



Golden Gate Village

Golden Gate Village  
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## Spring 2016 Newsletter

### A History of Advocacy

Spring is Advocacy season in San Francisco. CASE, the Coalition of Agencies Serving the Elderly, is 40 years old this year. CASE was formed in 1976, during an era when American activism and activists took on the Vietnam War and Civil Rights. In San Francisco, a group of service providers and advocates came together to make sure seniors' needs were met and agencies serving the elderly were viable. These agencies advocated for sustained, fairly dispensed funding when there was a real concern that senior social service programs would be discontinued in the City. The positive energies of '60s activism even penetrated into the Nixon Administration, as evidenced by the Nixon White House Conference on Aging 1971.

At the beginning, CASE consisted of about 15 agencies. CASE actively participated in the reorganization of Commission on the Aging, Needs Assessment, and program planning. Programs dealing with topics such as money management and elder abuse are the direct result of the work of CASE members. Nick Lederer, Executive Director of Golden Gate Senior Services (and the Richmond Senior Center), was one of CASE's original founders and still works with seniors today.

Last year CASE worked with San Francisco's Senior Centers to advocate for the first funding increase senior centers have seen in more than 10 years: \$1.5M over 2 years for senior centers in every district of the City, from the Tenderloin, to the Bayview to our own Richmond Senior Center.

This year's advocacy effort includes workforce development for low-income elders who want to work, more support for computer labs for seniors and parity of pay for the Case Management social workers who work with seniors and the disabled. The Advocacy kickoff event will be on **Monday March 14th**, at 3 pm in Koret Auditorium, San Francisco Main Library. All are welcome to join the effort to help San Francisco's seniors age in community!

Linda Murley

### Ch-ch-ch-changes!

Congratulations to **Linda Murley** on her new position with the City's Department of Aging and Adult Services. After six years of service with the Richmond Senior Center, including her tremendous efforts in establishing Golden Gate Village, she will be greatly missed. Kaleda Walling is taking over Linda's position at RSC, and we are currently advertising for someone to take over as GGV Director. More details about personnel changes in the next issue....

## Upcoming Events

### One Hard "Spring" Thing

**Sunday, March 13, 11am-1 pm**

Volunteers are ready to help GGV members with difficult tasks around their home. *Calling all members in need of help with one or two hard things:* we only do this twice each year, so don't miss your chance to get help. Let us know what you need at [info@ggvillage.org](mailto:info@ggvillage.org) or call (415) 424-7982.

### Community Meetings

**Wednesday, March 23, 3:00-4:30 pm**

**Saturday, April 9, 11:00 am-12:30 pm**

**Saturday, May 14, 11:00 am-12:30 pm**

Join village members and interested neighbors to discuss how our village is growing, what we can do to better serve your needs, and find ways to connect with your community. If you are not a member, this is a great way to learn more about our village and join. Light refreshments provided. RSVP: [Kaleda@ggvillage.org](mailto:Kaleda@ggvillage.org)

### Golden Gate Village Speaker Series "Hospitals Revealed"

**Presenter: Rochelle Towers, MSW,  
Connections for Healthy Aging,  
a Community Living Campaign Program  
Thursday, March 24, 3-4 pm**

Any time in a hospital, whether planned or an emergency, presents challenges. Navigating through the complex medical bureaucracy, as well as dealing with the social and emotional fallout of this event, requires certain skill and knowledge. Join us for a presentation of information that we all need to have in the event of hospitalization.

### Movie Night with the Grandkids!

**Thursday, April 14, 5-7:30 pm**

GGV will host a movie night with pizza for grandparents and their special friends in April. RSVP is required so please call (415) 752-6444 or email [cinema@ggvillage.org](mailto:cinema@ggvillage.org). We will need the names and ages of all children attending. Children must be at least 5 years of age for this event.

## Golden Gate Village Newsletter

Issue #2: Spring 2016

**Editor:** Eleanor Farrell

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Karen Nichols, Kaleda Walling

**Photos:** Kaleda Walling, Eleanor Farrell,  
Noelle Swan Gilbert

We are looking for newsletter submissions from members and volunteers. Please share your thoughts and stories about maturing independently.

## One Hard “Spring” Thing

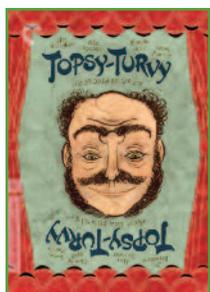
Sunday, March 13th: 11:00 am–1:00 pm

Our bi-annual volunteer service event returns for the start of Day-light Savings Time! Let a couple of village volunteers come help you with one or two things around your home that you have been needing to get done. We will start by setting forward your clocks if you haven't done so and then we can ... perhaps assist with some Spring Cleaning? Prepare a few boxes of items to donate to charity? Take some old furniture out to the curb? Help with some minor repairs? We have wonderful neighborhood volunteers happy to help out. Golden Gate Village members are offered this service twice per year. If you haven't already been notified, expect a call in early March inviting you to participate!

## Upcoming Film Club Screenings

All film screenings are on Saturdays starting at 1:00 pm, and an RSVP is requested so we know to expect you at the event. Our movie selections for Spring 2016 are:

**March 19:** the HBO movie *Recount* is a real nail-biter, full of all sorts of great “behind the scenes” incidents. The cast is fantastic. Given that this is a Presidential election year, *Recount* is a very appropriate selection. One of the key messages is that “every vote counts”—which is a good message for those people who don't bother voting because they think “my vote doesn't matter.” Have you ever wondered how Al Gore won the 2000 Presidential election but George Bush became President? Come and watch our showing of the film *Recount*, which shows how it happened.



**April 9:** *Topsy-Turvy* is a British film set in 1884–1885 as the famous musical operetta composer Arthur Sullivan and his partner librettist W.S. Gilbert create their most famous work, *The Mikado*. *Topsy-Turvy* is a very entertaining film which won two Academy Awards. It has dancing, singing, and a wonderful cast of actors portraying the real performers of Gilbert and Sullivan's operettas. *Topsy-Turvy* presents a fascinating picture of artistic creation in the process of creating a work of lasting fame.

**May 14:** *Quando sei nato non puoi più nasconderti* [*Once You're Born You Can No Longer Hide*] is a very timely 2005 Italian film that deals with the flood of refugees fleeing from war and famine to Europe, which we see on the evening news every day. The ethical and emotional dilemmas that their plight raise are seen through the eyes of the young son of a wealthy Italian family who befriends a young refugee girl and her brother.

## Recurring Events

(weekly, bi-weekly, or monthly)

### Cooking Cooperative

Wednesday, March 16, 5:00–7:00 pm

Wednesday, April 20, 5:00–7:00 pm

Wednesday, May 18, 5:00–7:00 pm

Bring a dish to share and enjoy a meal with friends and neighbors.

**Space is limited so call now to reserve your spot.**

or RSVP: [info@ggvillage.org](mailto:info@ggvillage.org)

### Knitting Circle with Fong Toan

(presented in Cantonese)

Tuesdays 10:00–11:30 am

Info: [wliu@ggsenior.org](mailto:wliu@ggsenior.org)

### Senior Walking Group

Tuesdays 10:00–11:00 am

Call ahead or email for meeting place.

Info: [noliviak@yahoo.com](mailto:noliviak@yahoo.com)

### Jazz High Tea

Wednesdays 12:30–2:00 pm

### Jazz Lunch

Fridays 11:30 am–12:30 pm

Remember to reserve lunch: (415) 752-6444

Live piano performance by Grant Levine

### Sing Along with Eloise

1st & 3rd Wednesday 2:30–3:00 pm

### Film Club

Saturday 1:00–4:00 pm

March 19: *Recount* (2008)

April 9: *Topsy-Turvy* (1999)

May 14: *Quando sei nato non puoi più nasconderti* [*Once You're Born You Can No Longer Hide*] (2005)

Info: [geekolinuxfan@gmail.com](mailto:geekolinuxfan@gmail.com)

### Book Discussion Group

3rd Thursday 3:00–4:30 pm

Info: [books@ggvillage.org](mailto:books@ggvillage.org)

## Tuesday Walking Group

The Golden Gate Village Tuesday Walking Group started after the first GGV board meeting where several possible activities were discussed. Both Carol Rothman and I wanted to start a walking group because we enjoyed walking and knew it is important for Seniors to get out walking as often as possible. Walking with others is more enjoyable with the socialization and it makes it seem fun instead of a "chore."

We started with two seniors, and two volunteers and Kaleda Walling, the GGV director. It took a couple of



months to get about 6–8 members; now we have about twelve regulars. Our first walk was around North Lake of the Chain of Lakes in Golden Gate Park. The following weeks we met at the Richmond Senior Center and ventured out to China Beach, the tiled steps

near Burke School, and Lobos Valley Outlook.

The walks now include some destinations where taking a bus or two to meet up is necessary to begin our walk. Some of our destinations have been Mountain Lake Park, Stern Grove, The Embarcadero, Alta Plaza Park and Lake Merced. We try to vary the walks to explore different environments and

locations. My favorite walks are the many places in Golden Gate Park. To me it seems as if the hustle and bustle of the big city doesn't exist while in the Park!

While walking, our members visit with each other and discuss many topics. We schedule an hour for the main part of our walk, but some choose to continue on further while others head to other destinations. Everyone feels comfortable with this relaxed atmosphere.

We would love for this Tuesday Walking Group to continue on, for there are still many beautiful places left to place our feet!



*Karen Nichols*

## Walking for Health

Walking is the most popular form of exercise among older adults and it's a great choice.

What can walking do for you?

- strengthen muscles
- help prevent weight gain
- lower risks of heart disease, stroke, diabetes, and osteoporosis
- improve balance
- lower the likelihood of falling

Learn more about the health benefits of walking for seniors at [HealthinAging.org](http://HealthinAging.org)



## Rest in Peace, Wee Willie

We were saddened to learn that our doggie friend, Willie, passed away in January. Willie has been a longtime village companion and family member. Those of us lucky enough to have known him can tell you just how special he was. Rescued as a senior dog, Willie lived many years always in the company of his best friend Carol Rothman.



## Member-Volunteer Spotlight: Eloise Kaskey

*Why do you volunteer for Golden Gate Village?*

*"Because each person has so much to give. Each person is unique and what they give can only be given by them!"*

*Eloise Kaskey*



*Eloise Kaskey, GGV member and volunteer*

A native San Franciscan, Eloise has lived in the Richmond district for forty-four years, raising two caring and hardworking children who, she is proud to say, "are making this world a better place for all of us." Initially looking for a way to give back to her community, Eloise came to the Richmond Senior Center in May 2015 asking how she could help. The center director suggested she talk with our village program manager to learn about our many volunteer opportunities. From there a wonderful friendship was sparked. I had the great pleasure of introducing Eloise to the village concept and in no time was welcoming her into Golden Gate Village as both a member and a volunteer!

Eloise started a village sing-a-long group that meets on the first and third Wednesday of each month from 2:30 –3:30 pm; often she brings home-baked treats for us all to enjoy.

"Music in all forms is a language of the soul. It expresses emotions better than words can," she explains when asked what role music has played in her life. Eloise has a way of putting people at ease and encouraging them to sing no matter what their skill level. "Keep calm and sing-a-long" seems to be her motto and she has helped many of us overcome our fear of singing. When asked what sparked her fondness for music, she shared that she held 1st Chair and 1st Clarinet for three years in high school.

In addition to leading our sing-a-long activity, Eloise volunteers to pick up and deliver food donated to our Senior Center each Friday. Almost every single Friday morning she has made sure there was food to share with the seniors at the Richmond Senior Center.

So, be on the look-out for this amazing village member and volunteer! If you happen to see her around the neighborhood or at the Richmond Senior Center be sure to thank her for all she does. We rely on folks like Eloise to keep our village growing!

*Kaleda Walling*



## Happy Year of the Monkey

A time of fresh starts, the Chinese New Year is a time of gathering of families, forgiveness and blessings. As they do every year, the San Francisco Police Department helped usher in the Year of the Monkey at the Richmond Senior Center with an energetic lion dance on Friday, February 19th.

The cheeky Fire Monkey bursts with exuberance, bringing a lightning fast pace and fantastical motivation. The Monkey increases communication, humor and wit, helping us get through stressful times with grace and ease. Business flourishes and risks tend to pan out. The Monkey's gift is the ability to find unconventional solutions to old problems: something Golden Gate Village members strive for through our services and activities. Be a daring monkey this year, and join in!

**Gong Hey Fat Choy!**  
**新年快樂!**



## Tax Resources for Seniors

When you turn 65, the way you file taxes changes. You'll be eligible for certain credits and deductions, and you'll also be able to take a higher standard deduction. However, be aware that certain credits or deductions will no longer apply to you after you reach the official "retirement age."

Some people may be taxed on their Social Security benefits. Up to 85% of a person's Social Security benefits may be taxed, though that's only if your income, including one half of those Social Security benefits, exceeds a certain number (\$34,000 for individuals, \$44,000 for couples filing jointly).

Generally, Medicare does not affect an individual's taxes, though there is a new, small Additional Medicare Tax, which is levied against individuals or married couples making more than a certain amount.

San Francisco Seniors looking for free tax filing assistance have several options. The IRS Tax Counseling for the Elderly (TCE) and Volunteer Income Tax Assistance (VITA) programs provide free tax assistance to people who are age 60 and older. IRS-certified volunteers provide free assistance and basic income tax return preparation with electronic filing to qualified individuals at community locations across the nation. The IRS enters into agreements with private or non-governmental public non-profit agencies and organizations, which will provide training and technical assistance to volunteers who provide free tax counseling services.

Other organizations providing tax services include AARP Tax Aide, Mission Economic Development Agency (MEDA), Tax-Aid.org, and more. Information and lists of specific locations can be found on several web sites or by phoning the organizations. Some locations offer walk-in assistance; others require appointments; contact them for more details.

### Poem: For an Older Chap

When you were young, you knew  
Everything. Now a man, you just  
Look as if you do. The ladies  
Aged you. You knew the vigor of  
Alexander when your loins were tricked. But the  
Ascent of your spirit has proven relative to the  
Decline in your physique. Lovers no longer look at  
You and you know this must be  
True. You are grave and  
Gravity causes everything to  
Fall: jowls and empires.

Linda Murley

## Tax Information

### General information on tax help resources:

<http://taxhelp.org/resources/senior-citizens/>

### VITA/TCE

[https://www.ftb.ca.gov/individuals/vita/index.shtml?WT.mc\\_id=EfileOptions\\_Sidebar\\_VITA](https://www.ftb.ca.gov/individuals/vita/index.shtml?WT.mc_id=EfileOptions_Sidebar_VITA)

### Tax-Aid

<http://www.tax-aid.org/>

(415) 229-9240

### EarnIt! KeepIt! SaveIt!

<http://www.earnitkeepitsaveit.org/>

(510) 238-2410

### AARP Tax Aide

[http://www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

### SF Public Library web site (several links)

<http://sfpl.org/index.php?pg=2000177201>

### Locations in/near the Richmond district:

Northeast Community Federal Credit Union  
NECFU-AGAPE  
378 18th Avenue  
San Francisco, CA 94121  
(415) 434-0738

St. Mary's Senior Services at Morrissey Hall  
2250 Hayes Street  
San Francisco, CA 94117-1078  
(415) 750-5530

University of San Francisco  
2130 Fulton Street, Malloy Hall Room 200  
San Francisco, CA 94117  
(831) 332-6757

*Pick up a printed list of San Francisco locations at the Richmond Senior Center, or get help in our computer center.*

## 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.

## Senior Center Without Walls

In a recent article, aging was described as “a life-saving process.” In essence, we live to tell the tale about our blurry vision, difficulty hearing, decrease in strength, lessened stamina, high blood pressure, and memory loss.

Although genetics are what they are in each of us, there are many factors that influence, and can even exacerbate some of the symptoms of aging. Feelings of loneliness, isolation, and depression are actually shown to negatively impact our central nervous system, digestive system, cardiovascular and immune systems.

But you know all of this. This is why you joined the Village. As a Village member, you understand the value of engaging your mind, heart, and body. You know that aging in place requires a strong, supportive community around you and with you. You understand that you don't need to do all of this aging alone.

Senior Center Without Walls, a program of Episcopal Senior Communities, was created with the same mission in mind—to engage and connect seniors. In 2004, a handful of seniors convened on a half hour conference call to share their stories. Now, in 2016, over 300 seniors connect with each other over the phone to learn, engage, support, and connect with each other.

We play Bingo, share cooking stories, take virtual museum tours, discuss mythology, write poetry, learn about fall prevention, and support each other through the process of aging. Every week, over 70 groups connect seniors throughout the country.

On March 15, please join us over the phone or via computer to learn more about how you can participate in both the Village and Senior Center Without Walls in an enriching and powerful way.

For more information about participating or facilitating a group through Senior Center Without Walls, please call (877) 797-7299.

*Amber Carroll  
Director, Senior Center Without Walls*



## Senior Center Without Walls

An ESC Senior Resources Program

## Health Benefits of Volunteering or What Volunteering Can Do For You!

A few years ago, a volunteer who was very eager to get started doing good deeds said that volunteering made him feel so blissful that he felt selfish. What a conundrum!

### *So why does volunteering make us feel good?*

Volunteering can **increase self-confidence**. When we offer to volunteer we are offering to share our best skills with someone less fortunate. Successful completion of a volunteer task provides a sense of well-being. Whether its constructing a wheelchair ramp or cooking at a homeless shelter, helping others gives us a chance to ‘exercise’ our own self-worth.

**Volunteering can reduce depression**. Social isolation, spiritual purposelessness, and too much tv can trigger depressive episodes. By going out into the world, connecting with new friends, helping someone less fortunate, we inevitably feel better. Like the runner's high after a long run, a volunteer challenge can create a real adrenaline rush!

**Volunteering helps us stay physically active**. Volunteering is especially beneficial for older adults. Studies show that those of us who volunteer have a lower mortality rate. Volunteering has also been shown to lessen symptoms of chronic pain.



## Drivers Needed

Can you offer a ride on occasion? GGV needs your help. Signing up as a driver volunteer does not require you to always be available. As a volunteer driver you are added to our email and call list and are contacted by our GGV Volunteer Coordinator when someone requests a ride. If you aren't available, just delete the email or don't return the call. This is a “no stress” way to offer rides when they are convenient for you, and serves to help village members find the occasional support they need to get to appointments. Call us at (415) 752-6444.

# Understanding the relationship between Richmond Senior Center & Golden Gate Village

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## *A Village + Senior/Activity Center Hybrid*

The San Francisco Department of Aging and Adult Services (DAAS) definition of a Village is: "The Senior Village is a rapidly growing model of senior services programming that promotes independent living. The Village model is a membership organization through which paid staff and a volunteer cadre coordinate a wide array of services and access to socialization activities for senior members." The DAAS definition of Golden Gate Village + Senior/Activity Center is "a new concept blending the Village model with an Activity/Senior Center. This blend provides an opportunity to enhance the Village Model by incorporating some of the distinct features of a Senior/Activity Center: a dedicated location for programming, a distinct community presence, and increased access to non-Village services which may be offered by a Senior/Activity Center."

In San Francisco, Golden Gate Village is unique given it is a program of the Richmond Senior Center. The standard model for villages both city and nationwide has been independent membership-based nonprofit organizations that rely primarily on membership dues to fund programming.

Through funding provided by DAAS, GG Village is reaching out to seniors living in the Richmond District and inviting them to participate as members in our village program based at the Richmond Senior Center. Many in the field of aging think that coalescing villages and senior centers is the logical future for both program models.



## Golden Gate Village

### Golden Gate Village—Created by older adults, for older adults, with three simple components:

- **Volunteer Services:** Whenever possible we provide volunteer services in our neighborhood to help with transportation, groceries, light household repairs, technology support, and socialization
- **Referrals:** We connect members to vetted, often discounted, providers and to available DAAS services they might want or need but are unaware of
- **Programs:** We offer members healthy living; exercise and cooking classes, educational/social group activities. Our village provides stimulating programs and seminars to the community to support growth, contentedness and friendship.



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