



# San Francisco Village

## Monthly Newsletter

December 2022

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

Membership in San Francisco Village has soared in the last two years. We're fast approaching 500 members, a good time to pause and celebrate our progress. It has taken more than a decade to get here, thanks to hundreds of people sharing a vision for connected community as we age. Many of those people operate behind the scenes, and I'd like to call a few of them forward.



Let's start with the Board of Directors. Twelve individuals who have committed their time and talent to ensure that SFV has the resources it needs to sustain itself. They're strategic thinkers, holding the vision for who we can become. They're advocates and ambassadors, connecting us to community partners that deepen our impact. They're problem solvers, idea generators, cheerleaders and critics. We couldn't function without them.

One board member in particular deserves our abiding appreciation. Bill Haskell has served on the Board of Directors for nine years, five of those years as Co-Chair. Because of term limits, Bill will complete his tenure this month. Sharing leadership with him all these years has been a gift. Bill is a light in my life. Thanks to his warm heart and tenacious spirit, we have manifested what he described several years ago as "an infrastructure of social care." His vision for the intersection of health care and social care helped to launch the Hospital Readmission Prevention Program in 2019 with Sutter Health and set us on course towards a larger mandate.

When we learned in 2016 that we had to vacate our office space at the Institute on Aging, Bill led the effort with Claudia Lewis, former Co-Chair, and Gretchen Addi, current Co-Chair, to find our new home on Fulton St. Bill stepped into the project management role, acting as liaison with the construction crew and guiding our team in the labyrinth of decisions to be made.

#### In This Issue:

From the E.D.  
Upcoming Events  
Recurring Events  
Neighborhood Circles  
Save the Dates  
Volunteer Support  
Poetry Corner

#### New Members in November

Constance Bernstein 94117  
Deborah Apple 94118  
Janet Bilden 94122  
Robert Reinhard 94114  
Willia Rodgers 94132  
Michelle Minolli 94127  
Barbara Aspelin 94112  
Sarah Thompson 94110  
Daniel Raskin 94110

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Bill's willingness to act on his beliefs can be felt in many of the programs that have come to life over the years: Aging as a Spiritual Practice, Lunch with Provocative People, Agents of Our Own Change, and of course the Climate Action Group. Bill is a wonderful example of a good ancestor – someone who acts on behalf of those who come after him. As Cicero said more than 2000 years ago, "The diligent farmer plants trees of which he himself will never see the fruit." Thanks for your diligence, Bill.

And to all the other back-of-the-house players, thank you for the many ways you make SFV a reality. Hosting coffee chats, volunteering to solve a technology problem, tracking our finances, making phone calls to fellow members, organizing your neighborhood circle. Thousands of actions behind the scenes spinning this vital web of connection.

Grateful to be in community with you,

*Kate*

## Did You Know?

### Holiday Office Closures

The San Francisco Village office will be closed the last week in December, starting December 26 and reopening on January 3.

### Holiday Connections

Tis the Season! With the holidays fast approaching we're reaching out to help facilitate some connections during this time. Do you have an extra seat at the table on Christmas/ Feast of Dedication/Solstice this year? Are you looking to be connected with others who may be free during the holiday months for a walk in nature or a talk on the phone? If so, reach out to Jill! We wish one and all a sparkly and love filled season!

## Upcoming Events

### Annual Holiday Party—In Person!!

Thursday, December 1, 5:00 – 7:00 PM

\*Spark Social, 601 Mission Bay Blvd\*

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

**RSVPs required to ensure we purchase enough food and drink tokens**

It's been three years since we've gathered for our annual holiday party in-person and we are so excited to grin at each other behind masks!!! Spark Social is an outdoor food truck garden with a huge red party tent—keeping us dry from potential rain, with open sides for safe air flow. There's even a fire pit to sit around with unlimited makings for s'mores. Join us for a cozy evening with friends, new and old, drinks, and nibbles. Wear layers, wear your mask, and we'll bring name tags to wear too.





## SF Symphony

**\*Davies Symphony Hall, 201 Van Ness Ave.\***

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

**Tickets limited & will be emailed through the SF Symphony portal**

The San Francisco Symphony has generously donated a few tickets to the performances listed below and we're thrilled to share them with you. A small group of members will be seated together for each performance. What a lovely opportunity to connect over your love of live music.

*Deck the Halls*, Sunday, December 4, 11:00 AM

*Chamber Series: Davies Symphony Hall* Sunday, December 18, 2:00 PM

## Authors' Talk

**Monday, December 5, 2:00 – 4:00 PM**

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

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

A unique opportunity to hear from some of our published writers and support their work and favorite social justice organizations.

We'll hear from chef and author Lorraine Witte, reading from *A Pot of Rice to the Wonders of Wontons*, poet and essayist Dr. Jeanne Powell reading from poetry collection *Deeply Notched Leaves*, and traveler and editor Audrey Fielding and sketcher David Fielding, two of the five contributors of *Salento by 5*. Proceeds from book sales will go to Asians Fighting Injustice, Planned Parenthood, and a small organization that helps migratory birds. Please bring cash or Venmo to purchase. Book purchase is not required or expected to attend.



## Reclaiming our Relationship with Death

**Tuesdays, 12/6, 12/13, & 12/20 11:00 AM – 12:30 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)**

**This series started in November and is at capacity. Let us know if you're interested in a future session**

We will all be called to bear witness to the dying process at some point, whether it be our own or of someone we love. However, our death-phobic culture does not prepare us to support ourselves or loved ones in facing the inevitable end of life transition. This six-week interactive workshop is an invitation to explore your own relationship to death + dying through thoughtful inquiry and group discussions, and to learn practical tools for supporting a friend or loved one facing terminal illness or imminent death. Additionally, this workshop will:

- Offer practical information about the dying process
- Help clarify your own end of life values and wishes



- Provide basic tools for navigating grief

Our sessions aim to hold space for deep discussions and opportunities for connection and dialogue. Blended with guided exercises and ceremony, this one-of-a-kind experience will create a spacious, welcoming, naturally occurring connected group vibe. Our hope is these connections extend beyond the 6 weeks. It is expected that participants attend at least five of the six sessions.

We will be guided by hospice nurse and death doula Stephanie Crawford. Her business, Awakened Endings, seeks to alleviate the fear and anxieties that accompany death and dying, and to help individuals awaken to the mystery and beauty of this very challenging time. Through thoughtful preparation, unbiased education, and helping you explore your unique end of life wishes, Awakened Endings is dedicated to helping you transition with dignity and ease.

## Art Salon

**Wednesday, December 7, 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.



## Sages and Seekers

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

**Zoom**

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

Sages & Seekers is an intergenerational program that builds meaningful relationships between Sages (adults 60+) and Seekers (students 15-24). Come to this informational meeting to learn about their eight-week program where you will have the

opportunity to share your life experience with an interested listener. This forum engages participants in a thoughtful examination of how life is lived and how personal challenges are overcome. By sharing your story, students develop a greater appreciation of elders and their legacies. Both generations discover commonalities and shatter stereotypes they have of one another.

The online program reaches participants throughout the United States and in countries abroad, such as Colombia, Argentina, and Australia. Check out this video to learn more: <https://vimeo.com/735986551>. The free winter eight-week session is January 23- March 13, 2023. You will meet on Zoom for 75 minutes once a week. Join us to learn more, including how to sign up!

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



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SF CARD – San Francisco Community Agencies Responding to Disaster – connects nonprofit, faith-based and private organizations with the network and knowledge they need to continue providing critical services after a disaster. We help organizations prepare for emergencies as small as a one-alarm fire and as large as a massive disaster wreaking havoc across the region. SF CARD's function is threefold: Preparedness, Response and Recovery.

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



**RSVP required; Space limited**

5

Francisco and all that glitters during the Season. The walk is about one mile and mostly outdoors. Inside venues will be determined based on availability and your personal comfort level.

More specifics regarding meeting place and suggestions for transportation to start of walk will be available when you RSVP.

### **Asian Art Museum Virtual Tour: Jade, Stone of Heaven**

**Friday, December 16, 1:00 – 2:00 PM**

**Zoom**

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

*Jade: Stone of Heaven* is a fascinating and beautiful exploration of both the physical characteristics of the stone, and its importance and symbolic place in Asian cultures. Jade is believed to have life-prolonging qualities, and many consider jade to be more precious than gold. Using exquisite examples of jade crafted over thousands of years, the program delves into some of the reasons this stone has been so prized.



### **MoAd Virtual Tour: Photography of Black Families – 19th & 20th Century**

**Monday, December 19, 3:00 – 4:00 PM**

**Zoom**

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

Museum of the African Diaspora presents photographs of Black families in the United States from the mid-19th century to the early 20th century. Look at photos found in several public domain archives while discussing aesthetics, cultural context and how photography shapes social representation.

### **Movie Day: White Christmas**

**Wednesday, December 21, 1:00 – 3:00 PM**

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

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

Join us at the SFV cinema (aka the conference room) for a holiday special! *White Christmas* is a 1954 American musical film directed by Michael Curtiz and starring Bing Crosby, Danny Kaye, Rosemary Clooney, and Vera-Ellen and features the songs of Irving Berlin. Singing along is welcomed! Let us know if you can bring a copy of the DVD—otherwise we'll stream it.







### Tea and Cookies!

Friday, December 23, 1:00 – 2:00 PM

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

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

Take an hour to connect with friends, new and old. We'll have tea and cookies and maybe a few other treats and talk about our favorite holiday traditions, new and old. If the mood strikes and the group desires, we may even sing

a carol or two.

## Recurring Events

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

Thursday, December 1, 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](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>



### Conversations About Race

Friday, December 2, 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 we will share our group knowledge of minority-owned businesses (local or not) so we may choose to shop there for our everyday needs and for holiday gifts. Please be prepared to provide name, location, or website. Conversation will be facilitated by Kate Hoepke.

## Makers and Crafters

Friday, December 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 and creative 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. Some participants are presently creating scarfs and hats for a winter donation to a women's shelter &/or the unhoused in SF. Everyone is welcome to join, no matter what your craft or art form is.



## Virtual Social Hour

Saturdays, December 3, 10, 17, 24, & 31, 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!

## Member to Member Coffee Chat

Mondays, December 5 & 19, 10:00 – 11:00 AM

Monday, December 12, 2:00 – 3:00 PM

Zoom

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

Note: You need to send in new RSVPs every month



Life during a pandemic can be isolating. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other. Thank you to our board and member facilitators and all attendees for creating this virtual coffee hour!



## Female LGBTQ+ Circle Meet and Greet

Mondays, December 5 & 19, 11:00 AM – 12:30 PM

Zoom

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

In exploring new ways to meet the needs of our LGBTQ community, female and female identifying members of San Francisco Village are invited to join us for a gay "women's only" circle. During this hour, each person will have a chance



to share a bit about themselves and explore future plans for this newly formed group. We would love to see you there! This group will not replace the ongoing LGBTQ circle that meets 2x month. Open to all members and volunteers that identify as female LGBTQ+.

### **Tai Chi and Qigong**

**Mondays, December 5, 12, 19, 1:00 – 2:00 PM**  
**Zoom**

**Thursdays, December 8, 15 & 22, 2:30 – 3:30 PM**  
**\*SFV office, 3220 Fulton St, 94118\***

**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.



### **Let's Play Games**

**Tuesday, December 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. 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, December 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 December 7 book is *Our Missing Hearts* by Celeste Ng. Our book for Thursday, January 12 will be *Lincoln in the Bardo* by George Saunders.





### Aging Well with Meditation

Wednesdays, December 7 & 14, 10:00 – 10:45 AM

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.

### Solo-Agers Circle

Friday, December 9, 10:30 AM – 12:00 PM

Zoom

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

We gather to provide support for the journey of solo aging as well as problem solving together. Members decided our December topic will be money and how it impacts us in this stage of our lives.



### The Page and the Stage

Tuesdays, 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)

We're currently reading and discussing August Wilson's *Two Trains Running*. We welcome your voice.

### SFV Climate Action Group

Thursday, December 15, 10:00 - 11:00 AM

Zoom

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

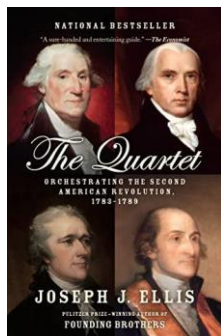
Join us as we continue the crucial work needed to save our planet - for the current generation, for generations to come, and for all forms of life. We will learn about and participate in actions promoted by national environmental organizations such as Third Act and Elders Climate Action, and their local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

We will discuss Third Act's *National Day of Action*, scheduled for March 21, 2023, which will be a high point of Third Act's campaign to pressure the four biggest banks in the US to stop financing the fossil fuel industry. We will talk about local activities being planned and ways we can get involved.



In addition, we have our own *Plastics Labeling Project* to promote the accurate labeling of plastic products. We will discuss collaborations in the works with the University of San Francisco, and SF State University.

Stay informed about what is happening to combat the climate crisis and learn how you can join the effort. We welcome new ideas.



## San Francisco Village Book Club

Monday, December 26, 4:00 PM

Zoom

RSVP to Sharon Kuester

We will be discussing *The Quartet* by Joseph J. Ellis. Please join us!

## Defending Our Democracy

No meeting in December

Before the mid-term elections on November 8th, SFV members were active in get-out-the-vote efforts for many months. To make a difference in the outcome of this election, SFV members joined with the nationwide Third Act movement and its partner organizations, including Activate America, the Civics Center and the new Third Act SF Bay Area Working Group.



"Democracy Lives for Another Day," declared Bill McKibben during Third Act's post-midterm election All-In Call. The election results indicate that Americans voted to uphold democracy and their constitutional rights.

During this holiday season, let us take time to celebrate and enjoy our accomplishments and look forward to a promising New Year of safeguarding and shaping the future of democracy in our communities and the nation.

We will meet again on Friday, January 20, 2023.



## 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, December 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.

### 94115+ Circle

**Wednesday, December 7, 4:00 PM**

**\*a member's home\***

**RSVP to Lynne Fox at or Gayle Geary**

A cocktail party! We'll each bring a beverage and a nibble to share. Information as to the location will be given when you RSVP.

### 94117 Circle

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

**Zoom**

**Thursday, December 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 actual date and location of this in-person meeting will be decided at the first meeting on 12/9. The in-person 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.

### 94121 Circle

**Friday, December 9, 2:00 PM**

**\*de Young Museum Cafe\***

**RSVP to Barbara Scrafford or Carol Rothman**

Join us for conversation, and coffee, lunch, an exhibit, some shopping, or what you will.

## 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, December 14, 1:30 – 3:00 PM

**\*Perry's Embarcadero Restaurant\***

**RSVP to Eve Menger**

We'll meet for lunch and lively conversation—don't forget to RSVP!

### Bernal Circle

**TBD**

**RSVP to Joan Miro**

We're hoping to gather for a holiday lunch at Delancey Street. Reach out for more details.

### 94118 Circle

**\*TBD\***

**RSVP and Questions Karen Franklin**

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

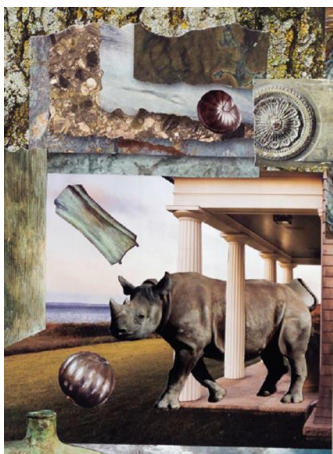
### 94109/94133 Circle

Our group will not be meeting in December and will continue with our theme of visiting religious institutions in January. We will be visiting the famous Third Baptist Church. We have graciously been invited to share lunch at the church with a group of senior church members. Following lunch, we will meet renowned activist and minister Rev. Amos Brown, who will share insight about the church, its history, and his own life experiences. More information soon - in the meantime, check him out on the internet! You won't want to miss this very special experience!

### 94114/94131 Circle, West of Twin Peaks Circle, Sunset Circle

**Not meeting in December**

## Save the Dates



### Paper Collage

Wednesday, January 18, 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 60 years and taught art and ceramics for his entire working career, and continues to do so in his retirement. This workshop happens every other month—come once, occasionally, or regularly!

## Home Repair and Maintenance Workshop

Tuesday, January 31, 11:00 AM – 12:00 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)

Learn how you can repair simple things around your house. Consider monthly, seasonal, and annual maintenance plans. Determine if the repairs are DIY: do-it-yourself, or if you need to call a handy person or a licensed specialist.



Diana Carey has owned Spotlight Home Improvement Services for four years, serving San Francisco and the Bay Area. Diana also owned a tile setting company in San Francisco in the 1980's. Throughout her many years working in the remodeling business both commercially and residentially, she found that many clients asked her similar "how to repair" questions. Diana has found that empowering her clients to do simple home repairs gives her a sense of caring and giving back to her community.

## 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.



## Poetry Corner

As we conclude 2023, the staff would like to re-share with you an inspiring poem that reminds us of what's important. We shared it at the holiday party last year and in the January newsletter at the beginning of 2023. The poem *Hokusai Says* was written by Roger Keyes, an art historian and curator of Japanese art as well as a poet. His poem is a translation of what he thinks the prolific artist, Katsushika Hokusai (1760-1849), was trying to say in his paintings.



### Hokusai Says

Hokusai says Look carefully.  
He says pay attention, notice.  
He says keep looking, stay curious.  
He says there is no end to seeing.

He says look forward to getting old.  
He says keep changing,  
you just get more who you really are.  
He says get stuck, accept it, repeat yourself  
as long as it's interesting.

He says keep doing what you love.  
He says keep praying.  
He says every one of us is a child,  
every one of us is ancient,  
every one of us has a body.  
He says every one of us is frightened.  
He says every one of us has to find a way to live with fear.

He says everything is alive -  
shells, buildings, people, fish, mountains, trees.  
Wood is alive.  
Water is alive.  
Everything has its own life.  
Everything lives inside us.  
He says live with the world inside you.

He says it doesn't matter if you draw, or write books.  
It doesn't matter if you saw wood, or catch fish.  
It doesn't matter if you sit at home  
and stare at the ants on your verandah or the shadows of the trees  
and grasses in your garden.

It matters that you care.  
It matters that you feel.  
It matters that you notice.  
It matters that life lives through you.

Contentment is life living through you.  
Joy is life living through you.  
Satisfaction and strength  
are life living through you.  
Peace is life living through you.

He says don't be afraid.  
Don't be afraid.  
Look, feel, let life take you by the hand.  
Let life live through you.



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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**

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