

Your Cayuga Quarterly

Cayuga Neighborhood Improvement Association



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By Chris Dillon

Spring | 2025



President's Note

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PRESIDENT'S WELCOME

Friends, neighbors and members: Happy Spring!

While we've generally had a good winter for the city and the neighborhood we've had our share of mixed news, with some exciting neighborhood additions, but the loss of some important community anchors including Gentilly and The Dark Horse. As the city starts to warm up (briefly), the rain starts to slow (maybe) and we start to look towards summer, please try to remember to get out and about in the neighborhood and support the local businesses. The rest of the city is amazing, but the locals are really what makes us all a community!

A couple quick notes to think about before we jump into the details!

- We're always looking for feedback, ideas and volunteers. Please email cayugaimprovement@gmail.com if you have anything to share. We're especially looking for people interested in helping to organize events (one or many! You don't have to have your own idea; you can always join others!) as well as a treasurer for the organization!
- We'll be having some great events in the coming months (new and old) with more information coming long-lost below. Mark your calendars and get excited for our first ever neighborhood Garage Sale being held on June 7th! Start collecting all those long-lost treasures that you no longer use!

Have a great spring season!

James





Exploring Cayuga!

Neighborhood Community Events

Calling all Moms!

If you or someone you know is a mom in the neighborhood, please consider having them join our WhatsApp group! We were inspired to start this group so that moms in the area can stay better connected and form the 'village' that we all need to lean on from time to time. Scan the QR code below with your phone and it will bring you to our WhatsApp group where you can join!



Cayuga Terrace Moms

WhatsApp group



Cayuga Community Connectors

Did you know that the Community Living Campaign (CLC) offers two free exercise classes for older adults (60+) and an opportunity to spend time with your neighbors at the Bethel Church (now the Addis Kidan Church) located at Alemany and Ottawa? Join the Cayuga Community Connectors and lead connector Lorraine for a few hours of community connections. All are welcome. The exercise is particularly focused on "strength and balance." Fourth Mondays at 11:00am we celebrate monthly birthdays. This month we had one participant reach her 99th!

Chinese Language Program for Older Adults, every Thursday at Bethel: TaiChi at 9:00am followed by Tech Help at 11am. Join Shelley and Wanda, all are welcome.

Every month the **CA Volunteers / Neighbor to Neighbor program** has a workshop on climate change, resilience and/or connecting with your neighbors. The Second Monday of each month at 11:00am after exercise. This month on April 14th at 11:00am join CYC (Community Youth Centers of SF) for a presentation on Emergency Preparedness. Other programs have included talks re: Recology, Water Conservation, Decluttering (SWAP). If you have an idea or program you'd like to see, please let us know: patti@sfccommunityliving.org.

2025 Never Better Elders, a CLC resource fair and fun celebration of older adults, is happening on Thursday, May 15th (1:00pm-4:00pm) at the SF County Fair Building, Golden Gate Park at 9th and Lincoln. This event marks the 60th Anniversary of the signing of the Older Americans Act (OAA), a Federal Law that provides services for older adults' social, nutrition, and transportation needs.

Getting your Paperwork in Order, Monday, May 19th at 11:00am at Bethel: Join retired lawyer, Susan Pollack for a conversation about organizing and sharing information about one's estate and critical documents. Both for oneself and those that must deal with it. She covers key documents, contacts; property and financial arrangements, accounts to monitor or pay; insurance, vehicles and more.

Youth Art Exchange Summer Art Camps!

The Youth Art Exchange is hosting fun summer art camps right here in our neighborhood! It's a four-week program for kids 7-12 at their Balboa Park location at 2330 San Jose Avenue at the BART station. More info: <https://www.youthartexchange.org/creative-camps-kids-7-12>



Youth Art Exchange

Register before 3/31 and save!

NOW ENROLLING

SUMMER 2025 ART CAMPS

FOR RISING 3RD-5TH GRADERS

WEEKLY CAMPS JUNE 23- JULY 18TH

RACIAL EQUITY & FINANCIAL NEED SCHOLARSHIPS AVAILABLE!

9am-4pm Monday - Friday

bit.ly/yaxsignup

2330 San Jose Avenue, SF (Next to Balboa Park Station)



NEIGHBORLY NEWS

We welcomed incoming Supervisor Chyanne Chen in January. Here are some recent interviews with the new supervisor:

<https://missionlocal.org/2025/01/intro-interview-d11-supe-chyanne-chen/>

<https://missionlocal.org/2025/01/in-district-11-hope-and-needs-go-hand-in-hand-for-new-supervisor-chyanne-chen/>

<https://www.kalw.org/show/state-bay/2025-03-17/sf-supervisor-chyanne-chen-secret-agreements-for-bad-cops-the-last-game>

Welcome to the neighborhood! In recent months, Machu Picchu Cafe <https://www.inglesidelight.com/machu-picchu-cafe/> and the YMCA Child Development Center <https://www.inglesidelight.com/villa-de-kapuso/> have opened their doors at the Kapuso at the Upper Yard building at Geneva and San Jose.

See you at Aisle 19! Touchstone Climbing will call its new climbing gym Aisle 19 at the former Pacific Super site and hopes to open by 2026 <https://www.inglesidelight.com/touchstone-climbing-gym-aisle-19/>.

A couple of our happy hour spots have updates: The Halfway Club was nominated for a James Beard Award for best new bar <https://www.inglesidelight.com/the-halfway-club-james-beard-best-new-bar/>. We bid a sad farewell to Gentilly & the Dark Horse Inn at its current location. Follow the Dark Horse on social media [Facebook](#) & [Instagram](#) to keep tabs on future pop-ups in the neighborhood and next steps.

Looking for your next favorite local eatery? Here's a nice round-up of restaurants in our slice of town, including the Salad Place & Rotisserie at Mission and Ottawa: <https://www.theinfatuation.com/san-francisco/guides/best-excelsior-restaurants>

STREET AND TRAFFIC SAFETY

Your voice is important!

The CNIA has been in touch with various organizations recently with respect to traffic calming and safety measures around the neighborhood. We understand and recognize that more can and should be done to make our local streets safer. To that end, we intend to form a small working committee to collect feedback from the community and bring that to city decision makers. Please reach out to us at cayugaimprovement@gmail.com by the end of April, if you would like to be included in our working committee.

Speed cameras have arrived!

One has been installed on Alemany between Naglee and Farragut and will be turned on by mid-April. There will be a two-month grace period, and then drivers who drive 11+ miles over the speed limit will get a warning and then citations of \$50 for each additional violation. More info on the program from SFMTA:

<https://www.sfmta.com/blog/hey-san-francisco-speed-safety-cameras-are-coming>

WORKING TOWARDS CLEAN SIDEWALKS/STREETS

Hi neighbors, I'm Steve, CNIA board member, and leader of volunteer trash cleanups in our neighborhood since 2021. I'd like to share some information and encourage everyone to participate in different ways so that we can improve the cleanliness on our streets and sidewalks. Perhaps the most important tool and program is San Francisco's 311 service, which is best accessed with the SF311 app for smart \phone; you can also call 311 or go to sf311.org. If you find "dumping" – a sizeable pile of trash, furniture, or other large items left on the sidewalk – you can report it on 311, and generally it gets removed quickly. With the smartphone app, you take a picture, which automatically identifies the location, and with a few taps, the City services get the details and will send the Department of Public Works (or sometimes Recology) to resolve the problem. Using the app is particularly valuable since each entry creates a record of items to show patterns of where problems are and allows accountability to see if each item gets resolved.



Adopt-a-Street

Cayuga is one of San Francisco's hidden gems, and here's a great way to get involved and help keep our neighborhood in tip top shape!

Sign up at https://sfpublicworks.org/get_involved/adopt-street-program

The Department of Public Works will provide you basic equipment to help patrol your one block of your street to pick up litter. You could imagine if more people joined this, each block would always get litter picked up!

If you may be able to join the periodic group volunteer efforts which I lead monthly, please email me at

steve@steveindigpr.com and I'll add you to the email notices – or you can register yourself at <http://eepurl.com/hNc81f>.

My volunteer events are part of the citywide efforts with cleanups happening in every neighborhood; you can find more info at refuserefuse.org and civic joy fund (more info on my next monthly cleanup can be found below).

So rather than be frustrated by troublesome trash issues – please take any small action using these programs to make a difference!

Steve Indig, CNIA board member



The Adopt-A-Street Program is a partnership between the City and its merchants and residents. Groups or individuals agree to adopt an area and take responsibility for keeping the street, sidewalk, and storm drain clean. In return, we provide free street cleaning supplies, and litter and compostable leaf bag pickup.

The Adopt-A-Street Program creates a cleaner, more pleasant environment for everyone who lives, works and shops in adopted areas. The program also strengthens community ties as neighbors and merchants work together to keep San Francisco clean.

The Adopt-A-Street Program began in 1998 and now has thousands of individuals, families, and merchant and neighborhood associations signed on to clean and green their sidewalks and streets.



A 1915 photograph looking north from about Rome near Ottawa. The silted area in the middle of the photo had previously been Lake Geneva. The Geneva Car Barn is in the background. (Image source: <https://www.opensfhistory.org/Display/wnp27.0484.jpg>)



A current photograph looking north from the intersection of Rome and Ottawa.

THEN & NOW

Our neighborhood has changed a lot over the past century! Here's what the intersection of Rome Street and Ottawa Avenue looked like in 1915 and today.

Upcoming Event

Looking to get out there and be an active Cayuga Neighbor?

A colorful poster for a Cayuga Neighborhood Garage Sale. The background is light blue with white and yellow stars. At the top, the text "CAYUGA NEIGHBORHOOD" is in white, and "Garage Sale" is in a large, dark teal script font. Below this, the text "It's time for Spring Cleaning!" is followed by a paragraph encouraging people to clean out their garages and closets. The date and time "JUNE 7, 2025" and "10 AM 3 PM" are displayed in a white circle. The location is listed as "Cayuga neighborhood between Cayuga Park to Geneva Ave & San Jose Ave to Alemany Blvd." The participation instructions are followed by a QR code. At the bottom, the website and email are provided. An illustration of a cardboard box filled with various items like a red ball, a purple funnel, and a blue bag is in the bottom right corner.

CAYUGA NEIGHBORHOOD

Garage Sale

It's time for Spring Cleaning!

Have you wanted to clean out your garage? Or the things that cause clutter and no longer bring you joy?

Start now going through your garage and closets and nick-knacks for things you can sell at the garage sale.

Not only will we clean our homes and make a little cash but the best thing is **WE WILL GET TO KNOW OUR NEIGHBORS BETTER!**

JUNE 7, 2025 **10 AM 3 PM**

Location: Cayuga neighborhood between Cayuga Park to Geneva Ave & San Jose Ave to Alemany Blvd.

To Participate: We will have a map of all participating homes. If you would like to add your house on the map please email us at cayugaimprovement@gmail.com or fill out this form:



<https://cayugaimprovementassociation.org/> ★ cayugaimprovement@gmail.com

Monthly Clean Ups

Longtime CNIA neighbor and board member Steve Indig hosts a clean up along Alemany on the third Saturday of the month from 10am-11:30am. The next clean up will be on April 19th. Meet at Alemany & Seneca. We will pick up trash on sidewalks in the area. Equipment will be provided; bring work gloves if you have them. We will finish no later than 11:30am when all trash needs to be bagged for pickup. See Steve's column in this newsletter for more Info and other opportunities to keep our neighborhood clean!

Recent Events!

C.N.I.A. General Meeting

The CNIA held our in-person general meeting on February 19th at Addis Kidan Church (formerly Bethel Church), with a hybrid option provided for folks to join virtually. We had a jam-packed agenda: our new D11 Supervisor Chyanne Chen introduced herself and answered questions about ways to improve the neighborhood, SFPD officers from the Ingleside Station gave an update on safety issues and encouraged everyone to install video cameras on their houses, and Paul Hagen of the Friends of Balboa Park group gave an update on plans to improve the park. For more info on their efforts, visit:

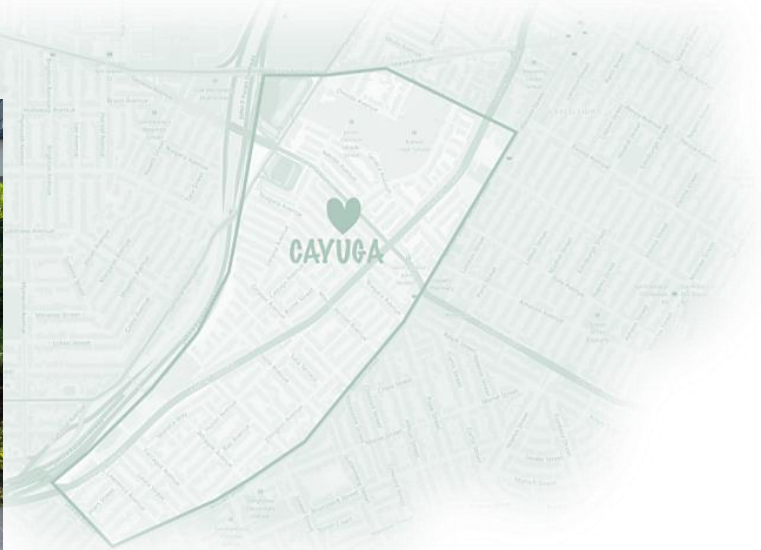
<https://www.balboaparkfriends.org/>



SLOWYUGA Run / Walk / Bike Events

SLOWYUGA held their second annual Santa Run/Walk/Bike Event on December 7, 2024. Participants gathered in the Mission Terrace neighborhood and paraded all the way down Cayuga, ending in Cayuga Park where they enjoyed breakfast snacks and treats. The intent of these SLOWYUGA events is to help enforce the slowing down of traffic on Cayuga to make it a safe space for all, with the added, bonus of being a fun event for the community! More information on Slowyuga can be found here:

<https://www.slowyuga.org/>



Recent Events!



Our friends at SLOWYUGA also hosted a Lunar New Year event on February 16th, which followed a similar theme as the Santa event. This event also ended at Cayuga park with some snacks and goodies, and a traditional Lion Dance Performance was enjoyed by all!



Did You Know That...?

By Chris Dillon

This column is for elders and disabled community members, anyone who knows an elder, and or anyone who hopes to become an elder!



Cayuga elders work out weekly at the Church of Clown: <https://www.churchofclown.org/>

An update on our local Aging and Disability Resource Center.

In my column last quarter, I introduced you to our local **Aging and Disability Resource Center (ADRC)**. I'm going to recap my introduction first and then provide a site update. Shortly after my column appeared, there was a change in our local ADRC provider and site.



This was my introduction last quarter.
You can find the full article at the following link:
<https://cayugaimprovementassociation.org/newsletters>

For those of us who are of a certain age, the 'I've fallen, and I can't get up!' ad of the late 1980s created an in en for aging. This column will provide the rest of the story: When you feel that you, or someone you love, has fallen into the quagmire of changes which can accompany aging &/or disability, know this: there are vital taxpayer funded services, including Dignity Fund dollars, which are provided by the City and County of San Francisco Department of Disability and Aging Services (DAS). DAS is a department under the umbrella of the San Francisco Human Services Agency (SFHSA). Aging and Disability Resource Centers will help you get up and going again! There is no charge to those seeking assistance and services through these sites. I am going to introduce you to an important gateway to city services for the aging and disability community in this column.

Our new ADRC is located at the Geneva Community Center at 5050 Mission Street, on the corner of Mission Street and Seneca Avenue.

I arrived mid-afternoon and was greeted by Evonne Zhu, Social Services Program Manager, Self Help for the Elderly. (415) 677-7697.

The site is bright and cheerful! There are a vast array of activities scheduled throughout the week. While there, an intergenerational computer literacy workshop was in session. If the chatter and laughter were any indication, everyone was highly engaged in learning and enjoying the process immensely. Sadly, I did not have photo clearance for this particular activity, so I must capture the sparkling scene with words. The students from nearby Balboa High School had definitely forged a strong connection with their class of eager-to-learn elders! Strong intergenerational relationships are invaluable assets to a well functioning society!

*"We don't stop playing
because we grow old.
We grow old because
we stop playing."
George Bernard Shaw*

Did You Know That...

This is also a nutrition site, so the aroma of a lovely meal permeates the atmosphere with homelike warmth. Nutrition sites provide a vital community service. Good nutrition is pivotal to maintaining optimal physical and mental well-being. While the meals are very good and visually appealing, the greatest benefit may be psycho-social. Dining together creates community. Too often in our culture, elders are isolated and thus at greater risk of succumbing to depression & failure to thrive, both of which contribute to corollary declines in holistic well-being. You can access the Geneva Community Center monthly menu and activity calendar through the following link: <https://www.selfhelpelderly.org/wp-content/uploads/calendars/geneva.pdf>

Be sure to scroll down completely, as the calendar is offered in both Chinese and English.
You can inquire about take out meals by calling 415-550-2226.

Follow this link to learn about home delivered meals: <https://www.onlok.org/senior-services/mission-nutrition>
AND NOW: on to our new Aging and Disability Resource Center (ADRC)

AND NOW: on to our new Aging and Disability Resource Center (ADRC)

The focus of my visit was the ADRC, located on the mezzanine above the activity and dining area. Evonne introduced me to her information and assistance specialists:

Kristin Lim, who is also a case manager 415-287-2614
Shirley Xu, information & assistance specialist 415-734-1973

Kristin speaks Tagalog. Shirley speaks Chinese.
Spanish translation is available upon request.



Evonne Zhu, Social Services Program Director, Chris Dillon, D11 DAS rep, I&A specialists, Kristin Lim, Shirley Xu

I visualize our ADRC professionals as our Lewis and Clarks in the maze of contemporary aging and adult services. They provide a map of what services are available to help with your specific need(s). They can serve as a personal guide for you. Best of all, they can assist you in accessing services! They will help fill out paperwork, make phone calls, follow up on referrals, help with caregiver resources, find economic assistance, etc. One ADRC specialist found a source of affordable, elder friendly cell phone services for her clients. Another specialist focused on assistance with utility costs through PG&E, SFPUC, and Recology.

I always enjoy learning through stories, so I asked Kristin and Shirley to tell me about the most unusual request they'd encountered. I would never have expected their answer. They are now the Vietnamese community specialists in all things related to fishing regulations and obtaining fishing licenses! Having successfully helped an elder navigate the fishing license requirements and application, they now receive requests for help routinely. Their service is very valuable to this community, where fishing provides both family sustenance and a close-knit elder community which socializes while fishing almost every day. Their story captures the essence of the immeasurable value of the ADRC service. In this scenario, fishing is a remedy for social isolation, failure to thrive, and the related need for increased and costly medical interventions. These elders remain engaged in their community & contribute to their families, allowing their younger generations to thrive as well. This fishing license story chronicles a simple, compassionate 'win' for all of us!!! Thank you to our local team of ADRC heroes!

You can learn more about this amazing service by following this link: <https://www.ioaging.org/collaborations-elder-protection/aging-and-disability-resource-centers-adrc/>

I recommend calling the ADRC to schedule an appointment with their information and referral specialists, though you are also welcome to drop in: (415) 347-7194.

Did You Know That...

Resource List:

In closing, a list of other elder service programs on or near our stretch of Mission Street.

I'll continue to explore elder and disabled community related news, services and programs available in our community in future columns. Please send me any ideas you may have for future columns.

1. Our **PACE** site: 4430 Mission Street. Learn about PACE here: <https://www.onlok.org/pace>
2. **Bernal Heights Senior Center**: 4468 Mission Street <https://bhnc.org/senior-programs/>
3. Local Aging in Place/Connector programs administered through **Community Living Campaign**
<https://sfcommunityliving.org/build-community/neighborhood-networks/>
<https://www.facebook.com/cayugaconnectors>
4. Two important elder services to bookmark!
Legal Assistance to the Elderly: <https://laesf.org/>

I wrote a column on my **HUB** visit in the February 2024 newsletter. This is an invaluable resource! You can find that column on our CNIA website.

The official HUB website: <https://www.sfhhsa.org/contact-us/locations/das-benefits-and-resources-hub>

Column by Chris Dillon, District 11 representative on the Disability and Aging Services Advisory Council. You may contact me through the CNIA webpage.



BECOME A MEMBER!

For those of you who have been members for years, thank you so much for your continued support. For more recent members and friends, we welcome you and thank you for your interest in what the CNIA does.

Please consider becoming a member or renewing your membership with the CNIA. As a supporting member, your contributions directly support our events and neighborhood initiatives like the Halloween trick-or-treat event, our website hosting, Zoom meetings, and other costs related to running our all-volunteer organization.

If you are unsure of your membership status, reach out and we can confirm.

Membership is \$10 per household per year (although any contribution is appreciated). You can renew for multiple years, and if you renew at \$40, you'll get a free year and be a member for 5 years!!

1 year - \$10

2 years - \$20

3 years - \$30

5 years - \$40

1) You can mail or drop off a check made out to the CNIA or drop off cash to:

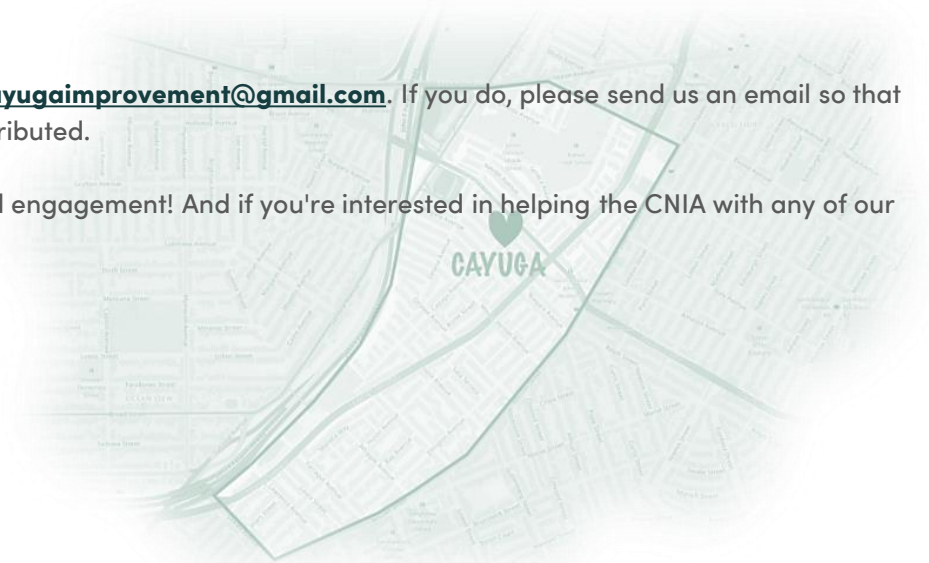
James Alexander, President and Acting Treasurer
1621 Cayuga Ave.
San Francisco, CA 94112

Please include your name, home address, and email address (for outreach and event notifications).

You can also use **Paypal** and **Venmo**.

You can also send payments via Zelle to cayugaimprovement@gmail.com. If you do, please send us an email so that we can ensure the payment is correctly attributed.

We appreciate your continued support and engagement! And if you're interested in helping the CNIA with any of our upcoming events, please let us know.



Stay in Touch

Useful Information

Useful Phone Numbers

911 – All Emergencies – police/fire/medical

415-553-0123 – All non-emergency police calls

Supervisor Safai's Office – **415-554-6975**

Sam Berenson- Community Engagement Liaison
for DIIC – sam.berenson@sfgov.org

415-554-1200 – Parking complaints, blocked
sidewalks, blocked driveways, illegal parking, etc.

311 –(phone app SF311) use to report
graffiti, trash, dumping furniture or large items,
abandoned vehicles etc. 311 is a good place
to start, they can take a report or refer you to
the correct City department for just about any
Problem.

Victim's Assistance: SF District Attorney at
Phone: 628-652-4100 Fax: 628-652-4101
Email: victimservices@sfgov.org
www.sfdistrictattorney.org

Animal Care and Control – injured animals
emergency situation for animals **415-554-6364**

Recology – garbage problems, free pickups
415-875-1300

BART: **510-464-6000**

PGE: **800-743-5000**

Department of Elections: **415-554-4375**

Disaster Preparedness info In the event of a
city wide emergency such as the earthquake we all
expect to happen, you can listen to current news on the
radio. **Stations 88.5 FM and 15.30 AM**

Along with the City of San Francisco, your board would
like to acknowledge that we live and work on the
unceded ancestral homeland of the Ramaytush Ohlone
peoples, who are the original inhabitants of the San
Francisco Peninsula.

The Cayuga Neighborhood Improvement

Board

- President | James Alexander
- Vice President | Erica Schultz
- Secretary | Kassie McPherson
- Treasurer | Open

Technology Chair | Renee Anderson
Pit Stop Project | Glenda Hope & Renee Anderson
Newsletter Editor | Michael McPherson & Kassie
McPherson

Cayuga Clean | Steve Indig

Resilient Cayuga | Chris Dillon
NERT Liaison | Jane Merschen

Cayuga Park Volunteers | Chris Dillon
Membership | Erica Shultz

Board Meetings

Board Meetings are held on Zoom on the first Tuesday of
the month from 5pm to 6:30pm. If you'd like to be invited,
contact us via email at

cayugaimprovement@gmail.com. Board Meeting
minutes are posted on the CNIA website

[https://cayugaimprovementassociation.org/cnia-
meeting-minutes](https://cayugaimprovementassociation.org/cnia-meeting-minutes)

