Volume 1, Issue 2 May 29, 2008

What Makes for a Good Life in San Francisco?

The Community Living Campaign (CLC) continues its collaboration with the PLAN Institute of Canada and a cross-section of local leaders concerned with making San Francisco a better City for seniors, persons with disabilities of all ages, and their hands-on care providers. We are working hard to move the conversation beyond "What services does a person need?" to a more central question, "What does a person need to have a good life?" In what follows, we are pleased to share with you some of the CLC sponsored activities that foster these values...

- **Having a Place to Call Home**
- **Achieving Basic Financial Security**
- **Accessing Quality Health Care and Wellness Services**
- **Building Relationships To End Isolation and Loneliness**
- **Contributing to Others and the Community**
- **Having Real Choices and Making One's Own Decisions**
- **Participating in Communities that Respect and Celebrate Diversity**
- **Shaping Communities that Value Fairness, Equality and Justice**

We invite you to join us in this pursuit.

PLAN Institute Returns for a Special Preview Event

June 17, 2008
10:00 to 12:00 Noon
One South Van Ness
2nd Floor

Presentation by
Vickie Cammack & Nancy Ford of the PLAN Institute for Care Citizenship, along with "Community Connectors" from the S.F. Community Living Campaign. More information on Page 2.

Seniors Living on the Edge

How bad is it?

What do we do about it?

Learn about the Elder Economic Security Index
June 12th, 11:00 a.m.
More info on Page 7

PLAN Institute's Vickie Cammack Inspires

Contributing to Others and the Community

PLAN Founder Vickie Cammack (pictured left) and Nancy Ford returned to San Francisco in late January to provide a more in-depth look at the values, processes and practices that have guided more than 18 years of work in Canada and around the world to help people with disabilities of all ages to feel connected and effective in a whole new way. Community leaders at the gathering (pictured below) heard them describe the development of "Networks of Friends" which is at the heart of their work. People who choose to join a network do so, not as volunteers, but rather as friends. Unlike the approach of a social agency, this process does not focus on a long list of needs but rather on a person's dreams, interests, and gifts. It promotes the contributions of older adults and persons with disabilities of all ages towards the strengthening of our neighborhoods and communities. It also informs us on how to improve and to strengthen existing social services.

"Many people live without caring ties to buoy them as they age. Their isolation and loneliness call to us to extend hospitality and the embrace of belonging" said Vickie. Each person in the network benefits from being involved. The ties that bind are reciprocal.

See page 3 for a story of San Francisco's pioneer group of "Community Connectors."

www.tyze.org *(continued)*

Tyze (*pronounced "Ties"*) is an on-line service that will make it easy to reach out to friends, family, neighbors and care providers to schedule everything from medical appointments to birthday parties; plan tasks and report on progress; connect with new people who can build and strengthen the social network; tell the story of the person at the heart of the network: their triumphs and challenges, and how they touch the lives of the people around them.

Be the first in San Francisco to try this new tool that can help us reweave community and infuse a sense of neighborliness to our fair City. At this June 17 special event, we will preview the website and extend an invitation to those interested in creating 20 premier Tyze networks. With this, you will be able use and field test the site before its more formal "launch" this Fall. ***Preview sponsored by the Community Living Campaign, PLAN Institute for Caring Citizenship and the San Francisco Dept. of Aging and Adult Services.***

Pioneer Spirit Marks First "Community Connectors"

The first "Community Connectors" to participate in the PLAN Institute's "Weaving the Ties that Bind" On-line Training seemed to relish their role as pioneers. They have been learning and helping adapt the lessons to the diversity of San Francisco. Some have chosen to play a big picture, advisory role, helping the CLC shape the work and connect with others. Some are ready to take the plunge and start facilitating social support networks. These trained facilitators will spend approximately 6 hours per month, first getting to know the person at the heart of the network and identifying potential network members and over time, reweaving a community committed to the kinds of principles outlined on page 1.

All along, we are sharing our insights and experiences with other communities as part of the Robert Wood Johnson grant funding PLAN to expand the reach of their training.

Shaping Communities that Value Fairness, Equality, and Justice...

If you would like to learn more about the "Weaving the Ties That Bind" Training at the PLAN Institute, go to www.planinstitute.ca. The CLC will be developing a more focused, local training over the summer for the next round of "Community Connectors." If you are interested in being a "Connector", give us a call at 821-1003 or email info@sfcommuntiyliving.org.

Congratulations to PLAN Training Participants

Alice Neal, Anita Aaron, Cheryl Price, Dan Ashbrook, Deloris McGee, Duff Axsom, Gary Barbaree, Jennifer Walsh, Judy Auda, Karen Osborne, Karen Holt, Mallory Salmeron-Graf, Mike Miller, Marie Jobling, Puchi Carrion-Di Ricco, and Susan Poor.

Networks of Friends Gather Round

Photos: (Above) CLC Advisor Carmen Mendieta leads a discussion about ways to reach out to elders in our midst. (Below) Friends of Ricardo gather round for a spirited game of Monopoly. Friends here include Judy Auda, Amihan Makayan, Phil Klasky, and (not pictured) Constance Smith and Marie Jobling.

Community Living Campaign Advisors

Anita Aaron
Val Agostino
Dan Ashbrook
Margy Baran
Elizabeth Boardman
Bill Bruckner
Meg Cooch *
Tony Fazio
David Grant
Vera Haile *
Hadley Hall
Debra Howell
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Mya Shone
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Patsy Vincent

** Denotes Members, Board of Directors*

Bakers for Social Change Support Budget Rally

Photos: *(Above) Erica Hamilton, Judy and Matt Auda set up shop in front of City Hall. (Below) Several rally participants hold signs showing their feelings.*

They came bearing brownies, cookies, unleavened macaroons, and special fortune cookies with messages urging folks to call the Mayor with a message in support of community services for seniors and persons with disabilities of all ages.

The April Budget Bake Sale and Rally was organized by the Community Living Campaign as a part of the Senior and Disability Budget Coalition. Supervisors Ammiano, Mirkarimi, Dufty and John Avalos of Supervisor Daly's office spoke to those that rallied around, including a lift van full of seniors from Bayview Hunters' Point Adult Day HealthCenter, which is facing significant budget cuts from both the local and state level. Names of those organizations attending who were facing budget cuts were put in raffle box, and On Lok 30th Street Senior Center won $345 with their budget woes. All who attended, including the Supervisors, agree to do their share to keep these important services funded.

For more information about how to help fight cuts to services and programs critical to seniors, persons with disabilities and their hands-on care providers, call Planning for Elders (PECC) at 703-0188 or subscribe to Planning for Elders' Long Term Care News and Views. For the most recent edition, go to www.planningforelders.org. Check out the great Senior Survival School Sheets while there.

Want to join our band of Merry Bakers?

Contact Judy Auda, Head Baker, at 415-826-3194. And thanks to all the Merry Bakers for this event: Beverly, Anaperla, Margy, Danielle, Donna, Alice, Vera, Erica, James C and James K, Antonio, Norma, Leon, Sima, Constance, Julie, Cathy, Elizabeth and Judy.

Having Real Choices and Making One's Own Decisions...

Photo Exhibition - "Thriving in San Francisco"

Participating in Communities that Respect and Celebrate Diversity...

How do older adults build their social networks in San Francisco? That was the question posed by Lynee Andonian, Assistant Professor at San Jose State University. Using disposable cameras, she asked a diverse group of seniors to tell how they are adapting to changes in their lives and linking with other community resources and generating their own social communities. "Thriving in San Francisco" was a photo research project jointly sponsored by the Dept. of Aging and Adult Services, the S.F. Partnership for Community Based Care and Support, and San Jose State University Research Foundation, with the CLC helping to publicize the reception at City Hall. The exhibit featured a selection of images chosen by each participant to tell their story. Kudos to Sybil Boutilier, Bill Haskell, and each of the photographer participants for their hard work on this project. For more information, contact Lynne Andonian at landonian@cassa.sjsu.edu.

Photo Left - PhotoVoice Participant Marcia Peterzell describes this photo: "It is a mother-daughter photo, a lifetime friendship photo, and a lucky woman who is cradled in this foursome. I met Ruth Dark and her daughter Ann Berry, the two women who are book ends in real life as well as in this photo, when we were in the Planning For Elders Peer Advocate program 2005-07. Next to Ruth Dark, on the left, is Mr. Charles Rochell, Resident Council Official at 666 Ellis Street and strong leader in the Services Connection Pilot Project 2007. This photo was made when we met up at the Photovoice Exhibit at City Hall. We each had photos in the exhibit. I learned that Charles and Ann have been San Francisco friends since childhood. Love holds this photo together!" ***Photo Right*** -Ivana Kirola gets a narrated tour of the photos and descriptions from Project Leader, Lynee Andonian.

INTERESTED IN CREATING AN AGING FRIENDLY COMMUNITY ??

Join a unique on-line conference that provides on-line technical assistance for communities working to become more aging-friendly. This on-line forum, described as a Community of Practice, began a couple of months ago and much of the material assembled is available on-line for free. Resources include: Expert Panel speakers, community case studies, on-line tools and resources, on-going networking and discussion. For more info, go to http://www.icohere.com/agingfriendly/

Thanks to "Seed Money" Donors

Stephan Bingham
Elizabeth Boardman
Erma Brim
Donna Calame
California Advocates for Nursing Home Reform
Meg Cooch
Adele Corvin
Ramona Davies
Walter DeVaughn
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Susan Poor
Bill Price
Olga Ramos
Jodi Reid
Cathy Russo
Norma Satten
Eller Mae Taylor
Mary Twomey
Patsy Vincent
Linda Vossler-Swan
Harry Weinstein M.D.

We are very grateful to the warm and generous response to our initial request for "Seed Money."

The original goal for our first appeal was to raise $3,000, but we topped $5,000! We are half-way to our goal of $10,000 for the 2008.

With your donations, we have doubled the number of "Community Connectors" trained by PLAN, begun work on a simple website, *www.sfcommunityliving.org* and extended hospitality to those interested in this campaign.

Additional donations are still being gratefully and graciously accepted. **Checks can be made out to Community Living Campaign/PECC and mailed to our office. Or you can make your donation on-line by going to:**

www.firstgiving/communitylivingcampaign.org

We will acknowledge your gift in our next newsletter (and send a package of "Seeds of Hope" just in time for Spring planting!

Debra Disman shows one of the two original art pieces she developed for the CLC to use in its outreach. To see more of Debra's lovely work, go to www.artifactorystudio.com.

Wish List…

Party Supplies

Party Decorations

All-Occasion Greeting Cards

Original Art for Outreach Material

Phone Volunteers

A special thanks to

True North Foundation, San Francisco Foundation, Wallace Alexander Gerbode Foundation, the S.F. Dept. of Aging and Adult Services, PLAN Institute for Caring Citizenship, the Robert Wood Johnson Foundation, North and South of Market Adult Day Health Centers and Planning for Elders in the Central City for their support of this campaign.

Ending Isolation and Loneliness..

Achieving Basic Financial Security…

SENIORS LIVING ON THE EDGE

FIND OUT THE TRUE COST OF LIVING FOR

SENIORS IN SAN FRANCISCO

A groundbreaking new tool called the

Elder Economic Security Standard Index

measures how much it actually costs seniors in San Francisco to pay for basic needs. Even seniors who have worked their entire lives and are now living on incomes comprised of Social Security, pensions, and other sources of unearned income are often unable to make ends meet with the high cost of housing, food, medical care and transportation. Learn what could change if this new measure replaced the Federal Poverty Level as a standard for benefit programs.

Thursday, June 12

11:00 – 12:30

One South Van Ness Avenue (at Market)

2nd Floor Conference Room

Community Living Campaign

INSIGHT Center for Community Economic Development

United Way of the Bay Area

Hosted by the Community Living Campaign,
Insight Center for Community Economic Development,
S.F. Dept of Aging and Adult Services &
United Way of the Bay Area

For more information or to RSVP for lunch, call (415) 821-1003

The California Elder Economic Security Initiative is funded through the generous support of the following organizations: Alameda County Social Services Agency, Adult & Aging Services Area Agency on Aging of the County of Los Angeles, The California Endowment, California Community Foundation, California Policy Research Center, The California Wellness Foundation, City of Los Angeles Department of Aging, Council on Aging - Silicon Valley, Health Trust, Wider Opportunities for Women, UC-Program on Access to Care, United Way of the Bay Area, and Y & H Soda Foundation.

Marie Jobling
Project Coordinator
930 Fourth Street
San Francisco, CA 94158
Phone: 415-821-1003
Fax: 415-821-1108
e-mail:
info@sfcommunityliving.org

Community Living Campaign

Nurturing Ideas
Renewing Hope
Building Community

Community Living Campaign

Having a Place to Call Home...

Join A Network of Friend and the Personal Support That Says "You are Not Alone:

Life does not always unfold as planned. An illness, disability or other loss affecting you or someone you love can result in a growing sense of isolation and loneliness. But as that old saying goes, "We get by with a little help from our friends." In fact, we can do a whole lot more. We can be hopeful, we can have fun, we can celebrate together and enrich each others' lives. We invite you to make San Francisco a place where no one is alone, a City where everyone knows they belong. For some, this means making more time in your life to be neighborly and to practice a few not-so-random acts of kindness. For others, it may be the even bigger challenge - to let people into your life to help and to become better friends.

Either way, we have the power to transform our lives and our City one network of friends at a time. But it starts with you...

Help Make San Francisco A City Where Everyone Feels They Belong!