



# San Francisco Village

## Monthly Newsletter

September 2022

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

Research on healthy aging emphasizes the importance of purpose and meaning -- embracing our later years with curiosity, creativity and passion. Studies show that engagement with goals that are important to us can protect us against cognitive decline, cardiovascular problems, and other physical and mental impairments. We gain a sense of meaning in our lives by acting in ways that impact others positively or taking steps that make us better people, like learning something new or challenging old beliefs.



Our mission at SFV is to help you discover or reaffirm what has purpose and meaning in your life now. It may come from broadening your knowledge or applying knowledge in a new way. You may be drawn to mentoring or volunteering, committing time and energy to a social cause, caring for a loved one, or making art. We believe that SFV as a whole and every individual within it, is rooted in a larger social context, a microcosm in an interdependent social world. Our lives intersect and overlap with all other living beings, affecting us in ways both seen and unseen.

This month, we offer you dozens of ways to become more aware of these interconnections. On September 8 we want to introduce you to Third Act, a growing national movement of older adults from across the country, committed to actions that protect our planet and defend our democracy. Founded by climate activist Bill McKibben, Third Act aims to bring those of us in the third act of our lives into renewed social and political activism.

Your presence is requested to learn more about what is at stake and how you can be part of the solution. Third Act refers to us as "Experienced Americans" and the fastest growing segment of the population. Let's leverage that power in numbers to tell young people that we care about their future and we're ready to show up. Learn about postcard writing campaigns, voter registration drives, tracking and supporting climate legislation and much more.

### In This Issue:

From the E.D.  
September Events  
Recurring Events  
Neighborhood Circles  
Save the Dates  
Volunteer Support

### New Members in August

Lorraine Witte 94109  
Joyce Lavey 94110  
Corazon Cuison 94107  
Jackie Boehme 94118  
Cyndy Zimmer 94114  
Georgia Finnigan 94102  
Peter & Margot Gross 94122  
Philip Hoehn 94114  
Ruth Hughes 94122  
Al Sharff 94114

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Also this month, we're excited to introduce you to the Center for Biological Diversity, describing their work to protect lands, waters and climate so that all species can survive. They say, "We want those who come after us to inherit a world where the wild is still alive." We're honored to welcome members of the Association of Ramaytush Ohlone, the original people of the SF Peninsula, who will share their purpose to care for Mother Earth and the people who reside in their ancestral homeland. They'll talk about rematriation of their ancestral land and ecological restoration.

Please read this newsletter cover to cover, all 20 pages of it! I think it's going to blow your mind. If you're new to SFV, I suggest you pick two or three things to try. Introduce yourself. Listen for a while. Lean in. Let me know what happens. For everybody else, it's time to come out of the pandemic fog. Try something new!

Love,

Kate

*"We need the assets of our many older people to make our nation stronger: their experience and expertise, their ability to analyze problems and help fix them, their continued desire to leave the world a better place, and their time."*

*Linda Fried, Dean and DeLamar professor of public health at the Mailman School of Public Health at Columbia University. The Power of Purposeful Aging Report, Milken Institute for the Future of Aging, 2016.*

## Did You Know?

### SFV Office Closed

The San Francisco Village office will be closed on Monday, September 5 for Labor Day.

### 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.

## September Events



### Member Walking Group: Tunnel Tops and Battery Bluff

**Wednesday, September 7**

**\*11:00 AM Meet at Sports Basement Parking lot, east end by the Stockton #30 bus stop. Look for your guide, Marilyn Straka, wearing a yellow safety vest. See alternate meeting place below.\***

**\*12:00 PM Visitor's Center, outside on porch\***

**Please state which place you will meet**

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

Presidio Tunnel Tops is built on and around the Presidio Parkway tunnels. Battery Bluff is nearby. Both have amazing views of the Golden Gate Bridge, wide level walking trails, picnic areas, as well as children's activities and places to gather and be in nature.

The walk is one mile to explore Tunnel Tops or an optional two mile version which includes visiting Battery Bluff. We will have a picnic lunch stop so bring food if you want to eat (Food/drinks to purchase are only available in the evenings and weekends). Plan for two+ hours to visit both destinations.

Have you already been to Tunnel Tops? No problem! Come and see it from a new perspective. We will walk every path plus visit the Children's playground and the Field Station which is open on Wednesday from 11am to 4pm. We start at the lower level and then gently go uphill to the view and picnic level. After exploring Tunnel Tops you can return to your car or the bus stop or if you can walk another mile, we will go on to Battery Bluff. This involves going slightly uphill for 1/4 mile. Battery Bluff walkways and viewpoints are all on the level. Then we return to the start.

Recommended way to reach the start: #30 MUNI bus stops at the start/end. If the #43 MUNI bus is more convenient, this stops at the Transit Center on the upper level. You could meet us for lunch at Noon. I will look for you at the Visitor Center, outside on the porch.

Parking (if you drive): Sports Basement parking lot now requires payment or also paid parking at the upper level near the Visitor Center.

### **Third Act: Protect the Planet and Defend Democracy**

**Thursday, September 8, 11:00 AM – 12:00 PM**

**Zoom**

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

- Do you want to be more active in helping to fight global warming and working with youth activists to find solutions to reduce the impacts of the climate crisis?
- Are you increasingly worried about our democracy?
- Are you interested in working to affect the outcome of the midterm elections this November?



Fellow San Francisco Village members from the SFV Climate Action and Defending Democracy groups want to introduce you to Third Act, a growing national movement of older adults from across the US. Why Third Act? Because “Experienced Americans” are the fastest-growing part of the population. This means the power of this group of older adults is crucial to making the necessary changes to protect our planet and our society. Founded by long-term climate activist Bill McKibben, Third Act aims to bring those of us in the third act of our lives into renewed social and political activism on these issues. To get a better understanding of what Third Act is all about, watch this the brief, inspiring video: <https://youtu.be/vSw-uJdhvqg>

Working together, we can counter the despair we often feel on our own about these massive challenges. Come learn more.



### **Fine Arts Museums Virtual Tour: A Small Part of a Big Picture**

**Friday, September 9, 1:00 – 2:00 PM**

**Zoom**

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

Let's explore some of the unusual and fascinating cultures represented in our museum's collections. We'll learn about pieces that were never intended to be enclosed in glass cases but were made to be used - for hunting or cooking, in dramatic performances and sacred ceremonies. Let's see if we recapture the larger picture from which our small artifact has been removed, bringing to life all the sights, sounds, textures, and smells of its original setting. We



will travel to New Zealand, Papua New Guinea, Nigeria, Peru, and more. Prepare to be amazed!

### **Neighborhood Clean Up: Outer Sunset**

**Sunday, September 11, 10:00 AM – 12:00 PM**

**\*Java Beach Cafe, 1396 La Playa St\***

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

Want to enjoy the outdoors, meet neighbors, and clean up the Ocean Beach community all at once? Join us in a litter cleanup with Friends of Great Highway Park and RefuseRefuseSF on Sunday September 11, 10am-noon. This month's cleanup features San Francisco Village as its partner organization. We'll start with free coffee and pastries, and then head out to clean up litter in the Judah business corridor and along Great Highway and the dunes. We look forward to seeing you there!



### **North Beach Photo Walk**

**Sunday, September 11, 11:00 AM – 1:00 PM**

**\*Meeting Spot in North Beach to be shared with those who RSVP\*  
RSVP to SFV member Mary Holder**



Join other SF Village members for a casual and fun walk around North Beach to enjoy new friends, taking photos, and the sharing of our photos over coffee. Bring your phone or other camera and capture the unique feel of this urban village: the people on the streets, shop windows, cafes, the unexpected around every corner - all are fodder for exciting images. If photography isn't for you but enjoying good company is, do join us and share in the fun. We will take pictures for an hour, cafe sit for an hour. Distances are up to you. Sitting in one place in the park and capturing the passing flow or going on a short hunt on foot are both means to the same end. Photo shown by Irene Cohn taken on the last photo walk!

### **Movies with Steve**

**Mondays, September 12 and 26, 1:00 – 4:00 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

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

September 12: *West Side Story* 1961, Natalie Wood, Richard Beymer

September 26: *Brigadoon* Gene Kelly, Van Johnson, Cyd Charisse





## 東京大学 THE UNIVERSITY OF TOKYO

### Experience Exchange: University of Tokyo Students

**Tuesday, September 13, 10:30 AM – 12:00 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

San Francisco Village is thrilled to be partnering with the University of Tokyo for an experience exchange. The visiting students have a background in global and public health. By spending time in 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.

All who participate are expected to be fully vaccinated, wear a secure fitting mask, and have zero Covid symptoms. Visiting students will be testing throughout their trip and will have arrived in San Francisco several weeks prior.

### Postcards to Voters

**Tuesday, September 13, 2:00 – 3:30 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

Write friendly cards that urge voters to vote! This month we're working with PostCards for Climate. We will gather together to address these postcards and write our messages. Message scripts, postcards, stamps, and addresses will be provided.



### Transforming Death Care

**Wednesdays, September 14, October 19, 1:00 – 2:30 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

## 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](mailto: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 [Reimagining 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](http://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](mailto:mfridley@eastsideinstitute.org).



## Asian Art Museum Virtual Tour: Exploring Japan's Artistic Sensibilities

Friday, September 16 1:00 – 2:00 PM

Zoom

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

Kimono, netsuke, swords, lacquerware, screens, and scrolls. Come explore the variety, complexity and beauty of Japanese art. For the Japanese the

functionality of an object was not enough; it also had to be aesthetically pleasing and display the skill of the artisan, the taste of the patron, and the values of the culture. Luxuriate in this



fascinating program highlighting some of the exquisite objects in the Japanese collection of the Asian Art Museum.

## Flower Piano

**Monday, September 19, 10:00 AM**

**\*Meet at SFV Office, 3220 Fulton St, before walking over the Botanical Garden\***

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

One of the most unique, creative, and innovative events in the Bay Area. Flower Piano transforms San Francisco Botanical Garden into the city's own alfresco concert hall where everyone is invited to play and listen. Meet SFV members at the office to walk over to the Botanical Garden together—garden lovers, piano players and lovely listeners all welcomed! While there are tickets reserved, there is no guide or plan so please be prepared to make individual and group decisions about where to walk, listen, and play.



## Member Weekend Walking Group: Brainstorming Session

**Tuesday, September 20, 10:30 AM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

Calling all weekend walkers! Let's explore neighborhoods of SF together! Please join fellow SFV members in planning a calendar and map of what neighborhoods we'd like to walk together for the next few months. Bring your favorite neighborhood walk and an idea for a destination—coffee, lunch, or cultural institution! After we finish planning, we can head to the Botanical Garden for

Flower Piano.

## The Association of Ramaytush Ohlone

**Tuesday, September 20, 2:00 – 3:00 PM**

**Zoom**

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

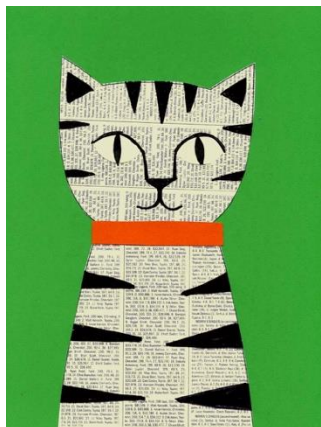
The Ramaytush (pronounced rah-my-toosh) are the original peoples of the San Francisco Peninsula. Prior to the arrival of the Spanish, the Ramaytush Ohlone numbered approximately 1500 to 2000 persons, but by the end the Mission Period only a few families had survived. Today, only one lineage is known to have produced living descendants and those descendants comprise the membership of the Ramaytush Ohlone peoples and the staff of the Association of Ramaytush Ohlone.





Come learn about The Association of Ramaytush Ohlone (ARO) and how they represent the interests of the original peoples of the San Francisco Peninsula. The purposes of the ARO align with our ancestral responsibilities to care for Mother Earth and to care for the people who reside in our ancestral homeland. The ARO partners with other organizations and agencies to pursue its objectives:

- the repatriation of our ancestral homeland
- cultural revitalization, including language
- research, consultation, and education to ensure accuracy in public culture and history
- ecological restoration
- community service



### Paper Collage

**Wednesday, September 21, 1:00 – 2:30 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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

Take paper and images chosen by choice or chance and cut, tear and glue them into a unique work of art. No experience necessary; we are all artists. Dennis Treanor, an SFV member, has worked in art for nearly sixty years and taught art and ceramics for his entire working career, and continues to do so in his retirement.

### Experience Exchange: [Visit.org](https://www.visit.org)

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

**Zoom**

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

San Francisco Village has been partnering with [Visit.org](https://www.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!



## MoAd Virtual Tour: Elegies- Still Lives in Contemporary Art – Curated by Monique Long

**Monday, September 26, 3:00 – 4:00 PM**

**Zoom**

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

Elegies: Still Lives in Contemporary Art is a group exhibition bringing together an international group of artists who have disrupted or extended the traditional presentation of still lifes. The artists have appropriated the genre in order to create works within a framework of Black diasporic identities, histories, and collective experiences. The works are expressed through various mediums, including painting, photography, sculpture, printmaking, performance, and installation. Many

of the artists are primarily known for portraiture, therefore the still lifes are compelling outliers in their practices.

A central discourse in this exhibition considers Blackness in relation to the existential question, “How does an artist create work about the body without the body being present?” resulting in political, historical, and art historical interventions. Elegies is a thematic exhibition that presents two parallel narratives: one is an art historical examination of still lifes and the other is how that history is connected to Black figuration. Elegies presents the work of over fifteen contemporary artists, listed below.

## The Page and the Stage

**Tuesdays, 9/27, 10/11, 10/25, 11/8, 11/29, 12/13, 2:00 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

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

Please join the new member led play reading/discussion group forming in September. We will meet a couple of times a month, Tuesdays, 2-3:30 at the Village offices 8th and Fulton. Read aloud (or not), talk a lot (or not), and enjoy your fellow members interested in the page and the stage.



## Center for Biological Diversity

**Wednesday, September 28, 11:00 AM – 12:00 PM**

**Zoom**

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

At the Center for Biological Diversity, we believe that the welfare of human beings is deeply linked to nature — to the existence in our world of a vast diversity of wild animals

and plants. Because diversity has intrinsic value, and because its loss impoverishes society, we work to secure a future for all species, great and small, hovering on the brink of extinction. We do so through science, law and creative media, with a focus on protecting the lands, waters and climate that species need to survive.

We'll go over how human population pressure affects endangered species and the morality of preventing extinctions. We'll also discuss how to approach population work using an inclusive, culturally responsive lens by addressing common misconceptions and advocating for ethical human-rights based solutions.

We want those who come after us to inherit a world where the wild is still alive.

## Recurring Events



### Tai Chi and Qigong

**Thursdays, September 1, 8, 15, 22, & 29, 2:30 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**Mondays, September 12, 19, & 26, 1:00 – 2:00 PM**

**Zoom**

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

## Makers and Crafters

**Friday, September 2, 2:00 – 3:30 PM**

**\*SFV office, 3220 Fulton St, 94118\***

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, September 3, 10, 17, & 24, 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!

## Let's Play Games

Tuesday, September 6, 1:00 – 3:00 PM

\*SFV office, 3220 Fulton Street\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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, September 7, 10:00 – 11:00 AM

Zoom

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

Join our intergenerational book club started by volunteer Kiki Couchman. Our September book will be *The Bell Jar* by Sylvia Plath. Our October 5 meeting will be about *Americanah* by

Chimamanda Ngozi Adichie.

## NEW TIME! Aging Well with Meditation

Wednesdays, September 7, 14, 21, 10:00 – 10:45 AM

Zoom

Wednesday, September 28, 2:00 – 3:00 PM

Hybrid: In person at SFV Office, 3220 Fulton, and on Zoom

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



### **Play Reading Group**

**Thursdays, September 8 & 22, 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](mailto: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, September 9, 10:30 AM – 12:00 PM**

**Zoom**

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



We will be continuing our discussion about housing options for seniors based upon information gathered by Leslie Stafford and Persis Ainey. August's discussion was very lively and participants felt they got a lot of important information. We are also looking for additional members to be part of our housing committee since this is a huge subject. And in September we are going to select our next solo ager focus and form a committee to work on it. So if you have some area of interest to the solo ager community, please join us. Call Betty Burr for more information.

### **Member to Member Coffee Chat**

**Mondays, September 12 & 26, 10:00 – 11:00 AM**

**Monday, September 19, 2:00 – 3:00 PM**

**Zoom**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 9/12, Leslie Stafford, SFV member, on 9/14, and Bill Haskell, board co-chair and SFV member on 9/26.



## Defending Our Democracy

Friday, September 16, 10:00 - 11:00 AM

Zoom

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

For those of us working to defend democracy, the events of the last three months are fueling a renewed sense of hope and possibility! The Democrats have achieved major legislative victories, including passage of the landmark Inflation Reduction Act, which will

make a historic climate investment, expand Medicare benefits and close tax loopholes used by the wealthy. Also, in the wake of the U.S. Supreme Court's Dobbs decision, voters in the state of Kansas mobilized and defeated a constitutional amendment to ban abortion, demonstrating what's possible when people organize to defend their rights.

With so much at stake, SFV members have been organizing for months to support climate action and stand up for democracy. We have aligned ourselves with Third Act and their sister organization Activate America to provide structure and ensure that our efforts make a difference. If ever there was a time to get involved, this is it!

Join us to learn more about how you can take small but critical actions to get out the vote, including the Senior to Senior Intergenerational Voter Registration Initiative. We'll update you on all the activities going on this fall and how you can be part of this historic mid-term election.

## SFV Climate Action Group

Thursday, September 22, 10:00 - 11:00 AM

Zoom

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

Join us as we continue the crucial work needed to save our planet - for the current generation, for generations to come, and for all forms of life. We will learn about and participate in actions promoted by national environmental organizations such as Third Act and Elders Climate Action, and their local working groups. We are collaborating on actions with older adults all across the US.



National actions include: (1) participating in Third Act's "Banking on Our Future" campaign to press big banks to end their financial support of the fossil fuel industry; (2) working with Elders Climate Action to track and support climate action legislation; (3) engaging in Elders Climate Action's "Elders Promote the Vote" to encourage environmentalists to become consistent voters in every election; and (4) reviewing the landmark climate legislation passed by congress – as part of the Inflation Reduction Act of 2022.

Our own actions include: (1) advocating for improved labeling of plastic products; (2) following up the official launch of Third Act's Bay Area Working Group, held on Tuesday, 9/13/22; (3) following up on our own prequel event to attract more SFV members and other Bay Area villages to



participate in Third Act, held on Thursday, 9/08/22; and (4) learning about issues and actions related to Biodiversity, Population Growth, and Women's Rights.

Stay informed on what is happening to combat the climate crisis and help us organize to join in these actions, either in collaboration with other organizations or on our own initiative. We welcome new ideas. Come to our next meeting to get involved – and see how you can make a difference!



### Conversations About Race

Friday, September 23, 11:15 AM – 12:15 PM

Zoom

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

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.

This month members in the group decided to discuss Peggy McIntosh's 1989 working paper [White Privilege: Unpacking the Invisible Knapsack](#). The conversation will be facilitated by Kate Hoepke.

### San Francisco Village Book Club

Monday, September 26, 4:00 PM

Zoom

RSVP to Sharon Kuester

We will be discussing *When We Cease to Understand the World* by Benjamin Labatut. Please join us!



### Street Clean Up: 8<sup>th</sup> and Fulton

Thursday, September 29, 10:30 AM– 12:00 PM

\*Rise and Grind Coffee Shop, 8<sup>th</sup> Ave and Fulton\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto: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 meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

### Sunset Circle

**Thursdays, September 1 & 15, 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.

### LGBTQ Circle

**Fridays, September 2 & 16, 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.

### 94117 Circle

**Friday, September 9, 1:00 – 2:15 PM**

**Zoom**

**Thursday, September 22, 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 August, before the deadline for this September 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.

### 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

### **94107/94103 Circle**

**Wednesday, September 14, 1:30 – 3:00 PM**

**\*TBD\***

**RSVP to Eve Menger**

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

### **94109/94133 Circle**

**Wednesday, September 14, 1:30 PM**

**\*Konko Shinto Church ,1909 Bush St\***

**RSVP to Bobbie Rothman or Juliet Rothman**

In keeping with our theme, our group will be visiting the Konko Shinto Church on September 14 at 1:30 pm. We will have a tour, and Reverend Joanne Tolosa will share the history of the Shrine - including why it's called a Church! She will also share some Shinto beliefs and practices with us. Our visit will be followed by a gathering for discussion.

### **94114/94131 Circle**

**Wednesday, September 14, 3:00 PM**

**RSVP and zoom questions to Nidhi Patel [nidhi@sfvillage.org](mailto:nidhi@sfvillage.org) or (415) 387-1375 ext 5**

**Questions to circle leader Shelley Fernandez**

We're meeting on zoom! Join us!

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

**Friday, September 16, 11:00 AM**

**\*Cypress Grill, Harding Park, 99 Harding Road \***

**RVSP by September 12 to Roberta Gordon**

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

Brunch served until 11:30 a.m. and Lunch service begins at 11:00 a.m., for those who do not like eggs, bacon, sausages, or other items that clog the arteries!

The restaurant is spacious and has large windows overlooking a lovely view of Lake Merced and the 18th hole golf course. It is an incredible suburban oasis away from the city serving modern American cuisine. It is wonderful to look out upon the golf course and see the many different birds trying to stay out of the way of the golfers! The staff is always pleasant and accommodating and parking is readily 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, ID, and proof of vaccination as they may be required. We cannot coordinate car-pooling, but we encourage you to invite a friend who drives. We welcome the opportunity to introduce people to San Francisco Village!



## Bernal Circle

**Saturday, September 17, 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.

## 94115+ Circle

**Wednesday, September 21, 11:30 AM**

**\*Chouquet's at 2500 Washington Street**

**RSVPs by 9/16 to Lynne Fox**

The 94115+ neighborhood circle is planning a luncheon, with lots of outdoor seating. Please RSVP to Lynne Fox by 9/16 as we need to let the restaurant know how many people will be attending.

## 94121 Circle

**TBD**

**RSVP to Barbara Scrafford or Carol Rothman**

We're still working on our plans for September.

## 94118 Circle

**\*TBD\***

**RSVP and Questions Karen Franklin**

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

## Save The Dates

### Are your Affairs in Order?

**Tuesday, October 4, 11:00 AM– 12:00 PM**

**Zoom**

**Tuesday, October 18, 11:00 AM – 1:00 PM,**

**30 minute appointments to be scheduled**

**\*SFV Office, 3220 Fulton St, 94118\***

**RSVP to (415) 387-1375**

**or [info@sfvillage.org](mailto:info@sfvillage.org)**



We all want to leave blessings and few burdens when we go, but are your affairs in order? Join Estate Planning attorney, Jeanne Darrah, for a two part series to discuss the legal side of planning for death and incapacity. In the first part we will give an overview of what documents are typically in an estate planning package, what necessitates them, and what they do. We will discuss alternatives to a probate court proceeding and what necessitates forming a trust. We will

also discuss what triggers needing to change your documents. There will be time for questions at the end.

In the second session, Jeanne will meet in person, one on one with members to privately discuss any matters of concern to them in this area. She has found that often times, she can answer concerns and put minds at ease in just a short amount of time. There will be eight slots available that members can reserve in advance

Jeanne Darrah is sole practitioner, and a graduate of Hasting Law School. She worked in the San Francisco Superior court for several years and has practiced exclusively in the estate planning, probate and trust administration area for the past ten years. She's raised three kids in San Francisco and advocated for trees and open space improvements while doing so. She also serves as a Judge Pro Tem for the SF Probate Court.

I believe the end of life provides a great opportunity for love and grace, and I aspire to foster that while mitigating the stressful aspects as much as possible.

## Art Salon

**Wednesday, October 5, 2:00 – 3:00 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

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



## What's on the SF Ballot This November?

**Thursday, October 13, 10:00 AM – 11:30 AM**

**Zoom**

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

SF Department of Elections will present 10:00 – 10:30, reviewing accessible services and materials offered by the Department to ensure voters have the information and resources necessary to vote privately and independently.

The League of Women Voters will present on SF ballot propositions 10:30-11:30. Do you want to be an informed voter but often find it hard to understand the details of so many propositions on our ballots? The League of Women Voters presents the arguments on both sides of the propositions so you can decide which point of view you agree with. We will cover both city and state propositions in an hour or less.

## Volunteer Support



### Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other.

Contact Jill Ellefsen at [jill@sfvillage.org](mailto:jill@sfvillage.org) or (415) 387-1375 ext. 2 to sign up to receive our 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.

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*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

3220 Fulton St., San Francisco, CA 94118 • (415) 387-1375  
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