



Golden Gate Village

Golden Gate Village
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San Francisco, CA 94121

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Summer 2016 Newsletter

New Services for Tenants

Cynthia Fong gave a presentation on tenant's rights on May 25th as part of the Golden Gate Village Speaker series which takes place every fourth Thursday at 3 pm.

Cynthia works for the new **Housing Rights Committee** branch right here in the Richmond district. It is a tenants rights organization that offers free counseling for San Francisco tenants in all



Cynthia Fong & friends, Housing Rights Committee

types of housing, including rent control, SROs, public housing and Section 8.

This group has been fighting for the rights of tenants since 1979 when a group of seniors at Old St. Mary's Church came together to organize against condo conversions that were displacing the elderly. Housing Rights Committee coun-

selors provide help to over 5,000 tenants a year, advising them on their rights as renters.

Tenant counseling hours are on Monday, Wednesday, Thursday and Friday from 9 am to 12 pm at 4301 Geary Blvd (entrance is on 7th Avenue).

The Housing Rights Committee's dedicated staff of volunteer counselors are trained to help tenants identify options when having problems with evictions or foreclosure, illegal rent increases, repair problems, return of security deposits, and other issues.



Special Event: Summer Member and Volunteer Appreciation Party

Thursday, August 25, 2016, 6-9 pm

Come celebrate and thank our Members and Volunteers for all of their talents and contributions over the past year. This event is open to the community.

Upcoming Events

Golden Gate Village Speaker Series

Every 4th Thursday, 3:00- 4:00 pm

Topic: Senior and Disability Action
Presenter: Alice Bierman,
Peer Advocate Program Coordinator,
Senior & Disability Action
Thursday, June 23, 3:00- 4:00 pm

Upcoming:

July 28: Verified Voting

August 25: Pachamama Alliance

Landlord's Responsibilities

- Effective waterproofing and weather protection
- Hot and cold running water
- Gas facilities are in good order
- Heating facilities in good working order
- An electrical system, including lighting, wiring and equipment, in good working order
- Clean and sanitary buildings and grounds
- Adequate trash receptacles in good repair
- A working toilet, wash basin, and bathtub or shower
- A kitchen with a sink
- Natural lighting in every room through windows or skylights. Unless there is a ventilation fan the windows must open at least halfway
- Safe fire or emergency exits leading to a street or hallway
- Operable deadbolt locks on the main entry doors of the rental units, and operable locking or security devices on windows.
- Working smoke detectors in all units of multi-unit buildings, smoke detectors in common stairwells.



Golden Gate Village Newsletter

Issue #3: Summer 2016

Editor: Eleanor Farrell

Contributors: Kaleda Walling, Shelley Wood

Photos: Noelle Swan Gilbert, Patty Miles

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 shelley@ggvillage.org

Honoring Linda Murley

Supervisor Eric Mar selects Linda Murley as his 2016 Women's History Month Honoree

Linda Murley was honored by Supervisor Eric Mar, the SF Board of Supervisors and by all of us at the Richmond Senior Center. Many years ago, while working as the director of an animal shelter, I was introduced to the director of volunteer services with Meals on Wheels, Linda Murley. Immediately impressed with her heartfelt dedication to volunteerism, I welcomed the opportunity to find ways to connect our programs that served vastly different populations. Hers served seniors and people with disabilities while mine focused on our four-legged canine and feline friends. We were soon connecting therapy animals with home bound seniors through shared volunteers making weekly and monthly visits. It was a fun and meaningful way to partner in community.



Supervisor Eric Mar with Women's History Month honoree Linda Murley

Over the next ten years I would have the pleasure of working with Linda as our career paths crossed in new and interesting ways. As regional director for Experience Corps Bay Area, a national program that engages older adults as volunteers to meet the needs of their community, I called on Linda to help recruit seniors from across the many communities in San Francisco. Linda eventually started working as the director at the Richmond Senior Center and I took time off from work to focus on my family. In 2013 I would respond to a part-time job ad shared with me by Linda and began working for NEXT Village in San Francisco. Within a year Linda and I partnered to create the first senior center-based village in San Francisco, Golden Gate Village.

RSC said good-bye to Linda Murley after six years of incredible leadership as she moved to the next chapter in her rich career of service to community. Linda began a new job with the City's Department of Aging and Adult Services (DAAS) but not before she was honored by Supervisor Eric Mar for the Board of Supervisors' celebration of Women's History Month. Linda has been an inspiration and dedicated advocate for seniors and people living with disabilities in the Richmond District and while we miss her presence here we are confident that in her new role she will continue to do great work on all of our behalf. "Cheers!" Linda, we thank you and wish you well!

Kaleda Walling

Photo printed with permission from Supervisor Eric Mar's office

More Changes

"The only way to make sense out of change is to plunge into it, move with it, and join the dance!"

Alan Watts

Kaleda Walling "plunged" into her new role as director of the Richmond Senior Center on March 1st and has been moving, listening, and learning non-stop ever since. "I'm thrilled to have this opportunity to build something truly exciting! This center is currently an amazing gathering place for seniors and adults with disabilities and we hope to build on that to create a successful, lively and livable community that facilitates a high quality of life for residents of all ages," Kaleda shared as she described building deeper ties to partner programs such as the Richmond District Neighborhood Center (RDNC) to develop connections across generations. If you haven't been in lately, we invite you to come see the already changing face of the RSC and let us know what you think!



At the start of April, **Shelley Wood** joined as the new Director of Golden Gate Village and brings with her a



wealth of experience in membership development, volunteer and program management, design and fundraising for nonprofits. Shelley will be hosting monthly volunteer meetings beginning on **Thursday June 23, at 2:30 pm** in the Richmond Senior Center. This meeting is open to members, volunteers, and community members inter-

ested in how they can collaborate with the village. We hope to see you there.

Support New RSC Koi Tank

Want to contribute to help the popular Richmond Senior Center koi stretch their fins a little further? Email Kaleda@ggsenior.org to make a tax deductible contribution, or donate at <https://www.gofundme.com/koiStory>



Upcoming Film Club Screenings

Summer Hours for the Cinema Club series: 5:30 pm to 8 pm. Run by Golden Gate Village member and film enthusiast Holden Aust, this is a free community event. Enjoy a movie and make new friends. You are welcome to bring refreshments to share.

The Fog of War on Wednesday, June 22

The Fog of War: Eleven Lessons from the Life of Robert S. McNamara is a documentary film by Errol Morris, the foremost documentary filmmaker, about the life of Robert McNamara who lived through most of the 20th century. (1918–2009). McNamara served in WWII, was the first president of the Ford Motor Company who was not a member of the Ford family, served as the Secretary of Defense under Presidents JFK and LBJ, and then ran the World Bank. It's a fascinating, mesmerizing film, with great music by Philip Glass and will make you think. The film won the Academy Award for best documentary in 2004.



Kundun on Wednesday, July 27

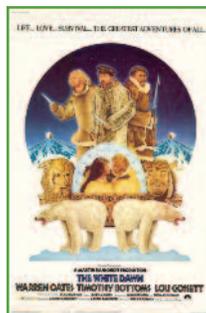


Kundun was directed by Martin Scorsese, the director of *Taxi Driver* and *Goodfellows*. "Kundun" is the name that Tibetans use for the Dali Lama and the film is about the first 22 years of the life of the Dali Lama who served as a consultant to the film. The mountain scenery of Tibet is breathtakingly beautiful in the film and the film shows many events in the life of the Dali Lama, such as his meeting with Chairman Mao in Beijing. *Kundun* was nominated for four Academy Awards. *Kundun* also has a stunning musical score by Philip Glass.

Academy Awards. *Kundun* also has a stunning musical score by Philip Glass.

The White Dawn on Wednesday, August 24

The White Dawn, directed by Philip Kaufman, director of *The Right Stuff*, is the true story of three American whalers who in 1896 were separated from their ship and adopted by an Inuit tribe in Northern Canada. The traditional way of life of the Inuit is shown in detail and the film is visually breathtaking. The film was made on location on Baffin Island. The moving musical score is by Henry Mancini.



Ongoing Programs

(weekly, bi-weekly, or monthly)

Cooking Cooperative

Every 3rd Wednesday, 5:00–7:00 pm

Upcoming dates:

June 15: Marbella Chicken with Eileen Brennan
July 20: Roast Buffalo with Deni Leonard & friends
August 17: Vegetarian Quiche with Kaleda Walling

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

Senior Walking Group

Every Tuesday 10:00–11:00 am (sometimes longer)
Meeting locations vary each week and are posted on the door to the Richmond Senior Center.
Sign up for the mailing list or get more info:
walking@ggvillage.org

Jazz Lunch

Every Wednesday 11:30 am–1:30 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

Every 4th Wednesday 5:30–8:00 pm

Upcoming films:

June 22: *The Fog of War*
July 27: *Kundun*
August 24: *The White Dawn*
Info: filmclub@ggvillage.org

Book Discussion Group

Every 3rd Thursday 3:00–4:30 pm
Share your current reading and favorite books, and get suggestions from other avid readers
Info: books@ggvillage.org

GGV Diners Enjoy Chicken Curry

Yasmine Scallan treated the Golden Gate Village Cooking Cooperative to Indian Chicken Curry for the monthly gathering in May. Born in Istanbul, Turkey, Yasmine came to the US, alone, when she was 19 years old. She learned English and graduated from the University of California Berkeley in journalism and business. She has one daughter and two grandchildren; her grandson is a UC Davis graduate and her granddaughter at Willamette University in Salem, Oregon, graduated in May of this year. Congratulations!

Yasmine was a real estate broker with major San Francisco companies for 47 years. She is an avid traveler, and learned Indian cooking from college friends and through a part time job at a high end Indian restaurant where she worked during college. Yasmine recalled that it was quite an experience, serving as a sari-clad hostess for famous customers and society gatherings.



Elizabeth Elmore assists Yasmine Scallan to prepare Chicken Curry

Upcoming

June 15: Eileen Kincaid prepares Marbella Chicken

July 20: Deni Leonard & friends prepare Roast Buffalo

August 17: Kaleda Walling prepares Vegetarian Quiche

RSVP by calling (415) 876-3333 or online at ggvillage.org

Crock Pot Cooking Course

Free 3 week crockpot cooking course by Judy McGarr

RSVP required, Call (415) 876-3333 or email info@ggvillage.org. Please let us know if you don't have a crockpot as we can help.

Fridays: 1:30–3 pm

July 15: Bean Chili

July 22: Chicken Stew

July 29: Rice Pudding

Poem: Yasmine Curry

Is it Stephen Curry?
No! No! No!
It's "Chicken Curry"
and it's Yasmine's show.
Which she always puts on
with very great gusto.

Gustatory is the evening's event.
Where?
At "Golden Gate Village," of course.
So it's sure to be one very well spent.

Home-made Chicken Curry.
No doubt, a Yasmine delight.
So let's be grateful and hurry.
To get on with this culinary night.

Yasmine! Yasmine!
Gives always 100 percent.
And nothing in-between.
Yes, Yasmine! Yasmine!
Gives always 100 percent.
And nothing...in...between.

"Iris E." (C.M.K.)

Indian Chicken Curry Recipe

Ingredients

4lbs skinless boneless thighs
¼ cup vegetable oil
3 heaping tablespoons of curry powder
(Penzey's recommended by Yasmine)
1½ tablespoons of garam masala
1 small can of tomato paste
2 finely chopped medium onions
4 cloves of chopped medium onions
4 cloves of chopped garlic
1 level table spoon of chopped ginger
3 cans of low sodium chicken broth
Salt and pepper to taste

Directions

Sauté onions and garlic on medium heat
Add ginger
Sauté 1 minute longer then add spices (curry powder and garam masala)
DO NOT BURN
Put tomato sauce and sauté 2 to 3 minutes longer
Add two cans of chicken broth and bring to boil
Add chicken
Add salt and black pepper to taste and simmer gently
Add additional chicken broth as needed
At the end add fresh coriander leaves before serving

Sacred Water Walk on Ocean Beach

On May 17th, invited by members Deni Leonard and Elveta Stewart, we had a special experience at the Native American Sacred Water Walk.



Water, the sacred life source, brought the community together for the 5th annual Sacred Water Walk on Ocean Beach. We walked to honor the water on the shoreline of the Great Pacific Ocean. We gathered around the sacred fire early that morning and grandmother water walker lead the ceremony in prayer and song. Elders, youth, and people of all ages walked in unity, acknowledging water as our greatest healer. On this day we gave thanks to all that water does for life, through prayer, song, and spoken word, as we walked softly to bring and maintain wellness in the physical, emotional, and spiritual areas of our life. We were reminded of our responsibility to care for water and keep it clean for future generations.

Dignity Fund Legislation Introduced

The Dignity Fund Coalition took an important step to put a funding measure on the November 8th ballot by introducing strong legislation last week. The ballot measure calls for sustained funding of services and support to ensure that San Francisco seniors and adults with disabilities are able to live with dignity, independence, and choice in their homes and communities.

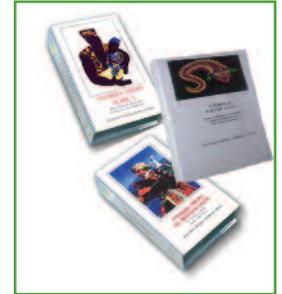
Please join us in thanking Supervisors Malia Cohen and Eric Mar for their leadership in shepherding this strong Dignity Fund legislation on May 24th to the San Francisco Board of Supervisors. They were joined at a press conference earlier in the day by Supervisor Campos and leaders of the Dignity Fund Coalition.

To learn how you can help and to get the latest updates about the campaign to pass the Dignity Fund, sign up for email updates at www.SFDignityFund.org.

Reprinted from the Community Living Campaign newsletter

New Multicultural Storytelling Video Series

A new Multicultural Storytelling Video Series will take place every second Tuesday at noon in the Richmond Senior Center conference room, beginning June 14. This special series presented by Golden Gate Village member Linda Lewin will begin a story circle of multicultural folktale videos she produced for elementary schools; it was also shown on Santa Monica City TV. Each set of tales is told by a professional storyteller.



Tuesday, June 14

Stories from Africa, told by Nigerian storyteller Onochie Chukwurah.

Tuesday, July 12

Stories from Asia, told by Ruth Fraser and Grace Gaoen

Tuesday, August 9

Stories from the British Isles, told by Paul Tracey

Muttville



Did you know that the senior dogs of Muttville visit the Richmond Senior Center? Muttville is a local rescue organization that has rehomed thousands of neglected senior dogs; they have opportunities for volunteering, fostering, and adoption—or if you just want a little four-legged loving you can join us monthly for walks and treats.

Upcoming dates: July 14 and August 4, 9 am to 11 am.

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.

New Golden Gate Village Membership Levels

Due to growing interest and multiple requests, we are expanding our membership levels to allow participation for those living outside the Richmond district zip codes of 94121 and 94118. We are now offering a "Supporting Member" option that, for a minimal contribution of volunteer service or money, will allow such members access to our many programs.

Supporting Members can now join our program and attend our events and activities. Although Members outside 94121 and 94118 will not qualify for services, they may volunteer to provide services. Supporting membership is open to people of all ages with the goal of enhancing inter-generational relationships and learning.



Golden Gate Village

Understanding the relationship between Richmond Senior Center & Golden Gate Village

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—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.

Member and Volunteer Information

Active Member:

Cost: \$20 or 2 hours of volunteering per month

Requirements: 60+ or living with a disability living in 94121 or 94118

Benefits: Free admission to programs and events and access to services

Supporting Member:

Cost: \$50 or 4 hours of volunteering per month

Requirements: 16+

Benefits: Free admission to programs and events

Ways to Volunteer

We are looking for volunteers. If you are interested in volunteering or putting on a program call (415) 876-3333, email info@ggvillage.org, or fill out this form and return it to Golden Gate Village c/o Richmond Senior Center, 6221 Geary Blvd. 3rd Floor, San Francisco, CA 94121.

Yes! I would like to volunteer

I am a member: Yes No

My name is _____

Please call me _____

Please email me _____

- | | |
|--|---|
| <p><input type="checkbox"/> Driver
Provides transportation support to seniors to and from medical appointments, social events, shopping or other necessary errands.</p> <p><input type="checkbox"/> Handy Person
Provides support with minor household repairs or assembly of furniture.</p> <p><input type="checkbox"/> Technical Support
Provides help with computers, iPads, phones, voice-mail set up or assistance with TV DVD players or other household electronics or appliances.</p> <p><input type="checkbox"/> Post Hospital Support
Provides in home visits and help following hospitalizations. May include meal prep, grocery shopping, light household help.</p> <p><input type="checkbox"/> Monthly Callers
Makes monthly calls to members to check in and provide an update of Village events and opportunities. Typically, 3-4 calls per month. In times of emergency the calling tree will be pivotal in reaching our more isolated seniors.</p> | <p><input type="checkbox"/> Admin Support
Provides administrative support such as emailing, phone calls, design and printing of flyers, update calendars or manage event registrations.</p> <p><input type="checkbox"/> Walking Partners
Walking partners provide security and reminders to neighbors who live within blocks of the center, by calling them in advance, meeting them at their home, and walking with them.</p> <p><input type="checkbox"/> Friendly Neighbor Visitor/Companion
Provide visits, meet for lunch, attend social and cultural events with and make calls to check in with senior members.</p> <p><input type="checkbox"/> In-Home Support
Provides occasional help with lifting of heavy items, tasks that require climbing such as changing light-bulbs or batteries in smoke detectors, help with in home chores on occasion i.e. during recovery from illness or post-surgery.</p> |
|--|---|

Open Orientations: Every fourth Thursday at 2:30 pm

Find out more about the opportunities above and other opportunities for program leaders, writers, and event support volunteers. Open to members and non-members interested in learning more about volunteer opportunities programs and services. Everyone welcome.



Golden Gate Village

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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