

Sixty Plus at San Francisco State University

Highlights

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SIXTY PLUS *A Program for Lifelong Learning* November, 2014

MONDAY, NOVEMBER 10

California Choristers – Directed by Stephen Varney

The California Choristers have been singing in the San Francisco Bay Area for over 70 years! This lively group sings music ranging from show tunes to classical and even pop. They meet every Monday at the Doris Krauss Senior Center at Old First Church from 1:00 p.m. to 3:00 p.m. They are always open to new members, but unfortunately their practices conflict with Sixty Plus meetings!



They will share high energy musical show tunes and choral music set to poetry with some solos and duets. The Choristers are under the direction of Steven Varney who leads five Bay Area choral ensembles. They are excited to perform for Sixty Plus for the first time and to share music with a new community.

The meeting will be held in the Rosa Parks Room of the SFSU Student Center at 1:00 p.m. Social time will follow. The hospitality for this meeting will be provided by **Fen Fen Chen**. Sixty Plus members whose last names begin with the letters **Che – Del** are requested to bring refreshments for this meeting.

Shuttle Bus Times: Pick-up time for the meeting will be at 12:15 p.m. at the Lake Merced parking lot at the foot of Sunset Blvd. A second bus will be available if necessary. The return trip will be at 3:15 p.m. from in front of the Creative Arts Building on Holloway Avenue.

Hospitality Committee

Members are asked to provide refreshments such as cookies, fruit, or other finger food for general membership meetings according to alphabetical order. Please make a note of your turn and bring refreshments on your assigned day. In case you cannot attend your assigned meeting, please exchange with someone in another alphabetical group.

Nov. 10 Che - Del	Dec. 8 Den - Fug	Jan. 12 Ful - Gray
		Jan. 26 Gre - Hom

Thank you to Priscilla Allen, Jimena Angotti, Caron Anderson, Barbara Bardaro, Doreen Aguirre, and Chris Malfatti for bringing treats for October 13. Always check the hospitality schedule. Remember, when you miss your turn, bring treats to the next meeting you attend. And please remember to sign in on the sign-in list at the refreshment table. Looking forward to seeing you!

Phyllis Abad, pabad@earthlink.net

President's Message – November, 2014

I'm so sorry I was unable to stay for the Program Meeting on Monday, October 13, because of an emergency Veterinarian appointment. On Tuesday, Meka, my wild and sweet kitty, went to the heavenly garden. I am sorry that I missed the program. Thank you to Chris for stepping in at the last minute. And thank you, Alice, our Program Chair and committee members, for all your effort in finding interesting speakers for our programs. Members are encouraged to consider joining the Program Committee or any one of the other committees as an avenue for making new friends and feeling good about contributing to Sixty Plus. You are needed.

The 2014 -- 2015 Membership Roster will be available at the October 27th meeting. While we strive for accuracy in the roster, there is a chance of error. Please contact Eileen Ward at 415-412-4684 or by e-mail sixty@sfsu.edu with any changes.

Our Holiday Luncheon will be Monday, December 15th, at the Seven Hills Conference Center, SFSU. Please join in at this festive time as a way to begin the holidays on a happy note.



Please contact Karen Grech at 415-775-1822 or by e-mail grechkaren@yahoo.com if you know of any member who needs a note of congratulations, get-well, encouragement or sympathy.

We will have a meeting Monday, November 10th, but no meeting on November 24th due to the Thanksgiving holiday on campus.

Wishing all of you a Happy Thanksgiving.

Margo Moor, President, Sixty Plus at San Francisco State University, 415-205-9350, m Moor@att.net

p.s. Don't forget to check our website: sixtyplussf.org

NEW MEMBERS

A warm welcome to all of our new members from all of us continuing members! Please feel free to approach any of us at any meeting, and we'll be delighted to make your acquaintance. We hope your membership is productive of new friendships, fun, and adventures.

We'll be looking out for you and hope to welcome you personally.



**Margaret Dolan
Helen Scholten**

**Louise Nigro
Patty Shanahan**

**Ken Reed
Nina Truch**

RESOURCES FOR SENIORS: WELLNESS AND EXERCISE

By Joyce Cassells

As most of us have already heard, exercise is good for many aspects of health and for all persons, especially seniors. Health benefits of exercise can mean relief from arthritis, diabetes, osteoporosis, and heart disease. Physical benefits for seniors include increased strength, improved balance, increased endurance, and improved flexibility.

As seniors, our exercise interests and capabilities can vary by person and over time. Some of us can run marathons and some of us need just to walk at a leisurely pace. Some of us can exercise individually and some of us like a partner or even prefer group sessions.

A Medicare program called Silver Sneakers pays for exercise membership at a variety of exercise clubs. If you are not already enrolled in Silver Sneakers, go to the internet link: <http://www.healthpocket.com/medicare/silver-sneakers>. Or call 800-935-0746. Or call one of the insurance plans listed below for California.

- AARP MedicareComplete® by UnitedHealthcare
- AARP® Medicare Supplement Insurance Plan
- Anthem Blue Cross
- Blue Shield of California
- Care1st Health Plan
- CareMore Health Plan
- Citizens Choice Healthplan HMO
- Humana
- SCAN Health Plan
- SecureHorizons® by UnitedHealthcare

Some local exercise providers who cater to seniors and accept the Silver Sneakers program are Curves (several SF Locations), FitLite (Noe Valley), and the YMCA (several SF locations).

Other exercise options for seniors include:

- **Walking** — Explore the Saturday morning walking tours of SF Parks and Recreation (415) 418-0735 or lisa.mchenry@sfgov.org) Several Sixty Plus members are already involved.
- **Senior Centers** — The Aquatic Park Senior Center at the SF wharf (415-775-1866) offers a wide variety of fitness programs, from line dancing , Qi Gong, stretch, circuit training, yoga, hula, fall prevention, Zumba, ping pong, and more. The Doelger Senior Center of Daly City (650-746-8359) also has fitness classes designed for seniors.
- **Partnering** — Just walk up to your fellow Sixty Plus member(s) and suggest going to an exercise activity together or going on a walk together.
- **Individual exercise** — Purchase a DVD like “Sit and be Fit” or home equipment like the “Chair Gym” that are designed for seniors.

Thank you to Joyce Cassells for this article. We encourage any and all Sixty Plus members to research and share information about community resources (not events) and/or hobbies or even personal reviews of movies or books. This strategy can personalize the newsletter and facilitate conversation among us. – Ed.

Served Holiday Luncheon

Monday, December 15th, 2014
Noon to 3:00 P.M.
\$33.00 prepaid (guests welcome)
Seven Hills Conference Center, SFSU

Happy Hour Sit-Down Lunch Entertainment Prizes

Menu

Garden Salad

Choice of:

Sautéed Chicken Piccata:

or

Seared Crispy Salmon
with a Ginger Butter Sauce :

or

Vegetarian dish upon request.

Vegetables, starch, rolls, butter, wine, and coffee.

Dessert: Raspberry Crème Brule with a Shortbread Cookie

Shuttle bus from lake Merced parking lot at 11:45 A.M.; return at 3:00 P.M.

Sign up at a meeting or send a check made out to **Sixty Plus**
for \$33.00 per person, indicating choice of entrée and name(s) of guest(s).
Reservation and refund deadline: December 8th.

Chicken _____ Name(s) _____
Fish _____ Name(s) _____
Vegetarian _____ Name(s) _____

Give or send your check (made out to **Sixty Plus**) to:
Peggy Pol, 2479 42nd Avenue, San Francisco, CA 94116-2120

New: Cart shuttle service from bus or garage available upon reservation with Peggy.

Getting to Know You

Richard L. Barnes

By Richard Lewis

Richard L Barnes was born and raised in Oklahoma, and obtained his undergraduate and law degrees from the University of Oklahoma. He spent the first six years of his legal career in Texas, but returned to Oklahoma until moving to California in 2004.

After practicing law for over 33 years, Richard gave up his practice to devote his time and talent to public policy advocacy as the full-time Volunteer-Government Relations Manager for the American Lung Association of Oklahoma (ALAO) from December, 1997 to June 30, 2004. He was responsible for all of the public policy advocacy activities of ALAO on tobacco control and other public health issues.

He is a past Chair of the Oklahoma Alliance on Health or Tobacco, a partnership of 33 voluntary public health organizations, healthcare professional associations, healthcare provider organizations, ethnic organizations and children's and seniors' advocacy groups, along with numerous community coalitions, that led the successful campaign for smoke-free workplaces and public places legislation in 2003.

He served on the Oklahoma Governor's Task Force on Tobacco and Youth and on the Oklahoma Governor's Task Force on Tobacco Use Prevention and Cessation. From its inception in 2001 through March 2004, he was a member of the Oklahoma Advisory Committee on Tobacco Use Prevention and Cessation created by the Oklahoma Legislature in 2000.



He has won numerous awards in recognition of his leadership and skills in public policy advocacy, and has used his extensive advocacy experiences to train others in successful public health policy advocacy methodologies.

He is a charter member of a national tobacco control lawyers organization formed in 2002 to provide legal assistance on tobacco control issues to governmental organizations considering legislating on tobacco control or defending litigation on such legislation being challenged in court.

In 2003, Richard applied for a two-year Post-Doctoral Fellowship in Health Services Research at UC San Francisco in the Center for Tobacco Control Research and Education. He entered that program July 1, 2004. After completing the Fellowship, he remained at the Center doing tobacco policy research and mentoring young researchers until his retirement in 2014. He currently teaches courses in public policy advocacy at UCSF and UC Hastings College of the Law and does consulting in policymaking and political advocacy.

Richard describes himself as a theater "nut" going back to his childhood and youth as a stage and radio actor. He belongs to an international gourmet organization to "feed" his love of fine dining. Travel is one of his hobbies. He believes that learning is a life-time activity.

He is a widower, and his three sons and two grand-daughters live half a continent away in Oklahoma and Georgia. He confesses that he is the one who ran away from home.

Tours

TOUR OF ARION PRESS, SAN FRANCISCO Thursday, Nov. 20, 2014

Sixty-Plus has reserved a tour of Arion Press of San Francisco, 1802 Hays Street, The Presidio of San Francisco; (415) 668-2542. It is the premiere publisher of deluxe, limited-edition books in the United States. We will also tour M & H Type, the oldest and largest type foundry in the country, and one of the few remaining in the world. Parking is available in a lot inside the Presidio entrance at the beginning of 14th Avenue. By bus, exit at the Lake and Park Presidio stop. Walk west to 14th Avenue, then bear right as you pass through the entrance. Use mapquest.com for additional directions and a good map of the area.

The tour commences at 3:30 p.m., and the cost is \$10 per person.

To attend, please leave a message for me, Doug Roberts, at

(415) 681-8845. The tour will be limited to twenty people.

Contact: Doug Roberts: dougrob47@lycos.com

Arts and Entertainment

"PROMISES, PROMISES" San Francisco Playhouse

"Promises, Promises" comes to the San Francisco Playhouse for this year's holiday show. It is a charming musical comedy, infused with the swinging and stylish energy of early 1960s Manhattan. It is the musical tale of a lovelorn young executive and a romantically troubled waitress, knotted in a twist of sexual affairs and corporate shenanigans. Office romances collide with office politics as you've never seen them before. It is filled with memorable one-liners, thanks to Neil Simon, and infectious pop tunes – all presented by a very talented cast.



Sunday, January 4, 2015 – 2:00 p.m. Matinee

Tickets – Orchestra \$43.50

Payment: Make your check out to Sixty Plus and mail to the office by December 8.

SFSU CREATIVE ARTS

The Creative Arts Department is preparing a number of exciting events including classical music, poetry, and fine art displays. For a complete listing, visit the website at: <http://lca.sfsu.edu>. Tickets for events can be purchased through this website or by calling the box office: 415-338-2467.

CALENDAR OF COMING EVENTS

November 10	Monday	10:30 a.m. 1:00 p.m.	Executive Board & Committee Chairs, Rosa Parks Room D General Program Meeting, Rosa Parks Room Cesar Chavez Student Center, SFSU
November 5	Wednesday	9:00 a.m. 9:10 a.m.	Tour of 49ers' Levi Stadium Leave Lake Merced parking lot Leave 19 th & Holloway
November 12	Wednesday	2:00 p.m.	"Chicago," Orpheum Theater 1192 Market Street at 8 th St.
November 18	Tuesday	11:30 a.m.	Not-Quite-Gourmet Dining Causwells 2346 Chestnut (near Divisadero)
November 20	Thursday	3:30 p.m.	Tour of Arion Press, 1802 Hays Street, Presidio of San Francisco (415) 668-2542
December 10	Wednesday	2:00 p.m.	"Kinky Boots," Orpheum Theater 1192 Market Street at 8 th Street
December 15	Monday	12:00 p.m.	Holiday Luncheon, Seven Hills Conference Center, SFSU
January 4	Sunday	2:00 p.m.	"Promises, Promises" SF Playhouse 450 Post St, SF, CA 94102; (415) 677-9596

SIXTY PLUS 2014 – 2015

Officers

President	Margo Moor
1 st Vice President	Christine Malfatti
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Co-Recording Secretary	Alice Keenan
Co-Recording Secretary	Fen Fen Chen
Co-Corresponding Secretary	Barbara Graham
Co-Corresponding Secretary	Joyce Cassells
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Education — Co-chair	Richard Soward
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Programs	Alice Keenan
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Publicity — Co-chair	Christine Malfatti
Special Events	Peggy Pol
Sunshine	Karen Gretch
Tours	Sheila Birmingham

Sixty Plus at San Francisco State University
Gerontology/Sixty Plus – HSS-242, 1600 Holloway Avenue, San Francisco, CA 94132
Website: www.sixtyplussf.org * Telephone: 415-412-4684 * email: sixty@sfsu.edu

Sixty Plus Highlights

Editor: Jeanne Glennon; * **Assistant Editor:** Joyce Cassells *

Contributors: Phyllis Abad, Marian Anderson, Sheila Birmingham, Margaret Grant, Carole Laker,
Christine Malfatti, Peggy Pol, Doug Roberts, Maryann Swazo, Eileen Ward, Bob Wisley

Distribution Manager: John Johns * **Managing Editor:** Eileen Ward

Items for the **December Highlights** should be submitted by **November 17** to: Jeanne Glennon: jfglennon@comcast.net

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1600 Holloway Avenue
San Francisco, CA 94132
Web: www.sixtyplussf.org