



New Logo Announcement

The holidays are here! As 2017 comes to a close, I would like to take a moment and thank all our members, volunteers and friends who have helped Golden Gate Village thrive into a wonderfully diverse and inclusive community. This holiday season was kicked off with a Thanksgiving potluck. We had too much turkey and too much fun. It was a great success. For those that were unable to attend the potluck, I hope to see you at one of our upcoming Village activities.

You may have noticed some changes on our newsletter. We have a new look and a new logo design! Over the coming days and weeks, you will notice more changes to our website and organization collateral that will reflect our new logo and brand. The new logo includes our traditional green color, while evolving our previously light blue into a new darker hue. I am excited about our new design. But I am more excited about the constant core value that makes working for Golden Gate Village so wonderful: the opportunity to help our members age in place in the homes they know and the neighborhood they love.

I deeply appreciate the support, participation and engagement you have offered throughout the year and look forward to sharing 2018 with you. Please always feel free to reach out to me if you have questions or ideas about the Village. Your feedback and insight are valuable tools.

Wendy Frost
GGV Director

Golden Gate Village Newsletter

Issue #9: Winter 2017–2018

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Share your story! We want to hear your experiences as a senior living in San Francisco's Richmond district. Please submit your articles or ideas to info@ggvillage.org.

Upcoming Events

Museum Access Day: Palace of the Legion of Honor *Monday, December 18, 10:00 am–12:00 noon*

A small group, docent-led tour of *Gods in Color: Polychromy in the Ancient World* exhibit at the Legion of Honor, with special access privileges. See details on page 2. RSVP required. Call (415) 876-3333 to RSVP.

Winter Concert

Saturday, December 9, 5:00–7:00 pm

Location: Westside Arthouse, 540 Balboa

Performance by members of the chamber Music Society at UCSF. **RSVP required!** Space is limited. Call (415) 876-3333 to RSVP.

Bay Model Visitor Center Field Trip

Friday, January 12, 9:15 am–2:00 pm

A small group, docent-led tour of the Bay Model exhibit in Sausalito, with lunch included. See details on page 3. RSVP required. Call (415) 876-3333 to RSVP.

Museum Access Day: Palace of the Legion of Honor

Monday, January 22, 10:00 am–12:00 noon

A small group, docent-led tour of *KLIMT & RODIN: An Artistic Encounter* exhibit at the Legion of Honor, with special access privileges. See details on page 2. RSVP required. Call (415) 876-3333 to RSVP.

Institute on Aging Presentation:

Senior Support Services

Monday, February 5, 1:00–2:00 pm

The Institute on Aging's expert nurses will provide information about IOA's services & programs, which benefit elders who are aging in place—and they will answer questions you may have about aging in general.

LED Giveaway

Saturday, February 10, 9:00 am–12:00 noon

The San Francisco Department of the Environment provides free energy-saving LED light bulbs, which volunteers will deliver and install in your home.

For more information on our upcoming events, contact info@ggvillage.org or (415) 876-3333. Updated event information can be found at our online calendar: ggvillage.org.

Upcoming Museum Access Days

The Fine Arts Museums of San Francisco (de Young Museum and Palace of the Legion of Honor) offer the option of attending art exhibitions on designated Access Days, with reduced numbers of visitors, extra seating and other access features. Our next two excursions will be to the Palace of the Legion of Honor to view two different current exhibits.

Gods in Color: Polychromy in the Ancient World will offer an astonishing look at Classical sculpture swathed in their original vibrant colors



questioning the perception of an all-white “classical” ideal. Ancient sculpture and architecture from Greece and Rome will be revealed as intended—garishly colorful, richly ornamented, and full of life—along with original sculpture from

the Near East, Egypt, Greece, and Rome against the backdrop of the Legion of Honor’s neoclassical building.

Marking the centenary of Rodin’s death in 1917 and that of Gustav Klimt in 1918, **KLIMT & RODIN: An Artistic Encounter** examines the diverse connections between these artists and their impact upon the art world. While Rodin is widely regarded as “the father of modern sculpture. This exhibition marks the first survey of Klimt’s work in California. Sharing the galleries with the Legion of Honor’s important holdings of Rodin works will be examples from Klimt’s oeuvre on loan



from public and private collections in the United States and Europe, including the Österreichische Galerie Belvedere, which holds the world’s largest and finest collection of Klimt paintings anywhere.

These events are limited to 12 participants and RSVP is required: please call us at (415) 876-3333 or email info@ggvillage.org to reserve your space. Tickets are \$5; free for Golden Gate Village members. Transportation to the museum will be arranged if needed.

Ongoing Programs

(weekly, bi-weekly, or monthly)

Senior Walking Group

Every Tuesday, 10:00–11:00 am

(sometimes longer)

Meeting locations vary and are posted on the door to the Richmond Senior Center. More info: walking@ggvillage.org

Cantonese Senior Walking Group

Every Friday, 10:00–11:00 am

Meeting locations vary and are posted on the door to the Richmond Senior Center. More info: cwong@ggsenior.org

Sing Along with Eloise

1st & 3rd Wednesday, 2:30–3:30 pm

Location: Richmond Senior Center

Join us for some really fun music making!

Village Gathering

Every 3rd Wednesday, 5:00–7:00 pm

Location: Richmond Senior Center

Join us each month for a social gathering to meet and mingle with other Village members. Each month will have a different menu and activities. **Registration required for this event.**

Dec 20: Holiday Fun

Jan 17: New Year, New Leaf

Feb 21: Sweet Cheat Desserts

Film Club

Every 4th Wednesday, 5:00–7:30 pm

Location: Richmond Senior Center

Upcoming films:

Dec 20: *The Fantastic Mr. Fox*

Jan 24: *Days of Glory*

Feb 28: *A Separation*

Info: filmclub@ggvillage.org

Book Discussion Group

Every 2nd Thursday, 2:00–3:00 pm

Location: Richmond Senior Center

Share your current reading and favorite books, and get suggestions from other avid readers.

Next meeting:

Dec 14: Food

The Book Discussion Group will go on indefinite hiatus in 2018.

Info: books@ggvillage.org

Upcoming Village Gatherings

December 20: Holiday Fun. Please join us as we celebrate the holiday season with card making, cookie decorating, food, and fun.

January 17: New Year, New Leaf! Join us for a healthy variety of leafy greens, omega-3-rich foods such as fish and nuts, and vitamin-rich fruits and poultry.

February 21: Sweet Cheat Desserts. Hmmm, maybe diets aren’t so hard? Join us as we sample a few healthier low-calorie sweets. Don’t worry, we’ll have some light dinner fare as well.

Bay Bridge Model Field Trip

On Friday, January 12, Golden Gate Village will be going on a field trip to the Bay Model Visitor Center in Sausalito. The Bay Model is a fully accessible education center, administered by the U.S. Army Corps of Engineers, which hosts a working hydraulic model of the San Francisco Bay and Sacramento–San Joaquin River Delta System. The Bay Model provides scientists, educators and visitors interested in San Francisco Bay and the Bay–Delta Model a unique opportunity to view the complete bay-delta system at a glance. After a tour of the visitor center and bay model, we will take a short half mile walk to Dario’s Pizza for lunch.

Space is limited and members should register early for this field trip. Transportation and lunch are included in this event. Please advise us in advance if there are any dietary restrictions.

Members will meet at 9:15 am at the Richmond Senior Center. Our Bay Model tour begins at 10:00 am. Members can expect to be back to the Richmond Senior Center by 2 pm.



LED Giveaway

Remove your old incandescent light bulbs and exchange them for free energy efficient LED bulbs. Better yet: have a volunteer install the new LED light bulbs for you! LED bulbs can help you save up to \$65 a year on your electric bill, and they last an average of 20 years.

The San Francisco Department of the Environment is coordinating the world’s largest LED giveaway in collaboration with over 40 organizations to get LEDs installed in the homes of San Franciscans who could benefit the most. Golden Gate Village is very excited to be one of the organizations participating in this event. Village members will receive a four-pack of LEDs which are designed to get people started so they can experience the benefits first-hand. LEDs last years longer, improve safety, save money, and are better for our environment—so join San Francisco in leading the way to a brighter future.



SF Environment

Our home. Our city. Our planet.

A Department of the City and County of San Francisco

On Saturday February 10 from 9:00 am–noon, we will send volunteers out to deliver and install LED light bulbs in your home. We will be mailing applications for this event to Village members in early January, so please keep an eye out for these. For more information on this event or to volunteer, please contact Wendy at (415) 876-3333 or email wfrost@ggsenior.org.

Our Mission

We are a community based organization dedicated to helping seniors and people living with disabilities to age in community, safely in the homes they love and in the neighborhoods they know. Our village provides the resources to meet the practical as well as the social, cultural, and educational interests of seniors living in San Francisco’s Richmond District neighborhood.

Current Village Membership: 129

**Golden Gate Village continues to grow.
During the Fall quarter, we have added 17
new members and 18 new volunteers.**

My Mother's Thanksgiving Stuffing

Linda's stuffing was a huge success at our November Village Gathering Holiday Potluck. We're delighted that she agreed to share her recipe with us for the newsletter.

Ingredients:

- Onion
- Bell peppers
- Celery
- Cranberries or raisins
- Bay Leaf
- Capers
- Pimentos
- Pitted Pimento Green Olives
- White wine
- Broth
- Sugar
- Butter
- Seasoned Stuffing Mix

Mix together equal amounts of onion, bell peppers, celery, and cranberries or raisins. Add some bay leaf to taste. Saute ingredients in cooking oil and butter until translucent. Remove bay leaves. Add capers and pitted pimento green olives and their liquid. Now add a bit of white wine and hot water or broth. Add some sugar to taste. Stir and simmer for a bit. Now add seasoned stuffing mix. Stir until moist. Taste and make any adjustments. There are no measurements because you can make it for 2 or 20 or more servings. Enjoy!

Linda Vega



Poem: Morning Prayer

"I will go into the dark only as far as I can bring roses."
Quaker

O, Prayers!
That I so grew up on.
This morning, come to me.
Sitting down
now.
Standing up
later.
Kneeling mentally,
as these times so sorely
have us on
our
knees.
Sore head.
Sore heart.
Sore feet from already having done
the Anti-Vietnam march and many
marches
since.
Sore hand that banged hard on doors for Obama.
Sore eyes
from all the doorways
full of the Homeless and their dogs
who are tired of just bones.
Being given just bones.
Empty bellies, not Buddha bellies.
Oh, Buddha bellies!
Round, full.
Standing on tip-toes, tippy toe.
Trying to see into where there's a table for me.
A banquet in the midst of the enemy.
O, Blessed Mother and Father life!
Take your little child by the hand and
help me walk through
this Shadow of
too much Death
bringing Roses
until my own grand finale.
Help me walk.
Then dance.
Dance.
Dance to some
inscrutable,
invincible
choreography.

*"Iris E." (C.M.K.)
Winter 2017*

Upcoming Film Club Meetings

***The Fantastic Mr. Fox* (2009)
Wednesday, December 20**

***Days of Glory* (2006)
Wednesday, January 24**

***A Separation* (2011)
Wednesday, February 28**

**Film screenings start at 5:00 pm at the
Richmond Senior Center.**



The Fantastic Mr. Fox is a charming stop-motion animated film by Wes Anderson. It is based on a story by Roald Dahl. George Clooney provides the voice of Mr. Fox and Meryl Streep the voice of his wife. Bill Murray and Willem Dafoe provide the voices for other characters. It is a very funny and very clever film about the daily life of a fox family and their animal friends and the war that is waged against them by the farmers whose pro-

duce they eat. *In English.*

Days of Glory is a film which the French film industry refused to make. It tells the story of the men from the French colonies of Morocco and Algeria who were recruited to fight against the Nazis in General de Gaulle's Free French Army. The director had been trying to get financing for the film for years without success.

Finally, Jamel Debbouze, a very popular French comedian of Moroccan descent, who appears in the film and won

a Cannes Film Festival award for Best Male Performance in the film, agreed to finance and produce the film. The film shows how the French discriminating against the colonial soldiers continued despite their courage in fighting to drive the Nazis from France soil. The French title for



the film was *Natives. In French and Arabic with English subtitles.*

A Separation provides a rare look into the life of an ordinary family in Iran. The mother wants to leave Iran but her husband refuses to leave his ailing father. She says if he will not leave, she wants to divorce him and take her daughter with her. Her husband will grant his wife a divorce but he will not allow his daughter to go



with her. The mother will not leave without the daughter. The Family Court Judge refuses her request for a divorce. As the film develops it becomes a remarkable portrait of two accidentally intertwined families being pulled apart by social tensions and religious strictures. Both families have adorable young daughters who are being overwhelmed by the struggles between their parents. *A Separation* won the Academy Award

for Best Foreign Language Film in 2012, becoming the first Iranian film to win the award. *In Iranian with English subtitles.*

Despite being made under the strict censorship of Iranian religious authorities, *A Separation* shows a cross section of Iranian society and a remarkable sympathy for its wide range of characters. The film is exceptionally well acted and written. The director's own daughter plays the teenage daughter of the film's family.

A Separation won the Academy Award for Best Foreign Language Film in 2012, becoming the first Iranian film to win the award. When *A Separation* was announced as a finalist for best foreign film, the Iranian government scoffed that the Americans would never give an award to an Iranian film but they were astonished and hurriedly had to arrange a celebration when it won.

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Making dumplings at the Village Gathering

Chinese Walking Group,
Palace of Fine Arts



Village Gathering Holiday Potluck,
featuring Eileen's fabulous pumpkin
cheesecake.



GGV member Jane Yamada graces MUNI
in an ad for Project Open Hand.



Chinese Walking Group, Palace of Fine Arts



Village Gathering Burger Bar

Multipurpose Senior Service Program

Aging can include serious health concerns that become a challenge to normal activities of daily living such as keeping medical appointments, taking medications, preparing meals, maintaining self-hygiene, and managing finances; it can make living independently a difficult task. For individuals faced with these challenges, care management offers support to live at home by monitoring chronic health conditions, coordinating medical care, securing additional in-home support, and assisting the individual, caregivers, and their families to navigate the array of services in their community.

A Nurse and Social Work Care Manager conduct an initial house call to assess the individual's health, psychosocial, environmental, and rehabilitation needs. The Social Work Care Manager helps the individual develop a community living plan to coordinate and facilitate the array of health and social services needed, while also providing continuity of care to support the individual to remain living in their desired home environment.

MSSP Care Management can connect you to community services and provide the following:

- Transportation
- Medical care coordination
- Respite care
- Home safety modifications
- Legal assistance
- Senior companion
- Home-delivered meals
- Money management

Richmond Senior Center Basic Computer Skills Instruction

Having trouble with your computer at home? Not sure how to upload pictures? Need help creating a Facebook page? The Richmond Senior Center can help! The computer lab is open Monday–Friday from 8:30 am to 3 pm with Computer Skill Instructors on-site Mon–Thurs. Schedule:

- Monday 11 am–1 pm (Chinese and English)
- Tuesday 12 pm–2 pm (Chinese and English)
- Wednesday 11 am–1 pm (Chinese and English)
- 1 pm–3 pm (Russian and English)
- Thursday 12 pm–2 pm (Chinese and English)

Contact the Richmond Senior Center at (415) 752-6444 with questions. Please note that schedules are subject to change.

Holiday Giving Drive

The office of Supervisor Sandra Lee Fewer, along with volunteers from the Richmond District, will be collecting items during the holiday season to support those in need at the only family shelter located in the heart of the Richmond District. Please join the Village as we collect items and help brighten the holidays for others. Items needed include:

- new/gently used clothes & shoes
- toys (preferably learning toys) and books
- toiletries (hand towels, wash cloths, bath towels)
- twin-size bed sets (linens, blankets, comforters, pillows & cases)
- paper plates, napkins, toilet paper, plastic cups, plastic forks, etc.
- cribs, strollers, car seats, diapers, wipes
- gift certificates for grocery and convenience stores

Donation contacts:

Wendy Frost: (415) 876-3333 or wfrost@ggsenior.org
Randy Cruzet: (408) 849-0364 or rbcruzet@usfca.edu

You may also take donations to City Hall, Room 280, M–F 10 am–4 pm. The holiday drive ends December 6, so please contact us soon about your donations!

Movie Moments at the Vogue

A Dementia-Inclusive Film Program

Movie Moments at the Vogue is a one-of-a-kind film experience, designed specifically for people living with dementia and their care partners. Sponsored by Creative Aging SF, Elder Care Alliance, Ray Dolby Brain Health Center and the Alzheimer's Association, this interactive film program features short, iconic film clips, interspersed with audience discussion and reminiscence, guided by moderators.

Movie Moments at the Vogue offers those living with memory loss an expressive outlet and forum for dialogue through the viewing of curated film scenes interspersed with trivia, group discussion, and reminiscence.

Movie Moments at the Vogue will take place on Thursday, December 7, from 10 am–12 noon. The program is free, but advanced registration is required. For more information, or to RSVP, email CreativeAgingSF@gmail.com or call (415) 463-8505.





6221 Geary Blvd. 3rd Floor
San Francisco, CA 94121

Four Easy Ways to Join

Call: (415) 876-3333

Email: info@ggvillage.org

Online: ggvillage.org

Visit: 6221 Geary Blvd. 3rd Floor

Hours: M – F 9 am – 3 pm