



Golden Gate Village

Golden Gate Village
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ggvillage.org

Fall 2016 Newsletter

Safe Streets for Seniors

Walking is great for our health, good for our environment and in a city with limited space it just makes sense that we encourage folks to walk whenever possible. But more people walking requires greater street safety and a shift in how we design our city streets, not to mention how we drive.

Vision Zero SF, a citywide initiative aimed at eliminating traffic deaths in San Francisco by 2024, recently zeroed in on the higher rate of pedestrian injuries and death among seniors. "Safe Streets for Seniors" sets out to develop engineering, enforcement, education and policy based strategies to create safer streets for senior pedestrians.

Dangerously designed streets in San Francisco are the leading cause of severe traffic injuries and death, with 6% of streets (including Geary Blvd. in the Richmond) accounting for 60% of fatal or severe accidents. To make matters worse, more than 50% of pedestrian fatalities are seniors. A statewide study showed that senior pedestrians are 5 times more likely to die or sustain life-threatening injuries when hit by vehicles moving faster than 29 mph. This higher fatality rate can be attributed to four factors:

- Older pedestrians are less likely to survive a collision with a car or truck
- Existing pedestrian infrastructure, such as the duration of cross-walk signals, ignores the needs of older walkers
- A higher proportion of older residents may have "retired" their car keys and are walking instead
- Older pedestrians are less able to quickly get out of the way of oncoming vehicles

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One Hard Thing

Sunday, November 6, 11 am–12 noon

Get a little help from a friend! Volunteers are ready to help GGv members with one or two difficult tasks around their home. 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 or call (415) 876-3333.

If you don't need any help at this time, but do want to participate as a volunteer, please contact Shelley at shelley@ggvillage.org or call the number listed above.

Upcoming Events

Golden Gate Village Speaker Series

Verified Voting

Friday, September 23rd at 12:30 pm

Presenter: John DeCock, Executive Director of Verified Voting, a non-profit organization that advocates for secure, private, and accurate elections

Learn the importance of the selection and management of voting systems in the democratic process. How votes are protected between the moment they are cast and the moment they are counted.

Vision Zero San Francisco

Friday, September 30th at 12:30 pm

Presenter: Ana Validzic, San Francisco Department of Public Health

An encore presentation with Cantonese translation about Vision Zero, the City's commitment to eliminate traffic-related deaths by 2024. San Francisco is committed to building better and safer streets, educating the public on traffic safety, enforcing traffic laws, and prioritizing resources to implement effective initiatives that save lives.

The GEARY Corridor Bus Rapid Transit Plan

October: date to be announced

Presenter: Colin Dental-Post, BRT Project Manager

The San Francisco Municipal Transportation Agency (SFMTA) plan to improve transit, increase pedestrian safety and update aging infrastructure. Come learn what has been done so far and how it will affect the Richmond district. Learn more by visiting the Geary Corridor Bus Rapid Transit web site.

For the most updated event information please visit our online calendar at ggvillage.org.

Do you have suggestions about speaker series topics or presenters? We would love to hear from you.

Email shelley@ggvillage.org or call (415) 876-3333.

Golden Gate Village Newsletter

Issue #4: Fall 2016

Editor: Eleanor Farrell

Contributors: Kathryn Gilson, Kaleda Walling, Shelley Wood

Photos: Eleanor Farrell, Kaleda Walling, Shelley Wood

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

Some proven safe street designs include expanding sidewalks to allow pedestrians ample space to walk, creating high-quality public transportation such as a bus rapid transit system with dedicated bus lanes, clearly marked crossings and easy pedestrian access, and most of all slowing traffic speeds down to below 30 miles per hour. With such simple solutions, one wonders why we don't move full-speed ahead and make these life-saving changes. This is where the road to pedestrian safety gets bumpy.

In the coming months, Golden Gate Village and the Richmond Senior Center will host discussions about what is being done to create pedestrian friendly streets in our neighborhood, why certain solutions are meeting resistance, and how we can make walking a safer option here in the Richmond. Be sure to attend our Vision Zero SF presentation on September 30th, in both English and Cantonese, starting at 12:30 pm at the Richmond Senior Center. For more information, contact Kaleda@ggsenior.org or call (415) 752-6444.

*Kaleda Walling, Director
Richmond Senior Center*

Book Discussion Group

The Golden Gate Village Book Discussion Group is an eclectic, energetic small group of seniors whose approach to book clubs differs from the norm. Rather than selecting a particular book, we select a particular topic for the month's reading. Past topics have included: Current top 10 all-time favorite books; books that inspired us; picture books; books featuring the holidays. We have already decided on topics for the next four months: As the world goes back to school in September, we shall join in with a "back to school" book. Halloween will be our appropriate subject matter for October; November we will be reading and delving into Shakespeare and in December we will be sharing our thoughts on a favorite children's book.

Our discussions not only help us expand our reading lists but we find ourselves learning as much about one another as we do about the subject matter of the books we choose to present. Members have shared books that they have created themselves or in which their work appears, from poetry to costume design to local history guides.

Whether it be Indian culture, English mining villages, poetry from children in concentration camps, local history, or vegetarian cooking, we enjoy stimulating conversations in a respectful, fun, welcoming environment facilitated by Eleanor Farrell. We welcome expanding our numbers and our knowledge with new members. We meet the 3rd Thursday of each month at 3:00 pm in the Richmond Senior Center; contact books@ggvillage.org for more information.

Kathryn Gilson

Ongoing Programs

(weekly, bi-weekly, or monthly)

Cooking Cooperative

Every 3rd Wednesday, 5:00–7:00 pm

Upcoming dates:

Sept 21: Andy Leung will make a multipurpose Chinese sauce to accompany both vegetarian and meat dishes

Oct 19: Linda Lewin: Vegetarian Shepherd's Pie

Nov 16: Yasmine Scallan: Special Delight!

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 and are posted on the door to the Richmond Senior Center. More info:

walking@ggvillage.org

Sing Along with Eloise

1st & 3rd Wednesday, 2:30–3:30 pm

Crochet Klatch

Every 2nd Tuesday, 2:30–3:30 pm

Info: info@ggvillage.org

Film Club

Every 4th Wednesday, 5:30–8:00 pm

Upcoming films:

Sept 28: *32 Short Films about Glenn Gould*

Oct 26: *Mustang*

Nov 23: *Ponette*

Info: filmclub@ggvillage.org

Multicultural Storytelling Video Series

Every 2nd Tuesday, 12:30 pm

Hosted by Linda Lewin.

Upcoming films:

September 13: *Stories from Jewish Tradition*

October 11: *Stories from Latin America*

November 8: *The Way It Used To Be*

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.

Upcoming themes:

September 22: *Back to School*

(Note date change September only)

October 20: *Halloween*

November 17: *Shakespeare*

Info: books@ggvillage.org

Thank you, Golden Gate Village Volunteers!

On August 25th we celebrated the incredible work done by Golden Gate Village volunteers. Our village thrives due to the contributions of volunteer time, talent and hard work. With a membership that is growing, we are blessed to have volunteers who enjoy leading a diversity of activities. Over the past year members have stepped up to deliver an incredible array of programs and services. Great appreciation goes to:



GGV book discussion group welcomes author Angela Alioto to a meeting



Yasmine Scallon & Iris Kent

- Judy McGarr, who lead a Crock-pot Cooking workshop series
- Yasmine Scallon, who has served as guest chef for multiple Cooking Cooperatives
- Deni Leonard and Tony Ortiz, who orchestrated and delivered a Native American Buffalo Roast
- Karen Nichols, who leads the weekly walking group
- Eloise Kaskey, who hosts a bi-weekly Sing-A-Long group
- Eleanor Farrell, who facilitates the monthly Book Discussion Group and is our newsletter designer and editor
- Hold Aust, who hosts our monthly Film Club
- Iris Kent, who inspires us with her creations as "poet laureate"



Judy McGarr's crock-pot cooking class

Do you have time and talents to share? Become a village volunteer or request volunteer services by calling (415) 876-3333. We look forward to hearing from you!

Member-Volunteer Spotlight: Karen Nichols

Karen Nichols, a retired elementary school teacher, came to the Richmond Senior Center in 2014 as a Project Open Hand volunteer helping to serve lunch a couple of days per week. She has been a contributing member and volunteer of Golden Gate Village since the very start. On the Village Advisory Board, Karen played a key role in helping develop the programs and services we offer today. She is best known as the leader of our longest running



Walking group in the Golden Gate Park Rose Garden

and most popular village program, the Senior Walking Group that meets every Tuesday at 10:00 am to explore various locations in the Richmond District. The group has a regular attendance of up to ten or more walkers, and is a big draw for new village members. In addition, tapping into her creative skills and experience as a school teacher, Karen recently volunteered to design and help maintain our Village & Senior Center bulletin board. Please join us in saying "Thank you!" to Karen for her dedication and service to Golden Gate Village.



Karen Nichols leading a walk in Golden Gate Park

District 1 Candidates Forum

You are invited to our District 1 Candidates Forum where Richmond residents will be given the opportunity to critically engage with candidates who are running for supervisor, specifically around issues that impact marginalized communities. Golden Gate Village is one of eleven community based organizations sponsoring this important event. We will be focusing on issues like housing, affordability, displacement, and general stabilization of Richmond residents. Join us!

Thursday, September 29th
6:00 pm–9:00 pm
Alamo Elementary School
250 23rd Ave, San Francisco

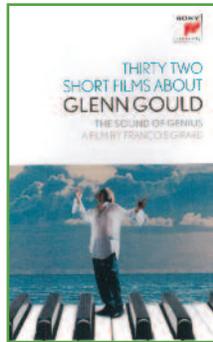


Upcoming Film & Video Programs

Films start at 5 pm and are free to members

32 Short Films about Glenn Gould **Wednesday, September 28**

A documentary about the complex life of the Canadian pianist, this is a magical film with beautiful imagery and wonderful music.



Mustang

Wednesday, October 26

A recent film from Turkey about five orphaned sisters and the challenges facing them as they approach the age of marriage: funny, uplifting, and inspiring.

Ponette

Wednesday, November 23

A four-year-old girl courageously faces the greatest challenge of her young life, with a truly remarkable performance by a four-year-old actress chosen from the hundreds of young girls who auditioned.

Multicultural Storytelling Video Series

Every 2nd Tuesday, 12:30 pm

This special series is presented by Golden Gate Village member Linda Lewin, who shows a series of multicultural folktale videos and other special videos she produced.

Tuesday, September 13: *Stories from Jewish Traditions*

Tuesday, October 11: *Stories from Latin America*

Tuesday, November 8: *The Way It Used To Be*

New Volunteer-led Programs

Gardening 101

Learn the basics of planting and propagating from Golden Gate Village member Anna Chou. Registration is required. If you are interested in participating please contact Shelley Wood at shelley@ggvillage.org or (415) 876-3333.

October 14: 10 am–11 am: Basic planting

November 11: 10 am–11 am: More basic planting

December 9: 10 am–11 am: Special Holiday Gifts

New: Crochet Klatch

Every 2nd Tuesday at 2:30 pm

Starting September 13th, volunteer Liz Keough will be hosting a Crochet Klatch. Come and crochet or just chat and admire the work of others. Many of you may have spoken to Liz, as she loves to give check-in calls to members and let them know all the latest happenings at the Village.

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.

Cooking Cooperative

During the summer, we had three wonderful cooking cooperatives and a special crock-pot cooking course. For June, Eileen Kincaid cooked Marbella Chicken, and in August Kaleda Walling explained how to make a vegetarian crustless quiche.

Deni Leonard and Friends hosted a special Cooking Cooperative on July 20th which was attended by over 40 members of the Richmond District Community. Tony Ortiz cooked buffalo, accompanied by fried bread prepared by Josephine, Desiree, Carla and Brenda of the Costanoan Rumsen Carmel Tribe (Ohlone). Iris Kent performed a special *Buffalo* poem, shared below, and Desiree, Carla, and Brenda shared stories, sang songs, and blessed the buffalo.

If you would like to be added to our Cooking Cooperative invitation list, please email shelley@ggvillage.org or call (415) 876-3333.

Poem: *Buffalo*

Sometimes I go about in pity for myself,
and all the while,
a great wind carries me across the sky.

Ojibwe saying

Leonard Cohen?
No, Deni Leonard.
Leonard Cohen, the poet?
No, Deni Leonard, the Brave!
Oh, give me a home
where the buffalo roam
and you'll find it at
Richmond Senior Center and Golden Gate Village!
Oh, give me a home away from home
and I give you Richmond Senior Center/Golden Gate
Village.
Oh, Great Wind!
Thank you for keeping me vertical, today.
Thank you for carrying
me
to
a place tonight
just full of
authentic affirmation, love and joy.
Authentic? The real deal—not political B.S!
The real deal ... like Grant Levin's piano playing,
just full of flame, the Divine Flame of Life—
The Great American Songbook with his improvisational
poetry.
Keep us all vertical and paddling forwards, Great Wind,
amidst the too turbulent winds of these times.
You are the great wind.
The Great Wind!
You can do it.
Bless you. Bless us. Bless it all.

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

Garden Vegetable Crustless Quiche

Makes 5 servings

Ingredients

¾ cups egg substitute
2 eggs
¾ cup (3 oz) shredded extra sharp cheddar cheese
¾ cup (3 oz) shredded Monterey Jack cheese
¼ cup 1% low-fat milk
¼ cup all-purpose flour
½ teaspoon salt
1 8-oz carton fat-free cottage cheese
cooking spray
2 cups sliced zucchini
1 cup diced potato with onion
½ cup finely chopped green bell pepper
4 oz pre-sliced mushrooms
¼ cup chopped fresh parsley
1 tomato, thinly sliced

Directions

- 1) Preheat oven to 400°
- 2) Beat egg substitute and eggs in a large bowl until fluffy. Add ½ cup cheddar cheese, ½ cup Jack cheese, milk, flour, baking powder, salt and cottage cheese.
- 3) Heat a large nonstick skillet over medium-high heat. Coat with cooking spray. Add zucchini and the next 3 ingredients; saute for 5 minutes or until tender.
- 4) Add the zucchini mixture and parsley to egg mixture. Pour into a 1.5 quart casserole dish coated with cooking spray
- 5) Top with the remaining ¼ cup cheddar cheese and ¼ cup of Jack cheese. Arrange tomato slices over cheese.
- 6) Bake at 400° for 15 minutes
- 7) Reduce oven temperature to 350°, and bake for 30 minutes or until lightly browned and set.

Note: substitute corn or spinach for some of the vegetables, if you wish

Source:
MyRecipes.com

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

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