/19

SFV Office, 3220 Fulton St, 94118

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

Join Stephanie Crawford, RN and death doula, for a series that will explore and normalize conversations around death and dying, something we don't often have the chance to talk about. By opening up the conversation around our mortality, we hope to cultivate acceptance, compassion, and openness in facing our inevitable fate. This series will be an opportunity for you to share your ideas, beliefs, fears, and desires in a safe and enriching community discussion. We will reference quotes, books, and poetry to help support our conversations and deepen exploration.





Where Should It Go?

Thursday, August 18, 10:30 – 11:30 AM

Zoom

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

An irrefutable reality is that each one of us has stuff in our homes. At some point or another, some of that stuff needs to move out of our lives because it is no longer wanted or needed, it has expired, or it no longer works. But where should it go? In this presentation and conversation, Debra Baida, a life organizer and San Francisco Green Business owner, will empower attendees with resources and insider insights to help make donating and disposing of unwanted things a whole lot easier.

Asian Art Museum Virtual Tour: Honoring The Dead: Afterlife Beliefs and Funerary Practices in Ancient Asia

Friday, August 19, 1:00 – 2:00 PM

Zoom

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



Rituals and practices that honor and respect the dead have been part of all cultures and religions across Asia for thousands of years. Belief in an afterlife state is reflected in these practices. Come explore some of the sculptures, paintings, and jewelry that are manifestations of these human emotions to demonstrate respect and love for the deceased.



MoAd Virtual Tour: David Huffman's *Terra Incognita*

Monday, August 22, 3:00 – 4:00 PM

Zoom

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

Museum of the African Diaspora is pleased to present David Huffman: *Terra Incognita* in the first museum show surveying the artist's Traumanaut series. Emerging from Huffman's lifelong interest in science fiction, formalist abstraction, and social justice movements, the "Traumanauts" are futuristic beings that travel the galaxy in constant search for home. This exhibition showcases the extensive narrative that Huffman has been designing since the early 1990s across a range of media including large-scale canvas, works on paper, ceramics, video, and printmaking. This work explores an Afrofuturistic landscape disrupting the canon of historical narrative painting with otherworldly horizons. Combining his notable abstract, gestural style with a decidedly figurative focus, these works present an imagined and safe interstitial space that plays between these aesthetics. With influences from cartoons, the Black Power movement, and poetics of basketball, Huffman brings us into his celestial world.

Matter of Trust Tour

Tuesday, August 23, 11:00 – 12:30 PM

Eco-Home at 728 Cole Street

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

Matter of Trust is an ecological nonprofit with a Model Factory and Showcase Green Apartment with edible urban garden. These inspirational, environmentally-conscious sites are the perfect locations for eco-educational activities. Learn how you can reduce humanity's carbon footprint in the implementation of sustainable practices.

Matter of Trust has 5 major programming departments. (1) [Clean Wave](#) is our global hair-mats-for-oil-spills project where we felt waste fibers into mats that soak up petrochemicals. (2) Our [Eco-Industrial Hub](#) with model factory and exhibit hall is in the SoMa district of San Francisco. Visitors are also welcome at our nearby showcase (3) [Eco-Home](#), with urban edible garden. (4) [The Hum Sum – for Humanity Adding Solutions](#) where everyone can share planet-friendly posts and research. (5) YEEP! Our Youth Eco-Education Programs include our [green career internships & apprenticeships](#).



Navigating the Road Ahead

Tuesday, August 30, 2:30 - 3:30 PM

Zoom

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

Join us for an in-depth presentation on how to best approach the prospect of senior housing, and how to make the decision to move. We will cover the various options available as we age, including a cost overview, resources to pay for long-term care, and the pros and cons of each option. Exceptional Senior Placement is a local family-owned firm specializing in helping seniors and their families find the right licensed Senior Community.

Recurring Events



Tai Chi and Qigong

Mondays, August 1, 8, 15, 22, & 29, 1:00 – 2:00 PM
Zoom

Thursdays, August 4, 11, 18, & 25, 2:30 – 3:30 PM
SFV office, 3220 Fulton St, 94118

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

Tai Chi and Qigong are exercises designed for health of mind and body. The Monday virtual 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. The in-person Thursday class will focus on the

first twelve movements of the Sun Style form and focuses on balance, strength, flexibility. This class is ideal for any experience level, from beginner to more seasoned.

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. Participants can practice standing or sitting. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

Member to Member Coffee Chat

Mondays, August 1, 15, & 29, 2:00 – 3:00 PM

Mondays, August 8 & 22, 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.



Leslie Stafford, SFV member, will facilitate on 8/1, Gretchen Addi, SFV board co-chair on 8/8, Barbara Kivowitz, SFV member and board member, on 8/15, and Bill Haskell, board co-chair and SFV member on 8/22, and, Pat Miller, SFV member, on 8/29.



Let's Play Games

Tuesday, August 2, 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! We are especially looking for

Scrabble players so let us know when you RSVP if that's what you want to play.

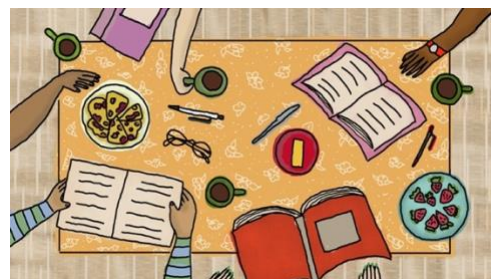
Intergenerational Book Club

Wednesday, August 3, 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. On August 3rd we'll discuss *The Sympathizer* by Viet Thanh Nguyen. Our September book will be *The Bell Jar* by Sylvia Plath.





Aging Well with Meditation

Wednesdays, August 3, 17, 24, & 31, 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. 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

Makers and Crafters

Friday, August 5, 2:00 – 3:30 PM

SFV office, 3220 Fulton St, 94118

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

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. If you would like to learn how to knit or crochet we have needles, yarn and 1:1 instruction you need to get started. Everyone is welcome to join, no matter what your craft or art form is.



Virtual Social Hour

Saturdays, August 6, 13, 20, & 27, 5:00 – 6:30 PM

Zoom

RSVP to Leslie Stafford

Informality is the theme---if you are TARDY---come anyway! And, if you have over-scheduled yourself, and need to depart early---no worries!

Bring your favorite tipples and nibbles, get comfy, and we'll chat and check-in with fellow San Francisco Village members and, perhaps, some volunteers and youngsters as well. We look forward to lively discussions on a wide range of topics including whatever YOU would like, from personal updates to the silly or serious--- limited only by your imagination!

Play Reading Group

Thursdays, August 11 & 25, 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, August 12, 10:30 AM – 12:00 PM

Zoom

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

We've been 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 copies in print and e-book. In addition, we will be helping each other make decisions about issues of Solo-aging by forming committees to investigate options. Our first committee will be looking into housing options in the City. Please come even if you haven't read all the chapters- the discussion will give you good information. Call Betty Burr with any questions.



Defending Our Democracy

Friday, August 19, 10:00 – 11:00 AM

Zoom

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

Today, the right to vote is being suppressed and eroded in many states across the U.S. Amidst a cloud of hateful bigotry and lies about stolen elections, citizens are being led to the edge of rebellion against democracy itself. The SFV Political Action Group will

continue discussing opportunities to work with Third Act (a national network of elders supporting younger activists engaged in climate action & defending our democracy) and its new partner, Activate America, which is organizing a national effort to write postcards to voters in key swing states, educate voters, and mobilize voter turnout.

PLUS we can engage in Third Act's Defending Democracy political actions - like Senior to Senior, a young voter registration effort. Other activities via Third Act's Defending Democracy political actions include working to expand voter rights; increase civic engagement; fight voter suppression; educate voters; mobilize voter turnout; and working the polling stations. Arabella Dorth has agreed to be the Defending Democracy liaison to Activate America's A-Team. She will attend its meetings, report back, and help organize political actions.

San Francisco Village Book Club

Monday, August 22, 4:00 PM

Zoom

RSVP to Sharon Kuester

We've been meeting on zoom for two years and would love to have new members join us! We will be discussing *Home* by Toni Morrison.





Street Clean Up: 8th and Fulton

Thursday, August 25, 10:30 AM– 12:00 PM

Rise and Grind Coffee Shop, 8th Ave and Fulton

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](https://refuserefusesf.org). 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>

SFV Climate Action Group

Friday, August 26, 10:00 - 11:00 AM

Zoom

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

While the facts of the climate crisis are increasingly evident, many individuals, corporations, and governments have not listened or taken action. As a result, concerned citizens have been losing the battle to save our climate. The SFV Climate Action Group will continue to work with Third Act, a national network of elders supporting younger activists engaged in climate action & defending our democracy. We will participate in a national divestment strategy to end financial support from major US banks for fossil fuel companies.



PLUS we will work with Elders Climate Action to track/support climate action legislation, and engage in the Environmental Voters Project to encourage environmental activists to become consistent voters in every election. We will also work to end the crisis in plastic pollution and track/support plastic pollution legislation. Jo Coffey, liaison for Biodiversity, Population Growth and Women's Rights, will talk about her role to undertake research, report back to the SFV Climate Action Group, and help to organize SFV member participation in local, Bay Area & national actions. Finally, we will work to promote climate education for CA students. David Kaskowitz has agreed to be Climate Action liaison to Third Act's Bay Area Working Group. He will attend its meetings, report back, and help organize climate actions.

Neighborhood Circles

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

LGBTQ Circle

Fridays, August 5 & 19, 1:00 – 2:15 PM

Zoom

If you are not already on the LGBTQ Circle master list, 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. We can also share any challenges we are facing.

Sunset Circle

Thursdays, August 4 & 18, 4:30 – 5:30 PM

Zoom

RSVP to Steve Hayashi

Join us for one biography meeting and one check-in meeting. We will also discuss what we want in the future for our circle.

94107/94103 Circle

Wednesday, August 10, 1:30 – 3:00 PM

TBD

RSVP to Eve Menger

We meet on the 2nd Wednesday of every month for companionship, conversation, and a delightful meal—don't forget to RSVP!

94114/94131 Circle

Wednesday, August 10, 3:00 PM

RSVP to Nidhi Patel nidhi@sfvillage.org or (415) 387-1375 ext 5

Questions to circle leader Shelley Fernandez

We're meeting on zoom! Join us!

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

LGBTQ Circle: Citywide

94117 Circle

Friday, August 12, 1:00 – 2:15 PM

Zoom

Thursday, August 25, 1:00 – 2:15 PM

In person, location TBD

Proof of vaccination required

RSVP to Bill Haskell

The 94117 Circle meets twice a month, once on zoom and once in person. The location of the in person meeting will be decided at the final meeting in July, before the deadline for this August newsletter. This meeting location will be sent to members on the 94117 master list. We can share what is going on in our lives – what brings us pleasure, what we are enjoying, and what is positive. We can also share any challenges we are facing.

West of Twin Peaks Circle

Thursday, August 18, 12:00 – 3:30 PM

***Lunch at Greens Restaurant followed by a docent led tour of Museo Italo Americano**

Fort Mason Center for Arts and Culture, 2 Marina Blvd., San Francisco*

RVSP by August 12 to Roberta Gordon

If you have to cancel at last minute, please phone or text Roberta

Greens Restaurant (Building A) is a SF vegetarian gem with a panoramic bay view. The restaurant has more reservations than it can handle therefore only **12** seats are available.

After lunch, come join us on a tour of the current exhibit at the Museo Italo Americano Museum (Building C). More details to follow. The Museum requests only **12** adults attend the tour. It will be fantastic lunch and tour so hurry and contact me! There will be a waitlist.

We request that you have cash to pay for your individual bill. We all add **35%** to our order which includes tax, tip and 6% SF Health Mandate. Please bring a mask with you.

Bernal Circle

Saturday, August 20, 7:00 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.

94121 Circle

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.

94118 Circle

TBD

RSVP and Questions Karen Franklin

We're still figuring out our plans for August! Please reach out to Karen for details.

94109/94133 Circle

Questions to Bobbie Rothman or Juliet Rothman

Our circle has decided to continue our theme of visiting San Francisco's religious institutions for another year, as we are finding each visit to be an informative and meaningful experience. In July we had a wonderful visit to the Buddhist Church of San Francisco, followed by a time for member sharing in the community's social hall. We will not be meeting in August and will continue our explorations in September by visiting the Konko Shinto Shrine. More details soon!

94115+ Circle

TBD

Questions to Lynne Fox or Gayle Geary

The 94115+ Neighborhood Circle is still making plans! Reach out for details!

Save The Dates



The Joy of Dementia (You Gotta be Kidding!)

Thursday, September 15, 1:00 – 2:30 PM

Zoom

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

Across the world, people living with dementia, care partners and other family/community members, dementia and health professionals, activists, academics and artists are coming together to develop and advocate for a diverse and humanizing vision of care and support that

promotes inclusion, relationality, creativity, joy and the possibility of growth for everyone living with, and impacted by, dementia.

This experiential workshop will use improvisational games, creative exercises and philosophical/performed conversation to give participants a real-time experience in creating an environment in which “non-knowing growing” is possible. We will work together on challenging the individualized loss and tragedy narrative we are all socialized to and on freeing ourselves, if only for a moment, from a repressively cognitive culture that relates to dementia and related conditions with stigma, shame and isolation.

We welcome anyone looking for more intimate, emotionally supportive and growth-filled ways to live with memory loss, aging and dementia; who are interested in using diagnosis as

a starting point for creativity; and who want to discover together how to create more connection, inclusion, hope...and yes, joy in even the most difficult and uncertain of life situations.

Mary Fridley is on the faculty at the East Side Institute in NYC, co-creator and leader of [TheJoy of Dementia \(You Gotta Be Kidding!\)](#) and coordinator of [Reimaging Dementia:A Creative Coalition for Justice](#). Mary practiced social therapy for 12 years and uses the social therapeutic approach as an experienced teacher and workshop leader. She is author or co-author of several articles and chapters on the Joy of Dementia, including a chapter that appears in *The Applied Improvisation Mindset* published in 2021. Additionally, Mary is a guest blogger for [agebuzz.com](#) and a playwright and theater director. She makes her living as a non-profit fundraising consultant. If you want to contact Mary, her email is mfridley@eastsideinstitute.org.

Experience Exchange: Visit.org

Thursday, September 22, 1:00 – 2:00 PM

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 of 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 ServeNow. In addition to the experience exchange, ServeNow will also donate money to San Francisco Village!

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
- outdoor gardening
- friendly caller connections and/or walking partners
- and more!

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.

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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