



January-February 2024 Newsletter

 Please join the Cayuga Neighborhood Improvement Association at our

General Meeting

Thursday, February 22, 2024
6 pm to 7:30 pm

Bring your ideas & questions!

We want to know what you care about in our community and hear your thoughts on how the CNIA can help. Bring your questions for a representative from Supervisor Safai's office. We're lining up other speakers too. Agenda and newsletter forthcoming.

Hybrid Options!

In-person Location:
Addis Kidan Church
(Bethel Lutheran Church)
2525 Alemany Boulevard

Virtual Option:
Email us to receive a Zoom invite:
cayugaimprovement@gmail.com

All neighbors are welcome! See you there!
<https://cayugaimprovementassociation.org/>

**The next CNIA General Meeting
will be held
Thurs February 22, 2024 at 6 p.m.
We will be meeting at the
Bethel/Addis hall
Alemany and Ottawa
You can also follow via Zoom**

Did you know that...? 'We are all stakeholders in an aging nation...'

[Stakeholders in an Aging Nation](#)

Chris Dillon



As your District 11 representative on the Disability and Aging Services Advisory Board (DAS), I am delighted that the CNIA has offered me this forum for sharing insights on aging, disability, and adult services with our community.

Each quarter my column, 'Did you know that...?' will focus on insights and services related to aging.

'Foresight, in contrast to fatalism, gives us increased power to shape our futures, even in the most turbulent of times. Foresight is critical to success in all areas of our lives, including major life decisions.'

My first column will focus on what may be one of our city's most powerful resources for those embarking on a journey through the aging services maze. You may think "I am not yet old", which can translate into 'I've not crossed the threshold into the four stages of aging.'
<https://www.publichealthnotes.com/ageing/>).

That being said, knowledge of aging and adult services available within your community is empowering, as you live in a society where you are surrounded by aging family and community members. Plus, if you are lucky...you will embark on the fascinating journey through the four stages of aging when it is time for you to do so!!!!

In this column, I will introduce you to the Disability and Aging Services **Resource HUB:**

[DAS Benefits and Resources Hub | sfhsa.org](http://sfhsa.org)

I spontaneously visited the HUB last month and was delighted to find a well-organized, easily accessible site! The services offered are comprehensive! I think of this site as an aging services atlas, complete with maps and a human travel guide. Your guide is known as a case manager. Rather than engage in a narrative here, I will simply provide links to services. You can follow the links to learn more.

I encourage you to make an appointment prior to visiting, out of respect to the HUB team of service providers. You can access the HUB via BART or Muni easily, if you are able to walk a few blocks. There is parking available, but it is limited.

Disability and Aging Services (DAS) also offers corollary services, known as Aging and Disability Resource Centers (ARDC) in each community:

[Aging and Disability Resource Centers \(ADRC\) of San Francisco](#)

In closing: Last month I was invited to do a presentation on long term care by the San Francisco chapter of the Older Womens League (OWL):

'Help, I'm lost in the Medicare Maze'.

You can learn more about my credentials and access my presentation outline through the link below. This outline is rich in resource links related to aging services, housing, and long term care options.

https://docs.google.com/document/d/1jLs2-21XrSpIDCGY_0f5Ofqk2E6Q3lhYKPVV7vQiOUk/edit

Business Highlight: The SF SPCA Community Veterinary Clinic

The SF SPCA Community Clinic has been in the area for about a year, and it was wonderful to meet the Client & Community Relations Director, Mayra Belman, at the recent Excelsior Sunday Streets.

It's a convenient location to take your pets for the following treatments (services will expand soon!):

vaccines, flea and tick treatments treatment of minor skin, eye, and ear issues

Address: 4527 Mission, at Santa Rosa

Open Hours: Wednesday - Saturday, 8:00am-6:00pm

Cost: \$50 exam fee plus the cost of medications and treatments

Appointments: 415-429-5410

Your CNIA has been especially busy these last six months. If you did not know about these events, please follow the CNIA website and Facebook page for information on future events. Here are just some of the things we have been doing:

The Halloween Map Event
The Children's Movie at the Park
Sunday Streets
Happy hour – Meet your neighbors at the Halfway Club
Mobile Rec Bikes and Skateboard Safety at Cayuga Park

October Event

Thank you to everyone who stopped by our booth at Excelsior Sunday Streets in mid-October! We had a blast chatting with you in person, and our rock painting activity was a big hit with the kids. We collected a rainbow kaleidoscope collection of hand painted rocks that will brighten up Cayuga Park. We're working on a plan to display them in the park.

Another thank you to everyone who participated in our first annual Halloween Trick or Treat walk! We had over 30 residents add their house to our map and pass out treats. And it was such a delight to see so many happy kids with their parents and caregivers trick or treating in the neighborhood. We hope to organize the event next year!

Our holiday party this year was a lot of fun. We had a live band that encouraged dancing. Wonderful food and prizes – many of the prizes were for local restaurants or businesses.

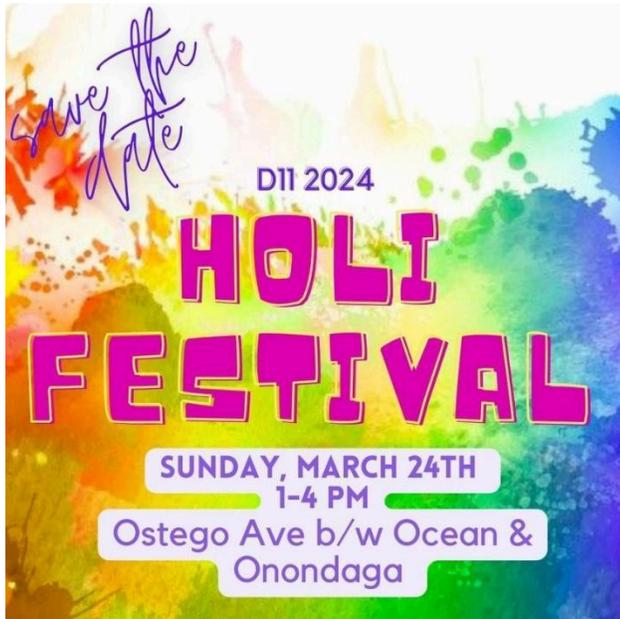
"Bloom Loop"

San Francisco was recently awarded \$12 million dollars from the federal government to plant thousands of new trees. A focus will be on the neighborhoods that have notoriously been lacking trees, which are the Tenderloin, the South of Market area and the Bayview-Hunters Point District; however those of us in the Outer Mission can still request trees be planted on our streets. A couple of ways you can do this is through requesting a permit through the Department of

Public Works:

<https://bsm.sfdpw.org/buftrees2/application.aspx> or by working with Friends of the Urban Forest: <https://www.friendsoftheurbanforest.org/>. The city is also working to set up a workforce to help maintain the trees once planted. Trees offer many different benefits, including improvements in air quality, managing storm water, reduce urban noise pollution, just to name a few. If you want to read more about the benefits of having trees in our neighborhood, this article is a nice summary: <https://www.friendsoftheurbanforest.org/benefits-of-urban-greening>

Save the Date



Cayuga Clean

Regular Monthly Cleanup

Next: Saturday February 17th 2024

Group meets on Alemany behind Safeway.

Everyone welcome

Donation Recognition

Thank you to **Mission Organics** for their generous donation. Mission Organics has been a CNIA partner and supporter since they opened their business, helping with a variety of events, including Cayuga Park volunteering, and monthly cleanups. Many thanks to Mission Organics!

Call for CNIA Treasurer

Our current Treasurer, Renee Anderson, is moving on from the role she's held for over 5 years. Her

term ended on November 1, 2023. We would love for one of our neighbors to join us as Treasurer before she leaves so there can be a smooth transition and some onboarding!

The treasurer spends roughly 2 hours a month on basic tasks:

- receiving and depositing money
- confirming receipt of membership dues via email
- paying bills
- updating membership roster
- providing statements for the annual audit

[Click here](#) for a complete description of officer duties.

From Renee: It's been an honor to serve as Treasurer for the CNIA for the last 5 years. My role has been more than handling finances for the CNIA:

I've been a student, learning about our City and the needs of our neighborhood

- I've been a partner, helping stand up new programs and helping identify what you, our neighbors and community, needs
- I've been a better neighbor, getting to know people I live within our fabulous Outer Mission neighborhood

I'll continue to participate with the CNIA - I also manage the website, which I'll continue to do. And of course, I'll be an invested member moving forward. I participated in the Halloween Trick or Treat Walk!

Call for CNIA Newsletter Editor

From Barbara: After editing and writing articles for the CNIA newsletter off and on for the past 20 plus years, I would like to move on to other CNIA projects. I have to say I enjoyed many sections of the newsletters; my favorite section is the "Gold Stars Dog Poop" column. I like giving out Gold Stars to folks who went above and beyond expectations when supporting our neighborhood. The "dog poop" awards were always a last remark on folks who were not responsive to attempts to engage them in solving issues or were just NOT helpful to our neighborhood. I was always surprised that I most often heard back from the dog poop recipients.

About the newsletter: The newsletter is currently being published prior to each of the quarterly general meetings, for the new editor, the expectation would be putting together 4 newsletters per year. Board Members are

encouraged to contribute and write articles on the various projects and initiatives that the CNIA has in progress, and that we have recently achieved. In the past, the editor has also incorporated items from other neighborhood groups, like METNA and NMTIA. We have notified members of events in DIIC but outside CNIA area. Additionally, the newsletter has been inclusive of subjects from City Department notices and mailings from utilities regarding meetings or rate changes. Anything you think our members should know could be included. Please feel free to contact me directly with any questions. (mousecollector@msn.com) I want to assure anyone who is interested in being the CNIA newsletter editor that I am not leaving town and will certainly be here to answer questions and available to assist in setting up newsletters.

Casa Colibri (the old “Mission Inn”)

Over the last 38 years I have served in nearly every position on the CIA/CNIA Board. (missed being VP). I have now taken the lead establishing an advisory group of neighbors and concerned individuals in District 11 to monitor the Casa Colibri project. The goal is to ensure accurate statistical information is available to the adjacent neighbors while providing support and welcoming the Casa Colibri residents, our new neighbors. The CNIA will be posting the minutes from the Casa Colibri monthly meetings on Facebook and the CNIA website for anyone interested. Please see other articles in this newsletter for more information.

Our new neighbors at Casa Colibri have individual private rooms but there are a lot of areas where WE the CNIA can help folks who are moving in with few personal possessions. I hope to put out a “wish list” of needed items in each newsletter. At this time, hygiene items are at the top of the needs list. Residents can also use donations of cat food and dog supplies such as food and a metal crate. Donations gratefully accepted. Barbara

Pedestrian Safety Improvements San Jose and Niagara

SFMTA has raised the existing northbound STOP sign using an extra tall pole and a northbound “STOP AHEAD” sign in Spring of 2021. Additionally, they installed daylighting at

the southeast and southwest corners to improve the visibility of pedestrians crossing the south leg of San Jose Avenue and Niagara Avenue. Lastly, they installed a “No Parking” for tall vehicles restriction at the northbound approach. The signage and red curbs are in good condition. Since these changes went into effect, there have not been any new collisions, according to San Francisco Police Department reports.

As part of the Balboa Upper Yard housing development, pedestrian improvements such as ADA compliant curb ramps, pedestrian scale lighting, street repaving, and sidewalks fronting the property will be installed. These measures will increase visibility between motorists and pedestrians at the intersection. The development project was completed in late Fall of 2023. Pavement markings will be restored after paving and when scheduling allows.

Additionally, SFMTA is currently in the initial public outreach and engagement phase for the M Ocean View Transit and Safety Project. This project is focused on improving transit performance, reliability, and accessibility between Junipero Serra Boulevard to Balboa Park BART Station. One of the goals of this project is to improve safety for people walking. We encourage your feedback and ideas as part of this larger capital improvement project. You can find more information at our website: <https://www.sfmta.com/projects/m-ocean-view-transit-and-safety-project>.

The Mission Inn now Casa Colibri Advisory Group

Barbara Fugate

Where is Casa Colibri. The Casa was built by modifying the old motel site of the Mission Inn at 5630 Mission St. There will be 50 rooms when the project is completed.

As of this writing, there are 41 residents, three cats and at least 2 dogs. This project was designed to providing housing for “termed out foster care children”.

Note: Once a foster child reaches the age of 18, the foster care system will no longer pay for their residence/housing. It does not matter if

they are still in High School or do not have a job, they no longer have a place to live. In this case, San Francisco is providing housing.

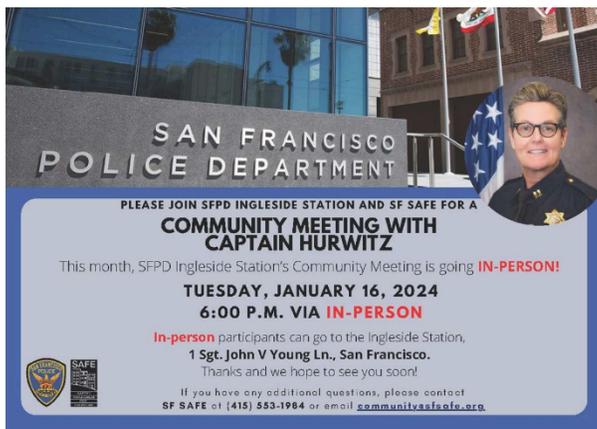
All residents are either students or work at jobs. They pay a prorated rent and each resident has a counselor. There is an onsite manager 24 hours a day.

The CNIA took the lead in establishing a citizens advisory group similar to that which Supervisor Safai established for Vehicle Triage Center. While it is early days we did get a last minute wish list for the holidays. The CNIA was able to fulfill 26 of the 41 request thanks to the following CNIA members: James Alexander, Carola Hamann, Steve Indig, Barbara Fugate, Erica Schultz, Sam Berenson.

The Casa Colibri Advisory Group meets every 2nd Monday of the month, at 6 pm, on site. Minutes will be posted on the CNIA website. Meetings are open to the public.

****** Call for donations *** funds are tight and residents would appreciate donations of full size hygiene products: deodorant, toothpaste, toothbrushes, razors and shaving crème, etc.**

If you missed the Police Capt.'s meeting on January 16th, 2024 -. Next meeting is February 20th at 6 pm at Ingleside station. Captain Hurwitz hosts a meeting for the community to address their public safety issues. The Captain hosts a good meeting, and they also serve coffee and cookies.



Neighborhood Emergency Response Team
Get Prepared. Get Involved!

The San Francisco Fire Department, Neighborhood Emergency Response Team (NERT).

The **San Francisco Fire Department Emergency Response team** is a community based training program dedicated to a neighbor-helping-neighbor approach. **NERT** is a free training program for individuals, neighborhood groups and community-based organizations in San Francisco. Through this program, individuals will learn the basics of personal preparedness and prevention. The training also includes hands-on disaster skills that will help individuals respond to a personal emergency as well as act as members of a neighborhood response team. We need certified representatives from our **Cayuga Neighborhood!** Learn more about the program and how to become NERT certified: <https://sf-fire.org/nert>

The Cayuga Neighborhood Improvement Board

via - cayugaimprovement@gmail.com

President: James Alexander

Vice President: Erica Shultz

Secretary: Kassie Constantine

Treasurer: Position open

Technology Chair: Renee Anderson

Pit Stop Project – Glenda Hope/Renee Anderson

Mission Inn, Casa Colibri – Barbara Fugate

Membership: Erica Shultz

Editor: position open

Cayuga Clean – Steve Indig

Member at large – Barbara Fugate

Member at large – Jane Merschen

Cayuga Park Volunteers – Chris Dillon

Minutes are posted on the CNIA website and on Facebook.

<https://cayugaimprovementassociation.org/>

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.

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 – 1-800-743-5000

Department of Elections- 1-415-554-4375

**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 editor 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*